



Stori Bilong Rambutso

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FOR celebrates 4th year of operating...and still going strong

By Lynne Shori

Amazing how the year has flown! At FOR with our 2009/2010 AGM just behind us and with a new Committee in place, it is timely to celebrate our achievements as we head into our 4th year of operation..and the fact we have lasted longer than most small businesses in Australia!

Your support keeps us going, so thank you to all those who have joined us along the way by participating in our fundraising and events.

In coming editions we'll be bringing you more details of the work FOR is undertaking alongside the villagers of Rambutso as well as some exciting photos. For now, though, here's how, with your help, FOR activities are delivering real benefits to the small and isolated villagers of the Rambutso Island group in PNG.

Over the past four years, FOR has delivered:

- 3 x 2000 gallon water tanks
- 4 x 1000 gallon water tanks
- 1000kg of school books for schools (roughly 1000 books)
- 1600kg of cement for water tank bases
- 54 x 12ft sheets of iron roofing for water tanks
- Taps, guttering, downpipes for water capture (7 tanks)
- 9 First aid kits and first aid supplies
- Large bins for collection of disposable batteries
- 75W Solar panel, 30 rechargeable batteries and recharger unit
- 30 Tabata snorkel, masks and fin sets for the diving community

Supporting self sufficiency at the village level is a guiding principle for FOR. Accordingly, several of our projects centre on finding and inviting others with specialist and relevant skills to transfer and share their skills to the Rambutso communities. This has involved a focus in our key areas of health, education and environment/conservation:

Key program achievements over 4 past years:

- First aid training - 120 villagers
- Disability training – 120 villagers
- How-To-Free Dive-Safely Training - 75 divers
- How to Monitor Coral Reef Health - 75 divers
- Joint FOR – Women Groups Facilitated sessions to assess training needs - Approximately 400 women
- Facilitating research undertaken by University of Wollongong involving the dating of coral reef samples

Most satisfying is that several of these initiatives have taken on a life of their own, a true measure that our efforts are having a lasting effect.

For example, the initial coral dating samples and research undertaken by Dr Helen McGregor and Phd candidate Javier Leon, successfully resulted in the award of a research grant, paving the way for further research on the impact of rising sea levels on Rambutso islands. With several villages low lying and several unable to support food crops today, this is an exciting outcome.

By FOR sponsoring annual competitions, the How To Free Dive Safely Training and Coral Reef Health Monitoring, we are encouraging the first participants to share their training with the school children and other divers. This is helping to save lives and provide information on the health of their reefs upon which all the communities livelihoods depend.

In 2010/2011, FOR's key goals are to:

- Deliver and complete the installation of 4 1000g tanks, cement bases and iron roofing (Pusu, Popeu, Kasma, Pukal villages)
- Deliver and complete installation of 1 x 2000G tank (Lenkau village)
- Deliver 2 x 1000kg of school books (Panuselu and Bundro Libraries)
- Lay the foundation for the Womens Cooking/Training Building, "Haus Meri" in Panuselu village
- Finalise plans for the second "Haus Meri" in Lenkau Village
- Commence first womens training programme – Rambutso wide
- Sponsor annual Coral Reef Monitoring and How To Free Dive Safely Competition

2011 promises to be another exciting and busy year!

But of course your continued support is what will make this possible. So a heart felt thanks from all the Team at FOR.

A special thanks to the 2009/10 FOR team: Belinda Miller, Caroline Boyce, Edwina Schneller, Manon Van Zundert, Ryan Miller, Ruud Dautzenberg. All the FOR team are part timers, and that we continue to get so much done in between our day jobs and other commitments is outstanding. Without you, we achieve nothing.

Bel and Ryan, special thanks for all your hard work that continued right up to your recent wedding..and we understand continued on during the honey moon...Now that's real dedication!

Congratulations guys, and thanks for being with FOR from the beginning.



Belinda & Ryan Miller – the newly weds

Special thanks to Edwina Schneller, our Secretary in 2009/10 who, doing nothing in half measures, moved from Bowral to Sydney, changed jobs twice, found an apartment, a gorgeous fiancée (Frank!) and two very naughty cats to adopt. Our deep thanks and gratitude also to Caroline Boyce, who continues to support and guide us from her new home base in Melbourne!

And welcome to Lucy Mcquillan, Charlie Lethbridge and Manon Van Zundert to the Committee for 2010/11!



Lucy Mcquillan



Charlie Lethbridge



Manon van Zundert

After joining the FOR Running team and completing her first run ever – a half marathon no less! - Lucy generously offered to take up the mantle of Secretary. Charlie was one of our earliest and longstanding financial supporters and so it is with excitement we welcome her as Treasurer. And Manon, feeling perhaps a touch guilty after her and her family scored so many fabulous prizes at FOR raffles and events over the years, accepted a position on the Committee first in 2009/10 and rejoins us again in 2010/11, and for which we are incredibly thankful.

Last of all, thanks to Ruud Dautzenberg, the glue that makes the whole operation come together and who takes over as el Presidente this year.



Ruud Dautzenberg



Caroline Boyce



Lynne Shori

As for me, with the haus meri projects starting to pick up speed, I'll move into a project focused role in the year ahead. We look forward to bringing you more news and fun in the year ahead – **check out articles on [The Race Around Sydney on November 28](#), and the [upcoming Telling Stories Tour to Rambutso in Easter 2011](#)** – and in the meantime, we hope you enjoy this issue of *Stori Bilong Rambutso* and wish you and your families all the best for the upcoming festive season.

Lynne

FOR...Bringing Sexy Back! – 4 June

By Belinda Miller

The FOR Sex And The City charity movie night on 4 June was a sell-out event. A big thank you to all those very excited women who braved the cold and rain to attend the Friends of Rambutso screening of 'Sex and the City 2' at Palace Cinemas in Leichhardt. And apologies to all those missed out on tickets!

The evening started with Cosmopolitan cocktails (what else?!) in the foyer setting a buzz as the Group eagerly awaited the screening of the film and catching up on the mis-adventures of Carrie, Charlotte, Samantha and Miranda over the last couple of years. However, the talking stopped as soon as the opening credits rolled. It was a great night and there were plenty of smiles all around.



Thank you to everyone who attended and made this night such a success. \$574 was raised for FOR which is a great effort and will be greatly appreciated by the people on Rambutso.

Congratulations to Nerissa Chew who collected the Sydney Entertainment Book lucky door prize on the night and a big thanks to staff at Palace Cinema Norton St for their help in ensuring all ran without a hitch!

Belinda

FOR's 2010 Runners Run Raise over \$3300 – 4 July

By Lynne Shori

Congratulations to Nicole Schrijnmakers, Martijn Brouwer, Alecia Nolan, Manon Van Zundert, Jeroen Meidam, Lucy Mcquillan, – all ran in the Gold Coast Half and Full Marathons on 4 July.

To paraphrase someone famous: Run a (half) marathon once.....brag for a lifetime!



The Runners Expo had ALL the latest gadgets

Lucy checks out the route..& STILL smiles

Runner T shirts on...a lifetime of bragging begins!

Before signing up to the run and commencing training, only one of group owned up to the moniker 'runner'...and one had never run at all. All ran distances previously unimaginable and all crossed the line in absolute elation.

The groups' run helped raise over \$3,300 for one of the haus meris (womens community cooking buildings) that FOR is helping two Rambutso villages build. The haus meris are a priority project for FOR in 2011.

It was a thrilling achievement all around and buoyed by their success, the group is now looking for other runners (aspiring or old hands!) to join them in a 7028km run to Rambutso and back. Sound interesting?...Read on....

Lynne

Join Us and run 7,028 kms to Rambutso and back! – February 2011

By Manon Van Zundert



As this year's FOR runners proved, no matter what your current level of fitness or running ability, it is possible to get fit, have some fun and support a worthwhile cause at the same time.

Over the last few years, FOR has had several individual runners raising money for FOR through different running events and in 2011 we want to challenge ourselves and put the stakes even higher.

The plan is to run from Sydney to Rambutso and back – 7028kms! – and now **we're looking for volunteers from all levels of running fitness to join us!**

The basic idea is as follows:

- Timeframe: 3 Jan – 30 Sep 2011 (39 weeks)
- Total distance from Sydney to Rambutso and back is 7,028.4 km
- We are looking for 15 – 20 runners to participate. If we get 20 runners, each runner has to do an average of 10 km / week
- Each runner will be sent a spreadsheet to track their runs. Weekly update on km run will be sent to FOR
- FOR will set up a group sponsor page (event) on Go Fundraise (www.gofundraise.com.au). Runners can set up their individual pages as part of the FOR page
- Each runner will send out emails to their network to promote the fund raiser; FOR will also promote the fund raiser in our news letters and we will promote the fund raiser through our FOR database contacts
- The aim is to get \$1 of sponsoring for every kilometre we run, i.e. as a group, we are targeting to collect \$7,028 dollars for FOR

It's a great opportunity to get fit and support a charity at the same time. And to help us get there, FOR has enlisted (again!) the wonderful Andy Kirwan, an experienced runner and excellent running coach, to get us into shape.

Starting in Feb 2011, Andy will run 2 sessions per week for our Sydney FOR runners for only \$10 per person per session. The training will be structured to also support those runners aiming for the Sydney half and full marathons in May, as well as those just looking to lift their overall level of fitness.

If you want to participate in the challenge of running from Sydney to Rambutso and back, or if you would like more information, email run2rambutso@FriendsOfRambutso.org

In the email, please include the following:

- Your name, email address & location
- Average kilometres you plan to run on a weekly basis
- Whether you want to join the FOR training sessions

We are looking forward to a healthy and successful 2011 and hope that you will join us in our running challenge.

Manon

Race Around Sydney - 28 November 2010

By Ryan and Belinda Miller

Looking for an excuse to grab your mates, have some fun and score some great prizes?

Join Friends of Rambutso (FOR) for the Race Around Sydney on November 28. The Race involves teams of 5 and is based on Amazing Race TV show and Treasure hunts. In 2008, when we ran our first such event, the feedback was overwhelming and positive with participants lining up for the next one! Well, you asked.... and here it is...!

Test your knowledge and skills and spend a day enjoying the beautiful the sights (and pubs!) of Sydney, kicking off in Sydney's historic and beautiful Rocks.

Date: 28 November, 2010
Time: 1pm to 5pm
Location: Cadmans Cottage, 110 George St, The Rocks
Start: Opposite Overseas Passenger Terminal, Circular Quay
End location: Nice try!!
Team Fee: \$150 for a team of 5, or \$30 per person

Need a more altruistic reason to join?

Rambutso is a remote island group in PNG where several villages have less than 11 gallons of fresh drinking water per person. Sending water tanks to address this situation is a priority for FOR. Join us and help us send at least one 2000 gallon water tank to Rambutso.

Ready to team up?

To get the ball rolling, simply fill out your team's details in the table provided in the event email sent earlier this week and email it back to events@friendsoframbutso.org. Next, secure your team's spot by paying the \$150 team fee. Your registration is complete once we have received full payment.

How to Pay your team fee?

You can make your secure payment via TryBooking system at <http://www.trybooking.com/6409>

Once we've received your payment we'll send you a copy of The Rules and the usual paperwork for public events (Special Event Liability Release and Assumption of Risk Agreement forms) which each participant will need to complete on the day. The event requires a minimum of 5 registered teams to proceed.

Help spread the word

By forwarding this email to friends and colleagues, help us spread the word and put urgently needed water tanks on Rambutso!

Bel and Ryan

Telling Stories Tour – Easter 2011

By Ruud Dautzenberg

Ever wanted to make a trip where the destination has no running water, electricity, flushing toilet, email, privacy, alcohol, newspapers, processed food, rush or even a 7-Eleven? Then keep on reading!

Each year Friends Of Rambutso takes a small group to Rambutso – we refer to it as the *Telling Stories Tour*. We are currently making plans for the 2011 trip which will take place around Easter. It's part play and part work: the first leg is a one week "working holiday" on Rambutso, living with the locals and experiencing an unrepeatably life experience. The second leg is a week's "relaxing holiday" in Kavieng, PNG's pre-eminent dive destination.

In addition to the above, what should you expect? An average temperature of

30°C, lots of sun, 1001 star accommodation, friendly and laid back people, mosquitoes, different languages, an abundance of seafood and coconuts, palm trees and tropical islands.

We're finalizing numbers now and spots are strictly limited so if this sounds of interest, drop us a line today as we would like to involve you in the trip planning and preparation. What we would ask of you is to help us out with one of the existing projects running on Rambutso or assist in setting up a new one. And don't worry if you think you don't have useful skills...we all have skills that come in handy.

Sound like a good idea? Email me on ruud.dautzenberg@FriendsOfRambutso.org and I'll get a DVD out to you giving you more of an idea of what to expect.

Ruud

Vale Lillian Gleeson - Founding FOR Member

By Lynne Shori

It was with great sadness that I came to learn of the recent passing of one of FOR's founding members and my friend, Lillian Gleeson. Lillian passed away peacefully in her sleep, with friends, after a battle with cancer, and is survived by her son Marc and daughter Amanda.



In her 70s but with her young looks, feistiness and ability to giggle like a naughty school girl, Lillian was often assumed to be much younger. This was a constant source of frustration to Lillian, who frequently auditioned for granny roles in TV advertisements, only to be rejected because she didn't look old enough!

She supported me personally in the decision to establish FOR, and was generous with her love and laughter. Tough as nails on the surface but a big softie to those fortunate to get beyond that. Most people didn't know it, but Lillian was an opera singer in her younger years. In her older years, she loved Marc's dogs and was mad about *Bold and The Beautiful*, *House*, and *Dancing With the Stars*. Her scones (with her 'secret' ingredient of sour cream) were truly sublime. I will miss being seated at your table. You will be sadly missed, lovely Lillian.

Lynne

Join the FOR Community and Get Involved!

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Friends Of Rambutso (FOR) is a not-for-profit organisation dedicated to helping the remote island communities of Rambutso (Rambutyo) in Papua New Guinea through community based health, education and conservation programmes. We are connected to these communities by humanity, history and the Pacific Ocean with its dazzling diversity. We reach out to these communities through story-telling.

Do you like to organise fundraisers, write proposals for grants, or help manage our website, let us know! Please email info@FriendsOfRambutso.org, or visit our website www.FriendsOfRambutso.org/Get_Involved



Friends Of Rambutso