



Volume 26 - June 2017

alola

Welcome to the 2017 winter edition of Alola Australia's newsletter. We're pretty excited about our new tax deductible status. It means your donations to Alola not only make an enormous difference to the women and children of Timor-Leste they are now tax deductible. Making a difference through economic empowerment therefore seemed the most fitting way to celebrate our new tax deductible end-of-financial-year fundraising campaign. We also have the latest maternal and child health news, a nutritious recipe to try on your little ones (solidarity begins young), inspired and inspiring fundraising ideas and much much more. Enjoy your winter read.

Your donations to Alola are now tax deductible

A few weeks ago you will have received a letter from Kirsty Sword Gusmão, Chair of Fundasaun Alola updating you on the work of Alola in Timor-Leste, announcing Alola Australia's new tax deductible status and thanking you for your friendship, solidarity and support. In case you missed it please go to Kirsty's letter on [Alola Australia's website](#).

Kirsty spoke about how through the partnership between Alola Australia and Fundasaun Alola your donations last year helped achieve better conditions for many women and children in Timor-Leste.



Kirsty also announced that Alola Australia had recently applied and been granted deductible-gift recipient (DGR) status, which means any donation above \$2 is now tax-deductible.

As we are coming up to the end of the financial year this would be a great time to support Alola with a donation. In celebration of our new tax deductible status and at the request of Fundasaun Alola all funds raised in this period will go to supporting Alola's Economic Empowerment Program.

Alola's Economic Empowerment Program

The most vulnerable women in Timor-Leste are living in rural areas. Many are victims of gender-based violence. Their livelihoods often rely on subsistence agriculture.



Alola's Economic Empowerment Program works with vulnerable women to set up cooperatives to enhance their economic opportunities. Alola supports handicraft groups to increase

their knowledge of business management, product quality, provide training on natural dyes and provides a market for their goods at the National Fair and annual Easter and Christmas Fairs that Fundasaun Alola organises. This program promotes economic independence for women.

Offering agricultural tools, seeds and training in growing vegetables, plus access to savings and loans, means women become economically independent and are then able to support their children through school and university, study themselves, gain employment and build a house. When we support the economies of women and their families, we support the economy for all people in Timor-Leste.

You can support Alola with a donation

- **Online** via PayPal: through our website: alola.org.au, or
- **Send a cheque made out to Alola Australia Limited:** PO Box 382, Abbotsford, VIC 3067, or
- **By direct deposit** into our bank account as follows:

Alola Australia
 ANZ Bank Collins Place, Melbourne
 BSB: 013 030 Account Number: 3047-82427

1. For those transferring funds from overseas the Swift Code is: ANZBAU3M
2. So that we can acknowledge your donation and send you a Tax Receipt, please send an email to friends@alola.org.au with your name, donation details and amount.

Alola Australia (ABN: 20 132 084 050) is endorsed as a Deductible Gift Recipient. Donations of \$2 or more to Alola Australia are tax deductible in Australia.

Improving the health of women and children

Since January 2017, Fundasaun Alola's maternal and child health (MCH) program has undertaken several health promotion activities including cooking demonstrations using locally available food,



community discussions and screening of a breastfeeding film for community members in rural villages. As well as household visits by community

based group members, referrals for mothers and children to health facilities for malnourished children and pregnant women for safe delivery continue as part of the core program.

Throughout 2017 Alola's MCH program will expand its focus on promoting infant and young child feeding, strengthening basic safe motherhood initiatives, introducing the birth spacing program into four new villages and strengthening its existing community based groups in 153 villages.

Alola's Hospital Liaison Officers (HLOs) continue to be employed at the Dili National Hospital and referral hospitals in Oecusse, Baucau and Maubisse to support new born care at health facilities. Alola's HLOs have the important role of supporting the initiation of breastfeeding, problem solving with



mothers as well as providing early intervention for premature and underweight babies by educating mothers on cup feeding using breast

milk as well as Kangaroo Mother Care (a skin to skin contact approach).

This year, the MCH program has planned to provide capacity development training for new community based groups on infant and young child feeding,



basic safe motherhood, family planning and community management of acute malnutrition (CMAM). The objective of these training programs is

for new SHIO members to gain knowledge and skills which will enable them to provide counseling, education, identification of malnutrition and danger signs for mothers and children and, make referrals for emergency attendance at a nearby health facility. In addition to the monthly rural health promotion activities, in August the celebration of world



breastfeeding week will also be taking place. World breastfeeding week will be celebrated in collaboration with the local health facilities by holding healthy baby contests and

breastfeeding quizzes. A mini workshop on nutrition awareness for community leaders will also be introduced into new villages during the year. The objective of the new nutrition workshops is to raise awareness among local leaders on the importance of



nutrition as well as to get their support and collaboration to improve maternal and child nutrition in their own village. Every month the MCH team will travel to the districts to

meet with SHIO members in the villages at monitoring meetings and every four months at the district health service coordination meetings.

The MCH program distributes maternity packs with the aim of attracting women to have a safe delivery at a health facility or to be attended by skilled birth attendants. The packs are distributed to health facilities in Aileu and Baucau. As well as SHIO members, community members also need

information on exclusive breastfeeding, risks and complications during pregnancy as well as how to improve infant and young child feeding. SHIO members provide counseling to pregnant and lactating women every week at health facilities and once a month at mobile clinics as a part of their routine activities. The Birth Preparedness Plan project which supports pregnant women to develop a birth plan, access professional childbirth care and gather the support of their community in organizing transport when labour begins will continue to be strengthened in 18 villages in Oecusse and a new one established in Baucau.

In 2017 Alola's MCH will also collect baseline data prior to new groups being established; provide capacity development training on gender based violence for existing and new SHIO members; and graduate two SHIO groups in Liquica municipality.

Porridge with vegetable and meat – *Sasoro kahur modo ho na'an*



This nutritious dish for infants is included in the complimentary food cooking workshops as part of the health promotion and community management of acute malnutrition program

Ingredients

1 cup of Timorese Rice (red or brown rice)
Carrots: 2
Spinach to taste
Beef : 2 slices
Salt: 1 tsp (or less)
Oil: 2 spoons
Spring onions: 3
Cloves of garlic: 3
Water: 2 cups

Steps before preparing

1. Wash your hands with soap and clean water - dry your hands with a clean towel.
2. Wash all ingredients in clean water
3. Cut carrots and beef in the shape of a dice
4. Cut the spinach finely
5. Crush the onion and garlic

How to make it

1. Wash Timorese rice and drain
2. Heat the oil, add garlic and onion and fry until soft, add water and bring to boiling
3. Add beef to boiling water and continue to boil for 15 minutes, then add in the rice and carrot
4. Turn the heat down and let it cook slowly for

about 20 minutes, add spinach and stir until evenly distributed and cooked

5. Turn off the heat, leave the cover on and let it sit for about 5 minutes
6. Add salt and stir
7. Spoon into individual rice bowls and serve

Notes:

- To feed the baby from 6- 8 months puree with a small sieve
- To feed the baby from 9-11 months you can puree it if needs be
- This recipe also can be introduced to baby from two years above for breakfast

You can lend support to Alola's maternal and child health program through the August breast feeding week MILK campaign – read on for details.

Timor-Leste Prime Minister opens conference on participation of girls and women in sustainable development



Prime Minister, Rui Maria de Araújo, opened the national conference *Women and girls are active and reactive participants in sustainable development*, which was held on May 10 2017 in Dili.

The objective of the conference was to bring together national and local government, UN agencies, community organisations, academics and youth representatives to discuss and share ideas about how to achieve the gender equality objectives of the 2030 sustainable development agenda.

Rui Maria de Araújo said that it is necessary to strengthen awareness for the need of a grand movement, throughout the world, including Timor-Leste, which may ensure the maximum participation of women and girls in developing their countries.

Rui Maria de Araújo said Timor-Leste should feel proud to have already approved and put into practice

specific plans to achieve many of the Sustainable Development Goals. He stated that, despite challenges, over the last 15 years the country has had the opportunity to prove that its people are able to implement the sustainable development process, particularly regarding the involvement of women and girls.

He requested that all Timorese, men and women, should work together without gender discrimination. 'Men should support women more, girls must commit themselves to achieve their goals and boys must respect gender equality'.

Rui Maria de Araújo declared that it is time to act to stop all discrimination against women because the world recognizes that development will only really go forward when such discrimination ends. Fundasaun Aola was a sponsor and active participant in the conference.

Information sourced from Timor-Leste government press release 24/5/17

Fundasaun Aola celebrates sixteen years

Congratulations Fundasaun Aola on sixteen years of dedication to the women and children of Timor-Leste and showing that together strong women, communities and supporters can develop a strong nation.



Photo from right: Maria Evelin Iman – Advocacy Program Manager, Cristina Martins – Acting Finance Manager, Adalziza Dias Ximenes – Office Manager, Alzira Reis – CEO, Ema de Sousa – Education Program Manager, Jose Ximenes – Economic Empowerment Program Manager

Tasmania's eye on Timor-Leste



Nitin Verma is a Tasmanian, the Timor-Leste Honorary Consul to Tasmania and a long-time supporter of Alola and the work being done by Alola to support the women and children of Timor-Leste. Sally Glaetzer recently wrote an article about the work he has led in eye health in Timor-Leste. It appeared in the Hobart Mercury on

May 20, 2017.

To quote the article

'Verma is a highly awarded humanitarian, researcher, teacher and surgeon. He is a Member of the Order of Australia, a partner in a busy Hobart eye clinic, the head of ophthalmology at the Royal Hobart Hospital, the husband of a high-school science teacher and father of two adult daughters who are following his medical and philanthropic path. He is also Honorary Consul to East Timor and, as of a couple of months ago, a grandfather.'

'Politics is where the focus of Verma's visits to Timor have shifted in recent years, as the local doctors take over the bulk of the medical work. After morning surgery and clinical lectures, his days are taken up with meetings with various officials, including hospital chiefs and government ministers. As well as working to secure funding, Verma lobbies East Timor's ministry of education to recognise the ophthalmology diplomas achieved by his trainees, who passed their exams last year.'

[The complete article is well worth reading.](#)

News from the Board

Alola Australia's **Annual General Meeting** was held on 10 May 2017. If you go to our website you can see our [Annual Report 2016](#). This report includes a summary of our work in 2016, snapshots of Fundasaun Aola's work, and our audited financial report 2016.

Alola Australia celebrates DGR status with our first ever End of Financial Year Fundraising Campaign

As you will have read Alola Australia has recently been granted Deductible Gift Recipient (DGR) status which means that any donation over \$2 is now tax-deductible. The Board is very excited about this because it hopefully means that we will raise more funds to support the great work of Fundasaun Aola.

This year we are launching our first ever End of Financial Year Fundraising Campaign.

As Chair of Alola Australia, I have a very important request to make to you. Would you please forward Kirsty's letter to your friends, your families, your contacts in business and at your workplace and your neighbourhood. Now that Alola can offer tax deductions for donations, we are hoping and praying that many more good people will make donations to support women and children in Timor-Leste.

As Kirsty says in her letter all funds raised in this Tax Campaign will contribute to the great work of Alola's Economic Empowerment Program.

Thank you for your continuing support.

Maria Bohan
Chair Alola Australia

Inner Wheel women raising funds for Alola's Maternal and Child Health Program

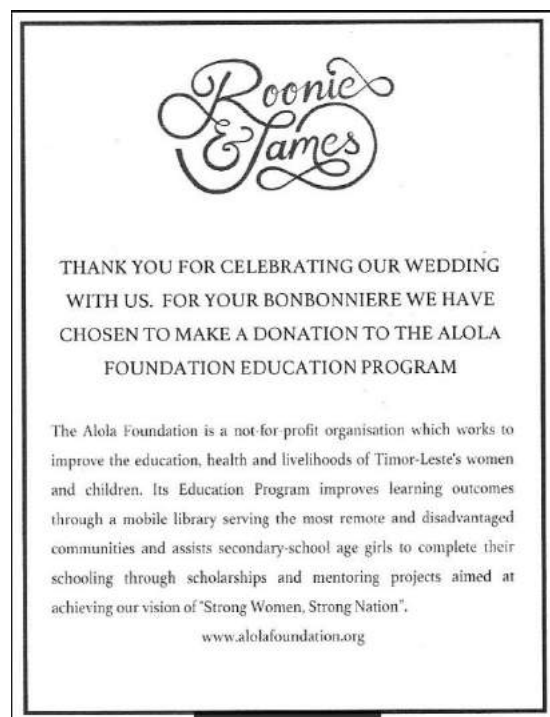
The Inner Wheel clubs from the Victorian district (A62) spanning from Brighton to Bairnsdale and the Mornington Peninsula, have dedicated their latest International Fundraising focus to Fundasaun Alola's Maternal and Child Health Program.

The clubs have so been busy hosting events such as 'soups and sweets' dinners that they are ready to hand over a generous cheque to Alola at a special lunch in July. Alola Australia board members Christine Perkins and Natalie Savin have accepted the invitation to receive the cheque and share news of how the funds will be used by Fundasaun Alola in their Maternal and Child Health Program. There will be more news about their wonderful efforts and activities in our Spring newsletter. We extend a huge thank you to the Inner Wheel clubs from district A62.



Roonie and James' bonbonniere fundraiser

Alola friends Roonie and James encouraged guests at their wedding to donate to Alola in lieu of the bonbonniere gift. With their generous permission and in the hope that it might inspire others here is a copy of the card they placed at each guest's table setting.



Upcoming Events

Save the date! MILK is coming during World Breastfeeding Week 1-7 August



The Alola MILK Campaign was launched on World Breastfeeding Day in 2011 by Kirsty Sword Gusmão, along with hundreds of mothers and babies in Melbourne and Timor-Leste. Kirsty says, 'breastfeeding is a symbol of nurturing and in Timor-Leste, breastfeeding saves lives. MILK has united women across borders in this simple act to raise money to empower Timorese women. We hope MILK inspires the community to get behind women and children in Timor-Leste'.

The MILK campaign runs throughout World Breastfeeding Week 1-7 August 2017.

We invite you to start thinking about ways to celebrate and raise funds for MILK, like hosting a morning tea or attending one of many events springing up around the country. More details will be coming soon.

Markets

The next shared **Friends of Same Alola Australia** stall will be on **Sunday 2 July** at Hawthorn Craft Market, Located in the Parkview Room next to the Camberwell Library, 340 Camberwell Road, Camberwell. The market is open from 10.00 – 3.00. It's a terrific market – we hope to see you there.

Brunch for Alola in Geelong

On Saturday 5 August 2017 Friends of Viqueque will hold a brunch event in Geelong with all funds raised supporting Fundasaun Alola's work. More news soon.



Keep in touch

<https://www.facebook.com/AlolaAustralia>

Join our 1,446 friends and keep in touch through the **Alola Australia Facebook** page.

Visit the **Alola Australia website** for the latest on upcoming events and campaigns, Fundasaun Alola programs, annual reports, making donations, getting involved, newsletters you might have missed and much more. www.alola.org.au

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Improving the health of women and children – Alzira Reis CEO

Stories:

Your donations to Alola are now tax deductible – production team

Inner Wheel women raising funds for Alola's maternal and child health program – Marita Jacobsson / Inner Wheel

Tasmania's eye on Timor-Leste – Christine Perkins / Hobart Mercury

Roonie and James bonbonniere fundraiser – Kirsty Sword Gusmão

News from the board – Maria Bohan

Fundasaun Alola celebrates sixteen years – Wendy Mayne / Alola media

Prime Minister opens conference on participation of girls and women in sustainable development – Wendy Mayne / Timor-Leste Government press release / Alola media

Support Alola with a donation

Alola Australia (ABN: 20 132 084 050) is endorsed as a Deductible Gift Recipient. Donations of \$2 or more to Alola Australia are tax deductible in Australia.

To make a one off or regular donation you can:

Make a direct deposit to Alola Australia.

Our bank details are:

Alola Australia, ANZ Bank Collins Place, Melbourne Victoria BSB: 013 030

PLEASE NOTE NEW Account number: 304 782 427

Swift code: ANZBAU3M

Reference: donation [your family name]

So that we can acknowledge your donation please send an email to friends@alola.org.au with your details and amount of deposit.

Send a Cheque: Cheques should be made out to Alola Australia Ltd and mailed to PO Box 382 Abbotsford 3067 VIC. Australia

Donate Online via Paypal: visit our website (www.alola.org.au) and click the 'Donate Now' button.

Donate by Credit Card:

Complete the following form and mail to our PO Box.

Credit Card: Visa or MasterCard

Card Number _____ Expiry: __/__

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'Strong Women, Strong Nation' 'Feto Forte, Nasaun Forte'