



# KEP GARDENS NEWSLETTER

DECEMBER 2016



Hi Everyone,

Had a thought the other day that stopped me in my tracks. Has Christmas Day happened already and I forgot?!!! The last 3 months have been hectic and the time flies by. No constant reminders from the media either so one day merges into another.

I had a smile to myself towards the end of October when I heard a truck going down the village road and talking over a loud speaker. It was the Education Department informing villagers that they needed to enroll their children at the local school. Maybe I should ask someone to let me know when it is Christmas!!!! It seems to work.

## **Social Enterprise Project**

You have probably all read about our Social Enterprise Project that we are trying to get off the ground. If not, click on this link,

[www.comeandliveinkep.wordpress.com](http://www.comeandliveinkep.wordpress.com).

You will find it an interesting concept. We have had many, many people showing interest but no one as yet has actually applied for the position. Thanks very much to Kathy for all the time and effort she has given to this to kick start it. Have another read, you never know, it may be the start of a whole new change of life style.

## **YouTube Videos**

If you want to gain a more detailed look at what Kep Gardens looks like, click on these links

<https://www.youtube.com/watch?v=JulL4aJtOJ0>

<https://www.youtube.com/watch?v=rjUfMfPtaul>

[https://www.youtube.com/watch?v=3JRNUR\\_XRdg](https://www.youtube.com/watch?v=3JRNUR_XRdg)

<https://www.youtube.com/watch?v=TYTh7PH2dWY>

and you will see videos that we did for the people interested in the Social Enterprise Project. Looks slightly different now as we had a big clean up at the end of the rainy season but we have had heaps of rain this last week as well as lots of

sun so up comes the grass and weeds. Good for the trees though.

## **Library System**

YES, Kimhour and I did get the library system up and running ready for Term 1. Nothing like a computerized system for a library in the middle of the jungle!! Thank you to the Yankalilla Area School for that and also Craig who set the system up for us so we just had to input the data. They probably don't remember because it was so long ago but we have finally done it.

## **Lucky Iron Fish**

We held workshops a couple of weeks ago for the community to learn of a simple, no cost way to increase their daily iron intake. 60% of Cambodians are iron deficient and the Canadians have come up with a way to address this issue.



The boxes that the fish are sold in are handmade by handicapped people in Siem Reap.

Unfortunately the date we picked landed in the middle of rice harvesting, something which we are unable to control. We have 20 families interested so far and know of many others that were unable to attend. We will be holding another workshop in February. Davuth not only gave the workshops but also told Class 3a, 3b and 4 about the advantages of using these fish which hopefully they will pass onto their families who in turn will come in February. When families cook soup or boil water they place the fish in the pot. A certain amount of iron leeches out into the

fluid which people then drink. If they use it 3 times a day they will receive almost all their daily requirements of iron. It has been tested, found to be quite safe and works if used regularly.



training hours but it is difficult to fit in with local school times. The most important things is that the students are participating, learning team work and enjoying themselves. If we achieve this we have reached our aim. Thank you to Vanna for coming out on Saturday and Sunday afternoons for a couple of hours to coach the students.

We played Our School at Phnom Voar last week. Phnom Voar is a very poor area where the government originally settled ex-Khmer Rouge soldiers in the 90's. Today we played MCS, a French organization not far from the local high school. The girls did it! They won their volleyball competition 3-2. Congratulations.



Dara, one of our ex-students received staff training from Davuth and will be handling the follow-up visits to the families. He will visit them 2 weeks, 3 months, 6 months and 12 months after the workshop with a questionnaire, providing research back to the Lucky Iron Fish people.

We needed to buy the fish and pay Dara for his follow-up visits. We cannot thank The Rotary Club of Noarlunga enough for agreeing to sponsor this project for us. Noarlunga is a suburb of Adelaide, South Australia, where we come from. Thank you to Moira who is a member of this club and acted as our go-between.

### **Sports Days**

We have had two sports days recently, one week after another. We really need to increase our

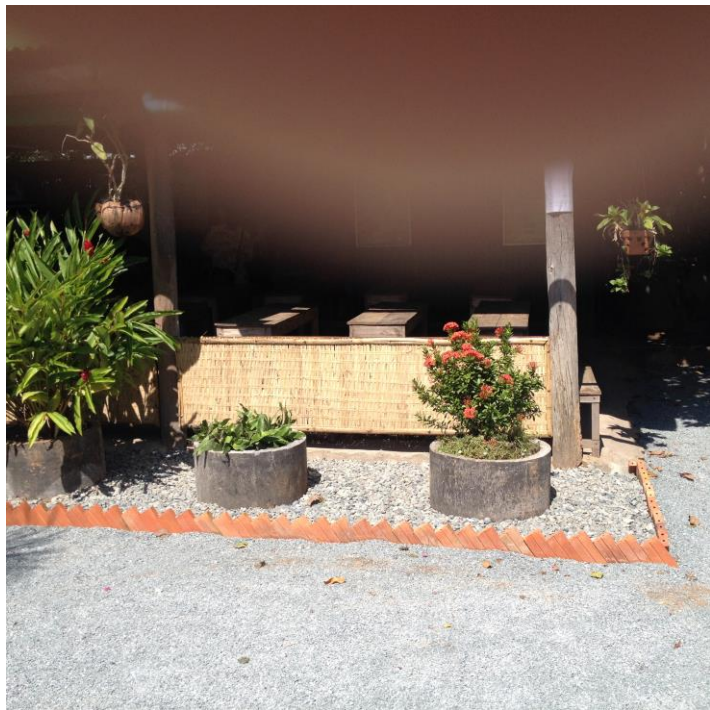
### **World Challenge**

Como Secondary College from Perth, Australia, visited us at the beginning of December. They did many jobs around Kep Gardens such as repair and maintenance on the playground, pathway to the mess hut and painting of 3 Kep Gardens signs to be erected on the major roadways. The big job was walkway borders, garden beds and pots, laying gravel screening in front of the school house, eating area, kitchen, our house etc. It looks fantastic but most important of all it will stop the dust and heat reflection during the hot, windy season. On top of this they participated in our Reading and Conversation Programme in the mornings and afternoons as well as helping Class 4 with their debate topics. They never stopped working. Thank you very much Como for your hard work. It was a pleasure meeting and working with you all.



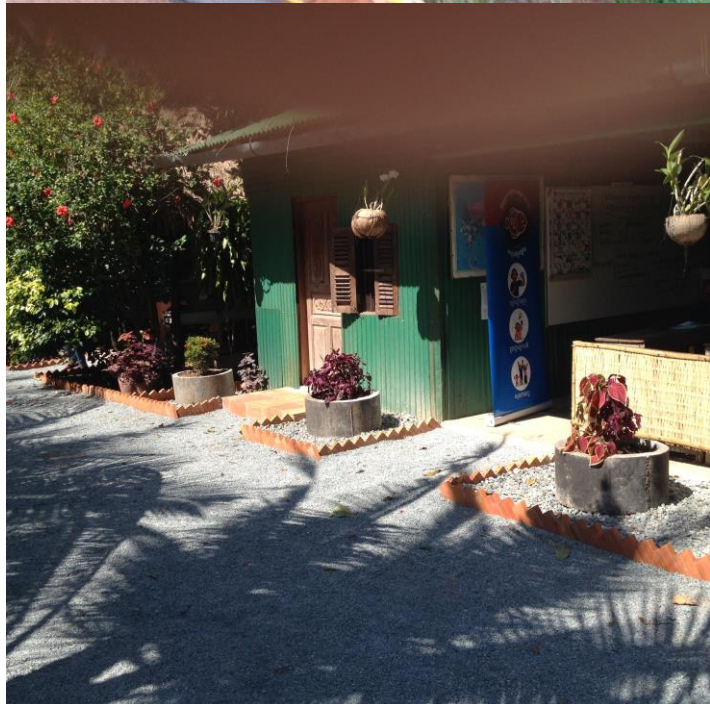






### **Early Childhood Training**

Kimkhean, one of our Class 4 students, now works at Kep Gardens running our Playgroup. We are sponsoring her to study for a Kindergarten Teacher Certificate. She has been in Phnom Penh for the last 3 weeks or so doing Module 1 of this Certificate. Kimkhean has never been to Phnom Penh and she boarded with a strange but lovely family. Despite the upheaval, she came top of her class. We are very proud of her. This goes to show as with our career students that village kids given the opportunity and support can boogie with the best of them. Well done, Kimkhean.







### End of Term

Last day of term was a big one, with 3 separate parties. Playgroup, Class 1 and 2 in the morning was copied again in the afternoon for the majority of Class 1 and 2. Face painting was the highlight but while they were waiting their turn we ran races, three-legged races, sack races, and water balloon throwing competitions. Food and drink added to the festivities and very happy kids wandered off home.



Thank you very much to Kylie, an Australian living in Kampot, for filling in for Kimhean while she was away in Phnom Penh studying. She had a lot of fun with the small kids and came up with lots of ideas to keep them amused.







Thank you to Lulu and her helpers, Kimhour, Kimsy, Kimhean, Boyi, Pov and Kylie. You all did a great job.

Classes 3a, 3b and Class 4 had music and dancing parties which ended up blending together early in the evening.

Time to relax for a week or so, catch up on admin work and plan for a few changes which will take place next term.



Thank you to all who have supported Kep Gardens during 2016 in various ways. We appreciate and value your support.



We wish you all a very Merry Christmas and hope that 2017 brings health and happiness to you and your families.

Cheers,  
Janine and Andrew



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