

10 Years

**BE AWARE**

FRIEND's inaugural month long WEAR BLUE Diabetes Awareness Campaign has successfully started regular exercise programs in 30 villages and settlements between Tavua and Lautoka.

"In Fiji, statistics seem alarming and we need urgent grassroot action to change the lifestyle patterns. Healthy Eating, exercise and free medical clinics are part of our strategies to help contribute to the National health and save our future from the threat of NCDs like diabetes," says Director Sashi Kiran.

"It has been a very intense month for us, the team has been actively campaigning for everyone to take the issue of Diabetes seriously and to encourage yearly screening of blood sugar in everyone. It is not something that can be ignored, especially with our changing nutrition and lifestyle habits," says Sashi.

"In the course of our work in communities we come across households who have been pushed into further poverty due to amputations, diabetes and other lifestyle diseases. We would like to see a change where people make more informed choices on the lifestyles and contribute to a healthier and a more empowered nation.



*All smiles - Air Pacific team hands over collections from Fiji Airways launch to FRIEND*  
**National Carrier Commits to FJD\$500, 000 for Education over the next 5 years**

Inspired by the commitment and work being carried out in disadvantaged communities in the Western Division by Foundation for Rural Integrated Enterprises and Development, Air Pacific has forged a partnership and made a commitment of its own to continue supporting FRIEND.

The national carrier's managing director and chief executive David Pflieger said he was very impressed with FRIEND and backed Air Pacific's initial offer of \$100,000 made earlier this year with a contribution of close to \$38,000 earlier this month.

"This contribution is from our Wings of Hope program and the reason we decided to focus on FRIEND is because we really believe in what

they're doing. They're focusing on children, on education, on flood-affected families and we also support the things they're doing on the medical front."

"They're a very reputable and solid organisation and it's great to be able to give money and see the actual result of where the money's been spent. So we think it's a great partnership and we're thrilled with all the things that the founder Sashi Kiran has been doing," he said.

Mr Pflieger said he was considering the sale of handmade greeting cards and handicraft made by FRIEND on Fiji Airways aircraft when the airline is launched next year.

**An Australian Visitor**

Australia's Global Ambassador for Women & Girls Penny Williams says she has been pleasantly surprised by FRIEND.

"I have visited a large number of projects similar to yours, in a number of countries, but by far this is the most diverse and professionally organized," said Williams as she talked to the women at FRIEND on her visit earlier this week.

The Global Ambassador for Women and Girls works with a special focus on the Asia-Pacific region – to promote gender equality and to give women a stronger

voice in the world.

Williams toured the various operations at FRIEND taking time to talk with women and hear stories of their lives in Fiji.

Later she visited Vitogo Village meeting with women and touring backyard gardens, which the women have started following their involvement with FRIEND.

*Ms Penny Williams talks to FRIEND Physio Maria over a cup of tea.*

## GROW Ducks Ready for Christmas Feasting

“Yes,” laughed Rashida as she related how noisy and demanding the birds are. “They wake up at the break of the dawn and start demanding to be fed, and believe me, they eat a lot.”

The EU funded GROW poultry project holders are now selling their first batch of birds.

The range includes free-range ducks and chickens.

The project targets those in the sugar belt areas affected by the decline in the sugar industry by providing them training and start up assistance in poultry for supplementary incomes.

GROW Project Manager Sandhya Narayan says, “ We have established 80 projects this year uptil now. Of these 40 are in Vanua Levu and 40 of them are in the Western Viti Levu.”

“Our approach to make these projects successful is to keep the bird numbers for project holders to a manageable size where they can comfortably feed them from what they have and can grow around their homes.”

“Most of the beneficiaries have never done poultry or had less than a dozen birds for home consumption purposes before.”

“There always seems a shortage of poultry in the market and poultry was one of the projects identified by communities themselves as something they can do to boost their incomes.”

“We let the project holders decide for themselves how much they want expand their projects and our field officers work alongside them to ensure that they receive all the information and assistance they require to get their projects off the ground.”

The poultry project holders participated in 3 Small Business Training workshops conducted by NCSMED trainers in Ba, Tavua and Labasa this month.



## Flood Relief Money Continues to Trickle In



“There was some money collected in New Zealand for flood relief in Fiji earlier this year. I would like to come by hand this over to your organisation,” said the caller.

In walks Natasha Mar from Suva, to present a \$5000.00 check towards the Flood Relief program on behalf of **Niu Navigations**.

Niu Navigations is a company set up by Daren Kamal (published and performance poet) and Grace Taylor (Youth Developer and Spoken Word Practitioner) in Auckland, New Zealand.

‘Navigating Pasifika Voices’ through the medium of written and spoken poetry – Niu Navigations was formed with the ambition of taking poetry to the next level in Aotearoa and the Pacific through facilitating workshops, programs, mentoring – events and shows in New Zealand and the Pacific.

The floods in Fiji at the beginning of 2012 prompted the founders to organize a night uniting Pasifika voices and movements for “our families in Fiji.”

Natasha says being a friend of the two, she was directed that the money be given to an organization that worked with flood affected communities.

She say , “ Having watched Sashi’s interview on television (during the Fiji Airways launch) and reading up about FRIEND, I felt this was “The” organization where Niu Navigations donations would be used to make an impactful contribution.

FRIEND Director Sashi Kiran thanked the donors saying that the money will be utilized wisely, with Fiji once again having entered the official hurricane season of November—April.

### Speak For Fiji

‘Niu Navigations presents a night uniting Pasifika voices and movements for our families in Fiji!’

**Thursday 26<sup>th</sup> April**  
7pm

Fale Pasifika, AKL University  
\$10 entry on door  
\$15 entry & plate of curry

Proudly Supported by

**Pasifika Poetry, Dance & Music**  
 Line up includes . . .  
 Albert Wendt, Selina Marsh, Pacific Underground, John Pule & Nava Pule, South Auckland Poets Collective, Tracey Tawhiao, Doug Poole, Ole Malova, Rev MC (Mua Strickson-Pua), Daren Kamal, Grace Taylor, Maryanne Pale, Peni Faleaili, Lomez Brown, JP (John Purcell) and more . . .

For sale on the night . . . \$8 plates of the best Fiji curry and rice, framed poetry, books, CD's, donation opportunities and a silent auction for a poetry performance by Daren Kamal & Grace Taylor at your next special event.

All proceeds go to towards helping people effected by the floods in Fiji

For more information please contact Grace Taylor, 021283966, niunavigations@gmail.com

**A New Product -  
Friend's Fiji Style® Sundried Tomatoes**



Imagine the flavour of hot sun on your tongue.— Friend's Fiji Style® Sundried Tomatoes captures the essence of the sun's heat for your tastebuds.

Normally, the thought of dried food does not bring to mind a gourmet meal. However, a relatively small amount of sun-dried tomatoes gives a gourmet touch and a burst of flavor to a variety of recipes.

This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Dietary Fiber, Thiamin, Riboflavin, Niacin, Iron, Magnesium and Phosphorus, and a very good source of Vitamin C, Vitamin K, Potassium, Copper and Manganese.

It tastes fabulous with your pasta dishes, topped on pizza or even as addition to your curries for the added flavor.

FRIEND takes juicy, vine-ripe tomatoes, cuts them and dries them in the sun for seven to ten days.

The moisture evaporates, the flavor intensifies and the natural sweetness bursts forth.

The tomatoes retain a sweet plumpness because of the slow drying process used.

Friend's Fiji Style® Sun Dried Tomatoes provide taste, health and nutrition.

**Exercise for Health-  
Women Lead Exercise in Communities**



Manju (red t-shirt) at the exercise workshop tries to work out to the video with fellow participants from 30 communities between Tavua and Lautoka.

"The best part is it is something I can do with my children - I just put the video on and we all exercise," she says with a smile. "And I have noticed I have more energy these days."

"I remember I had great difficulty just sitting down on the first day of the workshop, my knees were stiff and painful. No more." "It is not easy," says Manju, "but I am trying hard," as she talked about motivating her neighbors into exercising.

"A few of my neighbors do come and join us at times, but I am hoping that more people will come

out and take advantage of this. FRIEND conducted a training of trainers for community exercise with 30 health workers as part of its diabetes awareness program this month.

Each trainee trainer received an instructional training video as part of their kit to be able to conduct community exercises on a weekly basis, supported by FRIEND exercise trainers.

Exercise complements FRIEND's Healthy living program with start up of 5000 backyard garden projects for close to 50000 families.

**Recipe Corner: Pasta with Sun Dried Tomatoes**

**Ingredients**

- 1 packet penne pasta
- 200g Friend's Fiji Style Sun-dried tomatoes
- 2 garlic cloves
- Salt and freshly ground black pepper
- 1 cup (packed) fresh basil leaves
- 1/2 cup freshly grated cheese

**Directions**

Cook the pasta in a large pot of boiling salted water until tender but still firm to the bite, Drain, reserving 1 cup of the cooking liquid.

Soak the sun-dried tomatoes in warm water. Drain tomatoes and put with basil in a food processor and blend until the tomatoes are finely chopped. Transfer the tomato mixture to a large bowl. Stir in the cheese. Add the pasta and white sauce and toss to coat, adding enough reserved cooking liquid to moisten. Season the pasta, to taste, with salt and pepper and serve.



**For White sauce**

- 2 tbsp. butter, 2 tbsp. flour, 1/4 tsp. salt, 1 c. milk

In saucepan melt butter. Stir in flour, salt and dash pepper. Add milk all at once. Cook and stir over medium heat until thickened and bubbly. Cook and stir 2 minutes more.



Jokatama



Kelera



Chanda



Makareta



Nokelevu



Sangeeta



Mere

Happy Birthday

### Business Excellence & Leadership League Lunch

FRIEND Director, Sashi Kiran spoke to business stakeholders in Lautoka during a lunch seminar at USP about the staggering figures and statistics of Diabetes in Fiji. The seminar was part of the month long campaign against Diabetes and non communicable disease which culminates World Diabetes Day on November 14. A survey in 34 communities in 2009 found 40% of the people have diabetes. And women are twice as likely to have diabetes as men. Diabetes brochures and bookmarks were handed out to participants.



### Leadership Fiji in Race for Sustainable Health

20 members of Leadership Fiji Alumni participated in a race for Sustainable Health at FRIEND this month.



Lailanie Burnes of South Sea Cruises says she was bowled over by her experience during the Race Against Poverty held in October and this motivated her to get her fellow colleagues at Leadership Fiji to come down to FRIEND for a similar experience.

Participants were physically and mentally challenged as they unraveled clues and completed tasks set out to complete the circuit.



FOUNDATION FOR RURAL INTEGRATED ENTERPRISES & DEVELOPMENT

[www.friendfiji.com](http://www.friendfiji.com)



Happy Diwali 2012