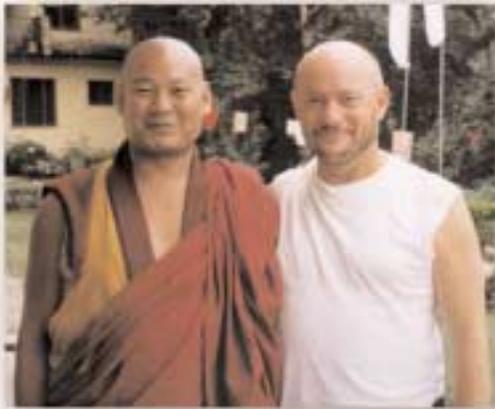


100 FRIENDS PROJECT

Check out the website for more photos & information:

www.100friends.com



Dear Friend,

This is a report from the last trip overseas for the 100 Friends Project. It was the sixth time I have done the 100 Friends Project, and almost all of the donations were spent in India.

This summer I am going to Tibet. As you will read, I spent some time with a Tibetan man named Phuntsok Wangchuk. He was imprisoned and tortured for five years by the Chinese. His only crime was expressing his wish for Tibetan independence. It is one thing to read of such things in a newspaper or book. It is something else to spend time with someone

who has actually experienced and survived the horrors of torture and the medieval-like conditions of prison. This experience has had a profound impact on me. I decided to visit Tibet this year to do some good with the money donated to the 100 Friends Project. Any amount donated will be deeply appreciated. The amount doesn't matter, just the spirit in which it is given. If you support this work, I would greatly appreciate it if you can tell others you may know who may be interested in supporting the project. I can send you as many extra newsletters as you request.

After 9/11 happened many people felt a need to make a response and engage the larger world beyond America and the West. A relatively small percentage of people on the planet have most of the wealth while the rest of the world is living in deep poverty. This article from The Washington Post vividly illustrates how difficult life is for those who live on \$1 per day or less: www.washingtonpost.com/wp-dyn/articles/A30110-2002Feb18.html

These are the people we are reaching. This project offers an opportunity for ordinary people to contribute to a fund and make a meaningful difference to a small number of people. Anything you can do helps. If you want to contribute to the 100 Friends Project for this summer's work, send contributions (payable to Marc Gold) to:

***Marc Gold c/o 100 Friends Project,
409 Washington Avenue, Richmond, CA 94801
marcgold@hotmail.com (510) 502-9319***

I will be leaving on May 30, 2002. I will be stopping in Nepal on the way to Tibet. There is a marvelous organization in Kathmandu that rescues girls and women who have been sold into prostitution. The organization is called Maiti Nepal, a six-year-old social organization with transit homes on the Indian border that rescues young Nepali girls on their way to the brothels of Bombay and other Indian cities. They also provide a home, as well as literacy and vocational training, to street children and discarded prostitutes with HIV. A donation will be made to this organization from 100 Friends Project. You can find out more about Maiti Nepal by visiting these websites:

<http://www.washingtonpost.com/wp-dyn/articles/A55548-2001Apr23.html>

<http://www.friends-partners.org/partners/stop-traffic/1999/0186.html>

<http://www.maitinepal.org/>

Please send your donation as soon as possible. Contributions sent after May 25th will be forwarded to me in Tibet.

What is the 100 Friends Project?

This project began in 1990. I had a dream about going to India as a



A Tibetan woman thanking us for a donation allowing her to stay in India. (Dharmasala)

boy and then I had the same dream as an adult. When I finally went, I met a Tibetan woman in Darjeeling, India, who had raging ear infection and needed a hearing aid. She could not afford treatment, because her family income was approximately \$600 per year.

I took her to a specialist three hours from her home. The doctor diagnosed her infection and said that, left untreated; she would die from the infection. The antibiotic that cured her cost less than one dollar. A hearing aid that cost \$75.00 opened up a world that had been closed to her for years. As long as I live I will never forget the look on her face when I switched on that hearing aid. At that moment I realized that you do not have to be rich to do a world of good. You don't have to be rich; you only need a few good friends to accomplish miracles.

The next time I went to India, which was in 1992, I wrote a letter asking one hundred friends, co-workers, relatives and others if they would contribute towards the project. I thought I might raise a couple of hundred dollars. To my great surprise, we raised \$2,111 (approximately 67,000 Rupees). We went to several Mother Teresa Centers, pediatric clinics and other places to dispense the funds. Such amazing events occurred! People invited me into their lives and showed me things a tourist would never see. There are so many stories to tell!

Sometimes I just sort of wander around third world countries and I often just happen to meet somebody who really needs some help. They may need medicine for their child, rent, glasses, school tuition or funds for medical treatment. This has happened many times over the past five journeys. For example, in February of 1992 in Trivandrum, India I just happened to meet a woman who needed money for a heart operation. The cost? \$75!

I never know how it's all going to turn out. But the donations always seem to get to the right person just in the nick of time. And I really love the almost random nature of meeting someone in incredible need for whom we just happen to have a financial solution. This is a project without any red tape that goes directly into the hands that need it. I pay for my own travel expenses and only a very small amount is used for items such as mailing and printing the newsletters and transportation to remote villages.



We assisted this man, who survives by begging on the streets of Varnasi.



These homeless children survive by rummaging through trash bins in Manali. We gave them money to go home, to eat and buy clothing.

100 Friends Fundraising by Year

| <u>Year</u> | <u>Funds Raised and Dispensed</u> | <u>Cumulative Totals</u> |
|-------------|-----------------------------------|--------------------------|
| 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 |

The following is a summary of how your contributions helped the 100 Friends project in 2001. For more details check the 100 Friends website:

February 20, 2001. A massive earthquake killed 20,000 people in 2001. Our friend Andrea Serrahn happened to be there at the time and witnessed the unbelievable suffering and devastation. She issued a call to all her friends to help some families she knew to rebuild their lives. 100 Friends donated \$200 to help many people in great need.



Marc Gold with Dr. Vishnu Mohan Singh, chief pediatrician at the local hospital in Varnasi. We purchased a machine to help the newborns to survive.

Dharamsala, India

We were introduced to a 62-year-old woman who recently escaped from Tibet (she looked to be about 83 years old). She was unable to support herself here and was living in the house of another Tibetan, but she had to find a way to support herself or she would be forced to return to Tibet, which she greatly feared because of the Chinese Authorities who have harassed her continuously.

She also wanted to go to Bodh Gaya in India (where the Buddha achieved enlightenment 2,500 years ago) to see the Dalai Lama and receive a special teaching (Kalachakra Initiation). We gave her 8500 Rupees (\$180), which was enough money for her to live in India for one year and have the time to find a way to support herself. We also gave her

1000 Rupees (\$20) to go to Bodh Gaya to see the Dalai Lama. She wept when this took place...very moving. She thanked us and 100 Friends profusely. She asked how to repay us and we said for her to give a small donation to another needy person sometime in the next year when she saw fit. She really liked that idea.

July 9, 2001

Dharamsala, India

We went to Shugsep Tibetan Buddhist Nunnery Monastery. Fifty-three nuns live here. Many of them were tortured and imprisoned under the Chinese, some recently. We met many of the nuns - they were so sweet. A nearby trauma center treats those who were tortured and imprisoned. We met with the Abbott named Sonam Wangchuck. We also met another old wise Lama who welcomed us warmly. They are expanding the monastery to house 108 nuns instead of the present 53. We gave 5,000 Rupees (\$106) towards that end. The Tibetan woman who was translating for us started weeping. She explained, "Sometimes we feel that no one from the outside cares about our plight. So this is very moving for us."

Dharamsala, India

Visited the Gu Chu Sum Movement of Tibet (Ex-Political Prisoners Association). The Chinese Army suppressed demonstrations by the prisoners. Demonstrators were imprisoned, tortured and forced into hard labor. Some were maimed and even killed. This organization provides housing, employment, education, job training, counseling, medical care and economic assistance to former political prisoners. They also send money and clothing to prisoners and their families in Tibet. We donated 35,000 Rupees (\$778) to support the organization's efforts because we were so moved by the suffering of the ex-political prisoners and the good work of Gu Chu Sum. For more information on the Gu Chu Sum organization, visit www.guchusun.org.

Dharamsala, India

While visiting Gu Chu Sum, we met with Phuntsok Wangchuk, a 28-year-old ex-political prisoner. He was in school when he was about 19 years old, and the school authorities told the class they had to sing songs honoring Mao-Tse-Tung and China. They were to denounce the Dalai Lama and Tibetan Independence Movement. He refused. He also was caught plastering anti-Chinese posters in the village. His sentence was two years in prison. First he was sent for 6 months to a local prison. Then he was caught writing poems and articles in favor of freedom for Tibet. His previous sentence was increased, eventually to 5 years imprisonment.

He was sent to the most notorious prison in Tibet near Lhasa with other political prisoners. He was tortured with cigarette lighters, electric shocks, beatings, as well as many other ways. They especially beat his joints because it is more painful to hit someone on their wrists,



This homeless man in Varnasi survives by collecting anything of value from rubbish bins.



This Muslim child in Varnasi earns money for her family by selling baskets.

elbows, etc. The tied him to a rack where he could not use his hands and legs to protect himself and beat him repeatedly. We gave him 1500 Rupees (\$33) for him to use, as he needed. You can learn more about Puntshok's story at: www.guchusum.org/testimony/phuntshok.html.

July 10, 2001

Dharamsala, India

Tibetan Nuns Project. Met with a nun named Lobsang Dechan, Project Director. They support nuns from four monasteries. Many of the Nuns are also torture and rape victims. They assist them to find shelter, bedding, clothing, medical care and education. They also help nuns living elsewhere all over the Himalayan region. They support over 500 nuns ranging in age 14 to 84. Donated 5,000 Rupees (\$111) to help 14 aged nuns and for other purposes.

July 26, 2001

Gangtok, Sikkim, India

Gave 15,000 Rs. (\$333) to Thinlay Gyatso, who represents Tibetan New Generation Support, a small organization dedicated to help poor nomadic Tibetan children attend school. The money is for school supplies, medicine, clothes and anything else needed for the children. They sent lovely thank-you letters with photographs and drawings to those who donated to the 100 Friends Project.

July 28, 2001

Calcutta, India

Gave 50,000 Rs. (\$1,111) to Thierry Darnaudet for his orphanage called the Children's Rights Development Service. This is a program for about 80 children (60 boys and 20 girls) who formerly lived in the street. I have known Thierry since 1991 and he is incredibly dedicated, honest and effective in his work with the street children. When we got there last summer they had their electricity turned off due to lack of funds. The money was used to turn the power back on and for rent, salaries for the cooks, school bags, school books, school uniforms, doctor visits for the children, medicine, tuition, groceries and for a small salary for a tutor. The money also paid for surgery needed for Irfan, who is a delightful loving child.

August 2, 2001

Gave 21,00 Rupees (\$467) to AHEAD (Association for Health Environment and Development). The major focus of this project is on women and adolescent health programs for in school and out-of-school youth. AHEAD organizes a variety of development activities for the slums population of Delhi. The donation was used for women living in the slums. Door to door visits were made in five slum areas of Delhi, covering about 5000 people.



Laura Talley & Marc Gold with Tibetan refugee children in Dharamsala. They walked from Tibet to India, over the Himalayas, in search of a better life.

Thanks to your generosity...

100 FRIENDS PROJECT

can continue to help people.