



Takitaki

Cyclone Mick December 14th 2009



Cyclone Mick caught many unawares despite repeated warnings being broadcasted over the airwaves. Trees crashed into houses causing substantial damages while for others the roofs were blown away.

After the initial cleanup of FRIEND office, which also suffered from broken windows and rain water blown in, the programs team went out to check on the communities it works with.

The team says on one hand it was depressing as one saw damages these people could ill afford, but on the other hand it was also encouraging to note the community spirit where neighbours who could, willingly shared and supported each other.

Almost all the efforts of setting up backyard gardening by these communities over the past months have been washed away. Most of the gardens were at a stage when they were being harvested for tomatoes, cabbages, beans, chillies and capsicums.

But the team says despite their disappointments, these communities have showed keen interest in getting their backyard gardens restarted as soon as possible.

The team noted with interest a comment from one of the communities that after the cyclone the residents are now once again totally dependent on supermarkets for their food. It seems families had begun to realise the goodness of fresh vegetables on their tables.

In Wainivakasoso, voivoi trees, that provide a source of income for the weavers in the community have all been destroyed. The weavers say they are ready to start planting again as this is their only source of income.

In Nasoata the team noted damages to 12 houses, 20 kitchen structures and 45 toilets and bathrooms. The residents of this particular community had to seek shelter in an evacuation centre as the winds peaked. In Navutu out of the 62 houses 2 were damaged by fallen trees. 3 toilet structures were badly damaged.

But all the communities remained positive as they took stock of their losses and vowed to fight on.



Pictures taken during field visits to Vunato, Wainivakasoso, Naqiroso, Navutu and Nasoata areas

O Nadi Ko....

As written for The Jet—Nadi's first ever community newspaper



Mereani Lomavere

Nadi is undeniably one of the most developed towns in the country with a number of top resorts gracing its land, a wide range of shopping opportunities and a hub for the region with its hosting of the Nadi International Airport. It has lots we can be proud of. But then there is a lot more work yet to be done to make Nadi into a paradise it has the potential to be and a local NGO believes that true development is only possible if the people of Nadi take ownership of how they want their Nadi to grow.

The Foundation for Rural Integrated Enterprises N Development (FRIEND) is a non government organization based in Lautoka working to alleviate poverty in Fiji through social and economic empowerment.

The Program Team Leader Ms Mereani Lomavere says it is important to understand that poverty is more than just the state of being poor and it includes lack of access to services and facilities that one needs for quality living.

Lomavere says FRIEND has identified a number of communities in and around Nadi that they hope to work with through their governance program in the coming year. This program is designed to give communities who are interested an opportunity to identify their available skills and resources through participatory processes.

She says this essentially means that FRIEND will work alongside these communities in recognizing their strengths and weaknesses, help prepare action plans to improve their identified areas and encourage them achieve these.

FRIEND believes that positive results could only be attained when the communities take ownership of their own development.

And stronger communities means a more prosperous nation overall.

Mereani is one of the original volunteers of FRIEND having started as a field worker in Ba

FRIEND Board Meets to end 2009

FRIEND Board met for its fourth quarterly meeting to finish off 2009 on the 21st of December. The members were briefed on the quarter and discussed plans for 2010. The Board was heavily involved in the development of the strategic plan and offer guidance in execution of this :)



From Left to Right:

Ms Ana Serau, Mr John Shanon, Mr Hemraj Mangal, Sashi Kiran (Director), Dr Pramila Devi (President), Ms Rajneesh Charan

Apologies: Mr Philip Gock(Treasurer), Mr Esala Nakalevu

FRIEND Board members are a group of volunteers who offer their expertise and advice on the running and growth of the organization.

New Products

FRIEND continues to trial new products for import substitution. We now have limited stocks available of honeyed bananas and cassava flour. These are available at Friend's Fiji Style Shop in Suva or, FRIEND Office in Lautoka,

A number of other products still on trial include dried jackfruit, breadfruit, pineapple baigan, ginger and tomatoes.

Our range of gourmet items include satwa, a delicacy of seven roasted grains, mithori—sundried delicacy of a mix of lentils, kadwadu (dried fish) along with the range of *Friend's Fiji Style*® Pickles, Chutneys and jams.

Friend's Fiji Style® Honey also remains popular in the market for its quality and taste. It is hygienically packed and also suited for prayer and medicinal purposes.

Tip: lemon & honey iced tea is great for getting over hangovers

10 REASONS TO BUY

Friend' Fiji Style Tamarind Chutney, Tamarind Lollies and Tamarind Slabs

Snacking on tamarind or eating tamarind or other tamarind-related products can be very beneficial to your health. Tamarind is a rich source of vitamins, fiber, potassium, magnesium and other nutrients necessary for good health.

1. Tamarind is a good source of antioxidants that fight against cancer. Tamarind contains carotenes, vitamin C, flavanoids and the B-vitamins
2. Tamarind protects against vitamin C deficiency
3. Tamarind reduces fevers and provides protection against colds
4. Tamarind helps the body digest food
5. Tamarind is used to treat bile disorders
6. Tamarind is a mild laxative
7. Tamarind lowers cholesterol
8. Tamarind promotes a healthy heart
9. Tamarind can be gargled to ease soar throat
10. Tamarind applied to the skin to heal inflammation.

Sourced from healthmad.com



173,045,325 citizens gathered at over 3,000 events in more than 120 countries, including Fiji this year demanding that their governments eradicate extreme poverty and achieve the Millennium Development Goals. "Stand Up, Take Action, End Poverty Now!", has been certified by Guinness World Records as the a new world record and remains the largest mobilization of human beings in recorded history. **Thank you for Standing with us!**

The World Poverty Month is marked annually from 16th September to 17th October. One of the major events organized by FRIEND to highlight the issue of poverty is Race Around Lautoka attracting youths from all sectors of the community, allowing them to test their knowledge and engage in skills related with organizations contributing to development and poverty alleviation .

Recipe Corner : Tamarind Rice/Spicy Rice Salad



Ingredients:

1 tbl spn *Friend's Fiji Style*® Tamarind Chutney,
1/2 tea spoon chili powder , 1/2 tea spoon mustard seeds, 1 tea spoon
chana dal (chick peas), 1 tbl spoon peanut, 4-5 curry leaves,
2 Cups uncooked rice (washed), Oil

Method:

Heat oil and add peanuts, chana dal, mustard seeds. When they are fried, add curry leaves. Add *Friend's Fiji Style*® Tamarind Chutney and 1/2 cup water. Cook on a low flame till it becomes slightly thick. Add chili powder and salt. Keep mixing till the paste thickens. Stir in washed rice and heat through. Put in 2/12 cups of water. Boil and cook on low heat with lid closed till the rice is cooked through and the liquid dries up. Serve with fresh yoghurt. Or as a spicy rice salad.



A health song by FACE Theatre Youth used in a Health promotion drama



Vinaka Vakalevu for your emails!

The things that I have seen wow
It really really freaks me out
When every time I turn around
People dying younger
We are all living things
It's easy to get disease
I don't know how they feel
This is where they live now...

I don't wanna loose a leg
I don't wanna loose an eye
Keep my heart till I die
I wanna live a long time x2

(Theme of "Out from Under"
song by Ali Campbell).

Thank you for the interesting and attractive November newsletter and for FRIEND achievements.
Best wishes for the Xmas season.
Suliana Siwatibau, Suva

Thank you for the news and congratulations for the wonderful work . Looking forward to see you in one of our meetings in Nausori. I know you are very busy but a very new organization like ours needs help and guidance from expertise like you .
Regards
Sharda Segran (President)
Nausori Rural Women's Association

It is a surprise to get an email on such a lovely issue. Its good subject and will use it in my next program whenever I can. Thanks a million. Tell me more !
Regards from Brisbane
Prabha Mishra (Broadcaster)
4 Welsby Street, Tingalpa, Q4173.

Thank your for the very informative Newsletter.....I shall circulate to other Fiji community clubs in Melbourne.
Here's wishing you a Very Merry X-mas and Prosperous 2010.
God Bless
Sala Tokalau-Ravoka.

Xmas Support

FRIEND was invited by International Women's Association once again to be part of their annual X-Mas Bazaar hosted at the British High Commissioner's residence this year. Reserve Bank of Fiji and the Forum Secretariat also willingly opened their doors for FRIEND to showcase our products to their staff for purchases for the holiday season. All set ups received enthusiastic support. We would also like to thank all the individuals and organizations for their purchase of *Friend's Fiji Style®* Xmas cards this season and we look forward to your continued support in the coming year.

2009 Beach Break Up Party at Lomolomo Beach

