

ForeSight

CAMBODIA VISION MAGAZINE

Issue 01, March 2014



Charity programs and missions for Cambodia
cambodiavision.org.au



IN PARTNERSHIP
WITH ROTARY CLUB
OF LIVERPOOL WEST

From the Chairperson
WELCOME MESSAGE

WELCOME TO THE FIRST issue of the Cambodia Vision Foresight magazine.

As well as being available on hard copy, The Cambodia Vision Foresight magazine articles will be published on our website. Initially this will be a biannual publication. The objective is to connect Cambodia Vision to our sponsors, donors and the wider community. We also hope Cambodia Vision Foresight will also help promote Cambodia Vision's important charity activities and thus will help attract more potential donors and sponsors so we can continue to carry out our mission: "The Gift of Sight".

Special thanks to the extraordinary efforts of Judy Ly and Thida Yang, who came up with the idea and who have worked tirelessly into the night to get it published in a very short time frame. I sincerely encourage everyone with constructive ideas to get involved with this important publication.

2013 was another successful year. We conducted numerous fundraising activities, including dinners and BBQ in various venues throughout New South Wales, Victoria and Queensland.

Our volunteer team is steadily growing bigger, now with over 50 volunteers from Australia. The trip to Kampong Speu was an astounding success, despite the many challenges faced. The team assessed and treated over 2,500 patients, operated on 351 cataract cases, made 222 prescription glasses, and donated 1,500 reading glasses, 4,000 sunglasses and 1,000 hearing aids.

May I take this opportunity to especially thank Damian King for his super-human effort in his enormous 1000km Brisbane to Sydney "Jog Out the Fog" fundraising run, which took 18 gruelling days to complete and finish at Sydney Opera House, and successfully raised \$61,586 in donations. Thank you to Damian's family and supporters. Very well done!

Moving forward in the new year, we are planning to carry out the 2014 mission in Kratie Province, just over 300km North-east of Phnom Penh, at Kratie Referral Hospital. The dates are scheduled to be from the 18th to 27th of October inclusive, with the setup team to leave on the 15th of October.

I also wish to welcome new volunteers to our team and thank you to our existing volunteers who again and



PHOTO BY KIM SENG TANG

again continue to help make our mission a success. Also special thanks to all our sponsors for their continued generous support.

We should all be very proud of our accomplishments, and together I am sure we will achieve even more in the years to come.

On a lighter note but very exciting news, I wish to take this special occasion to congratulate Kanya and Kenny for the birth of their baby boy, Frederick Oddom Louk, who was born on the 14th February 2014 at 7:01am, weighing 2.83kg and measuring 47cm long. Mum and baby are doing very well and Dad is excited. Congratulations!

Also happy (Khmer) new year! I wish you and your loved ones good health and prosperity. Happy reading.

Chek Ming Ly
Chairperson

COVER PHOTO BY KENNY LOUK

How did
CAMBODIA VISION BEGIN?

CAMBODIA VISION IS A non-profit and non-political organisation established at the end of 2006 to give the gift of sight to the blind and provide basic health care to those living in rural Cambodia with little or no access to healthcare.

The Cambodia Vision team acknowledges the great initiative of the following founding members of this organisation: Dr Peter Wong, Mr and Mrs Ngai, Mr Chek Ming Ly, Mrs Siv Lang Ly, Dr Chris Brown, Ms Eileen Betts, Dr Alman Ogane, Dr Audrey Murugesan and Ms Van Tran. All are residents of New South Wales. Since then the team has now grown to over 50 volunteers from predominantly NSW but also from the ACT, SA, QLD and VIC.

Cambodia has one of the highest rates of blindness in the world due to poor general health, undernourishment, poor hygiene and inability to afford basic healthcare cost. Hence it relies on non-government organisations' assistance such as Cambodia Vision to clear the backlog of cataract.

Since its establishment, Cambodia Vision has provided services in Kampong Cham (2007), Kampong Thom (2009), Kampot (2010 and



2011) and Kampong Speu (2012 and 2013) provinces to 7,171 patients who travelled from all over the country. Of these, 1,452 have been treated by cataract procedures and the rest with other eye conditions such as infection and injuries.

Cambodia Vision is committed to providing the best possible

eyecare and observing Australian hygiene standards.

Patients are being pre-screened wherever possible. Patients and their carers receive two meals (lunch and dinner) a day while being treated and 2-3 types of eye drops, pain killers, tissues, eye shields, sunglasses and 20,000 Riel after surgery to assist in the recovery process.

Cambodia Vision believes in a partnership approach and work closely with the relevant authority and local eye doctors to follow up with patients.



PHOTO BY DAVID BROWN

DR MICHAEL NEWMAN AT KAMPONG SPEU PROVINCE, HUMANITARIAN TRIP 2013



Damian's Story JOG OUT OF FOG

Mind games, and thoughts of the suffering of those who are needlessly blind in Cambodia, helped Damian King push past the excruciating pain that wracked his whole body to complete his 1,000km 'Jog out of Fog' from Brisbane to Sydney.

PHOTO BY HARRISON KING

DAMIAN KING'S BROAD smile hid some conflicting emotions, as he crossed the finish line in Sydney's Botanical Gardens in August, just 18 days after setting out from Brisbane on foot to raise money for eye health charity Cambodia Vision.

"There's no other word for it but relief, when I went over that line. I thought 'that's done and dusted'. I felt strong but, at the same time, I felt a bit of emptiness. For six and a half months, Jog out of Fog has been absolutely everything, now it is over," Mr. King told mivision.

The catalogue of injuries sustained by Mr. King as he ran the equivalent of a marathon and a half every day for 18 days is substantial. Three toenails are gone. There's a massive blister that has taken over

most of his right foot. He has infections in sores on both feet. A strained muscle, caused by the movement of his arms as he ran, cuts "like a knife" in his chest.

But Mr. King has raised more than AU\$60,000 and significantly increased the profile of charity eye health organisation Cambodia Vision, and so, for him, it has been worth the pain.

"It was the compound effect of running every day," Mr. King explains. "When I started, the first morning session was three hours. By the end, the first session was only an hour."

"I was determined to finish it no matter what. No matter what sort of pain I was in. I was playing a lot of mind games – setting myself goals inside of goals.



DAMIAN SAID HE HAD ALWAYS BEEN COMPETITIVE AND HAS EXPERIENCED PHYSICAL ADVERSITY – HE SPENT 18 MONTHS IN CALIPERS AS A PRESCHOOL AGE CHILD.

"I would also think about how temporary the pain was. I kept thinking about how much pain people in Cambodia endure (as a result of preventable blindness). I kept thinking that it was not that bad, in



PHOTO BY HARRISON KING

DAMIAN WAS FEATURED IN LOCAL MEDIA DURING THE JOURNEY. LEFT: BEING INTERVIEWED BY MERYL SWANSON AT 2HD RADIO SANDGATE AS HE APPROACHES NEWCASTLE ON DAY 14. RIGHT: DAMIAN FEATURED IN THE LIVERPOOL LEADER NEWSPAPER

COURTESY OF LIVERPOOL LEADER NEWSPAPER

comparison to what they have to put up with all the time."

Mr. King felt compelled to do something to help Cambodia Vision after hearing about the work of the organisation from his lifelong friend, Will Robertson of Designs for Vision. "I have no education in eye health, but finance is an issue... I wanted to put

Cambodia Vision on the map and assist them to raise funds," Mr. King said.

Mr. King said the hardest part of the journey was the jog from Newcastle to Sydney. "I knew I was almost home, but I was still so far because I was in so much pain. "I was saying to my support crew that '40 was the new 60'. By that

stage, running 40 kilometres felt like running 60 kilometres."

It was around Newcastle that Mr. King's legs started to collapse. "My chest felt like a knife was going into it (from a strained muscle), my feet were just swollen and every step felt like I was running on rocks – sharp rocks – in bare feet."

Mr. King said at that stage, he feared he would not make the distance, but was able to push through with the help of his support crew. "I'm convinced you could ride a bike solo all the way... but running, you just can't do it without a support crew. They are the 'be all and end all'.



PHOTO BY MARK CUSHWAY

DAMIAN CROSSES THE FINISH LINE WITH HIS DAUGHTER SOPHIE

You can still visit the Jog Out of Fog Facebook page. Donations have finished for the event but general donations are still accepted to Cambodia Vision.

This story was reproduced with kind permission from mivision magazine. For the full article, visit: <http://www.mivision.com.au/the-run-of-his-life-damian-king-s-1-000km-jog-out-of-fog/>

VOLUNTEER PROFILE

MR CHEK MING LY

Once a refugee, Mr Chek Ming Ly is a survivor of Pol Pot's murderous Khmer Rouge regime (1975-1979), also known as "The Killing Fields" and "Cambodia Year Zero". Ming is an exceptionally successful Manager of ABC Tissue Products. Ming is also very passionate about humanitarian work and holds a Chairperson position in Cambodia Vision.

MING MANAGED TO ESCAPE

to Vietnam after 2 years under the terror of the Khmer Rouge regime. He was separated from his wife, Siv Lang. He was then imprisoned by the Vietnamese military before he was forced to join the army fighting against Pol Pot's army. In 1979, Vietnam invaded Cambodia and brought down Khmer Rouge's reign of terror. During this time, Ming was reunited with his wife and made a daring escape by boat with other desperate families to Indonesia where they became refugees for 10 months. The couple had a young son then who fell seriously ill. The New Zealand based World Vision personnel then came to the rescue and became their sponsor and godfather and so Ming's family made New Zealand their home.

By 1986 Ming made Sydney's Western suburb his home, where he started the company ABC Tissue Products with his sister and brother-in-law, Mr and Mrs Ngai. Ming and Siv Lang have two sons and an 18-month old granddaughter.



PHOTO BY CHHONG TAING

MING AND HIS WIFE, LANG LY

Ming never forgets his roots. His passion and dedication in humanitarian work with Cambodia Vision probably has done more to help unfortunate people blinded by preventable eye conditions such as cataract than most people who are more qualified.

Dr Peter Wong and Mr Henry Ngai who originally founded China Vision and Vietnam Vision approached Ming back in 2004 to start Cambodia Vision. Ming was shown a video about China Vision. There was a young boy who was blinded by cataract and after having his

cataract removed, the boy was so happy and excited when he was able to see again. The story moved Ming so much, he cried like a little child full of emotions and it made him speechless.

He was then imprisoned by the Vietnamese military before he was forced to join the army fighting against Pol Pot's army.

It took Ming two years of hard work to negotiate with the various departments of the Cambodian government before Cambodia Vision was founded in December 2006. The first mission to Cambodia then started in 2007 to Ming's hometown in Kampong Cham. This first trip was fully funded by ABC Tissue Products. The rest is history, and throughout the years Mr and

Ask Ming what his most important accomplishment is in his life beside his family and he will say, "being able to help people so they can help others."

Mrs Ngai's ABC company continued to be a major sponsor for Cambodia Vision.

Ming never looked back since. He once had the usual hobbies like most people but since Cambodia Vision was founded, it has become his only passion in life. The missions are stressful, working long hours and in very humid conditions came at a cost. Ming suffered a mini stroke back in 2010 during the mission to Kampot Province in the Cambodian countryside, and had to be rushed to hospital in Phnom Penh and then airlifted to Thailand. Miraculously Ming was able to fully recover over time, with the care of those close to him. The incident only made Ming stronger and he remains passionate and dedicated in his humanitarian goal.

Ask Ming what his most important accomplishment is in his life beside his family and he will say, "being able to help people."

His wife, Mrs Siv Lang Ly also shares the same passion and dedication and has always joined Ming side-by-side in all missions and fundraising events.

What drives this man who was once a refugee to do such extraordinary humanitarian work year after year, is



PHOTO BY DAVID BROWN

MING LY WITH OPTOMETRIST NINA JACOBSON AT KAMPONG SPEU PROVINCE IN 2013

The missions are stressful, working long hours and in very humid conditions came at a cost.

ironically simple: "When you help people to see clearly again, they become overwhelmingly excited and happy beyond words can describe... they say thank you with real emotion and that gives me goose bumps... it makes me want to do more - it's like an addiction."

Ming is very happy with the way Cambodia Vision is advancing and he is forever grateful for the generous support from all the sponsors and volunteers which is growing in numbers day by day. The task involved is certainly tedious and stressful at times, but it makes a difference with the help of others.

Ming is not slowing down, quite the contrary. He likes to see Cambodia Vision in a position to train more local surgeons to carry out the work - this way more unfortunate people will be saved. He feels what we have done so far is just a needle in a haystack, even though many thousands of people have had their lives change for the better.

2013 FUNDRAISING ACTIVITIES

2013 SAW THE GROWTH

of many fundraising activities by Cambodia Vision, with overwhelming generosity shown by the community in attending and supporting our functions. Branching out from our annual dinners into Cambodian New Year festivities at Canley Vale, the past year also saw the epic journey of one incredible man, jogging from Brisbane to Sydney.

all the guests who attended our Annual dinner in NSW, Brisbane and Melbourne. Each dinner raised over \$30,000 in much needed funds to provide for the surgical equipment necessary to be brought into Cambodia for the annual sight-saving cataract project.

The Jog out of Fog journey was conceived when the team met Damian King for the first time. His crazy idea of doing something for charity in the name of Cambodia Vision, with no expectations of any return was inspiring to say the least. A BBQ sponsored by the ever-supportive Rotary Club of Liverpool West and a fundraising night at The Duck Hotel in Mosman were invaluable for raising awareness and breadth of Damian's mission, and on the 1st of August 2013, Damian set off for his 1000km run of a lifetime. We would like to thank Damian's largest donor, Rob Clifton-Steele and all of the accommodation venues along the coastline who extended a warm welcome to Damian and the support team with rooms to stay in free during their 18-day journey. Damian's journey was made more bearable with the physios and massage therapists who gave their valuable and expert time to treat his painful blistered feet and muscles. Damian's journey raised an incredible \$61,586.



PHOTO BY KIM SENG TAING
MRS THIDA YANG AND AMBASSADOR FOR CAMBODIA VISION, MS PAULA DUNCAN AM, AT THE 2013 SYDNEY FUNDRAISING DINNER

The 2014 Sydney annual dinner will be held at The Iron Chef restaurant in Cabramatta on 7th June 2014. We would love to extend a warm welcome to those who would like to attend.

We hope to see continued support for Cambodia Vision as enthusiastically as we have been lucky to experience so far. Any donation is immensely appreciated. Cheques and bank transfer are welcome. See page 10 for details.



SAUSAGE SIZZLE SUPPORTED BY ROTARY CLUB OF LIVERPOOL WEST FOR JOG OUT OF FOG. L TO R: WILLIAM ROBERTSON, TED MLYNARZ, DAMIAN KING, PAUL BENNETT, JIM RUDLING, MING LY, TRUDY PT HO, VIENNE LEUNG, THIDA YANG AND JUDY LY



PHOTO BY KIM SENG TAING
2013 SYDNEY FUNDRAISING DINNER. L TO R: MR NICK LALICH, STATE MEMBER FOR CABRAMATTA; MR CHRIS HAYES, FEDERAL MEMBER FOR FOWLER; COUNCILLOR FRANK CARBONE, MAYOR OF FAIRFIELD CITY COUNCIL; MR CHEK MING LY, CHAIRPERSON OF CAMBODIA VISION

The Cambodian Chinese New year stall was a fantastic success with a great turnout of volunteers helping to sell sunglasses and ready made readers to the community, and we were humbled to see so many people come especially to our stall to enquire about the work of Cambodia Vision and to make any donation big or small to our cause.

We would like to extend our heartfelt gratitude for



Humanitarian Trip 2013 KAMPONG SPEU PROVINCE

PHOTO BY DR TUNG BUI

IN 2013, SERVICES WERE

provided from Kampong Speu Referral Hospital in Kampong Speu. 54 Australian volunteers joined the trip. It was another success despite the challenges.

Many people from all over the country suffered red eye infection. This may have been due to the 2013 flood and the lack of hygiene. 2,500 men, women, elderly and children from 20 provinces in Cambodia came to have their eyes checked and/or treated. A couple of team members contracted the infection as a result and had to be isolated.

The condition was hot and humid. The hospital experienced blackouts. The air conditioners broke down frequently. The team had to cope with a high volume of patients each day. Despite all these challenges, the team achieved a marvelous outcome.

In summary, the following were achieved in 2013:

- 2,500 adults and children were assessed and/or treated
- 351 cataract procedures provided
- Approximately 200 red eye infection cases were treated
- 222 prescription glasses were provided to adults and children
- 1,500 reading glasses were provided to adults
- 4,000 sunglasses provided
- 1,000 hearing aids were provided to the deaf
- Sponsored A/Prof Gumly to ship micro surgical equipment to Sihanouk Hospital Centre of Hope in Phnom Penh
- Donated 5 hospital beds and 100 cartons of facial and toilet tissues to Sihanouk Hospital Centre of Hope in Phnom Penh

- Donated to Kampong Speu Hospital the following items:
 - 17 hospital beds
 - 100 cartons of facial tissues

- 100 packs of toilet tissues
- B & L Phaco Machine
- Anaesthetic Machine
- Hospital equipment
- A box of general medication
- 50 antibiotic eye drops
- Glasses frames for adults and children
- Lenses
- 100 pairs of sunglasses
- Recruited/trained 8 medical students from Phnom Penh

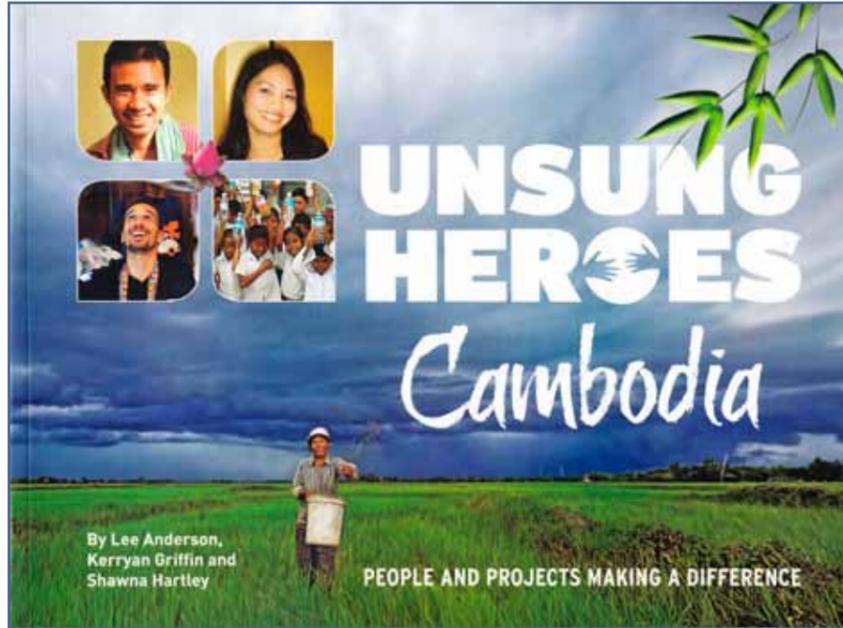
Cambodia Vision wishes to thank the Cambodian Ministry of Health and Kampong Speu Provincial Authorities for its support and assistance. Cambodia Vision also wishes to thank all its sponsors, donors (including medical companies) and all volunteers in Australia and Cambodia for their continued support. We always appreciate your support. We trust you will continue to support us to help the blind and prevent blindness in Cambodia.

Book UNsung HEROES CAMBODIA

CAMBODIA VISION IS ONE of the many inspirational projects featured in "Unsung Heroes Cambodia: People and Projects Making a Difference" compiled by three charitable and amazing Australian women - Lee Anderson, Kerryan Griffin and Shawna Hartley. The book was launched in Phnom Penh, Siam Reap Cambodia in June 2013. It was also launched by the Honourable Nick Griener AC at the Monument Bookshop in Glebe in late June 2013.

Unsung Heroes published credible Cambodia-based NGO projects and the hard working, quiet achievers behind those successful projects with the aim of assisting those who have difficulty in deciding which project to support.

It has many beautiful and inspirational stories including



Thida Yang's journey as a refugee from Cambodia and successfully settled in Australia and decide to give back to her country of birth. Thida is a board member of Cambodia Vision and Opportunity Cambodia

(another project featured in the book).

Unsung Heroes is available for sale in Cambodia, Monument Bookshops in Cambodia and Sydney and online at: www.unsungheroes.net



2013 HUMANITARIAN TRIP VOLUNTEERS

A big thank you to the following volunteers who participated in the humanitarian trip to Kampong Speu province in 2013. We are most grateful for your time, energy and generosity which contributed to another successful mission:

- | | | |
|--------------------------|------------------------|--------------------------|
| Ms Susan Ang | Mr Francis Heles | Ms Francoise Naeyaert |
| Ms Donna Bergan | Mrs Narelle Hillman | Dr Michael Newman |
| Ms Eileen Betts | Ms Neil Hillman | Ms Kim Pal |
| Mr Charlie Borg | Ms Heihong Ho | Mr Joel Parry |
| Mrs Mary Borg | Mr Hocku Huynh | Mr William Robertson |
| Mr David Broadley | Mrs Lisa Huynh | Mr James William Rudling |
| Mrs Joy Broadley | Ms Nina Jacobson | Ms Donna Russo |
| Mr Ian Brookes | Ms Sophia Jallad | Dr Giles Sampson |
| Dr Chris Brown | Mrs Betty Katsogia | Mr Justyn Ho Wei Shen |
| Mr David Brown | Ms Vienne Leung | Ms Li Shen |
| Dr Tung Bui | Mr Chek Ming Ly | Mr Chhong Heng Taing |
| Mr Maxwell Cottam Bunter | Ms Judy Ly | Mr Philip Thong |
| Ms Helen Ann Camilleri | Mrs Lisa Ly | Mr Than Thong |
| Mr Kuong Chang | Mr Ngann Ly | Dr Clement Tion |
| Mr Joseph Chauchi | Ms Siv Lang Ly | Ms Shaney Ung |
| Ms Keav Nhim Chea | Mr Hean (Murthong) Mok | Mr Mitchell Walker |
| Dr Lisa Cottee | Mrs Barbara Moorely | Dr Peter Wong |
| Dr Kim Frumar | Mr Glenn Moorely | Ms Thida Yang |

To make your donation, please send to:



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Bank: NAB
BSB No: 082057
A/C No: 871975065

Donations over \$2 are tax deductible

CAMBODIA VISION WOULD LIKE TO THANK THE FOLLOWING SPONSORS FOR THEIR ONGOING SUPPORT:

