

# 100 Friends

## After 35 Years, The Journey Of Giving Is Still Going Strong.

### Dear Friends and Supporters of 100 Friends,

Greetings from Marc and Rosel Gold in Newport Beach, California. 100 Friends humanitarian activities are operating at full capacity and are now headed into year 35. I am now 75 years old but feeling strong and healthy and eager to continue this work.

To celebrate our 35th anniversary we will have a small party in The San Francisco Bay Area in early 2025 (stay tuned). I just finished a 6-week 100 Friends humanitarian trip through India, Tibet, Thailand and Cambodia. 100 Friends is alive and doing well!

I visited many of our projects and friends and am happy to report that they are using your donations as effectively as possible. In Turkey, we were able to assist many survivors of the two recent tragic earthquakes. Our work continues in Tibet, Afghanistan, Vietnam, The Philippines, Cambodia, Nepal, The Philippines, Indonesia, Myanmar and other countries.

As always, our focus is on scholarships (mostly for girls), school supplies, disaster relief, medical support, income generation activities and living expenses for children, families, single mothers and the elderly.

We are on the frontline of tackling some of the worst poverty in the world, and you are right beside us giving us the resources we need. Together, this means we bring positive, lasting change for hundreds or thousands of people every year.

I don't have to tell you that many of those in the 100 Friends circle of giving are anxious right now. There's great uncertainty in America's future, given the change of administrations. The work of 100 Friends may take on even greater importance for those who have little in the coming days.



Thank you for being loyal, for the faith and trust you put in us and for being a significant part of our journey for the last 35 years. Truly, we can't do this without you.

*Marc*

*“To know that even one life has breathed easier because you have lived, that is success.”*

*– Ralph Waldo Emerson*

## A Big Shout Out To Our 100 Friends “Ambassadors.”



The success of 100 Friends is not just your generosity, or our travels, but the efforts of incredible local partners in 10 different countries that help us to identify, locate and successfully provide assistance to truly needy individuals, families, medical clinics and schools.

They strengthen our ties and trust to local communities, help us to provide sustainable change and achieve practical and meaningful outcomes.

Our local partners/Ambassadors are honest, experienced, discerning and effective. They help us to make certain that your donations are used wisely and without waste or misdirection of funds.

This is the secret sauce that has enabled us to be so effective in so many countries for the last 35 years. We couldn't do it without them. Thank you partners, from the bottom our hearts.



Meet Aung

*Aung is an 8-year-old boy living in Yangon, Myanmar. He was the most improved student in English class and he really needed a bike to go to and from school. This bicycle was his reward and he was overjoyed.*

## Here's How To Donate:

The 100 Friends Project is a 501(c)3 tax-deductible charitable 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. We are still focused on support for single mothers and the elderly, girls scholarships, income-generating projects and school repairs and supplies.

### • BY CHECK (Preferred):

100 Friends c/o Marc Gold  
741 Amigos Way, Suite 7C  
Newport Beach, CA 92660

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 tax purposes.

### • ONLINE (Fastest):

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

### • TO CONTACT MARC OR ROSSEL:

[marcgold@gmail.com](mailto:marcgold@gmail.com)  
(415) 425-0136 or (415) 882-6364

*For other ways to help, see the back page!*

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



## Stories From Around The 100 Friends World of Giving



**Indonesia.** This is our colleague Rupak with three Indonesian student guides named Riska, Ahlami and Ami. They needed help to pay for their college studies as they are all in training to become primary school teachers. They were guides and translators for Rupak.

**Turkey.** Marc with a Turkish family near the Syrian border. The massive earthquakes destroyed their home and killed their father. The mother and children were trapped underneath the rubble for 4 days with no food or water or light before they were rescued. Now they live in a refugee camp and 100 Friends has donated funds for food, school expenses and household items.



**Cambodia.** This is Achariya and Charaya. They live in a slum called Angdong Village. They have no father and their mother washes clothes to support the family. We donated funds for food, school uniforms and other school supplies.



**Vietnam.** These students received bags of rice and scholarship money from 100 Friends. They live in a village 70 miles from Hanoi. The soil is of poor quality and there is never enough food. We donated rice and funds for other living expenses.



**Cambodia.** 100 Friends has been sponsoring a kindergarten in Phnom Penh, Cambodia since 2017. They learn Khmer (local language), English, basic arithmetic, art and gardening. They receive nutritious meals and go on class trips. When they go to grade one in public schools they are way ahead of their classmates.

**India.** This is Dorje, a student from Ladakh, India. We bought him a school uniform and books. His father is ill so we donated money for the father's medical expenses and warm clothes for Dorje.



**Turkey.** This Turkish family has been homeless since the two huge earthquakes that recently occurred. We gave them funds to rent a small apartment and to purchase warm clothes. In this photo, they are selling food in order to support themselves.

**Vietnam.** This man is Hoang Quyet Tam from Thanh Hoa Province in Vietnam. He has needed a wheelchair for 8 years and now finally his dream has come true. He was born handicapped due to Agent Orange used during the War in Vietnam.

**Cambodia.** This is Srey Neath, A Cambodian teacher receiving a very small salary. We donated \$400 for her living expenses because she only earns \$200 per month. She will use the donated funds to pay for her college tuition and related expenses.



**If you are new to 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. Thanks to all of you who support our work and who believe in the joy of giving.



## Donations in 2024

### Summary of your donations

**TOTAL OF ALL CONTRIBUTIONS**  
**\$3,262,849**

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	\$466,035
2009	\$137,814	\$603,849
2010	\$198,379	\$802,228
2011	\$195,225	\$997,453
2012	\$127,592	\$1,125,045
2013	\$147,163	\$1,272,208
2014	\$146,401	\$1,418,609
2015	\$184,168	\$1,602,777
2016	\$196,884	\$1,799,661
2017	\$160,242	\$1,959,903
2018	\$177,132	\$2,137,035
2019	\$151,388	\$2,288,423
2020	\$266,475	\$2,554,898
2021	\$238,035	\$2,792,933
2022	\$102,382	\$2,895,315
2023	\$152,476	\$3,125,511
2024	\$137,338	\$3,262,849

\* as of Nov 20, 2024



**Laos.** This is a fifth-grade classroom that we visited in Laos. The teacher said they needed books, notebooks, pens, pencils and desks for these children. We donated funds for these school supplies and the kids were very happy and excited to meet us.



**India.** Meet an 84-year-old widowed grandmother named Amrita. She is from a village in West Bengal, India. She recently had a stroke and she needed funds for her medical expenses. We also added funds for food and clothing.



**Myanmar.** These are children in our project from a squatters camp in Yangon. They are looking so proud as they graduate from grade two. 100 Friends pays for their room and board and school expenses.

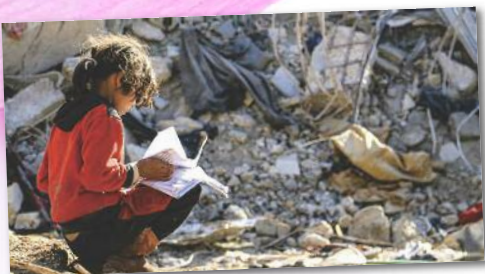


**India/Tibet.** This is Choden, 8 years old and living in Ladakh - the Tibetan part of India. We started a library in her school and she has been appointed as the student librarian. Previously the library only had 4 books, now they have hundreds of books, globes, maps and puzzles.



**The Philippines.** This is Camille from Laguna, near Manila. 100 Friends has provided her with a university scholarship to get a degree in psychology. Sometimes we send her funds to use to help needy neighbors who live near her. She's on the Dean's list and without a scholarship she could not attend college.

**Cambodia.** This is the Anh family. They live in a slum in Phnom Penh. The mother supports them by operating a fruit stand. 100 Friends paid the seed money to start her business. We also donated 20 kilos of rice and some other food for them.



**Turkey.** This young Turkish girl is named Elif. She lives with her Aunt and Uncle as her whole family perished in the earthquakes. This rubble is from the house she lived in before the disaster. She is back at school and doing well in her studies. She wants to be a nurse when she grows up.

## Ongoing Projects and New Initiatives in 2024:

With the help of our trusted local partners and international network we accomplished important goals this year. Here are projects made possible with your support in 2024:

- **Educational support for individuals and families** living in The Philippines, Turkey, Cambodia, Afghanistan, Tibet, Myanmar and Vietnam.
- **Assistance to children and families living in rural Vietnam** (food, scholarships, bicycles, medical support, etc.). We helped build a school in Cambodia, repair homes for the elderly in Vietnam and bought needed bicycles and motorbikes in Nepal and The Philippines.
- **Educational, nutritional, social and medical services** provided for 150 children and their families living in a rural village in Yangon, Burma. The children also had to survive under the conditions of a military coup, inflation, violence and food shortages.
- **Support for scholarships and rice distribution for needy families** in Cambodia, Vietnam, India and The Philippines. Provided job training for students and young mothers in sewing, marketing and selling traditional clothing in Myanmar.
- **Medical assistance for needy recipients** in India, Myanmar, Vietnam, Cambodia and Indonesia - wheelchairs, medicine and advocacy for patients seeking medical aid.
- **Support for village and slum schools and orphanages** in India, Cambodia, Tibet, Nepal and Vietnam and helped to create a tutoring program for university students in The Philippines and Vietnam.
- **Aid for single mothers** for childcare, infant formula, clothing, school supplies and medicine.
- **Support is for dozens of individuals and families in Turkey** who survived the massive 2023 earthquakes. Funds provided food, school supplies, home repair, clothing and transportation.
- **Income-generation projects funded for individuals and families** in Indonesia, Vietnam and Myanmar. We helped locals create enterprises such as streetside restaurants, farming, fishing, small grocery stores and small stores selling fruit and vegetables.

## 10 (OTHER) WAYS TO HELP 100 FRIENDS:

With 100 Friends, every bit helps. *Here are ten easy and even fun things you can do:*

**Promote us on your social media.** Spread the word about 100 Friends and our programs that assist children, families and the elderly in Asia.

**Host a 100 Friends house party.** This is a fun and rewarding way to learn about the project and raise funds. If possible, I will be there in person. If not, 100 Friends has short videos, a narrated slideshow and other materials to help you present the story. I can even appear at your fundraiser on live or pre-recorded video.

*I am available for house parties, radio and TV interviews and talks to children and community groups using multimedia presentations.*

**Sell your unwanted items** on eBay or Craigslist to raise funds for 100 Friends.

**Encourage your employer to develop a charity partnership.** If your employer isn't already partnered with a charity, speak to your HR colleagues about getting involved. Let them know that 100 Friends can help with this.

**Donate your tax refund.** By the time you receive a tax refund, it can feel like found money. If you receive a tax refund next year, consider donating some or all of it. Some of your donations may even be tax deductible.

**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.

**Pick one of the many projects** from our newsletter or website and start a GoFundMe or Facebook fundraiser page to raise funds.

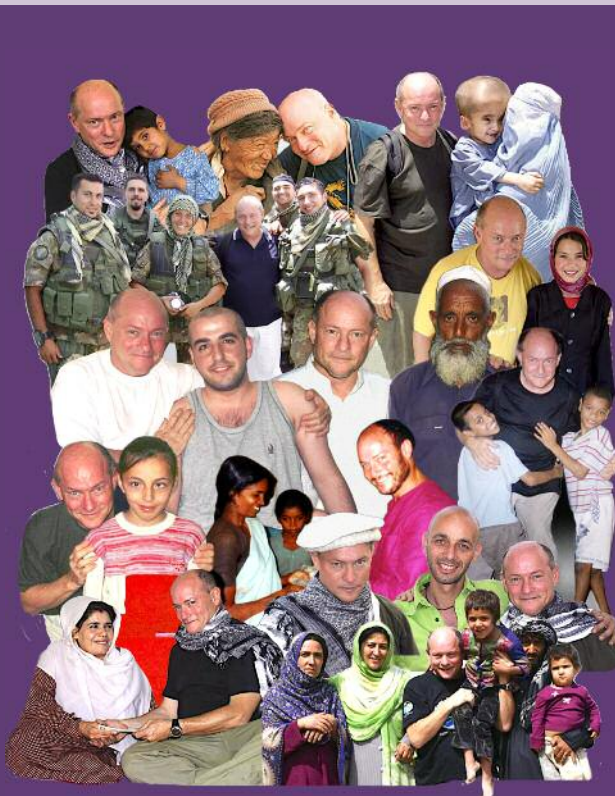
**Tag your emails.** Insert a short note in your emails telling your friends about 100 Friends. Send the site link to those you email – [www.100friends.org](http://www.100friends.org)

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

**Thank you for your support!**

*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.*

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



**“A long and winding road,” to quote a great song from The Beatles.**

It's been my privilege to meet so many interesting, generous, warm-hearted, open and genuine people over the last 35 years.

100 Friends is a family where those who *have more* help those who *have less* and ask for nothing in return.

The photo collage to the left shows just a few of the many folks I've met and helped for more than three decades.

What a journey! It's all thanks to you and your incredibly generous hearts.

Thank you.

Photo collage courtesy of Fred Curchak