



3030 Bridgeway New Suite #325
Sausalito, CA 94965
T 415.331.8585
F 415.331.4027
E info@NepalYouthFoundation.org
NepalYouthFoundation.org

Winter 2018

Dear Friends,

Autumn is a sentimental time in Nepal, with the most important festival. Dashain, symbolizing the victory of good over evil, means gathering with family, receiving blessings from elders, new clothes, and feasting.

We ensure our Olgapuri children spend the holidays with any family they have – uncles, aunties, grandparents. For those without relatives, we joyously celebrate together. As



the elder, I give the traditional blessing, and they also receive little gifts and blessings from the rest of the NYF family.

This year was extra special because I returned with Durga - the eight

year old I brought to the US in 1993 for plastic surgery unavailable in Nepal. As an infant, she had rolled into a fire and suffered very serious facial burns. Some of you may remember her from my book, *Olga's Promise* (in which I called her Anjita): her bravery facing repeated surgeries, her early life with my dear friends Joanne and Tot Heffelfinger, who raised her as their own - and her evolution from a tiny 35 pound firebrand totally unfamiliar with western life to a smart, warm-hearted, charming young woman.

Durga married Scott, an outstanding American man, three years ago in California, and in April she gave birth to an adorable little boy. With the wonders of technology, she's remained very close to her large Nepali family and was eager for them to meet her son.

We also celebrated the baby's "rice feeding ceremony," when a Nepali child eats solid food for the first time – usually a couple grains of rice. (More on Durga's trip: bit.ly/DurgaNepal)

With Durga and her baby headed home, I'm readying for Thanksgiving. Welcoming friends and family for an abundant meal is always a special delight, so perhaps it's natural to be reflecting on how NYF's nutrition programs have changed so many lives.

In 1998 we opened our first Nutritional Rehabilitation Home (NRH) to restore severely malnourished children to health. Malnutrition was so common that scarce hospital beds couldn't be spared, and many children were tragically dying after being discharged.



As with so much of our work, we began by doing what was in front of us – with 10 beds in a crowded, noisy area of Kathmandu. We never imagined that 20 years later, our small beginning would grow into 17 NRHs throughout Nepal, restoring the health of over 20,000 children and educating their mothers to maintain the family's health. Our nutrition outreach camps take these lifesaving services to thousands more children in remote villages each year.

The special satisfaction of this long-term impact makes me even more grateful to all of you – the NYF family whose generosity makes this all possible. From all of us – from the bottom of my heart – *Dhanyabad*. Thank You.

Olga Murray
Founder and Honorary President

We're Thankful for You

Your Support Makes the Holidays So Much Brighter

Whether you celebrate Dashain, Tihar, Thanksgiving – or another of the over 30 fall and winter holidays – you know how much family is emphasized this time of year. People around the world travel through multiple time zones and even across oceans to be with loved ones.



Our connections and sense of belonging unite us all. This is especially important in Nepal where family is one of the highest values and each member has a specific role in annual festivals and family milestones.

Thanks to your generous support, orphaned, abandoned, and at risk children in Nepal can enjoy that same delight of belonging.

The 400 children who are able to remain with their relatives through NYF's Kinship Care, and the hundreds more in school with our scholarships are continuing their own family traditions.

Children at Olgapuri celebrate Nepali festivals with the “NYF family” (including 80 siblings!), honoring specific family members or enjoying countrywide holidays.



We're all thankful for you



Young girls honored by their elders during Gunyo Cholo



Celebrating brothers during Tihar (Bhai Tikka)

The blessings of this season are made most joyous by those we share them with. Wherever you are in the world, thank you for sharing your support with the children of NYF. We're so grateful to have you in our family.

More Ways You Can Transform Lives

AMAZON SMILE

If you shop on Amazon.com, please bookmark the charity site [Smile.Amazon.com](https://www.smile.amazon.com) and select “Nepal Youth Foundation” as your beneficiary. It's the same site and a simple way for you to support NYF at no additional cost to you.

GIFTS IN HONOR OR IN MEMORY

Your gift can honor an individual, celebrate a special occasion or holiday, or be in memory of a loved one. (NYF can send a gift announcement if you provide contact information.)

MATCHING GIFTS

You can maximize your donation if you (or a member of your family) qualify for corporate matching funds. Please check with your company to see if a matching funds program can double the impact of your gift.

ONLINE FUNDRAISER

Sites like Facebook, JustGiving, and MightyCause make it easy to mark a milestone like your first 5K or your birthday. You can create your own message using pictures and updates from NYF's social media. Invite friends to give and share your progress with them.

SENIORS ONLY!

If you are 70 ½ or older, you may see tax benefits by making a direct transfer of IRA balances to a charity to satisfy some or all of your Required Minimum Distribution. For more details, please talk to your financial advisor, call our office, or visit:

bit.ly/ForSeniorsOnly

Do you have other creative ideas to support NYF's work? We'd love to hear from you!

Throughout this newsletter we celebrate the deep commitment of you – our NYF family

During the holiday season we're surrounded by decorations, special foods, rituals and traditions – and most importantly, the people who matter to us. Wherever we gather, it's family and dear friends who truly create the joy of the holidays.

Led by Olga's amazing example, still returning to Nepal each fall at 93 years old, we're reflecting on the long-term impact NYF makes with your support.

When Durga needed medical care, Olga and the Heffelfingers became her second family. For "Radha," NYF's launch of the Kamlari rescue program 18 years ago reunited her family and fulfilled her dreams of pursuing an education and a brighter future.

For the 80 orphaned and abandoned children in our care, Olgapuri Village is their home and we've become their family. And for the past

20 years, our nutrition program has saved thousands of children from malnourishment and even death – offering a second chance in life for them and their families.

We're so very fortunate to be able to continue and expand this critical work to meet evolving needs in Nepal.

Every day, we're honored to have your trust and support. During this holiday season, we hope you'll join us in celebrating the difference you make.

With gratitude,



Som Paneru, President



Kelly Anderson, CEO

Celebrating 20 Years of Saving Lives



At 22 months "Tara" was among the first children to receive lifesaving treatment at a Nutrition Rehabilitation Home (NRH).

Before 1998, malnutrition may have ended her life. Thankfully, timely support like yours helped restore Tara's health and taught her mother how to keep their family well-nourished.

With continued help from people around the world, we've built 17 NRHs where more than 20,000 children like Tara have received a second chance.

Malnutrition can be remarkably simple to address in Nepal with treatment and education using local foods. Just \$350 (less than \$1 a day) can save a child's life in 3 weeks.

In 20 years, NYF has successfully transitioned 15 NRHs to the Nepali government after 5 years of operations. Our first flagship Kathmandu NRH remains our permanent treatment, training, and monitoring center, and NRH-17 is in its second year.



Lifesaving treatment continues with your support...

Your support can help NYF save lives.

See more at bit.ly/TransformationsNRH

Life Rebuilt: The Remarkable Transformation of an Indentured Child Servant



Radha at the police initiation with her proud parents

Born in a remote village in western Nepal, “Radha” grew up at a time when it was common for impoverished Tharu families to reluctantly

bond their daughters into servitude to subsist. Before friends like you helped NYF end this form of child bondage in 2013, hundreds of girls as young as six were sent to work in wealthy homes each year.

Radha spent much of her childhood in desperation as a household servant. For six years, she ate only scraps and suffered inhumane treatment. She begged her “master” to let her to attend school. He refused but eventually relented enough to allow her to take exams, as long as her parents substituted for Radha’s absence. On those eagerly anticipated days, her parents traveled from their village to fill in for Radha – it was all they could do for their beloved daughter.

When her master moved even farther away and her parents weren’t able to substitute for her, Radha couldn’t even take exams anymore.

Rescued by NYF at 16 years old, Radha was overjoyed to finally attend school. She was especially inspired by civic studies because she saw the potential to right societal injustices.

Fellow members of the Freed Kamlari Development Forum nominated Radha as their President in 2013. She led more than 12,000 freed Kamlaris for three years with remarkable compassion and courage. While continuing her academic studies she completed a 9-month training course in the police force, and was initiated into service in September 2018!

She says, “I would have never had this opportunity to fight on behalf of the entire community of Freed Kamlaris had I not been rescued into this life of freedom. I used to feel that I was living inside a cage. But my life has changed beyond my imagination.”



Radha's mother congratulating her with sweets

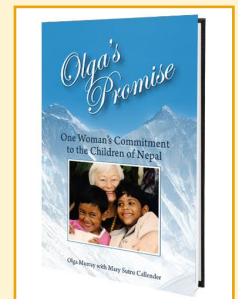
Please Update your Records!

Ensure your mail reaches NYF by using our new US address: 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’d love to see you!



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

To read more about Durga (“Anjita”), how the Nutrition Rehabilitation Homes began, and the early days of the incredibly successful Kamlari rescue program, read Olga’s book – **Olga’s Promise: One Woman’s Commitment to the Children of Nepal** (available at OlgasPromise.org).



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