

10 Years



D Book Is Launched

Back To Tuvu



Australian Acting High Commissioner Mr. Glenn Miles officiating at the launch of the D Book.

More than 100 copies of the **D Book** has been sold in the weeks after its launch earlier this month.

D standing for “**D**reaming, **D**aring **D**elivering,” the book is a collection of impact stories of FRIEND’s work on about 30 women and men, including youth who are physically challenged (deaf and mute), students and reformed prisoners.

FRIEND published ‘D Book’ under the sponsorship of AusAID. The acting Australian High Commissioner to Fiji, Mr Glenn Miles was Chief Guest at the launch of the “D Book”, which took place at the Pacific Theological College (PTC) in Suva.

“The Australian Government is honoured to have been a part of FRIEND’s journey over the last 10 years in its effort to fight against poverty. “D Book” is a great representation of the difference that FRIEND has made in the lives and livelihoods of the communities they serve,” Mr Miles said.

The D-Book is now on sale and one can purchase their copy of the book at the USP Book Centre, Laucala Campus or directly through :
publications@friendfiji.com.

After exactly 48 days at the YWCA Building in Drasa Avenue, Lautoka, FRIEND made its way back to its main office in Tuvu.

The rebuilding work at the Headquarters was far from complete following the devastation of TC Evan, however a portion of the building was fixed and declared safe for the move back to base. continue.

FRIEND Founder/Director, Sashi Kiran says, “This was the only space remaining at HQ

Two teams continue to assess homes damaged by the cyclone and provide building materials to ensure that families have one dry room over their head as rains continue to pour.

FRIEND with donor support from AusAID and NZAID had distributed roofing tins, nails, timber and strappings to more than 300 families in the western division, in the aftermath of TC Evan that struck Fiji on 17th December.

Food security teams have been ensuring that affected families are supplied with seeds for backyard gardens as well as planting materials of vudi, banana and kumala.



Sitting amongst the ruins, yet the smiles say it all

which was relatively intact following the cyclone.

The former food production space was equipped with desks, chairs and computers to provide room for work to “Most parts of the compound at HQ still remain out of bounds as damaged buildings are in the process of being

cleared by the teams.”

“We are trying our best to ensure that our services remain unaffected, the communities around us are in much greater need than before to restore and sustain their livelihoods following the line up of disasters since last year,” says Sashi.

Multipronged Approach

GROW teams have been busy assessing poultry projects to help rebuild the sheds destroyed or damaged by the cyclone and restart the projects.

Cash crop farmers have also been devastated as many lost their newly planted seedlings in heavy rains. After assessments assistance of ploughing the land and seeds are being provided to affected farmers.

3000 scholarship forms were received by the month and verification of information is ongoing as we try and award scholarships to support families affected by the disaster.

“The D Book is certainly worth a read and is especially useful for development NGO’s, government officials working with rural people, youth and community workers and development scholars,” - Professor Vijay Naidu (USP) in his review of D Book.

Supplementary Crops Project continues to gain momentum



FRIEND's EU funded GROW CASH CROP has brought new hope to farmers.

With the assurance of markets for supplementary crops, the farmers are more willing to venture into larger scale production of various crops that they had been growing for their own household needs.

GROW Manager Sandhya Narayan says, "Fiji has potential to grow a lot of food items that are currently being imported into the country."

"These include lentils and pulses that are used by families on a daily basis as well as corn and sorghum utilised by the animal feed industry."

"We have been working on this project for a year now and currently have around 20 farmer clusters with us."

"Most of these farmers have already harvested at least one crop, and have said they are more than happy with the returns and willing to plant at a larger scale," says Sandhya.

"And although the weather over the last few months have not been favourable for planting, we are hoping for this to change in the coming weeks, with the approaching end of the cyclone season in Fiji."



Newfound Confidence

Ashneel wowed his colleagues with his presentation as he stood up confidently to address his colleagues.

YEN Softkills Trainer, Motofaga Wise says the change in Ashneel as well as a number of his YEN classmates has been amazing.

Mrs Wise says majority of the 20 youth from Ba started off as very shy people less than five weeks ago with Ashneel being the shiest and quietest of all.

"He has also shown great commitment to the programme as there have been many days when he opted to stay at his neighbors place in order to attend class. If he were to stay home then he would not be able to cross flooded areas to reach class," says Mrs Wise.

GROW YEN programme is the third session to be run under the project following successful completion of two batches in Lautoka and Nadi since last year.

The project is funded by the European Union aimed at improving livelihoods in the Sugar Cane Belt Areas.

FRIEND has teamed with the University of the South Pacific to provide soft skills and IT Skills trainings for 2 months following which the students are placed in workplace attachments with a mentor.

Students also undergo sessions with FRIEND on identifying their dreams, goal setting and budgeting.

They are also encouraged to put in volunteer hours in efforts towards playing more active roles in their societies as well as building of networks.



Health Video - A community case study

Vitogo Village in Lautoka is the focus of a short video capturing the impact of FRIEND Medical work in communities.

The video has been produced just as the medical programme completes its three years of work in the western communities and expands its services to Vanua Levu.

The video was showcased to over 50 participants of the "Wellness Summit", organised by the Australian Volunteers for International Development Programme Pacific and East Asia, held at the Fiji National University's Pasifika Campus in Suva this month.

FRIEND Medical Manager Jonetani Rokoua says there was a lot of positive feedback about the video from participants that included representatives from the Ministry of Health, NGOs, schools, Peace Corps and Australian Volunteers.

The 15 minute video features the integrated approach adopted by FRIEND in building healthier communities showing backyard gardening, physical exercise and free medical check-ups in Vitogo Village in Lautoka.

FRIEND Medical Health programme supports around 40 rural communities in the Western Division and aims to reach at least 9 communities in the Northern Division by the end of the month.



The Pick Facebook



Robert Oliver
February 21

I kind of had a career high point tonight. Validation. Presenting Pacific Cuisine to Le Cordon Bleu in Paris. Mr Andre Cointreau flew in from London to introduce me...the staff said he has never done this. He said " The Pacific is the future of food" Really amazing to have Friend Fiji Tamarind Chutney and Women in Business Development Samoan Coconut Oil to put on the menu- and to tell their amazing storiesto Paris. Felt like the path is right.
In Paris! Ok!



Thanks again Robert Oliver for all your support.



A poultry shed in Labasa sporting the mark of approval from GROW field officers in the form of an EU Project visibility plaque.

EU Funding reaches those who most need it...

GROW Poultry project aims to breed free range poultry in a humane way for food security as well as income opportunities. Over the last year around 100 poultry projects have been set up in the west and northern divisions. Two of the beneficiaries from the west are Surman and Saraswati.

Surman Lata is married with two children and one of them is in tertiary institution while the other child is in high school.

For the last three years her husband has not been able to work on his sugarcane farm because of ill health.

Lata requested for assistance and after assessment was supported with the start up of the project. She hopes her poultry project will assist her with some family income.

Saraswati's husband suffers from kidney problems.

Her 21 year elder son was seriously injured at his workplace recently and is now paralysed.

Her younger son has just finished form six and is currently looking for a work.

Mrs Wati already has about 2 dozen chickens, and is hoping to expand the number with the help of the GROW project to support her family.



Recipe Corner:

Egg & Cheese Pancake sandwich with Friend's Fiji Style® Honey

Ingredients

Eggs, Pancakes, Sliced Cheddar cheese, Friend's Fiji Style® Honey .

Method

Heat frying pan over medium heat. Crack eggs into the pan and break the yolk. Cook the eggs to desired firmness.

Cook up your stack of pancakes.

Place Cheese on top of the pancake. Top up with egg on top of the cheese. Pour Friend's Fiji Style® honey over egg. Top the sandwich with the second pancake and pour another 1 spoonful of Friend's Fiji Style® Honey over the top of the sandwich.





ANZ Bank Donates to FRIEND

The Foundation for Rural Integrated Enterprises & Development received a grant of F\$7500 from the ANZ Bank this month.

“FRIEND is grateful to ANZ for the contribution, as it has contributed in assisting us with our rehabilitation work with the communities in western and northern Fiji,” says Sashi Kiran, Founder & Director of FRIEND.



Never a dull moment...

The front desk reception area has been abuzz with activities since the move back to Tuvu in early February.

Despite the blown over state of FRIEND, people from all walks of life have been turning up on a daily basis to request for service.

These range from provision of assistance to rebuild homes destroyed in TC Evan, scholarships, work opportu-

nities and food security programs.

The visitors included funders, monitoring teams and friends of FRIEND paying courtesy visits for support.

The front desk team has also been kept busy with making brisk sales with the ever expanding range of products from our communities as well as sale of D- book.



Playing a Regional Role

FRIEND Founder Director Sashi Kiran attended the first meeting of the newly elected ASPBAE Council for 2013 from 19-22 February in Devlali, India.

Sashi was appointed to the ASPBAE EC last year as the South Pacific representative.

The Asia South Pacific Association for Basic and Adult Edu-

cation (ASPBAE) is a regional association of more than 200 organisations and individuals.

It works towards promoting quality education for all and transformative and liberating, life-long adult education and learning.

ASPBAE is will mark its 50 anniversary next year.



Sashi with Dina Lumbantobing of Indonesia



More than \$50,000 has already been distributed amongst around 1000 children to enable them to attend school this year unhindered by the burden of meeting school fees, thanks to Fiji's national airline Air Pacific's 'Wings of Hope' grant to the FRIEND Scholarship Fund.

FRIEND has received more than 3000 applications for assistance from students as far as Suva and Labasa.

Thousands Benefit from School Assistance

“We are still going through a number of applications and are expecting to assist at least another 1000 students in the next few weeks,,” says FRIEND Director Sashi Kiran.

Soon to fly in its new colours as Fiji Airways, Air Pacific has been a major sponsor of FRIEND Scholarship Fund since 2012.

Handing over the cheque last month, outgoing Air Pacific's CEO Mr Dave Pflieger said, “We're proud to start 2013 with this contribution of \$100,000 from our on-board 'Cash for Kids' and 'Wings of Hope' programme, just as we did last year. Of course, our heartfelt ap-

preciation goes to our customers who contribute to 'Cash for Kids'. It shows that they, like we, view children as Fiji's greatest treasure, and their generosity shows true appreciation of this wonderful country and its people,”

