



# THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

June 2023 Monthly Publication - Subscription Available Pages 60 Volume: 224

## United States is Fiji's largest and fastest growing export market - Kamikamica



**DENTAL OFFICE  
OF DR. VISHNU  
SHANKAR**

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The United States is Fiji's largest and fastest growing export market. Minister for Trade, Manoa Kamikamica highlighted this during the inauguration of Fiji's Trade Commission North American Office in Burlingame, California. The Minister says Fiji has become the hub of trade, investment, and innovation of the Pacific, leading to significant developments.

He says in 2022, there was a 15.6 percent growth in total

trade, with a significant 15.4 percent increase in Fijian exports to the US market, that indicates the expanding reach of new Fijian products and businesses throughout the region.

This is where the Trade Commission plays a crucial role in promoting Fiji as the ideal trade and investment destination. Kamikamica says over a year ago they had a vision for Fiji to move out of its comfort zone and explore new heights and through the inauguration we

are putting Fiji's trade and economic ambitions next to Silicon Valley and in close proximity to the Fijian Diaspora.

He further says Fiji and United States bilateral relationship is experiencing unprecedented levels opening a new chapter that will take Fiji and the US to greater trade and economic heights. He also acknowledged the presence of Fijians in California and also the Fijian Diaspora in California, the United States, and Canada for their

continuous support of Fiji.

The Permanent Secretary Shaheen Ali says Fiji exports to the United States totals over \$360 million and has been growing at a rate of 6 percent, the key exports to the US are processed fish, kava and new products like turmeric.

Ali says it will connect businesses, investors, and our diaspora with the Fiji Government, agencies, and businesses back home, bringing new opportunities home.





## THE US FIJI TIMES

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# Fijian Government



**PRIME MINISTER OF FIJI**  
SITIVENI RABUKA



**ATTORNEY GENERAL OF FIJI**  
SIROMI TURAGA



**DEPUTY PRIME MINISTER**  
Prof BIMAN PRASAD



**DEPUTY PRIME MINISTER**  
MANOA KAMIKAMICA



**DEPUTY PRIME MINISTER**  
VILIAME GAVOKA

## 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

capabilities.

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

His insatiable love to be involved with the community to cherish in this very noble cause is worthy of higher recommendation. We have a very vibrant community, so despite the paper being issued free, the expectation of the

community is very high. The coverage of all the major events is a mist for the paper and we feel very proud to be associated with major organizations to see that their events are properly covered with pictures, stories and awareness via our social media platforms.

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

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

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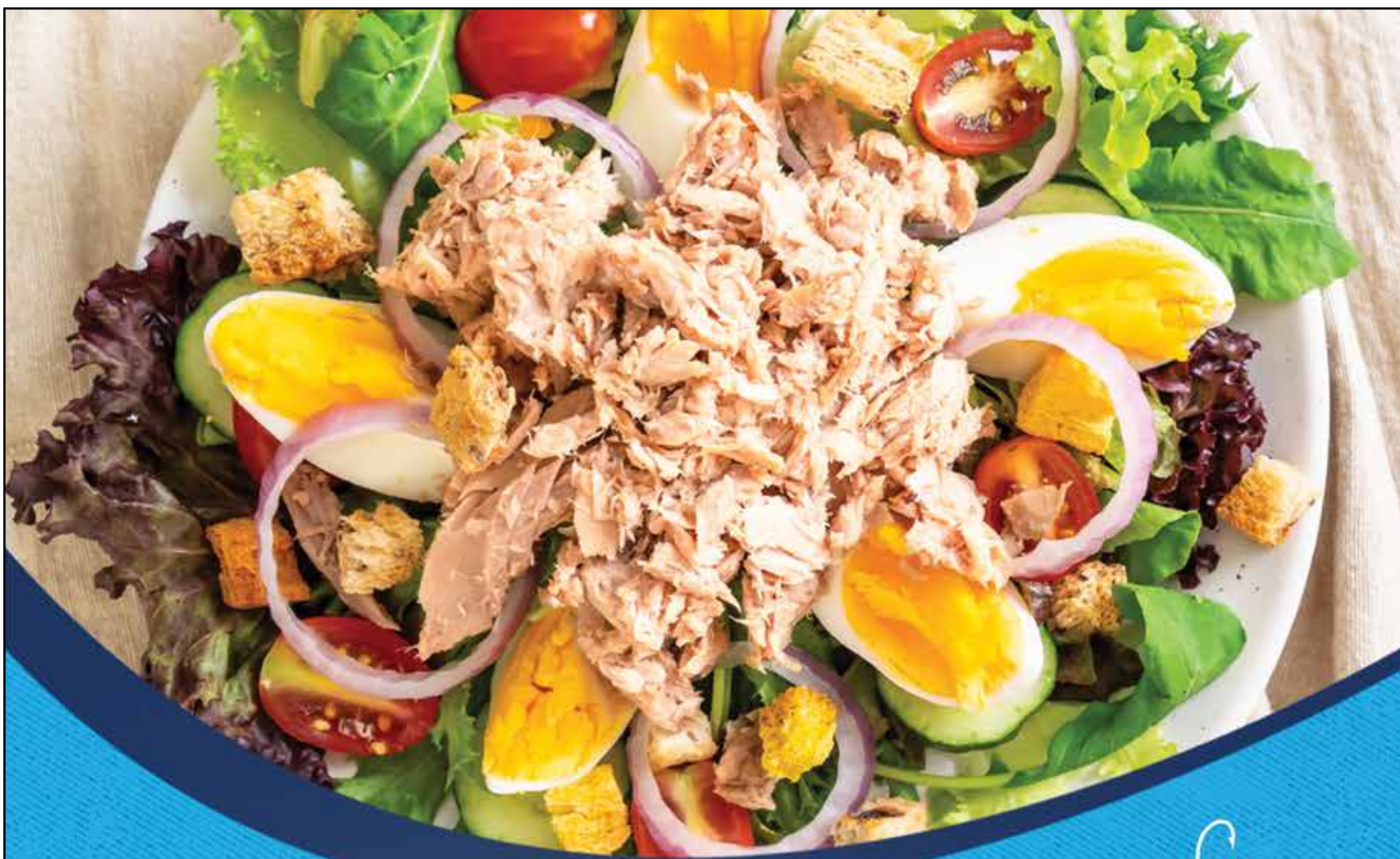
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## Fiji News



**Anare Bolanavanua**  
**Administration & Finance Officer**  
**Fiji Trade Commission North America**

Anare Bolanavanua joined the Fiji Trade Commission North America as an Administration and Finance Officer. Anare holds a Bachelor of Commerce and a Post Graduate Diploma in Professional Accounting, both from the University of the South Pacific.

Before joining FTCNA Anare was employed at the Fiji National Provident Fund for 7 years. Anare started in 2015 as a Project Staff member and left as Senior Investment Officer in 2022.

Anare is very passionate about helping people, solving problems, and working in teams. Anare is eager to learn new things and take on new challenges.

If there is one thing Anare would want to achieve while being at the Fiji Trade Commission, it is to try and give back to the country that has helped him grow in any way possible, and provide the best possible service to all the Fijians in North America.

You can reach Anare via email at [anare@investinfiji.today](mailto:anare@investinfiji.today) or via phone at: +1 650 781 3964



**Tasprit Kaur**  
**Trade and Marketing Officer**  
**Fiji Trade Commission North America**

Tasprit has joined the Fiji Trade Commission North America Office as Trade and Marketing Officer. Tasprit holds a Postgraduate Diploma in Economics and a bachelor's degree, both from the University of the South Pacific.

Prior to joining the Trade Commission, Tasprit worked for the Fiji Ministry of Trade, Cooperatives, Small and Medium Enterprises (then, Ministry of Commerce, Trade, Tourism and Transport), before moving to the United States.

Tasprit believes in self-improvement and that every opportunity is a learning opportunity, and one is never too old to stop learning. Tasprit believes that the US market presents opportunities for increased trade and investments, and a big part of being successful is identifying opportunities and solutions to ensure the continued improvement of trade and investment facilitation. Tasprit is a very analytical person, so she has always had a way with numbers and data, which is essential for the trade and marketing role.

Tasprit is very ambitious about exploring the opportunities the Fijian exporters and American Investors can pursue.

You can email Tasprit for any trade or investment queries at [tasprit@investinfiji.today](mailto:tasprit@investinfiji.today) or call on +1 650 781 3964



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News

# Namaskar and Bula my Sangam friends

## 2023 Sangam convention @ Riverside California



*Vinod Bhindi Fiji's Counsel General of Los Angeles Chief Guest*

The Two day 2023 USA Sangam Convention was very successful.

Here is the trophy presentation awards for 2023 USA Sangam:

- Overall first place total points - Sacramento Sangam.
- 1st place Soccer - Hayward Sangam.
- 2nd place Soccer - Stockton Sangam.
- 1st place Men's Volleyball- Sacramento Sangam.
- 2nd place Men's Volleyball- Seattle Sangam.
- 1st place Women's Volleyball- Stockton Sangam.
- 2nd place Women's Volleyball- Seattle Sangam.
- 1st place Women's Netball - Seattle Sangam.
- 2nd place Women's Netball - Sacramento Sangam.

I am extremely honored and pleased to be the chief guest of honor and to represent our beautiful Fiji, as their Consul General of Fiji here in Los Angeles for the 30th USA Sangam Convention.

Mr. Raju, President of Riverside Sangam Community, the National President, Arvind Raman, and the Board, thank you for the warm welcome and all that you have put in to helping the community. Over the years, I have seen the Sangam Community in LA transform into a very large and vibrant organization.

The Sangam Community was founded 30 years ago in the United States, and I salute our forefathers and the stewards of Sangam who worked tirelessly and selflessly to lay the foundation of Sangam that we are all so proud of today.

This convention is also an ideal time to commemorate Sangam's rich history and heritage. It is time for the old and young generations to build stronger bonds through sports and other

conducted here. I can proudly say that the interactions and discussions that will take place over the course of these two days will inspire, empower, and unlock the confidence to give the best version of themselves to each individual of the Sangam Community.

I look forward to seeing the good works that will be born here at this convention, the ideas that will turn into projects for the good of all Sangam community people over the next year and beyond. My motto which I practice and would like to share with you all.

"Dare to dream it----Dare to believe it----Dare to do it ---- -----You can achieve anything!! " My best wishes and blessings to the Sangam Community of USA, the organizers of the convention and to all the families, friends and supporters of the Sangam Community, have a wonderful time and enjoy your convention. Thank you



*Sagam convention at River Side California*



News

2023 Sangam convention @ Riverside California



## Fiji News

# Fiji is keen to learn from the experience and success of Mauritius sugar industry - Singh

Fiji is keen to learn from the experience and success of the Mauritius sugar industry, especially in areas of power co-generation, ethanol production and production of refined sugar. This was highlighted by the Minister for Sugar Industry Charan Jeet Singh during a courtesy visit to the President of the Republic of Mauritius Prithvirajsing Roopun, at the State House in Réduit, Mauritius. Singh relayed many similarities between the two countries that share historical traditions and cultures from the Girit era where discussions revolved around reviving the sugar industry where challenges were common between the two countries. The minister says pressing issues affecting the sugar industry such as climate change and its impact, shortage of labor, aging growers, and lack of interest in cane farming by youths are some of the topics discussed in this meeting. Meanwhile, the President of Mauritius, commended Fiji's lead in advocating the impacts of climate change in the region emphasizing that small-state



developing countries, such as Fiji and Mauritius need to work together with other developing states to fight out carbon emissions and larger emitters. Singh also extended an invitation on behalf of the President to President Roopun to visit Fiji in the near future. After meeting with

the President the Sugar Minister also met the Minister of Arts and Cultural Heritage Avinash Teeluck, in Port-Louis, Mauritius as the meeting surrounded matters on the Indentured Labour Route project, promotion of Bhojपुरi and Hindi language, and the preservation of cultural

and heritage sites. Mauritius and Fiji have common beliefs and traditions, and share many similarities in terms of their history and cultural heritage. The program of this visit to Mauritius also includes courtesy calls to the Offices of the Prime Minister of Mauritius,

the Minister of Agro-Industry and Food Security, the Minister for Transport, Light Rail, Foreign Affairs, Regional Integration and International Trade. Singh will also make site visits to sugar industry institutions, sugar refineries and distilleries in Mauritius.

## \$48.91 million paid out in compensation by ACCF since Jan 2018

\$48.91 million has been paid out in compensation under the no fault scheme by the Accident Compensation Commission of Fiji since 1st January 2018. \$32.66 million of this payout was for motor vehicle accidents, \$15.2 million for employment accidents and \$1.03 million for school accidents. The ACCF says 80 percent of the \$48.914 million would not have been paid if the applications for compensation were made prior to the introduction of the Accident Compensation Scheme. One of the recipients of the compensation expressed their appreciation to the ACCF for the decision to compensate their younger brother for the death of their nephew and son. A recipient lost their brother in a motor vehicle accident some years ago and they never received compensation because of the requirements at the time. Another recipient said her husband was the sole

bread winner for her family, she will invest half of the money received from ACCF and she will use the other half to fulfill

his wish, that is to renovate and extend his family home. Another recipient says with this compensation, she is able to

plan her child's knee treatment and it also gives her some peace of mind because she had a lot of costs after the accident. ACCF

CEO, Parvez Akbar informed the ACCF board has continued to receive positive feedback from satisfied applicants.



## Fiji News

## PRF has not secured any major co-funding in its first year of operation – PRF Founder

Pacific Recycling Foundation has not secured any major co-funding in its first year of operation and has mostly been supported by Waste Recyclers Fiji Limited through the assistance of some partners for its operational expenses. The Founder of PRF and CEO of Waste Recyclers Fiji Limited, Amitesh Deo highlighted this when fjiivillage News asked him on how much funds the foundation has received in its first year of operation, who provided the funds and how this has been utilised. Deo says Pacific Recycling Foundation is still very new and a number of programs and activities have been supported by its business arm, Waste Recyclers Fiji Limited (a private company). He says International Union for Conservation of Nature (IUCN), Swire Shipping, USAID, Women in Informal Employment: Globalizing and Organizing (WIEGO), UNDP, Pacific Energy, Tourism Fiji, Asco Motors, Kokomo Private Island Resort, Vinod Patel & Company Ltd and RC Ma-



nubhai are some of the organisations that have contributed for some of the projects and events for the foundation and Waste Recyclers Fiji Limited. He adds funding from PRF's partners

have gone towards projects such as the Pilot Recycling Project, Recycling on the Go, mapping exercise of the waste picking communities in Fiji, empowerment sessions for those involved

in informal waste picking, Global Recycling Day celebrations and Christmas Gift Drive for the children of Collection Pillars of Recycling. Deo says some assistance came in the form

of in-kind assistance. They also mentioned that PRF has a comprehensive audit process required by law, and audited accounts are lodged with the Registrar of Titles Office.

## United States is Fiji's largest and fastest growing export market - Kamikamica

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fish, kava and new products like turmeric. Ali says it will connect businesses, investors, and our diaspora with the Fiji Government, agencies, and businesses back home, bringing new opportunities home.

## Fiji News

## Ogea's Jimilai Store Stands the Test of Time

In 1971 a school teacher originally from Waciwaci, Lakeba was posted to the Matuatabu Primary School in Ogea, and along with him went his 19-year-old daughter Sulueti. Alas, for Sulueti that innocent jaunt to Ogea became a lifetime affair when she fell in love with Jimilai Kotobalavu (deceased) whom she describes as the only man that caught her eye. Fifty-two years later, Sulueti still lives in her house in Ogea and operates a business they established in the late 1990s called Jimilai Store. According to Sulueti, running the business has been a testing ground for her. "We decided from the onset that we will use the business to develop our lives and our small family and we were successful all the way," she said. Now operating the island's only shop named after her late husband Jimilai,



Sulueti has become a successful woman in business and a source of income for the Ogea villagers. "Our stock comes in on the franchise boats and this ensures that our shop is never out of stock at the same time we buy artifacts such as tanoas and resell them to a major business in Suva." "Apart from the island tanoas we also take in other artefacts like church gongs, the traditional Lali and these are marketed to handicraft outlets on the mainland," Sulueti said. Ogea Island has some of the largest forests of vesi trees (*Intsia Bijuga*) in the Lau Group and a big tree, of up to 50 metres height, with a highly buttressed trunk, has huge cultural significance. In Ogea, Sulueti said the tree has a regrowth rate

of four sprigs sprouting from the trunk of a felled tree and this has sustained the forests for many years till today. "This God-given gift has sustained us over the years and the products from Ogea and our neighbouring island have a standing of their own in Fiji." "But business is business and we buy these according to their sizes with set prices," she explained. At the age of 70, Sulueti not only runs her business but also manages the women's group on Ogea Island and has represented the group in a few women's expos held in Suva organised by the Ministry of Women. "One thing I always stressed to my fellow women here is to never fear venturing into business. I am just like them, a village

woman with not much education but management skills has to be very strict in such a village setting where everyone is related to you." "It is strictly business for me and one rule I live by is never to give credit which is one reason my business is still operating today." It was while attending the 2018 Women's Expo, that she got the news that her beloved husband had passed away back in the island. "I was distraught and missed out on the funeral as here on Ogea the deceased are buried the same day after confirmation by the health officials." "I came back to Ogea and for a while, the pain of losing my husband distracted me from the business but my son encouraged me to refocus and continue the legacy of

my husband." Sulueti has three sons, with one helping her out in Ogea, and tasked with maintaining their store stocks and other aspects of the business. "We have never run out of stock in our shop. As we speak today four boats from Fulaga (Lau Groups) have come and gone just to buy from us and return as their shops have exhausted their supplies." However, it has not been always smooth sailing for Sulueti as she recalls the days when the family had to cut copra to earn money just to get by. After the birth of her third son, she decided with her husband to venture into business to enable them to provide for their three sons. "It has been a life full of challenges but perseverance is a must if one is to survive in this kind of environment." "But today I am glad that Ogea has progressed despite the sea inundation we currently face. Many of our youth have benefitted from the Government's employment scheme by going to New Zealand and have returned to build better houses for their families." Sulueti, however, is concerned with the effects of climate change on Ogea. For Ogea islanders, the advice by the late Ratu Sir Kamisese Mara in the early 1980s during a Lau Provincial Council meeting held in Tubou, Lakeba, to the people of Lau to be prepared as the sea level will keep rising has now become a reality. And now close to 40 years later, Ogea has borne

the full brunt of rising sea levels. Signs of this natural calamity has manifested itself with the village cricket pitch and village green now a pool of seawater with most of the village houses subjected to sea inundation at high tide.

"We remain hopeful that Government will hear our plea and that the recent visit by a government delegation led by the provincial administrator Lau, Iakobo Waqanidrola will be fruitful," Sulueti said. Ogea, with a population of 110 and 48 households, can be described as one of the remotest islands in the Lau Seascape. As one of the rockiest islands in the group, the only habitable spot has been occupied by the village. Mr Waqanidrola said while relocation was an option, other solutions will need to be explored to ensure the survival and habitability of Ogea village. "Of course, we will have to discuss this further with our senior management and find ways where we can work with our partners to alleviate the seawater inundation currently faced by Ogea villagers," Mr Waqanidrola said. However, he added that Ogea was not alone and the islands of Lau with their geographical location will need a 'whole of government' approach with the support of partners to address the issues they face especially the challenges brought about by climate change.



## Fiji News

# Ministry of Agriculture will work closely with FNU and resolve matters of vet graduates

With a number of Fiji National University graduates from the veterinary program calling for answers and solutions as they are still not registered to practice as vets, the Ministry of Agriculture has said in a statement that they will work closely with the FNU in resolving matters regarding the graduates. This is after FNU students who graduated with a Bachelors in Veterinary Science and Animal Husbandry program raised concerns as their 6 years of studies and hard work is not accredited and recognized in Fiji.

These students have also spent around \$40,000 to \$80,000 on their studies but still do not have a job as a practicing vet. Following a meeting between the two institutions, the resolutions collectively agreed to address the registration issue for graduates of the Bachelor of Veterinary Science and Animal Husbandry program. This includes the set-up of the veterinary council whereby the Ministry of Agriculture will review the current Veterinary Surgeons Acts, allow for the setting up of a Fiji Veterinary Council and will oversee the registration of qualified veterinarians enabling them to practice in Fiji. It is anticipated that this



process will take at least one year to complete. FNU also says the Ministry of Agriculture in consultation with Fiji Higher Education Commission and industry stakeholders, has noted gaps in the current Bachelor of Veterinary Science program and as such they have agreed on a registration pathway for the 55 graduates. They say under the pathway, to register as a practicing veterinarian in Fiji, the

current graduates will have to go through a qualifying exam and a mandatory six-month internship either overseas or at local veterinary services and clinics.

The Ministry of Agriculture will also assist FNU in exploring funding opportunities from donors or sponsors for the internship. FNU will also advise graduates about the internship, qualifying examination and the registration of the graduates as

vets will follow on from the qualifying exams. It is envisaged that graduates who may not pass the internship and qualifying exams may qualify as para-vets or assistant vets. Meanwhile, Minister for Agriculture, Vatimi Rayalu stressed that as a registration authority, the Ministry is responsible for upholding the veterinary standards to protect people, industry stakeholders, animal health and

welfare, to maintain trust in veterinary professionals and that the Ministry is very much committed to the pathway and will work very closely with FNU to resolve the issue. FNU Acting Vice-Chancellor, Professor Unaisi Nabobo Baba says the university acknowledges the commitment by the Ministry in establishing a solutions-based and clear path forward.

## World Scabies Program Fiji's MDA intervention to help reduce the spread of scabies

In a mission to reduce the percentage and prevent the spread of scabies in Fiji, the World Scabies Program (WSP) Organisation Fiji has taken the initiative of introducing the Mass Drug Administration (MDA). This involves giving treatment to an entire population or every person in a geographical area due to the high prevalence cases of certain diseases which means giving treatment to all eligible people whether they are infected or not. WSP Fiji Research Officer Aminiasi Koroi says there was 6.1 percent of the Fijian population that was infected with scabies before they conducted the MDA which is a surprising number for the organisation. He says with the inter-

vention that they are currently conducting, they are trying to reduce the percentage to less than 2% which is the threshold that the World Health Organisation has guided any country around the world to eliminate scabies. Koroi says once they reach this target, there is a surety that it can be managed by the nurses in their settings. WSP Fiji Program Manager Aminiasi Tavui says this MDA intervention is very important because it will help in achieving the reduction target and also prevent the spread of this disease. He says this reduction target can only be achieved if people cooperate and participate in taking the 2 MDA doses. Tavui says the reason as to why there has to be

two doses is to totally eliminate the mites and its eggs present in the body.

He says after the first dose,

the mites that have matured will be eliminated but the eggs will still be present and after seven days, the eggs that will hatch

and that is where the second dose comes in handy to clear them out of the body.



## Fiji News

# Ratu Sukuna changed the education system in Fiji and broke barriers – Dr. Ratuva

Ratu Sir Josefa Lalabalavu Vanayaliyali Sukuna changed education in Fiji to the efficient institution that we are now and it was one of his first and foremost focal points growing up as a young man. This was stated by award-winning political sociologist and global interdisciplinary scholar Doctor Steven Ratuva while elaborating on the life of Fiji's greatest statesman Ratu Sukuna at the University of the South Pacific. Dr. Ratuva says Ratu Sukuna was able to break through the barrier back in the day when a non-colonised person or an iTaukei was not allowed to have an education. He went on to pursue further education at Oxford University. He says Ratu Sukuna was also a reformist given the way he saw Fiji moving and also was a man of empathy. He adds Ratu Sukuna was perceived particularly by critics as somebody whose ideas inspired the nationalistic



ideas which led to some issues in the past like the 1987 and 2000 coups. Dr. Ratuva says some of

the ideas that Ratu Sukuna came up with were misconceived by some people back in the day.

Dr. Ratuva says observing some of the public holidays this year, Ratu Sukuna Day being one of

them, is a symbolic gesture of diversity and unity in our country.

## RFMF will not be pressing any charges against Ratu Tevita Mara for desertion - Commander

The Commander of the Republic of Fiji Military Forces, Major General Jone Kalouniwai states that the RFMF will not be pressing any charges against former senior military officer, Ratu Tevita Uluilakeba Mara for desertion. Major General Kalouniwai says with the growing interest in the recent return of Ratu Tevita back into the country, there has been a lot of hype surrounding the possibility of him facing a General Court Martial due to claims that he was a Deserter, contrary to section 37(2)(a) of the Army Act 1955. The Army Commander says the RFMF wishes to advise that Ratu Tevita Mara applied for his resignation of Commission and discharge from the RFMF on the 29th of March 2011. This was approved by the Commander of the RFMF on the 31st of March 2011 and subsequently gazetted on the 20th of May 2011. Major

General Kalouniwai says this effectively meant that Ratu Tevita was no longer a member of the RFMF, hence no longer subjected to military law from 31st March 2011 onwards. The Commander says Ratu Tevita absconded Fiji on 9th May 2011 while facing a sedition charge from the State in the Magistrates Court. Meanwhile Assistant Director of Public Prosecutions, Lee Burney, has already decided that there will be no reinstatement of charges against Ratu Tevita following a review of the matter. The Assistant DPP says following a review of the police file and the evidence, there was insufficient evidence to support any criminal charges. The docket has been returned to police with the instructions that Ratu Tevita's name be removed from the watch list and no further action is required.



## Fiji News

## WAIDAMUDAMU FARMERS IN VUNIMOLI LABASA BOOSTED WITH A TRACTOR

Eleven co-operative members from the Waidamudamu Farmers Cooperative situated in Vunimoli Settlement in Labasa received a boost from the Fiji Government after they received a tractor this afternoon (1/05/2023). The Deputy Prime Minister and Minister for Trade, Cooperatives, Small and Medium Enterprises and Communications, Hon. Manoa Kamikamica, commended the farmers in taking a great step to formalise their business structure as a co-operative business. "The co-operative business structure brings people together to achieve goals with economic and social impact with self-independency at heart," Minister Kamikamica said. The total cost of the tractor with farm implements is \$54,950; the contribution of the Waidamudamu Co-operative is one-third which is \$18,316.67 while the Government grant is \$36,633.33.



## India to build a 100 bed super speciality hospital in Fiji

The Indian government has committed to build a 100 bed super speciality hospital in Fiji that will also benefit the people of the Pacific. Acting Prime Minister and Minister for Finance, Professor Biman Prasad says discussions began when the Indian Minister of External Affairs Subrahmanyam Jaisankar visited Fiji in February this year with the Indian Prime Minister Narendra Modi making the announcement in Papua New Guinea last week. Professor Prasad says he cannot confirm when and how this will be done as Prime Minister Sitiveni Rabuka is currently in Samoa. The Acting Prime Minister says India will build the hospital, it will be staffed by the people of India and they will run it for a while and will also provide the equipment. He says this is not only a significant announcement for Fiji but for the Pacific as well as Pacific Islanders travel to Fiji and India for various medical treatments.



## Health News

# Coronavirus: Australian garlic kills COVID and flu with '99.9 percent efficacy,' new study finds

Garlic is known to be good for killing bacteria and has long been used in traditional Chinese medicine. A world-first study reportedly shows certain Australian garlic varieties can kill COVID-19 and the common flu with "99.9 percent efficacy." The new research was released on Wednesday by The Peter Doherty Institute, reported The Australian Financial Review. Scientists at Doherty have been researching garlic properties over the past 18 months. They found that a certain Australian grown garlic variety has antiviral properties with up to 99.9 per cent efficacy against SARS-CoV-2 and Influenza type A viruses. The research involved in-vitro testing against the SARS-CoV-2 and Influenza type A viruses using garlic ingredients extracted from exclusive Australian grown garlic varieties. "We wanted to know if these strains had the possibility of killing COVID-19," Dr. Julie McAuley, manager of the

Doherty's high containment facility COVID-19 research lab, told The Australian Financial Review. "I thought it might fail miserably. We blindly tested over 20 varieties. We found one of AGP's products could reduce the infectious titre of SARS-CoV-2 and influenza by 3-log-fold (99.9 per cent). We barely detected any remaining virus genome, indicating nearly complete virucidal activity." Dr McAuley said the variety was tested across different sites to ensure the results were not related to the environment, nutrients, water or any other factors. Stringent clinical trials are required to determine if the findings of this research translates from test tubes to humans, said the Doherty Institute. Epidemiologist at the University of Wollongong Gideon Meyerowitz-Katz added, "We won't know if this product helps with COVID-19 or influenza until we run clinical trials in real people, rather than petri dishes in a lab." The most



efficacious garlic varieties and their extracted proprietary garlic ingredients are being commercialized, as per reports. They will be available for consump-

tion as a soft capsule supplement and are subject to a recently lodged International Patent. Paul Guerra, chief executive of the Victorian Chamber of

Commerce and Industry, hosting the launch of the research on Wednesday, said the discovery could be a big change and be exported to the world.

## This Is the Best Time of Day to Exercise for People with Type 2 Diabetes

Why might these three dietary factors increase your risk? Whole grains are high in fiber, vitamins, and minerals which help regulate blood sugar levels. Refined rice and wheat are typically found in processed foods and contain a high glycemic index, which raises blood sugar levels. When foods with refined rice and wheat are consumed in excess, it can lead to insulin resistance. "Refined carbs like white rice are digested quickly, causing spikes in blood sugar," Aubrey Redd, MS, RDN, LDN, who was not involved in the research, told Healthline. "Since your HbA1c is a measure of your average blood sugar over the past 3 months, significant spikes can raise the overall average." A growing amount of evidence links an unhealthy diet with the risk of developing type 2 diabetes Andrew Odegaard, associate professor of epidemiology & biostatistics, at the University of California, Irvine, Program in Public

Health, explained that this latest study is part of a growing body of evidence that demonstrates habitual, high intake of refined grain foods can have acute impacts on physiologic and metabolic parameters, which can lead to a higher risk of type 2 diabetes. "Whole grains largely have a beneficial effect relative to refined grains physiologically and metabolically. There is more circumstantial evidence relating the effects of habitual processed meat intake with type 2 diabetes," Odegaard stated. "I would best summarize this as there are plausible mechanisms, but still work to do, and probably best to invoke the precautionary principle if one is concerned with type 2 diabetes risk that could result from high and frequent consumption of processed meats," he added. Healthy food alternatives that can help lower your type 2 diabetes risk Odegaard suggested that if you're concerned about your risk of developing type 2 diabetes, try eat-

ing more of the following foods in place of refined grains: fruits vegetables legumes "Simplistically, there is evidence for lower type 2 diabetes risk when eating intact whole grains instead of refined grains," Odegaard said. Additionally, Redd pointed out that swapping "refined grains with whole grains" will provide you with "added fiber, and fewer blood sugar spikes." "Fiber slows down digestion and releases sugar slowly in

the blood, unlike their refined counterparts," Redd explained. Additionally, Odegaard suggested that eating lean sources of protein (non-red meat) can also make a big difference. These include: fish cheese tofu eggs beans Takeaway According to a new research model, poor diet is linked to over 14.1 million cases of type 2 diabetes in 2018, based on data from 1990 to 2018. Three dietary factors played the biggest role in type 2 diabetes

risk: insufficient consumption of whole grains, eating too much refined rice and wheat, and excess intake of processed meat. For healthy food alternatives, try lean sources of protein (non-red meat) such as fish, cheese, tofu, eggs and beans. Also, swap refined grains for whole grains. Processed meat contains additives and sodium, which could contribute to poor metabolic health by driving inflammation.





## Health News

# Taking a Daily Multivitamin May Protect Your Memory Later in Life

A daily multivitamin or multi-mineral supplement improved memory in older adults over a three-year period, a new study shows. If supported by future research, the findings could provide an easy and inexpensive way to slow age-related memory decline, according to researchers. In the study, which involved more than 3,500 adults over age 60, researchers randomly assigned participants to take a daily multivitamin supplement or an inactive placebo for three years. At the start of the study and at the end of each year, participants took an online cognitive test at home to assess their short-term memory. By the end of the first year, both groups saw improvements in memory, but the group taking a daily multivitamin saw a larger improvement. The researchers estimate that the changes in the multivitamin group, which were sustained over the three years of the study, were equivalent to about three years of age-related memory decline. Still, that improvement was modest and the data does not account for the long term. “You basically had stabilization of memory, where you held off cognitive decline across that three-year time period,” Dr. Thomas Holland, a physician scientist in the Division of Digestive Diseases and Nutrition at RUSH University in Chicago, who was not involved in the study, told Healthline. The new study is part of a large clinical trial called the COcoa Supplement and Multivitamin Outcomes Study (COSMOS). More research on cognitive benefits of multivitamins needed. Taking a daily multivitamin did not appear to improve other types of brain function such as memory retention, novel object recognition, and executive function — the ability to plan, focus and juggle multiple tasks. One limitation of the study is that the majority of participants were white and more highly educated. So the results may not apply to other groups. “I’d feel more comfortable if these results were replicated in a more generalizable cohort,” Mark A. Espeland, PhD, professor of gerontology



and geriatric medicine at Wake Forest University School of Medicine in Winston-Salem, North Carolina, told Healthline. The authors of the study point out that the memory improvements experienced by the multivitamin group are small, so may not be noticed by people. However, “even small effect sizes can result in large health benefits at the population level,” they wrote. Also, a daily multivitamin is relatively inexpensive, they added, and could be taken by most people. How multivitamins may boost brain health Espeland said the results are consistent with the findings of a separate COSMOS study, published in 2022, which he was involved with. In that study, which involved more than 2,200 older adults, he and his colleagues found that people who took a daily multivitamin saw an improvement in their overall cognition, memory and executive function. As with the new study, the effect was stronger in people with cardiovascular disease, which is a risk factor for dementia. In a separate paper from the COSMOS study, published earlier this year, Espeland and his colleagues also found that a daily multivitamin appeared to help people who developed demen-

tia during the study. “Among those people who did transition from mild cognitive impairment to dementia, if they were using multivitamins, the drop [in overall cognition and executive function] seemed to be less,” he told Healthline. “This potentially indicates that these multivitamins might provide benefits even for people with [cognitive] disease,” he added. Espeland cautions that additional studies are needed before widely recommending a daily multivitamin for older adults, especially since other research has found no benefit of a daily multivitamin on cognitive outcomes. Healthy diet may benefit cognitive function. Many factors influence memory and other cognitive abilities. A key one is diet. In the new study, researchers assessed people’s dietary patterns at the beginning — both groups were similar to the average American diet. As a result, they don’t believe that diet affected the average memory changes seen in either group. Some clinical trials have shown that dietary interventions can improve memory. For example, the MIND diet, which was developed by researchers at RUSH University, has been linked to better cognitive performance in older adults. This diet is a

hybrid of the Mediterranean and DASH (Dietary Approaches to Stop Hypertension) diets. Holland said he expects that dietary interventions such as the MIND diet would have a bigger impact on cognition than multivitamins. However, there may still be a role for taking a pill every day, he added, especially given the high cost of fresh fish, berries and other nutrient-dense foods. “In a multivitamin, you’re not going to have the same quantity and quality of vitamins and minerals that you would in a broad nutritious diet,” he said, “but you are bridging the gap of some of those potential [micronutrient] deficiencies.” In addition, “if you’re not going to change your diet, bridging with a supplement is not a bad idea,” he said. He also emphasized that a healthy diet is only one way to reduce your risk of age-related cognitive problems. It’s important to also have “physical activity, socialization, cognitive activities, and quantity and quality of sleep,” he said. Benefits for people with heart disease The effect of a daily multivitamin on memory in the study appeared stronger in people with cardiovascular disease, researchers found. These people started the study with worse memory performance,

but after one year of taking the multivitamin, their memory was similar to those without heart disease. This suggests that the multivitamin is filling nutrient gaps in a person’s diet, the authors say. Other research has found that some people with cardiovascular disease may have deficiencies in certain micronutrients. The results show average changes, so some people taking a daily multivitamin saw greater improvements in memory, and others less. Takeaway New research shows a modest short-term cognitive benefit of taking a daily multivitamin and subjects with heart disease who took a daily vitamin saw the greatest improvements in memory. More rigorous studies are needed to determine whether multivitamin use has any impact on cognitive function over the long term. Multivitamins may offer general health benefits when taken in conjunction with a healthy, balanced diet. When considering multivitamins, remember that dietary supplements are not approved by the Food and Drug Administration (FDA) for safety or effectiveness. Ask your healthcare team about adding a daily multivitamin to your health regimen to determine whether it’s right for you.

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## Father's Day 2023: What to Do on Father's Day

Celebrate Father's Day with Great Gift Ideas and Activities

June 1, 2023

Father's Day is Sunday, June 18, 2023! Here are tasty recipe ideas to browse, fun activities to plan, and great quotes for your Father's Day card. Plus, know the real origins of Father's Day—it's a moving story.

### Why We Celebrate Father's Day

Father's Day celebrates and honors the men who have embraced the essential role of fatherhood. On this day, we also thank fathers and father figures (uncles, grandfathers) for the sacrifices they make, for embracing the responsibility of nurturing and raising children, and for their devotion to their families.

### Father's Day Ideas

This year, Father's Day falls a few days before the summer solstice (June 21, 2023), which makes it the perfect time to kick-off the summer season with a father-focused barbecue, camping trip, beach day, or other outdoor activity!

**Fishing:** How about a great tackle box or something Dad needs in his tackle box? See our article, [What to Put in a Tackle Box](#).

**Camping:** Enjoy a night under the stars the weekend of Father's Day. See our star map for the major constellations! Of course, a big part of camping is cooking outdoors! See 10 great camping recipes, including [Hobo Packs](#)!

**Cooking:** Grill out some grub! How about our favorite [Super Steak Sandwich](#)? Or find 10 more recipe ideas at the bottom of this page.

### Who "Invented" Father's Day?

Like Mother's Day, the modern American version of Father's Day has a history that goes well beyond greeting cards. The first known Father's Day service occurred in Fairmont, West Virginia, on July 5, 1908, after hundreds of men died in the worst mining accident in U.S. history. The Sunday service happened because of the efforts of Grace Golden Clayton, the daughter of a dedicated reverend.

While missing her own dad, who had died in 1896, Mrs. Clayton wanted to honor the many fathers who had died in the mining explosion, which killed more than 360 men and boys, and left about 1,000 children fatherless. Although the Fairmont service was the first known to honor fathers, it did not turn into an annual event, nor was the idea promoted (a large July 4 celebration in Fairmont and a tragic young death from typhoid fever took over the news at the time).



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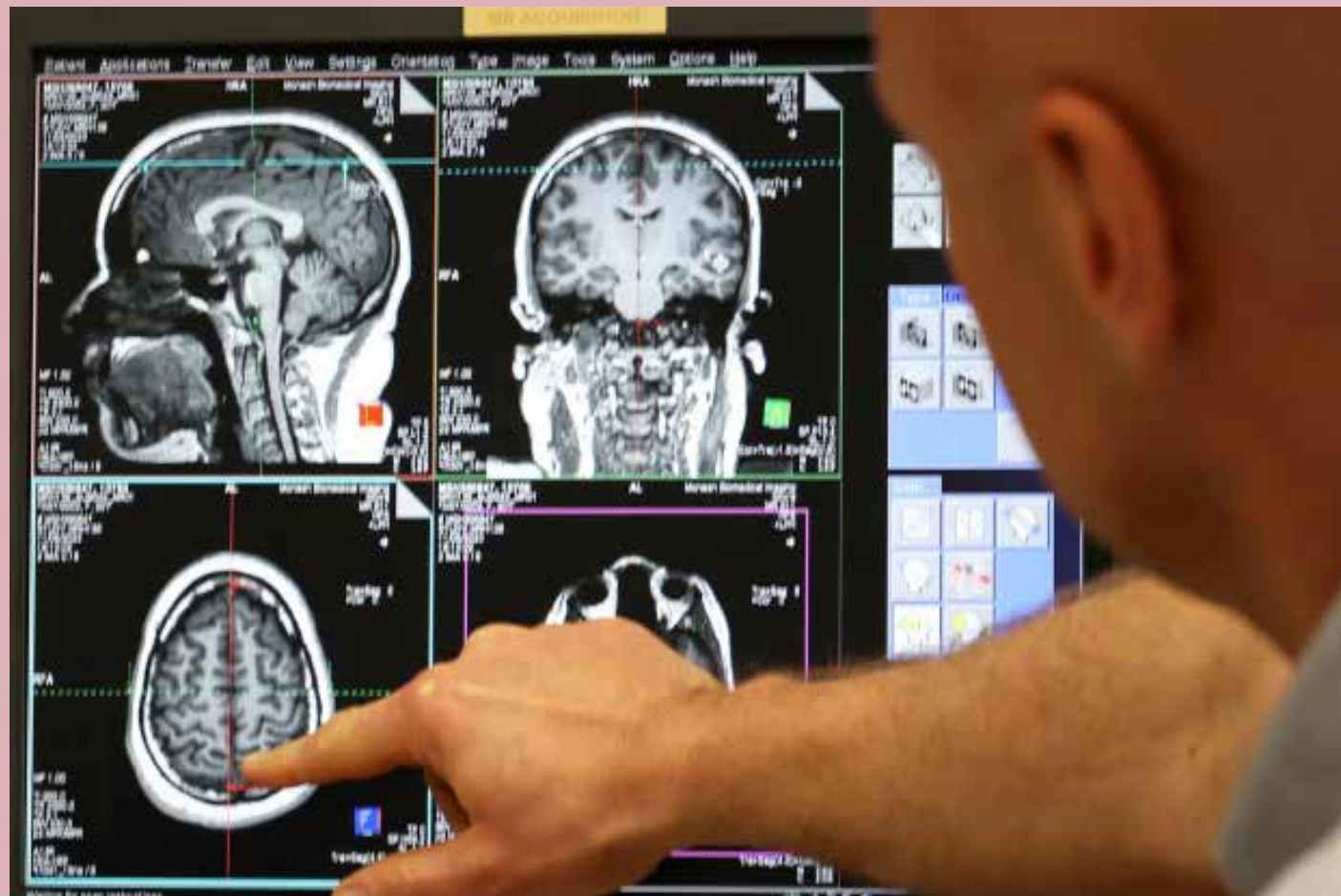
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## Health News

# The shape of your brain may strongly influence your thoughts and behavior, study finds

Though much about the brain remains a mystery, scientists have long surmised that our thoughts, feelings and behavior are the result of billions of interconnected neurons that transmit signals to each other, thereby enabling communication between regions of the brain. But a study published Wednesday in the journal *Nature* challenges that idea, suggesting instead that the shape of the brain — its size, curves and grooves — may exert a greater influence on how we think, feel and behave than the connections and signals between neurons. A research team in Australia arrived at that conclusion after taking MRI scans of 255 people's brains while the participants performed tasks like tapping their fingers or recalling a sequence of images. From there, the team examined 10,000 different maps of people's brain activity, gathered from more than 1,000 experiments worldwide, to further assess the role of brain shape. Next, they created a computer model that simulated the way a brain's size and shape affect waves of electrical activity, better known as brain waves. They compared that model to a pre-existing computer model of brain activity that closely

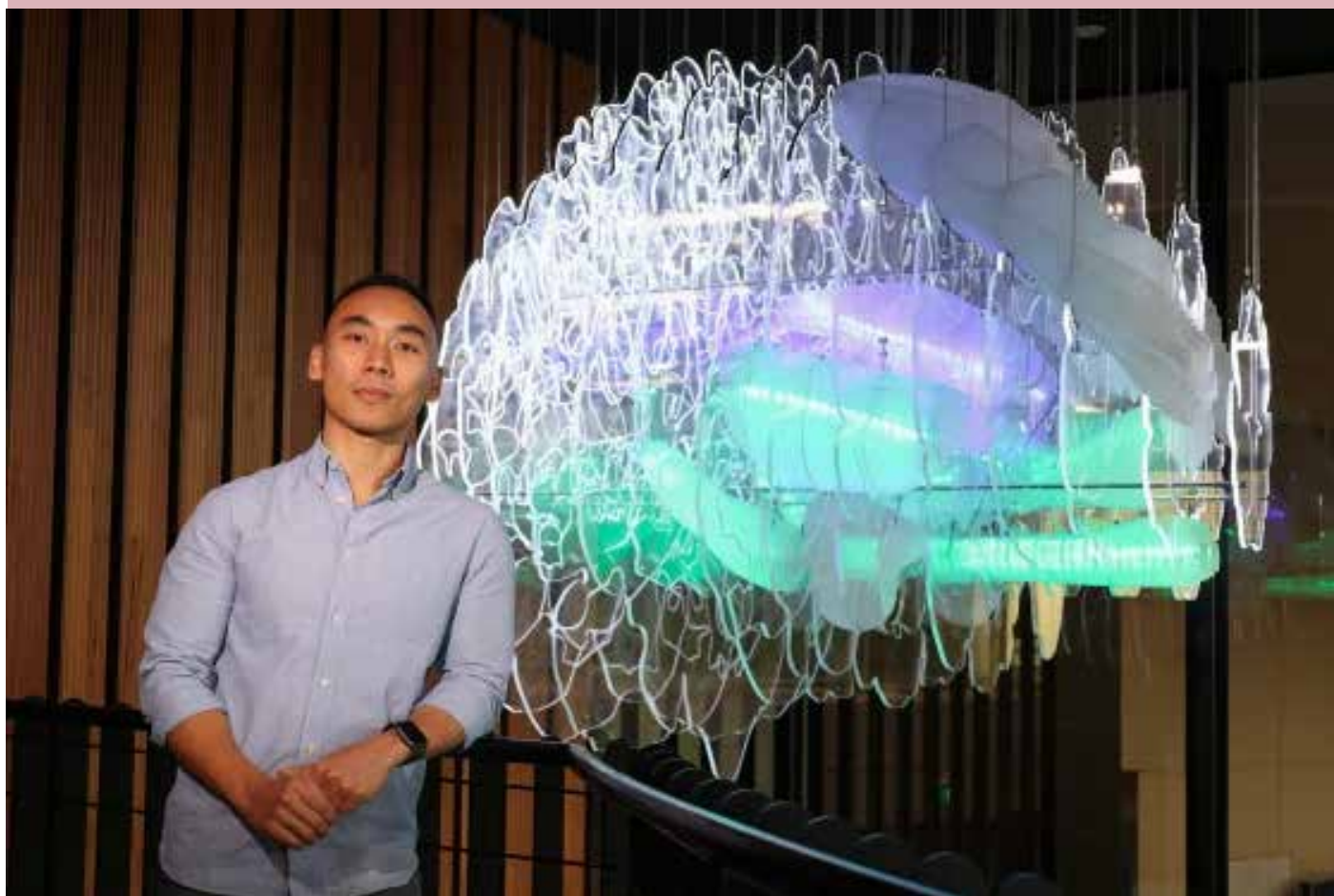


aligns with the understanding of neuron connectivity as the driver of brain function. The comparison showed that the new model provided a more accurate reconstruction of the brain activity shown in the MRI

scans and brain activity maps than the prior model. James Pang, the study's lead author and a research fellow at Monash University in Australia, likened the significance of brain shape to a pebble making ripples in a

pond: The size and shape of the pond helps determine the nature of those ripples. "The geometry is pretty important because it guides how the wave would look, which in turn relates to the activity patterns that you

see when people perform different tasks," Pang said. David Van Essen, a neuroscience professor at Washington University in St. Louis, said the brain shape theory has been floated for more than a decade. But most researchers, he said, still subscribe to the classical hypothesis: that each of the brain's nearly 100 billion neurons, or nerve cells, has an axon, which functions like a wire to carry information to other neurons, and that enables brain activity. "The fundamental starting hypothesis is that the wiring of the brain is central to understanding how the brain functions," Van Essen said. Pang said his research doesn't discount the significance of communication between neurons; rather, it suggests that the geometry of the brain plays a more essential role in brain function. "What the work is showing is that the shape has a stronger influence, but it's not saying that connectivity is not important," he said. Pang also noted that the brain shape hypothesis comes with an advantage: Brain shape is easier to measure than brain wiring, so paying closer attention to the size or curves of the brain could open new avenues for research.



## Health News

# Marijuana Users More Likely to Develop Peripheral Artery Disease

Smoking cigarettes has long been known to be a risk factor for peripheral artery disease (PAD), a condition where the buildup of fatty plaque in the arteries limits blood flow to the legs or arms. But a new study suggests that cannabis users may also have a higher risk of developing PAD, compared to the general population. Even younger adults are at risk, the results show. In the United States, 6.5 million people age 40 and older have PAD, reports the Centers for Disease Control and Prevention. With over 48 million Americans using cannabis at least once in 2019, and cannabis use on the rise among younger adults, the authors of the new study say cannabis users should be aware of the symptoms of this condition. One well-known symptom of PAD is pain, aches or cramps in the leg, hip or buttock while walking or doing other physical activity, with relief upon rest. Other signs in the leg that may indicate PAD include muscle weakness, hair loss, smooth and shiny skin, sores or ulcers that don't heal, and cold or numb toes. The new study was presented May 17 at the annual meeting of the Society for Cardiovascular Angiography & Interventions, in Phoenix, Ariz. Findings presented at scientific meetings should be considered preliminary until published in a peer-reviewed journal. Higher risk of PAD with cannabis use In the study, researchers examined data from 2016 to 2019 on over 623,000 hospital patients who were diagnosed as cannabis users. Patients were 38 years of age on average, with around the same percentage of men and women. The majority of patients were white. Of these patients, around 2,400 were diagnosed with PAD — less than one percent. Marijuana users had more than three times the risk of being diagnosed with PAD, compared to the general population. However, they did not have an increased risk of dying or requiring a procedure to open a clogged artery. In light of these results, “patients

and physicians both need to be aware that there is some association here [between cannabis use and PAD],” study author Dr. Hirva Vyas from Hackensack University Medical Center in New Jersey, told Healthline. One particularly concerning aspect of the results, she said, is that patients were younger. PAD more commonly occurs in people 60 years or older, especially in those with other risk factors such as: smoking high blood pressure atherosclerosis diabetes high cholesterol If younger adults “have pain in their legs while walking, they may attribute it to something else, like a muscle ache or sprain,” said Vyas. So if cannabis users — of any age — have symptoms that could be PAD, it would be worthwhile to see a doctor, she added. Cannabis linked to other health problems Because of the way the study was designed, it cannot show a cause-and-effect link between cannabis use and PAD. However, Dr. Michael Go, who specializes in vascular surgery at The Ohio State University Wexner Medical Center in Columbus, Ohio, said cannabis use has been associated for some time with cardiovascular problems. For example, one study found that young adults who reported recent cannabis use were more likely to have had a heart attack. Dr. Claudia Martinez-Bermudez, a cardiologist and associate professor at UHealth, the University of Miami Health System, who was not involved in the new study, also pointed to a 2020 American Heart Association statement, which reviews the potential risks of medicinal and recreational cannabis, including cardiovascular ones. In the new study, researchers did not have information on which types of cannabis products people used. So the study can't show whether the increased risk of PAD was related to smoking plant cannabis or from using gummies, , or other edibles. Martinez-Bermudez said more research is needed about cannabis composition in relation to PAD, because some products “may be more harmful — and



others not — depending on the THC/CBD [cannabidiol] composition,” she told Healthline. In addition, more information is needed on how people who develop PAD have been using cannabis. “Cannabis can be used in many ways including smoking and in combination with tobacco,” said Martinez-Bermudez, “all of which could contribute to peripheral vascular disease.” PAD link less well studied Go, who was not involved in the new study, pointed out that the link between cannabis and PAD has been less studied than other types of cardiovascular problems. However, “there have been a handful of articles over

the last ten years showing that cannabis use may be related to several forms of PAD,” he said. One study found that cannabis use disorder is linked to a sudden decrease in blood flow to the limbs. Another showed that cannabis users had a higher risk of inflammation of the arteries in the lower limbs. “All these conditions come with higher risks of amputation,” Go told Healthline. With limited research to date, scientists are not certain how cannabis use may increase the risk of PAD. The authors of the new paper suggest that cannabis may affect how blood clots form or how blood vessels function. “It

is also unclear if it is the THC [delta-9-tetrahydrocannabinol] itself or other components of smoke inhalation” that increases the risk of PAD, said Go. While cannabis users in the new study did not have a higher risk of dying or requiring a procedure to open a clogged artery, Go cautioned that it's still too soon to know whether or not cannabis use results in severe PAD. In the meantime, he recommends that people at higher risk of PAD use cannabis in moderation. In addition, “doctors should ask patients about cannabis use, and consider it to be an additional risk factor for PAD in their patients,” he said.





## Bollywood News

## Prithviraj Sukumaran plays AI & Robotics scientist in Akshay & Tiger's Bade Miyan Chote Miyan



Over the last 2 years, Pinkvilla has been the first to break several news on Bade Miyan Chote Miyan, right from the casting to the budget to the aspect of taking the film on floors and the release date. The Pooja Entertainment Production has been among the most awaited Hind films in the making as the Ali Abbas Zafar directorial

marks the first-time collaboration of Akshay Kumar and Tiger Shroff. The casting got even bigger when the makers roped in Prithviraj Sukumaran to play the antagonist in this action-packed entertainer. And now, we have exclusive details on the character of Prithviraj Sukumaran in this film. Prithviraj is said to be one of the major highlights

of Bade Miyan Chote Miyan. According to sources close to the development, Prithviraj Sukumaran plays the role of a scientist dealing in Artificial Intelligence, Drones, and Robotics in Bade Miyan Chote Miyan. "The makers were on the hunt to rope in a credible actor for the part of the antagonist in Bade Miyan Chote Miyan. Prithviraj

suits the role like a hand in a glove and is said to be one of the biggest highlights of the film as Ali Abbas Zafar believes that a strong villain makes the heroes even stronger. The idea was to develop a character that calls for a union of two action heroes – Akshay Kumar and Tiger Shroff – and the team has successfully managed to do that with Prithvi-

raj," revealed a source close to the development. The film is a face-off of Akshay Kumar and Tiger Shroff with Prithviraj Sukumaran and rides on never seen before action sequences shot at real locations. "Ali has shot for some of the most advanced action sequences under the supervision of a stunt team, who have worked on Hollywood films. BMCM is envisioned as the biggest film for all the stakeholders – Akshay Kumar, Tiger Shroff, Ali Abbas Zafar, Jacky Bhagnani, and Vashu Bhagnani – and the audience will get an insight into the world of this actioner once the assets are rolled out," the source added. Bade Miyan Chote Miyan set to be an Eid 2024 release Bade Miyan Chote Miyan is one of the most awaited films of 2024 which is slated to hit the big screen during the Eid 2024 weekend. The film is produced by Vashu and Jacky Bhagnani under their banner, Pooja Entertainment. The principal shoot of the film has been wrapped up and the team may reunite later in the later for patchwork and song shoot. The movie features Sonakshi Sinha, Manushi Chhillar, and Alaya F. Stay tuned to Pinkvilla for more updates.

## After Rocky Aur Rani Ki Prem Kahani, Ranveer Singh locks Baiju Bawra & Don 3

Over the last few months, Ranveer Singh has gotten in the mold of reading scripts to decide on his next few films after the soon-to-be-released Rocky Aur Rani Prem Kahani. The actor had a clear mindset to zero down for his next few i.e. do films with theatrical value and it seems that Ranveer has finally decided to lock in two films, which will be shot over a period of 2 years in 2024 and 2025. According to sources close to the development, Ranveer Singh's next two films are Baiju Bawra and Don 3. Ranveer Singh and Sanjay Leela Bhansali reunite on Baiju Bawra "Ranveer has been in discussion with Sanjay Leela Bhansali over the longest time and after all the ups and down through the journey, the duo is reuniting on Baiju Baw-

ra. The finances were an issue but Ranveer has always been an actor to chase the craft and script over monies and hence has decided to get into a deal that benefits Bhansali to put in all the monies in making the film. Baiju Bawra is expected to take off in early 2024," revealed a source close to the development, adding further that SLB is in talks with several studios to come on board as the partner. Baiju Bawra will go on floors once SLB has wrapped up shooting for Heera Mandi. "Hopefully, it will be a wrap on Heera Mandi by December," the source shared. Alia Bhatt has been locked in to play the female lead alongside Ranveer in the film and a big ensemble will be put in place before taking it on floors around Febru-

ary next year. "Apart from Alia, Bhansali is in talks with two other actresses for the character of dacoit queen Ropmati. The conversations should close the loop in the next 20 to 25 days," the source added. Right after Baiju Bawra, Ranveer will step into the shoes of Don in the reboot of this Farhan Akhtar-directed film. Before moving on to Baiju Bawra, Ranveer Singh is expected to shoot for Singham Again with Rohit Shetty and Ajay Devgn. "Ranveer Singh will be shooting for about 30 to 35 days for Singham Again. His character is very integral to all the happenings in the Singham Verse and this time around, it's a lot more than just a cameo. The exact dates are yet not known, but he will be wrapping up his chunk on Singham Again this

year," informed the source. Don 3 after Jee Le Zara for Farhan Akhtar "Farhan starts shooting for Jee Le Zara in September / October this year with a start-to-finish schedule at varied locations across the globe. He is planning to have the first cut of Jee Le Zara ready by Summer 2024 and right after that, he moves on to the prep of Don 3. The first draft of Don is locked and it's now about getting into the other details with regards to the film. Ranveer has also shot a promo for Don 3 with Farhan, which might be out when the team decides to make an official announcement," the source added. Pinkvilla had previously reported that Shah Rukh Khan is no longer associated with the Don franchise, however, the teams at Excel are still keen to

have him on board for an extended cameo for Don 3. The aforementioned two films aside, Ranveer has signed on for a film with the ace director, Shankar for Jayantilal Gada. The film will take off once Shankar has Gamechanger and Indian 2 out of his system. "It's based on an epic Tamil Novel and the hope is for that film to go on floors in 2025 once both – Baiju Bawra and Don 3 – are out of Ranveer's system. However, it all depends on Shankar," the source concluded. Meanwhile, Sony Pictures are also in talks with Ranveer Singh to play Shaktimaan in their superhero franchise and the script is in the development stage with Basil Joseph as the director.



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## Bollywood News

# Varun Dhawan gets fooled by his wife Natasha Dalal's doppelganger; Here's how his wife reacted

In the entertainment industry, we have many celebrities' doppelgangers. Now, the long list includes Bollywood actor Varun Dhawan's wife Natasha Dalal too. Social media personality and actor Kusha Kapila was recently at Cannes Film Festival 2023. She took to Instagram Reels to share a funny video of herself with actor Varun Dhawan. Kusha joked about how often people mistake her as Varun's wife Natasha. But this time, the actor became confused seeing Kusha. Varun Dhawan gets fooled by his wife's doppelganger. The video shared by Kusha Kapila opened with her and Varun bumping into each other, trying to remember if they have met before. The social media personality captioned it, "aapko pehle kahi dekhaa... never mind." She further added, "Y'all are responsible for this video because y'all keep pointing it out. Thanks @varundvn for making this video and Natasha, must continue to look for more doppelgängers." Kusha added a laughing emoji too. The video montage showed photos of Varun with Natasha, and screenshots of comments on



Kusha's old pictures and videos. Varun Dhawan's wife Natasha Dalal commented, "love it @kushakapila @varundvn." Fans have left comments as they got this as a surprise too. One fan commented, "Kusha is Natasha's first copy." Another one commented, "Kusha and Natasha look the same." While

one person said, "Lekin why kusha thinks she has seen varun somewr? Woh kiski copy laga?" etc. There was a collage of Natasha and Kusha's similar-looking pictures in cream outfits. The video ended with Kusha and Varun recognizing each other before walking away from one another. For the uninitiated, Na-



tasha Dalal is a fashion designer who owns her label called Natasha Dalal Label. Varun Dhawan and Natasha tied the knot on January 24, 2021. It was an intimate ceremony with only family members and close friends in attendance. Though they have known each other since their school days, they fell in love

years later. On the professional front, Varun Dhawan is getting ready for the Indian adaptation of Citadel. It is directed by the filmmaker duo Raj and DK. This stars Samantha Ruth Prabhu in the lead role. It is a spy series and will premiere on Prime Video. The actor also has Bawaal with Janhvi Kapoor in his kitty.

## Akash Ambani and Shloka Ambani welcome their second child, a baby girl

Congratulations are in order as Akash Ambani and Shloka Ambani have been blessed with their second child. As per reports, Akash and Shloka Ambani welcomed a baby girl today, and this happy news was shared by the official account of paparazzo Viral Bhayani. Akash and Shloka are already proud parents to their two-year-old son Prithvi Ambani. He was born in December 2021. Akash Ambani and Shloka Ambani blessed with a baby girl. Just a few days ago, Shloka and Akash Ambani were spotted visiting Siddhivinayak temple in Mumbai with Mukesh Ambani. Shloka and Akash's son Prithvi was also seen with them. The news of Shloka Mehta's second pregnancy broke during the launch of the Nita Mukesh Ambani Cultural Centre (NMACC) in Mumbai, in April this year. Shloka was seen flaunting her baby bump in

pictures from NMACC launch Day 2. She was seen wearing a green halter-neck embroidered top, with an ivory lehenga skirt. Her makeup artist Puneet B Saini also shared Shloka's pic-

tures, in which she was seen cradling her baby bump. Akash Ambani and Shloka Ambani tied the knot in March 2019. Their celebrations commenced with an engagement bash in

Goa, which was followed by a pre-wedding getaway in Switzerland. After that, they had a series of lavish ceremonies in Mumbai, and their pheras took place in Antilia. Their wedding

was attended by a number of A-listers such as Shah Rukh Khan and Gauri Khan, the Bachchans, Deepika Padukone and Ranveer Singh, Alia Bhatt and Ranbir Kapoor, Kareena Kapoor Khan,





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## World News

## Belgorod: Russia blames Ukraine for shelling inside border

The Russian region of Belgorod has again come under attack from across the Ukrainian border, with at least eight people reportedly hurt in shelling. Russia's defence ministry has also claimed it thwarted other attempts by Ukraine to "invade" the region. Kyiv has not commented on the allegations but has denied involvement in previous attacks across the border. The latest strikes come more than a week after one of the most significant cross-border raids since the war began. Belgorod's governor, Vyacheslav Gladkov, said Ukraine's armed forces shelled several districts on Thursday, damaging buildings. No fatalities have been reported but Mr Gladkov said hundreds of families would be evacuated once the situation became calmer. Mr Gladkov added that as a result, some school exams in Shebekino had been cancelled and the authorities were now devising a way to allow students to secure university places without sitting them. He also said that there had been an explosion in Belgorod city, which was thought to have been caused by a drone. Two people were injured in that attack. Alongside the shelling, Russia's defence ministry has claimed its servicemen in the region repelled several attacks. It said in a state-



ment on Thursday evening that more than 50 Ukrainian "terrorists", four armoured combat vehicles, a Grad multiple rocket launcher and a pickup truck were destroyed. It has not been possible to independently verify the reports. There have been conflicting reports about violence on the border. BBC Verify has seen videos from two pro-Ukrainian paramilitary groups, the Freedom of Russia Legion and the Russian Volunteer Corps, announcing raids into Russia's territory. Despite

this, local officials have denied reports of a Ukrainian troop breakthrough in Shebekino adding that the situation remains difficult and that the "shelling is ongoing". Kremlin spokesman Dmitry Peskov said Russian President Vladimir Putin was aware of the situation in Belgorod and criticised the international committee for failing to condemn Ukraine. There have been a spate of attacks inside Russia in recent weeks. Earlier this week, Russian President Vladimir Putin accused

Ukraine of trying to frighten Russians following drone attacks in the capital, Moscow. Kyiv has denied involvement in any of the attacks. But the US is investigating whether any of its military equipment was used in the earlier incursion in Belgorod on 22 May and said it did not support any attack on Russian soil. Meanwhile, three people have died during another attack on Ukraine's capital, Kyiv. An 11-year-old girl is reported to be among the dead. It is the fourth attack on the city

this week and comes after 17 strikes were launched on Kyiv throughout May. It comes as the country's president, Volodymyr Zelensky, again called for Ukraine to be allowed to join Nato and the EU. He was visiting Moldova for the European Political Community summit, where he also met European Commission President Ursula von Der Leyen. He said their talks touched on security guarantees for Ukraine while it's waiting to join Nato.





## World News

# China launches first spaceship with civilian

China on Tuesday successfully launched the Shenzhou-16 manned spaceship, sending three astronauts, including the first civilian to its space station combination for a five-month mission. The spaceship, atop a Long March-2F carrier rocket, blasted off from the Jiuquan Satellite Launch Centre in northwest China at 9:31 AM (Beijing Time), according to the China Manned Space Agency (CMSA). About 10 minutes after the launch, Shenzhou-16 separated from the rocket and entered its designated orbit. The crew members are in good shape and the launch is a complete success, the CMSA declared, it said. The astronauts are expected to dock with the station's Tianhe core module about 400km above the ground – after a journey of less than seven hours. For the first time, China has included a civilian in its rotating crew for the space station which otherwise remained a domain of the military personnel. Gui Haichao, a professor at Beihang University in Beijing regarded as a payload specialist was among the three astronauts. The other two are mission's commander Jing Haipeng, who is also making history by becoming the first Chinese astronaut to go into space for a record fourth time. The astronaut



flight engineer Zhu Yangzhu is also making his first journey into space. The Shenzhou-16 will be the first crew mission after China's space station programme entered the stage of application and development,

Lin Xiqiang, deputy director of the CMSA told the media on Monday. The trio will stay in orbit for about five months, he said. Once ready, China will be the only country to own a space station as the International

Space Station (ISS) of Russia is a collaborative project of several countries. The ISS station is also set to be decommissioned by 2030. The significant feature of China's space station is its two robotic arms, especially the

long one which has the ability to grab objects, including satellites from space. After entering orbit, the Shenzhou-16 spaceship will make a fast, automated rendezvous and docking with the space station combination.

## Jasmine Hartin: Socialite spared jail after killing Belize police chief

A Canadian socialite who killed a police chief in Belize with his own gun has reportedly been spared prison time. Jasmine Hartin, 34, was handed a £30,000 fine and 300 hours of community service, according to local reports. She pleaded guilty in April to the manslaughter of Henry Jemmott on 28 May 2021. He died from a single gunshot wound to the head. Hartin is the former partner of Andrew Ashcroft, the son of a prominent UK businessman Lord Michael Ashcroft. Under the sentence handed down by the Belize's high court, Hartin must pay \$75,000 BZD within 12 months, or face a potential prison sentence of 12 months,

according to Channel 5 Belize. She must also produce a video warning against the dangers of drunkenness and mishandling firearms, according to Breaking Belize News. At the time of Mr Jemmott's death, Hartin and Mr Ashcroft lived in Belize with their two children. Over the course of the investigation and criminal trial, it was revealed that Hartin and Mr Jemmott, who were known to be friends, had been at a party in together on the island of Ambergris Caye on the night of his death. Police say that the two took a stroll on the beach before ending up at a pier. At some point, Mr Jemmott handed her his gun to put aside. She later told investigators that

she had been drinking, and had fumbled with the Glock 17 after the police chief asked for it back, leading to an accidental discharge. Police found Hartin near the pier, covered in blood and distraught. Mr Jemmott's body was found in the water off San Pedro, Belize. Hartin was charged with manslaughter by negligence, and eventually pleaded guilty in April 2023. Under Belize's criminal code, the maximum prison sentence for manslaughter by negligence is five years. After she pleaded guilty, Hartin told reporters outside court: "I just want Henry's family to have peace now and I want this whole thing to be behind all of us so we can heal."



## World News

# Russia says drones damage Moscow buildings in pre-dawn attack, blames Ukraine



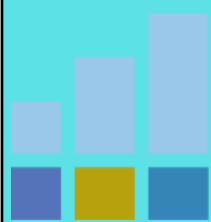
Russian air defences stopped eight drones converging on Moscow, officials said Tuesday, in an attack that authorities blamed on Ukraine, while Russia pursued its relentless bombardment of Kyiv with a third assault on the city in 24 hours. The Russian defence ministry said five drones were shot down and the systems of three others were jammed, causing them to veer off course. It called the incident a “terrorist attack” by the “Kyiv regime.” The attack caused “insignificant damage” to several buildings, Moscow Mayor Sergei Sobyenin said. Two people received medical attention for unspecified injuries but did not need hospitalisation, he said in a Telegram post. Residents of two high-rise buildings damaged in the attack were evacuated, Sobyenin said. Andrei Vorobyov, governor of the wider Moscow region, said some of the drones were “shot down on the approach to Moscow.” Ukraine made no immediate comment on the attack, which would be one of its deepest and most daring strikes into Russia since the Kremlin

launched its full-scale invasion of Ukraine more than 15 months ago. The attacks have raised questions about the effectiveness of Russia's air defence systems. A senior Russian lawmaker, Andrei Kartapolov, told Russian business news site RBC that “we have a very big country and there will always be a loophole where the drone can fly around the areas where air defense systems are located.” Kartapolov said the purpose of the attacks was to unnerve the Russian people. “It's an intimidation act aimed at the civilian population,” RBC quoted him as saying. “It's designed to create a wave of panic.” Moscow residents reported hearing explosions before dawn. Police were seen working at one site of a crashed drone in southwest Moscow. An area near a residential building was fenced off, and police put the drone debris in a cardboard box before carrying it away. At another site, apartment windows were shattered and there were scorch marks on the building's front. It was the second reported attack on Moscow. Russian authorities said

two drones targeted the Kremlin earlier this month in what they portrayed as an attempt on President Vladimir Putin's life. Ukrainian drones have reportedly flown deep into Russia several times. In December, Russia claimed it had shot down drones at airfields in the Saratov and Ryazan regions. Three soldiers were reported killed in the attack in Saratov, which targeted an important military airfield. Earlier, Russia reported shooting down a Ukrainian drone that targeted the headquarters of its Black Sea Fleet in Sevastopol in Russia-annexed Crimea. In Ukraine, Russia launched a pre-dawn air raid on Kyiv, killing at least one person and sending the capital's residents again scrambling into shelters. At least 20 Shahed explosive drones were destroyed by air defence forces in Kyiv's airspace in Russia's third attack on the capital in the past 24 hours, according to early information from the Kyiv Military Administration. Overall, Ukraine shot down 29 of 31 drones fired into the country, most in the Kyiv area, the air force later added. Before

daylight, the buzzing of drones could be heard over the city, followed by loud explosions as they were taken down by air defence systems. In the overnight attacks on Kyiv, one person died and seven were injured, according to the municipal military administration. A high-rise building in the Holosiiv district caught fire after being hit by debris either from from drones being hit or interceptor missiles. The building's upper two floors were destroyed, and there may be people under the rubble, the Kyiv Military Administration said. More than 20 people were evacuated. Resident Valeriya Oreshko told The Associated Press in the aftermath that even though the immediate threat was over, the attacks had everyone on edge. “You are happy that you are alive, but think about what will happen next,” the 39-year-old said. A resident who gave only her first name, Oksana, said the whole building shook when it was hit. “Go to shelters, because you really do not know where it (the drone) will fly,” she advised others. “We hold on.” Elsewhere in the capital, falling

debris caused a fire in a private house in Darnytskyi district and three cars were set alight in Pecherskyi district, according to the military administration. The series of attacks that began Sunday included a rare daylight attack Monday that left puffs of white smoke in the blue skies. On that day, Russian forces fired 11 ballistic and cruise missiles at Kyiv at about 11:30 a.m., according to Ukraine's chief of staff, Valerii Zaluzhnyi. All of them were shot down, he said. Debris from intercepted missiles fell in Kyiv's central and northern districts during the morning, landing in the middle of traffic on a city road and also starting a fire on the roof of a building, the Kyiv military administration said. At least one civilian was reported hurt. The Russian Defence Ministry said it launched a series of strikes early Monday targeting Ukrainian air bases with precision long-range air-launched missiles. It claimed the strikes destroyed command posts, radars, aircraft and ammunition stockpiles, but didn't say anything about hitting cities or other civilian areas.



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## Food

# Bengali-Style Aam Pora Sharbat

## Bengali-Style Aam Pora Sharbat Recipe

**Total Time: 20 min**

**Prep Time : 10 min**

**Cook Time : 10 min**

**Serves: 2 Servings**

### Ingredients

1. 2 raw mangoes
2. 1/2 cup sugar
3. 1 tsp jeera powder (roasted)
4. 1 tsp black pepper powder
5. 1 tsp black salt
6. A handful of fresh mint leaves
7. Ice cubes, as required
8. 2 cups chilled water

### How to

1. First, wash the mangoes nicely and pat them dry. Now, place them over a low-medium flame and

roast until all the sides are charred. Once done, remove them from the heat and allow them to cool.

2. Then, gently remove all the peels and scrape out the softened pulp in a bowl.
3. Next, add the roasted mango pulp, sugar, fresh mint leaves, black salt, roasted jeera powder, and black pepper to a blender and blend until smooth.
4. Transfer this mixture to a jug, add chilled water, and give it a nice stir.
5. Serve it in glasses filled with ice cubes and garnish with some more mint leaves on top. Bengali-style aam pora sharbat is ready!



# Makhmali paneer tikka

## Makhmali paneer tikka Recipe

**Namkeen Recipe**

**Total Time: 30 min**

**Prep Time : 10 min**

**Cook Time : 20 min**

**Serves: 4 Servings**

### Ingredients

1. 400 gms Paneer
2. 200 gram Hung Curd
3. 1 tbsp Fresh Cream
4. 2 tbsp Kaju Paste
5. 1 tsp Black Pepper Powder
6. A pinch of Haldi
7. 1 tsp Green Chilli Paste
8. 2 tbsp Cheese, grated
9. 1 tbsp Roasted Besan
10. For Stuffing
11. 1/4 cup Onion, finely chopped
12. 1/4 cup Capsicum, finely chopped
13. 1/4 cup Red Bell Pepper, finely chopped
14. 2 tbsp Paneer, grated
15. 2 tbsp Coriander Leaves, finely chopped
16. A pinch of Cardamom Powder
17. 1 tsp Kasuri Methi Powder
18. 1/2 tsp Red Chilli Powder
19. 1 tsp Cashew, finely chopped
20. 1 tsp Ghee
21. 1 tsp Oil

### How to

1. First of all we have to prepare the marinade. Add hung curd, cashew paste,



chili paste, roast gram flour, cream, cheese and other ingredients in a bowl and mix well and keep it aside.

2. Now, put a pan on the gas and heat it by adding oil, now fry finely chopped garlic, ginger and green chillies in it for a few seconds. After some time add onion,

capsicum and yellow bell pepper and fry them.

3. When it is fried, take it out in a bowl and cool it. Now add grated paneer, cheese, kasoori methi and all other ingredients and mix well. Keep the stuffing aside.
4. Take paneer and cut it by making cuts from one side,

so that it is attached to the side so that the stuffing does not come out.

5. Cut all the paneer pieces equally and now open the paneer piece from the middle and fill the stuffing.
6. Coat all these pieces well in the marinade. Now take a skewer, put capsicum

and onion pieces in it, then Paneer. Place all the pieces in this order and bake in tandoor or oven for 10 to 15 minutes by applying a little ghee.

7. Makhmali Paneer Tikka is ready to serve. Pair with green chutney and onions rings.

## Food

# Green Pea & Mint Hummus Recipe

## Green Pea & Mint Hummus

**Total Time: 10 min**

**Prep Time : 05 min**

**Cook Time : 05 min**

**Serves: 2 Servings**

### Ingredients

1. 2 Cups frozen or fresh shelled peas
2. 1 cup (loosely packed) mint leaves
3. Tahini (toasted sesame paste)
4. 2 cloves garlic, minced
5. Juice of 1 lemon (approx. 2 tbsp) to taste Salt
6. Olive oil, to drizzle
7. Paprika, to sprinkle as garnish
8. Mint sprig, to garnish

### How to

1. Set some water and salt to boil in a heavy bottomed saucepan. When it comes to a rolling boil, add in the shelled peas.
2. Allow the water to return to a rolling boil and cook the peas for 3 minutes. Remove

the pan from heat, strain the peas and reserve about a cup of the boiling water.

3. Rinse the peas under running cold water and let them drain.
4. In a blender, place the peas, mint leaves, garlic and a few tbsp of the reserved boiling liquid. Whiz until coarsely mashed.
5. Add the tahini, lemon juice and enough water to make a coarse puree. Add the water sparingly so that the dip doesn't become too runny.
6. Taste and adjust salt as needed. Blend until almost smooth but retains some texture.
7. Transfer to a serving bowl, drizzle some olive oil and garnish with a sprinkle of paprika and a mint sprig.
8. Serve with warm pita bread, pita crisps, crackers or toasties.



# Chana Tikka Masala Recipe

## Chana Tikka Masala Recipe

**Total Time: 30 min**

**Prep Time : 15 min**

**Cook Time : 15 min**

**Serves: 2 Servings**

### Ingredients

For roasted chana:

1. 1 cup Chana
2. 1 tsp Lemon juice
3. 1 tsp Haldi
4. 1 tsp Red chilli powder
5. 1 tbsp Oil
6. to taste Salt

For masala sauce:

7. 1 Onion, chopped
8. 2 Tomatoes, chopped
9. 6 Cashew nuts
10. 1/2 inch Ginger, grated
11. 2 Garlic cloves, minced
12. 1.5 tbsp Oil
13. 1 tsp Coriander powder
14. 1/2 tsp Cumin powder
15. 1 tsp Garam masala
16. 1/2 tsp Sugar
17. 1 tsp Red chilli powder
18. 1/2 inch Cinnamon stick
19. 3/4 tsp Poppy seeds
20. 1/2 tsp Saunf
21. 2 Black peppercorns
22. 2 Elaichi
23. 1/2 tsp Cumin seeds

For garnishing:

24. Coriander leaves, chopped



### How to

25. To begin with, add chana (chickpea), haldi, red chilli powder, salt, lemon juice and vegetable oil in a bowl. Toss well to coat the chickpeas evenly with all the masalas.

26. In a pan, heat some oil and add the marinated chana. Roast them for 4-5 minutes or until they look slightly charred.

27. Now, we need to prepare the tikka masala sauce. For this, add oil, onion, toma-

toes, cashew nuts, ginger, garlic, and all the spices in a separate pan. Roast them until they become soft.

28. Once done, allow the sauce to cool. Transfer to a mixer grinder to form a smooth paste. (You can also add

- some water at this stage).
29. Now, add the paste to the pan again and let it come to a boil. Add the roasted chana and mix well. Cook for 1-2 minutes and add fresh coriander leaves. Serve hot!





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## Sports News

# Fijiana remains on track in Oceania championship

The Vodafone Fijiana 15s side remains on course to win the Oceania Women's Championship on the Gold Coast in Australia after another resounding victory last night. The Inoke Male coached side thumped Tonga 45-12 to show their consistency and determination. Fijiana led 21-7 at halftime with tries to Vani Arei, Raijeli Daveua and Ana Naimasi. Tonga showed some good display in the second spell but Naimasi and Daveua stole the show for Fijiana. Daveua, who celebrated her birthday, scored two more tries while Naimasi got one. Fijiana will now face Manusina Samoa in its final match on Sunday. In another match last night, Manusina Samoa thrashed PNG 83-0



## Male makes six changes for Tonga clash

Vodafone Fijiana 15s coach Inoke Male has made six changes to his starting lineup for the second clash of the Oceania Women's Championship against Tonga on the Gold Coast tonight. Experienced skipper Sereima Leweniqila makes her return to the side

replacing co-captain Merewai Cumu, who has been rested. Iris Verebalavu is back to the run-on squad at Loosehead prop in place of Bulou Vasuturaga, who takes the reserve bench. Nunia Delaimoala gets her first start for Fijiana replacing experienced forward Asinate Serevi while

Kolora Lomani takes the left wing, Jennifer Ravutia at fly-half and Vani Arei will start at outside centre moving Raijeli Laqeretabua to the reserve. Meanwhile, nippy winger Evi-vi Senikarivi has been named to provide impact from the reserve bench alongside Kar-

alaini Naisewa, Litia Marama, Doreen Narokete and Wainikiti Vosadrau. The Fijiana vs Tonga match will kick start at 9.30 pm. Fijiana: Iris Verebalavu, Keleni Marawa, Bitila Tawake, Mere-oni Nakesa, Nunia Delaimoala, Fulori Nabura, Raijeli Daveua, Sereima Leweniqila (C), Kolora

Lomani, Jennifer Ravutia, Adita Milinia, Vani Arei, Ana Naimasi, Luisa Tisolo, Reapi Ulunisau. Reserves: Litia Marama, Bulou Vasuturaga, Karalaini Naisewa, Asinate Serevi, Doreen Narokete, Evi-vi Senikarivi, Wainikiti Vosadrau, Raijeli Laqeretabua.



## Sports News

# Tennis Fiji receives \$15k boost

Tennis Fiji today received a \$15,000 boost for the Fiji Open 2023 and in the build-up towards the Pacific Open Junior Championship in July. Tennis Fiji vice-president Yash Patel while receiving the cheque from main sponsor, Fiji Tattslotto in Suva said this year Fiji's Open will be played across the Denarau Golf and Racket Club from 31 of May to 4 of June. "The tournament attracts the best players from Fiji as well as the Pacific region including Australia and New Zealand." "It's also an important event in the lead-up to the Pacific Open Junior Championship in July in Lautoka." He said the Fiji Open 2023 is a premier international tennis event held annually and both the men and women's winner in the open category will each receive \$500 and a \$100 dining voucher. "This year's event will feature 41 events across six different categories



including open grade, A grade, social, veteran and juniors."

"The Fiji Open will also be the tournament played by the Tennis

national team before they head off to the Solomon Islands to

compete in the Pacific Games."

## Family the motivator for Whitelock's French move

The 2023 Super Rugby Pacific season will be Samuel Whitelock's last with the Crusaders. The veteran Crusader and All Black has taken up a two-year deal with Section Pau in the South of France, where he'll link

up with younger brother Luke Whitelock who joined the Top 14 club in 2019. He also says he has had the privilege of playing with family for Canterbury, the Crusaders and the All Blacks at different stages and this oppor-

tunity was too good to pass up. Whitelock debuted for Canterbury in 2008 and the Crusaders in 2010. He is Crusader #142 and has currently played 176 games for the franchise – second only to Wyatt Crockett (203). He's been

a part of six championship campaigns and captained the side for several seasons. The same could be said for his impact on the All Blacks, having earned many All Blacks caps as captain and respect across the globe as

a rugby role model. Crusaders Head Coach, Scott Robertson, says Whitelock is an "iconic rugby player" who had taught him a lot throughout his coaching career. Whitelock will join Pau after the Rugby World Cup.



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# America Fiji Golf Club 2nd Annual Memorial and Charity Golf Event

*Neville Narayan*



*Isaac Kasim*



*Soloman Taufu*



America Fiji Golf Club hosted its 2nd annual memorial and Charity Golf event on May 20th at San Ramon Golf Course in San Ramon California.

Our sincere thanks to everyone who participated in this year's highly successful Memorial and Charity event. This very special Memorial Day event was dedicated to the memories of our founding members Issac Kasim,

Solomon Taufu and Neville Narayan. We were pleased with the strong attendance at the tournament. A total of 40 golfers from Bay Area, Sacramento, Central Valley and LA participated in the tournament.

Thank you for your participation and our congratulations to all the winners. We were also pleased with the overwhelming support to our fund-raising efforts at this

tournament. We wish to thank everyone who donated and participated in the raffle drawing. Proceeds from the tournament will donated to charity.

I am proud to announce that through your support we were able to raise close to \$3000.00 again this year. Finally, my thanks to all the America Fiji Golf Club board members for their hard work in making this event a great success.

Tournament Results:

**Overall Low Gross –**  
Navneet Singh

**Flight A Winners**

- 1st Place – Bobby Nand
- 2nd Place – Hari Nand
- 3rd Place – Jeremy Crawford

**Flight B Winners**

- 1st Place – Himant Kumar
- 2nd Place – Karan Singh
- 3rd Place – Mahen Singh

**Nearest to the Pin Contest winners**

- Vinay Naicker
- Swatish Kumar
- Eddie Joseph

**Longest Drive Contest Winners**

- Eddie Joseph
- Saiyug Prakash



# SEATTLE BARBARIANS WINS SIGGY'S 7S RUGBY



Seattle Barbarians Rugby which was launched late last year stepped into the Siggy's 7s Rugby Championship on June 10th of 2023 in Seattle Washington. The team outclassed Oregon Sharks in the finals to get their first winnings. The management extends their gratitude and commitment from the sponsors and supporter.



JUNE 17th, 2023 - Portland OR  
JUNE 24th, 2023 - Salem OR

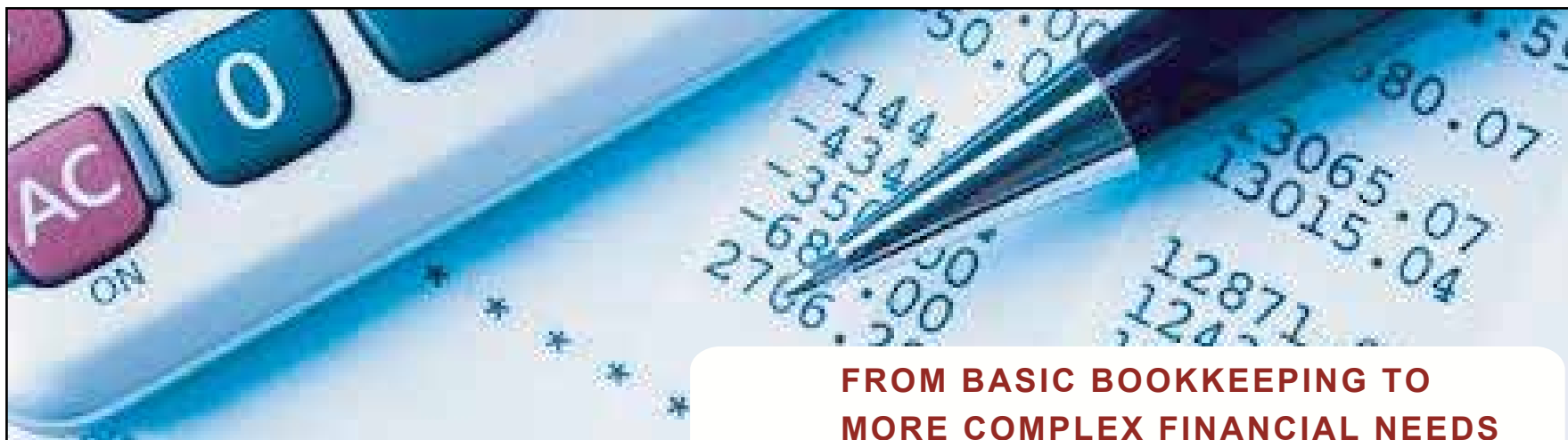
JUL 8th, 2023 - Ferndale WA  
JUL 15th, 2023 - Portland OR

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# Horoscope

## Horoscopes for The Month Of June

- March 21 - April 20

Take care of your own responsibilities before you help others. You could find yourself having problems with co-workers and employers. You will impress new friends and acquaintances with your intellectual wit. A lack of support and negativity have been the main problems.

Your luckiest events this month will occur on a Monday.

Taurus Information

- April 21 - May 20

Problems with in-laws may cause friction in your personal relationship. Don't beat around the bush; state your case in plain and simple terms. Your outgoing nature will win hearts. Try to enlist the support of your coworkers first.

Your luckiest events this month will occur on a Tuesday.

Gemini Information

- May 21 - June 21

If you're already in a relationship, use this added energy passionately. You will have additional discipline that will aid you in your objectives. You can make headway in the workforce if you put your mind to it. Do not push your opinions or try to reform your emotional partner this month.

Your luckiest events this month will occur on a Wednesday.

Leo Information

- July 23 - August 22

You will impress new friends and acquaintances with your intellectual wit. Take whatever time you can to get to know each other all over again. Insincere gestures of friendliness may be misleading. You will be able to pick up on future trends if you keep your eyes peeled for unique ideas.

Your luckiest events this month will occur on a Thursday.

Virgo Information

- August 23 - September 22

Daydreaming will be your downfall. Don't make those you live with feel unloved or unworthy. Disputes on the home front may be hard to avoid. Educational pursuits should help you develop your hobbies.

Your luckiest events this month will occur on a Monday.

Libra Information

- September 23 - October 22

Don't let opposition from those envious of your talents daunt your progress. Do your own research and be prepared. When the work is done, they may serve you for a change. You can spend a passionate evening with someone you cherish if you make your plans early.

Your luckiest events this month will occur on a Wednesday.

scorpio Information

- October 23 - November 21

Be prepared to take

advantage of your good fortune. Be cautious not to get involved in office chatter that will cause problems for others. Someone you live with could be frustrated and upset. To avoid any minor health problems, don't get too stressed.

Your luckiest events this month will occur on a Wednesday.

Sagittarius Information

- November 22 - December 20

Unexpected visitors will be a welcome surprise. You will have to make changes in order to eliminate the tension. When the work is done, they may serve you for a change. You can make favorable changes in your home environment.

Your luckiest events this month will occur on a Monday.

Capricorn Information

- December 21 - January 19

You've been in a rut and you need to do something that will help you break the pattern you've fallen into. Try to be understanding. Your ability to work with detail could help you achieve your goals. Do not blow situations out of proportion.

Your luckiest events this month will occur on a Sunday.

Aquarius Information

- January 20 - February 18

Travel will be favorable. You may find yourself in an opportune position if you are willing to take a bit of a risk. Try to be

a bit more understanding or you may end up spending the evening alone. Opportunities for partnerships are present; but get every detail in writing.

Your luckiest events this month will occur on a Tuesday.

Pisces Information

- February 19 - March 20

You may be looking through rose colored glasses. Your partner could also use some time alone with you. You should be looking into making changes around the house. Be honest in your communication and don't lose your cool.

**Your luckiest events this month will occur on a Friday.**





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2023**



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Thursday (08/06/23) 8.00am to 3.00pm

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09-11 & 17-18 June | HFC Bank Stadium

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**SUVA FC**

**Squad List**

1	Jovlisi BORISI	15	Walsake NAVUNIGASAU
2	Salimone BALEWAI	16	Epeli BOBO
3	Meli CODRO	17	Filipe BARAVILALA
4	Inoke TURAGALAILAI	18	Sanalla WAQANICAKAU
5	Remueru TEKIATE	19	Merrill NAND
6	Ramzan Khan	20	Neerav GOUNDAR
7	Dave RADRIGAI	22	Akula MATEISUVA
8	Malakai RAKULA		
9	Bruce HUGHES		
10	Marlon TAHIOA		
11	Ravneesh Karan SINGH		
12	Joeli RANITU		
13	Ruslate MATAREREGA		
14	Samuela DRUDRU		

Coach: MAXWELL THAGGARD

**Digicel FIJI FACT 2023**  
09-11 & 17-18 June | HFC Bank Stadium

AK Plumbing & Glamada  
**REWA FC**

**Squad List**

1	Mohammed ALAM	15	Delon SHANKAR
2	Penlame DROYA	16	Kavala RAWAQA
3	Rishabh KHAN	17	Mervin CHAND
4	Josateki TAMUDU	18	Josefa RAVULA
5	Patrick JOSEPH	19	Ashvorosi RABO
6	Neemish Prasad	20	Iovane MATANISIGA
7	Abbu ZAHID	21	Emori RAGATA
8	Setareki HUGHES	22	Ayush CHAND
9	Josefo VEREVOU		
10	Gabriele MATANISIGA		
11	Madhwan GOUNDER		
12	Tevita WARANAIVALU		
13	Samuela NABENIA		
14	Josala SELA		

Coach: RODECK SINGH

**Digicel FIJI FACT 2023**  
09-11 & 17-18 June | HFC Bank Stadium

Extra Supermarket  
**LABASA FC**

**Squad List**

1	Simione TAMANISAU	15	Nehal LAL
2	Lino ILIESA	16	Josua Raqamu
3	Simione RAGONETURAGA	17	Lekima GENERAU
4	Siliveni RAKAI	18	Netani SULUKA
5	Ilaitia DIKE	19	Taniela WAQA
6	Sailosi TAWAKE	20	Sekove NAIVAKANANUMI
7	Edwin SAHAYAM	21	Atunaisa NAUCUKIDI
8	Ilaisa YULIMAINAVUSO	22	Joji YUAKACA
9	Ruslate DOIDOI		
10	Christopher WASASALA		
11	Ilisoni LOLAIVALU		
12	Ashnil RAJU		
13	Shivam SHANDIL		
14	Akeimi RALULU		

Coach: THOMAS VULIVULI

**Digicel FIJI FACT 2023**  
09-11 & 17-18 June | HFC Bank Stadium

Esy Kool Air Conditioning  
**NADI FC**

**Squad List**

1	Vereti DICKSON	15	Nikesh SINGH
2	Josua TAWAKE	16	Kharik CHETTY
3	Ame VOTONIU	17	Apolosi SERU
4	Yunlud TIKOMAIMEREKE	18	Nikash PRASAD
5	Vishant REDDY	19	MUNI NAIR
6	Eshan KUMAR	20	Eneriko MATAU
7	Leo LESUMAI	21	Tevita RAVIA
8	Christopher KUMAR	22	Ratu HALSTEAD
9	Ratu TULIVOU		
10	William VALENTINE		
11	Shaheel VALENTINE		
12	Jone RAIVALITA		
13	Muni NAIR		
14	Tuiba BATIRATU		

Coach: KAMAL SWAMY

**Digicel FIJI FACT 2023**  
09-11 & 17-18 June | HFC Bank Stadium

Hyperchem Pharmacy  
**LAUTOKA FC**

**Squad List**

1	Epeli VUNIBOLA	15	Saula WAQA
2	Epeli LEIROTI	16	Atonio TUIVUNA
3	Zibraaz SAHIB	17	Sterling VASCONCELLOS
4	Afraz ALI	18	Usman OMEDE
5	Siliveni CAVULAGI	19	Poasa BAINIVALU
6	Maclu TUINUKU	20	Sakarata NAISUA
7	Aporosa YADA	21	Joela BIUVANUA
8	Ismeli GAVIDI	22	Senirusi BOKINI
9	Manasa NAWAKULA		
10	Kishan SAMI		
11	Ilumotama JESE		
12	Marika RAWASOI		
13	Muni Shivam NAIDU		
14	Sairusi NALABU		

Coach: RONIL KUMAR

**Digicel FIJI FACT 2023**  
09-11 & 17-18 June | HFC Bank Stadium

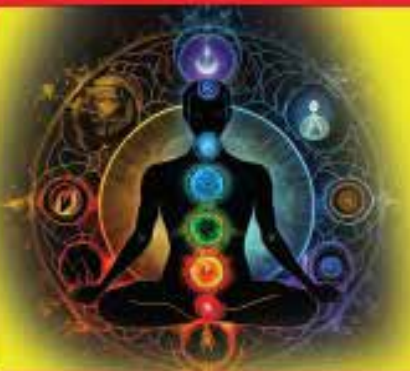
Rooster Chicken  
**BA FC**

**Squad List**

1	Tevita KOROI	15	Sullano TAWANAKORO
2	Praneel NAIDU	16	Etonia DOGALAU
3	Mohammed RAHEEM	17	Samuela NAVOCE
4	Malakai RERE	18	Ratu TAUVOLI
5	Jonetani NEWA	19	Carlos RAFFA
6	Raj PILLAY	20	Semisi GADELE
7	Rahul NARESH	21	Iliesa NATANU
8	Claude ARU	22	Mishwani NAIRUBE
9	Gulam RAZOOL		
10	Nabil BEGG		
11	Faazil Faizul ALI		
12	Peceli SUKABULA		
13	Ratu Apenisa ANARE		
14	Savenaca NAKALEVU		

Coach: IMDAD ALI

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News

# Talanoa Session with the Fijian Diaspora in Santa Rosa & Opening Ceremony of Fiji Trade Commission Office @ Burlingame California --

The Deputy Prime Minister and Minister for Trade, Co-operatives, SME's and Communications, Hon. Manoa Kamikamica had a talanoa session with the Fijian dias-

pora in Santa Rosa in California on the 28th April 2023.

The event was hosted by the community and had an overwhelming turnout, with Deputy Prime Minister and

the Fiji Delegation being warmly welcomed.

The discussions at the event revolved around trade of goods between Fiji and the US, market access for Fiji

products, passport renewal services, sending queries, challenges faced by the diaspora, and opportunities for investments in Fiji.

The talanoa session underscored the Fiji Government's commitment to inclusivity, engagement and collaboration with Fijians all around the world.



Manoa Kamikamica DPM Ministry of Trade, Co-operatives, SMEs and Communications US Fiji Times Online



News

# Talanoa Session with the Fijian Diaspora in Santa Rosa & Opening Ceremony of Fiji Trade Commission Office @ Burlingame California --





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Sports

# Riverside Modesto Sangam Golf Championship 2023

## Open Division Results

Open Champion Pramesh P Sharma  
and Net Champion Mahendra Lal.

**Sangam Division** Bala Naidu Champion

Net Avi Naidu. Skills NTP

# 4 Ravi Shankar

#7 Navreen Gaji

# 12 Navreen Gaji

# 14 Anthony Rhoads.



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Two Rds Three Events Saturday: Players Sunday :Fiji Classic  
36 Holes US FIJI OPEN



Hayward Muslim

**Hayward wins Eid Cup in style**

Hayward claimed the Fiji Muslim Sports Association of USA’s 2023 Eid Cup in Stockton, California today after thumping Sacramento 3-1 in the final. The US Fiji Times and SUNTECH sponsored side was a class above the rest in the entire tournament and displayed fast paced constructive football. Arif Razak, Movin Zain and Nafiz Buksh scored the goals in the final for the victorious Hayward side while Sacramento’s lone goal was scored by Sharuk Ali. The nice and hot weather allowed all participating teams the chance to put on a good show in the tournament which acted more like a Fijian festival where people of all walks of life gathered to watch games, enjoy some delicious halal Fijian style food and entertainment. It was also heartening to see our women and children turn out in numbers and thoroughly enjoying at the annual event on the FMSAUSA calendar.

***Hayward Sangam Winner of Sangam Convention 2023 & Hayward Muslim Eid Cup 2023 Winner.***



Hayward Sangam



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