



THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

August 2022 Monthly Publication - Subscription Available Pages 56 Volume: 216



For many years now, USA Fijian Golfing Enthusiast Mr. Pramesh Sharma, has been passionately organising Fiji Sevens World Cup Golf tournaments for our Fiji golfers in the USA including Friends of Fiji. As we approach LA Sevens 2022, US Fiji Times is once again extending a special invitation on behalf of Mr Sharma for avid golfers to come to join another day of exciting golfing in Los Angeles. This is an Event you cannot miss. Please see the details on Page 50 and 51

PNG beats Fiji 2-1 to win OFC Women's Nations Cup



South Africa beats Fiji to claim Gold



See Page 48

Fijiana settles for Silver in Commonwealth Games



See Page 48

USA Muslim Teams Ready for FANCA 2022



Message from:
SHAMEER BUKSH
FMSA OF USA – Head of Nation



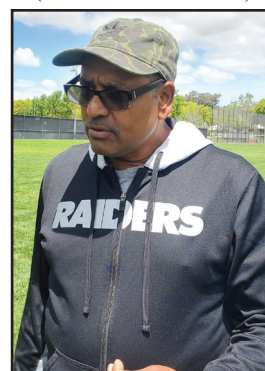
Message from:
ROCKY BUKSH
FMSA OF USA – Technical Advisor



Abdul Hafiz
FMSA OF USA
(Main Team Manager)



Mohammed Ismail
FMSA OF USA
(Main Team Coach)



Mohammed Taslim
FMSA OF USA
(35 Team Manager)



See Page 21



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THE US FIJI TIMES PROUD OF ITS SERVICE

The US Fiji Times is ranked as the top newspaper being published outside of Fiji for the Fiji American community and all over the world. The paper's popularity has grown immensely in recent years due to its critical approach in impressing the need for charitable organizations to rise up in all occasions to help Fiji and the people back home. Visitors from around the world have commended the paper on its stand to serve the community. The US Fiji Times understands that like in any other field, there is competition and competing with "The largest newspaper out of Fiji" has been a difficult task for newer publications. This is not because of its magnitude and coverage, but because of its stability and growth capabilities.

The writers of the paper comprise some of Fiji's best. Even though they are not too visible in social functions, they are taking up their challenges very effectively. The marketing strategy handles by our CEO/Publisher Mr. Rocky Ali is the hallmark of the papers current strength. Despite lacking the front line journalist experience, he makes up for the deficiency with the sheer ability to jeep the media wagon rolling. His insatiable love to be involved with the community to cherish in this very noble cause is worthy of higher recommendation. We have a very vibrant community, so despite the paper being issued free, the expectation of the community is very high. The coverage of all the major events is a mist for the paper and we feel

very proud to be associated with major organizations to see that their events are properly covered with pictures, stories and awareness via our social media platforms.

The paper is being also sent to countries like Fiji, NZ, Australia, Canada, England and Sweden for Fijians abroad to also get the feel of the luxuries of USA. The feedback has been overwhelming in this regard and it has become a trend for many organizations to rely on US Fiji Times in reaching the desired success with adequate coverage.

The paper will strive to serve the community with the best of its ability and assures the community that there will be quality reporting at all times. Vinaka – Rocky Buksh

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News

44 YEARS AGO WHERE IS MY SOCCER BROTHERS

THEY'RE THE CHAMPS



THEY'RE champs... Suva club Civic yesterday after beating Samabula 2-1 in the final of the Musadilal 300 soccer competition at Albert Park. Front (front left): Rocky Ali, Vinesh, Serome, Samoa, Emosi, R. Tuilawa. Back: Jamal Shah (v/president), Pratap Singh (manager), John Monday, Vakatawa, Seru, Love, Bob Ah Tack, Jimmy Singh, Dr Sahu Khan (president/coach), Charlie Ah Singh (team manager).

1978

Rocky Ali Buksh was born at 34 Grantham Rd approximately 4 kilometers from the Fiji capital city of Suva, in an area called Laucala Bay (meaning next to the seashore), and where from the 1940 to the 1967, the Royal New Zealand Air Force had used the area as a base.

The Buksh family owned a large farm where goats and cattle were raised and was a very famous place where many people would come to buy what the family would sell. They also owned other large areas of land that was adjacent to the family farm.

Today, the area where the Buksh family farm once stood, stands a large cinema called

Damodar Cinemas, and is next to many modern shopping facilities and sporting amenities including Fiji's largest Sports stadium and the University of the South Pacific.

A young Rocky remembers those good old days living on a farm and how and his siblings had to wake up early in the morning to attend to the daily chores of farm life, as his Father was very strict and would always discipline his children to work hard every day as he believed that without struggling, no one can fully understand the meaning of life.

After completing primary education, Rocky took a slight turn in his life and began show-

ing great interest in football.

He soon found himself playing for the Laucala Sports & Civic, one of the strong premier division teams that competed in the Suva Soccer Association championship.

Rocky was a feared footballer during the 1970s and was also a member of the famous Civic Football team which had players like former Fiji Football Captain John Krishna Chotka, John Monday, Terio Vakatawa and Fiji's Vude King and professional musician Seru Serevi.

At that time, the Suva Soccer Association had 75 clubs in seven different divisions and in order to play for the Premier Team, one would have to have

all the skills and high fitness level needed as competition was very tough and demanding.

Rocky paid tribute to his cousin and also the coach of their Civic Football Team Coach Dr Mohammed Ali Sahu Khan, who also played for the Fiji national team when he was only 17 years old.

'Dr. Sahu Khan was very strict and wanted us all to reach that high level of competition'.

The Manager for the Team was Pratab Singh, well known as Fatty, and his shop was opposite the University of the South Pacific, also known as Fatty.

Rocky also remembers playing against some of Fiji's famous soccer players with the

likes of the Sahib Brothers including George Koi, Vula Wate, Mun Lal and Johnny Foster, and who were part of Team Fiji that beat Australia 1-0 at Suva's Buckhurst Park in 1977.

Rocky said he has fond memories of his soccer days in Fiji from 1973 to 1979 before the Buksh family decided to move to America in 1980 in what the family described as a journey to realise their 'American Dream' and to also provide better opportunities for the children.

As Rocky puts it; "I may be away from Fiji physically, but no one can remove my Fiji from my heart as it remain there forever"

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Message from the President:
Mohammed Mumtaz

Alhamdo Lillah, we have reached our 9th year of Fiji Muslim Soccer Tournament. This is a blessing from Allah Subhan o Ta^ala and we should all be grateful to him. As a President of FMS Association of U.S, resides in L.A area. I always dream about having a Muslim tournament in L.A, but there are always

FANCA

By WAISEA NASOKIA

The Fiji Football Association coaching team will be scouting for new talents at the 2012 FANCA tournament, which got underway at Prince Charles Park in Nadi yesterday.

This was confirmed by Fiji FA President Rajesh Patel during the opening ceremony.

Patel said if the overseas players who carry Fiji passports excel and catches the attention of the coaches they will be considered.

He confirmed that national coaching director Carlos Buzzetti and technical director Farouk Jaureman will be given the task.

"The two will be here for the next five days and will be scouting for players in the Under-21 and also for the national team."

"Prove yourself to get the opportunity to represent Fiji. And Fiji FA we will always support all cultural tournaments like this."

The chief guest President Ratu Epeli Nailatikau highlighted the achievements of paralympics gold medalist Iliesa Delana.

Ratu Epeli told the players and officials to play good sportsmanship at all times.

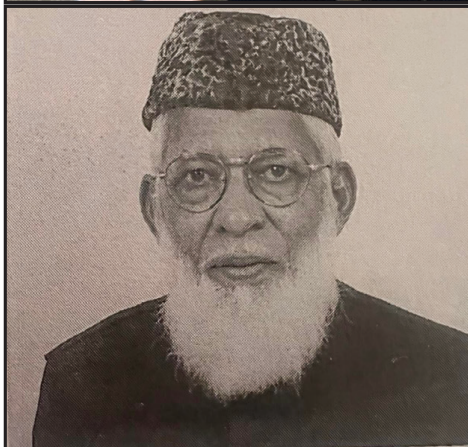
Meanwhile, in the opening match in the Masters (age 35+ category) Canada thumped USA 2-0. Canada had two former Nadi reps Iqbal Khan and Tavua striker Amir Ahmed while USA had former Nasinu and national midfielder Safiq Ali, Bobby Ali, Sheik Ali and Ba's Ayub Khan.

In the U21 match Fiji 2 Drasa was defeated by New Zealand 4-2. When this edition went to press Canada was playing NZ and later on Fiji was to play USA in the main competition.

Fiji Muslim Sports Association of USA
Message From The President
Hazrat Khan



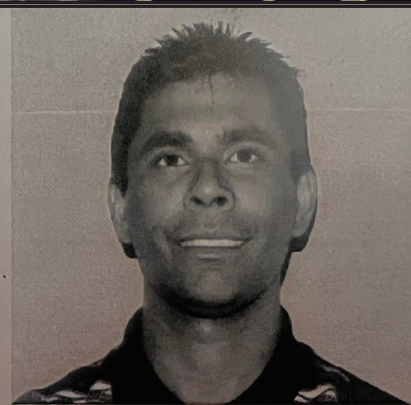
All blessings and praise to Allah Subhan O Tal'ala who has given us an opportunity to be together today. I ask for Allah (SWT) guidance and blessings on the Muslim Ummah during these challenging times and seek blessings for the health and success of the Fiji Muslim Society in USA.



Late Al Haj Tahir Mohammed Khairati
PATRON FMSA OF CA, USA 1938-1999



Canada's Irshad Sidhiqi (right) fights for possession against United States of America's Sheik Ali during the FANCA Masters 35 match at Prince Charles Park, Nadi yesterday.
Photo: WAISEA NASOKIA



TABREZ KHAN
FANCA CHAIRMAN USA

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FIJI MUSLIM SPORTS ASSOCIATION OF CALIFORNIA AMERICA TEAM



Mohd Aiyub
Player - USA



Riaz Buksh
Player - USA



Razah Nazil Ali
Player - USA



Mohammed Nisar Sheikh
Player - USA



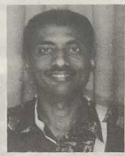
Alan Faizal Khalik
Player - USA



Abdul Iftakar
Player - USA



Riaz Imdad Ali
Player - USA



Samshad Ali
Player - USA



Ashim Haydar Ali
FMSAC



Ronald Fiyaz Ali
Player - USA



Irshad Ali
Player - USA



Aqbool Mohammed Jamal Khan
Player - USA



Umar Ali
Player - USA



Sabhan Ali Akbar
Player - USA



Sheikh Imababoko Sahib
Player - USA



Sean Nesar Hussain



Abdul Faruk Ali
Player - USA



Usman Ali



Tauresh Toheeb Khalik
Player - USA



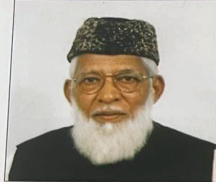
Mohammed Feroz
Player - USA

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Life Member



IQBAL HUSSIEN,
Secretary

2002



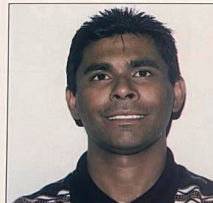
HANIF ALI,
Working Committee



HAZRAT ALI, President



MOHAMMED SAHZAD,
VP, Founder FMSA



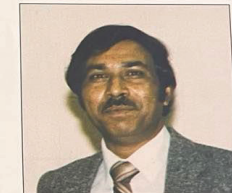
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VP, Chairman of Finance



ALEEM ALI,
Working Committee



ASAF ALI, Patron



ANWAR ALI, Treasurer

2003



SATAR HUSSEIN,
Assistant Secretary

MISSING MEMBERS ARE
BR ILIAS
BR MUMTAZ
BR BOBBY KHALID

Team America



Br Anwar Ali
President



Br Mharum Khalik
Manager Premier



Br Feroz Khan
Coach Premier



Br Nausad Ali
Assistant Manager



Br Izaz Ali
Veteran Manager



Br Usman Ali
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Coach Veteran

Premier

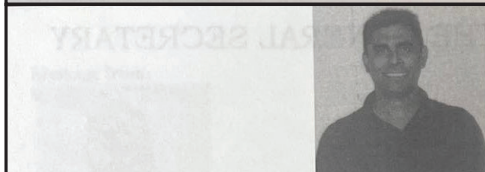


Veterans

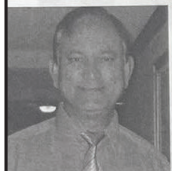


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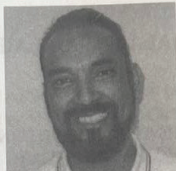
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Patron
Hasrat Khan



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Bobby Ali



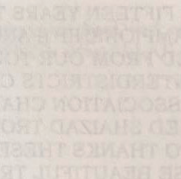
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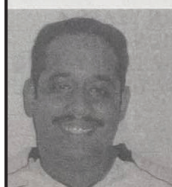
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Ibnaez A Wahid



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M. Rashad Raiyaz H



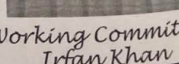
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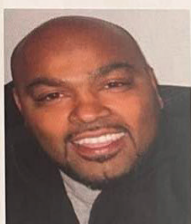
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Imran Yusuf
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President FMSA



Zarim Khan
Grounds Committee



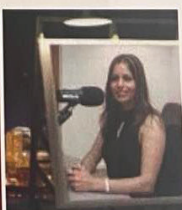
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Grounds
Committee



Jalil Khan
Grounds Committee



Sama Hanif
Cultural



Naz Khan
Cultural

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Aiyub Ali

Patron - Aslam Ali

Patron - Abdul Muni

Vice-President



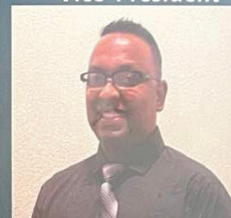
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Senior Vice-President



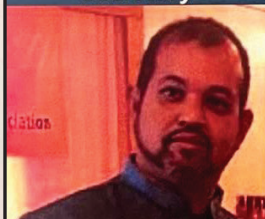
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Elias Ali

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Daughty

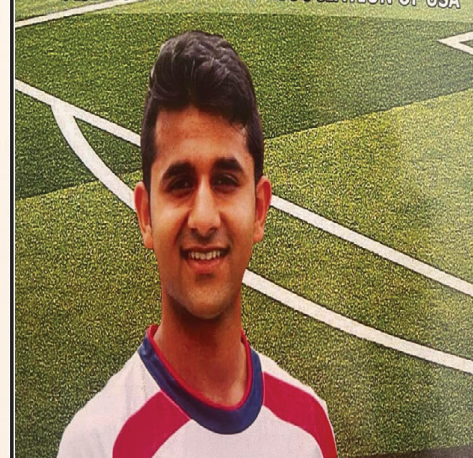
The FANCA Cup Winners

Year	Winner	Host
1997	Fiji	Canada
2001	Canada	Canada
2004	Fiji	Fiji
2006	New Zealand	New Zealand
2008	Australia	Australia
2010	New Zealand	USA
2012	Fiji	Fiji
2014	New Zealand	Fiji
2016	Canada	Fiji



FMSA USA

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USA FIJIAN MUSLIMS PREPARE FOR FIJI MUSLIM WORLD CUP

Members of the USA Fijian Muslim Community gathered on Saturday evening 30th July 2022 for a Banquet Night in Modesto, California as they prepare to travel to Fiji for the Muslim World Cup tournament which will be held in the Jet Set Town of Nadi from 17th August to 21st August.

Organisers of the Banquet at Modesto were super thrilled with the very positive response which saw a wide cross section of the USA Fijian Muslim Community and their

respective families attending to support this year's tournament.

The US Fiji Times CEO/Publisher Rocky Ali Buksh also confirmed that Teams from USA, Canada, Australia, New Zealand and Fiji are all eager to contest this year's tournament with high hopes of claiming the prestigious Cup. Mr Buksh further confirmed that the US Fiji Times will also be providing Media updates of the tournament.



The President of FMSA of USA - Br. Shameer Buksh thanks all Sponsors, Family & Friends for their support in reaching this milestone. US Fiji Times will be bringing you live updates from this event from Nadi Fiji. To view Photos

from this event and other updates. please visit our website: www.usfijitimes.org or our social media (Facebook Page) <https://www.facebook.com/usafijitimesonline>

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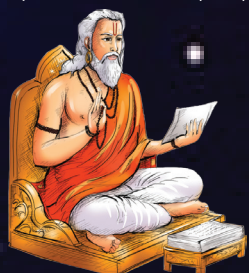


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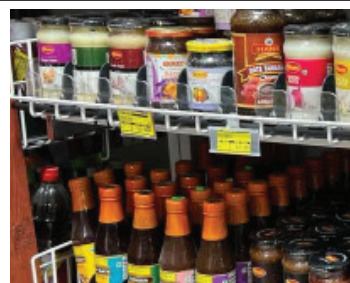
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Fiji News

EMPLOYMENT MINISTER RECEIVES COURTESY CALL FROM THE BANGLADESH HIGH COMMISSIONER

The Minister for Employment, Productivity and Industrial Relations, Youth and Sports, Parveen Kumar Bala yesterday received a courtesy call from the Bangladesh High Commissioner to Australia, New Zealand and Fiji, His Excellency, Mohammad Suffiur Rahman. The Minister welcomed the High Commissioner and his delegation, and sincerely thanked them for their time to visit the Ministry and to discuss issues pertaining to employment,

youth and sports portfolio. Both counterparts discussed issues of concerns on skills mismatch, employment bonds, insurance cover, employment contracts and stringent processes to deal with other employment irregularities in helping both countries achieve their set goals and improve bilateral relationships. Both governments have agreed to enter into collaboration through a Memorandum of Understanding (MOU) on a general framework covering

areas of labour mobility, immigration, technologies, youth and sports and other national issues of common interest. His Excellency, Mr. Rahman thanked Minister Bala and his team for their time in meeting with them and for the successful deliberations held on the issues highlighted, as well as the Fijian Government's support towards the establishment of a working committee to facilitate the intended works toward a greater bilateral engagement.



OUTGOING AUSTRALIAN HIGH COMMISSIONER TO FIJI PAYS FAREWELL CALL TO THE PERMANENT SECRETARY OFFICE OF THE PRIME MINISTER



Permanent Secretary, Office of the Prime Minister, Mr Yogesh Karan received a farewell call from the outgoing Australian High Commissioner to Fiji, His Excellency John Feakes this afternoon. Mr Karan, on behalf of the Prime Minister, conveyed the Fijian Government and the people of Fiji's gratitude to Mr Feakes, who has undoubtedly, outdone himself with great achievements during his tenure as High Commissioner to Fiji

since 2017. Under High Commissioner Feakes' leadership, Fiji and Australia's relationship soared to new heights. One of the landmark achievements recognised under Mr Feakes' leadership was the signing of the Vuvale Partnership. "Vinaka vakalevu High Commissioner Feakes for your outstanding contribution towards Fiji and Australia's relationship and our Pacific vuvale. Thank you for your exceptional service and

commitment. "Fiji wishes you well in your future endeavors." Meanwhile, High Commissioner Feakes last week received the Honorary Officer of the Order of Fiji from His Excellency the President, Ratu Wiliame Katonivere for his exceptional service to Fiji. This is only bestowed on those who have rendered distinguished service of a high degree to Fiji and humanity at large.

NATIONAL REFERRAL MECHANISM WORKSHOP FOR ANTI-HUMAN TRAFFICKING

The Ministry of Defence, National Security and Policing together with The Asia Foundation are currently co-hosting a National Referral Mechanism Workshop for Anti-Human Trafficking at the Pearl Resort from 26th -28th July 2022. Just days after the release of the 2022 United States of America (USA) Department of State (DOS) Annual Trafficking in Person (TIP) Report was released, the National Anti-Human Trafficking Committee together with Civil

Society Organisations (CSO's) partners were in full attendance to discuss and try to finalise a robust, flexible and fit-for-purpose Referral Mechanism that is envisaged to streamline the referral and management of cases of human trafficking. The three days' workshop was opened on Tuesday 26th July, 2022 by the Permanent Secretary for Defence, National Security and Policing Mr. Manasa Lesuma and set the expected outcomes for the three days

meet. PS Lesuma acknowledged the valuable partnership of all Civil Society Organisations, Non-Governmental Organisations (NGO's) and Faith Based Organisations (FBO's) together with Government organisations in the national fight against Trafficking in Person. He also acknowledged and welcomed the new partnership forged with The Asia Foundation who have recently returned to Fiji. The workshop will run until Thursday 28th July 2022.



FIRST LADY HOSTS SPOUSAL PROGRAMME



First Lady, Adi Filomena Dikumete Katonivere hosted the spouses of Pacific Leaders at the State House under the Seniuci Spousal Programme today (12/07/22). Welcoming her guests on behalf of His Excellency, the President Ratu Wiliame Katonivere, the First Lady said it was indeed a great honour to host the spouses at State House. "I am quite impressed with the name of the

Spousal Programme, the Seniuci after the Uci flower, which is used locally for medicine or perfume and is also part of the garland that you are all currently wearing this morning," she said. "The flower is normally planted in our homes or villages for ceremonies or as a boundary marker and how fitting is the name, as we the spouses of our national leaders play a most important role being the boundary of sup-

port, empowerment, inspiration, and protection for our spouses." "I particularly thank the organisers for acknowledging this and planning a programme for the spouses as I believe that we also contribute wisdom on matters on the Blue Pacific, the region, and its issues as well as appreciating regionalism upholding the theme of reflection, renewal, and celebration," the First Lady further added.

News



Message from: SHAMEER BUKSH
FMSA OF USA – Head of Nation
ASSALAMUALAIKUM
WARAHMATULLAHI WABARAKATUH
(May peace and blessing of Almighty be upon all of us)



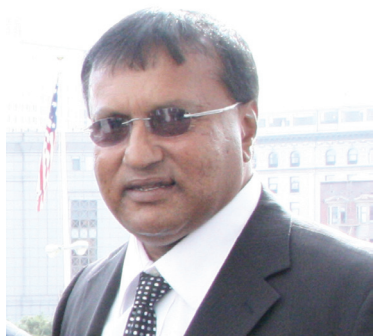
First of all, I would like to offer my sincere thanks to all the nations in keeping this tie of unity amongst us stronger as another year passes by to this successful event. This year is a very special one as we meet to celebrate 25 years to Fiji Muslim F.A.N.C.A Sports Federation. A great milestone and I feel privileged to be part of this celebration and to be bringing Team U.S.A for this FANCA Championship which is scheduled for the month of August 17th-21st, 2022, in Nadi, Fiji.

A great deal of effort is required to plan and execute an event of this caliber and I would like to thank Fiji Muslim Sports, and to all nations men & women in making this event a success. Without the support of you all, this would not have been as successful.

It has been difficult few years for most of us as we may have been impacted with the deadly Covid Virus, or we may have lost members from our last gathering to our last successful FANCA Championship and may Allah S.W.T grant Jannat-ul-Firdaus to all.

I would like to wish the 5 participating nations best wishes and may the best team win and pray to Allah SWT for a successful Muslim FANCA Championship. Let us create everlasting memories during this Silver Jubilee FANCA Championship 2022.

Jazak Allah



Message from:
ROCKY BUKSH
FMSA OF USA – Technical Advisor



Assalamualaikum Warahmatullahi Wabarakatuh

I would like to congratulate the Muslim World cup Committee on this year's BI-Annual World Cup in conjunction with its 25th Silver Jubilee to be held at Prince Charles Park in Nadi, Fiji during the week of August 17-21st, 2022. This being the most prestigious tournament in the Muslim Soccer League, it will no doubtly bring out the best of each participating teams at home and those coming from abroad. With team like Fiji, New Zealand, Canada, Australia, and the mighty Zooms Taxi & Tours USA, surely, we will expect to witness a very competitive event. It is not to be overlooked that our Muslims brother have contributed a lot to our Fiji National team with presence of players like Abdul Manan, Mohammed Salim, Late Janean, and Sahib Brothers, to name a few that have been groomed thru tournaments like this to reach to the height of donning the national team jersey. The most important aspect of this event in addition to affording the local the best glimpse of classy soccer will be instilling an air of togetherness to meet our brothers coming back home to enjoy true hospitality of the jet set town of Nadi. The US Fiji Times is proud to spread the success of the tournament through its publication and will cover the event with pride and gratitude. May this be a very successful tournament and best wishes the winning team.

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Fiji News

BUDGET ACKNOWLEDGEMENT BY THE MWCPA

The Minister for Women, Children and Poverty Alleviation, Rosy Akbar has lauded the new budget as a compassionate and rewarding budget, which considers the needs of the most vulnerable in our population, while providing opportunities for the economic empowerment of families and individuals, through social protection and within the grant system. "This budget has been designed to encourage empowerment and inclusion. The Ministry of Women, Children and Poverty Alleviation has been allocated a total budget of \$147.7 million for the upcoming fiscal year. We would like to thank the Minister for Economy and his team, for supporting the Ministry's submission as a service oriented Ministry, allocating resources for assisting the most vulnerable as well and maintaining support for gender equality, empowerment and preventing violence against women and girls". "Under social protection, we have received allocations for the Poverty Benefit Scheme (\$34,000,000), Child Protection allowance (\$13,741,621), Social Pension Scheme (\$55,000,000),

Food Voucher for Pregnant Mothers (800,000), Allowance for Persons with Disabilities (\$10,788,541) and the Bus Fare Program for Older Persons and the Disabled (\$10,000,000). Our Older Persons were not forgotten, as we have been allocated \$120,000 to establish the National Council for Older Persons as a statutory body, which will provide a catalyst for promoting the issues and concerns of our senior citizens", Minister Akbar said. Minister Akbar stated that the Ministry will continue to reform and digitalise the Department of Social Welfare and the new Department of Children. "We are excited to announce the new budget line to establish the Department of Children, reinforcing our commitment to strengthen child protection systems nationally and to streamline and improve the delivery of child services. The specialisation of child protection roles will be the foundation for the professionalisation of this sector. We want to ensure that the children of Fiji have the best child protection system we can provide and this is a very important step forward in



that direction". Minister Akbar added that the Ministry is also grateful to the Government for responding to the circumstances that the poorest of the poor are experiencing, providing the \$180 assistance scheme for 6 months, which will benefit all recipients, including children. "Again this evidences the government's commitment to early childhood development in commitments to health, nutrition and child protection". "We are pleased to note that disabilities and gender budgets have been mainstreamed across Govern-

ment and within financial institutions like the Fiji Development Bank. Fiji has taken the lead in gender transformative Institutional Capacity Development across government, a program which is ongoing this year and we can see the results in gender responsive budget allocations and the commitment of development partners. Fiji took the lead in terms of government responses to gender based violence during the pandemic and the Ministry continues to be resourced to prevent violence against women and girls. We

have received resources for grants to women's institutions (\$400,000), NGO grants, and support for the DV helpline (\$200,000), DV shelter and DV fund. Women's Economic Empowerment (\$100,000) was not overlooked, with resources allocated across government and funds of \$300,000 allocated to re-invigorate women in the informal sector. Fijians from the business sector to the grassroots have been considered in this thoughtful budget", she explained.

HISTORIC SIGNING OF THE FIJI-SOLOMON ISLANDS MARITIME BOUNDARY AGREEMENT

Yesterday marked a momentous achievement for Fiji and the Solomon Islands as Prime Minister Voreqe Bainimarama and Prime Minister Manasseh Sogavare signed a Maritime Boundaries Delimitation Agreement, to demarcate their shared maritime boundaries. The Agreement was signed at the Blue Pacific High-Level Panel Event on Ocean Leadership at the Grand Pacific Hotel this

evening, along the margins of the 51st PIF Leaders Meeting. "The Agreement establishes our countries' respective maritime zones in accordance with the principles of the United Nations Convention on the Law of the Sea, and today marks a promising step towards a brighter and bluer future for Fiji and the Solomon Islands," said Prime Minister Bainimarama. Ongoing negotiations and bilateral

discussions between officials from the two countries led to this signing with technical support provided by the Pacific Community (SPC) under the Pacific Maritime Boundaries Project and with assistance from Development Partners (the Consortium). The Agreement sets out the intersecting maritime boundaries of Fiji and the Solomon Islands in accordance with the United Nations Convention on the Law of the Sea (UNCLOS) which both countries are a party to. As Large Ocean States, the finalisation of this Agreement will ensure that both Pacific Island countries' maritime boundaries are clearly defined and that their rights and obligations under UNCLOS are properly established. Through this Maritime Boundary Agreement, both Leaders have also declared the permanence of their country's respective maritime zones, irrespective of climate change-related sea-level rise and its



potential impact on maritime boundaries. This aligns with the Pacific Island Leaders' Declaration on Preserving Maritime Zones in the Face of Climate Change-related Sea-Level Rise ('Declaration') that was issued in August 2021. Prime Minister Sogavare said that the Agreement is a celebration of the chapter on oceans in the 2050 Blue Pacific Strategy. "This is a historic moment which signifies Solomon Islands' commitment to the UNCLOS and I thank Prime Minister Bainimarama for creating space for this signing," he added. The signing of

this Agreement highlights the long history of engagement and diplomatic relations that Fiji has had with the Solomon Islands and paves the way for future cooperation. There are 48 shared or overlapping boundaries between countries in the Pacific Islands region. 35 of these boundaries have been formalised through an Agreement, and there are 13 outstanding bilateral and five high seas boundaries remaining to be declared. The signing of this Agreement brings the number of outstanding Agreements to 12.



Fiji News

PACIFIC ISLAND LEADERS REAFFIRM THEIR COMMITMENT TO OCEAN LEADERSHIP, INNOVATION, AND PARTNERSHIPS

The Pacific Islands Forum (PIF) Leaders yesterday renewed their commitment and reaffirmed the region's solidarity in advancing climate action and ocean conservation. This was conveyed yesterday afternoon at the "Blue Pacific Leaders Oceans Panel," with the theme, "Ocean Leadership, Innovation, and Partnerships," convened during the first day of the 51st Pacific Island Forum Leaders meeting in Suva. The discussions amongst the PIF Leaders included an overview of the importance of the Pacific Oceans to our region's sustainable development. Discussions were led by Pacific Islands Forum (PIF) Chair and Prime

Minister Voreqe Bainimarama, the President of Palau, President Surangel Whipps Jr, and the Premier of Niue, Honourable Dalton Tagelagi. In his remarks, Prime Minister Bainimarama said, "Currently, less than three percent of the earth's oceans are fully protected. This is a grossly clear indication that change is needed; business as usual is spelling disaster in real-time, right before our eyes." "My fellow Pacific Islanders, every single one of us here regards the ocean as the beating heart of our island economies, our culture, and our way of life. This is a significant part of why we developed the 2050 Strategy for the Blue Pacific Continent." The

Prime Minister said, "At the UN Ocean Conference in Lisbon, I was happy to join President Whipps of Palau to launch the Alliance for a Moratorium on Deep-Sea Mining. Deep-Sea mining has no place in a sustainable blue economy; nor is it needed to decarbonize and transition to renewable energy." "Similarly, Fiji and the Marshall Islands have co-chaired the Pacific Blue Shipping Partnership that is now being resurrected post-pandemic. The partnership demands a transition and transformation of our domestic and regional shipping." "Friends, as a united Pacific, we not only have the responsibility – but also the capability to establish a Blue Pacific Wall of protected ocean. I urge all our Pacific countries to join together to ensure our regional waters are 100% managed – with 30% protected." "Our region should ultimately become the world's largest supplier of sustainable tropical blue foods. Our 2050 Strategy is geared towards this – and we need financing and partnerships to make this happen." President Whipps said the Pacific nations need to work together to protect our oceans through innovative ways. He assured his support to Fiji and the region in protecting our Blue Pacific Oceans and in strengthening our collective voice on the issues of climate and oceans. He also thanked



Prime Minister Bainimarama for hosting the 51 PIFLM which brings to the forefront the issues of importance to the region. Premier of Niue, Honourable Tagelagi thanked the Prime Minister for his strong leadership on climate and ocean issues. He said the talanoa sessions are an important platform to strengthen partnerships to have sustainable oceans for a resilient Blue Pacific region, as our life depends on the oceans. There were exchanges of views among the PIF Leaders on how best we can collectively protect the Blue Oceans for future generations and its importance for building a resilient Blue Pacific. The PIF leaders called for increased cooperation at all levels to actively address climate-induced challenges and protect the Blue Ocean, as the lives of Pacific people depend on it. There was an emphasis on the opportunities for greater cooperation at global and regional stages on enhancing support for

Small Island Developing States (SIDS) given they are the most affected by the impact of climate change and also their duty to protect the health of the ocean. The PIF Leaders reaffirmed their commitment to work closely as a Pacific Family in protecting our Blue Oceans, and during the next few days at 51st PIFLM, the leaders will pursue more discussions on realising shared goals toward ocean conservation and climate mitigation strategies. The Panel also highlighted the importance of the 2050 strategy which sets out the Blue Pacific's long-term approach to working together as a region, in support of the national priorities of the PIF Members. The Strategy comprises the Leaders' vision for the region and of the seven key thematic areas designed to support the achievement of the Blue Pacific's vision, "Climate Change" and "Ocean and Environment" are key components of the Strategy.



PRIME MINISTER RECEIVES A COURTESY CALL FROM THE KOREAN MINISTER FOR OCEANS AND FISHERIES



The 51 years of diplomatic relations between Fiji and the Republic of Korea demonstrate the shared commitment of the two nations in areas of climate change, oceans, promotion of trade and investment, and socioeconomic development.

This message was conveyed this morning during a courtesy call received by the Pacific Islands Forum (PIF) Chair and Prime Minister, Voreqe Bainimarama from the Korean Minister for Oceans and Fisheries and Special Envoy of the President of

the Republic of Korea, Mr Cho Seung-hwan. The meeting took place along the margins of the 51 Pacific Islands Forum Leaders Meeting which starts today and concludes on Thursday 14 July 2022. Prime Minister Voreqe Bainimarama reaffirmed Fiji's commitment to work closely with the Republic of Korea in common areas of priorities and interests. He said the ongoing collaboration between the two nations for the last 51 years has grown from strength to strength in the socioeconomic areas of development. The Prime Minister acknowledged the Republic of Korea for its support to Fiji over the years and especially in

supporting Fiji's response to the COVID-19 pandemic through provisions of Personal Protective Equipment (PPEs) and life-saving medical equipment, among others. He said Fiji looks forward to further strengthening relations with the Republic of Korea in building back better from the impacts of climate change and the pandemic. Perspectives on potential development cooperation in areas of oceans conservation, fisheries, climate mitigation, economy, green technology, and renewable energy solutions were discussed amongst others. In response, Mr Cho Seung-hwan thanked Prime Minister Baini-

marama for the opportunity to meet in person and the discussions they had will pave the way forward to increased levels of engagement between the two nations in the post-pandemic era. The Korean Minister expressed his support and that of Korea, towards Fiji's efforts in addressing the unprecedented impacts of Climate Change and the need for a united strategy for the Blue Pacific. Upon returning to Korea, he will provide an update directly to President Yoon Suk-Yeol regarding the 2050 Strategy for the Blue Pacific Continent and the Pacific Island Forum Leaders meeting.

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Fiji News

PM BAINIMARAMA RECEIVES COURTESY CALL FROM TONGAN COUNTERPART

Fiji and Tonga have pledged stronger cooperation in areas of common interests, particularly in defence and security, education, labour mobility, and socioeconomic development. This was conveyed yesterday at a courtesy call received by the Pacific Islands Forum Chair and Prime Minister Voreqe Bainimarama from Tongan Prime Minister, Honourable Sovaleni Hu'akavameiliku. The meeting took place on the margins of the second day of the 51st Pacific Islands Forum Leaders Meeting (PIFLM). The Prime Minister said Fiji places great importance on its relations with Tonga given our shared history.

He congratulated his Tongan counterpart on being elected the 18th Prime Minister of Tonga, with assurances of his continued support. The Prime Minister also expressed his condolences to the Government and the people of Tonga for the devastation caused by the eruption of the underwater volcano early this year, to which he assured Fiji's continued support for Tonga's recovery efforts. The Prime Minister said despite the challenges the region is faced with, the onus is on Pacific Leaders to ensure that "we, as a united region, continue to place our people at the heart of all our decision making—in the Pacific

Way". The PIF Chair said the launching of the 2050 Strategy for the Blue Pacific Continent, which will be endorsed by the leaders on Thursday, would provide the opportunity to determine our collective position as a region, in the face of increasing geopolitical competition. He added that he looks forward to the commitment of all Leaders in championing the collective regional interests of the 2050 Strategy of the Blue Pacific Continent. In his response, Honourable Hu'akavameiliku expressed his sincere gratitude for Fiji's continued support and assistance during their nation's recovery efforts from the effects of



the COVID-19 and the tsunami crisis. He thanked Prime Minister Bainimarama for his strong leadership on issues of importance to the region, particularly on climate and oceans. Prime Minister Hu'akavameiliku said he is pleased to be here in

Fiji and is grateful for the kind hospitality accorded to him and his delegation. Tonga will work closely with Fiji in realising the shared goals set out in the 2050 Strategy for the Blue Pacific Continent.

HEAD OF STATE LAUNCHES PACIFIC REGIONAL CULTURE STRATEGY

His Excellency, the President, Ratu Wiliame Katonivere officiated at the Na Wekaqu Noqu i Yau exhibition, an event to commemorate the 50th Anniversary of the Festival of Pacific Arts and Culture, and the launch of the Pacific Regional Culture Strategy 2022-2032 last night (12/07/22).

Addressing Pacific Island leaders and guests present, President Katonivere said that it was rather fitting that the milestone is commemorated at the leaders' gathering as 50 years ago, the first gathering of the Festival of Pacific Arts and Culture took place right here

in Suva in May 1972. "As the Head of State, I wear many hats of responsibility, one of which is the Patron of the Fiji Arts Council, so I was greatly pleased to learn of the Fiji Arts Council's forward-thinking and proposing the idea for a regional festival in 1965 and having co-hosted the very first festival in 1972," said the President. The Head of State added that the Festival of Pacific Arts and Culture helps lead the conversation on how culture and the creative industries can contribute to both social and economic development. Fiji, like many countries in the Pacific, is progressing

its work towards its National Cultural Policy; Cultural Statistics Framework; Fiji's Heritage Bill, and Fiji's Traditional and Ecological Knowledge Bill. "As we engage in high-level decision making, it is crucial that we remember the importance of our shared community values and their contribution to sustainable development," President Katonivere said. "Tonight's exhibition, Na Wekaqu Noqu i Yau, further reinforces the need to gather all groups in Oceania together to ensure a sustainable, secure, and successful future for coming generations."



PIF CHAIR ATTENDS THE PACIFIC GROUP OF THE AFRICAN CARIBBEAN PACIFIC LEADERS MEETING (PACP)

Prime Minister and the Pacific Islands Forum (PIF) Chair, Voreqe Bainimarama, joined the Secretary-General of the Pacific Islands Forum, Henry Puna, and the Pacific Islands Forum Leaders at the Pacific Group of the African Caribbean Pacific Leaders (PACP) Meeting yesterday in Suva (11/07/22). The meeting is the first official engagement of the Leaders as part of the 51st Pacific Island Forum Leaders meeting convened yesterday in Suva. In his opening remarks, PIFS Chair and Prime Minister Bainimarama said the

51st PIFLM celebrates 50 years of Pacific regionalism and it is also setting the course for the future of our Pacific regionalism, through the 2050 Strategy for the Blue Pacific Continent. He said the 2050 Strategy sets the vision and direction for the Blue Pacific region and provides a framework for all the development partners, including the EU, to align their regional cooperation. PACP Meeting enabled the Leaders to discuss opportunities for partnership in shared areas of priorities and areas to strengthen cooperation in the

post-pandemic era. Following the PACP Meeting, the Leaders convened the Blue Pacific Leaders Ocean Panel discussions. The 51st PIF Leaders Meeting is scheduled from Monday 11th to Thursday 14th July 2022. It is an opportunity for Forum Leaders to convene an in-person meeting since the last Leaders Meeting in Funafuti, Tuvalu in 2019. This year's program is hosted by the Fijian Government under the leadership of Prime Minister Voreqe Bainimarama as Chair of the Pacific Islands Forum in close coordination with the PIF



Secretariat. The theme for the event is "Jubilee: Reflection, Renewal, Celebration." The meeting will provide an opportunity for leaders to discuss issues of importance to Fiji and

the region; including economic recovery initiatives against the backdrop of the global COVID-19 pandemic and increased vulnerability to climate-induced natural disasters.

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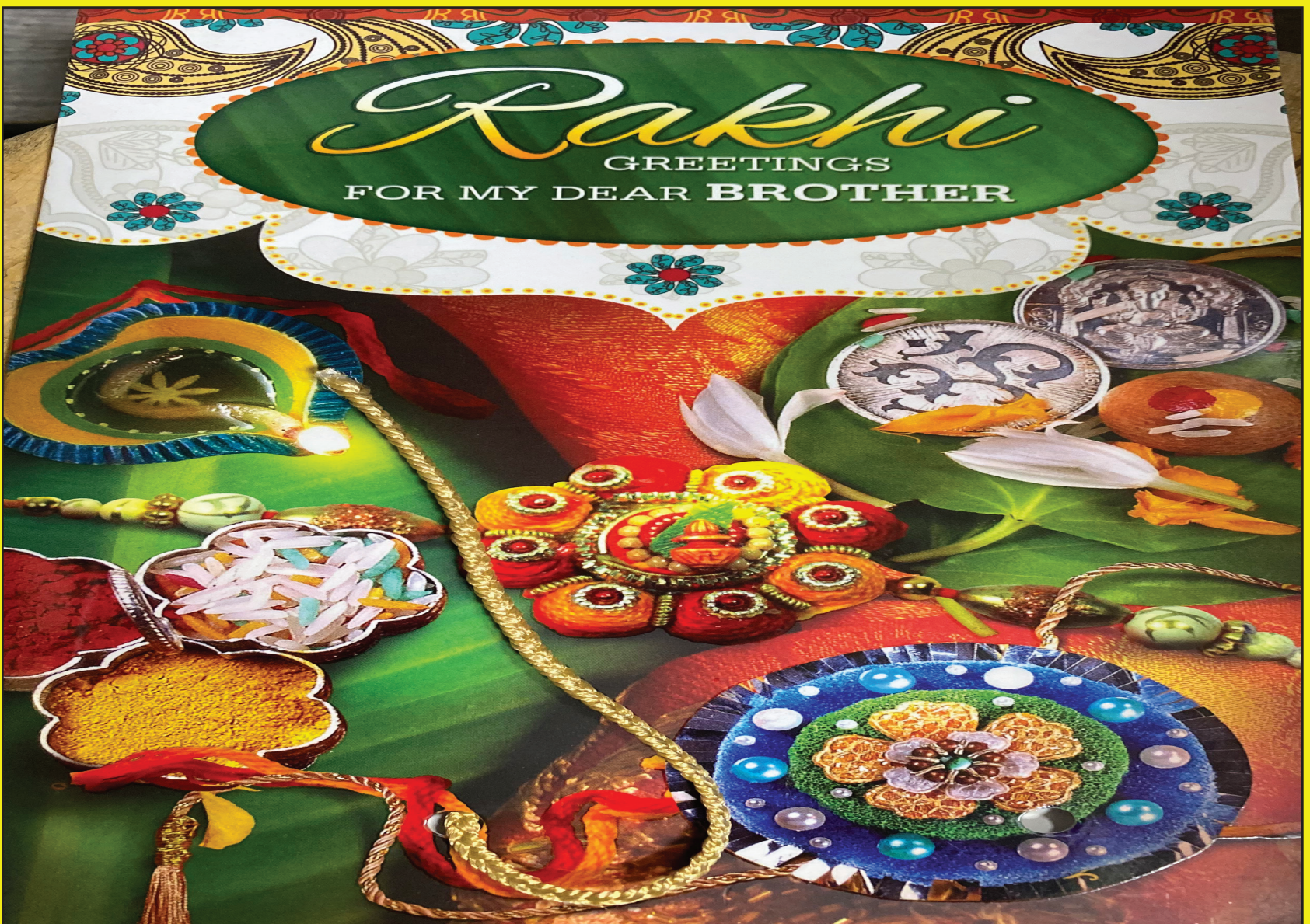
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Fiji News

PACIFIC ISLANDS FORUM LEADERS THANK THE FIJIAN GOVERNMENT FOR THE TRADITIONAL WELCOMING CEREMONY AND KIND HOSPITALITY

The Fijian Government accorded a traditional ceremony of welcome to the visiting Pacific Islands Forum Leaders at the Grand Pacific Hotel yesterday evening (12/07/22). The Pacific Leaders are visiting our shores this week, for the 51st Pacific Islands Forum Leaders to pursue important discussions that will strengthen regional solidarity and advance shared aspirations in achieving a resilient Pacific region of peace, harmony, security, social inclusion, and prosperity. The Forum Leaders were formally welcomed by the Pacific Islands Forum Chair and Prime Minister VoreBainimarama. In his remarks, Prime Minister Bainimarama said, "A key focus of our Forum Leaders Retreat later this week will be the issue of our regional solidarity and how best we, as a Forum Family, can bolster and galvanise our unity. We simply cannot make the same difference for the health, security, and prosperity of our people, without every Pacific voice helping to chart the course of our region's direction." "Friends, as we very slowly emerge from the grips of COVID-19, our world and our region remain in a state of turmoil. At home, many of us continue to deal with long-standing socio-economic challenges that have been exacerbated by the

pandemic." "We will have the opportunity to consider that Strategy in our Retreat later this week, and I am very optimistic that this supremely important document will serve as our "North Star" for the decades to come - providing us with a long-term vision, key values to guide our way, and a sense of our shared trajectory," Prime Minister Bainimarama said. The Pacific Leaders thanked the Fijian Government for the traditional welcome ceremony and the warm hospitality accorded to them upon their arrival in #Fiji. They expressed their appreciation for the richness of the Fijian culture and the traditions of Fiji and the people of the Pacific. Speaking on behalf of the Pacific Island Leaders, President of Federated States of Micronesia, His Excellency, David Panuelo said, "We find strength in unity, as our countries and cultures come together as one Family, to find common ground to seek peace and prosperity for our Blue Pacific continent and today on this historic occasion as we celebrate 50 years of regionalism. Honourable Prime Minister, on behalf of the Pacific Leaders who are here in your presence, we thank you for the tremendous hospitality and warm welcome that you have extended to each and

every one of us." "Today marks an important day for our Pacific Family where the light shines in our Blue Pacific continent. We thank the Prime Minister and the people of Fiji for welcoming our countries into the country to meet and find common ground for the issues as Pacific peoples. On behalf of the Pacific leaders, we extend to you, Honourable Prime Minister and the people of Fiji and your Government, our friendship and cooperation. Vinaka Vakalevu." The leaders are looking forward to comprehensive deliberation over the next few days at the 51st PIFLM, which will shape



the future of the Pacific region and strengthen our bonding as Pacific Vuale. The event was attended by the Pacific Islands Forum (PIF) officials, senior government representatives,

Non-Government Organisation reps, and dignitaries from the international, regional, and national organisations who were present at the ceremony to welcome our leaders.



MINISTRY WELCOMES STUDENTS AND TEACHERS TO TERM 2

The Ministry for Education, Heritage & Arts welcomes students and teachers back to school today as the second term of the academic year begins. The Ministry hopes that the school break was refreshing for our teachers and students as they start term 2. "In last two years, there has been loss of learning and the 2022 academic year is far from normal. Having started a new school year in April, it's time to recover learning losses and complete syllabuses. Let us all come together to help our children in their positive growth and development." said Minister Premila Kumar. Minister Kumar also reminded teachers

and students that COVID-19 is not over yet. Due to the increase in cases of Coronavirus, schools are encouraged to comply with the Safe School Reopening Protocol. Students and teachers are strongly encouraged to wear masks although it is not mandatory. "We want our students and teachers to be safe from the virus so that learning and teaching is not disrupted. It is therefore essential for parents to vaccinate their children and for teachers to boost their vaccinations," said the Minister. The Minister also extended her best wishes to all students and teachers for the term which ends on 6 October.



Fiji News

A-G ATTENDS HIGH-LEVEL POLITICAL CHAMPIONS ON CLIMATE CHANGE MEETING

Attorney-General and Minister for Economy, Aiyaz Sayed-Khaiyum attended the Pacific High-Level Political Champions on Climate Change meeting held at the Pacific Islands Forum Secretariat in Suva yesterday (10/07/22). The meeting was attended by the Secretary General (SG) of the Pacific Islands Forum Secretariat (PIFS), Mr Henry Puna, Director General of the Secretariat of the Pacific Regional Environment Programme (SPREP), Mr Sefana-

ia Nawadra, Director-General Pacific Islands Forum Fisheries Agency, Dr Manumatavai Tupou-Roosen, Palau's Minister for Agriculture, Fisheries and Environment Honourable Steven Victor, representing the Cook Islands Ms Tapaeru Herrmann, Secretary for Ministry of Foreign Affairs and Immigration and Tuvalu's Minister for Finance and Climate Change, Honourable Seve Paeniu who joined virtually.



MULTILATERALISM KEY TO OVERCOMING GLOBAL CHALLENGES



Prime Minister Voreqe Bainimarama called on the Group of 20 (G20) nations to take charge and implement solutions in order to overcome challenges encountered in the world. While delivering his statement at the

G20 Summit in Bali, Indonesia, the Prime Minister said the G20 must take the lead, as it is the indispensable actor for overcoming the challenges we are facing. "It is indispensable because it has the resources, the

infrastructure, the expertise and the convening power to ensure that we take meaningful actions. "You must jealously advance the rules-based order and insist on strategic collaboration. As a forum that commands 80%



of the global economy and its resources, you cannot fail in this indispensable actor for overcoming the challenges we are facing." In his contribution on Strengthening Multilateralism, Prime Minister Bainimarama added that multilateralism remains key to overcoming challenges in health, food security, governance, crime and environment—including climate change. "Multilateral action is not at odds with national sovereignty. We do not cede our national sovereignty when we act in concert with other nations, on the contrary, by willingly working with other nations to solve vexing problems, we strengthen our sovereignty.

It is the basis of our international system." Speaking in his capacity as chair of the Pacific Islands Forum, Prime Minister Bainimarama said that as a region, we are committed to strong multilateral and regional action. "Our new 2050 Strategy for the Blue Pacific Continent sets out a long-term vision to drive our political and development aspirations and our long-term approaches to critical chal-

lenges," he added.

"Our region is committed to working closely with this Forum for solutions that benefit all of us. When we look at the challenges that lie before us, we also become painfully aware of what we have left behind us. And it is vanity to think that any nation—or any group of nations—can solve its own problems while the rest of the world struggles to survive." Minister for Foreign Affairs of the Republic of Indonesia, Honorable Retno Marsudi, in her opening remarks, said that multilateralism is the only mechanism where all countries regardless of their size and wealth stand on equal footing and are treated equally. "The voices of all countries—big or small, North and South, developed and developing—must be heard," she said. "Multilateralism is the only way to coordinate effectively against global challenges." Meanwhile, discussions at the 17th session of the G20 Summit are focused on three main pillars, including Global Health Architecture, Sustainable Energy Transition, and Digital Transformation.



Food

Dahi Bhalla Chaat Recipe

Dahi Bhalla Chaat Recipe
Total Time: 40 min
Prep Time : 30 min
Cook Time : 10 min
Serves: 4 Servings
Ingredients

1. 10 Paapdi Puris
2. 10 Dahi Vadas (small)
3. 1 cup Cold Yogurt (beaten)
4. 1/4 cup Tamarind Chutney
5. 1/4 cup Coriander Chutney
6. to taste Salt
7. to taste Chilli Powder
8. 1/2 tsp Jeera Powder
9. Other ingredients:
10. 1/2 cup Chickpeas (boiled)
11. 1/2 cup Pomegranate

12. 1/2 cup Potatoes (boiled)
13. 2 tbsp Coriander Leaves (chopped)

How to

1. Place the puris on a serving plate. Place the vadas on top of the puris.
2. Cover them with yogurt. Now, add potatoes, pomegranate and chick peas.
3. Add coriander and tamarind chutney.
4. Sprinkle salt, chilli powder and jeera powder.
5. Garnish with coriander leaves. Serve immediately.



BBQ Malai Boti Recipe

BBQ Malai Boti Recipe
Total Time: 2hr 20min
Prep Time : 2 hr
Cook Time : 20 min
Serves: 2 Servings
Ingredients

1. For Marination:
2. 1/2 cup Raw Mango
3. 2-4 Green Chillies
4. 1 Ginger
5. 6-7 Garlic
6. 1 tsp Lemon Juice
7. 1/2 kg Mutton
8. For Second Marination:
9. 1/2 cup Curd
10. 1/4 cup Cream
11. 1/2 tsp Small Cardamom Powder
12. 1 tsp Black Pepper
13. 1/2 tsp White Chilli Powder
14. 1/2 tsp Jeera Powder
15. 1/2 tsp Coriander Powder
16. to taste Salt

How to

1. For Marination: Grind raw papaya, green chili, ginger, garlic buds and lemon juice in a blender.
2. Take mutton and add this mixture to it, mix it well and let it marinate for 30 minutes.
3. For Second Marination: Now add curd, cream, cardamom powder, black pepper powder, white pepper, cumin powder, coriander powder and salt as per taste.
4. Mix all the ingredients well with the mutton and keep it to marinate for 2 to 3 hours.
5. After marinating, place it in a skewer and grill it well on coal flame.
6. After roasting well, serve with chutney.



Spaghetti Pesto Genovese Recipe

Spaghetti Pesto Genovese
Total Time: 20 min
Prep Time : 10 min
Cook Time : 10 min
Serves: 2 Servings
Ingredients

1. 4 cups Fresh Basil Leaves
2. 1 cup Parmesan Cheese (about 2 ounces)
3. 1/2 cup Extra Virgin Olive Oil
4. 1/3 cup Pine Nuts
5. 4 Garlic Cloves (minced)
6. 1/4 tsp Salt (more to taste)
7. 1/8 tsp Freshly Ground Black Pepper (more to taste)
8. 500 g Spaghetti Pasta

How to

1. Blend the 5 ingredients in a

mixer until its smooth and then cover with olive oil and store it. Chef's tip : Use one extra virgin olive oil for the best taste.

2. Bring a pot of water to boil, season oil with salt and add olive oil to prevent pasta from sticking. Chef's tip: Add pasta in water only after bringing it to a boil or else you loose the starch from the pasta in the water.
3. Cook your spaghetti for 9 minutes or until almost al dente and then strain. Once done, take off the heat. In a pan, add your pasta with 1/2 cup pasta water and add your pesto.



4. Chef's tip : Never cook pesto sauce on a heat as it can get bitter very easily.
5. Mix well until the sauce has evenly coated the pasta. Plate in a pasta dish and garnish generously with

6. To put a twist on this recipe you can add mint and thyme to your blender to

add a refreshing kick to your pesto. You could also add toasted bread crumbs as a garnish to your pasta dish to add more texture to your dish.

Rakshabandhan

Raksha Bandhan (Rakhi)

The bonding between a brother and a sister is simply unique and is beyond description in words. The relationship between siblings is extraordinary and is given importance in every part of the world. However, when it comes to India, the relationship becomes all the more important as there is a festival called "Raksha Bandhan" dedicated for the sibling love. This is a special Hindu festival which is celebrated in India and countries like Nepal to symbolize the love between a brother and a sister. The occasion of Raksha Bandhan is celebrated on the full moon day of the Hindu luni-solar calendar in the month of Shravana which typically falls in the August month of Gregorian calendar. Meaning of Raksha Bandhan The festival is made up of two words, namely "Raksha" and "Bandhan." As per the Sanskrit terminology, the occasion means "the tie or knot of protection" where "Raksha" stands for the protection and "Bandhan" signifies the verb to tie. Together, the festival symbolizes the eternal love of brother-sister relationship which does not mean just the blood relationships only. It is also celebrated among cousins, sister and sister-in-law (Bhabhi), fraternal aunt (Bua) and nephew (Bhatija) and other such relations. Importance of Raksha Bandhan among various religions in India Hinduism- The festival is mainly celebrated by the Hindus in the northern and western parts of India along with countries like



Nepal, Pakistan and Mauritius. Jainism- The occasion is also revered by the Jain community where Jain priests give ceremonial threads to the devotees. Sikhism- This festival devoted to the brother-sister love is observed by the Sikhs as "Rakhardi" or Rakhari. Origin of Raksha Bandhan Festival The festival of Raksha Bandhan is known to have originated centuries before and there are several stories related to the celebration of this special festival. Some of the various accounts related to the Hindu mythology are described below: Indra Dev and Sachi- According to the ancient legend of Bhavishya Purana, once there was a fierce battle

between Gods and demons. Lord Indra- the principle deity of sky, rains and thunderbolts who was fighting the battle on the side of Gods was having a tough resistance from the powerful demon King, Bali. The war continued for a long time and did not come on a decisive end. Seeing this, Indra's wife Sachi went to the Lord Vishnu who gave her a holy bracelet made up of cotton thread. Sachi tied the holy thread around the wrist of her husband, Lord Indra who ultimately defeated the demons and recovered the Amaravati. The earlier account of the festival described these holy threads to be amulets which were used by women for

prayers and were tied to their husband when they were leaving for a war. Unlike, the present times, those holy threads were not limited to brother-sister relationships. King Bali and Goddess Lakshmi- As per an account of Bhagavata Purana and Vishnu Purana, when Lord Vishnu won the three worlds from the demon King Bali, he asked by the demon king to stay beside him in the palace. The Lord accepted the requested and started living with the demon king. However, Goddess Lakshmi, wife of Lord Vishnu wanted to return to his native place of Vaikuntha. So, she tied the rakhi around the wrist of demon king, Bali and made him a brother. On asking about the return gift, Goddess Lakshmi asked Bali to free her husband from the vow and let him return to Vaikuntha. Bali agreed to the request and Lord Vishnu returned to his place with his wife, Goddess Lakshmi. Santoshi Maa- It is said that the two sons of Lord Ganesha namely, Shubh and Labh were frustrated that they had no sister. They asked for a sister from their father who finally obliged to their sister on the intervention of saint Narada. This is how Lord Ganesha created Santoshi Maa through the divine flames and the two sons of Lord Ganesha got their sister for the occasion of Raksha Bandhan. Krishna and Draupadi- Based on an account of Mahabharat, Draupadi, wife of Pandavas tied

a rakhi to Lord Krishna while Kunti tied the rakhi to grandson Abhimanyu before the epic war. Yama and the Yamuna- Another legend says that the death God, Yama did not visit his sister Yamuna for a period of 12 years who ultimately became very sad. On the advice of Ganga, Yama went to meet his sister Yamuna who has very happy and performed hospitality of her brother, Yama. This made the Yama delighted who asked Yamuna for a gift. She expressed her desire to see her brother again and again. Hearing this, Yama made his sister, Yamuna immortal so that he could see her again and again. This mythological account forms the basis of festival called "Bhai Dooj" which is also based on the brother-sister relationship. Reason for the celebration of this festival The festival of Raksha Bandhan is observed as a symbol of duty between brothers and sisters. The occasion is meant to celebrate any type of brother-sister relationship between men and women who may not be biologically related. On this day, a sister ties a rakhi around the wrist of her brother in order to pray for his prosperity, health and well-being. The brother in return offers a gifts and promises to protect his sister from any harm and under every circumstance. The festival is also celebrated between brother-sister belonging to distant family members, relatives or cousins.





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Dr. Roberto C. Barrios is a man with short, dark, wavy hair and a mustache. He is wearing a white t-shirt with a dark collar and a dark apron. He is looking directly at the camera with a neutral expression.

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Health

Monkeypox Symptoms Usually Show Up in This Order

A rare condition called monkeypox has been confirmed in the United States and Europe, with more suspected cases worldwide. There are over 4,900 cases in the U.S. currently and more are expected. Monkeypox is a virus that originated in animals in West and Central Africa. While usually confined to animals, as previous outbreaks have shown, it can also jump to humans. "This is a virus that belongs to the same group as the smallpox virus; however, it's a much milder and less deadly form of it," says Dr. William Schaffner, an infectious disease expert at Vanderbilt University Medical Center in Tennessee. The first confirmed case was on May 7th from a person who had traveled to the United Kingdom from Nigeria. Additional cases were noted in London but were unrelated to the first case suggesting unlinked chains of infection. So far to date, there have been no reports of death. New symptoms in this outbreak In a recently published study in The BMJ, Trusted Source scientists discovered differences between this monkeypox outbreak and previous outbreaks after investigating 197 people who contracted the virus. In previous outbreaks, patients would see the rash, or pox, throughout the body in a widespread fashion. However, this outbreak is unique as some of the most common symptoms include rectal pain or penile edema. There have also been cases where there has been a



single pox lesion – which can make diagnosis difficult as it can be confused with other illnesses that also only have single lesion findings. While most cases have systemic symptoms including fever, swollen lymph nodes, and body aches and pains, this is not always the case with this monkeypox outbreak. It was originally believed that the systemic symptoms came before the rash, but 38% of infected individuals in the study reported the rash before the systemic symptoms and some who had the rash didn't have any systemic symptoms at all. Lymphadenopathy, or enlarged lymph nodes, can also appear. The rash can often be found on the hands, feet, face, mouth,

or even genitals. These rashes can transform into raised bumps or painful puss-filled red papules. Dr. Jeremy Walker, assistant professor at the University of Alabama at Birmingham Division of Infectious Diseases, explained in an earlier interview that the "illness often lasts 2-4 weeks" and it usually necessitates avoiding close contact with others to limit and prevent spread. If you are experiencing symptoms, Walker shares the Centers for Disease Control and Prevention (CDC) recommendations to contact your physician, especially if you "have recently traveled to Central or West Africa or areas within Europe where multiple cases have been reported." Additionally, if

you have "had contact with a person who has had suspected or known monkeypox or are a man who regularly has intimate contact with men." How it spreads Monkeypox is transmitted person-to-person through close contact including but not limited to sexual contact. "With this virus, we see chains of transmission which are linked to another individual. However, unlike COVID-19, which had the ability to transmit to others by both respiratory and airborne routes, we do not expect to see a large cases of transmission with monkeypox," Schaffner said in an earlier interview. While officials have said certain groups including men who have sex with men may be at increased risk, the disease can affect anyone who is exposed. Two forms of monkeypox There are two forms of this virus, the West African and the Central African form. "According to the WHO, all cases whose samples have been confirmed by PCR have been from the West African clade," says Dr. Jeremy Walker, Assistant Professor at the University of Alabama at Birmingham Division of Infectious Diseases. "Infections with the West African clade tend to be less severe than Congo Basin, (Central African) clade, and there is a lower case fatality rate," Walker told Healthline.

These outbreaks are not new. The virus was first discovered in monkeys in 1958 Trusted Source, with the first human case in 1970. Since that time, there have been multiple outbreaks that have transformed from animals to humans. While most cases are usually within Africa, previous outbreaks have shown up in Israel, the United States, and Singapore. The most recent United States outbreak was in 2003, with 47 cases. How it is treated For people exposed to monkeypox getting a vaccine soon after exposure can decrease the risk of developing the disease. There is also a treatment for smallpox called Tecovirimat Trusted Source or TPOXX, which has been used to treat some people with monkeypox but it is not widely available. While the symptoms of monkeypox are vague and seem to be like many of the more common upper respiratory infections, there are reasons to contact a physician. Walker explains, "if you have a new unexplained rash, you should contact your physician for evaluation and treatment. Your physician could assess for any concerns for monkeypox, and additionally, coordinate appropriate workup and treatment for the many other causes of a rash as well."



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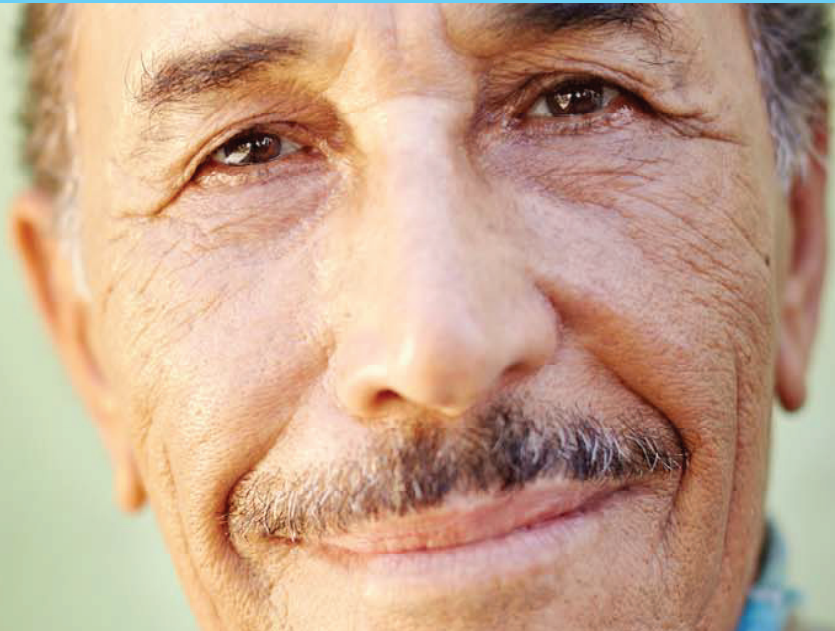
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Health

Paxlovid: Who's Eligible and How to Get Pfizer's COVID-19 Antiviral Drug

Paxlovid is a potent antiviral drug that is nearly 90 percent effective at preventing severe COVID-19 and a lynchpin of President Joe Biden's "Test to Treat" program aimed at spotting COVID-19 quickly and treating it before it becomes life threatening. It has also been "strongly recommended" as a treatment by the World Health Organization. In fact, a new study reports that people with COVID-19 who take Paxlovid are 5 times less likely to be hospitalized and 10 times less likely to die from the disease than people who aren't prescribed Paxlovid. In addition, researchers say Paxlovid can help reduce the risk of serious illness in people who have only mild symptoms. Earlier this year, many pharmacies reported large quantities of the drug were sitting on shelves and doctors were slow to prescribe it. This may have been partly because initial supplies of Paxlovid were limited and sent only to areas of the country hardest hit by COVID-19. However, between March and May, prescriptions for Paxlovid increased sharply. They have stayed at that higher level for the past 2 months. The increase can be attributed to a ramp-up in production as well as the Biden administration program to let the public as well as healthcare professionals know about the increased availability of Paxlovid. The administration also arranged to purchase 20 million treatment courses of the drug. How Paxlovid works



Paxlovid's origins date back to 2003 when the original strain of the severe acute respiratory syndrome (SARS) broke out. Research that had begun then was eventually halted, but with the emergence of COVID-19, Pfizer ramped up testing based on the work done nearly two decades prior. The three-pill regimen contains two different drugs: nirmatrelvir, which disrupts the novel coronavirus's ability to replicate; and ritonavir, which slows down how quickly the body processes the drug. The three pills are taken twice daily during a 5-day course. "Nirmatrelvir works by inhibiting the COVID virus's protease enzyme that speeds up the replication of the virus in the body," Dr. David Cutler, a family medicine physician at Providence Saint John's

Health Center in Santa Monica, California, told Healthline. "By inhibiting that enzyme it stops the progression of the disease in its tracks. The second drug inhibits the liver system which is responsible for the breakdown and excretion of nirmatrelvir. Therefore, the second drug, ritonavir, prolongs the ability of the first drug, nirmatrelvir, to work within the body to fight the infection." A study by the Mayo Clinic reported that few people with COVID-19 who were given Paxlovid experienced "rebound" symptoms after their treatment. That research was backed up by a June 2022 report from the Centers for Disease Control and Prevention (CDC) that stated that hospital admissions were rare for people who had tested positive for COVID-19

and been recently treated with Paxlovid. The CDC also reported that Paxlovid and other antiviral drugs for COVID-19 have been dispensed unevenly with high vulnerability ZIP codes being among the lowest recipients. Side effects and interactions The known side effects of Paxlovid are mild with one of the most common being a sensation of bitterness or metallic taste in the mouth while taking the drug. Other symptoms include diarrhea, high blood pressure, and muscle aches. Adverse interactions with other drugs are more common, however. "Since ritonavir is designed to inhibit the metabolism of nirmatrelvir it also inhibits the metabolism of many other drugs," Cutler explained. "Those other drugs the patient is taking may accumulate in the body to potentially unsafe levels. It is commonly recommended for patients to stop taking any other conflicting medications while using Paxlovid." Contraindicated drugs include anti-cancer medication, certain antipsychotics and analgesics, certain sedatives, and even herbal remedies such as St. John's wort. In addition, the CDC recommends that people isolate again for five days if they test positive for COVID-19 after taking Paxlovid. How to get it Currently, not everyone is eligible to be

prescribed Paxlovid. Only those with certain medical conditions that put them at greater risk of developing severe COVID-19 are being given the drug at the moment. However, those conditions have recently been expanded and include asthma, diabetes, and obesity. A person must be at least 12 years old and weigh at least 88 pounds. Experts say if you test positive for COVID-19, ask your doctor about being prescribed Paxlovid as soon as possible. "As with most antiviral medications, they are most efficacious when taken early on in the disease course," Youssef said. Consumers can also go online to COVID.gov to reach the government's Test to Treat database, which helps you locate pharmacies that can test and prescribe antivirals on the spot. The government has purchased 20 million doses of the drug and they should come at no cost to the consumer.

The database also shows which pharmacies have different antivirals in stock, making it easier to direct your prescription after the doctor fills one out. "Paxlovid is now available at many pharmacies and is government funded during the public health crisis," Cutler said. "With a prescription from your doctor, Paxlovid is now fairly easily accessible."



Health

People Respond Differently to Psychedelic Drugs - Genetics Could Be One Reason

Many people with depression, anxiety, or post-traumatic stress disorder (PTSD) benefit from psychedelic drug treatments, clinical trials show. Psychedelic drugs affect thinking, emotion, and perception by binding to and activating the serotonin receptor Trusted Source in the brain. A 2021 study found that psilocybin, or “magic mushrooms,” was similarly effective for treating depression as the antidepressant escitalopram (Lexapro). While the results of some trials have been promising, not everyone responds to psychedelic treatments (which is also true for antidepressants). Scientists are not yet certain why psychedelics such as psilocybin, LSD, and mescaline don’t produce similar effects for everyone, but one possibility is that genetics may play a role. A new study, published July 27 in ACS Chemical Neuroscience, examined the effect that different gene variants for serotonin receptor 5-HT2A have on how psychedelics bind to this receptor, noting moderate effects. Serotonin receptor variants affect drug response

In the new study, researchers from the University of North Carolina at Chapel Hill expanded on existing research exploring the role of serotonin receptor 5-HT2A in non-psychedelic drug responses. UNC researchers focused on seven variants caused by a change in a single DNA building block in the receptor gene, known as single nucleotide polymorphisms (SNPs). These SNPs occur in 0.003% to 7.9% of people, the authors wrote in the paper. Working with human cells in a lab, researchers ran tests to see how different psychedelics — psilocin, mescaline, 5-MeO-DMT, and LSD — bound to these receptor variants. (Psilocin is the psychedelically active compound found in psilocybin mushrooms.) The tests showed the receptor variants produced “statistically significant, although modest, effects” on the potency of these four psychedelics, the researchers said — at least in the lab. The effects were also dependent upon the specific drug and receptor variant combinations.

“Genetic variation in this receptor has been shown to influence the response of patients to other drugs,” Dustin Hines, PhD, an assistant professor of neuroscience in the department of psychology at the University of Nevada, Las Vegas, who was not involved in the new study, told Healthline. “While psychedelic therapies can provide rapid and sustained therapeutic benefits for multiple mental health concerns, there are a proportion of patients who fail to respond.” According to Hines, genetic variations in this serotonin receptor may contribute to why psychedelic therapy may not work for everyone. He said two prior studies in 2020 Trusted Source and 2021 found that around one-third of people with depression didn’t respond to psilocybin treatment. An even smaller number of people experienced some kind of negative side effect to psychedelic treatments in general. The UNC researchers concluded that future clinical trials may need to take into account the influence that genetics might play on how people respond to psychedelic treatments. Other factors affecting treatment response

While genetics can play a role in many mental health conditions, a person’s DNA is unlikely to be the sole factor influencing how people respond to psychedelic treatments for depression, anxiety, or PTSD.

But Rachel Yehuda, PhD, professor of psychiatry and neuroscience of trauma at the Icahn School of Medicine at Mount Sinai in New York, said that genetics could play a small role in people’s varied responses.

“We already know the kinds of factors that might determine response [to psychedelic treatments],” she said. According to Hines, how a person responds to psychedelic treatment may also include their capacity for engaging in psychotherapy, their ability to be compassionate toward themselves, as well as how severe their trauma is and how early in their life it started. Of course, these factors can affect any mental health treatment, not just psychedelic treatments. However, Yehuda



noted one factor that’s specific to psychedelic treatments is how easily a person submits to the effects of a drug that alters their consciousness. “There is a very active way that you can resist the [psychedelic] effect, and say, ‘I’m not doing this,’” she said. Hines added that variability in mental health conditions from person to person could also contribute to how well people respond to treatments — psychedelic or otherwise. “Some individuals with depression may have a genetic predisposition that increases the likelihood that they will experience depression in their lives,” Hines said. “Other individuals facing depression may have more situational or environmental contributions.” Hines noted that a person living with a mental health condition such as anxiety could potentially complicate the effectiveness of the treatment. Some have a strong response to psychedelics Yehuda said that one of the challenges of determining how people benefit from a psychedelic treatment is defining what a “response” is. For instance, it could mean that after treatment, a person no longer has the condition they were being treated for, whether it’s PTSD, anxiety, or depression. But another way to view a positive response to treatment is by noting improvements in their symptoms — maybe they’re not 100% better or “cured,” but are headed in that direction. While most people would hope for a full recovery, even small im-

provements in symptoms can transform a person’s life. For some people, partial recovery might mean being able to go to a concert with a loved one. For others, it could mean feeling comfortable in a crowd or talking with a stranger at a party. “These little behaviors make up a life,” Yehuda said. “If you can start living your life again, rejoining your family in a different kind of way, and feeling like you could take more chances and be part of the world, that’s a really good thing.” Based on the current research, however, many people do fall into that first category of having a dramatic response to psychedelics. “One of the things that has been impressive in the psychedelic studies is that there’s quite a large proportion of people that, by the study’s end, don’t have the condition that they had at the start,” Yehuda said. “Certainly it’s true with PTSD — there are a lot of people that flipped from having PTSD to not having PTSD, which is quite remarkable in terms of a level of response.” Who benefits from psychedelics? Researchers like Yehuda get very excited about the large number of people who have had a clinically significant response to psychedelic treatments for mental health conditions. And even with a proportion of people not responding, psychedelic treatments can still be valuable. “We need to bear in mind that patients in many of the clinical trials to date are treatment-resistant and have

struggled in some cases for many years before receiving psychedelic therapy,” Hines said. Yehuda expects that as the psychedelic research field matures, clinical trials will have to be adapted to fit the reality of patient responses. “A lot of [scientists] are interested in doing trials with psychedelics,” she said. “And hopefully these people know there is a need to consider the possibility — or to entertain the probability — that there’s going to be response variation.” Takeaway Research shows that around one-third of people with mental health conditions like depression may not receive any benefit from psychedelic-assisted treatment. While new research shows that genetics may be one possible factor, other experts say that results from psychedelic treatments may ultimately vary depending on the individual. Future studies could focus on figuring out who might — and might not — benefit from psychedelic-assisted treatments, as well as whether to adjust a person’s treatment when they don’t respond or try a different form of treatment altogether. Of course, this process is similar to what happens with other forms of medical treatments. “We really don’t want to ignore or dismiss those people that don’t respond,” Yehuda said. “We need to start changing the conversation from ‘use this treatment, it will work,’ to ‘how are we going to match patients to the many treatments that are out there?’”

World News

Osama Bin Laden's kin donated £1 million to Prince Charles' foundation: Report

The family of 9/11 mastermind Osama Bin Laden donated £1 million (\$1.19 million, 1.21 million euro) to a charitable trust of Prince Charles, a report by The Sunday Times said on Saturday. The report said that Prince Charles accepted the donation from Bakr bin Laden and Shafiq - half brothers of Osama Bin Laden. Even though there is no suggestion that Bakr or Shafiq have sponsored or have been involved in acts of terrorism, the news of the donation increased scrutiny on Prince Charles' charity organisations, which have been rocked by allegations of criminal wrongdoing. The report said Prince Charles agreed to the donation to the Prince of Wales Charitable Fund (PWCF) when he

met Bakr at Clarence House in London in 2013, two years after Osama Bin Laden was killed in Pakistan's Abbottabad by a special operations unit of the United States military. Several advisers of Prince Charles had urged him to not take the donation. PWCF chairman Sir Ian Cheshire said in a statement that the donation from Bakr Bin Laden was carefully considered by the charitable fund's trustees at the time. Cheshire said that due diligence was conducted, with information sought from a wide range of sources, including the government. He added that the decision to accept the donation was taken wholly by the trustees, and any attempt to suggest otherwise was misleading and inaccurate. Previously,



police had launched a probe in February into another of Prince Charles' charitable foundations

ours scandal involving a Saudi businessman Mahfouz Marei Mubarak. Mubarak had donated large sums to restoration

projects of particular interest to Prince Charles. The Saudi businessman has denied any wrongdoing.

PM Modi, Sheikh Hasina to inaugurate Maitree Power Project in Bangladesh

Prime Minister Narendra Modi and Bangladesh Prime Minister Sheikh Hasina are expected to jointly inaugurate the 1320 MegaWatt Maitree Super Thermal Power Station when the latter visits India for a three-day visit in the first week of September. Touted to be Bangladesh's largest power plant, the coal-fired station is being set up by Bangladesh India Friendship Power Company Limited, a 50:50 joint venture between India's NTPC and Bangladesh Power Development Board. The project is worth USD 1.5 billion. While Bangladesh PM Hasina is expected to visit India any time between September 5 and 7 and stay for two to three days, the visit has been accorded utmost importance by the Modi gov-

ernment as Dhaka happens to be one of India's closest allies. Before PM Hasina arrives in Delhi, trial runs between Kolkata-Chattogram-Mongla ports for India Bangladesh trade will begin posting a new chapter in the bilateral ties. The first vessel from Kolkata is expected to reach Mongla, on Pashur River, on August 5 carrying 16 tons of iron pipes in a container with destination Meghalaya using the Tamabil-Dwaki border points and 8.5 tons of pre-foam in another container for Assam using the Birbimbazaar-Srimantpur border points. This exercise will create cheaper and alternative routes for India to reach its North-East region while at the same time carrying export-import containers for Bangladesh.



Being a close ally of India, the Modi government has also allowed export of much-required wheat to Bangladesh through Hili Land Port in Dinajpur as a result of which the price of wheat has gone down, easing inflation concerns of Dhaka. In-

dia supplies nearly 66 per cent wheat to Bangladesh, while its imports from Ukraine, some 15 per cent every year, have been hit by the war with Russia. Even though Bangladesh has approached the IMF for a loan, the economy and the infrastructure development under Sheikh Hasina are progressing with the Bangladesh project to grow by over 6 per cent this financial year. Dhaka like all the other countries in the Indian sub-continent have been hit by the hardening of USD because of which exports have become costlier. However, Bangladesh currency Taka is holding against the USD as compared to Pakistani Rupee and Sri Lankan Rupee. While the country has prospered under the leadership of Sheikh Hasina, Islamic radicalization has grown in Bangladesh with Muslim

Brotherhood affiliate Jamaite-Islami playing a major role in border areas. Even though Jamaat cannot contest elections as per 2013 Supreme Court ruling, the group along with other radicalized outfits like Hefazate-Islam, Jamaite-ul-Mujahideen and Islamic Chhatra Shibir are instrumental in orchestrating attacks against Hindu minorities in Bangladesh. To add fuel to fire are the Rohingya immigrants who have been penetrated by Pakistan based terrorist groups like Lashkar-e-Toiba to create problems for the ruling Awami League party. While Sheikh Hasina will take care of Bangladesh's economy, it is the radical Islamists who could dent her prospects in the election next year unless made accountable by the law enforcement agencies.



World News

Chinese booster rocket makes uncontrolled return to Earth: US officials

A Chinese booster rocket made an uncontrolled return to Earth on Saturday, US Defense Department officials said, as they chided Beijing for not sharing information on the potentially hazardous object's descent. US Space Command "can confirm the People's Republic of China (PRC) Long March 5B (CZ-5B) re-entered over the Indian Ocean at approx 10:45 am MDT on 7/30," the US military unit said on Twitter, referring to China's official name. "We refer you to the #PRC for further details on the reentry's technical aspects such as potential debris dispersal impact location," it said. The Long March 5B rocket was used last Sunday to launch an uncrewed spacecraft, named Wentian, carrying the second of three modules China needed

to complete its new Tiangong space station. NASA administrator Bill Nelson criticized Beijing on Twitter Saturday, saying that the failure to share the details of the rocket's descent was irresponsible and risky. "All spacefaring nations should follow established best practices, and do their part to share this type of information in advance," Nelson wrote, "to allow reliable predictions of potential debris impact risk, especially for heavy-lift vehicles, like the Long March 5B, which carry a significant risk of loss of life and property."

He added: "Doing so is critical to the responsible use of space and to ensure the safety of people here on Earth". The Tiangong space station is one of the crown jewels of Beijing's



ambitious space program, which has landed robotic rovers on Mars and the Moon, and made China only the third nation to put humans in orbit.

The new module, propelled

by the Long March 5B, successfully docked with Tiangong's core module on Monday and the three astronauts who had been living in the main compartment since June successfully

entered the new lab. China has poured billions of dollars into space flight and exploration as it seeks to build a program that reflects its stature as a rising global power.

Blow to Rishi Sunak campaign as ex-candidate backs rival Liz Truss for UK PM

Rishi Sunak's campaign to be elected the Conservative Party leader and the next British Prime Minister suffered a blow on Saturday as a former candidate endorsed his rival Foreign Secretary Liz Truss. Tom Tugendhat, the Tory backbencher and chair of the Commons Foreign Affairs Committee who was in the initial shortlist before being knocked out of the race earlier this month, said he preferred Truss' campaign pitch

with its promise of immediate tax cuts. The former soldier in the British Army said that after watching the candidates go head-to-head in live TV debates, "only one has convinced me she's ready". "Liz has always stood up for British values at home, and abroad. With her at the helm, I have no doubt that we will move with determination to make this country safer and more secure," he writes in 'The Times' newspaper. He



said both contenders have "huge qualities and many talents" but Truss has an advantage on the world stage because of her Cabinet position. "As foreign secretary, Liz is starting with a huge advantage. She can make our voice count," he writes. It follows the endorsement of another Tory heavyweight Defence Secretary Ben Wallace, who also threw his support behind Truss — describing her as "authentic, honest and experienced". Su-

nak was initially the frontrunner in the race in the ballots of his party colleagues, winning the most support from MPs in the first few rounds of voting. But since then, polling among the Tory membership that will vote for the winner has shown Truss is more popular. According to another report in 'The Times', even Sunak's former boss is feeling sorry for him. He told friends he did not think that Sunak, the man he blames for

his downfall, was going to make it. "He almost feels sorry for him," a friend of Johnson's was quoted as saying. "[Rishi] got in with a crowd of malcontents who used him as part of their vendetta against Boris. What future is there for him now?" it said. The two finalists are next scheduled to go head-to-head in the TV debate on Thursday, when the first postal ballot papers will start landing at Tory members' addresses.

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Fiji Sports

Fiji and New Zealand semi-final

The Fiji Airways men's 7s is one step closer to winning its first Commonwealth Games gold medal after thrashing Scotland 34-7 in the quarter-final. Our side will face New Zealand in the semifinal. Fiji dominated the game not leaving any space for the Scottish men to score a try until the final second when they managed to get in for its lone try. Captain Waisea Nacuqu scored a double opening the tries in the first and second half. Kaminieli Rasaku was instrumental in the match with tackle breaks and good vision. The other tries were from Sevuloni Mocenacagi, Jeremaia Matana and Olympian Sireli Maqala. Fiji will play its semi-final match tonight at 11.42pm



Medal assured for Fijiana queens



It is another history for Fijiana as they are now guaranteed a Commonwealth Games medal. This comes as the side proved too strong for Canada chasing them down 24-7 in the semi-final round of the Commonwealth Games. Reapi Ulunisau scored a double breakthrough against a tough Canadian defense line to dot tries in the first and second half respectively. Other tries were scored by Adi Vani Buleki and Viniana Riwai. Canada's lone try was scored by Breanne Nicholas in the dying minutes of the first half. Fiji will now face Australia in the gold medal match tomorrow at 7.38am.

Three wins for Bowls Fiji

Bowls Fiji produced positive results in day two of the Commonwealth Games in Birmingham. The Mens triples team consisting of Martin Fong, David Aitcheson and Semesa Naiseruvati defeated Northern Ireland 20-15 in round three. In the mens pairs, Kushal Pillay and Rajnesh Prasad defeated Guernsey 25-14 in section D-round three. The Womens fours consisting of Loreta Kotoisuva, Sheral Mar, Rdhika Prasad and Losalini Tukai edged Botswana 17-16.



Fiji Sports

Fiji survives Canada scare

Fiji held off Canada with six men to register a 19-12 win in its second pool match the Commonwealth Games in Birmingham. Vuiviwa Naduvalo was yellow carded in the second half after a high tackle on Canada attacker which awarded the red side a penalty try. Sevuloni Moeana-cagi scored a double in the first half after excellent offloading skills. A good combination of Aminiasi Tuimaba, Josua Vakurunabili and Mocenacagi saw Fiji lead 19-5 at halftime scoring three tries to one. Fiji will play its next match at 12.02 tomorrow morning against Wales.



Silktails register big win over the Hawks



Paula Walisoliso and Meli Nasau scored a hat-trick each as the Kaiviti Silktails registered their biggest win of the season, defeating Ryde-Eastwood Hawks 52-12. Other tries for Fiji came from Timoci Bola, Vuate Karawalevu, Osea Natoga and Watisoni Waqanisaravi. However, they have not cemented its place in the Ron Massey Cup finals. The Silktails remain in sixth spot on the points table after the massive margin over the Hawks. The Silktails have two more games left, playing competition leaders Hills Bulls on Wednesday and then the Mounties next weekend to complete the postponed games from earlier in the season due to bad weather.

Fijiana defence stands out in win

The Fijiana has started its Commonwealth Games campaign with a 31-12 win over Scotland. The side led 14-5 at half-time fending off a strong Scottish outfit. Olympian Reapi Ulunisau scored a converted try in the third minute but celebrations were cut short as Scotland's Shona Campbell managed to hit back with another try. Vani Buleki crossed for Fiji's second before the break after beating two defenders from deep inside her own half. Playmaker Lavena Cavuru opened the second half with a try following some tenacious defence that rattled the Scotland players. Scotland's Rhonna Lloyd scored the side's second try before Senieli Donu and Vinaina Riwai sealed the win for Fiji.



Fiji Sports

OFC apologizes for a post on their social media page after Solomon's loss to Fiji

The Oceania Football Confederation has apologised for a post that appeared on their social media page after the Solomon Island's loss to Fiji in the Women's Nations Cup semi-final. It says the use of a particular emoji was not intended to offend, but to convey the feeling of excitement after what had been a very competitive game. The OFC says they acknowledge the statement made by Solomon Islands Football Federation and are sorry. The Digicel Fiji Kulas will take on PNG in the Cup final at 7pm tomorrow at the HFC Bank Stadium



Fuli names final 12



Fijiana 7s head coach Saiasi Fuli has named his 12-member squad for the Commonwealth Games rugby competition. Verenaisi Bari who debuted in the Langford 7s and Laisani Moceisawana who made her first international outing in the Oceania 7s in June are in the squad. Nadroga five-eight Ivamere Nabura and Vani Buleki also made it to the final 12. These players will add some new flavor to the experience of Rusila Nagasau, Vasiti Solikoviti, Raijeli Dav-eua, Lavena Cavuru, Viniana Riwai, Sesenieli Donu, Reapi Uluinasau and Ana Naimasi. The Fijiana's first game in on Friday at 8.22pm against Scotland. You can watch this match live on FBC Sports.

Nasau dedicates semi-final win to father and fans

Digicel Fiji Kulas sensation Cema Nasau has dedicated her tremendous performance in their 3-1 victory against Solomon Islands in the semifinal of the OFC Women's Nations Cup to her father. Speaking after receiving her third Player of the Match award, Nasau also acknowledged fans and teammates for their continuous support. The 22-year-old was spectacular in the semifinal last night as she scored twice in the first 30 minutes to put Fiji up by 2-1. Luisa Tamanitoakula scored the only goal in the second half to seal Fiji's win. The Kulas will meet PNG in the final at 7pm this Saturday at the HFC Bank Stadium.



Sports

Fijiana settles for Silver in Commonwealth Games



Fijiana 7s settled for Silver at the Commonwealth Games in Birmingham, London this morning after suffering a 22-12 defeat against Australia in the final.

Despite a nervous kick off from Australia the ladies in gold managed to bounce back and score the opening try through Faith Nathan following a long pass from Sharani Williams but

Williams missed the conversion.

A composed play from the Australian defence saw them break through the Fijiana defence and beat Sesenieli Donu and Nathan dived over, bagging her second try and Williams failed to convert again.

A beautiful timely pass from Nathan saw Madison Ashby take advantage of a penalty and score the third try for the Auss-

ies which she also converted to give them a 17-0 halftime lead.

Australia continued with their impressive performance in the second half, giving Fijiana no chance touching the ball and a pass from Du Triot saw Maddison Levi diving for their fourth try.

Ana Naimasi got Fijiana back in the game with a super try after racing through the Australian

defence in the 11th minute and she also converted to narrow the gap.

Australia continued to win the ball throughout the physical contest while Fijiana kept losing possession, lacking at breakdown.

In the final few seconds of the match, Australia were reduced to six women after Charlotte Caslick was flashed a yellow

card for a high tackle.

Fiji took advantage of the situation and it was Sesenieli Donu who scored the final try for Fiji but Naimasi failed to convert.

Meanwhile New Zealand claimed the Bronze medal after beating Canada 19-12.

South Africa beats Fiji to claim Gold

South Africa claimed the 7s gold medal at the 2022 Commonwealth Games in Birmingham, England this morning after thumping Fiji 31-7 in the final at Coventry Stadium.

Fiji entered the final chasing its first ever gold medal at the Games but had to settle for their fourth silver medal since the introduction of 7s competition

in the Commonwealth Games.

The South Africans looked determined from the start and piled up points to frustrate the Fijians who continued to make errors in both tackling and ball handling.

A cross-kick by Selwyn David saw Muller De Plessis touch down for the first try of the match.

The Blitzboks regained possession from the restart and JC Pretorius crossed over the second try as Fiji made a quick change and introduced Filipe Sauturaga at playmaker.

Nippy Shaun Williams inflicted more pain on the Fijians by scoring the third try just before the break as South Africa led 17-0 at halftime.

De Plessis handed the killer blow midway in the second half after scoring his second try of the final.

Hardworking captain Waisea Nacuqu scored a try for Fiji in the 12th minute to rekindle their hopes of a comeback, but again errors and miscommunication was the order of the day as the South Africans spoiled all the

attacking chances with big tackles and turnovers.

A forced turnover sent Mfundo Ndhlovu pumping out hand-offs on his way to the gold-sealing score just before the final hooter.

Meanwhile New Zealand claimed the Bronze medal after beating Australia 26-12.

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Fiji Sports

Fiji Pearls to learn fate

The Fiji Pearls now have a hand on the lone World Cup spot available and a win against the Cook Islands today will see them through. Fiji bounced back from its loss to Tonga Tala on Wednesday to battle Samoa Tifa Moana in a nail-biting encounter at the Vodafone Arena last night. The Pearls managed to come away with a 45-43 win. Head Coach Unaisi Rokoura says her team knew what was at stake. "These girls had to give everything meaning one was possession. We relooked at our past performances with PNG,

Tonga and how we gave away possession very easily and while we gained the turnover from Samoa it was about maintaining and utilizing it." Rauluni says now it's about building on the positives and fine-tuning them for the next game. "Making sure that we utilize our space awareness. We kind of overcrowded most of the middle channels where we want to drive through and that's something we are looking at." The Fiji Pearls take on the Cook Islands today at 4pm.



Australia and Fiji go for women's rugby sevens gold at Commonwealth Games

Australia face Fiji for women's gold medal, as New Zealand and Canada battle for bronze. Men's semi-finals line-up is New Zealand v Fiji and Australia v South Africa. Vibrant crowd of more than 25,000 fans create carnival atmosphere inside Coventry Stadium. Finals day kicks off at 10:30 on Sunday with men's semi-finals at 12:42, the evening session sees the women's gold medal match at 20:38 followed by men's at 21:04 (all times BST). An action-packed second day of Commonwealth Games rugby sevens saw Australia and Fiji reach Sunday's women's gold medal match after a pair of pulsating semi-finals played in front of a vibrant atmosphere in a packed Coventry Stadium in England. Meanwhile the semi-finalists of the men's competition were decided as Olympic champions Fiji and reigning world and Commonwealth champions New Zealand will go head to head in Sunday's first semi-final. Current HSBC World Rugby Sevens Series leaders South Africa will face Australia, winners of the last round of the World Series in London in May to complete an exciting semi-final line-up. The first women's semi-final was a repeat of the 2018 Commonwealth Games gold medal match as rivals Australia and New Zealand battled it out for a guaranteed medal in Coventry. This time it was Australia who came out on top, securing a thrilling 17-12 victory thanks to a hat-trick of tries from Maddy-

son Levi. Levi also picked up a yellow card near the end but the Rio 2016 Olympic champions and current HSBC World Rugby Sevens Series winners held on for the victory to cue ecstatic scenes of celebration at the final whistle. Australia's match-winner Levi said: "Getting over our neighbours is pretty exciting and to seal the deal with that last try was fantastic. I felt we were pretty much in control. We could match them for skill, so we knew it was effort that would get us over the line." Olympic bronze medallists Fiji proved too strong for Canada in the second semi-final as they ran out 24-7 winners to book their place in what promises to be a high quality gold medal match against Australia on Sunday. Fiji coach Saiasi Fuli is looking ahead to the gold medal match: "We have to take the opportunity as it comes around only every four years. So we have to recover well, and come back tomorrow and play our best for Fiji. The past two years has been a big journey. Women's rugby in Fiji is growing fast and there is a lot of interest. Our role is to continue to develop and inspire girls to come and join our sport." In the first of the men's quarter-finals double Olympic champions Fiji turned on the style to beat a valiant Scotland 34-7, while current HSBC World Rugby Sevens Series leaders South Africa were too strong for Canada, claiming a 33-0 win. Reigning Commonwealth champions New Zealand made light work of Kenya with



a 31-0 win to reach the semi-finals, while Australia had to dig deep to beat Samoa 7-0 courtesy of a single try scored by Matthew Gonzalez. Fiji's double Olympic gold medallist Jerry Tuwai said: "I'm excited, really excited and I'm really happy for the boys and our effort in the quarter-final and now we are ready for the semi-final. We are ready, the boys are happy and everyone is mentally prepared." Earlier on Saturday the morning session saw the third and final round of pool matches and in the women's tournament New Zealand broke home fans hearts with a 38-7 victory over England, which saw the hosts fail to reach the semi-finals as Canada's 74-0 win over Sri Lanka saw them claim second spot in Pool A and a place in the semi-finals. Olympic bronze medallists Fiji were too strong for Australia, winning a high

quality match 19-12 to top Pool B, with Australia finishing as runners-up and therefore meeting Pool A winners New Zealand in the semi-finals. In the men's competition it was New Zealand, South Africa and Fiji who maintained their perfect win records to top their pools. New Zealand's men also ended hosts England's medal hopes with a convincing 20-0 win, and the All Blacks Sevens were joined in the quarter-finals from Pool A by Samoa who thrashed Sri Lanka 44-0. South Africa were too strong for Scotland in Pool B, running out 34-0 winners as both teams progressed to the quarter-finals. Olympic champions Fiji overcame Wales 38-24 in an entertaining encounter in the final match of the morning session. Pool D was the most closely contested. After Friday's thrilling draw with impressive Uganda, Australia

had to work hard to claim a 7-5 victory over Kenya, which was enough to see them top Pool D, with Kenya in second place also through to the quarter-finals. England's men and women both bounced back with big victories in the evening session on Saturday, much to the delight of the 25,000 strong crowd. The women beat South Africa 36-0, while the men defeated Jamaica 45-7 and both host teams will play against home nations neighbours on Sunday with the men facing Wales at 11:14 BST and the women playing Scotland at 18:22 BST in the fifth place play-off. Finals day kicks off at 10:30 BST on Sunday with the women's gold medal match at 20:38 followed by men's at 21:04 BST with a bumper crowd expected to be entertained by another showcase of world-class rugby sevens.

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