



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

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## Life can begin at 60...even in Cambodia!

Dear Supporters,

As we begin 2013, we would like to send our deepest thanks to our Rotary partners and to our supporters from all over the world for making a difference in the lives of rural Cambodian families.

Supporters like you, and Rotarians from around the world, are working through Sustainable Cambodia and Sustainable Cambodia Australia to help village families continually improve their quality of life with healthy water, nutritious food, health care, education, and sustainable income generation.



(A mother and son on the Lasky School's campus, an SC school)

In this Cambodia Update, we're sharing a story about one of the many families who have been touched by your generous support.

Read below to discover more...

*Sustainable 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) tax-exempt charitable organization. TIN# 20-0175973  
Please visit our website at [www.SustainableCambodia.org](http://www.SustainableCambodia.org)*



## Welcome to Her New Life at 60!



(Mrs. Kim Ken in her vegetable garden)

Mrs. Kim Ken's husband died during Pol Pot's Khmer Rouge regime, and her life was extremely challenging afterward. Each year, she could barely make enough money to support herself and her children. When her son married, she moved to live near him and her daughter-in-law, in Prek II village, located about 45 km away from our SC Pursat office.

Her home is very far from any source of water, and much of her day was spent carrying water. This left her little time for income-generating work, and as she approached her 60th birthday, her life seemed to be getting more and more difficult.



(Mrs. Kim Ken and her daughter-in-law in their vegetable garden)

Then she was given the opportunity to participate in Sustainable Cambodia's programs. And everything changed. Mrs. Kim joined one of SC's Self-Help Groups, and has worked with the group for more than two years. She has earned pass-on chickens and ducks, has passed on animals to other families, has clean water from a biosand water filter, has built a latrine, has benefited from an SC community well, has been trained in agriculture and received vegetable seeds, and finally has a micro-loan and crop loan.



(Mrs. Kim Ken with chickens and ducks from SC)



She now has a sustainable income and is able to provide for herself and her family.



(Mrs. Kim Ken and her daughter-in-law in their vegetable garden)

When we interviewed her, she said, "My family's life is improving a lot. We are so happy that we can produce enough food for the whole year. We can also earn a lot of money from our vegetable gardening, animal raising, and agricultural products to support our daily life. More importantly, I can do some exercise by doing some work in my vegetable garden which can make me so healthy."

"I would like to express my deepest thanks," she continued, "to Sustainable Cambodia and all the people who have helped this happen for my family, and for everyone in my community."



(Mrs. Kim Ken with the BSF from SC)

## Be a Supporter of Village Families Today!

Rural areas face lower levels of education, economic opportunity and resources. Help communities access the skills and resources they need to succeed. Learn more...

Click here: <http://www.sustainablecambodia.org/gifting>

## Be A Child Sponsor Today!

Give hope to children in rural Cambodia! By sponsoring a child in personal & school life, you give them a chance for a brighter future! Learn more...

Click on a link below:

<http://sustainablecambodia.org/children/default.asp?adv=false&g=&agt=5&alt=25&s=0&o=asc&v=thumbnails&ps=24&cp=1>



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## Be A Supporter of Our Programs Today!

What difference can YOU make? Whether you're a school or a company, we offer personal and tailored sponsorships that meet your needs. Learn more...

Click here: <http://www.sustainablecambodia.org/DonateNow.asp>

**Thanks to Supporters!**

Many thanks to all of our supporters!



Special thanks to Sustainable Cambodia Australia, to TC Swartz and Starquest Expeditions, to Barclay Bank, to Rotary and Rotarians throughout the world, and to our wonderful child sponsors and University Scholarship Sponsors from all over the world. Without all of you, none of this would be possible!

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**Sustainable Cambodia (SC) is an internationally supported grass-roots not-for-profit organization, led by dedicated Cambodian staff with help from international volunteers, and with support from child sponsors and Rotary Clubs from all over the world.**

SC works with rural Cambodian villages to help them achieve sustainability and self-sufficiency. Sustainable Cambodia was co-founded by Rotarians, and active Rotarians make up a majority of Sustainable Cambodia's governing Board of Directors. SC aligns its values with those of Rotary International, including RI's ideals of empowerment, peace through understanding, world service and community service. We apply Rotary's effective "Four-Way Test" to ethical issues. Our model is unique in several ways:

- Only native Cambodians are employed as paid staff, and all international officers, directors and consultants are unpaid volunteers, ensuring that 100% of funding goes directly into the rural village programs.
- We are an empowerment organization rather than an "Aid" organization. We provide resources, assistance, training and education to the community, empowering families to revitalize their community and economy.
- Our approach is broad-based, including schooling for children, safe village drinking water, irrigation systems, alternative agriculture, vocational education, micro-business and healthcare.
- In return for the assistance, each family commits to helping surrounding villages: We not only "teach them how to fish," but teach them to teach others how to fish.

While we currently work in central Cambodia, our vision is for this empowerment model to spread across Cambodia, and ultimately to grow into other countries.