

FRIEND Turns 7 years old



This year the day of FRIEND birthday fell on the day Vodafone Hibiscus 2009 was ending. Since FRIEND was also part of Hibiscus, a collective decision was made to hold the celebrations in Suva to allow staff to participate in Hibiscus and the Birthday without having to go through the agony of choosing between the two events.

A team from Lautoka travelled to Suva as the Vodafone Hibiscus Events Group hosted the function in its VVIP Tent on Friday 28th August, a day before the actual date of 29th August when FRIEND first opened its office doors in Lautoka seven years ago

Local jams launched in the market!

Two of Friend's *Fiji Style*[®] jams have been launched in the market on the occasion of the organization's seventh birthday.

Friend's *Fiji Style*[®] Guava Jam and Friend's *Fiji Style*[®] Marmalade are made from locally sourced fruits and without addition of any artificial colourings, flavours or preservatives.

And had been made available through Friend's *Fiji Style*[®] Shop for the connoisseurs' for the last two years during its trial period.

These jams will now be available on supermarket shelves in the coming weeks along with other high quality goods marketed by FRIEND.



Sashi, Kelera & Mr Bhika



Takitaki



Sugar 2009

Farmer Girl for Miss FRIEND Sugar 2009

**ANA
RADANIVA**

The upcoming Sugar Festival in the Sugar City is almost at its opening day on the 12th August, as Miss FRIEND, Ana Radaniva prepares herself for the one week long festival. Ana, who will be contesting for the Miss Sugar, Miss Charity and Miss Personality crown 2009 has been in our youth program since the beginning of the year as an actor with the FACE theatre group. She is also part of the YEN group and served her attachment with the Lautoka City Council last month.

***Vodafone Hibiscus
2009***

***Miss Fiji TV
Photogenic***

Miss BOB/FRIEND

Kelera Tuirara

@ the jam launch



I am honored to be given the opportunity to launch the new products of FRIEND, on this auspicious occasion of FRIEND's 7th Birthday. I hear FRIEND has been hoping to launch jams for a while however like every other food products of theirs they wanted to keep it artificial preservatives free which took a long time to learn to stabilize the product - nevertheless they have arrived and real local fruit jams will now be available for us all. In the last seven years for an organisation which was started by locals and working with limited resources have reached faraway places now with an office in Labasa and their new property in Lautoka. I know it has been a struggle but the organisation has been a beacon of hope for so many and I congratulate the team at FRIEND for persevering and continuing with the struggle against poverty.

I am proud to be associated with an organisation like Foundation for Rural Integrated Enterprises N Development... a homegrown organisation working with the undeserved toward poverty alleviation-

encouraging people to use their available natural resources skills for sustainable livelihoods. As a young person I am very glad to note that here is an organisation catering for a wide range of skills of youths- they work with street kids, school drop outs, youths who have completed their secondary school empowering them to take charge of their lives.... and the recognition they give to the youth that they have asked me to launch their product on such a special day.

I take great pleasure in launching local marmalade and guava jam in the market. I hope you all will taste it during refreshment break and buy them from FRIEND's Fiji Style shop at Garden City. ... and I hope FRIEND may celebrate many more birthdays, many more achievements and awards in their years to come - Vinaka Vakalevu

Join US

YES! I want to support the
***Foundation for Rural Integrated
Enterprises N Development***



Annual Fee

Individual \$5.00 Corporate \$50
Families \$10.00 Community Groups \$20.00

Name

Address.....

Phone Number.....

Email.....

Takitaki

VOLUME 4, ISSUE 8, AUGUST 2009

SPC FACT Dryers Arrive

The first of the three SPC FACT fruit dryers was installed in Labasa early this month followed by the second one in Tavua about two weeks later. It generated much excitement as the teams saw through the initial installment and began trials with some of the raw resources available in their areas.

In Labasa, apart from perfectly dried chillies, tomatoes, jackfruit and eggplants, they also experimented with honeyed pineapples and lemon bananas and believe me when I say it tastes beautiful!!! Friend's *Fiji Style*® hopes to bring you a variety of tasty, healthy local snack alternatives soon.

In Tavua fruit drying trials have begun and aims to support farmers with income generation where opportunities are so few. FRIEND will be marketing these once ready. The third and the last SPC FACT dryer is to be installed at the new FRIEND home in Tuvu—a site to be developed as the FRIEND headquarters as the organization strives on with its poverty alleviation initiatives in the country.



Preparing food for the dryer In Tavua



Friend's *Fiji Style*® Mango Kuchla



After many queries on this popular Indian delicacy, we have finally dared to venture into trial production of Kuchla. Raw mangoes are grated, dried, spiced and preserved in little mustard oil. Kuchla is used as an accompaniment to meals and also tastes great as a spicy sandwich or wrap spread. One of the reasons why we had been reluctant to touch this product had been its high cost of production. To give an example our recent trials show that it takes about 10kg of mango to make about 600 grams of the product. That is it is only enough to fill only 3 of the 200g jars that it comes in. Nevertheless kuchla always has and will taste good. It is now available at our shop in Garden City, Raiwai, Suva.

By Sandhya Narayan

Recipe Corner Mango Chicken



Ingredients:
Chicken pieces
1 tbsp Oil
1/4 cup soy sauce
1 tbsp Friend's *Fiji Style*® Chilli Chutney
2 cloves garlic, crushed
Salt
1 cup ripe mango

Make use of the local mango season

Method:
Heat oil in frying pan; Add garlic, cloves, and cardamom pods. Once its saute'd add chicken pieces and brown. Add soy sauce and Chilli Chutney to chicken and cook till tender. Put in Mango pulp and cook for further 10 minutes. Add salt to taste. Serve with rice and fresh garden salad.

With Sandhya Narayan





Takitaki

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Month in Photos



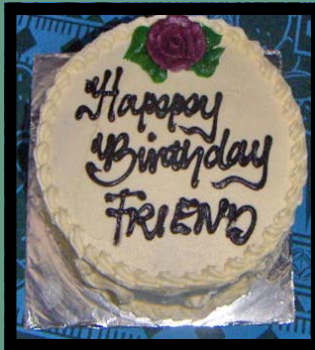
Ravinesh & Pene stocktaking after Hibiscus



Taking time out for cake and a cuppa!



Enjoying the Hibiscus Sun



Wishes from Dr Mridula Prasad



Hungry Mere



Kimberly and Vive @ Madhatters



Una with the winning madhatter Reg of Hub Center



Hats galore!



Community workshop



Men, women and children...