



A Gift to the next generation

Dear Friends

Sincere thanks for your previous support. It's good to be back in touch to let you know about what your contribution has enabled Life, Love & Health (LL&H) achieve in East Timor over the past six months. While on a personal visit to East Timor, voluntary LL&H Country Director Luke Gosling and I took the opportunity to visit our charity's most recent projects.

Gariana School Liquica

We headed west out of Dili to travel to Liquica. This village was badly affected by violence during the 2006 crisis but is now peaceful and beautiful. The track up to Liquica is narrow and rough and to drive the 13 kilometres over mountainous terrain took us an hour.



The children were excited to see us arrive and we received a warm welcome as we pulled up at the school.

The Village Chief Mr Serao, the School Headmaster Mr Nunes, community elders and school parents were proud to show us what Life, Love & Health had helped to construct with the assistance of local labourers. Three large new classrooms with masonry walls, concrete floors, an iron roof and a fresh coat of paint all represented the community's efforts to help themselves provide education for their children. The project site is on the side of a hill so the site had to be fully dug out and levelled using hand tools. Thanks to the support of Rotary - DIK and new committee member Rotarian Bill Dagg, we were also able to supply chairs, desks, exercise books and pencils so they have a relatively well equipped school.

Mr Nunes was sincere in his thanks to the supporters of Life, Love & Health when he said, "These Australians do not know us - yet they help us to educate our children. One hundred and twenty children can now attend school. Half in the morning and the other half in the afternoon.... Education is the future of East Timor."

'Fuan Nabilan' East Timor School for Blind Children

Fuan Nabilan is located four hours drive south west of Dili in the town of Same. The LL&H project at Fuan Nabilan was to renovate the kitchen/food preparation room and the toilet/bathroom. An important part of the project was to send the School Director Johana Meluk to the Bali School for the Blind for an intensive short training course.

I am pleased to report the renovation work is complete with the toilet/bathroom area doubled in size. The kitchen previously had an earthen floor and only three walls and now it is a large fully enclosed room with a concrete base.

Johana said, "What I learnt in Bali will help us plan for the future to provide education to blind children from all over East Timor".



Fuan Nabilan students in front of new extension/renovations





New projects

Training at Fuan Nabilan

With your assistance, LL&H is organising for Ratih Tritamanti and Ketut Sumartawan, voluntary senior Special Education teachers from the Bali School for the Blind, to visit Fuan Nabilan from 14 -19 October to mentor Johana and assist her to develop a five year strategic plan. They will arrange ongoing distance mentoring and consider the possibility of completing a subsequent six monthly follow-up visit to monitor progress. In helping to develop this School for Blind Children, we are helping some of the most disadvantaged young people in Timor. Our fundraising goal to enable us to continue to support Fuan Nabilan is \$5,000.

"Give the children in the district a glass of milk a day"

When the Salesian Youth Agricultural College at Fuliloro established a dairy herd and milking shed, LL&H Patron Kevin Bailey said, "The goal was to make sure that every child in the district could receive at least one glass of milk a day. Given the nutritional deficiencies of these children, we knew something as simple as a glass of milk could make a huge difference."

Over the seven years since, many agricultural students have been trained and the dairy herd has been well established. However, the wet seasons' impact on the low quality iron has caused the dairy shed roof to rust and now leak badly.

LL&H has committed to re-roof the extensive milking shed with good quality steel roofing. Materials and local labour costs require our fundraising goal for this project to be \$35,000. The Salesians are doing a great job. This is a very practical step to ensure the essential equipment in the shed will be preserved and the campaign to enable the children of the district to have at least a glass of milk a day can continue.



Presidential Medal of Merit

Life Love & Health volunteer Country Director Luke Gosling OAM was awarded the 'Presidential Order of Merit' by President Jose Ramos Horta at the 10th anniversary of the winning of independence ceremony on 30 August 2009.

Luke's citation read, "For humanitarian services provided to the people of Timor Leste". During the 2006 crisis, Luke remained on the ground when other NGO's had decided it was too dangerous to stay. With his past experience with the Australian Army in Timor-Leste, Luke was determined to stay to get food and medical treatment to the men, women and children in the displaced persons camps. Congratulations Luke on such a well deserved honour.

Invest directly in Timor's future

LL&H is a fully voluntary Australian based charity committed to working together with the Timorese on community based initiatives in East Timor. LL&H has no administrative costs – so you can feel reassured knowing your donation will be invested directly in the projects. Please consider a tax deductible donation today to assist the children and young people of East Timor.

Thank you once again for your ongoing interest and support of the people of East Timor.

Yours sincerely,

John

John F. Gosling OAM
President
Life, Love & Health Inc.

YES! I want to help Life, Love & Health

All Australian members of Life, Love & Health are volunteers so you know your money is going to Timor-Leste where it is really needed. Donations can be directed to our Community Development Partner - The Australian Foundation for the Peoples of Asia and the Pacific (AFAP). All donations made out to "AFAP" for Life, Love & Health Partnered Programs are Tax deductible.

Make a donation by completing the coupon below and posting it to:
AFAP, PO Box 12, Crows Nest, 1585, NSW, Australia

Name (Mr Mrs Miss Ms)
Address.....
.....P/Code

Phone (H).....(W)

Email

I wish to make a donation to AFAP - Life, Love and Health Programs for the following amount:

\$10 \$20 \$50 \$100 Other: \$.....

I have attached a cheque, or
Please debit the amount I have indicated from my:
(please tick appropriate box)

VISA bonsecord MasterCard CHEQUE MONEY ORDER

Signature.....Expiry Date.....

Card No.

Contact us on Ph. (03) 9852 3656 or visit our website for further information

www.lifelovehealth.com

ABN 12 038 736 601