

NYF Staff Updates`

Riswo Gorkhali guided earthquake relief effort with compassion and efficiency. U.S. hired Kelly Anderson as Chief Executive Officer

After the earth stopped shaking on April 25th, our team in Nepal took stock of the damage, brainstormed strategies, and then got to work.

Working 16-hour days, staffers delivered tarps, tents, water filters, clothing, rice and emergency supplies to people who had lost everything. They drove borrowed school buses to transport the injured to area hospitals and cared for them at our temporary clinic for people released from overcrowded area hospitals.



Heading the massive effort was Riswo Gorkhali, NYF's director of operations in Nepal.

"He did a marvelous job," said NYF President Som Paneru, noting that the relief effort reached 80,000 people. "He guided this work with efficiency and great compassion."

Riswo joined the NYF team in 2014 as human resources director, and was later promoted to his current role of operations director. He oversees all program operations, including our ongoing earthquake relief efforts.

He holds a master's degree in business administration and has extensive experience in operations and human resources.

We are lucky to have such a compassionate and dedicated professional on the team!

NYF has a new Chief Executive Officer.

NYF welcomed Kelly Anderson as the Chief Executive Officer in the United States in November. Kelly brings more than 20 years of experience in non-profit management and fundraising to the organization and will be instrumental in helping NYF grow. We will share Kelly's bio on the website and she can be reached at Kelly@nepalyouthfoundation.org.

Make Two Gifts in One

Honor a friend or loved one by making a holiday gift to NYF. It's simple. Make a donation and we will acknowledge your generosity with a letter to your recipient.

It is hard to imagine a more meaningful gift than the knowledge that NYF will be able to rebuild a classroom or support a displaced child into adulthood in their honor. Your gift of \$4,500 can:

- Help NYF rebuild a classroom destroyed by the earthquakes in Nepal
- or
- Help NYF support a child displaced by the earthquakes in Nepal to adulthood
- or
- Help NYF continue essential programs in earthquake-ravaged Nepal

If you'd like your honoree to know which project will be accomplished in their honor, please indicate your preference on the reply envelope.

For your generous donation of \$4,500 or more, we'll also be pleased to share a signed copy of Olga's new book, "Olga's Promise: One Woman's Commitment to the Children of Nepal" as our gift to you.

Your gift will immediately go to work to improve the lives of the children in Nepal — so please give as generously as you can.

\$100 helps pay for a child's annual school expenses.
\$260 helps save a child from dying of malnutrition.
\$860 puts a girl freed from slavery in vocational training.
\$2,200 sponsors a child at J or K House for a year.

Whether it's \$10 or \$10,000, your gift will immediately go to work to improve the lives of the children in Nepal — so please give as generously as you can.

Please use the enclosed envelope or donate online at: www.nepalyouthfoundation.org

Charity Navigator NYF earns top honors once again for accountability

We are proud to tell you that Nepal Youth Foundation earned its 9th consecutive four-star rating -- the highest possible from Charity Navigator! We're particularly honored because fewer than 1% of charities evaluated earn nine consecutive 4-star ratings. It's an important measure of our efficient use of our donors' gifts.



An Unforgettable Year

Dear Friends,

Well, it's been quite a year: The earthquakes, the postponement of the opening of Olgapuri Village, and now the blockade of essential goods across the Indian border. And yet – amidst all the rubble and the ruin, there is much to be grateful for. The earthquake happened at noon on a Saturday, so children were not in school. At Olgapuri Village, the construction workers had come down from the scaffolds for lunch. While the casualties were tragic and considerable, they would have been much worse if the quake had happened during the week and at another hour. And we at NYF are especially thankful because all our children, our staff and their families came through without injuries.

As some of you know, I was in Kathmandu during the earthquake. A huge 90th birthday party was planned for me at 4 pm. Instead of a party, I hosted 50 quake refugees, some strangers, in my house and garden for several days. My guests included 20 former bonded girls who had come from west Nepal to surprise me with a dance performance, but we were in for a different kind of surprise that day.

A gift I will remember forever is witnessing the affection and support these 50 people, largely strangers, showed for one another. They cared for the children, chopped vegetables, and offered each other comfort and reassurance. In spite of the terror of the numerous aftershocks, I did not hear a harsh word during the time they were sheltering at my home.

Another gift that came from the earthquake was the tremendous outpouring of help from all over the world. You, our donors, were especially generous, and for this we are deeply grateful. We immediately launched a massive relief effort, concentrating our efforts on our core mission – protecting children.

One of our projects has been to erect shelters for children whose parents were killed or injured in the quakes. We provided them with food, schooling, and protection against child traffickers who swarmed into the area. We want to keep them in familiar environments, so if they cannot be reunited with their parents, we place them with grandparents, aunts, uncles, older siblings. These villagers are so impoverished that they literally cannot feed another mouth, so we support the child in the home of the relative – food, education, medical care, and counseling. Our goal is to support up to 1,000 of these children, through 12th grade. An ambitious undertaking, but one that benefits a



large number of children and provides them with a chance to grow up healthy and whole.

Anjali is one of the children we will support. The 13-year-old lived with her father, mother and brother in a small village called Salyantar. On the morning of April 25, all the family except Anjali went to the forest to collect fodder for their animals. They never returned. Because of the landslides that followed the quake, they are still buried in the hillside where they fell. Anjali's only relatives are her elderly grandparents. They love her and are happy to care for her, but they are very poor.

Supporting a child living with family members in our "Kinship Care" program costs only \$350 per year - \$4,500 allows NYF to support a young child into adulthood. There are many children like Anjali, and with your help, we will be there for them.

With gratitude and appreciation,

Olga Murray
Founder and Honorary President

3030 Bridgeway, Suite 202
Sausalito, CA 94965
T 415.331.8585
F 415.331.4027
E info@nepalyouthfoundation.org
nepalyouthfoundation.org

Fall/Winter 2015

Rising From the Rubble

Donors, staff, and volunteers pull together to help rebuild

The powerful earthquakes last spring caused unprecedented damage and loss of life in one of the poorest countries in the world.

The death toll exceeded 9,000 people. Another 22,309 people were injured. Nearly a million family homes were rendered uninhabitable. 52,000 classrooms were destroyed. Schooling was disrupted for a million children.

Your generosity enabled us to respond quickly and efficiently, but the devastation will pose staggering challenges in the months and years to come, particularly as the ongoing political unrest and border blockade compound the misery country-wide.



NYF reached 80,000 people in the aftermath of the earthquakes. We delivered emergency supplies, clothing, tarps, tents, tools and mosquito nets to those in the areas hardest hit. We supplied hospitals with equipment and critical supplies. We converted a nutrition clinic into a temporary outpatient ward for people released from the hospitals, but too injured to return home. We opened temporary day care centers so children would have a place to go when schools were closed. We served hot meals at our nutrition kitchens so children would not go hungry.

Children are always at the heart of our mission and are the reason we go to work each day. Guided by our mission to provide freedom, health, shelter and education to the most impoverished children in Nepal, we have focused our longer term rebuilding efforts on the programs highlighted here:

School Construction

The earthquakes destroyed 52,000 classrooms and students are studying under trees, in temporary shelters constructed of bamboo and straw – even in dangerous crumbling schools. NYF has designed a classroom that is seismically safe, ecologically sound, and inexpensive to build. We built eight classrooms in Gorkha district with a goal to build up to 250 more in rural villages, when the political situation allows.



Education and Protection

The earthquakes left thousands of children orphaned or without parents to provide for them. We are working closely with government disaster relief agencies and local schools in five rural districts to identify children who need long term help. Our goal is to offer “10+2” (two-year junior college) scholarships to 230 students. For children whose parents can no longer provide for them, we can care for up to 1,000 students in our Kinship Care Program, where they live with a relative and NYF pays for their support and education costs.

Construction Skills Training

We are expanding our existing Vocational Education and Career Counseling Center to train 1,000 young people in construction skills for rebuilding seismically safe structures. We conducted our first five-day training in Sindhupalchowk in September, a hands-on course for



local builders and people whose homes were destroyed by the earthquakes. Trainees can also use these skills to find employment in the construction trades – a major benefit in a country where the unemployment rate is over 40 percent.

Community Nutrition Kitchens

Nearly half of all children in Nepal are malnourished, a situation made worse by the earthquakes. To help, NYF has set up nine community kitchens in local primary schools in villages most hard-hit by the earthquakes. Trained at our Nutritional Rehabilitation Center in Kathmandu, cooks prepare nutritious mid-day meals and teach caregivers about best nutrition practices and hygiene. We plan to provide meals for up to 1,500 children over the next year, until these villages are rebuilt. The border blockade has forced program cutbacks, but the need continues.

So Much More than Math

Rebuilding schools honors all teachers

Dear Friends,

When Preb Stritter came to Dullav Secondary School in the village of Ghyampesal as a Peace Corps volunteer, it was a big deal. A mathematics teacher from America! It was the early 1980s and I was in seventh grade, living in the rural district of Gorkha. A gifted teacher, Preb quickly earned the admiration and respect of her students and colleagues. She was strict but always ready to help her students who were keen to learn.

The following year, I earned a scholarship to study at a boarding school in Pokhara and Preb returned to the United States, but we struck up a regular and warm correspondence. When I was forced to drop out of college for financial reasons, I turned to Preb for counsel. Her advice and support proved to be a major turning point in my life and I went on to earn a master's degree. Had she not touched my life at that moment, I have no idea where I would be today. Our friendship grew much deeper than a teacher-student; she became my god mother!

I brought my wife and five-year-old daughter to visit Preb in Vermont in 2013. Her face lit up with news of Ghyampesal School, her students and fellow teachers. That visit was the most joyful moment we shared. Sadly, she left us a year later, at the age of 93.

Heartbreakingly, the earthquakes in Nepal last spring leveled Ghyampesal School and 52,000 other classrooms. Preb's family has offered to support the rebuilding of her treasured school.

Despite the political protests and blockade along the country's southern border with India, we remain committed to helping Nepal rise from the rubble. What better way to honor my beloved teacher – and



all teachers in Nepal -- than by providing solid, safe and well-equipped classrooms in which to teach.

Thank you for your generosity. We at NYF, and the children of Nepal, need your support more than ever.

With best regards,

Som Paneru
President, Nepal Youth Foundation

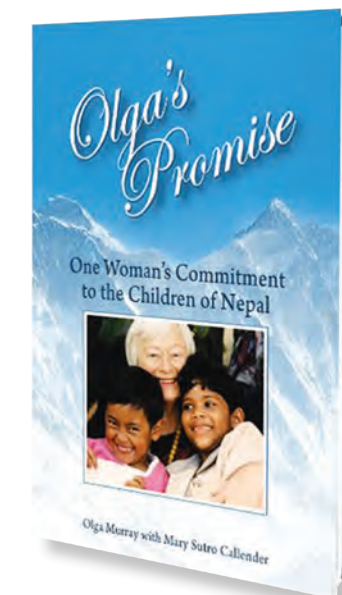
Attorney, Activist, Abolitionist and now Author

Read Olga's Inspiring Story

Olga Murray has written a memoir about her life, *Olga's Promise: One Woman's Commitment to the Children of Nepal*. The book tells the story of Olga's childhood in the Bronx, her 37-year career as a lawyer at the California Supreme Court, and her valiant work with children in Nepal.

She shares endearing stories, challenges and anecdotes, infused with her humor, can-do attitude and love of adventure. Photos from Olga's childhood and her work with children in Nepal bring the stories to life.

The book is a quick and easy read. Her story is an inspiration for young and old alike—and an ideal holiday gift. The book is available at <http://www.olgaspromise.org>



From President Jimmy Carter:
“Olga Murray, at 90, has been a tireless crusader for the freedom and dignity of thousands of young girls in Nepal consigned to indentured servitude. Olga's Promise is her personal story, which I hope will inspire others to action.”

And now TEDx speaker! If you missed seeing the live video stream in Vienna, log into our website <http://www.nepalyouthfoundation.org/watch-nyf-founder-olga-murray-at-tedx-vienna/>, to watch Olga's inspiring talk, “Living a joyful and vibrant life at any age.”