



Fine Foods Australia 2015

Selected new look products from *Friend's Fiji Style*® range made its entry into the prestigious Fine Foods Festival held at Olympic Park in Sydney Australia. The brand name is synonymous with Fijian, Quality and Taste and is popular with Australian travelers who wish to take a taste of Fiji back home.

Labels targeted at the Australian market were designed by Kristyn Lobendhan from SPC. Along with our top selling Tamarind Chutney, we showcased gluten free coconut and cassava flours, Virgin Coconut Oil and Organic Certified Lemon Grass Tea. An old friend now Sydney based Priya Dass volunteered to help at the stall to show case the products with Sashi.

"We source raw materials from rural Fiji, these are hygienically prepared in our quality controlled centers that follow international food safety standards. Our products are free of any artificial additives and is made from traditional recipes used by grandmothers in our homes over generations. So they are perfect in taste and good for your health."



Kristyn Lobendhan of SPC with Sashi at FF Australia in Sydney

"We have made some contacts at the Kiran . FRIEND's participation at Fine Foods Australia was supported by the Secretariat of the Pacific Community and Pacific Trade and Invest. outing and hoping it will open new doors for Fiji products in the Australian Market," says Director Sashi



Global Launch for Artisans

September 10 saw the launch of the Alliance for Artisan Enterprise's Global Campaign *Artisan Enterprise: The New Startup Economy*. variety of audiences and promote the potential of the global artisan sector.

The event took place at the U.S. Department of State in Washington DC, and included a combination of high visibility media engagement, high level speakers, innovative solution-finding panels, and a multimedia competition to engage a wide

The US Embassy in Fiji nominated FRIEND to be at the Global Launch allowing FRIEND to showcase various art products like Handmade Cards, Coconut Craft and Jewelry at the world event that attracted participants from all over the world. FRIEND was the only Pacific enterprise at the event.

Sashi Kiran with a Peruvian crafter at the launch



Amputation Risk Research Roll Out

Work on the FRIEND research project, "The risk for lower limb amputations amongst Diabetics in Western Viti Levu, Fiji" started this month.

The team's first clinics were held in Ba followed by Nadi and Lautoka.

"We are seeing good turnouts as the word of the research spreads," says FRIEND Nurse Vatisseva Delai.

"The assessment of the diabetic foot will give us insight on the risk of amputation. The goal is to keep the risk low as possible. And for this we need to know the current situation here in Fiji," says Vatisseva.

The procedure involves measuring the blood pressures of the limbs and comparing the various readings to calculate the risk value.

"The actual tests takes an average of 15 minutes per patient, but it can take longer depending on the support required by each individual," says Vatisseva.

Along with pressure of the limbs, the team also checks for sensitivity at the sole of the feet to find out about potential nerve damage.

International Day of Peace

Each year the International Day of Peace is observed around the world on 21 September.

The theme of this year's commemoration "Partnerships for Peace – Dignity for All" highlighted the importance of all segments of society to work



together to strive for peace.

Staff at FRIEND worked in groups to present consensual statues symbolizing peace before taking time to reflect on deeper meaning of peace at the individual level.

"My definition of peace is no war and no violence," shared Ashwin Kumaran.

"I would define peace as a state of unity and harmony, away from any disturbance," says Melaia Salacaku.

"Peace to me means to be free from anger, selfishness and poverty," said Setariki Colati. "For me



peace means being able to be calm. I believe this strength comes from my daily practice of meditation," says Reshma Sharma.



Sustainable Development Goals In Action — Reusing & Recycling

Goal 12 of SDG's is stated as "Ensuring Sustainable Consumption and Production Patterns: An Essential Requirement for Sustainable Development."

To put it into practical action, the Governance Team at FRIEND has adopted actions around recycling to create reusable items from discarded products.

"It is exciting as with a little creativity, cutters, paint and glue we are seeing new items taking shape," says Sandhya Narayan, FRIEND Programs Officer.

Everything we produce and consume has either a positive or negative impact on the economy, the environment

and social development.

SDG 12 is about "the use of services and related products, which respond to basic needs and bring a better quality of life while minimizing the use of natural resources and toxic materials as well as the emissions of waste and pollutants so as not to jeopardize the needs of future generations"

The shift towards sustainable consumption and production patterns has already started in many parts of the world, and urgently needs to be accelerated and scaled up.

"We hope to be able to take our idea out to communities and even get them to work on income generation ideas using recycling," says Sandhya.



Discarded butcher paper roll and pieces of cardboard



Wall hanging made from keyboard box

**Product of the Month—
Friend's Fiji Style®
Handmade Cards**



FRIEND's card making team has come a long way having started in 2004.

The card making started as a livelihood initiative for a group of Deaf youths.

Over a decade FRIEND has created a huge range of handmade cards using various kinds of materials and techniques. The resources range from fabric, recycled paper, coconuts to beach sand, old mirrors and leaves. Sekaia, former cane cutter is a deaf person who churns out beautiful kava paper and Minesh Kumar also deaf person supervises beautiful artwork that is produced.

Initially the art platform was to provide work opportunities for young deaf persons, however FRIEND card team has seen many contributors and local artists that left their "hand print" on those cards. These beautiful works of art are available at Prouds, MH and other outlets. Enquire at friend@connect.com.fj

SDG Panel at Uni Fiji

FRIEND partnered with Uni Fiji this month for an awareness session on SDG's—Sustainable Development Goals targeting the university and its stakeholders.

The UN General assembly has adopted the document titled "Transforming Our World: The 2030 Agenda for Sustainable Development." It makes repeated references to the need for a broad global partnership to ensure effective implementation of this ambitious new agenda.

Throughout the document, the civil society is repeatedly and consistently mentioned as a core part of this partnership, including an explicit target in the new goals themselves to "encourage and promote effective public, public-private and civil society partnerships.

Uni Fiji Vice Chancellor Professor Prem Misir spoke on the Millennium Development Goals, its achievements and its gaps.

The team from Ministry of Finance which included speakers Viniel Narayan (Economist) and Mesake Semainaliwa (Senior Economist) shared on SDGs and how we are localizing them, together with Green Growth strategies and mainstreaming SDG's in government's development plans.

Dr Josefine Sprenger from FRIEND spoke on Diabetes as a risky national crisis and the importance of looking after oneself for sustainable growth of the nation with a clear message on eating healthy organic foods preferably from own gardens, taking control of portion sizes and reducing sugar.

It is envisaged that the university community will soon be able to chalk out various projects that will form the basis of practical actions in implementation of SDG focused goals.



Professor Prem Misir speaking as Anare Lewanavanua of FRIEND takes notes



The panelists—Dr Josefine Sprenger, Viniel Narayan and Mesake Semainaliwa



The attentive audience from Unifiji fraternity

Recipe Corner — Khandvi—Besan and Buttermilk rolls



Ingredients

- ½ cup gram flour (besan)
- 1¾ cups buttermilk (mix ¾ cup curd with 1 cup water)
- ¼ tsp Friend's Fiji Style® Turmeric powder
- a pinch asafoetida (hing),
- 1 tsp salt

Tempering 1½ tbsp oil, ½ tsp mustard seeds (rai), 2-3 green chillies few coriander leaves, few curry leaves, 2-3 tbsp freshly grated coconut

Method Mix besan with buttermilk in a flat dish till smooth. Microwave uncovered for 4

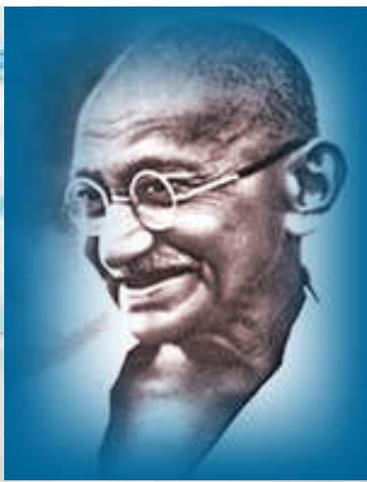
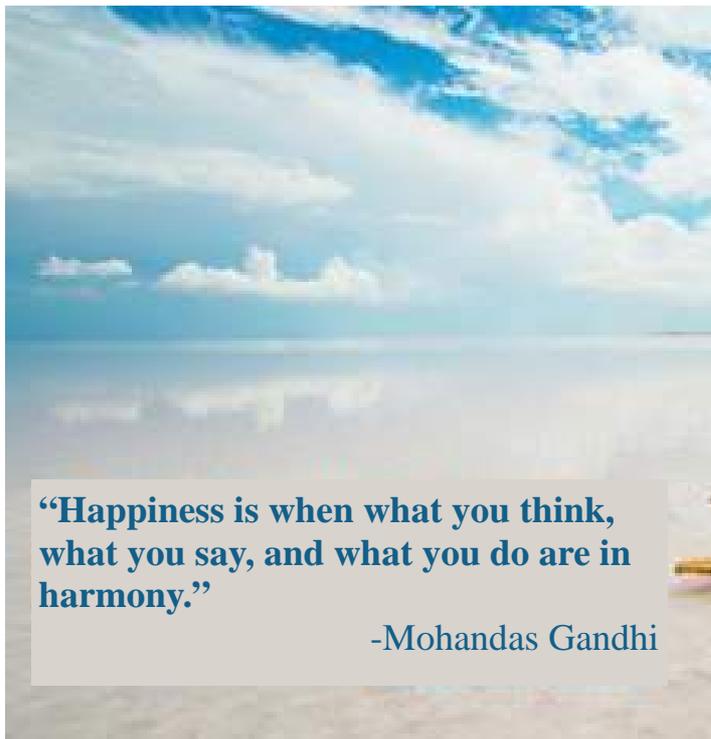
minutes. Stir. Add all other ingredients and microwave for 4 min. Stir nicely and microwave for 2 minutes.

Spread mixture thinly on the back of a greased tray or kitchen platform while it is hot. Immediately level it with the back of a katori which is greased well.

Cut into 1½-2" wide strips and 7 inches long. Sprinkle coconut. Roll each strip to get small cylinders.

Mix all ingredients of tempering and microwave for 3 minutes. Pour on the khandvi. Serve, it's ready. Yum!

Words of the Wise



“Happiness is when what you think, what you say, and what you do are in harmony.”

-Mohandas Gandhi



September Birthdays



Take A Pledge—Eat Right, Exercise and Say NO to Smoking



When you have diabetes, proper foot care is very important. Poor foot care may lead to amputation of a foot or leg.

As a person with diabetes, you are more vulnerable to foot problems, because diabetes can damage your nerves and reduce blood flow to your feet.

Diabetes statistics show that one in five people with diabetes who seek hospital care do so for foot problems.

By taking proper care of your feet, most serious health problems associated with diabetes can be prevented.

FRIEND Associate Director, Dr Jone Hawea says most of the time patients reach hospitals too late and at advanced state of infections leaving the surgeons with little choice in terms of saving a leg or saving a life.

Dr Hawea says diabetics should clean and examine their feet each day, and if something is amiss they need to consult their doctors without any delay.



Australian visitors

VISITORS



Nicolas Tillon, Fiji Project manager from Conciliation Resources, with Sashi Kiran



BSP General Manager Kevin McCarthy and Sashi Kiran sharing ideas



FRIEND management and the FAO Project Manager Bronwyn Jackson sharing a light moment after 2 days of discussion on joined project.



Representatives of Fijian Holdings Limited having a look at FRIEND's products.