

100 Friends

Welcome to our first "Save the Kids" 100 Friends issue.

Whenever we sit down to compile our bi-annual newsletter, we first start by gathering some of our favorite stories of hope and helping that is 100 Friends. We often look for a common thread or theme. This time, we found that the great majority of stories had to do with kids. So, that's this issue's theme. Of course, we help people of all ages, and we've included some of the important work 100 Friends is doing, but the emphasis is on what we've been doing for our kids.



Many of you already know this, but one of 100 Friends goals is to reach those individuals and groups that are overlooked or completely ignored by official government programs and the large charity organizations. Your donations help folks who have little and often no place to turn.

Why 100 Friends is unique and right for the times.



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 21 years building a remarkable network of honest, effective and competent local partners and with your help I can target your donation to where it is 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 even small donations can be life-changing. Read some of the stories inside. 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.



One of the young girls we are protecting in our Nepalese School Program (read more inside)

Liberating Girls from Indentured Servitude

In collaboration with Nepalese Youth Opportunity Foundation (www.nyof.org) 100 Friends is sponsoring the education of 150 girls who are sent to work as domestic servants for about \$50 per year. Some of these girls are as young as six years old. They are sent to work as bonded servants in private homes in bigger cities. With living conditions entirely at the discretion of their employers, these girls are working as babysitters, doing chores, house cleaning, running errands etc. They are often abused, seldom attend school and are sometimes forced into prostitution. This project enables girls to attend school, sometimes for the first time. NYOF has facilitated the rescue and education of thousands of girls so their experience will be invaluable. 100 Friends needs your help - for as little as \$33 per girl - to continue this program and hopefully to increase the number of girls being sponsored in the future. Here is a link to a video about the project:

<http://www.pbs.org/now/shows/414/index.html>

This is Gita - photo taken when she was being sent into bonded servitude. She was later rescued and is now attending school.



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 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



VIETNAM



National Pediatric Hospital (Hanoi, Vietnam)

In May of 2010 I met Phuong Ang - just the sweetest little girl you ever laid eyes on. She has leukemia and her chances of recovery are about 70-30 and I'm doing everything I can to help to improve those odds. The family has run out of funds for bone marrow and chemotherapy treatments. I paid their present and future hospital bill and rented a room nearby for them as the treatment will take several months. Without our help they would have been sent home because they cannot pay - total cost - \$315. I spoke with the doctor and she thinks there will be a very good chance for a complete recovery. She knows there is a chance that she may die - she has a younger brother who is healthy - she actually told her mother to have another child if she dies so her brother won't be lonely. She's a top student and I told the family that if she recovers 100 Friends will help her with her educational expenses.

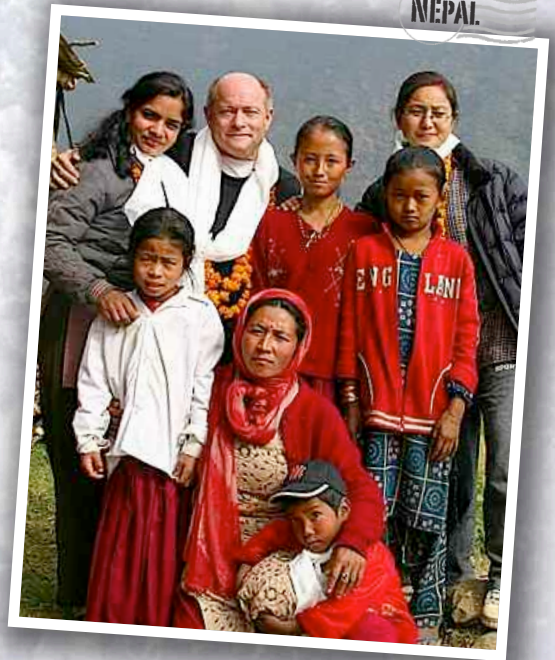
“You are part of an ever-widening circle of friends”

Nepali Girls Project

It is estimated that every month thousands of Nepali girls are trafficked to the brothels of India and beyond. Nepalese women and girls, especially virgins, are favored in India, because of their fair skin and attractive appearance. With your help, 100 Friends is helping young girls at risk from being sold into sexual slavery. I traveled to remote Nepali villages in December of 2009 to help these girls stay in school. Accompanied by two social workers and a cameraman I met with the parents, teachers and the daughters to discuss ways of avoiding getting sold into slavery. Many families are tricked into thinking that they are sending their daughters to work in a hotel or restaurant or some other business, but really they are being sold for sex in India and sometimes the Middle East. Contracts between the 100 Friends Project were signed and with your support I was able to prevent the trafficking of 20 girls to the sex slave industry. Scholarships were provided for all of the girls plus food supplies for the family. The girls will also get school uniforms, shoes, sweaters, backpacks and school supplies.

A new film from the 100 Friends Project was produced in Nepal showing how 100 Friends helps young girls at risk from being sold into sexual slavery. The film can be viewed at the 100 Friends website under “Latest News.” If you want to sponsor a girl for \$160 per year please let me know. Hopefully we can increase the number of girls sponsored each year.

NEPAL



Marc in Nepal in December, 2009 with social workers, 3 girls selected for scholarships, one of the mothers and her son.

CAMBODIA



Cambodia Acid Survivors Charity

In the past two years, there has been a horrific surge in acid attacks in Cambodia, most of them carried out (in contrast to places like Bangladesh) by wives against the lovers of their husbands. 100 Friends is now collaborating with Cambodia Acid Survivors Charity (<http://www.cambodianacidsurvivorscharity.org/>). They provide a range of services for survivors of acid attacks.

100 Friends is seeking support for survivors and their families in order to have a better life. For example, \$80 will cover the cost of a child survivor of an acid attack or a survivor's child to continue schooling for one year. \$200 will cover 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; something which is further exacerbated by public reactions. The victims are faced with physical challenges, which require long term surgical treatment, as well as psychological challenges, which require in-depth intervention from psychologists and counselors at each stage of physical recovery.

This mother and her daughter were attacked by a jealous lover of her father. Mom is now blind and the daughter has received four operations and is expected to have many more as she continues to grow.



Some short stories of hope

This Cambodian baby girl was born with a cleft palette. Her family is extremely poor. They were about to lose their house (really less than a shack, in the background) but it's home. The \$150 we gave them means it's there's forever - more or less - and they won't be kicked out. 100 Friends is helping Mom and Dad to start a business and arranging for surgery to repair her face.

A young Vietnamese girl after surgery for treating muscular fibrosis. 100 Friends donations made it possible.



In the last newsletter I wrote about Roshan - the Nepali boy who needed surgery for a birth defect in which the rectum is malformed. Your donation paid for the surgery (and also his continued education and aid for his family) and now he is doing much better.



Living in a small town in Vietnam, this family was in crisis when I met them. The father died last year, the mother is going blind and the 18 month old boy seriously needs major heart surgery costing \$3,200 or he'll die by the end of August. An Australian company paid for the surgery so 100 Friends funds were used to help the family start a small business. The mother will get her eyes looked at my eye doctor in Hanoi - all paid for by the project.



More recovering Vietnamese kids after orthopaedic surgery paid for with your donations



Summary of Donations & Expenses

TOTAL OF ALL CONTRIBUTIONS \$672,965

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*	\$69,316	\$672,965

* as of 6.15.10

A LETTER FROM BURMA

About ten months ago, while visiting with Marc Gold, I spoke to him of a plan I had for opening a Medical clinic along the Indian/Burma border - .5 km. from the Burmese border. This area had no medical services and in fact most of the population (10,000-15,000 people) had never seen a doctor in their lifetime. It is an extremely impoverished area neglected by both Indian and Burma governments. Through different contacts we were able to get permission to build a small medical facility for these border people. This facility has been built, and is now operational.

Marc Gold and his 100 Friends organization was the first to say "We will help." They did!... with both finances and encouragement. This area is remote and not often visited by outsiders and as such it is not easy to find help. There are so few resources available to places such as this. The clinic is now open and it is serving as such, but even more so it is a staging area for mobile clinics (backpack clinics). These mobile clinics offer a way to people that have no other alternative to medical care. The clinic is also used as a teaching facility for village health care and serves as a center point for aid relief. It is because of Marc and 100 Friends that this clinic was able to get its start.

I personally thank you Marc and those that have worked through you to begin this much needed project.

Sincerely yours,
Allen Will RN
Chiangmai, Thailand



Update: Sister School Projects:

St. Andrew's International School in Bangkok, Thailand now has a sister school connection with the Peace Orphanage in Phnom Penh, Cambodia. They have provided funds for an English teacher, food, shoes, rain gear, clothing, school uniforms and other expenses. The ongoing "sister school" program is where students in the U.S. and abroad are linked to orphanages and schools in poor countries. The children raise funds to benefit their less fortunate counterparts. They write letters to each other and learn more about their respective cultures. Schools in the US and Thailand continue to enroll in this program and I'm seeking more sister schools to collaborate with schools and orphanages in other countries. This is a very exciting and meaningful experience for children.

Update: 100 Schools Program:

Recently 100 Friends opened a school in small village in rural Ethiopia. They had been waiting for a school for many years and they were overjoyed when the doors were finally opened. Last year, I set a goal to build 100 Schools. Six have been built or are near completion in Cambodia, Ethiopia, Afghanistan and Burma. Each school costs between \$1,500 and \$20,000, depending upon the size of the project and other factors. Please help 100 Friends to open or improve more schools or even to supply much-needed books, desks, stationary, computers and more!

Update: Children's Medical Program:

100 Friends has provided funds for children needing medical care and surgery in several countries. In Vietnam, we financed 2 heart surgeries and 19 orthopedic surgeries. Another 10 surgeries are planned. We've also helped children suffering from genetic diseases and deformities, cancer, burns, cleft palate surgeries, falls, motorbike accidents and more. We also bring toys to children in numerous hospitals as well as cash grants for the most needy families.

Update: Nepali Girls Program: (See the longer story inside)

Thanks to your support, 100 Friends is now sponsoring 170 village girls from rural Nepal. Twenty girls from Nawakot District in Nepal are being given scholarships which will keep them out of the hands of the middle-men who seek to traffic them to India (usually Mumbai) as sex workers under horrific conditions. I recently went there, met the girls, awarded the scholarships and hired a part-time person to run the project on site. This program needs about \$2,700 per year to keep going.

Sponsors still needed for education

We are always looking for sponsors for children in developing countries so they may stay in school and reach the highest level possible. Donations as low as \$10 per month can make a huge difference in a child's life.

VIETNAM



This little Cambodian girl is one of the 100 Friends scholarship recipients. You're now helping hundreds of kids stay in school.

CAMBODIA



I met this boy and his father at the pediatric oncology unit in Hanoi. The boy has untreatable brain cancer and sadly is only going to live for a few months. The \$300 hospital bill wiped them out financially but 100 Friends was able to pay the bill and give them money to buy 6 pigs and 100 chicks to improve their monthly income.

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.

But there 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.

In February and March of 2010, donors sponsored 7 fund raisers in Chicago, Los Angeles, Oakland, Princeton and Pittsdown, NJ and Philadelphia. I will be in the U.S. from September 13 through October 31 of 2010 so if you can sponsor a house party please let me know!

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 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. Read about sister schools at the beginning of this page. We can help you set up a sister school in your area.

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!