

100 FRIENDS

Summer 2008 Newsletter

"I just want to leave the world a little better than I found it, and that's my goal in life." -- Armand Hammer

What is the 100 Friends Project?

The 100 Friends Project is a grassroots humanitarian organization providing funds and various services for education, housing, small business grants and loans, medical treatment and other needs for individuals and small organizations in developing countries.

My name is Marc Gold and I founded 100 Friends in 1989. Each year, many people contribute to the project and I take the money to Third World countries, seeking the neediest people I can find. My aim is to identify those people not receiving assistance from any other sources. It's clear that a small amount of money will go a long way and one person can make a real difference in other people's lives. So far I have distributed over \$300,000 directly into the hands of people in need. My goal is to intelligently disperse at least \$1,000,000 during my lifetime (but why stop there?).

At least 85% percent of all donations go directly into the hands of the poor. The money is put to work in the most compassionate, practical, appropriate and culturally compatible manner possible. There are no strings attached, although I do ask almost all recipients to continue the cycle of giving by helping people in their own communities. I ensure that the person who most needs help actually receives it. You give it to me and I give it to them!

This year will be my 19th humanitarian mission. I will be traveling to Burma, Cambodia and Mongolia among other destinations and implementing a wide variety of different projects.



On a trip to Ganzi in Kham (Eastern Tibet) I provided assistance with your donations to 150 poor children at the Khubgan Poverty-Aid School. The children wanted soccer balls. Here we're all celebrating after they learned we brought them 10 soccer balls - one for each class. 100 Friends is looking for a "sister school" or sponsor to provide ongoing support.

Visit Our New Web Site at www.100friends.org

To Donate:

My next humanitarian mission begins July 27, 2008. Donations received after that date will be forwarded to me overseas. The 100 Friends Project is a 501 (c) 3 tax-deductible charity organization.

• **To DONATE BY CHECK** (PREFERRED METHOD):

100 Friends c/o Marc Gold
2140 Shattuck Avenue #2050
Berkeley, CA 94704

• **To DONATE ONLINE:**

Go to www.100friends.org
Click on the "Donate Now" link. *All Donations are Tax Deductible.*

• **To CONTACT MARC:**

marcgold@gmail.com
(415) 425-0136 or (415) 250-9177

• **OTHER WAYS TO HELP 100 FRIENDS:**

- Sponsor a fund raising house party (we will supply you with everything needed).
- Remember 100 Friends in your will.
- Sponsor a garage sale, car wash, barbecue, or similar event.
- At birthdays, Christmas, or other holidays ask for a donation in lieu of gifts.
- Donate stocks and IRA Rollovers to avoid tax penalties and help 100 Friends.



In Phnom Penh, Cambodia I found this blind grandmother with her granddaughter - believe it or not this is their house! 100 Friends provided them with food and money for living expenses. Now they are living in a small flat under much better circumstances. The little girl is going to school - which she loves - and grandma is receiving care. All of this costs next to nothing.

**Thank You for
Your Support!**

Donations and Expenses - 2007

Funds were used for school supplies, livelihood grants, mosquito nets, glasses, medical expenses (medicine, surgery, wheelchairs, hearing aids, prosthetic legs, etc.), transportation, food, shelter, toys, sports equipment, bicycles, educational fees, tutoring, construction of a school, salaries for local staff, books, farm animals and equipment, sponsoring twelve children rescued from a dump in Cambodia, food and other supplies for orphanages, fuel, scholarships, debt repayment and much more...

| Summary of Donations & Expenses – 2007 | | |
|--|----------------|------------------|
| TOTAL OF ALL CONTRIBUTIONS | \$115,627 | |
| EXPENSES | \$16,445 (14%) | |
| DONATIONS TO DEVELOPING WORLD RECIPIENTS | \$99,182 (86%) | |
| Total Donations Raised | | |
| Year | Yearly Amount | Cumulative Total |
| 1992 | \$2,111 | \$2,111 |
| 1996 | \$3,367 | \$5,478 |
| 1998 | \$4,159 | \$9,637 |
| 2000 | \$2,478 | \$12,115 |
| 2001 | \$6,700 | \$18,815 |
| 2002 | \$9,010 | \$27,825 |
| 2003 | \$18,405 | \$46,230 |
| 2004 | \$18,300 | \$64,530 |
| 2005 | \$40,465 | \$104,995 |
| 2006 | \$73,518 | \$178,513 |
| 2007 | \$115,627 | \$294,140 |



100 Friends has been sponsoring eight children from the garbage dump in Phnom Penh, Cambodia. Now we are sponsoring twelve children. \$1,000 per year provides for all the needs of a child at the Center for Children's Happiness.

**Your donation
makes a real
difference in
people's lives!**



While we were in Ganzi (Eastern Tibet) I visited the Yangzen Welcome Clinic. I donated thousands of dollars worth of medicine for poor Tibetans. I found this 24 year old monk suffering from Tuberculosis. He was near death but we were able to supply him with the appropriate medicine to save his life.



In Bali, Indonesia I was able to help a boy named Ketut who suffered terrible burns and would not go to school because the other children ridiculed him. I used your donations to pay for home schooling for one year until funds can be raised for plastic surgery.

Stories From the Field



Khubgan Poverty-Aid School, Ganzi, Kham, Sichuan Province, China (Tibet).

We visited a children's home with 150 underprivileged kids. They needed everything! So I gave them school and art supplies, beds, blankets, soccer balls, jump ropes, money and hats and gloves for every child. What fun! We also helped the cook, who hadn't been paid in seven years. I am looking for a sister school to raise funds for them. The teachers make about fifty dollars a month, and even then the school is behind in payments. I brought my masks and put on a good show for the kids – they were so excited! There is no heating in the classrooms or dorms, so they were extremely happy to get the warm blankets, hats and gloves. In this photo you can see me dispensing hats and gloves. It was one of the best hours of my life!

Dong Village, Kompot Province, Cambodia

I have always been interested in simple but powerful public health measures that can save lives for pennies. I learned that I can save up to four lives for \$5 by purchasing and distributing mosquito nets to prevent malaria and dengue fever. I contacted Bernie Krisher who has been helping poor Cambodians for decades. He connected me with Dr. Doung Soheat of the National Malaria Center. Your donations enabled me to purchase 350 mosquito nets and the doctor purchased an equal amount. We distributed them in about one joyful hour. I will return later this year with more nets, plus some doctors and nurses, medical supplies, and other supplies and services. Your donations were instrumental in preventing over 1,000 poor villagers from contracting malaria or dengue fever.



Sanur, Bali, Indonesia

I partnered with the John Fawcett Foundation to help children receive critical medical treatments. In this picture you can see Yogik with his new prosthetic leg. 100 Friends played a key role in helping Yogik to walk again. Another boy named Ida Bagus Dwipayana has Down Syndrome and has to live with a colostomy bag because he has an imperforate anus. 100 Friends paid for his operation. I also bought a wheel chair and crutches for a girl who has never been able to walk and I have used 100 Friends funds for Putu, a blind boy, so that he can attend a school for the blind.

Kathmandu, Nepal

I found this 93 year old woman in an old age home for abandoned ladies. She deeply appreciated the visit and I purchased food, warm blankets, pain medications, and other items for her and 25 other grandmothers.



AFGHANISTAN 2008: A NEW SCHOOL IN GHAZNI PROVINCE

100 Friends is committed to financing the construction of at least one new school every year. The first one was built in the village of Ta Tork in Cambodia. It needs a lot more work and I hope to accomplish that in the latter part of 2008. The second school is for 1,000 Hazara children in Afghanistan who had been attending school in tents for many years. Not anymore! I used \$20,000 from 100 Friends donors to finance the building of an eight-room schoolhouse. It will be ready for use in the fall of 2008. What a great feeling! The next school will be built in Nepal.



In the background are the tents where the children have been attending school for the last 8 years. This wall is part of the new school which is nearly complete. The children are so excited! The village provided the land for free.

IRAQ 2008:

\$10,000 of your donations were used to assist thousands of street children in Iraq. At local drop-in centers hundreds of children were helped with books, school supplies, counseling, medicine and food. Two hundred families were provided the means to start small businesses. 100 Friends also paid for the eye surgery of a little girl. I am committed to providing more support in 2008 for Iraqi children.

MONGOLIA 2008:

I will visit the Lotus Children's Center in Ulan Bator, Mongolia. There are 148 orphans living there. They provide services for children suffering from abandonment, sexual abuse, malnutrition and domestic violence. I will also visit other programs in Mongolia and help families living in slums.

MYANMAR 2008:

100 Friends provided support for Burmese families living in the Mae La Refugee camp. I am supporting 80 orphans with funds for food, school supplies, rain gear and sports equipment. I am also helping Burmese boys in the Juvenile Detention Center in Bangkok. In October, 2008 I am teaming up with several other small organizations to bring relief for over 1,000 families recovering from Cyclone Nargis.

NEPAL 2008:

100 Friends will continue to provide support for 26 kids living in the Jeewan Utthan, a very poor orphanage in Kathmandu. I will also continue to contribute to Setu Nepal - an organization helping women recently released from prison.

ACHIEVING OFFICIAL STATUS:

In January, 2008 100 Friends was granted official 501(C) 3 tax status by the Internal Revenue Service. We now have a Board of Directors and will be filing financial records with the IRS. This information can be accessed by the public at www.guidestar.org

ADAM CARTER:

I am happy to welcome Adam Carter to the project. Marc and Adam have been collaborating on projects over the past few years. He will be conducting his own humanitarian project in association with 100 Friends. Look on the home page for more information.



In Vietnam 100 Friends works closely with Blue Dragon helping street children and rural kids. These youngsters are from a village near the city of Hoi An in central Vietnam. Many of them were trafficked to Saigon because their parents were tricked by criminals. Blue Dragon has rescued them and many others. 100 Friends is supporting these efforts.



While visiting Hanoi, Vietnam I went to the National Pediatric Hospital carrying a load of teddy bears, toys and musical instruments. This little girl had been burned in a village fire and requested an electric keyboard which I was able to provide for her. I will return this year to help more kids at the hospital by providing funds for surgery and other medical procedures. Assistance will also be given for street children and poor rural families.