



1016 Lincoln Blvd, Suite 222  
San Francisco, CA 94129  
NepalYouthFoundation.org

Transforming Lives  
for Over 30 Years



Photo credit: Sanjoi Maharjan

**In November 2021, the Olgapuri kids enjoyed fresh, nutritious tomatoes from the greenhouse at Olgapuri Children's Village. Meanwhile, our SAAET Project is teaching women in Nepal's fertile plains region how to use similar tech to build booming vegetable businesses at home!**



Photo credit: Lena Stein

## Founder's Day 2022

Please join us LIVE on Zoom for this free event

**Tuesday, June 7th, 2022**

**6:30 - 7:30 pm PDT**

To attend, please register at  
<https://nyf.news/foundersday2022>  
or call us, 415-331-8585

## Ways to Give

- ♥ NYF can now process gifts of **Bitcoin** and other **cryptocurrency**! Learn more inside
- ♥ Join our **Legacy Circle** by including NYF in your will & other estate plans
- ♥ Ask your employer if they have an **Employer Matching Gifts** program - many do, and may double your gifts to NYF!
- ♥ If you shop through Amazon.com, make your purchases through **AmazonSmile** and select Nepal Youth Foundation
- ♥ Connect through the joy of giving by organizing a **virtual fundraiser** with your friends and family
- ♥ Share your favorite NYF blog post on social media and use the hashtag **#LoveWorks** - find great stories at <https://nyf.news/blog>
- ♥ For **questions**, please call our U.S. Executive Director, Eric Talbert, at 415-331-8585 or email us at [info@nepalyouthfoundation.org](mailto:info@nepalyouthfoundation.org)



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**Spring 2022**

My dear friends and NYF supporters,

Here I am, stuck at home in Sausalito while the kids in Nepal are celebrating their joint birthday party without me for the second year. Darn! I had planned to return to Nepal in February, but when the Omicron variant arrived, I decided to postpone my return until October.

The past two years have given me a chance to think more deeply about NYF and all we do. One thing which makes me proudest is NYF's unwavering steadfastness: what we start, we finish. Take the cases of four young boys we met through the New Life Center —Santosh\*, Bijay\*, Ashok\*, and Deepak\*.

NYF's New Life Center (NLC) is a facility where children diagnosed with HIV receive special, life-affirming treatment. Almost all of them arrive at the NLC acutely malnourished and terribly sick. Here, they are provided with medical treatment, nutritious meals, and psychological counseling. Ninety percent return home at a normal weight, with their HIV under control (with the remaining children making strong progress). And their mothers—usually also living with HIV—are trained in practical strategies to bolster the health of their children.

Over the years, four boys have come to the NLC whose parents later died of AIDS. Such is the stigma of HIV in Nepal that no relative would undertake their care. We had no residential facility for children with such severe, chronic illness, but we felt a responsibility to help them, so one by one, they took up residence at the NLC.

A hospital is not a good place to grow up, and these boys needed a home where they could live a more normal life. We decided to integrate them into Olgapuri Village, at first to protect them from COVID-19—but soon, it became the obvious long-term solution. For the first year, they had a special caretaker to assure that they were taking their medication properly, sticking to the special diet that keeps them healthy, and not overexerting themselves—and to ensure that they and



Photo credit: Sanjoi Maharjan

*Senior boys at Olgapuri relax as a group in the Olgapuri garden. They're getting so big and handsome! How I wish I could enjoy the Kathmandu Valley springtime with them!*

their new Olgapuri siblings could coexist safely.

**The Olgapuri children welcomed them as brothers. They go to school, play, and take their meals with the other children, and they are under the loving care of the house parents.**

Our job is not finished. Bijay is about to graduate from high school. He is a very smart kid – second in his class in the good private school he attends – and we will have to find safe and friendly accommodations for him while he attends college. Not an easy task in a society where HIV is still so vilified.

What we start, we finish! In 2022, we are so proud to be rolling out new initiatives to help children living with HIV and their families in Nepal. Thank you all for the remarkable support that makes this possible!

Joyfully,

*Olga*  
Olga Murray  
Founder & Honorary President

*\* Names have been changed*



# Introducing Industrial Tailoring at OVS

Friends, this newsletter only highlights a few of the ways NYF is using lessons learned during the COVID pandemic to better serve the young people in our care. Thank you all for your loving support—especially during the past 2 years!

I am especially excited about a vocational training course launched during COVID and held in lockdown at Olgapuri Vocational School:

**Industrial Tailoring.** Hundreds of young women are on the waiting list for this training—most of them Freed Kamlaris\*.

Trainees learn to make wearable garments in 3 months, then enter a 3-month paid apprenticeship phase with a quality local manufacturer.

Once this training is complete, they become full-time employees with stable hours, regular work, and fair wages for their efforts! **One hundred percent of our graduates are employed**—so we are eager to scale the program.

One graduate, Dhan Kumari Tharu, recently told us, “As I started earning money, my confidence grew stronger. The more we earn, the more we can ‘think big’ and look forward to doing better in life. Eventually, I should be able to establish my own garment workshop. **I have full confidence and trust in my ability.**”

These women have come so far since being sold as children. I am filled with pride as they make the most of every opportunity, encouraging one another and building on new skills and experience. Money earned gives each woman new options—and watching them consider those options is a privilege I treasure.

With gratitude,  
Som Paneru, President

\*The Freed Kamlaris are young women NYF helped free from childhood indentured servitude between 2000-2020. To learn more, please visit <https://nyf.news/kamlari-2021-study>.



Industrial tailoring lead instructor Anju Thapa Magar helps a student troubleshoot at her sewing machine.

## How Do I Donate Bitcoin?

Between 2020 to 2021, gifts of “digital assets” like Bitcoin and other cryptocurrency rose 583% globally!

NYF is proud to announce that we can now accept these donations at:

<https://www.cryptoforcharity.io/nyf>

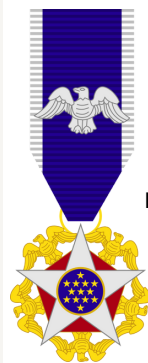
Crypto for Charity (a 501c3 nonprofit) makes this possible by converting your gift to US dollars as soon as possible & filing crypto-specific tax documents, keeping NYF in compliance as tax laws change. Your tax receipt for crypto gifts will come from them - but a warm **Thank You** letter will always come from NYF!

## First Annual Legacy Tea

In early March, Legacy Circle members met for a short & sweet virtual tea with Olga—part of NYF's commitment to thanking these special supporters. If you'd like to learn about NYF's Legacy Circle, please contact Eric at 415-331-8585 or [info@nepalyouthfoundation.org](mailto:info@nepalyouthfoundation.org)

# Olga Deserves a Medal!

**Help us nominate Olga for the Presidential Medal of Freedom**



The Presidential Medal of Freedom is the highest civilian honor in the US, reserved for those who make great contributions in areas like world peace and cultural change.

Recipients include artists, scientists, inventors, activists, writers, diplomats, pioneering figures, politicians, athletes, journalists, philanthropists, and more - including beloved **friend of NYF Isabel Allende!**

**Isabel thinks Olga deserves the Medal as well - and so do we!**

In March, Isabel reached out to Congress to tell them about Olga's work in Nepal and to recommend her for this special honor.

**Now, we need your help to share Olga's story with senators, Vice President Harris, and President Biden.**

If you are a US citizen or resident and agree that Olga deserves this prestigious award, please write to your senators to tell them so! Detailed instructions (and a template letter to download if desired!) are available at:

<https://nyf.news/medal-of-freedom>

If you choose to participate, please let us know so we can notify you of any response we receive!



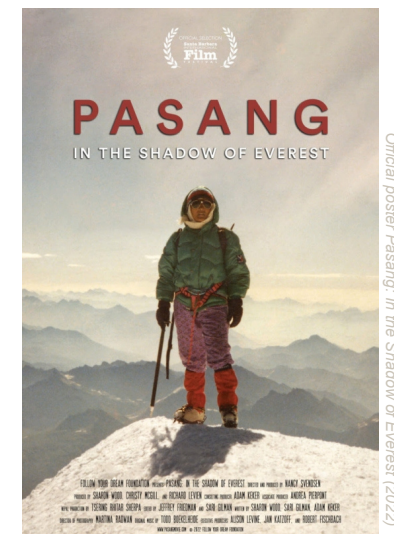
# PASANG: In the Shadow of Everest

Pasang Lhamu Sherpa is a Nepali heroine - the first Nepali woman to summit Mount Everest. Hers is a story of courage, determination, and the impact one person can have on a generation.

This remarkable story has now been translated to the big screen, and **NYF is so proud to be a nonprofit partner of the film.**

The film premiered at the Santa Barbara International Film Festival on March 3rd, 2022, and is touring other festivals before a broader release.

To learn more, visit our information page at <https://nyf.news/pasang-movie>. Keep an eye on NYF's website and social media for updates on festivals and screenings that may come to your area!



Official poster Pasang: In the Shadow of Everest (2022)

## Staff Spotlight: Sunita Rimal, Nutrition Coordinator

Sunita Rimal is NYF's Nutrition Coordinator, leading the Nutritional Rehabilitation Homes (NRHs) and New Life Center (NLC)—as well as Lito for Life and the COVID-19 Isolation Center.

**This year, Sunita is celebrating 15 years at NYF! We are so proud of the work she has done and is still doing.**

Sunita and her team are now launching new **HIV/AIDS Advocacy & Awareness** projects in 5 districts near Kathmandu to help combat stigma and match families with home health resources. It's an ambitious project. NYF is grateful to have experts like Sunita leading the way.

Born in a remote village in eastern Nepal, Sunita is familiar with the hurdles facing the children she serves. She is also inspired by the resourcefulness and dedication of her parents. Sunita's parents were the “problem-solvers” in their community. Their home often served as a meeting space where solutions were found and plans were made.

Sunita's parents established a small school in their cow shed, housing 2 teachers from India in their home free-of-charge. At first, local parents only sent their sons. Sunita's parents urged their neighbors to send daughters as well.

As a little girl, Sunita spent whole days with the older students—so she can't remember when school “officially” began for her. She dreamed of being a flight attendant. But as she grew up, eventually earning her Master's degree in Nutrition, she understood the gifts her parents had given to her and their small community. She chose to follow in their



Sunita Rimal credits her parents - village leaders in their remote community - with inspiring her career.

footsteps, using her own abilities to help children and families thrive.

Then, while Sunita was working with a different organization, she met Olga. “At that time, Olga was in her 80s,” Sunita says. “Here was a US citizen who had dedicated her life for Nepali children. As a Nepali citizen, I had to devote myself for the welfare of the children as well.”

Sunita was impressed by results from the NRHs and wanted to join NYF's team. “The children's photographs touched my heart,” she says. “The transformation of children from severely undernourished, unhappy, and physically fragile to healthy, charming, and happy was special and unique.”

NYF's practical methods surprised her. “I never thought local food could be the miracle saving the lives of malnourished children,” she says. “This was a great realization for the government of Nepal, and they have now replicated the program in other parts of the country.”

Sunita is working with Nepal's government to prepare national guidelines for operating NRHs. There is no international research on local food-based interventions for pediatric malnutrition, so the government is gathering data from NRHs to create these guidelines from scratch.

When asked what she'd like to share with donors, Sunita says, “Your donations are saving the lives of thousands of children every year!” Pediatric malnutrition is still too common in Nepal—but the country is making improvements all the time. **Sunita is so proud her #LoveWorks as part of that.**