



FUNDAÇÃO LAFAEK DIAK UPDATE

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Seasons Greetings to friends and supporters of Lafaek Diak,

The rains have arrived in Triloka and everyone is in full swing planting crops and tending their gardens for the start of the season. Staff of Fundasaun Lafaek Diak have been busy assisting farmers with accessing seeds and planting, as well as hosting a number of important visitors to the community. As the rainy season increases the amount of patients attending the clinic we are looking forward to the completion of our new building. It is nearing finishing stages with only the electrical and water to be connected. Fundasaun Lafaek Diak is appealing for donations to assist with the final stages and setup of the building. This includes furnishing, installation of a water tank to irrigate a nutrition garden and the design and installation of a solar power system for the new clinic. Its an exciting time and the developments hold a lot of potential for the community of Triloka.



Tractors working the fields before planting in Aubaca, Triloka.

'Alternative Schoolies' in Timor Leste

In late November, Fundasaun Lafaek Diak and CTID in Baucau, hosted a visit by 17 young school leavers from Kalamunda, Western Australia as part of an 'Alternative Schoolies Week'.



Ambassador and Kalamunda visitors are traditionally welcomed to Triloka

The group, together with young people from Triloka, planted over 100 trees at the local school, painted the new clinic building, constructed a veranda for the existing clinic and spent a day working in the fields alongside a local farmers group. All activities were financed by the group's fund-raising efforts over eight months. The Kalamunda group were accompanied by a professional film crew for their entire trip and were even lucky enough to lunch with the President of East Timor on their final day.

The event made a deep impression on the youth of Triloka and by the end of the 9 days a strong

connection had been established between the two communities. While in Triloka, members of the Kalamunda group expressed an interest to return in May 2009 to work with the community to help upgrade the public community hall.



Ambassador and Youth plant a Moringa tree outside Triloka Clinic

Australian Ambassador Visits Triloka

In November the Australian Ambassador, Peter Hyland, made a flying visit to Triloka to both welcome the Kalamunda youth and meet community leaders for the first time. The Ambassador spoke of the strong connection between Australia and East Timor and encouraged the young Australians to embrace the opportunity to help in East Timor. At the conclusion of ceremonies the Ambassador, together with the young people from Kalamunda and Triloka planted a Moringa tree outside the new clinic building. The Moringa tree was selected for its important health properties being rich in vitamins and possessing all the essential amino acids, the building blocks for strong bodies. The visit by the Ambassador provided a wonderful opening to the start of community building and friendships in Triloka and it is hoped through this example we will see many more Moringa trees planted around the area and used to address malnutrition.



A spontaneous digeridoo jam session breaks out between the Ambassador and local teachers

Mobile Clinic

FLD's mobile clinic has been running monthly visits to the village of Oestico, which is some 40 kms from Baucau and hard to reach due to bad roads. Dr Christiane has been overwhelmed by the amount of patients showing up for consultations, many of whom are elderly and unable to travel to our clinic in Triloka. As the mobile service develops, FLD hopes to visit others areas such as Uatubua and Cicidu, which are villages further remote from the clinic and Baucau.

Fase Liman Mos/ International Hand Washing Day

To celebrate international hand-washing day on October 15th, the Triloka Clinic presented demonstrations on the importance of hand washing and hygiene to

the children of Triloka. The event was a great success and drew over a hundred children from around the Suco. The eager participates were shown the importance of breaking the cycle of infection that leads to disease and practiced hand washing with locally made soap. In the coming months FLD hopes to roll out new health education programs in the local schools and community.



Nurse Mana Anna demonstrates a simply hand washing technique in the Triloka clinic

Helping Hands at Lafaek Diak

Fundasaun Lafaek was recently joined by two local volunteers to assist with the running of the clinic and to continue their training in the health field. Mana Maria and Mana Amilita both live in Triloka and were supported by FLD to attend health volunteer training in Ainaro, District. They have both since returned and have been enthusiastically helping with clerical and practical tasks.

In addition, Calum Thornicroft, a young man from England currently on his gap year, has been assisting the Doctor and staff in the clinic. The help has been greatly appreciated as, as predicted, patient numbers have increased with the arrival of the wet season.



Kalamunda and Triloka youth enjoying the views from Mt. Aliana in Venelale.

For a few weeks in October, FLD was joined by a traveling vagabond renewable energy engineer who generously donated his time to install new equipment and maintain the solar energy system that helps power the clinic and doctor's residence. At the end of his stay, Josh prepared a report detailing energy management within the clinic and recommendations for future use. As the new clinic building nears completion it is hoped a similar sustainable energy solution will be found to provide power for the building.

Mini Tennis Clinic at Aubaca School

In collaboration with Timor Leste Kids Tennis, FLD was host to a tennis clinic involving some 30 kids from Aubaca Primary School. The clinic, run by Amindo da Costa a National Tennis Advisor from Dili, involved kids in exercise drills and activities to teach tennis skills. The organisation is introducing the form of mini tennis as it is easy to learn and teach. Nets and wooden bats came be made locally at little cost. At the end of the two day clinic, the school was presented with 4 mini tennis nets, 8 racquets and tennis balls. Members from Kalamunda also presented the school with tennis racquets brought from Western Australia. The clinic was a great success and it is hoped in the future young leaders in Triloka will assist further clinics in the region as tennis begins to take off in East Timor.



Our additional clinic building is nearing completion



Attracting a crowd of interest at Aubaca school

2009 Community Calendar

Fundasaun Lafaek's 2009 Calendar is selling strong in various shops around Baucau and Dili. If you would like to order bulk amounts to sell in Australia please contact Marg Staffa at: Marg.Staffa@wa.uca.org.au from the Uniting Church West Australian Synod Office. The proceeds of the calendar will assist FLD with ongoing programs and activities.

Happy New Year and Obrigado Wain! - Many thanks on behalf of the communities we serve!

Lafaek Diak wishes to express gratitude to all friends and partners, both individual and institutional, for supporting community development in East Timor through partnering with Lafaek Diak.

The work of Fundasaun Lafaek Diak is made possible through partnerships with: AusAid Women's Leadership and Development Grant (2007); Australian Government's East Timor Community Assistance Scheme through AusAid (2008), Australian Youth Ambassadors for Development (2008), Baptist World Aid Australia (2006 ongoing), Bede Polding College Windsor, NSW(2006); the Bush Regeneration Group Lane Cove Sydney (ongoing); Christliche Fachkräfte International Germany (2005 ongoing); Deutsch-Osttimor Gesellschaft (DOTG) Germany (2005 ongoing); DIFAEM (2006 ongoing); Seattle-East Timor Relief Association (SETRA) US (2008); the German Embassy Jakarta (2006); Hilfe für Brüder Germany (2006, 2007); Melville Uniting Church, WA (2004 ongoing), Misereor , Germany (2008), Mount Olivet Lutheran Church, MN, USA (2007, 2008); the National Council of Churches Australia (2006 ongoing); Oekumenischer Arbeitskreis Eine Welt Filderstadt e.V. – Eine Welt Laden (2007); Pitt Street Uniting Church, Sydney (2006 ongoing); Rotary Melbourne (2006 ongoing); Rotary in Western Australia, Booragoon (2007) and Victoria Park, Sommerville Darwin Australia (2006); St. Johann Catholic Parish, Bremen, Germany (2008), Trinity Lutheran Church Lancaster, PA, USA (2006 & 2008); Uniting Church Synod, WA (2005 ongoing); and many friends and supporters around the world.



Further Donations can be made through international bank transfer to:

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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



Baucau, January 2009