

100 Friends

100 Friends
Winter 2012
Newsletter

100 Friends Supporting Girls and Women

In 2011 the Nobel Peace Prize was awarded jointly to three women: Ellen Johnson Sirleaf and Leymah Gbowee of Liberia, and Tawakkol Karman of Yemen. All three have worked their adult lives to better the circumstances of the oppressed.

Sirleaf, now President of her country, is the first female President of an African nation. Direct results of Gbowee's human rights fight ended the years long war in Liberia in 2003. Karman is one of the most powerful faces of the Arab Spring, defending and pressing for women's rights and free journalism in Yemen. All three, directly and indirectly, are showing the world that women and girls everywhere must find a voice and speak – and when they do, lives are changed for the better.

Since the beginning, 100 Friends has focused on helping girls and women with scholarships, income generating projects, medical treatment, and much more.

In this newsletter, we will connect the dots, and show you how your donations have helped to change the lives of females in the most profound ways. *Imagine: a young girl that you helped attend school may someday find a cancer cure, or become president of her country, or help to end a war.*

“No act of kindness, however small, is ever wasted.” – Aesop

Why 100 Friends is unique.

My name is Marc Gold and I founded 100 Friends in 1989 as a grassroots effort to provide funds and various services for those not receiving assistance from any other sources. At least 85% percent



of all donations go *directly* into the hands of the poor. How? You give it to me and I give it to them! I ensure that the person who most needs help actually receives it. Simple. No overhead. No red tape.

I have spent the past 23 years building a remarkable network of honest and effective local partners. With your help, I channel your donations to where they are most needed.

I can tell you that in the places I go, times are really tough. The current global recession affects the needy and especially the kids in developing countries disproportionately.

The good news is that it's pretty amazing what even a few dollars can do. Thank you to all of you who believe in the joy of giving. Truly, I can't do it without you.

Marc Gold

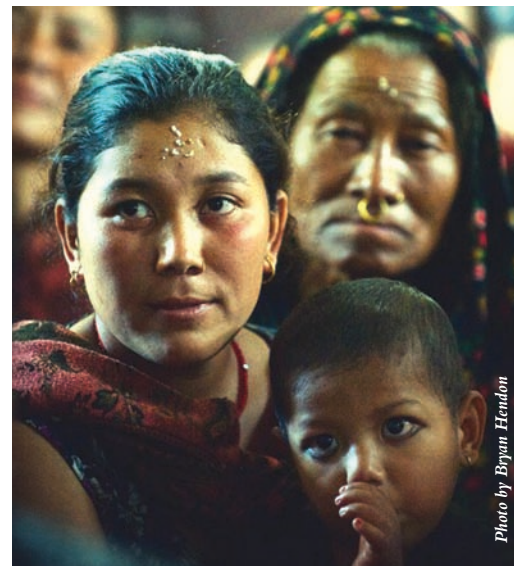


From Tibet to California - Welcome to Lhamo

While traveling through Tibet in 2008 I met a charming Tibetan girl named Lhamo. She's from a remote Tibetan village. She was learning English in a great program but was about to drop out due to a lack of funds. Your donations helped keep her in school.

Lhamo's dream has been to receive a university education in the U.S. so that she could then return to Tibet to help train teachers in modern educational methods. In Tibet they still teach children through the use of repetition and memorization. Lhamo wants to train teachers to use active learning and critical thinking.

It took a long time and a lot of work but she arrived in San Francisco in September 2011 and is happily enrolled in Community College. Lhamo has had many first experiences - first time seeing the ocean, first American Thanksgiving and Christmas, first bank account - too many to count! Most girls in her village don't go beyond 6th grade, are married with kids by age 17, spending all day fetching water and watching the animals. Thanks to all the donors for making this miracle happen!



As poor as people are in the cities, poverty in the rural areas is almost always worse, usually much worse. Here are some villagers from Nepal who were helped by 100 Friends.

Photo by Bryan Hendon

To Donate

Donations received while I am abroad will be forwarded to me overseas. The 100 Friends Project is a 501(c)3 tax-deductible charity organization. I realize that many people are feeling the squeeze of these financial hard times. Please donate whatever you can afford. Every little bit helps.

The poor often live on a dollar a day or less and dramatic cost increases in food and other essentials have made their lives even harder than in the past.

• TO DONATE BY CHECK (Preferred):

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

For other ways to help, see the back page!

Visit www.100friends.org



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under 100 Friends Project



Girl's Foster Home Hanoi

While there has been a home for boys in Hanoi, there has been a crying need for a home for girls who are living in situations that are not healthy - either because of poverty, physical, emotional or sexual abuse, malnutrition or other reasons.

With your help I was able to provide \$3300 to start the program. This covered several months rent, hiring of staff, furniture, kitchen equipment etc. There are now 8 girls happily living there and room for another 7 girls. When I was in Hanoi we took them to the Water Park and oh how they loved it!



Tragic Tale from Vietnam

I went with my local contact to a small hamlet in Vietnam called Thanh Hoa. There we met a woman and her daughter. The woman was in the last stages of cancer (with very little medical support). Her daughter is only 12 and she is about to be become an orphan. I gave them \$150 for food, treatment and medicine.

A follow-up donation of \$180 a few months later was a huge help and as of January 2012 the Mom is still alive. We will follow up with this family to see how this child can be helped after her mother dies.

Meet Srey Kouch

Srey Kouch is a 7-year-old Cambodian girl I met in 2010. She has been blind since birth but her parents had no idea why she couldn't see. She had never been to school because her family is extremely poor and they couldn't afford to send her to school. 100 Friends has assisted them with funds to pay off some debts and to purchase essential items such as food, rent, clothing and medicine.

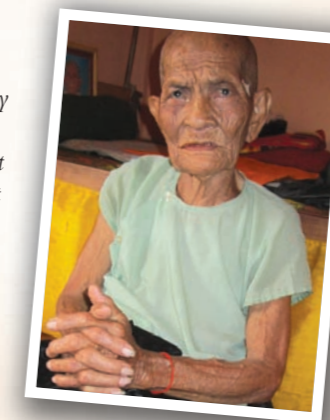
Next step was to focus on Srey Kouch's blindness. An Australian eye clinic offered to diagnose and treat her for free. They discovered that she has multiple cataracts (rare in children). Surgery held out the possibility that she could regain some of her vision. After the surgery she went from zero vision to 15% - doesn't sound like much but now she can see her mother's face close-up - and other things - it's a big deal for her.

Then I found a school for blind Cambodian children in Siem Reap called Krousay Thmey. This is the only program in Cambodia offering K-12 education for blind children. The cost of the school is only \$360 per year! She started school in October and Srey Kouch is gloriously happy. The next step is to help the family to start a small business so they can improve their lives and be independent so they can pay the school fees themselves. Thank you 100 Friends!



Help for Elderly Women

100 Friends has been assisting the elderly - mostly ladies who live alone without family support for many years. One of those women receiving support is named Long Sambath. She was 95 when I met her but now she has turned 100 years old. She lives alone and she has been provided with food, medicine, clothing and other essentials.



The Tibet Connection

In 2010 I went to Tibet for the 4th time. We went many places but going to Everest Base Camp at 18,000 feet was definitely the most amazing. We had an incredible guide name Woeser who was invaluable because he took us to see many extremely poor villagers, nomads, farmers etc. Before I left Tibet Woeser became part of the 100 Friends network because he constantly travels throughout impoverished regions all over Tibet.

Recently he identified 6 children who are too poor to attend school - but thanks to your generosity they are now all in school and receiving support for food and clothing as well. In this photo you can see Serlha - she lost her legs in an accident when she was an infant. Now she is 11 years old and in school for the first time. She is so excited! Even small donations have significant positive effects in the lives of these children.



"I've learned that you shouldn't go through life with a catchers mitt on both hands. You need to be able to throw something back." - Maya Angelou

Journey to Zanskar helping girls

In 2003, Geshe Lobsang Yonten started what was to become Save Zanskar (savezanskar.org) when he brought 17 poor children from Zanskar to Manali and Dharamsala, India for schooling - pledging to their parents to care for them as his own. Zanskar is an extremely remote area and Buddhism is in grave danger of dying out in this area. It is as poor as any place I've ever seen in 23 years of travel.



100 Friends has partnered with Save Zanskar by making a minimum \$1,000 donation (more later) and I will be traveling with him to Zanskar in the summer of 2012 to rescue more children, help their parents and provide supplies. You can see a trailer about an excellent film describing the work of Save Zanskar on You Tube: Search for "Journey from Zanskar."

Acid Attack Survivors

For the past 5 years 100 Friends has been supporting women survivors in Pakistan, Cambodia and Nepal who have been attacked with acid and kerosene tossed in their faces and bodies. It is a horrible crime and 100 Friends has been helping as many of these women as possible. Eighty dollars covers the cost of a child survivor of an acid attack or a survivor's child to continue schooling for one year. Two hundred dollars covers a single session of specialized burns surgery for one survivor. Due to the particularly gruesome nature of the burns, survivors are often afraid of showing themselves in public, afraid and ashamed of the way they look. This is exacerbated by public reactions. The victims are faced with physical challenges, which require long-term surgical treatment, as well as psychological difficulties. One woman helped by your donations is Tes Phar (seated, pictured left) from Cambodia - a rejected lover attacked her and we have helped her to repair her house.



Summary of your donations

TOTAL OF ALL CONTRIBUTIONS \$958,684

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
2008	\$171,695	\$465,835
2009	\$137,814	\$603,649
2010	\$198,379	\$802,028
2011	\$156,656	\$958,684

A LETTER FROM TIBET

100 Friends funded a woman's health program in a remote village

Dear Mr. Marc,

We are really appreciated for your help to improve the health condition for my community and me. It has alleviated women's diseases in my community and thus benefited the whole community in all aspects.



Women in my community have to get up early in the morning, work all day long to earn a support for the families. They are the backbones of the families. If a women get sick in a family, then no body cook food, nobody take care of the livestock, nobody do the house work, let alone agricultural work, if a woman in a family get sick for a long time, then the family sometime will simply go collapse. Beside, my community is very poor, once the women in my community get sick, they don't have money to hospitalize or buy medicine.

Your support made all those impossibilities possible, which not only helped the women in my community to improve their health condition, but also alleviated families' financial burden. Families can spend the saved money on other purposes such as pay the schooling fee for their children, improve life standards and so on.

Anyway, your donations have helped my community a lot and we really appreciated your assistance.

Thanks again,
Lamaocuo



10 Accomplishments in 2011:

100 Friends supports MANY individuals, families, villages, schools and medical clinics throughout the year. I am always finding new people and places during my travels where help is needed. I know for sure that for many of the individuals and families helped by 100 Friends - if we don't provide assistance then nobody else is going to help them. Some of this is accomplished because I have had 23 years to develop a truly fantastic and effective network. Here are 10 examples with a few photos to give you an idea of the scope of activities that you are helping to support:

1. Food, blankets, sleeping bags and school supplies for the Hmong children in Cao Bang (Vietnam near Chinese border).



2. Scholarships provided for poor youth in South Kolkata to study computers and to get a decent job.

3. Medical supplies and motorbike for field medics in remote Chin Province, Burma.

4. 100 Friends is now in the third year **supporting 20 Nepali girls** in a remote village in Nepal. These girls are all at risk of being trafficked to brothels in India under horrific conditions. This is the 3rd year that 100 Friends is protecting these children and helping their families.



5. Provided **income-generation projects** for single mothers and families in Indonesia, Nepal, Cambodia and Tibet.

6. Support for a destitute woman and her little girl. The mother has advanced cancer and your donations provided **medicine, warm clothes, soap, school supplies and food.** They have no other help but from 100 Friends.

7. Funded a **new village library** in rural Nepal. You should have seen the looks on the faces of the kids after we cut the red ribbon!



8. Assistance to the nomads in Hujor Village in Qinghai Province on the Tibetan plateau. Aid to the poorest families in the village – **food, clothing, medicine, etc.** Also supporting an income-generation project that created jobs and preserved the cultural heritage.

9. Provided **computers** for children in Burma, India, Cambodia, Vietnam, Tibet and Indonesia.

10. We are helping kids living in Smokey Mountain – a huge garbage dump near Manila. They have been provided with **food, income-generation projects and scholarships.**



“How wonderful it is that nobody need wait a single moment before starting to improve the world.”

– Anne Frank

100 Friends in the News: Christian Science Monitor



In April, a feature story on Marc Gold and 100 Friends made big news. *From the story:*

Everywhere he goes, Gold performs acts of kindness, both random and preplanned. He hands out soccer balls and art supplies to children at a Tibetan orphanage. He helps an elderly scavenger in Sulawesi, Indonesia, open a small grocery store. He buys a year's supply of rice for battered women at a shelter in Jaipur, India.

He rarely spends more than a few hundred dollars. “For people who live on a dollar or less a day, \$50 can make a big difference,” says Gold, who has been dubbed “the shoestring philanthropist.”

To read the entire article and see other news stories about 100 Friends, visit the website: 100friends.org/press-reports

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10 OTHER WAYS TO HELP 100 FRIENDS:

With 100 Friends, a little goes a very long way. Sometimes, matching gift funds multiply your donation. If you know of or want to research matching funds, we can help with the process.

Here are other opportunities:

Host a fundraising house party. This is an intimate and rewarding way to learn about the project and raise funds. If I'm able, I will deliver the presentation in person. If not, 100 Friends has short videos, a narrated slide show and other materials to help you present the story.

I will be back in the U.S. in May and June of 2012 so if you can sponsor a house party please let me know! It's really easy to sponsor one of these events and 100 Friends can show you how to do it!

Remember 100 Friends in your will.

Hold a garage sale, car wash, barbecue, or similar event to raise funds for 100 Friends.

Pass out packets. If you know friends, family or co-workers who may be interested in our mission, I will personally send you packets of information from 100 Friends.

Donate your air miles. Have more miles than you have time to travel? Let 100 Friends put them to good use. Your miles can help us distribute our grants, loans and gifts directly to the communities we serve.

Donate stocks and IRA Rollovers to avoid tax penalties and help 100 Friends.

Set up a sister school. It's a great way to connect your kids with children from developing countries. We can help you set one up!

In lieu of gifts at birthdays, Christmas, or other holidays, ask family and friends to donate to 100 Friends.

Develop media contacts. Have contact with local media groups? Want to develop contacts? 100 Friends has a great story to tell. We've been featured in media all over the country and we can send you specific information needed for radio, TV, print or web.

Spread the word through cyberspace. Insert a short note in your emails telling your friends about 100 Friends. Send the website link to people on your email list. Introduce them to www.100friends.org.

Look on our website for more information and specifics - there are even more ways to help!

Thank you for your support!