

# Agent of Change

*Justice, Compassion, Love*



ADRA

July - Sept 2023  
Newsletter



**ADRA**  
*in*  
**Fiji**



ADRA

Vol .03 Newsletter

# Newsletter

*Just Justice Compassion Love*



JULY - SEPT  
2023

Welcome to the  
*2nd Edition*  
of ADRA Fiji  
Newsletter 2023

### About ADRA Fiji

ADRA Fiji is the humanitarian and development arm of the Seventh Day Adventist Church and is part of ADRA International network in 135 countries worldwide. ADRA works to improve the lives of the People of Fiji since 1985.

The agency searches out deprivation, social injustice, and need—then works to eliminate them with significant partnerships.

ADRA Fiji invests in the potential of individuals through Education, Food Security strategies, promoting Health, establishing Economic Empowerment, and responding to emergencies.

### Our PURPOSE

To serve humanity so all may live as God intended.

### Our MOTTO

Justice. Compassion. Love

### ADVENTIST DEVELOPMENT RELIEF AGENCY (ADRA) FIJI

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## COMMUNICATIONS IN DISASTERS

Another opportunity to share our disaster experiences and disaster preparedness messages at the Trans Pacific Union - Seventh-day Adventist Church Digital Discipleship Training.

ADRA South Pacific collaborated with ADRA Fiji to talk about Communications in Disasters for the Pacific Hope

Media & Radio Channels personnel.

It was a joint effort by the Church Agencies Network Disaster Operations (CAN DO) project under the Australian Humanitarian Partnership's Disaster READY program and the Fiji Disaster Ready CAN DO 3 project funded by German Aid through ADRA Germany.

## DISASTER MANAGEMENT RECOGNITION



ADRA Fiji is grateful to have been one of the non-governmental organizations recognized at the Inaugural National Emergency

Response Team (NERT) awards ceremony in July for the support towards the inaugural event that was held in Lautoka.

Over the years, the Adventist Development and Relief Agency (ADRA) Fiji, through its various projects, continues to support the National Disaster Management Office not only during disaster response but also in disaster preparedness at national, sub-national and community level.

ADRA Fiji was able to contribute to the training of Fiji's first NERT through the Church Agencies Network Disaster Operations (CAN DO) project and the Australian Humanitarian Partnership Disaster READY program as well as our UN Women Pacific project focusing on disaster resilience.



The Church Agencies Network Disaster Operations (CAN DO) conducted its Women Leadership training in Koro for close to 5000 women who attended the annual convention on the island.

Led by the Coordinator Timaleti Ratu, the program

## WOMEN LEADERSHIP IN DISASTERS

was aimed at training women to be involved in disaster preparedness activities in their communities particularly as decision makers.

While in there, Tima also mapped eight properties as potential evacuation centres as part of CAN DO's Safe n Redi Project under the Australian Humanitarian Partnership's Disaster READY program.

Information from the data

collection will be stored on our Safe n Redi app which can be accessed by the Fiji National Disaster Management Office Fiji NDMO during any disasters for possible use.

The awareness on Koro Island was also supported by the Emergency Coordinator Samisoni Loga as part of the CAN DO 3 Disaster Ready Churches Project supported by German Aid through ADRA Germany.

## MID TERM REVIEW FOR WOMEN'S RESILIENCE IN DISASTERS PROGRAM

## INCLUSIVE CHURCHES FOR DISASTERS



Faith-based organizations are being recognized for their vital position in emergency preparedness, response, and recovery.

For the Seventh day Adventist Church, equipping its churches and members to be ready for disasters has become its focus in partnership with its humanitarian and development arm the Adventist Development and Relief Agency (ADRA) Fiji.

Thanks to the support from South Pacific Division of the Seventh-day Adventist Church through ADRA South Pacific, another milestone achievement was accomplished September with the handing over of the

newly retrofitted ramp and disabilities friendly facility to the Trans Pacific Union - Seventh-day Adventist Church.

Through the Fiji Disaster Ready Churches Project, a total of 7 church properties of the Fiji Mission have been retrofitted to become inclusive and disability friendly in addition to the other donor funded project.

Representing the members of the Fiji Disabled Peoples Federation 's Disaster Risk Reduction (DRR) Program Coordinator Jay Nasilasila who acknowledged the recognition, acceptance, love and care from the church to its members with disabilities.

The Adventist Development and Relief Agency (ADRA) Fiji is working in partnership with UN Women Pacific through its [Australian Aid](#) funded Women's Resilience in Disasters programme in 20 communities in Fiji to elevate women's voices and agency in disaster and climate risk reduction.

With a core focus on building resilience, this 2-year project has a game-changing potential for gender equality and women's empowerment and leadership.

In September, ADRA Fiji hosted UN Women Consultant Mr. Najib Ullah Baig and Ms. Kate Kinsela from the Australian Government Department of Foreign Affairs and Trade for the mid-term review of the program.

The day ended with a visit to one of the project communities in the central division - Taci village in Noco, Rewa. This program compliments the existing ADRA project in this community which focuses on evacuation center management & building resilience for people with disabilities.

## DISASTER RISK REDUCTION FOCUS FOR NAQALI



A live emergency evacuation drill was conducted in August at the flood-prone village of Naqali in Naitasiri as part of the disaster preparedness activity by the ADRA Fiji.

The drill marked an end to the three-day Evacuation Centre Management training, a first of its kind to be held in Naqali, where they put into practice

what they have learnt to create awareness and improve preparedness and response capabilities of its people.

Through the partnership between ADRA Fiji with the French Government's Department of Crisis Support Centre of the Ministry for Europe and Foreign Affairs, Naqali is amongst eight communities in Fiji that will be assisted as part of the "Building Disaster Resilience for

People with Disabilities in the Pacific" project to prepare communities to operate inclusive evacuation centres.

Village headman Mosese Vosabeci has commended the training saying it suited the need of the people in his community.

*"O Naqali e dua na koro e kilai levu e Viti baleta e matai beka ni koro e dau luvu ena gauna ni tau ni uca. Keitou vakavinavinaka ni rawa ni ratou gole mai na soqosoqo ni ADRA me ratou mai veivakararamataki ena leqa tubu koso kei na veika me keimami dau vakayacora ni yaco mai na leqa tubu koso vakauasivi na waluvu,"* Mr. Vosabeci said.

(Naqali is well known throughout Fiji because it is prone to flooding. It is usually the first village to be flooded whenever it rains so we are so grateful to ADRA for reaching out to help us with disaster preparedness.)

According to Mr. Vosabeci, this is the first disaster preparedness training to be held for the community and it has really broadened their knowledge and opened their eyes to see reality, especially what they should do to response to disasters.

One of the achievements from the 3-day training is the formation of the Community Disaster Committee made up of youths, women and men who will be spearheading the movements and evacuation during any disaster.

# ADRA, USAID BUILD RESILIENCE IN BUA



nutrition security for our families.)

*“Keimami sa dui cakava ga na neimami vakabulabula ni qele ka sa yaco me mai dua sara na neimami teitei na Youth me tiki ni neimami sasaga ena so nak ani veivakatorocaketaki. Keimami vakayagataka saraga na ka keimami vulica mai ka sa oti vakadua na vakayagataki ni wainimate ena neimami sa mai vulica na bibi ni maroroi ni qele.”*

(We are making our own compost and manure which we are applying to our gardens, and we have set up a farm for our youth group using the new farming techniques which we learnt. We hope to sell our produce using the income to support our village projects thus we have also said goodbye to chemicals as we have learned the importance of natural resource management)

Ms. Mira shared that before the implementation of LEAP in the community, they only relied on rourou, ota and bele.

*“Dau dua na turaga dau lako tiko mai ke na volivolitaki kakana draudrau e dau lailai ga na nona l voli. Ia na gauna qo, keimami sa kania sara tikoga na veimataqali kakana draudrau eso.”* (We used to buy our vegetables from the vendor that comes here to our village. His supplies used to run out but now we are not buying because we have our own supplies from our home garden).

Namuavoivoi is part of the 50 communities in the Northern Division where the project is being implemented – 36 of which are from the Bua Province.

The aim of the LEAP in Fiji is to improve the resilience and adaptive capacities of women and men subsistence for natural resource management.

People of Namuavoivoi in Lekutu, Bua are now investing in natural resource management through climate smart agriculture which also addresses the interlinked challenge of food security and climate change.

This is made possible through the Learning Environment Adaptation Project (LEAP) in Fiji implemented by the Adventist Development and Relief Agency (ADRA) Fiji thanks to the funding support from the United States Agency for International Development (USAID) through the Pacific American Funds.

Youth Leader Mere Mira said they now have an integrated approach to managing

their cropland and more are now involved in backyard farming with the use of organic fertilizers and manure they produce manually.

*“Dua madaga na ka levu e kauta mai na vuli qo na neimami sa mai vakaitavi na teitei – keimami na marama keimami sa tei kakana draudrau ena neimami yasani vale ka keimami raica na kena yaga ni sega tale ni dredre veikeimami na vaqara na ka me mai laukana ni sa tuga l yasa ni vale,”* Ms. Mira said.

(A major change in the village is women’s involvement in backyard gardening planting vegetables that really address food and

## VALUE ADDING PROGRAM FOR CAKAUDROVE



An overwhelming turnout was recorded in August in three communities in Cakaudrove where the food preservation and value adding training was conducted.

This was part made possible through the funding support of the UNDP GEF Small Grants Programme Fiji benefiting the far-flung villages of Koroinatoga, Wavu and Vatuomulo.

While the training was specifically designed for the women, the

great attendance from then and youth was a clear indication of the appreciation by these communities.

The training was conducted by our Nutrition Specialist Karalaini Rokocoko which trained community members on value adding and preserving the available agricultural produce for later use.

They were taught the techniques of producing flour from food crops, chutney, sauces and jam from fruits that are in season.

# TEMA'S TALE OF SURVIVAL ON CHANGED LIFESTYLE



When you visit Naviago village outside of Lautoka, you will never miss the story of 53-year-old Temalesi and how she was nursed back to life from a life-threatening disease.

Temalesi is 53 years-old and she was bedridden last year from diabetes and rheumatoid arthritis. She was told this health scare would continue to haunt her every now unless she is completely free from the diseases.

With all her hope gone, Temalesi's last resort was changing her diet and that was the turning point for her.

We caught up with Temalesi in her village where she was tending to her home garden. Home gardening, according to her, has become her passion because it doesn't address food and nutrition security only but also helps her to remain active.

*"I was really ill last year and at one stage, I was wearing diaper because I couldn't walk and my family had to carry me around even when I visited the hospital,"* Tema said.

*"I became better only for a while, but I was told to still expect that same outcome because of non-communicable diseases*

*that I have. Then I was advised by a lady to change my diet yet I didn't know how to start until the team from ADRA visited us and conducted training and awareness on their Live More Abundantly (LMA) program at the beginning of the year which led to lifestyle changes for me."*

Tema shared that she realized from the training that the three main killers are sugar, salt and oil and that's when she decided to follow the 7 weeks program.

*"When the 7 weeks program ended, I continued because it really impacted my life. I no longer visit the hospital frequently and I feel lighter and active."*

Tema admitted that she is now doing work she never used to do before.

*"I wake up at 4am for my devotion then its straight to my garden. I am really active, and I am now caring for a bedridden widow, taking care of her and her needs. I have shared with her how this program has changed my life, and I am encouraging her to try it out because it is only for her own good."*

Tema is grateful to ADRA Fiji for introducing this lifestyle program which has helped her to enjoy her life with her seven children and four grandchildren.

## DIETITIANS TRAINED AS LMA FACILITATORS



A total of 20 Dietitians from the Ministry of Health and Medical Services graduated as Live More Abundantly Facilitators after a week of training in August to drive this healthy lifestyle program in the communities.

In partnership with the ADRA Fiji, these Facilitators are now conducting this program in a wellness setting of their selection using it

as an intervention tool for addressing lifestyle diseases.

While closing the training, Divisional Dental Officer Western Dr. Kemueli Nuqa reminded the participants on the importance of impacting lives through this partnership- an investment by ADRA to assist Government in our continuous fight against non-

communicable diseases.

*"At the end of the day, you must be visible and have an impact where you implement this program. It is a service to the population, leaving no one behind and universal health coverage,"* Dr Nuqa said.

He extended his appreciation to ADRA Fiji for the continued partnership.

# NEW TOILET FACILITIES FOR VADRAIYAWASEWA



A family of seven, headed by a person with disability, was one of the 15 households that now have access to flush toilets in Vadraiawasewa, an informal settlement outside of Lautoka.

The Suesue family expressed their gratitude to the Sanitarium Health Food



Company and ADRA for the construction of their new toilet and bathroom after using an open shower and toilet for over three years. Considering his vulnerabilities, a footpath was also constructed from his home to his new facilities.

Holding back his tears, Viliame Suesue said it was a blessing to see the washroom constructed for the family.

Suesue, who lost his job due to his injuries that required required surgery, now



stays at home to care for his children while his wife sells their produce at the bustling Lautoka Market.

*“Sa dua na ka na noqu vakavinavinaka ena veivuke levu e mai soli veikeitou ka keitou sega vakadua ni tadra. E sega na ka e dolei rawa kina na veivuke levu oqo sa*

*neitou masu me ratou na kalougata tiko.”* (I am grateful for the assistance that has been rendered towards us and this was beyond our wildest dream. We will never be able to repay their good deed and we can only pray for blessings towards them.)

Partnering with ADRA, a team of 21 from Sanitarium Health Food Company (Australia) spent five days in Fiji providing better sanitation and healthcare for local communities from September 10 to 15.

The visiting delegation were from New Zealand, China, Australia and the United Kingdom and they completed the construction of 10 toilets for 15 families and an additional bathroom specially designed for the Suesue family.

Most residents in Vadraiawasewa had been using pit toilets, a situation that posed health risks and discomfort for many



years.

Vika Marama, 53, was grateful for the assistance that has allowed her family to have access to a flush toilet that can greatly improve the quality of life and hygiene for her family.

Since moving from her village in the Ra Province to this semi urban settlement over 30 years ago, Vika attributed financial constraints and life’s struggle as incredibly challenging which has denied them access to proper sanitation facilities.

ADRA Fiji Country Director Iliapi Tuwai has acknowledged the support from Sanitarium that has impacted the lives of

many in this vulnerable community.

Meanwhile, participants for this initiative were selected through the



Spirit of Sanitarium Awards (SOSA)—an internal awards program that provides opportunities to recognise outstanding employees who reflect the philosophy and values of the Sanitarium Group.

Since the program’s inception in 2003, SOSA has had close to 7800 nominations submitted, 235 recipients recognised and more than \$A1.16M donated to charity on behalf of recipients and through Sanitarium’s community project program.

With a long-standing partnership with ADRA, Sanitarium donates products to several ADRA food pantries across Australia, collaborates in delivering community projects in the South Pacific and Asia and teams up with ADRA in responding to emergencies and disasters in Australia, New Zealand and around the South Pacific.

*“Like ADRA, one of our key values is to ‘serve others’,” said Bruna Tawake, Manager of Community Partnerships and Communications at Sanitarium. “We value ADRA’s community development approach that’s built on careful assessment of community needs, collaboration with communities and giving communities a hand-up, not just a hand-out. Partnering with ADRA for this project and this service trip is another example of an ongoing, valued partnership between Sanitarium and ADRA.”*

# NAGADO DECLARED HEALTHY SETTING COMMUNITY

Another successful collaboration was witnessed in July between the Adventist Development Relief Agency (ADRA) Fiji and the Ministry of Health and Medical Services with the declaration of Nagado village as a Wellness Setting Community, the first for Nadi Subdivision.

Nagado is the third community in Fiji to be declared as the Health Promotion Community through ADRA's Fiji Circular Economy for Healthy Living a lifestyle program funded by ADRA Australia aimed at addressing NCDs in Fiji and to guide people on healthy lifestyles.

Officiating at the ceremony this morning, Nadi Sub Divisional Medical Officer Dr Mere Vakawaletabua acknowledged the effort of the community and their commitment to put into action all the learnings from the trainings conducted by the health ministry and ADRA Fiji. An action plan specifically



designed for Nagado was also handed over at the community hall, which was also declared tobacco free.

ADRA Fiji Country Director Iliapi Tuwai also extended his appreciation to the vanua of Nagado for embracing the concept of healthy settings.

He reminded them on the

importance of living healthy and fighting NCDs as there are many cases of people dying prematurely living their children behind.

“Wellness consist of seven dimensions of life (physical, social, mental, environmental, emotional, occupational and intellectual) and we assume

that through the training they have undertaken, they have equipped themselves with that knowledge on how to improve their physical status, manage diet well, reduce NCD risk factors which is smoking, poor diet and alcohol and improving on physical activities,” Nadi Senior Assistant Health Inspector Mataiasi Tabanikau said.

He said after the declaration, community members should into practice what was in their action plan and target to improve on their wellness.

The Adventist Development Relief Agency is a humanitarian arm of the SDA Church and is part of ADRA global network in over 118 countries focusing on disaster response, disaster management and development work.

Nagado Village is the third community to be declared as a wellness setting community in the Nadi subdivision.

## CLIMATE SMART AGRICULTURE SUPPORT

To complement the Climate Smart Agriculture (CSA) training conducted as part of the Fiji Circular for Economy in Healthy Lifestyle (FCHL) project, farming tools were also distributed at various project sites.

In July, distributions were made at Vadrai yawasewa, Naviago and Lololo in Lautoka as well as in Nagado, Yavusania and Nakavu in Nadi.

Climate Smart Agriculture is a new component introduced to encourage backyard gardening promoting healthy diet and healthy living.

In the Western Division, CSA training was conducted in Yavusania village where participants from all project sites attended.

Through this program, a new “Buddy System” has been introduced allowing the training participants to recruit a partner to share knowledge and practices in their gardens. These buddies would later recruit their own gardening partner thus encouraging participants, increase home gardening activities which lead to healthy eating from their own vegetable supplies.



Caption: Participants from Vadrai yawasewa with their gardening tools.

## HEALTHY LIVING AWARENESS



ADRA Fiji made 3 appearances on national television Fiji One in the first week of August to raise awareness on healthy living.

Fiji Circular Economy for Healthy Lifestyle Project Manager Kiti Vasu was guest speaker on these different shows which coincided with Breastfeeding Week and Nutrition Month.

She appeared for the morning shows Breakfast at Fiji One and Na i Katalau and was guest speaker on Na Ketekete Nei Nau-FijiTV based on the recommendation of Diabetes Fiji Inc.

She talked about the benefits of healthy diet and breastfeeding to the children even until they become adults.

For the past years, ADRA Fiji through its Live More Abundantly program under this project, has been conducting awareness for pregnant mothers and breastfeeding mothers at hospitals, particularly in the Western Division, to promote healthy diets and breastfeeding.

# ADRA AND UN PARTNERSHIP IMPACTS CAKAUDROVE



harvests have assisted us so much in terms of food supplies particularly for our children's lunches and we have managed to sell our produce too supporting our livelihood)

*"E levu na kakana draudrau oqo keimami qai mai tea vakadua me vaka ni keimami kania tu ga n abele, na rourou na ota. Ka keimami raica na kena rawarawa kei na kena totolo na kena matua me laukana."*  
(We are used to eating bele, rourou and ota and we have realized that the vegetables we have planted through the projects are easy to plant and fast to harvest)

Pita Vakalolo, 36, of Vaturumolu said the program has improved their diets and they are no longer reliant to processed food. He lives alone with his 71-year-old father.

He added that he no longer uses chemical fertilizer because they are now using organic manure and introduced new technique, they learnt through the project to maintain healthy soil.

Working in collaboration with the Ministry of Forestry and Ministry of Agriculture, demonstration farms have been set up in three communities that promote regenerative agriculture and complement reforestation and sustain ecosystem services.

The project has built sustainable and inclusive resilient communities with add value of Climate Smart Agriculture to the existing good traditional agriculture, agroforestry with a focus on natural resource management.

Meanwhile, this was the first visit of any representatives from the ADRA International Officer to Fiji. Before visiting these communities, Mr. Odeyemi and the team from ADRA Fiji and ADRA South Pacific paid a courtesy visit to the Commissioner Northern's Office where they were briefed by the Divisional Planning Officer Mr. Setareki Dakuboica.

ADRA and UN partnership Impacts Cakaudrove.

A partnership between the Adventist Development and Relief Agency (ADRA) Fiji and the United Nation Development Programme (UNDP) has impacted the lives of many in the far-flung communities of Cakaudrove.

People of Vaturomulo and Koronatoga shared their stories on how grateful they were for the 'Improved, Sustainable Agriculture for Food Security and Climate Adaptation' project under UNDP's Global Environmental Fund (GEF) Small Grants Programme which according to them, has contributed to their sustainable livelihood and supported food security.

These stories were relayed to the visiting delegation from ADRA led by Mr. Akintayo Odeyemi, Director of the United Nations Liaison Office for ADRA International, Ms. Ana Alburquerque, ADRA South Pacific Executive and ADRA Fiji Country Director Mr. Iliapi Tuwai when they conducted a field visit in August.

Mr. Odeyemi was impressed with how the project has improved efficiency of overall food production and increase diversification and livelihoods in these communities.

One of the components of the project is Climate Smart Agriculture which encourages good farming practices to address mismanagement of land and provide support for food and nutrition security.

*"Sa dua na ka na neimami vakavinavinaka ena ka keimami sa mai matana taka tiko ni oti na vuli e mai vakayacora tiko o ADRA. Keimami sa mai tea na keimami, sa veivuke vakalevu ena kedra na gonevuli ka keimami mai volitaka talega me vurevure ni neimami I lavo,"*

Seleima Vanua of Koronatoga said.  
(We are grateful for the Climate Smart Agriculture Training that was conducted



because we are applying new farming techniques to our home gardens. Our

