



Kampuchea
House

Newsletter

May/June 2010

Our Visitors

Eli Firestone & Mithra Raja (Youth Committee members) were an instant hit with all the children & staff during their recent visit - teaching lots of news games & songs. Hard to tell who had more fun - Eli & Mithra or the kids! Also visiting KH for the first time was committee member Sue Stubs.

The Kane family (Eveline, Derek, Natalie & Adam) were welcome visitors as Natalie is on the fund-raising committee of the Year 5s at St. Leonards College who are raising funds for a water tank. They shared lunch with the children and bought along lots of gifts which were gratefully received

Christopher, Christine & Daniel Lane visited KH for four days & their contribution was fantastic. Christopher (with KH staff) repainted House 3 and the community centre. Christine helped the kids with cut-outs, drawing, reading & doing a new mural. Daniel was an absolute hit teaching the guitar & was the centre of attention each day. We are enormously grateful to them for their time and support.

Nick Barber, along with his family, visited. Nick took a lots of film to assist us with a promotional DVD for KH.

Bike Ride Donations

We are looking for additional sponsors for the ride. Email Norm Clark - normclark@bigblue.net.au for information.

Also we are seeking donations - please see flyer on page 3. If you wish to donate please return the form with your credit card details to Kampuchea House, PO Box 7005, Noble Park East 3174. Or go to our website and click on the "donate" button.

The ride is our major fund raiser for 2010 so we would ask for your generous support to enable us to continue our work at Kampuchea House.



Thanks for your Assistance

Recent Donations

Firstly sincere thanks to the Lane family for their very generous donation enabling us to purchase a number of new water tanks which will triple our storage capacity to help ensure we do not run out of water during the dry season.

A big thank-you to Gaia (8 yrs) and Alice (9 yrs) from Italy who have collected funds by selling their toys such as dolls, barbies and other items on a Saturday afternoon and on two other occasions which was a big success. Also to Vanessa, Eleonora & Elena (9 yrs) who sold some of their belongings at a church party for a donation.





Visit to Kulen Mountain

Recently Belinda took the children & staff on a visit to Kulen Mountain some 2 hours from Siem Reap. None of the children had been there previously. In the eyes of many Cambodians this is a sacred mountain & has a beautiful waterfall, rockpools in which to swim & great picnic areas. Everyone had a fantastic day swimming, enjoying the great food prepared by the house mothers & relaxing. It was a long day & most of the children fell asleep on the way home exhausted from day's activities.



Visitor photos



Natalie painting ChanRatt's nails.



Christopher Lane painting



Daniel Lane teaching the guitar.



Christine Lane helping with the Lego.

Bike Ride Update

This year's Great Cambodian Bike Ride kicks off in just over 6 weeks. Each year this ride gets bigger & better – or worse, considering the participants' point of view. The course is true two-wheel torture & last year's odyssey, which covered 700 kilometres over six days, took its toll on riders. 56-year-old Norm Clark (the organiser) & a fitness trainer from Port Melbourne who rode last year, hasn't had enough. He wants a whole lot more, & this year he's seriously ramping it up, adding 500 kilometres to the course & extending it by two days. This year 10 riders – 2 from New Zealand & 8 from Australia – will take part in the 1200-kilometre stamina-testing gut buster. Two support vehicles will tag the riders, as will a long wheel pick up with a canopy & a 15-seater bus.

The aim is to raise AUD\$40,000+ (US\$35,000) to build a new house & each rider's aim is to raise \$3000+. We also have some major sponsors donating money as well and, to date, we have raised over \$16,000. We are hoping to secure more sponsors for the ride. Interested parties should contact Norm by emailing normclark@bigblue.net.au.

The itinerary and road conditions report for the ride are as follows:

- Day 1: Siem Reap to Battambang, 225km. Bitumen road. Bit rough.
- Day 2: Battambang to Pursat, 104km. Bitumen road. Good.
- Day 3: Pursat to Pramaoy, 110km. Gravel road. A little rough.
- Day 4: Pramaoy to Koh Kong (no support car), 105km. Rough to very rough demanding route with river crossings & lots of big hills.
- Day 5: Koh Kong to Kampot, 210km. Bitumen road. Lots of hills to 145km point then flat last 65km.
- Day 6: Kampot to Odonok, 160 km. Gravel road first 20km then dirt/clay for 95km-45km of good bitumen road to finish.
- Day 7: Odonok to Kampong Thom, 150km. Good bitumen road, a little rough. Watch traffic. Cross bridge (new) and ferry.
- Day 8: Kampong Thom to Siem Reap orphanage, 107km. Road wide and OK.

2010 Great Cambodian BIKE RIDE

SEPTEMBER 1 - 8, 2010



ROUTE FOR RIDE

Day 1	Orphanage (Siem Reap) to Battambang	225km
Day 2	Battambang to Pursat	105km
Day 3	Pursat to Pramaoy	110km
Day 4	Pramaoy to Koh-Kong	110km
Day 5	Koh-Kong to Kampot	210km
Day 6	Kampot to Odonk	160km
Day 7	Odonk to Kampong Tom	150km
Day 8	Kampong Tom to Orphanage (Siem Reap)	107km
TOTAL		1200km



Kampuchea House (www.kampucheahouse.org)
A home for Cambodian orphans & deserted children.

THE MONEY RAISED WILL BUILD A NEW HOUSE TO ALLOW US TO ACCOMMODATE AND HELP 6 MORE CHILDREN FROM THE STREETS OF CAMBODIA.

FOR MORE DETAILS CONTACT NORM CLARK AT PYRAHNAFITNESS@BIGBLUE.NET.AU OR 0418 340 516

Name: _____

Address: _____

Phone: _____ Email: _____

Type of credit card (please tick one) Mastercard VISA Amex

Credit Card Number:

Expiry Date: ____ / ____ Cardholders Name _____

Signature _____ Date Signed: _____

Pledge/Donation Amount:
 \$ _____