

HAPPY 70TH BIRTHDAY, KAY

This newsletter is about the work of Stitches of Hope. It has never been a vehicle to draw attention to the founder, Kay Eva. This corner in this edition departs from that, just briefly, to celebrate Kay's life.

Not with fear and resistance, but with grace and goodness, she is entering her "later years". Life experiences are accumulated through the years, bringing with them, if we are astute to learn, wisdom and perspective, that allow people like Kay to see life in new and beautiful ways. Treasured by God at every age, Kay sees life as a gift. She lives resting in the promises of a loving God who has vowed to be with her every step of the way. And she has impacted the world for the better.

As you celebrate your birthday, Kay, we join with you in saying that every day in every life matters to God, and we give thanks to Him for making you the person you are. We see your light shine before us, we see your good works and give glory to your Father in Heaven (Matthew 5:16).



www.stitchesofhope.org.au

Please consider becoming a **Monthly Partner with Stitches of Hope** to help support the wonderful projects that are being carried out. It is such a worthwhile organisation and we are appealing to you for your help with the ongoing running costs each month especially now that the US dollar value has dropped so much and we have a large commitment which includes food, power, water, transport, education, clothing, medical and wages to maintain. We would love to have you come on board with us to partner in this very exciting and worthwhile work.

If you are willing and able please complete the details below to contribute and receive a blessing.

\$30
 \$50
 \$75
 \$100
 Other \$ _____

Name: _____
 Address: _____
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Credit Card Details

Card Name _____

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Expiry Date: Visa Mastercard

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Please mail to: Stitches of Hope
1448 Toodyay Road Gidgegannup WA 6083

BABY SUZANNA

Baby Suzanna was born in September to our SOH In-Country director Punneay and his wife Seyla, joining sister Srey Pic in their family. Suzanna was not well during the team trip. However, she has made a good recovery, for which we are all thankful to God.

Congratulations on your sweet blessing from God. She already has one of life's finest gifts - godly, devoted parents.



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HOPE NEWS

ROTARY - MAKING A DIFFERENCE

Rotary Club of Perth president Stephen Inouye has inspired members of Rotary Club of Swan Districts and his own club to join with Stitches of Hope to manufacture another 500 sleeping bags for the homeless people in our State. Two members of the Perth Rotary Club travelled with the team to knit together the program and promotion of this amazing project. Adrian Tan, a professional photographer, has captured the passion and purpose of the staff in the Stitches of Hope Sewing Centre in Cambodia to fulfil the growing needs of the Homeless people in Western Australia. Alta Terblanche put herself on the front line of the activities to enable her to launch the fund-raising program.

Each bag is \$50 which covers the cost of fabrics, expenses, a fair wage for the staff, Cambodian legal paperwork and transport costs. People in both countries are reaping the rewards and every donation is tax deductible. Please, allow this initiative to broaden and deepen your thinking and to touch your heart and donate into this program and make a difference in so many lives. The need is real and now!!



Eng Family

ONE FAMILY

We are delighted to introduce you to the Eng family for we are so proud of them for their determination and cheerfulness. These young people are realising dreams, thanks to the faithfulness of SOH supporters. They will build and participate in a stronger Cambodia.

They grew up in the Mesang area. When their father died of AIDS their mother knew she could not give them the education she wanted to. She heard of Stitches of Hope's Children's Home in Phnom Penh and arranged for her children to live there. The children arrived in and have been cared for ever since. This grateful mum came to express her gratitude to SOH in October.

Malis, 21, has just completed her first year in nurse training at the highly regarded army hospital in Phnom Penh. Of the 100 students in her year, over all the subjects taught, she came 15th. She has a beautiful heart, is grateful and has the fortitude to succeed. Gentleness is her strength.

Sopheak, 19, has just completed Year 12 and enrolled to study IT at university. He has had the responsibility of driving the children to and from school each day. Charming, he has a servant heart and made himself available as Tuk-Tuk driver for some of our team, giving us the benefit of his English skills and sense of fun.

David, 12, is in Year 6 at school.



Girls in our program receiving 'Days for Girls' sanitary kits made by volunteers in Western Australia

OUR MISSION: Bringing Hope to Cambodia, by raising awareness and providing much needed aid.

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Reflections on October's SOH Team Trip to Cambodia

As I set out on my trip to Cambodia, it was with a sense of trepidation, however, I am always up for a challenge and looked forward to experiencing the work that is being done by Stitches of Hope in Cambodia and the team accepted me with open arms.

I met wonderful people in Cambodia that are being supported by various people and organisations across the world and was very happy to see that they are not clinging to their past but are looking forward to a bright future.

I was particularly touched by a young man, Rotha, in Prey Veng Province, who is living with severe body deformities and is being cared for by family members and people in the village. His joy and happiness were wonderful and he laughed and showed his joy when introduced to me.

Overall the trip has given me lots to reflect on and I look forward to helping raise the funds for the sleeping bags that will be made in Cambodia for the homeless people in Western Australia.

Alta Terblanche



After two weeks with the Stiches of Hope team, I am overwhelmed at what we came face to face with. SOH helps people in Cambodia in many ways, sponsoring the needs of the children in the Home, making sleeping bags and the running of the Sewing Centre, support for two villages and an Education Centre for 85 students. I was pleasantly surprised to meet students studying at University and supported by SOH.

One of the highlights for me was meeting the kids and teaching them English (or at least my colloquial Australian). There are now at least dozen kids in Mesang who know what a "Stroppy Buffalo" is. On reflection, what has surprised me the most is that I have left a piece of my heart with the people SOH help, they really are the most generous caring and loving people I have met.

I will encourage those who ask me, to sponsor a child or donate to this amazing charity because I have seen firsthand the changes it makes in people's lives.

Kevin Tengvall

We have returned from another inspiring trip to Cambodia, with such a mix of emotions and a burning desire to empower these precious people into an improved level of education, healthy way of life and a faith that will help in times of distress, hardship and everyday living.

My love for these people grows as I see them with passion and purpose for the things that matter. They value education, skills training, family and friendships and truly enjoy our visits and the support they receive. I am continually saddened by their lack of facilities but rejoice over their resourcefulness and encouraged by their enthusiasm and appreciation. The children we support have the ability to melt my heart as they radiate joy, music ability, passion to dance and their hunger for love.

Our Cambodian friends would like me to pass on their thanks and appreciation to those who have helped in so many ways, it is changing their future and giving them a hope that passes all understanding in their culture. They are confident in giving God the glory for their blessings.

Kay Eva

We began our Team Trip by visiting Choeung Ek Memorial Park and Tuol Sleng, the infamous S-21 Torture Prison, grim reminders of Cambodia's recent civil war (1975-79). We concluded the trip at Siem Reap, visiting the 12th Century Temple at Angkor Wat, built at the height of the nation's political might.

The 12 days in between we lived in Cambodia's present. The people we encountered were kind, gentle and focused on building a future and realising their dreams. Stitches of Hope is part of the positive energy that is a change agent for good. We engaged with the staff, children, young adults and elderly with love and laughter. On two occasions we gave teaching on the Rights of the Child and on two other occasions we were entertained with traditional dance and song by the children. We visited all five of SOH's projects and allowed our hearts to be captivated afresh.

A wonderful experience, made more beautiful for me by sharing it with daughter Tanya and granddaughter Mikayla.

Wendy Pederick

I was born in 1975 to a privileged life in Australia, with loving parents, safety, free public healthcare, quality education and opportunities to pursue my dreams. In this same year, Pol Pot and his brutal Khmer Rouge started their radical attempts to reform Cambodia. Over the next 4 years, while I was being nurtured, nourished and loved, the Khmer Rouge wiped out 25% of Cambodia's population through overwork, starvation, torture and executions.

It is impossible to visit Cambodia, learn a little of its history and meet the beautiful people, without feeling ashamed at the lack of international intervention during the genocide, inspired by examples of resourcefulness and resilience, and compelled to do something to make a difference.

It was an absolute privilege to experience Cambodia through the eyes, heart and hands of Stitches of Hope. They really are bringing hope to Cambodia by doing small things with great love.

To share this perspective-recalibration experience with my 12-year-old daughter, who has also by accident of birth grown up to know privilege and boundless opportunities, and with my mother, who inspires me daily with her kindness, compassion and hard work for the good of others, was precious beyond measure.

And in the words of others more famous than me....

"In this life we cannot always do great things. But we can do small things with great love." — Mother Teresa

"Never forget, no matter how overwhelming life's challenges and problems seem to be, that one person can make a difference in the world. In fact, it is always because of one person that all the changes that matter in the world come about. So be that one person." — R. Buckminster Fuller

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has." — Margaret Mead

Tanya Lehmann

What a privilege it was to join the great SOH team to Cambodia, lots of laughs and memories made.

It was a culture shock coming from a small country town and dropping into Phnom Penh, then travelling to Battambang and Siem Reap. The hustle and bustle is quite something but the lovely food replenished our batteries.

I learnt a lot about the work of SOH and particularly loved meeting the charming people who helped run the different projects of the organisation, the Children's Home, Sewing Centre, the Education Centre and people in two villages who are supported. The children were delightful with friendly smiles and interest in our programs. My forte apparently was leading "Simon Says" which the children loved and it was hard to trick them, and it really helped with their English.

Thanks SOH for giving me the opportunity to travel with you and I will recommend this to everyone.

Debbie Tengvall

C is for CHILDREN with big smiles, warm hugs, who love to play, be CREATIVE, learn and practice their English... my new friends

A is for AWFUL HISTORY of wars and people suffering, but AMAZING come-backs

M is for MIKAYLA, MUM & Gran enjoying precious time together, delicious MANGO smoothies and laughing (especially at Gran falling over in the MUDDY rice field!)

B is for BARTERING to BUY BEAUTIFUL silk scarves and colourful BAGS to sell in Australia to raise money for Stitches of Hope. The markets were hot, colourful and full of interesting smells!

O is for OH MY GOODNESS, they eat fried insects, and other surprising things!

D is for DESIGNING puppets, playing games and DOING fun things to teach the children about their rights and to practice English.

I is for INSPIRING to see how Stitches of Hope is making a difference to the lives of poor children with big dreams.

A is for APPRECIATION for how lucky I am to be able to go to school, have a Mum and Dad who love me, not have to work at the markets, to be safe from exploitation and to get to travel, swim, eat mango and play.

Mikayla Lehmann

Going overseas to help create better lives for other people, that's been in my dream pipeline for a long time now. I finally got the opportunity to experience this thanks to Rotary of Perth. Since my return, I've been raving to everyone that it has been an eye opener, not because of how different Cambodian lifestyle is, or the poor living conditions, as I've travelled to many Asian countries similar to this, but more so being able to physically do something about the issues there.

Being able to interact with children and teach them how to make paper planes and draw is something that I thought I'd never do, as I don't have the patience, but after experiencing how well behaved the children were and how eager they were to learn and improve, just made me want to help them even more!

The fact that even giving them a simple plastic ruler or a loaf of bread and even just being there could spark a huge smile on their faces, just makes me think how lucky we are, so much so that many of us have buried the ability to appreciate the simple gifts in life. Being able to film and document the whole trip was just the tip of the iceberg and I hope that the final contents will spark more awareness globally of both the Stitches of Hope project and the issues many Cambodians face.

This was a team effort and I have to thank every one of you who had a hand in organising this trip as well as the team who came along. I've made many new friends and I enjoyed the trip very much with every one of you. I can tell you that it's far more fulfilling than just a relaxing holiday.

Adrian Tan