

GEF 5 STAR (Nauru R2R Project) NEWSLETTER

Recognition of Ridge to Reef Project work in Nauru

Special points of interest

- * Home Remedy for High Blood Pressure
- * R2R Staff Profile

Inside this issue:

| | |
|---|---|
| Environment Management Bill Consultation | 1 |
| Compost Training with Max Dowedia | 1 |
| Eben Omo Video Competition | 2 |
| Kitchen Garden Update | 2 |
| Seedling Training TTM | 3 |
| Recognition of R2R work on Nauru. (Minister of CIE) | 4 |
| Staff Profile/ Home remedy | 5 |

Ridge to Reef Nauru and Environment staff working collaboratively with Justice department (Ms Keryn Kwan-Legal Advisor) in preparing for the Environment Management Consultation, preparing and scrutinizing the Environment Management Bill before presenting to the Nauruan communities.

Environment Team Mr Godwin Cecil (Environment Officer), Ms Grace Garabwan (Waste Manager), Mr Fritzone Fritz (Clerical officer), Director Star and R2R Project Coordi-



Participants group photo:

Photo by: Deldeab Deduna

nator formulated their team to carry out the Environment Management Bill consultation on the 9th of December 2019. The session was scheduled for one the day, having community session from 9am to 1pm and Non Gov-

ernment Organizations and Private sector sessions from 2pm to 5pm.

Many participants attended the consultation and interacted with numerous comments and questions in regards to the Environment Management Bill. to the team. Mr Godwin took notes on comments to discuss with the Environment team and the Legal advisor.

Thanks to Ridge to Reef for funding and providing resources to cater for this Environment Management Bill consultation.

Compost Training with Max Dowedia

Compost training was conducted in Yaren community. Compost is organic matter that has been decomposed in a process called composting. This process recycles various organic materials otherwise regarded as wasted products and produces a soil conditioner.

R2R technical support officers and Agriculture extension officers attended the training. The training was carried out by Max Dowedia who is our expert from Nauru Farmers and Growers Association.



Max demonstrating on how to do compost.

Max Dowedia explained and demonstrated steps to take when building your own compost. Materials from nature can be included in this compost from green leaves to dead leaves, animal excrement are also main ingredients involved in making compost. Steps are: put layers of 4 inches of shredded leaves, half an inch

of manure; spread consistently on top of leaves. Repeat the process by layering leaves and manure alternatively, watering just enough in between the layers until it is at least 1 meter high to generate enough heat of proper decomposition. Turn compost weekly and it will be ready from 6-8 weeks. The participants from the Compost Training gained new knowledge as for some its just a refresher, the training concluded with a discussion over lunch.

Eben Omo Video Competition

Nauru R2R organized their first ever Eben Omo Video competition that was judged on the 25th of November. Three judges were carefully selected and they consisted of Media expert (Ms Joanna Akubor), Eben Omo Champion (Mr Edward Grundler) and Secretary of C.I.E (Ms Berilyn Jeremiah).

The purpose of this activity is to expose the Eben Omo campaign targeting a larger community and not only the 5 pilot communities. This video competition provides awareness and a much clearer message on the importance of the 5 components of Eben Omo campaign, to plant more vegetables for food security, manage our fishing, reduce waste and to practice recycle, not to litter and to conserve water.

There were 5 entries for this video competition;

1. Thumberlina
2. NSS Year 11 Student
3. DC Kids
4. Baitsi Yugaga Boys
5. Ianmwara Production

A list of criteria was put together by the media expert and R2R communication officers for the panel judges to use:

- Originality & Creativity
- Quality Impact, lighting and focus
- Narration & subtitle

- Audio & Music
- Video duration
- Video title
- Component 1 (Promote planting & kitchen garden)
- Component 2 (Fisheries Management)
- Component 3 (Reduce waste & practice recycling)
- Component 4 (Do not litter)
- Component 5 (Conserve water)

Results:

- 1st 256 points Baitsi Yugaga Boys
- 2nd 248 points DC kids
- 3rd 246 points Ianmwara Production

First place goes to Baitsi Yugaga Boys taking home \$500 worth shopping voucher at the Capelle and Partners, \$50 worth Power top, \$50 worth digicel phone top up and \$200 worth dinner voucher at the



Winners (Baitsi Yugaga Boys) receiving their 1st Prize from R2R Coordinator

Meneng Hotel diner.

Second place goes to DC kids taking home \$300 worth shopping voucher at Eigigu super market, \$30 power top up and \$30 worth digicel

phone top up.



Lilly Togiana Harris representative of DC Kids receiving 2nd Prize.

Third place goes to Ianmwara Production taking \$200 worth shopping at Abwan Store, \$20 worth power top up and \$20 worth digicel phone top up.



Arrora Debye of Ianmwara Production receiving 3rd Prize

Nauru R2R Project would like to thank our sponsors for this event. Acknowledging UNDP, Nauru Utilities Corporation, Digicel and Meneng hotel for your continuous support in our activities to improve our environment and livelihood in Nauru.

Update on Kitchen Garden establishment (5 Pilot Districts)

Kitchen Garden in 5 pilot districts

Total of 54 kitchen gardens have been established (Anabar 12, Anibare 10, Buada 14, Ijuw 9 and Meneng 9).

A total of 871 plants consisting of 190 fruit trees (coconuts 78, breadfruits 24, pandanus cuttings 21, soursops 49 and marcotted Tahitian Limes 18) and 606 food crops (banana suckers 58, sweet potatoes 56, pineapple 15, papayas 34, okra

39, eggplants, chinese cabbage, okra, etc.) have been distributed and planted.

The availability of compost materials to augment the fertility of their garden soil has been a challenge encountered by the team due to frequent breakdown of the shredding machine. The Taiwan Technical Mission has agreed to provide compost material needed by the Team.



Establishing Kitchen Garden in Buada



Establishing Kitchen Garden in Meneng

Seedling Training at Taiwan Farm (Meneng District)

Taiwan Technical Mission Team have been assisting the Department of Commerce, Industry and Environment for many years with their technical assistance especially with agriculture.

The Taiwan Technical Mission worked closely with Agriculture and Ridge to Reef team in capacity building and handing out of seedlings to the communities on a monthly basis. This initiative is to encourage and support new farmers and increase fruits and vegetable consumption by the people of Nauru. This is the best way to avoid the purchase of expensive fruits and vegetables from shop,

train them to plant their own fruits and vegetables.

We have many new kitchen gardens around Nauru and this also give an opportunity for farmers to sell their produce at the Saturday market stall at Auie Boulevard.



On December 12, the Taiwan Technical Mission Team conducted a seedling training at the Meneng Green House.

The training was facilitated by Mr Jo (Agriculture Specialist) and Mr Kiwi Shih (Assistant Agriculture Specialist).

Mr Jo instructed on how to plant seeds as Mr Kiwi Shih demonstrated. R2R staff participated by packing and planting seed trays. Some of the participants are familiar with the steps but were using this opportunity as a refresher.

Recognition of Ridge to Reef Project work in Nauru

During the 44th Parliament sitting on November 28th 2019 held at the Parliament House, Yaren district. Hon. Rennier Gadabu, Minister of Commerce Industry Environment (CIE) and Climate Change highlighted all aspects of CIE activities and made positive comments about the Nauru Ridge to Reef work in partnership with the Department of CIE specifically on the Coastal & Fisheries Bill and Environment Management Bill .

Hon. Gadabu said, “Under the Ridge to Reef Project a Coastal Fisheries Bill has been drafted not to stop people from fishing in the coastal areas but it was designed to regulate the use of coastal fisheries to ensure the sustainable use of these resources. Nauru Fisheries Marines Resources Authority (NFMRA) is taking lead on finalizing this Bill with the support of CIE”

The Ridge to Reef team conducted a number of campaigns and produced promotional material using the slogan- Eben Omo which

means Pleasant Island in our vernacular language. Through the creativity of the Communications Officer radio talk shows, videos, community outreaches and printed material were produced- promoting agriculture development, reduce, recycle and reusing, conservation of water, to look after our coastal fisheries and not to litter.

“Eben Omo: promoting agriculture development, reduce, recycle and reusing, conservation of water, to look after our coastal fisheries and not to litter”

The Nauru Ridge to Reef has been working closely with NFMRA to draft the Nauru Coastal and Fisheries Bill since 2016. The first draft of the Bill was carried out by the Project’s legal consultant, to which SPC completed the final draft. The Coastal Fisheries Bill is currently with the Department of Justice for vetting. Department of CIE and Ridge to Reef Team look forward to having this bill passed in parliament in 2020

The Environment Bill was drafted by the Environment team



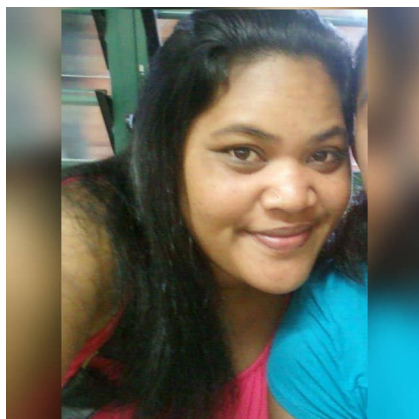
Hon. Rennier Gadabu.

Minister of Commerce Industry Environment & Climate Change

with the Project’s PMU and the Department of Justice. The Environment team conducted a consultation session on the draft Environment Management Bill with community leaders, non-government organizations and representatives from the private sectors on the 9th December 2019 with the assistance of the Department of Justice and Nauru R2R team.

We would like to thank and acknowledge the Project’s diligent Chief Technical Advisor Mr Cenon Padolina for his advice when formulating the draft with the Environment and Justice department.

Nauru R2R Staff Profile



Yoroshi Gadaraaa

(20 May 1986– 30 Dec 2019)

Technical Support Officer– Anibare

Nauru Ridge to Reef Project

Ms Yoroshi Gadaraaa, is a daughter, a mother, a sister, a niece, a aunt, a family, colleague and friend.

Sorrow fills our hearts this sad moment, a sorrow that is deep and personal. Yoroshi has silently closed the door of life and departed from us. Our lives will be empty in the areas that she had brightened for us.

Yoroshi was a woman who gave support to family and community members. She gave much to her work, involving in community and environment work and assisting people in establishing their kitchen garden for food security.

We have known Yoroshi since 2017 when she joined the Nauru Ridge to Reef Project of Dept Commerce, Industry and

Environment as a Technical Support Officer for Anibare Community. Ms Yoroshi was a strategic thinker, a visionary who was brilliant, innovative and creative. As such, she contributed much to the development of the Nauru Ridge to Reef Project. She generously gave us her knowledge, her expertise, her skills and most importantly her passion with her work.

To conclude, Yoroshi is always a fighter, who will stand her ground and fight for what is right, she would also encourage us to speak out if something is not right. She is very courageous which is really inspiring. Her jokes and laughter in the workplace will be missed by your Ridge to Reef team in Nauru. May you rest in the arms of our lord and Savior Jesus Christ.

Home Remedy for High Blood Pressure (*Using Deneno / Noni*)

What is Deneno fruit?

Noni is a small evergreen tree in the Pacific Islands, Southeast Asia, Australia, and India that often grows among lava flows, but in Nauru they grow mostly in the inland area. They can be found most places in Buada district. Historically, Nauruan people planted deneno trees around their homes to use for medicinal purpose.

Today, noni fruit, leaves, stems, bark, and roots are still used to make medicine for a long list of diseases. People take noni by mouth or drink the fruit juice to regulate their high blood pressure and other health problems, prevent

infections, treat high blood pressure.

When Deneno fruits are soft and ripe, you can eat one fruit a day. This can help with people with high blood pressure. Noni juice has shown positive effects in protecting heart health by improving the blood flow in the arteries. It also helps in regulating blood pressure which definitely helps in maintaining heart health.

People who consumed noni juice on an everyday basis showed improvement in their lipid profiles – reduced LDL (bad cholesterol) and improved HDL (good cholesterol).

“ Ripe fruits are eaten raw “



Deneno fruits

Sources: <https://www.webmd.com/vitamins/ai/ingredientmono-758/noni>
: <https://10faq.com/health/health-benefits-of-nonni-juice>



R2R Activity pictures 3rd Quarter 2019



Ruth Garabwan's new garden bed



TWG Group photo after meeting



TSO Joan and LUO Tina attended Pig Development Training.



Winners of Eben Omo Video comp



Team assisting Tehani with garden bed



TWG meeting 8 Nov 2019



Compost Training with Max Doweidia



Runner up of Eben Omo Video Comp



Nina Agir's new garden bed

Follow us on Facebook Nauru Ridge to Reef and Twitter (@R2RNauru) or email us on r2rprojectnrucomms@gmail.com PH: 557 2960