



For this coming months– there is a lot of events that you wouldn't want to miss out on and one of them is the

Race on Action Against Poverty....

FRIEND Youth Development Program has designed the Race Against poverty with the aim to gain knowledge and be aware of the Millennium Development Goals. The Race which is similar to the Amazing Race, here on a local scale takes the youths on an outside workshop where they tackle questions, quizzes and challenges on poverty, youth issues and MDG's on a Race through the wilderness. The venue being FRIEND's office in Tuvu gives a great cross country race where running will be conducted on mountains, over creeks, into the bushes and down mud tracks.

Youths who will be at the Race in Tuvu come from business houses, faith groups, high schools, women in communities, community youths, non government youths groups. The Race has been a highlight in the youth development program and has been in continuity since 2006.

Registration are on now.....so don't miss out!!!!!!  
It will be funnn.....

## Lookout for DESI Conference- October.....

**Theme: - Na maroroi ni noqu vanua kei na kena I yau**

*"Our resources, our future"*

The theme for this year will be the above mentioned...so be prepared on the scheduled date which is the 15th of the month of October...Personnel's of Business Icons, community members, farmers of long time experience, medical practitioners, and other NGO's would be attending and sharing their own experiences, ideas and views on topics during panel discussions....Also look forward to the awards on the Best Community or Village Award, Backyard Garden Award, Food Security & Sustainability Award, Community Service Award, Exercise 4 Health Award & lastly is the Reforestation Award...With the above mentioned awards, FRIEND believes that encouraging sustainability is essential in giving awards with which it can also encourage competition amongst participants...



## My 1st International Trip

4<sup>th</sup> of September proved to be extra special for me as my father celebrated his 49<sup>th</sup> birthday and I was selected to go to China during an interview at the Chinese embassy. I was so excited as this was going to be my first international trip. "I am going to China" and a week later on 12<sup>th</sup> September I departed with two other nominees from Fiji for a two weeks seminar on Private Enterprise Development for Developing Countries.



The seminar was organized by the Academy for International Business Officials (AIBO) in Beijing, China and was located at least half an hours' drive from Beijing Capitol Airport, in a very quiet, conducive and naturally beautiful environment with all facilities that one can think of.

There were a total of 30 participants from various developing countries around the world and we get to stay at JINLIN

ORIENTAL Hotel in the main city providing us with much adventure in the city alone. It was a really interesting trip as I got to see the awesomeness of Beijing, one of the largest city in China. The two weeks stay included many seminar presentations by various stakeholders of China's public and private sector as well as site visits to two local enterprises and also various tourist sites.

The scenery, beauty and cultural heritage of China are so pristine and the highlight for me was visiting the Great Wall of China- a climb that I will always remember. We also get to visit China's Man's Square and the Forbidden City.

The second week was spent in Taiyuan City which was one and half hours away from Beijing via plane. Some of the places we visited were the Jinci Temple, Shanxi Museum, Mansion of the Chang's and Pingyao Ancient City. We also get to visit two very impressive private enterprises in China that were Lenovo and Shanxi Shicheng Air-Condition Engineering Companies. In addition, this trip made me realize that China's success is not that they only dream but they work hard with a lot of passion, patriotism and strategic planning in order to achieve their goal and become self sufficient in the world.

So for me, the challenge is "if they can do it, then why can't we".

In conclusion, the trip was full of adventure, fun, joy and learning as I travelled on subways and "Tuktuks", had great food and accommodation and visited many wonders of China that makes it unique from the rest of the world. A big "thank you" to FRIEND and PSC Training Department for this wonderful opportunity and AIBO China for their amazing hospitality. This has been indeed an opportunity for me to see the world and learn from it– Mashnil Shinoy.





### ***GROW- Poultry Workshop....***

A total of 31 participants graduated with the certificate of small micro enterprises and development this month from the workshop conducted by NCSMED.

The one week workshop was hosted by FRIEND and we are thankful for it that now our community participants whom are into poultry production now have a fair idea on how to make production plans, profit and loss accounts, balance sheets and most importantly on how to do business plans.

On thing they also gained was, confidence in public speaking which they are really thankful for. The participants seemed to be grateful to FRIEND's as they now have better understanding of how they are going to utilize and improve their livelihood.



### ***Lentils Being Introduced to Farmers***

Farmers in the Western and Northern division of Fiji are now being introduced to lentils also known as pulses, which has the ability to fix nitrogen into the soil which in turns also provides complementary proteins.

FRIEND together with the initiative of alleviating poverty in Fiji and are looking forward to reducing the importation of these crops into Fiji; are in the process of working together with farmers on a large-scale basis.

Knowing its importance, farmers will also be benefiting on the improving of their soil fertility and also proteins to supply significant quantities of some of the micronutrients essential for human nutrition also.

In doing these, FRIEND provides seeds, the fixed market for Urdu, Mung, Pigeon peas, Maize and Sorghum to the farmers.

### ***Community Visits.....***

FRIEND Staff-Melaia Salacakau went for community visit in this month and this is what she has to say...



"Hospitality is what Fiji is known for. The women greeted us with smiles... It was a sunny day when we went to visit a community in between Ba and Tavua. It looked dry and very rocky, looks impossible for any vegetables to grow.

As we entered the village, we noticed a few backyard gardens around which were not there before. Some participants have harvested and sold their produce. A participant shared that she managed to save \$30.00 per week from her vegetables and from that \$30.00 she managed to pay her children's school fees and food for the family . They continued with their gardens as they now realized how important backyard gardens is, because it helps generate income for them and also that they have been eating healthy foods from it...

### ***Strengthening of One Another***

In many of us- we take no heed or care less of the stereotyping that happens or appears among individuals that we didn't know that it hurts our inner feeling which then leads to our changing in mindset of one another.

In Fiji, we live in a multi racial country and in my opinion- stereotyping is at threshold. Well- the month of September was the month of breaking the stereotyping within the Fijians and Indians at FRIEND. With the guidance of the Director herself- the staff went through a bit of Meditation and brainstorming on some of the stereotypes that are within the minds of the people. There were all sorts of names, and a calling that staff came up with; that races label each other with. So altogether... the main plot of the 3-day workshop was to break the stereotyping by getting it all out and understanding its WHY's and HOW's and work towards understanding each other and bringing together unity amongst staffs.

The result from it, was tremendous and there was tears shedding and it was just all touchy and very momentous.....Now with the biggest task ahead in changing the lives of the people in communities FRIEND believes in changing the mindset first- FRIEND staff can now hand in hand go out into communities as missionaries and be the lighthouse to the people.





## Heavy Rain Brings Flash Flood



In the wakening of the night, on the month of September, the western side of Fiji again experience thunderstorms and heavy rains which made it very hard to sleep.

The schedule with the Governance department was to go out into communities. With the heavy rain over the night before, the communities had to cancel since they were flooded again and it was also high tide in that same morning..

## Recycling Papers....

*Yes!!!!...nothing goes to waste. The freshly green sugarcane leaves and off cut papers from factories, printeries and offices are put into use that somehow leaves people in Awe!!!*

*Yes, nature and used papers can make a perfect combination of good quality paper which we can create cards, envelopes, gift born writing pads and so on....*

*In marketing these finished product there is no doubt that our stakeholders (customers) are satisfied.*

*To the environment it is very friendly!!!!*

*By: Inia & Mere*



## Recipe Corner:

### Making High Quality Cassava Flour.....

#### Step 1: Selecting Roots

Harvest and buy healthy, mature, firm, freshly harvested cassava roots. These should have no bruises.



#### Step 2: Peeling & Washing

Peel the roots and remove the stalk, woody tips and any fibrous roots using a sharp knife. Wash peeled cassava roots with clean water to remove the dirt and other impurities..

#### Step 3: Grating

Use a simple perforated iron sheet or mechanical grater to grate cassava roots into a fine mash.

#### Step 4: Pressing

Pack the grated cassava mash into a clean bag; such as jute or sisal sack that will allow extra water to escape. Press the sack using a screw press or hydraulic jack to remove excess water until the cassava is crumbly.

#### Step 5: Drying

Spread the cassava mash thinly on a clean black plastic sheet placed on a gentle slope in full sun. ideally this should be raised off the floor. Dry mash until it is very floury. Cover with netting to keep off flies and birds.

#### Step 6: Milling

Mill the dried cassava mash to produce flour. Milling can be done using a hammer mill (village posho mill).



#### Step 7: Sifting

Using a simple home-made sieve, sift the milled flour to remove fibrous materials and any lumps. This is important to obtain high quality free flowing flour, free of fibre with a good particle size. Lastly is the packing, to protect from sunlight and store in a well-ventilated, cool, dry place. This will keep for about 6 months.



High quality cassava flour is made within a day of harvesting the root, it is very white, has low fat content, is not sour like traditional, fermented cassava flour; does not give a bad smell or taste to food products and can mix very well with wheat flour for use in bread or cakes.



## FOUNDATION FOR RURAL INTEGRATED ENTERPRISES & DEVELOPMENT

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# RACE AGAINST POVERTY

## Registration Form.

**Date:** Saturday 13<sup>th</sup> October, 2012.

**Venue:** FRIEND Village, Kings Rd, Tuvu

**Time:** 8am prompt. As soon as all registered players arrives, they are given the go ahead.

**Entry Fee:** \$10.00 per team. As FRIEND is a Non-profit making organization this fee will help to pay for administration costs

**Closing Date:** October 12 (Friday)

Please return registration form and payment to: Race against Poverty at  
Foundation for Rural Integrated Enterprises N Development

PO. Box D623,  
Lautoka.

Telephone: 6663181 Mob: 9781209  
Facsimile: 6669181

### Information on Registration.

Team Leader: \_\_\_\_\_

Team Name: \_\_\_\_\_

Organization: \_\_\_\_\_

Company Address: \_\_\_\_\_

Contact Details: \_\_\_\_\_

**Team Details: Maximum of 4 – (Names of 2 males and two females) and T- Shirt Sizes.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

### Risks

We the above signed personal agree that we will participate in the event at our own risk and that the Foundation for Rural Integrated Enterprises N Development will not be liable for any personal injury that might occur during the event of participation.

**Please return registration form after filling details with payment. Only when receipted then you become a confirmed team.**



## Community Commendation Awards

*"Be the change you want to see in this world."*

- Backyard Garden Award
- Food Security and Sustainability Award
- Exercise for Health Award
- Community Ser-

**U can still Apply Now!!!!**

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

**OCTOBER 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*



FOUNDATION FOR RURAL INTEGRATED ENTERPRISES  
&  
DEVELOPMENT



Saturday, October 13th 2012  
Beginning @ 9:00am  
FRIEND Village, Tuvu, Lautoka.

Teams from around the West will race to:

- ★ Find the Clues
- ★ Work on the challenges
- ★ Complete the road blocks
- ★ Know about statistics and information on Poverty issues

**CHEER AS YOU SEE THE TEAMS RACING AGAINSTS POVERTY!!!**

**9:00 - 12:00PM  
Saturday Morning**

**For More information call  
FRIEND  
ON  
6663181 or 9781209**