

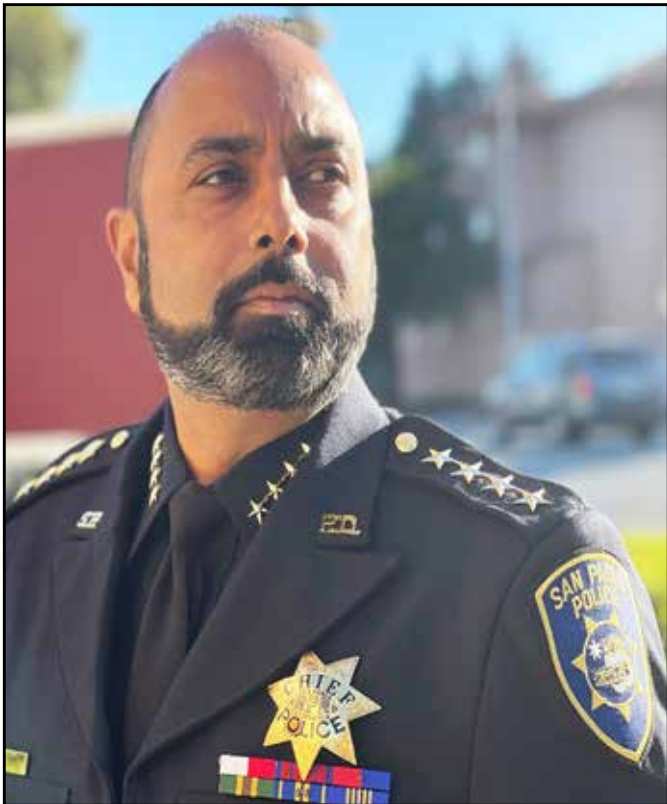


THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

December 2022 Monthly Publication - Subscription Available Pages 56 Volume: 219

Police Chief Raman remains a proud Fiji born whilst serving America with 'Dignity and Honor'



San Pablo California's Chief of Police, Ron Raman was born in the Fiji Islands and lived there until he was 4 years old before migrating to Vancouver, Canada with his parents, Anil and Reenu Raman. At the age of 12 years, his parents decided to journey across and settle in California.

Chief Raman is the grandson of the late Premesh Uma Raman, who served as the Com-

missioner of Police for the Royal Fiji Police Department.

He has a Bachelor of Science degree in Criminal Justice from California State University in Sacramento and a Master of Arts degree in Leadership from Saint Mary's College and is also a graduate of the prestigious Command College program; a 2 year program for Law Enforcement Executives.

Chief Raman is married to

Jenifer, whom he met in high school and they have two amazing daughters Kiran and Kalena.

He says that Law enforcement has always been special to him and that at a very young age, he saw his grandfather going to work in uniform ready to make a difference.

"I have always looked up to my Aaja, he was my mentor and inspiration and I wanted to be just like him. He was de-

termined and a man of integrity; his values never wavered regardless of what situation he was dealing with" Chief Raman also recalls members from the community coming to his grandfather's house asking for advice or help and he was always ready to give it.

"He was the reason I chose the honorable profession of law enforcement."

Chief Raman first worked as

a Police Intern and Police Jailer with the Concord, CA Police Department while he attended college. He was hired as a constable with the Pittsburg Police Department once he graduated college.

He spent 6 months at the police academy learning all the skills needed to be a police officer in California prior to being assigned as a full-time Officer.

[Continue Page 5](#)

Ambassador Satyendra Prasad extends Seasons Greetings and Happy Holidays

[See Page 6](#)





THE US FIJI TIMES

PHONE: 650-762-6683
DIRECT: 510-931-9107
EMAIL: INFO@USFIJITIMES.ORG
WEB: WWW.USFIJITIMES.ORG
FACEBOOK: [USAFIJITIMESONLINE](https://www.facebook.com/USAFIJITIMESONLINE)



Fijian Government



William Katonivere-
PRESIDENT



Frank Bainimarama
PRIME MINISTER



Aiyaz Sayed Khaiyum
ATTORNEY-GENERAL



Satyendra Prasad
Ambassador | Representative
of Fiji to the U.N



Mr. Alika Cooper
Fiji Trade Commissioner
North America



Mr. Jay Singh
Honorary Consul
San Francisco U.S.A



Mr. Vinod K Bhindi
Honorary Consul
Los Angeles U.S.A



Mr. Bobby Naicker
Honorary Consul
Vancouver CANADA

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

www.usfijitimes.org

We have noticed that some pictures that appear in the US Fiji Times have been reproduced in some other newspapers, magazines and web sites. Please note that all contents of the US Fiji Times are copyrighted and cannot be reproduced in any form without the permission of the US Fiji Times by contacting them at info@usfijitimes.org



SEASON TO SPARKLE



Kimaya collection

BHINDI®

Los Angeles
18508 Pioneer Blvd. Artesia, CA 90701
562-402-8755

San Francisco
5944 Newpark Mall Rd. Newark, CA 94560
510-797-8755

Glendale Galleria
2213 Galleria Way Glendale, CA 91210
818-243-8755

Atlanta
1070 Oak Tree Rd. Decatur, GA 30033
404-325-8755

2022 General Elections: Naidu on government assistance, project.



NFP candidate Dorsami Naidu at the NFP candidates announcement in Suva, on Fri 04 Nov 2022

THE general elections next month is the last opportunity for people to bring back Fiji from the brink of economic and social disaster, says National Federation Party (NFP) candidate Dorsami Naidu.

The Nadi-based lawyer said people should just not be fooled or get carried away by whatever assistance they received from the Government in the past few weeks.

“We saw a lot of assistance being given out and projects launched or completed ones opened by government ministers prior to the dissolution of Parliament and the issuing of the Writ for Elections by the President Ratu Wiliame Katonivere,” Mr Naidu said.

“And such things are still happening when we are less than

a month away from going to the polls.

“The financial assistance was not from our own hard earned economic activity but rather from foreign loans, grants and handouts including dipping into the bottomless Fiji National Provident Fund without consideration to transparency or any form of accountability.”

The veteran Fijian politician said the \$1 a day assistance for six months for children under 18 years and other assistance for tertiary students to name a few were not from the pockets of the Prime Minister or the Minister for Economy.

Mr Naidu said people needed to wake up and realise this. He also indicated that people should not forget that we are in a debt, to the tune of \$10 billion

which would have to be paid by the young generation who will be the future taxpayers.

“The FijiFirst party to its credit tried an experiment where we have a common name but it just failed to come through on its promises of a democratic society where corruption is minimised.

“Democracy should give us security and inclusivity where we can more than coexist as a nation and as a people.

“Let’s have free and transparent elections on December 14 without the need to place thorns on the path of political parties, candidates and electorate but allow them to participate in free and fair elections which can be termed the ‘will of the people’.”

2022 General Election: Fiji PM ‘delusional’

National Federation Party (NFP) general secretary Leba Seni Nabou has called Prime Minister Voreqe Bainimarama “delusional” following his attack on the wife of NFP leader, professor Biman Prasad.

At a campaign rally at Vashist Muni Hall in Navua last Friday, Mr Bainimarama claimed that Prof Prasad’s wife, Dr Rajni Chand, did not deserve the po-

sition she currently held at the University of the South Pacific (USP) and that Prof Prasad had influenced the appointment.

Ms Nabou said the PM’s “repulsive diatribe” confirmed that he was driven by fear of losing power and had stooped to thuggery, gutter-level and cowardly behaviour.”

“The ghetto thug and cowardly comments by FFP party

leader have confirmed him as the outgoing Prime Minister after shamelessly attacking Dr Chand, a woman of academic repute,” she said.

“He will never measure up to even to an iota of Dr Rajni and her academic excellence.

“I can personally vouch for Dr Rajni Chand and her meritorious command of distance education needs in the USP re-

gion because I worked with her there in the early 1990s.”

Ms Nabou claimed the electorate was wise not to be swayed by his comments, but they would be angered with the foolishness they saw flowing from FijiFirst.

“Bainimarama is delusional and hallucinating if he continues to pin all his political fortunes on stoking fear and racism by

attacking a hardworking and gracious Indo-Fijian woman, professional, mother and wife, who can hold her own.”

She added Bainimarama and his party must see the writing on the wall and their usefulness to the people of Fiji was now obsolete and they would be thrown out of power by voters in 17 days.

Women representation in 2022 Fijian Elections

The 2022 Fiji general election, for 55 seats in the Parliament, will take place on 14 December 2022. So far 316 provisional candidates have been named from 8 of the 9 political parties of which 55 are women—17 per cent of the total number. The figure is likely to increase with more provisional names expected to be announced soon. A political party may nominate up to 55 candidates by midday of 14 November 2022.

In the 2018 Fiji general election, for 51 seats in the Parliament, which took place on 14 November, 235 candidates from 6 political parties stood for the elections. Of the total, 56 of the candidates were women—24 per cent of the total number. This was an increase in the number of women standing compared to the 2014 general elections. The 2018 election brought a record number of women into parliament, where women held 10 of the 51 seats (20 per cent). Therefore, there was approximately 4 per cent attrition rate when compared to the number of candidates that ran.

In 2014, 44 women stood out of a total number of 248 candidates (18 per cent); 8 women were subsequently elected to Parliament, meaning that 16 per cent of seats were held by women MPS in the 2014 – 2018 term of Parliament.

News

Police Chief Raman remains a proud Fiji born whilst serving America with ‘Dignity and Honor’

Continue from Page 1

“Throughout my career I have worked in several assignments including: Investigations, Community Policing, Professional Standards, Hiring and Recruitment, Code Enforcement and also had the pleasure of supervising all of these divisions”.

Mr. Raman was promoted through the ranks from Police Officer to Police Sergeant to Police Lieutenant, and then Police Captain before accepting the Top Cop position as Police Chief with the San Pablo Police Department on August 14, 2017.

He is the City’s first male minority Chief of Police appointed in San Pablo since the City’s incorporation in 1948. Chief Raman also celebrated his 5-year Anniversary with the San Pablo Police Department in August of

this year.

He has served in this profession for almost 30 years.

Under Chief Raman’s capable leadership are 88 dedicated professionals of the San Pablo Department who serve a population of 32,000.

“The members of our department truly care about the safety of our community and providing excellent customer service. Our staff respond to the public safety needs of our community with the most effective tools available to them to include

technology. Our primary focus is to ensure the safety of our residents, businesses and visitors of our city”.

Chief Raman added that their policing philosophy is based on three core principles Com-

munity Policing, Training and Technology. These principles are embedded in everything they do and are inclusive.

“We are confident our philosophy will continue to prepare our organization to evolve into the future while still meeting the needs of who we serve”.

As the Chief of Police for San Pablo, Chief Raman always listens to the needs of his community and strives to create an environment of trust and transparency and where open dialogue is encouraged with members of our community and the men and women with whom he passionately serves.

Our mantra is; “We hear you, we see you, and we are working hard to ensure the safety of our community.”

The San Pablo Police Department has a diverse group of staff including a Police Lieutenant, an Officer from India, and a Police Records Clerk from India and a Police Officer from the Fiji Islands.

“I have been in this profession for almost 30 years, and if I had to do it over again I would not change a thing. I have met great people; I personally saw the greatness of the men and women in this profession and I encourage anyone interested in making

a difference to apply. I will always make myself available as a resource to anyone interested in becoming a police officer in this amazing country”.

Chief Raman’s perspective on Law Enforcement over time:

Laws, policy and crime continue to change as does the public opinion on what enforcement should look like.

“Law enforcement perhaps is the only profession that continues to change and adapt to this changing environment. The great men and women who put on a uniform and badge every day to serve our communities are the best trained, they are our front line and our only defense from the “evil” that continues to threaten the safety of our

communities. I praise them for their hard work and dedication every day, thank you all for your continued service”.



Ambassador Satyendra Prasad extends Seasons Greetings and Happy Holidays



On behalf of staff and families of Fiji's Embassy to the USA and Canada and its Permanent Mission to the United Nations, I extend Season's Greetings and my warmest wishes for Christmas to Fijians across the USA and Canada and to all readers of USA Fiji Times.

I wish you, your families and loved ones a joyous, divine and festive Christmas and a fantastic year ahead. To the many Fijians in USA and Canada who are spending time back in Fiji this Christmas, I wish you happy reunion with family and friends; safe travels and joyous

time back home.

In an anguished World, Fijians take pride in living and projecting peace, tolerance and inclusion in everything thing we do. Peace is the essence of Christmas. I take this opportunity to extend our best wishes and solidarity with the Fijian women and men in uniform serving the cause of peace across the World - in the deserts of Sinai, in Golan, in South Sudan and elsewhere. We wish them a safe Christmas and all strength as they project our deeply held values of peace and harmony across the World.

To many hundreds of Fijians in USA and Canada who are taking part on our democratic process in December, I urge you to exercise your postal votes. Our vibrant democracy strengthens us as a people and a society.

As we look to the year that has passed, we have so much to celebrate. Fiji Airways is connecting us like never before. We have welcomed tens of thousands of Americans and Canadians back to our beautiful shores. Our pride, the Fiji Airways has stepped up and opened direct flights into Vancouver as well. Our economic recovery

is deep and sustained and one of the fastest in the World. Our sportsmen and women continue to give us great victories and great moments of joy.

At Christmas, we look back and reflect on where we are. But more so, we look to the future with fresh hope and enthusiasm. We know that we find in the birth of Lord Christ, the deepest essence of life - of compassion; of renewal; of inclusion; of decency; of thrift and work; of family and of service. These timeless Christian values have shaped as a people and as a nation. We carry these values to

wherever we find our stations in life - in Texas or Florida, in Alaska or Toronto and well beyond.

With wishes for hope, renewal and peace, a very happy Christmas to you and your loved ones.

**Advertise In
THE US FIJI TIMES**

Call

510-931-9107

www.usfijitimes.org

Fly travel

Fly Travel

**Get your best deals on
Flights, Hotels, Holiday
Packages and Visa & Passport
services**

**Best Deals on airtfares to India, Fiji,
Australia, New Zealand, Europe and
Asia**

**Exciting Holiday Offers to India
Taj Mahal Tours, Temple Tours, Kerala
Tours, Rajasthan Tours**

**Hotel Homestays
Luxury Transportation
Private airport Transfers**

**Visa and Passport Services
Group and Family
Corporate travel solutions**

CONTACT US

(916) 548-4956
(510) 461-9282
maharajvijay@hotmail.com

CTS. 2148749-40

7000, Franklin Blvd. 100 Suite 190, Sacramento, CA 95823

LAW OFFICE OF DAVID WASHINGTON

Former Sergeant & Detective



Family Law - Divorce

State & Federal Cases

Restraining Orders

Criminal Defense

Felony Misdemeanor

Bankruptcy

 415-269-2627

IMMIGRATION LAW OFFICE

of
JASON MARCHI



Get answers to all your immigration questions.
Call for a free Consultation.

415-566-3526 | JMARCHI@AOL.COM

Personal
Consultation

Family
Immigration

Asylum

Non-Immigrant
VISA

Deportation

Appeals

Immigration
related
Matters

Naturalization

Removal
Defense

NEWS



Message From: Alike Cooper
Fiji Trade Commissioner North America

Bula Vinaka and Greetings from the Fiji Trade Commission North America.

It's a pleasure to share my warmest thoughts and best wishes during this Christmas and New Years Period.

On behalf of the Fiji Trade Commission and my Family - I would like to wish you and your family a very Merry Christmas and all the best in the New Year. May 2023 bring you with peace, prosperity, and good health.

I would like to acknowledge and thank the US Fiji Times for the opportunity to be part of this month's edition to introduce myself, and to be able to share information on the role of the Fiji Trade Commission in North America.

Alike Cooper - Fiji's Trade Commissioner to the North American Region

As a Fiji born national with experience in both the private and development sectors in Fiji, in local and international trade and agribusiness development, it is an honor to be appointed as Fiji's Trade Commissioner to the North American Region.

Having moved to the Bay area in July 2022, I am grateful for the warm welcome and support provided by colleagues, members of the Fijian Diaspora, and Fiji's Honorary Consuls in North American Region.

During my tenure, I look forward to exploring all opportunities to make that positive difference for Fiji and strongly believes that there is a window of opportunity to leverage and harness Fiji's economic opportunities in the North American Market.

I plan to support investors who are interested in Fiji, and to identify unique ways to increase the exports of Fijian Made and Fiji Grown Products. I also aim to also raise awareness of Fiji's export services like Tourism, Film Fiji and Outsource Services, and to support the Fijian Diaspora in the North American Region.

I look forward to the opportunity to meet with you, and discuss opportunities for investment and trade with Fiji.

Fiji Trade Commission North America

As part of the Fijian Government's Ministry of Commerce, Trade, Tourism and Transport, the Office of the Fiji Trade Commission North America (FTCNA) helps promote, facilitate and increase investment and trade opportunities between Fiji, the United States of America, and Canada.

Key activities of the Fiji Trade Commission North America include promoting Fiji as a unique investment destination through facilitating enquires and supporting investors, both small and large, where possible. Supporting exports through promoting Fiji's key export products and identifying market opportunities to increase the exports and trade of Fiji Grown and Fijian Made products.

Promoting key Fijian services such as tourism, business process outsourcing (BPO), and supporting our partners such as Tourism Fiji, Investment Fiji,

Film Fiji and Fiji Airways.

Supporting the local Diaspora in the North American Region, with trade and investment enquiries and through coordinating passport renewal services at the Fiji Trade Commission in Burlingame, California, in coordination with The Embassy of Fiji in Washington D.C.

The Fiji Trade Commission North America welcomes all enquiries for investment, trade and passport services, and can be contact on the email alika@investinfiji.today or on the mobile: +1 650 445 1568 during normal working hours. Feel free to reach out if you have any enquiries or questions.

The Fiji Trade Commission Office is located at 111 ANZA Boulevard, Suite 104, Burlingame, California, 94010, USA.

I wish you all an exciting festive season and a Happy New Year, and look forward to hearing from your in 2023.

Sincerely,
 Alike Cooper

NEWS



American Fijian Police Officer Dies In A Car Accident

*You are a true warrior Ramzey....
#RIP #restinpeace #sad*

Indeed a sad day with the loss of one of our warriors, Officer Ramzey Alam, on Sunday, October 30th Officer Alam left his residence in Oakley Ca at 0408 to serve the public in Shingle Springs Rancheria, in route Officer Alam was hit head-on by a distracted driver on Hwy 12 outside of Lodi Ca, he was an excited, professional Officer that served several communities as a Sacramento County Deputy Sheriff, Citrus Heights Police Officer and finally as a Federal Officer of the Shingle Springs Band of Miwok Indians

He fought hard for his life for the last 4 days and succumbed to his wounds today at 1500 hours, he leaves his pregnant wife Jen and eight-year-old daughter Charlotte, he will be missed by all.

Be Clever, Choose Cleverland for all your plumbing needs

Be Clever, Choose Cleverland for all your plumbing needs
Phone: 480-793-5668 cleverlandplumbing@gmail.com



*Let's meet Nafiz Mohammed.
Originally from Ba, Fiji Islands.
Moved to USA in 2013, strongly
believed that this
is the land of opportunities.*

*With the support of his brother and
family he was
able to strive his dreams.*

*He recently started his own Plumbing
Business (Cleverland Plumbing LLC) in
Phoenix, Arizona.*

*He loves to serve the community with his
skills and experience
at a very affordable price. He will be
working 24 hours to take care of his
customers*

NEWS

YVR welcomes Fiji Airways' inaugural flight from Nadi, marking the airlines' first Canadian destination



Today, Vancouver International Airport (YVR) welcomed Fiji Airways' inaugural flight from Nadi International Airport (NAN). The twice weekly, nonstop flight from Nadi, Fiji, marks the airline's entrance to the Canadian market. "We are thrilled to welcome Fiji Airways to YVR and are proud to make Vancouver the airline's first Canadian destination in its growing network," said Mike McNaney, Vice President & Chief External Affairs Officer at Vancouver Airport Authority. "The new nonstop service to Fiji is an important connection between our two regions, directly benefiting our community and the economy that supports it." Fiji Airways' new year-round service will generate approximately \$7.5 million

in combined Gross Domestic Product, \$12.2 million in tourism dollars and an additional 86 jobs at YVR and across B.C.'s hotel, restaurants and tourist attractions.

Fiji Airways Managing Director and Chief Executive Officer Andre Viljoen is encouraging Canadians to take advantage of these twice-weekly flights to enjoy the world-renowned Fijian hospitality.

"Our Five Star airline, and multi-award-winning onboard experience, including meals, amenities and staff service offer the best value for money. With Canada well into winter and travellers eagerly looking for warm tropical paradise, the timing of our newest route could not be better. There is no other choice than Fiji. You don't

have to take my word for it, you will be convinced the moment you step onboard." An Airbus 330-200 aircraft will operate the route, with seat capacity for 273 passengers. The airline's extra widebody Airbus also provides more capacity for cargo, enabling an increase in trade between Fiji and Canada as well as other Pacific Island nations looking for new trade opportunities. For more information about Fiji Airways and its entry into the Canadian market, please visit: <https://www.fiji Airways.com/en-ca/>

ABOUT YVR

Vancouver International Airport (YVR) is a diverse global hub that connects people, cargo, data, and ideas and serves as a platform for our community to

come together and thrive. We are motivated by supporting regional economic development and making a positive difference in the lives of British Columbians. We do this with a focus on serving our passengers, partners, workers, and community through digital modernization, climate leadership, reconciliation, and financial sustainability.

For media queries please contact:

YVR Media Relations
604-880-9815
media_relations@yvr.ca

ABOUT FIJI AIRWAYS

Founded in 1951, Fiji Airways Group comprises of Fiji Airways, Fiji's National Airline and its subsidiaries: Fiji Link, its domestic and regional car-

rier, Pacific Call Comm Ltd, and a 38.75% stake in the Sofitel Fiji Resort & Spa on Denarau Island, Nadi. From its hubs at Nadi and Suva International Airports, Fiji Airways and Fiji Link serve 108 destinations in over 15 countries (including code-share). Destinations include Fiji, Australia, New Zealand, the US, Canada, the UK, Hong Kong (SAR China), Singapore, India, Japan, China, Samoa, Tonga, Tuvalu, Kiribati, Vanuatu and Solomon Islands. The Fiji Airways Group brings in 64 percent of all visitors who fly to Fiji, employs over 1000 employees, and earns revenues of over FJD\$1 billion (USD \$460m) pre-COVID. Fiji Airways rebranded from Air Pacific in June 2013. Visit www.fiji Airways.com for more information

FIJI SEVENS
GOLF CHAMPIONSHIP 2023
LOS ANGELES

Friday 24th February 2023 @ 8:30 am

Entry Fees: \$140 includes Skins Gross, Net Prizes. Dinner

Venmo your Fees: FIJI GOLF CLUB - PRAMESH SHARMA



All Welcome

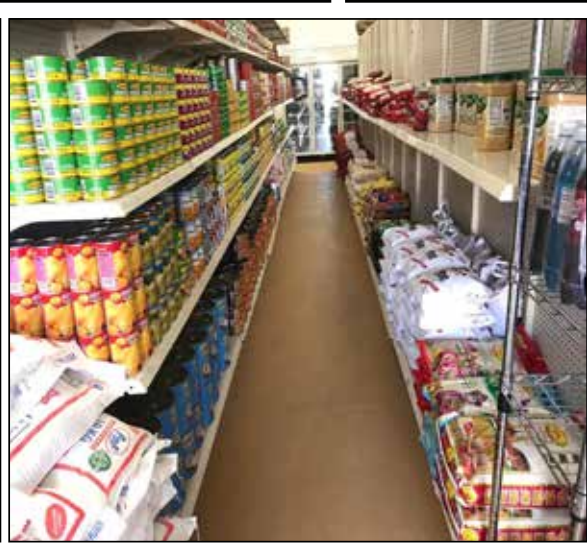
GOSAI'S SUPERMARKET

★ ★ ★

GRAND OPENING!

Nov 13th 2022 11am-6pm

811 E March Lane, Stockton CA 95207



The Fiji Island being strangled by vines

In Vanua Levu, the second largest island of Fiji, every contour drips with green. The landscape is impossibly lush and verdant. But upon closer inspection, it's evident that nearly everything is shrouded in vines.



There are several vine species in Fiji, one of which is the invasive kudzu, introduced by US troops in the second world war as living camouflage for Allied equipment. But, as botanist Judith Sumner, writes: “under tropical Pacific conditions kudzu quickly became an invasive species with a growth rate that aggressively outpaced native Fijian flora.” While kudzu is certainly prevalent, it is vines from the morning glo-

ry family, especially merremia peltata, which are now wreaking havoc in Vanua Levu. Once this vine grows over the tree canopy, it can spread for miles devouring everything in its path. Locally known as viliyawa, which translates as “to collect far,” it can be found swamping buildings, erupting from old cars and smothering farms. Inosi Ravisa from Savudrodro village works in the hot sun on his farm. He says it

was only after Cyclone Winston in 2016 that viliyawa became a huge problem.

“After the cyclone, viliyawa is growing very very fast, all over the place. Because after the cyclone, all the trees were down, so the viliyawa [was] very easy to come up. You see viliyawa everywhere, it can damage healthy trees, big trees, break all the branches.” According to the Global Inva-

sive Species Database, while Merremia peltata has been in the Pacific for hundreds of years, it only became invasive after tropical cyclones, which are occurring with increased intensity as a result of climate change.

Ravisa remembers that lots of wild yams and reeds, used for building houses, were lost to these vines. He also has to visit his farm more fre-

quently or else the paths will become covered, making an already arduous activity even harder. About 10km from Savudrodro, in Urata village, Virisila Tinanigica is fighting off the viliyawa from her cassava plants. “It’s really bad for the garden. It can kill a big tree. There was one big guava tree in my garden, one day I came, it’s dead, and the viliyawa roots are so thick around it. While a huge nuisance, the vil-

Fiji News

lagers in Urata have also managed to find some practical uses for the vines. Viliyawa can be used as a coarse string. “We mostly use it for tying up the bundles of dalo. If you go to the market you will see it.”

Similarly, merremia peltata has been found to have healing qualities. The village healer, Eka Dauvonu, squeezes the young leaves to make a juice to relieve menstrual cramps. Fiji’s ministry of forestry recognises the severity of merremia peltata, but currently the only means of trying to keep the vines under control is mechanical removal. The fear is that without careful management, and with future cyclones increasing the ferocity of the vines, many native species will be lost and lives disrupted.



Vines growing over an abandoned building at the copra mill outside Savusavu



Inosi Ravisa of Savudrodoro village removing merremia peltata vines from the edges of his farm



Merremia peltata being used as string to tie up taro roots at Savusavu market.



BOLLYWOOD FASHION

Fashion designer with over 3 decades in this business



**Festival
Season
SALE**

**Dress Sale
(Starting \$40)**



SPECIALS

LEHENGAS & GOWNS

Starting at \$100

Limited Stocks

BEAUTIFUL CLOTHING FOR EVERY OCCASION!

BRIDAL WEAR
DESIGNER SALWAAR
DESIGNER SAREES
CUSTOM DESIGNER WEAR
DESIGNER KURTA PAJAMA

MENS SHERWANI
LEHNGAS
KIDS PARTY WEAR
IMITATION JEWELRY
SHOES

HOURS

**TUESDAY- SUNDAY
11 AM - 6:30 PM**

COVID COMPLIANCE

650-871-8446

**616 SAN MATEO AVE,
SAN BRUNO CA 94066**

Fiji News

COMMISSIONER VARO HAPPY WITH LAU'S 30X30 INITIATIVE RESPONSE

Commissioner Eastern Division, Vitale Varo, is happy with the responses from the 4 tikinas in the Lau province after the first phase of consultation on the Lau Seascape and the Marine Protected Area 30x30 Initiative which concluded last Friday (21/10/22) at Nayau Island. Commissioner Varo led the team of civil servants and conservation officers from the Conservation International and International Union for the Conservation of Nature (IUCN), which carried out consultations on 4 tikinas namely, Lomaloma, Mualevu, Cicia, and Nayau. Summarising the consultation Mr Varo said that the support of the Vanua was overwhelming especially after the awareness presentation in each of the 4 tikinas. "When we talk about marine protected areas, the perception was that their immediate qoliqoli will be involved but after the presentation, the people of the 4 tikinas understood that the 6 designated blocks in the Lau water are outside of the Archipelagic Waters and their importance in protecting not only our fisheries but the biodiversity in the proposed sites as well." "Understanding the con-

cept of the MPA and the Prime Minister's commitment is very important and the team achieved this with a thorough and people-friendly presentation," Mr. Varo said. "This revelation brought about a lot of support and the people were quite happy that Government recognises the importance of the Lau seascape and more importantly our partnership with NGOs to carry out his very important work." "Once established, these marine protected areas will provide Fiji, and the world, with a proof of concept – demonstrating how protecting 30% of an ocean area can benefit local livelihoods, increase resilience to climate change, safeguard biodiversity, and strengthen the economy." Commissioner Varo further said that the second phase of consultation will be carried out for the rest of the Tikinas in the province of Lau and the third phase will be for those from the province residing in urban areas or the 2 main islands – Viti Levu and Vanua Levu. Conservation International marine conservation officer Semisi Meo also commended the support of the 4 tikinas saying the Government initiative to protect 30 percent



of our economic exclusive zone is a win for marine biodiversity and our ocean. "Conservation is very important for our island state and the commitment by our Prime Minister shows the significance of the Government's obligation in safeguarding our marine resources," said Mr Meo. "While we were able to work in partnership with Government on

this consultation and awareness, we were able to focus also on our coral planting programme where members of our team planted coral in selected areas off the coast of Vanua Balavu." "For the province of Lau, their commitment was for a village to plant 3000 corals and if this is done, we can fulfil the resolution at the provincial meeting

to plant 200,000 coral in the province which will be their contribution towards the 1 million coral replanting initiative." "We are confident that through our partnership with Government, many a good thing will come about and the future of our people is safeguarded through our commitment, determination, and resilience," added Mr Meo.

MINISTERIAL MEMBERS MEET TO DISCUSS WTO AGREEMENT ON FISHERIES SUBSIDIES

The Ministerial members of the ongoing Workshop for Pacific Trade and Fisheries met to discuss the WTO Agreement

on Fisheries Subsidies today (18/11/22). While giving his opening remarks at the meeting, Minister for Commerce, Trade,

Tourism and Transport, Faiyaz Koya, highlighted that today's round table meeting with the World Trade Organisation's



Director-General is critical as this is the first time the Pacific is hosting the DG, after her appointment more than a year ago. "We need to ensure that when we meet the DG, we enter discussions with the same Pacific solidarity and one voice, which was instrumental in shaping the outcome of fisheries subsidies negotiations." "Fellow Ministers - we must maintain that

same solidarity if we want to have a comprehensive Agreement on Fisheries Subsidies." "It is our job to ensure that the way forward today will be for the betterment of our region. And most importantly, the decision must be for the long-term sustainability of our resources, food security and livelihoods of our people."

Fiji News

PERMANENT SECRETARY APPOINTMENTS FINALISED

Following an extensive recruitment process facilitated by KPMG Fiji, the Chairman of the Public Service Commission, Mr Vishnu Mohan, has, with the support of the Prime Minister, announced the following 13 appointments. Ms Salaseini Daunabuna has been appointed Permanent Secretary Rural and Maritime Development and Disaster Management with effect from 21 November 2022. Ms Daunabuna served in the Civil Service for 13 years and as Permanent Secretary for three years before leaving overseas for tertiary studies in December 2018. She holds a Master of Governance and Public Policy, a Professional Diploma in Legislative Drafting, admission as a Barrister and Solicitor in the Fiji Bar, a Professional Diploma in Legal Practice and a Bachelor of Laws. Ms Daunabuna replaces Mr David Kolitagane who has since been appointed Fiji's High Commissioner to Australia. Ms Mere Siqila-Lakeba has been appointed Permanent Secretary Waterways and Environment with effect from 15 December 2022. Mere has a Master of Science in Aquaculture Science and Technology and a Bachelor of Science from the University of the South Pacific double majoring in Biology and Chemistry. Mere was previously Director, Fisheries in the Ministry where she spent 17 years and is currently Country Director, Conservation International, Fiji. Ms

Lakeba replaces Joshua Wycliffe who has since vacated his post due to unavoidable family circumstances in his home country of India. Mr Atish Kumar currently Director, Labour Standard Services, has been appointed Permanent Secretary Employment Productivity and Industrial Relations with effect from 1 January 2023. Mr Kumar is a career civil servant and has been in the Ministry since 2000 holding various positions before reaching his current position in 2018. He is very well qualified in the area of industrial relations and has a Bachelor of Commerce degree with a double major in Human Resource Management, Employment Relations and Public Administration. He also has a Masters in Commerce from the University of the South Pacific. Mr Kumar replaces Mr Osea Cawaru who is retiring from the Civil Service upon the expiry of his current contract. Mr Ashwin Raj, the former Director, Human Rights and Anti-Discrimination Commission, has been appointed Permanent Secretary Women Children and Poverty Alleviation with effect from 12 December 2022. Mr Raj has significant experience as a practitioner in the field of governance, rule of law and human rights. He brings proven ability in building strong, autonomous and resilient institutions through strategic vision, direction and leadership. He has a Master of Arts in Political Sci-



ence, a Post Graduate Diploma in Development Studies and a Bachelor of Arts in History and Politics. Mr Raj replaces Ms Jennifer Poole who has since resigned to pursue other interests. Mr Raj has stepped down from his position as Director of the Human Rights and Anti-Discrimination Commission as of yesterday. Ms Seema Sharma has been appointed Permanent Secretary Local Government with effect from 15 December 2022. Ms Sharma has been in the Civil Service for the past 22 years serving in many capacities before becoming Director, Trade in the Ministry of Commerce, Trade, Tourism and Transport, a position she has held for the past ten years. Ms Sharma has a Bachelor's degree in Economics and Management from the University of The South Pacific. Ms Sharma will take over from Mr Shaheen Ali who has been acting in this capacity since 19 February 2021 in addition

to his substantive portfolio of Commerce, Trade, Tourism and Transport. The PSC has also confirmed the reappointment of the following Permanent Secretaries for a further period of three years upon the expiry of their current contracts. Yogesh Karan, Office of the Prime Minister, Sugar Industry, Immigration and Foreign Affairs Susan Kiran, Ministry of Civil Service Shaheen Ali, Ministry of Commerce, Trade, Tourism & Transport Sanjeeva Perera, Ministry of Housing and Community Development Taitusi Vakadravuyaca, Ministry of Infrastructure and Meteorological Services Rajjeli Taga, Ministry of Lands and Mineral Resources Manasa Lesuma, Ministry of Defence, National Security and Policing Garisau Penesio Nonu Baleinabuli (Pene), Ministry of Forestry and Fisheries On behalf of the Public Service Commission, Mr Mohan welcomes the new appointees, congratulates

those who are being reappointed, and extends his sincere thanks to former PSs Wycliffe, Cawaru, Kolitagane and Poole for their valuable contribution to the Fijian Civil Service during their respective tenures. Mr Mohan added that, with these latest appointment announcements, all Permanent Secretaries serving in Fiji would be Fijian nationals. He said that was a credit to the growing pool of talent in Fiji and the progress of the Civil Service in attracting top candidates. Including Ms Tupou'tuah, who is in an acting capacity as Permanent Secretary for Communications, there will also now be seven women serving as PSs in the Fijian Civil Service following the effective dates of these appointments – the highest number in history. "We still have a way to go towards achieving gender parity, but this is welcome progress nevertheless," said Mr Mohan.

COP27: FIJI LOOKS TO POPE'S MORAL LEADERSHIP IN CLIMATE STRUGGLE

While the exodus of leaders from Sharm El Sheikh on the banks of the Red Sea has begun, the Fijian delegation continues to wander in the desert of negotiating rooms and meetings at COP27. Head of the Fijian delegation and Permanent Representative to the United Nations, Dr Satyendra Prasad took the opportunity to meet with the Holy See delegation to discuss the abiding relationship between Fiji and the Vatican. Ambassador Prasad thanked His Holiness Pope Francis for his unwavering leadership on climate change. He said that communities across the Blue Pacific Continent continue to draw great inspiration and faith from the moral leader-

ship his Holiness provides on climate issues and welcomed Pope Francis to visit Fiji in the near future after a planned visit was shelved due to the Coronavirus Pandemic. Ambassador Prasad and Holy See representative, Mr Paolo Conversi, expressed agreement about the need to see young children return to a lived awareness of the environment and its bountiful yet fragile relationship with humanity. They discussed the biodiversity and ocean crisis, affirming that ocean systems are central to Pacific peoples and must be mainstreamed into action related to environmental sustainability. Ambassador Prasad highlighted the fight for

a functioning Loss and Damage mechanism for Small Island Developing States and all countries affected by the high-emitting nations. He underlined the need for dedicated support from bigger countries and decisive action from the large emitters to keep the 1.5-degree threshold within reach. Ambassador Prasad further elaborated on Fiji's expectations for COP27 and how a Loss and Damage funding facility would greatly assist vulnerable communities and peoples of Fiji to combat the adverse effects of climate change. The bilateral meeting also covered adaptation measures which Fiji has implemented and the range of support and

commitment needed to ensure the sustainability of fledgling adaptation projects. "There's so much investment going into the climate mitigation work program," he said, "It's about time we expanded our global adaptation goals and align climate finance instruments to implement these goals." Mr Conversi spoke of the Pope's deep affection for the peoples of the Pacific and affirmed his support for their struggle, noting the grave consequences for communities, cultures and the spiritual health of individuals facing the loss of their homes to climate-induced disasters and sea level rise. Ambassador Prasad thanked the Holy See

for their expressions of solidarity. He praised his Holiness for his continued support before outlining the many challenges in relocating communities, including moving not only homes but building new roads, schools and churches and managing the mental and spiritual well-being of dislocated communities. The bilateral meeting was attended by Fiji's Permanent Representative to the UN, His Excellency Dr Satyendra Prasad, Mr Kushaal Raj, Head of Climate Change and International Cooperation Division, the Assistant to the Permanent Observer Mission to UNON, Mr Paolo Conversi and Vatican Head for Climate, Father Stephen Otieno Agutu.

Fiji News

MINISTER FOR EDUCATION MEETS WITH TEAM FROM UNESCO

Minister of Education, Heritage and Arts, Premila Kumar met with the Assistant Director-General for Administration and Management, Mr Nicholas Jeffreys, and the Assistant Director-General of the Africa Department of UNESCO, Mr Firmin E. Matoko at an early morning meeting facilitated by Ms Nisha, the Director of Office and UNESCO Representative to the Pacific State for a discussion about UNESCO reforms yesterday (17/11/22). The Minister acknowledged the participants that were tuning in from different parts of the world and stated that she was pleased to meet virtually to discuss the reforms. Minister Kumar highlighted that Fiji, as a regional

leader in education, has always supported the good work carried out by UNESCO in Fiji and the Pacific. She also informed the team from UNESCO that Fiji will continue to be a strong collaborator in their upcoming plans. Mr Matoko said that UNESCO was repositioning itself to prepare for new challenges of the world. Mr Jeffreys expressed his gratitude for the Fijian Governments' support in helping UNESCO deliver its commitments, adding that he was thankful to the Minister and requested that she convey their appreciation to Prime Minister Voreqe Bainimarama. The meeting was also attended by the Permanent Secretary for Education, Dr Anjeela Jokhan,



Secretary of the NOM Committee, UNESCO, Ms Magdalena

Landry and representatives of the Ministry of Education and

the Office of the Prime Minister.

DIRECTOR WTO TO VISIT PACIFIC REGION FIRST



Minister for Commerce, Trade, Tourism and Transport, Faiyaz Koya, received the Director-General of the World Trade Organization, Dr Ngozi Okonjo-Iweala, at the Nadi International Airport today

(17/11/22). The Director General will take part in the ongoing workshop for Pacific Trade and Fisheries Officials at the Hilton Resort & Spa in Nadi. The Pacific is the first region to be visited by the Director General

of WTO for discussions on the WTO Agreement on Fisheries Subsidies. The two-day workshop will help the members to familiarise themselves with the Agreement on Fisheries Subsidies text.

FIJI CALLS FOR THE ESTABLISHMENT OF FINANCIAL MECHANISMS ON “LOSS AND DAMAGE”

Fiji has highlighted the need to establish a cohesive financial mechanism to address financing for “loss and damage,” - a major focus at this year’s COP27 currently underway in Sharm el-Sheikh in Egypt. In his statement at the COP27 High-Level Plenary, Fiji’s Permanent Representative at the United Nations and Head of the Fijian Delegation at COP27, Ambassador Satyendra Prasad, spoke on the support that Small Island Developing States (SIDS), require to build resilience from

the impacts of the climate crisis. He said it is also in the interest of the principles of the convention of security and of global stability - whereby Fiji implores all parties to realize where we are, and the necessary action we need to progress under the Paris Agreement in order to maintain the 1.5-degree temperature target. Ambassador Prasad reiterated the importance of upholding the decisions enshrined in the Glasgow Climate Pact - that nations need to keep their discussions focused on

the substance and priorities. He said while Fiji welcomed the commitments made to reduce emissions by 2030, these commitments need to be locked into domestic regulations, just as Fiji has done through its Climate Change Act. In voicing the plight of the Small Island Developing States (SIDS), Ambassador Prasad said there should be an urgency to mobilise greater support for the SIDS as their livelihoods, cultural and traditional assets are most affected by the climate crisis.



SAUDAGAR CASH AND CARRY

28700 Mission Blvd, Hayward CA - 510-885-0430



PHONE: 510-885-0430

SAUDAGAR CASH AND CARRY

28700 Mission Blvd, Hayward CA - 510-885-0430



PHONE: 510-885-0430

STONE UNIVERSE INC. **NATURAL STONE**


Natural Stone, Porcelain Pavers, Travertine & Much More!



About Stone Universe

Stone Universe Inc being a Wholesaler Supplier of Natural Stone defines the style in Landscaping and Hardscaping industry since 1999. We carry trend-setting Natural Stone from India & other countries, Porcelain Paver from Spain and Travertine collection from Turkey. Our motive is to fetch the people with the customized product range where quality speaks itself & rates are highly affordable.

Get in touch

 North California | South California | Washington | Maryland | Texas | Wisconsin



Call :- 510-278-8303
 Fax :- 510-278-8606
www.suistone.com

Our Product Line

- Pool Coping
- Paver Flooring
- Flagstone
- Slab
- Step
- Pebbles
- Thin Veneer
- Stepping Stones
- Ledgerstone
- Cobblestones
- Cap Stone
- Porcelain paver





FFS
FIJI FREIGHT SYSTEMS
We Connect You To Your Families

FREIGHT FORWARDING SERVICES

Send Your Bags and Boxes to Fiji Today!!!

CALL US FOR AN ESTIMATE TODAY

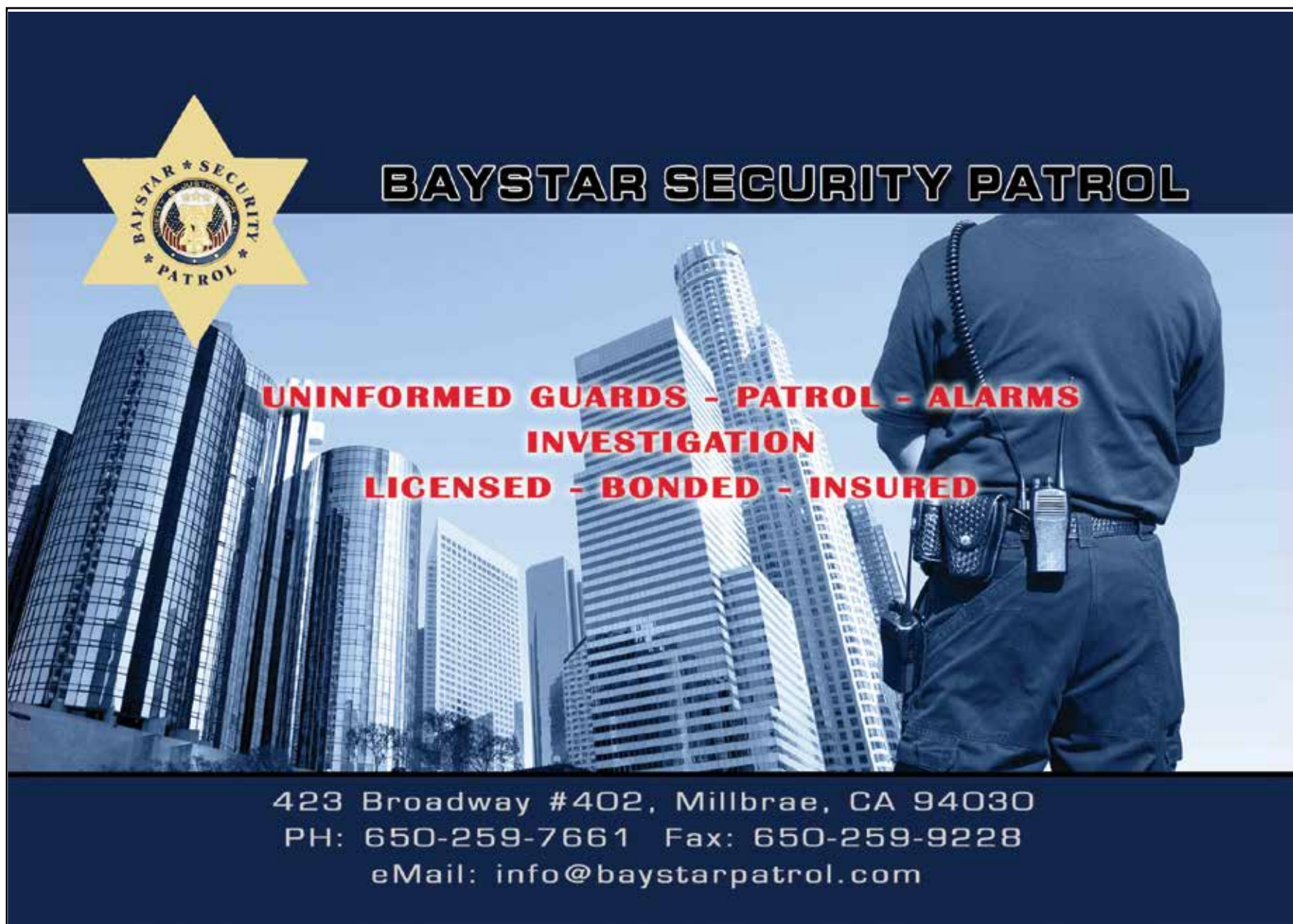
**No Weight Restrictions
No Worries, No Hassle**

Shamil Prakash
510-329-8943

23839 Connecticut Street, Unit 4
Hayward CA 94545

SAN FRANCISCO CALIFORNIA

Fiji



BAYSTAR SECURITY PATROL

**UNINFORMED GUARDS - PATROL - ALARMS
INVESTIGATION
LICENSED - BONDED - INSURED**

423 Broadway #402, Millbrae, CA 94030
PH: 650-259-7661 Fax: 650-259-9228
eMail: info@baystarpatrol.com

SUNTECH
INTEGRATED SOLUTIONS, INC



Set up a powerful WISP Network
Customize your IT operations
Building-to-Building Bridge XG



Mike Muktar Buksh
CEO / Founder
SUNTECH

 www.suntechis.com

FIJI

YOUR EASY ISLAND ESCAPE



USA  FIJI

FROM \$ **899***

Round trip economy fare inclusive of taxes

BOOK NOW AT FIJIAIRWAYS.COM

**Conditions apply. Visit our website for full details.*



FIJI
AIRWAYS



connect



CLOUD 9

QATAR FIFA WORLD CUP 2022



	Netherlands	VS	United States	
SATURDAY 3 DECEMBER 2022 KICK-OFF AT 15:00 UK/ 16:00 CET				
	Argentina	VS	Australia	
SATURDAY 3 DECEMBER 2022 KICK-OFF AT 19:00 UK/ 20:00 CET				
	France	VS	Poland	
SUNDAY 4 DECEMBER 2022 KICK-OFF AT 15:00 UK/ 16:00 CET				
	England	VS	Senegal	
SUNDAY 4 DECEMBER 2022 KICK-OFF AT 19:00 UK/ 20:00 CET				
	Japan	VS	Croatia	
MONDAY 5 DECEMBER 2022 KICK-OFF AT 15:00 UK/ 16:00 CET				
	Brazil	VS	Korea Republic	
MONDAY 5 DECEMBER 2022 KICK-OFF AT 19:00 UK/ 20:00 CET				
	Spain	VS	Morocco	
TUESDAY 6 DECEMBER 2022 KICK-OFF AT 15:00 UK/ 16:00 CET				
	Portugal	VS	Switzerland	
TUESDAY 6 DECEMBER 2022 KICK-OFF AT 19:00 UK/ 20:00 CET				



Fijian Elections Office
My Election. My Fiji

**DECEMBER
14TH , 2022**



ELDORADO
COMMUNITY SERVICE CENTERS

YOUR NEIGHBORHOOD MEDICAL AND MENTAL HEALTH CENTER

Primary Care • Family practice • Gynecology • HIV/AIDS & STD testing
Gastroenterology • Pain management • Therapy • Psychiatry

SERVING

Bay Area | Los Angeles | Kern County | San Diego

SEE WHAT YOUR NEW HEALTHCARE TEAM CAN DO FOR YOU

1-877-557-7826

WWW.AMERICANHEALTHSERVICES.ORG

Fiji News

PACIFIC NATIONS CONSULTATIONS IN PROGRESS TO DEVELOP REGIONAL CLIMATE MOBILITY FRAMEWORK

As the climate negotiations shape at COP27, Pacific governments are collaborating on a new initiative that will see the region's first-ever draft Regional Mobility Framework, currently developed as a guide for Pacific member states in mobilising cohesive climate mobility action plans. This was confirmed at COP27 Pacific Climate Change Migration and Human Security (PCCMHS) Side Event co-hosted by the Governments of Fiji and Tuvalu. In his remarks, Fiji's Permanent Representative to the United Nations, Ambassador Satyendra Prasad said the draft framework is now in its second iteration and will undergo several more rounds of national, regional and community consultations, until such a time that Pacific member states are ready to consider the framework as a guide to help inform regional climate mobility discussions and efforts. Ambassador Prasad said in the Pacific, governments have not only recognised the urgency of making preparatory action, but they are making good progress in the wake of the forecasted

Intergovernmental Panel on Climate Change (IPCC) scientific projections. "Under the Pacific Climate Change Mobility and Human Security Programme (PCCMHS), a series of regional and national conversations were initiated around a regional response and a coordinated approach to the issue of climate mobility.

In 2020 under the leadership of the Government of Fiji and the Government of Tuvalu, a Joint Working Group was set up to oversee the preparation of a Regional Framework on Climate Mobility to help facilitate and coordinate a regional response to climate migration and cross-border displacement." He added that climate change is reshaping migration patterns in every part of the world, and there is a need for urgent action on human mobility in the contexts of climate change, environmental degradation and disasters.

"It is time to make good on the agreements made in the context of climate negotiations, disaster risk reduction, migration governance and other relevant



processes. These agreements must urgently be matched with action on the ground in national and local contexts." "We are at a crucial juncture: a strong and fair decision on Loss and Damage finance will send a strong signal of the progress of these enduring international climate negotiations." "We find ourselves in an unprecedented place where a decision on loss and damage financing is now on the COP27 agenda. I acknowledge the work of Small Island

Developing States delegations and civil society who have pushed for decades, asking for fair assistance for climate frontliners and victims."

He said while the agenda calls for a decision no later than 2024, at COP27 we must maximise the opportunity to get a decision on the establishment of a financial mechanism for loss and damage laying out the framing parameters of what a new facility might look like. "We must make ambitious gains

on this decision, for frontline communities that meet the requirements of climate justice and equity. Postponing such a decision once again would be an insult to the people and communities who are already suffering the worst climate impacts, even though they are not responsible for them. We wish all Leaders, all the Parties and all who are actively participating in the 'green' and 'blue' zones, to make good on the opportunity here at Sharm el-Sheikh."

INSPIRING SPATIAL CITIZENS

Minister for Lands and Mineral Resources, Jone Usamate, attended the World GIS day celebrations in Suva yesterday (16/11/22). With the theme 'Inspiring Spatial Citizens', Minister Usamate highlighted that GIS has been present in Fiji for many years and the growing appreciation by the government as a powerful decision-making tool to guide planning, resource

deployment, and informed decision is well known. "From the creation of dashboards for the COVID-19 pandemic response to relief trackers to monitor and guide relief distribution during tropical cyclone events that affect our nation, GIS has enhanced the efficiency of governments operations and services, as it continues to support our national development priori-



ties." "GIS has made it simpler to understand our surroundings and the environment and make decisions regarding the environment. Within GIS, one can analyse the geographic spread of data to gain better insight into distribution patterns." According to Minister Usamate,

World GIS Day is a great opportunity to educate our citizens on how technology, and in this case GIS technology, is applied to their day-to-day lives. They can search for information using a smartphone or their personal computers to find out what types of services are available

at which locations or they can use digital maps to find directions to a particular location. In addition, he encouraged young people to consider GIS as a career choice that will allow them to expand their knowledge, develop their skills and support national development.



Fiji News

FIRST APPROVED EMPLOYER OF FIJIAN ORIGIN RETURNS HOME TO PROVIDE EMPLOYMENT OPPORTUNITIES FOR MORE FIJANS

A former Fijian Citizen whose humble beginnings started in Suvavou Village in Suva, Fiji, was in the country earlier this month as the first Approved Employer (AE) of Fijian origin under the Pacific Australia Labour Mobility (PALM) scheme. Mr Viliame Likusuasua migrated with his family to Australia in 2008. He started Pickers and Pruners Labour Hire in 2016 based in Waikerie, South Australia. According to the Director of Pickers and Pruners Labour Hire, Mr Likusuasua, previously, he mostly employed backpackers in Australia. Director Likusuasua kept pursuing his goal and soon Pickers and Pruners La-

bour Hire Pty Ltd became an Approved Employer under the PALM scheme in 2019. They currently have a cohort of 12 Fijian workers on site who were mobilized in April 2022. They recently ventured into recruiting long-term workers with 2 active recruitment plans for 22 workers to be mobilized this month of which 20 to be engaged under the Seasonal Worker program while 2 will be engaged under the Pacific labour Scheme (PLS). While in Fiji, Director Likusuasua and his family met with the Employment Ministry staff and discussed their recruitment plan for both seasonal and long-term workers from Fiji. The Director National Employ-



ment Centre, Mr Lui Mario, on behalf of the Fijian Government expressed its deep appreciation

to Mr Likusuasua for having Fiji at heart and for visiting Fiji to provide more job opportunities

for other potential Fijian citizens in the near future.

NATIA VILLAGERS RECEIVE NEW BOAT AND ENGINE

The provision of a boat and engine for the villagers of Natia, in the district of Yasawa, is expected to boost income generation for youths in the village. The village was the recipient of a brand new fibreglass boat and engine - an assistance worth \$24,000 from the Government through the Ministry of Rural and Maritime Development and Disaster Management's Self-Help Programme (SHP). Last weekend, the villagers travelled to Lautoka to receive the boat and engine from the Minister for Rural and Maritime Development and Disaster Management, Mr Inia Seruiratu. While receiving the boat and engine, Natia Village headman, Mr Iliesa Sukaloa said the assistance provided by the Government would significantly improve transportation for the villagers and support the village in some

of their long-term plans. "Today is a very good day for us as we are fortunate to be recipients of this assistance from the Government. We live on an island located far away from mainland Viti Levu, but the resources given to us today will greatly help us. We face a lot of challenges in terms of transportation, but today this burden has been lightened. We wish to thank the Government, the Ministry of Rural and Maritime Development and all officials for this assistance," Mr Sukaloa said. Currently, the village has two boats, which are used for the transportation of villagers and products for sale in Lautoka. "However, these two boats are old and only have limited capacity. This new boat and engine will enable our youths to increase their sale of fish. The main source of income for the three villages in Viwa is through

fishing, so this assistance will really boost their business and also contribute positively towards some plans for the village," he added. The village of Natia is the second of the three villages in the district of Viwa in Yasawa to receive a boat and engine from the Ministry. Villagers from neighbouring Yakani Village were also recent recipients of similar assistance from the Ministry. Both projects are intended to ensure that Fijians in the maritime areas have access to a safer mode of transportation, especially when seeking services from the Government or when trying to gain access to markets. Turaga Ni Yavusa Natia, Mr Jiuta Qoro, said the villagers are grateful to receive such assistance. "I want to thank the Government officials who have been communicating with us in Yasawa because we face a



lot of hardships in terms of our location. To get a boat like this is an honour and achievement because our forefathers used to only travel at particular times back in the day. But today, I thank the Minister responsible for Rural and Maritime and Disaster Management for this new boat. This is a blessing to us because our needs will be met," Mr Qoro said. Mr Seruiratu said the project was part of the Government's intention of ensuring that no Fijian in our rural and maritime communities was left behind in the development aspirations of the Government.

"Viwa is one of the most difficult places to reach and of course, has a lot of challenges as well, but I'm thankful that the Ministry of Rural and Maritime Development, through the Office of the Commissioner Western Division and District

Officer (DO) Lautoka/Yasawa that listens to the request of these villagers" Mr Seruiratu said. "This is the only means of transportation for the community. We are thankful that this community is not forgotten, ensuring that no one is left behind, the Ministry through the Government has provided the boat and engine for the community. This is for the safety of the people, for providing an alternative source of livelihood for the villagers, and thirdly to encourage the villagers to better utilise the marine resources they have through fishing and harvesting of beech-de-mer." Minister Seruiratu also wished the villagers well in their plans and stated that Government looked forward to witnessing the impact of the assistance rendered to the village.



NIUE

Pacific Market &

492 - 494 San Mateo Avenue, San B

GENERAL GROCERY OUT



Frozen Food, Fresh Produce, Kava, Fiji

LAAM

Fashion San Bruno

Bruno, CA 94066 PH. (650) 583-5024

LET Indian, Pakistan, Fijian, Tongan Groceries



ji Ghee, All Pooja Items & many more.....

Fiji News

FIJIAN GOVERNMENT - MONASH UNIVERSITY SIDE EVENT: BLUE ECONOMY FINANCING MODEL FOR PACIFIC ISLAND COUNTRIES AT COP27 IN SHAM EL SHEIKH, EGYPT

The Fijian Government and Monash University jointly organised a successful side event on the “Blue Economy Financing Model for Pacific Island Countries” at COP27 in Sham El Sheikh, Egypt. The event entailed discussions on the Pacific Action for Climate Transitions (PACT) - A Monash University and Fiji National University joint research centre, which will be launched in early 2023 in Fiji. The event, led by Professor Paresh Narayan of Monash University, explained the economic importance of oceans to Pacific Island Countries (PICs) and discussed the need for the oceans sector to become sustainable. Distinguished panellists, Mr Rex Horoi—Monash Univer-

sity’s Climate Change Envoy, Ms Reshmi Kumari—Director Research, Ministry of Sugar (Fiji), and Dr Seema Narayan—Advisor to the Asia-Pacific Applied Economics Association, highlighted the lack of private sector input in climate change action, and the limited ability of the PICs to engage with the private sector particularly, through underdeveloped capital markets. The panellists called for current blended financing models to be reinforced with innovative partnerships, such as the PACT, that can, by working collaboratively with development partners and donors, identify robust solutions which are impactful and carry global relevance.



FIJI AT THE FOREFRONT OF COP27 NEGOTIATIONS ON MOBILISING CLIMATE FINANCING

As the United Nations (UN) Climate Conference (COP 27) in Sharm el-Sheikh, Egypt, progresses into its final week, Fiji is at the forefront of the negotiations to mobilise support for local communities and families who are affected by the adverse impacts of the climate crisis in Fiji. The head of the Fijian delegation at COP27, Fiji’s Permanent Representative to the United Nations, Ambassador Satyendra Prasad, today spoke at the “Blue Economy Financing Models for the Pacific Island Countries” at the COP27 side event collaboratively organised by the Fijian Government and Monash University. In his re-

marks, Ambassador Prasad said as a large ocean state, blue finance is not only central to Fiji, but a key player in economic recovery and the pandemic recovery.

He said Fiji has partnered with the Monash University recently to establish a Monash-FNU Pacific Island Countries Climate Change Research Centre, known as PACT (Pacific Actions for Climate Transition) – A Monash FNU Climate Change Centre- which will be launched next year, will assist the policymakers and development partners in Fiji, to device solutions for climate change from the business and economic per-

spectives. Ambassador Prasad said the initiative affirms the government-academia partnership to advance result-oriented solutions that have solidarity at the heart of it.

He highlighted that Fiji’s Sustainable Bond Framework launched last week at COP27, will clearly articulate the blue economy projects and criteria with potential investors while ensuring consistency and transparency of projects, be it in the blue, green or even social space. One such initiative includes the Pacific Blue Shipping Partnership, which aims to reduce shipping emissions in line with International Maritime Organization’s (IMO) targets and enhance shipping safety in the region. Initiatives outlined included Fiji’s NDC (Nationally Determined Contributions) investment plans, sector-based climate proposals, Fiji’s E-Bus initiative, nature-based solutions, adaptation-mitigation and marine proposals that have secured funding opportunities and are ready to be further scaled up. Ambassador Prasad spoke on Fiji’s national climate finance strategy and the Green Climate Fund (GCF) proposals- which



require easier and faster access to climate finance and preparatory support to bring these initiatives to fruition.

He called for long-term visions, protection and conservation to be at the core of financing investments to deliver a sustainable future and that the Pacific’s Blue economy ambitions require capital investors who are focused more on the impact rather than returns. Fiji’s initiatives such as upcoming blue bonds, and regional

partnerships for smart investments with the support of the development partners, were also discussed at the event. In conclusion, Ambassador Prasad reminded the delegates at COP 27 that a Blue Economy is a global economy- all our seas connect to one ocean, and the motto is clear -- we are one and our fight is one- to maintain the health of our oceans and to invest in us in order to maintain the lifeblood and the blue lungs of our planet.



World News

Chemical weapons threat increasing amid Ukraine war, warns watchdog

US under secretary of state for arms control and international security Bonnie Jenkins slammed Russia's "preposterous, unfounded, and alarming" allegations about Ukrainian use or plans to use chemical arms.

Russia's invasion of Ukraine has increased the threat from weapons of mass destruction including chemical munitions, the head of the world's toxic arms watchdog said on Monday. The Organisation for the Prohibition of Chemical Weapons (OPCW) was closely monitoring the situation in Ukraine, its chief Fernando Arias told the regulator's annual meeting. "The situation in Ukraine has again increased the real threat posed by weapons of mass destruction, including chemical weapons," Arias told the meeting in The Hague. "It has exacerbated existing tensions to a point where unity of the international community on common global challenges related to international security and peace cannot be presumed." International disarmament bodies like the Nobel Peace Prize-winning OPCW "now have

become places for confrontation and disagreement", Arias lamented. Threats and allegations about the possible use of nuclear, chemical and biological weapons have been traded since the war in Ukraine began in February, but with no evidence they have been deployed. Arias reminded Russia and Ukraine that they were among 193 countries that have "solemnly and voluntarily committed never under any circumstances to... use chemical weapons". He said the OPCW "continues to closely monitor this serious situation and remains in contact with the permanent representations of the Russian Federation and Ukraine". The OPCW has provided Ukraine, at its request, with training for first responders for chemical attacks and for the detection of chemical leaks, Arias said. 'Preposterous' Russia's ally Syria meanwhile remained in "serious failure to comply" with the watchdog on its chemical weapons, the director-general said. Damascus had refused to give a visa to an OPCW inspector and had failed



to complete any of the measures demanded by the regulator, said Arias. Syria denies the use of chemical weapons and insists it has handed over its stockpiles under a 2013 deal, prompted by a suspected sarin gas attack that killed 1,400 in the Damascus suburb of Ghouta. But Syria was stripped of its OPCW voting rights in 2021 after a probe blamed it for further poison gas attacks. Western countries criticised both Russia and Syria

at the meeting. US under secretary of state for arms control and international security Bonnie Jenkins slammed Russia's "preposterous, unfounded, and alarming" allegations about Ukrainian use or plans to use chemical arms. Jenkins also accused Russia of chemical weapons use in the Novichok nerve agent attacks on former Russian spy Sergei Skripal in the English city of Salisbury in 2018 and Kremlin opponent Alexei

Navalny in Russia in 2020. Russia denies any involvement in either incident. Syria meanwhile "has shown only contempt" for the OPCW, the US official said. British junior defence minister Annabel Goldie said that "Russia's war (in Ukraine) is not something we can ignore here in the OPCW". "We have seen this pattern of deceitful behaviour in Syria and now we are seeing it in Ukraine," Goldie said.

Hong Kong top court allows British lawyer to defend pro-democracy media tycoon

Lai is perhaps Hong Kong's most prominent critic of China's Communist Party leaders including Xi Jinping, and Hong Kong's Department of Justice made repeated attempts to block British barrister, Timothy Owen, from representing him. Hong Kong's top court ruled on Monday that a British lawyer can represent pro-democracy tycoon Jimmy Lai in a national security trial, rejecting an appeal by the government to bar foreigner lawyers from such cases. Lai is perhaps Hong Kong's most prominent critic of China's Communist Party leaders including Xi Jinping, and Hong Kong's Department of Justice made repeated attempts to block British barrister, Timothy Owen, from representing him. The trial is set to start on Dec. 1, and is expected to last about 30 days. At a hearing last Friday, a lawyer representing the government, Rimsy Yuen,

had told the Court of Final Appeal that the government is seeking a "blanket ban" on foreign lawyers handling national security cases, except in exceptional circumstances. Yuen argued that cases involving such a "unique" piece of legislation as the national security law required someone familiar with the national security of China, and that an overseas lawyer "would not be in a position" to do so. But the panel of three judges; Chief Justice Andrew Cheung, Roberto Ribeiro and Joseph Fok, in a written judgment, criticised the Justice Department for "raising undefined and unsubstantiated issues said to involve national security which were not mentioned or explored in the Courts below." "Accordingly, we dismiss the application." Lai's lawyer, Robert Pang, had earlier defended Owen's role in the case. "It is precisely because we are at such

a crossroads of the needs of national security and freedom of expression, the court needs as much assistance as it can get," Pang said. Owen's application to represent Lai -- who ran the now shuttered pro-democracy Apple Daily newspaper -- had been approved by the Court of First Instance, and upheld by the Court of Appeal twice following

repeated appeals by the Justice Department and the city's top legal official, Paul Lam. Pro-Beijing media outlets such as the Ta Kung Pao newspaper, and several pro-Beijing politicians have suggested that China's top legal authority might need to overrule Hong Kong's Final Appeals Court if it backed Owen. Lai faces a maximum possible

life sentence for two counts of conspiracy to commit collusion with foreign countries or external elements, and one count of collusion with foreign forces under the national security law. He also faces a sedition charge linked to his Apple Daily newspaper that was forced to close in June 2020 after a police raid and a freeze on its assets.





www.belovulafiji.com



Direct enquires to
Phone: +679 869 7932
or +679 781 2965
Email:
reservations@belovulafiji.com

NATIONAL MARKETING

LARGEST RETAIL & WHOLESALE STORE

DISTRIBUTOR OF SOUTH PACIFIC FOODS FROM AUSTRALIA, FIJI AND NEW ZEALAND

GROCERY SPECIAL

**BUY
NOW
AND
SAVE**



National Marketing
Anila Singh Co - Owner

**2931 Whipple Rd
Hayward, CA 94587
(510) 324-2220**



**40 Cocktail
Samosa**



**35 Vegetable
Spring Rolls**



**PALAK
Spinach**



RATALU



**Fresh
Vegetables**

Christmas

Christmas, a Christian holiday honoring the birth of Jesus, has evolved into a worldwide religious and secular celebration, incorporating many pre-Christian and pagan traditions into the festivities.

Christmas is celebrated on December 25 and is both a sacred religious holiday and a worldwide cultural and commercial phenomenon. For two millennia, people around the world have been observing it with traditions and practices that are both religious and secular in nature. Christians celebrate Christmas Day as the anniversary of the birth of Jesus of Nazareth, a spiritual leader whose teachings form the basis of their religion. Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends and, of course, waiting for Santa Claus to arrive. December 25—Christmas Day—has been a federal holiday in the United States since 1870.

How Did Christmas Start?

The middle of winter has long been a time of celebration around the world. Centuries before the arrival of the man called Jesus, early Europeans celebrated light and birth in the darkest days of winter. Many peoples rejoiced during the winter solstice, when the worst of the winter was behind them and they could look forward to longer days and extended hours of sunlight. In Scandinavia, the Norse celebrated Yule from December 21, the winter solstice, through January. In recognition of the return of the sun, fathers and sons would bring home large logs, which they would set on fire. The people would feast until the log burned out, which could take as many as 12 days. The Norse believed that each spark from the fire represented a new pig or calf that would be born during the coming year. The end of December was a perfect time for celebration in most areas of Europe. At that time of year, most cattle were slaughtered so they would not have to be fed during the winter. For many, it was the only time of year when they had a supply of fresh meat. In addition, most wine and beer made during the year was finally fermented and ready for drinking.

In Germany, people honored the pagan god Oden during the mid-winter holiday. Germans were terrified of Oden, as they believed he made nocturnal flights through the sky to observe his people, and then decide who would prosper or perish. Because of his presence, many people chose to stay inside.



MOON INDIAN CUISINE

MOON
INDIAN CUISINE
INDIAN FIJI PAKISTANI
CUISINE

Most Affordable rates and prompt service:



CHEF PAUL

Address : 600 West Harder Road Hayward, CA 94544
Open Daliy from 11AM - 10PM PH: (510) 780 - 9233
www.moonindiancuisine.net

*Over 30 Years of Experience in Resturant
& catering Business.*

WINGS

PROUD TO SUPPORT

AMERICAN FIJI SPORTS COMMISSION

== PACIFIC CUP 2022 ==



food • drinks • sports

 WINGSRestaurantsandPubs

 great_wings

greatwings.ca

Drug testing is an effective tool to protect your work place from the negative effects of drug and alcohol abuse.

Services Include:

- Substance Abuse and Drug Testing Policy
- Supervisory Training
- Employee Education and Awareness Program
- Employee Assistance Program
- Drug Treatment Therapy
- Drug Testing
- Background Checks

Types of Testing:

Include, but not limited to:

- Pre-Employment
- Random
- Post-Accident
- Probable Cause
- Return to Work

Drug Free Work
Environments Promote

»SAFETY«
»PRODUCTIVITY«
»ACCOUNTABILITY«

Convenient Locations

- **Azusa**
472 S Citrus Ave. Azusa, CA 91702
- **Bakersfield**
1010½ S Union Ave. Bakersfield, CA 93305
- **Hawaiian Gardens**
21617 Norwalk Blvd. Hawaiian Gardens, CA 90716
- **Hollywood**
5015 W. Pico Blvd. Los Angeles, CA 90019
- **Inglewood**
4450 W. Century Blvd. Inglewood, CA 90304
- **Lawndale**
4023 Marine Ave. Lawndale CA, 90260
14611 Hawthorne Blvd. Lawndale, CA 90260
- **Long Beach**
2272 Pacific Ave. Ste A Long Beach, CA 90806
100 E. Market St. Long Beach, CA 90805
- **Palmdale**
2720 E. Palmdale Blvd. #128-9 Palmdale, CA 93550
- **Pico Rivera**
5200 San Gabriel Pl. Ste C Pico Rivera, CA 90660
8207 Whittier Blvd. Pico Rivera, CA 90660
- **Santa Clarita**
24625 Arch St. Newhall, CA 91321
- **Van Nuys**
6265 Sepulveda Blvd. #9&10 Van Nuys, CA 91411
- **Venice**
717 Lincoln Blvd. Venice, CA 90291



For More Information
877-557-7826
www.drugtestingclinic.org

Discounted pricing available

Because addiction is not a life sentence



Addiction to heroin, painkillers, and other opioids is a medically treatable condition.

OVER 23 CLINICS SERVING
Bay Area | Los Angeles | Kern County | San Diego

SEE WHAT OUR ADDICTION SPECIALISTS CAN DO FOR YOU!

I-877-557-7826

WWW.AMERICANHEALTHSERVICES.ORG

Take control[®]

Suboxone & Methadone Treatments can help you get back on track.



San Mateo Services

Your Neighborhood Auto Shop

501 S. Norfolk Street
San Mateo, CA 94401
(650) 344-7811 / (650) 219-7995

We Specialize In:

- » Smog Check
- » Oli Change
- » Frame Staightening
- » Fiber Glass Work
- » Perfect Color Matching
- » Foreign & Domestic
- » Engine & Transmission
- » Brakes & Tune - Ups
- » Custom Bodywork



Shoreview Service Station

335 South Norfolk Street
650-281-8582

By : Atendra Singh and
Vince Singh

**All major credit
cards accepted**

Dubai 7s 2022 Champions South Africa & Australia



Australia's women began their HSBC World Rugby Sevens Series title defence on a winning note as they claimed an unprecedented hat-trick of titles in Dubai with a 26-19 victory against their closest rivals New Zealand. Meanwhile, South Africa's men made it four Dubai titles in a row with a 21-5 win against Ireland underlining their dominance in the desert. Having missed out on the medals in the first tournament of the World Series in Hong Kong last month, it was a timely response from the Blitzboks with qualification for the Paris 2024 Olympic Games. Fiji's men, running in Hong Kong a month ago, plenty of time for them to make up lost ground.



QLIKdesign

Web Designing, Branding, Logo, Social Media Marketing

CALL TODAY: **650-468-6709**

www.qlikdesign.com

World News

Mauna Loa: World's largest active volcano erupts in Hawaii

The world's largest active volcano, Hawaii's Mauna Loa, has erupted for the first time in almost 40 years. The lava flow is mostly contained within the summit, but residents have been placed on alert and were earlier warned about the risk of falling ash. The US Geological Service (USGS) has said the situation could change rapidly. The volcano's alert level has also been upgraded from an "advisory" to a "warning" - the highest classification. No evacuation orders have been issued and populated areas are unlikely to be impacted at this stage, emergency officials say. Mauna Loa, located inside Hawaii Volcanoes National Park, covers half of the US state's Big Island. The volcano rises 13,679ft (4,169m) above sea level and spans an area of more than 2,000 sq miles (5,179 sq km). It erupted at 23:30 local time on Sunday (09:30 GMT Monday) at Moku'āweoweo, the volcano's summit caldera. Calderas are hollows that form beneath the summit at the end of an eruption. It followed a series of warnings that an eruption was possible after a spate of recent earthquakes in the region, including more than a dozen



reported tremors on Sunday. An advisory for ashfall - which can contaminate water supplies, kill vegetation and irritate the lungs - was in effect for the surrounding area overnight but has since been lifted. "Based on past events, the early stages of a Mauna Loa eruption can be very dynamic and the location and advance of lava flows can change rapidly," the USGS

said. If the eruption migrates beyond the walls of the summit caldera, lava flows could "move rapidly downslope", it added. According to the USGS, Mauna Loa has erupted 33 times since 1843. The previous eruption in 1984 sent lava flows within 5 miles of Hilo, the island's most populous town. But the Big Island's population has more than doubled since 1980 to around

200,000 residents and Hawaii's civil defence agency has warned residents could face a "lava disaster". "These lava flows rarely present a risk to life, but they can be extremely destructive to infrastructure," said Dr Jessica Johnson, a British volcano geophysicist who has worked at the Hawaiian Volcano Observatory. She warned the lava flows posed a risk to Hilo and Kona, another

major population centre, adding that the volcanic gasses could cause breathing problems for locals. Mauna Loa is the world's largest active volcano. There are other larger volcanoes but these are classified as dormant, meaning they have not erupted for a long time, or extinct, meaning they are almost certain not to erupt in future.

Meta fined €265m by Irish data watchdog over breach

Facebook owner Meta has been fined €265m (£230m) by Irish regulators. The Data Protection Commission opened an inquiry into Meta in April 2021, after data from 533 million people in 106 countries was published on a hacking forum having been "scraped" from Facebook years earlier. The DPC said Meta had breached Europe's General Data Protection Regulation (GDPR). Meta says it is "reviewing this decision carefully". "Protecting the privacy and security of people's data is fundamental to how our business works", an official said. "That's why we have cooperated fully with the Irish Data Protection Commission on this important issue." 'Considerable' risks Facebook's

search and contact-importing tools for Messenger and Instagram were misused to automatically extract the data between 25 May 2018 and September 2019. "Because this dataset was so large, because there had been previous instances of scraping on the platform where the issues could have been identified in a more timely way, we ultimately imposed a significant sanction," Data Protection Commissioner Helen Dixon told Irish public broadcaster RTÉ. The fine also reflected "considerable" risks to users, such as: the potential for spamming text- and email-based phishing attacks a loss of control over their data. The feature manipulated to access the data was changed in 2019, after Facebook became aware it



was being abused. The Meta official said the platform had implemented changes to reduce the potential for data to be scraped using phone numbers. "Unau-

thorised data scraping is unacceptable and against our rules and we will continue working with our peers on this industry challenge," the official added.

Two months ago, the DPC issued Instagram, also owned by Meta, a record fine for violating children's privacy.

PARTY

NORFOLK STRIKERS & EASTBAY FC

*Presents
Hangama Night*



DANCE DHAMAKA NIGHT

**SAPPHIRE
BANQUET HALL,
HAYWARD CA**

17TH DECEMBER, 2022

**ONE & ONLY
HURRICANE BIBI & GROUP
FROM THE ISLANDS OF FIJI**

DANCE DHAMAKA NIGHT



**DJ -
REAL DEAL
& DJ AM**

Dinner & Drinks Included

INFORMATION & TICKET:
ATEN SINGH (650) 219-7995
RAJESH SHANKAR (408) 425-4584
DAVEN KUMAR (510) 938-3454

SPONSORED BY

SAT NARAYAN (UNION CITY)
STONE UNIVERSE INC . (510) 278-8303
SUNTECH (510) 432-8711

Health

Raw honey could help reduce blood sugar and cholesterol levels, study finds

Consider replacing the sugar you consume with honey, says a new study from researchers at the University of Toronto. For people on a healthy diet in which no more than 10% of daily calories come from sugar, honey actually provides cardiometabolic benefits. The study is a review and meta-analysis of the effects of honey in 18 controlled feeding trials involving 1,105 predominantly healthy individuals. Taken together, the trials showed that honey lowered fasting blood glucose (blood sugar levels on an empty stomach), total and “bad” (LDL-*Trusted Source*) cholesterol, as well as a marker of fatty liver disease. They also found that honey increased markers of inflammation. While sugars of all kinds are associated with cardiometabolic issues — and honey is 80% sugar — the study’s authors suggest that honey may be in a category of its own, and worthy of special consideration as a healthy food. The researchers found that raw honey and monofloral honey provide the most cardiometabolic benefit. What is special about honey? Unlike most sweeteners, honey’s sweetening power does not come exclusively from common sugars, such as fructose and glucose. Co-author of the study Dr. Tauseef Ahmad Khan, research associate at the Temerty Faculty of Medicine, University of Toronto, Canada. In addition, said Dr. Khan, honey contains much more than sugars. This includes, he said, “many bioactive

molecules, including polyphenols, flavonoids *Trusted Source*, and organic acids that have an array of pharmacological properties including antibiotic effect, anti-cancer effect, anti-obesogenic [anti-obesity] effect, protection against free radical damage *Trusted Source* and reducing inflammation, etc.” Endocrinologist Dr. Ana Maria Kausel, who was not involved in the study, told MNT that she would nevertheless prefer the focus remain on reducing the intake of sugar. “I think the focus should be more towards having less sugar overall in the diet. The benefits were seen after consuming an average of 40 grams for 8 weeks. This amount of sugar is more than what the body can process without involving the liver. We can see similar benefits in [cardiovascular] and metabolic risks without the sugar intake, for example, the Mediterranean diet,” she pointed out. Raw honey and monofloral honey Honey products are frequently pasteurized — raw honey is not. Honey is pasteurized for convenience, not safety, since the processing slows honey’s naturally occurring granulation, which can make it harder to pour out of a squeeze bottle or measure into a spoon. Raw honey has an array of nutrients, including many antioxidants, which may diminish in quantity with pasteurization. The current study found that raw honey had a particularly positive effect on fasting glucose. Most honey is polyfloral, meaning that the bees that produce it



collect nectar from any nectar-producing plants within a 2-to-4-mile range from their hive. A monofloral honey is one that is derived exclusively from the bee-collected nectar of a single type of plant, or even a single plant. Well-known monofloral honeys include Tupelo honey — from White Ogeechee Tupelo trees — clover honey, robinia honey, and French lavender honey. Each has a distinctive

flavor. The researchers found that clover and robinia monofloral honeys lowered LDL cholesterol and overall cholesterol, as well as fasting triglycerides. Clover honey also reduced fasting glucose levels. Inflammation markers Excessive inflammation is increasingly associated with a variety of illnesses and conditions, so the study’s finding that honey raised inflammation markers IL-6 *Trusted Source* and TNF-alpha *Trusted Source* may give rise to some concern. However, Dr. Khan suggested that an increase in these markers may actually indicate additional benefits. “IL-6 may play a role in maintaining good glucose control by improving whole body metabolism of both glucose and lipids,” he said. “Similarly, TNF-alpha is an indicator of innate body immune response, so an increase with honey intake may suggest improved immunity.” Considering other natural sweeteners “I am interested,” said Dr. Khan, “in all natural sweeteners, and plan to look at maple syrup and, of course, agave syrup.

However, there is a major difference between these syrups and honey.” “Syrups like maple syrup and agave are directly obtained from plants, with some processing by humans using heat, and are mainly composed of common sugars like fructose, glucose, and sucrose,” he added. As Dr. Kausel put it, “agave is natural, but it’s fructose at the end of the day.” “High fructose concentrations,” she pointed out, “are bad for the liver, no matter what the source is. Even natural juices are harmful for the liver, despite all the vitamins and minerals they might contain.” Still, the way honeybees make honey adds an interesting twist that make its sugars different. “Honey,” explained Dr. Khan, “has an additional step whereby the honeybees extensively process nectar [which is mainly sucrose] from flowers with their enzymes, which results in a large variety of rare sugars being produced in honey. These rare sugars are the key to the benefits of honey sugars over other natural sugars.”



Health

Can diabetes drugs like insulin, metformin affect MS risk?

Multiple sclerosis (MS) is a potentially debilitating condition that affects the ability of nerves to signal properly, and it is twice as common in women as it is in men. Its potential causes are yet unclear. MS is considered an autoimmune disease, and like other autoimmune conditions, its causes are thought to be a combination of environmental and genetic factors. MS occurs when the fatty protective sheath around nerve cells known as myelin degenerates, this affects cell signaling and causes symptoms such as vision problems, difficulty standing as well as bladder control and sexual problems. It can even cause partial paralysis. Some people have both type 2 diabetes (T2D) and MS. Researchers have observed Trusted Source that people with T2D

who receive anti-hyperglycemic drugs experience some improvements in their symptoms. Earlier this year, researchers launched a clinical trial to repurpose metformin, an anti-hyperglycemic drug, as an MS drug. A recent piece of research has looked into the effects of anti-hyperglycemic drugs used to treat T2D on MS risk. The retrospective study published in the journal Heliyon Trusted Source has shown that using anti-hyperglycemic drugs can help to reduce people's risk of developing MS if the onset of T2D and treatment is before the age of age 45. However, the researchers also found that these drugs can increase the risk of



developing in those over the age of 45, particularly in women. How do diabetes drugs affect MS risk? In the current study, researchers from the University of Arizona, Tucson, examined a cohort of over 5 million people with T2D from the Mariner insurance claims database, and over 1.5 million people were included in their final analysis. The researchers then matched participants who had either been exposed to anti-hyperglycemic medications, including insulin, metformin, sulphonylureas, gli-tazones, and DPP4 inhibitors to treat their T2D, and those who had not. Their findings showed that T2D patients who took anti-hyperglycemic medi-

cations had a 22% decreased risk of developing MS over an average follow-up of 6.2 years in patients who were younger than 45 years when they started taking them. When individual drugs were analyzed, sulfonylureas alone or in combination with metformin were most significantly associated with a decrease in the risk of developing MS in the time frame studied. Conversely, they also found that people who had started treatment over the age of 45 had a 16% increased risk of developing MS. Those who had the highest number of comorbidities saw a 36% increase in the risk of developing MS if they took anti-hyperglycemic drugs.

Why females may be more at risk When researchers looked at males and females separately, they found that females were more at risk following anti-hyperglycemic use than males, for whom confidence in an association was low. Researchers have proposed the difference could be due to menopause, which occurs in most women in their late 40s and early 50s, though perimenopause can start earlier. They explain that T2D control often worsens in women after menopause due to the loss of estrogenic control of insulin. This can lead to significant inflammation, they say, which could similarly lead to a worsening of MS symptoms. However, they also note that the rate of MS overall is lower after the age of 40, and therefore menopause, as has previously been found. Having multiple autoimmune diseases Having one autoimmune disease, where problems are caused by the immune system attacking cells it shouldn't, is associated with an increased risk of other forms of autoimmune disease. People with T2D, for example, are more at risk of developing multiple sclerosis, with women under the age of 50 with T2D being most at risk, a study of a cohort in Taiwan showed. The authors suggested the reasons were unclear, noting that while both are understood

to have some genetic factors, there are no genetic risk factors in common between the condition. Dr. Hana Patel, GP specialist in chronic disease and mental health and Mindset Coach told Medical News Today in an interview: "It's another risk factor that's associated with MS. Though, it's not the diabetes [that] causes it, but because you're more likely to get other autoimmune conditions, it's more likely to happen to someone who's got diabetes." Limitations The findings are complicated by the fact that MS diagnosis can often be made years after the onset of symptoms, according to Dr. Achilles Ntranos, chief neurologist and MS specialist at Treat MS. "The findings of the paper are intriguing, but I would not say they are controversial, as there could be a biological basis for them. Glucose metabolism is essential for the immune response, so modulating that could have an effect in immune-mediated diseases, such as MS," he told MNT. "However, this study has some limitations as it is a retrospective study based on an insurance claims database, which can harbor certain biases that can affect the results. Therefore, the findings of this study need to be replicated in another cohort to strengthen their scientific validity," he added.



Roop Kala Jewelers

Specialists in 22ct Gold Jewelry
Once a Customer, Always a Friend

Now Available Imitation Jewelry

Fashion & Silver Jewelry
Watch Battery Change
Watch Repair

San Bruno, CA 94066
PH:(650) 871-5611
Roop Kala Jewelers
631 San Mateo Ave



Specialists in 22ct Gold Jewelry

Roop Kala Jewelers, 631 San Mateo Ave and San Bruno,
CA 94066

PH:(650) 871-5611

Watch Battery Change Watch Repair

Watch Department- Call Direct 650-808-0859



Health

Dementia vaccines: What are they, and when could they become available?

Dementia is an umbrella term referring to a range of disorders that affect the way in which a person's brain works, causing symptoms including memory loss, behavior changes, and difficulty speaking. The most common form of dementia is Alzheimer's disease, which accounts for 60% to 80% of dementia cases. More than 55 million people around the world have dementia, with about 10 million cases added each year. There are some Food and Drug Administration (FDA)-approved drugs for Alzheimer's disease aimed at either changing disease progression or helping lower some symptoms of the condition. However, there is currently no cure for Alzheimer's disease or most cases of dementia. Is a dementia vaccine even possible? Researchers are now looking at the possibility of protecting a person from developing dementia through a vaccine. Traditional vaccines, such as vaccines for the flu and shingles, train the body's immune system to fight off specific viral infections. "More and more, there's an appreciation of the immune system being relevant in the central nervous system, both in terms of driving a disease state, but also potentially recovering from or even preventing a disease from happening, including something as complex and devastating as dementia," said Dr. David A. Merrill, a psychiatrist, and director of the Pacific Neuroscience Institute's Pacific Brain Health Center at Providence Saint John's Health Center in Santa Monica, CA. He gave the example of recent evidence showing a person getting the flu or pneumonia vaccine might decrease their risk of developing dementia. "It's spurring the idea 'could immune system activation or support actually help stave off the dementing process or nerve degenerative disease process?'" Dr. Merrill continued. "The starting point of the theories or hypotheses about Alzheimer's didn't start with ideas about the immune system, but it's ending up that perhaps the treatments can and should involve helping or addressing immune system function with

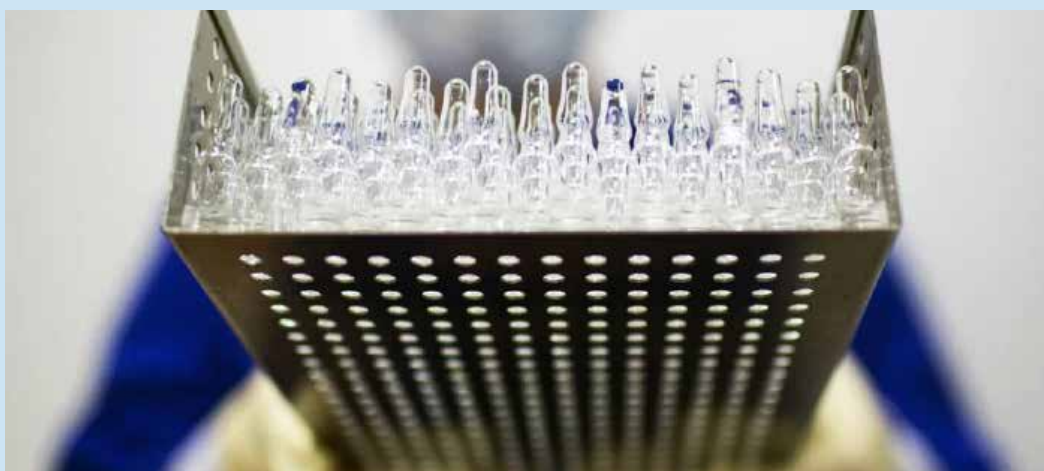
aging," he told us. What would a dementia vaccine do? According to Dr. Michael G. Agadjanyan, vice president and professor of immunology at The Institute for Molecular Medicine in Huntington Beach, CA, vaccines against neurodegenerative disorders are like subunit vaccines — using only a piece of the pathogen — and recombinant vaccines using DNA technology to raise antibodies against the most immunogenic peptide segments. Dr. Heather Snyder, vice president of medical and scientific relations for the Alzheimer's Association, said it is an exciting time in Alzheimer's disease research, with over 100 potential therapies being tested at various stages of the research process, and many more being developed. "There has been some research exploring active immunization, such as vaccines, to 'protect' individuals from Alzheimer's," she detailed. "These are vaccines that are being developed to target the biology related to Alzheimer's." "They are, in some cases, leveraging the biology of decades of vaccine-related development more broadly in medical care. There are also different types of delivery systems and different types of biology that may be targeted with a vaccine for a potential therapy," she explained. Dr. Agadjanyan explained that dementia vaccines would generate immune responses against pathological molecules in the body associated with dementia, including: beta-amyloid proteins — toxic build-up of these proteins in the brain is often linked to Alzheimer's disease tau — a protein that helps stabilize the internal structure of neurons in the brain; abnormal tangles of tau protein in the brain are associated with Alzheimer's disease alpha-synuclein — a protein in neurons associated with Parkinson's disease and Lewy body dementia when large amounts accumulate. "In Alzheimer's disease, the following processes develop in the brain tissues," Dr. Agadjanyan explained to Medical News Today. "[Beta-amyloid] plaques are formed from beta-amyloid

protein. Inside the neurons of the brain, neurofibrillary tangles are formed from hyperphosphorylated tau protein. These accumulations of beta-amyloid and tau protein lead to the destruction of neurons and the development of inflammatory processes," he said. "As a result, neurons and the connections between them vanish, and memories, the ability to create them, and other human cognitive functions — thinking, the ability to concentrate on a task, logic, etc. — go with them," he continued. "After a person receives a diagnosis of Alzheimer's disease, they rarely manage to spend more than five to seven years in this world."

Dr. Agadjanyan said that current scientific data suggest that aggregation of beta-amyloid is the critical feature for initiating Alzheimer's disease followed by accumulation of pathological tau and, downstream, inflammation, oxidative stress, and neurodegeneration. Dementia vaccines under development A number of dementia vaccines are currently in different stages of clinical trials to study their effectiveness and safety, including: a nasal Alzheimer's disease vaccine from Brigham and Women's Hospital in Boston entered the phase 1 clinical trial stage in November 2021 a phase 2 clinical trial is underway for Araclon Biotech's Alzheimer's disease vaccine targeting beta-amyloid 40 Swiss-based biopharmaceutical company AC Immune SA has a tau-targeted vaccine candidate for Alzheimer's disease in a phase 1B/2A clinical trial. Earlier this year, pharmaceutical company Vaxxinity announced it had received FDA fast-track

designation. Trusted Source for its immunotherapeutic vaccine for Alzheimer's disease. The vaccine candidate, UB-311, has completed phase 1 and 2A clinical trials, with phase 2B expected to begin in late 2022. Dr. Snyder reported that the Alzheimer's Association's Part the Cloud program is currently funding an early-phase clinical trial testing the use of a vaccine in reducing brain inflammation in individuals with early Alzheimer's disease. She stated that the trial is expected to finalize in fall 2023. And Dr. Agadjanyan is part of a team at The Institute for Molecular Medicine (IMM) developing a vaccine for Alzheimer's disease. "Our goal was to develop an immunogenic vaccine that can induce a sufficient level of antibodies in the periphery of all vaccinated cognitively unimpaired elderly with immunosenescence and delay/halt the onset of Alzheimer's disease," he explained. When will a dementia vaccine be available? Dr. Merrill predicted it will be a while before any vaccines are available to the public. "It's still going to be a number of years before any vaccine is able to get through the development process, the regulatory hurdles, [and] the phases of clinical trials," he pointed out. Dr. Snyder agreed, and stated that the studies to date have been very small or in mice. "More research in large, diverse human populations are needed before we can comment on the potential usefulness of a vaccine for protecting against or treating Alzheimer's," she advised. Additionally, Dr. Merrill said people may be hesitant towards a dementia vaccine depending on how long the

vaccination process may take. "If you look at the early stage trials, the scheduling or the dosing of the vaccines can be quite variable," he detailed. "In concept, you might hope for just a single dose vaccine and you would be protected, but the reality may be it might take a series. Monthly vaccination shots for a year is one design." "And the question is how interested will people be in getting this?" Dr. Merrill asked. "Clearly, if it truly protects and prevents you from getting Alzheimer's, I think people would line up and would be very interested. But it's all in the development of this — this is where it's uncertain." Will dementia vaccines really work? On the other side of the dementia vaccine argument is Dr. Karl Herrup, professor of neurobiology at the University of Pittsburgh School of Medicine. He told MNT the dementia vaccines attempt to harness the power of the immune system to fight the biology of dementia and are all based on the hypothesis that deposits of misfolded proteins — amyloid, tau, and others — are the root causes of the disease. "The vaccines, though differing in their strategies, are all based on using antibodies to the deposits to deplete and/or remove them," he explained. "The bad news is that despite this biochemical success there is no meaningful clinical benefit to the therapies. Indeed in some trials, people on the drug actually fared worse than those on placebo. Many of us, myself included, have long argued that the hypothesis of aggregate-caused dementia rests on shaky grounds," said Dr. Herrup.



Saunf Ka Sherbat Recipe

Saunf Ka Sherbat Recipe

Total Time: 30 mins

Serves: 2 Servings

Ingredients

1. 1 1/2 Cup Fennel seeds (saunf)
2. 2 Green cardamoms
3. 2 Cloves
4. 5-6 Black peppercorns
5. 15-16 Fresh mint leaves
6. 4 tbsp Low Calorie Sweetener
7. Black salt to taste
8. 2 tsp Roasted fennel powder
9. Ice cubes as required

How to-

10. Heat a deep non-stick pan,

add 3 cups water, fennel seeds, green cardamoms, cloves, black peppercorn, and mix. Cook for 15-20 minutes on a medium heat.

11. Strain the mixture in a non-stick pan, add Sugar Free Green Powder and cook till it melts. Take the pan off the heat and allow the syrup to cool completely.
12. To make one portion, Take a glass and add 1/2 table-spoon fennel syrup, fresh mint leaves, black salt, salt, 1/2 tsp roasted fennel powder, ice cubes and pour 1 cup water. Mix and serve immediately.



Komal - Gujarati Chaas Recipe

Komal - Gujarati Chaas

Total Time: 15 mins

Serves: 2 Servings

Ingredients

1. 1 Cup Dahi
2. 1 cup Coconut Milk
3. 2 tsp Freshly chopped coriander leaves
4. 2 Slited green chillies
5. 2-3 Curry Leaves
6. 2 tsp Oil One pinch hing
7. 1/2 tsp Cumin Seeds
8. Salt and sugar to taste

How to-

9. Take dahi, coconut milk, coriander leaves, green chillies in a bowl, with some water and blend with hand blender. Keep aside.
10. Heat oil in a pan and add jeera, hing, and curry leaves. Let it splutter.
11. Add the tadka to the drink and serve. You can take out the chillies before serving.



Chilli Garlic Omelette Recipe

Chilli Garlic Omelette

Total Time: 15 mins

Prep Time : 05 min

Cook Time : 10 min

Serves: 2 Servings

Ingredients

1. 2 Eggs
2. 1/2 tsp Chilli Flakes
3. To taste Red Chilli Powder
4. Salt To Taste
5. 3-4 Cloves Garlic (Chopped)

How to-

1. Break two eggs in a glass,

whisk it properly.

2. Once done add chopped garlic, salt, chilli flakes and red chilli powder.
3. Mix everything again.
4. Heat a dollop of butter in a pan, pour the whisked egg batter, flip and cook the omelette from both sides.
5. You can also add a slice of cheese to give it a balanced taste.
6. Serve and enjoy!



STAR FABRICS

INDIAN CLOTHING | FASHION JEWELRY | FABRICS & MUCH MORE



29625 MISSION BLVD, HAYWARD CA 94544
PHONE: 510-881-8545

Food

Healthy Paneer Pizza Recipe

Healthy Paneer Pizza
Total Time: 30 min
Prep Time : 15 min
Cook Time : 15 min
Serves: 2 Servings
Ingredients

1. 2 Wheat Flour Base
2. 1 Onion, chopped
3. 200 gms Paneer
4. 1/2 Capsicum
5. 1/2 cup Mushroom
6. 7-8 Olives
7. 1 Tomato, chopped
8. Olive oil for cooking

For Pizza Sauce:

9. 2 cups Tomato Puree
10. 1 tbsp Ginger-garlic paste

11. 1 tsp Sugar
12. 7-8 Basil leaves
13. Salt to taste
14. Oregano and red chilli flakes to taste

How to

1. Make pizza sauce by cooking tomato puree with all the spices and basil in olive oil.
2. Spread the sauce on pizza base.
3. Top it with onions, tomatoes, capsicum, mushrooms and olives.
4. Grate and splay paneer on top of it.



Gajar Matar Khichdi Recipe

Gajar Matar Khichdi
Total Time: 30 min
Prep Time : 10 min
Cook Time : 20 min
Serves: 2 Servings
Ingredients

1. 1 Cup Rice
2. 1/2 cup Moong Dal
3. 2 Carrots (grated)
4. 1/2 cup Peas
5. A pinch of hing
6. Salt to taste
7. 1-2 Green Chillies
8. 1/2 tsp Turmeric
9. 1 tsp Cumin Seeds
10. 1 tbsp Garam Masala
11. Ghee for cooking

How to

1. Soak dal and water together for about one hour.
2. In a pressure cooker, saute hing and cumin seeds in ghee. Once they crackle, add green chillies.
3. Add grated carrots and peas, salt, garam masala and turmeric powder. Saute for 2-3 minutes.
4. Add rice and dal, add water as per required consistency.
5. Cook and serve hot with a dollop of ghee and dahi or achaar.



Whole Wheat Chicken Momo Recipe

Whole Wheat Chicken Momo Recipe
Total Time: 35 min
Prep Time : 20 min
Cook Time : 15 min
Serves: 2 Servings
Ingredients

1. 2 Cups Atta
2. 2 Tbsp Oil
3. 1 Cup Minced Chicken
4. 1 Cup Minced Onion
5. 1 Tbsp Minced ginger
6. 1/2 Cup Minced coriander leaves
7. 2 Tbsp ButterSalt according to taste

How to

1. In a bowl add the meat, onions, ginger, coriander leaves, and butter and mix well.
2. Use your hands to properly rub all the ingredients together, add salt according to taste and let it rest for 10-15 minutes.
3. In the meanwhile, make a dough by mixing atta, a pinch of salt, oil, and water. Mix lightly hard dough and keep aside.
4. Make tiny balls out of the dough and roll out the tiny balls of dough in the size of a small poori.
5. Place a spoonful of filling in the middle and use a mold to shape the dumpling.
6. Or you can gather all the sides together and pinch it.
7. Grease the steaming plates with oil and let this steam for 20-30 minutes.
8. Check if the outer dough is cooked and serve hot.



Sports

Nadroga Sporting enthusiast wants to Tee to the Top in International Gol

10-year-old Grace Delaitoga is confident of reaching the very top of international golfing rankings in the future. The daughter of Ravuame Delaitoga of Nawamagi, Nadroga and Mrs Mele Koto of Korotolu, Moce in the Lau group, Grace was born in the USA and currently resides with her parents in Sacramento. She started playing at 3 years old in their backyard and would also practice her swings at the Cherry Island Golf Course and Haggin Oaks Golf Course. However, Grace would always make sure that her homework was completed before her afternoon training sessions. "I have a Coach, Charlotte Mayorkas (LPGA) Professional who takes me some afternoons for my short game and on other days alternates for putting and chipping. I also have scheduled days for practice on a 9 hole course mostly Friday afternoons after school to prepare for a tournament on Sunday as my tournament days are on Monday if it's a Public Holiday". Grace says that she has been winning USKIDS GOLF First /2nd in 6 Tours that she has played and has also qualified for the 'Longest Drive Putt and Chip' for Regional in California. She also qualified

for the TGR Jr Invitational in 2022 and has also played in the USKIDSGOLF joining 5 Tours ,East Bay Golf Tour ,LA Golf Tour,SF Tour, Monterey Tour, Sacramento Tour, Central Valley Tour and the Underarmour Sacramento Tour. "Some of my greatest challenges are when it's windy weather and playing in a tournament where I have to control my power to attack the green. When I have a bad short on my 1st Driver Swing and I have a goal to attack the green on my second hit but when I tee off with players who have been exposed to tournaments at 6 years, some would compare to someone starting this tournament at 9 years old. The 5th grader says her aim is to make it big and win as many tournaments as possible as she has the ability, confidence and natural power to swing her Driver club 240 yards out even as a 10 year old. "My goal is to become the first Fijian girl to win the National Women Amateur at the age of 16 in the USA and also to become the Women World Golfing Champion at the age of 18". Grace was also chosen to play at the Hay where she met the legendary Tiger Woods (Goat in World of Golf) where he had hosted the weekend for the best



60 golfers in the USA which Grace says was the highlight of her journey in a sport she loves so much. "Tiger gave me hints to become a Champion and I am thankful for his encouragement to my journey. Apart from Tiger Woods, I still admire and rate our fellow Fijian Vijay Singh as one of the star golfers from Fiji to have made it in the big world of Golf and it's interesting to note that both of us are from

the Western side of Fiji". Grace was chosen to be the cover page for KIDS GOLF in Facebook for the month of October 2022 with 18 thousand followers. Her advice to sporting enthusiasts is that; "If you have a sport to play, make sure you love it as my goal in any Tournament is to win. If we don't play well and practice more, you will not achieve desirable results". She added that she likes to spend a lot of time

on the golf course till late in the evenings and to make sure that she can master and attack the green at any angle in her short game. "I know that those in my village don't play this sport but I'm encouraging those who are playing any sport here in US or Fiji to remain persistent and become a winner, cause if Vijay Singh from Yalalevu in Ba can do it, so as Grace Delaitoga from Nawamagi from Nadroga".

Nawaqanitawase offers Wallabies X-factor

NSW Waratahs revelation Mark Nawaqanitawase has emerged as an unlikely World Cup go-to man following an inspired spring tour of Europe. After starting the Super Rugby season on the bench for the Waratahs, Nawaqanitawase finished the year as a stand-out winger on the end of Australia's backline for the Wallabies' last three Tests. The 22-year-old's second-half try-scoring double sparked the Wallabies' incredible 39-34 comeback win over Wales from 21 points down with 23 minutes remaining on Saturday night.

But more than just a fine finisher, Nawaqanitawase's offload and aerial skills, handy off-the-ball work and all-round physical presence are giving the Wallabies a point of difference. And all this after Nawaqanitawase

only made the European tour after fielding a phone call from Wallabies coach Dave Rennie while in Auckland for a holiday with his girlfriend. "It's exciting for him, he's really grown in the last 12 months," Rennie said at the time.

"We brought him into camp to give ourselves a bit of cover when he came back from Sevens so it's nice to officially name him in our squad." Summoned straight back to Sydney, the 192cm X-factor hasn't looked back since debuting in Australia's shock 28-27 loss to Italy three weeks ago. "I guess that's life," Nawaqanitawase said after his brace at Principality Stadium. "Things go up and down sometimes, but I'm grateful for where I am at the moment and I couldn't score those tries without the boys." After a breakout

2022 campaign, Wallabies legend Tim Horan called for the young flyer to avoid the 'second year syndrome' as he looks to cement his standing heading to the World Cup. "The big thing now for Mark is that he feels he belongs in a gold jersey," Horan said via Stan Sport.

"That usually takes probably five or 10 Test matches, he's done it in two or three. The big challenge for Mark now is to go back to the Waratahs after this tour, take what he's learned from this tour and actually step up again because that second year syndrome is very difficult in a gold jersey. "Players start to look at videos, start to analyse what your weaknesses are, what your strengths are. "He'll be marked harder next year, but it's a good opportunity for him to grow."



Sports

Congratulations to BA FC for winning 2022 Pacific community cup for the first time





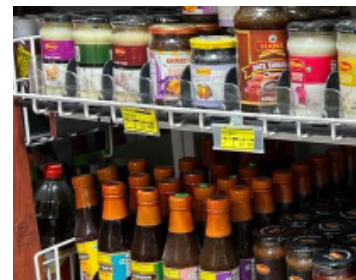


IMPORTED MIDDLE EASTERN & EUROPEAN GROCERIES



Besan's International Market

Retailers of Fresh Quality Halal Meats, Groceries & International Spices. Besan International has a Butcher which serves fresh meats everyday for your convenience. Come visit us today.



480 SAN MATEO AVE, SAN BRUNO CA 94066
PHONE: 650-872-7741 **OPEN 7 DAYS**

Sports

Fijian Netballers from Santa Rosa create history in US Netball Championship

Professional Golf and Rugby Sevens are two major sports in the USA in which our Fiji people have made big names in. For many years now, Fiji born and international golfing sensation Vijay Singh, including our two-time Olympic Rugby Sevens Gold medal winning team, continue to proudly raise our Fiji flag in the 'Land of the Free and Home of the Brave'. However more recently, our Fijian netballers in North California added to the list of Fiji's winning streak after the Santa Rosa Netball Club team competed for the first time at the USA Open Netball Championship held in Las Vegas from the 11th to 13th November 2022 and scooped the Bronze medal in the Mix-Shield Category. Team Manager Mrs. Mereoni Lutuciri reflected on their humble beginning saying that there was an existing Santa Rosa netball club however, it was yet to be registered to USA Netball. "In 2021, a few IDC netballers from Fiji including Sitiveni Areibulu (Sheedy) a former Suva netballer, Otilly Rabuku and Sai Cavasiga, got together to play netball as part of a wellness approach in our Santa Rosa community. This was the start of a collective effort to revive Santa Rosa netball and also to get it registered formally to USA netball. Our first friendly club match that year was against Sacramento

netball club who also consisted of national coaches and reps like Alavina Waqa and Matila Waqanidrola". After the successful revival, the Team first played in the Santa Monica Open Netball Tournament, in Los Angeles in November 2021 and also participated in the confederacy netball competition organized by the Sacramento Netball Club earlier this year. Mrs. Lutuciri added that after successfully registering the Team under USA Netball, the opportunity allowed them to participate in the annual US Open netball championship and were also blessed to be the last team that grabbed the final spot in this year's US Open, a window of opportunity which the Team officials and players were beyond grateful for. As part of their preparations for Las Vegas, Mrs. Lutuciri first expressed the Team's gratitude to the immense support received from the Fijian Community. "With serious preparation all happening within a month, we did not waste a day of training (except Sunday) and weekly fundraising. We wrote to our iTaukei business owners here in Santa Rosa and we were blessed to be supported by our very own iTaukei Santa Rosa business community in the likes of Divine Fijian Homecare (our major sponsor), BulaFiji Homecare and Fijian Angels and as well as being blessed with provisions

for our uniforms, the support was just so overwhelming".

be held in New Orleans in November, and will also organize

Homecare (Major sponsor), BulaFiji Homecare Caregiver



This support from the iTaukei Business Community saw the departure of the 22-member sporting contingent which consisted of 5 officials and 17 players. Mrs. Lutuciri added that competition was intense with their team playing against 11 teams at 10 minutes duration per game with 5 mins for each half. Their Mixed category fielded 4 Women's and 3 Men's Teams. The Team plans to only send a Women's and a Mixed Team for 2023 which is scheduled to

a membership drive and reach out to their grass root community as they believe that there is a lot of potential in most of our Fijians migrating from Fiji. "Please allow me to also thank the US Fiji Times for helping to promote the development of Fijians in the USA through their On-Line platforms and Newspaper. May I also once again thank our sponsors for stepping up in a short time frame, to financially support Team Santa Rosa Netball, namely Divine Fijian

ing, Fijian Angels and as well as Blessed Provisions for our uniforms. I also would like to thank the All Nations USA church for blessing us through prayers and spiritual support and as well as the St Eugene Catholic Church in Santa Rosa for allowing us to use their indoor court for training. And finally, to our families and friends and followers for supporting us through thick and thin and we dedicate this win to you all".

It's a Miracle: Samoan loose forward picked by Moana Pasifika for new season

Levi Aumua leads a Moana Pasifika haka. Moana Pasifika has named its 39-strong team for the 2023 Super Rugby Pacific season. Among the squad are 26 players with international rugby experience for Samoa, Tonga and the Cook Islands, as well as two Wallabies. Headlining the five new signings in the 2023 squad is Samoa-based loose forward, Miracle Fai'ilagi. The 23-year old was identified by head coach Aaron Mauger and forwards coach Leota Filo Tiafia at the World Rugby Pacific Combine event in Fiji. Mauger

said the combination of established international players and uncapped players make for a strong squad. "There was a lot of untapped talent at the Combine and Miracle was one of several players that caught our eye. "The way these young men responded to being in a professional environment for the first time was outstanding and we have rewarded another five players with pre-season training contracts." Four further players have earned themselves their first Super Rugby contracts after impressing as replacements

for Moana Pasifika in 2022. Otago's Abraham Pole joined Moana Pasifika as a permanent injury replacement in 2022 and played in nine matches, scoring four tries. Another addition to the squad is Manu Samoa first five-eighth D'Angelo Leuila. Mauger was impressed with his NPC form for Waikato this year. "D'Angelo spent some time with us last year and we set him some challenges around earning a full contract and he rose to the challenge with yet another outstanding NPC Season. "He's an incredibly strong ball carrier, has



a strong kicking game and sees space really well," said Mauger. Moana Pasifika begin their Su-

per Rugby Pacific campaign on Saturday, February 25, against the Fijian Drua.

America Fiji Golf Club Championship Tournament 2022

FOXTAIL Golf Course, Rohnert Park, CA

America Fiji Golf Club ends its Season on November 5th, 2022 with a Grand Banquet night and Trophy Presentation Ceremony held immediately after the Tournament. Congratulations to all the winners and thanks to all the members who participated in the tournament.

A very special Thank you to our annual and grand sponsor Mr. Virendra Singh of ESS Group.



www.america-fiji-golfclub.com



Members of AFGC



**President Narend Narayan Receives
Appreciation Award from the Board
Members**



Vinay Naicker

Club Champion, Low Gross Winner
Player of the Year and Long Drive Champion



Himant Kumar
1ST Place President's Flight



Dillion Bahadur
Match Play Champion and
2nd place Presidents Flt. & NTP



Bobby Nand
Masters Champion, 3RD place Presidents Flt



Sam Deo
1ST Place Director's Flight



Rakesh Singh
2nd Place Director's Flight



Satish Prasad
3rd Place Director's Flight

Other Winners:

Pardip Singh: Most Improved player
Hari Nand: Nearest to the Pin Winner.

Sports

A proud achievement for sports in Fiji

A very special milestone for sports in Fiji became a reality when six athletes with intellectual impairment (ID) took part at the inaugural Oceania Asia Virtus Games in Brisbane, Australia from 5th to 11th November 2022. This was the first time that a combined Oceania and Asia Virtus Games was staged and also the first time that Fiji athletes were invited. VIRTUS, the founding member of International Paralympics Committee (IPC), was established in 1986. It is recognized globally as the international Organization for Disability Sports (IODS) with the responsibility for the management of eligibility and classification for athletes with Intellectual impairment (ID). Fiji was blessed with the initiative by Sports Inclusion Australia CEO Robyn Smith and Fiji Sports Commission CEO Peter Mazey to conduct a workshop in April 2022 for psychologists in Fiji to be trained to assess athletes with ID. Through this initiative, Fiji Paralympics Committee (FPC) is the first country in the Pacific Islands to be an accredited member of Virtus and Dr Annie Crookes from

the School of Law and Social Sciences of USP is now the only person in Fiji fully credited to assess athletes with ID. During this workshop, 8 athletes were brought in as a practical exercise for the psychologists to learn how to assess and eventually, through Dr Annie's and Sports Development Officer for Special Olympics Fiji, six athletes are now fully accredited under Virtus. These athletes now can qualify to represent Fiji at the Paralympics Games. Virtus Games are meant for elite ID athletes to compete at a higher level. Through the joint understanding between Fiji Paralympics Committee, Fiji National Sports Commission and Special Olympics Fiji (the organisation that looks after sports for people with ID in Fiji), we were able to prepare these six athletes to compete at the OA Virtus Games. With 27 countries taking part with their elite athletes, Fiji with our developing athletes was able to receive 1 silver and 2 bronze medals. Waisea Togotogorua – Bronze 100m, Bronze Shot Put, Silver Mixed 4 x 100m Relay Fiji Mixed Relay Team – Silver (Esther

Molly, Imtiaz Shariff, Milika Turaga & Waisea Togotogorua) Full Team Athletes Esther Molly - 100m, 200m, Shot Put, 4 x 100m Mixed relay Milika Turaga - 100m, 200m, 4 x 100m Mixed relay Waisea Togotogorua - 100m, 200m, Shot Put, 4 x 100m Mixed relay Imtiaz Shariff - 200m, 400m, Shot Put, 4 x 100m Mixed Relay Sereana Ledua - Table Tennis (singles) Misilo Nakabi Gary - Swimming, 25m Back, 50m, 100m Free Team Officials Head of Delegation - Robin Dayal Coaches - Manasa Delavasa Komal Prakash Bibiana korotubua This is a great achievement for Fiji's ID athletes, setting a new pathway for all other ID athletes in Fiji. As the Sports Director for SO Fiji and the HOD for Virtus Team Fiji, having this first-hand experience, I am confident that by the 2032 Paralympics Games in Brisbane, we will be able to win medals. Fiji is already invited to participate in France in 2023. However, to achieve this, the athletes need to qualify. FPC and SO Fiji will be meeting to work out strategies for how we can have more of our elite



athletes assessed and eventually qualify for future games. The vision set by the OA Games, "Included Through Sports" and "Leaving No One Behind" as is the Fiji Governments' motto will

create a new pathway for Sports in our country. It is time that different stakeholders consider working together with the ID athletes giving them the support needed.

Kolinisau guides China Women's team to win Asia Pacific Rugby 7's Series

Former Fiji Sevens Captain and Olympic Gold medalist Osea Kolinisau has successfully led his China Women's Team to win the Asia Rugby Sevens Series over Japan by 21-14 at the Al Ain Amblers Rugby Club in the United Arab Emirates. Kolinisau was in control of his team from day one and some of the tactical moves made by the Chinese players were reflections of Oscar's prime playing days. Also included in Kolinisau's Coaching Panel are former Fiji Sevens player Setefano Cakau, assisted by fellow Fijian Eroni Viqasi. After the tournament, members of the winning Chinese Women's Team also took time to pose for a photo with members of the Fijian Diaspora for their support over the two-day tournament. The two-day event was also attributed to the patriotic fans and especially the



presence of the Pacific Island diaspora, the hard-working

and well-organized efforts of the Asia Rugby Sevens officials

and the able leadership of Al Amblers Rugby Club Manager

and fellow Fijian Wise Ralifo and his dedicated staff.

Sports

Habosi expected to leave for France after 2023 RWC

Swire Shipping Fijian Drua robust winger, Vinaya “The Bossman” Habosi is expected to join Racing 92 after the 2023 Rugby World Cup in France. Habosi who is rumoured to have signed a lucrative deal with the top French side has been in form and has caught the attention of many top teams all over the world. When asked about his departure, Drua coach Mick Byrne says Habosi would be a big loss after his breakout season for the Drua and he hopes that they can unveil more Habosis

in the future. Meanwhile, Byrne named his 38 member squad for the 2023 Shop N Save Super Rugby today with the inclusion of 5 new players and 12 development players. The Swire Shipping Fijian Drua will open their 2023 Shop N Save Super Rugby Pacific against Moana Pasifika on Saturday February 25th at Mount Smart Stadium in Auckland. Their first home match in Fiji will be against defending champions, the Crusaders, on 11th March 2023 in Lautoka.



Drua names 38 member squad for 2023 Super Rugby Pacific season

The Swire Shipping Fijian Drua today announced its core squad for the 2023 Shop N Save Super Rugby Competition, with a number of returning breakout stars from its inaugural 2022 season and some exciting new faces. The club has also revealed its first development squad featuring Suva Grammar School Under 18 halfback Philip Baselala and other young standout players from the local competition. Headlining the team is new season captain Ratu Meli Derenalagi. The big loose forward is no stranger to the captaincy role, having led the Drua seven times last season. Returning stars to the team include Flying Fijians’ Vinaya Habosi, Teti Tela, Frank Lomani, alongside blockbusting centres Kalaveti Ravouvou and

Apisalome Vota. Barnstorming loose forwards Kitione Salawa, Te Ahiwaru Cirikidaveta, Joseva Tamani and Vilive Miramira are also back for 2023, as well as Flying Fijians hookers Tevita Ikanivere and Mesulame Dolo-koto. The 2023 squad has been reinforced by another gold-medal winning Olympian and Rugby 7s World Cup winner in Iosefo Masi, who joins the Drua after a short stint with the North Queensland Cowboys. Joining him is robust Suva backrower and fellow 7s World Cup winner Elia Canakaivata. Flying Fijians prop Mesake Doge returns home from Europe (Dragons and Brive) to bring valuable experience to the Drua front row in 2023. Other new players to watch in 2023 include former Melbourne Rebels squad mem-



ber Emosi Tuqiri and impressive centre Michael Naitokani (Swire Shipping Fijian Warriors and Nadroga). Fijian Drua CEO Mark Evans says they are honoured to introduce their 2023

Drua squad and the club is determined to make the country proud. Drua Head Coach, Mick Byrne says this squad announcement is another exciting milestone in the very short history of the Swire Shipping Fijian Drua. Byrne adds that they are impressed with the development of their current squad with the addition of some new faces. Meanwhile the development players who have signed for the Drua are Livai Natave, Jone Naqiri, Sailosi Vakalokalo, Fred Ralulu, Joji Kunavula, Motikai Murray, Naibuka Matedigo, Philip Baselala, Isikeli Rabitu, Aisea Tuisese, Jack Volavola and Taniela Rakuro. Livai Natave has already been capped for the Flying Fijians. The development players will

train alongside the main squad under the watchful eyes of Drua coaches and high-performance staff, aiming to earn a call-up to fulltime professional contracts.

Meanwhile the club also farewelled a number of players from its inaugural season and thanked them for their contributions to the team. They are Nemani Nagusa, Baden Kerr, Kitione Ratu, Onisi Ratave, Manasa Saulo, Jona Mataciwa, Viliame Rarasea and Leone Nawai. The Swire Shipping Fijian Drua will open their 2023 Shop N Save Super Rugby Pacific against Moana Pasifika on Saturday February 25th at Mount Smart Stadium in Auckland. Their first home match in Fiji will be against defending champions, the Crusaders, on 11th March 2023 in Lautoka.



Sports

The 50-day hitch-hike to watch Ronaldo and Portugal

Four Portuguese friends hitch-hiked through 15 countries over 50 days to get to Qatar 2022.

Anyone passing by a gas station in Lisbon on 6 October may have come across four friends with their hands raised and a sign reading 'Qatar'. They were about to embark on an 8,000-kilometre hitch-hike through 15 countries over 50 days.

As meticulously planned, the four Portuguese – Francisco Albuquerque, Bruno Carvalho, Duarte Delgado and Daniel Estima – got there in time to see Cristiano Ronaldo and Co make their FIFA World Cup Qatar 2022™ debut against Ghana. Their long journey was worth it: Portugal edged a five-goal thriller. "We thought, 'Ok, we've already hitchhiked through Portugal, so why not do the same to Qatar?'" one of the group told FIFA+.

And that's how, over almost two months, between one ride and another, they crossed through places like Spain, France, Monaco, Italy, Croatia, Montenegro, Albania, Kosovo, North Macedonia, Bulgaria, Turkey, Jordan and Saudi Arabia. It was in the latter that they enjoyed one of the biggest surprises of the entire adventure.

"We didn't know much about Saudi Arabia, but we were very well received by the people there," they explained. "They invited us to their homes and farms, we rode horses through the mountains. It was a wonderful experience."

Now they hope Ronaldo and team-mates can heighten their fantasy adventure by conquering the competition.





RUGBY RETURNS 2023



Dignity Health Sports Park

FEBRUARY 25 & 26

@LASEVENSRUGBY • LASEVENSRUGBY.COM