



humanitus
empowerment through education

Newsletter

April 2013



① **Pichey Rangsey School Visit**



② **Mkak Organic Farm/Learning Centre**



③ **Mkak/Footscray Primary Schools Alliance**



④ **Track to Mkak Bike Ride**

As 2013 rapidly gains momentum I cannot help but feel an enormous sense of pride in what we achieved last year in our efforts to improve the lives of many in Cambodia and Indonesia. Whilst we have always had pride in our work we never forgot the fact that our loyal supporters are what make our work possible.

2012 proved to be a very good year for Humanitus and we were in a position to disburse a considerable amount of money towards projects in Cambodia and Indonesia through generous donations and fundraising initiatives. Three fundraising initiatives that really stood out were Sabine's fun run, Sam, Davis and Paul's 1000km bike ride through Cambodia and the extraordinary efforts of the Caulfield Grammar Junior School students. Our sincere thanks go out to all these young people whose enthusiasm and compassion to help we all hold in very high regard.



In January I had the privilege of meeting with fellow SFODA Orphanage board member, Grethe Graveson in Paris. Grethe has been a long term, passionate supporter of SFODA and visits Cambodia every year to spend time with the children and see their progress. Grethe and I enjoyed an evening together and made the most of the opportunity to strategise and discuss our future funding commitments and support of SFODA. There were some issues of concern last year as to the effectiveness, transparency and management of funds donated to SFODA. We both agreed that a great deal more accountability as to where funds are spent is needed.

Whilst in Europe I also spent time in Frankfurt with Humanitus Co-Founder and IT Director, Chris Coelle. Chris and I had lengthy discussions about the future plans of the Humanitus Foundation and the Humanitus Sidoarjo Fund. One area that we have to tend to with some urgency is the updating of the websites. The original website was built in 2001 and the programming used will soon become obsolete – therefore rendering our websites unusable. An enormous task lies ahead for Chris and thanks goes out to him for all his hard work.

I plan to travel to Sumatra at some stage this year to visit Angus and Celine Carnegie – our team on the ground in SE Asia. I am excited at the prospect of finally seeing firsthand the results of their hard work at the Lontung School. My final Humanitus trip for 2013 will be to Cambodia in July during which time, as well as visiting all of the schools, I will be registering Humanitus as an International Non-Government Organisation. An enormous, and long awaited step for us.

Sally Cordner and Christine Gilliland will also be visiting the schools in Cambodia in June so there will be plenty of new coming through from the frontline.

I trust you will enjoy reading the articles in this latest newsletter and I hope they will give you an indication of what a difference your very valuable support is making. Our website is updated regularly and is an ideal way for our supporters to keep up to date between our newsletters.

Once again on behalf of all of us at Humanitus I thank you all for your support over 2012 and look forward to keeping you up to date with our progress throughout this year.

Regards



Jeffrey

Jeffrey R. Richards

Executive Director & Co-Founder
The Humanitus Foundation

Letter from Angus Carnegie for August Fundraiser

Greetings from North Sumatra, Indonesia. Celine and I, on behalf of the schools Humanitus has assisted here would like to thank you all for your continued generous support. Every dollar that you have been able to contribute has been incredibly valuable to the underprivileged children here and in Cambodia.

One example of this is the Lontung School here in Sumatra. When we first visited the school it was extremely run down and a very depressing place - no electricity or running water, peeling paint, broken furniture and no windows.

With a limited budget we were able to arrange for electricity and all the lights and fixtures to be installed and the school buildings completely sanded back and painted. To save money Celine and I, and all the teachers at the school, provided the labor during the school holidays. We were also able to provide a laptop computer, posters and maps for the walls plus various stationery and sporting supplies.



The change has been incredible. There is clearly a new sense of pride in the school from both the teachers and students and we were told recently by the headmaster that this has even translated into a significant improvement in student grades.

We are currently organising guttering and a rainwater tank for the school and have been asked to pass on the personal thanks of the headmaster, Mardi, for all of your help.

I would also like to take this opportunity to thank Jeffrey and my fellow board members at Humanitus for their selfless hard work in making a difference to the lives of so many underprivileged children in Indonesia and Cambodia.

I know that Piseth is at the fundraiser tonight and I also want to say what an inspiration he is with the great work he has done through his Bright Children Organisation in his native Cambodia. I am very proud that Humanitus has been able to make significant contributions to his work there.

The world would definitely be a better place with more Jeffrey's and Piseth's!!

Enjoy your evening and thanks again.

Angus Carnegie



① SFODA Orphanage – Phnom Penh

SFODA Update 2012

Apart from the fact SFODA desperately need a bigger property life these days is extremely good for the children. They now get many visitors from overseas who volunteer their time and donate money to the orphanage. Numerous 'foster parents' are now paying for the childrens needs and money is still coming in from long term, dedicated donors. Their financial situation is presently very healthy and they have re-leased their current property. This property is however too small due to Government 'land grabs' and they are not yet in a position to move due to the costs of rebuilding.

Even though Phnom Penh property prices are rising at one of the fastest rates in SE Asia we anticipate that within the next two to three years Humanitus may well be in a position to secure a permanent home for the SFODA children.



*SFODA children looking healthy and happy
Second from left is Emmy who starred in our May newsletter*



Development aside the children still have fun at every given moment



The 'land grab' and development continues on SFODA's prime waterfront location

Children pay respect to King Sihanouk



A sad time for all Khmers

The children all took part in the ceremony for the funeral of King Norodom Sihanouk outside the Royal Palace in Phnom Penh - October 2012

PICHEY RANGSAY SCHOOL VISIT

In June 2012 Ms Fiorella Soci from Caulfield Grammar School visited the Pichey Rangsey School. We were very pleased to receive such wonderful feedback from Fiorella and would like to share her message and photos with you.

This year I was privileged to visit Cambodia for the first time. The sights, sounds and people of this beautiful country have remained with me even now as I am back into the hustle and bustle of everyday life back in Melbourne. One of the most memorable days was visiting the Pichey Rangsey School. I was totally overwhelmed by the enthusiasm and welcome extended by the staff and the students as I toured the classrooms.

Through our relationship with The Humanitus Foundation, the students at Caulfield Grammar School, Malvern Campus, have focused on nurturing relationships between students of both schools. This year the Social Service Committee, apart from raising money through our various activities, initiated the creation of books for our Cambodian friends; books written in English. The joy and excitement on the Pichey Rangsay students' faces when these books were presented to each class was priceless. All the students, from the young ones through to the oldest, were transfixed. It was indeed a very humbling experience.

The School itself is truly amazing and a credit to Denzil Sprague and his vision for the future of these children and their families. I was fortunate to also have a tour of the surrounding homes and learn more about the story that is the Pichey Rangsey School. It is a true testament to the resilience and hope that the people of Cambodia live by.

I would like to extend my heartfelt thanks to Denzil Sprague for the time and welcome he extended to me during my visit and to Sally Corder who brought us, the Caulfield Grammar School community, to the Humanitus Foundation and the students and teachers at the Pichey Rangsey School.

Fiorella Soci - Caulfield Grammar School





New School Logo

Denzil Sprague has designed a very impressive and apt logo/badge for the Pichey Rangsey School. At the moment the logo is on their sports uniforms however it will eventually be on their school uniforms at only \$1 per badge.

The badge identifies the school and will give the children a great sense of pride.

The top half of the badge is the name of the school in Khmer with the English name in the lower half. The circle is bisected by gold wings. In the space above the wings is a bright blue partially opened lotus bud which is a Buddhist symbol of the victory of the spirit over the senses, of intelligence and wisdom of knowledge. The area below the wings has the kangaroo as depicted on the Australian penny.



School Soccer Team Excursion

On the 6th October 40 would be football stars from Pichey Rangsey School went on a school excursion to the Navy training centre near Phnom Penh for football training, a pork and rice lunch and to later watch a practice match played by the Cambodian Eagles Football Team.

There was a high level of excitement amongst the children as there has never been an excursion from the school. The children had a great time and were not the least bit daunted by the deluge of tropical rain that rolled in. There was definitely no dampening their enthusiasm!

They were very proud to be wearing their new school sports uniforms especially with the new school logo embroidered on their shirts. There were 20 boys and 20 girls with uniforms numbered 1-40 making it easier to account for everyone.

They indeed looked smart and part of a team (which really pleased their hosts, Cambodian Eagles Football Team) otherwise the girls would have been playing in skirts and the boys in jeans. Not a good look nor practical.

We know the Caulfield Grammar students (who made all of this possible) will be amazed to see the mode of transport that is the norm for their friends in Cambodia.



Mkak Organic Farm Learning Centre

Below you can view some photos of the one hectare organic farm - an integral part of the Humanitus Centre for Learning and Rural development.

The organic farm and learning centre is an exciting, joint venture initiative between the Humanitus Foundation and the Bright Children Organisation. Piseth Luon from Bright Children Organisation has secured the land and Humanitus, through the generosity of a friend and supporter, have installed a well and will shortly start construction on the rural diversification learning centre on the property.

The centre will be a community focused space for learning, complete with a kitchen for teaching cooking skills, food preparation and sanitation.

The farm will not only provide a source of food for the Mkak Primary School children, and eventually the Humanitus Food Bank, but also act as a centre for learning and development for local farmers. Presently the main crop grown in the region is rice and one bad growing season can leave families literally starving until the next successful season.

Through our rural diversification program families will be able to learn about ways to diversify their crops, increase their food security and income stream, and reduce the impact of future bad rice growing seasons.

At present we are looking to plant papaya, long beans, bananas, tomatoes, cucumbers, sweet potato and peanuts, along with a variety of herbs with both nutritional and medicinal benefits.

We will have further updates and photos to share on our website.



**An Authorised International
Baccalaureate - Primary Years
Program World School**

Humanitus gratefully thank and acknowledge the PYP (Primary Years Programme) network in Victoria.

They have sustained their annual contributions to Humanitus and their generosity has greatly contributed to many of the current projects at the Mkak Village School.

Centre for Learning and Development

We are starting to get very excited about the outfitting of the new library, which Piseth Luon's parents-in-law funded the rebuilding of, and the Humanitus Centre for Learning and Development which will be housed in the original, refurbished classroom.

Solar power equipment has been ordered and should be installed within the next two months. The equipment will provide power to the library and the learning centre. In the future when more funds are available we will extend the power source to the three existing classrooms which were built last year.

Budgets have been set aside for the purchase of computers and audio-visual equipment and everyone is very excited about this big step into the technological age.

A teacher has been employed to teach English at the school and already there have been 100 enrolments for the classes. Humanitus are funding the teachers salary and training. The teacher is presently attending a refresher training course at the Provincial Teachers Training College in Siem Reap.

A large reading table, chairs and bookshelves have been ordered for the library all of which have been funded by our youngest supporter, Sabine, who raised approximately \$1200 through her fun run in 2012. Sabine has given us a short bio on herself, along with some photos, all of which will be framed to hang in the library. The children at Mkak are in awe of Sabine for what she has made possible and it is appropriate that her photos and bio have pride of place on the library wall.



Second Toilet Block Completed

We received news some time ago that construction of the second toilet block at Mkak Primary school had been completed and are happy to be able to share the photos with our supporters.

The large concrete pipes in the foreground of the photo were for the well at the organic farm learning centre.



Mkak Primary School / Footscray Primary School Sister School alliance



In August 2012 Piseth Luon and Jeffrey Richards were invited to visit Footscray Primary School by the Principal, Mr Philip Fox.

We are pleased that Footscray Primary School, in Melbourne, has decided to form a strategic sister school alliance with the Mkak Primary School in Cambodia.

"Piseth and Jeffrey visited our school on Friday 24th August and Piseth spoke to our Year 3 - 6 children about growing up in his village. His story is not dissimilar to the stories of some of our children here at Footscray Primary School. I would like as a school to take this on as a sister school project and as a PYP School take action for us to work together to support the improvement of education opportunities in this remote Cambodian village" said Philip.



⑤ TRACK TO MKAK BIKE RIDE

1000km fundraising bike ride

Davis Clarke, Sam Aslam and Paul Glaubitz left Melbourne on November 27 to embark on the first stage of their trip to SE Asia. They initially had some downtime touring Vietnam before heading to Cambodia for a 1000km / 10 day bike ride to raise funds for the community learning centre in Mkak Village, Cambodia.

Their departure from Mkak Village was marked with a ceremony attended by the villagers and school children. The trip culminated on December 25 at Angkor Wat temples with a welcoming ceremony. This was attended by approximately 200 students, teachers and villagers from Mkak Village.

The Angkor temples play an integral role in the heritage and culture of the Khmers. It is the seat of their once powerful civilisation and this is the first time the students, teachers and villagers have visited this sacred place.

The Humanitus Foundation and Bright Children Organisation would like to thank Sam, Davis and Paul for their extraordinary fundraising efforts. We look forward to keeping everyone up to date with the implementation of projects made possible by this fundraising initiative.



Day	Date	Plan
1	16/12	Cycle day 1: Mkak to Kampong Thom
2	17/12	Cycle day 2: Kampong Thom to Kampong Cham
3	18/12	Cycle day 3: Kampong Cham to Prey Veng
4	19/12	Cycle day 4: Prey Veng to Phnom Penh
5	20/12	Cycle day 5: Phnom Penh to Kampong Chhnang
6	21/12	Cycle day 6: Kampong Chhnang to Pursat
7	22/12	Cycle day 7: Pursat to Sisophon
8	23/12	Cycle day 8: Battambang to Sisophon
9	24/12	Cycle day 9: Sisophon to Siem Reap
10	25/12	Finish the cycle at Angkor Wat for welcoming ceremony



Davis Clarke (second from right top row)

Sam Aslam (first from right bottom row)

A message from Sam ...

Davis and I were first exposed to the developing world in early 2011 on the World Challenge school trip. The trip involved a community phase where the group assisted in building class rooms and taught English at the school in Mkak village. To see how much the children made from such little was truly inspiring, such that upon returning to Australia it was impossible to just fall back into everyday life. We were keen to try and do more to make a positive contribution and were delighted when we found that there was a Melbourne based organisation that supported Mkak village.

The life that we experienced in Cambodia greatly influenced our perception of what we have and what we can do to help. The experience at Mkak village brought us smiles everyday spent with the kids and a teary goodbye when we had to leave. Through the bike ride, we aim to help raise funds towards a community centre being built there. We are looking forward to helping Humanitus with fundraising and also very excited about returning to the village for the bike ride later this year.



Port Phillip Local News November 20

In January 2011, we travelled to Mkak, a rural village in Cambodia, on a school trip where we taught English and helped to build a classroom at the local primary school. Our time spent at Mkak, particularly the time spent with the children, had a very inspiring effect which further motivated us to give something back to those less fortunate.

Soon after arriving back in Melbourne we discovered Humanitus: an organisation that works with Mkak and a number of other communities in SE Asia. Keen to get involved and with the support of Humanitus, we are going to ride 1000km through Cambodia with the intention of raising \$30,000. This will launch a Community Learning Centre in Mkak village, which will include a health program, books, a food bank and more (further information listed below).



The Community Health Centre

We will be donating 100% of money raised towards a joint rural development project between the Humanitus Foundation and their Cambodian working partner, Bright Children Organisation. The \$10,000 goal will be spent on a number of smaller projects including;

Outfitting the Building

Currently there is a building that has been made available for the community health centre however it is very run down and will need a lot of reconstruction work.

Estimated cost: \$3,000

Health Program

This program is primarily about outfitting the health care facility which health professionals (i.e. nurses, dentists and doctors) can use during planned routine visits to Mkak. The money will go towards buying required equipment and paying for the services of health care professionals.

Estimated cost: \$3,000

Medical Supplies

In Mkak it is very rare for people to have access to antibiotics, pain killers, band-aids or any basic medical supplies. Storing these in the community centre will mean there will be immediate help available.

Estimated cost: \$2,000

Initial Health Checks

There is a huge problem with parasitic infections in Mkak, with most children and their families having intestinal worms. This is greatly impacting the childrens health and focus at school and is a problem requiring immediate attention. We hope to provide de-worming medication for the entire community as well as vitamin and mineral supplements.

Estimated cost: \$2,000

Fundraiser Dinner a Success

The Humanitus Foundation takes great pleasure in thanking all of our supporters and friends for their generous support of our fundraising dinner on August 22, 2012. The night was a great success and it was a pleasure to catch up with our supporters and to also welcome many new supporters. We hope all of our loyal friends and supporters enjoyed their night as much as we did.

We were honoured to welcome Piseth Luon and his wife, Siobhan, to Melbourne and in particular to the dinner which was held to raise funds for projects through a partnership with Piseth's NGO, Bright Children Organisation and the Humanitus Foundation.

August 2012 marked the 4th year anniversary of our affiliation with, and continued support of, the Cambodian NGO Bright Children Organisation. Humanitus share the vision and passion that Executive Director and Founder, Piseth Luon, has for his community and through our work with Piseth we celebrate the crucial role that education, community development and rural diversification plays in the future of developing nations. It is in this spirit that we are eternally grateful to those who help us continue our work to build a brighter future for the people of Cambodia.

Through the generosity of our supporters we have been in the fortunate position to maintain impetus with essential projects that are now directly benefitting the children of this community. Our four year affiliation is just the beginning of an extraordinary working relationship and the realisation of an exciting quest with tangible and sustainable long term benefits envisaged for an entire community of people.

The purpose of the fundraising dinner was to raise money towards the set up and running of two centres for learning and development located at Mkak Primary School and nearby Kok Thlok Village. These centres will prove to be unique, desperately needed resources in one of the poorest and most neglected rural areas of Cambodia. The Bright



Children Organisation has secured land and buildings for the Kok Thlok centre and a library building is almost complete at Mkak Primary School. In addition to these two initiatives approx. 1 hectare of land has been secured which will be used for growing organic produce as an integral element of the centre for learning and rural development program.

The centres will benefit not only the children of the region, but the entire community. These facilities will be community focused spaces where children and adults can acquire much needed skills, gain access to health care and dental programs plus a host of other crucial support services. We have many projects planned for the centres for the future benefit of this community and look forward to sharing our plans with you all as we move forward through the initial stages of implementing these exciting initiatives.

Our journey with the Bright Children Organisation has been an overwhelmingly rewarding one and we sincerely thank everyone for their support. Your support helps us continue to create a legacy for this Cambodian community.

Another exciting aspect of the evening was the launch of Davis Clarke and Samir Aslam's Cambodian bike ride fundraiser planned for December 2012. You can read all about this wonderful fundraising initiative by following [this link](#).

It gives us pleasure to advise everyone that we raised a total of \$5100 on the night through the sale of dinner tickets and paintings, raffles, donations and sponsorship of Samir and Davis' "Track to Mkak", 1000 km fundraising bike ride. The funds raised will help make an enormous difference to the future of the people that we strive so hard to help.

Although a number of our supporters were unable to be there on the night many of them have made generous donations in their absence which we are most grateful for.

Once again on behalf of the Humanitus Foundation and the Bright Children Organisation we extend our heartfelt thanks for the incredible support we have received.

Please find some photos below from the night.



⑦ CAULFIELD GRAMMAR SCHOOL

2012 Fundraising

On Friday 31st August Jeffrey Richards and Sally Cordner were invited to the Junior School Malvern Campus of Caulfield Grammar for their assembly. Both were aware that the students had been involved in some fund raising activities however, there was an air of secrecy about it. With great anticipation, Jeffrey and Sally took their seats in front of all the students from Prep to Year 6 and waited for a very special moment to arrive.

The Social Committee representatives from year 6 came forward to welcome their guests, as they always so warmly have, and then proceeded to announce that the students had raised \$10,643.70 for the Denzil Sprague Pichey Rangsey School near Phnom Penh with whom Caulfield Grammar, Malvern Campus has a strategic alliance.

It was indeed a very special moment for the team at Humanitus and the Denzil Sprague Pitchey Rangsay School and both parties were overwhelmed with the extraordinary results that these students had achieved. They had held a House General Knowledge Competition from which they asked for sponsors, so not only were the students involved but parents and friends as well. Also, the students had held a Football day for all students where they were allowed to wear their favourite 'footy' team clothes or colours to school and bring along a gold coin donation.

This effort had far exceeded any single fund raising initiative through Humanitus and we cannot express our gratitude enough to the students, staff, families and friends at the Malvern Campus, Caulfield Grammar School who are continuing to improve the lives and learning opportunities of their counterparts at the Denzil Sprague Pichey Rangsey school.

The money raised will allow the very successful and imperative health program at the school to continue and flourish. It will enable more bicycles and uniforms to be purchased to enhance both accessibility to the school and pride in wearing a uniform. The money will also allow excursions to take place for the students to learn about their community, culture and heritage and will also provide solar power, along with audio visual equipment which will improve the technology within the school and their ability to communicate with the wider world and their friends at Caulfield Grammar via a much anticipated video link.