

100 Friends

100 Friends
Winter 2011
Newsletter

Welcome to our first "Hope for Tibet" 100 Friends issue.

Support for Tibetan people has been an important part of the 100 Friends mission since the start of the project in 1989. My visit to Tibet in July, 2010 was my fourth and one of the most memorable. I was accompanied by three educators: Peter Hockley, Marcus Whitely and Peter Simon as we traveled through Eastern and Central Tibet culminating at Everest Base Camp at 17,500 feet. During our 6,000 km. journey we dispensed scholarships, created two school libraries for rural children, aided the elderly, dispensed school supplies and musical instruments, developed income generation and cultural preservation projects and a host of other humanitarian activities.

Join us for some stories and photos that tell the tales of the latest projects in Tibet so you can see how your generous support for 100 Friends is directly translated into sustainable and practical development for those individuals and groups that are overlooked or completely ignored by government programs and the large charity organizations. This newsletter will also feature some new projects and updates from ongoing work in other countries.

*"Go to Tibet and see many places, as much as you can;
then tell the world."* - Dalai Lama

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 22 years building a remarkable network of honest and effective local partners and, 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.

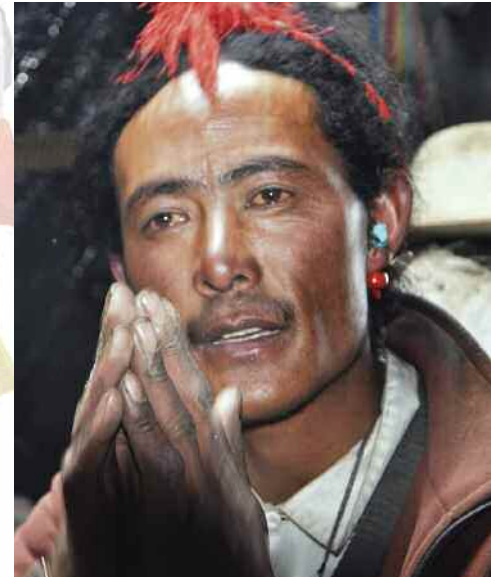
The good news is that it's pretty amazing what even a few dollars can do. Thank you to all of you who believe in the joy of giving.

Truly, I can't do it without you.

Marc Gold

A major goal of 100 Friends is to provide scholarships for girl, most recently in Tibet.

In rural Tibet children, and especially girls, are rarely able to attend school beyond the sixth grade because middle and high school are unaffordable for most families. They face a life watching over sheep and other animals for the rest of their lives. This is Huamo Skyid. She was number one in her primary school class but the family could not afford to send her to middle school and beyond. When I met her last year she had been watching sheep for six months. But now Huamo is in her second successful year in middle school and she has aspirations to become a doctor. Thanks to your support her dream is on the way to becoming a reality.



This nomad and his family had no money, wolves had eaten their sheep and their prospects were bleak when we met them. \$150 of your funds provided warm clothing and shoes for his children, as well as food, medicine and animal feed. This photo shows a Tibetan gesture of deep gratitude.

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



Hujor Village Library

We spent five days with a wonderful nomadic community on the Tibetan Plateau in Hujor Village. The primary school desperately needed a library so Peter Hockley funded it and it was completed within 30 days after we departed. They made the perfect little library to serve the children and the whole community. They painted the room, filled the shelves with attractive books for young kids, made cushions and reading space and added a computer and a heater - all lovely and inviting for young exploring minds! Total cost: \$450.



Hujor Village Cultural Preservation and Income Generating Project

Hujor has traditional nomadic clothing (hats, robes, shirts and boots) that they are quite proud of producing. They also produce (sheep wool) horse blankets and lovely horse muzzles. But now only the elderly villagers know how to make these traditional wares. So we developed a plan: 100 Friends has funded a six week training for about 50 young people who are eager to learn this craft. They have already been able to sell some of these items to local shops. This project is expected to produce 50 jobs which will be a huge help to this impoverished village. The price tag: \$2500.

A Terrible Accident

This story is a 100 Friends classic - being there for the right person at the right time. Our nomad friends went way out of their way after we visited a local monastery to meet this young man. He was 24 years old and the sole supporter of his wife, sister-in-law, elderly parents and three children. A few months before we met, he had an accident on his motorcycle. He almost bled to death but someone saved him. Unfortunately he lost one of his legs and he was no longer able to work and support his family. With the help of our translator we had a long talk. We gave him funds to live on for the next few months, agreed to get him an artificial leg and provide ongoing support until he can work again. His parting words to me: "An hour ago I had I no hope. Now I have hope. Please thank your friends in the U.S."



Everest Base Camp - July 2010

This photo shows (from left to right): Peter Hockley, Marc Gold, Peter Simon and Marcus Whitely at Everest Base Camp - 17,500 feet. We spent all of July traveling throughout Tibet helping as many needy people as our budget allowed. Because Peter and Marcus are primary school teachers at international schools in Thailand, we had lots of programs for local children including musical activities, schoolyard games, races, mask shows and sports.



Summary of Donations & Expenses

TOTAL OF ALL CONTRIBUTIONS \$790,049

| 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* | \$93,200 | \$790,049 |

* as of 12.1.10



Tibetan Girls at Everest Base Camp

100 Friends had its genesis in a dream I had about Mt. Everest when I was 7 years old and I've always wanted to go there. We drove for 4 days from Lhasa last July and finally arrived at Everest Base Camp on the Tibetan side (17,500 feet!). While we were there we stayed in a big yak hair tent and a young girl who worked there took care of us with food, bedding and other needs. Our guide told us she was quite poor and the tiny salary she earned (\$80 monthly) supported her parents and

grandparents. We offered her some aid and she asked if we could also help another girl working in the camp - even poorer than the first girl. We helped both girls that you see in the photo here. More aid for will be offered in 2011.

Help for Tibetan Elders

This picture was taken on July 24, 2010 in front of the ancient Samye Monastery in Tibet. The woman was begging in front of the monastery. My guide told me that she lived alone, was ill and needed medicine and clothing and he was sure that she was truly poor. I gave her \$120 which I was told would enable her to buy everything she needed. She was ever so grateful. I make a point of helping elderly - especially those who live alone - wherever I travel.



Bringing smiles to Hujor Village kids

It's hard not to be moved by the sense of wonder in the faces of nomadic kids as they watch my show of masks for children. The adults seemed just as fascinated as the kids. We played lots of games with them, had musical activities, showed them our masks, built them a library and a good time was had by all. We also provided funds to five of the poorest families in the village.



A LETTER FROM VIETNAM

Dear Marc Gold,

How are you? I hope this email finds you well. We always have you in many our donor stories.

We want you to know that your donation for heart surgery has saved 11-year old Luong Quoc Viet's life. His mother and Viet said thank you very much to all of you as they did not know how to say more, you saved her only son.



The contract between us and that poor woman living in a morgue has been renewed. She has done very well with the flower business sponsored by 100 Friends and now it's time for another year.

We remember your donations for 25 children sponsored by 100 Friends to receive orthopedic surgeries. Now I have a chance to work with you to assist other families with our rice and scholarship program.

I always wish you to be HSCV sponsor forever. Once again, thank you very much and we look forward to your visit in December - without your kind help, I cannot continue my work to help more needy people.

*Sincerely yours,
Tran Ngoc Lien
A Vietnamese Social Worker*



Update: Nepali Girls Program:

100 Friends is now in the second 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. It only takes \$160 per year to provide school uniforms, weather gear, books, stationery, school bags, educational fees and food for each girl's family. We are looking for more sponsors to keep these girls safe and enrolled in school.

Update: 100 Schools Program:

100 Friends has completed another school called Crown School. This is in the little village of Addis Ababa in rural Ethiopia. My good friend Peter Hockley went there in 2008. The "school" was nothing - a tiny space with raggedy cloths for walls - in terrible shape. Now they have a beautiful school for 135 children with all the necessary supplies and staff - desks, books, chalkboards, etc. The cost of the school was \$5,000 with major contributions from donors Susanne Duffy and Peter Hockley and, of course, all of the 100 Friends donors as well. If you want to finance a school, we have plenty of requests and the cost varies from \$2,500 to \$25,000.

Update: Girls Scholarship Program:

One of our biggest ongoing initiatives involves scholarships for girls in various countries. I wish you could meet some of them. There is Sreyboth Song in Cambodia - the first girl from her village to finish high school and now she is almost finished with her university program. Then there is Lhamo - a similar story. She is from a small village in Tibet where she wasn't expected to make it past primary school. Now she speaks pretty good English and I helped her to get a four year scholarship in India. I'll visit her in February, 2011. She is doing really well. Finally there is Messin from Bali, Indonesia. Your funds have been helping her improve her English, upgrade her computer skills and enroll in a tourism training program. There are many more girls (and boys, too!) being helped, thanks to all of you!

Update: Vietnamese and Cambodian Projects:

100 Friends provides major support for these projects: Surgeries, medical treatment and scholarships for Vietnamese children, aid for street children in Hanoi, income-generating projects for indigent families, assistance for Cambodian orphanages including \$10,000 yearly for The Centre for Children's Happiness (the best program I have ever seen that truly transforms the lives of children), bicycles for Cambodian children so they may attend school, providing funds for medical services for remote Cambodian villages and proposed help for victims of the recent stampede tragedy in Phnom Penh.

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.

In October and November of 2010, donors sponsored 6 fund raisers in Chicago, Berkeley, Cape Charles, VA, Washington D.C., Atlanta and Great Barrington, MA. I will be back in the U.S. in April and May of 2011 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 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!

PARADE

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BIG NEWS: Parade Magazine

Big news for 100 Friends! While we have received publicity from articles in various newspapers and magazines and radio and TV broadcasts over the years, we have finally been featured for the first time in a national magazine. There is an excellent article about 100 Friends in the December 19th issue of Parade and there is also an expanded version of the article on their website as well. (**www.parade.com**). Perfect timing - right before Christmas and New Years! Please share this article with your friends and others. Hopefully this will give a huge "bump" and enable 100 Friends to help many more people! Could an appearance on Oprah be next? Please check it out and share it with your contacts!