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**Summer 2017**

Dear Friends,

In the more than 25 years I have been writing this newsletter to you, I've shared stories of hundreds of children we've taken care of over the years, but I've never written about the people who helped found NYF and whose dedication, smarts, and generosity laid the cornerstone for the outstanding organization it is today. But now, with the recent death of one of our founding board members, Tot Heffelfinger, and the passing not so long ago of another, Jack Rosston, I want to pay tribute to their important legacy. Tot and Jack were more than board members. They were family.

Joanne, Tot's wife, and I met at George Washington University in October 1953, where we were two of just a handful of women studying law. She and Tot were newly married then, and they moved to San Francisco shortly thereafter. I relocated to San Francisco a few months later and married Judd, and the four of us became lifelong friends.

I took my first trip to Nepal in 1984 and returned to San Francisco totally smitten with all I had seen and experienced there. I could not stop talking about the beauty of the country, how friendly, cheerful, and hospitable the Nepalis were despite their devastating poverty, and the bright, beautiful, happy, funny children, who wanted more than anything to go to school.

Three years later, I was joined by Tot, two of his six adult children, and Jack, for what became a life-changing trek in the mountains of Nepal. This was the trip where I broke my leg and was carried through the mountains and valleys for the remainder of the trip in a basket hoisted on the back of a porter. But that didn't dampen our fun.

Jack and Tot also felt a deep connection to Nepal and its people, and in 1990, when I formed NYF, they became the first board members. They were the backbone of the foundation; Tot's experience as a lawyer and Jack's as a businessman provided our fledgling organization with the experience, sound judgment and high principles which formed the base for NYF's development. They worked tirelessly to establish a system of good governance, to introduce NYF's work to friends, and they donated generously to the cause.

Now, 27 years after NYF came into being, Tot's son Christopher (also a lawyer) and Jack's son Greg (an economist at Stanford) are continuing that commitment by serving on the NYF board. They are able, energetic young men, dedicated to NYF's mission - just like their fathers.



**Tot Heffelfinger**



**Jack Rosston**

As I read over what I have written, I see that it does not adequately describe the loving and intimate relationship I have had with both families, and all the fun we had together. I was an aunt to Joanne and Tot's six children, and to Jack and his wife Barbara's two sons. We went on vacations together, on ski trips, back packing, and sailing, and oh, the parties! We knew the ins and outs of each other's daily existence and helped one another through the problems that inevitably occurred in our lives over the more than half a century of our friendship.

NYF and the 50,000 Nepali children whose lives have been improved as a result of its work over almost three decades owe an enormous debt of gratitude to these two extraordinary men, who laid the groundwork for the foundation's establishment and its evolution into the solid, principled, well-run organization it is today.

With gratitude,

**Olga Murray**  
Founder and Honorary President

## Taking Stock

This issue of our newsletter features a mix of reflecting on the past and looking forward to the future.

Olga's reminiscence of Jack Rosston and Tot Heffelfinger, two of NYF's founding board members, reminds us of the commitment and dedication that helped establish this organization - work the current board members are committed to continuing.

The timeline below notes some of the highlights of our programs over the years, including the first, flagship Nutrition Rehabilitation Center (NRH) in Kathmandu, founded in 1998. Almost 20 years later, our 17th NRH is nearly completed!

With such an illustrious history, however, comes a strong responsibility to the future. This year, as NYF completes our earthquake disaster relief and rebuilding efforts, implements programs at the new Vocational School, and the children settle into their new home at Olgapuri, we're looking ahead to the next three to five years.

In April, we were fortunate to have the entire NYF Board, from across the US, the UK, and Nepal, gather in Sausalito for a Strategic Planning session. The Board and the US staff were joined by Hannah Coppersmith, new CEO of the NYF UK chapter, and Raju Dhamala, the Executive Director of NYF's partner organization in Nepal.

A single meeting can't possibly encompass all the planning involved in ensuring a framework for the future that is both intentional and flexible - but having the team working together in person was a tremendous way to start the process.



Of course, the other essential element of NYF's work is you - our friends and donors.

We'd be so pleased to hear from you about the programs that have drawn you to NYF - and your thoughts about NYF's future. Please feel free to call or email Kelly at our US office to share your ideas. With the lives of over 50,000 Nepali children transformed through NYF's work, we're enthusiastic about what is yet to come.

With gratitude,

Kelly Anderson  
CEO

Som Paneru  
President

## Meet the newest members of the Board of Directors...

The board welcomed two new members this year, bringing new talent and energy to NYF's dedicated 10-member team of volunteers.



Gina Parker joined in December. A longtime NYF supporter, Gina and her husband, Simon Russell, founded NYF UK in 2013. Formerly, they worked closely with NYF through their charity, Children of the Himalayas.

Gina balances the demands of motherhood with being a Senior Partner of a wealth management organization in London. She also spends a lot of time working on NYF UK's programs. Gina feels privileged to be able to work with the people of Nepal and to help them improve the health of their children.

NYF's newest board member is Tanya Bodde, a retired Foreign Service officer who spent more than 15 years in Southeast Asia, primarily Nepal. There, she served as president of what was then American Women of Nepal from 1994 to 1997.



Born in Michigan, she grew up in a military family and traveled the world. She is married to Peter Bodde, a career diplomat who served as the US ambassador to Nepal from 2012 through 2015.

Tanya has two children, two-grandchildren and a Nepali-born Labrador. Tanya feels a special affinity for the people of Nepal, and is pleased to continue her service through NYF's volunteer board.



Elizabeth Share, Andrea McTamane, Brian Ferrall, Greg Rosston, Olga Murray, Christopher Heffelfinger, Nick Prior, Haydi Sowerwine, Kelly Anderson

After serving more than six years on NYF's board, Nick Prior stepped down as chair, but will continue to serve on the board. Brian Ferrall, who joined the board in 2011, was elected chair.

At Founder's Day, the board recognized Nick's dedicated service to NYF during a time of leadership transition and program challenges posed by the devastating earthquakes in 2015.

### NYF's board members are:

Brian Ferrall, Chair  
Greg Rosston, Treasurer  
Christopher Heffelfinger, Secretary  
Olga Murray, Founder and Honorary President  
Tanya Bodde  
Gina Parker  
Nick Prior  
Haydi Sowerwine  
Saskia Bowers-Van der Stap  
Kelly Anderson, CEO *ex officio*  
Som Paneru, President *ex officio*

### Advisory Board:

Stacy Chen  
Andrea McTamane  
Elizabeth Share

### 1984

Olga visits Nepal for the first time, pays for four orphaned boys to attend college and decides to devote herself to helping Nepali children



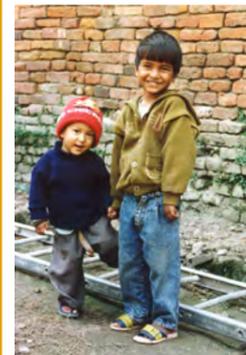
### 1987

Olga breaks her leg on her life-changing trek



### 1990

The Nepal Youth Foundation becomes a registered nonprofit



### 1992

NYF opens J House for boys

### 1994

K House for girls opens



### 1998

To address Nepal's severe crisis of child malnutrition, NYF opens the first of what would become 17 nutrition rehabilitation homes

### 2000

NYF launches program to end the practice of indentured servitude known as Kamlari



### 2006

To treat children and mothers affected by HIV-AIDS, NYF opens the New Life Center

### 2007

NYF opens the first psychological counseling center for children and youth and also starts its Vocational Education and Career Counseling program

### 2014

The Nepali government officially bans the practice of Kamlari. NYF purchases land to build a permanent new home for J&K House children

### 2015

NYF mobilizes to help Nepal recover from two massive earthquakes



### 2016

Officials and supporters celebrate the opening of Olgapuri Children's Village



### 2017

NYF opens Vocational School at Olgapuri

### 2018

NYF looks ahead to the future...



## A good turn

Our friends in Germany merged the traditional craftsmanship of Nepali woodworkers with technically advanced western woodturning machines in a project to bring the cultures together.

The result is a beautifully equipped workshop in our new Vocational School at Olgapuri. They held a “train the trainers” event to prepare future teachers

to use the sophisticated equipment. NYF recently completed a pilot program to train young women in the craft of woodworking.

These young women are learning to produce wood products for restaurants and will have jobs when they finish the training!

The workshop is part of the new school that opened in the spring that features three other trades in addition to carpentry and woodturning – welding and steel fabrication, electrical and plumbing and child and elder care.

The school will serve underprivileged youth at no cost, and will subsidize their tuition by admitting paying students into the program. Additionally, furniture and handicrafts produced in the woodworking workshop will be sold to offset operating expenses.

## Change a life today

Whether it's running your first 5K, hiking the Pacific Coast Trail, or summiting Mt. Everest, we're constantly impressed with the creativity and commitment of NYF supporters who fundraise as part of a personal challenge or event.

But you don't need to swim the English Channel to make an impact in the life of a Nepali child in need. Traditional face-to-face events like house parties and bake-sales work too! Online platforms make fundraising easy by offering free personal pages with photos, email, and gift processing. NYF friends have worked with platforms like Crowdrise, JustGive, and Razoo, but there are others.

Ask your employer if there is a Workplace Giving program. It's an easy and efficient way to donate and your employer may even have a Matching Gift program.

Leave a legacy. Having a thoughtful plan for your wishes is key to making them come true. Creating a will or an estate plan, even as early as your 30s and 40s, ensures that your values will have a lasting impact. Learn more about why it's never too early to join NYF's Legacy Circle at [www.nepalyouthfoundation.org/donate/legacygifts](http://www.nepalyouthfoundation.org/donate/legacygifts).

For more information on any of the above or other ways to support NYF, please contact [julie@nepalyouthfoundation.org](mailto:julie@nepalyouthfoundation.org) or 415-331-8585.



## Hard at work together

NYF builds a new nutrition clinic in Western Nepal with your help



In a project initiated by an enthusiastic supporter, NYF broke ground early this year on a new Nutritional Rehabilitation Home (NRH) in Dadulohara – the 17th such clinic dedicated to treating chronically malnourished children since we began tackling the problem in 1998.

More than 50,000 children die in Nepal each year and severe malnutrition contributes in 60 percent of those cases. That's over 30,000 children a year...2,500 children every month.

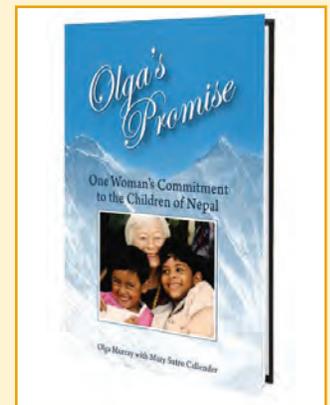
While many families in Nepal are desperately poor, that's not the main cause of this terrible malnutrition. While children are restored to health at one of our specialized clinics, our staff teach their mothers or caregivers how to combine locally available foods to maximize the nutritional benefits, and explain the importance of hand washing and hygiene to prevent dysentery.

To date, the NRHs have successfully treated more than 14,200 children for severe malnutrition and taught an almost equal number of caretakers, primarily mothers, how to maintain their child's newfound health.

To ensure sustainability of this successful program, NYF transfers management of NRHs to the government of Nepal after five years. Of the sixteen NRHs we've established throughout the country, NYF has transferred 11 of them to the government.

## A good summer read...

Are you looking for an uplifting read for your book club? Order a copy of NYF Founder Olga Murray's memoir, *Olga's Promise: One Woman's Commitment to the Children of Nepal* and read the inspiring story of her childhood in the Bronx, her 37-year career as a lawyer for the California Supreme Court, and her life-changing work with the children of Nepal.



As an added bonus, the author herself may be able to call in to talk with your group during your book club meeting. Call us a 415-331-8585 to discuss scheduling opportunities. <http://www.olgaspromise.org>