

10 Years

**BACK
from**

This March, the UN in New York hosted a informal negotiations to piece together a plan of action for the largest UN gathering of the year due in June in Rio.



The latest draft has 206 pages. It has to be brought down to a tenth or a fifth of its present length.

At the end of the first reading, the key issues to be addressed by the summit have become clear. Each issue is still hotly contested, mainly along North-South lines.

A major divisive issue is that of the “green economy.” Developing countries are uncomfortable with this concept.

The European countries want an elaborate Green Economy road map, with goals and targets on various sectors and issues, to be adopted by the Summit. Developing countries on the other hand want to restrict the green economy text and this concept is to be defined as closely to sustainable development as possible.

Most countries have agreed that the summit will set up “sustainable development goals” (SDGs), which in a way would be an alternative to the green economy road map idea. Developing countries are more comfortable with SDGs, however it seems unlikely that there will be any agreement in limited number of negotiations days left and the summit may end up with SDG declaration.

The National governments are all positioning themselves to protect their economies and compromise on language is clear.

At the negotiation meetings NGO representatives are trying to lobby government to ensure sustainability of vulnerable communities and their needs are protected for example women, youths, farmers, indigenous livelihoods. Director, Sashi Kiran attended the negotiation process as FRIEND prepares to participate in the event in June in Rio.

**AIR PACIFIC Contributes More for Education Funds**

Fiji's national carrier, Air Pacific under its auspices of Wings of Hope program has generously contributed another seventy thousand dollars towards FRIEND's SAHARA educational assistance program, taking the total financial contribution towards the project this year to one hundred thousand dollars.

Last month, Air Pacific's head teachers from Managing Director and neighboring beneficiary schools.

Chief Executive Officer Dave Pflieger had handed over a cheque of thirty thousand dollars.

The CEO and his team visited FRIEND earlier this month with an additional cheque and handed it over in the presence of school

“The additional donation by the airline shows confidence in the accountability and credibility of FRIEND which exists to serve the underserved,” says FRIEND Director Sashi Kiran

Movers & Shakers

PRISM has adopted an innovative approach to tackle the lifestyle diseases with a pilot community in Lautoka.

Two exercise groups have been formed at Matawalu village led by team leaders from the community.

A Matawalu Women's Club leader Mrs Salanieta Naisewa said members were excited about the new program as it provides them an opportunity to take a break from their daily household routine and take a health walk

FRIEND Nutritionist Talica Dikula says, “Apart from the daily walks taken by the groups, PRISM staff conduct an hour of

simple exercises held twice a week.”

“The participants are also educated on the types of food they currently consume and encouraged to change their diets.

While we are encouraging regular exercise and healthy eating, we are asking the villagers to plant more greens and also discouraging them from smoking, alcohol and kava abuse,” says Dikula.

Young and old gather for bi-weekly workout sessions in the village hall





Sandhya & Sashi with Sofitel Chefs, Sharon & Brendon Coffey

South Pacific Food & Wine Festival @ Denerau

Friend's Fiji Style® food products received much kudos by local and visiting celebrity chefs as it featured prominently at the Inaugural South Pacific Food and Wine Festival held at Denerau earlier this month.

The Executive Chef at Sofitel Fiji Resort, Brendon Coffey, who has been using Friend's Fiji Style products in his cooking for some-time now says, his curry meals are not complete until it is served with *Friend's Fiji Style®* condiments.

and recommended as genuine souvenir and gift items for overseas guests attending the festival.

Stemming from chef Robert Oliver's success (2010 World Cookbook winner) with his cookbook, *Me'a Kai: The Food and Flavours of the South Pacific*, this festival focussed on realising the potential for using local produce, culinary techniques and recipes for assisting with rural prosperity, and creating a market for 'food tourism' in the South Pacific.

The range was highly talked about

Fostering Better Race Relations

International Women's Day 2012 marked a significant moment in the lives of many Indo Fijian participants as they were hosted for a thanksgiving event at the chiefly village of Vitogo in Lautoka.

In thanking the host FRIEND Director Sashi Kiran said, "despite being born and having lived here all their lives most Indo Fijian women have not had a chance to enter into a traditional village and despite Holi festival today the large numbers present here are testimony of their appreciation."

The thanksgiving event was sponsored by FRIEND on the behest of the Chief of Vitogo Village, Ratu

Viliame Sovasova. He and Radini Tui Vitogo had approached FRIEND expressing their wish to invite women from several flood affected communities in Ba and Lautoka to thank them for their hard work in putting things back into order in their homes.

More than one hundred guests were present at the ceremony. All the participants lit a candle each and marked a moment of silence for the women who had lost their lives after the floods and for women around the world.

The women groups also performed cultural items as part of the celebration.



FRIEND Founder/Director Sashi Kiran lights a candle with a guest to mark International Women's Day 2012

World Health Day in Ba

Community members started their walk at 5am to gather at the Gugerati Grounds in Ba where they exercised, listened to presentations on healthy living, participated in fun games and enjoyed a healthy meal.

PRISM Nurse Sili Mocolutu says the event was to highlight the importance of exercise and healthy eating for good health.

Men, women and Youth from several communities in Ba gathered for the one day fun and learning event.

"While we may all know that exercising is important and we need to eat right for our health, we also know that lifestyle diseases like diabetes and blood pressure are a serious problem in Fiji," says Sili.

"We believe that each individual needs to take responsibility for their own health, and that is the message that we are putting out there through this event.

Sili says, "The current trends of lifestyle diseases in the country is worrisome.



FRIEND vs Communities—Passing ball and getting some exercise

Holi 2012 @ FRIEND

It was a day for us to celebrate each others company and the smiles as we played with colours say it all.

The main message Holi reiterates each year is the power of good over evil—in thoughts words or actions.

This years Holi at FRIEND was made even more special as 'holi makers' from a neighboring community travelled to Tuvu to pray for continued prosperity and success into the year.



Service from heart



Jasneel at the FRIEND Labasa Office

"I believe young people stand to gain valuable experiences by volunteering their services that can help in moulding them into better citizens as well as in enhancing their future careers."

20 Year old Jashneel Mani is a regular visitor to FRIEND office in Labasa and makes himself available to attend to calls for assistance in IT issues when needed.

Jashneel is a student at Fiji National University in Labasa pursuing studies in Information Systems.

He says doing volunteer work at FRIEND helps him to apply his learnings and practice his skills as well as to gain knowledge.

Jashneel says he believes in the work FRIEND is doing to alleviate poverty in his Province and feels he too can contribute by volunteering his skills to make the North a better place.

Recipe Corner - Pumpkin Gulgulla

Ingredients

1 small pumpkin
1 teaspoon powdered cardamom
1 tablespoon milk powder
1 tablespoon Friend's Fiji Style® Dessicated Cononut
1 tsp Baking Soda
1/4 cup sugar
1/2 cup flour

Method

1. Peel, cut and boil pumpkin till it is soft.
2. Drain excess water and mash pumpkin free of any lumps.
3. Add cardamom, milk powder, dessicated coconut and sugar and mix thoroughly. This mixture will be liquidity.
4. Add just enough of flour to bind the mixture for gulgulla which is still a fairly soft dough that tends to form together in hot oil.
5. Drop soft balls into hot oil for frying. Brown in reduced heat. Gulgulla is ready



Send in your favourite *Friend's Fiji Style®* recipes to be included in our recipe book to be launched later this year.

MARCH
BIRTHDAYS



August 29th approaches us fast as the dates of the 2012 calendar fly by fast.

The buzz of preparations to mark the 10th Anniversary is getting louder as the team at FRIEND works away frantically to make it a memorable event. An Open Day is being planned at the organisation.

The Open Day will provide a great opportunity for existing communities to showcase their skills and talents as well as interested communities and stakeholders to learn more about FRIEND.

“The idea is to open our doors to those around us for a better understanding of what the organization is about.” says Sandhya Narayan, of the IDEA’s Committee.

“While a lot of people who are far from us know about FRIEND in totality, there are many who pass by our gates on a daily basis, see or think of us as the chutney factory.”

“Yes, we do chutney production at the FRIEND Village but, we also do a whole lot of other work here as well.”

“We hope the Open Day will encourage these people to get to know FRIEND better.” says Sandhya



Community Commendation Awards

“Be the change you want to see in this world.”

- Backyard Garden Award
- Exercise for Health Award
- Group Social Award
- Disaster Management Award

How to apply :

Send in your nominations with a CV detailing your activity with the names of ten others you have been assisting with their personal details including address and their phone numbers, references that could be your advisory councilor, Turaga Ni Koro, shop keeper, anyone who could verify your activity and involvement in ‘bringing about change in the community’. Please send in pictures of the activity if available. Applications must be sent to FRIEND by

August 15th, 2012.

FRIEND will visit your community to see the ‘change’ before the award ceremony in September so there is plenty time to start...and win.

For more information contact FRIEND on 6663181

Friends of FRIEND

FRIEND Trustee Norma Kumar stops by FRIEND to say hello and do her shopping! Norma has been a FRIEND trustee for last 3 years.



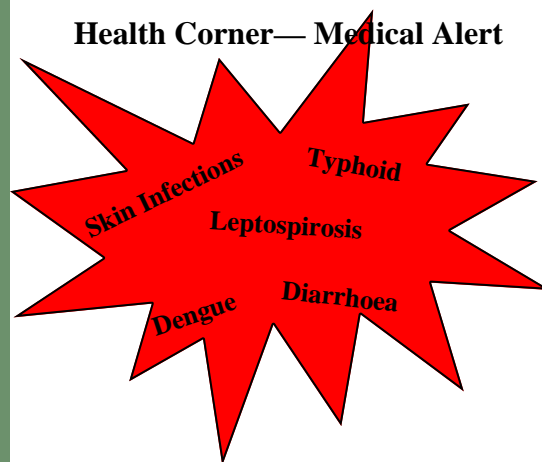
Richard Dirks and Faga Semesi of NZAID stop by at FRIEND on their way to Ba. NZAID has been a core supporter of FRIEND since



Father McVery of Tutu Training Center delighted us with his stories as he related the tales of his travels. Father McVery expressed his delight with the progress of FRIEND since his last visit to Tuvu in 2009.



Health Corner— Medical Alert



Recent floods have resulted in increased risk of the above communicable diseases. Observing these simple yet life-saving preventative measures will help fight its spread in Fiji.

Wash your hands – everything that surrounds us has germs . Hand washing should be strictly observed after every visit to toilet, before every meal, after coughing or sneezing into your hands, after visiting or attending to a sick person, after touching animals or playing outside.

Drink a lot of clean/ boiled water – boiled water ensures that all parasites, bacteria, nasty viruses and all sorts of toxic our eyes cannot see which are passed through our water system for drinking is Killed.

Do not touch skin infections – as this will allow the parasite to dwell on your fingers and fingertips. Avoid sharing clothes and restrict children from playing in muddy water.

Destroy all mosquitoes breeding sites - like tires, tins, containers, clear-out clogged rain gutters and drains.