



Empowering families and children to effect lasting change... community by community

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October 31, 2014

**Dear All Fellow Rotarains,**

We would like to express our appreciation for your generosity in supporting our Community Development Programs through grants to help children and families in rural Cambodia. We are so honored and grateful to have you as our partners and supporters. Your support for Sustainable Cambodia has made a significant and long lasting difference to the lives of rural children, families and communities.

SC will do its best to use your resources effectively to reach more beneficiaries in remote areas, and to pursue innovative interventions to contribute to the achievement of our vision. By contributing to Sustainable Cambodia, you help us to reduce poverty, improve health and create a more equitable world.

In the following pages, we would like to show you on how your support is transforming the lives of the wonderful people that are benefitting in rural Cambodia. We hope you enjoy reading it as much as we enjoyed writing it! We have included some photographs that show the fantastic results of your support.

Thank you so much for your contributions. Your money is being used for a worthwhile cause. We pledge to you that your contribution will be used in the most effective way possible, with 100% of the funds used in Cambodian villages to support empowerment of villagers and self-sustaining programs.

We look forward to sending you more information showing more results of your generous support in the next few months. Please contact us if you have any questions about your sponsorship by email:

[sponsors@sustainablecambodia.org](mailto:sponsors@sustainablecambodia.org)

In service,

**Mom Chansothea**  
Executive Director  
Sustainable Cambodia



**Thank you to:  
The Rotary Foundation, The Alberta Government  
and following Rotary Clubs**

**Calgary  
Calgary West  
Calgary Centennial  
Calgary Sarcee**

**Calgary East  
Cassillon (Ohio)  
Gainseville (Florida)  
Port Orange/South Daytona**

**Kihei-Wailea (Maui)  
Bangkok (Thailand)  
Bang Rak (Thailand)**

*Cambodia is a nonprofit organization working to help the residents of Cambodian villages create a sustainable quality of life. We do not simply give aid to the villagers. Instead, we help them build wells, irrigation systems and schools, and train them in agriculture and vocations, empowering and enabling them to create positive and measurable change in their villages.*

*Sustainable Cambodia is registered in Cambodia as a Non-Governmental Organization with the Ministry of Foreign affairs and in the United States as a 501(c)(3) Sustainable tax-exempt charitable organization. TIN# 20-0175973*

*Please visit our website at [www.SustainableCambodia.org](http://www.SustainableCambodia.org)*



## Rotary Clubs Change Lives!

Cambodia is a country of stark contrasts. In the rainy season water is abundant, so rural families can farm, grow vegetables, produce an income, and send their children to school.



*Prey O'mal, our new target village*

In the dry season, everything is different; the shallow ponds quickly dry up, and water becomes very difficult to reach. Not only is drinking water scarce, but farming is difficult, and as vegetables disappear so does the ability to earn an income for the family. For many families, this leads to one of the parents leaving for temporary jobs in large towns or even in Thailand. The children at home have to do more housework and chores, and the biggest of those chores is spending several hours each day travelling to collect water. As a result, children often can't go to school regularly. When they miss school, they get low grades and eventually drop out, and the cycle of poverty is recreated....

### **Your support helps families break the cycle of poverty.**

We are grateful for all our supporters around the world, including you, and the many Rotarians who are working through Sustainable Cambodia and Sustainable Cambodia Australia to help village families and children. With everyone's help, nearly 400 wells are providing safe water, more than 4,500 students are currently enrolled in our schools, and nearly 25,000 Cambodians have been able to change their lives for the better. None of this would be happening without supporters like you!



Clean water is something that most of us take for granted. But for many rural Cambodian families especially those living in Prey O'mal village, it has been an impossible dream.

With your support, we could provide 73 water Bio-Sand Filters (BSFs) those village families. More 369 villagers including men, women and children now have access to clean drinking water.

Your support also helps us work with the villagers to install 15 Rooftop Rainwater Harvesting tanks (RRH) to collect and store enough water to last the entire dry season for the families of 92 members in the greatest need whose homes are too far from the water source.

The water is collected using a rooftop rainwater system, where rain falling on metal or tiled roofs is caught and transferred into pipes that lead to a capped and sealed 3,000-4,000 liter water storage tank.

The tanks are large enough to provide a family of up to 9 people with water for drinking and cooking for the duration of the dry season.



To help villagers have access to sustainable food security and generate daily income, we use your support to provide them with micro-loans.

To date, 32 village families have received the loans to grow vegetables and do some businesses to generate incomes.

Training and follow-up have been offered through out all projects from how to maintain BSFs and RRH to best agricultural practices, loan recording and business concepts.



With your great support and the contribution from the villagers of Prey O'mal, we could repair more than 2700m of road in this very rural area in Cambodia helping villagers get crops to market, people who are ill to medical facilities and children to school.



The following is our last month's newsletter about how your support has changed the lives of the village families and children in Prey O'mal, our new target area.

## Community Ponds Change Lives

Our Community Pond Program provides community members with an affordable and sustainable way to improve their family's health and to help them produce food and generate income during the dry season.

Community Ponds provide water for irrigating gardens and feeding livestock and can be stocked with fish to increase the village families' access to high protein food and generate income. This earned income provides families with the means to pay for supplies, healthcare services and food security, and even to create small business opportunities.

Not only are families engaged in co-creating a sustainable community asset, they are productive during the long dormant period between the rice harvest and the next rice planting. With locally earned income, families don't have to leave their homes for jobs in the distant areas, and their children can stay in school!



*One SC-supported community pond in Prey O'mal village*

The families in Prey O'mal village, a new SC target area, have helped to dig four new community ponds, which are benefiting more than 40 families. In the following section you will meet one of those families, and see how their lives have changed!



Mrs. Kong Sophear and her family

Meet 34 year old Kong Sophear, one of the poorest farmers in rural Prey O'mal, our new target village. She currently lives with her husband and her 2 children.

Life was extremely challenging for them when they first moved to this village in 2004. Their home was very far from any water source, and the children often missed school when they had to spend hours fetching water for the family.

Moreover, with no job opportunities during the dry season, the family was unable to create a sustainable source of income no matter how hard they worked.



*Mrs. Kong Sophear and her husband in their vegetable garden next to the SC-supported community pond*

“Everything changed when Kong Sophear and her husband joined Sustainable Cambodia's projects.



*Her vegetable garden with the water from the SC-supported*

Sophear joined one of SC's Self-Help Groups in late 2013 and has worked with the group for nearly a year now.”



*Sophear and her husband harvesting their vegetables to sell at the market*



*Mrs. Kong and her husband working in their vegetable garden*



*Mrs. Kong Sophear and her husband next to the pond*

The family has clean water from a bio-sand water filter, has benefited from an SC-supported community well and community pond, has been trained in agriculture and business concepts.

Mrs. Kong received vegetable seeds, along with agricultural tools and training, and received a micro-loan for the family to open a village business.

And their lives have changed... The harvest from Mrs. Kong's family farming has given the family much-needed income.

Her husband works in the vegetable garden with her, and also runs his small business, providing commodities for the community. Their lives are no longer dominated by long walks to get water, and their children are now able to go to school regularly.

When we interviewed Kong Sophear, she said: "We are very honored and grateful to have Sustainable Cambodia come to help our community. After the pond was completed, we were able to grow enough food to eat, and earn enough money to support our family, and allow our children to go to school every day."

She continued: "I now love my husband more than before because he now works so hard all day, he grows vegetables with me, we raise chickens and animals, he sells products in the village and helps me with

housework. Thank you SC and all supporters for helping our family and our community with the water, well, and bio-sand filter for safe drinking water, loan for business, pond for growing vegetables, and a lot more. We wish you good health, good luck and good lives for your family, too."

**Thank you to**  
**The RC Calgary and other Clubs!**  
**The Rotary Foundation**  
**The Alberta Government**

