



nepal
youth
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Summer 2016

Not Just a Pipe Dream

Dear Friends,

In these pages, you'll read about some of our Foundation's amazing accomplishments in response to last year's devastating earthquakes. You'll also learn about two projects dear to my heart: the greatly expanded kinship care program for families displaced by the earthquakes and the imminent completion of our children's village.

I'd like to share one story from my recent visit that highlights the life-changing impact that NYF makes with your support.

Som and I visited Sindhupalchok, one of the areas most damaged by the April 2015 earthquake. We drove in a 4-wheel drive vehicle along bumpy dirt roads, behind creaky buses spewing black fumes, bursting with passengers. The roofs were jammed with those who could not fit inside, often accompanied by goats and chickens.

The destruction was appalling - whole villages without a single structure left standing; children studying outdoors because their schools were rubble.

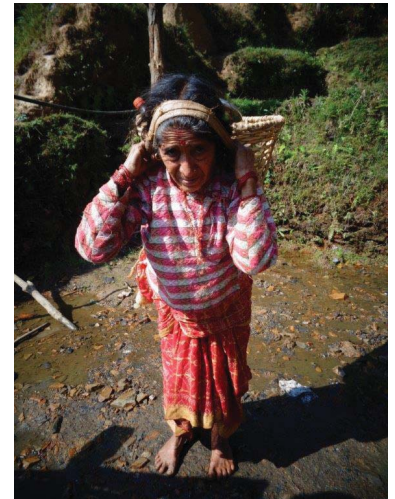
Women trudged along the roadway, wearing flip flops or barefooted, hauling "dokos" -- the local carrying basket, attached with a tump line around their foreheads -- filled with containers of water. The onerous job of carrying water for the family is traditionally assigned to women and young girls, and they are a familiar sight in rural Nepal.

But after the earthquake, many communities suffered an added blow - the nearest sources of water were damaged or dried up completely.



Even before the earthquakes, the lives of rural women in Nepal were filled with unrelenting labor and stress. The mothers of Sindhupalchok rise at 4 am, and walk a considerable distance down a steep hill to the spring that supplies their water.

Now, however, because of the earthquake, the water only trickles, slowly. A long line of women waits to fill the plastic bottles in their dokos, and the climb back up to the village is long and steep. Then they must grind the spices for the morning meal, cook for their families, get their children ready for school, and prepare to go out into the field to work.



By the time I left Nepal, NYF staff had a plan in place to alleviate this burden. We are installing large storage tanks in each of two villages, with pumps to run water through pipes up the steep hill. The villagers will have sufficient water to meet their needs and the women will avoid the daily agony of trudging up and down steep hills.

For a one-time investment of \$10,000, 110 families in these two villages will experience a huge, lasting improvement in the quality of their lives.

NYF is not a disaster relief organization - but we are based in Nepal, led by Nepali staff, and well-positioned to respond quickly to urgent needs. As we complete earthquake relief work this year, it's a privilege to share this wonderful example of the hands-on problem-solving where NYF's staff excels. They make me so proud, every day - just like your support for this work makes me so very grateful. Thank you.

With gratitude and appreciation,

Olga Murray
Founder and Honorary President

Building Back, Even Better

Schools and Skills Training for Nepal's future

The devastating 2015 earthquakes caused tragic loss of lives and property. Nearly 9,000 people were killed and another 2.8 million were left homeless. At least 52,000 classrooms were destroyed, forcing 2 million children out of school.

Nepal Youth Foundation staff mobilized quickly and went to work - reaching more than 80,000 people with emergency support and 14,000 more through longer term rehabilitation and rebuilding efforts.

NYF has turned now to longer-range efforts to help Nepalis recover and rebuild, training homeowners in construction skills and rebuilding seismically safer classrooms.

Our construction skills training program is a one-week intensive apprenticeship led by chartered engineers and government-certified trainers. NYF's goal is to train 1,000 people by 2017, and more than 365 people have completed the training so far.

The first skills training workshops were offered in the district of Gorkha. In these villages close to the earthquake's epicenter, there were literally no houses left standing. Homeowners not only learned seismically safe construction techniques to rebuild their homes



A year later, hundreds of children are now attending classes in seismically safe, well-designed classrooms built by NYF. Despite delays from the four-month border blockade which caused a severe shortage of fuel and construction materials, NYF has built 95 classrooms, with 27 more near completion. With involvement and support from the affected communities, NYF expects to reach our total goal of 250 new classrooms in the year ahead - helping ensure educational access for thousands of children in years to come.

(More details about our disaster relief work are on our website: http://www.nepalyouthfoundation.org/a_nation_shaken)



safer and stronger, they developed qualifications for construction jobs in the country's rebuilding projects.

NYF began rebuilding schools in villages that were reduced to rubble by the earthquakes. Many children were attending classes under tarps and temporary shelters amid the dust and debris, while thousands were studying inside damaged classrooms in even more hazardous conditions.



Rebuilding lives as well as structures...

Helping to keep families strong

Dear Friends,

It's hard to believe it's been over a year since two major earthquakes devastated Nepal. As soon as the shaking stopped, NYF's staff went into action, distributing medical supplies and equipment to the massively overburdened hospitals, and tarps and tents, water filters, rice, and clothing to some of the millions left homeless. In keeping with our core mission of helping children, we created 17 emergency day care centers in the Kathmandu Valley. Instead of wandering in the rubble, children whose homes had been destroyed received instruction, nutritious food, activities, and crisis counseling in a safe place while their traumatized parents began to rebuild their lives.

As the immediate emergency passed, we focused on more long term needs. We initiated an aggressive school rebuilding program, and are approximately halfway to our goal of completing 250 classrooms by 2017. Our original plan to build homes in some of the most devastated villages had to adapt to the evolving government requirements. As restrictions made it impossible to build homes directly, we implemented an intensive building skills training to teach homeowners to reconstruct their own houses. Given the ongoing construction needs in Nepal, the training also creates job opportunities in a country with very high unemployment rates.

Earthquake-ravaged structures are more easily rebuilt than are the lives of children. Tens of thousands lost one or both parents, or had parents unable to care for them because their livelihoods had been destroyed.

To alleviate this dreadful problem, NYF extended its Kinship Care program to areas worst affected by the earthquake. Without a public social safety net in Nepal, children are at risk of separation from family members due to extreme poverty - and too many of the orphanages are sub-standard. Kinship Care helps

to keep children with their family members.

Our original plans to provide for 40 children in 2015 expanded dramatically in response to the earthquake. With 7,000 applicants for the program, our staff faced the painful task of identifying the 800 we could commit to supporting. By providing funds for food, education, medical and other costs, NYF ensures these children, from 4 to 14 years old, can continue living at home with parents or another relative - a grandfather, an uncle or aunt, an older sibling - who otherwise couldn't afford another mouth to feed. Some of these families will recover financially, while other children may need our support for years to come.

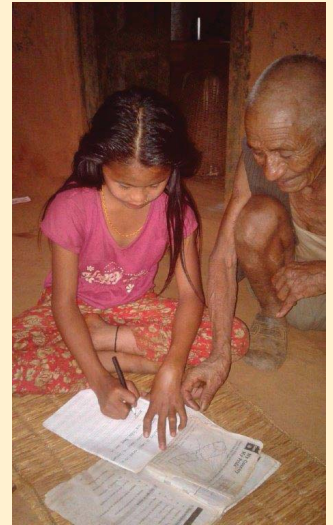
It costs an average of only \$350 a year to support a vulnerable child displaced by the earthquake in Kinship Care, but that relatively small amount is life-changing.

Thanks to the generous outpouring of support from the NYF family, we were able respond quickly to help keep children safe. We know we can count on you to help continue this essential program - and all of NYF's transformative work with children in Nepal.

With gratitude,



Som Paneru
President, Nepal Youth Foundation



Read Olga's Inspiring Story

Olga's recently published memoir, *Olga's Promise: One Woman's Commitment to the Children of Nepal* tells the story of Olga's childhood in the Bronx, her 37-year career as a lawyer at the California Supreme Court, and her life-changing work with children in Nepal for the past 30 years (and counting!).

Her story is an inspiration for young and old alike, and 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."

Olga also shared her thoughts on living life to the fullest on a recent TEDx talk. You can see her inspiring talk "Living a Joyful and Vibrant Life at Any Age" on our website: <http://www.nepalyouthfoundation.org/watch-nyf-founder-olga-murray-at-tedx-vienna/>

Dreams Do Come True

New children's village to open this fall



For more than 20 years, through J House for boys and K House for girls, NYF has sheltered hundreds of children with nowhere else to turn.

Soon the children in our care will have a beautiful, permanent new home. Olgapuri – “Olga’s Little Oasis” – will house 80 children and teens in four dormitories and features a large dining hall, organic farm, sports field – even cows to provide fresh milk.

“For so long, I have wanted a stable home for the children – we’ve had to move over and over again. So we have built this beautiful village, not far from Kathmandu. It’s just magical!” said NYF founder Olga Murray.

Through the support of a generous donor, NYF purchased the land in 2013 and began construction the following year. Two major earthquakes, a prolonged border blockade and a deadly monsoon season slowed progress, but our dedicated staff in Nepal persevered.

Now we’ve focused on completing the road and water well, and equipping and furnishing the residences so all

From NYF’s earliest days, J & K House have provided a sanctuary for “...orphans, abandoned and disabled children, child laborers, street kids and youngsters who had been living behind bars with an incarcerated parent. Some had endured more trauma and suffering from an early age than many of us experience in a lifetime. Each child arrived with a unique, heart-breaking story. What they had in common was a chance to begin a new life – an opportunity to start over as part of the J & K House family.” **Olga’s Promise**

the children can be settled in their new homes by mid-September.

Olga will formally inaugurate Olgapuri on September 25, 2016 and NYF will host an open house on January 1, 2017.

Details on the events will be posted on our website: <http://www.nepalyouthfoundation.org/fall-2016-a-dream-is-coming-true>

While we understand that few people can travel to Nepal to participate, we hope you’ll join the celebration and follow our updates on the website and Facebook. Thank you for being a part of the NYF family!



Your gifts make good things happen

All the wonderful things that you’ll read about in this newsletter are only possible because of the generous support of donors like you.

\$100 helps pay for a child’s annual school expenses.

\$350 pays for a year of kinship care for an earthquake-displaced child

\$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 improving 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

