



THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

November 2024 Monthly Publication - Subscription Available Pages 60 Volume: 241

President Trump Makes a Remarkable Comeback -As Democrats Scramble to Figure Out Loss

In the fall of 2024, the political world watched as Donald J. Trump made an unexpected and historic return to the White House.

His campaign, which had been marked by fierce rhetoric and a promise to restore "American greatness," resonated with millions who felt left behind by the establishment. Despite the challenges—his legal battles, critiques from across the political spectrum, and a rapidly changing political landscape—Trump's supporters remained unwavering.

On election night, as results

began to pour in, it became clear that his message had struck a chord. Battleground states like Michigan, Pennsylvania, and Georgia, which had swung to the Democrats in 2020, flipped back in Trump's favor. In a dramatic showdown, the electoral map began to resemble 2016, but with even more depth in his support from working-class voters, suburban families, and even a surprising shift in Hispanic communities.

Trump's victory speech was defiant and triumphant. "We've made history once again.

Continued P09



JD Vance's wife, Usha Vance, set to become history-making second lady



The White House is set to see another history-making vice presidential spouse. With Ohio Sen. JD Vance set to become the next vice president, his wife, Usha Vance, who is the daughter of Indian immigrants, is set to be the first Indian American second lady in the White House. She will also be the first Hindu second lady since the Truman administration, when then-38-year-old Jane Hadley Barkley, wife of former Vice President Alben Barkley, assumed the role in 1949.

JD Vance thanked "my beautiful wife for making it possible

to do this" on social media on Wednesday, after multiple news organizations, including ABC News, projected that former President Donald Trump will win the presidential match-up against Vice President Kamala Harris. At 38, Usha Vance is set to be the youngest second lady since the Truman administration, when then-38-year-old Jane Hadley Barkley, wife of former Vice President Alben Barkley, assumed the role in 1949.

Continued P08

TRUMP NAMES SUSIE WILES AS WHITE HOUSE CHIEF OF STAFF



President-elect Donald Trump on Thursday named his under-the-radar campaign manager, Susie Wiles, to be his White House chief of staff. The move is the first major staffing decision Trump has made since winning Tuesday's election. "Susie is tough, smart, innovative and is universally admired and respected," Trump wrote in a statement. "I have no

doubt that she will make our country proud." Trump also called both his 2016 and 2020 campaigns "successful," even though Americans elected Joe Biden president in 2020. CNN reported previously that Wiles wanted Trump to agree to some conditions before accepting the job: namely, she that she wanted to keep the riffraff out of the Oval Office, an unnamed source

told the network. "The clown car can't come into the White House at will," the source said. "And he agrees with her."

Wiles will be the first woman to hold the crucial White House role. The daughter of former NFL kicker and sportscaster Pat Summerall, Wiles worked as a scheduler on Ronald Reagan's 1980 presidential campaign.

Continued P08



THE US FIJI TIMES

PHONE: 650-762-6683
DIRECT: 510-931-9107
EMAIL: INFO@USFIJITIMES.ORG
WEB: WWW.USFIJITIMES.ORG
FACEBOOK: USAFIJITIMESONLINE



FIJIAN GOVERNMENT



PRIME MINISTER OF FIJI
SITIVENI RABUKA



PRESIDENT OF FIJI
WILIAME KATONIVERE



ATTORNEY GENERAL OF FIJI
SIROMI TURAGA



DEPUTY PRIME MINISTER
PROF. BIMAN PRASAD



DEPUTY PRIME MINISTER
MANOA KAMIKAMICA



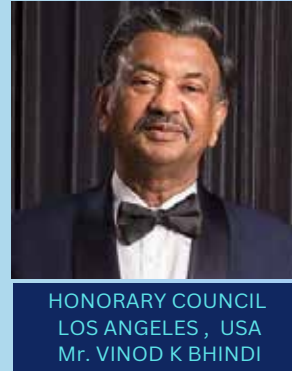
DEPUTY PRIME MINISTER
VILIAME GAVOKA



FIJI TRADE COMMISSION
NORTH AMERICA
Mr. ALIKA COOPER



HONORARY COUNCIL
SAN FRANCISCO , USA
Mr. JAY SINGH



HONORARY COUNCIL
LOS ANGELES , USA
Mr. VINOD K BHINDI



HONORARY COUNCIL
VANCOUVER CANADA
Mr. BOBBY NAICKER

THE US FIJI TIMES PROUD OF ITS SERVICE

The US Fiji Times is ranked as the top newspaper being published outside of Fiji for the Fiji American community and all over the world. The paper's popularity has grown immensely in recent years due to its critical approach in impressing the need for charitable organizations to rise up in all occasions to help Fiji and the people back home. Visitors from around the world have commended the paper on its stand to serve the community. The US Fiji Times understands that like in any other field, there is competition and competing with "The largest newspaper out of Fiji" has been a difficult task for newer publications. This is not because of its magnitude and coverage, but because of its stability and growth capabilities. The writers of the paper comprise some of Fiji's best. Even though they are not too visible in social functions, they are taking up their challenges very effectively. The marketing strategy handles by our CEO/Publisher Mr. Rocky Ali is the hallmark of the papers current strength. Despite lacking the front line journalist experience, he makes up for the deficiency with the sheer ability to jeep the media wagon rolling. His insatiable love to be involved with the community to cherish in this very noble cause is worthy of higher recommendation. We have a very vibrant community, so despite the paper being issued free, the expectation of the community is very high. The coverage of all the major events is a mist for the paper and we feel very proud to be associated with major organizations to see that their events are properly covered with pictures, stories and awareness via our social media platforms. The paper is being also sent to countries like Fiji, NZ, Australia, Canada, England and Sweden for Fijians abroad to also get the feel of the luxuries of USA. The feedback has been overwhelming in this regard and it has become a trend for many organizations to rely on US Fiji Times in reaching the desired success with adequate coverage. The paper will strive to serve the community with the best of its ability and assures the community that there will be quality reporting at all times.

Vinaka – Rocky Buksh



BHINDI®

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

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

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

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

Shop online at www.BHINDI.com

NEELAM

Pacific Market @ San Bruno, CA

492 - 494 San Mateo Avenue, San Bruno, CA 94066 PH. (650) 583-5024

GENERAL GROCERY OUTLET Indian, Pakistan, Fijian, Tongan Groceries



From Neelam Supermarket of San Bruno California Happy Raksha Bandhan To All.

Raksha Bandhan is an auspicious festival that celebrates the beautiful bond of brothers and sisters. It is a pledge taken by the brothers to protect and safeguard their sisters in all stages of life. Their precious relationship of love, care, affection, admiration, and adoration is symbolized by a decorative thread called 'rakhi'. A rakhi is tied by the sisters on her brother's wrist to ask for his lifelong love and support which he happily accepts and shower his sister with amazing Rakhi gifts.

As this occasion is such a blissful and a happier one, below are affectionate heartstouching messages, wishes and quotes which you can send to your brother with Rakhi online on Raksha Bandhan 2023.



NEELAM

Pacific Market @ San Bruno, CA

492 - 494 San Mateo Avenue, San Bruno, CA 94066 PH. (650) 583-5024

GENERAL GROCERY OUTLET Indian, Pakistan, Fijian, Tongan Groceries



Frozen Food, Fresh Produce, Kava, Fiji Ghee, All Pooja Items & many more.....



New Arrival
NEELAM SUPERMARKET
 492 San Mateo Ave.
 San Bruno, CA 94066



NEELAM

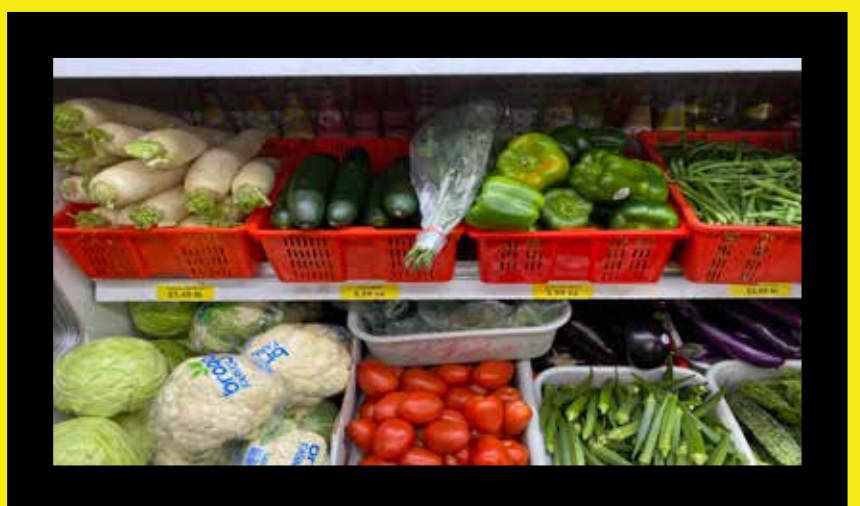
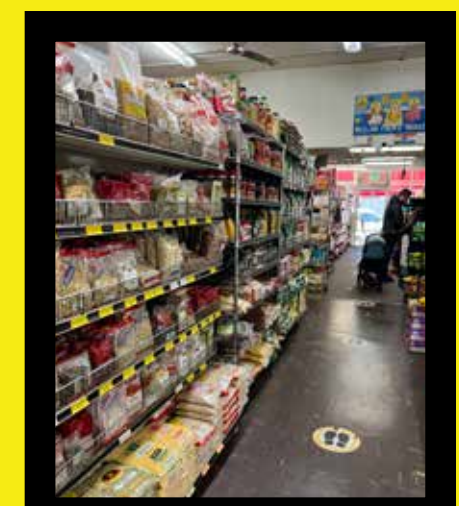
Pacific Market @ San Bruno, CA

492 - 494 San Mateo Avenue, San Bruno, CA 94066 PH. (650) 583-5024

GENERAL GROCERY OUTLET Indian, Pakistan, Fijian, Tongan Groceries



Natasha Syed from San Bruno spots desserts as she shops at Neelam Pacific





Simply...Delicious

**TASTE
THE
HIGH
LIFE**

**CRUNCHY, YUMMY,
TASTY AND ZESTY
COOKIES**



www.punjas.com

Follow us on Punjas Fiji

Local News

JD Vance's wife, Usha Vance, set to become history-making second lady

Continue from Page 1



She was raised in a Hindu household in San Diego, where her parents are academics. The Vances met during their time at Yale Law School and got married in Kentucky in 2014. They have three children together. An attorney who once clerked for Supreme Court Chief Justice John Roberts, she left her law firm, Munger, Tolles & Olsen, after her husband was formally announced as former President Donald Trump's running mate on the Republican party ticket in July. Usha Vance was in the spotlight at the Republican National Convention, where she introduced her husband.

"My background is very different from JD's. I grew up in San Diego, in a middle-class community with two loving parents, both immigrants from India, and a wonderful sister," she said at the convention. "That JD and I could meet at all, let alone fall in love and marry, is a testament to this great country." She has since taken on a more behind-the-scenes role on the campaign trail, not delivering any remarks at a public campaign event since the RNC.

"Obviously, at the convention, I was asked to introduce JD, and so that was an active role," she told NBC News in October. "But the thing that JD asked, and the thing that I certainly agreed to do, is to keep him company." She told NBC News at the time that she hadn't given much thought to what causes or initiatives she might focus on if she became the second lady.

"You know, this is such an intense and busy experience that I have not given a ton of thought to my own roles and responsibilities," she said.

"And so I thought, what

would I do? See what happens on Nov. 5, and collect some information myself and take it from there," she said. "There are certainly things I'm interested in, but I don't really know how that all fits into this role." In her first interview after JD Vance was named Trump's running mate, Usha Vance discussed with "Fox & Friends" how she and her husband share different political views and suggested that their opinions influence each other in a "nice give and take." "I mean, we're two different people. We have lots of different backgrounds and interests and things like that, so we come to different conclusions all the time," she said. "That's part of the fun of being married."

She was also asked to respond to her husband's widely criticized "childless cat ladies" comment, which was directed at Harris and others in a recently resurfaced 2021 Fox News interview. "He made a quip in service of making a point that he wanted to make that was substantive," she said. "And I just wish sometimes that people would talk about those things and that we would spend a lot less time just sort of going through this three-word phrase or that three-word phrase."

She told "Fox & Friends" that she never thought she'd be in politics, that they planned to be lawyers with a family, and that they have agreed to keep their children out of the spotlight. "Through his Senate candidacy, we had a lot of serious conversations, because, you know, we do have three children, and giving them a stable, normal, happy life and upbringing is something that is the most important thing to us," she said.

TRUMP NAMES SUSIE WILES AS WHITE HOUSE CHIEF OF STAFF



and adviser to another Jacksonville mayor, John Peyton, in the 2000s. After running Florida Sen. Rick Scott's successful 2010 campaign, she ran the 2012 presidential bid for then-Utah Gov. Jon Huntsman, who didn't make it out of the primary. Wiles' direct work with Trump began in 2016 when she handled his Florida campaign. Two years later, she helped elect Florida Gov. Ron DeSantis, though she said later that she regretted taking that job. In early 2021, Wiles was named CEO of Trump's fundraising operation, Save America PAC.

in the background. She's not in the background," Trump said of Wiles during his victory speech Tuesday night as he called her to step forward. "The 'ice baby.' We call her the 'ice baby.'" Someone else who had rumored to be in contention, who Trump derisively nicknamed "my Kevin" said he would turn down a job offer for that role. "People all ask if I'm being chief of staff," former House Speaker Kevin McCarthy said this week on The Guy Benson Show. "No, I'm not going to be." The former Republican leader and fund-

a strong allegiance to Trump. In the same interview, McCarthy said Wiles would be his pick. "I think Susie Wiles would make a great chief of staff and should do the job," he said. "And I'll help her." Wiles' selection was also praised by a number of figures in Trump's orbit, like 2024 campaign co-chair Chris LaCivita and campaign spokesperson Steven Cheung. JD Vance also predicted Wiles will be a "huge asset" as chief of staff, adding, "She's also just a really good person."

President Trump Makes a Remarkable Comeback -As Democrats Scramble to Figure Out Loss

Continue from Page 1

Together, we've reclaimed this country," he told a packed crowd of supporters in Florida. Despite the controversies that dogged his campaign, including his numerous legal challenges, Trump's ability to tap into the frustrations of middle America, along with his unfiltered populist message, ultimately led to his stunning return to the presidency.

For many, the 2024 election marked a dramatic conclusion to a cycle of division, but for Trump and his base, it was the beginning of a new chapter in their vision for the nation.

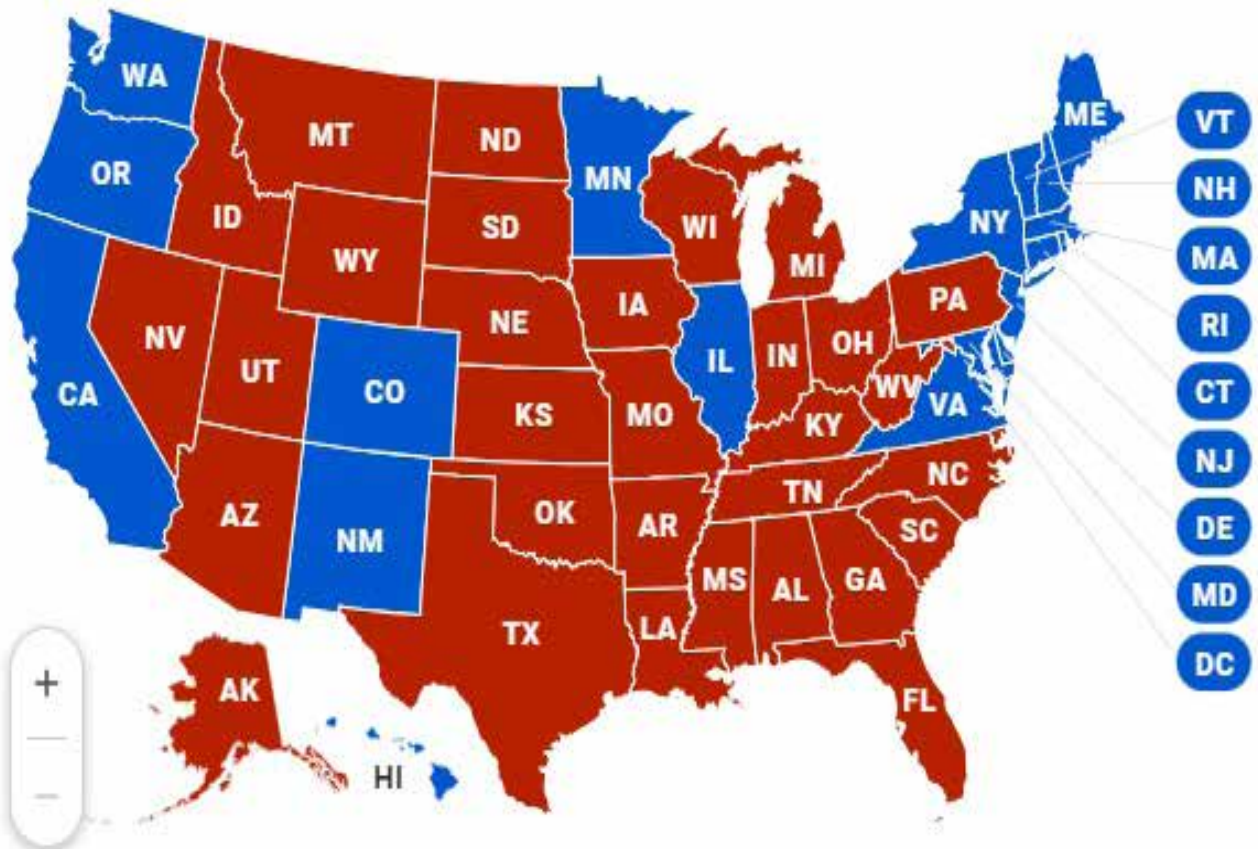
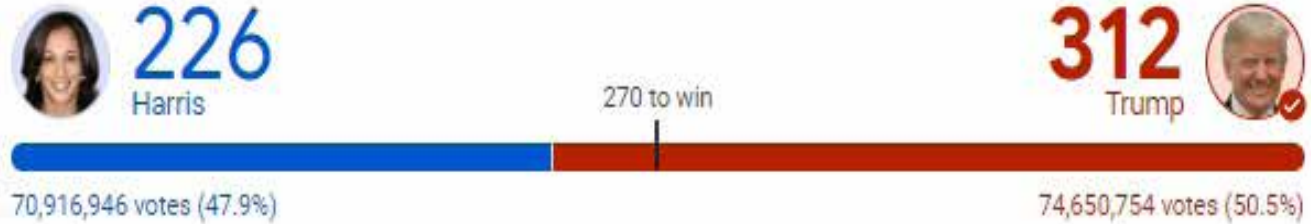
The Democratic Party of Kamala Harris is scrambling to find answer on their defeat as they embark on strategies to regroup the party. President Trump now steps up to govern the most powerful country in the world with his new Chief of Staff and longtime Republican Strategist ;Susie Willes knows who the President has described "Ice Maiden".

Presidential results

From [The Associated Press \(AP\)](#) · [Learn more](#)

✔ Donald Trump wins

The AP has called this race



State	Front-runner	Vote %
AZ	Donald Trump Republican Party	52.6% 87% reporting
FL	Donald Trump Republican Party	55.1% 99% reporting
GA	Donald Trump Republican Party	50.7% 99% reporting

Show more

State	Front-runner	Vote %
AZ	Ruben Gallego Democratic Party	49.7% 87% reporting
FL	Rick Scott Republican Party	55.6% 99% reporting

Show more

District	Front-runner	Vote %
AK 1	Nick Begich Republican Party	49.5% 79% reporting
AZ 1	David Schweikert Republican Party	52.2% 89% reporting

All states Won

Donald Trump Republican Party	312 electoral votes 74,650,754 votes (50.5%)
Kamala Harris Democratic Party	226 electoral votes 70,916,946 votes (47.9%)
Jill Stein Green Party	0 electoral votes 697,489 votes (0.5%)
Robert Kennedy Independent	0 electoral votes 676,502 votes (0.5%)



Dolphin Island, the Definition of Exclusivity, Fiji

Viti Levu 147/148 Naisoso Island, Fiji

Alex van Heeren, of Huka Lodge fame, designed Dolphin Island to be like no other. A concept of luxury in deliberate isolation, complemented by unspoiled natural beauty and true privacy, surrounded by gin clear waters. The large main bure enjoys an elevated position above the infinity pool, and the four guest bure suites featuring heart timber floors, plaster walls, stone tiles, wooden shutters, high ceilings and the latest in air-conditioned comfort. A hilltop honeymoon bure, private beach, jetty and substantial back-of-house facilities complete the picture. There is ample room to increase the accommodation inventory. Dolphin Island can be purchased in its entirety, by negotiation, OR Register interest to purchase one or more of only 12 shares in a yet to be formed NewZealand, company which will own the island outright, for US\$1 million per 1/12 th share and secure exclusive use of freehold Dolphin Island for a month each year of ownership. Dolphin Island, is just 20 minutes by boat from shore, on the tip of Viti Levu, Fiji, 2.5 hours by private car from Nadi International Airport. Float planes and helicopters offer an alternative connection.
bayleys.co.nz/5000001

Naisoso Island, Fiji, offers the best of South Pacific tropical living.

- *One of Fiji's finest residences of the truly authentic Fijian genre.
- *Stunning private freehold waterfront position, on Naisoso Island which is joined to the mainland by a short bridge.
- *Swimming and spa pools are linked to the house by extensive paving and grassed areas.
- *Vast high stud entertainers living and dining room with adjacent terraces.
- *Large kitchen, walk-in pantry, bar, and service room.
- *Three ensuite bedrooms with outdoor showers.
- *Stand alone one bedroom apartment with its own entrance.
- *Two additional spaces which are suitable for office/gym/nursery use.
- *Private floating pontoon capable of taking a circa 55ft boat.
- *Double garage.
- *Naisoso beach is an easy 2 minute walk from the house.

bayleys.co.nz/5000086

Philip Toogood
 +679 999 1449
philip.toogood@bayleysfiji.com.fj



Philip Toogood
 +679 999 1449
philip.toogood@bayleysfiji.com.fj

Sapna Vithal
 +679 9977817
sapna.vithal@bayleysfiji.com.fj



Advertise In

THE US FIJI TIMES

Call

510-931-9107

WWW.USFIJITIMES.ORG





SEABREEZE, RESORT, UPOLU, SAMOA

Radisson Blu Mirage Resort, Fiji

Upolu, Samoa

- 12 luxury villas in an adult only, beautifully presented retreat
- Resort completely refurbished in late 2022 with all new furniture and equipment.
- Excluding covid years, property has consistently run at 75%+ yearly average for occupancy delivering ebitda circa AUD\$1m annually.
- Seabreeze is a multiple award winning resort through Trip Advisor and World Travel including "Oceania's Most Romantic Resort" & "Samoa's Leading Hotel" in the South Pacific.
- Spread over 5 long term waterfront lease with ample room to double the existing capacity of the resort.

International Tender (unless sold prior) Closing 4pm, Friday 16th August 2024

bayleys.co.nz/5000195

Philip Toogood
+679 999 1449
philip.toogood@bayleysfiji.com.fj



An extraordinary level of resort-style luxury. Secure your freehold strata ,managed apartment today! Radisson Blu Mirage Resort, Fiji Naisoso Island holds a position of prestige amidst lush, tropical landscaping on the south tip of Naisoso Island, only 7 mins drive to Nadi International Airport. The thoughtfully master planned site will welcome a limited collection of 1, 2 and 3 bedroom luxury beachfront apartments and will feature a boutique retail component and world-class amenities, including three beachfront swimming pools, three restaurants which include an elegant rooftop restaurant and bar, an additional sunset bar, a cafe, premium health and wellness spa, gymnasium, kids club, 24 hour reception, tour desk, event space, boardroom and mini mart. As an owner of a resort apartment, you will be entitled to stay up to 42 nights per annum for free*-- including 14 days during peak season and 28 days during off-peak season. Income will be deposited into your nominated account every quarter. Over 60% sold. Starting from FJ \$1,285,000. Secure today !!

bayleys.co.nz/5000102

Philip Toogood
+679 999 1449
philip.toogood@bayleysfiji.com.fj

Sapna Vithal
+679 9977817
sapna.vithal@bayleysfiji.com.fj



Fiji News

Bainimarama granted early release from prison

Former Prime Minister Voreqe Bainimarama has been granted early release as of today, in accordance with Section 46 (3) of the Corrections Act. Bainimarama was sentenced to 1 year imprisonment in May this year after being found guilty of one count of attempt to pervert the course of justice in the University of the South Pacific case. The Fiji Corrections Service says the release decision follows a comprehensive review of Bainimarama's application, which was processed in line with the relevant legal provisions governing early release and supervised reintegration. Section 46 (3) of the Corrections Act allows for early release of inmates based on specific criteria that ensure both the security of the community and the facili-

tation of an inmates reintegration. The Corrections Service says all requirements were rigorously assessed, including eligibility criteria, conditions for release, and supervisory measures in place, in accordance with the guidelines established under their regulations. They say Bainimarama's reintegration is to ensure compliance with all conditions associated with his early release. They add this decision reflects the commitment of the Corrections Service to uphold the principles of justice, rehabilitation, and reintegration, as stipulated by the Corrections Act



Former Prime Minister Voreqe Bainimarama

Fiji News

SPECIAL ENVOY FROM UAE VISITS FIJI TO STRENGTHEN ECONOMIC COOPERATION

The Assistant Minister for Foreign Affairs, Hon. Lenora Qereqeretabua received a courtesy visit from the Special Envoy of the Minister of Foreign Affairs of the United Arab Emirates (UAE) to the Caribbean and Pacific, Mr. Omar Hassan Shehadeh. The first of such visit by the UAE's Special Envoy demonstrates the UAE's firm commitment to deepen the bilateral relations and collaboration between the two nations. Assistant Minister Qereqeretabua welcomed the UAE delegation and acknowledged the efforts by the UAE to further strengthen engagements in critical sectors such as trade and economy, climate change and sustainability, tourism and investment, as well as agriculture and food security. Discussions highlighted the need to establish a taskforce with an action plan to expedite progress in these vital areas, with a focus on creating employment opportunities, capacity building, and initiatives to improve the livelihoods of local communities in



Fiji. The UAE delegation expressed interest to support Fiji's efforts to showcase Fijian-made products and foster connections with potential investors, aiming to expand export markets for Fijian made products. Both

parties also expressed enthusiasm about the potential for enhanced economic and trade cooperation through the UAE's Comprehensive Economic Partnership Agreement (CEPA).

The meeting highlighted the

UAE's interest to send a team to Fiji to solidify the partnership avenues through further consultations, with the objective to realign cooperation with Fiji's development priorities. The meeting held earlier this week

at the Fiji Ministry of Foreign Affairs headquarters (MFA) in Suva, was an opportunity for Fiji and UAE to look at avenues for multilateral and bilateral cooperation.

CID investigates the death of a man held in custody at Savusavu Police Station

Officers from the Criminal Investigations Department Headquarters have been directed by the Acting Commissioner of Police Juki Fong Chew to investigate the death of a man who was being held in custody at the Savusavu Police Station. The man is alleged to have been assaulted by a prisoner in the

cell block yesterday afternoon. Police say officers rushed the man to the Savusavu Hospital, where he was pronounced dead on arrival. A team from the CID has been deployed to investigate the circumstances surrounding the incident. Investigations continue.



FIJI UNDER 15 BASKETBALL TEAM PRESENTS ITATAU

Members of the Fiji Under 15 Basketball team presented their iTautau to His Excellency the President, Ratu Wiliame Katonivere at the State House today (09.11.24). President Katonivere commended the team and acknowledged the challenge ahead of them. "I am very proud of you for representing Fiji at such a young age in basketball." "You are playing a sport that is currently dominating the world. I have also noted that a few of Fiji's youth have made their way to the US and are playing there now." "Now that you are going

to Australia to compete in the Championships, I want you to remember all the training, support, advice, and instructions from your coaches, especially your parents, who have been there for you as you prepare to leave Fiji for this opportunity." President Katonivere also reminded the team of their roles as Ambassadors of Fiji, noting that their participation is not only for basketball but for all sports in Fiji. The Head of State also encouraged the team to excel in their sporting careers while also focusing on their education as



school students. "It is quite an achievement representing Fiji at

such a young age, and I know you will go and do well in Aus-

tralia, so do play with passion and play for Fiji."

Inna Lillahi wa illahi rajioon.
(USFIJITIMES sends heartfelt condolences Ubayd Haider, formerly known as Nathan Singh has passed away)

On the loss of a remarkable fighter Ubayd Haider His courage, dedication, and indomitable spirit touched the lives of many, inspiring all who watched him. Boxing teaches resilience to face each challenge with unwavering determination and that this young boxer did. May his family find strength through the memories of his incredible journey, and his legacy will forever inspire others to do the best in their life. Rest in peace our true warrior, you shall be remembered the one of the best to stand to fight with every strength and power to make our nation proud to have raised a true son, father and brother.



Fiji News

PLANS IN PLACE TO ADVANCE SOCIAL PROTECTION FOR CAREGIVERS IN FIJI

The Minister for Women, Children, and Social Protection, Hon. Lynda Tabuya, explored the innovative Care Blocks of Bogota, Colombia, as part of her mission to advance social protection for caregivers in Fiji. Minister Tabuya is currently in Colombia to meet with Ministers of Children from around the world and reaffirm Fiji’s commitment to ending violence against children. Her visit to the Care Blocks holds particular significance, as it directly addresses one of the most pressing social issues in Fiji – supporting the unsung heroes who care for children, the elderly, and people living with disabilities, often without adequate resources or support systems. “The Care Blocks in Bogota represent a holistic approach to caregiving that recognises and alleviates the heavy burdens on caregivers,” said Minister Tabuya. “In

Fiji, we know that this type of social protection is desperately needed, and I’m eager to bring back these best practices to strengthen the support systems for caregivers in our communities.” Care Blocks are designed to redistribute and reduce the caregiving burden by offering accessible services that promote the wellbeing of caregivers. By integrating caregiving, education, healthcare, wellbeing, and income-generation opportunities within the same community, Care Blocks enable caregivers to focus on their own health or wellbeing and financial stability while ensuring their loved ones receive the care they need. These initiatives have been shown to improve caregivers’ psychosocial health, enhance their economic mobility, and increase their participation in the community. During her visit, Minister Tabuya witnessed first-



hand how caregivers in Bogota are supported through a range of services, including access to university education while their children are cared for, health services, and even cable cars that make commuting easier for caregivers who work across the city.

“I’ve always wanted to see how this is done,” Minister Tabuya remarked. “Given that we are a communal society in Fiji, community cohesion is at the heart of our culture. I look forward to returning home and discussing with our communities how we

can do more to support our caregivers.” The Minister expressed her gratitude to the city of Bogota and the Early Childhood Development Action Networks for hosting her visit and providing invaluable insights into the Care Block model.

About 200 people live in Lautoka streets due to addiction to glue and hard drugs – Adult Teen Challenge Fiji

About 200 people are living in the streets of Lautoka with addiction to glue and hard drugs while 12 months ago there were 90 people on the streets. Adult Teen Challenge Fiji’s Executive Director, Hemraj Mangal highlighted this during fiji village Straight Talk with Vijay Narayan when asked why they say the situation has gotten out of control, as the Minister for Home Affairs and the Leader of the Opposition have labelled it as a national security concern. This organization is running the country’s first-ever drug rehabilitation centre that is located in Lololo, Drasa in Lautoka which was established for youths whose lives have been entangled with drugs. Mangal says if people go in the streets of Lautoka, drugs are in every corner where about 12 months ago 15 milligrams of ice was sold for \$50 and this year the price has come down to \$15. He says there is a huge supply of drugs in the market which leads to social and moral decay in the family structure where values are not taught, and people start to experiment with drugs and are later addicted. The Executive Director says for now, their



centre can only accommodate 12 students and they are dedicated to teaching them the basics of life. According to the data of the Global Teen Challenge Centre which has 140 centres, it takes a person 16 to 20 weeks to lose the desire

for drugs. When asked why the current location was chosen for the rehabilitation centre, Mangal says the 20-acre land was bought from a church member. He further says the location is peaceful, and students would not run away. When asked

what are they doing, he adds they have an in-house residential program that involves three stages with a program of 12 to 14 months. The first stage is recovery where a person loses the desire for drugs, the second stage is rehab where the per-

son is taught new values of life and behaviour while the third stage involves empowerment by providing vocational training and restoring them back to their families. They are waiting for the government to work with them.

Fiji News

Outsource Fiji Careers Fair 2024: Where Local Talent Meets Global Opportunities



The Outsource Fiji Careers Fair 2024 has set the stage at Albert Park for a pivotal event, offering students a unique glimpse into the thriving career opportunities within Fiji's outsourcing industry. Organized by Outsource Fiji, the two-day fair is a ground-breaking moment for Fiji's outsourcing sector, aiming to inspire young talent and reshape career aspirations for the future workforce. As Fiji positions itself on the global outsourcing map, the event's goal is clear: to encourage Fijian students to envision themselves not just as part of a tourism-based economy, but as key players in a globally recognized hub for talent, innovation, and opportunity. The Careers Fair is more than an event; it's part of a broader vision to support Fiji's economic development and harness local talent. A Sector on the Rise Fiji's outsourcing industry is expanding at an unprecedented pace, driven by demand for skilled professionals who deliver exceptional service on the world stage. Known for its quality, adaptability, and cultural affinity with markets like Australia and New Zealand, Fiji is increasingly being seen as an attractive nearshore destination. The careers fair offers an engaging platform for students to connect with some of the industry's top players, including Bula Outsourcing, Centrecom, DHL Express, Duco Consultancy, Greyhound, Mindpearl, My Koro, Our Pacific Office, Packleader Pacific, Pepper Advantage Hub Fiji, Proficient Customer Solutions, RCL Services, and TKW Collective (Fiji). Beyond

Customer Support: A World of Diverse Careers A common misconception about outsourcing careers is that they're limited to contact center roles. The reality is that the sector is dynamic and multi-faceted, encompassing a wide range of professional fields such as accounting, finance, human resources, digital marketing, IT, and even specialized engineering roles. For young Fijians exploring their career options, the outsourcing industry offers pathways that align with various talents and interests, allowing for an extensive exploration of future possibilities. Why Choose Outsourcing? In Fiji's outsourcing industry, young talent is at the heart of its success and growth. With 90% of the workforce between the ages of 21 and 35, the sector offers an ideal environment for students and young professionals seeking a dynamic, globally connected career. This youth-driven industry is fast-paced, constantly evolving, and filled with energy and ambition, making it a unique place where individuals are encouraged to bring fresh ideas and embrace innovation. Working in outsourcing means stepping into a role that connects with international clients and projects, offering a rare blend of cultural exchange and real-world impact. Employees have the opportunity to gain exposure to cutting-edge technology, international standards, and systems used by clients across the globe. For young Fijians, this exposure is transformative: it builds confidence, broadens perspectives, and equips them with the skills necessary to thrive in

an increasingly interconnected world. A Commitment to Growth and Learning One of the most compelling aspects of Fiji's outsourcing sector is its commitment to continuous learning and development. Many outsourcing companies invest heavily in training and upskilling programs, ensuring that their employees are well-prepared to meet global standards and adapt to new challenges. From mastering technical skills to developing leadership abilities, employees are supported to build versatile skill sets that make them competitive on both local and global stages. This commitment to professional growth isn't just a perk; it's a pathway for career advancement, allowing individuals to take on new

roles and responsibilities as they progress. The sector's emphasis on adaptability and skill development also means that employees are never stagnant. The outsourcing industry thrives on change, and those who enter the field are encouraged to be agile, open-minded, and ready to tackle new challenges. It's a career path that's ideal for those who are curious, eager to learn, and willing to push boundaries. Competitive Benefits and Long-Term Career Potential In addition to an environment of growth, Fiji's outsourcing sector offers competitive benefits that reflect its recognition of hard work and dedication. Competitive salaries, performance-based rewards, and clear pathways for career growth are standard across many outsourcing firms. It's a field where ambition is nurtured, and employees are supported to climb the ladder, often seeing rapid career progression for those who excel.

This dedication to rewarding hard work is matched by the range of diverse career options available within the industry. While many associate outsourcing primarily with customer support roles, today's outsourcing sector in Fiji encompasses a broad range of professions, including finance, human resources, digital marketing, and IT. For young professionals, this means the chance to find

a niche that aligns with their interests, whether it's in tech, finance, creative fields, or strategic consulting. Launchpad for a Global Career Fiji's outsourcing industry is more than just a job provider; it's a launchpad for a career that opens doors worldwide. Employees not only gain invaluable experience working with international clients but also develop a global perspective and skills that are transferable across industries. For students and young professionals in Fiji, this sector represents a new frontier - a chance to make a meaningful impact, stay on the cutting edge of global trends, and build a fulfilling, long-term career in a vibrant industry that's making waves both locally and internationally. A Bright Future Awaits By bringing together industry leaders, students, and government representatives, the Outsource Fiji Careers Fair serves as a launchpad for young talent, inviting students to dive into a sector that values innovation and is growing fast. Over the course of the fair, students can explore career booths, connect with professionals, and consider their future in an industry that's reshaping Fiji's economic landscape. For students looking to make their mark in a dynamic and expanding field, the Outsource Fiji Careers Fair 2024 is a gateway to a world of opportunity right here at home.



SHOP FIJI MADE PRODUCTS



SAUDAGAR CASH&CARRY

Retailers of all Fijian Grocery, Seafood, KAVA & Snacks.

28700 Mission Blvd, Hayward CA 94544

510-885-0430

SAUDAGAR CASH AND CARRY

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



PHONE: 510-885-0430

FNA raises grave concerns about the poor state of Navua Hospital

The Fiji Nursing Association has raised grave concerns over the safety of their members working in the Navua Hospital, where there has not been a reliable supply of running water and the hospital's physical structure itself is falling apart for some time now. The FNA says this concern is not new and it has been reported and discussed a number of times between the FNA and the Ministry of Health and Medical Services in the past 2 years it has now re-surfaced in a more seriously unsafe state where the very safety of the nurses and the patients are at high risk. They say the organisation did an observation at the hospital and the FNA General Secretary Filomena Talawadua had a discussion with some of their members who are working in the facility. They add from the discussions they had, it was revealed that patients

and relatives who were in the ward were complaining about the water issue and they have had to buy their bottled water and lift buckets of water to use in washrooms and showers. The FNA asks how fair is this to patients who are hospitalised and how long they have to succumb to such unhealthy conditions as hospitals are not to operate without clean running water. The Association says this is an OHS issue that needs to be dealt with urgently and with utmost priority as these issues have been there since COVID and nothing has been done about it allowing the people of Navua and the nurses to work in the same unhealthy unsafe conditions. They say the people of the Serua and Namosi province and the residents living within the subdivisional boundaries deserve better. The FNA is calling on the Minister for Health and



the Permanent Secretary and his management team to get their act together and deal with this issue with urgency as the duty of care of any nurse is to ensure the preservation of life to the fullest, and the work environment must be conducive to

foster this. They add that given the unsafe state of the building and the inadequate water supply, the Navua Hospital should be closed as to remain in operation is to put the lives of all workers, and patients and relatives at high risk of injury or even

death if the building collapses. We sent questions to the Minister of Health Dr Ratu Atonio Lalabalavu and his Permanent Secretary Dr Jemesa Tudravu on the 24th of last month and they are yet to respond.

Rabuka looks forward to deepening bilateral ties with the US after Trump victory

Prime Minister Sitiveni Rabuka says Fiji looks forward to deepening bilateral ties with the US and further pursuing our shared aspirations including, promoting peace and economic prosperity in the Pacific and beyond after the election of Donald Trump. While congratulating President-elect Donald Trump on his electoral victory, Rabuka says it is his sincere hope and prayer that President-elect Trump's tenure in office will be marked by the delivery of peace, unity, progress and prosperity for all Americans, and the community of nations. Trump said in Florida that America has given them an unprecedented and powerful mandate. Voters not only swept Trump into the White House for a second time, but delivered his Republican Party a likely majority in the Senate and a possible one in the house at the election. On top of that, he won the popular vote: something he had never done before, which — while not essential to victory — added an exclamation point to his performance. While several swing states were still up for grabs as ballots con-

tinued to be counted, Trump was leading his Democratic rival, Vice-President Kamala Harris, in all of them. His victory was delivered after flipping the crucial battlegrounds of Georgia, Pennsylvania and Wisconsin, which took him past the 270 electoral college votes he needed to become president under the US system. The resounding triumph comes after he questioned — without evidence — the results of the 2020 presidential election, which he lost to Joe Biden. An angry mob of his supporters subsequently stormed the Capitol building in Washington DC. Trump and his team have two months before he is inaugurated. While the Republicans had already won a majority in the Senate after claiming at least two seats off the Democrats, things were less certain in the House of Representatives, where multiple races were yet to be called. Although as counting continues, a majority is possible there too. Veteran Republican senator Mitch McConnell, who is the party's leader in the chamber, said the results were "a referendum" on Biden's administra-



tion. The international outlook is set for a major shake-up — and the most dramatic change would be regarding the war in Ukraine. If the Republicans control both houses of congress, it means Trump would have unfettered ability to enact his agenda, which will likely

include seismic foreign policy shifts — he's promised to stop funding Ukraine in its fight against Russia's invasion, for instance. McConnell said he would do "everything he can to help the new administration be successful". He thinks this is the most dangerous time since

right before World War II. He said America's adversaries including North Korea, Russia, China and Iran are "all talking to each other". The 82 year old said they have one thing in common, they hate America, and they want to diminish the role of the US in the world.

Fiji News

Thousands of women celebrate Soqosoqo Vakamarama iTaukei's 100th anniversary

Thousands of women from the 14 provinces in Fiji gathered at the FMF Gymnasium in Suva to celebrate the 100th anniversary of the Soqosoqo Vakamarama iTaukei, Fiji's oldest Indigenous women's organisation. Under the theme "New Beginning", the event showcased unity and pride, with attendees dressed in vibrant provincial attire as they handed over the \$500 contribution from each province to the organisation. President Adi Finau Tabukaucoro highlighted the milestone as an opportunity

to honour generations of iTaukei women who have advanced the well-being of their communities. Representatives from the government, civil society, and the British High Commission joined the celebration, underscoring the organisation's impact on Fijian society. Adi Finau says the organisation's new initiatives aim to build financial independence and promote economic empowerment, ensuring Soqosoqo Vakamarama iTaukei's future as both a cultural and economic force.



Govt allocates \$100,000 for 160th Anniversary Commemoration of the arrival of Melanesian labourers

In a significant step towards recognising and preserving the cultural and historical contributions of Fiji's Melanesian Labourers' descendants, the Government, through the Ministry of iTaukei Affairs, Culture, Heritage and Arts, has allocated \$100,000 in its budgetary provision for this financial year to assist the Fiji Melanesia Council host the inaugural 160th Anniversary Commemoration of the arrival of Melanesian labourers in the country. The two-day event, which will take place today and tomorrow, will be a landmark occasion acknowledging the experiences, resilience, and contributions of Melanesian communities within Fijian society. The Fiji Melanesian Council says the commemoration aims to highlight the immense role that Melanesian communities have played in Fiji, both historically and in contemporary times. They say by honouring these communities, the government underscores the importance of cultural inclusion and historical awareness as foundational elements of national identity. The Council says the roots of this commemoration lie in the history of the blackbirding era, a period marked by the forced recruitment of Melanesian labourers to work on plantations in Fiji. They add that beginning in the mid-19th century, Melanesians were brought to Fiji under harsh and often exploitative conditions. They say despite en-

during tremendous hardships, these labourers laid the foundations for Fiji's agriculture, infrastructure, and cultural diversity, and this historical experience has not only shaped Melanesian communities in Fiji but has also influenced the nation's social fabric. The Council says for many years, the contributions of Melanesian descendants in Fiji have gone largely unacknowledged in official narratives, and this commemoration represents a turning point by recognising their contributions and sacrifices. The Fiji Melanesian Council believes that the celebration is not just a reflection on history but a way to affirm the presence and value of Melanesian culture within Fiji's multicultural society. They say it is an opportunity to honour a long-overlooked legacy, helping to bridge historical gaps in Fiji's collective memory. In line with impactful thinking, the Fiji Melanesian Council, together with the Ministry of iTaukei Affairs, Culture, Heritage & Arts, has put together a programme of activities that is interactive and full of learning, and they are grateful to their various donor partners and our creative artists for coming on board at the eleventh hour to put together an ensemble of activities. A seminar has been convened by Dr. Eseta Tulavu, a renowned academic and researcher on Melanesian Labourers of Solomon descent in Fiji, and Simione Sevudredre, also a renowned

Indigenous Fijian scholar and cultural consultant. The seminar will include speakers from various individuals who have in one way or another shaped the visibility of people of Melanesian descent in Fiji and also have their professional and personal lives impacted by the same community. The seminar is an open talanoa event fostering the transformative power of storytelling in addressing complex social issues and advocating for change. The seminar will be followed by a commemoration event held at the Suva Foreshore tomorrow. The day will begin with a march from the Flea Market, followed by the Prime Minister's opening of the event, a traditional protocol presentation, and an ensemble of artistic and creative performances from artists. The event will also feature storytelling sessions by the elders in the community. The highlight of the second day is a float procession that will be part of the march of members of the community that have settled across the 14 provinces

of Fiji, and this procession will illustrate key moments in the history of Melanesian labourers, including their journey to Fiji, the work they undertook in the cotton and sugar plantations, and their enduring resilience. Through symbolic floats and performances, the procession aims to provide spectators with a visual narrative of the Melanesian experience in Fiji. The Council says it will be a one of a kind float procession and this is curated by Talei Draunibaka and choreographed by Tevita Tobeyaweni and produced by the Department of Culture, Heritage and Arts. They say the idea for this aspect of the float procession gained momentum following the July performance of Butakoci, a theatrical production that brought attention to stories of displacement and exploitation faced by marginalised communities, including Melanesians. They further says supported by the Asia Foundation and USAID, Butakoci Stolen served as an artistic medium that used drama and storytelling

to communicate untold histories to a wider audience. The Council adds the production effectively stirred conversations around Fiji's multicultural heritage, raising awareness and empathy, and encouraging audiences to engage with these historical narratives. They say the impact of Butakoci resonated deeply within communities and government agencies alike, inspiring the Ministry of iTaukei Affairs, to embark on this historic commemoration of the Melanesian community's legacy. They also say by creating a space where audiences could connect emotionally with historical injustices, the Fiji Melanesian Council and the Ministry of iTaukei Affairs envisions that this anniversary celebration is not an isolated event but part of a larger vision to integrate Melanesian heritage into Fiji's national consciousness. The Council adds it serves as a foundation for long-term efforts to ensure that Melanesian culture continues to thrive within Fiji's diverse society.



Fiji News

Fiji Airways introduced complimentary full flight messaging Wi-Fi for the Economy Class guests

As of November 1st, Fiji Airways has introduced complimentary full flight messaging Wi-Fi for the Economy Class guests. It is an upgrade from the previous 15-minute limit. This new service is available on Fiji Airways modern Airbus A350 and Boeing 737MAX aircraft. Business Class guests already enjoy full-flight browsing Wi-Fi. This initiative follows the airline company's recognition at the APEX Official Airline Ratings™, where they received the esteemed Five Star Major Airline Award for three consecutive years.



iTaukei community dominates 2024 HIV statistics in Fiji with 89%

The i-Taukei community is dominating the HIV statistics in Fiji with a striking 89 percent, according to the latest data presented at the Global AIDS Monitoring and HIV Estimates Workshop. This was revealed by World Health Organisation Sexual Reproductive Health and Rights Officer Joeli Colati at the Radisson Blu Resort in Nadi. Colati says the i-Taukei are more likely to undergo testing in public healthcare facilities contributing to comprehensive national data. He says Fijians of Indian Descent who comprise 9 percent of people living with

HIV and other races making up 2 percent tend to seek testing through private doctors. He says this choice often results in under reporting and gaps in the overall data. He further says there is an urgent need for strict adherence to the HIV Act 2011 which mandates that all positive HIV results from both public and private facilities be reported to the National HIV/AIDS Programme Manager in a de-identified format. Colati says this ensures accurate data collection, essential for effective public health interventions.



PC Baleicakau demonstrates policing ethics during times of disaster

Without thinking of his safety, Police Constable Iowane Baleicakau of Sawani Community Post risked his own life and assisted a child get to safety when their home was nearly overtaken by floodwaters. The image has gone viral on social media, with many showing their appreciation and love for what PC Baleicakau has done, which has also brought pride to the Fiji Police Force.

His love for his work and pride in the uniform was evident as he carried a child out

from his home as flood waters increased. Minister for Women, Children and Social Protection thanked the Fiji Police for their dedication and work in keeping people and children safe during floods. According to Police, when others run away from danger, officers run towards it for the sake of the communities they serve. They say officers risk their own lives at times to save others, and despite criticism and negative comments, they deal with situations head-on.



Fiji News

Medical Association calls on Govt to urgently review it's policy that has resulted in reduced radiology and pharmacy services

President of the Fiji Medical Association, Doctor Alipate Vakamocea has come out today saying the reduced services at CWM Hospital based on the recent changes to civil service overtime remuneration under Circular 14/2024, place both patients and medical professionals in a precarious position. Doctor Vakamocea says the FMA urges the Government to immediately review the policy decisions affecting Band F health care professionals, and strongly recommend exempting the Ministry of Health from the current overtime policy, recognizing that their roles are critical to the provision of essential health services to the Fijian public. He also sends out a caution to the public regarding the limitations now present at CWM Hospital and potentially other public health care facilities. They urge all Fijians to take proactive steps in managing their health, adopting preventive measures, and seeking regular medical advice to avoid conditions that may require emergency medical intervention. Doctor Vakamocea says the FMA emphasizes that without essential diagnostic tools available around the clock, the doctors are forced to make critical clinical decisions with limited information. He says this not only jeopardizes accurate diagnosis and comprehensive patient assessments but also substantially increases the risks of delayed or missed diagnoses, potentially resulting in severe consequences, including permanent disability or even death. The Fiji Medical Association says it has been alerted to the critical situation currently impacting health care services at CWM. Doctor Vakamocea says the changes to civil service overtime remuneration have directly impacted health care services, particularly for allied health professionals in the Band F salary scale and below. As a result, several essential services, including Radiology and pharmacy, have been adversely affected. This has led to disruptions in vital diagnostic services, including X-rays, CT scans, MRI, and Ultrasound imaging, which are

now unavailable after 4:30pm and limited during normal working hours. Additionally, the hospital pharmacy is not operational after hours, creating further barriers to timely and effective patient care. Doctor Vakamocea says the FMA is particularly concerned about the health and safety implications for patients who may require urgent diagnostic support outside standard operating hours. The FMA President says for those presenting with acute or emergency conditions, timely access to these essential services are crucial for life-saving interventions. He says the inability to access these services due to staffing and policy issues places patients at considerable risk and severely limits the capacity of our doctors and health care providers to deliver the standard of care they are committed to providing. The FMA President says excluding the Ministry of Health Band F workers from overtime compensation not only compromises patient safety but also places an unsustainable burden on our medical teams working in challenging and resource-limited conditions. He says as doctors they are part of a team, and if that team is not able to function, they cannot guarantee the provision of a safe, effective, timely and patient centered service. Doctor Vakamocea says failure to act could result in dire consequences that would undermine the public's trust in our health care system and compromise the well-being of those it serves. Serious concerns are being raised by the public as the Ministry of Health has decided that radiology services and pharmacies at Government hospitals and health centres close at 4.30pm after the recent circular from the Ministry of Civil Service. It is being labelled as a backward step in providing health services. We are currently trying to speak to the Ministry of Health. The Ministry of Health wishes to inform members of the public that allegations of Radiology and Pharmacy staff going on strike at the Colonial War Memorial Hospital are false. They say the CWM Hospital is experiencing



a shortage of qualified radiology and pharmacy staff, and the services at the two departments have been temporarily reduced to cater for the current number of staff available in the two departments. The Ministry says the opening hours for the Radiology Department and the Pharmacy Department at CWM Hospital are now from 8:00am to 4:30pm from Monday to Friday. They say in addition, emergency radiological investigations afterhours can be referred by the hospital to approved private providers when deemed necessary. The Ministry says further discussion is in progress on the provision of two services over the weekend, and members of the public will be advised of this arrangement once it is finalised. They say the staff of the two departments at CWM have not gone on strike, but have adhered to the Ministry of Civil Service's Circular on Overtime Work and Time-

off-in-Lieu (TOIL) for all civil servants which was issued on 1st October 2024. The Ministry says the Circular limited the compensation of Overtime worked to officers on salary Band E and below, and Nurses on salary Band F. They say however, it was noted that the absence of Allied Health staff who take Time Off In Lieu was contributing further to the shortage of staff available for services. The Ministry of Health is in consultation with the Ministry of Civil Service which has acknowledged the public health challenges arising from actions taken to streamline implementations of the Time-Off in Lieu and Overtime management for all Civil Servants. Permanent Secretary for Civil Service Parmesh Chand reassured that the Ministry is committed to collaborating with the Ministry of Health and will be meeting tomorrow to discuss strategies for workforce

sustainability and continued service delivery to the general public. The Ministry of Health while acknowledging its hard-working staff for their service, is equally mindful of the impact of ongoing staff shortage on patient care, as well as the health and wellbeing of its staff, and is working to ensure that both issues are addressed adequately. They say on the long standing shortage of Health Care Workers in the country, the Health Ministry has commenced consultations with its partners and stakeholders including the Ministry of Civil Service, and the two health training universities in Fiji – the Fiji National University, and the University of Fiji, on sustainable short and long term solutions to address the health workforce needs for Fiji. The Ministry of Health says consultations are ongoing and the health workforce plan is anticipated to be finalized and launched in early 2025.



Fiji News

Melanesian contributions in Fiji for years have gone unnoticed in official narratives - Vasu

As the government celebrates the 160th Anniversary of the Melanesian labourers arrival in Fiji, Minister for iTaukei Affairs Ifereimi Vasu has apologized on behalf of the government for not acknowledging the contributions of Melanesian descendants for many years, which has largely gone unnoticed in official narratives. Vasu says this is the first time the Government has taken this step in recognizing and preserving the cultural and historical contributions of the Melanesian descendants to Fiji. He says he is privileged to officiate at this seminar. Vasu adds that even though their history is rooted in the Blackbirding era and the associated trauma, the anniversary theme of unshackling our history—restoring Melanesian history in Fiji is paramount. He reiterates the importance of this event as it



will provide the Ministry with perspectives on how to derive a suitable policy for the Fiji Melanesian community. Vasu adds that his biggest gratitude is to the Melanesian people for keeping the memory of their ancestors alive.

Crowne Plaza named best New Resort in Pacific



Upscale Resort category. Parsons says for a resort that has been operating for less than a year, these wins showcase the dedication of their staff to providing five-star experiences and exceptional service to all their guests. The resort says Crowne Plaza Fiji is an unmatched destination for guests to escape and relax, with ten dining and entertainment options, Fiji's first ever European style Beach club with infinity pool - Urban Sugar, five soon to be seven swimming pools, a day spa and suites with direct pool access. They say business travellers are spoiled for choice, with working nooks around the resort, meeting rooms, grand ballrooms for larger events and a state-of-the-art convention centre that will span 16,576 square metre opening in March next year. Parsons says as a team, they are committed to bringing the vision of the hotel to life. He says these awards show their dedication to providing the warm Fijian hospitality Fiji is known for, as well as delivering unforgettable experiences through premium accommodation, dining, leisure and business offerings that guests can enjoy.

Crowne Plaza Fiji Nadi Bay Resort & Spa is the winner of the New Hotel - Pacific category and was awarded a Highly Commended for the Fijian Upscale Resort category at the HM

Awards Aotearoa-Pacific 2024 held in Auckland. The HM Awards recognise excellence and outstanding performance across the Pacific region and are the leading awards in the

accommodation industry. The resort says their wins highlight the resort as a standout property in Fiji, offering guests premium experiences, set against the stunning backdrop of Wailoaloa

Beach. Resort General Manager Shaun Parsons says they are delighted to have been crowned the Best New Resort in the Pacific and recognised as Highly Commended in the

Fiji News

Bainimarama takes Govt and AG to court for allegedly short-paying him \$337,211 in pension

Former Prime Minister Voreqe Bainimarama, who is serving a one year prison sentence, has taken the Fijian Government and the Attorney General to court in relation to the alleged short payment of his pension and gratuity by \$337,211. According to the Writ of Summons filed in court by Bainimarama's lawyers, they claim his annual salary was \$328,750 and according to the Parliamentary Remunerations Act, his pension and gratuity is supposed to be 75 percent of his annual salary which is \$246,562.50. Bainimarama opted for a gratuity or a lump sum payment. According to the summons, they claim his pension was reduced to \$184,921.87. The summons state that the Government made a payment of \$433,286.75 to Bainimarama, allegedly leaving a shortfall of \$337,211.12. It claims Bainimarama should have received a monthly pension payment of \$7,112.12. In the response filed by the Office of the Attorney General, they deny the amounts provided as



Bainimarama was only entitled to 80 percent of the salary provided in the Parliamentary Remunerations Act 2014, that is, \$263,000, when he retired as the Prime Minister. They say that the salaries of the Prime Minister, Ministers and other

public officers outlined in the Parliamentary Remunerations Act were reduced by 20 percent on 27 March 2022 as per the Parliament's resolution and according to section 11 of the Act, his reduction would remain in effect until the Parliament made

a new determination. They say there was no new determination before Bainimarama's retirement, so his salary was \$263,000 per annum when he retired. They say Bainimarama and his lawyers have misconstrued the relevant provisions

of the Prime Minister's Pension Act and the Parliamentary Remunerations Act. They seek that this claim be dismissed with an order on the costs. The matter has been adjourned to the 5th of February next year.

\$1.2 million is the cost of taking 56 member delegation to COP, 91.70% of it comes from external funds – Prof. Prasad

\$1.2 million is the cost of taking the Fijian delegation for the COP 29 meeting in Baku, out of which \$960,065.00 is funded externally which is 91.70 percent of the total costs. Deputy Prime Minister and Minister for Finance Professor Biman Prasad says \$238,739.77 is funded by government. Professor Prasad says 51 delegates out of the 56 are externally funded and 5 delegates are funded by the government. He says they have a balanced representation of teams across the technical and political teams. He adds part of the delegation are three members of the Opposition, two from the Multi Ethnic Affairs and Sugar Industry Ministries. Professor Prasad says people should not believe the incorrect information spread by other political party leaders like Savenaca Narube as they are spreading false information and misleading the public.



Local News

Who Is Usha Vance? JD Vance's Wife Is Also a Yale-Educated Lawyer

The 38-year-old Indian American boasts several degrees and previously worked at the U.S. Supreme Court. Usha Vance smiles and stands at a podium with a microphone, she wears a blue short sleeve dress. Usha Vance, 38, entered the national spotlight in July 2024 when Republican presidential candidate Donald Trump named her husband, Senator JD Vance, as his vice presidential running mate. Usha has joined her husband, along with their three children, on the campaign trail. A former lawyer and avid reader, she's been seen with a book under her arm at multiple campaign stops. She told NBC News she provides companionship on their travels but also offers her perspective on how JD's appearances went. In addition, she helped JD prepare for the vice presidential debate at the beginning of October.

ON THE 2024 REPUBLICAN PRESIDENTIAL TICKET Donald Trump smiles at the camera, he wears a blue suit jacket and tie with a white dress shirt, an American flag pin is on his lapel. JD Vance looking up and smiling, he wears a navy suit jacket, white collared shirt and a blue tie. JD Vance Should the Trump-Vance ticket win the 2024 election, Usha will be the first Indian-American second lady of the United States. She would also be the youngest second lady since the Harry S. Truman administration when 38-year-old Jane Hadley Barkley married Vice President Alben Barkley in November 1949. Here's what to know about Usha Vance, including her background, career, religion, and how she met her husband. A California native, Usha was born to Indian immigrants. Usha Vance was born Usha Chilukuri in San Diego in 1986 to parents who had immigrated from India. Her father, Krish, worked as an engineer and became a lecturer at San Diego State University. Her mother, Lakshmi, is a microbiologist who became a provost at the University of California at San Diego. Usha and her sister grew up in the suburban San Diego community of Rancho Peñasquitos. She thrived at the public Mt. Carmel



High School before heading to Yale University. After graduating in 2007, Usha had a teaching fellowship in China. She next earned a master's degree from Cambridge University as a Gates Cambridge Scholar. Since entering the public eye, Usha has been the subject of racist attacks for her Indian American identity. For his part, JD has defended his wife on multiple occasions. "What kind of man marries Usha? A very smart man and a very lucky man, importantly," he said. Usha and JD Vance met in law school and have three children: Usha Vance and JD Vance smile while inside a crowded diner, two of their young children are with them. Getty Images Usha and JD Vance have two sons, Ewan and Vivek, and a daughter, Mirabel. In 2010, Usha started at Yale Law School. In her first year, she took classes with JD Vance (who then went by the name J.D. Hamel). Usha and JD soon became a couple; their closeness led classmates to merge their names and dub the pair "Judusha." In his 2016 memoir *Hillbilly Elegy*, JD credited her as being his "spirit guide" at Yale when he struggled to fit in. In 2014, Usha and JD were married in Kentucky, and she became Usha Vance (JD changed his last name the previous year). After living in California and Washington

D.C., the Vances relocated to Cincinnati in 2018. They have three children, including two sons and a daughter. Ewan was born in June 2017 followed by Vivek in February 2020, and Mirabel in December 2021. Advertisement - Continue Reading Below She worked at the U.S. Supreme Court and a private law firm Usha held prestigious clerkships after law school including for Brett Kavanaugh when he was a judge of U.S. Court of Appeals for the D.C. Circuit. In 2017-18, she had a Supreme Court clerkship with Chief Justice John Roberts. Beyond court positions, Usha was an associate at Munger Tolles & Olsen, a law firm with a self-described "radically progressive" culture, until her July 2024 resignation when JD became the Republican vice presidential pick. REPUBLICAN NOMINEE DONALD TRUMP'S FAMILY melania trump smiles as she looks at the camera, she wears a black tweed suit jacket. Melania Trump barron trump looking upward with American flags in the background. Usha was raised Hindu but attends Catholic Church with her family. Her family's Hindu faith was an important part of Usha's childhood. In a June 2024 interview with Fox News, she said: "I did grow up in a religious household. My parents are Hindu, and that was one of the things that

made them such good parents, that make them really very good people." When the Vances got married in 2014, their wedding events included a Hindu blessing ceremony. JD converted to Catholicism in 2019, but Usha didn't. However, she supported his decision and accompanies him to church with their children. The former Democrat fully backs her husband and Trump. Usha was registered as a Democrat until 2014. After her husband became the Republican vice presidential nominee, an anonymous friend told *The Washington Post* Usha had been "appalled by Trump" and disturbed by the January 6, 2021, attack on the U.S. Capitol. However, like JD who also had

an about-face on Trump, *The Post* reported comments from a Republican strategist and family friend who said Usha's views had changed and that she now supported both her husband and Trump. When JD faced criticism this year over a 2021 remark about the United States being run by "a bunch of childless cat ladies who are miserable at their own lives," Usha defended her husband. In an interview with Fox News this August, she described JD's statement as a "quip." "What he was really saying is that it can be really hard to be a parent in this country, and sometimes our policies are designed in a way that make it even harder," Usha said.



Fiji News

FWCC condemns call by FTA for corporal punishment

The Fiji Women's Crisis Centre has condemned the calls made by the Fijian Teachers Association for public consultation on the reintroduction of corporal punishment in schools. While speaking to fjiivillage News, FWCC Coordinator Shamima Ali says there is no research that has been done on bad behaviour from children in schools nowadays. Ali says a lot of these are rooted in our homes, communities, religious institutions, and the way society at large behaves, which children follow and imitate. She says there's a lot of bad behaviour from the patriarchal society that we live in, and that is what we need to look at, rather than taking regressive steps like bringing back corporal punishment. Ali says the respect that children should be showing teachers nowadays is gone because we don't respect each other and even have leaders who make racist and misogynistic comments and behave badly towards each other, particularly men. She says we



have to stop doing that and set an example. She adds that there are progressive ways of disciplining children that are non-violent and non-harmful, and she further says we all need to undergo sensitization, aware-

ness, and education on child rearing everywhere, in our teachers' colleges, in our homes, and parenting in the community. When asked for a response to FTA General Paula Manumanunitoga's comments saying

that due to the rise of the gay rights movement, a shift began in favour of human rights, Ali says it is amazing that an educator is talking in this manner. She says this is utterly untrue, not based on any evidence or

anything. We have also sought a response from DIVA for Equality and the Fiji Human Rights Commission on the comments made by Manumanunitoga. They are yet to respond.

FTA calls for consultation on reintroducing corporal punishment in schools while FTU opposes it

The Fijian Teachers Association is calling for public consultation on the reintroduction of corporal punishment in schools, as Fiji ratified the United Nations Convention on the Rights of the Child without any consultation while the Fiji Teachers Union is urging teachers not to inflict corporal punishment. FTA General Secretary Paula Manumanunitoga says they have observed that, over the years, teachers have struggled to control their classrooms, particularly during contact hours when they are teaching. He highlighted this following the Fiji Human Rights and Anti-Discrimination Commission's unequivocal condemnation of the Association's recent call to reintroduce corporal punishment in schools. In an interview with fjiivillage News, Manumanunitoga says that in the iTaukei setup, since the arrival of Christianity, the rod has always been readily available. He says they would correct behaviour by implement-



ing what is now referred to as corporal punishment or abuse. Manumanunitoga says cultures around the world traditionally used such corrective measures to address behaviour, but suddenly, he believes, due to the

rise of the gay rights movement, a shift began in favour of human rights.

He says they must just not swallow anything that the world gives us as some countries have not ratified that

convention but have instead modified and contextualised it to suit their own countries and cultures. Meanwhile, the FTU General Secretary Muniappa Goundar is urging teachers not to inflict corporal punishment

on students as a means of discipline, as it is unconstitutional. Goundar says they recognise the need to devise alternative methods to discipline students who misbehave or underperform academically.



ELDORADO

COMMUNITY SERVICE CENTERS

YOUR NEIGHBORHOOD MEDICAL AND MENTAL HEALTH CENTER

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

SERVING

Bay Area | Los Angeles | Kern County | San Diego

SEE WHAT YOUR NEW HEALTHCARE TEAM CAN DO FOR YOU

1-877-557-7826

WWW.AMERICANHEALTHSERVICES.ORG

Roop Kala Jewelers

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

Now Available Imitation Jewelry

Fashion & Silver Jewelry
Watch Battery Change
Watch Repair

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



Specialists in 22ct Gold Jewelry

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

PH:(650) 871-5611

Watch Battery Change Watch Repair

Watch Department- Call Driect 650-808-0859



Health News

Poor Sleep In Your 40s Linked to Faster Brain Aging Later In Life

Poor sleep quality in your 40s can affect your brain health later in life. That's the conclusion of a study published on October 23 in *Neurology*, the journal of the American Academy of Neurology. In their findings, researchers from the University of California San Francisco (UCSF) and other institutions reported that people who have poor sleep quality around the age of 40 can have a brain age from 1.6 years to 2.6 years older than people who regularly get quality sleep. "Our findings highlight the importance of addressing sleep problems earlier in life to preserve brain health, including maintaining a consistent sleep schedule, exercising, avoiding caffeine and alcohol before going to bed and using relaxation techniques," Kristine Yaffe, MD, a study author and professor of psychiatry at UCSF as well as a member of the American Academy of Neurology, said in a news release. "Future research should focus on finding new ways to improve sleep quality and investigating the long-term impact of sleep on brain health in younger people," Yaffe continued. Examining the link between sleep and brain health In their study, researchers looked at 589 people with a mean age of 40. About 53% of participants were female and 39% were Black.

At the start of the research, participants were asked to fill out a survey with questions such as: Do you usually have trouble falling asleep? Do you usually wake up several times at night? Do you usually wake up far too early? The researchers recorded the number of six poor sleep characteristics reported by each individual. The sleep habits included: short sleep duration bad sleep quality difficulty falling asleep difficulty staying asleep early morning awakening daytime sleepiness Based on the responses, the researchers assigned participants into three groups: 0-1 poor sleep characteristics 2-3 poor sleep characteristics More than 3 poor sleep characteristics At this initial phase, 70% of participants had no more than one poor sleep habit. Another 22% had 2 to 3 characteristics while 8% had

more than 3 characteristics.

The researchers then sent the same survey to participants 5 years later. After another 10 years, they used MRI scans and machine learning tests to estimate the participants' brain age. The researchers reported that people with more than 3 poor sleep characteristics had an average brain age of 2.6 years older than people in the group with 1 or less characteristic. People with 2 to 3 characteristics had an average brain age of 1.6 years older than people in the lowest group. "This study is impactful, since it demonstrates the relationship between poor sleep and accelerated brain aging in middle-aged adults, and offers promise that early treatment to manage sleep problems could prevent neurocognitive dysfunction in the future," Cleo Kushida, MD, a neurologist and a professor of psychiatry and behavioral sciences at Stanford University in California, told Healthline. Kushida wasn't involved in the study. Scott Kaiser, MD, a geriatrician and the director of Geriatric Cognitive Health for the Pacific Neuroscience Institute at Providence Saint John's Health Center in California, not involved in the study, agreed. "This is a highly compelling study — finding clear associations between poor sleep quality in midlife and accelerated brain aging — that contributes important insights into a critical body of research investigating connections between sleep and brain health." Kaiser Quality sleep is crucial for brain health The researchers acknowledged a limitation of their study was the self-reporting by participants of their sleep habits.

They also said the study was observational so it only produced an association between poor sleep and brain aging instead of a causation. Nonetheless, the researchers said their findings emphasize the importance of quality sleep. Experts agreed. "Sleep is without question important to brain health," Kushida told Healthline. "We know that some sleep disorders, such as obstructive sleep apnea, can have effects on neurocognitive function and risk

of cerebrovascular disease. Additionally, the relationship of poor sleep with brain aging is an important one as shown in the study." "There is an increasingly robust body of research demonstrating the critical importance of a good night's sleep for brain health," Kaiser said. "Whether through the clearing of debris, 'resetting' of neural networks, or providing down-time to various systems, the quantity and quality of sleep [although in this particular study the accelerated brain aging findings were limited to those with poor sleep quality] have profound physiologic impacts that impact our day to day thinking, memory, and mood as well as our long-term risk of cognitive decline and dementia," Kaiser noted. Quality sleep essential for overall health Sleep is now listed among the top lifestyle factors for maintaining good health.

Researchers have reported that quality sleep can: maintain critical body functions restore energy repair muscle tissue allow the brain to process new information Past research has indicated that consistent quality sleep can lower a person's risk of dementia. Other research has concluded that quality sleep can also help a person lose or maintain weight, strengthen the heart, lower type 2 diabetes risk, boost the immune system, and decrease inflammation in the body. Experts say it's important to have good sleep hygiene at any age. "Sleep is important in all ages," Kushida said. "We

know that in children and adolescents, sleep problems can lead to delayed growth and behavioral issues. Middle age is when many sleep disorders and medical disorders that impact sleep become more prevalent and increase further with age, and as demonstrated in this study, poor sleep in this age group is associated with advanced brain age," he added. How to get quality sleep The Centers for Disease Control and Prevention (CDC) recommends different daily amounts of sleep at certain ages: Infants 4 to 12 months old: 12-16 hours (including naps) Toddlers 1-2 years old: 11-14 hours (including naps) Preschoolers 3-5 years old: 10-13 hours (including naps) School-age children 6-12 years old: 9-12 hours Teenagers 13 to 18 years old: 8-10 hours Adults: 7 hours or more Getting a consistent amount of sleep isn't always easy.

The CDC offers tips to achieve quality sleep: spend time in bright light during the daytime exercise regularly, aiming for 30 minutes per day five days a week eat meals at consistent times avoid heavy meals, nicotine, caffeine, and alcohol before bedtime use a consistent routine to wind down at night put away electronic devices an hour before bedtime and sleep in a quiet, cool, and dark environment Kushida added a few more items to this list. Go to sleep and wake up at approximately the same time every day. Avoid irregular long

daytime naps. Avoid staying in bed longer than 20 minutes if you can't go to sleep or can't fall back asleep after awakening in the middle of the night. Kaiser urged anyone with sleep difficulties to seek professional guidance. "There are healthcare professionals with expertise in this domain who can further evaluate your issues and may offer effective solutions to improve sleep quality, including addressing the specific poor sleep characteristics — difficulty initiating or maintaining sleep, early morning awakening, and daytime sleepiness — assessed in this study and associated with accelerated brain aging," Kaiser said. Takeaway Poor sleeping habits during your 40s may affect brain health in later years. In a new study, researchers reported that a group of people with a mean age of 40 who experienced poor sleep hygiene showed brain ages 1.6 years to 2.6 years older than people the same age who practiced healthy sleep patterns.

Experts say quality sleep provides a number of health benefits from repairing muscle tissue to allowing the brain to process new information to lowering the risk of inflammation, and boosting the immune system. They say you can improve your chances of getting a good night's sleep by going to bed approximately the same time every night, putting away electronic devices an hour before retiring, and sleeping in a cool and darkened room.



Health News

80% of Strokes Are Preventable. Here's How to Reduce Your Risk

The Centers for Disease Control and Prevention (CDC) estimates nearly 800,000 people have a stroke every year in the United States. Of these, more than 600,000 will be a first-time stroke. For the first time in 10 years, the American Stroke Association (ASA) has updated its guidelines for reducing stroke risk. According to an ASA news release, up to 80% of strokes may be preventable through diet and lifestyle changes and other modifications. The 2024 Guideline for the Primary Prevention of Stroke also urges healthcare professionals to carefully screen individuals for stroke risk factors, including: high blood pressure, elevated cholesterol levels, high blood sugar, obesity. Many of the new stroke guidelines coincide with the American Heart Association's Life's Essential 8, which promotes cardiovascular and brain health. The lifestyle factors in the ASA's new stroke guidelines include a healthy diet, regular exercise, better sleep, and smoking cessation. "Patients looking to reduce their stroke risk (and cardiovascular disease risk in general) should strive to follow the American Heart Association's Essential 8 recommendations for healthy living," said Cheng-Han Chen, MD, an interventional cardiologist and medical director of the Structural Heart Program at MemorialCare Saddleback Medical Center in California. Chen wasn't involved in the new guidelines. "We recommend that people eat a healthy balanced diet, engage in regular physical activity, get an adequate amount of sleep, maintain a healthy weight, avoid tobacco and alcohol, reduce stress, and control their blood pressure and cholesterol numbers," Chen told Healthline. Overall, the guidelines provide a clear pathway for medical professionals and their patients. The guidelines also call for more public awareness and education about how people can lower their risk of stroke. Women face unique stroke risk factors. The updated stroke guidelines recommend



that medical professionals screen for conditions that can increase the risk of stroke in females. Stroke risk factors affecting females include the use of oral hormonal contraceptives, developing high blood pressure during pregnancy, and pregnancy complications, such as: premature birth, endometriosis, premature ovarian failure, early-onset menopause. The guidelines also note that transgender women and gender-diverse individuals taking estrogen may also be at an increased risk of stroke. Social determinants of health and stroke risk. The new stroke recommendations emphasize "social drivers of health." These non-medical factors include inequities in healthcare, education, economic stability, and structural racism. The ASA adds that neighborhood factors such as a lack of walkability and access to healthy food also play a role. The guidelines urge medical professionals to advocate for patients in these circumstances. "Some populations have an elevated risk of stroke, whether it be due to genetics, lifestyle, biological factors and/or social determinants of health, and in some cases, people do not receive appropriate screening to identify their risk," said Cheryl

Bushnell, MD, a professor and vice chair of research in the Department of Neurology at Wake Forest University School of Medicine in North Carolina, in a news release. Bushnell is chair of the group that wrote the new guidelines. "This guideline is important because new discoveries have been made since the last update 10 years ago," she continued. "Understanding which people are at increased risk of a first stroke and providing support to preserve heart and brain health can help prevent a first stroke." José Morales, MD, a vascular neurologist and neurointerventional surgeon at Providence Saint John's Health Center in California, echoed the importance of primary stroke prevention and said the guidelines were long overdue. Morales wasn't involved in developing the new guidelines. "The focus on equitable access to healthcare, social determinants of health, and gender-specific recommendations are important additions to guiding clinical practice in an evidence-driven matter," he told. GLP-1 drugs may reduce stroke risk. The ASA's guidelines include a new recommendation for healthcare professionals to consider prescribing GLP-1 weight loss

drugs, such as Ozempic, Mounjaro, Zepbound, and Wegovy. The medications, which have been approved by federal regulators as treatments for obesity or type 2 diabetes, have shown promise in clinical trials in improving cardiovascular health and reducing the risk of stroke. Chen said the inclusion of newer topics such as weight-loss drugs into the new guidelines is an important step. "These updated guidelines also incorporate the important new class of drug (GLP-1 agonists) that we are finding to be extremely effective in treating those same risk factors for stroke," Chen noted. Healthy diet for stroke prevention. One of the most important things you can do to prevent a stroke is to maintain a healthy, balanced diet. The new guidelines urge people to stick closely to a Mediterranean diet. This diet focuses on the eating habits of people who live along the Mediterranean Sea. That plan encourages people to consume more fruits and vegetables as well as legumes, nuts, seeds, and heart-healthy fats. It discourages the consumption of processed foods, added sugars, refined grains. It also recommends limiting the consumption of alcohol. "Risk factors for stroke vary by age,

gender, genetics, comorbidities, and even medications. Therefore, I think the suggestion of screening for not only the basic risk factors but also secondary factors is essential to prescribe the right lifestyle interventions," said Kristin Kirkpatrick, MS RDN, a dietitian at the Cleveland Clinic Department of Wellness & Preventive Medicine in Ohio. Kirkpatrick wasn't involved in the new guidelines. "For my patients, I will often also recommend a Mediterranean pattern, but then work with the patient to assess tweaks to that pattern," she told Healthline. "For example, with someone who has insulin resistance or type 2 diabetes, I may focus on a more moderate carbohydrate version of the Med diet. For patients with high blood pressure, I may counsel more on a low sodium perspective. The most important component, however, may be to focus as a whole on a more plant-forward approach that limits ultra-processed foods, sugar, refined grains, and excess amounts of alcohol," Kirkpatrick continued. "I also recommend nutrigenomics testing for my patients as well to be able to get a truly personalized approach to prevention based on genetics," she said.



KAVA EXPRESS

*Natural Relaxation, fresh Quality Kava
brought to You direct from
the South Pacific Islands
Savu Savu, Fiji*

Waka



Lawena



www.kavaexpress.com
510.755.7625
info@kavaexpress.com

Sashi Prakesh

23839 CONNECTICUT STREET, UNIT 4 - HAYWARD, CA 94545

*We Design & Print • 510-512-2357
Specializing in Wedding Cards*

MOON INDIAN CUISINE

MOON
INDIAN CUISINE
INDIAN FIJI PAKISTANI
CUISINE

Most Affordable rates and prompt service:



CHEF PAUL

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

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

Health News

High-Intensity Exercise Works Like An Appetite Suppressant, Study Finds

High-intensity exercise appears to play an important role in mitigating feelings of hunger, according to a new small study. Those findings were even more prominent among females. The research, published online on October 24 in the *Journal of the Endocrine Society*, investigates the complex relationship between exercise, the hormone ghrelin, and perceived hunger. Ghrelin is popularly known as “the hunger hormone,” due to its ability to stimulate appetite. Researchers also sought to fill in gaps in the literature, specifically related to sex. While there is plenty of research available on exercise and appetite, the study authors note that little of it involves females. Additionally, prior studies have typically utilized only one form of ghrelin, known as acylated ghrelin (AG), but this latest research offers a more complete picture by including a second form, deacylated ghrelin (DAG). “The key take-home message from the study is that exercise, particularly at a higher intensity, suppresses total, acylated, and unacylated ghrelin, and this effect appears to be more pronounced in women than men,” Alice Thackray, PhD, a senior research associate in exercise metabolism at Loughborough University who wasn’t affiliated with the research, told Healthline. Both Thackray and the study authors acknowledge there is still much more to learn about the effects of exercise on appetite, but the study helps to confirm prior findings across sex and hint at a potential mechanism. How exercise affects the ‘hunger hormone’ Your body is constantly burning calories, even when at rest. When you exercise, your body’s energy requirements ramp up too, burning more calories, which can make you feel hungry. But that isn’t always the case. Unintuitive though it may seem, exercise can also suppress hunger. The exact reasons for this aren’t entirely certain, but researchers have homed in on the impact of exercise on circulating ghrelin. In their study, researchers investigated this relationship utilizing 14 adults — eight of them male and six

female. The participants were younger adults; the average age for men was 43 years old and 32 years old for women. Participants were not overweight, with both groups having an average body mass index (BMI) of about 22. Each participant had three randomized visits of exercise. During their visit the participant would take part in no exercise, moderate exercise, or high intensity exercise. Baseline and post-exercise measurements were taken for AG, DAG, total ghrelin, and lactate. Lactate is a metabolic byproduct that builds up during exercise and serves as a biological marker of muscle fatigue. Participants also had to answer questions about their appetite, fullness, and desire to eat to create a composite score of perceived hunger. In both groups, high-intensity exercise suppressed DAG, but women, whose baseline ghrelin was already higher than men, showed a dramatic drop in AG. “The decrease in

acetylated ghrelin after high intensity was really driven by the female group,” Kara Anderson, PhD, first author of the study and postdoctoral fellow at the University of Virginia School of Medicine, told Healthline. However, decreased ghrelin levels didn’t clearly correlate with a similar drop in perceived hunger for either group. “The hunger scores in response to exercise are pretty similar between men and women. So, there’s still a lot of research to be done, but this does suggest that males and females may respond to exercise differently, especially considering their ghrelin levels,” said Anderson. Why exercise intensity matters The impact of exercise on hunger and ghrelin levels varied across exercise intensity. High-intensity exercise had the most significant effect on ghrelin across males and females. However, perceived hunger told a different story. For females, both high-intensity and moderate-intensity exercise

resulted in nearly identical hunger scores, both of which were higher than the control (no exercise). For males, high-intensity exercise resulted in diminished perceived hunger compared to the control, while moderate exercise resulted in increased hunger. But the most important aspect of high-intensity exercise may have to do with lactate, which the authors theorize could be involved in “exercise-induced ghrelin suppression.” Essentially, when you exercise, your body builds up lactate as a byproduct. When your body produces lactate faster than it can be used aerobically, your body has crossed what’s known as the lactate threshold. To cross the lactate threshold, you have to be engaged in high-intensity exercise. And it may be the presence of lactate from crossing that threshold that is key for mitigating hunger. “The exercise-induced changes in ghrelin were observed alongside increases in lactate which

has been proposed previously as a potential mechanism for ghrelin suppression with exercise,” Thackray said. “We need more research to support the mechanisms involved in exercise-related appetite responses, including how exercise influences appetite regulation within the brain,” she noted. Takeaway Exercise has a complex relationship with appetite that can both stimulate and suppress hunger. New research indicates that both exercise intensity and sex are factors for the effects of exercise on appetite. In their study, researchers from the University of Virginia found that high-intensity exercise resulted in significantly diminished levels of ghrelin, popularly known as the “hunger hormone.” The effects were more pronounced in females compared to males. More research is needed to better understand the mechanisms involved in exercise-related appetite responses.



Bollywood News

Ananya Panday reveals why she was terrified of 'muhfat' Sara Ali Khan in school; leaves netizens divided

Ananya Panday has revealed that she would hide from Sara Ali Khan when they were together in school. Female actors can never be good friends. This is one myth that we have heard several times. But there have also been many stars who broke this rumoured stereotype, setting BFF goals. One such friendship that we witnessed in recent years was between Sara Ali Khan and Ananya Panday. Many thought that the star kids consider each other competition. However, when they graced Karan Johar's chat show together last year, we learnt how close they are. But did you know there was a time when Ananya was terrified of Sara and hid from her? In an interview clip which surfaced on the internet, Ananya remembered her school days with

Sara. She shared, "There was always like this myth, that Sara Ali Khan... so I would actually hide from her in school because I used to be terrified. Like she's muhfat anyways, like now also she says. But in school she was even more like muhfat and she used to really say anything. So I used to be like 'she's going to say something about me'." Ananya clarified that Sara never 'ragged' her, but added, "She did not know what my name was and she didn't want to know what my name was." Ananya went on to share a memory of the time they were together in a school play where Sara was the main lead. Instead of bothering to ask Ananya's name, Sara would call her 'Aye girl, come here'. Well, this viral clip has left netizens divided. Some fans slammed Ananya. For instance,



one troll wrote: "Ananya trying so hard to justify her struggles in life acting all cute but defaming other actress in that process is not cool sympathy k liye kuch b bolna hai bss bachpan ki baat vo b in interview." Meanwhile, a

few sided with Ananya. Trolling Sara, a netizen wrote: "She was pretentious from the beginning itself the way her pr portrayed as sati Savitri thank God her true Colors is being seen ☐." Well, it's nice to see how far

the two actors have come. On the film front, Ananya is currently soaring high on the love she received for her screenlife thriller film CTRL. Sara, on the other hand, will next be seen in Metro... In Dino.

Bhavana Pandey couldn't deal with daughter Ananya Panday getting hate online: 'Used to get hurt'

Bhavana got married to Chunky Panday on January 17, 1998. The couple has two daughters together, Ananya and Rysa Panday. Actor Ananya Panday has faced her fair share of online harassment, with trolls targeting her relentlessly. Her mother, Bhavana Pandey, reveals that initially, she found it distressing to witness her daughter being subjected to such negativity. However, over time, Bhavana has developed a thicker skin. In an interview with Mid-Day, the Fabulous Lives of Bollywood Wives star spoke about dealing with trolling. She said, "I used to get very hurt. I used to think how can they say these things? But I have developed a thick skin and we tend to focus on the negative. Let's be honest, there is a lot of love also she has got. People come up to me and tell me how much they love her and how much they love her work". After getting into the spotlight, Bhavana shared that her attitude towards her friends has not changed. She said, "I've realised success comes and goes. I have seen it in my own family. Chunky has been through it. You cannot get carried away with that. Humility is the most important. That



is the only thing that will take you places. For me, being a nice person, and being respectful, sensitive, and empathetic, those qualities matter more than success. Yes, I'm very grateful she's

doing well but at the same time if you're not a nice person all that doing well goes out of the window". Bhavana got married to Chunky Panday on January 17, 1998. The couple has two

daughters together, Ananya and Rysa Panday. Chunky and Bhavana were seen on Netflix's show Fabulous Lives of Bollywood Wives in 2020. It was this reality show which got her

into the spotlight. Most recently, she was seen in season 3 of The Fabulous Lives of Bollywood Wives along with Neelam Kothari Soni, Maheep Kapoor, and Seema Kiran Sajdeh.



STOCK UP ON YOUR FIJI FOOD & SNACKS!

★★★★★ Best Quality

NEW STOCK EVERY DAY



HALAL NZ LAMB CHOPS



MACKEREL FISH



REWA MILK POWDER



MARSHMALLOW



CREAM BUN HOT BREAD



FIJI MASALA



BHOOJA KING MURKOO



PUNJAS GHEE



MAGGI



BEST KAVA IN TOWN

FIJI FISH

- Fiji Root Crops
- Fiji Nakai
- Fiji Produce
- Fiji Medicines

EVERYDAY

10AM - 7PM

Sunday 10AM - 6PM

(916) 706-1836

7400 Elsie Ave, Sacramento,
CA 95828

Soni's Supermarket



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

Services Include:

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

Types of Testing:

Include, but not limited to:

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

Drug Free Work
Environments Promote

⇒SAFETY⇒
⇒PRODUCTIVITY⇒
⇒ACCOUNTABILITY⇒

Convenient Locations

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



For More Information

877-557-7826

www.drugtestingclinic.org

Discounted pricing available

Because addiction is not a life sentence



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

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

SEE WHAT OUR ADDICTION SPECIALISTS CAN DO FOR YOU!

I-877-557-7826

WWW.AMERICANHEALTHSERVICES.ORG

Take control[®]

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

Bollywood News

Simi Garewal defends Abhishek Bachchan amid divorce rumours with Aishwarya Rai; Farah Khan agrees with her

Simi Garewal posted a clip featuring Abhishek Bachchan, from her talk show. He is talking about loyalty in the video. Rumours of marital discord between Abhishek Bachchan and Aishwarya Rai have been circulating, with unsubstantiated claims suggesting Abhishek cheating on her. Veteran actor Simi Garewal took to social media to defend Abhishek, and filmmaker Farah Khan echoed her sentiments. Also read: The real reason behind Abhishek Bachchan's no-show at Aishwarya Rai's cousin's birthday bash However, Simi's post was met with intense backlash, prompting her to delete it. Simi, who shares a close bond with the Bachchan family, recently took to her Instagram to defend Abhishek amid extra-marital affair rumours. She took to Instagram on Tuesday night to show her support for Abhishek. She posted a snippet from her talk show, Rendezvous with Simi Garewal, featuring Abhishek, calling him the 'nicest men' in Bollywood. "I think everyone who knows Abhishek personally will agree he is among the nicest men in Bollywood. Good values and innate decency," she captioned the post featuring Abhishek. In the clip, Abhishek is



fully agree. He is just the nicest guy!" However, the post didn't go down well with many social media users, who came forward to slam the actor. Several users called out Simi for taking one's side through the post amid speculations of a troubled marriage. One of the comments read, "Very controversial time to put out this... Not fair yaa". One social media user accused her of "protecting" Abhishek

and ignoring Aishwarya. Simi deleted the post after getting trolled for it. The rumours about trouble between Aishwarya and the Bachchan family started in July 2024 during Anant Ambani's wedding. It started when Aishwarya and her daughter Aaradhya arrived separately for the wedding. The rest of the Bachchan clan - Amitabh Bachchan, his wife Jaya Bachchan, son Abhishek, daughter Shweta,

grandson Agastya Nanda, and granddaughter Navya Naveli made an appearance together. The rumours gathered steam after Abhishek or the Bachchan family did not wish Aishwarya on her birthday earlier this month. They are yet to make a statement on the buzz. They got married to each other in 2007. They share a daughter, Aaradhya Bachchan, who was born on November 16, 2011.

grandson Agastya Nanda, and granddaughter Navya Naveli made an appearance together. The rumours gathered steam after Abhishek or the Bachchan family did not wish Aishwarya on her birthday earlier this month. They are yet to make a statement on the buzz. They got married to each other in 2007. They share a daughter, Aaradhya Bachchan, who was born on November 16, 2011.

Salman Khan shoots for Sikander in Hyderabad's Falaknuma Palace amid tight security after fresh death threats.

Salman Khan recently shot for AR Murugadoss's Sikandar at Hyderabad's Falaknuma Palace. The actor was recently seen in a cameo in Singham Again. Salman Khan recently shot with his co-star Rashmika Mandanna for the Hyderabad schedule of his under-production action-thriller Sikandar. The actor, who recently received fresh death threats from Lawrence Bishnoi's gang, arrived on set with his entourage. (Also read: 'Ted Bundy had better manners than Salman Khan', 'Bishnois are new Dawoods': Somy Ali drops bombshells during Reddit AMA) A video leaked on Twitter from the sets of the AR Murugadoss directorial shows Rashmika's footage from a scene on the monitor. She is seen delivering a monologue

in front of a co-star. In another viral clip, Salman's entourage is seen arriving at the location. Salman and Rashmika are currently shooting for their new movie at Hyderabad's iconic Falaknuma Palace, reported by The Indian Express. Sikandar is produced by Sajid Nadiadwala. The film also features Suniel Shetty, Kajal Aggarwal, Sharman Joshi, Prateik Patil Babbar, Sathyaraj, and Anjini Dhawan. Gangster Lawrence Bishnoi has sent multiple death threats to Salman over the past few months. He has claimed his enmity with Salman is over the blackbuck poaching case. Lawrence has demanded that Salman visit the Bishnoi community temple in Rajasthan and ask for forgiveness and threatened with dire consequences

otherwise. Shooters of the Lawrence gang even fired shots outside Salman's house earlier this year. The Mumbai Police have increased security cover for Salman amid these threats. Police have said that the recent murder of MLA Baba Siddique,

a friend of Salman's, may also be linked to the Lawrence Bishnoi-Salman Khan feud. Salman Khan's acting projects Salman was recently seen in a cameo in Rohit Shetty's Singham Again as Chulbul Pandey. The action-drama released on Diwali

starred Ajay Devgn, Kareena Kapoor, Deepika Padukone, Ranveer Singh, Arjun Kapoor, and Tiger Shroff. Salman is also expected to shoot for Yash Raj Films' Tiger vs Pathaan, part of the YRF Spy Universe.





BAYSTAR SECURITY PATROL



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

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



FREIGHT FORWARDING SERVICES

FFS

FIJI FREIGHT SYSTEMS

We Connect You To Your Families

Send Your Bags and Boxes to Fiji Today!!!

CALL US FOR AN ESTIMATE TODAY

Shamil Prakash
510-329-8943

23839 Connecticut Street, Unit 4
Hayward CA 94545

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

World News

How Trump pulled off an incredible comeback

This is surely the most dramatic comeback in US political history. Four years after leaving the White House, Donald Trump is set to move back in, after millions of Americans voted to give him a second chance. The election campaign was one for the history books: he survived two assassination attempts and his original opponent President Joe Biden dropped out just months before election day. Although final votes are still being counted, the majority of Americans in key battleground states chose to vote for him, with many citing the economy and immigration as a chief concern. His triumph comes after a spectacular fall. He refused to accept the results of the 2020 election, which he lost to Biden, and his role in trying to overturn the election results to stay in office is still being scrutinised today. He faces charges for allegedly inciting the violent attack on the US Capitol on the 6 January 2021. And he will also make history as the first sitting president to have been convicted of a felony, after being found guilty of falsifying business records. It's not hard to see why he is a deeply polarising figure. Throughout the campaign, Trump used incendiary rhetoric – making crass jokes and threatening vengeance against his political enemies. His message on the economy touched a chord. Few people have a middle ground when it comes to Trump. Most of the voters I spoke to during the course of this campaign said they wished he would “shut his potty mouth” – but they were able to look past it. Instead, they focused on the question



he asked at every rally. “Are you better off now than you were two years ago?” So many people who voted for Donald Trump told me again and again that they felt the economy was much better when he was in office and they were sick of trying to make ends meet. Although much of the cause of inflation was due to outside forces such as the Covid-19 pandemic, they blamed the outgoing administration. Voters were also deeply concerned about illegal immigration which had reached record levels under Biden. They usually didn't express racist views or believe that migrants were eating people's pets, as Trump and his supporters had claimed. They just wanted much stronger border enforcement. 'America first' for a second Trump term “America first” was another one

of Trump's slogans that really seemed to strike a chord with voters. All over the country I heard people – on the left and right - complaining about billions of dollars being spent on supporting Ukraine when they thought that money would be much better spent at home. In the end, they just couldn't vote for Harris, who served as Biden's vice-president for four years. They believed it would be more of the same, and they wanted change. It is perhaps one of the ironies of this election that the candidate who most represented change was himself in power just four years ago. But there are several differences between then and now. When he first came into power in 2016, he was a political outsider, and, at least for a while, he surrounded himself with vet-

eran political advisers and staff who showed him the ropes and constrained his actions. Now he doesn't seem that interested in playing by the rules of the game. Many of these same advisers and staff have spoken out – calling him a “liar”, a “fascist” and “unfit”. They have cautioned that if he surrounds himself with loyalists, which he is expected to do, that there will be no one to restrain him from his more extreme ideas. When he left office, he faced a litany of criminal charges related to his role in the Capitol riots, how he handled documents pertaining to national security, and hush money payments to a porn star. But since the Supreme Court ruled that the president has total immunity from prosecution for official acts in office, it will be an uphill battle for any prosecutor to charge him during the next administration. And as president, he could instruct his justice department to drop the federal charges against him relating to the 6 January riots so he doesn't have to worry about a jail sentence. At the same time, he could pardon hundreds of people sentenced to prison for their part in the Capitol Riots. In the end, voters were presented with two versions of America. Donald Trump told them that their country was a failing nation that only he could Make Great Again. Meanwhile, Harris cautioned that if Trump was elected, American democracy itself would face an existen-

tial threat. That remains to be seen. But what Trump said himself during the campaign has not exactly assuaged people's fears. He has heaped praise on authoritarian leaders like Russia's Vladimir Putin and North Korea's Kim Jong Un, whom he said were “at the top of their game, whether you like it or not”. He has talked about trying to silence critics in the press. Just days before the election, he also made comments that implied he wouldn't mind if members of the media were killed. And he has continued to amplify conspiracy theories and unfounded claims of election fraud – even though the election ultimately led to his victory. Now, voters will find how much of what he said during the campaign was just loose talk - “Trump being Trump”. And remember: it's not just Americans who have to confront the reality of a second Trump term. The rest of the world will now discover what “America First” really means. From the global economic consequences of 20% tariffs that he has proposed on US imports to the wars in Ukraine and the Middle East that he has vowed to end – regardless of which side wins. Donald Trump did not manage to implement all of his plans in his first term. Now with a second mandate and significantly less encumbered, America, and the world, will see what he can really do.



Food

Chilli Chaap Recipe

Chilli Chaap Recipe

Total Time: 25 min

Prep Time : 10 min

Cook Time : 15 min

Serves: 2 Servings

Ingredients

1. 5-6 Soya Chaap
2. 1 tbsp Ginger-garlic paste
3. 1 Dry red chilli
4. 1 medium Chopped onion
5. 1 small Chopped Capsicum
6. 1 tsp Soya Sauce
7. 1 tsp Red chilli sauce
8. 1 tsp Schezwan sauce
9. 1 and a half tsp Vinegar

How to

1. First, take raw soya chaap and boil it. Cut it into pieces and deep fry.
2. Next, add oil, ginger-garlic paste, and dry red chilli to a pan. Mix it well.
3. Then add chopped onion and capsicum. Stir it, and

add soy sauce, red chilli sauce, schezwan sauce, vinegar and some water.

Let it come to a boil.

4. Now throw in the chaap pieces and combine.

5. Now, in a small bowl, add cornflour and water to make a slurry.

6. Throw this in a pan and let it boil. Once done, take it out and serve!



Shaljam Gosht Recipe

Shaljam Gosht Recipe

Total Time: 30 min

Prep Time : 15 min

Cook Time : 15 min

Serves: 4 Servings

Ingredients

For mutton:

1. 1 kg mutton
2. 2 tablespoon ghee (clarified butter)
3. 2 dalchini sticks (cinnamon)
4. 2 tez patta (bay leaves)
5. 2 large onions or 4 medium onions
6. 1/2 cup dhaniya (coriander)
7. 1 teaspoon haldi powder (turmeric)
8. 2 tablespoons red chilli powder
9. 2 tablespoons coriander powder
10. 1 1/2 teaspoons of ginger-garlic paste
11. 2 cups whisked curd/Salt (as per taste levels)
12. Water (as per requirement)

For preparing shaljam gosht:

13. 2 tablespoons of ghee
14. 5 shaljams (turnips)
15. 1 teaspoon of jeera (cumin seeds)
16. 2 tablespoons of chopped ginger
17. 4 green chilies
18. 3 elaichis (black cardamom)
19. 2 tablespoons of butter

20. Salt (as per taste levels)

How to

1. Take a pressure cooker, and add ghee in it. Once it heats up, add the chopped onions along with the solid spices – dalchini and tez patta. Saute and cook the onions till they become translucent and golden brown in color.
2. Now add mutton, salt and dhaniya leaves in the cooker. Mix them well for 30

seconds so that the mutton absorbs the onion oil. To this, add red chilli powder, haldi, and dhaniya powder. Mix it well.

3. While on moderate heat, add whisked curd and ginger garlic to the mutton. Then add water and mix everything thoroughly. Cover the pressure cooker with a lid and wait for at least 7-8 whistles so that the mutton

is soft and tender.

4. Take a large pan, and to it add ghee. Once it heats up, add jeera and stir it. Wait for it to sputter. Now add chopped ginger, green chillies (cut in half), chopped turnip and saute. On top of this, add butter and salt as per taste levels. Cook this on moderate heat.
5. Now add butter, black cardamom and coriander

leaves in the pan and mix. After the mutton is cooked add it to the same pan and mix it well. After the turnip turns tender, mash it in the gravy and cook it till the mutton flesh is soft.

6. Take the Shaljam Gosht out in a pot and garnish it with coriander and butter. And voila! Your Shaljam Gosht is ready to serve!





MAHARAJ TRAVEL

www.maharajtravel.com

***** STARTING FROM *****

SFO or LAX to FIJI

\$776

+

1 BAG

TRAVELING DATES: 01AUG2024 – 30MAY2025

BLACKOUT
DATES APPLY

TICKETING BEFORE
15JUN2024

TAX included + Round Trip

*****SEATS ARE LIMITED*****

- Fares are based on seat availability
- Fares subject to change without notice

- 650 232 1090 – Aveen
- 916 558 5232 – Office
- 707 775 1389 – Jovesa
- 916 907 5478 – Viema
- 510 314 5228 – Ana Hokafonu

Please call us for Travel Insurance/Hotel/Transfer/Cruises and Package

Food

Oats and Moong Dal Dahi Vada Recipe

Oats and Moong Dal Dahi Vada Recipe

Total Time: 30 min

Prep Time : 10 min

Cook Time : 20 min

Serves: 4 Servings

Ingredients

For the vadas:

1. 1 cups split moong dal (yellow lentils)
2. 1/2 cup rolled oats
3. 1 small onion, finely chopped
4. 2 green chillies, finely chopped
5. 1/2 inch ginger, grated
6. A pinch of asafoetida (hing)
7. 1/2 tsp cumin seeds
8. Salt to taste
9. Oil for greasing

For assembling:

1. 2 cups yoghurt (curd), beaten
2. Tamarind chutney (store-bought or homemade)
3. Roasted cumin powder
4. Red chili powder
5. Coriander Leaves, chopped

How to

For the vadas:

6. Soak 1 cup split moong dal in water for 3-4 hours, then drain.
7. Grind the dal along with 1/2 cup rolled oats to form a smooth batter.
8. Mix in chopped onions, green chillies, ginger, asafoetida, cumin seeds, and salt.
9. Cook spoonfuls of batter in a greased appe pan until golden brown.

For chaat:

1. Whisk 2 cups of beaten yoghurt with a pinch of salt.
2. Soak the vadas in lukewarm water, then gently squeeze out excess water.
3. Arrange vadas in a dish, pour yogurt over them.
4. Drizzle tamarind chutney, roasted cumin powder, red chili powder, and chopped coriander leaves.



World News

What Trump's win means for Ukraine, Middle East and China



Donald Trump's return to the White House is set to reshape US foreign policy, promising potentially radical shifts on multiple fronts as war and uncertainty grip parts of the world. During his campaign, Trump made broad policy pledges, often lacking specific details, based on principles of non-interventionism and trade protectionism - or as he puts it "America First". His victory signals one of the most significant potential disruptions in many years in Washington's approach to foreign affairs in the midst of parallel crises. We can piece together some of his likely approach to different areas from both his comments on the campaign trail and his track record in office from 2017 to 2021. Russia, Ukraine and Nato. During the campaign, Trump repeatedly said he could end the war between Russia and Ukraine "in a day". When asked how, he suggested overseeing a deal, but has declined to give specifics. A research paper written by two of Trump's former national security chiefs in May said the US should continue its weapons supply to Ukraine, but make the support conditional on Kyiv entering peace talks with Russia. To entice Russia, the West would promise to delay Ukraine's much-wanted entry into Nato. The former advisers said Ukraine should not give up its hopes of getting all of its territory back from Russian occupation, but that it should negotiate based on current front lines. Trump's Democratic opponents, who accuse him of cosying up to Russian President Vladimir Putin, say his approach amounts

to surrender for Ukraine and will endanger all of Europe. He has consistently said his priority is to end the war and stem the drain on US resources. It's not clear how far the former advisers' paper represents Trump's own thinking, but it's likely to give us a guide to the kind of advice he'll get. His "America First" approach to ending the war also extends to the strategic issue of the future of Nato, the transatlantic all-for-one and one-for-all military alliance set up after the World War Two, originally as a bulwark against the Soviet Union. Nato now counts 32 countries and Trump has long been a sceptic of the alliance, accusing Europe of free-riding on America's promise of protection. Whether he would actually withdraw the US from Nato, which would signal the most significant shift in transatlantic defence relations in nearly a century, remains a matter of debate. Some of his allies suggest his hard line is just a negotiating tactic to get members to meet the alliance's defence spending guidelines. But the reality is Nato leaders will be seriously worried about what his victory means for the alliance's future and how its deterrent effect is perceived by hostile leaders. The Middle East. As with Ukraine, Trump has promised to bring "peace" to the Middle East - implying he would end the Israel-Hamas war in Gaza and the Israel-Hezbollah war in Lebanon - but has not said how. He has repeatedly said that, if he had been in power rather than Joe Biden, Hamas would not have attacked Israel because of his "maximum pressure" policy

on Iran, which funds the group. Broadly, it's likely Trump would attempt to return to the policy, which saw his administration pull the US out of the Iran nuclear deal, apply greater sanctions against Iran and kill Gen Qasem Soleimani - Iran's most powerful military commander. In the White House, Trump enacted strongly pro-Israel policies, naming Jerusalem as Israel's capital and moving the US embassy there from Tel Aviv - a move which energised Trump's Christian evangelical base, a core Republican voter group. Israeli Prime Minister Benjamin Netanyahu called Trump the "best friend that Israel has ever had in the White House". But critics argue his policy had a destabilising effect on the region. The Palestinians boycotted the Trump administration, because of Washington's abandonment of their claim to Jerusalem - the city that forms the historical centre of national and religious life for Palestinians. They were further isolated when Trump brokered the so-called "Abraham Accords", which saw a historic deal to normalise diplomatic ties between Israel and several Arab and Muslim countries. They did so without Israel having to accept a future independent Palestinian state alongside it - the so-called two-state solution - previously a condition of Arab countries for such a regional deal. The countries involved were instead given access to advanced US weapons in return for recognising Israel. The Palestinians were left at one of the most isolated points in their history by the only power that can really apply leverage to

both sides in the conflict - further eroding their ability as they saw it to protect themselves on the ground. Trump made several statements during the campaign saying he wants the Gaza war to end. He has had a complex, at times dysfunctional relationship with Netanyahu, but certainly has the ability to apply pressure on him. He also has a history of strong relations with leaders in the key Arab countries that have contacts with Hamas. It's unclear how he would navigate between his desire to show strong support for the Israeli leadership while also trying to bring the war to a close. Trump's allies have often portrayed his unpredictability as a diplomatic asset, but in the highly contested and volatile Middle East in the midst of a crisis already of historical proportions, it's far from clear how this would play out. Trump will have to decide how - or whether - to take forward the stalled diplomatic process launched by the Biden administration to get a Gaza ceasefire in return for the release of the hostages held by Hamas. China and trade. America's approach to China is its most strategically important area of foreign policy - and one which has the biggest implications for global security and trade. When he was in office, Trump labelled China a "strategic competitor" and imposed tariffs on some Chinese imports to the US. This sparked tit-for-tat tariffs by Beijing on American imports. There were efforts to de-escalate the trade dispute, but the Covid pandemic wiped out this possibility, and

relations got worse as the former president labelled Covid a "Chinese virus". While the Biden administration claimed to take a more responsible approach to China policy, it did, in fact, keep in place many of the Trump-era tariffs on imports. The trade policy has become closely linked to domestic voter perceptions in the US about protecting American manufacturing jobs - even though much of the long-term jobs decline in traditional US industries like steel has been as much about factory automation and production changes as global competition and offshoring. Trump has praised Chinese President Xi Jinping as both "brilliant" and "dangerous" and a highly effective leader who controls 1.4 billion people with an "iron fist" - part of what opponents characterised as Trump's admiration for "dictators". The former president seems likely to shift away from the Biden administration's approach of building stronger US security partnerships with other regional countries in a bid to contain China. The US has maintained military assistance for self-ruled Taiwan, which China sees as a breakaway province that will eventually be under Beijing's control. Trump said in October that if he returned to the White House, he would not have to use military force to prevent a Chinese blockade of Taiwan because President Xi knew he was "[expletive] crazy", and he would impose paralysing tariffs on Chinese imports if that happened.



Health News

Country Star Jelly Roll Says These 5 Things Helped Him Lose 100 Pounds

Country music star Jelly Roll revealed that he's dropped 100 lbs on his weight loss journey. At one point, the singer weighed more than 500 lbs. The 39-year-old shared a video of his progress on Instagram earlier this month, saying, "Next year, when y'all see me, you won't recognize me." In the same video, Jelly Roll's nutrition coach, Ian Larios, shared what the star has been doing to lose weight. "We're either walking [around] the arena, playing basketball, boxing," Larios said. He also shared that the star has been on a high protein diet. On October 14th, Jelly Roll appeared on Jay Shetty's On Purpose podcast, where he revealed he has struggled with food addiction. "The weight for me right now is the mountain in front of me, and I'm taking it, I'm learning. I'm being very diligent with it. I'm taking it really serious, I'm drinking a lot of water, I'm cold plunging, I'm eating right, I'm doing good," he shared. "I just have to fight the pirate on my shoulder, you know them late nights, I'm a food addict, man. I've probably never said it this honestly, but this is the podcast to be that real about it." Here, two nutritionists offer their thoughts on the strategies Jelly Roll is using to lose weight and their effectiveness. Jelly Roll sought help for food addiction "Food addiction is when someone may become addicted to certain foods, usually those that are high in fat, sugar, and salt, because of the feel-good brain chemicals that are released when consumed," explains registered nutritionist and functional medicine practitioner Nicola Shubrook. While Shubrook points out that some researchers consider food addiction to be more about behavior than the food itself, she says there is an important link between food addiction and obesity, metabolic syndrome, and binge-eating disorder. She believes seeking help for food addiction can be very beneficial. "By addressing the root cause behind your food addiction, be it behavioral, genetic, or both, you can begin to create a healthier relationship with food which ultimately leads to not

only eating less but also making better food choices," she explains "Physiologically, this can create more stable blood sugars and brain chemistry, improving satiety and therefore leading to gradual weight loss." Running and walking Putting one foot in front of the other can be a great weight-loss tool. "Walking is a fantastic way of increasing your NEAT (Non-exercise activity thermogenesis)," explains nutritionist and behavior change specialist Lisa Monger. "This term refers to the energy you use doing anything other than exercise, and including more of it makes it easier to lose weight and keep it off," she notes. Beyond the physical benefits, Monger points out that these activities release endorphins, reducing stress and helping you feel more energized. "Feeling less stressed and tired means you're less likely to reach for food or drinks to cope with emotions," Monger reasons. "In this sense, running or walking becomes a healthy, sustainable way to manage both weight and

emotional wellness, making it easier to stick to your goals in the long run." Shubrook agrees, but points out that diet may play a bigger role in weight loss than exercise. "The food we eat is one of the biggest contributing factors to weight loss, but research has shown that when both diet and physical activity are combined, longer-term weight loss is achieved," she explains. Cold plunges Cold plunges might not be the first weight loss technique that springs to mind, but they can be beneficial. "When you expose your body to extreme temperatures such as the intense heat of a sauna, or the extreme cold of a cold-water plunge, it must work a lot harder to function," explains Shubrook. "Cold plunges encourage the body to release adiponectin, a hormone that is made in adipose tissue or body fat." How? "It activates brown fat, a type of adipose tissue, that needs to burn calories to produce heat and keep the body warm and so regular use of cold-water exposure may help

with weight loss over time, but more research is needed," Shubrook adds. She also points to a study that found repeated exposure to cold water can lower and/or transform body adipose tissue. It can also reduce insulin resistance and improve insulin sensitivity. Worked with a nutrition coach Weight loss can be a long, lonely road, and often, better results may be achieved with the support of a nutrition coach. "A good coach will combine personalized guidance with accountability and education and work with you not only on changing habits but the feelings, experiences, and beliefs that you have that drive those behaviors," says Monger. A nutrition coach may make your weight loss plan easier to stick to long-term. Monger says this is because coaches typically tailor plans according to your lifestyle, preferences, and health goals. Eating a high protein diet If you're on a weight loss journey, you may have heard that increasing your protein intake is key. "Research has often

found that consuming a high protein diet not only helps with weight loss, but it also enhances body composition by decreasing body fat while maintaining lean body mass and muscle," says Shubrook. She adds that some long-term clinical trials have also demonstrated that a high protein diet can help protect against weight gain after weight loss, and with no real adverse effects on bone density or kidney function. High-protein diets aid weight loss by promoting greater satiety. Protein raises levels of hormones that reduce appetite, including the hunger hormone ghrelin, helping you feel fuller for longer. Takeaway Country music star Jelly Roll appears to have a very balanced and sustainable approach to weight loss. He has balanced dietary changes, exercise, and professional support to lose 100 pounds, with the goal of losing more. Shubrook says it's great to see that he is approaching weight loss from all angles – physically, physiologically, and psychologically.



Food

Spinach and Feta Crepes Recipe

Spinach and Feta Crepes

Total Time: 30 min

Prep Time : 10 min

Cook Time : 20 min

Serves: 2 Servings

Ingredients

For crepes:

1. 1/4 cup milk (whole fat or skimmed)
2. 1/2 cup flour 1/3 cup water
3. 1/8 cup butter, melted
4. 1 tsp honey
5. A pinch of salt
6. 1 tbsp vegetable oil
7. Extra butter (for crisping the crepe)

For the filling:

8. 200 gms spinach, chopped
9. 150 gms feta cheese (crumbled)
10. 100 gms greek yogurt (whisked)
11. 2 tbsp honey

How to

1. Mix in the dry and the wet ingredients separately and then combine. Gently whisk till no lumps remain. Cover and refrigerate for at



- least 2 hours.

2. Warm a flat pan over medium heat and grease with oil. Pour about 2 table spoons of crepe batter and

twirl around pan to coat the pan. Make sure the batter spreads out evenly.

3. Flip the crepe and begin layering the filling with

spinach and feta. Cover half the crepe with filling and flip over the other half of the crepe to the filled side. Flip the crepe- greas-

4. Serve with a dollop of greek style yogurt on the side and a drizzle of honey.

Ennai Kathrikai Kulambu Recipe

Ennai Kathrikai Kulambu

Total Time: 40 min

Prep Time : 10 min

Cook Time : 30 min

Serves: 2 Servings

Ingredients

1. 150 gms Whole small brinjals
2. 50 gram onions, chopped
3. 50 gram Tomatoes, chopped
4. 2 gram Whole green chillies
5. 2 gram Coriander seeds
6. 1 gram Curry leaves
7. 40 ml Gingerly oil
8. 2 gram Chana dal
9. 1 gram Mustard seeds
10. 3 gram Urad dal
11. 3 gram Sesame seeds
12. 1 gram Fenugreek seeds
13. 3 gram Black peppercorn
14. 2 gram Peanuts, without skin
15. 1 gram Cumin seeds
16. 1 gram Turmeric seeds
17. 5 gram Red chilli powder
18. 2 gram Coriander powder
19. 5 gram Jaggery
20. 20 gram Tamarind water
21. Salt as per taste
22. 3 gram Garlic. Cloves
23. 5 ml coconut milk
24. 3 gram coriander leaves chopped
25. 60 ml water

How to

1. Take a thick-bottomed frying pan. Heat it, add dry coriander seeds, cumin seeds, whole black pepper, sesame seeds, peanuts, dry red chilli and roast. Set these aside to cool.
2. Take another thick bottom frying pan and heat 30 ml of gingelly oil. Shallow fry

the small brinjals. Remove from pan and set aside.

3. Use same pan with hot oil. Add mustard seeds, urad dal, chana dal, methi seeds, chopped onions and tomatoes and garlic. Sauté well, till onions turn golden brown.
4. Add turmeric powder, chilli powder, coriander powder

, Sauté well. Add water about 45 to 60 ml of water (if req.) and then salt to taste.

5. Cool this mix to room temperature. Add the dry roasted spices and the cooked mixture, along with 30 ml of water (if required) and make a fine paste.
6. In a frying pan, heat 10

ml of gingelly oil. Crackle mustard seeds. Add in the curry leaves. 7. Add the spice and onion paste and sauté well.

7. Add the fried brinjals, jaggery, tamarind water and coconut milk.
8. Cook for 3 to 4 minutes and check seasoning. Serve hot.



Sports

FANCA Netball Coordinators Working Together

Sanna Ali (NZ), Zeenat Bi (NZ), Firoza Raza (Fiji)

The first ever Netball FANCA World Cup came down to the vision of Br Haji Iqbal and with the tireless effort on and off the field from Sanna, Zeenat and Firoza.

To everyone that worked together including Br Nasib (NZ), a huge congratulations for giving women a platform finally in the FANCA concept.

Awards | Netball

MVP: Aliya Musa (NZ Muslimah)

Winner: NZ Muslimah

Runners Up: NZ Ferns



Sports



NZMSA PRESENTS

TEBARA FANCA NATIONS MUSLIM WORLD CUP CHAMPIONSHIP 2024



ASSOCIATE SPONSORS



Team USA manager Mohammed Ali received the Best Manager award at the FANCA Nations Muslim World Cup in Lautoka, Fiji Islands.



Sports

Fanca Muslim Nation World Cup Golf 2024

Golf Organisers Br. Shaheem Rah'mani for leading the Golf FANCA tournament with the support from Br. Imran and Shelvin.

Shaheem RAH'MANI NZ

Imran KHAN FIJI

Shelvin CHANDRA (Denerau Golf Club Fiji)



Awards | Fanca Muslim Nation World Cup Golf 2024
 Best Gross Winner - Abid Hussain Fiji
 Best Gross Runner Up - Imran Khan Fiji
 Best Net Winner - Thiphait Hussein Fiji
 Best Net Runner Up - Manjur Begg Fiji
 Best Net 3rd Place - Shafraaz Khan NZ

NTP Hole 7 - Thiphait Hussein Fiji
 NTP Hole 11 - Mohammed Hanif NZ
 NTP Hole 3 - Faizal Khan Australia
 NTP Hole 17- Mohammed Hanif NZ
 SPORTSMANSHIP Award: Mohammed Nawaaz - Fiji
 Mustafa Bhamji - NZ
 Asif Hussein - Aus

Shafraaz Ali - Aus
 Abdul Hakim - Fiji
 Mansoor Begg - Fiji
 Zabir Ali - Fiji
 Hafif Ali - Fiji
 Thank you to the Host Nations New Zealand & Fiji.
 Thank You sponsors:
 KR Projects NZ Ltd
 Active West Realty Fiji
 RAH'MANI & ASSOCIATES Ltd



Advertise In

THE US FIJI TIMES

Call 510-931-9107

www.usfijitimes.org

Sports

Fanca Muslim Nation World Cup Volleyball

Volleyball

Head Co-ordinator: Firaz Faizan (NZ)

Jazakallah to Br. Firaz for leading the Volleyball for FANCA 2024. Master Naushad and Master Mohsin Begg worked tirelessly together with Firaz in ensuring the success of the tournament. Also thanks to those individuals who were out there helping including the umpires



Sports

Fanca Muslim Nation World Cup Historical night for the KIWIS

NZ Champions across ALL football GRADES!

Grade 17 | Grade 35 | Grade 40 | Grade 50 | Premier



New Zealand Over 35



QUALIFIED

NZ LEGENDS



CHURCHILL PARK, LAUTOKA

Toso Viti, 2024- 202 Rugby 7's Is Back. Dubai 7s Men's Pools.

MEN'S POOLS

THE SEVENS STADIUM
30 NOV-1 DEC 2024

POOL A	FRANCE
	SOUTH AFRICA
	AUSTRALIA
	KENYA

POOL B	ARGENTINA
	IRELAND
	GREAT BRITAIN
	URUGUAY

POOL C	FIJI
	NEW ZEALAND
	USA
	SPAIN

Dubai Exiles and the Emirates Dubai Sevens

From what started in 1969 with a small group of British expats at Dubai Exiles RFC, the Emirates Airline Dubai Rugby Sevens has grown into one of the world's most loved IRB Sevens competitions (Dubai 7s website).

The Emirates Airline Dubai Sevens moved from the old Dubai Exiles rugby ground in Al Awir in 2008. At the same time the Dubai Exiles also moved to the impressive new facility – The Sevens Stadium.

Exiles' Duane Aholelei set for senior Tonga debut

Dubai Exiles' prop, Duane Aholelei, has been named in the Tonga match day squad that takes on Romania in the Arcul de Triumph Stadium in As well as being a formidable scrummager, Duane is one of the Exiles' bigger ball carriers who has scored a try in both of his West Asia Super Rugby appearances this UAE rugby season.

ing all sorts of problems for the opposition in the West Asia and UAE Premierhips he's on the pitches at The Sevens Stadium, on a Thursday evening and Saturday morning, coaching the Exiles' Under 11s and Pro 14 Clermont Auvergne prop has had a big impact, both on and off the field, since joining the Dubai Exiles in the summer.

When Duane isn't busy caus-



Advertise In THE US FIJI TIMES

Call
510-931-9107
www.usfijitimes.org

TICKETS ON SALE NOW

EMIRATES DUBAI 7S

THE SEVENS STADIUM, DUBAI

29-30 NOV
01 DEC 2024

EMIRATESDUBAI7S.COM

Sports

Flying Fijians move up to 9th place after win, Springboks reclaims number 1 position



The Fiji Water Flying Fijians have moved up to 9th place in the latest World Rugby Rankings following their 24-19 win over Wales in their second Autumn Series match this morning. The win, which is Fiji's only second win over Wales in 15 matches, was history in the making as it

was their first-ever win in Cardiff and also their first win over Wales since 2007. Meanwhile, the Springboks have moved to the top of the rankings following their 32-15 win over Scotland in Murrayfield this morning.

The Springboks had spent six weeks in second place after

losing to Argentina in the penultimate round of The Rugby Championship, but Friday night's defeat for Ireland at home to the All Blacks combined with the result in Edinburgh has restored them to number one. The All Blacks and the Wallabies have also joined Fiji

and South Africa in climbing up the ranks after their respective wins over the weekend. The All Blacks are in second place now following their 23-13 win over Ireland who has now slipped to 3rd place.

The Wallabies have moved up to 8th place after their 42-37 win

over England in Twickenham. England has slipped down further to 7th place following that loss while Argentina climbs up to 5th place and Scotland into 6th place despite their loss to South Africa this morning.

Bula Fiji has arrived in Port Moresby ahead of next week's FIFA World Cup 26™ Oceania



Whata Cracker Deal!

GET A FREE PUNJAS NORMAL FLOUR PACK

Punjas Biscuits
Simply...Delicious

WWW.PUNJASBISCUITS.COM

FREE 500G PUNJAS NORMAL FLOUR (WHICH COMES WITH 100g OF PUNJAS BREAKFAST CRACKERS)

FREE 200G PUNJAS NORMAL FLOUR (WHICH COMES WITH 100g OF PUNJAS BREAKFAST CRACKERS)

FREE 200G PUNJAS NORMAL FLOUR (WHICH COMES WITH 100g OF PUNJAS BREAKFAST CRACKERS)

IMMIGRATION LAW OFFICE

of
JASON MARCHI

- Personal Consultation
- Family Immigration
- Asylum
- Immigration related Matters
- Naturalization
- Removal Defense

- Non-Immigrant VISA
- Deportation
- Appeals

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

415-566-3526 | JMARCHI@AOL.COM

Relax with a great cuppa...

www.punjas.com

Saba Live Poultry San Francisco

Carniceria De Pollo

活家禽肉類公司

415.757.0759 | 1526 Wallace Ave., San Francisco, CA 94124



We accept & Credit Cards

Daily Special

Flat Eggs

EACH FLAT CONTAINS 30 EGGS

1 FLAT FOR \$8

3 FLATS FOR \$20



<p>1 \$15.6 /each Red Chicken (hen) Gallina Roja 舊毛雞</p>	<p>2 \$17.6 /each Big Red Chicken (hen) Grand Gallina Roja 大舊毛雞</p>	<p>3 \$17 /each Red Rooster Gallo Rojo 公雞</p>	<p>4 \$15 /each White Broiler Pollo Blanco 白肉雞</p>	<p>5 \$16 /each Black Silkie Gallina Sedosa 竹絲雞</p>	<p>6 \$20 /each Big Red Rooster Grand Gallo Rojo 大公雞</p>
<p>7 \$23 /each Chukar Pollo Chukar 石雞(番雞)</p>	<p>8 \$50 /each Big Muscovy Duck Pato Grande 番鴨</p>	<p>9 \$25 /each Small Duck Pato Pequeno 鴨</p>	<p>10 \$20 /for 5 Quail Codorniz 鸚鴉</p>	<p>11 \$12 /each Pigeon Paloma 肉鴿</p>	<p>12 small \$35 medium \$40 large \$50 Rabbit Conejo 肉兔</p>
<p>13 \$12/each \$30 /for 3 Old Fowls Gallina Viejas 老紅雞</p>	<p>14 \$30 /each Guinea Hens Gallina De Guinea 珍貴雞</p>	<p>15 \$25 /each Pheasant Faisan 雉雞</p>	<p>16 \$7 /flat \$15 /3 flats Eggs Huevos 雞蛋</p>	<p>Monday & Tuesday Special Buy 5 Get ONE FREE Especial De Lunes y Martes Compra cinco y llevate uno gratis 周一及周二特價 買五送一</p>	

Seven Home Games for Drua in 2025 DRUA

The Swire Shipping Fijian Drua will host seven games in the 2025 Super Rugby Pacific season. The Glen Jackson coached side will open next year's season hosting the Brumbies at the HFC Stadium in Suva on Saturday February 15 2025.

The Drua will also host the Crusaders, the Reds and current SRP champions, the Blues in Suva. Matches at the Lautoka 'fortress' in Churchill Park will begin against the Chiefs on March 8 2025. The Waratahs and the Western Force will also hold their away matches in Lautoka next year.

2025 SEASON FIXTURES

ROUND 1 SAT 15 FEB VS BRUMBIES 3:35PM HFC BANK STADIUM, SUVA	ROUND 9 SAT 12 APR VS HIGHLANDERS 7:05PM FORSYTH BARR STADIUM, DUNEDIN
ROUND 2 SAT 22 FEB VS HURRICANES 3:35PM TBC	ROUND 10 SAT 19 APR VS WARATAHS 3:35PM CHURCHILL PARK, LAUTOKA
ROUND 3 FRI 28 FEB CULTURE ROUND VS WARATAHS 8:35PM ALLIANZ STADIUM, SYDNEY	ROUND 11 SAT 26 APR ANZAC ROUND VS MOANA PASIFIKA 4:35PM NORTH HARBOUR STADIUM, AUCKLAND
ROUND 4 SAT 8 MAR VS CHIEFS 3:35PM CHURCHILL PARK, LAUTOKA	ROUND 12 SAT 3 MAY VS REDS 2:05PM HFC BANK STADIUM, SUVA
ROUND 5 FRI 14 MAR KIDS ROUND VS BRUMBIES 8:35PM GIO STADIUM, CANBERRA	ROUND 13 FRI 9 MAY VS BLUES 7:05PM HFC BANK STADIUM, SUVA
ROUND 6 SUN 23 MAR VS WESTERN FORCE 6:05PM HBF PARK, PERTH	ROUND 14 SAT 17 MAY VS WESTERN FORCE 3:35PM CHURCHILL PARK, LAUTOKA
ROUND 7 BYE WEEK	ROUND 15 BYE WEEK
ROUND 8 SAT 5 APR VS CRUSADERS 3:35PM HFC BANK STADIUM, SUVA	ROUND 16 SAT 31 MAY VS REDS 9:35PM SUNCORP STADIUM, BRISBANE

HOME
 AWAY
 LOCAL FJT

2025 FIXTURES

7 HOME GAMES | 7 AWAY GAMES

LAUTOKA GAMES

CHURCHILL PARK

ROUND 4 	SAT 8 MAR 3:35PM
EASTER WEEKEND	
ROUND 10 	SAT 19 APR 3:35PM
ROUND 14 	SAT 17 MAY 3:35PM

SUVA GAMES

HFC BANK STADIUM

ROUND 1 	SAT 15 FEB 3:35PM
ROUND 8 	SAT 5 APR 3:35PM
ROUND 12 	SAT 3 MAY 2:05PM
GERMITS DAY WEEKEND	
ROUND 13 	FRI 9 MAY 7:05PM

Automatic Number Plate Recognition (ANPR)



- ➔ **Crime Deterrent**
- ➔ **Avoiding Dangerous Situations**
- ➔ **Collecting Data**



Everyone in the community is happy when crime goes down, and adding LPR cameras is one way to make that happen.



Sports

Nadi Muslim College honored to have Mr. Sonny Bill Williams





PERFECT FLOUR EVERYTIME



Made from **NATURALLY GROWN** Premium **GMO FREE** Australian Wheat

Roti in Traditional Meals



Raising the standard of flour

www.punjasflour.com