

**FINANCIAL SECURITY
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This Is A Good Time To Be Kind

June 2020

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Happy Father's Day

And to all the wonderful mothers...a belated Happy Mother's Day!



Olga Murray: You can live a joyful, fulfilling life at any age

This time last year we shared this article with you. We thought you might be inspired by seeing it again. This is an especially good time to be kind to others.

Currently we have record setting unemployment rates, pandemic sheltering, working remotely and the fact that 10,000 people retire from their careers every day in this country. It might be timely to ask: What do we do with our free time? Gail Sheehy and David Brooks both have written books about this subject. Olga Murray is a local, inspirational example of what is possible after retirement. This is a bit about her remarkable story.

In 1984, when she was approaching 60 and her retirement, Sausalito lawyer and family friend Olga Murray heard about my brother Andy's journey to Nepal in 1983, and his stories of the people he met there. Olga decided to take a trek in the Himalayas. There, she discovered a country and a cause that transformed her own life, and the lives of thousands of Nepali children living in impoverished conditions, and lacking access to educational and vocational opportunities, adequate medical attention and proper nutrition.

A few years later in 1990, Olga founded the Nepal Youth Foundation (NYF), a Sausalito-based, non-profit organization that provides education, medical care and freedom for Nepali children.



In the last 30 years Olga and NYF have rescued over 13,000 girls from indentured slavery and helped enact legislation in Nepal permanently banning the practice. NYF also provides nutritional, educational and vocational services and helped rebuild over 100 schools after the catastrophic earthquakes that hit Nepal in 2015. Today, NYF also runs a residential, family-like youth village called Olga-Puri on the outskirts of Kathmandu for 80 children and teenagers that features an organic farm, cows for the children's milk, a dining hall, sports field, and a vocational training school: <https://www.nepalyouthfoundation.org/it-takes-a-village/>



Last year I had the privilege of celebrating Olga's 94th birthday with her. This year Olga celebrated her 95th birthday remotely. Olga is still actively working with the Nepal Youth Foundation, which has now helped more than 50,000 children in all kinds of amazing ways.

Learn more about Olga's achievements and her compelling comments about what is possible after retirement.

Here is her TED talk on these subjects.

<https://www.youtube.com/watch?v=BrJsNeGrkhM>

This 19-minute documentary describes the Nepal Youth Foundation's programs:

<https://www.youtube.com/watch?v=l0KWEsCM9UE>

More about Olga's journey:

https://en.wikipedia.org/wiki/Olga_Murray

<https://www.youtube.com/watch?v=ex1uAtwfFcs>

<https://www.youtube.com/user/nepalyouthfound>

My staff and I deeply appreciate the continuing opportunity to work with you. Please let me know if you have any questions or requests. Thank you.

Sincerely,

Paul S. Bonapart, JD, RFC, AIF®, President

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