



OBRIGADU BARAK!

The Newsletter of the Seattle East Timor Relief Association
Issue #10 Fall 2008

HOLIDAY COFFEE IS HERE!!



Holiday Greetings from SETRA! The 2008 coffee harvest in Timor is in, and we now have an abundant supply of organically grown, fair trade, delicious Kafe Timor Loro-sa'e for holiday feasting and giving. Your purchase helps the people of Timor Leste in two ways. First, coffee is a primary export crop that gives farmers a fair wage and employs many people. Secondly, profits from coffee sales and donations to SETRA support small NGOs working to improve the lives of many other residents of Timor Leste. This issue of **Obrigadu Barak!** (*it means Thank you very much! in Tetun, the local trade language*) will bring you updates on the three organizations that your coffee purchase currently supports, so we hope you enjoy reading a bit about these projects, and the daily life in Timor Leste. Happy Holidays and Obrigadu Barak!

Fundasaun Lafaek Diak

"Happy Crocodile Foundation" supports public health projects in Triloka, TL. Our friends Tom and Monica Liddle, accompanied by their small daughter Hannah, worked there for several months this spring and summer and wrote about their daily life (below). They also delivered SETRA's \$500 donation to FLD.

Hi all,

You'd be really impressed with Lafaek Diak. They are doing some really positive stuff with the people of Triloka. One of the main issues here is that the water must be carried for almost everyone in the village. They do, however, have a clean spring above beautiful rice fields. Today Lourenço took us on a tour of the village so we got to see a lot of how the people live and meet some of the folks. The lack of easily available water causes a lot of problems for sanitation though, and thus sickness. The

clinic sees a lot of everything, from cold/flu to malaria and skin problems. Sometimes I take people to the hospital in Baucau if they are very sick or badly injured. The hospital is a very sad place, because it is so unsanitary and undersupplied.

The village of Triloka is on the road between Baucau and Dili, about a km off the main road and 10 km west of Baucau. The clinic/doctor's residence is kind of the center of village life. It is kind of a "compound" with a fence around and a "security guard" who is kind of like a gardener and person who keeps the grounds and sleeps in the clinic at night.

Our house is very nice: tile floor, kitchen with propane stove, running water, tank for bath, double bed with mosq. net, etc. There is no electricity, but the clinic has a generator and two solar panels which give us and the clinic some power, though it goes out often when the generator is not running. Outside at night it is black as a cave except for the candles that light up people's homes. Stars are amazing, the best I've seen since camping in central Nevada!

Out front there is a huge yard where kids play all the time and in the evening the community gathers to play volleyball. Probably 75 to 100 people gather every evening. Everyone in the village knows Hannah. She plays everyday with the kids. About a month ago the community got a TV for the community center, which is a dilapidated concrete building. At night everyone comes, and they hook up the TV and run it late into the night - kind of like staying in a hotel on a busy street in India. After they turn it off it is silent until the roosters start up about 4 in the morning.

Monica is working hard in the clinic each day and so far, I'm doing all the house work and watching Hannah. The local men get a kick out of that. Inge says it's a good influence on them to see a man sharing the house chores! It's more work here since you have to wash by hand and clean the rice, etc. Hannah and I also spend some time each day reading and working on "school type" work.

The weather in Triloka is very nice. About 80's during the day and down to 65 or so at night. The pace is very, very mellow. Like, way mellow. The Timorese are already mellow, but add on the rural lifestyle and its real slow. Triloka is poor, but everyone has an abundant garden and a roof over their heads. Most of the homes are "uma duut" - homes made of earth and rock, with the Timorese

thatched roof, though some have rusty iron walls and roof.

Monica is learning a lot and enjoying the work immensely. We often make home visits to various patients she is treating and concerned about. That is always interesting because we get to see people's homes and are greeted with such gracious hospitality and gratitude. Often when we leave, people give us a "lakeru" - pumpkin, or some other food. They also sometimes bring us food to show gratitude, which is always a blessing for us. Of course Hannah is a medicinal presence herself.

I spent the day last Saturday out in the field with my neighbors harvesting peanuts. Triloka is a large peanut region. We headed out about 8 in the morning and walked several km "ba leten" - up hill and then a ways into the bush to the field. We worked about 8 hours and it was a lot of work. Basically we used a stick to pry up the peanuts while also pulling on the plant. Lucky for me the day was cloudy and there was a breeze. My knees were quite sore at the end of the day from squatting and crawling about. Now I have a giant bag of peanuts which I am drying each day then will open and bag up. A lot of work for the farmers, but I found myself feeling the same type of satisfaction I often feel at the end of a day of carpentry. We got home about 6pm and I slept well.

I spent a long and tiring day coming to Dili for our visas and then made it back to Triloka by night time in the back of a truck with a beautiful sunset and scenery from my view. Just candles and cooking fires is all you could see when going through villages. It was also a Catholic holiday celebrating a Portuguese saint so there were many processions and vigils going on.

Hope everyone is well,
Tom

Fundasaun Lafaek Diak Update

excerpts from their Sept 2008 Australian newsletter

It has been a busy couple of months here at Lafaek Diak with new partnerships, new buildings and new programs for the communities in Triloka. In the coming months FLD will establish a mobile clinic to provide health care for hard to reach communities in the Baucau district. This will be an exciting development and a much needed service for communities isolated from public services in Baucau. The situation in the country has returned to a sense of calm after the civil unrest in February. The United Nations Mission has commended the country's institutions and

authorities for the way the situation was handled and their efforts to maintain peace.

In Triloka, farmers are beginning to prepare land before the wet season in November and December. Here's to hoping the rains arrive on time!

In June, Triloka was visited by Allan Toole, a Wat/San specialist to conduct an assessment on the water and sanitation situation in the area. Allan spent a week in the community identifying water sources, areas of concern, infrastructure that exists and developing ideas for creating access to water for Triloka and Ostico. Allan also demonstrated low cost effective solutions to improve water and sanitation. A community meeting was held in the Triloka Clinic to demonstrate hand washing and the reasons behind the need to hand wash. FLD hopes to devise a cost effective plan to utilize the water springs in Triloka and Ostico to improve access for the community so that they do not need to carry water long distances.

In February this year FLD applied for a grant to expand the community clinic and to house office space for the organization in Triloka. The grant, which was approved in July, is being financed under the Australian Government's East Timor Community Assistance Scheme. After many hours of consultation and negotiations with the local community, building has commenced and is progressing well.



The new building will provide a community health library, a laboratory and overnight accommodations for patients traveling long distances to visit the clinic. The building will also establish office space and a permanent presence for Lafaek Diak in the community of Triloka, an opportunity few local NGOs have in Timor Leste. FLD staff will be busy writing proposals for medical equipment, medical resources and office furniture for the new building in coming months.

At the request of the Ministry of Health of the Democratic Republic of Timor Leste FLD will soon commence a

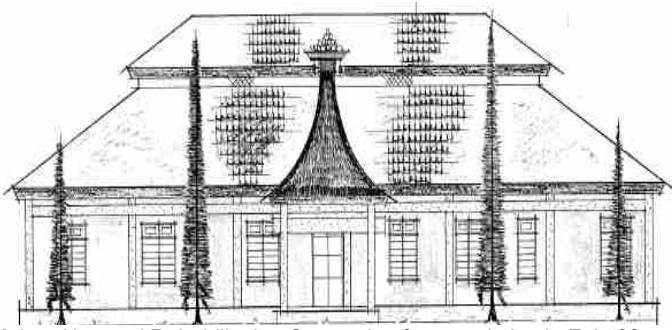
mobile health clinic to provide primary health care for hard to reach communities in the Baucau region. The organization has sourced a suitable vehicle from Dili and is eagerly awaiting its refurbishment and service.



Dr. Aida from Bairo Pite clinic working at Triloka

In the meantime, planning is underway to assess which communities to visit and which staff will operate the clinic. A schedule has been agreed upon to begin the visits to the far off communities in collaboration with Dr. Aida from Bairo Pite Clinic, who has a lot of experience in running mobile clinics and is keen to assist FLD develop this new program.

HIAM Health



Malnutrition and Rehabilitation Center due for completion in Feb '09

The following is an excerpt from the grant HIAM Health wrote for funding the Center. SETRA donated \$500 in 2008 for the Center to be built.

HIAM-Health has, in the past 4 years been raising awareness of the plight of Timor's children. We are extremely concerned with the appalling statistics of malnourished women and children still in Timor-Leste, 2008. The population of Timor-Leste in October 2004 was 923,198 of which there were 150,744 children <4 years of age, (16.3% of the population). 42.6% are underweight and 46.6% are stunted and/or wasted. For those children who suffered malnutrition while under the age of <2 years

the subsequent damage in many cases is irreversible. Since these statistics were documented in 2004 the numbers have increased.

The nutritional status of both children and adults in Timor-Leste remains significantly below acceptable world standards. As the National Nutritional Strategy notes, under-nutrition is brought about by a combination of broad economic, political, educational and cultural features of a society. In the case of Timor-Leste a combination of poverty, low employment, limited education, poor infant feeding practices, high levels of food insecurity and poor hygiene and sanitation has led to under-nutrition rates for young children that are among the highest in the world. So serious is the situation, that malnutrition is estimated to contribute to over half of all under five deaths in neonatal, under one and under five year age groups. Findings of the Timor-Leste DHS and more recent surveys highlight the enormity of the problem of malnutrition in young children and women in particular. For children:

Almost 50% are underweight-for-age

15% are severely underweight-for-age

Almost 50% of children under five years are stunted

Almost 30% are severely stunted"

(Health Sector Strategic Plan 2008-2012 Ministry Of Health, Timor Leste)

Many of the health issues associated with infant and maternal mortality could be turned around in Timor-Leste with a focus on behavior change, a modification of cultural and traditional practices associated with health that are contributing to the high death rate. Combine this with the re-introduction and skills training of the "home kitchen garden", it will improve nutritional health levels and assist in reduction of poverty by sale of surplus produce.

In the beginning; Pre-contemplation stage - a person might not realise that change is possible. Contemplation stage – then something happens to prompt the person to start thinking about change e.g. their child or infant is sick or dying from malnutrition. At this point some people will choose the next stage; Action - they have identified that there is a problem; they make the decision to leave their community; seek medical help and attempt to save the life of their child. Thus the process of behavior change has begun. These are the people that HIAM-Health will be working with to implement permanent change. These are the parents/caregivers that found their way to Dili National Hospital and will be transferring from there to the HIAM inpatient, live-in centre. This is where they will learn

from their peers to care for their children and themselves. Most importantly they initiated the behavior change so therefore permanent change has a very strong real possibility. Then on their return home they will become role models to the wider communities.

Just Coffee Seeds Project

SETRA sent our \$500 donation to this project in the spring of 2008 through Tom Liddle. An e-mail from our contact, Hector, was received in August (below).

Dear Neil,

I did indeed meet with Tom, and the \$500 went into immediate use in helping to build a small water system to about five households in Laclubar, a group who were not included in water supply systems provided several years ago, because of political issues.

I feel a bit guilty for not having written to acknowledge receipt of SETRA's donation, and had intended to do so much earlier and then it got lost in between rushing to get things finished here in TL before departing for a much needed break in the US. So please accept my apologies.

We are back now and things have been going well, though I have not had a chance to get up and see the water system yet. I hope to do so in the next fortnight (Timor time).

The coffee harvest has been going well also, and we are at present hosting a delegation from Just Coffee looking at Fair Trade coffee here, and more importantly exploring alternatives to the not so transparent and not so fair CCT/NCBA/USAID operation.

There is about 200kg of parchment coffee drying in my front yard, and more coming from Maubisse later this week. We will be roasting it locally and then putting it through the espresso machine that Just Coffee donated to us, to serve out of our restaurant Motion.

Best regards,
Hector

Obrigadu Barak! to our 2008 Donors

Adam Croft, Alan Lott, Amy Shapiro, Amy Sparks, Aram Falsafi, Bill Jones, Bobby & Michael Righi, Bridget Daly, Catherine Burke, Catherine E Weatbrook, Caitlin Scott, Chris Robertson, Joyce Yarrow, Chris Laroche,
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The Seattle East Timor Relief Association (SETRA) is a 501(c)(3) Charitable Organization registered with the WA Secretary of State, Reg #21908. SETRA works to make reparations to the people of East Timor, by financially supporting health, education and sustainable, sensible development projects in Timor Leste. We are an all-volunteer organization and 100% of profits go to support these projects

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OBRIGADU BARAK (*Thank You Very Much* in Tetum) is published 3 or 4 times each year to inform our donors and the public about the projects we support in Timor Leste.

For more information see our website at www.TimorRelief.org

PLEASE RETURN THIS FORM WITH YOUR ORDER

I'd like to make a tax-deductible donation of \$ _____ to support SETRA's projects

I want to buy Kafe Timor Loro-sa'e Fair Trade Organic Timor Coffee

_____ bags regular @ \$10/14oz bag for a total of \$ _____

_____ bags decaf @ \$10/12 oz. bag for a total of \$ _____ Decaf is delicious, but not from Timor Leste

Shipping and Handling on orders less than 5 lbs is \$9 \$ _____

TOTAL \$ _____

Please grind my order

OR _____ lbs. "bulk" (5 lb. minimum) regular @ \$11/lb \$ _____

_____ lbs. "bulk" decaf @ \$12/lb \$ _____ Decaf is delicious, but not from Timor Leste

TOTAL \$ _____

BULK ORDERS ARE SHIPPED FREE DIRECTLY FROM THE ROASTER!!

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Sign me up to receive **OBRIGADU BARAK** by e-mail _____ @ _____

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**SETRA
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