

10 Years



### **Immediate Action: Food Supplies to Flood Victims**

“Not to act” was never really an option for FRIEND as communities called out for immediate relief assistance. The things they were asking for was basic. Food, water and dry clothes.

FRIEND was once again forced to put aside its development work and step into the role of an “immediate” relief agency. People waited for authorities to complete damage assessments before they could expect any assistance from them.

As one team worked through our community networks to put together a list of areas seriously affected by the end of January floods, another team started work on organizing food and relief items to be delivered to those in need at the earliest possible time.

The main focus was to ensure that those affected have at least some food immediately as there was no likelihood of the weather clearing up in the coming week.



Most of the communities FRIEND serve have been severely affected especially those living in squatters and low lying areas.

*Founder/  
CEO Sashi  
Kiran in the  
field during  
flood relief.*



A Drasa man walked through the debris carrying his box of relief items given by FRIEND.

Stunned! is a word we would use to describes the initial reactions of the people in the flood affected areas.

Despite the warnings of floods in low lying areas due to heavy rains, many families were taken by surprise at the viciousness of the rising waters.

FRIEND received many requests for immediate assistance. Fiji Red Cross, DISMAC, media and community members called on to FRIEND for immediate relief supplies forcing us to act quickly.

FRIEND is not a relief agency and has had no allocation for such purposes however the management was quick to respond and allocated funds from its development programs to provide urgent food supplies.

FRIEND delivered around 800 food ration packs that could feed the families for the week of predicted rains. The near by communities were supplied with clean drinking water from our borehole.

The food ration deliveries were made from Tavua to Nadi. During the delivery, the teams assessed further needs and responded accordingly.

\$20,000 worth of food have been delivered from FRIEND coffers.

FRIEND is hopeful that the DISMAC and Fiji Red Cross will begin supplying food and other items shortly as their assessments are completed. This will allow FRIEND to focus on rehabilitation efforts.

*More flood Photos on Page 5*

*Visit us on facebook  
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profile.php?id=100000418920810](http://www.facebook.com/profile.php?id=100000418920810)  
for many more photos of  
various communities from  
Nadi to Rakiraki*

## Reaching out to the Inaccessible

When one of our teams reached out to the flood devastated area of Paipai in the hills of Lautoka, we were informed about the dire situation of communities further uphill whose access had been totally cut off by the numerous landslides in the area.

As arrangements were made for supplies to be delivered to Nalotawa, we also gathered information on the plight of seven other villages in the interior areas that were desperate for food supplies.

The food packs for Nalotawa were taken up to Lololo to be collected by men from the village who had arrived on horsebacks in preparation for the 7 hour horse ride back to their village.

We also talked to a Turaga ni Koro who had managed to cross flooded rivers in Ba to seek supplies for his people in the village. Pita Naturaga, Turaga Ni Koro of Nanuku, talked about his disappointment at the lack of support he had received so far.

He also told us about seven other villages around his area who were struggling to find

food for their communities.

Just like Nalotawa, these communities were cut off by landslides and they could not access food for their families for the last two weeks.

AS FRIEND got down to organising for supplies, we asked the Turaga Ni Koro to organise his men and meet us at Moto river.

Naturaga also invited the Turaga Ni Koros of other affected neighbouring communities of Yaloku, Rara, Tabataba, Matawai, Crisobu, Limanasasa, and representatives from Marinitavi of the relief supplies.

As we arrived in Moto on a rainy Saturday we found the six Turaga ni Koros waiting with their men to get the supplies home.

All these men had to cross three rivers to take the food to the families. Residents of Tukuraki ( where 4 people died in landslides) have also been sheltering with their neighbouring village of Nanuku.



Boxed items are bagged for ride out to Nalotawa



Men waiting for FRIEND Team in Moto

## Helping Hands

FRIEND's Flood Appeal 2012 brought some much appreciated support from individuals and corporate sector.

Board member Ms Rajneesh Charan responded to our immediate call for much needed water containers that she purchased and later got a campaign going to rope in her friends into buying additional water containers. Ms Charan managed to organize more than 300 water containers for FRIEND Relief supplies as efforts continued by the team to provide clean and safe drinking water to those affected by the floods.

FIJI Water Foundation's \$10,000 was spent on boosting the supply of food packs for families .

Mr & Mrs Sashi & Saroj Singh of CDP organised for 50 grocery packs as their family contribution to the relief efforts.

Pranic Fiji collected assorted food and clothing items that were re-packed in another 50 boxes.

Mr Jitesh Patel of CK's Bargain donated water containers and 200 bedsheets.

FSC IT Department coordinated



and collected household items to be given to affected families, while ILO staff in Suva also sent some relief items along with stationary supplies for school children.

Motibhai & Company Limited contributed 150 packets of Bushells tea leaves for relief packs.

Meanwhile ANZ Team loaded their own trucks with \$10,000 worth of goods and went out with FRIEND guides into the affected communities to distribute the relief supplies.



## .....from the community

I am Ashika Reddy and am 32 years old. I live in Raviravi, Ba with my husband, father-in-law and two children. Like other women, I am also a housewife and mostly rely on my husband to cater for our household needs.

I heard about the FRIEND training being conducted at Raviravi Sangam School and enrolled for the course. Out of the six module Governance Training, I was most interested in the Income Generation module.

After completing the training, I sought further assistance from FRIEND. Trainer, Aarti Mala guided me on how I could start my own project to earn some money for myself.

I started by making fried peas and lakri and supplying to FRIEND office as I saw a ready market for me there. At first it seemed very hard since I was not making much profit with these two products. But not losing hope, I started making other snacks such as cakes, samaii, fried cassava and idli. Sales were doing better.

As I gained the confidence of my 'customers' I also started making roti parcels and other cooked food. I could see a difference in the amount of money I was making. Now with the money I make from my twice weekly visits to FRIEND, I manage to pay my FEA bill and buy recharge cards for my mobile phone. This year I have also bought all the school items for my children. I don't have to rely on my husband for every dollar that I spend anymore, instead I can support him with my additional income.

I believe that if I had not attended the training, I would have never being able to start my IGP. In future I would like to start poultry and also plant some lime trees, as I know FRIEND is my market for any amount of lime that I can produce.



Ashika with her goodies

## Seeds from market waste

In an innovative move FRIEND Labasa is generating eggplant, chillies, cucumber, guava, lemons, pawpaws, tomatoes seeds from the market waste at the Labasa Market,

Project coordinator Mereani Lomavere says the move stems from an awareness session with the market vendors last year on Composting in which FRIEND joined hands with Labasa Hospital to provide two composting bins at the market.

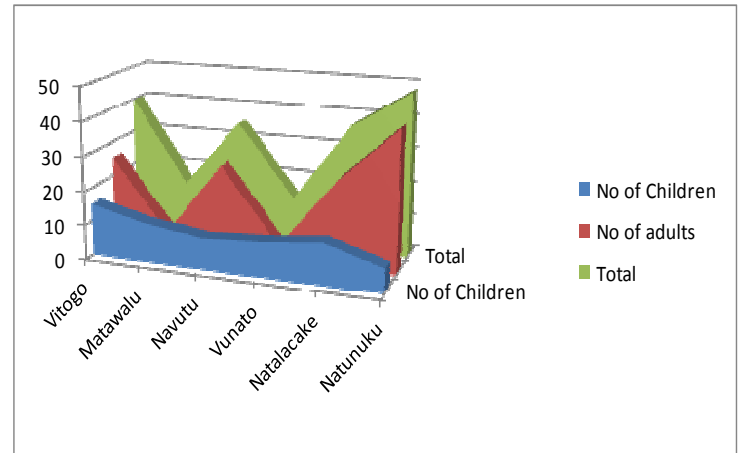
Lomavere says while the Hospital picks bins up every day to take to their compost heap at the hospital, FRIEND occasionally collects from these bins as it needs to supplement its Seedling Bank at the branch office.

Seeds generated from the compost or seeds picked from the waste and thrown into the flower beds are made available to communities for their backyard gardens at 50 cents a pack.



Mereani with seeds from market waste

## PRISM Medical Relief Post Flood 2012



The graph shows 5 of the initial six communities visited and the number of patients attended to by the team.

With the increased risk of water borne diseases with the floods, PRISM Health mobilized in two teams to provide attention and advice to the needy. Each team has a doctor and nurses and provided care and free medications.

The team attended to cases of diarrhea, ear aches and fever, along with aggravated skin conditions resulting from exposure to the muddy waters that were hard to escape from.

Nurse Sili Mocolutu of FRIEND PRISM team says, "We found out that mostly children by the age of 5-9yrs old were complaining of headache. For the skin infection and ear ache/infection parents were advised to prevent their children from swimming in the flood water, play in the puddles in the village and swimming in the river."

"In one of the villages we did not see a single case of diarrhea. This was very pleasing as found that the parents and guardians were boiling water for their children and family as a whole."

### Recipe Corner—Coconut Rice

**Ingredients** About 2 cups freshly grated coconut, 1 cup rice, 2 tsp split urad dal, 2 tsp channa dal, 3-4 dried red chillies, 1 tsp mustard seeds, 1/4 tsp asafoetida powder, Curry leaves, Few cashews Salt to taste



**Method:** In a 1 tsp oil temper the seeds. Once they start popping, add the urid dal, channa dal red chillies, cashews, curry leaves, asafoetida and the curry leaves. Once the lentils have browned and cashews roasted, add the grated coconut and stir for 5-10 min or until the coconut gets toasted and turns slightly reddish brown. Now add the rice. Mix well until combined. Ready to Serve

## Increased Markets translates into increased demand for raw materials

FRIEND food production center in Tuvu is interested in purchasing the following items for value addition and processing.

Interested suppliers are asked to contact FRIEND office for delivery arrangements before bringing in their produce.

Purchase rates:

Mangoes	\$1.00/kg
Chillies	\$3.00/kg
Lime	\$1.00/kg
Star Apple	70c/kg
Wee Apple	70c/kg
Guava	70c/kg

For more information  
Contact  
Rita  
Ph 6663181



### Youth Employment Network 2012

YEN is a program of FRIEND running since 2006 aiming to provide unemployed youths with vital job skills. YEN is now building up towards the first intake for the 2012 program. This will include a 6-weeks training workshop with USP, followed by a six month work-place attachment. Selected youths will be provided with a tuition scholarship for Certificate in Front Office Management by USP.

The training will boost confidence and will prepare youths with, Communications skills, Customer Service, Skills for Administrative Assistant, Information Technology Skills, Inventory Management Skills. Pre requisites Minimum form four pass, Fair knowledge of English, Ability to multitask, Open to new ways of learning. The same training will be conducted in Ba, Nadi, Tavua and Ra later in the year.

YEN 2012 is funded by the European Union under the call for Promotion of Income Generation Activities through Provision of Vocational Training. Send in your application letters with CV to YEN Application 2012, FRIEND, PO Box D623, Lautoka by 29<sup>th</sup> February, 2012.



### Health Corner

The trusty paw-paw has proven to be a natural remedy for many ailments.

In traditional medicine, paw-paw seeds are anti-inflammatory, anti-parasitic, and analgesic, and they are used to treat stomach-ache and ring-worm infections.



### Pawpaws

It contains soft, easily digestible flesh with good amount of soluble dietary fiber that helps to have normal bowel movements; thereby reducing constipation.

It contains an enzyme called *papain*, which is known to help with the digestive process and helps prevent or ease nausea to those having morning sickness or travel sickness.

It is one of the fruits with the highest Vitamin C and an excellent source of vitamin A. Research studies have shown that vitamin C has many functions such as the antioxidants, thus a natural beauty aid.

So serve pawpaw at breakfast, for dessert, or as a snack. Or you can even use the refreshing pulp as a natural facepack for soothing sun damaged skin after a day out in the sun.

By **Merelesita Rainima-Qaniuci**



#### Vacancy

Foundation for Rural Integrated Enterprises & Development (FRIEND), a dynamic non-governmental organization working towards poverty alleviation, is looking for skilled candidates to fill the following positions:

##### Agricultural Officer

Work with farmer clusters to maximize production capacities of farmland made available for alternative cash crops in Sugar Belt areas.

##### Educational Qualification

Diploma or Degree in Agriculture/Horticulture from a recognized institute.

##### Experience:

- Minimum of 5 Years working experience in growing cash crops including pulses.
- A good knowledge of pre and post harvest handling
- Must be able to communicate well and fluently in local languages.
- Must be able to keep records and maintain accounts as part of his fieldwork.

##### Research and Development Officer

Design and develop data collection tools and analyse these for policy development and advocacy.

##### Educational Qualification

Desirable qualification include Development studies, Sociology and or Statistical analysis

##### Experience

- Minimum 3 years in analytical work
- Demonstrated experience in Community Development
- Experience in facilitating groups
- Experience in report writing
- Excellent verbal and written skills

Serious candidates should forward their application with a detailed CV and three references to The Director, FRIEND PO Box D623 Lautoka by Monday 27<sup>th</sup> February 2012. Incomplete applications will not be considered. Salaries are negotiable based on experience.



FRIEND marks it's 10th Anniversary in 2012.

The organization was born out of a dream for poverty alleviation in the country.

It's first office was set up in a one room cubicle in Lautoka city from which FRIEND has grown to its current proportions, supporting around 45 full time staff today.

Of the many highlights, a major one has been the acquiring of a 5/12 acre freehold property in Tuvu to be developed as the hub for rural development in the forthcoming decade.

As we saw it — Floods 2012

