

Takitaki

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Participatory Budgeting - People Having a Say in the Development of their Communities



Participants from Naidrodro

FRIEND Team took Participatory Budgeting Training to Ba this month to test out the draft training manuals resulting from the pilot work two years ago. Eight target communities were invited for the 4 day workshop from the 18th to the 21st of November, 2008 at the Red Cross Hall, in Ba. An encouraging number of participants attended this workshop. Although we were hoping to attract equal representation of decision makers, women and youth from the selected communities, majority of the participants were youths. Communities that took part included Badrau, Ba Hart, Koroqaqa, FSC Naidrodro, Tauvegvega, and Votua.

The PB workshop had been planned to coincide with the delivery of the national budget address 2009. The participants listened keenly to the Budget speech by the Prime Minister Voreqe Bainimarama and welcomed the measures that were spelt out as pro poor and for economic growth of the nation.

We hope to get back together in March and continue PB work in terms of monitoring the progress of Budget 2009 with the communities.

Ashna Shaleen

FACE Theatre training

FRIEND firmly believes that its partnerships are the key to its success. Peni Moore from Women's Action for Change visited our office this month once again to share her expertise on theatre. WAC is a renowned Non Governmental Organization that uses theatre to advocate on various social issues affecting our communities. Peni believes theatre is a positive activity in which an individual's feelings and emotions can be dealt with. FRIEND invited youth leaders as well as our own youths and volunteers to attend this session. She informed the participants what it takes to become good theatre personnel, and illiteracy is not an issue when it comes to theatre. FRIEND in collaboration with WAC will start theatre in the beginning of January 2009. FRIEND and WAC have been working together on theater for the last four years with its main aim of rebuilding the self esteem of youths from disadvantaged communities.



Peni training FACE youths at FRIEND

By Swastika Singh

Christmas Break

FRIEND head office in Lautoka will be closing its doors for Christmas break from 24th December to 4th January. The FRIEND's Fijistyle shop at garden City will remain open and you can continue to buy your Christmas gifts and cards from the shop:) FRIEND's Fijistyle chutneys, pickles and cards will also continue to be available from your favourite shopping outlets—MH, Cost U Less, Joes Farm, Kundan Singh's, Prouds, Tappoos and Jacks.

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Transparency International Fiji Workshop

The Transparency International Fiji Workshop was held at Waterfront Hotel on the 27th of November with the theme on 'Access to Transparent and Fair Justice System'. Presenters on Individual Topics of their expertise were from Citizens Constitutional Forum, Small Claims Tribunal, Legal Aid Commission and Hon Justice Nazhat Shameem.

Justice Shameem spoke well in her area and stressed more on the topic of corruption and bribery in the justice system. Shockingly for participants the topic on Judge Shopping was an ear opener for them. To their knowledge, bribery and corruption are more associated with companies, organizations and now government. It is unbelievable to hear that in our court system, where law abiding workers are thought of to be just and honest, yet seems to have taken a total turn and makes citizens wonder who exactly can we trust.

The one day workshop was food for thought for the participants and the proposal to bring it more at community level was well received by the organizers.

By Jone Nawaikula

REAL program wraps up for 2008



Our third year of work within the prison walls drew to a close this month. The Restorative Education for Alternative Livelihood program works with offenders, ex offender's, their families and their communities. Participants are selected by the REAL staff & Prison Department officers. This program is based on the belief that for any real change to break away from the circle of crime, it has to start from restoration of self and realization of the impact of the crimes. The year started off with 16 participants but the number dropped to 10 as some boys were transferred to Suva prison. The launch of the yellow ribbon project was also noted as an extension of FRIEND's REAL program. The REAL participants also took part in the Global Call for Action Against

Poverty (GCAP) event through a mural painting activity on the prison wall at Natabua – a first for the prison premises in Lautoka.

By Kini Villiame

Staff Get Artistic

Leftover paint from various mural paintings around Lautoka, has been put to good use by our in house artists (budding as well as experienced) at FRIEND. The staff took out a Saturday morning to draw and paint murals on one of the walls of our training room to brighten the place. One mural speaks of dolphins playing in the ocean while the other of a peaceful spot in the hills. Our efforts were rewarded with a cheesecake for morning tea by the FRIEND Director.



By Sandhya Narayan

XMAS Baskets

100% Local 100% Quality 100% Fijian

Xmas is just around the corner and it is always difficult to decide what to give to our special ones. Well, I have one idea! A Friend's Fiji Style Gift Basket. We have some ready to go chutney packs of two chutneys and a Xmas Tree or you could ask for handmade baskets filled with Friends Fiji Style goodies of your choice. Please contact Mala on phone 6663181 for your orders. Thanking you for your support in our poverty alleviation initiatives. Merry Christmas.

By Sandhya Narayan



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FACT Comes Through

And another helping hand.

Secretariat of the Pacific Community has come on board with a promise of technical assistance through its FACT programme.

The overall objective of FACT is to contribute to the integration of the 14 Pacific ACP countries into the regional and global economy. This approach complements the strategy adopted by the EU Pacific Regional Indicative Programme (PRIP) to facilitate regional economic integration, both by developing human resources in Pacific ACP countries and expanding their economies through increasing the range and volume of exports. It also complements the objectives of the Pacific Plan to boost economic growth through regional integration.

The project aims to sustainably increase the quality and range of exports of Pacific agriculture and forestry products through the following steps:

- Analyse agriculture and forestry enterprises and farmers' ventures for commercial viability and identify priority interventions.
- Analyse supply chains and export and marketing systems and specify technical interventions for each supply chain.
- Improve quality assurance, post-harvest and marketing systems for selected exports.

FRIEND is hopeful of extending its markets beyond local shores with the help of FACT.



Friend's Fiji Style Recipe Corner



With barbeque grills being fired up around the country heading into the festive season, do not forget to get a bottle or two of Friend's Fiji Style Chilli Chutney to add zest to your grill favorites. BBQ fare would never be the same again...

With Sandhya Nara-

Hot Hot Chicken Wings

Ingredients

12 large chicken wings

¾ cup vegetable oil

Friend's Fiji Style® Chilli Chutney (add as per preferred hotness)

Method

1. Make 2 deep cuts in thickest part of each wing.
2. Combine remaining ingredients in large bowl; add chicken wings, mix well. Cover; refrigerate 3 hours or overnight.

Griddle – fry (or grill or barbecue) wings until browned both sides and cooked through.

Serve with fries or rice and fresh garden salad!

