

10 Friends

The many ways that your donations make a difference in people's lives.

Dear Friends and Supporters of 100 Friends. Greetings from Marc and Rossel!



In this newsletter we will show you some of the diverse ways that your donations to 100 Friends are put to work. We do this with the help of our trusted and unique network of contacts who are always on the lookout for those who need help but are unable to find it.

Our local contacts are chosen on the basis of their honesty, experience, connections and compassion. With their assistance we are able to help many people facing a wide range of challenges. The stories and photos in this newsletter will give you a clear picture of the ways that 100 Friends can provide practical and direct solutions to a wide variety of challenges.

Whether it is providing scholarships to kids in rural Nepal, cash and food for the elderly in Cambodia, building libraries in Tibet, paying for heart surgery and other medical problems, helping families start small businesses, providing earthquake relief or building homes and schools - 100 Friends has been there since 1989 always filling in the gaps and providing for unmet needs when no other help is available. The stories presented here will inspire and inform you.

We hope you find this inspiring. As always, thank you for the incredible support and goodwill over the last 26 years. Since 1989, we've raised more than \$1.7 million and the work continues thanks to your ongoing giving. Truly, we can't do this without you.

"It is every man's obligation to put back into the world at least the equivalent of what he takes out of it." - Albert Einstein

If you don't know 100 Friends...

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% of all donations go *directly* into the hands of the poor. How? You give it to me and I give it to them personally or through a remarkable network of honest and effective local partners! Simple. Very little overhead. No red tape.

It's pretty amazing what even a few dollars can do when you give it directly to the folks who need it. Thank you to all of you who believe in the joy of giving.

Helping those who speak out.

These are the six members of the family of Saleem Masih. They are Pakistani Christian refugees, living in Thailand in one small room.

Saleem is a social and political activist who raised his voice in support of Christians, Hindus and Sikhs suffering from discrimination. In retaliation for his activities Saleem and his son were threatened, arrested, tortured and displaced. In 2013 they fled Pakistan and went to Thailand where they declared asylum.

But they are denied the ability to work, receive education or government assistance.

They applied to the United Nations for refugee status and received it and they will be immigrating to Canada in January, 2017. They had no funds for food, rent and other essentials so 100 Friends has been supporting them in the interim with \$300/month.



Meet Angela

Six year old Angela is one of the students who has been staying at the new girl's hostel in Yangoon, Burma. When she first arrived she didn't know how to socialize with others and her education level was lower compared to others her age. She didn't know hygiene or how to eat properly. But now since she has been with CCM she has completely changed her behavior and her interaction with others has much improved. She is a fast learner and always wanting to study subjects such as English, Burmese and Math. She also likes to paint and read.

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 increases in food cost 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 our website!
www.100friends.org

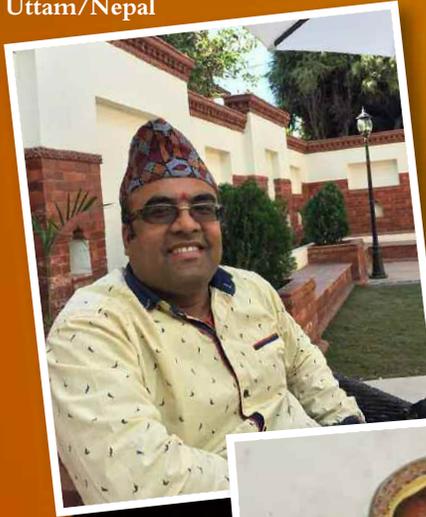


Our Network of Trusted Ambassadors

100 Friends could not carry out its mission without the invaluable assistance of our local advisors. Once we make a good local contact who speaks English, is honest, reliable, knowledgeable, well-connected and shares our vision then we can locate individuals and families who are the most needy and deserving and worthy of receiving aid.

I have worked with these people for many years and they ensure that your donations really go to the right recipients. **Uttam** has helped 100 Friends to serve earthquake victims, build village libraries, provide help for poverty-stricken families and many others in Nepal. **Namkha** goes to remote Tibetan villages to find children, the elderly and patients who cannot pay their medical bills. **Ly An** has helped me for years to find people in distant locations in Cambodia that I could never find on my own. Benny and **Mawite** bring to my attention those living in poverty in Burma. **Rabia** finds the neediest people on the streets and slums of Kolkata. Finally, **Hanh** is a social worker in Vietnam and in the last 12 years she has found more than 100 disadvantaged families who have benefited from your support.

Uttam/Nepal



Namkha/Tibet



Ly An/Cambodia



Mawite/Burma



Rabia Khatoun/
Kolkata, India



Hanh/Vietnam



Here and There With 100 Friends



We found this elderly lady named Yeang Heng living alone in a shed in a small village about one hour from Battambang, Cambodia. We paid a local villager to make repairs to her home. We also gave her some food, clothes, shoes and blankets. Our local guide advised us to pay for her rice for the next 12 months and so we did. \$220.

This young boy needed extensive heart surgery but his parents are farmers who could never hope to provide the needed funds for the operation and recovery costs. The surgery was successful and Nguyen is now doing well in school and he is quite healthy. This operation saved his life. \$3,000.



Dorlma Tso is from Kygasy village in Tibet. She had several surgeries two months ago and now she needs a gallbladder procedure. But she ran out of funds and was about to go home without receiving the operation. 100 Friends paid for her surgery and part of her hospital bill. \$700.

Here and There With 100 Friends



Donations in 2016

We thought you'd like to see a number of people and places where your donations make a big difference. In many stories we've included the amount 100 Friends provided to show how your dollars go a long way.

This kindergarten class in a squatters camp in Yangon, Burma had no floor so they relied on the use of a plastic tarp. It made the learning experience very uncomfortable for all. A few months later we financed the building of a new floor and a greatly improved educational experience for the teachers and students. \$300.



Yangmo is from Gude village in Amdo, Tibet. For the last 5 years she has suffered from a worm disorder. For reasons that are unclear Western medicine could not help her condition. Tibetan medicine is the only treatment that successfully reduces her pain. However, she didn't even have funds for that so we paid for her herbs and other substances. \$150.



The Pacun family is from Tarlac Province in The Philippines. They live in a tiny corner of a small house with 4 other families. Their only source of income was an ice cream shop propelled by a motorbike. But the bike was broken and the ice cream part also needed repairs. They had no money for rent and food. We paid their rent for 3 months, repaired the ice cream business, bought school uniforms and supplies for the kids and paid off some small debts. \$375.

Here you see a 65 year old grandmother living in a slum in Phnom Penh, Cambodia. Her name is Min Sok. The parents of the children left home and they do not send her any money. The granddaughter is 2 years old and the baby boy is 6 months old. She requested money for monthly purchase of milk powder for the baby and 20 kg. of rice monthly for one year. "This would make our life much easier." \$220.



Here is Doan and his Mom in rural Vietnam. They live in a farming community two hours from Hanoi. The mother doesn't have any land to grow crops. When the family had nothing to eat, their neighbors always gave them some food and vegetables. Xuyen's relatives are also poor and she doesn't receive any help from them. She has to walk 4 miles to nearby villages to sell candy while earning only 45 cents a day. Even the smallest of hurdles can overwhelm a family living in these circumstances. The family is receiving a monthly allotment of rice and Doan has been the recipient of a scholarship for the last few years. \$260 per year.

Durga Kami is 69 years old and he lives in a small village 155 miles west of Kathmandu, Nepal. Nine years ago he decided to return to school and complete his education even though he was illiterate at age 60. Following his wife's death, after which his sons and grandchildren all left his hilltop home, his dream in life was to become literate and then to teach others to read and write. 100 Friends repaired his house, bought him a new school uniform, glasses, shoes and many other items and purchased school supplies for him and his classmates. We also hired him as a tutor on his days off from school. \$425.



When we first met Lhamo Tsering in 2010 she had to drop out of school (although she placed first in her class) because her father had recently passed away and with him all of her dreams for higher education. She had been overseeing the care of yaks and sheep for 6 months and had no hope for her future. 100 Friends has been providing a scholarship for Lhamo Tsering every year since then. She has passed her college entrance exam and is now enrolled at Qinghai Nationalities University. She is indeed a smart and diligent student who plans to become a physician.



Summary of your donations

TOTAL OF ALL CONTRIBUTIONS \$1,687,538

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
2012	\$127,592	\$1,086,276
2013	\$147,138	\$1,233,414
2014	\$147,409	\$1,380,823
2015	\$184,168	\$1,564,991
2016*	\$122,547	\$1,687,538

*as of Nov 24, 2016



10 Accomplishments in 2016:

During our travels, we go out of our way looking for people who are underserved, overlooked and lacking resources to help themselves – folks who really need help but aren't getting what they need. We rely upon our trusted local partners to find the most worthy and appropriate aid recipients and we deliver the aid directly to them. 100 Friends supports MANY individuals, families, villages, schools and medical clinics throughout the year.

We focus on the most practical needs such as income-generating projects, education, medical expenses, food, shelter, clothing, school supplies, transportation and more.

Here are 10 things made possible with your support in 2016:

1. Raised \$18,000 for second year of education and nutrition program for 100 children living in a slum in Yangon, Burma.



2. Provided support for 26 Vietnamese families with monthly rice program, scholarships, bicycles, farm animals, medicine and school supplies.

3. Assistance given to 46 Tibetans for scholarships, food, school supplies and medical treatment.



4. Financed the building of two houses for poor families in villages near Hanoi, Vietnam.

5. Donated funds for a Cambodian physician to provide treatment to families living in remote mountain regions.

6. Funds provided for medical services to children for heart surgery, hemophilia, cancer and orthopedic services.



7. Provided assistance to 16 families in The Philippines for income-generation projects, educational expenses, food and clothing.

8. Support given to 18 needy individuals and families in Kolkata, India for housing, small business development, food, clothing and medical expenses.

9. Gave 33 scholarships to children from The Philippines, Cambodia, Vietnam, Nepal, India and Tibet.



10. Donated cash, food and funds for housing repair to 33 elderly people in various Asian countries.

Here & There With Marc

In 2010 100 Friends was in Amdo (Tibet) providing scholarships and school supplies for Tibetan monks. This monk was so happy to receive assistance that he happily share his monk's robe with Marc as his way of saying thanks.



Our oldest aid recipient is Long Sambath. She is 103 years old and we have been helping her since she was 97 years old. She is a Buddhist nun living on the grounds of a monastery in Phnom Penh, Cambodia. We give her rice, noodles, cooking oil,



ON AIR

On Nov 30th, Marc was interviewed on eTown, an exciting weekly radio show heard coast to coast on NPR, and other stations. Here's a link to the podcast:

www.ETOWN.org/broadcasts/basia-bulat-pines/

10 (OTHER) WAYS TO HELP 100 FRIENDS:

With 100 Friends, a little goes a very long way. Donating matching funds will multiply the size of 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 can even appear at your fundraiser on Skype.

We will be back in the U.S. in July 2017 for six months. I am available for public speaking, house parties, radio and TV interviews and talks to children using multi-media presentations.

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 site link to those on your email list – www.100friends.org

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

Thank you for your support!