

Celebrating 10th Anniversary

By Takashi Hagiwara, Chairman of the Board of Directors of Hearts of Gold



We Shall “Not be Defeated by the Rain or Wind” and Continue to Proceed our Courageous Path

We welcomed 2010, dragging the depressed economy of previous year that contagiously affected the entire world. Such a drastic economic shock on a global level is said to occur once in every 100 years, but in despite of the continuing heavy deficit experienced by monster enterprises and job losses by millions of people worldwide, let's continue our courageous efforts with the spirit of “Ame ni mo makezu, Kaze ni mo makeze”. (English translation is “I will not be defeated by the rain or wind”, a line from a famous poem written by Kenji Miyazawa which is read by all Japanese primary school students.)

Hearts of Gold (HG), established in 1998 and represented by Yuko Arimori, has been actively involved in providing educational training in sports, supporting the disabled to gain independence with the provision of artificial limbs, and providing education for the orphans of AIDS victims in Cambodia. Since 2006, we have been working together with JICA to create health and physical education program manual for the public primary schools which was completed a year before last and is currently in execution. Additionally, the Angkor Wat Half Marathon (AWHM), symbolizing HG's international aid activity, is growing year by year. In 2008, the number of entrants for the 13th AWHM reached the highest at 2,964.

The idea to initiate the AWHM was proposed by Mr. Hajime Yuki of Sankei Sports Newspaper, a peerless marathon director who created Osaka International Ladies Marathon and most of the citizen's marathon races in Kyoto, Osaka, and Kobe area. Initially AWHM was proposed as a compilation of the runners' aid programs in Japan to raise funds for the purpose of presenting artificial limbs for the children in Cambodia victimized by the landmines. It started out as a citizens' movement in 1994 in which the National Citizens' Marathon Liaison Council appealed to local marathon race organizers. However, Mr. Yuki then thought he can create a bigger impact on the world if the marathon race was held in Cambodia instead of organizing a charity marathon in Japan.

Organizing a marathon race require many staff. Even if everyone at Sankei Sports Newspaper were to work on the marathon race, it would still be understaffed. Somehow, we were able to recruit several dozens of volunteers outside the company who became members of the “Yuki Family.” As one of the “family” members, I would often visit Sankei

Sports with other members for “family gatherings.”

In 1996, 3 Sankei Sports employees visited Cambodia for a site visit and received an approval from the government to acknowledge the proposed marathon race as a “national event”. This is how the first AWHM was held in Siem Reap on December 22, 1996, only a year after the internal war ended. The starting gate was positioned at the front gate of the Angkor Wat ruins and the course extended counterclockwise along the outer walls of the ruins and then through the historic site and finish at the starting point. This course remains the same even today, but where there were many young children, students, police, and soldiers with hand guns at the first AWHM, no one carries guns today. The guest runners at the first AWHM were Kenji Kimihara and Yuko Arimori, and Yuko has continued to participate in the race ever since. There are many obstacles to overcome in undertaking the activities to aid the developing countries with economical and political instabilities, but as the old saying goes, “perseverance will win in the end,” and the fact that we have continued our efforts for over ten years, the public interest in our activities are increasing year by year. This is, of course, credited to the continued support of HG members, sponsoring companies, and many volunteers. I would like to thank everyone for supporting our organization for the past ten years and I take this opportunity to ask for your continued support for many years to come.

“Do What You Can, As Long As You Can”

By Yuko Arimori, Representative Director of Hearts of Gold

Let us continue for a long time as an organization with each one of us holding onto own hopes and courage through sports.

In 1996 after the Atlanta Olympics, the invitation to run in a charity marathon gave me a chance to find another “course” to proceed in life as a runner. It was a natural path to take to realize my childhood dream of wishing to contribute to the society, and if what I do best can make a difference, then there was nothing more that would make me happier. I have taken steps forward with the people who share my goal to solve problems that arise every year by doing what we can. We focused on the issues facing the people of Cambodia and placed the priority based on the viewpoints of the local people and how they can become leaders to re-build their country in the future. To do this it was important that I visit the country, see and feel the situation, and discuss their needs.

Angkor Wat Half Marathon (AWHM) started out with 654 runners from 14 counties and 1 region in Cambodia. Since then, the participation grew year by year to reach 2,964 runners from 43 countries in the 13th AWHM in 2008 to become one of the largest sporting events in Cambodia. By running through the world heritage site, we could express our hope for abolishing landmines and gain world peace by capturing strong support from many people. Since the beginning of the AWHM, US\$218,817 has been donated over the 13-year period to various NGOs and the Red Cross for reconstructing Cambodia. The United Nations has stated from many years back that “sports is not only for enjoyment and competition, it is to promote respect for other people and learning the meaning of teamwork, to build courage to survive in society, and to help develop good citizens by learning to respect opponents and obeying the rules and judgments of referees.” Actually, this theory of sports and physical education playing an important role in promoting education, health, development, and peace was proven by AWHM.

For the first 5 years we made great efforts to promote the growth of AWHM, and then concentrated on projects to develop human resources in the field of education with the Cambodian Ministry of Education for the next 5 years to create health and physical education programs in primary schools. Needless to say that the execution of this projects could not have been possible without the tireless work of Taku Yamaguchi, HG’s staff both in Japan and on site, Cambodian Ministry of Education and the kind support of everyone involved. The support for the Japanese class and children at childcare center is gradually under way, thanks to the on-site staff and those people supporting their efforts.

As for me, meeting many invaluable people has nurtured me as a person. I am sure that our world will continue to face ecological, poverty, infectious diseases, wars and other problems; however, taking advantage of this 10-year anniversary to reconfirm the stance of HG, I would like to restate our goal to gather as much human wisdom and hearts as possible and accrete as an organization that can nurture people, as well as myself, to exert courage and strong will to challenge these problems. I take this opportunity to ask whoever that can to contribute whatever one can as much as one can to share with us in achieving our goal, as well as asking those of you who have supported us over the years to continue giving us your valuable support and guidance.



Congratulatory Messages in Liu of the 10th Anniversary of Hearts of Gold

From: Katsuhiro Shinohara, Ambassador of Japan (Previous Ambassador to Cambodia)

To Ms. Arimori and her team, I extend my heartfelt congratulations on the occasion of the 10th Anniversary of the establishment of your organization. The opportunity to meet members of HG for the first time came during the inaugural AWHM. It is a half-marathon race held at Angkor Wat historical site with 10 and 5-kilometer race categories to accommodate participation of small children to elderly. It is truly a fun race with most of the participants running for enjoyment rather than for time.

Since the first event in 1996, the number of participants is growing year by year. In addition to the Cambodians, runners from other countries have increased over the years, and in 2008 the number of participants had grown to nearly 3,000.

Many years ago, sports flourished in Cambodia, especially soccer being their national sport. When Japan's noted player, Kamamoto, visited Cambodia for a friendship match with his Yanmar team in 1969, Cambodian team gave them a good fight. However, the country launched into internal war the following year and any forms of organized sports were abandoned for the next 20 years.

Through the activities of HG, Cambodian people recalled the enjoyment of sports and reconfirmed the importance of including it in the education programs. Not until HG developed and executed Physical Education programs in the education system, P.E. was not included in the curriculum of primary and secondary schools. Currently in Cambodia, more people are focusing on health and I believe it is a matter of time that regional competitions will lead to National Competitions.

I wish Ms. Arimori and her team the best of luck from the bottom of my heart in continuing their great work and in their future endeavors.

Dr. Thong Khon

Cambodian Minister of Tourism/Cambodia Olympic Committee Chairman

On behalf of Cambodia, National Olympic Committee, and Ministry of Tourism, I would like to express my deep appreciation to your organization for organizing the AWHM for the past 14 years in cooperation with our National Olympic Committee.

AWHM is held to give aid to the victims of landmines, to protect the youth from AIDS, and has played an important role in the promotion of tourism in Cambodia. It is my great hope to see that your activities will continue to flourish and that your goals will be achieved.

As a representative of the Kingdom of Cambodia, allow me to continue to support your organizational activities for the development of our nation.

In closing, I would like to wish all of you good health and pray for the success of every benevolent activity your organization has created in Cambodia.

Sem Phalla

AWHM Organizing Committee Member/Secretary General of Cambodia

Having been asked to write a message on the occasion of the 10th Anniversary of Hearts of Gold, the first things that come to my mind are Angkor Wat Half Marathon and the Olympic Medalist, Yuko Arimori, who has continued to support this international sporting project since 1996 with sincere concern to aid the landmine victims of Cambodia.

HG was established 2 years after the 1st AWHM and has been the most influential supporter of the event ever since. HG celebrated its 10th Anniversary in 2009 and the AWHM is expected to celebrate its 15th Anniversary in 2010.

As a member of the Organizing Committee, I have witnessed the success of the AWHM and have experienced wonderful and surprising events. The AWHM Organizing Committee and the Cambodian Olympic Committee have always cooperated with HG for the success of this sporting event with “aid the landmine victims” as a slogan to help these survivors become self-sustaining and be able to assimilate into the society.

Being involved in this project, I have personally gained a valuable experience, and I hold greatest respect for Ms. Arimori and the HG members for their untiring efforts in promoting goodwill and executing charitable and health related activities for the people of Cambodia.

On behalf of the AWHM Organizing Committee, I extend my utmost appreciation to Ms. Arimori and the members of HG. It is my hope that our sports related projects and the charitable activities will continue to spread throughout Cambodia.

Masahiro Ishii
Governor of Okayama Prefecture

I would like to extend my heartfelt congratulations to Hearts of Gold on their 10th Anniversary. Since its establishment, HG has continued to provide support to the developing countries by organizing programs for the people to gain necessary social skills to become self-reliance.

Especially in Cambodia, you have developed a wide-range of activities in the field of sports and education including hosting of Angkor Wat Half Marathon, creating teachers' manuals for physical education programs, creating Japanese language courses in public schools, and nurturing human resources, applying the overseas technical skill training system developed by our prefecture and have gained high reputation for contributing greatly to the growth of Cambodia. Also within our prefecture, your organization has provided opportunities to our citizens to contribute to the Cambodian causes by gaining first-hand understanding of the real situation through such programs as children and students' mail-pals program and study tours for college students, which have influenced young adults to think from a global point of view with consideration for others.

Having recognized these achievements, we selected HG as a recipient for the Okayama Miki Memorial Grant Award in 2005.

Based on the proposal of "International Aid Committee," of which Ms. Arimori is one of the founding members, Okayama Prefectural Government created in 2004, "Regulations to Promote International Aid Programs," the first of its kind in Japan. Under this regulation, we are developing international aid programs by working jointly with the prefectural citizens, NGOs, and business corporations.

I have high hopes for the continued development of HG to lead us in our future efforts to aid the developing countries with their know-how and advice. At the same time, I wish HG continued success and congratulate everyone involved in the HG activities for doing such a great job.

Chapter 1 - International Cooperation Through Sports

Angkor Wat Half Marathon

Taku Yamaguchi, Director of Hearts of Gold/Project Manager of JICA

I wonder if you know the new charity program known as the “Runner’s Aid?” It is a system where the proceeds from marathon entry fees go toward some selected charity. It began in 1994 based on the original movement of donating part of the proceeds from citizens’ marathon races to make artificial limbs for the victims of landmines in the developing countries.

In the following year, in response to some of the people wishing to donate artificial limbs directly to the landmine victims, the first Angkor Wat Half Marathon (AWHM) took place on



December 22, 1996 with the sanction of International Road Race Association. The Cambodian government recognized the need of this type of support for their people and saw this as an opportunity to appeal to the world that Cambodia was now at peace and to promote the magnificent Angkor Wat which had been designated as a world heritage. Since then AWHM has continued to transmit the message to stop the usage of landmines and to apply the entry fee for the victims of landmines to become self-sustaining and become active members of the society.

After the 3rd AWHM in 1997 in which Yuko Arimori participated as a guest runner, Hearts of Gold (HG) was established to take over the operation of AWHM with Yuko as the representative director, Lorraine Moller as the vice-representative director, and Taku Hagiwara, General Secretary of Japan Medical Doctors’ Joggers Federation, as the chairman of the board of directors.

In the First Phase from 1998-2002 (5-year term), while organizing AWHM, HG supported the Cambodian Olympic Committee (NOCC) and Cambodian Athletics Federation (K-AAF) in securing sponsorship and offering technical know-how of organizing international marathon event. Some of the major responsibilities of HG in the AWHM were:

1. Organizing the event with the local travel agencies and other local companies.
2. Advising and training on how to organize an event by Kimiaki Nishikawa and Toru Ikeda of Hyogo T&F Association.
3. Managing the volunteers by HG's volunteer leaders, K. Muto and K. Shizawa.

A few other projects also took place during this time including managing a school to produce artificial limbs; launching "Cambodian Trust", an organization that produces and provides artificial limbs; and providing physical and financial supports to "Handicap International" and "Cambodia's Disabled Athletic Federation (CDAF)".

In the Second Phase from 2003-2007 (the developing phase), the HG Asian Office was established with the Japanese staff managing the on-site projects. It is at this phase when strengthening of AWHM operations with the developments in all aspects of financial and manpower support, including event marketing took place on an international level. Necessary operational funding was secured, managed, and budgeted; entrants were recruited, creating technological innovation and networking of registered runners; conducted training of risk management; and anything else necessary in building the foundation for the organization.

This was a period when sporting activities to promote the enjoyment of sports developed into a larger event such as the "Youth and Leaders Training through Sports (YLTS)." It was also a sprouting period for specialized activities such as the "International Development through Sport (IDS)."

We are now currently in the 3rd Phase which began in 2008 and will continue to 2012. It is those local Cambodians who were educated and trained during the Phase 2 that make up 80% of the Angkor Wat Half Marathon Organizing Committee (AMC). Designing and editing, managing the printing schedule, dispatching and distributing all published and printed materials; dealing with entry applications; and conducting the final confirmation of registering the runners are now done by the local staff. During the current phase, HG intends to take further steps to assist in nurturing the local people according to the individual's potential.

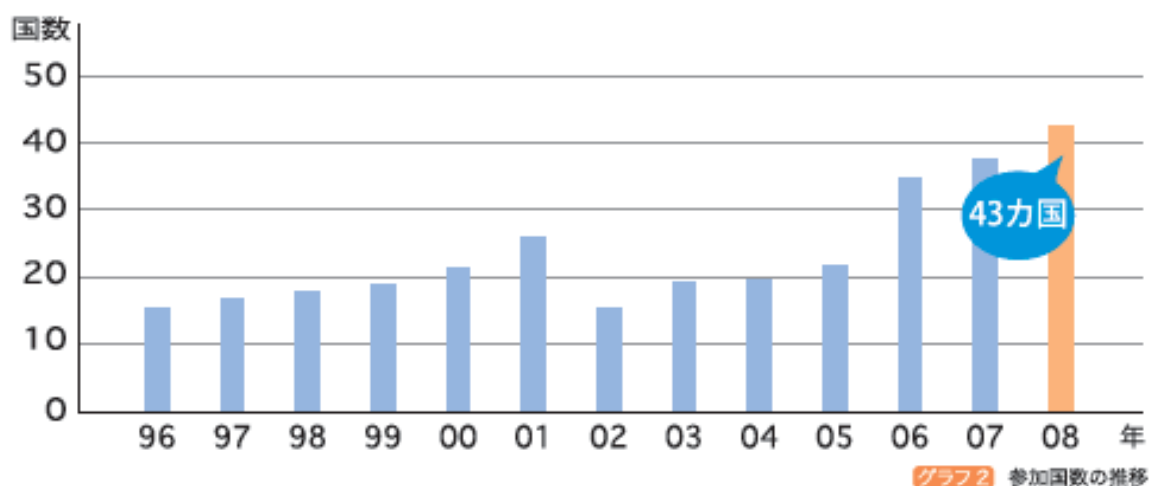
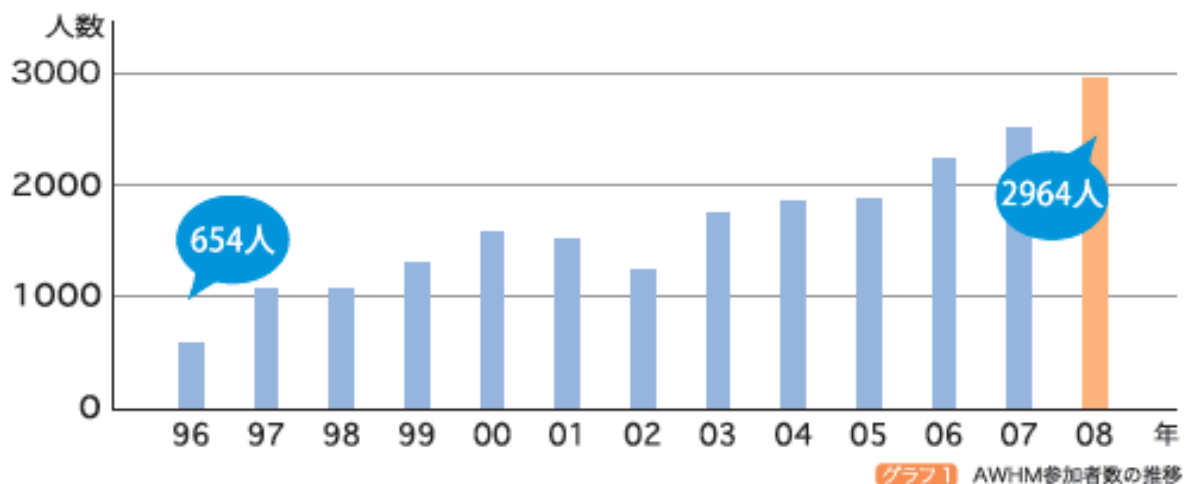
2008 AWHM recorded the highest number of entry up to date with a total of 2,964 from 43 countries (runners 2,593 – bikers 173 – walkers 198). It included men, women, children, and those with physical/mental disabilities. Categories also increased with 10 running events, 4 bike events, and 2 walking course events, hosted by HG.

The total of entrants in the 13 AWHM races up until 2008 totaled 21,124. Besides the

entrants, there were countless volunteers who have supported this event over the years by joining the official tour. They helped to hand out water to the runners, served as ushers, helped in the preparation, worked as interpreters, accompanied the runners, and were on stand-by to give first-aid treatments.

In addition to funds raised through Runner's Aid, the total amount of money donated by the "Pledge Donation" program that began in 2006 surpassed JPY22,000,000. This monetary contribution was distributed to cover manufacturing costs of artificial limbs, financial aid for the people in poverty, and for the educational programs such as IDS. However, in the past couple of years, we have been facing difficulties in securing enough funding even to organize AWHM. In order to continue the programs and activities we have started through supports and donations generated by the AWHM, we must secure new cooperators and find effective ways to solve this problem.

Graph1 The Number of AWHM Participants



Graph2 The Number of Countries



* Cambodia, China, Indonesia, India, Japan, Korea, Malaysia, Philippines, Singapore, Sri Lanka, Thailand, Vietnam, Australia, New Zealand, Austria, Albania, Belgium, Belarus, Bolivia, Denmark, Finland, France, the U.K., Germany, Hungary, Ireland, Italy, Holland, Norway, Serbia, Slovenia, Switzerland, Sweden, Russia, Ethiopia, the Republic of South Africa, Rwanda, Zimbabwe, Canada, Guatemala, Mexico, Panama, the United States of America

With A Bib On Our Chest And Pride On Our Shoulders, We Stood At The Starting Gate In 1996

Kimiaki Nishikawa

Advisor of Hearts of Gold/Chief Manager of AWHM Organizing Committee

In 1996, an international half marathon was held in Cambodia for the first time in 30 years. One of the reasons for holding this event was to prove that the country was now “at peace”. The following message appeared in the first event pamphlet: “Pol Pot Regime that began in 1975 forced the country into isolation, destroyed cities, and eliminated all cultural and educational activities. 2 million people, mostly the highly educated, were killed in the great massacre executed by the Pol Pot Regime. After years of internal war, Cambodia regained peace in 1993 with the help of the United Nations Transitional Authority in Cambodia. However, the tragedy still lingers on. The largest cause is the landmines that are scattered mainly along the border of Thailand, many of which can detonate at any time when being stepped on. We understand that one little landmine that costs merely 80 yen to produce have killed and injured millions of people over the years.”



There are more than 100 millions of landmines planted around the world, and through this “international volunteer event,” we wanted the world to realize the horrible effect they produce and to make an appeal to

stop the production, sales, and utilization of landmines immediately. This event is also a tool to gather money to buy artificial limbs for the victims of landmines, both adults and children. It is also an event that symbolizes peace and where people cooperate with one another with the slogan of “bib on our chest and pride on our shoulders”.

We ran up against many unexpected obstacles in the inaugural race. All of the local officials were inexperienced in operating a marathon race, so we had to ask the people from Japan to help out. There were project members from Sankei Sports Newspaper, medical staff from Japan Red Cross, volunteers from Japan, and even the tour conductors were dragged into assist in the operations. The inaugural race recorded 654 total entrants in all race categories.

In 1998, HG was established and by having repeated discussions with the Cambodian

Athletic Federation, the event operations improved year by year. What hasn't change from the inaugural event is my duty to wake up at 3:00am and take my position at the water supply area. I understand that there were over 3,500 entries in the 2009 AWHM, so I am looking forward to seeing how many people will participate next year for its 15th year anniversary race.



Katsuyuki Muto

Volunteer Leader of Western Japan HG Branch

I have made 13 visits to Cambodia since 1997. It all began when I volunteered to work as a staff in the 2nd AWHM. Meeting and working with other volunteers with the same goals during that visit, led to the establishment of NPO Hearts of Gold. AWHM today is mainly organized and run by the local staff and it gives me much pleasure to see the developmental progress of the local staff involved in the event.

Of course, the local staff has not reached the level of the organizational staff running the marathon events in Japan, however, they are slowly but surely improving. The planning and organizational work has shifted from Japan to Cambodia and in the near future, this marathon race will be entirely organized and operated by the people of Cambodia.

Once the seeds have been planted, it is natural that they will sprout, and no longer needing outside support. Until the day the people of Cambodia no longer need the support of HG, those of us who are able will continue to contribute as much as we can, as much as we are comfortably able to.

Kouichi Shizawa

Volunteer Leader of Eastern Japan HG Branch

There are various NGOs from numerous countries around the world providing support to restore Cambodia because of the great damage and sorrow the country and its people had experienced. HG is no exception, but we are unique in that our activities concentrate mainly in sports. With the key word being “sports,” we have been developing “new” forms of international cooperation activities which, unprecedented by the other NGOs, recently grew into a national project. We take pride in our efforts and I believe that the development of Cambodia mirrors the development of HG and I would like to celebrate the 10th Year Anniversary of HG with all the members who have made the difference.



Taku Yamaguchi

Director of HG and Project Manager of JICA

“International Development through Sports”

Providing support through the program of “International Development through Sports” (IDS) has been attracting interests in recent years. The recognition of sports as a tool for international development, in addition to its role of providing international goodwill, is growing. The joint projects hosted by the United Nations (UN) and International Olympic Committee (IOC) represent this concept. In 2001 Special Committee for Peace and Development through Sports was created as a special medium of the General Secretary of UN, and UN/IOC’s co-operative system was ready for execution.

Also in Japan, IDS activities were put into practice by dispatching physical education/sports teachers/instructors through Japan Overseas Cooperation Volunteer (JOCV) and NGOs, however, most of them were single events or volunteer projects and did not develop into specialized and long-term sports oriented activities.

The main reason for this was due to the support providing nations’ point of view that financially poor countries need financial support to meet the countries’ immediate needs for livelihood. But I challenge this reasoning. Through sports, physical and mental health can be attained. Not only an outward effect of gaining healthier and stronger body; such internal strength to have self-confidence, team work, leadership, communicational and social skills, following rules, learning respect, and sense of fair-play can be acquired from sports to give positive outlook to people so that they can endure and fight against hardship and distress.

“Youth and Leader Training through Sports” (YLTS)

There are still many problems in the educational system in Cambodia. According to the Cambodian Cooperative Committee, international NGO activities concentrate mainly in the area of nurturing specialists (239 programs) and in public health and medical care (235 programs). This is in consideration of the need to educate people in all social aspects for the country to become self-functioning and to protect children’s rights. However, in reality, educational programs concentrate mainly in languages, mathematics, science, and sociology and small portion is set aside for sports, music, and arts which are all indispensable in children’s development. In addition, student body activities, class and club activities, and extracurricular activities have not been introduced.

In the rural areas most children are expected to work and they have no “time for play.” They also have developmental problems either from lack of protein in their diet or have growth

disorder from laboring at early ages. On the other hand, people in the cities use cheap bike-taxis for going to places and eat predominantly meat which causes diseases commonly found in elderly people having high-calorie diet with no exercise. Health conditions increasingly worsened under these circumstances and the Siem Reap Department of Education recognized the need to implement some programs to improve this situation and requested HG whom they had established a cooperative relationship through AWHM to create some physical exercise programs. In 2001 HG launched their first program that included three most important elements to health improvement - “play,” “exercise,” and “learn.”

The first program executed was a large scale recreational sports festival held at the Siem Reap Athletic Stadium which is now replaced by a hotel, museum, and condominium complex for foreigners. Local children were invited to experience the fun and joy of sports and physical exercises. Top class athletes and sports instructors participated as Sports Ambassadors (SA) as a part of their social responsibility activity. (See chart 2 for details)

Surveys were conducted and the responses were employed the following year to make improvements. As a result, 2-stage program was implemented to train instructors. First, a “learning” course for the teachers was conducted, and then a training course for the local teachers on how to teach children to “play” and “exercise” were held. New SAs and a team to measure children’s physical strength also came into the scene. Not only the fun and enjoyment of sports were taught, the festive event developed into a physical education program on how to teach children the importance of exercise and sports with the motive of improving training skills of teachers.

In 2003 the Central Government came to observe the festival and requested HG to develop further specialized training programs. The naming of the festival changed to “Youth and Leader Training through Sports” (YLTS) and became a traveling event as a life-long sporting event recognized by the Department of Education. In addition, because 2003 marked the 50th anniversary of Japan and Cambodia’s goodwill relationship, Japanese Embassy sanctioned the event, JICA provided manpower, NGO planned and organize the event, and private corporations gave financial support to the event.

It was around this time that the marching band of Japanese school children (JHP) performed in the opening ceremony and other NGOs such as the Cambodian Health Education Media Service (CHEMS) and Community of Poverty Retrench (CPR) became involved in conducting educational programs related to the prevention of HIV/AIDS.

One of the biggest problems was the inability to confirm booking of the venue we had been requesting until the last-minute due to the public offices being occupied with the national election, however with the help of the Japanese ambassador at the time, we were given permission to use the Olympic stadium just 3 days prior to the event. This was just one of the numerous problems we had to overcome, but on the day of the event, there were 17 SAs, 150 Cambodian participating educators and 1,800 participating students, and over 100 volunteers from Japan with the majority being Okayama University students involved in sports. The presence of Vice Prime Minister Soken and the temporary ambassador of Japan at the time, Ambassador Shinohara, attending the opening ceremony added prestige to the event, making this a very successful event. Also, one of the most valuable outcomes from this event was creating Teacher's Manual by one of our Youth Ambassadors with the guidance from SAs.

In the following years, 2004 and 2005, we searched together with the person in charge at the Ministry of Education and decided on the location to hold YLTS; conducted training sessions to prepare the local public official in charge of physical education and sports on how to improve the conditions of the public sports stadium; and to plan, organize, manage, and operate sporting events. As a result, the year after YLTS was held, the same stadium was selected as the venue for the National Primary School Sports Festival organized by the Ministry of Education.

Period	Dec. 2001	Nov. 2002	Dec. 2003	Dec. 2004	Dec. 2005
Event Name	1 st Youth Recreation Event	2 nd Youth Recreation Event	3 rd YLTS Event	4 th YLTS Event	5 th YLTS Event
Site	Siem Reap	Siem Reap	Phnom Penh	Kompun	
No. of schools participated	16	16	20	16	28
No. of teachers participated	0	60	150	80	56
No. of students participated	500	872	1600	856	890
Cambodian volunteers	N/A	N/A	50	80	100
Japanese volunteers	50	92	100	90	70

NGSs participate d	Cambodian Disabled Athletic Federation	Cambodian Disabled Athletic Federation	JHP/CPR CHEMS HA CYA-JYA	JHP/KYA CHEMS HA CYA-JYA	JHP/JMAS CHEMS/KY A HA CYA-JYA
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Athletes Who Participated in the YLTS

Year	
2001	Yuko Arimori (athletics), Kazumi Nakamura/Kiyoko Fukuda (volleyball), Yuka Harada (basketball), Norio Sasaki/Akihiro Kameda (soccer), Ryoichi Hiraoka (recreation), Katsuyuki Muto (disabled sports), Koichi Shizawa
2002	Norio Sasaki (soccer), Mariko Nakano/Chiho Torii (volleyball), Yuka Harada (basketball), Yuko Arimori/ Masako Matsumura (athletics), Katsuyuki Muto (disabled sports), Koichi Shizawa
2003	Yuko Arimori/Masako Matsumura/Komei Nishikawa (athletics), Norio Sasaki (soccer), Kazumi Nakamura/Kiyoko Fukuda (volleyball), Yuka Harada (basketball), Hironobu Hagiwara/Nobuyuki Kohara (tennis), Tsuguo Yamamoto (badminton), Makoto Inokuma/Masakazu Ota (judo), Katsuyuki Muto (disabled sports), Koichi Shizawa, Kaoru Kitada
2004	Lorraine Moller (athletics), Kiyoko Fukuda/Shinako Tanaka (volleyball), Yuka Harada (basketball), Norio Sasaki (soccer), Kichinosuke Sugimori/Koichi Shizawa (karate), Makoto Inokuma/Masakazu Ota (judo), Tetsuyoshi Watanabe (badminton), Katsuyuki Muto (disabled sports), Tsuguo Yamamoto (badminton), Hironobu Shinosaki/Nobuyuki Ohara (tennis)
2005	Yuko Arimori (athletics), Toshihiko Aoyama (recreation), Mariko Nakano/Kiyoko Fukuda (volleyball), Yuka Harada (basketball), Norio Sasaki (soccer), Tetsuyoshi Watanabe (badminton), /Masakazu Ota (judo), Katsuyuki Muto (disabled sports), Koichi Shizawa

Conveying the 3 Enjoyments of Sports – “Finding out that you can do it,” “Mingling with others,” and “Learning”

Norio Sasaki
Manager of Japan Women's Olympic Soccer Team

I have visited Cambodia 5 times in the past as an instructor to promote sports for HG. Initially, I held children's sports clinics which eventually evolved into a new activity of training physical education teachers and youth to become sports instructors to teach children. It was a trial and error thing, and we made constant changes in our activity to meet the needs of the local people. It makes me very happy to hear that the program is still continuing.

As a soccer instructor, in addition to teaching technical skills, my motto was to teach children and those training to become instructors the 3 enjoyments of sports which are “to find out that you can do it,” “to mingle with others,” and “to learn about the sport.”

Looking back at the enthusiastic faces of children and instructors and the passion of Yuko Arimori, HG staff, and the Japanese volunteers; I think it was I who gained power from them and the 3 enjoyments of sports. It turned out to be a great asset for me as a sports instructor.

Japan Soccer Association has dispatched many instructors to various Asian countries to improve the level of soccer and to promote the sport. In Japan, there are soccer players and instructors we refer to as “Dream Teacher” who give lectures to soccer kids about “the power of the dream” based on their experiences.



Not only the listeners are gaining “the power of the dream” but often the lecturers receive the power as well through these activities. I have also learned many things through sports as a player and an instructor and also grew as a person. As a result, we, the instructors, hold social responsibility of contributing to the society through sports. It is my wish to spread further the 3 enjoyments of sports and open doors wider for players and instructors to participate in sports, including acquisition of athlete coaching license, not only in soccer, but for the entire sports categories under the Japan Olympic Committee.



National Team Member

Article written by Taku Yamaguchi
Director of HG/Project Manager of JICA

Story told by Tetsuyoshi Watanabe
President of NPO Osaka Tricky Pandas/Ex-Manager of NTT
Western Japan Badminton Team



“Although I did not recall the Jr. High school student participating in the 2005 YLTS held in Svay Rieng, he remembered me when he saw me at the badminton tournament held in Laos in 2009. I took some students to compete in the top-level Asian tournament and was approached by a Cambodian national team member asking me if I was Tetsuyoshi Watanabe who taught badminton at the 2005 YLTS held in Svay Rieng. To my surprise, he had continued playing badminton seriously while working as a police officer.

I have been to many international competitions and sporting events, but to see a boy I had taught becoming a national team member was my first-time experience. He said proudly, ‘Don’t you think I’ve gotten good?’ as he waited for my appraisal.”

In most projects we are involved in, “concrete result”, is sought after, however, there are cases such as this where the result of our support is not achieved immediately. Of course, it is important to produce immediate results, but I cherish the slow nurturing process of educating children so that the result of our support will gradually show after the strong roots have been implanted.



Teacher's Manual for Teaching Physical Education in Primary Schools

Taku Yamaguchi
Director, HG / JICA Project Manager

Department of Physical Education and Sports for Students (DPESS) was newly established in 2004 within the Ministry of Education under the ideology of “meaningful sports to promote peace, development, health, and education”. In the initial year’s plan, “reinforcement of physical education in schools,” “enrichment of extra-curriculum activities,” and “improvement in the participation of P.E. and sports” were set out as goals for achievement. The goal was clear, but DPESS did not have the experience in achieving this goal and consulted HG, whom they had worked with in organizing AWHM and YLTS.



In order to accomplish this goal, a teacher’s manual and proper training of primary school P.E. teachers were indispensable for enriching and reinforcing the field of education. We felt this project would not be possible without the cooperation of Tsukuba University that had the experience of creating teacher’s manual for Japan and JICA that have been working closely with the Ministry of Education in Cambodia. There were many critical opinions in the beginning, but with the dedicated guidance and cooperation of JICA Cambodian office and JICA China Center, the project to draft up “Teacher’s Manual for Physical Education in Primary Schools” was launched in February of 2006.

The first step was to establish a special project committee within the Ministry of Education, Youth and Sports (MoEYS) to draft a manual. Then the drafted manual was implemented at a few model schools as test cases and reports and results of surveys were to be considered as revisions for improvements. The final draft was then drawn up, reflecting the opinions of teachers and surveys taken at the model schools. The completion of the manual was a big accomplishment of the Central Committee as well as for the Steering Committee that supported the project. However, this was only the beginning. There was still a big concern about the utilization of the manual.

In order to avoid the worst case of the manual being neglected, at the end of the 1st year, Administrative Vice-Minister of Education, Chief of Youth Sports, and Chief of Physical Education discussed ways to promote the manual. They pointed out the need for further revision of the manual and educating teachers, as well as establishing a system that will become the foundation of spreading the physical education curriculum. In addition, they pointed out the difficulties in securing a large budget and human resources.

In the 2nd year, we concluded that technical support for educating the on-the-job teachers and instructors at the teacher training schools were vital, however we made it clear to our counterparts in Cambodia that their effort to secure budget for the 3rd year was indispensable. In October 2008, MoEYS approved the project as a continued grass-root project of JICA (Phase 2) and in June 2009, the project to promote physical education in primary schools was reinforced.

Working with JICA

Hiroshi Tsujino

Manager of JICA China International Center

When JICA received the proposal for involvement in the project to create teacher's manual for primary school teachers from HG in 2005, I was working at the Asian District 1 Section of JICA in charge of Cambodia. TRithhfully, I was reluctant about the success of the project at first, but 3 years later when I saw the message from the Cambodian Minister of Education in the manual thanking HG for their cooperation, I felt ashamed about having been pessimistic about the project initially.



Characteristic of international cooperation provided by JICA focuses on supporting developing countries in educating administrative personnel in mid to long terms on nationwide basis, but NGOs and NPOs pinpoint on direct support to targeted group of people in shorter time span. In this project to produce teacher's manual for P.E. teachers combines NGO/NPOs ways of executing grass-root activities to build human resources in long-term means to foster administrative personnel.

It is common for developing countries to receive support in the areas of health and medical care, agriculture, environment, education in math, science and chemistry; but receiving support in the area of "sports" is quite unique. For this reason, I believe it was possible to work closely with MoEYS to develop a substantial program.

Currently, we are in Phase 2 of the project which is to encourage all public primary schools to make use of the manual. There are many obstacles to clear, but I am hoping that my concern is a groundless apprehension and that the project will achieve a great success in 3 years' time.



Prior to the Launching of Physical Education in Cambodia

Takeo Takahashi

Professor at Nippon Sports Science University

Head of Research Center at Nippon Sports Science University's Graduate School

Honorary Professor at the University of Tsukuba



I became involved in HG projects 5 years ago when I was a Vice-Chancellor of University of Tsukuba. As we were working on improving the existing domestic teacher's manual at the time, I was concerned whether we had the time to cooperate with HG on their project and whether we would be able to satisfy the responsibility of creating effective manual for use in a different environment.

While I was hesitating to commit our involvement, the Representing Director of HG, Yuko Arimori, came to see me in person and talked enthusiastically about Japan's involvement in Cambodia and how the marathon event had given the young people of Cambodia hopes for their future. I was soon drawn into her world and felt embarrassed for hesitating to give my commitment. If my expertise in creating teacher's manual and educational textbooks can be of help, I was more than happy to offer my knowhow. The problem was my time. There were too many miscellaneous administration duties that needed my attention. Consequently, I asked Dr. Okade, one of my most trusted colleagues for cooperation.

After the curriculum was developed, we produced the textbook based on the developed plan, however we faced problems in implementing it into the actual program and we decided to hold lecture seminars with the Cambodian teachers. It was my first time to visit Cambodia. The view from the taxi on my way to downtown Phnom Penh reminded me of Japan when I was a child in the 1940's. It was the time of American Occupation Army Forces in Japan and our educational curriculum guidelines were under the direction of GHQ. It was a transition time from militaristic physical education programs to that of democratic one. But we are not an occupation army and our mission is to provide maximum support to Cambodia to establish their own educational system based on the program we are proposing.

In the parking lots adjacent to our lecture halls and in empty lots in the suburbs, I saw many children playing soccer, basketball and volleyball. I got the feeling that sports were enrooted deeply in the lives of the children even though physical education in schools did not exist and I realized the power of sports. However, when I heard that kids were betting on soccer, I realized the need to incorporate this culture into the education system as soon as possible. I felt that by teaching these children the splendor of authentic sports through education in schools, it will become a strong driving force for the development of the nation.

The lecture seminar did not go smoothly as I had expected. It was difficult to erase the image that all sports are competitive. After demonstrating the need for developing teaching materials which were pertinent to the learning potential of young children by using an example of particular sport, the teachers seemed to have understood.

We also had a chance to visit JICA office in Phnom Penh to explain about our project. As there are many charitable organizations providing material goods, they were impressed with our project which supported MoEYS in building national guidelines for educational curriculum. Material goods are perishable, but the children who receive education will grow

up and contribute to the society to make improvements for the future of their children.

The role of HG to strive for international contribution through sports and physical education is enormous and their efforts and achievements deserve utmost praise. I have great expectations for their continued achievements under the enthusiastic leadership of Yuko Arimori. Hats off to Yuko and the people of Hearts of Gold!



Individual and Social Values Direct the Course for Ones "Practice"

Yoshinori Okade

Professor at the University of Tsukuba's Graduate School



It has been pointed out that the courses taught in universities have very little use, and we can pursue the cause for this through research and ways of relaying the outcome. Only when we can understand this point, the achievement of productive research is possible. Our involvement in international aid provided a perfect condition to prove this case. It was a great opportunity for us to test the validity of our research and to refine it.

Having been requested for involvement in this project, the point I was mostly concerned about was the theory on "value orientation," meaning that the worth of each individual and society directs the course for ones practice. In reality, I sensed the influence of Pol Pot Regime with relations to creating human relationships and self-expression on one side, however on the other side, I saw the enthusiasm of local people trying to put physical education curriculum into practice. Over the past 4 visits to Cambodia, I saw the progress of Cambodians gaining confidence which has become one of the energy sources of my current research. This energy is then supported by new network of people. Because of my involvement in this project, I have the opportunity to experience the growth of this network of people having interest in this project.

At the Japan Sports Science Conference, 3 years after we held the press conference on a snowing day at the University of Tsukuba to announce our involvement in the project, a symposium titled "Japanese Sports make a great progress to the world" was held on August 28, 2009. For Dr. Yamaguchi to appear as one of the panelists with the Chairman of the Tokyo Olympic and Paralympics Invitation Committee and a staff from the Information Department of National Sports Science Center was quite important. Dr. Yamaguchi spoke about how people told him initially that this type of project will never succeed. I believe that as long as you continue to say it will never succeed, you will not take any initiatives. Therefore, start from whatever you can and then you would be able to build a network of people who can make the difference.



Support For Independence And Fostering Human Resources

Japanese Language Class

Mutsumi Hinokio

Teacher of HG Mutsumi Japanese Language Class at Chai Primary School



HG Mutsumi Japanese Language Class at Chai Primary School began in June 2001 with 27 students ranging in ages from 10 to 17 selected by the school principal. Looking back, I am amazed how we were able to start the program since I didn't speak Khmer and, of course, the children had no knowledge of any languages other than Khmer. We began the program with no common language for communication, and if I were to teach the children to understand Japanese, I had to learn Khmer.

We started by providing the children with notebooks, pencils, and erasers and were limited to 1 hour a day for learning between 11:00 and 12:00nn when the classroom was not in use. While the learning environment was severe, there were children determined to take advantage of free opportunity to learn Japanese.

Chun Sreimi, who was 10 at the time sat in the front row and repeated the Japanese syllables, often with smiles on her face. The willingness for these children to learn gave me energy and sense of happiness. In November of the same year, 2nd-term students, including Son Sokea, joined the class. Unlike the 1st term, it started off smoothly with the help of Sreimi and other 1st-term students helping out.

There are 4 Japanese language classes presently with 67 students. We can now use the classroom from 8-10:00am and 12:30-2:30pm Mondays through Fridays. Children know that studying Japanese will help them in getting jobs in the future and it is the biggest incentive for them to continue. The 1st-term students now understand Japanese quite well and they have matured tremendously both mentally and physically.

From 2007, we were able to start a study abroad program with the support of Okayama Gakugeikan High School. Sreimi from the 1st term, Sokea from the 2nd term, and Ngek Champa from the 3rd term were selected for a 1-year study abroad program in the initial year. After returning to Cambodia, they began to show leadership qualities. I am hoping that their experience will someday help them to play an important role in bridging the relationship between 2 nations.

We have also maintained a good relationship with primary, Jr. High, and High school students from Japan. We received many handmade goods in response to our needs such as Japanese language materials, games, calendars, bags, etc. from primary school students in Okayama. These items are very much appreciated by the students of Japanese language classes and are put into good use. We have also received monetary donation from another school in Japan which is used for the maintenance of our school. Through these interactions, the children from both nations developed a strong tie and sense of compassion for one another.

Realities in Cambodia are severe, but I will continue to do my best as long as there are children here who are making efforts in hopes for their future. It is my dream that someday

one of my students will take over my job of teaching Japanese here at Chei Primary School and carry on the task of teaching Japanese to the next generation of children.



International Education of Okayama Gakugeikan High School

Through the Interview of Haruki Mori, Chairman of the Board and Headmaster
And Michiko Mori, Councilor

Okayama Gakugeikan High School promotes understanding of international education through working with HG. Since 2007, they have been inviting 1 student from HG Mutsumi Japanese Language Class for a year study in Japan. Gakugeikan pays for education, food, and board while HG pays for airfare and allowances.



One of the core programs of Gakugeikan is "Education of International Understanding." International Education Center was established in 1991 and has connections with many educational institutions worldwide as a base for international exchange. 150 students from about 20 nations in 5 continents have visited Gakugeikan each year, including short stay. Around 20 study abroad students ranging from 10th to 13th years are accepted annually, and among them is a student from HG Mutsumi Japanese Class - Sreimi in 2007, Sokea in 2008, and Champa in 2009.

In order to understand the "ideology" of Mr. and Mrs. Mori for establishing this special school, we have asked them the following questions.

Q: What do you think about the Japanese students?

A: Japanese high school students live most luxuriously economically and in emotionally. They need to realize how fortunate they are and only when they realize this, they can begin to consider about others. They will realize that the greatest happiness a human being can experience is "giving" instead of "receiving."

Q: Why do you think it is necessary to visit Cambodia and Thailand and accept students from these countries to study in Japan?

A: It is very important to foster the "spirit of volunteering" from experiences of doing something for the sake of others. For the Japanese students, visit to Cambodia is a chance to "light fire in their hearts." They can learn from seeing the actual situation of developing countries and to realize it is possible to have "rich feelings" while living in economical poverty, to feel nature, think about the meaning of family and how to "live." We also want them to think about the meaning of happiness, enrichment, and what is really necessary in life and whether convenience is something truly beneficial to us or not. We want to provide the opportunity for the Japanese children to think about how to live their lives and think over their values.

Q: What do you think about the children of Cambodia?

A: Even if some children have dreams and hopes, these tend to be very small. The children will one day grow up to run the nation and they should hold a big dream to make a brighter future for their succeeding generation.

In Hopes of Becoming a Nightingale of Cambodia

Son Sokea, Graduate Student of HG Mutsumi Japanese Class of Chei Primary School



I began studying in the HG Mutsumi Japanese Class from 6th grade with hopes of learning Japanese to support my family by working in jobs that required Japanese language. I had difficulties remembering long sentences in Japanese, but I studied very hard.

One day, I was asked by the teacher what my future goal was and this gave me a chance to think seriously about my future. Since then, I held a dream of becoming a nurse.

I was given an opportunity in the 12th year of high school to study at Gakugeikan High School in Okayama for 1 year. I wanted to learn about the Japanese customs and experience the life in Japan. There were so many things I did not understand, but many of the insecurities I had were removed by kind people I met and soon I got used to the dormitory life. I made close friends. I joined a choir and challenged playing the “koto” and performed at homes for the elderly. I was also given a chance to be an intern nurse for 10 days at Tokushukai Hospital in Kobe.

I could experience many things which I cannot in Cambodia and improved my Japanese by talking to teachers and friends. I hope to make the best use of this valuable experience in the future.

After returning to Cambodia in middle of my 13th year in high school, I was able to graduate in July and became a college student at Chenla College in Phnom Penh from October. I will study there for 3 years to become a nurse. I think that by working as a nurse to help people is the best way for me to show my gratitude for all the opportunities I was given. No matter how big of a wall I must encounter, I am determined to accomplish my goal to become the “nightingale of Cambodia.” I want to make it my life’s work to save the lives of Cambodian people. Please be my guardian angel to watch over me.



Precious Memories

Chun Sreimi, Graduate Student of HG Mutsumi Japanese Class of Chei Primary School



2007 was a year I will always remember. I was selected as the first student from HG Mutsumi Japanese Class to study at Gakugeikan in Okayama for 1 year. I arrived in Okayama on August 21, 2007 and was astonished with everything I saw. I shared a dormitory room with a Japanese student and all the people I met there were very kind. At times, the dorm mother scolded me like a true mother when I did something wrong.

Besides studying Japanese, I joined the chorus group and learned how to play “koto”. I also participated in many extra-curriculum and inter-active activities on and off campus. I sang Japanese songs with the chorus group everyday and talked to primary and high school students about Cambodia at our inter-active gatherings. Every day during my stay in Japan was filled with excitement, and I think I have matured in many ways during that year.

The most important thing I learned during that year is the sense of appreciation. During my studies in Japan and after coming back to Cambodia, I met countless of people who cared for me, and I’m sure there will be many more in the future that I would be indebted to, and the least I can do in return is to hold a feeling of appreciation for these people. I could never forget all the people I met in Japan and will do my best not to waste the valuable experience I had and keep the precious memory in my heart at all times.



Heart Parents and Child Care Center

Kuniko Tashiro

Director and Secretary General of HG

Street children often survive by begging, and in many cases, they are victims of drugs, diseases, violence, and “human traffic.”

Child Care Center (CCC) was established in 2000 when we were approached by Mr. Matsumoto of NGO Leucaena Communication Japonesia to help in the establishment of a center to help these street children. At CCC, there are 20 children who themselves or their parents are infected by HIV/AIDS, victimized by domestic violence, without parents, or with various family problems. Many of these children are from the farming villages, and within months after living at the center, they begin to show changes. They laugh a lot, work hard, and become healthy.

We could not ignore these children who are the ones to carry the nation on their shoulders. Instead of waiting until we can gather enough funds, as our Managing Director Hagiwara says it, “put good deeds into immediate action” or as our Representative Director Arimori puts it, “whoever that can, do as much as they can, as long as they can.”

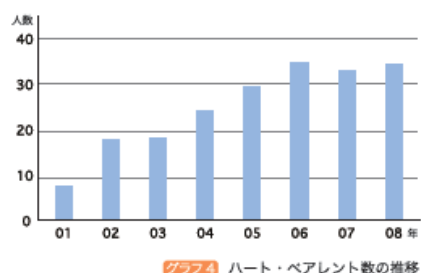
In 2000, a seminar on “International Volunteering” at Notre Dame Women’s College was held. This seminar included on-site volunteering in addition to learning and discussing about the situation in the developing countries of Cambodia and Thailand. The students searched for the best activity they can volunteer to do and came up with a program of foster parenting. This was how our program of Heart Parent got started in 2001.

These college students created bylaws and recruited Heart Parents. They visited Cambodia during summer holidays to meet children and discuss procedures with the local staff. As a result of their efforts, 8 Heart Parents were recruited in 2001. These Heart Parents received reports 3 times annually about the development of their “Heart Children,” conditions at Child Care Center, and overall situation of Cambodia from the students. The program at Notre Dame lasted 7 years and has now been taken over by Mr. Genji Arimori.

Heart Parent must contribute JPY3,500 a month (JPY42,000 annually) of which JPY3,000 will go toward the actual support and JPY500 per month goes toward administration expenses. Approximately JPY1,500,000 annually to cover the expenses is necessary to provide care for 20 children. To operate the program sufficiently, 40-50 Heart Parent are necessary, however there are only 30-35 Heart Parents at this time, and we are making every effort to recruit another 5-10 Heart Parents.

Child Care Center, initially erected in Battambang, was moved to Siem Reap in 2003. Boys’ dormitory was completed in 2007 and the girls’ in 2008, and the name of the center was revised to New Child Care Center (NCCC). These dormitories were constructed by children themselves with the instruction of a Japanese carpenter, Yuichiro Osumi, who taught the art of carpentry to children. Financial support was provided by organizations such as JICA, Okayama Asahi Lion’s Club, and Urayasu Rotary Club.

Graph4 The Number of Heart Parent Members



Supporting Children Cross the Borders

Kiyoshi Matsumoto

Representing Director of Leucaena Communication Japonesia

Leucaena Communication Japonesia (Leucaena) has been conducting community development activities mainly in the rural areas since 1994 under the ideology that if community skills are strengthened in local areas, Cambodians will be able to deal with various problems within their local communities.

Currently, 60 “co-op” unions (approx. 9,000 households) are managing the union funds and operating their own union. However, not all problems can be dealt by the union. For example, a child who has lost both or one of his/her parents by contaminating disease not only will have difficulties for survival but may become a target of discrimination by his relatives and community. Even if a child can live a normal life, he still has to deal with the difficulties of living in the “present.” A child born in poverty, or has lost his/her parents and unable to get education, must survive somehow with threefold handicap.

Normally it is the responsibility of the national and regional governments to deal with the social problems of its people, but the government of Cambodia has no power to deal with the problems and must rely on NGOs and U.N. organizations to take on the task. In order to cast a light of hope in the hearts of children, it may be our duty as adults to reach out beyond the borders to take on the responsibility.

At NCCC, children can live with hopes because of the warm support of Heart Parent program. When children realize that they are “protected,” they feel secured and can live their lives with courage. I believe supporting these children and sharing with them the courage and hope they discover, is our joy as adults and a very meaningful experience for us.



New Child Care Center – A House for “Learning”

Yuichiro Osumi
Project Manager of NCCC

The first concept that came to mind when considering the structural design of NCCC, was “nurturing.” I tried to create an image of “nurturing” and “parenting” over and over in my mind. Before deriving at this concept, I wrote down on paper images that came to mind such as “importance of life”, “how family should be”, “human as part of nature”, “good aspects of old tradition”, “recycle”, “food chain”, and so forth, but every image I came up with all led to the basic human act of “parenting” and this is how I derived at the theme for our new center.



The actual starting point was asking myself the question, “what is a family?” and finding the answer. Does the family have to consist of blood relatives like grandparents, parents, and siblings? What are the qualifications to becoming a family? None of these conditions applied to the children who will live at the center, so I decided to define family as “everyone who lives under one roof and many others who are involved in supporting them.”

Next step was to think about “what this house means to the children.” With very little information about the children, I was asking myself whether they will be happy with this house which they have no choice but to live in. Will they be proud? Then I thought about how wonderful it would be to build the house together with the children to make sure it gets enough sunlight, nice breeze, be comfortable, and when necessary, to be a shelter to protect the children from danger.

Complicated structures were avoided for everyone to contribute to the best of their ability. The structure was simple yet dynamic in appearance and contained detailed functional elements. The outer appearance was designed to blend in with the environment. The roof of the main building, which serves as the common area with the traditional roof, is surrounded by smaller structures to give a feeling of a small village. Consideration is taken not to hinder the convenience of having lake and river nearby.

In addition to the building structures, open space has been carefully designed to provide an area for learning and to breathe in knowledge. Underneath the terrace is an open-door classroom which, at times, becomes a theater for staging dance performances to exhibit the result of daily practice. The structure adjacent to the dining area is an open-style kitchen for children to actively be involved in the preparation of meals and clean up. The pergola over the main entrance steps serves as a reminder that we are blessed with the gift of nature and to live in harmony and at peace in the environment. The sleeping quarters for boys and girls are separate building structures with the same concept of one room style without walls or partitions. This is to create closeness among the roommates, to establish open relationships, to make mutually agreeable rules, and to learn management within their small society.

There's also a great pain in consideration taken to avoid endangering the health and physical conditions of the residents. Drainage sanitation is controlled as much as possible. 4 stalls are available each for toilet and shower and excrement is drained to the lake while water containing soaps and other forms of chemical detergent is drained to the purification tank. To protect the safety of residents, the property is fenced with natural materials such as

bamboo fences, trees, plants, and pebbles (for making noises to alert intruders). We have selected fruit trees and plants that bear beautiful flowers to create a cheerful atmosphere.

To saw a piece of wood, to hammer a single nail, is all part of the learning process for these children. I have confidence that their experiences in helping to build the center can benefit them when they become adults. Who knows? They may want to pursue some of the skills they learned to decide their future careers.



For The Sake Of Children's Self-Sufficiency

Kuniko Tashiro

Director and General Secretary of HG

In Siem Reap where Angkor Wat is attracting many foreign visitors, hotels to accommodate these visitors are increasing day by day. It is also becoming a city of opportunity to earn income from tourism and businesses catering to the needs of foreign visitors are rapidly growing. There is a rise in the standard of living and the area is losing the characteristics of slow rural life, typical of Cambodia. Facing the current situation, without a doubt, the children in NCCC without parents or land, must learn some kind of skills to become self-sustaining.

The residents of NCCC are children who lost their parents from contaminating diseases or are victims of domestic violence. In any case, they were street children when we took them in and have deep wounds in their heart. Normally they don't show it, so it's hard to imagine what they have gone through when you see them at the center. Although they are poor, they are receiving love and care and the necessary education for them to mature as proud Cambodian and eventually support their country.

Operation of NCCC is impossible without the help from Japan. Japanese "Heart Parents" receive 3 reports a year and a letter from their foster child. Knowing that they have foster parents who care about them even from a distant foreign country gives them tremendous hope and incentives to live.

The children often wish their foster parents good health and happiness and hope to meet them someday. In December 2009, one of the first children to have Heart Parent met her foster parents in Tokyo for the first time in 9 years of being supported by this program. Their meeting was very touching. They spent the whole day holding hands and trying to get to know each other. This reminded us that although there are many sad and unfortunate situations in the world, we can be blessing with happy and touching moments if we continue to live with hope. It is most rewarding for us to see the children at the center grow up healthy and with positive outlook in life.

I would like to thank each and every one of the Heart Parents for supporting our program, and I hope you will continue to keep this program on-going so that you can give the children in Cambodia a fair chance in life. Thank you.



Smiling Faces of Children

Chihiro Kurosaki

HG CYA-JYA 2007/ Student at Notre Dame Women's University

I found the children of NCCC energetic and full of life! And they were all so friendly!

During our recent visit, we made some flowerpots. We dug pits along the edges of the property grounds and filled them with colorful tiles that had been cracked and mixed with cement. We could not communicate in words, but no one looked puzzled. We set an example and the children followed, and when they wanted to express their opinion about something, we sensed it and words were unnecessary to understand what they wanted to say.

A sudden rain shower stopped us temporarily from working on the flowerpots and we took covers. Normally in Japan, most of us just sit around with doing nothing but to wait for the rain to stop, but one of the children said, "let's sing!" and we all sang and danced to the rhythm of an accompanying guitar!

Cambodia is still a developing country with many unsolved problems, but we were astonished with children's smiling faces and cheerful characters. Their facial expressions and disposition changed the image I had of Cambodia and the gloomy outlook about their future. As long as these children are able to maintain their smiles and energy to face obstacles, they can make the difference in the future of their nation. But in order to realize this goal, the support the children received through NCCC is a must. I would like to see these children graduate from the center, go out into the society, and fill their social responsibility to support the next generation of children become self-sustaining.



TECHNICAL TRAINING IN AGRICULTURE

This project aims to support farmers become self-sustained by providing technical training in agriculture. Utilizing the funds for the project from the distribution of “Post Office Volunteer Savings” from Japan, HG worked in conjunction with the Cambodian NGO Snadai Khmer. (2000-2004)

In Cambodia 80-90% of the nationals are farmers, however it is impossible to make a living on farming alone. The reason is that only 10-30% of the potential farming land is utilized due to obscurity of farming techniques and marketing system so that farmers cannot sell enough vegetables to sustain their livelihood.

First of all, cultivation training took place at a model farm to teach the farmers how to cultivate the land, lay seedlings, make fertilizers, look after the vegetations so that they can utilize all of their farmland effectively. At the same time, trainers visited each farm to provide individual technical training and guidance. Growing in greenhouses was also tested, but as it did not prove to be cost effective, agricultural method which best suited the environmental conditions was employed to obtain the best economic result.

For those farmers who could not buy seeds and seedlings received them without cost. As a result, every farmer could grow vegetables best suited to their land conditions and was able to utilize almost 100% of their farmland. Furthermore, they gained confidence to earn income from selling vegetables and showed motivation in various aspects. Those farmers who sought other jobs to make a living were now able to provide for their family by farming alone, and their children could have a chance to go to school. Another good news is the fact the farmers now were hopeful about the future. This sprouted a sense of rivalry among the farmers for economic success, creating a favorable environment in the farming villages. After 5 years and seeing that the prospects of the project looked bright, HG faded out of the scene and left everything to Snadai Khmer to carry on the project.



EAST TIMOR PROJECT

Taku Yamaguchi
Director/JICA Project Manager, HG

East Timor was under the political control of Indonesia until international pressure increased and finally persuaded Indonesia to allow an independence referendum in 1999, but when the referendum showed overwhelming support for independence, the Indonesian militia went on the rampage, murdering hundreds of people and reducing towns to ruins. With the guidance and aid of various international peacekeeping forces, the country became an independent nation and could employ the modern political system with the desperate efforts of the people. From April 22 to June 12, 2002, the nation celebrated its independence and held various events.

During a month of independence celebration, 5 grand official ceremonies took place - to promote peace, to spotlight the national heroes who contributed greatly to the independence, and to encourage nurturing of human resources. It also aimed to achieve international recognition as a successful effort made by UN for world peace.

As a symbol of peace, and to invigorate the nationals and to animate the newly independent nation, the new government selected "sporting event" as one of the official celebration events. However, the newly formed nation had no manpower or expertise in organizing and managing events and sought outside sources.

Australian Sports Commission (ASC) representative, Mr. William Glenwright became the committee leader to organize the sporting events and I served as the sub-leader. I was assigned this role by HG Advisor Mr. Hideki Ogawa, who was in East Timor to supervise the independence referendum.

ASC managed the total scheduling of the event, press releases, and other aspects of event organization while HG was responsible for the preparations and actual operations. Out of the total 18 sport categories, JICA Sports Inquiry Commission and HG worked jointly in developing events for marathon, soccer, basketball, volleyball and athletic competitions. Our responsibilities covered provision of sporting goods (T-shirts, stopwatches, whistles, lawn mowers, etc.), setting up preparation and operation committees for each sport event, conducting training workshops, and operating and managing each competition. The opening ceremony of the half-marathon and 10/5km road races was attended by the late Mr. Sergio Vieira de Mello (ex-president of UNTAET) and Mr. Jose Ramos-Horta (Nobel Peace Prize winner/Prime Minister of East Timor) with the previous Minister of Finance and General Secretary of JICA in East Timor participating in the 5km road race. It was a successful event with the number of participants exceeding 800 in total.

This grand celebration began on April 30 with the Opening Ceremony followed by the Final Match of national soccer championships. The Closing Ceremony was also held in a grand fashion with the attendances of the First President Xanana Gusmao, Prime Minister Ramos-Horta, the late Mr. de Mello of UNTAET, IOC Vice-President Mr. Kevin Gosper, and many other top officials from the newly founded nation.

The most unique feature of this event was the working relationship of ASC and HG staff with various international institutions. We had organizational support of UNTAET; medical and

first-aid support of UNTAET Medical Cell; publicity and PR support of UNTAET Radio and TVTL; security and medical support of PKF; repair and maintenance support of Australian Government; supplies from IOC; dispatch of Sports Inquiry Commission and supplies from JICA; funding from Japanese Government; supplies from Portuguese Government; among others. Working with JICA was especially productive and we were able to exert our special skills fully and most effectively. Needless to say, that the long celebration came to an end with a great success on May 20, 2002.

Following this grand celebration, HG continued to dispatch volunteers for 4 years. In 2003, while helping with the national independence anniversary ceremony, we worked in conjunction with Mr. Decardo from Portugal who was dispatched by IOC to help East Timor establish their Olympic Committee. Once the ETOC had been established, we moved on to work on the youth education projects with the financial support of the grass-root citizen's funds. We launched student commission of St. Joseph High School in 2004 and supported its peer education programs. In 2005, using the "Ministry of Posts and Telecommunications Volunteer Funds," we supported the Student Commission to successfully organize "improvements in public health and sanitation," "goodwill sports matches," "opera," and "local newspaper club" programs. Just when the activities were beginning to run smoothly and the Student Commission of St. Joseph High School started to encourage other schools to form its own Student Commission, the national turbulence recurred and we were forced to withdraw from the country. Although the situation has now settled down, unfortunately, various activities have not resumed practices.



What We Can See through the Activities in Cambodia and East Timor

Hideki Ogawa

Professor at Okayama University International Center

My first contact with HG was when Ms. Tashiro was working alone with a single phone in a rented space inside NGO AMDA (specializing in the medical field) head office in Okayama. I have a close working relationship with NGO AMDA since I am from Okayama and have experienced working in Asia and Middle East for U.N. and Ministry of Foreign Affairs. Of course, I knew of Yuko Arimori, but I didn't know about her NGO activities until I met her through AMDA.

Being engaged with HG was inevitable more than by chance because I began to visit Cambodia through my work in 1992 when the nation regained peace, but even before I became a professor, I took my students to Cambodia every year. The activity of contributing to the world peace by the general public in Japan initiated in Cambodia. This was the case for me as well.

Hence, it was a natural course and inevitable for me to meet the members of HG, but this does not mean that I am involved in the activities of HG. We are both involved in the activities of Cambodia, but separately. Our path just happened to meet.

Although having established a connection with HG and later met Ms. Yuko Arimori, I had no opportunity to participate in AWHM or any other sporting events in Cambodia. An opportunity to work together emerged in 2001 when I was consulted by Ms. Tashiro if I can recommend another nation that may be in need of their support. It was the year I returned to Japan from JICA assignment in Thailand and without contemplation, I recommended East Timor. I had visited East Timor many times within the 2 years during its uproar for independence referendum, and told Ms. Tashiro without hesitation, "This time, I will assist you in every way."

Soon after, Taku Yamaguchi was dispatched to East Timor and took full advantage of the information and contacts I had provided him to successfully accomplish his job of organizing sporting events for the independence celebration. He was then dispatched to Cambodia to head a project of developing physical education system in primary schools, applying the experiences he had acquired in East Timor. This is how the gist in developing sports instructors of East Timor and Cambodia were connected.

I am currently teaching at Okayama University International Center and working to internationalize Okayama University while advising students' foreign exchange program. I often lecture on international contributions and speak on the activities of U.N. and JICA, some of which Mr. Yamaguchi has taken.

Now that 10 years have passed since HG's involvement in Cambodia, I wonder how they rate their activities efforts in Cambodia and East Timor.

Cambodia is a country that greatly influenced present day Japan. General public of Japan began to support humanitarian causes around the end of 1979 when Cambodian refugees were trying to cross the national border to Thailand. Many of today's NGO were formed around this time. As you already know, the country regained peace in 1992, making a big

impact on Japan's contribution for international welfare. Cambodia is the cradle of Japan's interests in foreign concerns.

In the spring of 1999, during the Kosovo War, while the Japanese government hesitated to get involved in peace building even under the NATO's military actions, the Japanese NGOs went into the country boldly to bring peace.

Perhaps it was out of regret or shame, the Japanese government began to prepare for peacemaking in East Timor the autumn of the same year. It was the first time Japan ever sent its U.N., defense force, JICA, and NGOs to support the efforts for peacemaking.

HG's activities in Cambodia include teaching Japanese in addition to organizing AWHM which led to unprecedented development of physical education system and teacher's manual for primary schools. In East Timor, HG organized sporting events for the occasion of nation's celebration for independence. This is also unprecedented by any other NGO. Although the organization is not very large, it is rare to see an organization successfully accomplish such effective and unique projects.

It is under question what this organization will do for the next 10 years in phase 2. Will it expand its activities? Will it continue to develop the current projects in depth and become specialists? It's a big question!



JAPANESE YOUTH AMBASSADORS

Tokihiko Fujimoto
HG Youth Ambassador Leader

HG Youth Ambassadors (HG CYA-JYA) refer to youth volunteers from Cambodia and Japan who are involved in international cooperative activities. Japanese HG JYA is called “Haguja” and HG CYA is called “Hagucha”.

We are currently living in the age when globalization is occurring at the same time as localization, causing international inequality. On the other hand, due to the technical development in informational tools and transportation systems, international exchanges on individual basis are now possible, and we felt the need to take actions to resolve international issues while learning to work cooperatively, based on international exchanges.

When YLTS program began in 2001, it was supported by many Japanese students, however when Cambodian students began to participate in 2003, the program started to take the form that was initially intended. HG CYA-JYA original flag was created, and ball toss and 3-legged race were introduced in the primary and middle schools.

In 2006, HG CYA-JYA was treated as an independent program with OB/OG taking the initiatives. Event planning, recruiting ambassadors, planning and executing activities, organizational management and operation were done mainly by HG CYA-JYA. In the same year, stage plays and games were created mainly by HG CYA to educate the middle school children (in Battambang) on HIV/AIDS and preventive measures for misuse of drugs.

In 2007, Notre Dame Seishin University executed two programs as part of their international volunteer seminar – one was on the theme of “Connection between natural environment and lifestyle” (in Siem Reap) and the other was “Lacrosse makes friends in Cambodia” based on the ideas of HG JYA .

Furthermore in 2008, activity based on the theme on “necessity of sanitation for health” was cooperatively planned and executed by HG CYA and JYA. The success of the program was accredited to Sayuri Tanaka, a Yamagata University student who worked on site as an intern from April to October.

Over 100 youths has participated in HG CYA-JYA program to date. The first year HG JYA leader, Kana Komoto is now working in Cambodia as JICA member, and HG CYA leader Keo Sochetora is currently working in the HG Asia office. Furthermore, Junichi Hiraishi was dispatched to Uganda as JICA member in 2008-2009. Some have gone off to study abroad or to graduate schools or have sought jobs in global companies after working as HG CYA-JYA. Many OB/OGs are now active leaders in the international scene. With such a great outcome, I believe HG CYA-JYA program will continue to expand as a human resource bank.



Active Role of Local Interns and Post-Internship

Taku Yamaguchi

Director of HG/Project Manager of JICA

NGOs in Japan are supported by many volunteers. They handle anything from collecting donations, sorting and packing goods to be sent abroad, translations, among other jobs to even managing our website. As the representative of HG always says, “do whatever one can, whoever that can, and as much as one can.” In Cambodia, volunteers of all ages help in running the AWHM and other on-site activities of HG. It’s not an overstatement to say that “without the volunteers, it is impossible to provide activities.”

However, it is not easy to become paid employees. In order to enter the field of international development, it is necessary to complete an internship program with either JICA or some NGO. HG has, in the past, accepted short-term (1-3 months), middle-term (3-12 months), and long-term (over 1 years) internships. I completed internship at HG after volunteering with JICA and then worked as a registered temporary staff before becoming an employee of HG. The office in Cambodia was set up in 2004 and now that I am responsible in teaching the interns, I take into consideration individual talents to make full use of them in the projects they are assigned.

As the range of activities widens, the need for manpower increases and the strengthening of personnel capabilities becomes imperative. In some cases, battle-ready personnel is needed to deal with the political issues. Internship system is an effective means of securing capable human resources and a good chance to pick out highly talented staff.

On the other hand, in recent years, there is an increasing number of young people who wish to satisfy their sense of global responsibility, and measure their capacity building by taking advantage of the internship programs with the NGO. Among those who completed internship at HG, have found jobs as teachers, development consultants, hotel staff, think tank staff, start-up company staff, and company employees in Japan. Others are working globally for JICA and UN and international development agencies. Furthermore, there are others who pursue higher education in graduate schools and research institutes to apply what they felt and experienced during their internship to find answers.

It is natural for people to pursue different walks of life after the internship because they all came from different backgrounds in the first place, but after they completed their internship, we saw some distinctive commonalities among them. They had all developed ability for problem solving, capacity for achievement, and most of all, self growth. I look forward to the day when I will be working side by side with the past interns of HG to contribute towards international development through sports.



Switching Career from Corporate to NGO

Shinichi Yanagida
Asian Office

I retired from a company in 2006. It was around that time when I heard Ms. Yuko Arimori speaking about “giving victimized children of Cambodia hope and courage through sports.” I immediately submitted my resume and joined in the activities of HG. I knew very little about Cambodia and NGOs and in more ways than one, I set my foot in a “different culture.”

What I am sensing in Cambodia is the enjoyment of being involved as an individual. I have traveled to different countries on business trips, working for a company, but thinking back, I was exposed to a certain class of people, the fortunate ones and under the protection of company armor. I am now meeting people as an individual. I met a couple that operated a small primary school out of their own savings in a poor village. Their philosophy is “blaming the system but not the individuals.” It was a new and wonderful experience for me to meet all the people I met. I also met a pure-hearted college student, a girl on crutch making crafts, a family that repaired bicycles – all of whom called me a “friend.” They all try to listen intensely to understand my poor Khmer.

Most of the people working for NGOs in Cambodia are around 30. They sympathize with the NGO causes and work willingly because it is what they themselves chose to do with strong belief. The wider range of individual freedom, working for NGO as compared to working for companies, adds to the work incentive. The people who chose to work for NGOs also have hunger for knowledge in unfamiliar fields, and I have had many discussions with them regarding corporate managerial systems and staff employment. This gives me a good opportunity to organize my past experiences and knowledge and I hope to make this exchange in knowledge and skills an ongoing thing for many years to come.

I am spending a wonderful time through my participation in HG activities. What I am gaining now is a lot more stimulating and satisfying than what I had gained in the 36 years of working at the company.



PROJECTS IN JAPAN

There are also many Okayama based projects in Japan. The study tour held in conjunction with AWHM is an ongoing project which not only caters to marathon participants and sightseeing visitors to Angkor Wat but is organized to visit various facilities related to HG projects for observing and learning the current social conditions in Cambodia.

By approaching all organized marathon events in Japan, HG encourages the organizers and runners to give donation to the developing countries through the “Runner’s Aid” program which is a charity run to support people who are unable to run.

HG is also involved in conducting sports and Physical Education related symposiums, organizing humanitarian relief panel exhibitions, and hosting and sponsoring various lectures. These symposiums and lectures are given by HG Representative Director, Yuko Arimori and university students who have participated in the study tour, as well as other named lecturers in their specialized fields. Furthermore, due to actual involvement in the developing countries, HG is able to provide education for international understanding, reinforced by personally acquired information and experiences (service learning). These lectures are targeted to primary, middle, and high school students to present the real conditions of the world in terms of poverty, environment, and peace for comprehensive learning to understand the differences in cultures. HG and the students build close relationships by spending 1 year on this comprehensive learning and volunteer training. Japanese students have a lesson on the Internet with Cambodian students, exchange emails, letters, and presents so that they can deepen their understanding of each other’s culture and build a friendship. While Japanese students learn the actual situation of developing countries, they are given a chance to learn about themselves. In some cases, it has developed to the extent that some students are seriously thinking about, “how they should live their lives and what is expected of them.”

Additionally, HG sells T-shirts, caps, and other goods to use the proceeds for the disabled children of Cambodia. Aside from these merchandises, original artworks by artists are sold at charity events and bazaars in which non-HG members are free to join.

There is a wide range of programs conducted by HG in Japan, but they all have 2 common purposes – to promote the understanding for HG’s activities and to recruit membership.



*Letter from Cambodia

Suita Nakanoshima Charity Run

Kenichi Ito, Staff of Suita Nakanoshima Runners Organization

Suita Nakanoshima Runners has continued to host “5-hour Endurance Run” since 1987 as one of their charity programs. From 1992, their contribution to the international aid began by asking the participants to donate some money to the “save the children of the world from hunger” program of UNICEF. Two years later, they began to donate part of the entry fee towards Runner’s Aid program under the slogan of, “leg pains are best understood by runners.”

In 1997 we found out about the establishment of HG and decided to entrust our Runner’s Aid donations to HG. On the occasion of HG’s opening reception, our club representative, Masako Matsumura and few other members presented our first Runner’s Aid donations. Starting in 2006, which marked 20th year anniversary of our “5-hour Endurance Run,” all donations we have gathered has been entrusted to HG.

From 2007, the name, “5-hour Endurance Run,” was changed to “Suita Nakanoshima Charity Run” and the original 5-hour run was changed to less physically strenuous events of game relay and 3-hour run under the joint operation with HG. It has now become an important place for HG volunteers to acquire useful experiences. HG Representative Director, Yuko Arimori has attended 4 events including our 15th Anniversary event. Because of her involvement, the number of participants has increased and is growing year by year. It was our intention to bring the “computer-game kids” outdoors and for them to discover the enjoyment in running and playing games with their parents through the game relay event and to learn to encourage each other by working in teams. We hope to carry on the spirit of volunteering based on the core philosophy of HG and to pass this spirit on to the children of many generations to come.



Supporting Members of HG

Membership of HG

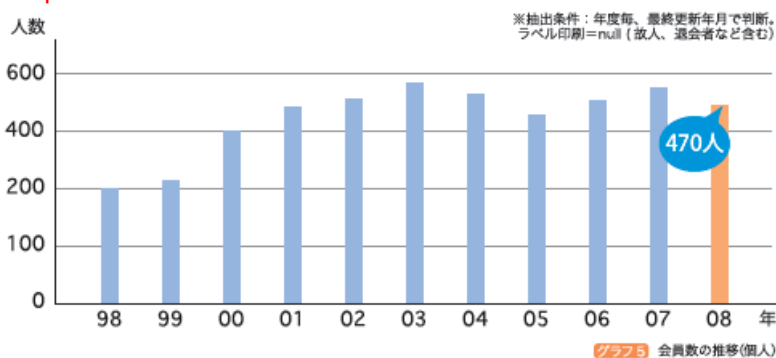
Kyoko Inoue, Kuniko Tashiro, Chihiro Kurosaki, and Takihiko Fujimoto – HG HQ Staff

Looking back on the numbers of membership in the past 10 years, there were 199 individual members in 1998 when HG was established as a NGO. The membership peaked in 2003 at 562, but since then, it has been fluctuating between 450 and 550. It was 470 in 2008 in which 97 were newly joined members. The most number of new members we acquired in any given year was 210 in 2000. 26 precious members have continued their membership since 1998.

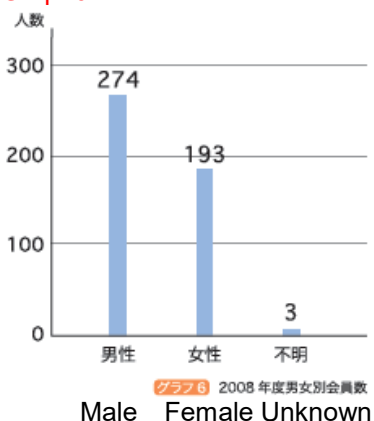
In 2008 out of 470, 274 were male and 193 were female plus 3 whose gender was undetermined by only the name.

Dividing by areas, Kanto is the largest with 155 followed by Chugoku/Shikoku with 138, Kinki with 76, and Hokuriku/Tokai with 53. (Within Chugoku/Shikoku area, Okayama Prefecture where HG HQ is located has the largest member at 120 followed by Tokyo's 59.) As an NGO based in Okayama, it shows that we have deeply enrooted international aid programs on our home ground. In the Hokuriku/Tokai area, 31 out of 53 members come from Nagano. This is due to the efforts of HG Iida Club headed by Messrs. Sakai and Haba. Along with HG Eastern Japan Branch and HG Western Japan Branch offices, expansion of local organizations and groups supporting HG activities and increase in the number of such local organizations and groups are much to be desired.

Graph5 The Number of Members



Graph6 The Number of Members by Gender



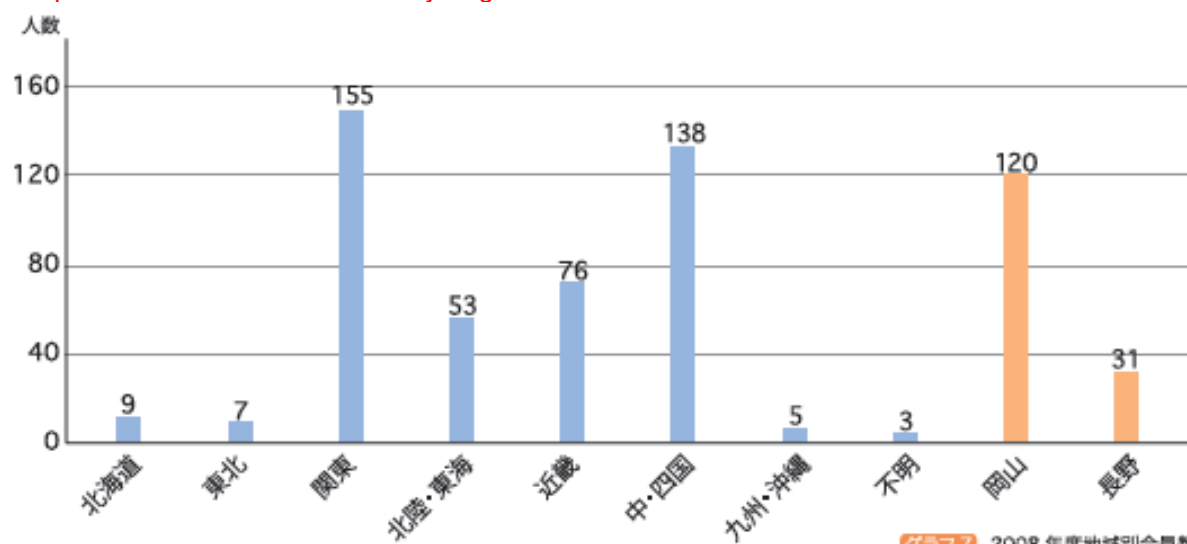
HG Iida Club
Homare Sakai, President and Kazuo Haba, Secretary

HG Iida Club was established in 2003 by the people of Iida City in Nagano Prefecture who have supported HG activities. With H. Sakai as president and K. Haba as secretary, the club was launched with 25 members.

HG Iida Club hosts several activities throughout the year including supporting the local Athletic Federation for Disabled and giving financial support to local running events. On the international level, we support Cambodian children's self-reliance programs and provide operational support of AWHM and on-site inspections. (2007, 2008, 2009)

The club has raised funds from selling locally produced apple and plum juices to be used towards activity expenses and financial supports. In addition, we hold either annual report meetings or panel exhibitions to show our club activities executed over the year, invite HG Representative Director Yuko Arimori to give lectures, and we go out to schools to lecture on the volunteer activities the club has done in the past.

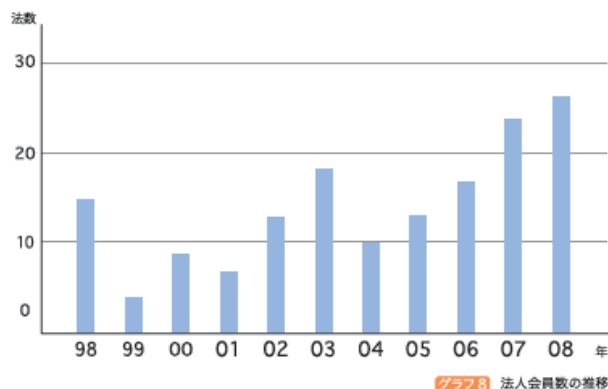
Graph7 The Number of Members by Regions



While having a global viewpoint about supporting the developing countries, our club gives the children of Iida City dream and hopes through locally rooted activities. Because we want our children to grow up with consideration for the world, we are striving to create a stronger bond with them and to expand our activities.

The graph points out a gradual growth in membership over the recent years.

Graph 8 The Number of Cooperate Members



Organizational Chart

Kyoko Inoue, Kuniko Tashiro, Chihiro Kurosaki, Takihiko Fujimoto



In 1998 Hearts of Gold was established with 8 Board of Directors - Chairman of the Board of Directors Takashi Ogiwara, Representative Director Yuko Arimori, Vice Representative Director Lorraine Mullar, and 5 others. In 2005 Taku Yamaguchi and in 2007 Kuniko Tashiro were added to the Board while maintaining their employed positions. In 2009 the total number of the Board became 15. (See Chart 3)

Chart 4 list the projects and persons in charge and employees at HQ and Asian Office.

Chart 3 - Board of Directors

Year	Representative Director	Vice Representative Director	Directors
1998	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Yumiko Ogata, Kenji Kimihara, Tomoya Takaishi, Masako Matsumura, Yoshiko Honda
1999	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Yumiko Ogata, Kenji Kimihara, Tomoya Takaishi, Masako Matsumura, Yoshiko Honda
2000	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Yumiko Ogata, Kenji Kimihara, Tomoya Takaishi, Masako Matsumura, Yoshiko Honda
2001	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Yumiko Ogata, Kenji Kimihara, Tomoya Takaishi, Masako Matsumura, Yoshiko Honda, Fumitaka Katori
2002	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Yumiko Ogata, Kenji Kimihara, Tomoya Takaishi, Masako Matsumura, Yoshiko Honda, Fumitaka Katori
2003	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Kenji Kimihara, Tomoya Takaishi, Fumitaka Katori, Syun Hasegawa, Hiroshi Nakashima, Hiroko Katayama, Koichi Tanaka
2004	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Kenji Kimihara, Tomoya Takaishi, Fumitaka Katori, Syun Hasegawa, Hiroshi Nakashima, Hiroko Katayama, Koichi Tanaka
2005	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Kenji Kimihara, Tomoya Takaishi, Hiroshi Nakashima, Hiroko Katayama, Kouichi Tanaka, Kanna Kouzu, Masumi Muto, Takashi Miwa, Kouichi Shizawa, Taku Yamaguchi
2006	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Kenji Kimihara, Tomoya Takaishi, Hiroshi Nakashima, Hiroko Katayama, Kouichi Tanaka, Kanna Kouzu, Masumi Muto, Takashi Miwa, Kouichi Shizawa, Taku Yamaguchi
2007	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Kenji Kimihara, Tomoya Takaishi, Hiroshi Nakashima, Hiroko Katayama, Kouichi Tanaka, Kanna Kouzu, Kouichi Shizawa, Hiroaki Otani, Hitoshi Haba, Taku Yamaguchi, Kuniko Tashiro
2008	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Kenji Kimihara, Tomoya Takaishi, Hiroshi Nakashima, Hiroko Katayama, Kouichi Tanaka, Kanna Kouzu, Kouichi Shizawa, Hiroaki Otani, Hitoshi Haba, Taku Yamaguchi, Kuniko Tashiro
2009	Yuko Arimori	Lorraine Moller	Takashi Hagiwara, Kenji Kimihara, Tomoya Takaishi, Hiroshi Nakashima, Hiroko Katayama, Kouichi Tanaka, Kouichi Shizawa, Hiroaki Otani, Hitoshi Haba, Taku Yamaguchi, Kuniko Tashiro, Akinari Ikka, Mayumi Sakazaki

Chart 4 - Project Managers and Office Staff

	Leaders for Marathon Event	AMCJ	YLTS	Health•PE Education Project
1996	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Koichi Hasegawa		
1997	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Koichi Hasegawa		
1998	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Koichi Hasegawa		
1999	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Koichi Hasegawa		
2000	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Koichi Hasegawa		
2001	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Koichi Hasegawa	Chiaki Okada	
2002	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Keiya Hori	Taku Yamaguchi	
2003	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Keiya Hori	Taku Yamaguchi	
2004	Koumei Nishikawa, Toru Nishikawa, Hakaru Miyama	Kuniko Tashiro	Taku Yamaguchi	
2005	Koumei Nishikawa, Kazuhiro Fujita, Tomonari Nishikado, Hakaru Fukayama	Kuniko Tashiro	Taku Yamaguchi	
2006	Koumei Nishikawa, Kazuhiro Fujita, Tomonari Nishikado, Hakaru Fukayama	Kuniko Tashiro		Taku Yamaguchi, Yoko Takamichi
2007	Koumei Nishikawa, Kazuhiro Fujita, Tomonari Nishikado, Hakaru Fukayama	Kuniko Tashiro		Taku Yamaguchi, Yoko Takamichi
2008	Koumei Nishikawa, Kazuhiro Fujita, Tomonari Nishikado, Hakaru Fukayama	Kuniko Tashiro		Taku Yamaguchi, Yoko Takamichi
2009	Koumei Nishikawa, Kazuhiro Fujita, Tomonari Nishikado, Hakaru Fukayama	Kuniko Tashiro		Taku Yamaguchi, Yoko Takamichi

	Child Care Center	Japanese	East Timor	HG CHA-JYA
2000	Hidemi Nakayama, Sachiko Ozeki	Mutsumi Hinokio		
2001	Kuniko Tashiro, Naoko Iwamoto	Mutsumi Hinokio		
2002	Kuniko Tashiro, Naoko Iwamoto	Mutsumi Hinokio	Taku Yamaguchi	
2003	Harumi Okuuraya, Yoko Murakami	Mutsumi Hinokio	Taku Yamaguchi	Kana Komoto
2004	Ai Ando	Mutsumi Hinokio	Taku Yamaguchi	Kana Komoto, Keo Sochetora
2005	Jyunko Yuasa, Mari Tashiro	Mutsumi Hinokio	Taku Yamaguchi	Kana Komoto, Keo Sochetora
2006	Yumiko Senoo	Mutsumi Hinokio		Tokihiko Fujimoto, Keo Sochetora
2007	Masako Mimura, Genji Arimori	Mutsumi Hinokio		Tokihiko Fujimoto, Jyunya Yamashita, Seiko Saeki, Norie Takahashi, Keo Sochetora
2008	Genji Arimori	Mutsumi Hinokio		Tokihiko Fujimoto, Yuri Tanaka, Keo Sochetora
2009	Genji Arimori	Mutsumi Hinokio		Toshihiko Fujimoto

	Head Office	Asia Office
1998	Kuniko Tashiro	
1999	Kuniko Tashiro	
2000	Kuniko Tashiro, Motoyo Hishikawa, Keiko Iguchi	
2001	Kuniko Tashiro, Syuichi Susuki, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue	
2002	Kuniko Tashiro, Syuichi Susuki, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue	
2003	Kuniko Tashiro, Syuichi Susuki, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue	
2004	Kuniko Tashiro, Syuichi Susuki, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue	Taku Yamaguchi, Pimean
2005	Kuniko Tashiro, Syuichi Susuki, Yoshiko Sonoyama Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue Michiyo Abe	Taku Yamaguchi, Muy Lath, Pimean
2006	Kuniko Tashiro, Mitsuo Motoyama, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue, Michiyo Abe	Taku Yamaguchi, Yoko Takamichi, Muy Lath, Pimean, Rith
2007	Kuniko Tashiro, Mitsuo Motoyama, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue, Genji Arimori, Michiyo Abe, Sayo Kagawa	Taku Yamaguchi, Shinichi Yanagita, Yoko Takamichi, Keo Sochetora, Muy Lath, Pimean, Rith
2008	Kuniko Tashiro, Mitsuo Motoyama, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue, Genji Arimori, Sayo Kagawa	Taku Yamaguchi, Shinichi Yanagita, Yoko Takamichi, Miho Nakashima, Keo Sochetora, Navy Sam, Sam An
2009	Kuniko Tashiro, Mitsuo Motoyama, Motoyo Hishikawa, Keiko Iguchi, Kyoko Inoue, Genji Arimori, Sayo Kagawa	Taku Yamaguchi, Shinichi Yanagita, Miho Nakashima, Keo Sochetora, Navy Sam, Sam An

About the Volunteers

Keiko Iguchi, HG HQ Volunteer Staff

As I am writing this, the meeting between HQ and Cambodian office has just started by use of “Skype”.

On October 10, 1998 HG began its operation with 1 phone in a room inside the AMDA office. It is amazing to see how much accomplishment HG had made over a mere 10-year span. There were countless volunteers during this period who supported HG and without their help, HG could not have come this far. I can recall many faces. HG’s success is an accumulation of many small powers working together for the same cause. While I extend my appreciation for everyone’s distinguished services, I would like to say that I take great pride in having them as my lifetime comrades.

People who have volunteered for HG have much understanding for HG’s cause and in many cases have continued to volunteer for many years. It is encouraging to hear that they have applied their experiences working as volunteers for HG in “international services.”

I am now in my latter years, but I hope to stay healthy and continue to serve HG as a volunteer as long as I can.



Expanding our Grass-Root Network

Kuniko Tashiro, Director and General Secretary of HG

In general, what one individual can do has limitations and the same holds for one organization. Of course, there are individuals or independent organizations that can make great accomplishments. I am very much aware of this and I respect such individuals and organizations.

When HG was established, I thought about how this organization will draw the final curtain. When we are ready to pull out of the developing countries where we provide aid, it is most essential that there will be local people to carry on the activities we had started. Although it may not be so easily accomplished, the key to success is working cooperatively with various organizations. This was the reason we focused on creating the grass-root network.

Political institutions, UN, and NGOs work best within their straight line of command basis and find working with complementing entities in cooperative manner a bit difficult. However, for a small organization like HG to conduct meaningful activities, networking was imperative. After 3-4 years of launching HG, we were able to receive guidance from an investigative staff member of Ministry of Foreign Affairs in charge of NGO on "how to draw up a 5 year plan" and "conception of network" which started our search for networking partners. We began to look for such partners in Cambodia, and tie-up companies, schools, regional government offices, and grant aid organization in Japan.

Listed below by projects are entities and individuals currently in our network:

Initiating Cambodian Primary School P.E. Curriculum: Cambodian Ministry of Education, University of Tsukuba, International Department of Okayama Prefectural Government, Okayama University International Sports Exchange, specialists in sports, retired middle school teachers, primary/middle/high schools in Japan, supporting companies, and the general public in Japan

New Child Care Center: Local NGO Leucaena Communication Japanesia, professional architect Mr. Osumi, Mr. Lee of International Komei Shakai Osaka Church, Japan International Cooperative Organization, primary/middle/high schools in Japan, private companies, Okayama Asahi Lions, and Urayasu Rotary Club.

For those organizations providing us with financial support, we stress the importance for them to visit the site and see and hear the voices of actual people they are supporting so that they can think about how their donations are put to use and to give us advice for improvements.

Above all, I must thank and mention the Heart Parents who have continued to provide monetary support every month to children in Cambodia. I believe that people can exist only when they support others and be supported in return. This project offers a true feeling of being needed by someone and needing someone in order to appreciate life. Perhaps this is the reason why Heart Parents have and are continuing to support the program. The letters, written by the children who have lost their parents for one reason or another, show that knowing there is someone in a far away country of Japan who cares about them, gives them tremendous encouragement beyond our imagination.

Networking is joining hands with individuals or groups having strong will to deal with

common problems and finding resolutions. In other words, it is working in cooperation among product providers, government entities, and education institutions, with the NGO allotting work to each group in specialized fields. This is easier said than done and there is a need to think seriously about how we can effectively conduct grass-root activities that can be expanded. We want to secure as many networking individuals and groups and gather as much knowledge in the education field as possible for the time when the local people, themselves, are ready to think about developing their own country. In the near future, the networks and knowledge we had gathered will connect to the networks of the local people and evolve into "creating globalized world." We want to be there, working together to realize this dream.

Composing Commemorative Handbook

Tokihiko Fujimoto

“Can you help me compose a handbook that compiles 10-year activity of HG?” was what Ms. Tashiro asked of me a year ago. In February of 2009, I met with Ms. Tashiro to discuss and agree on the direction and content of the handbook and time schedule for production. In June, when Mr. Yamaguchi was in Japan, the three of us met to discuss the format. We jotted down the headings for all the activities we were involved in within the past 10 years and then tore up the memo to arrange them in order. While trying to recall the past events, we got stuck in taking about the inside stories, but tried to get back on the track to organize the relationships of activities and placing them in chronological order. By natural course, we were able to categorize our activities in two main groups – “development through sports” and “support for self-reliance and development of human resources.” The structure was decided. We then paid attention to the following two points and expanded our image.



I tried to compose a 10-year story by picking up many episodes based on the experiences of people involved in HG activities over the 10-year period. International cooperation scene is not created solely by people with special skills. As our slogan implies, “those who can, do what they can, as much as they can,” anyone can volunteer and there are many ways of getting involved. With 15 columns and 6 messages, it is apparent that there are different viewpoints related to international cooperation.

I then arranged 10-year events in chronological order. I didn’t want to create a handbook which only the people involved in HG activities can enjoy reading. In February 2009, I consulted with Professor Shikata whom I kept in touch with since my college days and asked him to introduce me to Professor Sawada of Osaka Seikei University Art Department. Since meeting Professor Sawada in May, I visited his research center once in every 1-2 months and through the process of making chronological chart, we discussed the keynotes on total concept, design, and illustration to agree on the mutually conceptualized image. Then the highly talented students at the research center instilled a sense of energy into the book.

It would make me very happy if this book can serve the purpose of learning from the past to make improvements in the current operations, planting a seed for growth in the next 10 years, and encouraging more people to participate in international cooperation in which anyone can participate in. I wish that many people will pick up this book to read.

This book was not made possible without cooperation of many people. I cannot list everyone’s names here, but if I may just thank those people who wrote columns, Professor Sawada’s team including K. Arimochi, S. Miwa, Y. Uchida Y. Nagao, Sanyo Newspaper group, Mr. Kishino of Sanyou Printing, Y. Takenaga, T. Takamichi, A. Sasda, K. Inoue, C. Kurosaki, J. Hiraishi, M. Motoyama, G. Arimori, M. Sakazaki all the staff of HG.