



**Children and parents line up for the onset of a Dental Day at Pichey Rangsay Primary School**

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**Here we are at the onset of Winter in Australia, and while we all pull out the extra quilts and have the heaters on 24/7, residents of Cambodia are moving out of their “HOT” season into a “RAINY” one...**

Cambodia is a tropical country; it's located just a 'smidge' above the equator, with a temperature range of 21-35deg C (69.8-95deg F). "Hot and steamy" would be a good way to describe the weather; in fact, there's really no winter in this country. But if you travel there, do take a cardi or sweater along since lots of businesses and shops like to have the air-conditioning up really high!

It could be said that Cambodia has three seasons a year: COOL, December to February—with January being the coolest month of the year. Naturally, this “season” tends to be the busiest, with tourists aplenty heading to the coastal beaches or joining the throngs at Angkor Wat.

Next comes the HOT season, March to June, during which April is usually the hottest of the year. While it's hot, it's also dry—and the humidity makes it feel hotter still. There seems to be little shade, roads are dusty, and since this is the time of the year when farmers ‘burn-off’, the skies are often hazy with smoke. Rain does fall occasionally in June, but showers are usually only of short duration, then it's back to the oppressive heat and dryness...

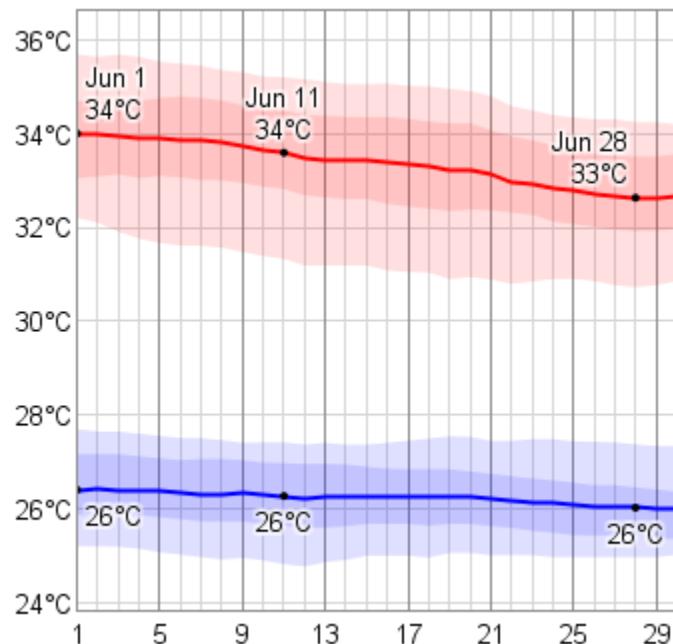
Finally, there's the RAINY season, July to November. June/July to September retain the high temperatures, while through October and November there is a gradual decrease. It's not unknown for there to be 20 days of rain during the peak of the rainy season, and monsoonal conditions mean that winds are powerful as well (the above information via [movetocambodia.com](http://movetocambodia.com)).

This infographic (from [weatherspark.com](http://weatherspark.com)) indicates that June is characterised by gradually falling HIGH temperatures, with daily highs around 33deg C throughout the month, exceeding 36deg C or dropping below 31deg C only one day in ten. Daily low temperatures are around 26deg C, falling below 25deg C or exceeding 28deg C only one day in ten.

If you have some spare time, we urge you to have a look through the website [www.humanitus.org](http://www.humanitus.org). Any feedback or suggestions would be greatly appreciated.

Once again we thank you all for your continued support of Humanitus.

**Best wishes from the Humanitus Team,  
Jeffrey, Christopher, Sally, Simon, Angus,  
Celine and Julie**



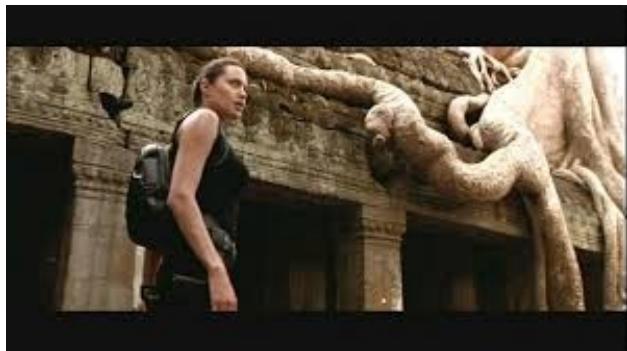
The Humanitus annual fund-raiser was due to be held in July. Sadly, our usual destination is not taking group bookings for the winter months due to weekly celebrations in the Docklands area. The team at Humanitus wants the night to be a success - as it has been for the last two years - so we have decided to postpone our fundraiser until October. We would be able to have our usual venue [Bhopa Devi at Docklands] for October or...the proposal has been made that we explore the possibility of an alternate venue...

We have had suggestions of cocktails and a movie; OR hiring a function room for drinks and nibbles at THE LOCAL Taphouse, Balaclava; OR the possibility of opening up a home for a buffet dinner and auctions.

We would love to hear from you: any contacts or suggestions would be greatly appreciated. I am sure you understand a lot of time and effort goes into the organisation of these evenings, which is why we feel that pushing it back to October will benefit you all.

Many thanks,

**Simon Cowell, Humanitus  
Education & Learning Director**



What about a movie made IN Cambodia  
[◀*Lara Croft*] —or one about the life of a Khmer Rouge survivor  
[▶*Lost Love*?]



Do we stick to the tried-and-true [◀Bopha Devi] or try out a new venue [▶THE LOCAL]? All suggestions welcome...



# ① PICHEY RANGSAY SCHOOL

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The health program at Pichey Rangsay School [funded by Caulfield Grammar School, Malvern Campus] remains the most important thing done for the students. Unfortunately, schools were closed between July 18 and November 3 last year, and parasite treatment was missed.

However, the level of good health was particularly noticed when the 22 pro-bono dentists from San Francisco came to the school on February 13 and treated 420 students in two days. Some students had as many as four extractions! The dentists, who treat many thousands of school children in Third World countries per year, remarked on the particularly high level of good health evident in the students. And as for the students - they succumbed to the scrutiny with extraordinary calmness and trust...all the more notable since many had never had dental treatment before.

So...coupling good health with dental treatment and care gives the extraordinary result for which the funding from CGS is largely responsible.



## **General Health Notes:**

- Age/weight/height measurements appear appropriate, with only one child being markedly underweight and four being overweight.
- Fewer children had head lice or nits than on previous visits.
- No child required referral to a health centre on this visit.
- No ear infections or chest infections were noted - as had been the case on previous visits.
- No cases of measles or other communicable diseases were noted - as had been on previous visits.
- A lot of the children had common colds but that is not seasonal.
- A few children had fungal skin infections but not severe cases.
- A lot of children had low-level clinical iron-deficiency anemia, most likely because the mid-year visit to give parasite treatment was not made.
- Dental health remains very poor, with most of the children having cavities and/or rotten teeth. This is especially so in the younger age classes, and highlights parental perceptions that first teeth "do not matter".

Given the state of health of the children generally, it points to the improvement over the years in which the project has been funded – in particular via the use of Vitamin A to assist with infection resistance, and de-worming for parasite control. The anemia noted on this visit was not as severe as previously noted.

*On behalf of the students at Pichey Rangsay School and the team at Humanitus we would like to warmly acknowledge and thank the students, staff and families at Caulfield Grammar School, Malvern Campus for their continuing support.*

**Sally Cordner, Humanitus  
Projects Director**



**Photos were taken during the visit of the  
San Francisco dentists to Pichey Rangsay  
School in 2014**

## ② MKAK PRIMARY SCHOOL

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Piseth Luon will be spending the month of July at Mkak overseeing the completion of the classroom and organic farm/learning centre building. The wood has been delivered for the new building and work will commence soon.

The school children have been trialling growing 'Morning Glory' (*Tra Kuen*) in the small garden on the school grounds. The small block of land was purchased from the neighbouring farmer through Humanitus funds in 2012 to give some more 'square footage' to the school grounds.

Once the organic farm building/learning centre is completed the children will start utilising that space to grow vegetables and fruit. The new centre will also house the health program so classes are not disturbed.

The well at the organic farm is still a meeting place for all of the local community as it still supplies the best drinking water in the region – especially in the dry season.

**Jeffrey Richards, Humanitus**





**'Morning Glory' - or 'Tra kuen' - is a type of water spinach, used in many traditional Cambodian dishes. The organic farm at Mkak PS should have a good crop with the children taking control and using water from the school's well.**



**Piles of timber await the builders who will be constructing the new learning centre building. Meanwhile the classroom nears completion...**





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**Humanitus Foundation**  
Published by Julie Cordiner [?]- May 27 at 9:04pm ·

And if you'd like to try out some recipes, follow THIS link (though the recipes here are specifically Thai in origin):

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