



Takitaki

FRANK HILTON AWARDS NIGHT

I knew it was coming. And I have accepted awards on behalf of FRIEND before as well. So there was absolutely no reason to feel what I was feeling. Butterflies were not just flying but also doing cartwheels in my tummy at the same time. I could see Mala poised with the camera and the room abuzz with people saying 'FRIEND', 'FRIEND' as the MC read the citation for the first prize awardee in the group category – Foundation for Rural Integrated Enterprises N Development.



Sandhya after receiving the award from British High Commissioner Roger Sykes

This was the inaugural FRANK HILTON Awards organized by the ABC Foundation in recognition of groups and individuals working for betterment of communities. And it indeed is an honor to be singled out in such a manner, especially since the initiative to award FRIEND came from the ABC Foundation itself saying that they believe that FRIEND is the organization worthy of such recognition.

FRIEND has come a long way since its humble beginnings not so long ago... with the support of our donors, friends of FRIEND and those who buy and love our Friend's Fiji Style range of pickles, chutneys and handmade cards. Thank you for your support in our poverty alleviation initiatives. As I like to say 'the journey has just begun and we still have a long way to go.'

By Sandhya Narayan



A Life Story

He comes in at FRIEND five days a week wearing his sunglasses to protect his partially blind eye from

the heat. He seems healthy and well but I was left surprised when he took off his sunglasses to show his eye. He shared his story on how he managed to keep his family happy and meet his children's needs.

"My name is Permal Mani and I am 49 years living at Navau in Ba. I have 7 children with 4 married, 2 at school and my 16 year old daughter stays home to help my wife. As you can see that I am partially blind but that does not stop me from looking for work to feed my family. I have been supplying mangoes and tamarind to FRIEND for the last 3 years. I also get assistance from the Social Welfare.

I wanted to thank FRIEND for creating a market for me to supply them with mangoes and tamarind when I have it at any time. I can say that we will celebrate and enjoy this Christmas from the money I get from mangoes and tamarind

By Mereani Lomavere



From you to us....

Thank you for keeping us all abreast of the developments. Sure enough, FRIEND has come a long way and the good initiative and the passion for making a difference and making it count will definitely take you a long way.

May, I take this opportunity to congratulate the team at FRIEND for your efforts and dedication to the course and wish you all the best. Keep the fire burning.....

Enjoy the festivities, enjoy, but keep safe and make the most of things.....

Karunesh Rao
Special Projects Manager
Telecom Fiji Limited

Great news, pictures, and recipes.
Good work Sandhya and FRIENDS!
Apenisa Lewatoro
Fiji Bible Society

Thanks for sharing and hats off to you all for your generosity and hard work for the poor and needy

Best wishes always .

In Soroptimism
Sarojini Harris
President
Soroptimist International of Lautoka

By Sandhya Narayan

GLIMPSE BACK 2008

“I hear I forget, I do I understand” – an old Chinese proverb with a simple lesson. I knew it all along, but it stood out for me all the more when I had a chance to attend a TPAF course on “LEAD AND MANAGE PEOPLE” late last month. It was really an eye opener where we learnt different types of leadership styles, team work and productivity at workplace. We did role plays and project and also had debates based on work related issues. The fun filled activities emphasized on communication skills, leadership skills and qualities – all that are important in our dealings with our colleagues at work and those around us.

**What is Teamwork?**

Teamwork is defined in Webster's New World Dictionary as "a joint action by a group of people, in which each person subordinates his or her individual interests and opinions to the unity and efficiency of the group." This does not mean that the individual is no longer important; however, it does mean that effective and efficient teamwork goes beyond individual accomplishments. The most effective teamwork is produced when all the individuals involved harmonize their contributions and work towards a common goal.

By Rajeshwar Prasad

ART & CRAFT CLUB

Samantha, Emanuel and Lora

FRIEND's Art and Craft Club is about discovering the wonder of art and craft with children. We believe that children express their feelings through art and craft. Every Saturday from 9.00am till 12 noon kids attend Art classes and learn different forms of art. Children are also learning basic beading, paper craft and craft using local materials. Later we also plan to organize kite flying competitions where children will be invited to take part in this. We hoping to get more children to be part of the FRIEND's Art and Craft Club.

By Nileshni Sekar

"There is work that profits children, and there is work that brings profit only to employers. The object of employing children is not to train them, but to get high profits from their work."

-- Lewis Hine, 1908

Defining Child Labour in Fiji context, the difference between Child Labour and child work, does the problem exist in Fiji?, to what extent? and what do we do to arrest the situation before it starts rolling out of control? These deliberations were part of the 3 day Child Labour Forum held at the Tokatoka Resort this month organized by TACKLE-FIJI. The representatives from non government organizations got a chance to hear the views of government, employers, trade unions and media on the issue and formulate their own action plans for the way forward. All stakeholders agreed that the lack of consolidated data on the issue is a matter of concern and welcomed the work initiated on a baseline survey on the issue to be carried out early next year. The non government organizations present at the Forum have agreed to make all efforts to strengthen networking within NGO's after a consensual realization that all seem to be working in isolation with their own programs and visions.



Sandhya Narayan

Recipe Corner

Honey Lemon Cooler

Ingredients

Fresh lemons/lime/moli

Friend's Fiji Style Honey

Soda Water from the supermarket (or tap water)

Ice Cubes

Cinnamon powder

Method

1 Mix some lemon juice with honey (1 tsp per glass)

2 Top up with Soda Water

3 Swirl in a pinch of cinnamon powder

4 Serve chilled with ice cubes or crushed ice

5 Garnish with a sprig of mint leaf if you wish

6 Put your feet up, enjoy the drink

(To crush ice, put cubes through the blender)



Sandhya Narayan

Goodbye 2008 & Welcome 2009

We are amazed at not only how rapidly the year has passed but by how much has been accomplished this year. 2008 has been a year filled with so many activities starting from Mothers Day Promotion in May, celebrating its 6th year of existence, Developing Enterprises for Sustainable Income competitions and GCAP Campaign in October. 2008 Annual General meeting was held in November.

We also managed to make our products visible in the following outlets: MH chain supermarkets, Cost- U Less, Kundan Singh Supermarket, Joes Farm, Prouds and Tappoos. Cards and stationery is available in MH, Prouds, Tappoos, Jacks and Post Fiji.

As we close the year out, we'd like to say a huge THANK YOU to everyone who has given us a look, and thanks to all of you who have supported us in any way! Our success depends entirely on your support. We wish you a Merry Christmas and a Prosperous New Year.....

Nileshni Sekar