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Many Hands International

culture based community development

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Bumper Edition

Dear friends and colleagues,

We have been very busy at Many Hands International this year, contributing to development in rural Timor-Leste through a focus on culture. One outcome is that we are sharing a lot of news with you all at once!

Best wishes,

Kim and Lisa (Dunphy) and the MHI Executive Team

Molly, Kim and Lisa (Directors) and the MHI Lospalos team

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CULTURAL CENTRE INAUGURATION

It was with great pride that the Lautem Cultural Centre was officially opened on 01 May 2014 by the Timorese Minister for Tourism, the Secretary of State for Arts and Culture and the Vice-Minister for Education. The inauguration was celebrated by community members from across the Lautem district and by national and international tourists, NGOs and Government representatives. Local cultural performances, workshops, exhibitions and market stalls showcased the district's rich cultural assets and highlighted the creative, cultural and economic opportunities that the Centre's programs will support.



The inauguration marked a major milestone in MHI's long-term project to develop Timor-Leste's first rural community cultural centre. The project is being undertaken in partnership with the Government of Timor-Leste and inauguration marked the completion of Stage One of the Centre's infrastructure development and the commencement of a new phase in arts and culture programming by the Government of Timor-Leste for the people of the Lautem district and beyond.

The above photo (© Austraining International) pictures State Secretary for Arts and Culture, Maria Isabel de Jesus Ximenes cutting the ribbon with Minister for Tourism, Francisco Kalbuadi Lay. More photos of the opening can be found on our [Facebook](#) page.

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CULTURAL CENTRE PROGRAMS

MHI is supporting cultural program development at the Lautem Cultural Centre. The following news items detail some of the program activities our staff have been delivering or supporting.

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Stomp Choir workshop and performance

In the lead up to the opening of the cultural centre, MHI Youth Arts Officer Cornelio de Jesus Baptista worked with Lospalos musician and international artist Etson Caminha to deliver a two-week music workshop with students from SOL 24 school in Lospalos.

Students learnt how to play traditional Fataluku musical instruments and a variety of instruments made from recycled objects. They then created an upbeat percussion performance that incorporated both traditional and contemporary sounds. The Stomp Choir was the rousing and inspiring final performance at the opening of the Lautem Cultural Centre. MHI thanks Etson for his inspiring and empowering work with the students.



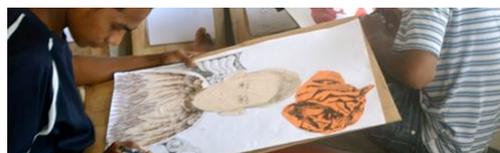
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Vida Arte Galeria Youth Arts Group

With the opening of the Cultural Centre in May 2014, MHI launched its youth art program *Vida Arte Galeria* (Destiny Art Gallery) which offers youth in the district the opportunity to partake in a range of creative activities. Daily art classes are led by Youth Arts Officer Cornelio de Jesus Baptista, with classes attracting up to sixty students a day, and growing all the time.



Students have been exploring this year's program theme: *Honouring the Past, Valuing the Present, Imagining the Future* through sketch, collage, collaborative murals, 3D modelling, storytelling and animation. The program seeks to encourage the development of leadership skills, by encouraging students to share their ideas and art with peers, creatively exploring themes such as identity, culture, personal aspirations and community. Through this exploration, the program aims to encourage participants to identify the many paths and possibilities that their future offers. Senior students have been guided in taking on responsibilities to develop role modeling and leadership skills for the wider group.



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Zumba Lospalos!

Zumba is a contemporary dance/fitness practice that is very popular in Dili with both Timorese and *malae* (foreigners). There has been great interest from many people in Lospalos to participate in regular Zumba classes. Consequently, MHI approached Zumba Dili to train former staff members and ongoing collaborators Humbelina Khey Gandara and Maria Madalena dos Santos as Zumba instructors. Khey was Artistic Director of the inaugural Lautem Cultural Festival in 2013 and is the Artistic Director of local performing arts group *Sanggar Haburas*. Maria has worked with MHI on a number of research projects and cultural events.



In May, Khey, Maria and a senior male performer from Sanggar Haburas undertook intensive training with Zumba Dili. The training was filmed to enable ongoing skills development after the trainees' return to Lospalos. They have been practicing their skills as instructors in sessions with *Sanggar Haburas* members and will soon undertake assessment. Once they pass assessment, they will commence regular sessions at the Lautem Cultural Centre. A small fee will be charged, so that the instructors can earn some income from the program.

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Fashion design workshop

In July, *Sanggar Haburas* participated in a costume design workshop at the Lautem Cultural Centre. Dutch fashion design teacher Ineke Siersema led the workshop, sharing her expertise. Each participant designed and created their own accessories for the Youth Festival held in Lospalos in August. This festival saw youth from all over the country showcase their talents, including Khey's group, who performed both traditional dances and some of their new contemporary dance routines. We thank Ineke for her creative workshop and the bright and sparkly new accessories the group now have for their performances.



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Korean film night

The Lautem Cultural Centre hosted its first film night in August. Supported by the Korean Embassy, a selection of Korean shorts and a full length film entertained young and old viewers. Many young people in Lautem are currently studying the Korean language and the event provided both a cultural and 'out of class' learning experience.

MHI hopes that this will be the first of many film nights hosted at the Centre, beginning with plans for regular Friday screenings of local and international films. We thank Casa de Produção



of local and international films. We thank Casa de Produção Audiovisual, Dili, who generously donated a number of locally made films to be screened in coming months.



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Architecture 3D modelling workshops

In August, local architect Cipriano Barros ran a series of 3D modelling workshops with art students from the Centre. Using recycled materials, the students created miniature traditional *uma lulik* (sacred houses indigenous to Lautem) to display in the students' exhibition as part of the Public Art Festival in Dili. Cipriano completed his training in architecture in Indonesia and had since been looking for opportunities to share his skills with younger people in his local community. We thank Cipriano for offering his time to our students and look forward to seeing more 3D art from the young people inspired by his great talent.



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Student participation: Public Arts Festival, Dili

In late August, senior students from the *Vida Arte Galeria* art group, led by MHI Youth Arts Officer Cornelio de Jesus Baptista, headed to Dili to Timor-Leste's first international public art festival – ARTE PUBLIKU. Over ten days, the group participated in a series of workshops including theatre, costume, music and visual arts. Students met with other artists from across Timor and around the world and visited a number of impressive art exhibitions and performances. They also showcased some of their own work, including a colouring book of a traditional Fataluku story that the group wrote and illustrated. Other works including a collection of personal collages, sketches and 3D models followed the theme of their activities this year: 'Honouring the Past, Valuing the Present, Imagining the Future'.



Upon returning home, students have been busy preparing for their exhibition which is set to take place in the coming months at the Lautem Cultural Centre. Each senior student has also been designing their own workshops which they will facilitate in the coming weeks, sharing their experiences and new ideas with the younger students in *Vida Arte Galeria*.

MHI would like to thank Friends of Lospalos–Mornington Peninsula for generously supporting the students' participation in Arte Publiku. We would also like to thank the festival organisers for delivering such a fantastic event for everyone to enjoy.

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Creativity in research

Susana de Matos Viegas is an anthropologist from the University of Lisbon whose research interests include community, identity and histories of co-habitation. For the past three years she has been exploring these themes within Fataluku communities in the Lautem District. In September, Susana worked with MHI staff and students from the youth arts group in a two-day workshop at the Lautem Cultural Centre. Students were invited to consider what they understand of their *ratu* (kinship group) and in particular, their ancestors and *arapou cau* (buffalo horn-adorned customary graves). They were then invited to share an interpretation of non-sacred or concealed aspects of this using creative processes. The students found this a thought provoking exercise and one which will resonate with them as they continue



to explore identity through art in the future.

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SUPPORTING TOURISM

MHI is supporting the development of cultural tourism in the district of Lautem. Read on for information about some of our more recent activities.

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Rock art project and launch

Tutuala, located in the Lautem District of Timor Leste, is home to one of the richest regions of rock art in island Southeast Asia. Encompassing these rock art sites is the Nino Konis Satana National Park, where the Government of Timor-Leste, in collaboration with local communities, is striving to preserve and promote this important cultural heritage. To support these efforts, MHI was invited to partner with the State Secretariat for Arts and Culture on the UNESCO funded project *The Protection and Promotion of Rock Art in the Lautém District*.



The project was initiated to support tourism in the region, and to further develop informed decision-making within the community about the impacts of tourism on the community and its heritage sites. MHI's role was to consult with community members on the proposed project and engage them in discussions and preparation for cultural tourism based around the sites.

As a result of the project, the Tutuala community formally opened the Lene Cece site up to tourism on the 1st of May 2014. Attending the event was the State Secretary for Arts and Culture and other Government dignitaries, as well as local cultural and community leaders, representatives from UNESCO, local and international NGOs, members of the broader community members and tourists.

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Melbourne University Student Conservators tour

The Student Conservators for Timor-Leste (SCTL) is a newly formed graduate organisation at Melbourne University, led by Professor Robyn Sloggett. In July, SCTL visited the Lautem Cultural Centre from where MHI staff facilitated tours to various local community groups so the group could learn more about intangible and tangible cultural heritage in the region. It was a great experience for all involved and provided our local team and community members with a greater understanding of the potential for cultural tourism. SCTL is now keen engage with MHI and the Cultural Centre to support cultural heritage conservation. We look forward to future collaborations with these skilled, thoughtful and pro-active students.



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RECORDING HERITAGE

MHI works with communities to record local knowledge and practice so that future generations can access this information to strengthen their cultural knowledge and identity. Find out about recent activity below.

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Documenting Restoration of Independence Day

Documenting Restoration of Independence Day

MHI was invited to join the local committee organising community celebrations in Lospalos for Restoration of Independence Day on May 20th. Our team was tasked with documenting the event, producing a film of festive highlights as well as community members' reflections on the day. Along with the film, photo documentation was also compiled and presented to the community to add to local history memorabilia.



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PROJECTS

MHI undertakes a range of projects to support community health and wellbeing outcomes using a cultural approach. Projects are undertaken independently by MHI or in collaboration with a range of partners. Read on to find out about our new project with Deakin University.

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Culture and health: Tobacco Use Prevention Project

In collaboration with Deakin University, Melbourne, Australia, MHI is undertaking a health promotion project in Lautem District focussing on tobacco use prevention. Tobacco use is emerging as an increasingly prevalent behaviour, with Timor-Leste having one of the world's highest rates of male smoking. As yet, there have been few efforts to curtail smoking in Timor-Leste. MHI understands that cultural programs can contribute to efforts to prevent health compromising behaviours such as tobacco use. The Tobacco Use Prevention Project will develop a cultural approach to preventing the use and take up of tobacco in Timor-Leste.

In March, Thomas Lopes began work with MHI as a Health Promotion Officer. He then spent three months in Australia as a visiting fellow at Deakin's Faculty of Health where he learnt about research skills and health promotion strategies. Since his return to Timor-Leste, Thomas has been liaising with local health authorities and the national government and conducting surveys on attitudes to smoking and tobacco use. A community forum in Lospalos to discuss a strategy for the promotion of anti-smoking informed by survey results is scheduled for October.



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TRAINING PROGRAMS

MHI is supporting community skills development by delivering training for our local staff and the broader community in Lautem and Timor-Leste. Find out about training MHI has delivered recently and upcoming training events below.

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Computer library development

Australian IT consultant Judd Zekas visited the Lautem Cultural Centre in May, bringing with him seven donated laptops he had refurbished and installed with robust operating software and a variety of digital education programs. His donation also extended to the provision of ongoing offshore IT support in order to maintain the donated computers.



The computers are being used in the development of a public computer library in the Centre. Community members will be able to use the computers for the educational programs and to access free internet. The library will also be available for local organisations, schools and groups for training purposes. The State Secretariat for Art and Culture is currently developing a national cultural heritage database and this will also be available from the computers so that the community and visitors can learn more about local cultural heritage. This month, Timor Telecom visited the centre to discuss our proposal of accessing free internet at centre with plans to proceed with this in the coming months.



We thank [Judd Zekas IT Consultancy](#) and his clients from the community of Warburton, Victoria, who donated their laptops to the Centre. We look forward to opening the library very soon.

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Sound and lighting techniques

MHI coordinated a three day training session in *Sound and Lighting for Performances* in April. Participants had theoretical and practical training covering use of the sound mixer, speaker systems, microphones and lighting system, along with complex multi-cabling to enable the best sound and lighting effects for a performance.



The trainer was renowned technician Soni Wibisono, from Dili based *Berliku Fanu-Rai Sound System Music and Recording Studio*. Training participants were all Lospalos based: one MHI staff member, two staff from the State Secretariat for Arts and Culture, three Cruz Vermelha Timor-Leste (Timor-Leste Red Cross) volunteers, and one local teacher. It is anticipated that skills the trainees learned will enable them to be employed on MHI and other performance projects at our Centre and other locations in the future.

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Coming up: Training and professional development activities

In the last quarter of 2014, MHI will be delivering a range of skill development activities. These include:

- Consultation about a national tobacco prevention plan, 20 November (Dili).
- Conflict Resolution Professional Development workshops for psychologists, health workers and MHI staff, 21 and 28 November (Dili and Lospalos).
- Creative Approaches to Wellbeing for Women workshops, 22–28 November (Baucau and Lospalos).

More information about these events will be available on our [website](#) and [Facebook page](#) in the coming weeks.

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STAFF NEWS

MHI is very fortunate to have an outstanding team working for us in Lospalos. Find out more about them below.

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Congratulations Nelinha Pereira

Congratulations to MHI staff member Nelinha Pereira and her



Congratulations to MHI staff member Nelinha Pereira and her husband Siku who are expecting their first child early next year.

Nelinha began working for MHI in 2012 as an Administration Officer and Language Assistant on the *Protecting Endangered Forms of Fataluku Cultural Expression Project*. Nelinha proved to be so skilled and adept that her responsibilities have grown and she is now MHI's Program and Administration Coordinator.

We look forward to meeting Nelinha's baby and to supporting Nelinha to achieve a worklife balance that best meets her needs as a mother and professional arts administrator. Congratulations Nelinha!



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Congratulations Ilde da Silva

Congratulations to MHI staff member Ildefonso da Silva and his wife Elsiana on the birth of their son Valerry, who is now looking very charming aged four months!

Ilde first worked for MHI as a videographer on the *Protecting Endangered Forms of Fataluku Cultural Expression Project*. He has since worked on a range of other projects, including the *Protection and Promotion of Rock Art in the Lautém District* project and the *Vida Arte Galeria – Arte Publiku* project.

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Farewell Youth Arts Mentor Amy Stevenson

This month we say farewell to our extraordinary Youth Arts Mentor, Amy Stevenson. Amy has been working over the past year with MHI's Youth Arts Officer, Cornelio de Jesus Baptista, to develop and implement a range of programs and projects that provide creative opportunities for youth in the Lautem district. Amy was also instrumental in the successful implementation of the *Protection and Promotion of Rock Art in the Lautém District* and she has been a great asset to the work of the whole team. We thank Amy for her outstanding work and for her thoughtfulness, her passion and her humour. We wish her success in all future endeavours and hope that this is not the last we see of her. Thank you Amy!



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Welcome back Lucia Pichler

In June we said goodbye to Creative Arts Capacity Building Officer Lucia Pichler and then welcomed her back in August as Museum Development and Program Advisor. Lucia spent a successful first year in Lospalos building the capacity of MHI staff in arts programming, event management and organisational administration and development. Lucia will be with us for the next two years providing operational support and building staff capacity in museum program planning, documentation and operations.

In turn, our staff in Lospalos will be building Lucia's skills in the art of motorcycle riding and maintenance!



We thank staff of Scope Global International and the Government of Australia for the excellent support for

Amy and Lucia's volunteer placements.

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SUPPORT FROM MHI FRIENDS

MHI is very fortunate to have the support of a range of individuals and organisations. Below you will find out about the different forms of support we have received this year.

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Fundraiser: Women's Wellbeing Retreat, Kyneton, Victoria, Sunday 26 October, 1–5 pm

Fundraiser in support of a women's well-being program in Baucau and Lospalos in November 2014 that will be led by creative arts therapist Marita Jacobsson

Join Marita and many highly skilled professionals for a enjoyable day of activities including yoga, meditation, massage and art-making, and afternoon tea.

Bookings: www.trybooking.com/GALT or Marita Jacobsson on (+61) 0404 008 432. [More information available here](#)

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MHI t-shirts

In April, the MHI team in Lospalos took receipt of 16 high quality t-shirts embossed with the MHI logo, donated by Robert and Dolores Amos from [Safety Supplies SA](#). The t-shirts were a big hit and the MHI team is now looking very professional!



A huge thank you to Robert & Dolores Amos for this kind donation.

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Exhibition Fundraiser

In 2013, South Australian artist [Ineke van den Hout](#) spent three weeks in Timor-Leste visiting her friend and MHI staff member Lucia Pichler.

In February/March 2014, Ineke presented works inspired by her travels at the Port Germein Art Gallery, South Australia, in an exhibition entitled *21 Days in Timor Leste*. Ineke donated all proceeds to Many Hands International.

We thank Ineke for her support.



WOMEN'S WELL-BEING RETREAT



SUNDAY 26th OCTOBER, 1 - 5 pm

Illuminate Yoga Studio + Maiaveda Holistic Health & Day Spa
Upstairs at The Mill, 18 Piper Street, Kyneton

Early bird price: \$85 (by Sunday 12th October), Thereafter: \$100
More info/bookings: <http://www.trybooking.com/GALT>
or Marita Jacobsson on 0404 008 432

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Generous donations

We thank our supporters for their generous donations. As a not-for-profit organisation without regular funding, this support is essential for our activities.

We thank especially:

- John Toumbourou, for the very generous donation for the purchase of a vehicle which greatly supports us in our work and contributes to the safety of our staff.
- Kim Dunphy, whose monthly donations cover our operating costs.
- Many others, including Sean Dunphy and colleagues, Annette Dunphy, Andrew Lucas, Julian Mattay, Susan Phillips, Jason Mewburn and others whose donations were anonymous.
- Other organisations and individuals mentioned above who have supported specific programs.



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SUPPORT US

We encourage you to support our work with communities in regional Timor-Leste. We are achieving many positive outcomes using cultural programs to promote creativity, positive identity, the recognition of heritage, social cohesion, health and economic development.

A donation towards a monthly salary (average \$200) for a Timorese staff member enables the delivery of a range of wonderful programs and opportunities for the people of Lospalos and greater district of Lautem. It also provides meaningful employment and strong skills development in an environment where there are few other opportunities. Every salary brought into the regional economy supports whole families and enables children to attend school. One of our staff and his wife are pleased to use his MHI salary to accommodate six members of their extended family in their home, along with their own children. This includes young people from remote villages who they support to attend school in Lospalos.

As all our Australian staff are volunteers and the management of our organisation is undertaken by volunteers, 100% of your donation goes straight to communities in need in Timor-Leste.

Our website lists easy ways to [donate to us](#). We welcome one-off donations and regular contributions.

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