



Friends Of Rambutso

Stori Bilong Rambutso

Issue 5, May, 2010.

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Editorial

By Belinda Fogarty

Welcome to the first issue of Stori Bilong Rambutso for 2010.

There's lots of interesting reading in this issue. There's our interview with Rachael Hinchliffe, a volunteer physiotherapist based in Lorengau who is working in conjunction with FOR to improve health practices on Rambutso, information about our Running Club, our upcoming Movie Night and a Cadbury's fundraiser that we are currently undertaking. There is also a reminder about how you can get involved. There's something to interest everyone in this issue.

I hope you enjoy this issue of Stori Bilong Rambutso.

Belinda

Movie Night

The girls are back!

Ladies, it's time to dust off your Manolos and get ready for a great night out with your girlfriends whilst supporting a very worthy charity.

Come along to a charity screening being held by Friends Of Rambutso to raise much needed funds to build women's houses in Papua New Guinea.

When: Friday, June 4th 2010.

Where: Palace Cinemas
99 Norton Street, Leichardt

Time: 7.15 p.m. for pre-movie drinks
8.00 p.m. for the movie



Cost: \$25 p.p. for the movie only OR \$30 p.p. for the movie and a Cosmopolitan

To purchase tickets, please e-mail sexandthecity2@friendsoframbutso.org by May 21st.

We look forward to seeing you there.

Entertainment Books are Back!

Yes, that's right – the Entertainment Books are back in 2010! As with previous years, there is a wide range of books available varying in price from \$55 – \$65 depending on which edition you purchase.

The following books are available for purchase this year:

Edition	\$ each *
Sydney, Sydney North, Brisbane and South Queensland, Adelaide, Melbourne	\$65.00
Newcastle, Central Coast & The Hunter	\$60.00
Parramatta, The Hills, Blue Mountains & Macarthur, Canberra, Gold Coast, Geelong	\$55.00

**Postal Delivery is \$7 per Book*

Friends of Rambutso receive 20% from the sale of every book. The money raised in 2009 was used to send water tanks to remote villages, books to empty school libraries and to teach local sea cucumber divers safe diving practices. The money raised from this year's sales will be spent on new initiatives such as the building of women's houses where local women can meet, cook and teach each other practical skills.

If you would like to order an Entertainment book, please e-mail us at entertainmentbooks@friendsoframbutso.org It is anticipated that all orders will be ready for distribution at the end of April.

Entertainment Books make great birthday presents so make sure that you order yours now. Don't miss out! The sooner you order, the sooner you'll start saving!

Interview with Rachel Hinchliffe, VSO Volunteer Physiotherapist based in Lorengau



FOR members met Rachel Hinchliffe, British volunteer physiotherapist, in her first week into an 18 month posting to Manus, the smallest and most remote of PNG's provinces. This was the start of an exciting relationship with both parties working alongside to deliver improved services to the people of Rambutso. Rachel has since returned to the UK however with international development charity, VSO, having recently recruited a second physiotherapist for the Manus province, Rachel's work continues to be rewarded.

The following interview with Rachel gives a taste of the challenges and rewards of working and living in such a remote location.

Where do you call home?

I'm from south London in the UK.

How did you come to be volunteering in Manus?

I lived in the Congo, Africa as a child and had always wanted to work abroad. I put this off for many years until decided I needed a change of scene. I applied to VSO (voluntary service overseas) and was offered a job in Manus. The job was to set up the physiotherapy department in the hospital with an aim of providing services that would be enabling for people with disabilities. I was drawn to the challenge of starting a project from scratch and living in a country that is going through so much change.

How long is your stay in Manus?

I have now been in Manus for a year with many much needed little breaks throughout the year. I am planning to stay until September this year (2009), so 18 months altogether.

What 'creature' comfort have you missed most from home?

I'm a proper English girl and miss my tea most of all. Luckily I have been stocked up with many parcels of tea bags. Strangely enough though it isn't the 'treat' type things I miss most of all, as it's easy to make a cake or Jam or biscuits, however I really miss having a big range of vegetables to choose from, especially the crunch of a lettuce leaf!

At a personal level what have you found the most challenging about life on a remote island like Manus?

Definitely the lack of conversation with peers and people from your own culture and being able to talk to someone where lots of things are just understood without being said. It's not that I don't have any deep conversations with friends I have made here, but they are much fewer than at home. At times I can go a whole week without any conversation besides exchanging niceties and 'work talk'. I know I've had too much time alone, when I get a call from the VSO office and don't let the other person get a word in edge ways!

When you look back on this time, what will you recall as your greatest personal achievement?

One repeat volunteer for VSO describes a placement as a marathon: it might not feel too comfortable at the time but at the end you are delighted that you have done it. Just being able to carry on through the difficult times, has given me a great sense of achievement, I feel like I can tackle anything I want to now, which is a great feeling.

When you look back on this time, what will you recall as your greatest professional achievement?

I am hoping this is still to come as I have lots of things to do before I leave! Having identified rehabilitation skills as an area of great need, my goal before leaving will be to train local staff in basic rehabilitation skills which will allow them to have a lasting and positive impact on the welfare of the Manus people. For the Mother and child health clinic staff this is in early identification of disability, for the ward staff a focus on prevention of disability in people with chronic illness or injuries. The hardest part for me is to not step in and do the work yourself all the time!

Has this experience changed the way you think of yourself?

It has changed the way I think about my life. When you are living in a community that values relationships, family ties and community above anything, you think about your own roots. At the moment I feel much more peaceful and appreciative of all the things I have in my life. In the 'developed world' we really do tend to strive for things that don't count in the end, such as material goods and career progression. Not that this is all bad, it's just the importance we place on those things is often too great. The next person who sees me tearing my hair out at work once I'm back in the UK can remind me of this!

How did you come to know about FOR?

I met Lynne and the FOR team at the Hotel in Lorengau the first week that I arrived in Manus, as my housing wasn't yet ready. For me it was a difficult time, such a different environment and I very nearly jumped straight back on the plane! It was a life saver to have other people to talk to, especially people who were so enthusiastic about working in Manus. Since then I have supported Dr Jessica Green who visited on behalf of FOR in August 2008 and FOR are financially supporting my work here in Manus.

Your work on child development screening, tell us more...

Many children with disabilities in Manus develop complications and never reach anywhere near their potential, this can be avoided with early diagnosis and rehabilitation. One of my projects involves training staff in 3 health centres in the developmental screening of young children with an aim of helping health workers pick up disabilities earlier. Language difficulties is a major constraint and has meant I have had to develop the materials and training materials in pidgin English – a first for me! FOR has helped me by funding my travel costs and the purchase of books made specifically for health workers in developing countries who are usually very poorly supported. Through increased awareness of disability and the importance of rehabilitation, this project will mean fewer children will be needlessly suffering. It's an important project and I'm excited by the amount of interest among other PNG provinces who are interested in adopting my tools and training materials.

How can readers find out more about your experiences?

I set up a blog so that all my family and friends could get the latest news from this my time in Lorengau. I updated every few weeks and anyone can check it out at www.rachelfizz.blogspot.com

How can readers find out more about the VSO?

VSO is an international development charity that works through volunteers. You can find out more about them on www.vso.org.uk



Friends of Rambutso Running Club

Do you enjoy running? Are you planning on getting fit or participating in this year's City to Surf or Sydney Running Festival? If you answered yes to any of these questions, then you might like to join the Friends of Rambutso Running Club. The Running Club meets on Monday and Wednesday nights in centrally located areas. The Club is coached by Stanley and Andrew, personal trainers from Urban Fitness, who ensure that all participants make the most of their time and get the best benefit from their exercise. The Running Club consists of approximately eight very friendly people but they'd welcome your company. The more, the merrier! The Running Club caters for all runners so don't worry if you're not a

super athlete. A sense of fun is all you need.

The Running Club had a very successful year in 2009 and through their efforts; \$2800 was raised for Friends of Rambutso. We're sure that this figure will be surpassed in 2010 – especially as some members of the Running Club are in training for the Sydney Half Marathon in May and the Gold Coast Marathon later on in the year.

If you're interested in getting fit whilst enjoying the outdoors and meeting new people, it's not too late for you to join. Please contact Lynne on 0417 939 712 or e-mail her at lynne.shori@friendsoframbutso.org for more information.

Cadbury's Fundraiser

Friends Of Rambutso are currently undertaking a Cadbury's Fundraising Drive. We're hoping to sell 50 boxes of Freddos before the end of June. So far we have sold 41 boxes so we are well on our way to reaching our target. If you can help us by selling a box at your workplace, please send an e-mail to events@friendsoframbutso.org and we will get in touch with you shortly.

Dates for your diary

There's a lot happening over the next couple of months. Please put these dates in your diary now.

- May / June – Cadbury's Chocolate Fundraiser
- June 4th – Sex and the City 2 Movie Night
- August – Trivia Night (exact date TBA)
- November 28th – Race Around Sydney

What Can I Do to Help?

We understand that people are busy and that not everyone can attend all of our events and functions. The good news is that you can still get involved and support Friends of Rambutso and the work that we are doing in Papua New Guinea without having to come to a continuous series of events and functions.

The best way to achieve this is to become a Wantok. Wantok means friend in Pidgin and all you need to do to become a Wantok is to commit to making a regular monthly donation to Friends of Rambutso. How much you choose to donate is entirely up to you. All contributions are gratefully received. Simply set up a regular deduction through your bank account and the rest will be done for you. See below for Friends of Rambutso's bank details.

FOR Life FOR Hope FOR Yumi Olgeta

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ANZ Bank Account

BSB - 012006

Account Number - 488143792

Account Name - Friends Of Rambutso Incorporated

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, edit newsletters or manage websites, let us know! Please email Lynne on

lynne.shori@FriendsOfRambutso.org, or check out our website

www.FriendsOfRambutso.org/Get_Involved



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