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**Winter 2019-2020**

Dear Friends,

As I write this, it's just a few days until 2020, an important year for NYF - and for me personally. It marks the 30th anniversary of the founding of NYF, and my 95th birthday.

In 1990 I was 65 years old, still trekking up and down the Himalayas, and a total bore to my friends in California.

I was so infatuated with the children of Nepal that I could talk of little else - how smart and sweet they were, how desperate for help, and how little money it took to change their lives. My first newsletters were 15 pages long - I simply could not stop telling stories about the children's hardships and amazing resilience.

For five years, friends and I had been informally providing scholarships and support to a number of street children, disabled and abandoned kids, but by 1990 it was clear that to have a long-term impact, we needed a formal, legal structure. And so the Nepalese Youth Opportunity Fund - now NYF - was born!

Never could I have imagined that 30 years later we would have provided more than 50,000 children with shelter, freedom, health, and education. Reflecting on those years of struggle and joy and hard work and learning from our mistakes, I realize that NYF evolved organically - that we learned about some desperate need and began crafting a solution.

When we discovered that many children died from malnutrition after being discharged from the hospital, we established our Nutrition Rehabilitation Homes to restore these children to health. More than 25,000 children have benefitted from this program.



*Olga trekking in 1984*

Twenty years ago, our Indentured Daughters Program grew out of a Nepalese article: it said that at an upcoming festival, impoverished Tharu parents would again be bonding away their little girls to work as servants. Could this actually be happening in the 21st Century? How could we help?

Within a few days, Som was on his way to southwest Nepal to find out. Now, we have rescued nearly 13,000 girls from Kamlari bondage and the practice is officially abolished. We remain engaged with the freed girls, assuring they are educated, can earn a living, and have status in their community.

The last 30 years of my life have been the most joyful and fulfilling because I witness every day the enormous difference NYF makes in the lives of Nepalese children. None of this would have been possible, dear donors, without your generosity.

As we celebrate NYF's 30th anniversary, we are so grateful to you for being part of this life-changing work.

Thank you,

Olga Murray  
Founder and Honorary President

# Celebrating 30 Years of the NYF Family 1990-2020



Olga and the NYF Promise



Our programs provide life-saving medical care for children and teach their caregivers how to keep their families healthy.



NYF scholarships offer children like "Karuna" the priceless gift of education.



Health



Education



We've come a long way from the earliest days of J House. Since the 1990s, we've sheltered and nurtured over 200 orphaned and abandoned kids, giving them the stable, safe, and loving homes all children deserve.



Freedom



Shelter

From raising awareness of the dangers of the Kamlari practice, to providing alternatives and empowerment, NYF has helped Tharu communities embrace freedom for their daughters.

**And so much more to come...**

# So Much to Celebrate!

We hope that you enjoy this sneak preview of NYF's 30th anniversary reflections. Throughout 2020, we'll be celebrating the amazing impact that support like yours has made possible for tens of thousands of children in Nepal.

Of course, we'll also be focusing on what's to come, and the difference you can help make for so many more children, youth and families in the months and years ahead.

Plans are underway for a very special Founder's Day event in June – we hope you'll join us, or perhaps even sponsor a table. And if you're considering a trip to Nepal, please stay tuned

for details to come about the NYF "family reunion" in Kathmandu late in 2020.

Whether you celebrate with us in San Francisco, Kathmandu, or from the comfort of your own home – we hope that you'll feel proud of everything that you're helping NYF accomplish... and the lives that are being improved every day with your help.

Warmly,



Som Paneru, President



Kelly Anderson, CEO

## Creative Contributions from Every Member of the Family!

### KIDS HELPING KIDS

How better to teach children about the joy of generosity than by giving them opportunities to improve the lives of other kids? At [NepalYouthFoundation.org/KidPowerNYF/](http://NepalYouthFoundation.org/KidPowerNYF/), we've created a page just for young people. Visit today, and learn how kids of all ages can get involved and make a positive difference!

### GIFTS IN HONOR OR IN MEMORY

Your gift can honor an individual – to celebrate a special occasion or holiday – or be in memory of a loved one.

### ONLINE FUNDRAISERS

Raise funds for NYF on sites like [Facebook](#), [JustGiving](#), and [MightyCause](#) to mark moments like your birthday, first 5K, or just because!

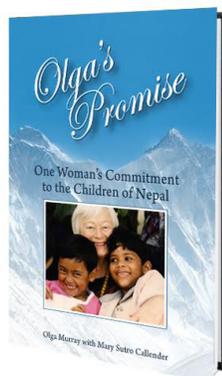
### LEGACY GIFTS

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)."

For more information, please contact us at 415-331-8585 or [Kelly@NepalYouthFoundation.org](mailto:Kelly@NepalYouthFoundation.org).

For more stories of NYF's early days and Olga's inspiring life, order **Olga's Promise: One Woman's Commitment to the Children of Nepal** (available at [olgaspromise.org](http://olgaspromise.org)).



To sign up for our letters and newsletters, please email [Info@NepalYouthFoundation.org](mailto:Info@NepalYouthFoundation.org) with your contact information or call 415-331-8585. You can also sign up for email updates at [www.NepalYouthFoundation.org](http://www.NepalYouthFoundation.org). Thank you!



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