



# Hannah's Run for Water

## Supporting Clean Water in Cambodia

In June 2010 I had the fortunate opportunity to visit Siem Reap, Cambodia. As I explored the town and the surrounding countryside I discovered a connection to the place and the people who lived there through observations, interactions, experiences, and in the quiet moments of understanding. On 5 June I wrote, "The way people live here is more than simple...while we worry about our gadgets and quick service, these people acquire electricity from a car battery and water from a well miles away. I cannot imagine what it would be like to not have running, fresh, clean water...with the absence of so many things around me here in Siem Reap, I am still surrounded by warm smiles."

Living in Honolulu, Hawaii, I am blessed with the freedom to turn the faucet, take a drink and nourish my body without a thought. It is a privilege that I feel the entire world should be able to enjoy.



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**JOURNEYS WITHIN OUR COMMUNITY** is a 501(c) (3) nonprofit organization operating as a public charity in Siem Reap, Cambodia. In its five years of operation JWOC has managed and supported projects to improve living conditions for people in Cambodia, Laos, and Myanmar. JWOC advocates economic and educational opportunities as well as providing support for health education through clean water and hygiene.

To find out more, visit their website at [www.journeyswithinourcommunity.org](http://www.journeyswithinourcommunity.org)

Upon returning from Southeast Asia I began training for the Honolulu Marathon which takes place on December 12th. The decision to run for something more than personal achievement occurred while I was running. Based upon the inspiration from my recent travels, and with the help of JWOC I am dedicating my marathon run towards raising funds to build a hand-pumped water well in a Cambodian village. My goal is to raise \$5,000 to provide support for men, women and children. This donation will provide an entire village with clean water.

A source of fresh water provides numerous benefits to a village. Safe water for drinking and cooking greatly reduces illness and disease. Children will be able to attend school instead of walking for hours to get water elsewhere. In addition, water can nourish gardens to provide food. Water is the single most important nutrient for our bodies, and only 36% of the population in Cambodia has access to safe drinking water.

JWOC's Clean Water Project enables a village to build and maintain their own well, while giving them sanitation practices and tools, such as toothbrushes.

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To Donate: JWOC is a US 501(c)(3) tax exempt organization. You can donate in two ways: online or through personal check.

1) To make a secure online donation go to the online [donation](#) link, please add in the purpose section that your donation is for 'Clean Water: Hannah's Run for Water'.

2) To send a check, download, complete the contribution form and send it with your check to: Journeys Within Our Community, 11200 Donner Pass Road, #256, Truckee, CA 96161, USA. Indicate in the contribution form comments section and in check memo that your donation is for 'Clean Water: Hannah's Run for Water'.



\* If you cannot make a donation at this time, please take the time to learn more about JWOC by visiting their website or by becoming a friend of JWOC on Facebook.

\*\*Please keep me in your good thoughts and prayers throughout training. My goal is to finish with the satisfaction that all of our crossed paths will help create a positive impact on the lives of many.

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“Water enhances the body and the mind. She is in us and all around us...At the very heartbeat of essential, water is a life force that is to be respected as well as understood, cherished as well as shared, simple yet miraculous...Worthy of our attention.”