



## A Visit to the North

### School Livelihood projects monitoring in the North

FRIEND has set up livelihood projects for sustainable income for 5 primary schools on the island of Vanua Levu at the request of Access to Quality Education Program. All these school projects are being monitored to identify successes and to plan for further support where needed.

### A visit to Kia Island

FRIEND Labasa team and the Directors visited Kia Island in Macuata to assess potential for income generation for their primary school. It was sad to find that island is struggling without water, their desalination plant out of order, the island relies on Government water supply every two weeks. Main source of income for the community is fishing but due to limitations in source of

water life is a struggle. We were told every year the little island is gutted through care-less fires lit destroying vegetation. We have met with the



school committee and are working on various potential options for livelihood for sustained income.

### Qamea Island

We visited Qamea Island to meet with school manage-



Healthy bee boxes in Bucalevu



Naivivi Primary School on Qamea

project for sustainability of their AQEP activities. The island with lush vegetation still has the challenge of transportation cost to Taveuni before making its way to mainland.

### The island of Taveuni

Visits to 5 schools in lushful Island of Taveuni was such a contrast to Macuata. Even though it was the end of school year school managements and communities were keen to show us various natural resources and skills that could help in development of their to visit school managements to assess income generation potential to sustain AQEP activities. Though potential for livelihood set ups are strong,



## Cyclone Season Preparedness Workshop

Dr Josefine Sprenger was able to attend a joined workshop between UNOCHA (UN office for the coordination of humanitarian affairs) and the FAO at the Grand Pacific Hotel in Suva. The workshop highlighted the need to work together when it comes to disasters, NGOs, government organizations, MoA, Red Cross and NDMO. One of the main topics discussed was the disaster coordination

mechanism for food security & livelihood and assessment tools. We also had the time to work with one electronic assessment software to simulate a cyclone. This software then allows an initial rapid assessment, which is needed to get an overall view of the damage done by the cyclone. A similar simulation has been set up for drought monitoring, things happening in Fiji.



Dr. Jones meeting the school's officials



**Monitoring Visit by the Food and Agriculture Organization of the**

FRIEND has been undertaking disaster preparedness programs in partnership with the Food and Agriculture Organization of the United Nations (FAO).

Coordinator of the Asia-Pacific DRR of the European Commission Humanitarian Aid Edward Turvill came to see the progress of projects established at FRIEND and in

the communities. He was joined by Dominique Blariaux, FAO CCDRM consultant and Bonnie Jackson, Project manager at FAO - Food security and Climate Change. After a brief visit of FRIEND's facilities, the team headed out together with Dr Jone Hawea to several communities to inspect the progress.



**World Diabetes Day —Did you know?**

World Diabetes Day is the primary global awareness campaign of the diabetes world over and is held on November 14 each year. It was introduced in 1991 by the Interna-

tional Diabetes Federation (IDF) and the World Health Organization (WHO) in response to the alarming rise of diabetes around the world. World Diabetes Day is a

Banting who, along with Charles Best and John James Rickard Macleod, first had the idea which led to the discovery of insulin in 1922.

campaign that

features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community.

We at FRIEND marked the World Diabetes Day with a small competition. SMILE, the medical team challenged everyone with a quiz about Diabetes, facts we all should know. Do you know how much sugar is the daily recommendation? Do you know how much sugar is in your Tomato Sauce or in your Fruit Juice?

SMILE Health program has been actively advocating on living a healthy life through set up of backyard gardens, exercise programs and providing regular medical care to diabetics in target communities. Over the last five years there have been numerous community sporting activities and shelf gardens set up for diabetics on wheel chairs. We continue our fight against diabetes and invite you to join us !

Why the 14<sup>th</sup> of December? This day actually marks the birthday of Frederick





**Product of the Month—**  
*Friend's Fiji Style®*  
**Mango Pickle**



It's Mango season, and that means for us at FRIEND a very busy time. Suppliers are coming with tons and tons of mangos, ready to be processed into one of our Mango products: *Friend's Fiji Style®* Mango Pickle. In one month we could process 4-5 tons of mangoes.

Made with fresh green fruits and mixed with an assortment of roasted spices *Friend's Fiji Style®* Mango Pickle is made from generations old Fiji recipe that is distinct from other mango pickles around the world. "Fiji Aam" ("aam" is Hindi for mango and the name "Fiji Aam" is used for a particular variety of mango commonly used for pickling) is sourced from rural areas. Fresh mangoes are salted, sunned and carefully blended with a selection of freshly roasted spices for a preserve that lasts for years.

**Visit by Pacific Trade Invest**

Pacific Trade Invest visited FRIEND to have a look at activities and see how they could assist with marketing. PT&I supported our participation at the Fine Foods Show in Sydney. Vinaka Trade Commissioner Jeremy and Paula from PT&I Sydney office.



**Community leaders meet**

Community leaders from Ba and Lautoka met to discuss steps to manage drought better. Leaders included Advisory Councillors, consultative members, turaga ni koros and youth



**Laucala Chef visits FRIEND**

The Executive Chef of 7 Star Laucala island Resort, Anthony Healy visited FRIEND with his pastry Chef. Chef Anthony has adopted FRIEND as his charity for this month's Chef's table Gala Night dinner at Denarau in Nadi. It is such an honour for FRIEND as Chef Anthony lives the message of health through grow local, eat local.

Laucala Island Resort grows all its vegetables, herbs and meat it serves their guests.



leaders. FRIEND provided information and offered training on various topics, such as water conservation, Food preservation and reforestation.

**Recipe Corner — Bele wrap in coconut milk**



**Ingredients**

Bele leaves,  
 tomatoes,  
 onion,  
 garlic, wild mint,  
 dhania,  
 coconut milk

**Directions**

1. make a layer of several bele leaves (2-4)
2. Fill it with a handful mix of cut tomatoes, onions, garlic, wild mint and dhania

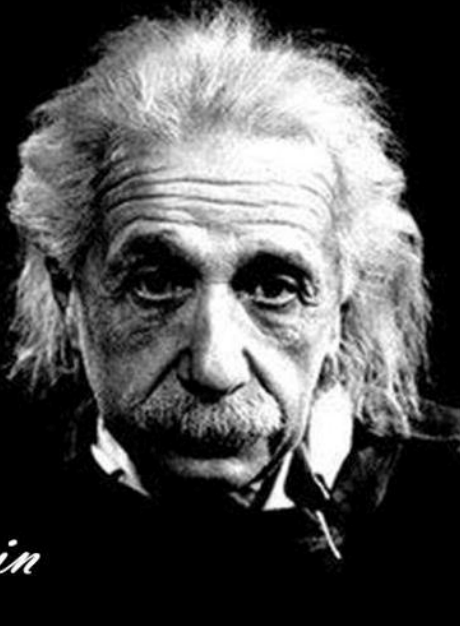
3. Pour some coconut milk over it
4. Wrap bele leaves together and put them up-side-down in a pot
5. Do the same till filling is finished
6. Fill the pot with left over coconut milk till half height of bele wraps
7. Bring to boil
8. Boil till bele leaves are soft

Enjoy!



WE CANNOT SOLVE  
OUR PROBLEMS WITH  
THE SAME THINKING  
WE USED WHEN  
WE CREATED THEM

~ Albert Einstein



**Take A Pledge — Eat Right, Exercise and Say NO to Smoking**



again.

Maybe the pictures on the right inspire you and your family to look at those festivities and the food that comes with it in a different way. How much joy do we spread by sharing sugary, oily and fatty foods? Or are we actu-

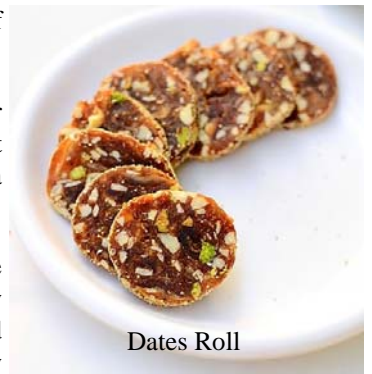
November and December seems to be the time of indulging in food, food and food



ally putting more and more oil to the already glomming fire of Diabetes and Co?

We already take the time for cooking and baking, so why not planning to cook and bake in a healthy way.

If you really have to do it the traditional way, do it moderately and surprise your family and friends with additional healthy options.



Dates Roll

**School Excursions to FRIEND**

pesticides, 2) make your own cassava crackers for snacks and 3) recycling. The schools that came to FRIEND are Drasa Secondary School, Sabeto Muslim Primary School, Korovutu Primary School, Drasa Muslim Primary



The school holidays are nearing and the exams are over. Some local schools took the initiative and loaded the buses with their students to visit the FRIEND headquarter in Tuvu to learn about doing things in a healthy and/or ecological way. These include 1) usage of organic



School and Rarawai Muslim Primary School. We share some of these images. The kids definitely enjoyed the cracker served with dips and a fresh made pawpaw-banana juice.