

Fundação Lafaek Diak

2013 Annual Report



From top right to bottom left: President Taur Matan Ruak with Director Constantino during his visit to FLD, first group of graduates of Centru Treinamentu Mekaniku da Paz, Hand-washing activity of the Health Education Program, Nazareth group and CTMP staff & students after completing painting the newly built Maternity building



*Helping Each Other,
We Come out of Difficulties.*



Address: Triloka Clinic, Triloka Village, Baucau,
PO Box 315, Dili, Timor-Leste

Phone: + (670) 7723-5041

Website: www.thegoodcrocodilefoundation.org




Facebook: Fundação Lafaek Diak



E-mail: infolafaekdiak@gmail.com




Director: Constantino Pinto


ACCOMPLISHMENTS 2013


We celebrate the fifth annual report of FLD, thanking God for the change and growth we see within our community, through developed capacity and physical reach, by the people themselves and faithful partnerships of many friends. Please join in rejoicing with us as we share the stories below.


<p>Newly built Maternity Clinic at Triloka</p>  <p>Ground was broken in January, the foundation built in February, the walls went up in March and so it continued.</p>  <p>In December the young people from <i>Nazareth</i> in Adelaide together with the young people of <i>Centro Treinamento Mekaniku da Paz</i> in Triloka painted the building.</p>	 <p>Here it stands the new maternity building, completed through the partnerships of many. This was FLD's big project for 2013!</p>
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<p>In 2013 FLD ran its first training in mechanics and agriculture at <i>Centro Treinamentu Mekaniku da Paz</i>. We congratulate the first 10 graduates (see picture on front cover) who received their certificates in December 2013. The Chief of the village of Triloka, Senhora Maria do Carmo, presented the graduates with their certificates, stating how proud she was that 7 of them were young women. Participants came from villages from the four eastern districts of Timor-Leste.</p> <p>In April FLD's three mechanic trainers graduated with a nationally accredited <i>Certificate level III in Training & Assessment</i>. This is another milestone in the development of the centre.</p>	<p>TRAINING CENTRE FOR VOCATIONAL MECHANICS AND PEACE BUILDING</p>  
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 	<p>TRILOKA HEALTH CLINIC & MOBILE CLINICS & MATERNAL AND CHILD HEALTH</p> <p>Triloka community health services, including clinic and mobile clinics, as well as the maternal & child health programs, have continued strongly to serve Triloka and 12 surrounding villages. The clinic has become an integral part, where advice is sought and new things are learned. It also offers an opportunity for young local volunteers to learn and practice nursing, administration and educational skills.</p>
<p>RECEIVING MEDICINES FROM DIFAEM</p> <p>FLD received a shipment of medicines from DIFAEM for Triloka community clinic in April. Clinic staff sorting, unpacking, checking the lists and sorting the medicines into the storage room.</p>	

HEALTH EDUCATION	
	<p><i>The importance of hand-washing and using soap</i> continues to be a focus topic of the Health Education program. Other modules were held about: <i>How to prevent worms, Human body, Nutrition as good health prevention & Personal Hygiene</i>. Not only are illnesses explained but especially how to prevent them. These topics are held in the clinic waiting room, during mobile clinics in the villages, in five primary schools, one junior high school, a kindergarten, and two vocational training centres.</p>

MOTHERS SUPPORT GROUP	
<p>The weekly <i>Nutrition Cooking Demonstration</i> program has been running strong all year with an average attendance of 87/month. Out of this the idea was born to begin a monthly <i>mother's support group</i>, which FLD started in November. Here mothers are given space and the opportunity to discuss issues of health they face in their families and seek medical advice and find solutions to problems together.</p>	

	<p>AGRICULTURE WORK</p> <p>In 2013 FLD partnered with farmers in Uatulari Viqueque in planting and harvesting a rice-field. The crops were shared equally, and FLD's part is the rice for the training centre and clinic lunches. The agricultural work also focused on horticulture, such as vegetables and tomatoes and a large field of corn. This work involves 125 farming families.</p>
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SMALL BUSINESS DEVELOPMENT	
<p>FLD continued to support the twenty-five families from <i>Home</i> village with their weaving work, assisting with connecting them to markets, as their village is very remote (the amount of income in 2013 channelled through FLD to the <i>Home</i> weavers totalled USD \$ 6,151). This year FLD continued to take groups to visit the community and learn about the weaving.</p> 	 <p>The women's group in Bucoli village put the sewing machines donated to good use as they scored a contract with the local schools to sew the school uniforms. This has created a stable source of income for this group of women.</p>

UNIVERSITY SCHOLARSHIP PROGRAM

This year FLD was able to offer two new scholarships in the medical field to two promising rural young people, offering a rare opportunity for higher education. Upon completion they will return to work at the FLD Triloka clinic and give back to their community. The current total of four students in the scholarship program are:

	<p>Cesario Pereira Freitas completed his 2nd & 3rd semester towards a three-year Bachelor degree in Pharmacy at <i>Akademi Pharmacy Putra Indonesia</i>, in Malang, Indonesia. He comes from the Mountain village of Lakulihu-Sarbaikili.</p>		<p>Ana Josefa Ximenes began her first semester in September, 2013 towards a three-year Bachelors degree in midwifery at <i>STIKES Widyagama Husada University</i> in Malang, Indonesia. She comes from the Mountain village of Afaloikai.</p>
<p>Anastasia Maria Guterres completed her 4th & 5th semester successfully towards a Bachelor in Midwifery at <i>STIKES Widyagama Husada University</i> in Malang, Indonesia. She hopes to complete her studies and return in March 2014.</p>		<p>Paulo Fransico Simoes began his first semester in September, 2013 towards a three-year Bachelors degree in nursing at <i>Sekolah Tinggi Kesehatan STIKES Kenedes University</i> in Malang, Indonesia. He comes from the Mountain village of Alawa.</p>	

VISITORS



On 22 February, 2013 the German Ambassador Mr. Georg Witschel and his delegation visited Triloka clinic and FLD. He showed much interest in our work, especially appreciating the assistance of medicines supplied by DIFAEM – the German Institute for Medical Mission. Here Ambassador Witschel speaking with the FLD director.

President *Taur Matan Ruak* stated during his visit to Triloka Clinic on 19 December, 2013, after seeing the campus and hearing the stories of *Lafaek Diak*'s work:

“We all must work very hard to develop our beloved Land which has only recently become independent and come out of deep suffering. Lafaek Diak is a wonderful example of civil society working hard to develop rural East Timor as a partner of the government. I am encouraged by your witness and congratulate you!”



PLANS FOR 2014

1	Expand Scholarship Program to include Midwifery, Nursing, Medical Laboratory Technician, Radiography, Medical Administration and Teaching.
2	Further Develop the Triloka Health Clinic. <ul style="list-style-type: none"> - Replace clinic vehicle and further expand Mobile Clinic Program. - Installation of electrical work and fittings for the new Maternity building. - Building a new Medical Laboratory at the Triloka Health Clinic. - Further develop Clinic staff capacity through in-formal and formal training. - Build a Security House and re-wire the fence for the Triloka Campus.
3	Further Develop the Training Centre for Mechanics/Agriculture and Peace and strive towards accreditation <ul style="list-style-type: none"> - Identify steady partner (secure funding) for CTMP - Build library with basic mechanic & agricultural as well as peace-building books/resources - Identify Volunteer Mechanic Trainer to assist with curriculum development - Build simple boarding house for participants from remote villages and other districts.
4	Develop a water pipeline to Triloka Field. To give water access for the Training Centre and further Agriculture Programs.
5	Construct and operate a laundry/ sanitation building on third village site.
6	Further assist in the development of the women's weaving group in Home, specifically in marketing and promotion.
7	Further develop the administration capacity of FLD through training, office equipment and technology. <ul style="list-style-type: none"> - Identify Volunteer for Organisational Development.
8	Further develop the agriculture program with training in rice planting as well as other local crops.

Financial Report (1/1/12 - 31/12/13)		Statistics	
Clinic and Nutrition (TAI; 01/07/2013 – 30/06/2014)	USD\$ 72,985	Average monthly polyclinic and mobile clinic visits	630
Other USD	USD \$ 52,384	Average monthly maternal child health visits (post exp.)	103
This does not include capital building projects, nor the in-kind donations of goods and services.		Average monthly participation in nutrition program	87
		Number of farmers involved in crop development	125
		Total Staff	
		Clinic (including education)	-paid staff 9
		Agriculture -	-paid staff 1
		Administration	-paid staff 3
		Security, Cleaner, Driver, Catering	-paid staff 8
		International Volunteers	5
		Volunteering Doctors	2
		Local Volunteers	7

INDIVIDUAL DONORS		ORGANIZATIONAL DONORS
Bernadetta Kwintina	Hedwig Lempp	Australian Volunteers International, AVI
Ane	Monica Liddle	Bread for the World, Ecumenical Scholarship Fund, Germany
Sandra Anderson	Daryl Mills	DIFAEM (German Institute for Medical Mission)
Sonia Anderson	Mary Nelson	ETCAS – East Timor Community Assistance Scheme
Charlie & Mikaela	Gweneth, Geoffrey &	Foothills, St. Martins Uniting Church, AU
Beckley	Alan Sharp “Joan	Frauen Kreis der Evangelischen Kirche Weilimdorf, Germany
Alison Dyall	Sharp Scholarship”	GIZ – Timor-Leste
Barbara Dyall	Wendy Sheldon	Kalamunda Uniting Church, AU
Joy Eichhorn	Sandra Tunley	Mayfield Baptist Church, AU
Jill Forsyth	Sheila Walkerden	Melville Uniting Church, AU
Geoffery & Geraldine		Ministry of Health, RDTL
Harris		Ministry of Justice, RDTL
Roswitha Hartmann		NAZARETH Catholic Community, Adelaide, AU
Alfred Henderson		PALMS Volunteers, AU
Hilde Koenig		Pitt Street Uniting Church, AU
Ellie Johnston & Jo Lin		Rotary Club of South Australia, AU
Elizabeth Lempp		Rotary, Melbourne, AU
		SETRA –Seattle East Timor Association, USA

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<p>We are grateful for the help and support of many organizations and individuals. We apologize if we have left anyone out. Please let us know.</p>	<p>St. Johann Probstgemeinde, Bremen, Germany Springs Medical Centre, Daylesford, AU Transform Aid International, AU Uniting Church of WA SYNOD, AU Victoria Park & Districts Uniting Church, AU Weikersheimer Weltladen, Germany Youngdahl Family Reunion, Sand Lake, USA</p>
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STAFF LISTING	
FLD Administration	Constantino Pinto/Gregorio Lobo/Brigida Freitas Guterres/ Joanico Francisco Coreia/Palmira G. Fernandes.
Clinic	Fernanda Matos da Silva/ Emelita da Silva/Saul Afonso da Silva/ Dirse da Silva Soares/ Apolinario Manuel Sarmiento/Elizita Gusmao/Maria Lourdes de Freitas/Cipriana Pacheco Moniz/Agusto Pinto.
International Volunteers	Damian Rake/Rebecca Blundell/Maria de Jesus/Sally Malcher/ Mary Seong
Volunteering Doctors:	Dr. Greg Malcher/Dr. Andrew Leong
Local Volunteers for Clinic	Zelia Etelvina da Silva.
Agriculture Program:	Carlos Baptista.
Local Volunteer for Agriculture Program:	Alexandre da Costa/Armando Pereira/Berta da Silva/Geremias da Silva/Germano da Silva/Armando da Silva.
Training Centre for Vocational Mechanics and Peace Building	Silveiro Freitas da Concericao/Atanasio Belo/Paulo Francisco Simoes/ Maria Idalina da Costa Tilman.
Security, Cleaner, Driver & Catering:	Lourenco da Costa/Victorino M. Boavida /Aderito Freitas/Jose Maria da Costa/Eurico Pereira/Justino Soares/Nelson do Rosario /Ana Rosalia Edelina da Silva.

Further Donations can be made though international bank transfer to:	
Account Name:	Fundasaun Lafaek Diak
Address:	Becora, Dili, East Timor
Name of Bank	Bank Mandiri, Dili Branch, Timor Leste
Account No:	601-00-0014221-9
Swift Code:	BEIIDJA
Correspondent Bank:	CHASUS 33 JP Morgan Chase Bank of New York

