

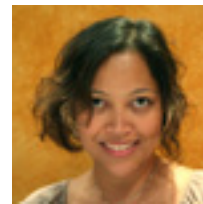
## Our Board Is Growing Too!

### NYF Has Three New Board Members



**Saskia van der Stap** lives in Hong Kong where she worked in corporate communications and for a financial executive search firm. Last

year, she decided to make the switch to fundraising and consultancy for NGOs. Saskia is a volunteer consultant for Asian Charity Services, and is one of the team of NYF supporters establishing Olga's Promise in Hong Kong. She is also the proud new mother of a baby boy.



**Tish Vallés** was raised in Manila. She is an advocate of education for those who need it most, and the cofounder of the Women's Worldwide

Web. Tish is an expert at global branding and marketing with nearly two decades of experience. She very ably led us through our recent renaming process. She is based in New York, where she continues her international practice.



**Karin Kramer** is a trial lawyer who received her education at Brown University and the Boston University School of Law. She is a member

of the San Francisco Legal Aid Society. She visited Nepal in 1983, found it a life-changing experience and volunteered to become a Board member.

A fond farewell to Tot Heffelfinger, Mike Preiss and Ian MacColl, who contributed tremendously to our success during the many years they served on the NYF Board.

### Strategic Planning

In April, our Board and key staff met to review a comprehensive evaluation by a research firm of our programs in Nepal

### How You Can Help

Once more, I would like to thank all of you who have made this good work possible. Your encouraging letters, your advice, and of course your donations, have been the engine that drives our work, and we and the kids are grateful for your support.

Whatever you are able to give, this is an organization and a cause you can be proud to support. We get more "bang for the buck" than most other non-profits, as evidenced by the fact that we have for the fourth year received a four-star rating from Charity Navigator, the most prominent charity rating organization in the U.S. This is the highest rating available and is awarded to NYF for making the most of your donations.

I know I sound like an old saw, since I have said this so many times before, but I wish you could witness personally the changes we have been able to make in the lives of the children because of your generosity. **We want to continue to provide opportunities for these wonderful kids so that they can grow up to be confident adults, ready to pass on to others the benefits they received from NYF. We can do this only with your help.**

and to set goals for the next three to five years. We left the session energized and optimistic about NYF's future.

- The evaluation team was quite positive about the efficiency and effectiveness of our programs. They recommended expansion of our vocational training program and the Ankur psychological counseling center.

- In the past decade, our programs have increased five-fold, thanks to you, our donors. We set a goal of an 8-10% annual increase for the next five years.

- We are thinking big about much-needed projects that would be of tremendous benefit to children in Nepal if we can raise the money to fund them. Some involve infrastructure development and some expansion of existing programs, such as vocational training. We will tell you more about them in subsequent newsletters.



Warm regards,

Please visit our website [www.NepalYouthFoundation.org](http://www.NepalYouthFoundation.org)

# Nepal Youth Foundation



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Keeping Olga's Promise

JULY 2010

**DEAR FRIENDS** I love writing these letters to you, our donors. With the terrible news buffeting us from all sides every day – the Gulf oil spill, the economic downturn, the wars and calamities everywhere – it feels good to be able to tell you about our successes with children in Nepal: the thousands of young girls we have saved from bondage who have been empowered to take back their lives, the 5,000 malnourished children who have been restored to health at our Nutritional Rehabilitation Homes, and now, a new project for children who are HIV positive, which I will tell you more about.

### Meet Our New Name!

After much consideration, we have changed our name from the Nepalese Youth Opportunity Foundation to **Nepal Youth Foundation**. Thanks to all of you who made suggestions. Our Board had a hard time deciding among the many excellent names proposed, but finally concluded that we wanted a simpler name with better name recognition, and one not radically different than the prior one – so it is no longer NYOF, but NYF!

The new name was announced at my 85th birthday party in June, which was also NYF's 20th birthday.

The tagline for the new name is **"Keeping Olga's promise."** What promise? Well, it's the promise I made to myself more than 25 years ago, the first time I went to Nepal and was blown away by the poverty of the children I encountered in the villages. As I slipped into my sleeping bag on the third day of the trek, I had one of those real "aha" moments – like a cartoon bubble over my head. I told myself that I wanted to spend the rest of my days improving the lives of the wonderful but terribly impoverished kids I met all over Nepal. And lo, it has come to pass! As a result of the hard work and dedication of our Board and staff, thousands of the poorest and most disadvantaged children in Nepal are receiving an education, housing, medical care, and loving support. With your help, we intend to keep that promise for another 20 years and more.

### One Success After Another

Our work in Nepal is going better than ever. The children at J and K House (our homes for extremely vulnerable children who have nowhere else to turn) continue to thrive, our many scholarship students are progressing in school, and at the end of this year we will have built 12 Nutritional Rehabilitation Homes throughout the country to restore severely malnourished children to health and educate their mothers about child care.



Here I am, 65 years older than the Nepal Youth Foundation!



No wonder she's smiling – she has been freed from bondage and now goes to school because of support from donors like you!

### Go Girls, Go!

Perhaps the most dramatic progress has been in our Indentured Daughters Program, which strives to eliminate the custom of selling girls to be bonded servants. Between mid-January (at the festival during which the girls are bonded) and April of this year, we liberated 4,000 girls from servitude. That's a lot of piglets and goats – the incentive given to the parents to make up for their daughters' lost wages. We were able to do this because, after a decade of lobbying by NYF, the Nepali government finally appropriated money to educate the girls we brought home. This relieved us of the responsibility to educate the returned girls through high school, and we made a big push to liberate as many girls as we could to take advantage of the government's offer.

What is really thrilling is to witness how these returned girls are empowered to

advocate for themselves and for children who are still bonded or who are in danger of being sold into servitude. After their rescue, we provide them with information about their rights, the illegality of the bonding custom, and their right to an education. And they have learned their lessons well.

Seven of the girls we liberated in the early years of the program, who are now in college, have started a non-profit organization to rescue and rehabilitate their bonded sisters, advocate against the bonding custom in their villages, and make sure that the money the government has allocated for the education of the returned girls is spent for that purpose. They have registered an NGO with the government, formed a committee to hold elections, and will establish branches in all six districts where the bonding practice has been prevalent.

The president of the new ad hoc group is Manjita Choudhary. She is from a very poor family and was bonded away at the age of ten. We liberated her two years later. Since she had never been to school and was uncomfortable about sitting in a class with first graders, we placed her in one of our bridging classes, designed for returning girls just like her. This is an intensive nine month literacy course, at the end of which she was able to enter regular school in 5th grade.



**Once enslaved, Manjita is now the leader of a new non-profit for bonded girls**

Now she is 21 years old and in her second year of college. She is a hard worker and a good student, and is studying to be a chartered accountant. From the beginning, she was very active in helping NYF in its campaign against the bonding practice.

As soon as the new NGO formed by the returned girls is up and running, NYF will provide the group with training to build up their capacity. Eventually, we plan to partner with it so that the girls themselves can run the entire Indentured Daughters Program on behalf of NYF.

**The results of this program have been spectacular.** We have liberated 10,000 girls, the communities are turning against the practice, the government is supporting the education of the girls we rescue, and the formerly bonded girls themselves are now organizing to help one another and to end the practice. But the job isn't finished yet. We need to rescue the girls who are still bonded and to continue our dynamic awareness campaign to reinforce the opposition of the communities to the practice. We must also



**Classrooms are filled to capacity because of the 10,000 girls we have rescued**

build many schoolrooms to accommodate the additional children who are filling the small village schools to overflowing, as a result of rejoining their homes and families. Almost, but not quite there!

## The Nepal Youth Foundation's Legacy Circle

**We are proud to welcome those donors who have remembered NYF in their wills to our Legacy Circle. One of these is Marilyn Callander, who lived in Nepal when she was a Fulbright professor a number of years ago. Like many who have traveled to that magical place, Marilyn has maintained an enduring love for Nepal and its children, and she sponsors the education of several students through NYF.**



**Here is what she says about the reason she made a bequest to NYF in her will:**

**"By naming NYF as a beneficiary of my will, I am making sure that its wonderful work in Nepal will continue into the future. I have personally witnessed the transformation NYF makes in the lives of children in Nepal by its support of kids who live in the most desolate circumstances and who would have no hope for a decent life without this support. The commitment, intelligence and creativity of NYF's staff and their devotion to the children of Nepal give me confidence that my bequest will be used in the most effective and efficient way to make lasting, positive changes in the lives of the children in a country I love."**

**If you are considering including NYF in your will, please contact us at 415-331-8585 or [info@nyof.org](mailto:info@nyof.org). It can be quite simple to do.**

## NYF's New Program - Giving New Life to Children with HIV/AIDS



**She's HIV-positive, but healthy and happy and ready to go home**

The Nepal Youth Foundation's new project is aptly named the **New Life Center**. It provides excellent medical treatment for children with HIV/AIDS and educates their caretakers (usually their mothers), most of whom are also infected, to live hygienically and prepare nutritious meals.

The problem of HIV/AIDS is growing rapidly in Nepal, fueled by ignorance about its prevention and brutal discrimination against those with AIDS. Infected children are often expelled from school and their mothers rejected by their families and abandoned by their husbands. Because of this stigma, many people avoid being tested and hide their symptoms for as long as possible. A UN study concludes that 80% of Nepalis who are HIV positive have not been diagnosed.

The Center is modeled on NYF's successful Nutritional Rehabilitation



**Good nutrition is a key to restoring children with HIV to health**

Homes. The children and their mothers receive medical care and medication as needed, a special diet based on their individual needs, education, and other enriching activities. The mothers are trained in nutrition, health, literacy, and income generation and are counseled to improve their self-confidence and help them manage the stigma of HIV/AIDS. This training dramatically reduces the risk of acquiring the opportunistic illnesses that make HIV develop into AIDS and allows infected people to lead fulfilling lives.

This is the only facility in the country which uses this comprehensive care model. Most of the children arrive with full-blown AIDS, some of them suffering from tuberculosis, malnutrition, or hepatitis as well. When they return home with only HIV, they are ready to go to school and enjoy a happy childhood. Their stay at the Center literally saves their lives. If they live hygienically, eat a nutritious diet, and avoid infections, they can live a full life for about 25 years, by which time it is hoped that additional treatments will be available to extend their lives even further.

The Center has proved to be remarkably effective, due in large part to its devoted and skillful staff. Several years ago NYF provided seed money for the facility, but at that time we could not commit to paying operating expenses. The Center was struggling financially to the point

where it was unable to pay its employees' salaries. And here's the remarkable thing: although the employees were not paid for months, they were so devoted to the children at the Center that they continued to work without salary. Thanks to your generosity, NYF is proud to announce that we have made a long-term commitment to support this exceptional program.

We would like to do much more: we want to visit the kids after their discharge to be sure that they are keeping well, establish additional treatment centers in areas of Nepal where there is a high rate of HIV/AIDS and provide community outreach programs about HIV awareness and prevention.

**With your support, we will be able to achieve these goals and do more to provide a decent future for these children.**



**Parents learning about good nutrition practices at the New Life Center**

## The Nepal Youth Foundation Is Expanding

### New NYF Affiliate in Hong Kong

A team of young, dynamic, professional friends in Hong Kong have started a registered charity named **Olga's Promise**. Their purpose is to raise money from Hong Kong residents for NYF and promote it through their contacts. They are an interesting group of varying nationalities who were brought together by their passion to improve the lives of

children in Nepal, and they are brimming with ideas to help us to accomplish this.

One of their fundraising projects is to raise money for NYF through an auction. If any of you has a vacation home you would like to offer for a week or two as an auction prize, we would very much appreciate if you contact us at [info@NepalYouthFoundation.org](mailto:info@NepalYouthFoundation.org) or **1-415-331-8585**.

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