

Takitaki

VOLUME 4, ISSUE 10, OCTOBER 2009

DESI Conference 2009 Making Livelihoods Sustainable



‘ Many of us have skills but don't use them for earning livelihood. I am so glad that FRIEND is coming around waking us up. I used to grow flowers only and earn little at annual arbor day. Early this year FRIEND trained us to start backyard gardens and with the support of my husband I have vegetable garden. I don't go to market to buy vegetables anymore and I earn weekly income from this as well. I would like to challenges us all in this forum today, we all have skills, use these to improve your living standard’ This was the message from Mrs Nanewa a resident from a squatter community who spoke on the panel for practitioners. Other panelists also shared their experience and inspired the participants at the DESI Stakeholders Forum on 30th October held in Lautoka. Participation in the forum came from community groups around the western division. Observers joined from government departments, other NGOs, donor community and other interested stakeholders including one from as far away as Brisbane. The day started with National Anthem and words of encouragement from our Chief Guest Mr Tom Wilson of NZ AID. The General Manager of Matamanoa Resort Mr Patrick Wong spoke about the need for consistency and quality for marketability of local products. Mr Michael Brown from Natures Way shared about crops that could be exported and Mr Stephen Hazelman from SPC encouraged the community to plant their own voivoi and mulberry for crafts. Consultant Pricilla Singh shared UNIFEM's initiative to improve conditions at the market and UNIFEM operations manger Praneel Sinha closed the Forum with prizes for IDEA competition. *Contd on page 2...*

FRIEND Targets a squatter settlement for World Food Day

“Let us all work together in collaboration with nature rather than dominating it using readily available materials. As we come together and mark this important event, let us all grow our different types of food; eat more nutritious foods which meet the dietary needs for healthy life.”

These were the words of the Lautoka City Council Special Administrator Mr. Josefa Vucago launching FRIEND's World Food Day celebrations 2009 in Nasoata , squatter community located on the outskirts of the city.

A week prior to the 16th of October, which marks the World Food Day, the programs team prepared the community empowering them with knowledge on square foot gardening and composting. The day of the event was filled with anticipation and excitement, with everyone getting to know a lot more about the importance of their diet, growing own food and buying locally.

At the end of the day two families had their own square foot gardens and compost heap while rest of the participants had information on how to ensure a healthy and independent lifestyle with their own gardens. Since the day more backyard gardens have emerged around the community of about a 100 households.

By Roland Koro



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YOUTH TAKE THE LEAD AT WAINIVAKASOSO



GROW program has seen wonders in Wainivakasoso, as backyard gardens have flourished around the community and visitations to the market to buy produce is decreasing.

Since the start of the program almost every community member has their own vegetable garden and compost.

In response to questions from mainly young people, "can I make my own compost?" "what do I need?" "am I old enough to have my own garden and compost?" "where do I get my seeds?", prompted the team to have a session on planning for a backyard gardening with youths. The youths all contributed a dollar each and their appointed leader bought different vegetable seeds from the market and gave back to youths who germinated seedlings. Each youth then shared their different vegetable seedling with other youths encouraging each one to plant a variety of vegetables in their garden. Every youth member has also constructed their own compost. The enthusiasm of this youth group has been very encouraging and we are hopeful that youths in each of the community will get inspired by them.

By Roland Koroï



FRIEND in Labasa enjoys community Success



The underlying purpose of Governance process is to encourage communities to identify their strengths and opportunities and use these to deal with issues and challenges that they may have.

The Labasa team is working with five immediate settlements / villages within the town perimeters which are historically the most disadvantaged given that for five consecutive years now beginning with Cyclone Amy, these areas have been flooded and suffered much devastation to say the least, year in year out!

To deal with increasing cost of living and limited resources the communities are being encouraged to think what they could do with their existing resources.

Community in Nacula acknowledged that though they have little land they could use this to have their own backyard gardens to eat healthy and save money. Almost every household was represented at the initial training and some of the community members have started growing a variety of vegetables like bele, chilli and cabbages.

By Victor Kissun

... from page 1 IDEA 2009—a competition to encourage Individuals to Develop Entrepreneurship Acumen by recognizing their skills and resources drew more than 150 entries from a total of forty entrants at the DESI Forum on 30th October. A number of new products have been identified that could soon be launched in the market with some refinement work. The main thought behind this competition stems from observations that despite abundance of locals skills and resources, a large range of products are sourced from Asia and sold as local souvenirs

It is hoped that creation of new crafts for market will enable entrepreneurs to earn income to improve their livelihood. We look forward to more entries at IDEA 2010!

***It is ALREADY that time of the year!
Have you selected your xmas cards yet?
Check out Friend's Fiji Style Handcrafted
Range today.***



Race against Poverty



The gathering of participants at Churchill Park in Lautoka

A Guinness World Record was shattered the weekend of 16th – 18th as 173,045,325 citizens gathered at over 3,000 events in more than 120 countries, demanding that their governments eradicate extreme poverty and achieve the Millennium Development Goals (MDGs). "Stand Up, Take Action, End Poverty Now!", now in its fourth year, has been certified by Guinness World Records as the largest mobilization of human beings in recorded history, an increase of about 57 million people over last year.

FRIEND commemorated the Global Call for Action Against Poverty campaign through its Youth Annual Event called the 'Race Against Poverty'. FRIEND invited youths to Stand up and be counted and Join other countries in taking action against poverty. Running in its fourth year ten youth teams participated in the Race Against Poverty and visited various NGOs and stakeholders working on poverty issues in their bid to find clues on poverty eradication. Lailanie Burnes from Worldmark Denarau was the chief guest for the event. **6.7 billion people live in the world today where 5.1 billion people who live in developed countries and more than a billion live below the poverty line earning less than \$1. per day. In Fiji 40% of people live below poverty. 60% of all rural dwellers live below poverty line and 17% live in squatter communities.**

By Jone Nawaikula

Recipe Corner

Tropical Mayonnaise (Eggless)



150 gm soft tofu, lightly broken
20 ml Friend's *Fiji Style*® Tamarind Chutney
1 slice fresh ripe pineapple, roughly chopped
100 ml light cooking/salad oil

Blend (medium speed) tofu, chutney, pineapple chunks and 20 ml oil until pineapple is pureed. Continue blending while slowly adding remaining oil. Mayonnaise should be smooth and lightly emulsified.

Use as dressing for salads or fruit. Store in a sealed container for up to 4 days in refrigerator. More chutney could be used for a stronger taste. Do not add sugar or other sweetener as the pineapple provides sufficient sweetness. Lightly whip with a fork if mixture separates.

Hi Sandhya

This isn't my recipe but is taste tested (made today) using FRIEND Tamarind Chutney. Hope that it will be useful.

Ta, Lynn



(from Rockhampton, Australia via email)

With Sandhya Narayan



Youth Empowerment Through Theatre

The FRIEND FACE theatre has developed a new play with message on the need to fight against lifestyle diseases in our communities. 82% of all deaths in Fiji has been attributed to Non Communicable Diseases (NCDs). This play will be performed in schools to create fun filled awareness among young people to encourage healthy lifestyle. The NCD Theatre has been put together with the help of Women's Action for Change from Suva. This phase is being funded by the Secretariat of the Pacific Community.

By Kinivuai Naba

WAC trainer, Penny Moore during a training session at Natokowaqa Hall



Yoga exercises for flexibility and strength

Fundraising Efforts from Hibiscus and Sugar Festivals

FRIEND efforts at fundraising to support renovations of our new office block and community kitchen at Tuvu got topped up by the Hibiscus Events Group and the Sugar Festival Committee in recognition of our active participation at both the events this year. Work on getting the building ready for the move is to begin anytime soon.

It is hoped that FRIEND can raise and secure more funds to develop the new site to build workshop for the entrepreneurs so more people could use the opportunity FRIEND provides for poverty alleviation.

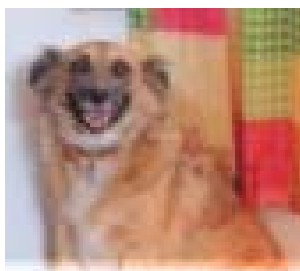
Director Sashi Kiran all smiles as Lautoka City Council CEO Pusp Raj hands over the dues of Sugar Festival initiative.



In memorium — Jia 2004 — October 2009

She was brought to us by a friend of FRIEND who had found Jia as a small pup almost on verge of death abandoned at the seawall in January 2004.

Nursed and cared for at FRIEND she grew beautiful and strong and became a member of the FRIEND family. She would sit in on in-house trainings, attend all meetings and became a stress reliever



for staff with her antics and demands for attention. Every visitor at FRIEND knew her.

She welcomed a pat by almost all that happened to drop by our office, at times begging for it unashamedly by those who cared to oblige.

Jia passed away after a short illness early this month and is missed dearly at the office. She is resting in Tuvu lying under the pine trees overlooking the ocean.