



## *Mela Na Waqe - A festival of Sports*

FRIEND is continuing its fight against diabetes and other NCDs through a sporting initiative for communities.

More than 600 participants were recorded for the one day Mela Na Waqe event held in Lautoka this month.

Mela Na Waqe is supported by the Australian High Commission.

Sports World sponsored attractive prizes for the day including shoes for first prize getters in different categories of the main event of Walk Race!

Festival of Sports is a combination of a multitude of sports including Mixed Netball, Mixed Volleyball and Kiteflying.

Chief Guest for the day, Divisional Medical Officer Western Dr Susana Nakaulevu applauded the initiative saying many more such events are needed.

FRIEND SMILE team has been providing free medical care in the communities for



*Participants in the Walkrace Event in Lautoka*

Healthy eating and sporting activities to deal with the common risk factors.

The day also featured a traditional food festival where a variety of local foods were made available for sale. The food festival is intended to revive local traditional modes of cooking for health so we can combat the rising challenge of NCDs.

SMILE stands for Sustainable Medicine Improving Lives through Empowerment and is a program of FRIEND reaching out to communities.

Communities say they are motivated through competitions and are now busy with their community sports awaiting next Mela Na Waqe.

*Dr Susana Nakalevu cuts the ribbon before the walkrace*

*Mr Harishwar Pillay of Sports World distributes vouchers*





## Strengthening Cohesion for Community Development

A group of community leaders participated in a capacity building workshop with FRIEND Staff for improving efficiency of FRIEND services in communities.

The training was facilitated by a Consultant Trainer, Mr Josph Babu Ayindo.

Mr Ayindo is a Kenyan who works as an independent consultant in the design and facilitation of conflict resolution and peacebuilding processes, and as a researcher and trainer in the arts, peace education and devel-

opment communication.

“One of the key things I learnt from Babu is the importance of stories. Our people have been communicating with each other through stories for generations to keep tradition and culture alive. Stories have a way of leaving lessons with you in a way no other method can. We have learnt to listen better to others and when working with communities this is very important,” says Anare Lewanavua, FRIEND Governance Officer.



Workshop participants with Trainer/Facilitator Babu Ayindo



Makareta Tawa & Melaia Salacakau explore Turkey

## IFOAM Conference in Istanbul

‘FRIEND is on the right track’ discovered, The World is moving towards sustainable agriculture practices, says Makareta Tawa who with Melaia Salacakau attended the 18th Organic IFOAM Congress in Istanbul, Turkey.

The three day meeting was held between 13th and 15th of October.

International Federation of Organic Agriculture Movements hosted the largest gathering of the Organic World, made up of leaders, high-level executives and decision mak-

ers, representatives of public organizations and institutions, scientists and researchers, representatives of NGOs and farmers.

“The highlight of the visit for me was that we were able to put FRIEND’s organic teas on the table,” says Makareta Tawa, FRIEND National Programs Manager. “these were served for morning tea at the conference and highly appreciated for its taste and quality.” FRIEND is currently working on organic certification for around 50 farmers in North and West.

## Kiteflying Fun

The Kiteflying competition held as part of the Mela Na Waqe attracted more than 80 entries drawing out young and old to test their kiting skills.

Participants from ages 5 to 13 were asked to team up with an older sibling, parent or grandparent for the fun contest.

Each participant was asked to bring along a homemade kite.

“The idea was to encourage the parents to come out into the grounds to get involved in some physical activity for the day. 80

entries meant 80 older people who may or may not be into exercising due to their busy family lives were able to engage in physical activity with their children,” says Sandhya Narayan, Kite Flying Event Coordinator. “the day started off with a lot of excitement amongst kids to put their kites in the sky, but as the day progressed we saw adults actively engaging and taking over the kite strings.

Prizes were awarded for the Highest Flying Kite, Most Colourful Kite, Youngest Entrant and the Oldest Participant.



Questions or com-

ments? E-mail us at [friend@connect.com.fj](mailto:friend@connect.com.fj)



**Product of the Month—  
Friend's Fiji Style®  
Ambarella Kuchla**



Ambarella, commonly known in Fiji as “wee apple” makes a delicious kuchla. Ambarella Kuchla maybe best described as grated flesh of the fruit mixed with Indian spices for flavor and preservation.

Kuchlas have been traditionally eaten alongside Indian meals in place of pickles or chutneys. It has the texture of a chutney with the taste of pickles.

Prime fruits are selected, grated and sundried before being mixed with spices and packed for the stores.

“This is a seasonal fruit so we have to plan production carefully to ensure that we have enough stocks for the market throughout the year,” says Helene Muller, FRIEND Food Production Manager.

Friend's Fiji Style® Ambarella Kuchla makes a superb spread for sandwiches and burgers and can also be used as a marinade for grilled meats.

**Planting Shelf Gardens for World Food Day**

Five families in a Lautoka Settlement were initiated with the set up of their "Shelf Gardens" as the world marked the World Food Day on 16<sup>th</sup> October.

The settlement sits on the edge of Lautoka City, and is seen to be heavily dependent on supermarket foods to feed its families.

While some families in the community have taken on backyard gardening over time, the five families receiving Shelf Gardens suffer from ill health to an extent and have difficulties in cultivating and maintaining their plots.

The shelf gardens are to encourage a healthier eating as well as provide a source of income from high end crops like Herbs, Ground Spinach etc.

The group also participated in preparation of a healthy meal demonstration using herbs and lemon for flavouring.



**Recipe Corner—Kumala Patties**



**Ingredients**

- 1 cup water
- 1 pinch sea salt
- 1/2 cup rice (cooked)
- 1/2 cup sweet potato, grated
- 1/2 onion, diced
- 1/2 cup whole grain flour
- 1 teaspoon cooking oil

**Method**

Stir together the rice, sweet potato, onion and salt in a large bowl. Allow it to sit for a few minutes, so that the salt can draw the moisture out of the potato & onion. Stir in enough flour to make the batter sticky, adding a spoonful or two of water if necessary. Form the mixture into tight balls, and squish slightly into a patty form.

Heat a pan on medium, then add enough oil to coat the underside of each patty. Allow them to cook for 7-10 minutes, then flip. Cook another 5-7 minutes, and serve.

*These sweet potato & rice patties can be served on their own with any of your favorite Friend's Fiji Style® Chutneys and fresh garden salad.*



FRIEND SMILE CLUB is about making a commitment to a healthier lifestyle.

Fiji and the Pacific has been declared to be in the state of crisis in regards to NCD's or lifestyle Diseases.

FRIEND has been trying to fight against diabetes and other NCDs. Our Health Initiative has been providing free medical care in the communities for the last four years combined with healthy eating and sporting activities to deal with the common risk factors.

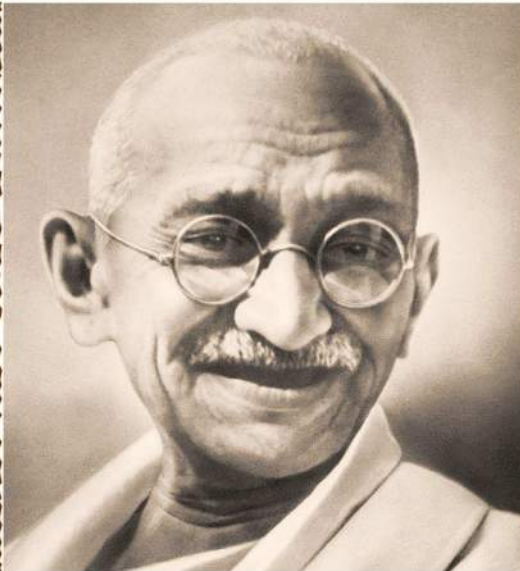
The clock is ticking on us.

**FIJI FACTS to date**

- 1). 1 Lower limb amputation every 12 hours (2 per day = ~730 amputations in a year)
- 2). The Biggest cause of Chronic and End Stage Kidney disease in Fiji.
- 3). The Biggest cause of Adult Blindness in Fiji
- 4). The Biggest cause of heart attack and stroke in Fiji.
- 5) The youngest Diabetic (Type II) in Fiji is an 11year old child.
- 6) The current rate of Diabetes in Fiji is 30 % and is expected to reach 50 % in the next 5-10 years if it continues to be ignored.

**"Constant development is the law of life, and a man who always tries to maintain his dogmas in order to appear consistent drives himself into a false position."**

**Mahatma Gandhi**



**Tackle Diabetes Campaign**

**EAT Right**



**EXERCISE**



**No Smoking**



**Eating right** is important to maintaining a healthy weight.

This is a crucial factor in controlling and preventing lifestyle diseases.

SMILE CLUB advocates planting your own backyard garden with fruits, vegetable & herbs.

Self restriction on use of processed foods like tuna, margarine, soy sauce and MSG.

**Exercise** is any bodily activity that enhances or maintains physical fitness and overall health and wellness.

SMILE CLUB encourages participation in weekly organized sporting activities. Exercise is more fun in a group. You can ask your friends to join you for a walk, run, a game of volleyball etc.

Get your hearts pumping.

Smoking has been closely linked to prevalence of lifestyle diseases.

You may think smoking will help you relax or make you look cool. What it actually will do is make it harder for you to exercise, stain your teeth, and mess up your health. Even if you know all that, though, it can be hard to say "no" to cigarettes.

SMILE CLUB calls for designated **Smoke Free Areas** in communities, churches and workplaces.

**WE HAVE TO ACT NOW!**



FRIEND is calling on each individual to take the threat of diabetes seriously and take a pledge to lead healthier life.

**How to Become a Member of the SMILE CLUB?**

You can choose your Membership to SMILE Club

- Individual
- Community/Church
- Church
- Members will be assessed for compliance on using the 3 Stars System.
- Each Star will be given for compliance to conditions of Eat Right, Exercise and Say No to Smoking.