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**Fall 2019**

Dear Friends,

Before leaving Nepal earlier this year, I had a special visitor, an alumnus of one of our most successful projects - Educating Dalit Daughters (EDD).



*Dancing with EDD girls - 2006*

NYF has always emphasized education as the path to a fulfilling life.

Your generosity has provided scholarships to many thousands of students, from kindergarten to medical school. Our priority is helping the most marginalized - girls, the disabled, and lowest castes, like Dalits.

The "untouchable" castes, Dalits comprise 13% to 20% of Nepal's population. While caste discrimination is outlawed, Dalits still face unimaginable oppression, especially in rural areas. Many believe that anything a Dalit touches is polluted, requiring special cleansing.

Excluded from temples, Dalits are unable to enter the homes of higher caste people or to marry outside their caste. By every measure - poverty, life expectancy, literacy, maternal and child mortality rates - they are far behind the rest of the Nepalese population.

In 2006, NYF granted scholarships to 25 Dalit girls with high college entrance test scores. About 16 to 18 years old, all were impoverished and victimized in various ways. We enrolled them in good colleges in Kathmandu, renting a hostel where they lived together. Most came from huts without plumbing or electricity, and were overwhelmed at the luxuries of running water and indoor toilets.

At first, they struggled in school - the classes were in English; some had never seen a computer. We provided support, and lessons on caste discrimination and political activism.

Although from different parts of Nepal, the girls quickly bonded into a supportive family - providing encouragement through personal and academic challenges. When studies permitted, they participated in demonstrations and actions opposing the oppression of Dalits.

My visitor Bishnu, the self-appointed volunteer alumni representative, updated me on our graduates from 2012.

The results are amazing: Most of the 25 students went on to earn Master's degrees and all are working - as businesswomen, doctors, accountants, teachers, nurses, and social workers uplifting the marginalized.

These prospering young women are demonstrating that Dalits can succeed spectacularly given the chance.



*March 2008*

The EDD girls represent a few of our students over the past 29 years. Leading lives of dignity, they are contributing to Nepalese society - all because of the education provided by you, our generous and devoted donors.

Thank you!

A handwritten signature in blue ink that reads "Olga".

Olga Murray  
Founder and Honorary President

## Did you hear? Celebrations & New Beginnings



Time for cake!

From festivities to milestones to school graduations, your support has brought so many special joys to the young people of NYF this year.

2019 marked a new school session for our 700+ scholarship students, and all of the children at Olgapuri advanced to the next grade.

With a special party in their honor, all nine of the high school graduates transitioned from Olgapuri to shared apartments or private hostel rooms. As they prepare for college with **NYF Scholarships**, we're proud of these thriving young adults and excited for their futures.



Canoeing fun in Chitwan

The children at **Olgapuri** celebrated all 80 birthdays together at one big extravaganza with "Olga mom." This year, thanks to special NYF friends, the children explored the wonders of their

own country in Chitwan National Park at a once-in-a-lifetime safari adventure. See photos from this delightful trip on our website: <http://bit.ly/OCVBday>.

In August, the **Freed Kamlari Development Forum** (the organization formed by the girls with NYF support) celebrated an incredible milestone - inaugurating their headquarters!



Ribbon cutting with Shanta Chaudhary, former Kamlari and CPN-M parliamentary party member

NYF Program Director Man Bahadur Chhetri says proudly, "The office is more than just a building. It's a resource and training center to create entrepreneurs and productive citizens who fight social injustices... I hope this building becomes a power center which produces strong female leaders." Photos and video at: <http://bit.ly/FKDFBuilding>.



Freed Kamlaris learning Co-op management in the new building

If you missed the news and updates - sign up for our email and follow us on social media:

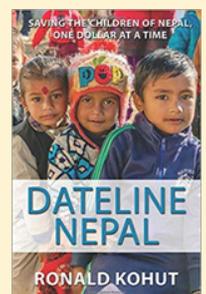
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## NYF Book Club

Give the gift of inspired reading! Anyone on your holiday shopping list will enjoy reading our founder's memoir, "**Olga's Promise: One Woman's Commitment to the Children of Nepal.**" (NYF's work with Dalit communities and the EDD project are featured on pages 154-162.) [OlgasPromise.org](http://OlgasPromise.org)

NYF's favorite new author, Ronald Kohut, has captured the magic and challenges of traveling in Nepal. Ron's transformational experience with a saffron robed monk led to his inspiration to rally friends to build our 17th Nutritional Center in remote Dadheldura. "**Dateline Nepal: Saving the Children of Nepal, One Dollar at a Time**" is available at <http://bit.ly/DatelineNepal>.



# Celebrating the NYF Family

Like any family, NYF celebrates milestones and transitions – and it's such a joy to share these highlights with you.

As you read about the nine High School graduates moving on from Olgapuri this year, the birthday celebration where all 80 orphaned and abandoned children visited the famed Chitwan National Park, and the amazing new headquarters the Freed Kamlari girls have built, we hope you're proud of all that your support makes possible.

In June, our Founder's Day event celebrated NYF's 29th anniversary and the 94th birthday of our beloved and inspiring founder, Olga Murray. (Details and many more photos on our website: [NepalYouthFoundation.org/founders-day-2019](http://NepalYouthFoundation.org/founders-day-2019))

We're already planning for extra-special celebrations next year, as NYF turns 30 and our indomitable Olga turns 95. Details will be highlighted in our newsletters and website as plans progress.

Your generous support is what underlies the accomplishments shared in this newsletter, and all the life-changing work in Nepal.

Looking ahead, there's so much more that we can accomplish, together.

And we're so very grateful to **you** for being the heart of the NYF family.

With gratitude,

Som Paneru, President

Kelly Anderson, CEO



*Som and Kelly join Olga at Founder's Day*

## Creative Ways You can Make a Big Impact

### AMAZON SMILE

If you shop on Amazon.com, please bookmark the charity site [smile.amazon.com](http://smile.amazon.com) and select NYF as your beneficiary. It's the same site and a simple way for you to support NYF at no additional cost to you.

### GIFTS IN HONOR OR IN MEMORY

Your gift can honor an individual – to celebrate a special occasion or holiday – or be in memory of a loved one. (NYF can send a gift announcement if you provide contact information.)

### ONE PERSON'S DIFFERENCE

Go Gina Parker! Co-founder of the NYF UK Chapter, Gina's team ran a nonstop relay race from Los Angeles to Las Vegas (360 miles!), to benefit NYF. Inspired by a specific vulnerable child, Gina ran to provide hope and opportunity to other needy children. Your personal challenge can also change a life: <http://bit.ly/supportNYF>.

### LEGACY GIFTS

By including NYF in your estate planning, you become part of our Legacy Circle – a family of donors ensuring secure, long-term funding and loving support for children in need for many years to come.

You can: remember NYF in your Will; donate an asset or establish a charitable trust; and/or designate NYF as beneficiary of a retirement fund or insurance policy.

Creating your legacy gift can be as simple as adding a line to your will saying "I bequeath \$\_\_\_\_\_ (or \_\_\_\_\_% of my estate) to Nepal Youth Foundation, located in Sausalito, CA (Tax ID #: 68-0224596)."

For more information, call 415.331.8585 or email [Julie@NepalYouthFoundation.org](mailto:Julie@NepalYouthFoundation.org).

# Because You Care, Families in Nepal are Thriving... Together

Since 2007, NYF's **Vocational Education & Career Counseling program** has helped destitute Nepalese youth become employable, breaking the cycle of poverty.



*"Rhea" (left) supports her family with her chicken farm business\**

For many of the young women freed from Kamlari bondage, high quality skills training and micro-grants to establish small businesses have been the key to

financially independent futures... helping ensure that they'll remain free.

Vocational training is more than a promising path to self-sufficiency. It's also preventing the devastating separation of families.

Lacking skills, young Nepalese men are forced to migrate — mostly to the Gulf region — as low-paid laborers. Tragically, many don't make it back from the dangerous work sites. At the Kathmandu airport, it's all too common to see grieving families meeting body bags.

*\*Photo credit: Alison Wright Photography*

Ironically, Nepal desperately needs skilled labor, especially in the construction trades after the destructive 2015 earthquakes. These circumstances leave Nepal importing foreign workers for well-paying jobs.



*"Govinda's" three brothers all migrated for work, leaving him to care for their elderly, ill father all alone. After completing electrical training, Govinda secured a job that supports his family.*

We're proud that more than 80% of NYF's vocational training graduates (including the Olgapuri Vocational School students) are employed in Nepal within three months of completing their training!



*Congratulations to our recent graduates!*

**Thanks to your support**, NYF graduates are thriving, supporting their families, and helping to build a stronger Nepal.

## CFC: Thank You for "Showing Some Love"

Many thanks to everyone supporting the NYF family through the **Combined Federal Campaign**.

### NEW CAMPAIGN SEASON NOW OPEN!

If you are a federal employee or retiree, we hope you'll take advantage of this convenient opportunity to change a child's life in Nepal.



**Whether through CFC, United Way, or your employer's matching gifts, your workplace dollars can transform lives!**

## We Want to Hear From You!

**Reminder:** Our address has changed to 3030 Bridgeway, Suite 325, Sausalito, CA 94965. Please recycle any envelopes with our old suite number, and use only the new address so your mail can reach us safely. (Our forwarding order has expired!)



Connect with NYF online - follow news and join the conversation on Facebook, Twitter, and YouTube.

To receive NYF's email updates, sign up at [www.NepalYouthFoundation.org](http://www.NepalYouthFoundation.org)