

**EU grant —****Grassroots Voices for Good Governance**

FRIEND has partnered with the European Union once again, this time to work with community based organisations (CBOs) in our communities.

FRIEND and EU signed an agreement in December that will enable FRIEND to work with women, men and youths in our communities on empowerment and capacity building .

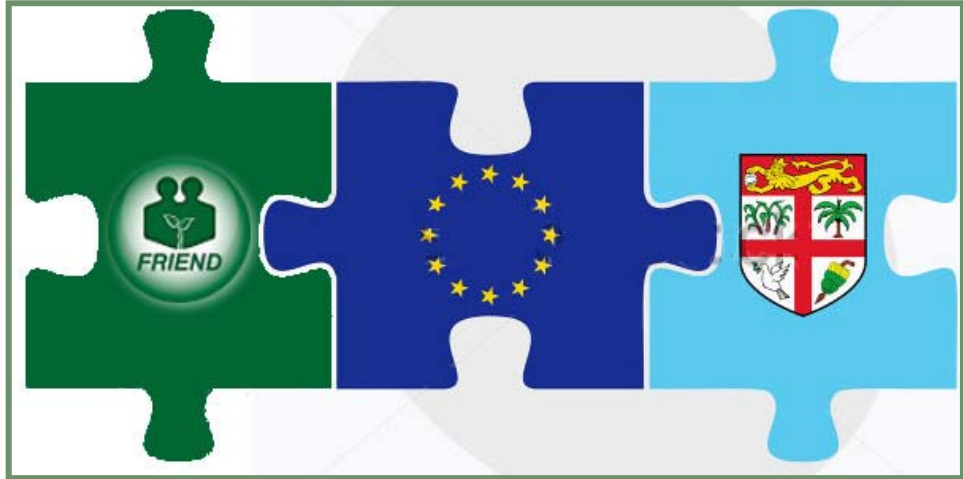
University of the South Pacific Lautoka Campus is a partner in the project and will be providing training and monitoring support in the capacity building efforts.

The CBOs under training will be able to apply for grants for their projects as a practical to learn about financial management and good

governance practices in the community. The program will also work toward contextualizing Sustainable Development Goals.

Each CBO will be encouraged to undertake needs assessments and develop project proposals and apply for grants to meet these needs.

FRIEND is thankful to the EU for the trust and we are looking forward to an action-packed 30 months. This is the second grant to FRIEND from the EU, the first one was to assist farmers with vocational training and development of supplementary income for sugar cane belts that was implemented from 2010 to 2014.

**Award winning farmer's orchard destroyed by Bush fire**

Award winning farmer from Sigatoka has lost her livelihood due to bush fires in Sigatoka. Lots of small fires were lit devouring forests and no action has been taken by authorities to penalise the culprits so far. Siki lost her fruit orchard, bee farm as well as tavioka, duruka and vegetable farms. Her project was funded by the

European Union 3 years ago and she had worked hard to sustain and grow her farm over the years. Her fruit orchards were already fruiting abundantly with bee polli-



nation on her farm. FRIEND is urging Ministry of Environment to walk the talk and take action against those who light

forest fires as per the environment legislation to protect livelihoods. In severe drought fires are lit in the hope that fresh showers will make the meadow green however it destroys livelihoods and loosens soil making it vulnerable to soil erosions. Meanwhile Siki is trying to seek assistance to water her farms to revive her orchards.



A good old friend at FRIEND



Xavier Canton Lammouse, the sugar attaché officer at the Delegation of the European Union was responsible for the monitoring of EU GROW project at FRIEND. Now he is based in the Philippines but came back for a visit with his family to see how the projects have been progressing .

Festive season goodies at FRIEND



Once every year the team comes together celebrating holiday season. Secret Santa has become a tradition where everyone is randomly assigned a person to whom they anonymously give a gift.



Until gift sharing time it was still a long way with a Christmas carols singing competition and awards. The 2015 weight loss competition has been won by Anish Kumar. The best exercise team award for 2015 went to the “Yellow” team led by Nilesjni Sekar. Those competition will go to a next level in 2016.

Then finally Santa Jone delivered all the secret gifts.

We at FRIEND send you all warm wishes for festive season, wishing all family and friends good health, prosperity and a very Merry Christmas.



Product of the Month—

Friend's Fiji Style®

Khatai Chutney



It's like a never-ending story for us here at FRIEND. The Mango season doesn't seem to end. One more reason to diversify the things you can do with mangoes. Friend's Fiji Style® Khatai Chutney is made out of green sundried mangoes cooked in spicy Tamarind Sauce.

“Khatai” is a Hindi word for an ingredient that has been over dried. Families take advantage of bountiful mango seasons to prepare ‘mango khatai’ that is considered a delicacy when added to an array of dishes to bring out its flavours.

Friend's Fiji Style® Khatai Chutney can be applied as a sour and spicy condiment for your meals.

International Tea Day — 15th December

One of those days again you might think, however this international day is something special for us at FRIEND. Since the start of FRIEND the varieties of teas on the shelves have increased in numbers. The *Fiji Cha* infusions range from fruity and flowery teas to leafy and herbal teas. Fiji has naturally so much healthy herbs to offer, you literally just need to pick it and boil. Watch out for 2016, as we have more teas varieties in the pipeline.

Historically the International Tea Day has been celebrated since 2005 in tea producing countries like Bangladesh, Sri Lanka, Nepal, Vietnam, Indonesia, Kenya, Malawi, Malaysia, Uganda, India and Tanzania. Fiji mainly because of its history has a strong link to those countries. And it is important for us to point out the impact on the global tea trade on workers



and growers. Having an International Tea Day also asked for price support and fair trade.

Check out the *Fiji Cha* tea collection on <http://tinyurl.com/friendtea> .

COP21— 2015 Paris Climate Conference—5 must known facts

Why do we care? Because we are global citizen and everyone is or will be affected in some way or another.

Fact 1: Never before have 195 countries agreed to some form of emissions reductions, even if they aren't binding.

Fact 2: Emissions targets are not legally binding, but report cards and updated promises are binding.

Fact 3: Developed nations are responsible for most greenhouse gas emissions. [...] But for climate change [...] every country has to sacrifice and make bold commitments. Many developing countries view this as unfair. And it is.

Fact 4: The agreement is not going far enough. [...] Environmentalists made it clear that fundamental and radical changes would

have to be made to economies around the world if the worst climate change were to be avoided.

Fact 5: To prevent delegates from bloviating and draining time, the UN instituted a special negotiating tactic called Indaba, which hails from the Zulu and Xhosa people of Southern Africa. Basically, delegates could only say their “red lines” and then had to propose solutions for finding ground.

(Information taken from GlobalCitizen on <http://tinyurl.com/friendcop21>)



Recipe Corner — Stuffed eggplant with fish and herbs



Ingredients

3 medium egg plants,
Virgin coconut oil,
200g fresh fish pieces,
1 chopped onion,
1/2 cup wholegrain breadcrumbs,
chives,
oregano, dhania, lemon zest,
crushed garlic,
2 eggs

oil, salt and pepper and bake for 20minutes

2. Fry eggplant flesh with onion and add to bowl with fish, breadcrumbs, eggs and herbs.
3. Put mixture into baked eggplant halves and keep baking for another 35minutes.

Enjoy!

Directions

1. Cut eggplant in half and remove soft flesh; drizzle with

TRAP: THE REAL ART OF PROTEST

Those who do not move, do not notice their chains.

Rosa Luxemburg



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



Exercise for FRIEND staff and our community members has been one of the main focuses this year of the SMILE medical team. But why are we pushing it so hard?

“Sitting has become the new smoking”. The long term effect of our sedentary culture and lifestyle is not reversible, same as smoking. And the only way to minimize the risk is to limit the time we spend on our seat. Watching TV, sitting in the office, sitting in the bus or car ... All activities where our bodies do minimal movements. And what you don't use, you lose.

Here we want you to take a pledge and commit to more movement, be it exercise, walking to the office, using the stairs or go out for a walk instead of watching TV.

“It's about not being fully healthy. Our culture has spent a lot of time talking about how not to be sick—don't smoke, and don't eat junk food. We also talk a lot about how healthy habits prevent disease. But most people don't talk about how healthy habits improve you—your energy, your focus, your mood, and your performance.” (Tom Rath, in his book “Eat Move Sleep”)

Sitting Hurts

- 2X** Greater Risk Of Diabetes
- 90%** Greater Risk Of Cardiovascular Disease
- 49%** Greater Risk Of All-Cause Mortality

Sources: Kalmaraia BMI Open, 2012; Wilnot, Diabetologia, 2012

FRIEND staff picnic at Nacilau Beach

FRIEND staff celebrated the end of the year with a relaxing day at the beach—dancing, singing, playing games and having fun with lots and lots of food. Lovo fish and free range chicken were delicious with tamarind chutney and herb marinade. There was amazing Luau Tapaoke solo (aka Pala), sila, pineapple, mangoes and other fruits.

