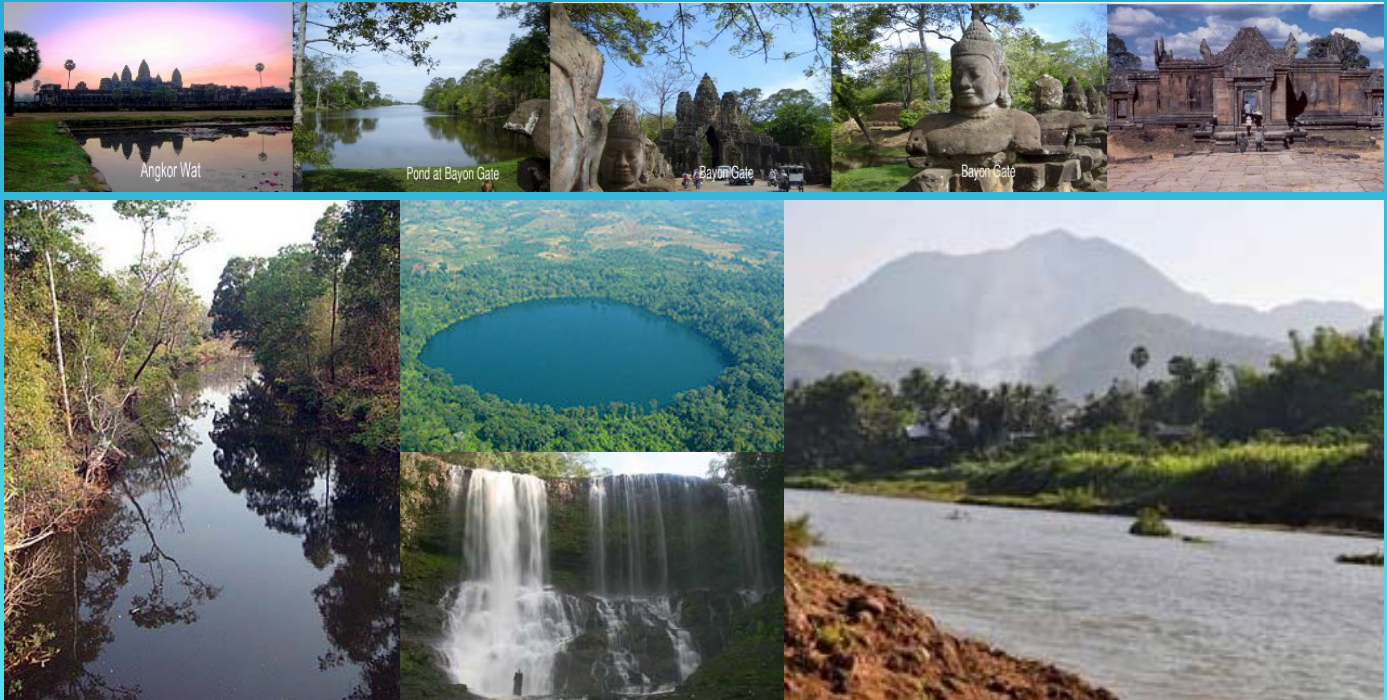


# សង្គ្រាមសង្គ្រាមកម្ពុជា

នាគរ

## GAMBODIA, ITS CULTURE & ITS PEOPLE

VOLUME 3 — 2010



### Cambodian Community Day

*Sunday, August 22<sup>nd</sup>, 2010*

*12 PM - 6 PM*

Ben Brenman Park | 4800 Brenman Park Drive | Alexandria, VA

A festival to promote Cambodian Culture in the United States

**Bridging Distances, Healing Rifts and Building Bonds**

*Co-sponsored by The Alexandria Department of Recreation, Parks, and Cultural Activities, Cambodian Community Day Committee, and the Cambodian communities of Washington, D.C Metro Area.*

[www.cambodiancommunityday.org](http://www.cambodiancommunityday.org)



[www.alexandriava.gov](http://www.alexandriava.gov)

## Message from The President



Dear friends and families,

I have been part of Cambodian Community Day (CCD) in different capacities for many years. This is the first year that I am involved as its president. I appreciate all the individuals and organizations that support us year after year. It is all of you that help make the CCD event successful.

First and foremost, I would like to thank all of you who have come to participate in the Cambodian Community Cultural Festival today. Each year, the Cambodian Community Day Committee, known as CCD, works very hard to improve the yearly event by showcasing different aspects of the Cambodian Culture. We hope this year's event will bring about understanding and appreciation of the Cambodian community, its traditions and its fine arts. We are pleased to present 'Cambodia, Its Peoples and Cultures'. With this theme in mind, we picked two regions that we believe are rich in culture and tradition: Rattanak Kiri/Modul Kiri and Kratie/Strung Treng regions. Please make sure and stop by each individual tent to learn about the wonderfully diverse cultures. For those of you who have never been to Cambodia, you may find the Angkor Wat replica a fascinating sight. This replica is a sculpture made out of stone that closely represents the real Angkor Wat temple, except it is on a much smaller scale. We spent over \$6,000 to purchase it in Cambodia and transport it to the USA. Remember, we are a not-for-profit organization and maintain our ability to promote our culture and bring this wonderful event to you from generous donations. We ask you to please continue to pledge generously to help defray some of the costs. Please stop by our information booth to make your donations. (Checks are accepted). Again, I want to say that the CCD is a not-for-profit organization founded to present, promote, and preserve the Cambodian culture in America. While we believe integrating our culture into mainstream America is important, we also believe in the value of keeping and passing our cultural heritage on to our children. This year, on the eve of 'Mother's Day' 2010, we organized a candle light ceremony at the 'Mother's Day Celebration Night', during which the participants paid their dearest respect to their mothers. This event spotlighted a Young Cambodian-American Talent Show. The activities of that evening drew excitement and appreciation from the crowd. Also, we are networking with other organizations of similar purpose. We believe that higher education is very important and valuable and will improve quality of life for the Cambodian family and communities involved. We also try to participate in other events and festival in and around this area. These events that we participate in help to spread the word about our own Cambodian Community Day celebration. Again, I hope you will take the time to visit each of our tents. A lot of people have put a lot of their time and heart into this in hope that all of you will learn, appreciate and enjoy the festival.

**NOW HAVE FUN and ENJOY THE FESTIVAL!**

Sincerely,

Somony Yann  
CCD President

**PROCLAMATION**

***WHEREAS**, every year for the past 30 years, the Heritage of Cambodian Americans has been honored and celebrated in the Greater Washington Metropolitan area and in other parts of the United States; and*

***WHEREAS**, the City of Alexandria is home to many Cambodians who are rich in their cultural heritage and are very successful in their professional lives; and*

***WHEREAS**, this year, the Cambodian Community in the City of Alexandria and in the Greater Washington Metropolitan area, will celebrate its rich heritage and culture through various cultural activities, live performance of classical, folk and traditional dances, arts and crafts displays, traditional games, and ethnic food tasting; and*


***WHEREAS**, the City of Alexandria is very proud of the rich and diverse cultural heritage of its Cambodian citizens, and recognizing their continuing contribution to the culture, education, arts, industries, community, civic life, the City of Alexandria joins the rest of the Commonwealth in celebrating Cambodian Community Day;*

***NOW, THEREFORE, I, WILLIAM D. EUILLE**, Mayor of the City of Alexandria, Virginia, and on behalf of the Alexandria City Council, do hereby proclaim August 22, 2010 as:*

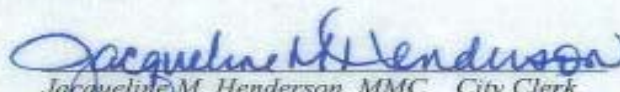
**"CAMBODIAN COMMUNITY DAY"**

*in the City of Alexandria, and call upon all the residents of this great city to join me in recognizing the multiculturalism and diversity of the Cambodian American heritage.*

***IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of Alexandria to be affixed this 22<sup>nd</sup> day of August 2010.*

  
**WILLIAM D. EUILLE**      **MAYOR**  
*On behalf of the City Council  
of Alexandria, Virginia*

*ATTEST:*

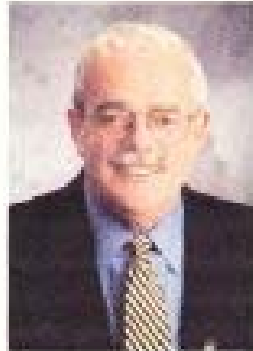
  
*Jacqueline M. Henderson, MMC*    *City Clerk*



Member of Congress  
11th District, Virginia



GERALD E. CONNOLLY



August 22, 2010

Dear Friends,

I am honored to welcome you to the 2010 Cambodian Community Day and to join in the celebration of the Cambodian culture.

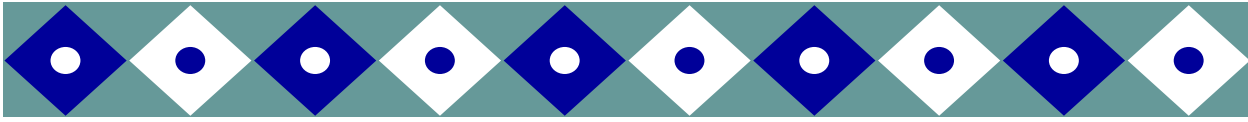
From the first Cambodian Community Day in 1997, this festival has provided the opportunity for individuals of Cambodian descent to celebrate and share their traditions and culture with the entire Northern Virginia community. Northern Virginia is blessed by the diversity of its population and I am proud to represent the 11<sup>th</sup> Congressional District of Virginia in the United States House of Representatives. Our region is one in which we embrace the many traditions of peoples from all parts of the world, and collaboratively grow the fabric of our American community. For many, today is an occasion to reconnect with their Cambodian heritage, and to spotlight one of the world's oldest cultures. I would like to thank today's participants for being a part of this wonderful event, and for sharing the vibrant Cambodian cultural identity which has existed for thousands of years.

Again, welcome to the 2010 Cambodian Community Day. I would like to thank the Cambodian Community Day Committee, volunteers, and organizations for making this vision a reality and I hope everyone attending has a wonderful time!

Sincerely,

A handwritten signature in black ink that reads "Gerald E. Connolly". The signature is fluid and cursive, with a large, stylized initial "G" and "C".

Gerald E. Connolly  
Member of Congress  
11th District, Virginia



## TABLE OF CONTENTS

FACT ABOUT CAMBODIA .....	5
DISCOVER CAMBODIA.....	6-13
CAMBODIA PROVINCE AND MUNICIPALITIES.....	14
DISCOVER RATANAKIRI PROVINCE.....	15-18
DISCOVER MONDULKIRI PROVINCE.....	19-21
DISCOVER STUNG TRENG PROVINCE.....	22-24
DISCOVER KRATIE PROVINCE.....	25-27
ACKNOWLEDGEMENT, PARTICIPATING ORGANIZATIONS AND CO-SPONSORS.....	29
CCD TEAM 2009.....	30
ADVERTISEMENTS.....	31-36

---

# FACTS ABOUT CAMBODIA

## At a Glance



**Location:** Southeastern Asia, bordering the Gulf of Thailand, between Thailand, Vietnam, and Laos.

**Map Reference:** Southeast Asia

**Capital:** Phnom Penh

**Population:** 14,244,29 (July 2009 estimate)

**Area:** 181,035 square kilometers (69,898 square miles, slightly smaller than Oklahoma)

**Land Boundaries:** total 2,572 km border countries: Laos 541 km, Thailand 803 km, Vietnam 1,228 km

**Coastline:** 443 Km

**Maritime claims:** territorial sea: 12 nm  
contiguous zone: 24 nm  
exclusive economic zone: 200 nm  
continental shelf: 200 nm

**Terrain:** mostly low, flat plains; mountains in southwest and north

**Language:** Khmer (official) 95%, French, English

**Religion:** Theravada Buddhist (95%), Others 5%

**Currency:** Riel

**Natural Resources:** oil and gas, timber, gemstones, iron ore, manganese, phosphates, hydropower potential

**Industry:** garments, rice milling, fishing, wood and wood products, rubber, cement, gem mining, textiles

**Agriculture:** rice, rubber, corn, vegetables

**Arable Land:** arable land: 20.44% permanent crops: 0.59% other: 78.97% (2005)

### Exports

timber, garments, rubber, rice, fish

### Imports

cigarettes, gold, construction materials, petroleum products, machinery, motor vehicles

### Natural Resources

timber, gemstones, some iron ore, manganese, phosphates, hydropower potential

### Environment—international agreements:

party to: Biodiversity, Climate Change, Climate Change-Kyoto Protocol, Desertification, Endangered Species, Hazardous Wastes, Marine Life Conservation, Ozone Layer Protection, Ship Pollution, Tropical Timber 94, Wetlands, Whaling signed, but not ratified: Law of the Sea



# DISCOVER CAMBODIA ប្រទេសកម្ពុជា

## OVERVIEW

Cambodia is located on mainland Southeast Asia between Thailand to the west and north and Vietnam to the east. The country is roughly square in shape and also shares a land border with Laos in the northeast. Covering 181,040 square kilometers, it lies completely within the tropics. Cambodia has a sea coast on the Gulf of Thailand. Much of the country's area consists of rolling plains. Dominant features are the large, almost centrally located, Tonle Sap (Great Lake) and the Mekong River, which traverses the country from north to south.

Cambodia is considered rich in natural resources including forest, wildlife, fish, and agricultural crop. The diversified topography and soils, together with the Mekong river system and monsoon climate, create favorable conditions for growth and breeding of living resources. This biological richness can be demonstrated through various economic activities that form a lifeline of Cambodian people.

The climate is monsoonal and has marked wet and dry seasons of relatively equal length. Both temperature and humidity generally are high throughout the year. Forest covers about two-thirds of the country, but it has been somewhat degraded in the more readily accessible areas by clearing land for agriculture expansion and illegal logging.

## GEOGRAPHY

Cambodia falls within several well-defined geographic regions. Principal physical features include Tonle Sap (Great Lake) Basin, plains with elevations of less than 100 meters, and the Mekong Lowlands and Bassac Rivers. To the southeast of this great basin is the Mekong Delta, which extends through Vietnam to the South China Sea.

The northeast highland region is a special biome characterized by dominant evergreen forest and deciduous forests in combination with the Mekong wetland habitats. It contains fertile red soils expanding across the region, which is suitable for agro-industrial crops such as coffees, rubber, fruit and cotton.

The central floodplain is dominated by the Tonle Sap Lake and the Mekong River, which are perhaps the most vital system, as they provide lots of water resources, fertile land, extensive flooded vegetation and thousands of biological species. Rice farming is mainly concentrated in this central floodplain.

## Mountains

The southwest region is rimmed by mountain ranges, the Cardamom Mountains (Phnom Kravanh) and the Elephant Range (Phnom Damrei). The northern region is rimmed by Dangrek Mountains. Cambodia remains one of the most heavily forested countries in the region, although deforestation continues at an alarming rate. The highest mountain in Cambodia--Phnom Aural, at 1,771 meters--is in the eastern part of this range. The Elephant Range, an extension running toward the south and the southeast from the Cardamom Mountains, rises to elevations of between 500 and 1,000 meters.

### Cardamom Mountains (locally known as Phnom Kravanh)

The Cardamom Mountains in the southwest, oriented generally in a northwest-southeast direction, rise to more than 1,500 meters. The Cardamom Mountain rain forests are considered by some to be one of the most species-rich and intact natural habitats in the



Cardamom Mountains as viewed from National route 5 near Pursat Town.

region, but they are also one of the least explored. The mountain ranges are largely Mesozoic sandstone, with localized areas of limestone and volcanic rock. The ecoregion represents the original extent of the wet evergreen forests that cover the Cardamom and Elephant mountains in southwest Cambodia. Also included in the ecoregion is the northeastern part of this mountain unit, composed of granite ridges that reach a maximum elevation of 1,813 m at Phnom Aural, the highest point in Cambodia.

# DISCOVER CAMBODIA mountains ភ្នំស្រួចទេសកម្ពុជា

## Cardamom Mountain (cont'd)

Overall, the Cardamom Mountain rain forests are considered to represent one of the most intact and species-rich extents of rain forests in the region and is very suitable for landscape conservation. The elephant population is thought to be one of the largest in Indochina. There are also other wide-ranging, landscape mammal and bird species in the area. Cardamom Mountains Range is a biodiversity conservation landscape that represents the Cardamom Mountains Rainforest ecoregion. It spans the Central Cardamom Mountains to include the two peaks, Phnom Sankos and Phnom Auoral. The southward extension into the Elephant Mountain Range includes Kirirom and Phnom Bokor National Parks.

## Elephant Mountains (locally known as Phnom Damrei)

The Elephant Mountains Range is an extension of Cardamom Mountains running toward the south and the southeast. These mountains occupy a much smaller area and consist of densely wooded hills. There are two ranges that are bordered on the west by a narrow coastal plain that contains Kampong Som Bay facing Gulf of Thailand. Elevations are between 500 and 1,000 meters. The highest elevation is Phnom Bokor at 1,081 meters (3,547 feet)

above sea level. The Elephant Mountains were, until 1975, the principal centre of Cambodia's pepper-growing industry. After the intervening years of civil war and upheavals, pepper-growing has revived slowly beginning from the late 1990s.



The Cardamom and elephant Mountains support an unusual dwarf rain forest community reaching no more than 12 m height in areas of poorly drained depressions. This distinctive dwarf forest is present on the acid and skeletal soils on the sandstone plateau of the southern Elephant Mountains. Upper elevation areas above 700 m, the mountains contain of distinctive forest community. These forests are structured with dense evergreen tree canopies reaching up to 30 m in height.

The elephant population in the Cardamom and Elephant ranges is widely considered to be the most important in Cambodia. These intact forests are the large habitat areas allowing predator-prey dynamics associated with tigers to occur under undisturbed conditions.

## Aural Mountain (locally known as Phnom Aural)

Phnom Aural is the tallest peak in Cambodia. It is 1,813 meters tall (other sources give elevations between 1,771 and 1,667 meters). It is in the eastern part of the Cardamom Mountains. To protect the biodiversity of the mountains, Phnom Aural Wildlife Sanctuary was established. This mountain is located in Aoral District, Kampong Speu Provin

## Kulen Mountain (locally known as Phnom Kulen)

Phnom Kulen is a National park in Cambodia. It is literally translated as "Mountain of Lychees". It is located in the Phnom Kulen mountain massif in Siem Reap Province. During Angkorian era the relief was known as Mahendraparvata (the mountain of Great Indra) and was the place where Jayavarman II had himself declared chakravartin (King of Kings), an act which is considered the foundation of Khmer Empire. Rather than a hill range, Phnom Kulen is an isolated chain of small mountain plateaux of moderate height lying south of the Dangrek Mountains, stretching for about 40 km in a WNW - ESE direction, and is located some 48 km north of Siem Reap. Its highest point is 487 m and its height is quite regular, averaging 400 m all along the range. Geologically, Phnom Kulen is formed of sandstone. It was important as a quarry in Angkorian times, the major quarries being located in the southeastern angle of the massif. There is a sacred hilltop site on top of the range. Phnom Kulen is considered a holy mountain in Cambodia, of special religious significance to Hindus and Buddhists who come to the mountain in pilgrimage. It also has a major symbolic importance for Cambodians as the birthplace of the ancient Khmer Empire, for it was at Phnom Kulen that King Jayavarma II proclaimed independence from Java in 802 A.D.





# DISCOVER CAMBODIA mountains ភ្នំសៀមរាបទេសកម្ពុជា

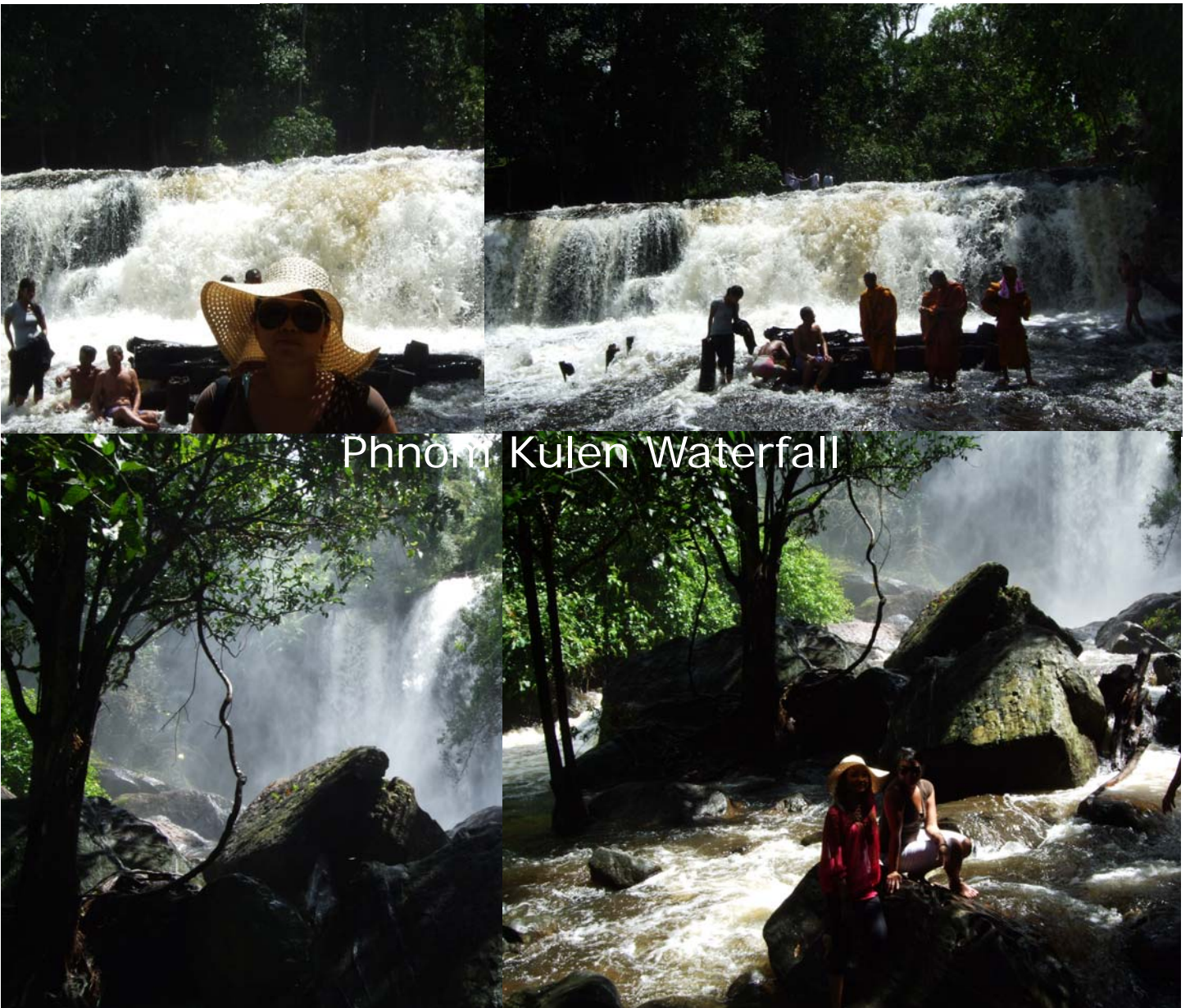
## Kulen Mountain (cont'd)

Locals often make a pilgrimage to pray at this holy site. There is an interesting active pagoda with a large reclining Buddha, carved at a top of a gigantic ground-up rock. A sanctuary was built around the upper part of the rock, about 10m high, The architectural design is very distinctive as it makes the Buddha statue appears as if he is laying down sideways facing pilgrims who walk up there on the stairway for a quick prayer. To many visitors, it is a starting point of their visit. Among many other artifacts surrounding the area, there are two gigantic rocks nearby that locals believe a resemblance of a legendary story Sampeuv and Sampan who betrayed and fought each other resulted in their ships sunk in this area. There are pathways from pagoda to some splendid waterfalls and picnic areas.



## Phnom Kulen Waterfall

There is a pathway from the pagoda, through local villages, to the a breathtaking view of a water fall. Visitor can say at the upper level of the fall or go down via a wooden stairway to the lower part of the falls.



# DISCOVER CAMBODIA mountains ភ្នំសៀមរាបទេសកម្មជា

## Bokor Mountain (locally known as Phnom Bokor)

Bokor Mountain locates in Kampot province, about 10km from town of Kampot and about 190 km from Phnom Penh. It is designated as Cambodian National Park. It occupies the southern most peak of the Elephant Mountains. The plot of land on the Elephant Mountains was acquired for the park in the year 1916. Later in 1960's, the French Protectorate and then Prince Norodom Sihanouk designed that picturesque plot of land as an altitude resort. It is a place for ride, scenery, cool mountain air, adventure, and relaxation. It offers a breathtaking view from the hill top overlooking Cambodian coastal line and many beautiful offshore islands. The Bokor National Park is the primary wooded area of the nation and is quite prosperous in the terms of the prevalent flora. This park provides a hostage to globally endangered animals like the tiger, chestnut – headed partridge and also the green peafowl. Apart from all this the place is a rainforest with some perpetual calls of birds and bugs. The central attraction in the national park is the Popokvil Waterfalls and the discarded hill station of Bokor.



The moist evergreen wooded land of Bokor comprises of a deciduous forest in its northern part. It is a home for a variety of rare and threatened animals that embrace the Indian Elephant, leopard, Asiatic Black Bear, Malayan Sun Bear, Pileated Gibbon, Pig – tailed Macaque, snow loris, red muntjac deer, lesser mouse deer, pangolin, yellow throated martin, small Asian mongoose and a huge variety of the civet, porcupine, squirrel and bats. Over 300 species of birds reside in this national park that includes a variety of hornbills.



The high altitude of the Bokor National Park provides ample opportunities for trekking. It is also a place to explore wildlife as the moist evergreen tropical forest is home to numerous waterfalls, rivers and many rare species of plants.

Most famous for the abandoned Casino at the top of the mountain, there is also a church, buildings for French Protectorate and former kings. Such remnants remind Cambodian the French colonial era. Plans are underway to re-establish some sort of a luxury resort atop Phnom Bokor.



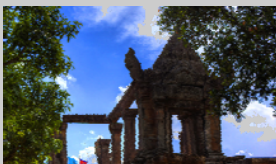
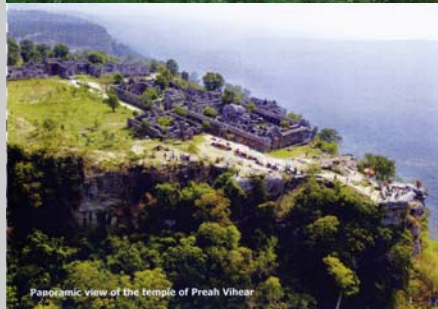
Bokor Hill Station is an abandoned French town in Preah Monivong National Park. Construction started in 1921 on Elephant Mountains, about 20 km as the crow flies (42 km by the road) West from the town of Kampot, southern Cambodia. It has been abandon twice in its history, once when Cambodian fought for independence from France in the late 40's while, and then again in 1972 when it was overran by the Khmer Rouge.

# DISCOVER CAMBODIA mountains ភ្នំនៃប្រទេសកម្ពុជា

## Dangrek Mountains

The Dangrek Mountains are forested range of hills averaging 1,500–2,000 feet (450–600 m) and dividing Thailand from Cambodia. It locates at the northern rim of the Tonle Sap Basin and consist of a steep escarpment with an average elevation of about 500 meters, the highest points of which reach more than 700 meters. The escarpment faces southward and is the southern edge of the Korat Plateau in Thailand. The

watershed along the escarpment marks the boundary between Thailand and Cambodia. This range extends from the Mekong River westward for approximately 200 miles (320 km), merging with the highlands near San Kamphaeng in northern Thailand. The famous Khmer temple, Prasat Preah Vihear is located in the Dangrek Mountains, on the Cambodian side of the border.



## Preah Vihear Temple

One of the most spectacular sights in Cambodia, Preah Vihear Temple is set in a stunning location at the top of a 550metre (1500ft) cliff right on top of Dangrek Mountains located on the edge of a plateau that dominates the plain of Cambodia. The Temple is composed of a series of sanctuaries linked by a system of pavements and staircases over an 800 meters long axis and dates back to the first half of the 11th century AD. Nevertheless, its complex history can be traced to the 9th century, when the hermitage was founded. This site is particularly well preserved, mainly due to its remote location. The site is exceptional for the quality of its architecture, which is adapted to the natural environment and the religious function of the temple, as well as for the exceptional quality of its carved stone ornamentation. The temple complex and building materials express well the values of the property. The sanctuary is perched on the edge of the cliffs with amazing views over the seemingly endless Cambodian jungle to the south.

# Discover CAMBODIA rivers ស្ទឹងទន្លេរបស់ប្រទេសកម្ពុជា

The Mekong Valley, which offers a communication route between Cambodia and Laos, separates the eastern end of the Dangrek Mountains and the northeastern highlands. To the southeast, the basin joins the Mekong Delta, which, extending into Vietnam, provides both water and land communications between the two countries.

## Ecosystems

Cambodia environment is characterized by four distinct ecosystems: the coastal and marine, the central floodplain, the mountainous region, and the plateau. Together it has six dominant plant ecosystems: wetland vegetation, evergreen forest, deciduous forest, grassland, agricultural crops, and mangrove. Each ecosystem has distinct functions and services and is home to a variety of wildlife.

## Coastal Area

The coastal area extends about 443 Km from Cham Yiem of Cambodia-Thailand border upto Hatieng of Cambodia-Vitnam. The coastal and marine region is rich in biodiversity such as fish, mangrove forest, and wildlife.

## Rivers

Most of the major rivers and river systems in Cambodia drain into the Tonle Sap or into the Mekong River. The Cardamom Mountains and Elephant Range form a separate drainage divide. To the east the rivers flow into the Tonle Sap, while on the west they flow into the Gulf of Thailand.

## Mekong River

Mekong River is the tenth largest river in the world and is the longest river in Southeast Asia. Beginning with its headwaters on the Tibetan Plateau of China, the Mekong River passes about 4,200 km through Yunnan province of China, Myanmar, Thailand, Laos, Cambodia and ends in South Vietnam. It has a drainage basin covering an area of 795,000 km<sup>2</sup>. Mekong River is the most important river in Cambodia. It serves as one of important mean of transportation as it is navigable through the country. In Cambodia, it flows southward from Cambodia-Laos border in the north to Mekong delta region in the South. At Phnom Penh four major water courses meet at a point called the Chattomukh (Four Faces). The Mekong River flows in from the northeast and the Tonle Sap River flows in from the northwest. They divide into two parallel channels, the Mekong River and the Basak River. They flow independently through the delta areas of Cambodia and Vietnam to the South China Sea.



Approximately nine-tenths of Cambodia (154,730 sq.km) lie within the lower Mekong basin. The mainstream habitats range from sandy-gravel bars to deep pools up to loom deep and several kilometres long, interspersed with rocky rapids. In several places between the Lao border and Phnom Penh, the river divides into two or more channels, creating large islands and extensive sand banks. The Mekong flows through Phnom Penh where it divides to form the Mekong and the Bassac. Tonle Sap River also connects the Mekong at Phnom Penh to form a four-face river locally known as Tonle Chaktokmuk.

# Discover tonle sap (The great lake)

**បឹងទន្លេសាប**

## Tonle Sap

Cambodia is home to the largest lake in Southeast Asia, the Tonle Sap, which connects with the Mekong River in Phnom Penh. The flow of water into the Tonle Sap is seasonal. In September through October, the flow of the Mekong River, fed by monsoon rains, increases to a point where its outlets through the delta cannot handle the enormous volume of water causing water to push northward up through Tonle Sap River into the Lake. Tonle Sap enlarges itself 9 times its normal size at the peak of flooding. During the dry season, Tonle Sap River reverses its flow back into the Mekong River. As a result of this, the Tonle Sap Lake is a great resource for freshwater fish. It is actually one of the richest sources in the world.

The Tonle Sap Lake is home to hundreds of waterbird, a dozen of mammals, several dozen of reptiles, and a number of invertebrates. Nearly 200 plant species form diverse flooded vegetation such as floating herbs, grasses, shrub, and flooded forest. Many globally significant species including large waterbirds, turtles, snakes, mammals are found in the Tonle Sap Lake.



Kampong Luong floating village, in Krokor, Pursat province, 95 Km from Phnom Penh

Tonle Sap Lake is home to many floating villagers. Chong Khnies is probably the most accessible village. It is about 15 km south of Siem Reap town. Boat tours are available, departing from the Chong Khneas boat docks all day long. Kampong Luong on the southern shore is the next accessible floating village. It is about 5 Km from Krakor, a small town located on National Route 5, 95 Km from Phnom Penh. People live, work, fish, and shop at the floating village.



An aquatic habitat attracts thousands of birds and fish-eating waterfowls who flock to the wetland before the rain begin in June. The bird sanctuary at the Prek Tuol is the best place among the three Biosphere core areas of Tonle Sap Lake for astute birdwatchers to enjoy. It is considered “the single most important breeding ground in Southeast Asia”. Covering an area of 31,282 hectares at the northwest part, Prek Tuol plays host to species including Greater and Lesser Adjuncts, Black-headed Ibis, Painted Stork, Milky Stork, Spot-billed Pelican, Grey-Headed Fish Eagle and many more. Traveling to these astounding bird watching areas remains difficult during dry season. However, it is the best time of the year because, as water recedes, the number of birds increases and flocks of migratory birds congregate at Prek Tuol.

# Cambodia climate & culture ភ្នំពេញនិងវប្បធម៌

## CLIMATE

Cambodia's climate is dominated by the monsoons. There are two monsoons which make up Cambodia's climate. The south-western monsoon is characterized by moisture air drawn landward from the Indian Ocean during bringing with it heavy rain, high winds and high humidity from May to October. The flow is reversed during the winter by a north-eastern monsoon characterized by dry, cool air from November to March.

Temperatures are fairly uniform throughout the Tonle Sap Basin area, with only small variations from the average annual mean of around 25°C. However, the temperatures higher than 32°C are very common. Just before the start of the rainy season, temperature may rise to more than 38°C. Minimum temperatures rarely fall below 10°C. January is the coldest month, and April is the warmest. The total annual rainfall average is between 100 and 150 centimeters. The heaviest amounts fall is in the southeast. Rainfall from April to September in the Tonle Sap Basin-Mekong Lowlands area averages 130 to 190 centimeters annually, but the amount varies considerably from year to year. Rainfall around the basin increases with elevation. It is heaviest in the mountains along the coast in the southwest, which receive from 250 to more than 500 centimeters of precipitation annually as the southwest monsoon reaches the coast. This area of greatest rainfall, however, drains mostly to the sea; only a small quantity goes into the rivers flowing into the basin.

## PEOPLE AND CULTURE

Ninety percent of Cambodia's population is ethnically Cambodian. Other ethnic groups include Chinese, Vietnamese, hill tribes, Chams, and Laotian. Theravada Buddhism is the religion of 95% of the population; Islam, animism, and Christianity also are practiced. Khmer is the official language and is spoken by more than 95% of the population. Some French is still spoken in urban areas, and English is increasingly popular as a second language.



Ouch Savy is one of Cambodia's most talented and accomplished artists. Only 23, she is the protégée of legendary Master Kong Nai, with whom she has performed in England, Australia and New Zealand. A virtuosic vocalist, she sings several styles of traditional Cambodian music, and plays the chapei dang veng, a Cambodian long-neck, two-string guitar. She has already released two CDs — Mekong Detal Blues with Master Kong Nai and Sarika Keo with Mater Ieng Sithul. She is recording the third, solo album in Chicago in July 2010 where she performs first time in the United States. She is a recipient of a 2010 Elastic Arts peer teaching grant. She also teaches a traditional singing class to younger Cambodian in

Phnom Penh. She sings with chapei dang veng of different styles from legendary chapei vocalist Pouthav Dei and Prach Chhuon with lyrics from Master Kong Nai. Most song lyrics are of educational values. She wrote a song about 'whatever man can do, woman can do it too'.

# CAMBODIA PROVINCES

# ខេត្តរបស់ប្រទេសកម្ពុជា

Currently, Cambodia is divided into twenty-three provinces and one capital City. Its capital is Phnom Penh. Provinces are further subdivided into districts and municipalities. Districts are divided into communes and quarters, then further divided into villages, and further divided into groups. The capital is divided into sections, which are further divided into quarters



## Name of Provinces

1. *Banteay Meanchey*
2. *Battambang*
3. *Kampong Cham*
4. *Kampong Chhnang*
5. *Kampong Speu*
6. *Kampong Thom*
7. *Kampot*
8. *Kandal*
9. *Koh Kong*
10. *Kep*
11. *Kratie*
12. *Mondulkiri*
13. *Oddar Meanchey*
14. *Pailin*
15. *Phnom Penh*
16. *Preah Sihanouk*
17. *Preah Vihear*
18. *Pursat*
19. *Prey Veng*
20. *Ratanakiri*
21. *Siem Reap*
22. *Stung Treng*
23. *Svay Rieng*
24. *Takeo*



The three major Cities: Phnom Penh, Sihanouk Ville, Siem Reap

### Phnom Penh

Phnom Penh was founded in the 14th century and has been the capital of Cambodia since 1866 during the rule of King Norodom. Located at the confluence of three great rivers; Mekong, Tonle Sap and Bassac, Phnom Penh is remembered as one of the Indochinese charming cities. This cultural, economical and political capital city is currently in rapid change with the huge influx of visitors and extraordinarily growing number of restaurants, hotels, nightclubs and commercial buildings. The city also serves as a gateway to an exotic land of Ankor temples in the west, the beaches of the southern coast and the ethnic minorities in the northeast.

### Sihanouk Ville

Sihanouk Ville (also locally known as Kampong Som) is the Cambodia's premier beach town where visitors enjoy sand, sea, sunbath, soothing swim, relaxing walk and the wonderful sunset. Visitors may also enjoy boat trip to one of the largely little-explored islands with breathtaking scenery. Though constructed as the port city during 1950s, the town wears a look of more Cambodian beach town than a port town.

# DISCOVER PROVINCE OF RATANAKIRI

## ខេត្តរតនៈគិរី

### OVERVIEW

Ratanakiri is the "Wild East" of Cambodia, situated on the mountainous northeastern corner of Cambodia. Ratanakiri Province is considered an eco-tourism capital of Cambodia due to its rich sources of jungle, wildlife, waterfalls, and spectacular scenery. Remote, beautiful and authentic, the province holds some of the greatest adventures Cambodia has to offer, including swimming in a crystal clear crater lake, hiking through lush jungle, remote jungle rivers, and elephant trekking, discovering hidden waterfalls.

The province is also home to some ethnic minority groups whose tribal lifestyle is still self-sufficient, but recently has been threaten to abolish due to technology and modern lifestyle. Nevertheless, they are very attractive to foreign visitors.

The most famous tourist site of the province is Yeak Laom volcanic lake, a perfect bathing spot that is renowned for its exceptionally clear water, hosting tens of thousands of tourists every year despite the 586 kilometers of dreadful road from Phnom Penh.

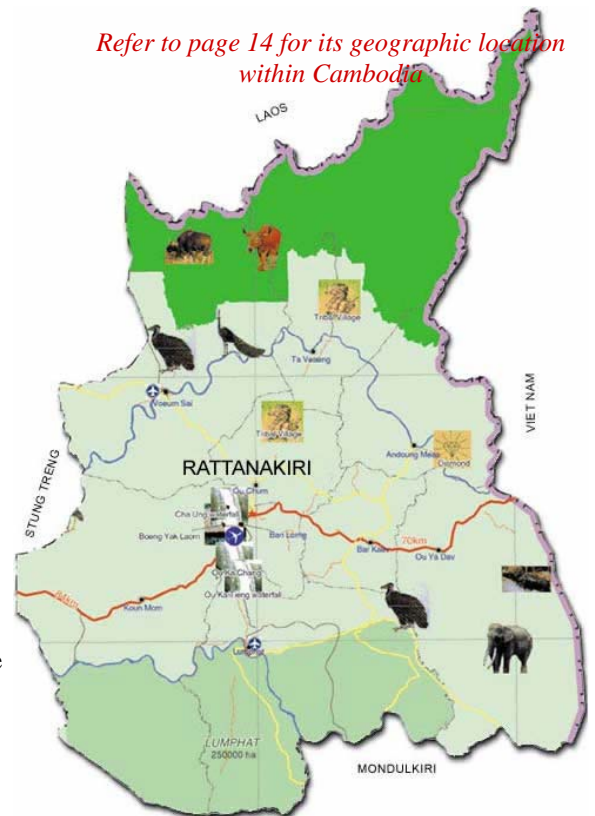
### GEOGRPAHY

Ratanakiri is situated on the northeast plateau, 636 Km from Phnom Penh. It is bordering Vietnam on the east, Laos PDR on the North, Steung Treng province on the West and Mondulki on the South. There are two bigger rivers crossing the province ( Sre Pork and Sresan River ). The total area of Ratanakiri is about 10,782 square kilometres.

### Sre Pok River

The Srepok River is a major tributary of the Mekong River. It originates in the Central Highlands of VietNam. In Cambodia, it flows through Mondulki and Ratanakiri provinces and finally Stung Treng, where it joins the Sesan River. Its length varies from 406 km to 450 km in which the last 281 km course is in Cambodian territory. Before joining Mekong River, the Srepok merges with Sesan River and Sekong River in Stung Treng province where the Sekong empties its flow into the Mekong River. The river's course from Vietnam-Cambodia border to Stung Treng is about 281 km. For most of its length the Srepok is very rocky, and there are numerous deep-water pools which provide important dry-season refuges for fish brood stock, contributing to the productivity of the river. There are numerous tributaries, the largest being O Leav, O Tang and O Chbar.

The Srepok River basin is undergoing rapid change, with both positive and negative impacts on the livelihoods of the people who live along its stretch, mainly the indigenous minorities, including Punong, Tampuon, Jarai, Brao/Kreung, Thmon and Kraol. These ethnic minorities are self-sufficient people. Among different groups or tribes, they seem to mutually agree that a territory belongs to village boundaries which must not be crossed without permission. The indigenous communities is often closely linked to spirits associated with particular places within that area where they live. Future development activities in the basin, including the construction of large hydropower dams where Cambodian part of the Srepok River basin was commissioned threatens to destroy their way of life.



Refer to page 14 for its geographic location within Cambodia

The Srepok River basin is mostly off-limit to car and truck even though they are becoming more important in modern day. So boat transport remains critical for fishing, collection of wildlife and forest products, going to fields, or even visiting other villages.



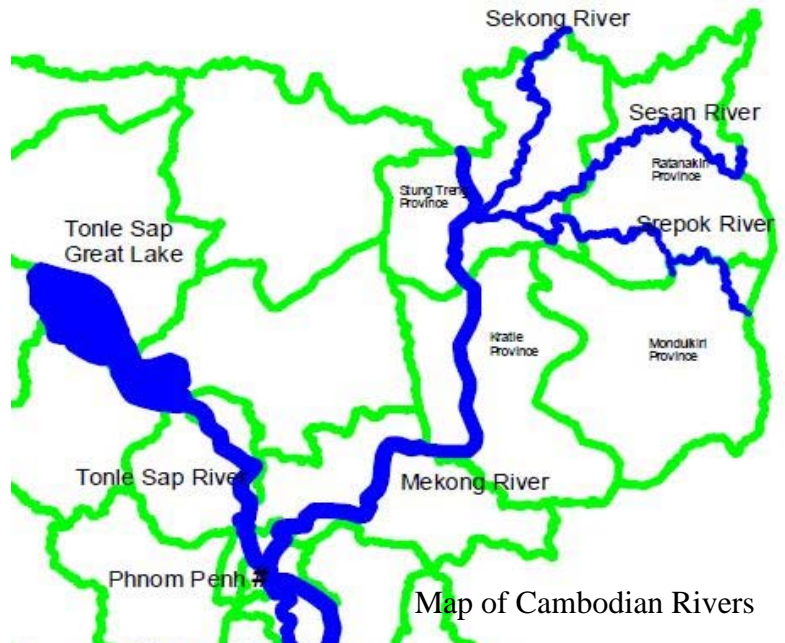
# DISCOVER PROVINCE OF RATANAKIRI

## ខេត្តរតនៈគិរី

Cont'd

### Sesan River

The Sesan River is one of the largest tributaries of the Mekong. It is an important river with its headwaters in Gia Lai and Kon Tum Provinces in the fast developing Central Highlands of Vietnam. From these mountainous areas the river winds its way southwest into Ratanakiri Province in Cambodia and then onto Stung Treng Province where it converges with two other large tributaries, the Sre Pok and the Sekong, before the latter flows into the mainstream Mekong River. The greater length of the Sesan River is



located within Cambodia.

The Sesan River is relatively wide, averaging 150 m wide in the upper reaches and 300 m wide lower down. Most sections of the river are dominated by sand and gravel bars, apart from the lowest section, below Phum Khsach Thmei, which is much more rocky. In the upper reaches of the river, bars comprise mostly gravel, often with low shrub growth, while those in the lower reaches are almost entirely sand, with little or no shrub growth. The riverine vegetation is dominated by semi-evergreen and mixed deciduous forest, which grades into deciduous dipterocarp forest away from the river.

### TOURIST ATTRACTIONS

Ratanakiri has a unique natural beauty and wealth of natural resources. A land of mountains and rain forests - home to a variety of wildlife. It is a land of rivers, waterfalls and fields of bright yellow wild sunflowers. Ratanakiri province offers a completely unique experience.

### Yeak Lom Lake

Yeak Lom lake is by far the most interesting place which drawn thousands of foreign visitors each year. Yeak Lom is a volcanic lake in the middle of a beautiful landscape of mountainous forests in Ratanakiri province of northeastern Cambodia. Located approximately 3 miles (4.8 kilometers) from the provincial capital, Banlung, the beautiful lake occupies a 700,000-year-old volcanic crater. Due to the lake's tremendous depth, 50m deep, its water is exceptionally clean and clear and is perfect for swimming in a hot summer day. The lake is almost perfectly round circle which measures approximately 800m in diameter. Large trees and rich, lush rain forest surround the lake are home to many exotic birds, parrots and other rare species. The lakeside docks are ideal places to relax with your family and friends.



Until recently, Yeak Laom lake has been inhabited mostly by Tampuen, one of the eight ethnic minority tribes in Ratanakiri. Their commune consists of five Tampuen villages totalling about 1500 people. The villages, Lapoe, Lon and Sil are adjacent to the road to Yeak Laom Lake. Chree village is located west of the lake, next to Banlung. Now, much of the land of Yeak Laom commune has become owned and occupied by people coming from other areas of Cambodia. The Tampuen people have retreated to the far corners of their traditional domain.

# DISCOVER PROVINCE OF RATANAKIRI

## ខេត្តរតនៈគិរី

Cont'd

### Yeak Lom Lake (Cont'd)

There are many popular myths and legends that describe the origin of this volcanic lake in Cambodia. The ethnic minority groups of Ratanakiri, attaches religious beliefs with the Yeak Laom Volcanic Lake in Cambodia and the nearby locality. In particular, the Tampuens, are deeply animistic and believe that spirits who live in big rocks, streams, lakes jungles and forests surround them.

### Cha Ong Waterfall

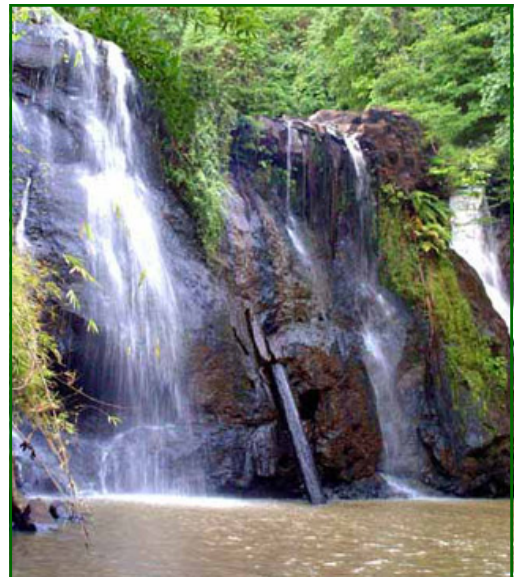
Cha Ong waterfall is in the forest in Cha Ong village, O'Chum commune, about 2 kilometers west of Ban Loung provincial town. It was given its name by the Kreung hill tribe living nearby. The waterfall gets its water from Phnom Eysei Patamak or Phnom Svay near Ban Loung provincial town. From its upper level, the water flows from a small canal before dropping 25 meters to a lower level. A mountain slop leads visitors to the bottom of the waterfall, where they can sit inside a cave and enjoy the view.



### Ka Chanh Waterfall

Ka Chanh waterfall is located in Ka Chanh commune, Ban Loung district, about 6 kilometers southeast of Ban Loung provincial town. The waterfall is 12 meters high and is fed year round by the O'Kan Teung canal. From the waterfall the water flows into Sre Pork River in Lum Phat district. The waterfall was given its name by the Kreung ethnic minority in Ka Chanh village.

There are a number of scenic rubber plantations along the canal leading to the waterfall. The base of the waterfall, which is a lovely place for picnics, can be reached by climbing down a 72-step wooden staircase. Elephant rides to the site are also available.



### Norng Kabat Forest

This place has a pond. the visitors can go there to see the animals and birds which comes to at the pond .Beside this the tourists can go visit the ethnic villages, ethnic culture (tradition belief, festival, dancing, music).



### Ka Tieng Waterfall

Ka Tieng waterfall is located in Labang I commune, Lum Phat district, about 7 kilometers southeast of Ban Loung provincial town. Ka Tieng is below Ka Chanh waterfall and about 3 kilometers from it.



### Ou'Sean Lair Waterfall

Ou'Sean Lair Waterfall is situated 26 km, South of Banlung. This Waterfall has 4 floors and the height of each floor is 4 m. Ou Sean Lair Waterfall is one of the popular waterfalls of this area.



# DISCOVER PROVINCE OF RATANAKIRI

# ខេត្តរតនៈគីរី

Cont'd

## POPULATION

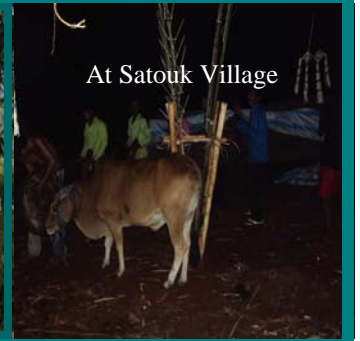
There are 12 different hill tribes ethnic groups in Ratanakiri. Most of them live in the deeper jungle, on the hills and covered mountains in small separated villages. Usually they make their living through traditional ways of cultivation (shifting agriculture), hunting and collecting fruits from the forest is a must. These old cultures believe in spirits, derived from their animism beliefs. In the whole province there are 63,333 male and 64,774 female with a total of 128,107 inhabitants living.

Over 80% of Ratanakiri's population of 72,000 is classified as hilltribe, mainly Jarai, Krunh, Brou, and Tampuan. The 12 ethnic minority group are collectively called Khmer Loeu (highlanders).

Most highlanders in Ratanakiri are animist and practice slash-burn agriculture. They farm rice and grow vegetable, and raise water buffalo and cows. They also hunt, using crossbows with poison-tipped bamboo arrows. Sacrifice to the numerous animal spirits of the forest is common, and regularly performed for any special events such as marriage, the construction of a new thatch-roofed hut, or a move to a new village location. At these events a feast is held, a pig sacrificed and large quantities of rice wine consumed.



Lowland Ratanakiri Vilaage



## CANDO CRAFTS CENTER

កម្ពុជាជីវិតធនធាន

Improving lives through crafts production & market access.



The traditional cloth making method and other crafts have been abandoned by indigenous people because of modern life style and industrial technology. CANDO Craft Center is a Cambodian charity organization founded to encourage and preserve their culture and tradition. Please help support them by buying their product. 56% of sale proceed will go to the maker, meaning the indigenous

To donate or buy products, logon to <http://www.elevyn.com/shop/cando>

# DISCOVER PROVINCE OF MONDULKIRI ខេត្តមណ្ឌលគិរី

## OVERVIEW

Mondulkiri is an eastern province of Cambodia, bordered by Ratanakiri to the north, Vietnam to the east and southeast, Kratie to the southwest and west, and shares a very small border with Stung Treng to the north. It is the largest province of Cambodia, but it is the most remote and sparsely populated province with the total inhabitants of some 40,000, and 80 percent of them are made of ten different tribal minorities, with the majority of Phnong. Variety of languages are



being used: Khmer, hill tribe languages, Vietnamese and Lao. The remaining 20 percent are Khmer, Chinese and Muslim Cham. Most of the population lives off the land, planting rice, fruit trees and a variety of vegetables. Others grow coffee, strawberries, rubber and cashew nuts.

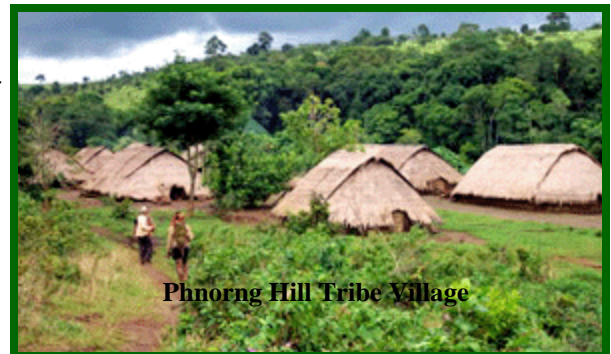
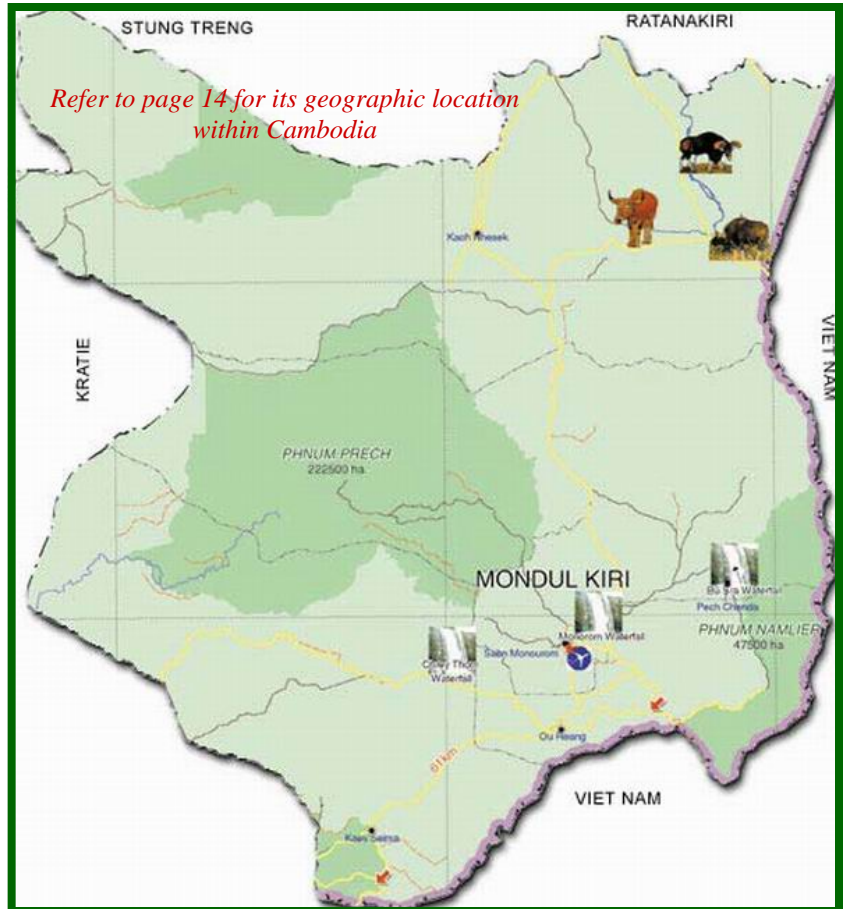
The province's appeal lies on the perfect weather and the stunning view of long grassy hills, dense forests, wildlife and majestic waterfalls, which all help earn Mondulkiri the candidateship of Cambodia's eco-tourism. Despite the growing deforestation, especially due to the valuable minerals remaining in the deep red, fertile ground, Mondulkiri has still one of the biggest successional woodlands of Cambodia. Except being in Sen Monorom, you'll find deep pure jungle, with a huge variety of flora and fauna. You may also find gigantic and beautiful waterfalls, where you can take an empowering shower, such as the impressive Bou Sraa.

Sen Monorom is the provincial capital and doesn't show up as a typical Cambodian town, while it is the only town the province has to speak of. With approx. 7500 inhabitants, 20 guesthouses, 12 restaurants, 3 bars and no post office it is often compared to American Wild West frontier towns. Concerning the quietness and beauty of Sen Monorom people from other parts of the country move here and therefore the land price doubled from 2006 to 2007.

The town of Sen Monorom is the best base camp for travellers who want to explore the surrounding areas. A quiet but beautiful town nestled into the hills; it has a lot of potential to develop into a centre for non-intrusive eco-tourism. At present, it's very undeveloped, which gives you a feeling of going somewhere off the beaten tourist trail. Add to that the communities of hill tribe people, who are not affected by mass-tourism. You have an area that is very attractive to the adventure traveller.

Although more and more houses are built in 'Khmer style', you still can find the traditional Phnong houses. In the houses you'll find big jars, which are said to be more than a thousand years old, and traditional gongs. There are various sorts of gongs used at different occasions. Jars and gongs are among the most valuable possessions of indigenous communities both in traditional and spiritual as well as material terms. During the times of Pol Pot those objects were buried in hidden places in the jungle and in many cases they still wait in the ground.

The vast majority of the indigenous peoples living in Mondulkiri are subsistence farmers, who are planting some rice and other vegetables, more or less to feed themselves. There is also a quite common production of the famous rice wine here, which is one of the best in the country. Additionally the indigenous people are selling handmade products such as bracelets, necklaces, scarfs, Kramas etc. to the few visiting tourists.



# DISCOVER PROVINCE OF MONDULKIRI ខេត្តមណ្ឌលគិរី

Cont'd

## GEOGRAPHY

Mondulkiri province is situated on the South - East plateau (approx. altitude around 200-1000 metres), it's capital Sen Monorom is about 375 Km from Phnom Penh. It is bordering Vietnam to the East and South, Ratanakiri to the North, and Kratie province to the West. Beside a bunch of smaller rivers, which grow quite big during the rainy season, there are two bigger rivers crossing the province ( the Preaek Chhbaar and the Preaek Te River ). The total area of Mondulkiri is about 14,288 square kilometres.

## TOURIST ATTRACTIONS

### Bou Sra Waterfall

Busra waterfall is located in Pich Chenda district about 43 kilometers northeast of Mondulkiri provincial town, Sen Monorom. Busra is considered by many to be the most beautiful waterfall in Mondulkiri. The waterfall is divided into three stages:

- First Stage: The waterfall fall is 8 to 12 meters high and 15 meters wide in rainy season and 10 to 15 meters wide in dry season.
- Second Stage: The waterfall fall is 15 to 20 meters high and 20 meters wide in rainy season and 18 to 25 meters high and 13 meters wide in dry season. The second stage is 150 meters from the first stage.
- Third Stage: The speed of waterfall is faster than the second stage. This stage cannot be reached because it is in the thick forest. There are no marked paths and dangerous wildlife inhabits the area.

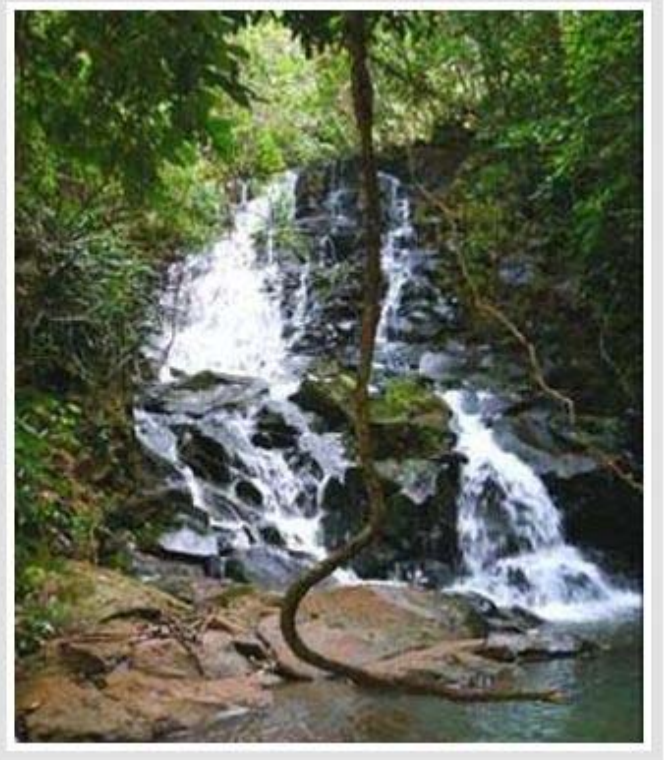
The double-drop waterfall is very popular with the locals who use it as a bathing and picnic spot. Its top level is around 10m in height, and the lower level drops down 25m to the gorge. It is in a scenic and pristine setting and offers great photo ops. Nearby is the ethnic Phnorn village called Pichchenda which has a small guesthouse.



### Chrey Thom Waterfall

Chrey Thom Waterfall is located at Sen Monorum District in 43-kilometer distance from the provincial town. During the dry season, the waterfall has 15 meters height and 2 meters diameter, and during the rainy season, the waterfall has 11 meters height and 8 meters diameter. The waterfall fall us near a plantation of Srolao trees and a big, branchy Chrey tree.

The provincial tourist service is working with the local authority to prepare this site as a tourist destination in place of Busra waterfall, which is inaccessible during rainy season. The Chrey Thom Waterfall is situated in Poules and Pouchhob Villages, Dakdam Commune, Oreang District; 20 km away from the provincial town. It can be accessed by the red pebble path. There are more than 208 families living in the Chrey Thom area of 303.555 ha, whose main occupations are farming. The resort provides plenty of opportunities for picnicking, hiking, swimming, especially for visiting an ethnic village and purchasing some souvenirs beautifully produced by ethnic groups. Its main points of interest are a spectacular waterfall, dramatic mountainous forest, impressive undulating hills, and fresh air. Chrey Thom Waterfall is one of the loveliest Tourist Attractions in Mondulkiri. Tourists love spending a day at the site of this beautiful waterfall only for its natural beauty. Chrey Thom Waterfall, Mondulkiri is a natural waterfall and is surrounded by lush green woods.



# DISCOVER PROVINCE OF MONDULKIRI ខេត្តមណ្ឌលគិរី

Cont'd

## O Taing Laing Waterfall

O Taing Laing Waterfall is 60 km (4h) From Provincial Town. Description: Natures & Wildlife Preserves. Location: Memornng Commune, Keo Seyma District.



## Memang Gold Mines Area

Memang Gold Mines Area is 45 km (3h) From Provincial Town. Description: Natures & Wildlife Preserves. Location: O'Clor Village, Mémornng Commune, Keo Seyma District.



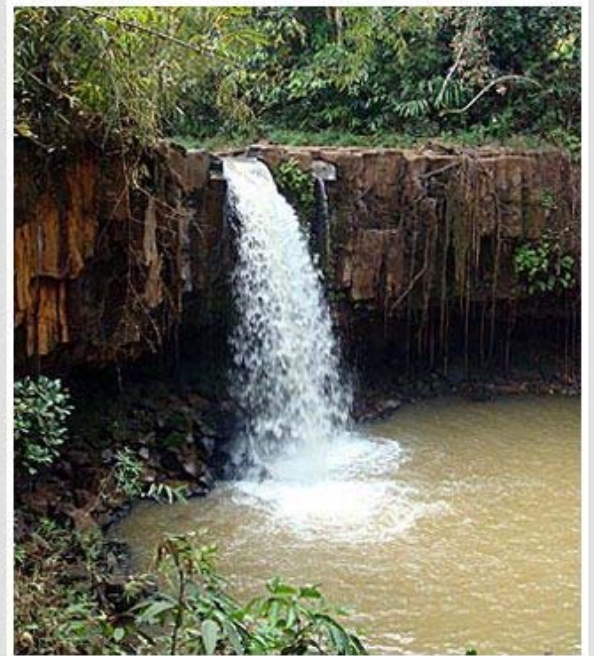
## Plantation of Pinetrees

On the highlands in Sen Monorom district, about 6 kilometers from the provincial town, is a large pine tree plantation where hundreds of towering pine tree, planted before 1970, are growing in rows. Fallen needles from the trees turn the ground into a golden carpet. The needles are so numerous that visitors can lie on the ground without disturbing them.

Pine trees are believed to have been planted before then Prince Norodom Sihanouk founded his Sangkum Reastr Niyum regime, at which time the province was created. In addition, according to hunters in the province, there are more than 60 waterfalls, both big and small, making Mondulkiri province a potential source for hydro electric power.

## Sen Monorum Waterfall

Sen Monorum Waterfall is located at Sen Monorum District in five-kilometer distance from the provincial town by red soil trail, Along either sides of the trail, there are industrial plantations like rubber, coffee and cashew as well. The local people usually meet each other at Sen Monorum waterfall during the holidays and national festivals because it closed to the provincial town. Sen Monorum waterfall has three stages: - First stage: The waterfall has slow speed, one-meter height and 2-4 meter diameter. - Second stage: During the rainy season, the waterfall has strong speed, 6-7 meter height and 8-meter diameter. During the dry season, the waterfall has 7-9 meter height and 4-5 meter diameter. At the waterfall, there is a large space of resting and enjoying. - Third stage: Locates at one-kilometer distance from the second stage. The waterfall has 1.5-meter height only. Getting to Sen Monorum is difficult, adding to its off-the-beaten-path allure. From Phnom Penh, it takes about 10 hours.





# DISCOVER PROVINCE OF STUNG TRENG ខេត្តស្ទឹងត្រែង

Cont'd

## POPULATION (Cont'd)

Similar with other provinces, the female population is higher than the male population. The result of the census in 1998 demonstrates that 50.5% of the population is female. In Stung Treng, about 79.4% of the population are involved in the agriculture sector. The secondary and tertiary sectors account for 2.4% and 18.2% respectively. There are 54,488 male and 55,217 female with a total of 109,705 person.

## ECONOMY

Stung Treng's economy is based on fishing and silk weaving. However there is also some agricultural farming what is the smallest economical source of the province. Hopefully the ministry of tourism can manage its newly created development plan. The last river dolphins (Irrawaddy) in the Mekong River are at the heart of an ambitious development programme to tackle poverty and attract tens of thousands of visitors to the province. The Mekong River Discovery Trail Project will draw visitors to view the endangered fresh water dolphin, which lives in 10 deep-water natural pools in a 190-km stretch of the Mekong River, mostly between the quiet provincial capitals of Kratie and Stung Treng.

## TOURIST ATTRACTIONS

### Fresh Water Dolphin

Nowadays the dolphins live mainly in the rivers and waterways of Kratie and Stung Treng provinces. The number of these mammals is estimated to be between 40 and 60 and they are often seen travelling in small groups of 6 to 10 individuals. The females usually give birth to young once every two years most often during the months of June to August. The young dolphins are about 1m in length at birth and suckle milk. By adulthood the dolphins can attain a length of over 2.5m and weigh up to 180kg. Their diet consists mainly of small fish, shellfish and snails. The dolphins can swim at speeds up to 40km per hour and stay submerged for periods between five and ten minutes.



### Hang Kho Ba Pagoda

Hang Kho Ba Pagoda is the cultural and historical site, located at Hang Kho Ba Village, Hang Kho Commune, Steung Treng District in Six-Kilometer distance from the provincial town by the road to the airport, then turning left across the river of Se Kong. The pagoda of Hang Kho Ba is over 300 years. Most of local people speak Khmer and Lao. The site is also very popular for sweet tamarind.



### Kantuy Ko

Kantuy Ko is one of the most visited sightseeing spots in Stung Treng. It is a place that serves as a sanctuary to plants and animal here. If you want to take the pleasure of fresh air and greenery then this is the place to visit. In fact that is the reason why travelers love to come here year after year. In fact it is one of the most visited sightseeing spots in Stung Treng. You will find all kinds of animals here. The animals that are available here include many endangered species as well. You will find tigers and other mammals. There are various kinds of reptiles here too. As far as the plants are concerned, you will find a number of varieties of them here.

### Phnom Preah Theat

The Phnom Preah Theat, Stung Treng is one of the natural sanctuaries of Cambodia and happens to be one of the chief tourist attractions in Stung Treng. The Phnom Preah Theat, Stung Treng is situated in the quaint realms of the hamlet better known as Thmey. Tourists flock to the Phnom Preah Theat, Stung Treng to get a glimpse of the dense forests of the reserve as well as its unique and rare wildlife.





# DISCOVER PROVINCE OF STUNG TRENG **ខេត្តស្ទឹងត្រែង**

Cont'd

## TOURIST ATTRACTIONS (con'td)

### Preah Ko Temple

Preah Ko was the first temple to be built in the ancient and now defunct city of Hariharalaya (in the area that today is called Roluos), some 15 kilometers south-east of the main group of temples at Angkor, Cambodia. The temple was built under the Khmer King Indravarman I in 879 to honor members of the king's family, whom it places in relation with the Hindu deity Shiva.

After the Khmer king Jayavarman II founded the Khmer empire in 802 A.D., he finally established his capital at Hariharalaya. Indravarman I was the nephew of Jayavarman II. When he ascended to the throne, he ordered the construction first of Preah Ko, which was dedicated in 879, and later of the temple-mountain known as the Bakong. It is likely that this building program was made possible by the king's peaceful reign and his ability to draw income from the expanding empire. A restoration of the towers took place in early 1990s, financed by German government.



Preah Ko consists of six brick towers arranged in two rows of three towers each perched on a sandstone platform. The towers face east, and the front central tower is the tallest. The sanctuaries are dedicated to three divinized forefathers of Indravarman and their respective wives. The front central tower is dedicated to Jayavarman II, the founder of the Khmer empire.[1] The tower to the left is dedicated to Prithivindreshvara, King Indravarman's father; the tower to the right to Rudreshvara, his grandfather. The three rear towers are dedicated to the wives of these three men. The central towers all bear images of the Hindu god Shiva.

Preah Ko, which means 'the sacred bull' (Shiva's vehicle Nandi), was built by Indravarman I in 879. It is part of the Roluos group of monuments about 13 kilometers east of Siem Riep. The temple is distinguished from others in the area by the unusual arrangement of its six central towers, which stand in two rows facing east.

The three towers on the east side are staggered so that the central tower is slightly further to the west. This tower is dedicated to Shiva, the Hindu god closely associated with the rule of Jayavarman II, the founder of the Khmer Empire. The tower to the north was dedicated to the founder of Preah Ko, and the tower to the south was dedicated to the King's father. Each of these shrines once contained a statue, but they were removed at some time in the past.

### Mekong River Trip to Laos

The Mekong River between Stung Treng and the Laos border is very light on population and heavy on beautiful scenery. Boulder outcroppings, numerous sets of rapids, swirling pothole currents, wide sweeping stretches of river and forested landscape along the banks all await the boat traveler. It makes for a great trip, either for the traveler that wants to continue on to Laos or for those wanting to enjoy a wild stretch of the Mekong in Cambodia.

The trip is difficult to downright impossible to make on this shallow stretch of the Mekong during the dry season, with countless sunken islands and a virtual forest of trees growing right in the middle of the river. The trip becomes an obstacle course for the boat drivers this time of the year, as they carefully try to choose the best way to guide their craft through the maze that nature has created without losing a propeller to the river. The best time of the year to take this trip is from May to November when sufficient upstream rains have raised the river to a level that allows the boats to pass through carefully.



# DISCOVER PROVINCE OF KRATIE

## ខេត្តក្រចេះ

### OVERVIEW

Kratie is one of Cambodia's eastern provinces with less population, who make their lives on the riverbanks of the Mekong. Beyond the riverbanks it is a remote place with almost no population and thick-forested areas to calm down. The provincial capital is also called Kratie and lies also on the banks of the mighty Mekong River, which emboss the province from the North to the South.

The stretch of the river around Kratie town is home to a group of rare sweet water Irrawaddy dolphins. Therefore the dolphins are the main tourist attraction of the province and the town. The river also has hundreds of green island, and circling water, which are also attracting some tourists.

Kratie town is sleepy but picturesque with sandbars and big islands out front and bends in the river. Unlike in many towns around Cambodia, the war years were fairly kind to the French architecture and the roads, at least in the town itself.

There are some nice-looking homes of French and Khmer style scattered about, adding to the pleasant feel of the place. You'll also find a bustling market which is a great place to watch frogs being skinned (and escaping first through the holes in the nets), sample some delicious foods (such as freshly grilled corn cakes) and generally take in rural Cambodian life.

The rare freshwater Irrawaddy dolphins make their home in the Mekong River, just north of Kratie. With only around 120 remaining, they are surely worth a visit.

Whether you are just on a trip seeing the river towns along the Mekong or taking a full circuit trip around the east and northeast, Kratie is a nice place to spend a night or two. The river scene of Kratie has a beautiful river boulevard with dozens of snack and drink stands in the late afternoon and evening, making this a nice spot to chill out and watch the people parading by. There are also a few big concrete decks along the river scene. The river road is a great place for a stroll or jog. Enjoy the dramatic sunsets over the Mekong.

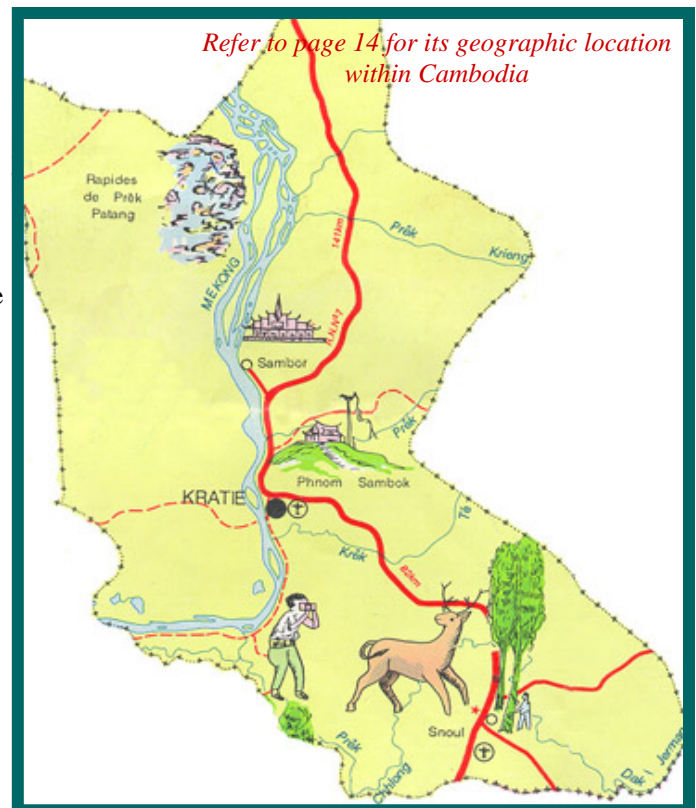
### GEOGRAPHY

Kratie is one of Cambodia's eastern provinces with less population, who make their lives on the riverbanks of the Mekong. Beyond the riverbanks it is a remote place with almost no population and thick-forested areas to calm down. The provincial capital is also called Kratie and lies also on the banks of the mighty Mekong River, which emboss the province from the North to the South.

The stretch of the river around Kratie town is home to a group of rare sweet water Irrawaddy dolphins. Therefore the dolphins are the main tourist attraction of the province and the town. The river also has hundreds of green island, and circling water, which are also attracting some tourists.

Kratie town is sleepy but picturesque with sandbars and big islands out front and bends in the river. Unlike in many towns around Cambodia, the war years were fairly kind to the French architecture and the roads, at least in the town itself.

There are some nice-looking homes of French and Khmer style scattered about, adding to the pleasant feel of the place. You'll also find a bustling market which is a great place to watch frogs being skinned (and escaping first through the holes in the nets), sample some delicious foods (such as freshly grilled corn cakes) and generally take in rural Cambodian life.



# DISCOVER PROVINCE OF KRATIE

# ខេត្តក្រចេះ

Cont'd

## POPULATION

Kratié is one of Cambodia's eastern provinces with less population, who make their lives on the riverbanks of the Mekong. Beyond the riverbanks it is a remote place with almost no population and thick-forested areas to calm down. The provincial capital is also called Kratié and lies also on the banks of the mighty Mekong River, which emboss the province from the North to the South.

## ECONOMY

In an effort to entice foreign investment, the province is offering generous business concessions to those who wish to invest in rubber plantations inside the country. Kampong Cham and Kratie have an abundance of red soil and water resources, which create ideal conditions for the cultivation of rubber. Generally, the people make their living from rubber and cashew nut plantation, fishing, rice farming and producing a rich array of fruits in fertile orchards, including durian, rambutans and lychees.

## TOURIST ATTRACTIONS

### Dolphin Habitat

Dolphin Habitat is 15 km (15mn) From Provincial Town. Location: Kampee Village, Sambok.



### Irrawaddy Dolphins

Irrawaddy Dolphins about fifteen to twenty of these rare freshwater dolphins make their home on a beautiful stretch of the Mekong River near a small.



### Chruoy Rey

The Chruoy Rey in Kratie is situated at the Kantring Village in the Kaoch Trong Commune. The elegant structures lodged inside the premises of the Chruoy Rey in Kratie occupy an important place in the history of Kratie. The Chruoy Rey, Kratie has become one of the popular tourist attractions in Kratie. The Kratie Chruoy Rey welcomes hordes of local as well as international visitors throughout the year. [travel.mapsofworld.com](http://travel.mapsofworld.com) offers complete information on Chruoy Rey in Kratie.



where the Royal Palace temple of Sam Phu Borak Capital of the Chen La time located. It was built in 1806 and the size is 30 Meters x 30 Meters.



### The 100-Column Pagoda

The 100-Column Pagoda is located at Sam Bor District in 36-kilometer distance, North of the provincial town by the National Road No 7. The special features of Sar Sar-100 pagoda are: The 100-column pagoda was built on the place

# DISCOVER PROVINCE OF KRATIE

## ខ្សែត្រកូល:

Cont'd

### TOURIST ATTRACTIONS (Cont'd)

#### Waterfall of Cham Pey

Waterfall Of Cham Pey is the natural resort locating at 35-kilometer distance from the provincial town along the road No 68. The resort consists of waterfall at the mountain valley, big rock having 500-square meter size, mountain full of trees and a lot of orchids and other colorfull varied flowers. At 500-meter distance from the waterfall, there is another natural and cultural resort, which has been arranged and organized by monks who make their meditation there. This resort named Rut Cham Pey having many varied statues depicting the process of human life-born and died and other religion and animal figures.



#### Sambor Town



The Sambor Town, Kratie is one of the well known Tourist Attractions in Kratie. This is the most ancient Hindu state of Indochina, whose history goes back to the 1st century A.D. The Sambor Town, Kratie is known by the name of Fou Nan which was given to it by the Chinese. The capital of the Sambor Town was positioned in the present Cambodian province of Prey Veng. The dynasty claims to have traced its origins from Brahmane Kaundinya, who had come from India.

The Sambor Town, Kratie dates back to the Sanskrit registrations which date back to the 3rd century AD. This structure comes from the Chinese texts. The first embassy of the Fou Nan in the court of China dates of the year 225. The Fou Nan Empire collapsed in the

6th century, under the pressure of the vassal state, Kambuja to the north of Cambodia. One of the kings, Icanavarman I, based his capital at Sambor Prei Kuk, for which tourists admire the ruins at the Sambor Town 30 kms northeast of Kompong Thom.

#### Kampi Resort

Kampi Resort is the great natural resort providing shelter to Dolphins. it is located near naional Road No.7, about 15 Kilometers north of the provincial town. Usually from January to May, there are local and international visitors, who call on the Kampi resort for swimming, especially during the Khmer New Year.



*Discover Province of Kratie is researched by Lowell Cole and Boran Tum.*

## ACKNOWLEDGEMENT

*We wish to thank the City of Alexandria, Dept of Parks, Recreation and Cultural Activities, all CCD 2010 committee members, volunteers and their families; individual and group organization sponsors; business advertisers, professional and non-profit communities, all artistic performers and musicians, all Cambodians, Americans who come to support us today. The CCD preparation comes from the hard work of people involved year round. We appreciate all the contributions and donations that made the CCD possible.*

### Participating Organizations

#### Co-sponsors

- City of Alexandria, Department of Recreation, Parks and Cultural Activities
- CCD Committee members and volunteers

#### Non-Profit Organizations, Businesses and other Exhibitors

- Cambodian American Heritage, Inc (CAHI)
- Buddhist Society, Inc ( Buddhist Temple, Silver Spring, Maryland)
- Cambodian American Human Rights and Democracy (CAHRAD)
- IUCARE.
- Angkor Association
- Wildlife Alliance
- BB&T
- Sam Relief, Inc
- World TV
- World Khmer Radio
- Cambodian Royal Embassy
- New Dynasty TV Network
- Khmer Mohoree Phirum
- Dominique Jeweler

# CCD Committee of 2010



## Board of Directors

Sophia P. Tep  
Sinara Ly  
Boran Tum  
Ben Bao  
Somony Yann  
Mantha Yong  
Lowell Cole  
Mike Shea  
Saody Sok

## Officers

Somony Yann	Chairman of the Board/President
Sinara Ly	Vice-President for Administration & Operation
Salang Bao	Vice-President for Programs
Sophia Tep	Treasurer
Secretary	Phalrivan Samnang

Saody Sok	Vendor, Art & Craft Coordinator
Mony suong	Stage Manager
Mantha Yong & Chy-ak Keat	Fundraising Coordinator
Natalie Chhuan	Cultural & Artistic Coordinator
Sophea Suong	Cultural & Artistic Coordinator
Sarann Nuon	Children Activities Coordinator
Ben Bao	Advisor, Website & Publication
Lowell Cole & Todd Sellars	Volunteer Coordinator
Boran Tum	Logistic Coordinator
Aranya Keo	Public Relation



**Together, we are fostering greater knowledge, understanding and appreciation of Cambodian culture.**

## Sam Relief, Inc

Poverty relief through education

7507 Sawgrass Terrace

Montgomery Village MD 20886 USA

Phone: 301-717-4882

Email: [sambonnlek@comcast.net](mailto:sambonnlek@comcast.net)

**Sam Relief, Inc.**  
poverty relief through education

We built two schools for 2010



Larry and Linda Kull school and

Jerry Essenmacher, Sam Relief school for 2010



Dedication for Mr. William Batdorf, Sam Relief school for 2009 at Siem Reap



Mr. William Batdorf, Sam Relief. CPA and Board of Advisor.



We donated 15 ton of rice to Angkor Children Hospital.

**Sam Relief, Inc.** is an all-volunteer 501(c) (3) non-profit organization dedicated to providing educational resources to the impoverished children of Cambodia.

Sam Relief donates 100% of its proceeds to humanitarian projects such as the construction of schools and digging of fresh water wells in deprived areas. In addition, Sam Relief provides Cambodian children and their families necessities such as rice, rice seed, farm equipment, medicine, school supplies, eyeglasses and school uniforms. The renovation and repair of dilapidated schools, subsidization of teachers' salaries and the provision of scholarships to high school students to attend university are all examples of the type of ongoing work performed by the Sam Relief organization. Recently Sam Relief created a "Food for Work" program in Cambodia which hires local adults to work on nearby projects such as creating roads and dikes for the poorest rural communities.

Since its inception in 1999, Sam Relief, Inc. has built 24 new schools, dug 320 new wells, donated 220 tons of rice to teachers, Children's Hospital of Cambodia, others in need and awarded 101 scholarships. In the last year alone, with the monies raised, Sam Relief built a new school, dug 20 new wells, and donated 15 tons of rice to the Angkor Children's Hospital of Cambodia.

Thanks to Mr. Stephen P. Meyer whose donated funds will construct a school to honor Mr. Larry and Mrs. Linda Kull at Kos Sotin, Kam Pong Cham Province.

With funds remaining from the 2009 campaign, Sam Relief is able to build a school to honor Mr. Jerry Essenmacher who has been a Sam Relief advisor for the past 10 years. Construction is currently under way, located adjacent the Larry and Linda Kull School.

The dedication of both schools will be on Monday, August 23, 2010.

Some of the 2008 donated funds built the William Batdorf School to honor the CPA and Board of Advisor for Sam Relief. This facility was dedicated in 2009.

Thanks to the sponsorship of Sam Relief by Ketel One Vodka for the past 8 years.

Special thanks go to Ambassador Hem Heng for his honored attendance and speech at the Sam Relief Gala in 2009.

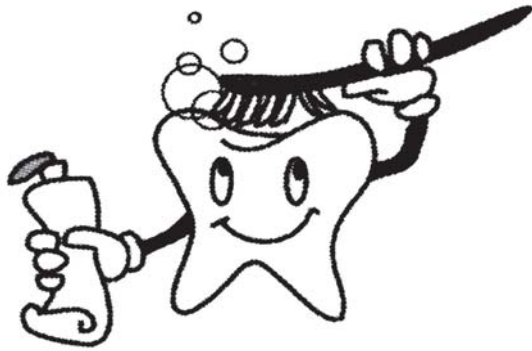
I give my sincerest and many thanks to all who donated to these causes.



**Ketel One**  
VODKA

Sambonn Lek  
President & Founder

Sam Relief, Inc is a 501 (c)(3) non-profit organization. Donations to the organization are tax deductible to the extent allowed by the law.

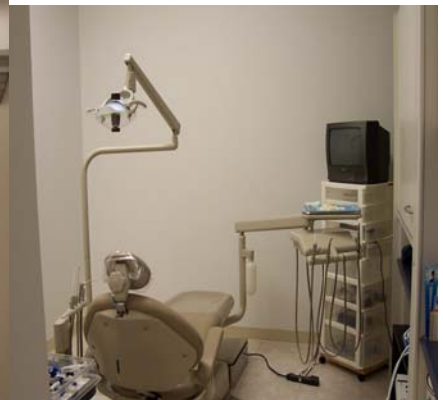


Gentle Care For All Ages

## **Landsdowne Family Dentistry**

**Borin M. Yann, D.D.S.**

General And Cosmetic Dentistry



**Experience Our State of The Art Technology Combined  
With Old Fashioned Courtesy And Personal Comfort**

**Emergency Walk-ins/Active Military Welcome**

**Brand New Clean Facility! Evening & Weekend Hours**

**703-550-2940**

6428 Landsdowne Centre, Alexandria VA 22315  
(Most PPO Insurance Accepted)



**Now  
Accepting  
New Patients**



# Congratulation to Cambodian Community Day Committee of 2010.



## WELLINGTON DENTAL

Dr. Borath Yann, Dr. Cristina Swanson, and Dr. Jair Urteaga



**703-330-2466**

Signal Hill Professional Building  
9161 Liberia Avenue, Suite 101  
Manassas, VA 20110

**703-330-0430**

Wellington Shopping Plaza  
10068 Dumfries Road  
Manassas, VA 20110

**703-330-3933**

Center of Innovation  
(Next to SuperTarget Rte. 28 and 234 bypass)  
9940 Sowder Village Square  
Manassas, VA 20109

**Se Habla Español**

Mon & Wed: 9am - 6pm  
Tues, Thurs & Fri: 8am - 5pm  
Sat: 8am - 1pm

**EMERGENCY WALK-INS WELCOME**



**\$85.00**

Initial Exam, 2 Bite Wing X-rays, & Cleaning

or **20% OFF** Other Treatments  
For new patients without insurance only.

Not valid with other offers.  
No cash value. Exp. 8/15/10



**SALE**

**SUMMER SPECIAL**

**SALE**

**10% OFF ALL PURCHASES \$100 OR MORE. SALES END 09/30/2009. ENTER COUPON CODE CCD09.**



**SILVA TECH 4 O  
ACCELERATOR  
HIKER - WOMENS**  
List Price: \$59.99  
Our Price: \$52.00  
Sale Price: \$50.96  
You Save \$9.03



**GARMIN NUVI 275T  
3.5 PRELOADED  
NORTH AMERICA  
EUROPE BT FM TRA**  
List Price: \$269.99  
Our Price: \$269.99  
Sale Price: \$244.99  
You Save \$25.00

**GARMIN FORERUNNER 301 GPS  
TRAINING WATCH WITH HEARTBEAT**  
List Price: \$214.27  
Our Price: \$199.99  
Sale Price: \$199.99  
You Save \$14.28!



**GARMIN RINO 110  
GPS/FRS/GMRS**  
List Price: \$194.27  
Our Price: \$169.99  
Sale Price: \$169.99  
You Save \$24.28!



**Magellan Maestro 4350**  
List Price: \$499.99  
Our Price: \$460.99  
Sale Price: \$399.99  
You Save \$100.00!

**Marine Navigation**



**Standard CP300i GPS Chartplotter  
w/ Internal Antenna**  
List Price: \$1,416.65  
Our Price: \$1,099.29  
Sale Price: \$899.99  
You Save \$516.66!



**Midland 5001, 40  
Channel CB Radio**  
List Price: \$89.99  
Our Price: \$66.81  
Sale Price: \$63.80  
You Save \$26.19!



**MIDLAND LXT460VP3 28  
CHAN 24 MILE W/  
BATTERIES / CHARGER**  
List Price: \$49.99  
Our Price: \$44.12  
Sale Price: \$43.24  
You Save \$6.75!

Let's Celebrate Cambodian Community Day Together

**“QUALITY WORK AT A FAIR PRICE”**

**WOODLAWN SHELL**

(full service gas station)

Drinks for your thirst, gas for your cars and repair jobs for all your car troubles!

**FOREIGN AND DOMESTIC**

- \* **TUNE UPS**
- \* **BRAKES**
- \* **ELECTRICAL**
- \* **ENGINE**
- \* **EXHAUST**
- \* **TRANSMISSION**
- \* **SCHEDULED MAINTENANCE**
- \* **SUSPENSION WORK**
- \* **HEATING & A/C REPAIRS**
- \* **SAFETY INSPECTION & EMISSION**
- \* **CERTIFIED EMISSION REPAIR**
- \* **COMPUTERIZED ALIGNMENT**

**“FULL SERVICE AUTO REPAIR IS OUR BUSINESS”**

**“CUSTOMER CARE IS OUR CONCERN”**

**Woodlawn Shell**

(close to Fort Belvoir)

8851 Richmond Hwy

Alexandria, VA 22309

Phone: 703-780-3283

Mgr: Sokhom Samreth

**ASE CERTIFIED**

**MASTER TECHNICIANS**

**TOWING AVAILABLE**

**LOCAL COURTESY SHUTTLE**



# Huong Binh Bakery & Deli

EDEN CENTER | 6781 Wilson Blvd, Falls Church, VA 22044  
703-237-9228 | hbdeli@onebox.com | www.huongbinh.com

**Sandwiches & Eggrolls**

**Boba Drinks** **Deli Meats**

**Party Platters**

**Sweet Treats** **Carry-outs**



**A favorite of the local  
Cambodian community  
for over 23 years.**

**Open 7 days a week  
8 a.m. - 9 p.m.  
Catering Available**