

10 Years



Harnessing Dreams

In an effort to build closer and stronger working relationships with surrounding communities, FRIEND hosted elders from ten villages for a two day workshop focusing on their dreams, aspirations and how all this could be linked with existing resources.

“This is the first time for me to attend such a workshop and it certainly has provided me with a whole new perspective on how things could be done. I have learnt a lot and I look forward to implementing what I’ve learnt in my village,” said one participant.

The participants worked in groups drawing out the current images of their communities and the changes they would like to bring by combining the available resources. They discussed the impact recent floods had on them and reminisced sustainable practices in the olden days.

A range of ideas were exchanged by the participants on various issues such as ensuring food security and sustainability, good health and hygiene practices and better care of the environment.



Village heads colour their dreams of their ideal village

FRIEND founder/director Sashi Kiran said the workshop was to find out the needs and challenges of each of the communities and see how FRIEND could lend a hand to bring about the necessary change.

More funds for Flood Rehabilitation

Weeks after floods devastated parts of the Western division, the return to normalcy through a food security programme for the victims is slowly returning to normal.

Cleaning out silt deposits and repairs to homes has been the primary focus and as fine weather sets in, many involved in agriculture are now preparing their land for planting.

NZ Aid has contributed \$F115,000 and AusAid has made available \$F248,000 to FRIEND to assist those who

“Both grants are currently being used to ensure food security in the flood affected areas. This includes preparation of gardens and provision of planting materials as well as livestock where necessary.” says FRIEND Director Sashi Kiran.

“The hope is that every affected household has a backyard garden for food.”



Acting Australian High Commissioner Glenn Miles in one of the flood affected communities

Labasa Youth Leadership

As a Leader I will ;	As a leader I will not;
Be honest at all times Listen to what the people want before making any decision Respect others views. Be patient and willing to listen to diverse views Be hardworking, so as to meet with the needs of the people Be trustworthy Treat everyone equally regardless of religion, culture, and ethnicity. Be tolerant with everyone Work towards eliminating poverty Ensure that all children get an education Manage natural, financial and human resources wisely Cooperate with the people Support a policy to ensure employment for all.	Entertain corruption Accept bribes from anyone Accept violence against women and children Waste money Accept any form of destruction to the environment Solve conflicts in a retributive way.

FRIEND took advantage of the May school break to organize a one week Youth Leadership Seminar in Labasa.

The participants explored the qualities they would like to see in their leaders as they looked at developing their own leadership competencies to make them better able to solve community issues and enhance their civic participation.

WAC Trainer Peni Moore says, "By the end of the workshop it was obvious that the young people had developed in confidence and self esteem."

Labasa Youth Participants take time out to pose with their certificates with WAC trainer Penelope Moore

Recycled Paper Workshop

A three day recycle paper making workshop was conducted at FRIEND with 10 youths from a nearby village.

The workshop covered recycle papermaking from off cut paper, natural fibers such as mulberry and Kava Kosa (fiber left after mixing yaqona).

The objective of the workshop was to share the skills of recycle paper making with youths which could create income opportunities for themselves.

The youths were amazed to see and learn how natural fibers could be turned into beautiful paper.

Apart from making recycled paper the youths also learnt how to make boxes just by folding which can be used for different purposes.

Some youths said that this was their first experience in recycle paper making and were very keen to continue with the newly learnt skill for income generation.



YEN Lautoka 2012 Orientation Workshop

The youths selected for FRIEND's employment program 2012 in Lautoka have already embarked on their 8 month journey with an orientation workshop late this month.

Starting from this year FRIEND has partnered with the University of the South Pacific to deliver training to selected participants who are not engaged in employment. USP Lautoka

Campus will be delivering the training in Lautoka, Ba, Tavua and Ra over the next 3 years. FRIEND partners with various corporate organizations to provide six month job attachment after the training so youths gain some work experience.

Youth employment Network or YEN is an award winning programme at FRIEND which started in 2007.



YEN orientation workshop was held at the YWCA Hall in Lautoka. The youths spent the day in getting to know each other, understanding the project and FRIEND and focussing on their dreams and the importance of having a positive attitude.

NEW Product—Kava Cards



Kava cards are a new addition to our range of *Friend's Fiji Style*® handcrafted cards.

Unemployed youths work on churning out recycled paper made from used kosa i.e the leftover bits after mixing of yaqona.

The kosa is then processed and dried into sheets to make up kava paper.

Our skilled card makers then use this paper to design and produce 100% Fiji Handmade cards.

This makes for a genuine souvenir of Fiji or a meaningful message sheet for 100s of hardy yaqona lovers in the country.

Watching them GROW



"We got them when they were only one week old," said Amrita. "One of them was a little sick. Our family stayed up into the nights to look after it. We would warm a piece of cloth against the lamp wrap it around the weak duckling to give it warmth. At four weeks now all the ducklings are surviving and this makes us very happy."

Amrita is one of first 20 GROW poultry project holders in the Northern Division. There are another 20 projects being initiated in the Western division as part of an initiative towards increasing supplementary income for households in sugar belt areas.

The FRIEND GROW Poultry Activity for 2012-2014 is funded by the European Union.

New Market opportunities for Farmers

Farmers in the sugar cane belt areas of Western and Northern Fiji are showing keen interest in a proposal aimed at boosting their incomes with alternative cropping.

FRIEND is guaranteeing markets for lentils and maize as it has been established that over 85% of these products are being imported.

FRIEND Director Sashi Kiran says these crops are already being cultivated for home consumption and requires no external technical assistance. "These crops can easily be grown on commercial scale and the business houses who import these crops are more than willing to purchase these locally at import prices."

The project is aimed at those farm holders whose farms are no longer viable for cane farming with increasing cost of production and decreasing tonnages from the field.

The GROW Cash Crop Activity for 2012-2014 is funded by the European Union.



Recipe Corner : Cheese & Basil Potatoes

Ingredients: Potatoes, Cheese, Fresh Basil, Fresh Lime juice

Method:

1. Scrub clean potatoes.
2. Cook them on high in a microwave till they turn soft.
3. Gently open the middle with a sharp knife.
4. Stuff in cheese, basil, lime juice mixture.
5. Serve hot with steamed moca and microwaved pumpkin topped with grated cheese. Add *Friend's Fiji Style* © Chilli Chutney for extra flavor.





New & Bigger Packs of Friend's Fiji Style® Jams

Made in Fiji from Real Fruits and Cane Sugar
No artificial flavorings, colors or additives



The Magestical Scarecrows

The scarecrows stand tall silently in a row in the field next to FRIEND gates, like a still of models on a ramp at a fashion show.

And FRIEND Farm Manager Ranbeer Singh says the three are doing a marvelous job at keeping the birds at bay.

"I haven't seen a single bird in the field since the scarecrows have been put up," says Ranbeer.

The statues are adding colour and fun to the gardens at FRIEND.



A volunteer from Indonesia Nindya Nindita

After seeing *Friend's Fiji Style®* products on various supermarket shelves, I was inspired to contact FRIEND for a stint at their food production center.

The week flew as I trialed potential new product ideas. These included instant ginger drink, breadfruit crackers, pineapple fruit jelly and others.

While more trials are needed on these products, the instant ginger drink proved to be a hit with the staff as those with sweet tooth enjoyed the ginger powder with milk and tea.

Nindya's Ginger Drink



Nindya is a qualified Food Technologist who spent a week at the FRIEND Food Production Center in Tuvu this month.

Community Commendation Awards "Be the change you want to see in this world."

- Backyard Garden Award
- Exercise for Health Award
- Food Security and Sustainability Award
- Community Service Award
- Best Community or Village 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 October so there is plenty of time to start...and win.

For more information contact FRIEND on 6663181

10 Years

Save the Date

Friend's of FRIEND are being called on to reserve the date of 29th August 2012 to join us in our celebration of the 10th Anniversary of FRIEND.

The occasion allows us a chance to thank our friend's, partners and other stakeholders for supporting us through the years.

FRIEND office was started with three volunteers in a one room cubicle office in Lautoka on 29th August 2002.

The organization has now grown to a strength of around 45 full time staff, a headquarters in Tuvu and a branch office in Labasa as it strives towards its vision of a Fiji free of poverty, where all enjoy sustainable livelihoods and where people take ownership of their own development and are no longer reliant on handouts.



The challenge is to collect as many seeds of vegetables, pulses or root crops as possible.

The seeds will be utilized in our food security program which we have already embarked with our communities.

The backyard gardens form one of the categories of the CCA awards to be announced later this year.

Seed Drive @ the Office

Seeds sought for include maize, okra,

bora (cowpea), pigeon peas, long bean, pawpaw, ginger shoots, chillies, pumpkin, cucumber, rock melon, water melon, baigan, kumala, dalo, yams etc.

