

## Friends like these

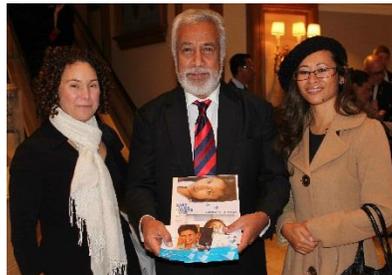
### Look who we caught up with!

Some significant people have come in and out of our East Timor Hearts Fund world in recent months – including the “father of Timor-Leste”, His Excellency Xanana Gusmao.

Our patient support coordinator Ana Saldanha and I were honoured to brief the former Prime Minister on our work during his trip to Melbourne in April. Minister Gusmao is very supportive and we look forward to working more closely with him in future.

In May we said thank you to our hard-working volunteers and indispensable corporate supporters at a special event at Wild Timor Coffee in Melbourne. More about this on page 3.

After two years on our board we farewelled Professor Damien Kingsbury last month. We thank Damien and wish him well with his many projects in Timor-Leste and around the world.



His Excellency Xanana Gusmao, with Ingrid Svendsen and Ana Saldanha

In other board news, I'm pleased to report that at our AGM last month I was elected for another year as board chair, along with Philip Fitzpatrick as company secretary.

And finally, in this newsletter we meet some old patients and introduce some new ones. Our patients rely on your support, so we hope you will consider making an end of financial year donation.

Thanks for your support.

– **Ingrid Svendsen,**  
**board chair**

## Lives transformed, 'an absolute joy'

### Medical roundup with Dr Noel Bayley

Greetings friends and supporters,

Since our last newsletter, there's been a lot of activity. In February-March the volunteer medical team conducted three busy days of clinics in Dili, where we saw more than 100 patients.

Seeing previous patients such as teenager Melinda and youngster Jeca, with lives transformed by their successful cardiac procedures, is an absolute joy.

We also saw many new patients, some, sadly, with such advanced disease that surgical intervention is not possible. A significant number of young Timorese die from untreated heart disease, largely the scourge of rheumatic fever. To tackle this devastating problem we are redoubling our efforts to get earlier referrals from local doctors and hospitals, and also turning our attention and energy to prevention measures.

It was very satisfying to see our first 2015 patients, Esmenia and Angela, have successful procedures at MonashHeart. And two more patients arrive this month. See page 3 for more details.

– **Dr Noel Bayley,**  
**honorary medical adviser**



# Esmenia and Angela

## Lives saved

In March we welcomed Esmenia and Angela, our first patients for 2015.



Within days of arriving, Professor Richard Harper from MonashHeart had performed their heart procedures – reporting no complications, and better still that Esmenia and Angela could look forward to dramatic improvements in their symptoms and quality of life.

Not long after their operations Esmenia and Angela were out enjoying Melbourne's autumn sunshine, excited to have their appetites back, and to be able to walk without getting breathless or tired.

*"We are so grateful for ETHF, MonashHeart and everyone that has helped to save our lives. We are now looking forward to going back to Timor and continuing our studies. Obrigada barak!" – Esmenia and Angela*



After getting the all clear from Professor Harper, the ladies enjoyed a visit to Living Legends wildlife park and racehorse retirement home.

Our thanks to Dr Andrew Clarke and the team at Living Legends for giving our patients a memorable final day in Melbourne.

Before their surgery Esmenia and Angela dreamed of returning to study, and playing soccer and basketball. Now those dreams can be realised, thanks to the great work of Professor Harper and MonashHeart – and made possible by you, our fantastic supporters.

**Together we can transform more lives.** Please make an end of financial year donation at [easttimorheartsfund.org.au](http://easttimorheartsfund.org.au)



## Three minutes with...

# Ligia Carvalho

## Patient support volunteer



### How and why did you become involved in East Timor Hearts Fund?

I always wanted to volunteer for an organisation that I could have a connection with. I became interested in ETHF after attending a fundraiser and finding out how and why they came about. I was amazed at the dedication of the volunteers who were giving young East Timorese people a second chance at life. ETHF was an organisation that I wanted to be involved in. The greatest privilege is when the patients recover from their heart surgery and return to Timor-Leste. Knowing that I was able to be a small part of such a dedicated team is most rewarding.

### What does your role entail?

I provide social support to the patients by visiting, taking them sightseeing and cooking them traditional Timorese food. I help ease their experience in a foreign country.

### What do you do in your spare time?

Catch up with family and friends. I love to cook and try out new recipes, camping and going to festivals and markets.

## Look at them now!



In February our volunteer medical team caught up with some previous patients, including Melinda, Jeca, Agripino and Tomas, all now in great heart health. "Little" Arminda, once so frail, now seems to have grown 25 centimetres! These are the rewards of our work. Thank you for helping us to give these patients new life.



We ♥ you

## Sabores de Timor

On a sunny day in May, foodie ETHF supporters enjoyed a delicious cooking demonstration by the lovely ladies from Sabores de Timor. The menu included rissoles, sweet and sour eggplant, banana flower salad, chicken curry and the famous fish soup (that could give the restorative powers of chicken soup a run for its money). Along with recipes, the cultural significance of many of the dishes was shared.

At the end, everyone happily sat down to feast on the dishes just made. Thanks to the wonderful ETHF supporters came along and to Sabores de Timor for their generosity in organising the event, and donating the proceeds, more than \$1000!



## Running for hearts!

Please join our us for the **Run Melbourne** fun run on 26 July and help us raise \$20,000 to give a patient life-saving heart surgery. Choose from three events: for super athletes there's a half marathon; for the runners, there's 10 km fun run; and for everyone else, a 5 km walk that you'll hardly even need to train for! Enter at [www.runmelbourne.com.au/](http://www.runmelbourne.com.au/) using our team password timorhearts2015. You can join or sponsor our team at <https://runmelbourne2015.everydayhero.com/au/east-timor-hearts-run-melbourne-2015>

## A night to remember

A fantastic night was had by all in May at our partner and volunteer thank you event at Wild Timor Cafe in Melbourne. It was great to get together with some of the people who have helped us to save more than 20 lives in the last five years. Special mentions to David Tudehope, CEO of Macquarie Telecom from Sydney and Perry Singh, from Toll Remote Logistics, from Canberra for travelling so far the occasion, as well as all the volunteers who came along.

Thanks to our wonderful friends Sabores de Timor for the sensational food, and the crew at Wild Timor Coffee for generously allowing us to use their beautiful cafe.

## Welcome Rita & Martinho



As this newsletter went to print we welcomed to Melbourne Rita and Martinho, who will have mitral balloon procedures at MonashHeart in Melbourne in June.

Rita is a primary school teacher with seven children. Martinho is a farmer who has three children. Both have severe mitral stenosis that leaves them breathless and weak.

They look forward to being well enough to look after their families. We look forward to helping them achieve their goal.

## Love your work!

Big thanks to our annual report team **Fullpoint Media** (writing and editing) and **Struck & Spink** (graphic design). Thanks also to our 2015 Run Melbourne sponsors **smith + tracey architects.**

**FULLpoint MEDIA.**

**Struck&Spink**

**smith+tracey architects**