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Spring 2020

My dear friends and NYF supporters,

When I began drafting this letter, I had nothing but good news to share about our children and our programs, but now there are new challenges to talk about. Like the rest of the world, NYF has had to make major adjustments to cope with the new reality – the coronavirus pandemic.

Fortunately, all our children and staff in Nepal are doing well so far.

Olgapuri is on total lockdown – nobody in and nobody out – but the children are not only protected from illness, but living a full and happy life. With the help of their house parents, they are learning new skills in the kitchen and in the gardens. There are regular classes so that the children do not fall behind academically. They play basketball, table tennis, and soccer. They have art and craft activities and exhibitions, and an excellent library. If any of them contracts the virus, we have a safe area set aside to house them until they are no longer infectious. These children, some of the most disadvantaged on the planet, are among the most fortunate in the entire country.



A beautiful evening in Olgapuri's vegetable garden.

On a different note, I am safely back in California. On March 12, before Nepal's strict lockdown began, I woke up and told myself, "I gotta get outta here." The following night, I was on a flight back to the U.S. Although I was relieved, I felt as though I was abandoning a sinking ship with my best friends aboard.

There have been relatively few confirmed COVID-19 cases in the country and no known deaths, but this may well be because so few of the population have been tested. The facilities for dealing with the virus when it arrives in force are very inadequate. Thousands who had migrated to Kathmandu from their villages are walking – walking! – home. Unimaginable, when you consider how far and remote and rough such a journey is on foot, over rugged trails, through the jungle, and over rivers and mountains. The many who live on daily wages are in danger of going hungry.

There are or will be millions of malnourished children and adults when this is all over, and other enormous problems. NYF is preparing to meet these needs. Over the 30 years since it was founded, we have been on the ground, providing help during earthquakes, landslides, and other disasters. Your help will be needed more than ever in the aftermath of this pandemic. Your loyal support over these many years has enabled us to protect our children during these harrowing times. Thank you from the bottom of my heart.

With gratitude,

Olga Murray
Founder and Honorary President

Creativity in Action: The Olgapuri Lockdown Art Show!

At Olgapuri Children's Village, creativity is a great way to manage stress, have fun, and bond with your friends. The children made good use of their lockdown time in early April... by putting on their very own art show!



Paper crafts around the table



Let's draw together!



Weaving newspaper baskets as a team



Attending the final event

Namaste, Kelly! Namaste, Eric, Ron, Stu, and Marcus!

The traditional Nepalese greeting, "namaste," means both *hello* and *goodbye* – but it carries a deeper meaning of honor, connection, and unity. As we at NYF grapple with the changes brought on by COVID-19, we are also bidding a fond farewell to **CEO Kelly Anderson** and welcoming several new leaders to our administrative team and board of directors. It is our pleasure to introduce **Executive Director Eric Talbert**, **Board Members Stu Harden** and **Ron Rosano**, and **Advisory Board Member Marcus Cotton** to the NYF Family. Please join us in a heartfelt "Namaste!" to each of them.



Eric Talbert comes to NYF with over 15 years of nonprofit communications and development experience, particularly in the areas of international aid, global health, and human rights. His efforts have raised millions through collaborative projects with partners and individual donors working to make the world a better place. Eric's work has been highlighted by *60 Minutes*, *TIME*, *The New York Times Magazine*, *The Wall Street Journal*, and more. He is a proud board member of The Paul K. Longmore Institute on Disability.

As NYF's U.S. Executive Director, Eric will lead U.S. fundraising and outreach efforts, creating and fostering impactful partnerships to support our programming in Nepal. In these unprecedented and challenging times, his thoughtful leadership and creative approaches to fundraising and communications will be critical to our success.

Changing Times - Same NYF Commitment

As I sit down to write this update, I am struck by how differently our 30th Anniversary Year is unfolding than how we had planned. In Kathmandu, I and the other NYF staff members are working in strict lockdown conditions. We can only connect with one another over the telephone and internet, and we can only leave home with special permission. As in many other parts of the world, we are watching anxiously as COVID-19 cases are discovered one-by-one in our country.

This year, we had planned to celebrate 30 years of successful programming in Nepal, including 20 years of the Freed Kamlari program (which this summer is officially passing into the control of the liberated women themselves). Instead, COVID-19 is inviting us to put our years of experience to work in meeting a new challenge. So close to the anniversary of the 2015 earthquakes, the comparison between the two disasters is striking. NYF responded strongly and effectively in 2015 - and we are even stronger now.

In the weeks before Nepal's lockdown began, we at NYF mobilized quickly to ensure the safety of all the children under our care. Our counselors at Ankur Counseling Center are reaching

members of the community over the phone. We are reviewing outreach projects from 2015 and adapting them with current conditions in mind. In this time of worldwide anxiety, we at NYF consider ourselves fortunate to have reason to be confident: confident that together, we can make an enormous difference for Nepal's most vulnerable populations in the months ahead.

None of this would be possible without our generous donors - thank you. Your support ensures NYF can meet critical needs, whether expected or unexpected, with agility and courage.

Thank you for being part of the NYF Family.

In solidarity,



Som Paneru, President

P.S. Since we can't be certain about in-person events this year, we're trying out virtual celebrations in 2020 instead. For more information about joining us online for Olga's upcoming 95th Birthday celebration, email us at Info@NepalYouthFoundation.org.



Ron Rosano

has been involved with NYF since 1995, beginning

with sponsorship of a child. He's still regularly in touch with that child, who is now married and has a successful career. He brings to the board 35+ years of experience owning and operating a small business. Ron is passionate about inspiring kids to reach their full potential and is particularly excited about public and community outreach related to space and astronomy, having organized and led educational events around the world since 1995.



Stu Harden

is a longtime friend of NYF with over 50 years of accounting

experience and an extensive history as an auditor and consultant to nonprofit organizations. Stu is a former member of the Emerging Issues Task force of the Financial Accounting Standards Board, the Auditing Standards Board and the Accounting Standards Executive Committee, as well as numerous other professional groups. Stu and his wife, Diana, have resided in California for 40 years. They have two adult sons and three grandchildren.



Marcus Cotton

grew up in a traditional English farming village. He

began his career in insurance at Lloyds of London, but soon moved to Nepal to pursue conservation. He was working to protect the environment in Nepal at the same time our very own Olga Murray was establishing NYF. Marcus is now the owner of Tiger Mountain Pokhara Lodge, a sustainable hotel in Nepal focused on lifting the community around it while offering guests a rich experience in the country's trekking capital.

How You Can Help During the Pandemic

Despite the recent uncertainty, NYF continues to serve some of the most marginalized and vulnerable children in the world. And even though we face lockdown conditions and food shortages, our team is even more dedicated to the cause.

Now, more than ever, we need your help to provide freedom, shelter, healthcare, and education to Nepal's young people.

Use Your Voice!

Do you or someone you know run a podcast, have a YouTube channel, regularly update a public blog, or create other online content through Twitch, Instagram, or other platforms? You could use your voice to help us fundraise! Let your followers know why you support the Nepal Youth Foundation, and why our work is so important during this time of crisis. Contact us to ask us how.

Amazon Smile

If you're shopping from home while social distancing, please consider ordering through Amazon Smile and adding the Nepal Youth Foundation as your partner. It adds no cost, and each order helps the kids we serve.

Online Fundraisers

Raise funds for NYF on sites like [Facebook](#), JustGiving, and MightyCause. Many people are searching for ways to help during the pandemic. Share your NYF story and encourage others to help!

The CARES Act

Thanks to the recent passage of the CARES Act, every American taxpayer can deduct up to \$300 of charitable donations in 2020, whether or not you itemize deductions.

IRAs and QCDs

For individuals with IRAs, there are no Required Minimum Distributions (RMDs) this year. However, giving pre-tax funds out of your traditional IRA will still lower your future tax burden compared to giving cash. If you are interested in this method of giving, please contact your IRA custodian today!

Stock Gifts

Did you know that gifts of stock can give your family a big tax benefit even in the down market? These gifts can reduce the capital gains you'll pay when the market rebounds - without changing your portfolio. If you are interested in this method, contact your financial advisor for more details on this especially smart way of giving. Our IRS Tax-ID is #68-0224596.

But Most of All... Take Care of Yourself

This pandemic is impacting all of us differently - but it is impacting all of us. Whether you are an essential employee working through the crisis, an office worker suddenly telecommuting while teaching an elementary schooler, a retiree keeping up with your grandchildren over Skype, or someone struggling through a loss of income, ***we are grateful for the part you play as a member of the NYF Family.***

Thank you for being with us on this journey. We are thinking of you every day and wishing you well as we navigate this crisis together.

A Gift to Make You Smile

In April, The Fairy Tellers podcast ran a two-episode fundraiser in NYF's honor, sharing Nepalese folk tales and the ways they relate to stories you may recognize from your own childhood!

If you're interested in light-hearted retellings of "Soonimaya" and "The King Who Rides a Tiger," visit <https://TheFairyTellers.Podbean.com> and enjoy episodes 20 and 21 - absolutely free.



The COVID-19 crisis is fast-moving and changing quickly. Even as we prepare this newsletter, we know by the time it reaches your mailbox, so much will be different. To follow NYF's response to the pandemic in Nepal, please sign up for email updates at www.NepalYouthFoundation.org.



You may also connect with NYF through social media - follow news and join the conversation on [Facebook](#), [Twitter](#), and [YouTube](#).