

Awareness Cambodia

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A MESSAGE FROM THE CEO

Once again, the New Year has got off to a busy start with the highlight being the much-anticipated construction of our Graduation House site now underway.

While we did our best to cover the various contingencies, an onsite incident once again had me uttering one of our staff's more common phrases: TIC (This is Cambodia).

David Phipps a retired Australian engineer, who is generously devoting his time and money towards the Graduation House construction, arrived in Phnom Penh to oversee the initial concrete pour. On arrival at the property he noticed as they dug down just over one metre, there was visible water.

He called the local engineer, who provided the engineering report, to meet him on site. Asked how this could be, the engineer told him the water table rises six metres in the wet season. David asked why that wasn't in the report. He replied, "Well you requested the report in the dry season." David shook his head and quickly retorted, "Did you expect us to relocate the building during the wet season?"

I think the humour was lost in translation but it brought home just how much we depend on the expertise generously contributed through our friends and partners.

May I express my sincere appreciation for the selfless efforts of all Awareness Cambodia's often unseen volunteers, partners and friends.

Gary Hewett



Dr Gary Hewett distributing 'teddy bears' at an Operation Nightingale medical clinic.

BECOME A SHORT TERM VOLUNTEER

Have you ever considered volunteering in Cambodia?

If you work as a tradesman, or are willing to try your hand at manual tasks, then why not join a volunteer team.

Planning is well underway for this year's Maintenance Team which will take place 13-27 September 2013, with our Expression of Interest meeting to take place in May.

Doctors and Nurses – Volunteer in Cambodia.

We are looking for enthusiastic and dynamic health professionals to volunteer in Cambodia to provide health care to the people of Kompong Speu province.

If you're interested in joining a health care volunteer team, then see below to express your interest in taking up this amazing opportunity.

How to APPLY to join this year's volunteer teams.

Dates : Sept 13th to 27th 2013

Applications can be found on our website www.awarecam.org.au or by emailing our Perth office cambodia@awarecam.org.au

Vacancies are limited for both teams, so please get your applications in quickly!



GIVING

TWO WEEKS IN CAMBODIA - NANCY'S STORY

Report : Nancy Kennedy

About four years ago I was looking for a short term, overseas, volunteering trip. With a husband and pets, I really wasn't willing to commit to months away from home. But then a friend told me about a Cambodian project based in Perth and that was it: the Awareness Cambodia connection was made.

I know there are a lot of wonderful projects operating in Cambodia but I feel very lucky to have found a project that is so well run with such respect for the local people. Hopefully this year I will be making my fourth trip with Awareness Cambodia. It's a week of hard work and long days, followed by a week of fun, touring and enjoying Phnom Penh and Siem Reap.

Most recently I helped with Awareness Cambodia's medical stream, Operation Nightingale - a medical clinic prototype for rural regions. This project was started to bring health care to areas where villagers might never have had access to any medical care or advice. It runs weekly throughout the year, and the International team of medical volunteers comes once a year to work alongside Cambodian Health Professionals.

We run clinics in small towns and also in very remote areas, hours away, reached via flooded streams and muddy roads. One year we couldn't quite get to the village so we commandeered a wooden hut in a rice field and set up the pharmacy in another stick building across the road.

There was no problem with letting patients know, out of seemingly nowhere, hundreds of people walked down the road to see us and wait patiently for their chance to speak to someone about their problem.

I enjoy it so much. It feels like I am really using everything I have learned in my 39 year nursing career, respect for the patient, clinical skills, sign language, knowing when to consult the doctor, working at speed and allowance for a very different culture are necessary to make the consultation successful.

It might sound corny, but it is very humbling when patients bow and, with sign language, give their thanks for our service.



Nancy helping out.



Operation Nightingale doctor tending a patient.



Medical students and volunteers.

THE WEST COAST EAGLES RETURN TO SUNSHINE HOUSE

REPORT: Kim Hewett

The staff and kids were so excited to host the West Coast Eagles at Sunshine House recently.

2010's visit had left a lasting impression on the kids, with Nic Naitanui a special favourite. This year, one of the children asked a player: "is Nik Nat here?" The player apologised to which our child squished his nose and gave a sad grunt noise. I couldn't help but laugh at the honesty.

Another funny moment came when another of our boys, Sopheak, proudly put on his brightly coloured Dockers guernsey and said hi to the team. Coach, John Worsfold, turned to one of our staff and laughed: "he has no idea does he?"

The next morning I could hear squeals of laughter, and as I looked outside my window I saw everyone kicking the footy around – but the games weren't over yet.

After breakfast, the older children and staff put on their uniform to verse the Eagles in volleyball. One of our older boys asked if they had to let them win to which I said: "certainly not, you give it everything boys".



John & Sopheak.

Needless to say our Sunshine House team might have been a lot shorter than the opposition, but they are absolute guns on the volleyball court – winning two-nil.

Andrew Gaff November 14th 2012: An excerpt from his Blog.

Some of the kids at the Sunshine House had been keen on a game of volleyball so straight after breakfast we started one up. We were pretty confident going in because we had a few big blokes in our team and the kids were out-sized. But we got the same lesson as the 2010 team.

We made a pretty good start before dropping the first set and then led 14-8 in the second set before absolutely choking. Eventually, the kids beat us 19-17, so we will have to hope the next batch of players who come here in a couple of years time can get the job done.

Staying at Sunshine House was another great experience and, while those kids have been through some pretty tough times, you wouldn't think so judging by the smiles on their faces. They are bubbly, bright and just amazing.



GRADUATION HOUSE UPDATE

Graduation House - we are now building!

Our building site is now a hive of activity with construction now begun. After much time spent working through Cambodian Government red tape, the contract between the architect, builder and Awareness Cambodia was signed last November.

Construction on the foundations is now in full swing, with the exception of a number of public holidays including, King's mourning, Chinese New Year, King's Cremation ceremony, and a VIP party which saw our street closed down!

Without doubt, this is Awareness Cambodia's most ambitious building project. A considerable amount of planning and effort has been undertaken to finally reach this stage. Your donation is certainly getting 'bang for buck', whilst staying true to the desire for a quality build.

The completed project, estimated to cost US\$780,000, will cover land purchase, construction of three (three and four storey buildings) and the fit out. Through your generous donations we have raised a total of \$500,000, but a further \$280,000 is still needed to make a debt-free building a reality.

Construction is expected to be completed within 18 months, and we will look forward to keeping you updated throughout the year on the progress. I trust in 2014, when you receive your 'Graduation House - Opening Invitation', you'll be able to join us in Cambodia to open and dedicate the new complex.

The Graduation House project is changing young Cambodian's lives. We know they have already suffered so much and look forward to housing them in a safe and permanent residence to assist with ongoing education ambitions.

DONATE TODAY, HELP US BUILD GRADUATION HOUSE.



Dr Gary Hewett signing the contract with the Cambodian builder.



Site works under way.



CASE 4 CHANGE



A beautiful smile.



A large team is heading to Cambodia this July to distribute backpacks to school children in Kompong Speu – as part of our Case 4 Change program.

Last year was amazing, as we were able to give out 1,100 backpacks to three primary schools. The looks on the children's faces were priceless!



The excited children after receiving their backpacks.

Case 4 Change helps equip Cambodian youth with the tools they need to receive the education they deserve. And for every \$15.00 raised, we can purchase one set of school supplies and a backpack – featuring your organisation's logo.

If your school, church, organisation or business would like to be a part, contact our volunteer co-ordinator Jess Hull by emailing jess@awarecam.org.au

THANK YOU

PERTH SUPPORT OFFICE NEEDS YOUR HELP!

We're always in need of help from willing volunteers at our Perth office. We are currently putting together a team of people to oversee various tasks for us including:

- Printing reports;
- Addressing envelopes;
- Mailing large numbers of letters;
- Designing posters and cards;
- Data-entry;
- Video production;
- Website development and design;

And if you're fond of baking we always enjoy goodies for morning tea when it's really busy.

If you would like to volunteer yourself, contact David Binstead on 08 9370 1457 or david.binstead@awarecam.org.au with your name, contact details, availability, skills and experience.



Unit 2, 48 May Street, Bayswater WA

THE NEW COMPUTER ROOM

Computer Class is fast becoming one of the favourite lessons at Sunshine House, with the students loving their new computers.

OPPORTUNITY

As Cambodia continues to develop, computer skills are only going to become more important. Our Computer Teaching Lab is helping our Sunshine House kids learn those skills, with the aid of very talented teachers.

Assisting our kids early on is particularly needed as learning to type in Khmer is actually quite complicated. The alphabet features 33 consonants and about 20 vowels, and using the standard QWERTY keyboard involves a lot of use of the ALT and CTRL keys.

A very big thankyou to the Swan Trade Training Centre, team – 24 students and teachers – for all your hard work installing the Lab.



NEW STAFF

We have seen some big staff changes here in Cambodia over the past 12 months, with many new additions to our team.

The majority of our staff changes have been to our team at Sunshine House, with the welcoming of some new faces. This includes:

Pengkhorn and Thida, new Sunshine House Managers. Maly, a Health Assistant to Brenda, who looks after Sunshine House children's health. Phechet, oversees the teaching schedule for all children at Sunshine House. Whilst Sarith, Sothea, Ya and Heang, provide in-house additional teaching to our children in the afternoons. In Phnom Penh, we have introduced a new role of Office Assistant. Srey Pov Chann, who is assisting Office Manager Kimna Khean, will take care of Kimna's duties while on maternity leave.

Our Perth Support Office has also had some changes with David Binstead moving into the role of Office Manager, allowing Jo Haythornthwaite to join the team as our part time Administrative Assistant.

A huge welcome to all or new team members!



W E L C O M E

CHUMRARN & THIDA'S WEDDING

REPORT: Trudy James

It was such a huge joy and privilege for Tim and I to be able to attend Chumrarn and Thida's wedding in November.

Chumrarn arrived at Sunshine House as a very frightened boy with his brother and sister in 2000, having lost both his parents. I first met Chumrarn back at Sunshine House in 2003 during my first visit to Cambodia.

It was with great pride that 10 years later, Tim and I got to participate in Chumrarn's most special day along with Gary and Kim Hewett, Peter and Carolyn (child sponsors), Awareness Cambodia staff, House of Progress and Graduation House students and many other guests!

Chumrarn married his beautiful high school sweetheart Thida in a traditional (& brightly coloured) Khmer ceremony. The celebration was spread over one-and-a-half days and through tears of joy he spoke repeatedly of how he never thought such joy, success and happiness would be possible.



Gary and Chumrarn sharing a laugh.



Chumrarn and Thida giving a traditional welcome in Cambodia.



Chumrarn and Thida

C O N G R A T U L A T I O N S

What an amazing story of how Chumrarn's life has been transformed through the love, support and encouragement. A huge thanks go to our staff, sponsors and supporters. It is through your generosity that we are able to change the lives of children like Chumrarn. Today, Chumrarn is studying Civil Engineering at Norton University.

HELP US FUNDRAISE

We can't all go to the developing world and care for sick children, but we can all do something. By running a fundraiser you can make your mark on the fight against poverty.

Here are just a few ideas to get you started:

Organise a fun-run

Organise a free dress day at school

Host a morning tea event

Invite your girlfriends around for a night in.

Below are the stories of people uniquely fundraising to see the future generations of Cambodia strengthened. We trust their stories can help inspire you.

One man's trash is another man's treasure.

For many years Janice Maxwell, Elizabeth Hird and Lamberta Groves have been running a monthly market to raise funds for Child Development projects, including Awareness Cambodia.



To assist, many have donated goods, helped with set-up, with

Christian Life Centre Mona Vale even donating its premises to host the markets and store leftover goods.

Other groups which have helped make the markets a true success are the CLC youth group which hosted a delicious sausage sizzle, lucky dip, homemade sweets and homemade Christmas cards. Larx, a swimwear shop on the Northern Beaches of Sydney, also donated new swimwear which raised around \$1,500.

When you have paid a visit to the rubbish tips of Cambodia, you realise how amazing the refuse of our opulent society is. One man's trash really is another man's treasure; our market stall sells donated paintings, toys, books, DVD'S, electronics and tools. Kevin Groves, who has a reputation for being able to fix anything, was also on board to prove anything can be fixed; if something needed a tweak, Kev was onto it.

We're looking forward to continuing these market days through 2013, to help contribute to the rebuilding of the children of Cambodia.

F U N D R A I S I N G

FUNDRAISING

MATERNITY bed need met

Operation Nightingale is the medical arm of Awareness Cambodia. We currently run four medical clinics and were in desperate need of a birthing bed.

We currently receive limited funding towards our medical programs, making it difficult to meet our monthly budget. And when a capital expense is requested, we are not always in the position to help.

Fortunately a team at Royal Perth Hospital high dependency unit ran a fundraiser for us, which saw us able to supply a much-needed maternity bed. From all the delivering mothers in the years to come, we say thank you to the staff at Royal Perth Hospital who made this possible.

If you would like to donate to Operation Nightingale contact cambodia@awarecam.org.au

Awareness Cambodia USA

This August, Awareness Cambodia USA is 'gearing' up to take part in two mountain bike races, called "Over the Hump" Mountain Bike Series.

The series' aim to raise funds for Awareness Cambodia projects and draw attention to the amazing charity work being done.

Since Awareness Cambodia opened an office in the United States in late 2010, we've been able to continue raising awareness and funds. We are looking forward to continuing this great work.

Go team Awareness Cambodia USA!

THANK YOU



Medical staff with the new birthing bed.



Fundraisers in the USA

FUNDRAISING

WHO IS AWARENESS CAMBODIA?

Awareness Cambodia is a not-for-profit, overseas aid organisation directly assisting some of the poorest and underprivileged lives in Cambodia.

Established in 1996 by Perth dentist, Dr Gary Hewett, Awareness Cambodia was birthed in response to the incredible suffering of the Cambodian people after the genocide under the directive of Khmer Rouge leader Pol Pot.

With the generous support of many around the world, Awareness Cambodia raises awareness and directs funds raised to projects in Cambodia hosted by its in country partner Awareness Cambodia International, that educate and equip up-and-coming Cambodian generations through distinct health, education and childhood development programs.

These programs – targeted at the poorest province of Kompong Speu – don't simply generate funds, but instead equip future generations and their ongoing needs. This is why we are now seeing orphan children completing university degrees in fields such as civil engineering, design, architecture, accountancy, English literature, business and economics.

We see Cambodian culture as a unique national treasure, with all efforts taken to ensure it is preserved. It is not our policy to 'Westernise' Cambodian children, relocate them to other parts of the world, or subject them to the indignity and dependency of overseas handouts.

Awareness Cambodia's distinct approach embraces education and health as a means of indigenous empowerment. Our team is dedicated to sustainable long term programmes designed to break the cycles of poverty, abuse, illiteracy and neglect to create a 'better future' with a sense of hope and opportunity.



EDUCATION



MENTORS



OPPORTUNITY



FRIENDSHIP

HOPE



Awareness Cambodia is proud to partner with Global Development Group (ABN 57 102 400 993) in projects J515 & J675. Global Development Group (GDG) is an Australian AusAID-approved NGO carrying out quality humanitarian projects and providing long term solutions to poverty. GDG provides governance and assists in the areas of planning, monitoring, evaluating and auditing to ensure the projects are carried out to AusAID requirements. Tax deductible receipts for gifts over \$2 with a preference for these projects are issued by the Awareness Cambodia Overseas Aid Fund (ABN 15 815 273 527). If projects are overfunded, funds may be applied to other approved project activities.



DONATION FORM

Please pay by return Fax/Post/Email

Awareness Cambodia Inc.
 PO Box 3040 Bassendean DC, Western Australia 6942
 Phone: +61 8 9370 1457 Fax: +61 8 9370 4657
 Email: cambodia@awarecam.org.au
 www.awarecam.com.au

Name.....
 Business Name

Street.....
 Suburb.....Postcode.....State.....

Phone.....Mobile.....Fax.....

Email:.....

One-off Donation: \$1000 \$500 \$250 \$100 other \$ _____

Monthly Donation: \$250 \$100 \$60 \$40 other \$ _____

I would like to become a Monthly Partnership Programme (MPP) Sponsor \$ _____

I would like to become a child sponsor:

\$55 per month (general & health) \$60 each per month (tertiary)

I would like to donate to the Graduation House building program \$ _____
 (most urgent need)
 Capital Works Program

Payment Options Mastercard Visa AMEX

Card Number

Cardholder:.....Signature:.....Expiry Date:.....

Cheque (Please make payable to 'Awareness Cambodia Overseas Aid Fund')

THANK YOU FOR YOUR GENEROUS SUPPORT

If the funds raised exceed project requirements then funds may be directed to a similar project. Donations made within Australia are tax deductible.

Awareness Cambodia Inc. ABN: 69 234 355 895 Awareness Cambodia Overseas Aid Fund ABN: 15 815 273 527