



### Launch of Campaign for Pesticide regulation

FRIEND launched its campaign for regulation of chemical pesticides at Suva Holiday Inn. FAO and WHO have classified weedicides, insecticides, fungicides and pesticides under the word "Pesticides" so this campaign is about all these types of chemicals especially the ones that are known to be carcinogens. The World Health Organisation

declared 5 most carcinogenic substances are household items in Fiji. There is no current public health or environmental regulation governing the use of these, the agriculture act

governing pesticides from 1971.

FRIEND is calling on the Government to:

- Set up a multi sectoral (inter Government Ministry) task force to set a framework for the regulation and enforcement of all forms of chemical pesticides.
- The framework be used to Review and Amend the Public Health Act of the Republic of the Fiji Islands to include the regulation and enforcement of ENTRY, REGISTRATION, SALES, USAGE and APPLICATION and FOOD & WATER RESIDUE COMPOSITIONS of all forms of Chemical pesticides (insecticides, weedicide, herbicides, fungicides, rodenticides).
- This petition be acted on with due diligence.

Various sympathizers of this movement attended the launch and showed their support. The WHO team around Dr Rokho Kim sees the urgency to regulate pesticides in Fiji. Andre Leu, President of IFOAM, and author of the book - Myths of safe pesticides - presented on the same topic. Dr Isimeli Tu-



WHO team

kana, National adviser on non communicable diseases endorses the need for regulation.



Andre Leu with FRIEND Director Sashi Kiran

On 20<sup>th</sup> of October 2015, an organic debate "ORGANIC CAN FEED THE PACIFIC: YES or NO" was held at USP Japan ICT Lecture theatre. The debate was hosted by the Pacific Organic and Ethical Trade Community (POETCom) under the Secretariat of the Pacific Community (SPC). The debate was on live stream,



Randy Thaman and Afamasaga Toleafoa. **Team affirmative** won the big debate on whether organics can feed the pacific. It was a wonderful debate because both team had a very thought provoking arguments. Lets keep talking!



twitter & facebook where people around the world had opportunity to comment on the debate. The conversation has begun, and coincided with the launch of the 'Regulate Pesticides campaign' spearheaded by FRIEND. **Team affirmative** comprised of young farmer Andrew Weleilakeba, FRIEND Director Sashi Kiran and President of the World Organic Body Andre Leu. On **Team negative** - Wah Sing, Professor





## International Day for Rural Women



FRIEND marked World Rural Women's Day in partnership with the Fiji Human Rights & Anti Discrimination Commission at FRIEND headquarter in Tuvu.

200 women enjoyed a full day of awareness, education and healthy foods. The room was packed with rural women from Rariraki, Tavua, Tavarau, Drasa, Matawalu, Lautoka and Vio Island.



Chair of the Fiji Human Rights and Anti-Discrimination Commission Justice Mohammed Ajmeer explained the rights of the rural women in his keynote speech "Rural voices for sustainable development" and his team explained the complaints processes and took time out to listen to women's issues. Team from FHRADC spent half a day receiving complaints and explaining processes.



Dr Jone Hawea discussed their right to access to information on pesticides readily available that could be cancer causing. In his presentation on "Cancers associated with pesticide exposure" Dr Jone revealed the danger Fijian families are exposed to on a daily basis, be on the farm or on the market.



FRIEND's medical team offered a free medical check up for all diabetics in the group.



## Sustainable Development Goal 2 in Action

### SDG 2: End hunger, achieve food security and improved nutrition, and promote sustainable agriculture

USP Lautoka Campus Students who have formed an organic group as they explore their actions toward Sustainable Development Goals visited FRIEND in Tuvu. FRIEND agriculture officers Melaia Salacakau and Reshma Sonima Sharma had a lot



Sandhya Narayan explained and demonstrated to the students how FRIEND makes cassava crackers.

Later on the student had the opportunity for a Q& A with the FRIEND Director and Founder Sashi Kiran.



to share. FRIEND encourages the 9 x 9 system - that is 9 types of at least 9 varieties of various crops. Many of those crops have been around for decades but have been forgotten. Reshma shared some smell and taste of FRIEND's herbs.

Melaia explained how organic pesticides are mixed in a tank before use. She also shared with the student what steps are needed to become a organic farmer.





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



“Hot and fiery, it’s like a sweet torture. I love it,” declared a Chilli lover as he tasted *Friend's Fiji Style®* Chilli Chutney for the first time.

*Friend's Fiji Style®* Chilli Chutney was one of the first two products launched on 8<sup>th</sup> March in 2003.

As often recalled by Sashi, “I borrowed the recipe from my aunts kitchen and after adjusting it somewhat for market, launched the product as a fundraiser for FRIEND.”

The product still supports various initiatives at FRIEND as the range of products and services continues to grow.

**From MDGs to SDGs**

SDGs or the Sustainable Development Goals are expected to be the buzz word world over for the next 15 years as the achievements were counted from the Millennium Development Goals or the MDG’s.

“The challenge for us is to break the big words down to small practical actions that can be undertaken on an individual level,” says SDG Coordinator Sandhya Narayan, “Only then we can get families and communities to get involved on larger scale for a greater impact.”

“At FRIEND, our teams have adopted activities around three SDG’s, namely number 2 which deals with Food Security, #3 deals with health and #12 which focuses on recycling.”

“We are hoping to implement and set up models at FRIEND as we advocate on these important topics in our communities.

The United Nations Statistical Commission has endorsed a roadmap and timetable for the development and implementation of an SDG indicator framework envisaging the endorsement of a final proposal for a global SDG indicator framework and a list of indicators for global monitoring by March 2016.

The development of a robust and high-quality indicator framework is a technical process that requires time, and needs to be conducted in stages.



**Recipe Corner — Baigan & Miti**



**Ingredients**

- 6 eggplants
- 1 can coconut milk or cream
- 1 lemon
- 1 teaspoon salt
- Chillies
- 4 stalks green onions

**Directions**

1. Prepare the eggplants for grilling by pricking them all over with a fork. This is so it won’t burst during the grilling process as the natural water in it heats up.
2. Grill the eggplants, turning them over frequently to ensure even cooking. Grill until the skins

are dark brown, even black and the eggplant is soft to when you touch it.

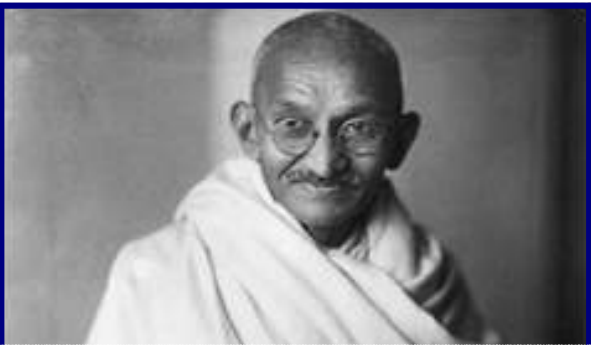
3. Soak the grilled eggplant in a bowl of water to cool it down. Peel the skin off the eggplant. Place the whole eggplants in a shallow dish.

4. In a small mixing bowl, mix together the coconut milk, lemon juice, salt and chillies. Mix and pour the mixture over the eggplant. Garnish with green onion. Stir gently to combine. Serve and ENJOY!



## Words of the Wise

## An artist's impressions of our beautiful women



“There are people in the world so hungry, that God cannot appear to them except in the form of bread.”

We had order for gifts from ASPBAE and FRIEND commissioned Artist Pene Penjueli to put together a beautiful collection of drawings put in frames .

The Images of women from around Fiji were hand drawn on FRIEND recycle paper with coconut fibre designs.



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



Sitting on the ground and re-thinking the rules of a popular childhood game proved just as

energising as a full workout session at the gym.

The game involved sitting in a circle supposed not looking at the letter dropper who runs around the circle and placing the ‘letter’ undetected behind his /her unsuspected victim.

The rounds started off slow and sober but the speed and momentum built up as participants refused to ‘lose’ at what was literally a child’s play.

The FRIEND team at the HQ participates in weekly exercise sessions led by the SMILE team.

“We cannot just talk about the importance of exercise, we have to move ourselves too,” says SMILE nurse Ana Vosa, “This also gives a chance for teams to bond as well.”



Ana prepares the letter as the group waits for the next round of play.....

## Agriculture and Disasters

FAO together with the Ministry of Agriculture organized a 3 day workshop that focused on Climate Change Disaster Risk Management (CCDRM) in Agriculture.

three day event at the Tanoa Waterfront Hotel, Lautoka along with Agriculture officers from the government department .

FRIEND officers Melaia Salacakau, Vidya Prasad, and Anare Lewanavanua attended the

The workshop looked at agriculture as the key component in climate change disaster risk management in making societies and farmers more aware about their risk, about what they could do to reduce exposure and ensuring that farmers are reached during emergency.

ing this dry spell to ensure that plants are preserved.

The workshop participants visited communities to identify current status , these included villages of Sabeto, villages such as Matawalu, Vakabuli, and Bila settlements.

This field visit assisted the participants to try out some of the tools that were taught during the 3 days. This enabled participants to conduct participatory learning methods with community members in terms of disaster risk management.



Learning's from the workshop also included the use of bucket drip irrigation, traditional knowledge of when a disaster will strike, the importance of documentation, and techniques that can be used dur-

By Anare Lewanavanua