

# Run for Sanjiwani



**Pamela Lambert, a Venturer Leader at 1st Ferny Creek interviewed her Assistant Group Leader Louise Edwards, about her dream to run a marathon in all seven continents.**

Ferny Creek Assistant Group Leader, Louise Edwards, has been a Leader at Ferny Creek since 2012. She advocates that Scouting builds confidence, self-esteem, integrity and resilience, believing that outdoor adventures help develop these life skills.

Louise sets an example for our youth by running marathons. Her dream, since 1998 was to run a marathon on all seven continents - North America, South America, Europe, Africa, Asia, Australia, and finally Antarctica.

In 2012 Louise competed in the world's highest race - the Tenzing-Hilary

Marathon which starts at Everest Base Camp whilst raising funds for Sanjiwani Public Health Mission (SPHMN) in the Annapurna region. Louise is about to embark on her seventh marathon - Antarctica later this year. Antarctica is the most challenging marathon due to the extreme cold conditions. She needs to carefully analyse her risk assessment for this challenge asking herself, "What training should I do, what clothing will I run in and how do I stop my feet from freezing?"

## **Run for Sanjiwani 2019 - Antarctic Ice Marathon**

On December 13 2019, at 80 degrees south, a few hundred miles from the South Pole, Louise will be running across the last frontier in mainland Antarctica, competing in the world's southernmost

race 'The Antarctic Ice Marathon'. She is again raising funds to support the Sanjiwani medical clinic and in turn 6000 Nepalese people living in the local community who without this medical outpost will walk for days to get much needed treatment.



Louise talks about villagers in Nepal facing everyday challenges brought upon by the remoteness and harshness of their Nepalese environment. Sanjiwani Clinic provides medical and dental treatment for the community who would otherwise be forced to travel long distances, often days, to obtain basic health and medical services. Louise indicated that the clinic relies totally on donations and can operate on \$20,000 a year which is nothing by Australian standards.

These funds, managed by Sanjiwani Australia - a registered Australian charity, are used to employ locally trained medical staff to provide a much-needed health service. In addition the clinic operates the only laboratory in the district and run a number of educational health programs to improve community health for families and babies.

As a community service, Scout Groups may like to help Louise support this vital service to continue. How about working with your Scout Group to support Louise and find a unique way to raise funds to help people less fortunate than yourself in Nepal?

When Louise runs the 42.2kms of the Antarctic Ice Marathon there will be no cheering crowds or penguins (it's too far south) to support her but she will have the love and support from the 6000 strong community in Nepal and hopefully our Scouting community in Victoria

For donations contact: Louise Edwards via [louisejaneedwards@bigpond.com](mailto:louisejaneedwards@bigpond.com)

Or donate at [www.givenow.com.au/sanjiwaniicemarathon](http://www.givenow.com.au/sanjiwaniicemarathon)

**Pamela Lambert is a Venturer Leader at 1st Ferny Creek.**



*Louise at the Sanjiwani Clinic in Ghandruk, Nepal.*



*Louise participating in the Tenzing-Hilary Marathon in Nepal.*