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Fall 2018



Dear Friends,

Heading back to Nepal once again, I'm so excited to see the children – they're always the highlight. I'm also eager to see the progress in what you have helped us build.

Most of you know that Olgapuri Children's Village is more than four lovely children's homes. It includes not only an organic farm,

but a vocational training center as well. Olgapuri Vocational School (OVS) began operating last July, and it has already produced impressive results. In Nepal, the unemployment and underemployment rate hovers around 40%, yet 94% of our graduates so far have been able to land jobs.

The consequence of the high unemployment rate is that Nepali men migrate for jobs, most to the Gulf countries. The majority work in unskilled jobs, often in unsafe conditions. As a result, in many areas of Nepal, whole villages are devoid of men of working age. The social consequences of this migration are enormous – wives separated from their husbands for years, even decades, and children growing up without their fathers.



Aspiring women carpenters at the vocational school

And yet – there are employment opportunities in Nepal for those who have had proper training. The shocking unemployment rate is due in substantial part to the fact that Nepalis do not have the skills to fill the available jobs. There are well-paying openings in the construction trades, but not enough

carpenters, electricians, and welders to fill them. Nepal and India have an open border, and many of these positions are filled by Indian workers.

Excellent vocational training is imperative in Nepal, and OVS was established to serve that need. Initially, we are providing first-rate training to 320 carpenters, welders, plumbers, and electricians a year. Because of the 2015 earthquake, which destroyed hundreds of thousands of structures, such skills are in high demand.

These well-paying jobs are traditionally held by men, but NYF is encouraging and training women to fill these positions as well. Of the first handful of women who have been trained at OVS as carpenters, electricians, and plumbers, all of them have found employment.

To accomplish this, we rely on an excellent team, including people like Mandira, one of our OVS trainers. Her inspiring story – from one of six children in a remote village to a successful electrician – is featured on our website. You can read more at www.nepalyouthfoundation.org/super-trainer-mandira/ or contact our office at 415-331-8585 to have a copy sent to you.



Mandira with some of her students

Of course, the most essential part of the NYF family are friends like you. Thanks to your generosity, OVS students are on a life-transforming path to economic independence and a dignified adulthood.

With endless gratitude,

Olga Murray
Founder and Honorary President

Cheers to the School Year!

The back-to-school season in the US is a whirlwind of anxiety and excitement. As parents wonder how their child will get along with new teachers and students, they are also flooded with reminders of milestone events, extracurricular activities, and sales on anything that could possibly fit inside a backpack.

In Nepal, where school starts in the spring, families face more basic concerns like, *"We can barely afford the necessities. How will we buy uniforms and school supplies?"* But thanks to your generosity, some of the most desperately poor children in Nepal can proudly look forward to their school year with one goal: to learn!

NYF is one of the largest non-governmental providers of educational scholarships in Nepal. Over 1,300 orphaned, abandoned, and at-risk children are currently in school from kindergarten to university.



Day School scholarship recipients

As students you know are heading back to school this fall, we hope you will share the inspiration of Nepali children who are eager to start or continue their education with help from people from around the world. Despite often unthinkable hardships, their futures are bright. Thank you!



Earthquake victim "Maya"
(Kinship Care scholarship recipient)



"Subesh" (Disabled School scholarship recipient)

Saving Lives for Years to Come

Your Support is Making That Possible!

We've all seen horrific images from across the world of starving children with glassy eyes and stick-like limbs. The problem seems overwhelming, but in Nepal, the solution can be remarkably simple and sustainable.

NYF has established 17 Nutritional Rehabilitation Homes (NRHs) across Nepal to save the lives of some of the most desperately ill, malnourished children at an average cost of only \$350 per child. Since 1998, almost 15,000 children have regained their health in an average of just three weeks, while their caregivers learn about hygiene and proper nutrition (using locally available, inexpensive ingredients).

This summer, we celebrated transitioning four centers which will now be operated by the government, with ongoing monitoring and training from our permanent Kathmandu NRH. With 15 NRHs now fully transitioned and the new facility in Dadeldhura in its second year, we are expanding our outreach efforts.



Nutrition Camps teach essential skills like proper handwashing

Nutrition Outreach camps bring life-saving nutrition education and services to people in remote communities who are isolated by rough terrain and lack of transportation. Through each two to three day camp, NYF reaches 500-800 children and their caregivers, identifies severely malnourished children, and transports them to the closest NRH.

Thanks to your generosity, some of the most at-risk children in Nepal have a chance to lead healthy, productive lives.



Nepal Executive Director Raju Dhamala and Nutrition Program Coordinator Sunita Rimal at a handover ceremony

We're proud of our NRH model - building and transferring the ongoing operations to the Nepali government over a five year period - because it is sustainable and maximizes the impact of your generosity.

Lazy days of summer? Not at NYF!

As you read these pages, we hope that you feel proud of the incredible difference your support makes in the lives of young Nepalis.

NYF's new fiscal year begins on July 1, so our summer is always a flurry of activity – closing out the previous year's finances, documenting program accomplishments, and ensuring a strong framework for success in the current year.



Som and Raju joined Olga in cutting her birthday cake

This year, NYF Board members from across the US and as far as the UK & Nepal traveled to Sausalito in June. First, we celebrated Founder's Day - honoring Olga Murray's 93rd birthday and the anniversary of NYF's "official" founding in June 1990.

Among the many special guests, we were pleased to have Raju Dhamala, Executive Director of our sister organization NYF-Nepal, and honored speaker Dr. Arzu Rana Deuba. A former member of the Nepali Parliament and renowned gender activist, Dr. Deuba and her husband, former Prime Minister Sher Bahadur Deuba, are long-time friends of NYF and Olga. Dr. Deuba's warm and funny remarks were much appreciated by everyone at this signature annual fundraising event.



Dr. Deuba captivated the audience

Festivities concluded, over the weekend the NYF team rolled up our sleeves and followed the Quarterly Board meeting with an organization-wide planning session, in our annual general meeting.



Board and Advisory Members at the celebration

With so many children and young people counting on NYF, we're focusing on ways to assure the long-term health and sustainability of our work.

That includes maximizing administrative and program efficiency, expanding our base of supporters and NYF's public profile, encouraging major program investments and Legacy gifts, and diversifying our income sources in creative ways.

This summer, our partners in the UK chapter launched Kathaa, a contemporary fashion brand that not only employs Freed Kamlari (previously indentured child servants) but generates proceeds to support NYF's work. (Kathaa.co.uk)

NYF-Nepal has also created a social enterprise - based at Olgapuri, it produces income by selling the excess farm produce and the products created by students at the Vocational Training School.

We're also thinking big about ways to increase NYF's impact in Nepal. For example, our Nutrition model (where NYF builds the centers and operates them for the first three years, then gradually transitions the full responsibility to the Nepali government) has been very successful.

We're exploring how to apply this approach to expand our vocational training – helping to address the urgent employment needs of young Nepali men. Not only would they be safer and better-paid working in Nepal, as an alternative to migrating for dangerous, unskilled labor – but reducing the terrible disruption of families would also promote healthier, happier communities where children can thrive.

Whatever new endeavors we undertake in the months and years ahead, it will all stem from NYF's commitment to our mission: bringing freedom, shelter, health, and education to Nepal's most impoverished children.

And it will only be possible with the care and support of the dedicated NYF "family" – those of you who make all of our work possible

With gratitude,

A handwritten signature in black ink, appearing to read 'Som Paneru'.

Som Paneru, *President*

A handwritten signature in black ink, appearing to read 'Kelly Anderson'.

Kelly Anderson, *CEO*

One Sentence From You Can Help Protect Their Future

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 needy children 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)."

To talk more about the options for including NYF in your estate plan, please contact us at 415-331-8585 or Julie@NepalYouthFoundation.org.



Big or Small, Your Support Truly Matters

From sponsoring the education of a student to hosting an event or making automatic monthly contributions, it's NYF's family of donors who make our work possible.

Meet some NYF friends who have recently gone the extra mile (literally in some cases!) to improve the life of a child.



Louise in her youth

So Much More than Flowers

In lieu of flowers for **Louise's** funeral, Sarah and her family asked friends to support NYF's Olgapuri Children's Village, a most special commemoration of Louise's own childhood as an orphan in France.

Writing a New Chapter for Children



Bon Bon pencils

As a high school freshman **Erika** learned about the desperate plight of Nepali children and said "everyone in this world deserves a right to be educated from a young age." She makes beautiful "Bon Bon" pencils to raise funds for NYF.

Talk About Going the Extra Mile

Last year, **Mark** hiked the Pacific Crest Trail from Mexico to Canada, fundraising for NYF as a part of his "(mis)adventures." This year he mountain-biked over 1,800 miles in New Zealand while continuing his fundraising because "it means so much to these kids that have so little."



Mark on the trails

For more examples of ways to support NYF's work, you can visit www.NepalYouthFoundation.org/Get-Involved/ or contact our US office.

Since 1990, NYF has transformed the lives of over 50,000 children... All thanks to the kindness of friends like Erika, Sarah, Mark, and **you**.

Around the Corner at Suite #325

Our new US address is: 3030 Bridgeway, Suite 325| Sausalito, CA | 94965. We are still in the same building and our phone number and email remain the same. If you are in the area, please stop by and say hello. We would love to see you!



We're proud that NYF's Silver status with GuideStar reflects our commitment to transparency and that 12 consecutive years of 4-Star ratings with Charity Navigator keeps NYF in the top 1% of charities.

For the holidays...

If you're looking for an inspirational holiday gift, **Olga's Promise: One Woman's Commitment to the Children of Nepal** is a page-turner that is sure to captivate (available at olgaspromise.org).



Follow Olga's circuitous journey as a six-year-old immigrant travelling from Transylvania to the Bronx and learn how NYF came to be with stories from the early days.



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

To receive NYF's email updates, sign up at www.NepalYouthFoundation.org