



1353 Milton Avenue, Mississauga, Ontario. L5G3C5
Tel: 905.990.2464 Email: info@my100percent.org
web: my100percent.org
Charitable Registration #814420238RR0001

FALL 2023

My 100 Percent's mission is to relieve the cycle of poverty in developing countries by providing the necessities of life, education and/or shelter to underprivileged children and their families. To ensure 100% of your contributions are sent to those in need, we (Adarsh & Jeff) cover all expenses of the charity as part of our own donations.

PROJECTS WE SUPPORT

We currently support four programs in South Asia. Our largest program is the Stay-in-School Nepal education support program for more than 100 schoolgirls in Eastern Nepal in partnership with Civic Independence Development, a Nepalese NGO led by the dedicated work of Arjun Mani Guragain and the volunteer support of his wife Binita Kumari Paudel, a professor of public health.

Our second program is the Bike Loan program. My 100 Percent purchased over 200 bicycles and have loaned the bikes to at-risk students in various schools within Sundar Haraicha municipality in cooperation with the local schools and council. Bike loan programs in other developing countries have proven to be very successful in increasing student attendance, responsibility and independence.

The success of Stay-in-School has launched the new scholarship program for post-secondary school support. We also remain a supporter of the Jhamtse Gatsal Children's Community located in Arunachal Pradesh, India. This Community supports 107 children and young adults in the Monpa region of Northeastern India.



Adarsh and our emcee Chandrakala (far left) address the Welcome Celebration and local dignitaries.



The Welcome Celebration event organized by the Stay-in-School students.

CURRENT STORIES

This fall we had many great events to report so this Newsletter will be longer. My 100 Percent supporters restarted previously successful fundraisers, created a new annual fundraiser for the Bike Loan program, responded promptly and efficiently to a Nepal natural disaster, and currently we have Adarsh reporting from Nepal after an in-person review of our programs.

Adarsh's field report from Sundar Haraincha, Nepal

It has been 18 years since I last visited Nepal. Returning to Nepal felt like returning home. I was touched by the warm welcome we received by our sponsored girls when I met them all in person for the first time at the Welcome Celebration, organized for me and Milaan. The traditional dances, songs and speeches were gracefully presented. They had taken on the leadership of coordinating and borrowing their dance outfits. One of our senior sponsored girls, Chandrakala, was emceeing for the first time and had so much poise that one would think she had done this many times before.

Visiting Chandrakala's home the next morning was eye opening. Chandrakala's mother works as a cleaner and her father takes on labour jobs as they come. Their home is a straw shack covered with a tin roof. Chandrakala, her parents and her two siblings live in a 300 sq-ft space. Clothes are stored on strings crossing the rooms as there are no closets.



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Our emcee Chandrakala in front of her home.

The water source is outside, a concrete pad with a hand pump for water. This is where dishes and clothes are washed by hand and it is also the bathing area. There are no walls for privacy, so Chandrakala needs to bathe at night. The cost for this night-time privacy is very cold water without the sun's warmth. Yet this living condition does not hinder Chandrakala from excelling in her studies now that she has support from My 100 Percent. She is one of our top students and aspires to be a doctor. Even more touching is that she wants to use her future skills to help those who can't afford proper medical care in Nepal.



Our daughter Milaan (centre) participates in the quarterly supply distribution to our students.

Our days were spent visiting the schools our sponsored girls attend, meeting the principals to discuss our students' academic performance and what sort of additional support might be required, distributing necessary school supplies and a few basic garments, and visiting some of the homes of our sponsored girls. During the home visits, parents and guardians were reminded (through Arjun's translation) about their responsibility to encourage to their daughters to focus on their studies and continue their education.

Our presence never went unnoticed by neighbours, who would pop by with an appeal to help support their daughters' education by either sponsoring her or providing a bicycle so that she may turn a 1 hour walk each way into a bike ride taking a shorter duration. These appeals always involved a heart-breaking description of their poor economic status and social struggles.



A typical home visit to one of our students.

On the last day of our visit, we spent the evening with our two Social Mobilizers (like prefects/social work apprentices) who earn a small wage helping to resolve minor issues that the sponsored girls may face. I wanted to find out more about the challenges they face in their roles and reinforced how important it was for them to stay safe when trying to help some of their peers with their social struggles with their families.



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One of our Social Mobilizers, Aaisha Karki, will be turning 19 December 15th. She and her younger sister were raised in poverty in a very challenging home environment. Aaisha summoned the courage to move in with her grandparents. Her story was so compelling that My 100 Percent started sponsoring Aaisha. Aaisha is now a confident grade 12 student, admired by her peers for her leadership and her ability to handle situations fairly, thoughtfully, and diplomatically. She does not like to receive anything that her peers don't have. She even had to be persuaded to take the small salary offered to her for her role in problem solving for the other 100 students. She reluctantly agreed. When I asked her about her upcoming birthday, she told me she planned to take all of her job savings (\$50) from her first year as Social Mobilizer and donate it to a home for neglected seniors.



Aaisha, far right, organized the material distribution for My 100 Percent.

I am touched by our sponsored girls' gratitude, humility, and the deep desire they have to help others, despite the rough start they've had. I will miss their smiles and warmth and I look forward to seeing them again, another year wiser.

2023 Nepal Earthquake Relief efforts

A magnitude 5.7 earthquake struck Jajarkot District, Karnali Province, Nepal, near midnight on November 3, 2023, killing 154 people and injuring at least 375. In various municipalities within Jajarkot, 213 school

buildings were damaged and at least 20 healthcare facilities were destroyed. Among the municipalities most severely affected was [Bheri](#) with a population of 30,000. Almost half of houses in Bheri were damaged and several of these were destroyed.



Our team member Dinesh Tamang at the town of Bheri

My 100 Percent and our partners in Nepal, Civic Independence Development ("CID") agreed to provide what help we could pull together to those most in need. While My 100 Percent sent out requests for funding which were answered by you, CID coordinated with people in the region and engaged their Board Member Dinesh Tamang to lead the relief efforts. He had direct experience organizing and providing aid during the 2015 earthquake near Kathmandu.

Dinesh found the hard hit Bheri municipality which was not served by the larger aid efforts due to severe landslides impacting road access in the mountainous region. He interviewed the local politicians and staff in Bheri to determine which families needed the greatest support. A list of 101 families was created by the Ward 1 staff and the items that they needed most were summarized. Materials were then procured and delivered to a place as near to Bheri as the roads would allow.

We transferred the materials to dump trucks and trailers for the last part of the road journey due to local landslides. We set up a meeting point and prepared the bundles for each family. The families and local municipal staff met us for distribution on November 29th but still had to walk for an hour from Bheri to reach the meeting point.



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Below the families gather at the meeting point with care bundles organized behind them



The care packages were in bundles and the families signed for their care packages with municipal staff there to ensure aid was delivered to those who needed it the most.

The Bheri Ward 1 chairman and the mayor of Bheri were very thankful of the aid we provided as this was the first NGO support their community had ever received. At the end of the efforts, Dinesh was presented with a Certificate of Appreciation to CID and My 100 Percent from the Ward 1 Chairman on behalf of the Mayor and Bheri Municipality. The entire group of beneficiaries were very thankful and appreciative to those who raised funds and gave significant time and effort in delivering aid to them when it was needed most. The families also indicated that our aid was the first support they ever received.



Dinesh receiving a Certificate of Appreciation for the relief efforts by CID and My 100 Percent.

In less than four weeks from the earthquake we were able to assess the needs, raise the funds, procure supplies, and deliver significant aid to an unserved community devastated by a natural disaster. This could not have happened without you answering our call for donations.

Cycle for Change fundraiser for new bicycles

On September 17th a new My 100 Percent event was created by a local superstar high school student, Surina Mehdiratta. Surina named the event Cycle for Change to raise funds for additional bicycles in our Bike Loan program.





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The idea behind Cycle for Change is to have local supporters participate through bicycling and other personal forms of transportation and effort to raise funds for new bicycles and expand the Bike Loan program. New bicycles would reduce the amount of walking our students need to do in order to attend school in Sundar Haraincha.



The volunteers, organizers and sponsors getting ready for the first annual Cycle for Change

Surina raised funds from event Sponsors and arranged for volunteers to help with the event. More than 70 people (and a few dogs) walked, jogged, rode, skated and scootered around the loop more than 462 times or the equivalent of 350 kilometers in an hour. This distance is what our sponsored girls collectively overcome each day.



Some of the participants getting in their laps

Thanks to all for participating in the wonderful first Annual Cycle for Change and donating your time and funds to enable us to more than double our goal of 30 new bicycles some of which we delivered last week during our field trip to Nepal.



A new bicycle purchased from Cycle for Change funds raised is loaned to another worthy student.

OTHER VOLUNTEER EFFORTS

Vancouver

The great musicians at Synergy Collective reopened events and created a night of food and music in support of My 100 Percent on October 3. This unique Singer/Songwriter showcase featured prominent Canadian singer/songwriters and was at the prestigious Vancouver Rowing Club.

The evening, which included a full course dinner, musical sets from some of the most talented singer/songwriters in Canada. Regular performers Beverley Elliott, Mark James Fortin, Yvonne McSkimming, and Denalda Williams made the evening special for our guests.



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Just Singin Round musicians performing for the appreciative audience on October 3.

Our thanks to Janice Ebenstiner who coordinated the volunteer efforts for My 100 Percent and ensured there were plenty of raffle prizes available to be won during the night.

Mississauga

Hardworking volunteers in Mississauga hosted the 6th annual Diwali Dhamaal, a fun children-focused festival event on October 29. The event was sold out again for the third straight year at an even larger hall. Over 250 attendees celebrated Diwali with a children's talent show case and an Aarti Thali contest for kids of all ages. Raffle prizes were also a big hit with the guests. Excess funds raised during the event were donated to My 100 Percent for our new scholarship fund.



Young performers display their dance skills and routines they rehearsed for many weeks before this show.

Our ongoing thanks goes to the hard work of the organizers Parul Mehta, Alapana Dullabh and Radha Bharania.

DIRECTORS

We have a volunteer Board of Directors that meets periodically to review information, approve the audited financial statements and help plan activities.

- Mark Foley, President, Jhamtse International
- Jeff Jenner, CA, CBV, Executive Vice Chair, Potentia Renewables Inc.
- Adarsh Mehta, MSc, MBA, Vice President, JRC Inc.
- Karen Nixon, CPA, LLB Retired Partner, Ernst & Young Chartered Accountants

DONATIONS & VOLUNTEERS

If you are interested in volunteering, please email Adarsh Mehta at adarsh@my100percent.org or telephone us at 905-990-2464.

For donations, we accept e-transfers, credit cards through PayPal and Canada Helps and cheques. Please check out our website (<http://my100percent.org/donate/>).

We thank you for your continued support and trust.

Adarsh and Jeff