



## *Results Oriented Mission*

The overall verdict is that the EU funded projects at FRIEND are progressing well despite the challenges faced by the organisation following the severe losses and setbacks caused by TC Evan last December.

EU's Result Oriented Mission visit saw a Suva based M & E Consultant Mr Wilco Liebrechts spending some time with FRIEND and visiting projects in the West and the Northern Divisions.

ROM visit was timed to check on progress of EU funded initiatives under the Social Mitigation Program 2010 as it entered into the second half period of the 36 month project.

The results-oriented monitoring (ROM) system is a review tool for projects and programmes which provides recommendations for improvement and an overview of EuropeAid's portfolio's quality.

The main question is: are projects and programmes of sufficient quality to ensure delivery of the intended results?

EuropeAid has provided around 6 million dollars for three years to improve livelihoods in the sugar cane belts areas.

The projects include Cash Crop, Poultry Apiary and Food Processing for supplementary incomes and a job skills enhancement project called YEN for youths from sugar income related families.



*Mr Wilco Liebrechts inspects a backyard poultry project in the West*



*In the North—Wilco with Sashi*

*Andrew of PMU with Makareta*

## *Senior Government Officials in the North visit FRIEND*



“This is so refreshing and healthy,” exclaimed Acting Divisional Planning Officer North, Mr Uraia Rainima as he sipped on *Friend's Fiji Style*® Rosella Tea.

ADPO and Provincial Administrator Macuata, Mr. Joseva Rokonai visited the Founder/Director at the Labasa Branch this month as she tried to arrange meetings to find land for investment in the North.

The officials were briefed on FRIEND's work in communities in the North as they sighted the display of various Friend's Fiji Style® products emanating from the North.

These include our range of herbal teas, desiccated coconut, satwa (a lentil based cereal) spices, dried fruits such as banana, pineapple and pawpaw, root crop flours made from Dalo and Vudi, and peanut butter.

“FRIEND is doing a great job by helping the communities in Labasa” said Mr. Uraia and he would like to see these services expand to Cakaudrove.

L-R FRIEND Director Ms Sashi Kiran, ADPO Macuata Mr Uraia Rainima & PA Northern Mr Joseva Rokonai

## ***FRIEND heads to the Islands***

FRIEND is now in the process of materializing a long time dream of being able to reach out to outer islands with a livelihoods project.

The project is funded by Australian Aid through Fiji Community Development Program.

FRIEND was approached by FCDP earlier to assist in setting up of a Disaster Mitigated Nursery on the island to support their efforts of sustaining a new generator to power the village.

The aim of the project is to ensure that people from the islands have access to a variety of quick and reliable supply of cash crop seedling at all times to allow them to plant their own gardens for food security as well as engage in planting activities that can potentially supplement their incomes for improved standards of living.

FRIEND has been approached by various representatives from Yasawas over the years inviting FRIEND to work alongside them, however until now this was proving elusive due to a number of reasons, which included availability of financial resources.

A team of senior officials from FRIEND visited the communities in Yasawas along with representatives of FCDP for initial assessments this month.

“We have seen a number of potential sites, however it remains to be decided where exactly the nursery will be located,” says Sashi. “We will be working on profiling the communities in our attempt to get to know them better before the project is finalized.”

“The team will also be setting up two other seedling nurseries in Ba and Macuata Provinces. Our experience in promotion of food security in communities shows there is a high demand for quality planting material all year round and with a little support the project can be turned into a profitable business venture.



Open Boat ride to the island—Sashi & Michael BJ of FCDP



Consultations on the beach—Mereani with village women

## ***Youths get in touch with their Dreams***

“I have never consciously sat back to think about what I want, but this exercise has made me realize that I have definite expectations of what I want for myself and the only thing that can get me there is my own initiative,” said Apenisa as he spoke of his 2 day experience at the end of FRIEND YDP workshop.

25 youths from Nadi, Lautoka & Ba were invited to explore and expand on their job search skills as part of a Youth Development Program Training at FRIEND.

The program was held at the YWCA Hall in Lautoka.

“We have had upto 80 applications in response to calls for interest for our EU funded YEN Program. However not all applicants qualify or can be accommodated for YEN as there are limited places available, so other applicants were accommodated in YDP training,” says FRIEND Youth Coordinator Sandhya Narayan.



“My dream is to have my own bake shop. I bake well, however I didn’t know where to start as I don’t have the starting capital. But this workshop has taught me that to reach my dream, I have to start somewhere and I realise I have all the resources at home for me to

start small catering jobs,” says Senimili.

The participants also organized themselves into groups to do volunteer work in their areas to gain work experience to help them in their job searches.

## New Product—Xmas Cards 2013



### When only the best will do.....

Sending Christmas Cards to friends and families has become a long established tradition that was started in the United Kingdom in 1843 by Sir Henry Cole, a civil servant who was very interested in the new 'Public Post Office' and wondered how it could be used more by ordinary people.

In the modern day electronic age, while many purport to be satisfied with 'electronic' mail version of these greetings, traditionalists still believe that nothing beats a xmas card that can be held and read over and over again long after the season has past.

*Friend's Fiji Style*® Handmade Cards are individually handcrafted for to relay your special wish in a special way.

The project is a poverty alleviation initiative of FRIEND.



## Australian Support

On the heels of the EU ROM visit the Australian Aid Monitoring & Evaluation Team visited projects funded through the Australian Government.

Australian Aid funded projects at FRIEND include Housing for Disaster Relief, Livelihood Rehabilitation and Food Security.

"We are extremely grateful to the Australian Government for providing us with funding support since 2005," says FRIEND Founder/Director Sashi Kiran.

"Even after the near total destruction of FRIEND after TC Evan last December, the Australian funding agency showed immense confidence in FRIEND to be able to deliver to the communities in need and moved in quickly to assist with purchase of materials to provide shelter for those who had lost their homes."

Australian Aid M & E Team included Malcolm Bossley, Leanne Simpson and Iris Low McKenzie and were accompanied into the field by Sashi following a briefing at the FRIEND office.

The team visited an integrated model farm set up in Lautoka where fallow land is now being utilized for high market value cash cropping to supplement the farmers income through set up of an irrigation system.

"We are hopeful that the model can be duplicated by others to boost economic opportunities for their families," says Sashi.



## Recipe Corner - Coconut Pudding Fiji Style

### Ingredients

1 1/2 cups coconut milk  
2/3 cup sugar  
1/3 cup corn flour  
1 tsp vanilla  
Cinnamon to sprinkle  
Fruit to garnish

### Preparation

In a small sauce pan over medium-low heat, combine all ingredients, stirring almost constantly. If you don't keep on stirring, the mixture will turn clumpy, but you want it to be smooth and creamy.

After 6-8 minutes, mixture should start to get slightly thick. Once it is thick and you have gotten rid of any clumps by stirring, pour into serving bowls or cups and chill in the refrigerator for at least one hour. Pudding will set in fridge.

Garnish with fruit or a sprinkle of cinnamon if desired, and enjoy!



Try this quick and easy great tasting sweet dish for your xmas treat

## Improved Income Motivates Farmer to Grow

The first FRIEND irrigation trial in Tavua has been hailed a success as the family prepares to harvest and sell the crops.

The trial has achieved all technical and economic expectations.

Farmer Abhimanu has achieved the expected productivity and the quality of produce is the same as imported produce available in the market.

“My son and I have been learning alongside FRIEND officers and attempting to follow what they have been teaching us,” says Abhimanu. “I am very happy with the crop and am going to reinvest a part of what I will earn from the yield to expand my planting. I started with 1 acre for trial, now I wish to develop the project to 3 acres in the coming months”.

The produce from Abhimanu’s farm includes tomatoes, chillies and capsicums . The model farm has been developed under the EU funded GROW program with the assistance from AVI Egberto Soto who was attached with FRIEND for a year.



Farmer Abhimanu , wife-Mrs Abhimanu & son-Sumeet



### Your mail! Responses to August 2013 Takitaki

Powerful  
Warm congratulations from  
Wellness Centre  
Vinaka FRIEND  
Dr Isimeli Tukana

Heartily congratulations!!!  
Very impressive & perfect example of  
tenacity, handwork as well as Team  
work.  
Well done, Great achievement,  
God bless you all.  
Cheers!!!

Awesome work ....  
Ashiana Shah  
Auckland NZ

Congratulations to  
FRIEND for the im-  
pressive new centre!

Warm Regards,  
Asif Mansuri  
Saudi Arabia

Congratulations on the  
The 11th Birth Anniver-  
sary of FRIEND and  
the opening of the new  
EU Funded production  
facility named “Sue Ni  
Vakhatokho”.

Best wishes,  
Suliana Siwatibau

Congratulations on your 11th birthday,  
keep the flame alight. Excellent achieve-  
ment !!

Best Regards,  
Chandra Kishore  
Sydney.

It is always a pleasure to  
read the Takitaki and  
see all your achieve-  
ments.

Congratulations and  
many thanks for the  
Newsletter  
We wish you well & all  
the best in the coming  
year 2014.

Well done proud of your team  
and hard work...keep it  
up..cheers

Dan.V  
Suva

God Bless You All at  
FRIEND and making a  
difference for many.

Regards  
Jyoti Maharaj  
Westpac, Suva

Sandhya

Udila

Lanieta

Litiana

Vinaka  
Karalaini. C Duituturaga