THE US FIJI TIMES

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Sitiveni Rabuka Elected PM of Fiji

The year 2023 will be just like another year and everyone will gear up for some changes

By Jayant Singh,

Fiji voted itself a new government of PM Sitiveni Rabuka with the thinnest of margin signaling a need to work in a bipartisan way if the country has to sustain growth. The entrepreneurs are seeking changes to their policies and procedures to overcome the challenges the ensuing year will pose amidst the hard economic times predicted. Parents who are weary and cautious of the rising hip-hop culture influencing the younger generation which will begin the year with a strong resolve to make amends that would make life better in any way.

We all have this kind of feeling at the beginning of a year to make some changes that would provide for a more secure and peaceful New Year. Each past year provides us with a load of memories both good and bad.

We work on these to mold our future.

Mahatma Gandhi once said that "To possess a body is a privilege that brings with it a responsibility and a chance to strive for a better manipulation of the human soul", and it is in this period that we carefully screen our position to steer forward with resolve and aptitude.

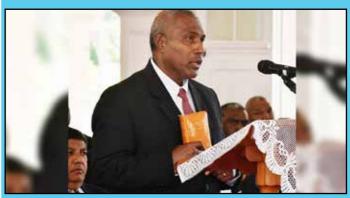
The greatest decision one normally make is the issue of love and affection. Many may be thinking of finding that special one who will bring light to enjoy a stagnated life. And those who are on the periphery of the circle of love already could well be tuning in to see the end of the tunnel to settle down with gratification.

No matter what the area of resolve could be, it is always the beginning of the year that ignites those feelings, and only those who are fixated on the cause get the end results equated to the plan and live happily ever. And those who may fall short of the desired outcome should not be disheartened as there is another year to pursue their dream.

It should not be forgotten that the world particularly the United States of America is still in the wrath of the COVID-19 pandemic and Fiji should not show complacency in this regard. It's high time that as a preemptive measure Government should make it mandatory for all citizens to wear masks and practice social distancing before the situation gets worse. May you all have a prosperous new year and Best Wishes from The US Fiji Times to everyone!!



PM Sitiveni Rabuka



Fiji's newly-appointed Attorney General Siromi Turaga









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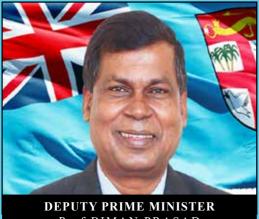
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Fijian Government







Prof BIMAN PRASAD



MANOA KAMIKAMICA



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 to 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

The writers of the paper comprise some of Fiji's best. Even though they are not too visible in social functions, they are taking up their challenges very effectively. The marketing strategy handles by our CEO/Publisher Mr. Rocky Ali is the hallmark of the papers current strength. Despite lacking the front line journalist experience, he makes up for the deficiency with the sheer ability to jeep the media wagon rolling.

His insatiable love to be involved with the community to cherish in this very noble cause is worthy of higher recommendation. We have a very vibrant community, so despite the paper being issued free, the expectation of the community is very high. The coverage of all the major events is a mist for the paper and we feel very proud to be associated with major organizations to see that their events are properly covered with pictures, stories and awareness via our social media platforms.

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

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

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Cabinet ministers



Manoa Kamikamica Deputy Prime Minister and Minister for External Trade Cooperatives and SMEs



Viliame Gavoka Deputy Prime Minister and Minister for Tourism and Civil Aviation



Prof Biman Prasad Deputy Prime Minister and Minister for Finance



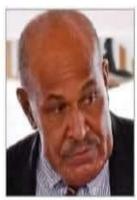
Siromi Turaga Attorney-General and Minister for Justice



Pio Tikoduadua Minister for Home Affairs



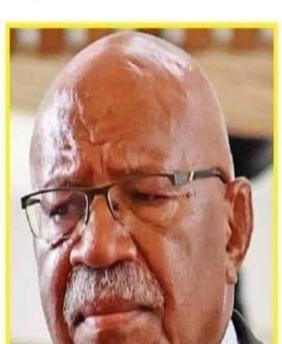
Agni Deo Singh Minister for Employment, Productivity and Industrial Relations



Ifereimi Vasu Minister for (Taukei Affairs, Culture, Heritage and Arts



Aseri Radrodro Minister for Education



Sitiveni Rabuka Prime Minister and Minister for Foreign Affairs



Filimoni Vosarogo Minister for Lands and Mineral Resources



Sakiasi Ditoka Minister for Rural, Maritime Development and Disaster Management



Dr Antonio Lalabalavu Minister for Health



Lynda Tabuya Minister for Women, Children and Poverty Alleviation





Charan Jeath Singh Minister for Multi-Ethnic Affairs and Sugar



Maciu Katamotu Minister for Housing and Local Government



Kalaveti Vodo Ravu Minister for Fisheries and Forests



Ro Filipe Tuisawau Minister for Public Works, Communications, Transport and



Vatimi Rayalu Minister for Agriculture and Waterways



Jese Saukuru Minister for Youth and Sports

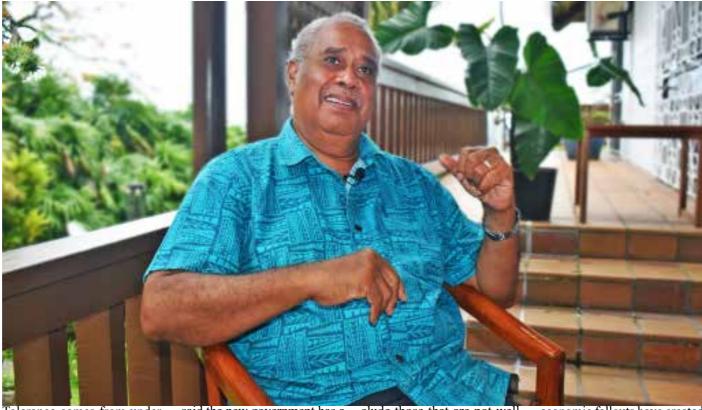
- Ratu Isikeli Tulwallevu Assistant Minister for Rural, Maritime Development and Disaster Management.
- Tomasi Tunabuna Assistant Minister for Agriculture and Waterways.
 - Esrom Immanuel Assistant Minister for Finance.
- Sashi Kiran Assistant Minister for Women, Children and Poverty Alleviation.
 - Saklusa Tubuna Assistant Minister in PM's Office.
 - Jovesa Vocea Assistant Minister Itaukei Affairs.
 - Illesa Vanawalu Assistant Minister Education.
- Ratu Rakulta Vakalalabure Assistant Minister for Home Affairs (Police, Military and Correctional Services) and Immigration.
 - Alitia Bainivalu Assistant Minister for Tourism and Civil Aviation.
 - Rakulta Vakafalabure Assistant Minister for Home Affairs.
- Lenora Qeregeretabua Assistant Minister for Housing and Local Government

■ Compiled by RAKESH KUMAR. Pictures: ATU RASEA / SOPHIA RALULU

News

Narube: 2022 will remembered as a defining year

Unity Fiji leader and former governor of the Reserve Bank of Fiji Savenaca Narube says 2022 will be remembered as a defining year for Fiji. In his new year message, he said while the people continued to suffer from the cost-of-living crisis, the highlight of the year was the formation of a new government and the end of the regime which had ruled Fiji for 16 years. "We welcome the new coalition government," Mr Narube said. "Many of us agonised over the barriers to the formation of the coalition. "What some of us thought was going to be a walk in the park became a mammoth struggle, which may have resulted in the Bainimarama regime staying on for another four years. "As we usher in 2023, the question on everyone's lips is the stability of the coalition government. "Let us give them the chance that they deserve. We believe that the coalition will band together if the members keep the national interest at heart." He said Unity Fiji believes that rebuilding this nation to what it should be as a bastion of love and truth must commence immediately. "To rebuild national unity requires us to be tolerant of each other.



Tolerance comes from understanding our differences. "We believe that Fiji is a tolerant country where people of many races have been living side by side in harmony for centuries. We pray that 2023 will be a year that we rebuild a solid foundation for peace, tolerance and understanding in Fiji." Mr Narube

said the new government has a lot to do. "Unity Fiji believes that reducing poverty should be its top priority. "Throughout this festive season, many families are struggling with food, shelter, and other necessities. "Our prayers are with them as we cross over to the new year. In the new year, we must be more inclusive in our solution to include those that are not welloff, the under-privileged and the poor. "The last 16 years have seen the gaps between the haves and have-nots widened significantly. "Addressing this widening income disparity will not be easy, but we must start as soon as possible in the new year." He said the past three years had been tumultuous for Fiji. "The economic fallouts have created a social crisis. The signs of this social crisis are all around us. "We must do everything in our power to reduce substance abuse, gender-based violence and other social ills." Mr Narube said together with the NGOs and faith-based organisations, we could make a difference."

UN boss welcomes Fiji's new PM

The United Nations Secretary-General (UNSG), António Guterres, congratulated Prime Minister Sitiveni Rabuka on his recent assumption of office as Prime Minister of Fiji and wished him success in his leadership of the country. In a congratulatory letter written to the PM, he commended the recent election in Fiji, which he said was an important milestone in the country's consolidation of democracy.

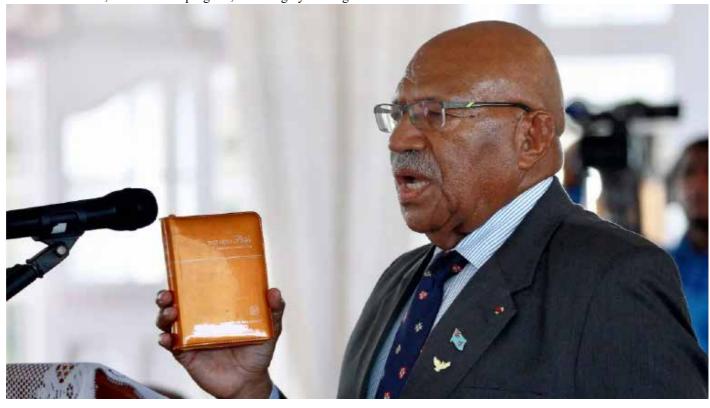
"The United Nations stands ready to support your national priorities, including economic recovery, addressing challenges related to climate change and the effective implementation of the Samoa Pathway, as well as the 2050 Strategy for the Blue Pacific Continent," Mr Guterres said.

"Fiji has been a staunch supporter of multilateralism and climate advocacy, and the country's meaningful contribution to United Nations peacekeeping is highly appreciate" I count on you to continue to advance the values and ideals enshrined in the United Nations Charter, including that of gender equality. In this connection, I welcome

the efforts of your country to advance the political participation of women and encourage your leadership to accelerate progress, including by seeking gender parity in Cabinet and senior appointments."

The UN Secretary-General looks forward to continuing the close collaboration with Prime

Minister Rabuka and the Fiji Government on issues of interest to Fiji and to the wider Pacific region.



Editorial

Fiji Celebrates New Year as New Government Takes Control

By Jayant Singh,

After months of speculation and a closed-circuit campaign, Fiji has elected a new collation government comprising for People Alliance Party (PAP), National Federation Party (NFP), and Social Democratic Liberal Party (SODELPA). The new Prime Minister Sitiveni Rabuka with the thinnest of margin through the collation is moving forward with his promised manifesto that will

shape the country's future for the next 4 years. The collation has agreed to kingmaker, SO-DELPA's number of conditions which include the reenactment of the Great Council of Chiefs and the establishment of the Fiji Embassy in Jerusalem.

The 16-year rule of former Prime Minister Vorege Bainimarama with his Fiji First Party (FFP) will now be in opposition and will have its fingers crossed for any division in the 3-way coalition that could trigger his return to power under a minority government. Bainimarama pulled the highest number of votes and his party FFP also raked in the majority seats for an individual party. The country now awaits the deliverance of promises by the coalition and many are optimistic about a bright future but others are still wary of the possibility of turbu-

lences that can happen with a single seat holding the balance of power. The coalition won 28 and FFP won 27 seats.

Nevertheless, the country is ready to move ahead and many leaders in the region are sending congratulatory messages to the new PM who has promised peace and progress through the new coalition. Prime Minister Sitiveni Rabuka also has declared two more public holidays for the year 2023 with one being Girmit Day and the second one being Ratu Sukuna Day. The Prime Minister also mentioned that this is a People's Government. From the Team here at The US Fiji Times, we wish the new Government all the very best. Let our Beautiful Fiji Shine. God Bless Fiji!

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Policy committee to be set up soon



Deputy Prime Minister Viliame Gavoka says the coalition government is expected to set up a policy coordinating committee as bers of the People's Alliance, soon as possible. While not giv-

ing a specific timeline on when the committee will be created, he says it will include mem-National Federation Party, and

Social Democratic Liberal Party. Gavoka says there may be some adjustments made to the policies of each of the three parties, but adds there is a lot of goodwill

among the members. He says they will harmonize the policies of each party into a united front for their respective voters and the country as a whole."

Tourism industry continues to play significant role

Economic Monitor shows economic growth in to be 4.8 percent in 2023, partly fueled by the Pacific will rebound this year.

The Asian Development Bank's latest Pacific It says growth for the sub-region is projected ADB's Senior Economic Officer Isoa Wainstronger-than-expected tourism activity in Fiji. play a significant role in Fiji's recovery.

igolo says the tourism industry continues to



Nasinu Town Council legal trouble

The Nasinu Town Council alleged non-compliance. They have been charged with two counts of failure to comply with the prohibition notice issued by the Environment Department. It is alleged that the Nasinu Town Council failed to comply with the Department of Environment on for a plea.

25th September 2020 by not has landed in legal trouble over removing the stockpile of old, damaged, and end-of-life vehicles at the Kuluvotu settlement in Nadera within five days. It is also alleged that they failed to comply with the second notice issued on 29th October 2021 and within the time frame of 15 days. The case has been adprohibition notice issued by the journed to 17th January, 2023



NEWS

'Onus on the State' – Chaudhry: Justice must not be denied to victims of unlawful actions

Fiji is celebrating the new year with the installation of a new government, says Fiji Labour Party leader Mahendra Chaudhry. In his new year message, he said it was a blessing which came after 16 years. "Justice must not be denied the victims of their unlawful actions and excesses," Mr Chaudhry said. "The onus is now on our new government to set up, as a matter of priority, appropriate machinery and procedures to investigate and decide on all cases reported to it. "Only then will our people find confidence in the government and the democratic process that is so crucial to get our beloved nation getting back on its feet." He cautioned the leaders of the multi-party government not to make unreasonable demands. "All of you must consider the national interest ahead of all else. "Fair treatment of all the communities must be the benchmark you should set for yourselves in all your decisions."



PUBLIC-PRIVATE PARTNERSHIP VITAL – PRESIDENT KATONIVERE

His Excellency, the President, Ratu Wiliame Katonivere, attended the opening of the TO-PEX 2022 Conference at the Shangri-La Resort last night (24/11/22). The Head of State, in his official address, reiterated the need for continued publicprivate partnerships. He encouraged the delegates who will be part of the two-day conference that there is a need to be mindful of how the private sector can continue to strengthen its partnerships with the Government to generate a sustainable recovery for Fiji as they discuss priorities and solutions.

"The geopolitical, economic, and social structures of the world are changing at almost break-neck speed, presenting the private sector with a series of complex challenges — not least of which is the ever-growing impacts of climate change. Of course, many businesses are still trying to recover from the toll of COVID-19. Government alone lost over \$3.2 billion in

tax revenues due to the pandemic, and Fiji recorded its largest ever economic contraction of 17.2% in 2020, with a further 4% contraction in 2021 due to the second wave," President Katonivere stated. President Katonivere also shared that the Fijian Government has proven itself to be a genuine partner to the private sector amid the recent global economic challenges through its five-year and twenty-year National Development Plan.

"Both have worked hand-inhand to develop and implement policy, respond to COVID-19, power recovery, open international borders, and galvanize trade negotiations to keep our businesses and the Fijian economy alive," President Katonivere stated. Mr Vinay Narsey, the President of the Fiji Commerce & Employers Federation (FCEF), stated that although businesses are the engines of the economy, enterprises flourish through the environment



and structure created by governments.

"Through FCEF, we are privileged to have direct access to Government ministries to raise critical issues which impact how ient recovery from the pandemic and restarting economic transformation will require policies that support a thriving private sector and further enable the 3Ts – trade, technology and training," he said. The theme for TOPEX 2022 is "Strategies, Synergies, Solutions for Sustainable Recovery: 2030".

NEWS

EVERY DROP OF WATER COUNTS: MINISTER USAMATE

An \$82,000 borehole project that will benefit 73 students with 5 teachers and their households was commissioned today (23/11/22) by the Minister for Lands and Mineral Resources, Infrastructure and Meteorological Services, Jone Usamate, at Namata Primary School in Nadroga. While addressing students, teachers, and school management, Minister Usamate thanked them for their patience. "The right to safe and clean drinking water in adequate quantities is enshrined under Section 36 of the 2013 Constitution and in achieving this, we have set ourselves a target under Fiji's 5-year to 20-year National Development Plan for all Fijians to have access to safe and clean drinking water by 2030," added Minister Usamate. "From today, you will not only enjoy clean water, but this will improve your livelihood as you now have an improved,

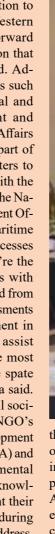
reliable and adequate supply of quality water." "I am here today, not only to officially commission the borehole project but to hand it over to the school. This means that from today, the school will be responsible for the management and upkeep of the borehole." The Minister cautioned the school management to manage their water source and to harvest rainwater when it rains. "These water sources are to be protected from any possible causes of contamination, must be well maintained and managed well and should not be used as the ultimate water source to solve all water problems." "Government has brought clean drinking water to your doorstep - it is your responsibility to ensure that it is put to good use." "Every drop of water counts. You will never know the worth of water until it is dry," the Minister concluded.



MINISTRY CONDUCTS DISASTER PREPAREDNESS WORKSHOP FOR WESTERN OFFICERS

The Ministry of Agriculture, through the Food and Agriculture Organization of the United Nations (FAO), is stepping up its efforts to better position itself in providing much-needed relief and rehabilitation services to farmers in the event of natural disasters. This is being done through a series of Disaster Risk Management training held across its geographical divisions for technical officers based throughout the country, with the most recent DRM workshop being held this week at the Tanoa Waterfront Hotel in Lautoka for staff based in the Western Division. While speaking at the opening of the DRM training today in Lautoka, Agriculture Ministry Head of Finance, Mr Sikeli Baleisuva, said the continued cooperation and lateral assistance provided by both the European Union (EU) and the FAO to the Ministry in conducting these workshops ensured the Ministry was better prepared in the event of a natural disaster. "The Ministry of Agriculture acknowledges and appreciates your continued support that has allowed for us to be here and providing the platform for representatives from your or-

knowledge and information to officials here in the Western Division as we look forward to another cyclone season that is ahead of us," he said. Additionally, line Ministries such as the Ministry of Rural and Maritime Development and the Ministry of iTaukei Affairs were also invited to be part of the workshop as presenters to share their knowledge with the participating officials. "The National Disaster Management Office under Rural and Maritime is here to also impart processes and information as they're the national body that deals with disaster and data collected from you during damage assessments greatly assists government in its policy direction to assist disaster victims and the most vulnerable during these spate of events," Mr Baleisuva said. The contributions of civil society organisations and NGO's like the Adventist Development and Relief Agency (ADRA) and Live & Learn Environmental Education were also acknowledged as these CSOs lent their support to Government during natural disasters. In his address, Mr Baleisuva highlighted that





the Ministry of Agriculture was one of the pioneering agencies in the country to use an online platform for its Initial Damage Assessments (IDA) with the exercise being deemed a success upon its completion. "I am proud to be with the Ministry as

we're one of the first to have an online portal on IDA to collate critical data and real time analytics from the field for relevant policy decisions to be made by our executive management," Mr Baleisuva stated. The two-day training will conclude tomorrow

and will see more than 30 Ministry of Agriculture senior officers and technical staff undergoing this Disaster Risk Management refresher training to better equip them to serve during the event of a natural disaster.

NEWS

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 dis-

cussions 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'S PARTICIPATION AT THE G20 LEADERS SUMMIT REAFFIRMS COMMITMENT TO GLOBAL SOLIDARITY



On behalf of the Pacific family, it was a great honour for Fiji to participate in the G20 Leaders' Summit, which concluded on a high note on Wednesday, 16th November 2022. President Joko Widodo of Indonesia, passed over the gavel holding the helm of the G20 Forum leadership to Indian Prime Minister, Honourable Narendra Modi, after hosting a successful G20 Forum in 2022. The world leaders reaffirmed their commitment

to strengthen global solidarity in building back better and stronger from the common challenges they face. Fiji (representing the Pacific) was amongst the list of invited countries, including Singapore; Netherlands; Spain; United Arab Emirates (UAE); Suriname (representing Caricom); Senegal (representing the African Union); and Cambodia (representing ASEAN) attended the G20 Forum in 2022 and contributed to the success of the

G20 Summit this year. Fiji and Suriname's participations were first-time invitations to the G20 Forum, from the United Nations Small Island Developing States (SIDS) Grouping, through the kind invitation of the Indonesian Presidency, indicating at the outset the importance of bringing SIDS issues more glaringly into the G20 Forum. The Fijian delegation was led by the Special Envoy (SE) of the Honourable Prime Minister to the G20

Leaders Summit, Ratu Inoke Kubuabola, accompanied by Permanent Secretary Office of the Prime and Foreign Affairs, Mr Yogesh Karan and Ambassador Extraordinary and Plenipotentiary of Fiji to Indonesia, His Excellency Amenatave Yauvoli. The vote of thanks towards the Indonesian Presidency was delivered by UK Prime Minister, Honourable Rishi Sunak, who spoke volumes of the tremendous leadership rendered by President Joko Widodo and the Government of Indonesia. which culminated in a successful conclusion of the 2022 G20 Forum at the end of the two day meeting held in the Republic of Indonesia. The schedules of the two days (15-16 November 2022) were predominantly three plenary sessions- focusing on thematic discussions in Food and Energy Security; Health; and Digital Transformation, and capped with a tree planting session by Leaders, supporting the theme of the Indonesian Presidency of "recover together and recover stronger". Fiji participated and contributed to the Summit in two sessions. The intervention in the Food Security session made the clarion call on the G20 to partner with the Pacific in addressing supplyside constraints and institutional capacities to strengthen our production and supply base of nutrient-rich foods and development for food security and

climate-resilient food production systems. Special Envoy Ratu Inoke Kubuabola thanked the Indonesian G20 Presidency for its initiative to strengthen food security in the Small Islands Developing States of the Pacific to strengthen our agrifood systems under the G20 Action for "Strong and Inclusive Recovery". A regional project will be developed and will be based in Fiji with the support of this partnership. In addition, the vital importance of digital transformations was highlighted with lessons drawn from the covid-19 pandemic being invaluable. In this connection, the Pacific has embraced digital technology in the context of the 2050 Strategy for the Blue Pacific calling for strategic partnerships such as with the G20 to strengthen investments for transport, communications and connectivity within the Pacific region. The Summit also adopted the G20 Bali Leaders' Declaration as the outcome of the G20 Indonesia 2022 Leaders Forum. It was a great honour for Fiji, on behalf of the Pacific, to be participating in the G20 Forum in 2022 under the Indonesian Presidency- at all levels in the Working and Engagement Groups, Ministerial, and Leaders' Summit. The Fijian delegation recognised Prime Minister Vorege Bainimarama's leadership in the G20 Forum in 2022.















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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 remarks, 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 perspectives. 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 solu-



tions, 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

in dealing with the effects of

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.

GERMANY-FIJI RELATIONS TO CREATE NEW OPPORTUNI-TIES FOR COOPERATION IN CLIMATE ADAPTATION

business leaders, corporate ex-



The German Government has pledged their support for Fiji's efforts to build economic resilience from the adverse impacts of climate change and recover sustainably from the covid-19 pandemic. This was conveyed at a meeting between the Permanent Secretary for Office of the Prime Minister and Foreign Affairs, Mr Yogesh Karan and the State Secretary of the Federal

Republic of Germany, Mr Andreas Michaelis and the German Ambassador and Special Envoy for the Pacific Island States, Her Excellency Ms Beate Grzeski. The meeting took place at the margins of the 17th Asia-Pacific Conference of German Business (APK) held in Singapore from 13-14 November 2022. The global conference was attended by hundreds of world

ecutives and senior government representatives, discussing and promoting economic relations between Germany and Asia-Pacific. Mr Karan commended the German Government for reconvening the conference, which is an ideal platform to nurture economic cooperation among the nations in the Europe and Asia Pacific regions. He extended the Fijian Government's appreciation for Germany's partnership on climate advocacy that has strengthened since Fiji's COP23 Presidency. Notably, Germany's funding provision for the international climate and environment supports Fiji's projects on climate adaptation and mitigation- through a partnership with the German Agency for International Cooperation (GIZ). Reflecting on the UN Climate Conference (COP 27), Mr Karan said increased support for developing countries

a changing climate is urgently required, and Fiji welcomes the inclusion of loss and damage on the agenda for Small Island Developing States (SIDS). He commended Germany for being one of the first few countries that supported Loss and Damage financing at COP27 last week by committing to \$170 million for the "Global Shield" initiative, which aims to strengthen insurance and disaster protection finance. On regional cooperation, Mr Karan said Fiji looks forward to Germany's support in implementing the 2050 Strategy for the Blue Pacific Continent that sets out a long-term vision of a unified Pacific family. He requested Germany's intervention to grant Fijians "Visa Free Entry" into Schengen areas to create easy travel, trade and investment, and tourism opportunities between Fiji and Europe. Mr Karan welcomed the German Government's plans to establish its first Diplomatic mission in Fiji and their commitment to strengthen relations with Fiji at all levels. In response, Mr Michaelis thanked Mr Karan for the discussions on enhancing cooperation in mutual priorities. He said Germany stands ready to support the Fijian Government in all its efforts and Fiii's participation at the 17th Asia-Pacific Conference of German Business (APK) has highlighted the important areas of assistance that Germany looks forward to providing in the coming months. The Asia-Pacific Conference of German Business (APK) conference was organized by the Asia-Pacific Committee of German Business (APA), the German Federal Ministry for Economic Affairs and Climate Action (BMWK), and the German Chambers of Commerce Abroad (AHK) in Asia-Pacific.







Fijian Police Officer's adores
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America Ron, who has a good
record for bringing in social
programs for his community
and country







Political uncertainty in Fiji after disputed election

Fiji's military will help police maintain law and order, Prime Minister Frank Bainimarama said on Thursday, citing growing concerns of ethnic tension as his Fiji First party and an opposition coalition dispute the result of an election last week. Following are some facts about Fiji: * Home to 900,000, the Pacific island nation is spread across 330 islands, one-third of which are uninhabited. The capital, Suva, is in the southeast of the largest island, Viti Levu, about 3,000 km east of Australia, and is home to parliament and other government offices.* Settled by Melanesians more than 3,000 years ago, Fiji became a British colony in the late 19th century. Authorities encouraged migration of indentured Indians to work sugar plantations. Ethnic Indians

make up just over a third of the population, according to a 2007 census, with indigenous Fijians accounting for 60%. * Since independence in 1970, ethnic divisions have haunted politics. The first of four coups was in 1987 after elections brought to power a group dominated by ethnic Indian Fijians. Prime Minister Frank Bainimarama has been in power since a 2006 coup.* An upper-middle-income country, Fiji is increasingly dependent on tourism as its sugar industry wanes. The economy grew at or above 3% for six of the 10 years up the outbreak of the coronavirus pandemic thanks to government investment, tax cuts and tourism. * Fiji has been battered by a series of tropical cyclones in recent years and has been increasingly vocal in its calls for action on climate change. *



Fiji joined U.S. President Joe Biden's Indo-Pacific Economic Framework (IPEF) this year,

making it the first Pacific Island country in the plan that is part of a U.S. effort to stand up to

China's growing influence in the region.

Rabuka Promises Change After Winning Close Fiji Election

Sitiveni Rabuka has won a close election in Fiji and is promising change as the South Pacific nation's first new leader in 16 years. His win came after three political parties announced late Tuesday they would form a coalition. That followed days of negotiations after last week's election. Rabuka's victory brings to an end the long reign of Prime Minister Frank Bainimarama, who seized power in a 2006 military coup and later refashioned himself as a democratic leader by introducing a new constitution and winning elections in 2014 and again in 2018. Rabuka is also a former coup leader. He led Fiji's first military takeover in 1987 and later served seven years as an elected prime minister in the 1990s.Bainimarama and Rabuka had been deadlocked at 26 seats apiece after last week's election. The small Social Democratic Liberal Party (SODELPA) held the remaining three seats and the balance of power, and decided late Tuesday in a close vote of its own to go with Rabuka.Rabuka's People's Alliance Party won 21 seats and the affiliated National Federation Party won five seats, while Bainimarama's Fiji First party secured 26 seats. SODELPA had said Indigenous affairs and education were among their top priorities in the negotiations, although they didn't immediately announce what concessions they'd been able to extract from Rabuka. Rabuka thanked the Social Democrats for "giving us the honor" of forming the next government of Fiji.

"A government we hope that will bring the change that people had been calling out for over the last few years," Rabuka said at a news conference. "It's going to be an onerous task. It will not be easy, and it was never easy to try and dislodge an incumbent government. We have done that, collectively." In the days after the election, when the vote appeared to be going against Rabuka and there had been a glitch in the app that people used to follow the vote count, Rabuka had said he had no faith in the integrity of election officials and called for a nationwide petition. But on Tuesday night, he said that although his party had experienced some difficulties with elections officials at the beginning, it now wanted to thank them. "They had expected opposition and complaint from us, and they



got it," Rabuka said. "But now that it's all over, I'm sure we can all turn our back on that, work together, form a government, and tell the people of Fiji they can have a very merry Christmas." Fiji is known abroad as a tourist paradise dotted with pristine beaches and filled with friendly, relaxed people. However, the past few years have proved tough for many in the

nation of just under 1 million, after tourism evaporated when COVID-19 hit and the economy tanked. The World Bank estimates the nation's poverty rate is about 24 percent.

Multinational Observer Pre-Election Day Statement

for the 2022 General Election on 31 October, the Multinational Observer Group (MOG) has observed all key electoral steps to date and evaluated the Fijian Elections Office (FEO) functions, operations and preparations ahead of Pre-Polling week and Election Day on 14 December. In summary, the MOG has observed the FEO to be a professional organisation that is wellprepared to deliver a successful General Election in 2022. The MOG notes the Supervisor of Elections' advice that all Fijians who are registered to vote and arrive at their designated polling venue will be able to vote on election day, with or without their updated voter card. The MOG was provided with full access to observe all steps in the electoral process, including the voter registration process, establishment of National Register of Voters, polling staff training, voter awareness and education, candidate nomination (including appeals and objections), candidate draw, printing and storage of ballots, and pre-poll voting.

The MOG also met with a vast array of stakeholders, such as political parties, civil society, religious groups and all relevant Fijian government institutions. This has included visits and meetings in remote areas of the country across all four divisions. The MOG assesses that the FEO has continued to improve its processes since the 2018 general election, including having implemented a number of key recommendations from the 2018 MOG report. For example, significant efforts have been made to engage directly with communities regarding voting procedures and to increase the public presence of the FEO as a technically proficient organisation. The MOG welcomes the FEO's recent partnerships to increase voter awareness and information, including among younger voters in remote areas and women. The MOG notes the FEO has also made use of technological aids, such as barcode scanning, to ensure greater security and efficiency in the packing and storing of ballot papers, as well as the ability for voters to

text a hotline to confirm their polling station. The MOG has not observed any irregularities in the electoral steps observed to date or significant issues that would prevent registered voters from casting their ballot during pre polling through postal voting or on Election Day on 14 December. No significant irregularities were observed at the 115 pre-polling venues visited by MOG observers from 5 to 9 December. But our work does not stop here. The MOG will deploy over 90 observers from 16 countries and two regional organisations (Pacific Islands Forum Secretariat and Melanesian Spearhead Group) to observe election day polling. MOG observers will visit every one of the four of Fiji's electoral districts. The MOG will also observe the counting and tallying of the ballots. Soon after election day, the MOG will release an interim statement outlining our initial observations. A final report will be completed as soon as practical after election day, which will include more detailed observations from stakeholders



engaged, an assessment of the electoral processes observed and any recommendations as appropriate. The MOG strongly

encourages all registered Fijian voters to make their voice heard and come out and vote on 14

PNG's Governor-General to delay return of election writs



The Governor-General of Papua New Guinea Sir Bob Dadae has accepted a recommendation from the Electoral Commission to delay the return of writs in the country's general election. The writs were due to be returned on Friday (July 29) to complete the election process, however, there are delays in many electorates because of violence and attempts to disrupt vote counting. As a result, the decision has been made that two more weeks is needed. Papua New Guinea's Governor-General Sir Bob Dadae. Meanwhile, the Papua New Guinea Education Department has deferred

some national examinations because of the recent unrest in Port Moresby. The Post Courier reports the Education Secretary Uke Kombra deferred the Grade 12 national examination set for next Monday for two weeks. He said he hoped this would be sufficient time for the election counting to be completed and a more conducive environment to be created for the examinations. On Sunday warring groups attached to two rival candidates battled near the Sir John Guise Stadium in Port Moresby, where vote counting was happening, with the violence relayed on social media. A political advisor



said there weren't enough police officers and that what's needed is increased military presence. PNG Think Tank Group chief executive Samson Komati said given the endless reports of chaos and killings during the elections, the current number of law enforcement personnel

is inadequate. "We just need a military presence all over the nation a total of police and military in this country, maybe less than 20,000 and that's insufficient to contain any form of strategic violence." Komati believed the country was in the midst of its "worst elections" since 1975. He said people on the ground are witnessing widespread election fraud and violence with supporters of political parties tampering with ballot boxes and blockvoting for their own candidates.

Komati said almost 70 of voters in some regions did not cast their votes.

MOG Co-Leads Arrive

The Supervisor of Elections ['SoE'] today accredited Hon. Josh Wilson, His Excellency Muhsin Syihab and Dharmendra Sharma from Australia, Indonesia and India respectively as co-leads of the 2022 General **Election Multinational Observer** Group ['MOG']. In accrediting the co-leads, the SoE also took the time to welcome them to Fiji and gave a brief introduction of the Fijian election. "Since elections in Fiji are observed by observers from several different countries, it provides the MOG with a diverse range of electoral knowledge and experience to observe and evaluate the processes as carried out in Fiji comparatively with many different countries," Mr Saneem said. "We look forward to the effective participation of the MOG in the 2022 General Election."



Fiji government accused of stoking fear to stay in power as troops deployed

Fiji's opposition on Friday accused the government of sowing "fear and chaos" in a bid to stay in power, as the military began deploying to the streets of the capital Suva. AFP reporters witnessed a small number of military vehicles on patrol, a day after Prime Minister Frank Bainimarama announced their mobilization to maintain "law and order."The scene was otherwise calm with people going about last-minute Christmas shopping. Former naval commander Bainimarama has led Fiji since a 2006 military putsch, and has refused to concede defeat following the elections on December 14. The vote resulted in the opposition -- led by rival ex-coup leader and former prime minister Sitiveni "Rambo" Rabuka -- cobbling together enough seats to form a coalition government. Bainimarama's allies have delayed a parliament sitting to nominate Rabuka as the next prime minister. Meanwhile, Bainimarama has cited unsubstantiated reports of post-vote ethnic violence as a reason to deploy the military and "fulfil our duty" to keep Fiji safe. Under Fiji's constitution, the military has broad powers to intervene in politics and has been involved in four

coups in the last 35 years. Many Fijians fear the government's claims of ethnic violence and the military deployment are a pretext for a "creeping coup." Australia warned tens of thousands of citizens visiting Fiji on summer holidays "to avoid any post-election demonstrations, rallies and public gatherings, which could occur with little warning." On Friday, Rabuka slammed the government for

alleging that levels of racism have heightened after the election. He said top government officials were "sowing fear and chaos" and "trying to set the nation alight along racial lines". Fiji, a nation of more than 300 South Pacific islands, has a large Indo-Fijian minority and internecine violence has been a problem in the past. But, Rabuka claimed: "Senior police officials have confirmed to us that these

stone-throwing claims targeting Indo-Fijians are fabrications." Some Fijians have turned to social media to rubbish claims of divisions and unrest. Using the hashtag #FijiIsUnited, they posted images of themselves with friends of other ethnic groups, messages of solidarity and mundane photos as evidence that life continues as normal. The Fiji police force number two, assistant commissioner Abdul Khan -- an

Indo-Fijian -- abruptly resigned from the force, reportedly in protest at the government's actions. While parliament has been delayed, Bainimarama's allies have worked to unpick the opposition's coalition agreement. Members of the small Social Democratic Liberal Party have come under intense pressure to reverse their support for Rabuka and join a Bainimarama government.



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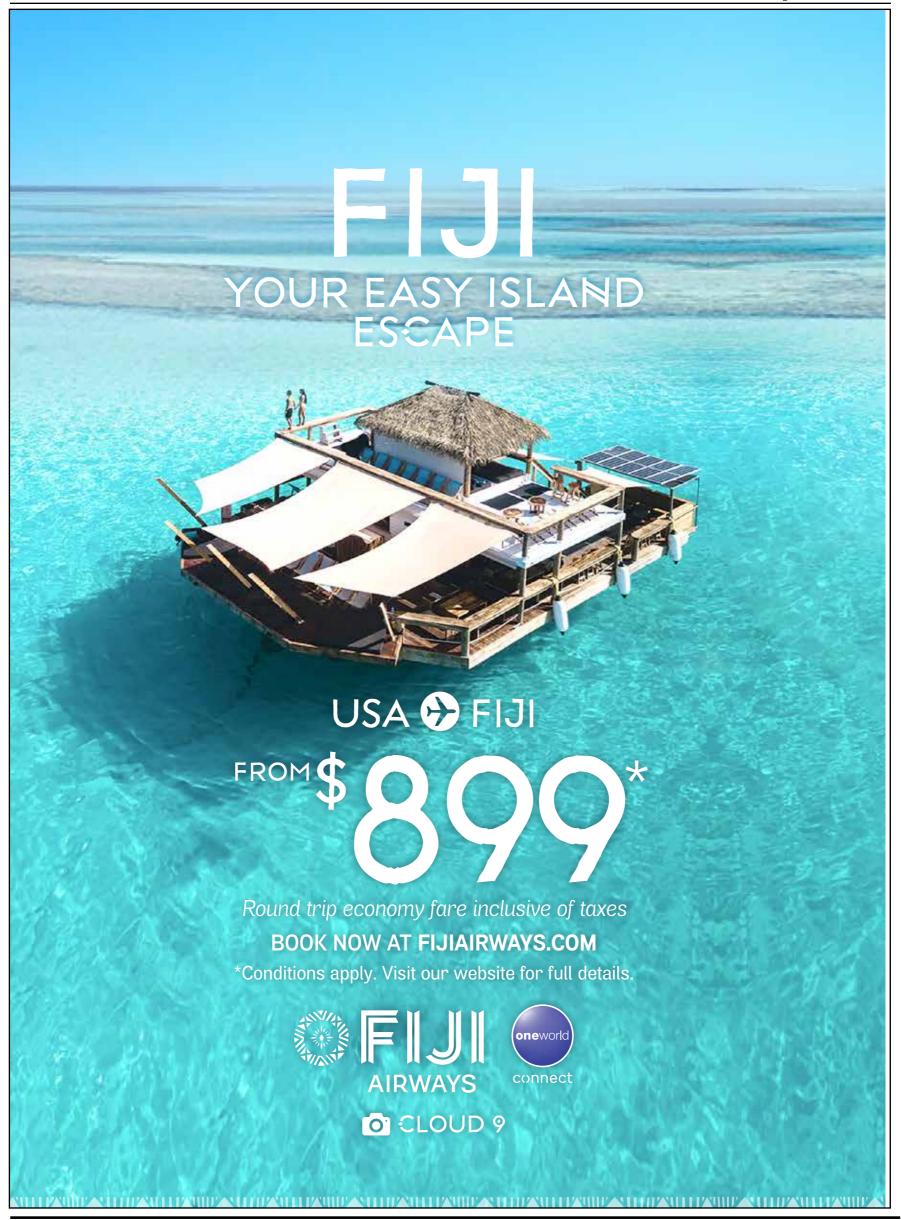
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Bollywood

Anil Kapoor and Anupam Kher visit Rishab Pant at the hospital

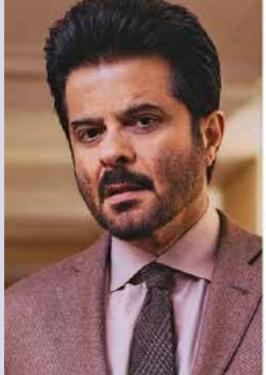
Anil Kapoor and Anupam Kher recently visited Rishabh Pant who is admitted at the Max Hospital in Dehradun. Readers would be aware that the cricketer sustained several injuries owing to his car crash at the Delhi-Dehradun Highway.

While fans and well-wishers have been praying for his health, the two Bollywood stars assured everyone that the cricketer will recover soon. As per reports, Anupam Kher asserted that he met the family of Rishabh Pant and that they tried to lighten the mood of the family owing to the massive trauma they underwent. Anupam was quoted saying,

"We came to know that Rishabh Pant is in the hospital, so I and Anil, as common citizens, came to see him. We met his mother and he is much better, his spirits are very high and the blessings of the whole of India are with him, so he will get well soon. We met his relatives, all is good, all is fine, we made them laugh. We went to meet him as fans. We as responsible citizens take that please drive carefully, especially when it is foggy at night."

His long-time co-star and best friend Anil Kapoor, who also visited Pant along with Kher, added, "He is in high spirits and he should be fine, we also met his mother and relatives, and all are very good. Whoever is watching this I would like to appeal that, pray for him, so that he recovers soon and we will see him playing." For the unversed, Rishabh Pant got into an accident at the Delhi Dehradun Highway where his car collided on the divider.

He was on his way to his hometown Roorkee in Uttarkhand to surprise his family for New Years. His car also caught fire but the cricketer



escaped by breaking the windshield, but not before sustaining several injuries on his forehead,



leg, and back. He is undergoing several treatment currently including plastic surgery on his

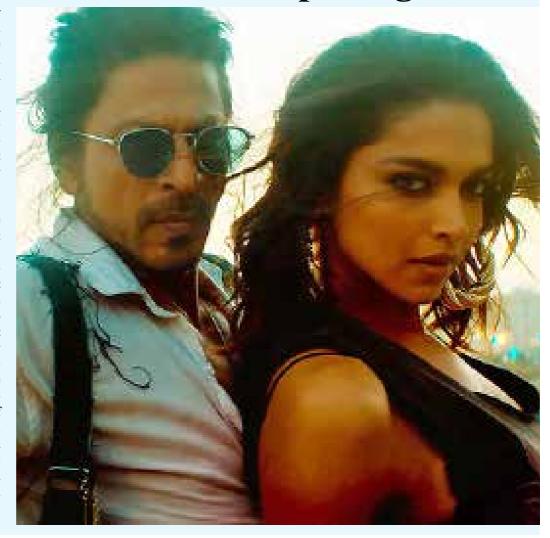


face to cover up some major wounds.

Advance booking of Shah Rukh Khan's Pathaan commences in Germany to a ROCKING response; trade confident of its HUGE opening

The year 2022 has ended on a sad note with the debacle of Rohit Shetty's Cirkus. All eyes are now on Pathaan, the first big Bollywood release of 2023. There's a lot of hype surrounding the film as it's Shah Rukh Khan's first film in more than 4 years. Deepika Padukone and John Abraham's presence has also helped in enhancing the buzz. The first song of the film, 'Besharam Rang', was launched a few weeks back and though it has become a huge chartbuster, it also gave birth to controversy after certain people raised objections. However, the controversy seems to have had no impact on the excitement surrounding the film. This is evident by the insane ticket sales of the film in Germany. A source told, "The advance booking of Pathaan commenced yesterday, December 28, in Germany. Though the release is nearly a month away, the shows have started to get sold out in no time. It has led to a wave of cheer in the industry and trade. This shows Pathaan is a hot product and will

have a similar response in other countries as well, including in India." The screenshots of the theatre bookings of Pathaan in Germany have gone viral on social media since last night. Bollywood Hungama had a look at the website of the multiplex chain CinemaxX in Germany, which has opened ticket sales of the film. In as many as 7 theatres in Berlin, Essen, Dammtor, Harburg, Hannover, Munich and Offenbach, the shows of Pathaan are almost full for Wednesday, January 25. The source continued, "Looking at the Germany response, it won't be a surprise if theatres in other countries also decide to commence ticket sales. Not just India, the whole world is now eagerly waiting for Pathaan mania." The source also said, "The advance booking in India is expected to begin in the first half of January. Needless to say, it'll be off to a flying start." Directed by Siddharth Anand and produced by Aditya Chopra's Yash Raj Films, Pathaan releases in cinemas on January 25, 2023.







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World News

Canada imposes Covid restrictions on travellers from China, Hong Kong and Macao

Canada has joined a growing list of nations, including India, in imposing Covid-19-related travel restrictions on air passengers arriving from China, attributing the action to scanty epidemiological data being shared by Beijing. The measure, announced on Saturday, will go into effect on January 5 and remain in place for a period of 30 days. A release from the Public Health Agency of Canada (PHAC) stated that all air travellers aged two years and older, arriving on flights originating from the People's Republic of China, Hong Kong or Macao, will need to provide evidence of a negative Covid-19 test result, taken no more than two days before their departure, to the airline prior to boarding. Canadian authorities will accept either a negative molecular test, such as the RT-PCR, or negative antigen test, if the latter has documentation to show that it has been monitored by a telehealth service or an accredited laboratory or testing provider.In addition, passengers who tested positive more than 10 days before their departure flight, but no more than 90 days, can provide the airline with documentation of



their prior positive, in place of a negative test result. The release said, "In response to the surge of Covid-19 in the People's Republic of China and given the limited epidemiological and viral genomic sequence data available on these cases, the Government of Canada intends to put in place certain temporary health measures for air travellers entering Canada from China." These temporary measures will be reassessed after 30 days of implementation as more data and evidence becomes available. Airlines must receive the negative Covid-19 test result, or documentation of a positive test result taken within the prior 10-90 days, before the traveller boards the plane, otherwise

the traveller will be denied boarding. Canada had dropped Covid-related border controls on October 1 last year. "Our actions continue to be guided by prudence and we will not hesitate to adjust measures to protect the health and safety of Canadians," Minister of Health Jean-Yves Duclos said. Several other countries have either al-

ready imposed or announced they will instate similar measures specific to China. These include India, the United States, the United Kingdom, Japan and France. These announcements have come as the World Health Organization has questioned whether China is being transparent with information related to the coronavirus outbreak there.

Shots fired in air amid New Year celebration in Karachi, 22 injured



At least 22 people were hit with stray bullets on Saturday in celebratory gunfire on New Year's eve in Pakistan, reported Geo News. Several people, including a child and women, were injured due to aerial firing in different parts of Karachi. As the clock ticked 12 am to announce the arrival of the year 2023 on Saturday night, the port city resonated with the sounds of heavy gunfire despite a ban on the display of firearms, reported Geo News. According to hospital sources, the Civil Hospital received eight injured, four injured were brought to Jinnah Hospital, and ten injured citizens, including women and children, were admitted to Abbasi Shaheed Hospital for treatment. According to rescue sources, 22 people have been injured,

reported Geo News. Meanwhile, the police have arrested three people over the aerial firing in Korangi and charged them with attempted murder. Law enforcers arrested more than 10 miscreants in the city, reported Geo News. Karachiites took to streets and roads to celebrate the arrival of the New Year. The Five Star Chowrangi was thronged by people in a festive mood. People also flocked to the Clifton Seaview and Do Darya to view massive fireworks celebrating the New Year. Separately, various clubs, and hotels organized huge firework displays to welcome the New Year. Fireworks were also set off in other parts of the city, including Bahria Town and Bagh Ibn Qasim.

HOROSCOPE FOR JANUARY 2023

Capricorn | Dec. 22-Jan. 19

After the last couple of years, where you've had to figure out how to incorporate more sustainable practices, January will inspire you to focus on troubleshooting any work and/or health issues that have popped up for you lately. You will experience a finer sense of clarity around your capacity and willingness to engage in situations that are not easy—but are nonetheless important. Don't just work hard on autopilot. Do so because it's worth your time and attention. There's a difference.

Aquarius | Jan. 20-Feb. 18

I hope you can have more fun this month, dear Aquarius. You can't always judge things, people and situations on their inherent seriousness. Frivolity is necessary to balance out the scales. Allow yourself some levity and a good-natured, casual and pleasant time. Spending your energy o unimportant things is, paradoxically, essential to living a whole and nuanced life.

Pisces | Feb. 19-March 20

The thing with avoidance is that even if you don't consciously acknowledge the presence of whatever you're avoiding, it is bound to persist in some other form or another. For now, it's enough to establish a mature sense of self-awareness of your own avoidant patterns. However, at some point, you will have to engage and take action. As you wait things out, think about what tools you need to support yourself in dissolving your refusal. You have to show up at some point—it's better to be prepared.

Aries | March 21-April 19

If you've been feeling especially disconnected, this month can inspire you to do something about that. Because if anyone has the courage to initiate friendships, it's you. Visit old friends and get nostalgic with each other. Recognize how much you all have grown and think about how your needs for relationships have changed. The grass is greener where you water it. So if you've been feeling lonely, dear Aries, take it upon yourself t seek the connections you desire. Waiting for things to change will likely disappoint you.

Taurus | April 20-May 20

January is a hopeful month, especially if you've been feeling the weight of impossibility. Focus on keeping firm with the boundaries you need to set for yourself so you can get your needs met. This month, restricting yourself from certain indulgences can actually feel satisfying. Because what you really need is to believe in your capacity to support yourself wholeheartedly.

Gemini | May 21-June 21

Irritability is usually a message about discomfort. Like when you're sitting on a packed public bus, and the tag of your shirt is scratching your nape and prompts you to scratch your itch, but you can't because you'll likely elbow your neighbour. So when irritability happens in any context and situation, how do you respond? Do you keep it in and smile? Do you lash out and project on the nearest moving object/person? Do you take deep breaths and think before you act? In these small moments, how do you compare your response to a bigger crisis? January is about getting to know your response to discomfort.

Cancer | June 22-July 22

The intensity of the astrological weather lately has likely been a much more internal and unconscious undertaking for you. But much of the sense of being stuck you've been experiencing will start to ease. It can look like having a lucid realization of sorts—where something that has eluded you makes more sense all of a sudden. Make it a point to resume conversations that have been stalled. Check in and follow up.

Leo | July 23-Aug. 22

A fun exercise for this month would be to precisely articulate why and how you love the people in your life. Does your intention match your actions (and vice versa)? What makes them shine, and what do you find inspiring about them? How do you enrich their life? Do you know the value they add to your life? Determining these can help clarify the imbalances that exist in your relationships and where there may be work that needs more time and attention.

Virgo | Aug. 23-Sept. 22

If anyone is good at focusing on the nitty-gritty details, it's you. And January is about letting the spotlight shine on this exact talent of yours. The bigger-picture issues you're facing lack this breadth and depth of perspective. And so this month, it is your task to tend to your blindspots. But, along with this, have you been working too much or too hard? How can you work smarter, dear Virgo?

Libra | Sept. 23-Oct. 22

Please make having fun your top priority for this January. Despite and especially if you've been experiencing a lack of sincere merriment in your life. It doesn't have to be a grand gesture—find pleasure even in the smallest expression. It can be leaving work 1 hour earlier so you can have the window seat on the bus overlooking the sunset. Or indulging in a short story with your favourite tea as a Friday night plan. Or perhaps going out to town with your beloved friends to dance the night away. Whatever it is, give yourself the chance to take a breather and relax.

Scorpio | Oct. 23-Nov. 21

Spend more time at home. Some of the most basic advice for living with more magic is to, first and foremost, maintain a clean space. January is for decluttering and energy clearing. The way inanimate objects are situated in a room affects the flow of all other beings that interact with them. If you've been feeling particularly stagnant, start by clearing the path, so to speak, in your home. It's a wonder how changing the colours of lines and the placement of furniture can impact your mood.

Sagittarius | Nov. 22-Dec. 21

Tell the people you love why and how much you love them. Words are always great, but that doesn't have to be the limit. The thing about cherish ing people is you learn a lot about yourself in the process. How do you love? Do you orient your expressions towards what the other recognizes, or do you tend to do what feels most natural to you? January is about learning how you show your affection and care.



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Photo of woman sitting next to serial killer on plane goes viral

Charles Sobhraj, also known as "The Serpent," became a free man Dec. 24. Sobhraj has been accused of killing nearly two dozen tourists around Asia in the 1970s. A recent photo of a woman sitting next to Sobhraj on an airplane headed to France, where he'll begin his new life, has since gone viral. Journalist Jairaj Singh shared the photo to Twitter with the caption, "That awkward moment when you realise you're sitting next to a serial killer who claimed at least 30 lives." As of Wednesday night, the tweet had been viewed more than 660,000 times. French serial killer Charles Sobhraj sits in an aircraft from Nepal to France, on December 23, 2022. (Photo by Atish Patel/AFP via Getty Images) His French lawyer, Isabelle Coutant-Peyre, told The AP that Sobhraj will contest his conviction in Nepal, describing him as an "optimist" and resilient after nearly 20 years behind bars. French filmmaker Jean-Charles Deniau, who escorted Sobhraj out of the Paris airport and is releasing a film and book about his life, said, "He's doing well. He has medicines. He will live in Paris, and a little bit everywhere."The French government did not respond to requests for comment on whether Sobhraj could face judicial challenges in France. Sobhraj was born in Vietnam during French rule and claims French citizenship. Sobhraj is

believed to have killed at least 20 people in Afghanistan, India, Thailand, Turkey, Nepal, Iran and Hong Kong between 1972 and 1982. He reportedly befriended his victims, gave advice on where to dine, and sometimes let them stay at the apartment in Bangkok he shared with his girlfriend before killing them. But despite multiple legal cases opened against him, judicial authorities across the region struggled to convict him for the killings — or to keep him behind bars. He was arrested in New Delhi in 1976 and accused of murdering two tourists and stealing their jewelry. He was convicted of the theft but acquitted of murder. In Thailand, he faced 14 murder charges. He avoided being extradited by staying before the courts in India until the Thai case expired in 1996. In Thailand, he faced the death penalty. The French government did not respond to requests for comment on whether Sobhraj could face judicial challenges in France. Sobhraj was born in Vietnam during French rule and claims French citizenship. Sobhraj is believed to have killed at least 20 people in Afghanistan, India, Thailand, Turkey, Nepal, Iran and Hong Kong between 1972 and 1982. He reportedly befriended his victims, gave advice on where to dine, and sometimes let them stay at the apartment in Bangkok he shared with his girlfriend



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day cake, but was later recaptured. In 1997, he was deported from India to France, where he lived freely but was investigated for allegedly trying to poison a group of French tourists in India. He resurfaced in 2003 in a casino in the Nepalese city of Kathmandu, and was questioned about the unsolved murders of an American and a Canadian backpacker whose charred bodies were found on the city's outskirts. He was convicted the following year and handed a life sentence — which, in Nepal, is only 20 years. Sobhraj insisted on his innocence in that case, though had in the past spoken of killing other tourists. When he was released from the Indian

prison, he said he regretted aspects of his past. In announcing his release this week, the Nepal Supreme Court said Sobhraj has heart disease. They also said he had already served more than 75% of his sentence, and had behaved well in prison, making him eligible for release. He was freed Friday and ordered to leave Nepal within 15 days. A friend helped him finance a ticket to France, and the French Embassy prepared travel documents allowing him to leave, attorney Gopal Siwakoti Chitan said. Coutant-Peyre, his French lawyer, welcomed his release. "I'm very happy but very shocked that it took 19 years to obtain his normal freedom," Coutant-Peyre said at the airport. She also said his murder conviction in Nepal was based on a "fabricated case," and said the French government didn't do enough to help or defend him.Coutant-Peyre also said Sobhraj watched the series "The Serpent," which traces how Dutch diplomat Herman Knippenberg initiated an international investigation into Sobhraj's alleged killings. He called it "garbage," she said, and told her "70% of it is totally false." Sobhraj's "serpent" nickname stems from his reputation as a disguise and escape artist. He was also known as "the bikini killer" because he often targeted young women. The Associated Press contributed to this report.



FISHERIES DAY FOCUSES ON PROTECTING OUR ENVIRONMENT

Fisheries Pene Baleinabuli attended the World Fisheries Day celebration in Nausori today (21/11/22). The day is themed 'Take Care of your Environment' and is celebrated on the 21st of November every year to demonstrate solidarity with all fisher folk, fish farmers, and concerned stakeholders throughout the world. The local celebration, while held at Nausori Town culminated with a tree and mangrove planting exercise at the Nakalawaca Village in Namara, Tailevu. "As you know, the 21st of November is a day dedicated by the United Nations to World Fisheries Day. So, all over the world, countries, people who have fishing industries or people who know countries who know their people, depend on fisheries, actually get to observe and celebrate the importance of this day," the Permanent Secretary said. "Here in Fiji, we've got celebrations happening in various centres and the main one was here at Nausori, culminating in our tree planting and mangrove planting here at Namara," said

Permanent Secretary for PS Balenabuli. The Permanent Secretary added that protecting our fisheries and ensuring their sustainability requires a lot of effort. "It will require concerted and relentless effort. That is what is required. Commitment and just ongoing collaboration with all the stakeholders." "Of course, there's a need for us to continue those discussions, to continue to come to the middle ground, to agree that as we try to generate economic growth from our fisheries, we must also place some equal importance on protecting and therefore conserving our resources for the future generations." A recent United Nations study reported that more than two-thirds of the world's fisheries have been overfished or are fully harvested and more than one-third are in a state of decline because of factors such as the loss of essential fish habitats, pollution, and global warming. World Fisheries Day helps in highlighting the critical importance to human lives, of water and the lives it sustains, both in and out of water. Water forms a continuum, whether contained in



rivers, lakes, and oceans. World Fisheries Day started in 1997 when the "World Forum of Fish Harvesters & Fish Workers" met in New Delhi leading to the formation of the "World Fisheries Forum" with representatives

from 18 countries and signed a declaration advocating for a global mandate of sustainable fishing practices and policies. The event aims to draw attention to overfishing, habitat destruction, and other serious threats to

the sustainability of our marine and freshwater resources. The celebrations focus on changing how the world manages global fisheries to ensure sustainable stocks and a healthy ecosystem.

WALESI DIGITAL CARNIVAL ATTRACTS FIJIANS IN THE NORTH

The WALESI Digital Carnival in Labasa attracted Fijians from all walks of life who took advantage of the free rides and entertainment, food stalls, and information booths by various stakeholders, including tertiary institutions. In addition to promoting Walesi services, it was an opportunity for stakeholders to come together - to create a space where all Fijians could access information. Aiyaz Sayed-Khaiyum attended the carnival and highlighted that through WALESI, many Fijians across the country, whether they live in the interior of Ba or whether they live in Lau or Rotuma or Vanua Levu are now able to access television and radio services. The A-G commended the WALESI technical teams that visited remote parts of Viti Levu and Vanua Levu to install and provide WALESI services. With television connectivity, Fijian families no longer need to climb coconut trees or climb hills to get connected.





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WOWS Kids Fiji acknowledges support provided to the organisation in 2022

WOWS Kids Fiji has acknowledged the support of the staff and vuvale of the Australian High Commission in Fiji for making their final 2022 food and care pack distribution extra special with additional Christmas presents for their little champs. They say it brought about many joyful smiles, especially from those spending Christmas and New Year's at CWM Hospital. The non-profit organisation also acknowledged the timely donations from Punjas Fiji and FMF Foods Limited, and they truly appreciate the two companies' monthly donations of basic food items for the families. The organisation says their prayers and gratitude also goes out to the team of hard working and dedicated Paediatric Oncology doctors and nurses at the CWM Hospital, Lautoka and Labasa Hospitals.



Injured Fijian vet returns to UK

A Fijian British Army veteran who suffered from deafness after serving in Afghanistan returned to the United Kingdom on Friday. Ioane Koroiveibau, 36, gave up on Britain in 2015 when his immigration paperwork was lost after his discharge on medical grounds, his hearing loss caused by repeated exposure to gunfire on a dangerous tour in Helmand.

But the veteran tried again after being encouraged by a campaign group and was granted the right to settle in the UK, even though his application was made well after the normal deadline, two years after a soldier has been discharged. "It's a very big break for me," Koroiveibau told The Guardian. "I had reached ground zero back in Fiji, so there is no way but up. Now I hope the other boys here will get the same opportunity back in the UK." "I felt betrayed to be honest and there was nobody there to help me or direct me to the right people.

After giving everything to the government and to the military, I felt they could have helped with paperwork," he said. Koroiveibau enlisted in 2007, winning his place after a competition, and became an infantryman in the 1st Battalion Scots Guards, the former regiment of the defence secretary, Ben Wallace.

He spent seven months in Afghanistan in 2010 – "it was one of the most difficult tours, it was said we fired the most rounds that time," he said – where he damaged the hearing in his right ear after numerous firefights. "We couldn't use ear defend-

ers — we had to have a radio in our left ear, so the right ear was unprotected. Eventually I began to suffer from the noise, I had ringing in my ears, I had headaches, really sharp pains in the back of my head," he said. Worsening hearing meant he was medically discharged in 2012, but Koroiveibau believed the army would help him to settle in the UK. He returned to Fiji, and found that his father was seriously ill, and he died

soon afterwards. The former soldier said his mental health then deteriorated as well as his hearing, and he has since been diagnosed with PTSD, although there is no specialist treatment for combat trauma available in the country.

Koroiveibau's is one of six test cases put together by Commonwealth Neglected Veterans, a charity run by Esita Tuimanu, a campaigner who has been helped by Dan Jarvis, a Labour MP and former paratrooper. "We hope this is a breakthrough," she said. "Koroiveibau plans to live in Dorset, with a friend, a sergeant in the Scots Guards and a job is being lined up for him as a security guard. Being in Britain means Koroiveibau can freely access the medical treatment he needs but he will not be able to take his wife and three children to the country because the immigration decision does not apply to them.



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Fiji News

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and the main one was here at Nausori, culminating in our tree planting and mangrove planting here at Namara," said PS Balenabuli.

The Permanent Secretary added that protecting our fisheries and ensuring their sustainability requires a lot of effort. "It will require concerted and relentless effort. That is what is required. Commitment and just ongoing collaboration with all the stakeholders." "Of course, there's a need for us to continue those discussions, to continue to come to the middle ground, to agree that as we try to generate economic growth from our fisheries, we must also place some equal importance on protecting and therefore conserving our resources for the future genera-

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We will respond to the statement by Bainimarama and it will come from the PM - Tikoduadua

Minister for Home Affairs Pio Tikoduadua says they will reply to the statement by the Opposition Leader Vorege Bainimarama and it will come from Prime Minister Sitiveni Rabuka himself. He says until Rabuka makes the statement, he will wait because many media companies are after his comments. In a video message on the FijiFirst Facebook page, the Leader of Opposition and former Prime Minister, Voreqe Bainimarama claims they have heard reports that personnel from the Prime Minister's Office allegedly contacted Commissioners from the Constitutional Offices Commission and from the Public Service Commission to tell them to resign because there is a new Government. Bainimarama says anyone with basic acumen would know that these Commissioners stay on despite a change of government and claims these Commissioners were not informed

that they had the right to stay on. Bainimarama asks why was the Prime Minister's Office involved in this matter when the Constitutional Offices Commission and the Public Service Commission are independent bodies and also asks where is the Attorney General in all of this. He also asks why is the Minister for Home Affairs asking the Commissioner of Police to tender in his resignation when clearly he has no powers to do so and says why all of a sudden, the Constitutional Office Commission was having a meeting vesterday.

Bainimarama says he wants to inform the uneven three legged stool government of Sitiveni Rabuka, that they have to follow the Constitution and the law and they cannot do whatever they like.

He adds he is informing all Permanent Secretaries and other civil servants and those serving on various boards, organizations and independent bodies that they must not resign from their positions, even though the new government and their supporters will bully them, intimidate them and even threaten them. Bainimarama has asked them to

be strong as they have not done anything wrong and have been appointed through a due process and because they had the skill sets, know how, knowledge and acumen to contribute to their organisations and to Fiji.

We are awaiting the comments from Rabuka and we have also sent questions to the Acting Solicitor General and Secretary to the Constitutional Offices Commission, Preetika Prasad.



Tech News

IT majors under pressure from global eco troubles

Recent management commentaries by IT companies show the impact of global macroeconomic pressures. HCL, in a recent investors' meeting, said that it will achieve the lower end of its revenue guidance for the year. HCL had set a revenue guidance growth of 16-17% for the services vertical in FY23. Company CEO C Vijayakumar also mentioned that the drop in discretionary spend in the hitech and telecom verticals have been more than what the company had expected, and to add to this headwind, incremental price increases were not going to be easy with macroeconomic challenges. Accenture, which recently reported its earnings for its first quarter ended November, stated that there is a delay in decision-making, and clients were pausing smaller deals. "All of this (macro challenges) impacts the smaller dealsmore than the bigger deals because we're continuing to see that big transformation focus," the company said in its earnings

call. The opportunities to crack big deals was a common factor in the commentary of both Accenture and HCL.

Phil Fersht, CEO and chief analyst at HFS Research, told TOI that pipelines for next year are, by and large, weaker than at the same stage last year and there is definitely a drop off in smaller deals. "There are some large 'consolidation deals' out in the market as firms look to bring more services under one provider to drive down costs and beat inflationary pressure. I expect to see some large deal announcements in Q1 2023," he said. Analysts noted a sense of caution in Accenture's guidance. ICICI Securities, in its report after Accenture's quarterly numbers, stated, "Accenture has maintained its FY23 YoY CC (constant currency) revenue guidance despite strong growth in Q1 implying caution over demand ahead." The company's consulting bookings declined 13.7% YoY in dollar terms and this decline and



slowing consulting revenue growth imply contraction in discretionary spending, ICICI Securities said. Consulting revenue growth moderated to 10% YoY in constant currency terms

as against 22-32% in the past four quarters, it pointed out. The brokerage firm went on to state that from the third quarter, management commentary of Indian IT services will start to weaken and the impact on revenue growth will be visible in the first two quarters of FY24. Analysts, however, feel that the pressure on margins will ease as supply side pressures, including attrition, ease out.

Twitter bathrooms smell bad, employees forced to bring their own toilet paper as Elon Musk fires janitors

Twitter is in complete shambles ever since Elon Musk took over. Musk fired close to 50 per cent of its workforce as soon as he took over as a cost-cutting measure. However, under Musk's reign, everything is going haywire at the company. The bathrooms smell bad, the employees are forced to bring their own toilet paper as the janitors have been fired from the company. The employees have reported that the toilets do not have toilet paper. Janitors were fired after they went on strike for higher pay. As per New York Times, janitorial and security services are no longer available at Twitter office. Due to the lack of janitors in office, the office is in disarray with dirty bathrooms. The office reeks of "leftover takeout food and body odour," a source told the publication. Employees have been forced to carry toilet papers with themselves because there are no janitors to replace supplies. The Chief Twit has reportedly crammed the employees in two floors

and close the other four floors. Twitter stopped paying rent in its Seattle building because of which the employees have been asked to work from home. The report states that Twitter will now have offices only in New York City and San Francisco. Musk has also laid off cleaners and security guards at some of its New York offices. The report states that Musk had asked Twitter managers who didn't lose their jobs in mass layoffs last month to "approach their spending with a tactic known as zero-based budgeting," or "operating under the assumption that spending should start at nothing and teams should justify individual costs, according to the costs-savings document."Twitter has also missed paying rents at its San Francisco office. Musk, however, has been spending money on other areas. He has hired several new employees in recent weeks. He has brought in dozens of engineers from his other companies, including Tesla and SpaceX, to work at Twitter. A

recent report has also revealed how Musk treats the visitors at his company. Sources who work at Twitter have told the Post that visitors are often made to wait

for more than one hour in the 10th-floor conference room at Twitter headquarters. Not just that, they are often told not to speak before Mr Musk does.

The source also told the publication that Musk was "uncovering and solving and programming all night" after taking over the social media firm in October.



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Food

Kolache Pohe (Konkani-Style Poha) Recipe

Kolache Pohe (Konkani-Style Poha) Recipe Total Time: 25 mins Serves: 2 Servings Ingredients

- 1. 1 Cup Poha, soaked
- 2. 1 Bowl Coconut Milk
- 3. Jaggery, as per taste
- 4. Tamarind pulp, as per taste
- 5. 2 Green Chillies (chopped)
- 6. 1/2 tsp Cumin Seeds
- 7. 1/2 tsp Mustard Seeds
- 8. A pinch of Asafoetida
- 9. 1 Sprig Curry Leaves
- 10. 1 Whole red chilli
- 11. 1 tbsp Ghee
- 12. 1 tsp Freshly chopped coriander leaves
- 13. Salt, as per tastet

How to

- 1. Soak jaggery and tamarind in water separately and strain the water.
- 2. In a bowl of coconut milk, add the jaggery and tamarind water, salt, green chillies, coriander leaves and salt. Mix everything together.
- 3. Prepare a tadka. Heat ghee, add red chilli, jeera, mustard seeds, curry leaves and hing and let the spices splutter.
- Add the tadka to the coconut milk and pour the milk on soaked poha.
- 5. And kolache pohe is ready to be relished



Suji Cheese Balls Recipe

Suji Cheese Balls Recipe Total Time: 30 mins Serves: 2 Servings Ingredients

- 1.5 Cups Water
- 2. 1/2 Cup Semolina
- 3. 1/2 tsp Chilli powder
- 4. A pinch of salt and pepper
- 5. 4 Cheese cubes

How to-

- 1. In a pan, heat some water and let it boil.
- To this add salt, red chilli powder and pepper. Then to this add some suji.
- 3. Once it cooks let it cool down.
- 4. Then take a small portion of it, flatten the mix, add the cheese in the middle and make roundels. Fry these balls and enjoy!



Restaurant-Style Gravy Recipe

Restaurant-Style Gravy Total Time: 25 mins Serves: 2 Servings Ingredients

- 1. 1 Onion
- 2. 2 Tomatoes
- 3. 1 Bay Leaf
- 4. 3 Black peppercorns
- 5. 3 Dry red chillies
- 6. A Pinch of turmeric powder
- 7. 1/2 tsp Red chilli powder
- 8. 1/2 tsp Coriander Powder
- 9. Salt as per taste
- 10. 1 Tbsp Ginger
- 11. 1 Tbsp Garlic

How to-

- 1. Take a pan and heat some
- 2. To this, add black pepper-

- corns, dry red chillies and bay leaf.
- Once it heats, lower the gas and add chopped onions.
 Fry the onions properly till golden brown.
- 4. Then add chopped ginger and garlic. Let it cook.
- 5. Now, add finely chopped tomatoes. Cook them till
- 6. Next, add a little bit of salt and mix again.
- Till it cooks, take some dahi and mix red chilli powder, turmeric powder, and coriander powder.
- 3. Put this in the pan with the onion-tomato masala and



stir quickly.

- 9. When the oil starts separating from the mix, add a bit
- of water and cook again.

 10. Once it reaches the consistency you desire, throw in
- your other ingredients and cook the dish!

Sticky Date Pudding Recipe



Sticky Date Pudding Recipe Total Time: 40 min Prep Time: 20 min Cook Time: 20 min **Serves: 1 Servings Ingredients**

- 1 3/4 Cups All-purpose flour, sifted
- 1 tsp Bicarbonate of soda (Baking soda)
- 1 1/2 cups Boiling water125 gram Butter, soft-
- 1 cup Brown Sugar
- 1 tsp Vanilla extract
- 2 Eggs
- 250 gram Medjoul dates, pitted and chopped

- For Caramel Sauce
- 1 cup Brown Sugar
- 10. 300 ml Thickened cream
- 11. 1/2 tsp Vanilla extract
- 12. 60 gram Butter

How to

- 1. Preheat the oven to 180°C. Grease and line the base of a 7 cm deep, 22 cm (base) cake pan.
- Place dates and baking soda into a bowl. Pour over boiling water. Allow to stand for 20 minutes.
- .Using an electric mixer, beat butter, sugar, and vanilla until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Using a large metal spoon, fold through date mixture and flour until well com-

- Spoon mixture into prepared cake pan. Bake for 35-40 minutes or until a skewer inserted into the centre comes out clean. Turn onto a plate.
- Make sauce. Combine all ingredients in a saucepan over medium heat. Cook, stirring often, until sauce comes to the boil. Reduce heat to medium-low. Simmer for 2 minutes.
- Pierce pudding all over with a skewer. Pour 1/2 cup of warm sauce over warm pudding. Stand for 10 minutes. Cut into wedges. Serve with remaining

hicken Momo Recipe

Whole Wheat Chicken Momo Recipe

Total Time: 35 min

Prep Time: 20 min Cook Time: 15 min **Serves: 2 Servings**

Ingredients

- 2 Cups Atta
- 2 Tbsp Oil
- 1 Cup Minced Chicken
- 1 Cup Minced Onion
- 1 Tbsp Minced ginger
- 1/2 Cup Minced coriander leaves
- 2 Tbsp Butter
- Salt according to taste

How to

- 1. In a bowl add the meat, onions, ginger, coriander leaves, and butter and mix well.
- Use your hands to properly rub all the ingredients together, add salt according to taste and let it rest for 10-15 minutes.
- In the meanwhile, make a dough by mixing atta, a

- pinch of salt, oil, and water. Mix lightly hard dough and keep aside.
- Make tiny balls out of the dough and roll out the tiny balls of dough in the size of a small poori.
- Place a spoonful of filling in the middle and use a mold to shape the dump-
- Or you can gather all the sides together and pinch it.
- Grease the steaming plates with oil and let this steam for 20-30 minutes.
- Check if the outer dough is cooked and serve hot.



Rava Chana Idli Recipe

Rava Chana Idli Recipe **Total Time: 35 min** Prep Time: 20 min Cook Time: 15 min **Serves: 2 Servings Ingredients**

- 1 Cup Sooji
- 1 tsp Chana dal
- Few broken cashew nut pieces (optional)
- 1 tsp Mustard Seeds
- 1 tsp Oil1 tbsp Sour Curd
- Few curry leaves
- 1/2 Inch Grated ginger
- **Baking Soda**
- 1/4 tsp Salt
- 10. Grated carrot for garnish How to

In a kadai, heat oil and temper with mustard seeds, chana dal, curry leaves, ca-

- shewnut and ginger. Add suji and roast for a few minutes.
- Add salt and mix well.
- Once the rava cools down, add curd and mix well and set it aside for 30 minutes.
- After 30 minutes, the mixture will soak up all the curd, add water to get idli batter consistency. Add baking soda and mix well.
- Take an idli stand and place little grated carrot on the greased mould. Pour the batter and steam for 10-15 minutes.
- Once done, remove the rava idlis and serve hot with ghee and roasted Bengal gram chutney.



Health News

Bad Breath: How Fermented Foods Such as Yogurt Can Help Prevent Halitosis

You awaken in your bed. The sun is shining, the birds are chirping, and the taste in your mouth is... just awful. Who among us has never had a case of "morning breath," "coffee breath," or "garlic breath?" They're at least common enough that we're all familiar with these phrases. Bad breath, also called halitosis, affects half of adults at one time or another, according to the American Dental Association. In an effort to combat this common condition, scientists reviewed whether probiotics might be a useful halitosis treatment. They published their findings in the journal BMJ Open.What researchers uncovered about bad breath It's important to note that this publication was a metaanalysis, meaning the authors reviewed existing studies. The researchers originally identified 130 studies to examine but ultimately winnowed the pool down to just 7 studies. "The whole idea behind probiotics is if we have a group of bacteria in the environment that we don't like if we introduce bacteria that we do like and can supplant the 'bad guys' with the 'good guys,' then we'll end up with a better result," Dr. Matt Messina, a consumer advisor for the American Dental Association and assistant professor at the college of dentistry at The Ohio State University, told Healthline. Foods

containing probiotic bacteria include yogurt and sourdough bread. There are also probiotic supplements on the market, although the benefits of swallowing a capsule might differ from when chewing probiotic foods. "[The research] is very thoughtprovoking. The value is that it pulls a lot of studies together to show where the gaps in the research are. And the gap here we really need to go after is causality," Messina added. While some people with halitosis did experience short-term improvements, it's not clear that probiot-

ics were necessarily the reason. "The bottom line is probiotic use certainly doesn't hurt, but the jury's still out on the overall benefit of this," Messina said. Dr. Thomas M. Holland, MS, a study clinician and medical advisor for the RUSH Institute for Healthy Aging in Chicago, told Healthline that "although not conclusive, the results indicate that what we eat does in fact matter with regards to gut and oral health." A yogurt and sourdough diet? Before changing up your eating habits, it should first be noted the results didn't

indicate that probiotics permanently solved halitosis. "The data shows that there's some potential short-term benefit to probiotics, but it doesn't really hold up long-term," said Messina. Holland added that "having a more diverse microbiome may allow the body to digest a wider variety of foods and thus stave off halitosis." "It is important to consume a diet that helps propagate a diverse quantity and quality of various gut bacteria to help maintain not only gut and oral health but overall well-being too," Holland noted. Experts say that maintaining a balanced diet, such as the one recommendedTrusted Source by the American Heart Association, can add some healthy variety to your meals. Regarding how you get probiotics into your body to begin with, Holland said, "the broad recommendation would still be to ingest the foodstuffs first. If you aren't going to intake the food items, supplements are a great option." Treating halitosis Probiotics might have some benefit to treating halitosis, but it doesn't appear they should be solely relied upon. For mild cases, chewing gum or breath fresheners can be inconspicuous and convenient to carry around, but they're not for everyone. "If someone has dentures or implants, some gums can become quite strong and dislodge the implant," said Holland. These products might also contain sugars, which could actually make things worse. "Bacteria burn the sugars and the byproducts are acids, which increase the rate of decay and sometimes increase the proliferation of more bacteria," said Messina. If you're not able to treat your halitosis at home, the next step is to consult with a medical professional. "Halitosis can cause anxiety and embarrassment, and potentially isolation, if severe enough. If someone is concerned about bad breath, ideally they should start with their primary care physician or dentist," Holland suggested. Other issues associated with bad breath

Bad breath could also be a sign of other health issues. "It can be caused by plaque or bacteria on the teeth, periodontal disease, dental cavities, decay in the teeth, but also [gastrointestinal] related issues, reflux, even diseases like lung cancer can give a certain bad smell in the mouth," said Messina. "The first thing is don't ignore chronic cases of bad breath, it could be telling you something. And the second thing is, it's treatable. See your dentist, we can help you. Most of the time, the assessment will begin with your dentist, and that's a good place to start," added Messina.







Health News

New Year's Resolutions for Children: What Pediatricians Recommend

The time around New Year's Day is often one of celebration and many use it to reflect and take stock. It's also a time of new beginnings, which has naturally led to the tradition of setting New Year's resolutions. In the spirit of the season, the American Academy of Pediatrics (AAP) has released a list of healthy goals for children, from preschoolers up through teenagers. So what did they recommend and what do experts think about it? Framing resolutions around goals Many of the resolutions suggested by the AAP leave the definition of success somewhat vague. They start with phrases such as "I will try to..." and "I'll do my best to..." That's no accident. While specific goals that include measurable criteria and a deadline are frequently suggested for adults, experts say that a little leeway can help prevent children from becoming discouraged. Dr. Daniel Ganjian, FAAP, a pediatrician at Providence Saint John's Health Center in Santa Monica, California, told Healthline, 'Such language helps prevent perfection paralysis, where children feel like [they] have to do something 100 perfect perfectly, or otherwise it's worthless." Dr. Gina Posner, a pediatrician at MemorialCare Orange Coast Medical Center in Fountain Valley, California, thought the careful language was beneficial

as well. "A lot of times people will give up if they fail. If you contract to the way many adults again. For kids agas 5 to 12

will give up if they fail. If you say, 'I will try', it helps give you a little wiggle room to fail and then try again," Posner told Healthline. The AAP recommends picking out resolutions together as a family. Experts believe that this can help create a more positive experience. Dr. Connie Bartlett, a pediatrician with Providence St. Joseph Hospital in California, told Healthline, "[It's best] to model good behavior as a family and work together to achieve collective success."Examples of New

contrast to the way many adults approach their resolutions, the AAP's recommendations are designed to build healthy, lasting habits as opposed to completing a set task. For preschoolers, they recommend goals centered around daily activities such as eating, socializing, and practicing hygiene. Examples include: I will try new foods when I can, especially all different colors of vegetables. I will do my best to be nice to other kids who need a friend or look sad or lonely. I will wash my hands after go-

eating. For kids ages 5 to 12, the goals start to include some decision-making power for the child and are more adaptable to a variety of scenarios. Examples include: I will try to find a physical activity (like playing tag, jumping rope, dancing, or riding my bike) or a sport I like and do it at least three times a week. I will drink water every day. I will keep soda and fruit drinks only for special times. I will tell an adult about bullying that I see or hear about and do what I can to help keep school safe for everyone. For teenagers, the goals reflect their lives and the new choices and risks they can be expected to encounter. Examples include: I will resist peer pressure to try cigarettes, e-cigarettes, drugs, or alcohol. I agree not to use a cell phone or text message while

driving and to always use a seat belt. When faced with a difficult decision, I will talk about my choices with an adult whom I can trust. Managing successes and failures So as your child begins to demonstrate the behavior you're looking to see, how and when should they be rewarded? "Positive reinforcement is preferable at any age. Toddlers and young children do better with immediate reinforcement for good behavior. Older children or teens can benefit from delayed gratification," suggested Bartlett. "I would do weekly awards for young kids and maybe monthly for teenagers. Things like going out to eat, getting a small toy or game, even a little pocket change to save and do with what they want can all be good. I wouldn't give candy treats because sometimes this throws the resolution out



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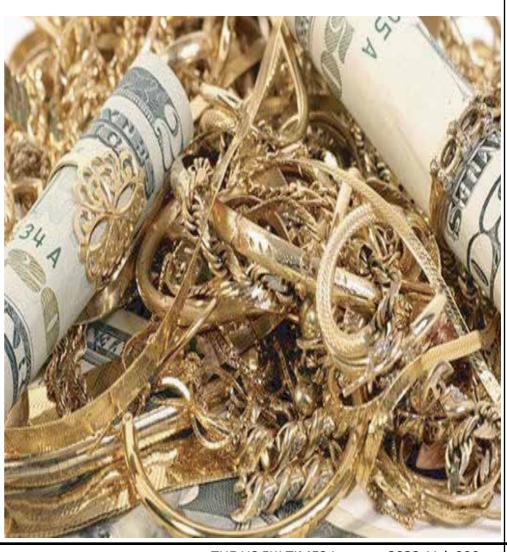
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Fiji Sports

Fiji Soccer sets coaching plan

The Fiji Football Association wants the local coaches to train under professional coaches so they can take up the positions of various national teams in the not too distant future. Flemming Serritslev (Denmark), Timo Jankowski (Germany), Jerry Sam (Solomon Islands) and Robert Mims (England) are the four expatriates working with Fiji FA.

Serritslev was signed up as the Digicel national men's coach in 2020, Jankowski was appointed as the Fiji FA technical director in September 2021, Sam as the national futsal and beach soccer coach in May 2022 and Mims as

the national goalkeeper coach in September this year. Serritslev's three-year contract will expire next month. The Fiji FA is set to appoint overseas coaches for the Fiji Under-19 and the national men's and women's teams soon.

Fiji Football Association president Rajesh Patel said they wanted overseas coaches who had played international matches to give our players and coaches better guidance. He said this was through all aspects such as psychology, discipline, tactical and technical wise. "The overseas coaches will go through our training courses with the A, B and C licences," Patel said.

"Then our coaches can get the in depth of what coaching is at the top level. That is why we want to get these coaches in so that our coaches can get that experience."

The following local coaches have guided the national men's team previously: Sashi Mahendra Singh (1960–1972, 1974–1976, 1980), Mohammed Ali Sahu Khan (1972–1974), John Lal (1977–1978), Moti Musadilal (1979), Michael Thoman (1983–1984), Billy Singh (1985–1986, 1987–1992, 1995–2002), Yogendra Dutt (2009–2010) and Gurjit Singh (2011).

The overseas coaches included Wally Hughes (1981–1982) New Zealand, Rudi Gutendorf (1983, 1987) Germany, Danny McLennan (1993–1995) Scotland, Les Scheinflug (2002) Australia, Tony Buesnel (2003–2004) Australia, Lee Sterrey (2005–2006) Australia, Juan Carlos Buzzetti (2006–2009, 2011–2015) Uruguay, Frank Farina (2015–2016) Australia and Christophe Gamel (2016–2019) France.

Patel said the local coaches would remain in the system as understudy to the expatriate coaches."We will give the local coaches a chance to go through all the accreditation courses," he said. "Definitely, we want to give them the best. But on the world stage you can say whatever because you want experience which counts at the end of the day. "This is the same for the players, so we need to give them all the experience that we can also

"As we go and play the international matches, our coaches will get trained under the professional coaches. "This will help them grow their career with Fiji FA. Come four to five years, maybe we will have local coaches leading the various national teams."

Baby Bula Boys gear up for U17 Championship



The Digicel national under-17 team is gearing up its preparation for the OFC Under-17 Championship which will be played early next year in Fiji.

Head coach Sunil Kumar said they were preparing well for the championship.

"The boys have gelled well together as we have been in camp for the last few months and giving their best in training," said Kumar

"The boys have sacrificed a lot and have taken the challenges as they were also doing their studies while in camp.

Kumar confirmed four overseas-based players have joined the squad.

"We have three players from New Zealand and one player from Australia and they have been doing well and adopted our style of playing and training,"
Kumar said

"The morale in camp is high and the boys are looking forward to the championship next year.

He confirmed the team will take a break during the Christmas holidays.

"We will be giving break for the boys to spend their time out with their families and will march back into camp on December 28."

"We will be shifting our camp from Ba Academy to Suva Academy as we will be playing here at HFC Bank Stadium," said Kumar

The OFC U17 Championship will be played from January 11 to 28 at HFC Bank Stadium and Fiji FA Academy Grounds in Ba.

The Baby Bula Boys has been

drawn in Group A with Papua New Guinea, Tonga, and Samoa.

They start their campaign against Samoa on January 11 at 7 pm at HFC Bank Stadium. Fiji plays PNG in its second match on 15 January at 7 pm and their final group match is up against Tonga on 18 January at 7 pm.

Sports

Cristiano Ronaldo al nassr Contract, signs with Saudi Arabian soccer club Al Nassr

Cristiano Ronaldo al nassr Contract – According to the news that has just come out in relation to Portugal team captain Cristiano Ronaldo, he has signed a 30-month contract with Saudi Arabia's club al-nassar, after which it was announced that Cristiano Ronaldo Saudi Now working with Arab club Al Nasr. Cristiano Ronaldo Al Nassr contract A statement was released by Al Nassr stating that Cristiano Ronaldo will remain under contract with Saudi Arabian club Al Nassr under contract until 2025.

Incidentally, Ronaldo finally said goodbye to Old Trafford last month after a heated argument in a television interview. Now it remains to be seen what are the contracts signed for cristiano ronaldo al nassr contract. You are going to get their information here today. Then you will not go anywhere, and you will get complete information regarding cristiano ronaldo al nassr contract.





It is worth mentioning that during the interview regarding Ronaldo, who is known as the 5-time Ballon d's winner, many surprising statements were issued by Ronaldo. In which Ho

said that he had been cheated by the Old Trafford club, he clearly said that he would not respect his Dutch manager Erin Tag Hague. However, so

the financial details regarding his cristiano ronaldo al nassr contract has been released officially. But according to the news floating around in the media, far no information regarding Ronaldo has fixed the contract

price for the next 2.5 years at around 200 million Euros i.e. more than \$214 million. Will get even more.

Thus it is being speculated by experts on social media that

Cristiano Ronaldo will prove to be the most expensive player in the history of football so far.

Cristiano Ronaldo 2023 Overview

Article title	cristiano ronaldo al nassr contract
Contract money in Dollar	214 Million dollar
Contract money in Euro	200 euro
Contract time	2.5 years
Contract till	25 June 2025
Play	Football
Other Information	Given in article

Christiano Ronaldo Al Nassar Salary

According to a statement issued by Mussalli Al Muammar, President of Al Nasr Football Club, this contract will prove to be more than just making

history, as it is a contract that will prove to be successful in taking Al Asr Club to greater heights. Ronaldo also released the statement under Cristiano

Ronaldo Al Nassar Salary, in which Ronaldo said that I am very fortunate that I have now chosen to share my experience in Asia, because I have done

everything.

I set out to win in European football. Some have won. In this sequence, under Christian Ronaldo Al Nassar Salary, he

furthered that now he will join hands with his new teammates to make Al Nassar Club successful at every step.

Seattle Barbarians Rugby Inaugural On Saturday, Decemdelicious island cuisines. Community Association



ber 17th, Fiji's soccer sensation, Akuila Rova, launched his presidency within his newly profound provided at our team's inrugby team—also known as the Seattle Barbarians-with an outstanding event. Attendees experienced a red-carpet entrance with photo booths and photographers to memorize. All of which was later complemented by live performances and

But before further embellishing onto the many other amazing attributes augural, we would like to also illustrate our utmost gratitude to all our sponsors who have contributed to its success. These sponsorships include our US Fiji Times, Kava Vinaka, Hassan Trucking, Shoreline Mowers and Saws, Pacific Islander

of WA, Fofo'anga Seattle Community, Ratukalou Trucking and many more. We'd like to also express our sincere appreciation to Fiji Airways who had granted us the opportunity to close our event with the sponsorship of TWO complimentary roundtrip tickets within our competitive raffle event. We also cannot forget to mention our gratitude to

all our legendary players—Jerry Tuwai, Semi Kunatani, and Waisea Nacuqu—who also contributed to our event by providing their elite uniformly artifacts of clothing in support. Lastly, the Seattle Barbarians community would like to share our recognition to our attendees, winners, and most of all supporters for purchasing with the intention of supporting our upcoming rugby team. This inaugural with our supporters' assistance has allowed such a great exposure for both our team and communities to begin a financial upraise that our pasifika communities could all enjoy.

















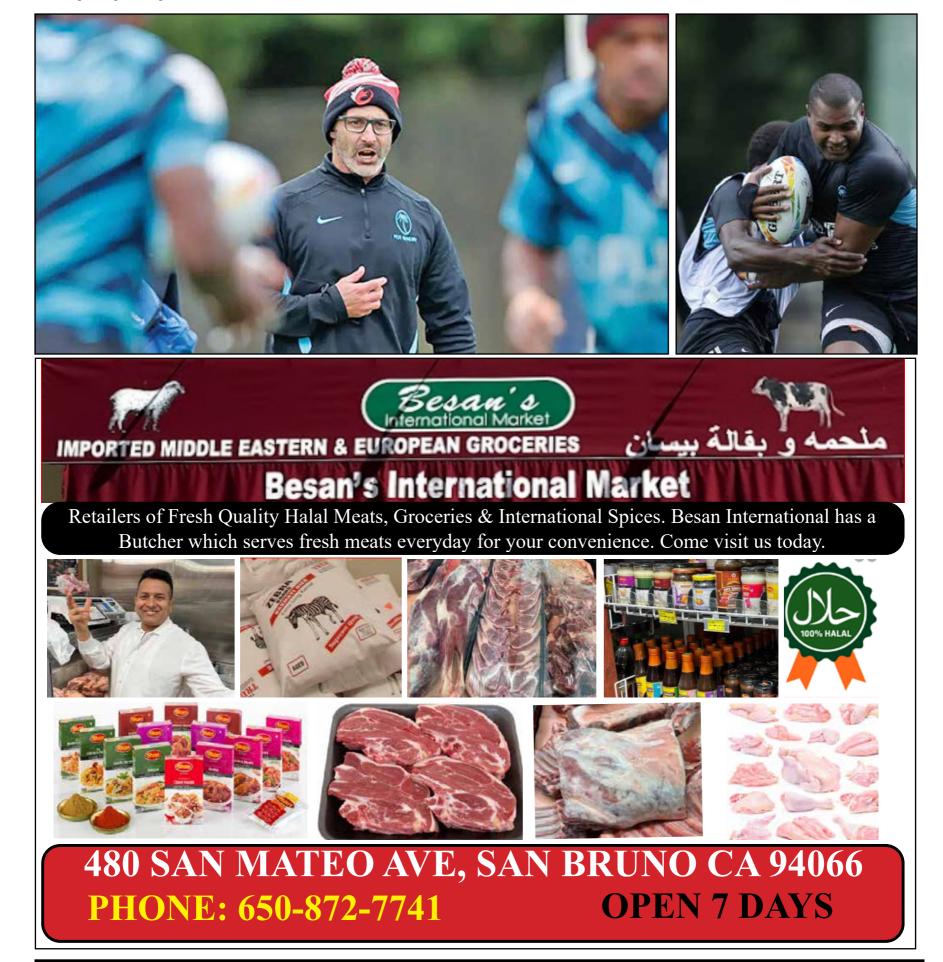




Sports

We Must Have The Right Material In The 7s Camp Definitely not all is well in the sevens camp, the recent performances and results are testament to this.

Definitely not all is well in the sevens camp, the recent performances and results are testament to this. Coach Ben Gollings must prove himself that he is still the right person in charge of the highly regarded Fiji Airways Fijian 7s team. With Australia ended Fiji's dominance and missing out on the Hong Kong, Dubai and Cape Town titles is a low blow. To many Fijian fans the back to back loss and inconsistent performance are part of a development process that a Fijian 7s team and its new coaching staff go through.



FIFA World Cup final referee makes startling revelation about 'mistake' he made during the match: 'I was afraid that...'

The FIFA World Cup final saw Argentina producing a phenomenal performance as they defeated France on penalties to lift a third title. Lionel Messi scored a brace as he ended a long wait for a World Cup title, even as France's forward Kylian Mbappe put out a dominant performance with a hat-trick. Messi had opened the scoring with a penalty in the 23rd minute and Angel Di Maria doubled Argentina's lead 13 minutes later; however, Mbappe brought France back in the game with two quick goals in as many minutes (80' and 81'). While Messi scored again in extra time to give Argentina the lead again, Mbappe coolly converted the penalty with three minutes remaining on the clock to force a shootout. Argentina eventually won 4-2 on penalties after Kingsley Coman and Aurelien Tchouameni missed penalties. However, a week after the fi-

nal, the referee from the game - Szymon Marciniak - made a startling revelation about a "mistake" he committed during the final. "Of course, there were mistakes in this final," he told Sport.PL. "I interrupted the French counter-attack after a bad tackle by Marcos Acuna. "I was afraid that the fouled player wanted to unwind, and I read it wrong because nothing happened, and you could give an advantage and then come back with a card. "It's hard. In a game like this, I take such a mistake in the dark. The important thing is that there were no big mistakes," said Marciniak. Earlier, French newspaper L'Equipe mentioned the International Football Association Board's Law 3, paragraph 9, which includes that the referee must disallow the goal if a substituted player was on the field of play when the goal was scored, referring to Lionel Messi's goal in the extra time of



the final. Marciniak responded to the criticism in a unique manner. He pulled up a screenshot on his phone that showed seven French substitutes had entered the field while they were celebrating one of Mbappe's goals. "The French didn't mention this photo, where you can see how there are seven Frenchmen on

the pitch when Mbappe scores a goal," Marciniak had said as he held up the phone while speaking to reporters.

'French didn't mention this'referee hits back in criticism over Argentina goal in FIFA World Cup final



The World Cup final ended nearly a week ago but the drama around it continued as the match referee showed a photo on his phone during a news conference to respond to claims that Lionel Messi's extra-time goal should not have stood. Argentina won the final in Lusail, Qatar 4-2 on penalties after the match ended 3-3 following 120 minutes of action, with Messi scoring twice and Kylian Mbappe bagging a hat-trick for France. Szymon Marciniak, the first referee from Poland to officiate a World Cup final, faced criticism from French media that he should have chalked off Messi's extra-time goal because two Argentina substitutes appeared to enter the pitch before the ball went into the net. French newspaper L'Equipe mentioned the International Football Association Board's Law 3, paragraph 9, which includes that the referee must disallow the goal if a substituted player was on the field of play when the goal was scored. Marciniak responded to the criticism in a unique manner. He pulled up a screenshot on his phone that showed seven French substitutes had entered the field while they were celebrating one of Mbappe's goals. "The French didn't mention this photo, where you can see how there are seven Frenchmen on the pitch when Mbappe scores a goal," Marciniak said as he held up the phone while speaking to reporters. Marciniak's comments came after a petition, asking the final to be replayed due to officiating errors, was launched. The petition has so far crossed 220,000 signatures.





HAMILTON 7s - 21 - 22

SYDNEY 7s - 27 - 29

LOS ANGELES 7s - February 25 - 26

VANCOUVER 7s - March 03 - 05





Sports

Golfing in Palm Springs California







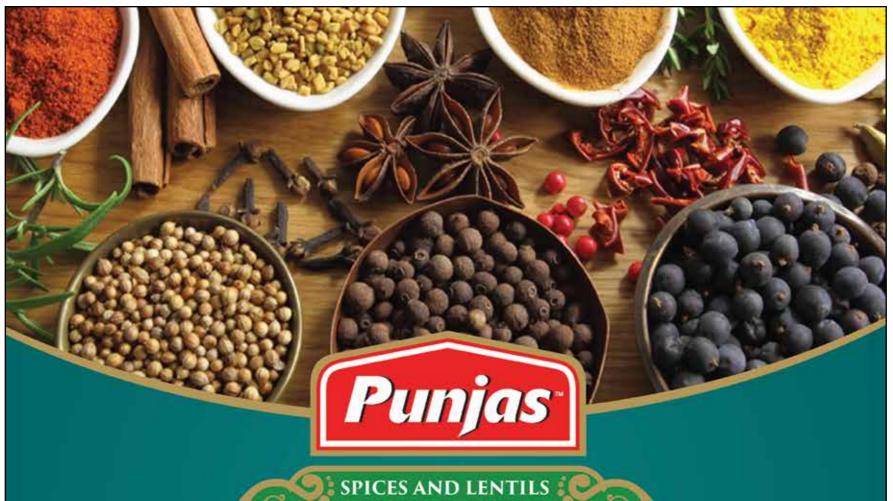














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