



UNMIT Photo/Martine Perret

"The liberation of our country will remain incomplete until the total and unconditional empowerment of women and gender equality is achieved," Vice President of Parliament and President of the Women Parliamentarians' Caucus Maria Paixao Da Costa told participants at the launch of the Centre.

Gender Resource Centre opens at National Parliament

With the opening on 7 October of the Gender Resource Centre at the National Parliament, members of Parliament now have a dedicated facility to help them enhance their skills to support the development of rural women, promote gender equality, and empower women.

At the launch the Vice President of Parliament and the President of the Women Parliamentarians' Caucus, Maria Paixão Da Costa said that through the establishment of the Centre, Timorese women have created an institution that reflects their commitment to achieving gender equality and women's empowerment in the country.

"The liberation of our country will remain incomplete until the total and unconditional empowerment of women, and gender equality, is achieved," she added.

According to the 2006 Human Development Report on Timor-Leste, women in Timor-Leste face significant development challenges. Two-thirds of adult women are illiterate. There is a higher level of school drop-out rates for girls as compared to boys. Fertility and maternal mortality rates are among the highest in the world, and gender-based violence is prevalent, particularly in the household.

The Special Representative of the Secretary-General for Timor-Leste Atul Khare told the gathering the Center would help the National Parliament and the country achieve the Millennium Development Goals, particularly Goal 3 on Gender Equality and Women's Empowerment.

The Centre is a three-year joint initiative between the National Parliament through the Women Parliamentarians' Caucus, UNDP, and UNIFEM, in close collaboration with the Secretary of State for the Promotion of Equality.

World Mental Health Day 2008

World Mental Health Day, observed on 10 October, promotes a more open discussion of mental illness, and prevention and treatment services. Mental, neurological, and behavioural disorders are common in all countries around the world, causing immense suffering and staggering economic and social costs. People with disorders are often subjected to social isolation, poor quality of life, and higher death rates.

On the occasion of World Mental Health Day, UNMIT's Staff Counselling Unit has produced a special bulletin on anger. It advises that anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems at work, in personal relationships, and in the overall quality of your life.



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These signs and associated behavioural changes are indicative of anger:

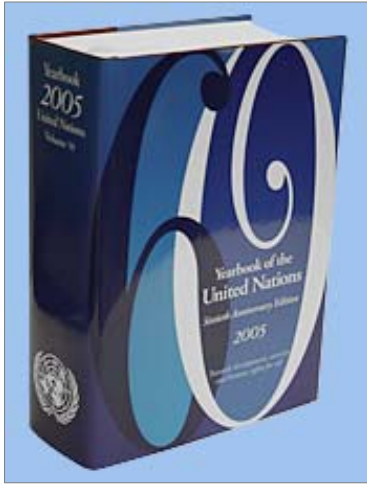
- Impulsive responses to situations/issues that damage relationships
- Irritability and overreactions to minor issues
- Lack of cooperation with fellow workers and superiors
- Negativity and alienation
- Frequent tardiness or absenteeism
- Critical, complaining about work, fellow workers, or superiors
- Not accepting responsibility or accountability
- Procrastination in completing assignments
- Difficulty understanding instructions
- Trying to control or manipulate colleagues

The physical effects of anger can include heartburn, ulcers, and colitis, palpitations, high blood pressure/heart attacks, skin disorders, and low resistance to pain.

The emotional effects of anger include depression (when the anger is turned inwards), addictions to alcohol, tobacco, or illegal drugs, compulsions (eating disorders, overworking, and bullying behaviour, especially expressing racist, sexist, or homophobic views).

Strategies to manage anger include:

- Assertiveness Training – learning to respond to situations calmly when angry.
- Relaxation – deep breathing and relaxing imagery can help calm down angry feelings.
- Problem Solving – finding solutions or coping strategies to situations caused by very real and inescapable problems in our lives.
- Better Communication – learning how not to jump to conclusions and responding rationally rather than emotionally.
- Using Humour – "silly humour" helps defuse rage in a number of ways, but be careful with who you share your humour as it can backfire.
- Changing the environment – give yourself a break. Make sure you have some "personal time."



UN launches first-ever online version of the 'Yearbook of the United Nations'

The United Nations Department of Public Information has launched the first-ever online version of the *Yearbook of the United Nations*, the most authoritative reference work on the Organization. The new website – <http://unyearbook.un.org> – provides free public access to the general public as well as researchers, students, and educators. The portal houses the *Yearbook's* 59 volume collection, detailing the work and achievements of the United Nations system over the first 60 years of its existence (1946-2005).

The new site incorporates a user-friendly search function, allowing users to locate any *Yearbook* reference using key words, phrases, or document symbols, by year or range of years. The UN expects the new website will not only serve as a strong research tool, but it will also help users better understand global issues as they affect them today.

Each *Yearbook* volume provides analysis, is fully indexed, and includes the texts of, and votes on, all major resolutions and decisions of the General Assembly, Security Council, and Economic and Social Council. *Yearbook* chapters are currently divided into five parts covering political and security questions, human rights, economic and social questions, legal questions, and institutional, administrative, and budgetary questions. The online version reproduces all *Yearbook* volumes up to and including the 1,682-page 2005 edition.

Initiative to help develop management, governance skills

Timor-Leste's public servants will soon have the opportunity to develop their management and governance skills, thanks to an initiative announced recently by the Asian Development Bank (ADB). The effort builds on previous work done by the ADB and development partners over the past six years to provide 1,400 public servants with training in public administration, basic accounting, and project development and management.

The new project aims to improve the professional competence of the country's 12,000 public servants by providing education and training assistance. Development of knowledge and skills in the areas of community development and resource management will also be addressed, as these skills are crucial in building confidence and transparency in government.

The project also hopes to help build Timor-Leste's National Institute of Public Administration (NIPA) into the leading Government agency responsible for training Timorese public servants. Staff exchanges and "train the trainers" programs, as well as tie-ups with other institutions in the Asia-Pacific region, are planned.

Through the ADB, the Japan Special Fund will provide a \$500,000 grant to the initiative. The Government of Timor-Leste will provide an equivalent of \$100,000 in materials and logistics support.

Upcoming UNMIT Public Outreach Meetings – October 2008

Date	Where	
14	Dili	<p style="text-align: center;">Security Sector Reform</p> <p>Staff from UNMIT's Security Sector Reform Unit will update information provided to civil society on the Security Sector Reform process and discuss the importance of reform in this sector.</p>
17	Baucau	
20	Liquiça	
21	Maliana	
22	Viqueque	
28	Suai	
29	Lospalos	
	Oecusse	
30	Aileu	
31	Ermera	