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Pacific R2R  
Ridge to Reef

# GEF 5 STAR (Nauru R2R Project) NEWSLETTER

First Edition 2  
(5-April-2019)

## Special points of interest

- \* Home Remedy for Dengue Fever
- \* R2R Staff Profile

## Inside this issue:

Eben Omo Campaign	1
Socio-Economic Survey	2
R2R Walk for Life	2
World Water Day 2019	3
Home Remedy for Den-	3
R2R Staff Profile	4

## Eben Omo Campaign

The Eben Omo campaign is asking people from all over Nauru to make personal commitments to improve the health of the land and sea, with the belief that together all these small actions will add up to a lot of good for our country. Nauru has developed, its people have received much, like improved education, power to our homes, good transportation, nicer homes and access to medical care. But as we have not taken good care of our land and sea. Nowadays, we rely heavily on inexpensive (often unhealthy) imported goods, increasing cost of living, and are facing hardships from decreasing fish catches.

Eben omo champions from all walks of life in Nauru are stepping up to make an Eben Omo pledge. They are helping lead the way in reviving our land and sea, so we can benefit from more fresh fish, more local fruits and vegetables, and that we don't suffer from problems like lack of reliable and safe drinking water.

There are 5 main components



of this campaign, Encourage people to plant more vegetables, to reduce the use of plastic and to practice recycling, protect our reef, not to litter or pollute and to save our water. Information, Education and Communication materials such as booklets and pamphlets were produced in Nauruan language for better understanding of our target group.

Eben Omo key messages were



disseminated through speeches from our 6 champions Edward Grundler, Tansy Itsimaera, Trent Depaune, Pastor Jessa Agadio, Ebelina Tsiode and the late Ruby Thoma.

last yearly quarter of 2018, the Eben Omo campaign conducted a Road Show in all 5 pilot communities, Meneng, Buada, Anabar, Ijuw

and Anibare. Other communities have put forward a request for the Eben Omo Campaign/ Road Show to be conducted in their communities. This will be discussed with stakeholders and working partners.

Nauru Ridge to Reef Project was the leading organizer for the Eben Omo campaign and was supported along with the collaborating efforts of our stakeholders, working partners in the Department of Commerce, Industry and Environment, Nauru Fisheries & Marine Resources Authority, Nauru Media, Construct, Public Health, Nauru Rehabilitation Corporation, Nauru Utilities Corporation.

Nauru remains a special place, with a unique culture and a proud, strong people. But our families will continue to have a hard time living here, if we don't start making changes. The good news is change is not hard, if we work together. It just takes everyone doing small actions that together adds up to a lot.

## Socio Economic Survey Training

On the 19th to 22nd of March, the Socio Economic Survey training was conducted at the NFMRA (Nauru Fisheries & Marine Resource Authority) conference room. This training was facilitated by Fisheries Advisor Mr Being Yeeting. 14 Participants attended the training, 10 from NFMRA and 4 Nauru Ridge to Reef staff. All 14 participants completed the training and are competent to carry out the Socio Economic Survey in Nauru.

Mr Frankie Ribauw (Locally Manage Marine Area) stated that They will be conducting the Socio Economic Survey from 25th March to the 5th of April, His team are targeting 330 houses in 2 weeks.



The team of surveyors will conduct their survey between the hours of 9am to 5pm. However, some have stated challenges with the hours because some house owners are not at home as they are at work.

Surveyors still conducting survey to try and cover 330 house by 5th of April. The team of surveyors will collect information on fisheries to help manage our marine resources, fish and sea invertebrates.

## Walk for Life : Theme Ridge to Reef



### Costume Winners

“Theme: Ridge to Reef  
Blue to Promote  
Aquaculture and Green  
for Agriculture ”

A walk for life was conducted on the 27th of March, 5.30pm, at the Gabab, Aiwo District. The walk for life was a joint venture between Nauru Ridge to Reef and Nauru Public Health. Theme for the walk was “Ridge to Reef” Green for Agriculture and Blue for Aquaculture.

Public Health provided free check up at the Gabab channel site. They had BMI (Body Mass Index) and blood pressure check-up to offer walk participants at the venue.

The Ridge to Reef Walk for life program was announced and advertised nation wide through flyers and social media Sanvic

and friends radio talk show. Costume competition event was held during the walk.

Criteria for the costume competition was formulated and team were to follow criteria to increase chances of winning. Team of four (4) must choose and wear one theme color, either Green or Blue costume creativity and present to the judge after walk. Each group will stand and present on their theme costume and why do they promote Green for agriculture

or Blue for Aquaculture. Prizes were sponsored by Capelle and Partner, Digicel and Nauru R2R.

1st Prize: Dinner for four at The Bay Restaurant

2nd Prize: Phone top up from Digicel

3rd Prize: R2R Gift pack

There were 14 groups that registered for the costume competition and a total of 95 walk for life participants.

Result:

1st Place: Kama Boys

2nd Place: Public Health

3rd DC Girls





2019 Leaving no one behind

## World Water Day 18 March 2019

Department of Commerce, Industry and Environment held a World Water Day event at the Centennial Hall in Aiwo District in the morning of March 18. Theme for this year is "leave no one behind"

The Water Manager, Mr Jaden



Agir engaged with school students, mainly targeting the infant and primary levels. Mr Jaden conducted water conservation presentation at the schools and inspire students to maintain water sanitation and water security.

Information stalls were arranged from different organizations, Nauru Ridge to Reef Project, Nauru Utilities Corporation, DCIE Agriculture and Public Health

### Nauru Ridge to Reef

**Team** prepared information stall at the event, and met with people to share with them what Nauru Ridge to Reef is all about and also promote about the Eben Omo campaign.

Banners and Poster competition judged prior to the event. Prizes were donated from various stakeholders and businesses. The event was fun and educational.



## Home Remedy for Dengue Fever

The risk of Dengue fever is growing because of climate change. Dengue is a vector-borne infectious disease that spreads best in warm climate like Nauru. Dengue fever is spread by mosquitoes (aedes aegypti)

Papaya leaves to fight dengue: Being considered as one of the healthiest fruits, papaya helps in curing many diseases. Not only the pulp but its leaves contain many healing properties. Its leaves are well-known to increase the platelet count and are also enriched with anti-malarial properties, making it

the best home remedy to fight against dengue fever and other illnesses.

**Method 1.** Partly dry some medium-sized papaya leaves after thoroughly washing them. Cut them into small pieces. Place the leaves in a saucepan with 2 litres of water. Bring the water and leaves to boil and then simmer. Do not cover the saucepan until the water is reduced by half, strain the liquid. Fill this extract in glass containers.

**Method 2.** Take some papaya

leaves and crush them. Once you get the juice from the extract, drink 2 tablespoons of this bitter juice 2 times a day.

Prevention is better than cure  
Prevention measures:

- Keep home compound clean and rubbish free to prevent mosquito breeding place.
- Use mosquito repellents
- Wear long sleeve and pant
- Keep door/window screens to keep mosquito out



**"Prevention is better than cure"**





## Nauru R2R Staff Profile



**Tina Debao**  
**Land Use Officer**  
**Nauru Ridge to Reef Project**

Q.1 Tell me how you first got involved in with Nauru R2R Project?

Ans: Firstly, I started with Nauru R2R as a Technical Support Officer (TSO) for Anabar Community for a period of 24 months, after that period I was offered the role of Land Use Officer which was a great privilege.

Q.2 What was your first impression of Nauru R2R Project?

Ans: I feel that Nauru R2R Project has a great impact on our communities for sustaining our natural resources land, water, forest, and coastal resource.

Q.3 What do you find most challenging about your work?

Ans: I had to work under pressure and meet deadlines. This work is pretty demanding, but I am managing it well.

Q.4 What's the best thing to happen since you started working here?

Ans: Getting my fund requests approved so I can proceed with my work.

Q.5 What would you tell someone who is thinking about applying for your job?

Ans: Apply if you are passionate with what we do and help sustain our natural resources through awareness and community participation.

## R2R Activity pictures 1st Quarter 2019



Public Health 2nd place



Training in progress



Interview with Media



DC girls 3rd place



NUC information Stall

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