

10 Years



Michael Brown –John of Coffey International & Aneet of FRIEND with the AUSAID cheque

### Australian Support Continues

AUSAID has extended core support to FRIEND worth \$78,000 AUD til the end of 2012.

Funding beyond December will be subject to the new program (Fiji Community Development Program) committees approval of the future structure of the grants program which is being developed.

### A Genuine Fiji Product!

FRIEND is one of the twenty four enterprises that have obtained a license to display the 'Fijian Made & Buy Fijian Campaign' logo on their products.



Fijian Made and Buy Fijian is a government initiative to promote local products and reduce imports .

*Friend's Fiji Style®* products already state "Made in Fiji" on the labels. The license will now allow us to feature the logo too.

*Friend's Fiji Style®* branding was introduced into the market with the launch of the first two products i.e *Friend's Fiji Style®* Tamrind Chutney and *Friend's Fiji Style®* Chilli Chutney in March 2003.

The range has since grown to include jams, pickles, other chutneys, handcrafted cards and crafts supporting livelihoods of more than 600 people in the Western and Northern Fiji.



### YEN Youths pair up with their Mentors

It is not a matter of who can give the most but rather the spirit in which one participates in nation- building. And I apply that term to whatever useful exercise one is doing at any given time."

----Ratu Joni Madraiwiwi

The first batch of YEN 2012 participants in Lautoka have completed their soft skills and IT training and are in the process of starting off their work attachments with identified mentors.

YEN (Youth Employment Network) is an award winning program at FRIEND that was started in 2006 with the aim of supporting and up skilling disadvantaged youths for the labor market.

FRIEND Director Sashi Kiran says the idea was established following ongoing consultations with youths who could not break into the labor market for lack of experience and the employers decrying the lack of readiness of youths joining workforce.

"We have been working with upto 50 youths a

year over the last few years. However from this year the European Union has come forward to fund this activity under the GROW project at FRIEND. And we are targeting 200 youths from the areas FRIEND works in, in the next three years, says Sashi.

"The funding has allowed us to strengthen YEN by partnering with the USP Lautoka Campus that has been delivering certified training modules to the participants ."

As part of this initiative FRIEND has also launched BELL—Business Excellence & Leadership League inviting young business leaders to volunteer in mentoring young YEN participants into becoming ideal workers.

"YEN has developed into a four way partnership, says Sashi. "FRIEND identifies participants, USP being a lead training Institute provides the training. The European Union gives us the funding. And we partner with business leaders in developing the next generation of the workforce."

The next round of YEN training is to start in Nadi in September.





### Community Leaders Inspired

Twelve leaders from neighboring communities attended a follow up one-day workshop at the FRIEND head-office this month where they briefed us on the progress of their communities since the floods and discussed the interventions by FRIEND. After the May meeting with Turga Ni Koros the villages and the staff have been trying to build back yard gardens for food security through AUSAID and NZAID assistance. After seeing the benefits communities expressed that they could slowly expand into large scale production, given the availability of large pieces idle land.

‘We have lots of land available and we really want to expand our *‘teitei*’ where we just plant traditional crops such as cassava, dalo and bele,’ said participant Rusiate Deitu. The group were shown high-end organic cash crops being trialed at FRIEND. ‘We have a lot of fertile land and I’m sure we can grow plenty

vegetables which we import from overseas here in our plantations and assist in reducing our import bill,” said another participant Vani Leqa.

The participants also discussed the different challenges they faced and how FRIEND could assist them in attaining their goals.

Issues such as disaster awareness and pre-

paredness, environmental sustainability and reforestation were also discussed.



### The YEN Experience

**Chaya Dutt**  
**YEN**  
**Lautoka 2012**



I was really happy receiving a call from FRIEND saying that I have been selected as one of the first 20 participants to take part in the YEN 2012 program. On 17<sup>th</sup> of May we had an orientation day. I was so nervous. I did not know who else will be there. If I will be able to make new friends? All kinds of thoughts and questions were driving me dizzy.

And then once everyone was introduced I felt relaxed. On the very first day, as we got to know each other we also got to realize and share our dream for our future. It was the day I verbalized my dream for the very first time and now that I have realized my dream, I am trying my best to work toward achieving it.

Another important lesson for me was the importance of being positive in life and never to give up hope no matter what the situation is. We watched a video in which a lady had cancer. She however never gave up the hope of getting cured. She believed that she was healed, and later tests showed there was no cancer in her body.

And in the eight weeks since then all the participants bonded as a group to learn all about the importance of soft skills as well as basic IT to prepare ourselves for workplaces. To conclude my experience with YEN was just amazing.

Thank You YEN .

## Supporting NCD Management in Communities

“I can’t do anything now after my leg was amputated 4 years ago. My wife is complaining that she is working hard and I have asked her to leave if she wants to. Drinking grog and persistent smoking every night is the only thing I can do to numb all the stress.”

This frank admission from a 57 yr old stunned me for a while.

The Ba villager had a Left Below Knee Amputation in 2008 due to complications of Diabetes and Hypertension.

“It is very hard to move around in the village to visit my friends and relatives. The grounds are not suited for my wheel chair.”

The amputee has been receiving ongoing psychological support since FRIEND Medical Team started visiting his community earlier this year.

He was advised by the team that he will need to change his habits of smoking, stress and excessive kava consumption. If he wanted to prevent further amputations in the future. The physiotherapist spent time with him to start his exercise routine as she explored with him the potential of artificial limb.

With tears in his eyes, he said that no one has ever mentioned anything of this sort to him and whatever message that was conveyed to him that day has finally “opened my eyes”. He spoke of having had thoughts about getting himself an artificial leg, but was not sure how to go about it.

FRIEND Nurse Jonetani Rokoua says the health team has facilitated two of its patients in acquiring the prosthetics through Tamavua Rehabilitation Hospital to improve their quality of life in the last month.

Nurse Rokoua says, while the hospital has fitted the new legs for free, there were a number of costs involved for patients which they were not able to afford thus leaving them unable to acquire their artificial limbs before.

“One of the main costs included the money required for the men to travel to Tamavua from the interior villages in Ba. Hiring of vehicles to accommodate their wheelchairs as well as someone to go along with them for assistance. Each of them had to make a atleast three trips to Suva for assessments and fittings,” says Rokoua.

This was made possible through the assistance of Asia Pacific Ladies Friendship Society [ALFS] in Japan who had contributed \$6,000 FJD for development work in Fiji through FRIEND.



## NEW PRODUCT- *Friend's Fiji Style* ©TAMARIND JAM



*Ever tried the taste of Tamarind Jam? According to expert verdict, it tastes just like Plum Jam.*

There is something about the fruity sourness of the tamarind, the sweetness of the sugar that makes this incredibly refreshing.

It is a good source of vitamin B, Calcium and Phosphorous.

This jam can be used as a spread on bread, crackers and cakes, served with cheese for dessert, and as a condiment for hot and cold beef, poultry and fish.

*Friend's Fiji Style* © are hand made in small batches, using absolutely no artificial flavours, colours or preservatives. With its tangy and fresh taste, our tamarind jam is really special.

The product is available now from our reception.

It is expected to hit the supermarket stands by the end of this year.

## EAT LOCAL

### Recipe Corner- Cardamom Cookies with Tamarind Jam

#### Ingredients

- ½ cup icing sugar
  - ½ cup unsalted butter
  - 1 ¼ cups of white flour
  - ½ tsp of lime zest
  - ½ tsp salt
  - 1 tsp of ground cardamom
- Friend's Fiji Style* © Tamarind Jam



#### Method

Cream together butter, and icing sugar. Add in zest, salt and cardamom, mix thoroughly.

Add in flour and combine until mixture forms a dough.

Roll into about 12 1-inch balls.

Press thumb into centre of each ball. Refrigerate for ½ hour.

Put 1 tsp of jam mixture into centre well of each cookie. Bake at 180 C till lightly browned.



Mela



## Happy Birthday

### Larger Packs now Available

MH Supermarkets around the country have stocked up on the 450g packs of Friend's Fiji Style® Jams.

The demand for bigger packs follow successful trials of the 200g packs in the market over the last few years

The range includes Friend's Fiji Style® Marmalade, Pineapple and Mango Jams made from real fruit pulp using traditional recipes and are free of any chemical additives or preservatives.



*Shyryn introduces a potential customer to the new range of jams at MHCC in Suva.*

### All Shapes, Sizes & Colour

Eat Fresh and Healthy –with this key message in mind, FRIEND is experimenting with a range of crops in it' backyard garden.

The trials are being run under

the watchful eyes of FRIEND Media Manager Ranbeer Singh.

"I don't think there is much that we can't grow in Fiji."

says Ranbeer.

*Sandhya displays freshly pulled red radishes @ FRIEND*



## FRIEND marks 3 Years in the North



*Mereani, Atasi and Lakhan share a cake to mark the occasion*

FRIEND Labasa Branch celebrated their 3<sup>rd</sup> Birthday on the 29<sup>th</sup> July.

It marks the date FRIEND opened its office to serve the people and communities in the Northern Division.

For the last three years FRIEND has conducted a number of trainings, has been a source of income to some who sell fruits, coconuts, honey, rosella, spices etc and a place for information for other NGOs and stakeholders.

Through the SAHARA Educational Trust, schools have come to know more about the organization and various ways FRIEND provides services to reach out to the people and their locality.



## 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
- Reforestation 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 time to start...and win.

*For more information contact FRIEND on 6663181*

**10 Years**

*The clock is ticking...*



How time flies...Less than a month to go before the 29<sup>th</sup> August.

The Celebration Committee at FRIEND is multitasking between the 'normal' tasks along with the zillion

little and not so little things that have to be done in organizing such events.

The theme for the celebrations at FRIEND this year relate to sustainable growth of programs, projects, people and environment.

Around 200 guests are expected for the celebrations.



*Sugar Festival 2012 Contestants visit FRIEND*