

The Maria-Helena Foundation

(Registered Charity Number 89250 2725 RR0001)

4616 West 13th Avenue, Vancouver, B.C. V6R 2V7

Telephone: (604) 228 9885 e-mail: iqbal@interchange.ubc.ca

www.mariahelenafoundation.org

August 16, 2010

Dear supporters, friends and family:

You no doubt know about the devastating floods in Pakistan. About 20 million people have been made homeless, their mud houses collapsed, all their possessions lost: harvests, animals, and household belongings. Here is a bit of an unusual scheme I have come up:

Please Sponsor Me to Hike Up Grouse Mountain to Raise Funds for Flood Victims in Pakistan

Can You Help Me Raise \$16,000?

I am 80 years old seeking sponsors to do the Grouse Mountain hike (elevation gain 933 m and 2.9 km distance). It is a very well known mountain in Greater Vancouver. The hike is considered one of the toughest in this area (www.grousemountain.com). I can do this hike once, twice, or a maximum of three times a week.

I am seeking \$800 per hike up the mountain from its base. I would like to do at least 20 hikes before the end of October when rains become heavy and snow starts coming down. Sponsors can send a minimum donation of \$10 and when a sum equal to ten times my age is received I will do the hike. All donors will receive tax receipts irrespective of achieving the objective of minimum \$800.

A Brief Review of the Work of Maria-Helena Foundation (MHF). This non-sectarian organization was incorporated and received its Registered Charity status in 1999. Since then we have raised a little over one million dollars. During this period we helped establish in Pakistan:

- 11 Primary co-educational schools with about 300 students in each; the 12th school is under construction
- 01 Outpatient hospital
- 02 Vocational schools for young girls and women
- 12 One-room one-teacher primary co-educational schools for children from very poor families
- 190 Half-fee scholarships for primary school children.

During the 2005 earthquake MHF raised about \$200,000, mostly for the reconstruction of a damaged school and for the building of a new school for orphan girls of the earthquake. About 20% of this sum went toward relief of the earthquake victims.

During 2009 we sponsored relief work for the Internally Displaced Persons from Swat and Baluchistan.

On August 13, 2010 we wired about \$11,500 to Pakistan for flood relief; mainly for basic survival needs and medical aid.

Our two main Pakistani partner NGOs are: Tameer-e-Millat Foundation (www.educatepakistan.com), and Kawish Welfare Trust (www.kawish-welfare-trust.org); the latter also does relief work. Our local Canadian partner is Global Agents for Change; through its Education Generation program several Pakistani high school students have received scholarships of \$10 a month.

All funds collected through the current solicitation will go to support the relief efforts of Kawish Welfare Trust (KWT), which has camps in the ancient city of Multan in southern Punjab and in the north-west part of the country (mainly Charsadda and Nowshehra). KWT has formed a consortium with four local NGOs including a team of doctors. I personally know some of those people and have full trust in them.

Please make cheques payable to “The Maria-Helena Foundation” and mail them to the above address.

Thank you very much for your consideration.

Muhammad Iqbal, Ph.D.
(Professor Emeritus, The University of British Columbia)
Founder and President

