



Defender of Human Rights



FRIEND Founder/Director Sashi Kiran has been appointed a member of the Human Rights and Anti Discrimination Commission.

The Constitutional Offices Commission announced the appointment in Suva this month.

Among other things, the Commission takes complaints from people who believe that their human rights have been violated.

The Commission can investigate these complaints and take steps for appropriate redress if human rights have indeed been violated.

The Commission is chaired by High Court Judge Justice Mohammed Ajmeer and has Lawyer Faiz Khan, Social worker Selina Leewai and Gold FM's program director Peceli Rokotuivuna and Sashi Kiran as appointed Commissioners.



Mr Jinesh Patel, Mr Rajesh Patel (Directors of Motibhai) Dr Jone Hawea and Sashi Kiran

Motibhai Group Takes On *Friend's Fiji Style*® Range

Foundation for Rural Integrated Enterprises & Development (FRIEND) and Motibhai Group of Companies have inked a partnership over distributorship of *Friend's Fiji Style*® range of goods in the local market.

The partnership will allow FRIEND to expand its community work as Motibhai helps extend markets for local gourmet products. It is hoped that their marketing expertise will ensure that there exists a steady market for local farmers for a sustainable income.

FRIEND founder and director Sashi Kiran said the deal will make the local farmers

and rural women proud as their *Friend's Fiji Style*® range of delicacies now sits with other prestigious brands associated with Motibhai Group.

Motibhai Group Marketing and Business Development manager Abraham Gomes said with the new arrangement with FRIEND, it has shown its further commitment to Fiji's rural communities.

Motibhai was the first duty free company to store FRIEND's range of products in its outlets in 2005 and has been consistent with its support over the last decade.

FRIEND Board Meets

FRIEND Board met this month to deliberate on important policy decisions as new plans are evolved for the growth of the organisation.

FRIEND Board plays an advisory role in the running of the organization and has representation from academia, corporates, trade sector, legal fraternity, farmers and communities.

The Board is led under the presidency of Dr Pramila Devi, Campus Director USP, Lautoka.

Other members include, Mr William Parkinson, Nick Barnes, Mr Hemraj Mangal, Adi Frances Ligalevu, and Laisa Tora.



Working towards Dreams

Communities engaged in Save the Children Fund’s Kindergarten projects in Lautoka attended a one day workshop at the FRIEND HQ this month.

Representatives from Lovu Hart, Vunato, Nakavika and Taiperia worked with facilitators to identify potential Income Generating Projects to assist in running of their kindergartens.

Some of the proposed IGP’s included Baking, Sewing and Fishing. The projects are to be implemented following community consultations in the coming month.



Apiary Sustainability

Beekeepers in Tavua/Rakiraki participated in refresher courses for project sustainability following an abundant harvest this month.

FRIEND GROW officer Reshma Sharma says they visited a total of twenty farms in five clusters.

Each farmer had the opportunity to open their hives for group learning and for technical advice to ensure that the boxes were productive in the upcoming seasons.

“Majority of the boxes are doing well, the weak boxes were revived and the strong ones were split,” says Reshma, “We will



Trainees take a break during a field training exercise.

continue to provide support as needed by the farmers.”

Youths Set Financial Goals for reaching their Dreams

Twenty youths from Lautoka participated in an innovative fun filled workshop at FRIEND this month to refocus on their dreams and develop plans to achieve their aspirations.

“The best part about using the art based approaches for working with youths is that it is easier to keep the energy levels up as we move through the steps,” says Programs Team Leader Anare Lewanavanua.

“The two day program allowed for training of facilitators as well, as they developed the sessions for the youths and worked with them under the guidance of our Consultant and Trainer, Joseph Babu Ayindo.”

“The team is now equipped to engage with communities using their newly learnt skills and we are hoping for a deeper engagement with the people for sustainable development,” says Anare.

JICA Volunteers strengthen SMILE

The SMILE Team has been strengthened through the arrival of a second JICA volunteer early this year.



Yuri Minami joined the team as a certified physiotherapist last year followed by Shoko Kai, a Community Exercise Facilitator.

“After graduating from Japan Women’s College of Physical Education in 2009, I was working at a Fitness Center in Tokyo. Then I saw an opportunity with JICA and came to FRIEND in February 2015. I like working with people and hope to learn a lot about i-Taukei and Indian cultures.”

Japan International Cooperation Agency (JICA) dispatches volunteers eager to make use of their skills and experience acquired in Japan to developing countries to work together with local people.



Product of the Month—
Friend's Fiji Style®
Chilli Chutney



Sweet and hot — pleasure and pain with every bite.

Friend's Fiji Style® Chilli Chutney is a popular product among the range of jams, pickles and chutneys resulting from poverty alleviation initiatives of FRIEND.

"I initially had a taste of the chutney at an aunt's place. We did some further trials on it and launched it together with Friend's Fiji Style® Tamarind Chutney in 2003," says Sashi Kiran, Founder/Director FRIEND.

"Over the years we have had some delightful responses to the product. We had a friend who would open up a bottle and eat it like he was eating honey. On the other hand we would hear stories of how families would only bring it out for special occasions or guests because it was so "precious".

Recipe Corner — Moca Miti



Ingredients:

- Moca, bhajia, tubua
- Tomato
- Onion
- Coconut milk
- Chili
- Salt to taste

Method:

Bring water to boil
 Blanche moca for 2-3 sec and immediately cool it down in cold water
 Cut moca into smaller pieces
 Cut tomato and onion into cubes
 Mix all with coconut milk and use chili and salt to taste

Fijian Wild Ginger – Layalaya



"It may not taste so nice, but it's good for you, so drink up," sounded the stern voice as I looked at the dirty looking juice in the glass.

This was my first encounter with layalaya or Fijian wild ginger more than 15 years ago. The voice belonged to a concerned colleague who proactively ensured that her children take their weekly dose of layalaya to keep their systems healthy.

Being a newly diagnosed young diabetic, I was willing to swallow anything that could help. Holding my breath I drank the layalaya juice in a gulp bracing myself for the bitter taste I was warned about.

"My grandmother used to keep my family healthy," give it to us. Now I buy a said Ofa K, "You should try a heap of layalaya from the and have a weekly dose too." market every Saturday. The roots are grated and juice Now we have this available in squeezed out for a pre break- tea bags for ease of access. fast drink every Sunday. I truly believe that it helps in

By Sandhya Narayan

Expanded Range at Musket Cove

The prestigious Musket Cove Resort has dedicated a space for Friend's Fiji Style® goods at their new general store on the island.

With this the store has increased its range of goods that was initially available.

The resort Supermarket has been carrying selected products of the

years. "Our product range has also expanded and the new supermarket allows visitors to the resort to a wider range of our local and quality goods," says FRIEND Marketing Officer Viloki Parmar. "FRIEND will continue working with communities to bring you a wider range of quality local gourmet products."

Shop staff setting up at Musket Cove





“Strength does not come from physical capacity. It comes from an indomitable will.”
Mahatma Gandhi



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



Every year, on 31st of May, WHO and partners mark the World No Tobacco Day, highlighting the health risks associated with tobacco use and advocating for effective policies to reduce tobacco consumption.

For World No Tobacco Day 2015, the call is for countries to work together to end the illicit trade of tobacco products. From many angles,

the illicit trade of tobacco products is a major global concern, including health, legal and economic, governance and corruption.

One in every 10 cigarettes, and many other tobacco products, consumed worldwide are illegal. The tobacco industry and criminal groups are among those who profit from the illegal tobacco trade, leaving the public to pay the health and security costs.

Ratification by governments of the Protocol to Eliminate

40 countries must ratify or accede to the Illicit Trade Protocol for it to become interna-

Illicit Trade in Tobacco Products is necessary to respond to the financial, legal and health impacts of the illicit trade of tobacco products.

The public, academia and other sectors can take action by urging their lawmakers to make their countries Parties of the Protocol.

Glyphosate Effects on Human Health

RoundUp or glyphosate contamination of our food will cause a dysbiosis that disrupts digestive function and can lead to disorders such as IBS, Diverticulitis, Crohns, etc.

Gut dysbiosis is also believed to be one of the factors behind Autism in children.

Whilst skeptics may try to brush the correlation of the increase in use of RoundUp with the in-

crease in Autism as coincidental, the fact that the RoundUp usage correlates with the increase in a number of other diseases makes this far less statistically likely that it is coincidental.

Given the correlation of Glyphosate with Alzheimers there is a theory that Glyphosate facilitates the transport of toxic heavy metals into the brain and organs which creates an environment that favours the disease state.

Source: <http://tinyurl.com/pxxkkm2>

