

# 10 Friends

## 100 Friends - Providing Educational Opportunities for 28 Years.

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



Since 1989, 100 Friends has been building schools and libraries, providing scholarships to needy children, donating school supplies to various educational projects, contributing computers and printers, augmenting the salaries of teachers and paying for teacher training workshops.

In this newsletter, we will show you some of the diverse ways that your donations to 100 Friends are put to work to offer and improve educational opportunities for literally thousands of students. With the help of our network of donors and local staff you will see the numerous ways we have empowered those we are assisting.

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 in Vietnam, helping families start small businesses, providing earthquake relief or building homes and schools - 100 Friends has been there since 1989 always filling in the educational 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 28 years. Since 1989, we've raised more than \$1.9 million and the work goes on thanks to your ongoing support. Truly, we can't do this without you.

*“If you want happiness for an hour, take a nap. If you want happiness for a day, go fishing. If you want happiness for a year, inherit a fortune. If you want happiness for a lifetime, help somebody.” - Chinese proverb*

## 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.

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.



## Remember Your First Day of School?

*First day of school for Burmese children from a squatter's camp where there are no schools, police, running water or social services. It took one year of preparation to get these children ready for class.*

*The program is called Community Care Myanmar and 100 Friends has been funding this educational and nutritional project for 100 children since 2015. We funded the construction of three small schools and we are also providing medical care and social services.*



Meet Meesha

*In 2005, a devastating 7.6 earthquake shook the Kashmiri section of Pakistan (and neighboring countries). We learned that over 10,000 schools collapsed and more than 19,000 children died. Even with all that, many so-called "tent schools" sprang up often with little or no outside support. Many parents and communities didn't want the education of their children to stop no matter what. The determination in the eyes of this young girl named Meesha seems to embody that commitment to education.*

## To Donate

The 100 Friends Project is a 501(c)3 tax-deductible charity organization. Your donation of whatever size means a lot to our recipients. In the countries where we operate, \$50 is a scholarship. \$150 buys rice for a family for a year. A \$30 bicycle can change lives or \$30 can repair a roof for an elderly rural grandmother. \$300 can start a small business for a family.

*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 94704-1210

Make check out to "100 Friends" and please write your email address on the check. You will receive an official letter from us documenting your donation for the IRS.

### • TO DONATE ONLINE:

Go to [www.100friends.org](http://www.100friends.org)  
Click on the "Donate Now" link.  
All donations are tax deductible.

### • TO CONTACT MARC:

[marcgold@gmail.com](mailto: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](http://www.100friends.org)

## Providing Educational Opportunities for 28 Years.

Over the years, it's pretty incredible how 100 Friends has helped students in so many places. Here are some short, but amazing stories with photos. Just think, these are **all** because of your donations and heartfelt giving.



*100 Friends funds many types of educational programs including this music class in Tibet. We have also funded libraries, scholarships, tutoring services, school supplies, gymnastics and computer projects.*

*We have been funding educational projects in Vietnam for over 20 years. I like to think of it as a small payment back to Vietnam for all the destruction caused by the war. We have provided school supplies for numerous programs including scholarships, pens, pencils, chairs, tables, books and many other items including the building of a library.*



*In 2017 100 Friends received a grant to start a kindergarten for 30 children living in a slum called Andong located near Phnom Penh, Cambodia. Class started on November 13, 2017. We have hired two teachers and one cook. Every child will receive a hot nutritious meal and a curriculum has been created so these children will have great opportunities to have prosperous and productive lives.*



*In November of 2013 an extremely powerful and deadly typhoon with winds up to 180 miles per hour known as Super Typhoon Yolanda struck The Philippines. The typhoon killed at least 6,300 people, injuring 29,000 and leaving 2 million people homeless and another 6 million displaced. 100 Friends provided school supplies, clothing and medicine for 20 children and their families who survived this disaster.*



*This is a program (now in the 8th year) serving children in the Hmong minority community living in the most Northern part of Vietnam near the Chinese border. It's an 11 hour ride from Hanoi to the community of Cao Bang. These kids live in simple huts near the school and then they walk back to their villages on the weekends. 100 Friends provides food, warm clothing, sleeping bags, school supplies and other necessities.*

*School supplies were provided to Cambodian students in the village of Prey Tralach. The teacher's salary is only \$40/month so we helped him with a cash grant. Supplies included shoes, chairs, tables, pens, pencils, notebooks and many other items.*



*100 Friends went to the Nuwakot District of Nepal to distribute scholarships, school supplies and funds for teacher salaries and school repairs. The schools and tiny classrooms were barely able to meet the needs of the students but they did their best with what they had. Here the kids presented me with flowers they picked to show their gratitude.*

*A massive fire swept through this crowded shanty town near the docks in Manila, destroying houses and leaving 15,000 people homeless, in February, 2017. The fire raged for 10 hours as it spread rapidly, engulfing more than 1,000 makeshift houses and the flames spread quickly as houses in the area are made of light materials, making them incredibly flammable. 100 Friends provided school supplies, clothing, tarps and food for students.*



*We visited this girls primary school in a remote area of Nepal. Here young girls at risk of being sold into sexual slavery. We traveled to these remote villages to help these girls to stay in school by providing scholarships. We met with the parents and the daughters to discuss ways of preventing sex trafficking in the future in Nepal.*



Funds for school supplies were sent for these boys in South Africa. As you can see, their "school" meets under the limbs of a tree.



100 Friends found this village school in a dilapidated building in Vietnam. We provided them with books, school supplies, rain gear and bikes. They receive very little help from the community and government because the area is so poor.

We raised money to build a library for these boy monks in Amdo, Tibet. They were delighted to have many books in Tibetan, Chinese and English along with maps, puzzles, globes and other educational materials. Many of these monks were in the monastery because their parents could not afford to support them.



During one of our trips to Afghanistan we discovered this tent school for boys located in the Shomali Plain - a plateau just north of Kabul. Once, it was a fertile area, rich with water, where fruits and vegetables were cultivated, and where Kabul's residents picknicked on weekends.

Unfortunately the region became a major battleground during the wars in Afghanistan since 1978 and it is now a shadow of it's former days. They were very happy to receive school supplies from 100 Friends.

100 Friends has funded 15 libraries over the years. This library is located in a distant part of Qinghai Province (Amdo) in Tibet. This photo showing his deep pleasure of and immersion in a book is emblematic of what we are hoping to instill in these children.



Our guide took us to this village school in Battambang Province in Northwest Cambodia. They had great spirits but precious little in educational resources. Besides getting them school supplies we also purchased desks, chairs, chalkboards and other items. The teacher's salary was \$20 per month so we gave him some cash.

We discovered this Afghan Girls School on the way to Mazar-i-Sharif in Northern Afghanistan. Like many other schools there were no educational supplies. Only the private schools had them. We were glad to leave them enough supplies to last the next year.



We arrived in Klaten on Java (Indonesia) one month after the earthquake in 2006. The damage was considerable and all we could do was to help one school by paying the tuition of 6 boys. This photo is me standing with some of the boys in the now destroyed school.

Summary of your donations

**TOTAL OF ALL CONTRIBUTIONS**  
**\$1,905,781**

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	\$184,183	\$1,565,006
2016	\$196,920	\$1,761,926
2017*	\$143,855	\$1,905,781

\*as of Nov 30, 2017



## 10 Accomplishments in 2017:

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 2017:*

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

**2. Received a grant of \$15,480** to start a kindergarten for 30 children living in a slum on the outskirts of Phnom Penh, Cambodia.

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

**4. Donated school supplies and food** for children whose families lost everything in a devastating fire at Smokey Mountain Rubbish Dump Site in Tondo near Manila. The children and their families collect trash for recycling to make small amounts of money to survive.

**5. Paid for teacher ESL training program** in Burma in order to help staff and students learn English more effectively using computer-assisted software.

**6. Donated funds for several Cambodian families** located by our local trusted contacts. For example, one family had six children, father died and mother is in prison. Funds were for food and developing an income-generating activity.

**7. Gave 29 scholarships to children** from The Philippines, Cambodia, Vietnam, Nepal, India and Tibet.

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

**9. Funds donated to purchase science laboratory equipment** in Accra, Ghana to enable students to enjoy science more and grasp science subjects more easily.

**10. Donated cash, food and funds for housing repair to 39 elderly people** in various Asian countries.



## 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 August 2018 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, barbeque, 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 online.**

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](http://www.100friends.org)

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

**Thank you for your support!**



*Last year, Marc was presented with the eChievement Award from Nick and Helen Forster, founders of eTown in Boulder, CO.*

*Since 1991, eTown has presented the Award to folks from all over the world who are helping to make their communities a better place. Winners are nominated by eTown's listeners and interviewed on-air about their extraordinary community work.*

Visit our website for a link to the broadcast!

[www.100friends.org](http://www.100friends.org)