



Tackle Diabetes

TACKLE DIABETES



PIN IT DOWN & WIN!

FRIEND has launched a new campaign in its fight against diabetes on 14th November, which marks the World Diabetes Day.

Fiji as well as the Pacific region has been declared in NCD crisis by the Pacific Forum Leaders. Non Communicable Diseases (NCDs) contribute to 80% of all deaths in Fiji. Diabetes is one of

the leading NCDs causing disability and complications leading to death. Prevalent rates stand at 30% or 1 in 3 people suffer from diabetes.

The Tackle Diabetes Campaign invites individuals to take personal pledges by committing oneself to adopt a healthier lifestyle.

“You can tackle the disease! Plant your own garden, eat healthy, exercise and stay away from smoking. Statistics show a lower limb amputation rate in our hospitals of 1 every twelve hours,” says FRIEND Associate Director, Dr Jone Hawea.

This is an estimated 700 amputations a year, and if unchecked we could have almost 7000 people maimed due to diabetes in ten years’ time.”

The youngest known Type 2 diabetic in Fiji is 11 years old. Diabetes related complications are a leading cause of blindness in adults. 65% of diabetics die from heart disease or stroke and Diabetes is the highest cause of chronic kidney disease/ end stage kidney disease thus increasing requirement for dialysis with a survival rate of 35% in 5 years.

“Diabetes Awareness is not only about 14th of November. Diabetes, like any health issue needs to be addressed in a holistic way. Therefore, the need to address and prevent Diabetic Foot Amputations and its clinical and social complications has presented a need for a directed focus of SMILE and FRIEND services. Targeting one Non Communicable Disease holistically has the added benefit of directly improving the others as the Risk factors are interrelated,” says Dr Hawea.



EU Head of Delegation Mr Andrew Jacobs receives a thank you token from the directors

GROW STAR AWARDS

Around 800 farmers from the cane belt areas gathered in Lautoka on November 14th to commemorate a successful completion of a multimillion dollar European Union funded project implemented by FRIEND.

The EU GROW STAR AWARDS acknowledged farmers who have emerged as role models for others in their field.

“We have seen a number of projects that have emerged as strong performers and the Awards provided us with the opportunity to acknowledge them and share their stories. We are hoping that these will motivate others to continue to strive for excellence with their projects.,” says Founder/Director Sashi Kiran.

GROW has seen more than 500 farmers engaging in clusters to plant Cash crops for Sustainable Livelihoods, 300 free range poultry projects, 80 bee farming set ups, and more than thousand people have participated in Food Processing Trainings for value addition. 200 youths from farming communities have also benefitted from Employability Skills training YEN (Youth Employment Network) run in partnership with USP. Most of these youths are either completing attachment or are in full time employment.



Minister for Agriculture Hon Inia Seruiratu addresses the gathering



USP Acting Vice Chancellor Professor John Bythell presented awards to 100 graduating YEN students.

Cont'd pg 2

Cont'd from Page 1

A total of 33 awards were announced at the EU GROW STAR awards ceremony with eight farmers winning themselves a learning tour to India to look at integrated organic practices in agriculture.

The lucky eight farmers are first place getters in the main categories of the EU GROW STAR Awards for Best Cash Crop Farmer, Best Poultry Farmer, Best Apiary Farmer, Best Food Processing Farmer & Organic Farming.

Other awards were given for Best Cash Crop Cluster, Best Seed Saver, Best Food Security Farmer, Best Food Security Community, Best Exercise Community and Best Backyard Garden.

“The awardees were selected through careful monitoring of good agriculture practices over the implementation of the project that comes to an end this year. We are hopeful that the recognition of their efforts will keep them motivated to continue their projects for sustainability and promote their projects as model farms for others,” says Sashi Kiran, Founder/Director, FRIEND.

The awards ceremony was held at Ratu Iliilovatu Hall in Vuda, Viseisei and was jointly officiated by Minister for Agriculture Hon Inia Seruiratu and Head of Delegation of EU in the Pacific HE Andrew Jacobs.



Youths welcome the study support through EU

The GROW STAR AWARDS event also witnessed the final graduation ceremony of 100 youths who had completed their training in employability skills through University of the South Pacific under the GROW YEN Programme.

“To me and many of my classmates, this has been the biggest “**Express Pass**” of our lives so far. My colleagues will agree with me in saying that the Youth Employment Network (YEN) programme provided the opportunity for us to persevere towards achieving our dreams and the empowering tool to achieve them,” said YEN graduate Munisha Naidu as she delivered her valedictorian speech.

“I believe we were provided one of the best environments for learning.. We were challenged to come out of our comfort zones and at the same time encouraged to be true to ourselves and to have fun. One of the most amazing outcomes of YEN is that we are now regarded as a product of one of the most prestigious institutions, the University of the South Pacific. We are now confident of performing our work and services to the best of our abilities and will ensure that the results will reflect the values of the institution we are trained in.”

Around a 100 students who had participated in the program between November 2013 - September 2014 gathered for the ceremony officiated by USP Acting vice Chancellor Professor John Bythell.

GROW YEN has recorded an 89% success rate for students who completed their training and fulfilled the requirements of volunteer work and job attachments for enhanced employability skills.



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



“This mango jam is so delicious. This to me is a "heavenly treat". The taste is like what "love" would taste like if it could have a taste. Let me just say I L-O-V-E it !!!!!” exclaimed a happy customer.

It is an all natural gourmet preserve with no additives, no preservatives, no artificial flavors, no fillers, no food coloring and no sugar substitutes.

Friend's Fiji Style® Mango Jam is made with real fruits pieces in small batches to maintain the authentic taste of Fiji mangoes.

A bold, fun, versatile tropical paradise in every mouthful.



Work continues for organic certification of selected farms as FRIEND works with POETCom and Fiji Organic Association to promote sustainable farming practices in communities.

“There have been some delays in the project, however we are hoping to have a number of farms declared organic before the year draws to an end,” says Mela Salacakau, FRIEND Agriculture Officer.

“We will have our joint meeting to look through more than 50 applications from the Western Division and the Northern Division next month before announcing the results.”

“It has been an exciting journey so far. The process is simple and yet complicated. There are about six forms that need to be filled and vetted along with farm checks to see that the information on paper relates to the situation on the ground. From our assessments so far a number of

farmers have been doing extremely well ,” says Mela Salacakau.



Recipe Corner—Pan Fried Fresh Fish with Herbs and Tomatoes



Ingredients:

- Fresh Fish
- Basil Leaves
- Dill Leaves
- Capsicum
- Garlic
- Sea Salt
- Cherry Tomatoes
- Pineapple

Method:

- 1 Place cleaned fish into a little oil in the frying pan and cook over medium heat.
- 2 Add chopped herbs, capsicum and garlic and salt. Cover.
3. Flip fish once and shallow fry on the other side for a few minutes before taking it out and garnishing with fresh cherry tomatoes and diced pineapple.
- 4 Serve on a bed of fresh garden salad accompanied with root crops.

“The inherent conflict is not between conservation and development, but between environment and reckless exploitation of man and earth in the name of efficiency. Historians tell us that the modern age began with the will to freedom of the individual. And the individual came to believe that they had rights with no corresponding obligations. “

Indira Gandhi



Laisa, Losalini and Sitiveni

FRIEND has released its new organisational calendar.

The limited edition acknowledges the EU contribution to GROW 'projects' and is currently being distributed amongst friends

Staff Meet Up

The GROW STAR Awards event held this month presented a rare opportunity for staff from Lautoka, Suva and Labasa to meet all at once.

knew by name or some by voice, from talking to them on the phone.” says FRIEND Physio Assistant, Shivangani Karishma.

Staff participated in a joint training session the following day and initiated discussions on the way forward for the organisation into the new year.

“It was good to meet with people who we only

The event was followed by a thanksgiving staff dinner held at Lautoka Waterfront Hotel.

