



THE US FIJI TIMES

World's Largest Fiji Newspaper Out Of Republic of Fiji

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India on the moon! Chandrayaan-3 becomes 1st probe to land near lunar south pole



CANADIAN FIJI OPEN GOLF CHAMPIONSHIP 2023 Presented

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Steve Giudici wins the 2023 Candian Fiji Open by one stroke over Wasu Naker who won the net. At one stage Steve had a seven-shot lead in the final round but Wasu almost caught him in the back nine. Division II was won by Abdul Munthazeem. Subash Chand won the net title. Rafiq Mohammed won the Sr Division and Azad Khan won the Net. Chris Lee, the 2022 open champion, won the Viti Flight Satish Ram won the net. Graham Venkataya won the Vanua Flight with Anusheel Deo wining the Net. Kadavu Flight was won by Chandra Saran Ashif Ismail won the Net.

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47th NAFSA/CANAM SABETO OF VANCOUVER WINS

American Canadian Fijian Soccer Cup Which Been Played By Fijians From Both Countries Since 1977



DENTAL OFFICE OF DR. VISHNU SHANKAR



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Fijian Government



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SITIVENI RABUKA



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DEPUTY PRIME MINISTER
Prof BIMAN PRASAD



DEPUTY PRIME MINISTER
MANOA KAMIKAMICA



DEPUTY PRIME MINISTER
VILIAME GAVOKA

THE US FIJI TIMES PROUD OF ITS SERVICE

The US Fiji Times is ranked as the top newspaper being published outside of Fiji for the Fiji American community and to all over the world.

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

capabilities.

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

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

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

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

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

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



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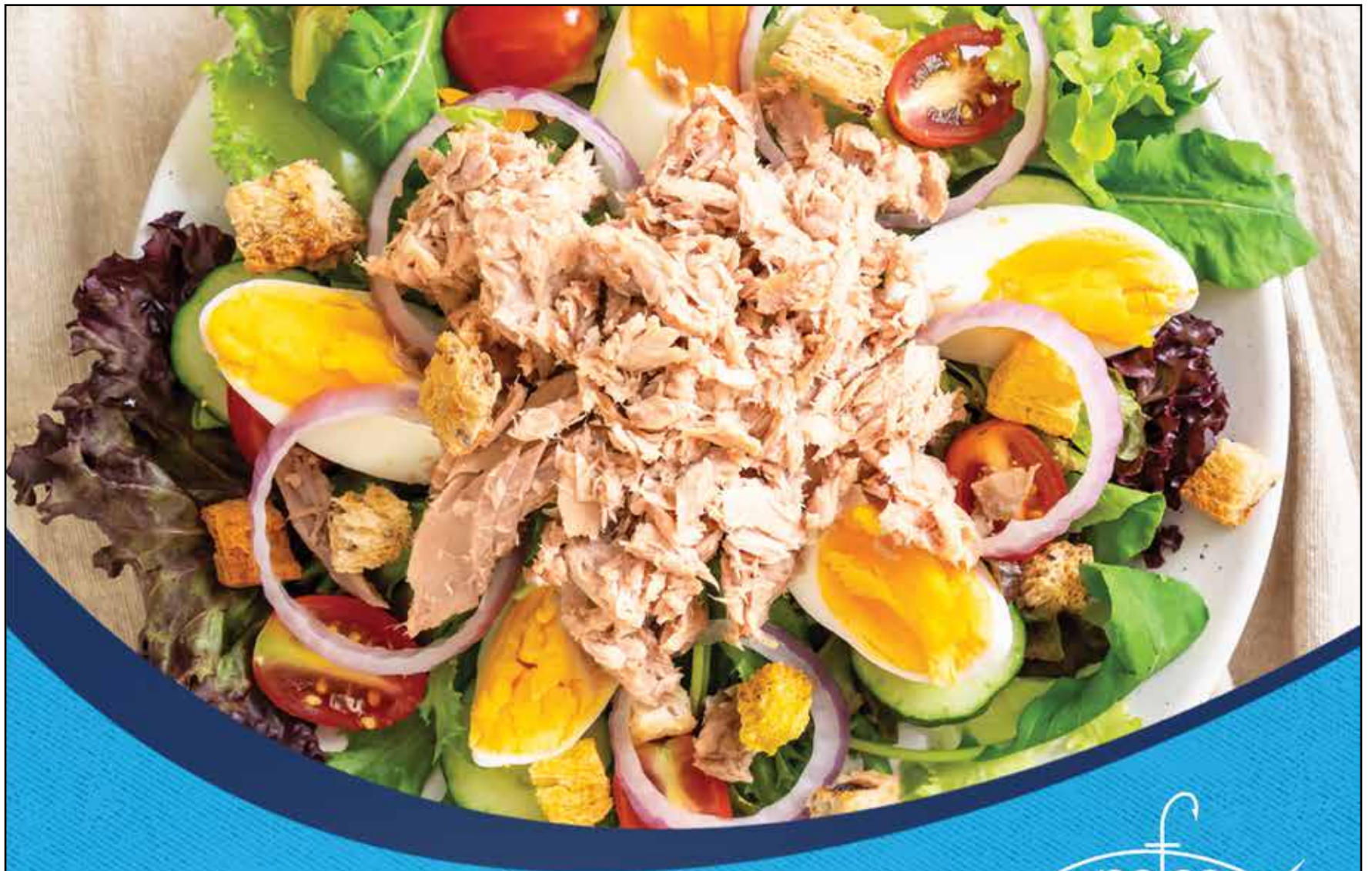
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News

About G20

The G20, or Group of Twenty, is a forum consisting of 19 countries and the European Union. It is an international platform established to promote cooperation and dialogue among the world's most powerful economies. The member countries of the G20 account for two-thirds of the world's population and 85 per cent of the global GDP.

Inception of G20

The G20 was first established in 1999, and since then, it has become one of the most important platforms for international cooperation on global economic and financial issues. Over the years, the G20 has expanded its areas of focus to include issues like climate change, energy policies, and the fight against terrorism.

G20 presidency

The G20 presidency plays a crucial role in formulating the collective goals and priorities of the organisation, in consultation with its members and in response to economic trends and challenges at the global level. The G20 presidency steers the G20 agenda for one year. India holds the presidency of the G20 from Dec 1, 2022 to Nov 30, 2023. The presidency theme is 'Vasudhaiva Kutumbakam', which means 'One Earth One Family One Future'.

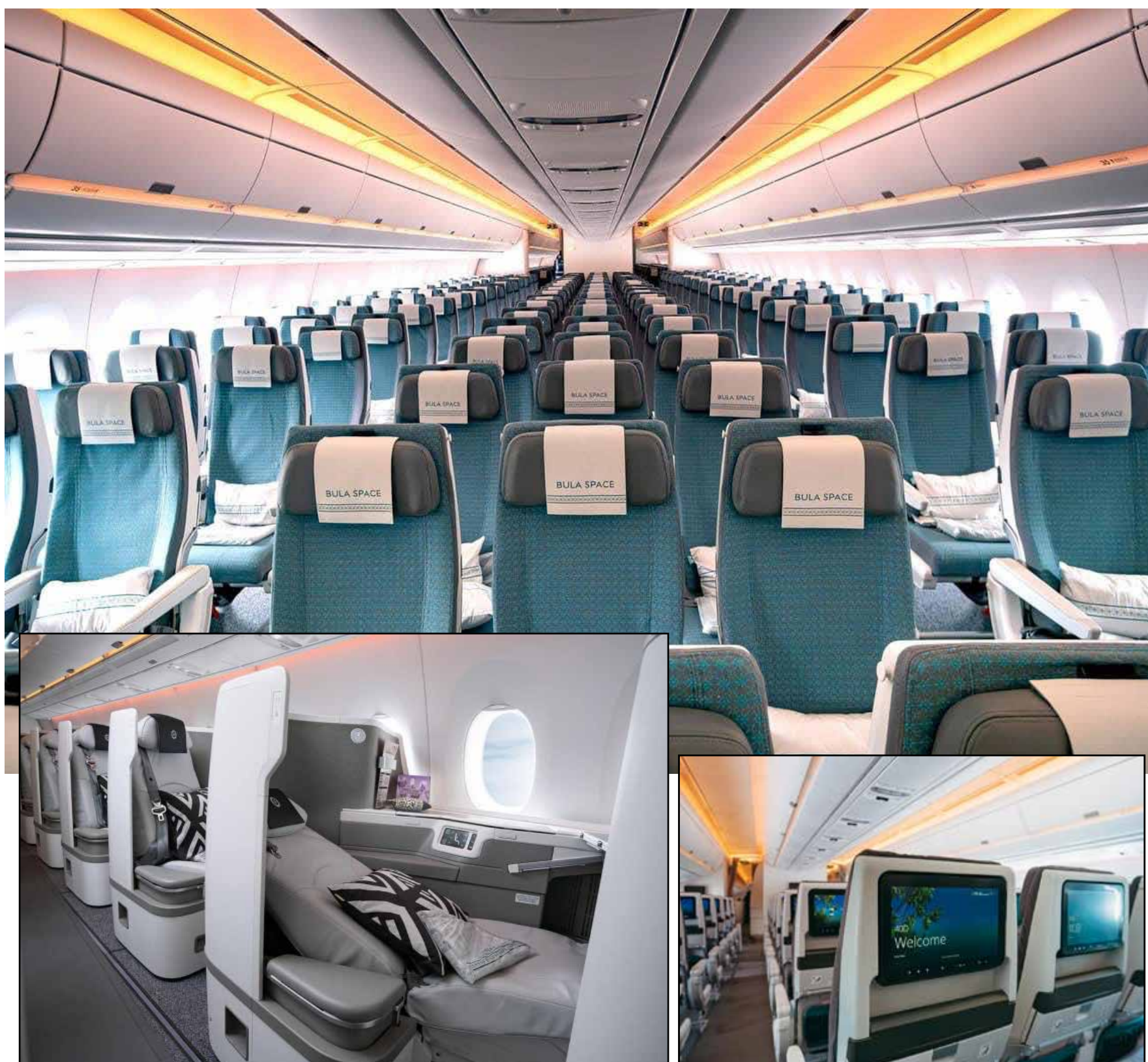
While the G20 does not have any legal or binding powers, its recommendations and decisions usually carry a strong influence on global economic policy. One of the key strengths of the G20 is its ability to bring together leaders from both developed and developing countries to work towards a common goal. The forum has also been instrumental in coordinating responses to global economic crises, such as the 2008 financial crisis.

Despite its successes, the G20 also faces criticism for its lack of inclusivity, and it has been argued that the interests of developing countries are not always adequately represented. Nevertheless, the G20 remains an important platform for international cooperation on global economic issues.



Fiji News

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World News

Chandrayaan 3: After Pragyan Rover, ISRO sets Vikram Lander into 'sleep mode'

The Indian Space Research Organisation (ISRO) shared an update regarding Chandrayaan-3's Vikram Lander on Monday and said it had been set into sleep mode around 08:00 am in the morning. "Vikram Lander is set into sleep mode around 08:00 Hrs. IST today. Prior to that, in-situ experiments by ChaSTE, RAMBHA-LP and ILSA payloads are performed at the new location. The data collected is received at the Earth," it said. The space agency further informed that the lander's payloads have been deactivated, while its receivers remain operational. "Vikram will fall asleep next to Pragyan once the solar power is depleted and the battery is drained. Hoping for their awakening, around September 22, 2023," it said, sharing images from before and after the hop. The Vikram Lander had earlier successfully attempted a soft landing for the second time today. ISRO has already activated the sleep mode of Pragyan Rover. The battery is fully charged, the receiver is kept on and the solar panel is oriented to receive the light at the next sunrise expected on September 22. Chandrayaan 3 mission's achievements so far Throughout its operational phase, Vikram Lander and Pragyan rover executed numerous lunar experiments: 1. Rover Exploration: Prior to activating the Pragyan rover's sleep mode, ISRO reported that it covered a distance of over 100 meters.



Notably, the rover's communication range is limited to 500 meters from the Vikram lander. 2. Historic Sulphur Discovery: The Laser-Induced Breakdown Spectroscopy (LIBS) instrument onboard the rover unequivocally confirmed the presence of Sulphur (S) in the lunar surface near the south pole, representing a groundbreaking in-situ measurement. Additionally, LIBS detected Al, Ca, Fe, Cr, Ti, Mn, Si, and O. 3. Pioneering Plasma Measurements: The Radio Anatomy of Moon Bound Hypersensitive Ionosphere and Atmosphere - Langmuir Probe (RAMBHA-LP) payload onboard Chandrayaan-3 Lander

conducted groundbreaking measurements of the near-surface lunar plasma environment over the south polar region. Preliminary assessments suggest relatively sparse plasma near the lunar surface. These quantitative measurements hold promise for mitigating interference in radio wave communication and enhancing future lunar mission designs. 4. Seismic Activity Recording: The Instrument for the Lunar Seismic Activity (ILSA) payload on Chandrayaan 3 Lander, the first Micro Electro Mechanical Systems (MEMS) technology-based instrument on the moon, recorded the movements of the rover and

other payloads. Additionally, it captured an event on August 26, deemed to be of natural origin, which is currently under investigation. 5. Thermal Behaviour Exploration: The ChaSTE (Chandra's Surface Thermophysical Experiment) instrument measured the temperature profile of the lunar topsoil around the pole to better understand the thermal characteristics of the moon's surface. Equipped with a controlled penetration mechanism capable of reaching a depth of 10 cm beneath the surface and featuring 10 individual temperature sensors, the probe generated a temperature variation graph for

the lunar surface/near-surface at various depths during its penetration. This marked the first such profile for the lunar south pole, with ongoing detailed observations. 6. Alternate Sulphur Confirmation: Another instrument onboard the rover corroborated the presence of Sulphur (S) in the region using a distinct technique. The Alpha Particle X-ray Spectroscopy (APXS) detected S alongside other minor elements. This finding has prompted scientists to explore new theories regarding the source of Sulphur (S) in the area, including intrinsic, volcanic, meteoritic, and other possibilities.

IMF chief hails 'productive' talks with Beijing after wrapping up China visit

The head of the International Monetary Fund (IMF) on Monday praised "productive and substantive" talks with top officials in China as she wrapped up a visit to the country. The IMF warned in July that the overall global economic recovery from the pandemic was slowing, despite slightly upgrading its outlook for world growth this year. In China, the world's second-largest economy, the IMF has forecast 5.2-percent expansion in 2023, slightly higher than Beijing's target of around five percent. However, growth in the Asian nation has

stuttered in recent months as weak consumer demand, high youth unemployment and a crisis in the crucial property sector have chipped away at an already lukewarm post-Covid rebound. IMF managing director Kristalina Georgieva said she had "very productive and substantive discussions with the Chinese leadership", including Premier Li Qiang, Vice Premier He Lifeng, central bank governor Pan Gongsheng and Finance Minister Liu Kun. The group spoke about the "status of the world economy and on the developments here in China",

Georgieva said in a video posted on X, the social media platform previously known as Twitter. "We talked about measures the Chinese government is taking to bring forward the (growth) goal," the Bulgarian economist said, adding that the target was "important for China (and) important for the world". "In a world where so many countries are vulnerable to the impact of the Covid and war shocks, it is critical that the IMF has the financial strength to help them," she said. "I am grateful to China for recognising the role of the IMF at the centre of the global

financial safety net," she said. Georgieva said she also met the mayor of Shanghai and Dilma Rousseff, the Brazilian former president who now heads the New Development Bank, an institution founded by the BRICS

emerging economies. The IMF chief urged China's policymakers in March to seek to raise productivity and rebalance the economy away from investment and towards more durable consumption-driven growth.



World News

Hong Kong sees hottest summer on record in 2023

Hong Kong experienced its hottest summer on record this year, with the city seeing "record-breaking" temperatures, the government said Monday, the latest region to experience the impact of a warming planet. Climate change has fuelled searing temperatures across the globe already this year, with India, Japan and Australia last week announcing recent temperature records toppled. In the semi-autonomous Chinese region of Hong Kong, officials declared on Monday that "together with the exceptionally hot weather in June and July, Hong Kong experienced the hottest summer on record from June to August 2023". The city recorded a monthly mean temperature of 29.7 degrees Celsius (85 degrees Fahrenheit) last month, the hottest August on record, according to the Hong Kong Observatory. This year also saw the third-hottest July and fourth-hottest June since records began in 1884. The top three warmest years in Hong Kong's history were all recorded after 2018. August was also "much drier than usual



with a total rainfall of 140.7 millimetres (5.5 inches)," the Observatory added. Worldwide, temperature records have tumbled in recent years, as climate change makes meteorological conditions more volatile. Early

in the summer, Beijing logged a record 41.1 degrees Celsius (105.98 Fahrenheit) temperature on a June day. Scientists insist that global warming -- linked to dependence on fossil fuels -- is behind the intensification of

heatwaves. Climate change has also increased the intensity of tropical storms, with more rain and stronger gusts leading to flash floods and coastal damage, experts say. Hong Kong was hit over the weekend by Super Ty-

phoon Saola but dodged major damage. Hong Kong authorities have recently emphasised the need to protect workers from heat stress, but stopped short of enacting new legal safeguards.

German chancellor Scholz's black eye patch photo on X: 'Excited for memes'

German chancellor Olaf Scholz joked that he was eagerly awaiting reactions from social media after an official photograph showed him wearing an eye patch following a weekend jogging accident. "Excited to see the memes. Thanks for the get-well wishes, looks worse than it is," the chancellor posted on his account on X (formerly known as Twitter). Olaf Scholz's face is also visibly scratched in the photo. He will have to wear the eye patch for the next few days and weeks, government spokesperson Steffen Hebestreit said. The chancellor is set to take part in a Catholic Church event in Berlin and is doing well considering the circumstances, the spokesperson said, adding that Scholz is a regular jogger but he had to cancel his commitments after he fell while running on Saturday. His appointments for the rest of the week are unaffected, the spokesperson said.



Fiji News

Cabinet agrees for a feasibility study to be done in Fiji for medicinal marijuana

Cabinet has agreed that a feasibility study be undertaken for the emerging market of medicinal marijuana or cannabis in Fiji. Prime Minister Sitiveni Rabuka says the feasibility study will be overseen by a task force that will be chaired by the Deputy Prime Minister and Minister for Trade, Cooperatives, Small and Medium Enterprises, and Communications, Manoa Kamikamica. He says medicinal cannabis is defined as the use of cannabis including constituents of cannabis tetrahydrocannabinol (THC) and other cannabinoids that are mainly used for the treatment, or symptom reduction, of a range of illnesses and conditions that are prescribed by the physician. Rabuka says at present, there is no specific legislation for the cultivation and production of medicinal marijuana in Fiji. He adds the findings of the feasibility study and any subsequent proposed amendments to the law and the drafting of a new law will be brought back to Cabinet for its consideration. Meanwhile, the Fiji Council of Churches members in April this year endorsed a motion to legalize marijuana for pharmaceuti-



cal or medicinal purposes only.

This was confirmed after the conclusion of their first consultation process in response to the Government's motion to legalize marijuana for pharmaceutical or medicinal purposes only. Acting General Secretary, Reverend Simone Tui says the research presented on marijuana as a medicinal drug was one of

the major factors that convinced the church leaders to endorse the legalization of marijuana. Pastor Tui is also grateful to the Government for involving the church leaders in the consultation of national matters.

He says the church is a great link for the Government to its people. Reverend Tuinawai Kapiwai of the Assemblies of

God Church says the legalization of marijuana will help in the battle against drugs, while Wilisoni Qarasaumaki of the Saint Andrew Presbyterian Church says the motion will help locals utilize their natural resources. Pastor Kaminielo Nakove of the Pentecostal Church of God International Movement Nadi says if this motion

is passed by the Government, the churches will play a big part in its advocacy.

The Archbishop says there will be more consultations in the future, and this is to ensure that everyone's opinion is considered before the Fiji Council of Churches presents its official response to the Government.

FIJI AGED-CARE WORKER NOMINATED AS 2023 HEALTHX CARER OF THE YEAR

Tupou Dilagi Naikidi (Dee), a Fijian Aged-Care worker with HealthX from Capecare Busselton was nominated and announced as the recipient of the HealthX Carer of the Year Award for 2023. The Permanent Secretary for Employment, Productivity and Industrial Relations, Mr. Maritino Nemani was overwhelmed by this remarkable achievement and expressed the Coalition Government's gratitude towards Dee's dedication, compassion, and commitment to patient care, which has made her a true role model in the aged care community. "In celebrating Aged Care Employee Day early this month, the HealthX group highlighted that they were extremely excited to announce that the 2023 HealthX Carer of the Year was awarded to Dee."

"Dee was nominated twice,

by two separate members of staff in the Busselton Facility where she works. One nomination stated that Dee is very reliable and hardworking, acts as a good mentor for other staff members and does everything with a big smile".

"The second nomination said that Dee is always so flexible and willing to put her hand up to help and is seen as a role model. As a devoted carer at Capecare Busselton, Dee has consistently demonstrated her exceptional skills and compassion, making her an indispensable member of the HealthX team." "Dee not only possesses the skills and knowledge required of an aged care professional but also possesses remarkable interpersonal skills that have allowed her to build strong connections with her patients." The Permanent Secretary for Employment

further added that highlighting Dee's efforts through this award will inspire other Fijian aged care workers to follow in her footsteps.

The Permanent Secretary also expressed gratitude to

HealthX for recognizing the effort and commitment of its workers and such motivation would boost their morale and productivity level. PS Nemani called on other Fijian workers in the aged-care industry to also

perform their best and continue to raise the Fiji flag high through exceptional care services that will not only benefit patients but also showcase the excellence and genuine compassion that Fiji offers.



Fiji News

COOPERATION ESSENTIAL FOR INTEGRATED DEVELOPMENT, SAYS MINISTER DITOKA

Civil Servants, including the Roko Tui's and District Officers have been urged to be proactive in assisting villages across the country formulate Integrated Village Development Plans (IVDP). During his visit to Nairai Island in Lomaiviti Province on August 30, 2023, Minister for Rural Development Hon. Sakiasi Ditoka emphasized that completed IVDPs should address challenges faced by villagers more comprehensively, not just fulfill requests. "One thing I notice is that villages that have completed their IVDPs seem to have done so just to fulfill the request, but there needs to be deeper thought put into them to fully address the challenges faced by villagers," the Minister stated. "It's a positive thing that requires a whole-of-Government approach, a holistic approach, and I urge civil servants based in rural areas to actively participate in the formulation of IVDPs, especially in our rural and maritime sectors." "This will also ensure that these IVDPs are aligned with the Government's focus. We must collaborate to ensure that our IVDPs are sustainable, with plans to nurture them for achieving greater outcomes over the years," the Minister added. The Minister who is visiting 3

islands in Lomaviti continuously reiterated the importance of an VDP that is thoroughly discussed at village level. "A IVDP that involves children, youth, womenfolk, menfolk and inputs from the divisional offices of Government can bear fruit and will be felt in the long term by villagers," adds Minister Ditoka. "Such Development plans when implemented on 5 to 10 years span will greatly enhance their sustainability and on the other hand also curb the rural to urban drift faced in many of our maritime communities." "We are also encouraging villages to involve themselves in businesses that can generate income not only for the village but the cross section of their communities as well. These businesses are to be based on the Co-operatives model as it is best for our rural communities and everyone benefits through dividends payouts which is an added incentive." Addressing connectivity challenges, the Minister acknowledged the necessity of modern communication in maritime areas and the ongoing efforts to find solutions. "Connectivity is a must in this modern age and we can't afford to move forward while our maritime zone continuously face communication difficul-

ties." "We have officers from Telecom Fiji here with us and we hope to come up with a comprehensive solution that can assist villages facing issues with communications soon," said Hon Ditoka. "However, while these maritime areas face these challenges the bigger challenge is how we as a Government will action changes to alleviate the problems at hand," the Minister cautioned. "Thus, it is of paramount importance that linkages are in place and incorporated into IVDP's to emphasis how our rural and maritime communities can move forward together to improve their livelihood and elevate their living stan-

dards to be on par with the urban and peri urban areas," said Hon Ditoka. "Our villages have their own Governance structure so it should be fairly easy to incorporate development plans based on good governance, accountability and transparency." "The time to sow the seeds of IVDP is now and our future generation will benefit from it hence we must be proactive and end the culture of total reliance on Government". The Minister also deliberated on available assistance at the Ministry of Rural and Maritime Development and Natural Disaster such as ROI, housing scheme and seafarer's assistance program. Mata ni

Tikina Nairai, Malanivosa Colati while briefing the Government delegation extended the Tikina's appreciation for the 2023-2024 budget which addresses some of the major issues faced in our maritime areas. "We do appreciate the assistance programs especially on housing, the Seafarers Assistance Program and the reintroduction of the Rural and Outer Island Development Program which will greatly assist our income generation capabilities," he said. "We now look forward to working together with the Coalition Government for the betterment of our rural and maritime communities."



SPORTS PLAYS IMPORTANT ROLE IN STABLE MENTAL HEALTH: FIRST LADY

The Northern Primary School Netball Tournament kick-started today after (29.08.23) a lapse of four years, at Bethel Primary School in Labasa, where districts from all over the North are being represented. The First Lady Filomena Katonivere, in opening the games, highlighted that sports, like academic education, were equally important in developing a child's life. "It exposes our children to many important life lessons, it teaches discipline, being focussed, dedication, hard work, commitment, and teamwork," the First Lady said. "Sports, like academic learning, are equally important in building a child's psychological, social skills, communication skills and physical well-being." First Lady Filomena added that

it contributed to their mental well-being, urging parents and teachers to value sportsmanship for children. "In order to have a holistic and healthy life, our children should also take care of their mental health," she explained. "Sports and in this case, netball plays a vital role in keeping our young netters happy and focused. "Sports also play a very important role in having a stable and healthy mental health." She commended the students for their eager participation as well as the teachers, parents and committees for organising such an event. The last time this tournament took place was in 2019. The First Lady also received her typhoid vaccine after officiating at the games this morning.



Fiji News

MINISTER DITOKA COMMENCES OFFICIAL VISIT TO GAU ISLAND

Minister for Rural and Maritime Development and Disaster Management, Hon. Sakiasi Ditoka, embarked on his official visit to Gau Island today, commencing a visit aimed at fostering development, dialogue, and disaster preparedness in Fiji's rural communities. During a customary presentation of se-usevu at Qarani Village, Minister Ditoka opened the dialogue by expressing his regret for the postponement of his visit, which was initially scheduled for the preceding week but had to be rescheduled due to ministerial obligations. The Minister highlighted his decision to temporarily step away from his Cabinet duties to personally visit Gau Island, Nairai, and Batiki Islands in the Lomaiviti Group. He underscored that this tour's primary objective is to assess the islands' infrastructure and engage with the people in order to catalyze effective development. "Meaningful development requires open dialogue, starting at the grassroots level," stated Minister Ditoka. "Each individual has a unique role to

contribute to the path of development." The collaborative endeavor of all members of society is not only valuable but also indispensable. As we work together, combining our diverse skills, perspectives, and ideas, we can forge a more prosperous and inclusive future," said the Minister.

"Development," he adds, "is not the responsibility of a single entity; rather, it's a shared mission that thrives on the synergy of collective efforts. By recognizing the significance of our individual contributions and uniting under a common vision, we can drive sustainable progress and create lasting positive change for our communities and beyond." Emphasizing the importance of comprehensive development plans, the Minister stressed that a well-structured strategy provides a strong foundation for growth.

"Our village development plans, in collaboration with iTaukei Affairs, should be deliberated thoroughly within the community. By aligning these plans with village life,



religious institutions, and the government, we can create a roadmap for progress." "Incorporating the perspectives of our fellow villagers is crucial. With a detailed plan in place, both the government and potential donors can provide assistance more effectively." Highlighting the necessity of disaster preparedness, the Minister advocated for integrated village development plans that encompass disaster manage-

ment strategies. "Every village should possess a comprehensive disaster management plan, integrated into their broader development strategy. This alignment streamlines collaboration with relevant authorities and optimizes development initiatives." The Minister elaborated on several housing initiatives, including the 1/3 - 2/3 housing scheme and the seafarers' program, designed to invigorate the rural economy. Additionally, the

Minister said that the Commissioner Eastern Division's office will procure machinery to aid in land clearance and preparation for agricultural purposes and infrastructure restoration within the division. Minister Ditoka will commission government-funded projects during his two-day visit to Gau Island, followed by visits to Nairai and Batiki Islands. The ministerial entourage is anticipated to return to Suva on Thursday.

FIJI'S FILM AND TELEVISION INDUSTRY SETS RECORD-BREAKING YEAR

The Deputy Prime Minister and Minister for Trade, Co-operatives, Small and Medium Enterprises and Communications Hon. Manoa Kamikamica announced today that the Net Fiji Spend attracted by Fiji's Film and TV sector up to August 2023 has already doubled all of 2022 and is 2.3 times higher than the pre-pandemic's best Net Spend attracted in 2019. "Fiji's audio-visual sector has been recovering steadily from the pandemic, and in 2023 it has reached an all-time best within the first 8 months of the year," said DPM Kamikamica. Film Fiji (statutory body in charge of the promotion and development of the AV sector in Fiji) has recorded for the first time a Net Fiji Spend of \$71.3 million in 2023, and within the first 8 months of the year, attracting shows to Fiji with a Total Local Spend of \$86 million and a Total Production Budget of over \$236 million. "This is an

important accomplishment. It means that, despite spending a lot less attracting these major productions to Fiji, a lot more investment is now staying within our economy. The attention and commitment to the AV sector by Fiji's Government is creating cascading positive economic impacts across the Fijian economy. We have heard firsthand from landowners, service providers, and hoteliers how this industry benefits them, which is why this is an important sector for the Government, and we will continue to support its development" said DPM Kamikamica. Fiji continues to cement itself as one of the best Tropical locations in the world for film production. 2023 has seen major shows produced in Fiji being released in established Broadcast networks in the US like CBS and ABC, while also opening new markets in the online streaming sector with companies like Peacock

TV (NBCUniversal) and Roku TV. "Finding the right location and local partner is crucial for a series such as 'Love Island,' and we couldn't be more pleased with our ongoing collaboration with the Fiji Government, particularly DPM Kamikamica and Film Fiji. The film friendly environment they've created, including immediate and substantial resources and support throughout, has been key to the production of another successful season, and we look forward to our continued work together." Said Simon Thomas, President of ITV Entertainment and Head of International Programming. "Our continued efforts to create a reliable, robust and sustainable ecosystem for the film industry is being very well received in the market. We are seeing a steady return of productions and an influx of enquiries from producers that value Fiji's pristine locations, English speaking crew, con-

nectivity and developed infrastructure." said Film Fiji CEO, Ramiro Tenorio. Fiji was home to some of the most watched TV shows in the US, with the likes of Survivor, Bachelorette and Love Island. The size and distribution of these shows puts them amongst the most significant TV brands in the world. "Our local service providers are working with these large international teams, and they are delivering at such a high level that it allows producers to come back, knowing that they will find the support they need locally. Our teams understand

the high-stakes, fast-paced and demanding productivity required by our sector. We want to continue seeing more locals becoming crew members, developing their skills, or building specialised companies servicing the industry. The support by all stakeholders is fundamental, and we deeply appreciate the efforts made by the Ministry of Tourism and Civil Aviation, Tourism Fiji, Investment Fiji, Immigrations and many other key players in the development of this industry," said Film Fiji CEO, Ramiro Tenorio.



Fiji News

WHIPPING UP STRONGER LINKS WITH FIJI PARLIAMENT OF VICTORIA

A parliamentary workshop held in Melbourne has helped to strengthen ties between the Fiji and Victorian Parliaments. The Fiji delegation led by the Leader of Government in Parliament and Minister for Women, Children and Social Protection Hon. Lynda Tabuya included Coalition Government Whips Hon. Alitia Bainivalu, Hon. Pio Tikoduadua, Hon. Aseri Radrodro, and Opposition Whip Hon. Alvick Maharaj, with two Parliament staff, Senijieli Wainiu and Saleszni Prasad. Designed as a professional development opportunity to enhance parliamentary practices, the workshop saw MPs from Fiji, Victoria and New Zealand look in detail at the work and procedures of parliamentary whips, who play an important coordination role in Westminster style parliaments. As the job of a parliamentary whip has been evolving over many decades, the Fiji MPs valued the opportunity to find out how their Victorian and New Zealand counterparts operate in the role. Minister Tabuya stated 'The training is invaluable to ensure the full engagement of whips in Fiji. We're grateful for the knowledge, experience and



the exchange of ideas,' she said. "This workshop has allowed whips from the Fijian Parliament to get exposure and experience from our counterparts. This is a great help in the whips role of coordinating the day-to-day operations back home," noted Mr. Maharaj. The workshop was arranged as part of the Pacific Parliamentary Partnerships program, under which the Victorian

Parliament is twinned with the Parliaments of Fiji, Nauru and Tuvalu. An important focus of the program is to build capacity and support joint professional learning activities between MPs and parliamentary staff of the twinned parliaments. With a range of specialised roles in parliament, learning through engagement with counterparts is a valued way to improve par-

liamentary operations and effectiveness. Victoria's twinning activities with Fiji are supported by Australia's Department of Foreign Affairs and Trade and the Australian High Commission in Fiji, which recognise that growing links between the two parliaments contribute to healthy relations between Australia and Fiji. Also included in the program was the attendance of

Minister Tabuya at the fundraiser luncheon in support of the Breast Cancer Network of Australia hosted by the President of the Melbourne Football Club at the MCG. She was accompanied by Andrew Schloeffel, DFAT Assistant Secretary Fiji and Vanuatu Branch, and Bharat Mohan, DFAT Assistant Director Fiji section, and Senijieli Wainiu of the Fiji Parliament.

KOSOVO AIMS TO ENHANCE DIPLOMATIC RELATIONS WITH FIJI

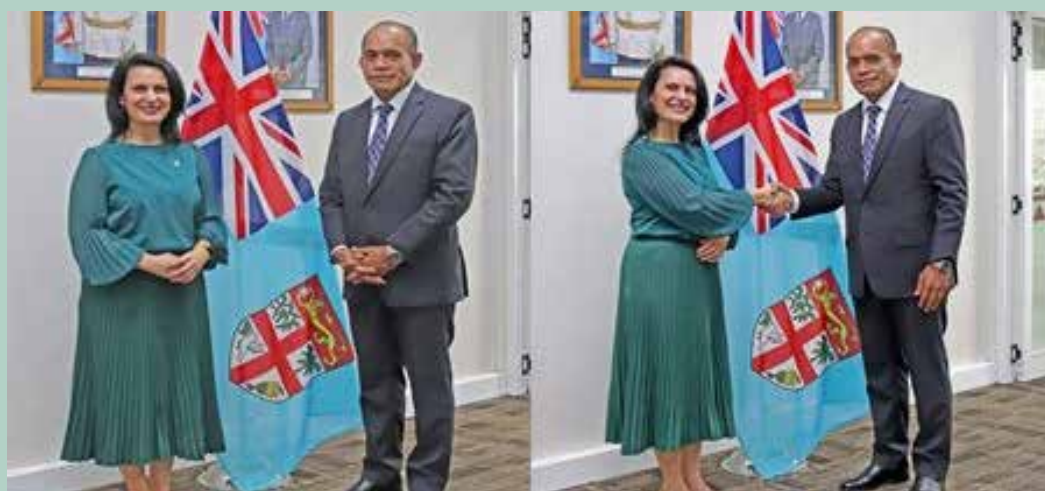
The commissioning of Kosovo's first Ambassador accredited to Fiji, will see the diplomatic relations enhanced between the two nations in areas of climate change, capacity building and training, and people to people links. This was conveyed during a courtesy call on the Permanent Secretary for Foreign Affairs Dr. Lesikimacuata Korovavala by the non-Resident Ambassador of the Republic of Kosovo to Fiji, H.E. Jetmira Berdynaj-Shala. Dr. Korovavala thanked Ambassador Shala for her first official visit to Fiji which aimed to advance mutual cooperation between the two nations. He acknowledged Kosovo's commitment to align cooperation with Fiji's and the region's priorities, with climate change being one of the key areas of interest. On

the same note, he welcomed Kosovo's interest to provide training and capacity building opportunities particularly in diplomacy and foreign services. Dr Korovavala said that the Ministry of Foreign Affairs will work closely with the Embassy of Kosovo in Australia to see how best the two nations can optimize current collaboration. In her response, Ambassador Shala said she is honoured to be the first Ambassador of Kosovo to Fiji since the establishment of our diplomatic relations ten years ago. She is optimistic that even though there is great geographical distance between our two countries, we are united in our shared commitment to build resilient and sustainable development. She is confident that during her tenure she will

strive to take our relations to newer heights. Ambassador Shala said Kosovo is grateful for the Fijian police officers who served in the peacekeeping mission in Kosovo. In recognition of this cooperation, Kosovo is offering training opportunities in a range of areas for Fijian

nationals through the Kosovo Academy for Public Safety. She said climate change is an important area through which Kosovo hopes to support Fiji and the region, particularly in building resilience against the climate crisis. To conclude, she said Kosovo will send a high-

level ministerial delegation to Fiji and the Pacific region next year to see how best Kosovo can build stronger cooperation. She expressed her fervent hope that Kosovo will be included in the accreditation of one of Fiji's existing missions.



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Fiji News

ARGENTINA AND FIJI TO ENHANCE COOPERATION IN “SPORTS AND TOURISM”

The cooperation between Fiji and Argentina will boost opportunities for increased partnership in areas of economy and trade, sports, tourism, agriculture, and climate change. This was conveyed to the Permanent Secretary for Foreign Affairs Dr. Lesikimacuata Korovavala while receiving a courtesy call from the non-resident Ambassador of Argentina to Fiji, H.E Mr. Maximo Gowland. Dr. Korovavala acknowledged Argentina's commitment to strengthen our formal diplomatic relations and cooperation, established since 1975. He welcomed prospects for expanded cooperation to support Fiji's socioeconomic development priorities through initiatives in economy, trade and investment, tourism and sports, amongst others. At the same time, he reaffirmed Fiji's commitment to work closely with Argentina to see how best the two nations can maximize the return on investments aimed at improving the livelihoods and wellbeing of our local communities. In response, Ambassador Gowland said as one of the largest economies and world's leading food exporters, with large-scale agricultural and livestock, Argentina is keen to



assist Fiji, primarily through the provision of latest technologies, training and capacity building opportunities. Dr Korovavala observed that with Argentina's impressive record in land-use, farming technologies and green economy, partnership in the agriculture sector and farm-related development are areas that our cooperation can focus on. Taking development to the people

is key to improving quality of life for our people. Ambassador Gowland added that Argentina will also partner in trade and tourism industry particularly to explore adventure tourism prospects in Fiji. Ambassador Gowland said there is enormous potential for cooperation in sports diplomacy particularly with Fiji's success in rugby and Argentina's championship in the

world cup soccer, saying that it would be great to have sports training exchange programs between our two nations. He said Argentina would also deepen cooperation with Fiji in areas of democracy, gender and human rights, particularly with our collaboration at the multilateral arena. Ambassador thanked the People's Coalition Government and the people of Fiji for their

friendship and hospitality, emphasising that there is immense potential for our cooperation to grow by working closely at all levels of development. As part of our cooperation, an MOU on visa exemption is already in existence that enables Fijians to travel visa free to the Argentina for up to 90 days from date of entry.

SAUDI ARABIA AIMS TO STRENGTHEN RELATIONS WITH FIJI

Saudi Arabia has today reaffirmed support for Fiji's development priorities in key areas of climate change, renewable energy, health, trade, investment, tourism and education. This was confirmed during a courtesy call on the Permanent Secretary for Foreign Affairs Dr. Lesikimacuata Korovavala, by the non-resident Ambassador of the Kingdom of Saudi Arabia to Fiji, His Excellency Ambassador Sultan Bin Khuzaim. Dr. Korovavala welcomed the announcement by Saudi Arabia to provide 11 fully funded scholarships for the Fijian students to pursue study of their choice at prominent universities in Saudi Arabia. He said the new initiative demonstrates our strengthened cooperation in the education and capacity build-

ing opportunities. On the same note, Dr. Korovavala said Fiji's Ministry of Foreign Affairs will work closely with Saudi Arabian counterparts to see how best they can realign their support to Fiji's development needs and priorities. In the course of discussion they highlighted on the need for enhanced accessibility to international climate funding. In his remarks, Ambassador Khuzaim emphasized the importance of exchanging bilateral visits and intensifying meetings between two countries and towards increasing coordination in international forums and specialized organizations. He said Saudi Arabia attaches great importance to Fiji and his visit is an opportunity to further enhance our friendship and cooperation. The Ambas-



sador elaborated that Saudi Arabia aims to increase support on common issues, especially

economic development, climate change and renewable energy. He thanked the Government and

the people of Fiji for the warm hospitality accorded during his first official visit to our shores.

Fiji News

THE PACIFIC COMMUNITY (SPC) TO ALIGN ASSISTANCE WITH FIJI'S DEVELOPMENT NEEDS

The People's Coalition Government and the Pacific Community (SPC) have today reaffirmed commitment to strengthen partnership aligned with Fiji's development needs and priorities. This was conveyed at an introductory call received by the Permanent Secretary for Foreign Affairs Dr. Lesikimacuata Korovavala, from the Pacific Community Deputy Director-General Science and Capability, Dr. Paula Vivili. Dr. Korovavala commended SPC for the work undertaken to empower communities in Fiji and the Pacific region through various initiatives in "science, knowledge, and innovation". He said Fiji will work closely with SPC in the implementation of the new SPC Strategic Plan 2022-2031 and in the delivery of the objectives of the 2050 Strategy for the Blue Pacific Continent. On the same note, he assured SPC of Fiji's support for the upcoming Committee of Representatives of Governments and Administrations (CRGA) 53 Meeting and 13th Conference of the Pacific Community to be held in October this year. In its presentation, SPC shared key results for Fiji in 2022, which contributed to 26 of the 29 goals



of Fiji's National Development Plan. Dr. Korovavala said these achievements exemplify the essence of collaboration, integrated programming and the positive impact that science and capability can have on sustainable development in Fiji. In his remarks, Dr Vivili highlighted

SPC's role as a key technical and scientific agency in delivering co-designed solutions to address the development needs and priorities of the Pacific through science, knowledge, and innovation. "Our engagement was extremely productive, as we emphasized SPC's crucial

role as a leading technical and scientific agency in the Pacific. "Through our commitment to co-designed solutions based on science and innovation, we stand ready to support Fiji's (and the Pacific's) development needs and priorities," Dr Vivili said. The meeting held at Fiji

Ministry of Foreign Affairs, was also attended by SPC's Director, Strategy, Performance & Learning Unit Ms. Emily Sharp and Principal Adviser to the Deputy Director General Science and Capability, Ms. Vuki Buadromo.

FORMER CITIZENS AND DESCENDANTS GIVEN THE ALL CLEAR, LOCAL BUSINESS MAKES ITS MARK

All former Fiji citizens and descendants who are passport

holders of other countries will not be facing any immigration

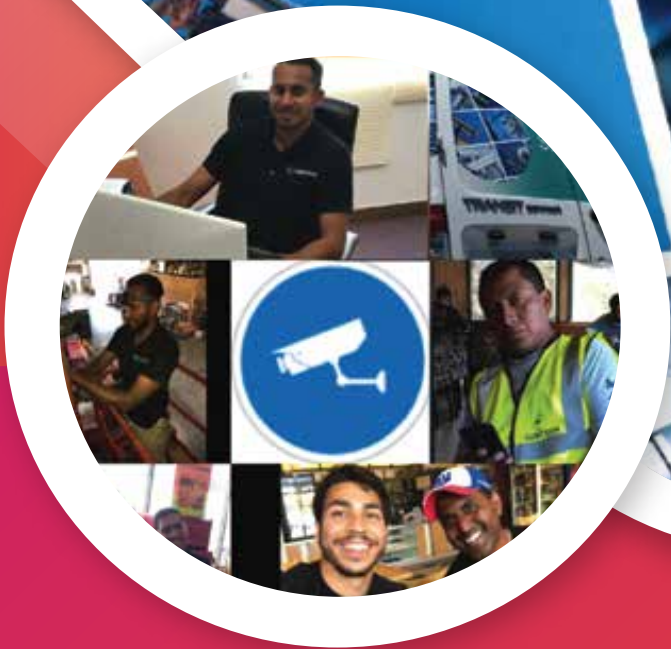
issues when entering Fiji. This was highlighted by the Deputy

Prime Minister and Minister for Finance, Hon. Biman Prasad when he officiated at the opening of Oceania Fiberglass Pte Ltd in Nausori today (14.08.23). "Our people who are living outside of Fiji have Fiji in their hearts and minds all the time. We are encouraged to see that many of them are coming back and investing and making sure that they contribute with their finances, newfound skills, knowledge, and wisdom." "As a Government, we are determined to encourage that. We want to provide all the support, remove all the barriers and the bottlenecks that might have existed before. The Government has already changed that Immigration Law, and soon with the new regulations, all former Fiji citizens and

their descendants who left Fiji and are holding other passports, will not need a permit anymore when they come to Fiji. That includes anyone – descendants of any Fiji citizen," DPM Prasad said. DPM Prasad shared that it is always an auspicious occasion when local businesses open and provide services in the local and international markets. Employment opportunities are created contribution to the country's GDP increases. Oceania Fiberglass Pte Ltd are the sole manufacturers of fiberglass products in Fiji and was established last year. Its shareholders are all former residents of Fiji now living in British Columbia and the United States of America.



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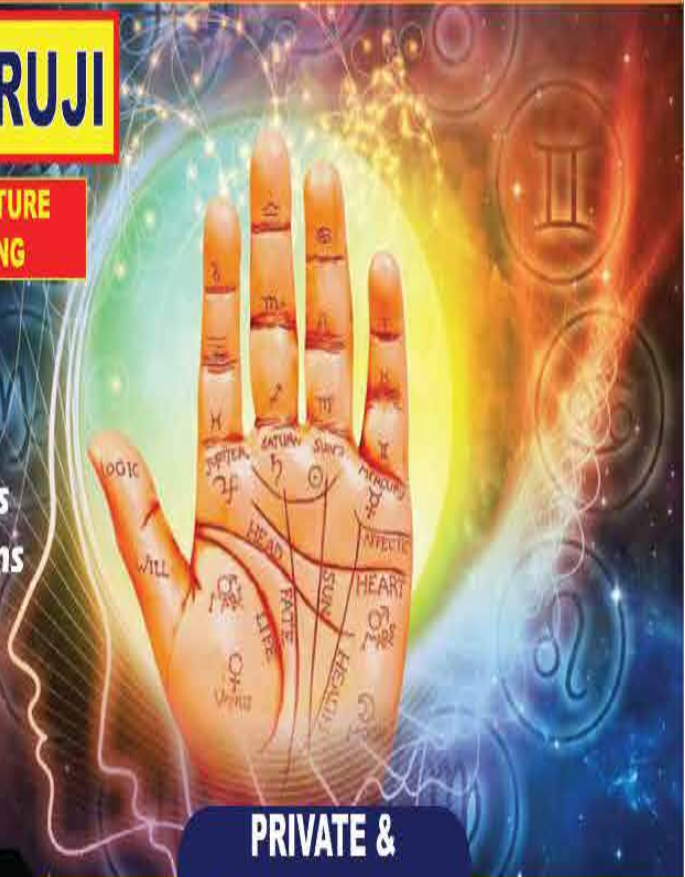
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Fiji News

TOURISM FIJI LAUNCHES FIRST-EVER FLEET OF ELECTRIC VEHICLES



In a move towards sustainability and environmental consciousness, Tourism Fiji unveiled its inaugural fleet of electric vehicles (EVs) during a ceremony officiated by the Deputy Prime Minister and Minister for Tourism and Civil Aviation, Hon. Viliame Gavoka. In his address at the launch event, DPM Gavoka

emphasised that these electric vehicles mark progress towards our sustainability goals and reflect global trends towards more environmentally friendly vehicles. "Through this initiative, Tourism Fiji is taking leadership in sustainable practices in the tourism sector and increasing public awareness of sustainable transportation." When procur-

ing the electric vehicles, Tourism Fiji demonstrated a strong commitment to environmental consciousness." DPM Gavoka also drew attention to Build Your Dream's (BYD) Blade Battery technology, which not only optimises space utilisation by over 50 percent, but it also excels in stringent safety tests, guaranteeing both longevity and

remarkable performance. "This is an important step in our commitment to our sustainability roadmap. Even our approach to acquiring the vehicles has been sustainable - utilising sponsorships and partnerships to help bring the vision to life and deliver long term cost savings as well as reduced environmental impact," explained the CEO of

Tourism Fiji Mr Brent Hill. "After comprehensive research, we reached out to EV Direct, recognising the alignment between our sustainable transportation vision and their offerings," Mr Hill noted. "The newly launched EVs are fully electric, leaving zero emissions, and are not hybrid vehicles. Furthermore, they come equipped with portable chargers and utilise solar chargers, ensuring these EVs present longterm savings potential and significantly reduce reliance on fossil fuels." The introduction of these electric vehicles is made possible through strategic partnerships and sponsorships. EV Direct played a pivotal role in subsidising Tourism Fiji's journey towards eco-friendliness. Additionally, Fiji Care, the first insurance company to offer coverage for electric vehicles in Fiji, has also shown strong commitment to this green endeavor. Solar Hub Fiji also partnered with Tourism Fiji, fully sponsoring the installation of solar chargers. By introducing electric vehicles, Tourism Fiji aims to encourage the tourism community to adopt similar practices and continue working towards a more sustainable future.

"CONFLICT SENSITIVE REPORTING MANUAL FOR FIJIAN JOURNALISTS" LAUNCHED

The Assistant Minister in the Office of the Prime Minister, Hon. Sakiusa Tubuna launched



the Conflict Sensitive reporting manual at the University of the South Pacific earlier this week. In recognising the crucial role, the media plays in shaping public opinion, the manual which was produced by Dialogue Fiji, aims to provide guidance to journalists on how to report conflicts in a way that is sensitive to context emphasising the need for accuracy, impartiality, and sensitivity. In his remarks, Assistant Minister Tubuna stated that the manual will undoubtedly serve as a useful guide for our journalists as they continue to play a vital role in our societies. "In April this year, the Coalition Government abolished the draconian Media Industry Development Act (MIDA) and as envisaged by our Hon. Prime Minister, media freedom and freedom of expression is and

will remain one of the major focuses of the Coalition Government," the Assistant Minister stated. "Our journalists should also remember that with freedom, comes responsibility. This is important, especially in a multi-ethnic society like Fiji. Reporters should adhere to their professional code of ethics at all times and exercise balance and objectivity in the coverage of major national events." Assistant Minister Tubuna acknowledged independent actors like Dialogue Fiji in its bid to safeguard media freedom and promote responsible journalism by initiating the formulation of this manual which will in turn foster more resilient and robust journalism positively contributing towards a progressive society.

Bollywood News

Bhoot Police sequel announced; Akshai Puri's 12th Street Entertainment also acquires remake requires of Tamil neo-noir Aaranya Kaandam

With Kareena Kapoor Khan, Jaideep Ahlawat and Vijay Varma starrer Jaane Jaan set to release on September 21 on Netflix, production house 12th Street Entertainment is ready to take us for another thrilling ride. While their upcoming slate is packed, the production house is thrilled to be working on several projects. Amongst them is the sequel to Bhoot Police. The sequel, which has been in the works, has been officially announced by the producer. Bhoot Police released in 2021 and stars Saif Ali Khan, Arjun Kapoor, Jacqueline Fernandez and Yami Gautam. It was directed by Pawan Kripalani. The horror-comedy is now getting a second installment. However, the cast and the other details are under wraps. Back in October 2022, Saif Ali Khan, "I loved the script and I liked my role

in Bhoot Police. It continues to be one of the most watched films on that platform, and they are very keen to do a sequel." Additionally, 12th Street Entertainment is also gearing up for the remake of the 2010 South Indian neo-noir film Aaranya Kaandam. The Tamil-language crime drama, written and directed by Thiagarajan Kumararaja, stars Jackie Shroff, Ravi Krishna, Sampath Raj, Yasmin Ponnappa, Guru Somasundaram and Master Vasanth. The film was released in 2010. With successful films like Badla, directed by Sujoy Ghosh and starring Amitabh Bachchan and Taapsee Pannu, and Gaslight, a psychological thriller starring Sara Ali Khan, Vikrant Massey and Chitrangada Singh in its repertoire, producer Akshai Puri is currently gearing up for several projects.



Jaane Jaan: Jaideep Ahlawat stuns audiences with his dramatic transformation in this First Look

After Kareena Kapoor Khan unveiled her look of a single mother, who looks terrified and trying to protect her daughter, the next avatar unveiled by the makers is that of Jaideep Ahlawat. This newly unveiled poster of Jaane Jaan showcases an astounding makeover of the actor where he is seen sporting a completely different avatar, which is that of a menacing, partially bald man. It also seems that Ahlawat underwent a remarkable weight loss to achieve his look in the movie. Speaking of Jaideep Ahlawat's physical transformation for this thriller, let us tell you that the actor actually underwent remarkable physical transformations for both of his upcoming ventures, namely, Paatal Lok 2 and the Netflix film Jaane Jaan. For Paatal Lok 2, he underwent a significant weight gain to reprise his role as Hathi Ram Chaudhary, collaborating closely with experts for a healthy transformation. Now, in Jaane Jaan, he has shed those pounds for a crucial character of a socially awkward genius. Fans are eagerly awaiting both projects to witness Ahlawat's

versatility on screen. Earlier this week, the makers of the movie unveiled the title of the movie as Jaane Jaan which is inspired by an iconic song sung by Lata Mangeshkar of the

same name from the 1969 film Intaqam, picturized on Helen. The song is written by Rajinder Krishan whereas it was composed by Laxmikant Pyarelal. The Netflix movie Jaane Jaan

is expected to feature him in a never-before-seen avatar of a genius mathematician. For the unversed, the upcoming thriller is an adaptation of the Japanese novel Devotion of Suspect X

written by Higashino Keig and the movie is directed by Sujoy Ghosh. Along with Kareena Kapoor Khan, the film also stars Vijay Varma who is expected to essay the role of a cop.



Bollywood News

Suneel Darshan accuses Sunny Deol of 27-year-old Rs 77.25 lakh debt: "This man is not even ready to respect the court's verdict"

Renowned Bollywood filmmaker Suneel Darshan has made shocking allegations against actor Sunny Deol, further escalating the latter's recent troubles. Amidst the success of his blockbuster film, *Gadar 2*, Sunny Deol faced accusations of failing to repay a bank loan of Rs 56 crore. Now, Darshan has claimed that the actor owes him Rs 77.25 lakh, a pending debt dating back to 1996, spanning a staggering 27 years. In an interview with *Dainik Bhaskar*, Suneel Darshan revealed that he had relentlessly pursued Sunny Deol for the unpaid sum, eventually resorting to legal action. The dispute centres on the distribution rights of their film *Ajay*, sought by Sunny in 1996 as he aimed to launch an international film distribution venture. Darshan asserts that,

despite persuading Sunny to collect the funds from London, the actor obtained documents from him but failed to fulfil the promised payment once he acquired the film prints. Darshan further claimed, "In the court, Sunny claimed he did not have the money to give me and promised to do a film with me. Then, he would ask for changes in the script or claim a lack of dates and never completed the film. Basically, he never intended to pay my money." The filmmaker further expressed his frustration, stating, "It has been almost 27 years, and I am still running around in circles for the court case. This man is not even ready to respect the court's verdict." The established amount owed by Sunny Deol, according to Darshan, totals Rs 1.77 crore.



Neetu Kapoor Remembers Rishi Kapoor On His 71st Birth Anniversary, Shares Heartwarming Video Of Late Actor

Veteran Bollywood actor Neetu Kapoor remembered her late husband Rishi Kapoor on the occasion of his 71st birth anniversary. Taking to Instagram, Neetu Kapoor shared a video featuring Rishi's iconic songs. She captioned the post, "In remembrance," followed by a joined hands emoticon. Rishi and Neetu got married on January 22, 1980, and share two children, Riddhima Kapoor Sahni and superstar Ranbir Kapoor. Back in the 70s and 80s, the couple starred in several hits together like 'Amar Akbar Anthony', 'Khel Khel Mein', 'Rafoo Chakkar', 'Kabhi Kabhie', 'Besharam' and many more and inspired generations with both their on-screen and off-screen romance. Often branded as Bollywood's first chocolate boy, Rishi touched the heights of stardom in the film industry with iconic roles in blockbuster hits like 'Bobby', 'Chandni', 'Karz', and many others. Rishi Kapoor died on 30 April, 2020 at the age of 67. He was suffering from Leukemia. He was in New York for a considerable amount of time for his treatment. Neetu was there for him as a rock-solid partner through thick and thin. Neetu keeps on



sharing fond memories of the late actor on her social media post. His last film, *Sharmaji Namkeen* was shot with Paresh

Rawal as the actor's some portion of films were incomplete. Meanwhile, Neetu was last seen in 'Jug Jugg Jeeyo', co-starring

alongside Anil Kapoor, Varun Dhawan and Kiara Advani. She will be next seen in the film 'Letters To Mr Khanna' with Sunny

Kaushal and Shraddha Srinath. The official release date of the film is still awaited.



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Fiji News

IMPLEMENTATION ON FNPF DEDUCTIONS FOR PALM WORKERS KEY TO FIJI GOVERNMENT

The Employment Minister while delivering his address at the Australia Fiji Business Council Forum yesterday (01/09/2023) in Australia highlighted that the implementation on FNPF deduction for Fijian workers under the Pacific Australia Labour Mobility (PALM) scheme is key to the Fiji Government. Minister Agni Deo Singh emphasised that the Fiji Government through the Fiji National Provident Fund (FNPF) is also working in collaboration with the approved employers under the scheme. "As part of this collaboration, FNPF is encouraging employers to enable the deduction of contributions from the earnings of Fijian workers operating offshore in Australia directly to their superannuation fund in Fiji. "Through this initiative, Fijian workers will have the opportunity to benefit from long term financial security and build their retirement savings through the FNPF." Minister Singh added that the team had the opportunity to meet with the employers and unions on 30th



August and are most willing to assist with deduction in remittance of FNPF.

"We are now calling upon the Government of Australia to assist in facilitating this. Legislations may have to be looked at in order to implement these

deductions."

He added that the current provision requires employers to deduct super and the worker can apply for transfer of the same after departure to their home country of which a 35% tax is applicable. He highlighted fur-

ther that this matter would be escalated to government level for further discussion and resolution.

Employment Minister Singh emphasised that both Governments' commitment are essential in ensuring that our workers

are protected, both at home and abroad and continue to actively engage in bilateral discussions to ensure fair treatment, decent working conditions, and adequate wages for our citizens working under the scheme.

EMPLOYMENT MINISTER SHEDS LIGHT ON THE IMPORTANT ASPECT OF FIJI – AUSTRALIA RELATIONSHIP THROUGH VUVALE PARTNERSHIP

The Minister for Employment, Productivity and Industrial Relations Hon. Agni Deo Singh shed light on an important aspect of both Fiji and Australian Governments relationship through our Vuvale Partnership during the Australia - Fiji Business Council Forum currently held in Australia this week. The relationship of both countries signifies strong bonds and development cooperation through the labour mobility programs and other trade or business agreements. Minister Singh highlighted that this gathering is crucial for the government of Fiji as it provides an opportunity for collaboration between the Australia and Fiji business councils to address important concerns related to labour mobility and skills gap in our local workforce. It also provides a platform for dialogue and cooperation between the Australia and Fiji business councils to find innovative solutions for issues

related to labour mobility and skills gap. "The outcomes of this collaboration have the potential to benefit both countries, promoting economic growth, and creating opportunities for workers in Fiji." "The August 2023 Pacific Economic Update Assessment Report provided by the World Bank highlighted Fiji's advantage of being the first Pacific Island country to reopen its borders which has driven economic growth. The report also highlighted that labour migration can significantly contribute to Pacific economies and remittances have provided a critical source of financing for households, especially during periods of economic shock." "Australia has been a longstanding friend and supporter of Fiji. Our shared history and connections make us natural partners, and I invite Australian businesses to join us on this transformative journey, to explore mutually beneficial opportunities, and to

contribute to the progress of both our nations." "The Coalition government is defined by three words: freedom, unity and progress in rebuilding Fiji together" which is reflective of the scope that we will work together with stakeholders and development partners to develop our nation towards sustainable prosperity." The Fiji government acknowledges the Pacific Australia Labour Mobility (PALM) scheme, as a mutually beneficial arrangement over the years. It facilitates the movement of Fijian citizens or workers to fill labour shortages in various sectors of Australia's economy such as the Meat-Industry, Aged-Care, Hospitality, Horticulture, and other future industries. This arrangement has offered immense opportunities for Fijian citizens to gain employment and contribute to the economic prosperity of both nations. Through this scheme, Fiji saw a significant increase

in remittances sent back by Fijian workers engaged in the scheme. "In 2022, inward remittances increased by more than \$1 million, due to the increase in Fijians working abroad under various labour mobility schemes coupled with the growing diaspora abroad and ease of remitting money via mobile money platforms. Cumulative to April this year, inward remittances grew to more than \$3 million, driven by higher personal transfers." These remittances play a vital role in improving the living standards of Fijian families,

by supplementing household incomes and supporting local businesses. They also bolster our foreign exchange reserves, providing stability and economic resilience during challenging times. Fijian workers have contributed their skills, dedication, and work ethic to various sectors in Australia, filling critical labour gaps and boosting productivity. At the same time, these workers have had an incredible opportunity to gain international exposure, acquire new skills, and support their families back home.



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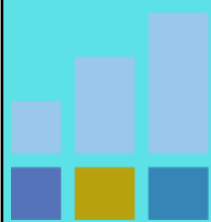
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Health News

FDA Approves Generics of ADHD Medication for Children 6 and Up

In June of 2023, Takeda, the Japanese manufacturer of the ADHD drug Vyvanse (lisdexamfetamine dimesylate) published a statement indicating that they were experiencing low inventory of the medication due to a “manufacturing delay compounded by increased demand.” However, on August 28, 2023, the U.S. Food and Drug Administration Trusted Source (FDA) announced what could be very good news for those who have been affected by the shortage of the drug. It has approved several first generics. According to the agency, the term “first generic Trusted Source” means that these are the first approvals by the FDA to allow the manufacture of generics for Vyvanse. The drug will be available in both capsules and chewable tablets and is approved for the treatment of moderate-to-severe binge-eating disorder (BED) in adults as well as for attention-deficit/hyperactivity disorder (ADHD) in children aged 6 and older. BED is the most common eating disorder in the U.S., per the National Eating Disorders Association. People with this disorder experience recurring episodes of eating large quantities of food and may feel a sense of being out of control during the binge. ADHD is a common neurodevelopmental disorder generally diagnosed at a young age, although it often persists into the adult years. It can create symptoms such as inattention, impulsivity, and hyperactivity in those affected, says the U.S. Centers for Disease Control and Prevention Trusted Source. What generic Vyvanse means for patients Dr. Stefan Ivantu, a private psychiatrist and a specialist in adult ADHD and complex cases in London, England, said, “This announcement is highly important since the supply chains will become more robust, considering the pandemic period and increased demand for prescribing.” Ivantu went on to explain that, when a supply chain may fail, having access to generic medications creates more options for patients and prescribers. “[T]his announcement develops redundancies within a system that is



continuously growing and under pressure,” he added. Ivantu also noted that it can help bring costs down for patients by creating more competition in the marketplace. Dr. Nicole Garber, chief medical officer with Alsana — a national eating disorder treatment program with locations in California, Alabama, and Missouri — additionally pointed out that this announcement is especially beneficial for those with binge-eating disorder. “While several other medications are approved for the treatment of ADHD, Vyvanse is the only medication approved for the treatment of binge eating disorder,” she said. Garber added that the gold-standard treatment for binge-eating disorder is cognitive behavioral therapy, a type of talk therapy that seeks to modify behavior by helping people recognize their unhelpful ways of thinking. Additionally, nutritional therapy can help people return to healthy eating patterns. Medications like Vyvanse can also play a role in helping bring symptoms under control, she noted. However, she cautioned that it doesn’t work for everyone so it’s important that it be a part of a comprehensive treatment program. How long it will take for generic Vyvanse to become available Generic drugs can be made available after their patent expires. Dr. Praveen

Guntipalli, Medical Director and Owner of Sanjiva Medical Spa in Dallas, Texas, said, “[The patent for] Vyvanse officially ended on February 24, 2023.” However, he added, Takeda maintained market exclusivity through August 24, 2023, due to its pediatric exclusivity. Ivantu explained, however, that this does not mean that the generic versions of the drug will be available right away. “Delays may occur within generic drug manufacturers as the quality checks and distribution processes remain complex,” he said. It can take months — or even years — according to Ivantu, for generic medications to actually become available, depending on how well-prepared the manufacturers are. It

can also depend on where you live since different countries can have different timelines as well. According to reporting by Reuters, Mallinckrodt and Viartis in the US; Hikma Pharmaceuticals in the UK; and Sun Pharmaceutical Industries in India have all confirmed they have begun shipping their respective versions of the drug. Ivantu suggests that the best way to become apprised of when the generic drugs will be available to you is to contact a healthcare professional. However, he believes that they will be available by the end of the year. In the meantime, Takeda expects the shortage of its brand-name drug to continue into September. The bottom line With Takeda’s patent on Vyvanse having just

expired, the door is now open for generic lisdexamfetamine dimesylate to enter the market. The medication is commonly used to treat moderate-to-severe binge-eating disorder in adults as well as ADHD in children aged 6 and older. Having generics available will create more options for patients and can also help bring prices down. Pharmaceutical companies in the US, UK, and India have already begun to ship generic versions of Vyvanse. A healthcare professional should be able to provide you with more specific details about when they will be available to patients. The shortage of the brand name drug is expected to continue into September.



Health News

Managing chronic inflammation with psoriasis

Although the exact cause of psoriasis is unknown, doctors consider it an immune-mediated inflammatory disease. This means that inflammation is at the root of this condition. Up to 3% Trusted Source of adults in the United States have psoriasis. It causes skin symptoms, such as raised plaques and discoloration, and can also impact other parts of the body, such as the joints and eyes. Experts believe inflammation is the common factor that can impact these different areas. What causes inflammation in psoriasis? In people with psoriasis, immune system dysfunction causes inflammatory cells to build up in the middle layer of the skin, known as the dermis. The condition also speeds the growth of skin cells in the epidermis, the outer skin layer. Typically, skin cells grow and flake off in the span of a month. This process speeds up to just a few days in people with psoriasis. Instead of shedding, skin cells pile up on the skin's surface, leading to uncomfortable symptoms such as raised plaques, scales, swelling, and redness or discoloration. Even though psoriasis is a skin condition, the inflammation associated with psoriasis impacts Trusted Source the entire body. It can increase the risk of heart disease, cancer, in-



flammatory bowel disease, and psoriatic arthritis. Is there a way to treat inflammation? Although inflammation in psoriasis is due to immune system dysregulation, studies suggest Trusted Source people can reduce this inflammation through lifestyle and dietary changes. This can help reduce symptoms and improve quality of life. Using these methods, many people who have psoriasis can maintain remission, which is a long

period without experiencing psoriasis symptoms. Additionally, certain medications to treat psoriasis work by reducing inflammation. These include topical corticosteroids, injectable biologics, and oral medications. Everyone with psoriasis is different. Some people will require more extensive treatment than others. How to manage inflammation While there is currently no cure for psoriasis, the following habits may help reduce psoriasis-related inflammation and increase a person's chances of experiencing remission. Eating a nutritious diet Diet is strongly linked to systemic inflammation. Studies suggest certain inflammatory dietary patterns can increase the risk of psoriasis and worsen symptoms. A nutritious diet looks different for everyone. However, the following steps may help a person establish one: Avoiding inflammatory foods: Certain foods and beverages contain pro-inflammatory substances that increase inflammation and trigger psoriasis symptoms. Examples include soda and ultra-processed foods such as salty snacks, sweets, and processed meat products. Considering an anti-inflammatory diet: Diets that are rich in fruits, vegetables, and other nutritious foods consistently reduce psoriasis symptoms. For example, a 2018

study of 35,735 people, including 3,557 with psoriasis, suggested that those who followed a Mediterranean-style diet had less severe psoriasis compared with people who did not. Maintaining a healthy weight Obesity is a risk factor for psoriasis development. People with psoriasis who have overweight or obesity may also experience more severe symptoms than people with a moderate weight. Weight loss may reduce inflammatory markers and help reduce psoriasis symptoms in people with excess body weight. A 2020 study found that people with psoriasis and overweight or obesity who reduced their body weight by 12% through a 10-week program experienced a 50–75% reduction in psoriasis severity. Participants experienced an average weight loss of 23 pounds. Implementing other healthy habits Several habits can help reduce inflammation and improve psoriasis symptoms, such as: Avoiding or quitting smoking: Smoking significantly harms a person's health and worsens inflammatory diseases, including psoriasis. Reducing alcohol intake: Excessive drinking can contribute to inflammation and worsen psoriasis symptoms. Staying active: Avoiding long periods of sitting may help with reducing psoriasis symptoms. One

research review suggested that people with psoriasis who live sedentary lives have more severe symptoms compared with people who exercise regularly. Getting enough sleep: Not getting enough sleep can lead to a pro-inflammatory state in the body. Studies suggest poor and inconsistent sleep can increase inflammation markers in the blood. Experts recommend adults get 7–9 hours of sleep per night for optimal health. Managing stress levels: Prolonged stress makes the immune system overactive and contributes to a pro-inflammatory state. Up to 88% Trusted Source of people with psoriasis report stress as a trigger for their symptoms. Using stress-reducing techniques such as meditation and yoga may help. When to seek medical help Anyone experiencing a psoriasis flare who is interested in learning ways to reduce psoriasis symptoms and inflammation may wish to consider speaking with their healthcare team, including their dermatologist. They can recommend treatment methods based on symptom severity and provide recommendations for diet and lifestyle changes that may help lower inflammation and reduce psoriasis symptoms. They may also suggest taking vitamins or supplements.



Health News

Nikki Haley calls for 'mental competency tests' for ageing US leaders

Republican presidential candidate Nikki Haley is again calling for "mental competency tests" for ageing US leaders after Senator Mitch McConnell froze up in two separate news conferences. "The Senate is the most privileged nursing home in the country," Ms Haley told Fox News. Mr McConnell, 81, stared into space for more than 30 seconds when asked this week if he would run for reelection. A doctor has medically cleared him to work. He had a similar lapse in July. Mr McConnell has led the Senate Republicans since 2006 and has built a reputation as a ruthless political tactician who keeps his party rank-and-file in line. Members of the Kentucky senator's caucus have not publicly questioned his ability to lead, though they have the option to call a meeting to discuss the matter when the Senate returns to Washington next week. Ms Haley, a former UN Ambassador and South Carolina governor, is the most senior Republican to speak out

about Mr McConnell's health concerns. She told Fox News on Friday: "I mean, Mitch McConnell has done some great things and he deserves credit. But you have to know when to leave." Ms Haley, 51, has focused her presidential campaign on the argument that America needs a new generation of leaders. The average age for members of the US Senate is 65. "I think that we do need mental competency tests for anyone over the age of 75, I wouldn't care if they did them over the age of 50," she said. "It's sad," she told Fox. "No-one should feel good about seeing that any more than we should feel good about seeing [90-year-old California Senator] Dianne Feinstein, any more than we should feel good about a lot of what's happening or seeing Joe Biden's decline." During Wednesday's press event in Covington, Kentucky, Mr McConnell was unable to answer questions, which had to be repeated by staff. The senator suffered from a concussion after



falling at an event in March, according to staff. Brian Monahan, the attending physician of the US Congress, said on Thursday he had consulted with Mr McConnell and his neurology team. Dr Monahan said in a statement on Thursday: "Occasional lightheadedness is not uncommon in concussion recovery and can also be expected as a result of dehydration." Republican con-

gresswoman Marjorie Taylor Greene wrote in a social media post on Thursday that Mr McConnell was "not fit for office". "Severe ageing health issues and/or mental health incompetence in our nation's leaders MUST be addressed," Ms Greene said, also mentioning the age of US President Biden, who is 80. Democratic congressman Dean Phillips called

on social media for term limits for members of Congress and the Supreme Court. President Biden said on Thursday he did not have any concerns about whether Mr McConnell was fit to do his job. "He's a friend," Mr Biden told reporters in Washington DC, "and I spoke to him today. And you know, he was his old self on the telephone."

Nitrous oxide: Laughing gas ban could harm users, experts warn

The proposed ban of nitrous oxide could stop users seeking medical help in hospitals, health experts have warned. In a letter to the government, seen by BBC Newsnight, 15 neurologists and related health experts say possession of the drug should not be criminalised. Despite rising numbers of hospital patients suffering the effects of so-called laughing gas, they warn the ban could worsen the stigma around users. The government has responded, saying it plans to go ahead with the ban. Nitrous oxide is a colourless gas often sold in metal canisters. It is one of the most commonly used drugs by 16 to 24-year-olds. Heavy use can lead to nerve-related symptoms - being unable to walk, falling over, or experiencing tingling or loss of sensation in the feet and hands. Some users have nerve-related bladder or bowel problems, erectile dysfunction or incontinence. Supply of nitrous oxide

for recreational use is currently banned - but possession is not. And earlier this year, the government proposed an amendment to the law - which could come into force before the end of the year - meaning it would become illegal to possess the drug. Writing to the minister for policing, Chris Philp, the 15 medical professionals say making possession of the drug illegal was "unlikely to translate to health benefits in our patients". That is despite leading medics telling Newsnight they have seen an increase of nitrous oxide patients. The author of the letter, Dr Alastair Noyce, Professor of Neurology and Neuroepidemiology, said the ban risked creating "fear of a criminal record" among young users. "People may delay coming to hospital at a time when their symptoms are treatable," he said. "The net effect of that may be that they develop long-term harm damages." He said there was "very

little evidence that the criminalisation will lead to reductions in neurological harm and will impact people's opportunities who are not in education and employment". The letter urged the government to fund a national education campaign in schools and through the media "to ensure the public understand the risks posed by nitrous oxide misuse". Under the proposals, those found in possession of the drug could face up to two years in prison, an unlimited fine, or both. The government has launched consultations of the plan, both with experts and the public. Experts have previously said a ban on laughing gas will not stop people using it. The Drug Science scientific charity said a blanket ban was "completely disproportionate" and "would likely deliver more harm than good". However, Mohammad Ashfaq, who runs Kick It, a grassroots organisation in Birmingham, said the proposed

ban would help stop misuse of the drug. "At the moment, it is very difficult for the police to completely eradicate," he said. "Communities are getting frustrated. The law will make a difference. It would be a lot clearer." BBC Newsnight also spoke with Katherine Bramwell, from South Wirral, who said she didn't know anything about nitrous oxide until her son got addicted. She says he found it hard to get off the substance due to the psychological depen-

dence. "When you're the one going to pick your son off from somewhere and finding him just basically lay there - can't walk, can't speak. You know, you're waiting for a call to tell you that your son is dead." In a statement to Newsnight, the government said it would proceed with the nitrous oxide ban. It said it had set out a "clear strategy" in its anti-social behaviour action plan "for the police to deal with the misuse of this substance".





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Health News

Duran Duran's Andy Taylor Says 'Radioactive' Cancer Drug May Extend His Life 5 Years

Duran Duran's Andy Taylor was diagnosed with stage 4 prostate cancer in 2018 but is now "asymptomatic" after receiving a new and innovative cancer treatment. The musician was administered Lutetium-177, a type of radioactive treatment that targets cancer cells. In an interview with The Times, he said: "I was classified as palliative, end-of-life care. Now I'm not; I'm asymptomatic." In reference to Christopher Evans, the scientist who created the treatment, he said: "He's a genius. I call him the Elon Musk of cancer." The Times reports that Taylor became "radioactive for several days" and had to sleep alone for two weeks following each treatment. The treatment has been described as "cutting-edge" and is expected to have extended Taylor's life by five years. How Lutetium-177 therapy can treat prostate cancer "Lutetium-177 . . . can both identify the location of cancer and treat the cancer," explains Dr. Mona S. Jhaveri, who holds a doctorate in biochemistry and trained as a post-doctoral fellow at the National Cancer Institute. Lutetium-177 is classed as a radioactive drug that uses gamma and beta emitters to detect and kill cancer as effectively as radiation treatment. Jhaveri describes it as "unique". "It's targeted to specific prostate cancer cells. This enables internal and more precise radiation treatment, compared to external radiation treatment that uses radiation beams to target tumors," she explains. Similarly, Stewart Parnacott, a certified and registered nurse anesthetist, says Lutetium-177

is an "innovative approach" to cancer treatment. "Administered through an intravenous route, this radioactive compound selectively attaches to cancer cells due to their specific receptors," he explains. "Following attachment, emitted radiation damages the DNA of the cancer cells, hindering their ability to proliferate. The precision of this treatment aims to minimize the impact on healthy surrounding tissues." How effective is this Lutetium-177 therapy? Parnacott says this therapy has achieved "notable" success, particularly in cases where traditional treatments have faltered. "Success rates can vary based on factors such as cancer type and stage, of course, but patients with neuroendocrine tumors, for instance, have reported substantial tumor reduction and extended periods without progression," he says. "The effectiveness lies in the treatment's ability to precisely target cancer cells, mitigating impact on neighboring healthy tissues." Jhaveri also believes the results are impressive. "According to the VISION trial, Lutetium-177 increased survival by 38%, which is huge considering late-stage prostate cancer is not curable with the current standard of care treatments," she says. Side effects of Lutetium-177 treatment Many cancer treatments are known for causing severe and, at times, debilitating side effects. However, the targeted nature of Lutetium-177 therapy may reduce the likelihood of those side effects. Jhaveri says the side effects of Lutetium-177 are mostly mild, but there is a con-



cern with bone marrow toxicity. Generally, though, she says patients experience less pain and deterioration when compared to other cancer treatments. "Patients tend to experience fewer drastic side effects and [have an] improved quality of life over the standard of care. Therefore, patients are not only living longer with this drug, but they are also living better," she surmises. Likewise, Parnacott says Lutetium-177 is generally well-tolerated. "It can induce side effects due to its impact on healthy tissues, but it's essential to acknowledge that side effects can differ among individuals, and medical teams are diligent in managing any discomfort," he notes. Some side effects of Lutetium-177 include: nausea vomiting diarrhea fatigue decreased appetite diminished blood cell

counts confusion agitation Who can qualify for Lutetium-177 treatment? While Lutetium-177 has proven effective for Taylor, it won't be right for everyone, and cancer patients will need to meet certain criteria to qualify for it. Notably, Lutetium-177 therapy is effective for specific types of cancer, including neuroendocrine tumors, but is only indicated for people with prostate cancer who have not responded to previous chemotherapy with androgen pathway inhibitors, such as docetaxel. "In terms of qualifying, this drug is for patients with late-stage/metastatic prostate cancer whose cancer expresses a specific protein called the prostate cancer membrane antigen," Jhaveri explains. "Approximately 80-90% of prostate cancers express this protein, enabling Lutetium-177 to be used as a targeted approach to finding and destroying prostate cancer cells." Parnacott says qualifying for this treatment involves evaluating many variables, including cancer type, stage, extent of spread, and suitability for other targeted therapies. "Patient eligibility is determined collaboratively by oncologists, nuclear medicine specialists, and other pertinent experts, to ensure appropriateness of treatment," he explains. Weighing the pros and cons of treatment Choosing a cancer treatment is a huge decision, one that comes with many consider-

ations. "Patients contemplating Lutetium-177 treatment should weigh the potential benefits and associated risks," agrees Parnacott. "Pros include its precision, potential tumor reduction, and extended periods without progression. Conversely, patients should be cognizant of potential side effects and the necessity for close monitoring," he surmises. Parnacott says embarking on a new cancer treatment involves informed decision-making through conversations with the medical team, accounting for individual medical history and aspirations. The bottom line Ultimately, no cancer treatment is shown to be 100% effective, and while Andy Taylor has certainly experienced positive results with Lutetium-177 therapy, Parnacott says it is imperative to underscore the personalized nature of cancer treatment decisions. "Lutetium-177 therapy continues to advance and ongoing research and enhancements in patient selection and treatment protocols hold promise for improved outcomes and patient experiences," he says. Patients considering treatment with lutetium-177 need a comprehensive assessment that includes a review of their medical history and previous cancer treatment, a discussion with their oncologist regarding its potential benefits and side effects, and their treatment preferences.



World News

Typhoon Haikui top updates: Storm heads to China after double landfall in Taiwan

Typhoon Haikui dumped torrential rain across Taiwan before it weakened into a severe tropical storm as it is headed for southern China. The typhoon had initially appeared to depart the island but made a second landfall in southwest Kaohsiung before moving out into the Taiwan Strait. Although there have been no reported deaths, more than 100 people suffered injuries during the typhoon, according to authorities. Destruction was seen in coastal Taitung in eastern Taiwan. Here are top updates on typhoon Haikui in Taiwan and China: Haikui is the first typhoon landfall in Taiwan in four years. Nearly 8,000 people were evacuated owing to the typhoon across the island. Hundreds of flights were cancelled and businesses were closed in the island as more than 260,000 households temporarily lost power and around 22,000 homes still have no electricity. Schools and businesses remained closed in 14 cities as torrential rain poured. Taiwan's central weather bureau said that typhoon Haikui



initially appeared to track away from the island and out to sea but made a second landfall in Kaohsiung. Kaohsiung's local government reported hundreds of toppled trees and flooding in dozens of locations. Haikui

is now crossing the Taiwan Strait toward southern China. Hong Kong had its lowest alert in place for the storm as the weather service said that it was some 540 kilometers (335 miles) east of the city. Haikui

was packing sustained winds of 110 kilometers per hour near its center, forecasters said. Haikui comes after Hong Kong took a hit from Typhoon Saola- the strongest storm to affect the city since at least Mangkhut in 2018.

Typhoon Saola caused 872 million yuan (\$120 million) of damage in Fujian, state broadcaster China Central Television reported as hundreds of thousands of people were evacuated in Fujian and Guangdong.

Subway, train lines, roads closed in Madrid, central Spain after heavy rain

A few subway lines in Madrid and high-speed train connections with southern cities were closed on Monday morning and two men were missing after torrential rain hit central Spain. Emergency services were involved in almost 1,200 incidents in the region overnight and firefighters and police were seeking two missing men in the rural area of Aldea del Fresno, southwest of Madrid, said Javier Chivite, the spokesperson of the emergency services in the region.

"Two people are missing, a father and his son, they were in a vehicle that got in an avalanche caused by the spate of the Alberche river," Chivite said. "We hope this will have a positive outcome." The sudden torrential rain that hit the country transformed streets into rivers in Madrid, Castile, Catalonia and Valencia regions. Hail also fell in many areas. The heavy



rainfall was waning on Monday morning, though. Rain continued in most of the country, but the National Weather Agency on

Monday lowered the alert level to yellow from orange and red on Sunday.

Several subway lines were

closed in the centre of Madrid on Monday morning. Some high-speed connections between Madrid and Andalusia

region, in southern Spain, resumed later on Monday, but trains were operating at lower-than-normal speeds.

Food

Mexican Fried Rice Recipe

Mexican Fried Rice Recipe
Total Time: 25 min
Prep Time : 10 min
Cook Time : 15 min
Serves: 2 Servings
Ingredients

1. 2 Cup cooked rice
2. ½ cups rajma (red kidney beans), soaked
3. 1 green capsicum, finely sliced
4. 2 tomatoes or 2 tablespoon tomato puree/paste
5. 1 tomato, cut into cubes
6. 1 tbsp garlic, roughly chopped
7. 4 whole dried red chillies, soaked
8. 1 onion, roughly chopped
9. 1/2 cup corn, steamed
10. 2 spring onions, finely chopped
11. 1 tsp chilli flakes
12. 2 tsp oil
13. Salt to taste
14. Grated cheese for garnish (optional)

How to

1. Soak the rajma overnight or for 4-5 hours. Later, boil it with the onion, 1 and a half



cup water and 1 teaspoon salt. Once cooked, allow to dry over low flame.

2. Make a smooth paste by blending 2 tomatoes, garlic and soaked red chillies

together. Keep ready.

3. In a pan or wok, heat oil and add the prepared paste. Stir continuously till it begins to leave the oil from the sides.

4. Next, add the cooked beans mixture and stir for another 5 minutes.

5. Add the capsicum, corn, spring onions and chilli flakes. Add the cooked rice

and combine well.

6. Taste to adjust salt. Garnish with cheese and serve hot.

Pudina Aloo Curry Recipe

Pudina Aloo Curry Recipe
Total Time: 40 min
Prep Time : 15 min
Cook Time : 25 min
Serves: 2 Servings
Ingredients

1. 4 medium potatoes, cubed
2. 1 cup fresh mint leaves, chopped
3. 1 large onion, finely chopped
4. 2 tomatoes, pureed
5. 2-3 green chillies, chopped
6. 1 tsp ginger-garlic paste
7. 1 tsp cumin seeds
8. 1 tsp mustard seeds
9. 1 tsp turmeric powder
10. Red chilli powder to taste
11. 1 tsp garam masala
12. 1/2 teaspoon coriander powder
13. Salt to taste

How to

14. Heat oil in a large pan over medium heat. Add cumin seeds and mustard seeds. Allow them to splutter.
15. Add chopped onions and saute until they turn golden brown.
16. Add ginger-garlic paste and chopped green chillies. Saute for another minute until



the raw smell disappears.

17. Add the tomato puree, spice powders and salt. Cook the masala until the oil starts to separate from it.

18. Add potatoes and coat them evenly with the masala. Cook for about 5 minutes.
19. Pour in enough water to cover the potatoes, and

bring the mixture to a boil. Reduce the heat, cover, and let it simmer until the potatoes are tender (around 10-12 minutes).

20. Add the mint leaves and garam masala, and let it simmer for another 2-3 minutes. Serve hot!

Food

Kofta Kadhi Recipe

Kofta Kadhi Recipe

Total Time: 35 min

Prep Time : 15 min

Cook Time : 20 min

Serves: 2 Servings

Ingredients

For Kofta

1. 2 cups lauki (bottle gourd), grated
2. 1 cup besan
3. 4 green chillies, finely chopped
4. 1-inch ginger, finely chopped
5. 6-8 garlic cloves, finely chopped
6. 1/2 cup coriander leaves, finely chopped
7. 1 tsp chilli powder
8. 1 tsp saunf (fennel) powder
9. 1 tsp coriander (dhania) powder
10. 1 tsp chaat masala
11. 2 tsp salt
12. Oil for deep-frying

For Kadhi

1. 1 cup besan
2. 2 cups dahi (curd)
3. 1 tsp haldi (turmeric powder)
4. 1 tsp chilli powder
5. 1 tsp sugar
6. 2 tsp salt
7. 4 cups water
8. For the tadka:



9. 2 Kashmiri chillies, broken
10. 1/2 tsp mustard seeds
11. 1 tsp cumin seeds
12. 2 sprig curry leaves
13. 4 garlic cloves, mashed
14. 2 tbsp oil

How to

1. In a large bowl, mix all of the ingredients for the kofta thoroughly. Heat oil in a kadhai on medium flame.

Take heaped teaspoons of the kofta mixture and deep fry them until golden brown. Set aside.

2. In an (unheated) kadhai, mix the besan and curds. Churn and then add haldi, chilli powder, sugar and salt. Continue churning.
3. Add water and mix well to ensure no lumps are

formed. Bring this mixture to a boil, while stirring continuously.

4. Once the bubbles form, cook on low flame for a minute and then pop in the koftas. Stir slowly for another minute.
5. Prepare a tadka by heating oil and adding the mustard seeds, cumin seeds, asafoe-

6. tida, Kashmiri chillies, garlic cloves and curry leaves. Once the garlic begins to brown, pour this tadka over the kofta kadhi and cover. Turn off the gas and garnish with coriander leaves after 5 minutes. Serve hot with jeera rice or rotis.

Green Moong Cutlet Recipe

Green Moong Cutlet Recipe

Total Time: 30 min

Prep Time : 10 min

Cook Time : 20 min

Serves: 3 Servings

Ingredients

1. 1 Cup green moong, soaked
2. 1 cup poha 1 onion, finely chopped
3. 4 green chillies, finely chopped
4. 1-inch ginger, finely chopped
5. 1/2 cup coriander leaves, finely chopped
6. 2 tbsp besan 1 tsp jeera (cumin) powder
7. 1 tsp dhania (coriander) powder
8. 1 tsp red chilli powder
9. Salt to taste
10. Oil for pan-frying
- 11.

How to

1. Soak the green moong dal (mung beans) overnight or for 5-6 hours. Drain the water and coarsely grind

the moong to form a thick paste.

2. Wash the poha once under running water and drain. Keep aside.
3. Roast the besan on low

flame until it turns light brown and emits aroma.

4. In a large bowl, mix the green moong paste, poha, besan, onion, chillies, ginger and coriander.

5. Next, add the masala powders mentioned above. Combine all the ingredients well. Taste to adjust salt.

6. Form circular shapes (like patties or tikkis) of the

mixture and pan-fry them on both sides on medium flame. Serve the cutlets hot with green chutney and/or ketchup.



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Sports News

From Miami to Italian Grand Prix, a look at Max Verstappen's 10 consecutive Formula One wins

Red Bull racer Max Verstappen created history at the Italian Grand Prix on Sunday. Verstappen claimed a convincing victory at Monza and became the first Formula One racer to claim 10 back-to-back wins in a single season. Verstappen broke Sebastian Vettel's record of nine consecutive victories to achieve this incredible feat. Red Bull's comprehensive win at Italian Grand Prix also marked Verstappen's 12th victory of the year. "I never would have believed that was possible but we had to work for it today and that made it definitely a lot more fun. We had good pace, I think we were good on the tyres but [Ferrari] had a lot of top speed, it was so hard to get close and get a move on into Turn One so I had to force him into a mistake," Verstappen said. A look at his 10 consecutive wins: 1) Verstappen's record-breaking streak of 10 back-to-back wins started at the Miami Grand Prix in May. Having started from ninth on the grid, the Dutch driver's inspiring form helped him to conquer the Miami Grand Prix. 2) He made no mistake at the Monaco Grand Prix as he once again secured a first-placed finish. Win at Monaco Grand Prix had helped the Red Bull racer back then to extend championship lead to 39 points over second-placed Sergio Perez. 3)



Verstappen led from start to finish as the champion at the Spanish Grand Prix in June. Having topped three practice sessions and Qualifying, Verstappen put up a dominant show to win the Spanish Grand Prix. Verstappen finished the race 25 seconds clear of second-placed Lewis Hamilton. 4) Verstappen extended his unbeaten streak by producing a clinical performance at the Canadian Grand Prix. Win in Canada also marked Red Bull's 100th Grand Prix victory. 5) The two-time world champion

claimed his fifth win of the season at the Austrian Grand Prix. Racers at the Austrian Grand Prix were in a precarious situation as almost 20 cars were punished for failing to stay on the track. But nothing could prevent Verstappen as he was untroubled throughout the race. 6) Verstappen's sixth win of the season occurred at the British Grand Prix. This was also Verstappen's first-ever British Grand Prix triumph. His dominant win at Silverstone guided Red Bull to a record-equalling 11th

consecutive victory. 7) The next race of the Formula One 2023 season took place in Hungary and the outcome was no different. Verstappen guided Red Bull to their 12th consecutive win by claiming the top spot at the Hungarian Grand Prix. 8) This year's Belgian Grand Prix witnessed one of Max Verstappen's greatest performances. After being handed a five-place grid penalty, the Dutchman came from 14th position on the starting grid to conquer the Belgian Grand Prix. The remarkable win at the

Circuit de Spa-Francorchamps was Verstappen's eighth consecutive win of the season. 9) Verstappen's ninth victory was at his home Grand Prix. Starting from a pole position, Verstappen produced an emphatic show to earn the top spot at Zandvoort. 10) Verstappen surpassed Sebastian Vettel's record of nine consecutive race wins at the Italian Grand Prix last weekend. Verstappen currently enjoys a lead of 145 points over his teammate Sergio Perez on the drivers' championships standings.

Defending champion Iga Swiatek suffers shock US Open exit to Jelena Ostapenko in round of 16

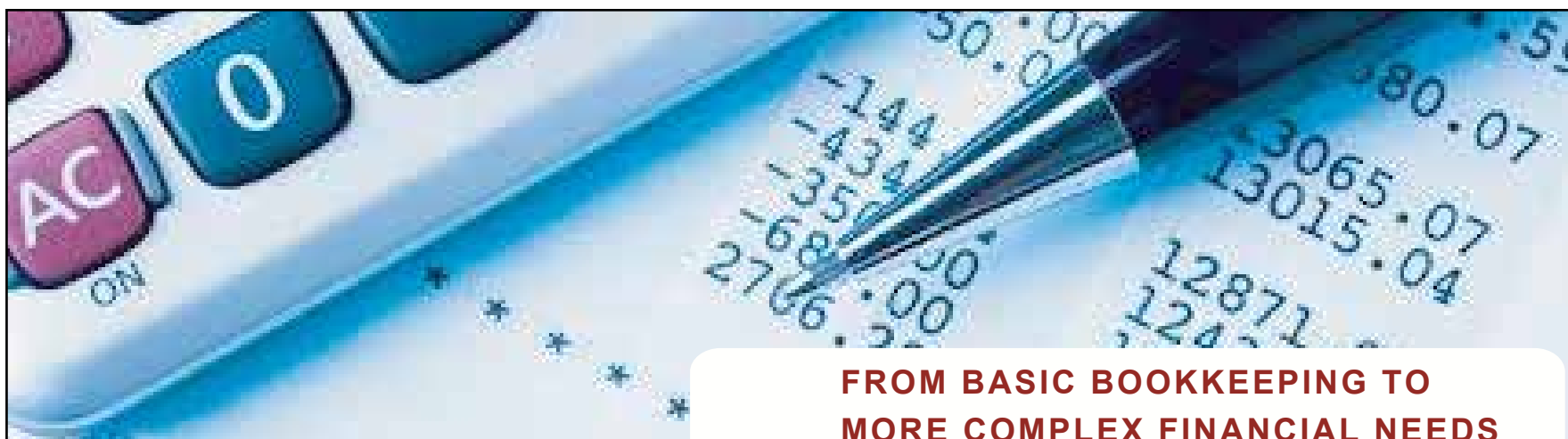
Iga Swiatek was stunned by Ostapenko as the world No. 1 suffered a 6-3, 3-6, 1-6 loss in the round of 16 match of the 2023 US Open at the Arthur Ashe Stadium. Defending women's singles champion Iga Swiatek was absolutely stunned by former French Open winner Jelena Ostapenko as the world No. 1 suffered a 6-3, 3-6, 1-6 loss in the round of 16 match of the 2023 US Open at the Arthur Ashe Stadium. 2023 marks the eighth consecutive year in the WTA field where the defending champion has failed to reach the final, let alone retain the trophy, with the legendary Serena Williams being the last player during her three-straight trophy hauls between 20012 and

2014. If there was anyone who possessed the ability to end Swiatek's reign in New York, it had to be the Latvian, who in the early hours of Monday, continued her mastery over the Pole by securing a fourth consecutive career win against her. Heading into the match, Swiatek had won just one set off the 2017 French Open winner, but all their previous three meetings came prior to the 22-year-old's rise to the world No. 1 spot last year. Hence an improved Swiatek banked on her evolution on hardcourts to flip the script on Arthur Ashe. And probably it was the enthusiasm that saw her gain the opening set off Ostapenko in the pre-quarters clash which was basically a

much-anticipated baseline tug-of-war. After a quick exchange of breaks in the first set, Swiatek outclassed Ostapenko from the baseline to gain another breakpoint chance which she converted with a flat cross-court passing shot for a 4-2 lead. The 26-year-old threatened to bounce back when Swiatek was serving out the set at 5-3 with back-to-back winners. But a couple of missed returns, saw Swiatek take the lead with a 6-3 win in the first set. Just when Swiatek sniffed the opportunity to script her first win against Ostapenko and keep her US Open dream alive, Ostapenko flipped the tables. She gained the early break in the second set to go 3-0 up before Swiatek got on

the board after Ostapenko erred on her first drop shot attempt in the match. But the Latvian, by then, looked more threatening than ever, having piled up double the numbers on the winners list than Swiatek. A total of 10 were fired in the second set while the unforced errors were reduced to just five as Ostapenko levelled the match. "I always expect a tough battle against Iga," Ostapenko said on court. "She's won many Slams and she plays very consistent. I just went on court and I had to play aggressive because that's what she doesn't really like. In the third set, I stepped more in the court and I was serving better." Carrying on the momentum, she raced away to a 5-0

lead in the final set before being broken in the sixth game, but it did little to affect her rhythm as she broke back yet again to close out the win after 1 hour and 48 minutes. Ostapenko wrapped up the match with 31 winners to 20 unforced errors while the defending champion hit 18 winners to 18 unforced errors. To earn her second career win over a reigning No.1, Ostapenko broke Swiatek a total of seven times. Ostapenko will next face No.6 Coco Gauff in the quarterfinal. They share a win each in two meetings on the WTA tour with Ostapenko having won earlier this year when she knocked out the American in the fourth round of the Australian Open.



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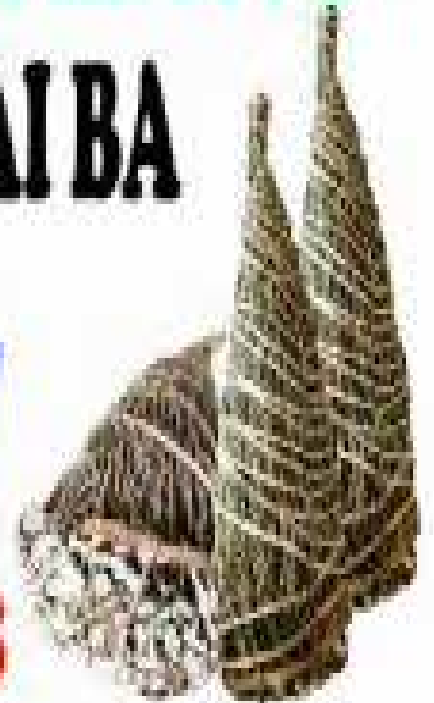
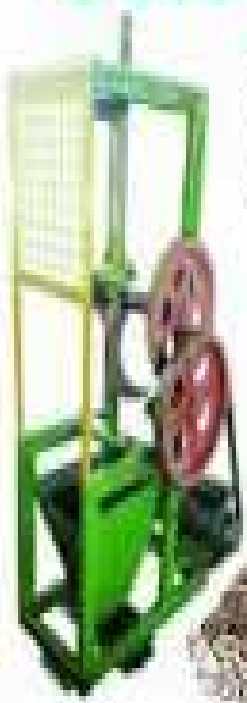


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Sports News

Novak Djokovic enjoys drama-free win to reach US Open quarters

After a five-set nail biter in the previous round, Novak Djokovic was in no mood for another tense evening at the U.S. Open on Sunday and the Serb cruised into the last eight of the year's final Grand Slam with a 6-2 7-5 6-4 over Borna Gojo. Djokovic had endured a far more testing match on Friday, having to come back from two-sets down against Laslo Djere to keep alive his bid for a fourth U.S. Open title that would see him match Margaret Court's record haul of 24 Grand Slams. On Sunday, the 36-year-old Serb broke to open the contest and was never threatened as Gojo managed only a single break chance in the entire match. Djokovic committed just 12 unforced errors compared to 40 by the 105th ranked Croat, who was under constant pressure and had his serve broken five times before the second seed closed out the contest with his 12th ace. "I was watching him play qualifications, last couple of rounds of the main draw, and saw that he's a big shot player," said Djokovic after his 98th career match at Flushing Mead-



ows, where he trails only Jimmy Connors (115) and Roger Federer (103). "Obviously serve and forehand big weapons. He moves pretty well for a big guy. "In a best-of-five sets I try to manage my energy and focus on accuracy with my serve. "I think I've done well in important

moments and just glad to get through in straight sets." Next up for Djokovic is top-ranked American and ninth seed Taylor Fritz, who advanced with a tidy 7-6(2) 6-4 6-4 win over Swiss qualifier Dominic Stricker. Fritz will head into the showdown as the only player yet to drop a set

but still stinging from the 6-0 6-4 beating Djokovic laid on him in the quarter-finals of the Cincinnati Open. "Obviously Taylor has been now an established top-10 player for the last couple of years," said Djokovic, who has won all seven career meetings with Fritz. "He has

been playing some terrific tennis, particularly on home soil on hardcourt tournaments. "He has improved so much over the years so, obviously the matches are only going to get tougher from now onwards and I'm ready for the challenge. "It's going to be great."

Kylian Mbappe scores 2 goals as PSG rout Lyon 4-1 in French league

Kylian Mbappé's two goals put him top of the French league's scoring charts as Paris Saint-Germain won 4-1 at struggling Lyon on Sunday for its biggest success of the season under new coach Luis Enrique. The glossy-looking result should not disguise the poor quality of defending champion PSG's opponent. PSG's first goal was a carelessly conceded penalty, two were counterattacks and the other was a goalmouth scramble. All of PSG's goals came in the first half against a dismal Lyon side.

Captain Corentin Tolisso had complained about his team's performance last weekend, but failed to control a pass from his own goalkeeper and then clumsily hacked down PSG's Manuel Ugarte for a clear penalty. Mbappé struck it cleanly down the middle past Portugal goalkeeper Anthony Lopes in the fourth minute, even though Lopes got a leg to it. After right back Achraf Hakimi bundled in a cross that Lyon's defense failed to deal with in the 20th, attacking midfielder Marco Asensio and Mbappé finished

clinically from fast breaks. Mbappé has looked sharp since returning to the side following a transfer standoff. The France star's five goals puts him one ahead of Monaco striker Wissam Ben Yedder, a consistent rival for the top scorer award in recent seasons, and Nantes forward Mostafa Mohamed. PSG remained unbeaten after four games and moved above bitter rival Marseille on goal difference into second place behind leader Monaco, which has 10 points and a healthy 13 goals. Despite PSG's threat going forward, its goalkeeper Gianluigi Donnarumma had already made four good saves by the time Tolisso's penalty reduced the arrears to 4-1 in the 74th, and new signing Ousmane Dembélé squandered numerous chances for PSG with erratic shooting. Winger Bradley Barcola got a hostile reception from home fans when he came on later in the second half, after joining

PSG from Lyon near the end of the transfer window. Seventime champion Lyon was once a serious rival for PSG but is in crisis and in last place with only one point. Lyon has scored the fewest goals (three), and also conceded the most (10) along with next-to-last Lens. The upcoming international break potentially comes at a good time for Lyon coach Laurent Blanc, who pledged to wake up his squad. "If you're not aware that you have a problem, then you can't solve the problem," Blanc said. "As I said to my players, there will be talks but above all we all have to be truthful." Fans displayed a derogatory banner telling Blanc — formerly in charge of France and PSG — to fight harder or resign. "The fans have a right to be disappointed — with the team, the coach, with the technical staff — given what we've offered them," Blanc said. "But in our situation there's not just one per-

son responsible." Elsewhere, an early free kick from midfielder Yusuf Yazici was enough to give sixth-place Lille a 1-0 home win against Montpellier. The Turkey midfielder struck a hard left-foot shot into the bottom corner after only two minutes for his first goal of the season. Southern club Nice got its first win when it beat Strasbourg 2-0 at home. Right back Youcef Atal controlled a high pass before hitting a fine curling shot in first-half stoppage time, and striker Terem Moffi dinked the ball over goalkeeper Matz Sels in the 75th. In other matches, Toulouse conceded a goal in the sixth minute of stoppage time in a 2-2 home draw with Clermont, which equalized through central defender Florent Ogier. Promoted Le Havre secured its first win of the campaign after beating Lorient 3-0 and Metz, which also went up last season, was held 2-2 by visiting Reims.



Sports

What is Rugby World Cup 2023

Running from September 8 to October 28, 2023, RWC 2023 will feature 20 teams – 12 of which qualified directly by finishing in the top three in their pool at Japan 2019 and eight from a global qualification process. In total, 48 matches will be played across 51 days. For more information, visit <https://www.rugbyworldcup.com/2023>

THE TEAM

Stade de Bordeaux, Bordeaux Monday 11th September, 2023

| | | | | |
|---------------------|-----------------------|-----------------------------|------------------------------|--------------------------|
| 1 ERONI MAWI | 4 ISOA NASILSILA | 2 SAM MATAVESI | 5 TE AHIWARU CIRIKIDAVETA | 3 LUKE TAGI |
| 6 ALBERT TUISUE | 9 FRANK LOMANI | 8 VILJAME MATA | 10 TETI TELA | 7 LEKIMA TAGITAGIVALU |
| 11 VINAYA HABOSI | 12 SEMI RADRADRA | 13 WAISEA NAYACALEVU (C) | 14 SELESITINO RAVUTAUMADA | |
| | 15 ILAISA DROASESE | | | |

16. TEVITA IKANIVERE 17. PENI RAVAI 18. MESAKE DOGE 19. TEMO MAYANAVANUA
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Sports

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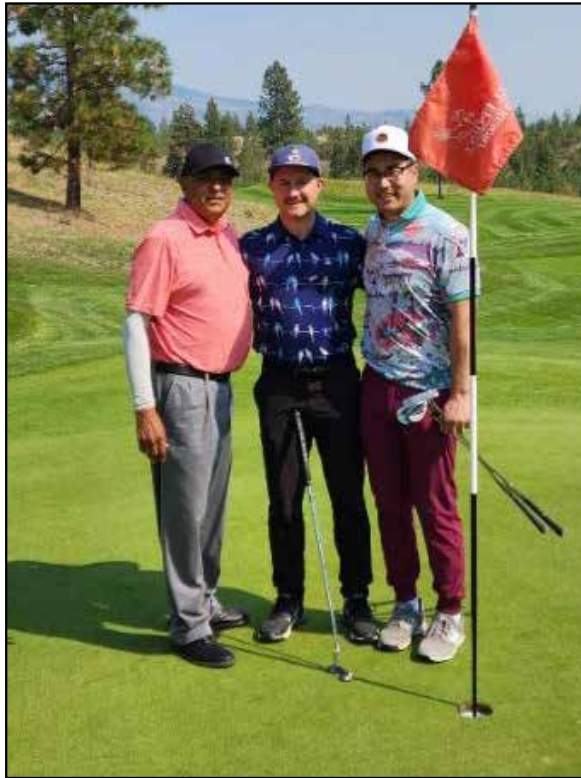
by Wingate Kamloops

Steve Giudici wins the 2023 Candian Fiji Open by one stroke over Wasu Naiker who won the net. At one stage Steve had a seven-shot lead in the final round but Wasu almost caught him in the back nine. Division II was won by Abdul Munthazeem. Subash Chand won the net title. Rafiq Mohammed won the Sr Division and Azad Khan won the Net. Chris Lee, the 2022 open champion, won the Viti Flight Satish Ram won the net. Graham Venkataya won the Vanua Flight with Anusheel Deo winning the Net. Kadavu Flight was won by Chandra Saran Ashif Ismail won the Net.

Lau Flight was won by Jimmy Nadan and net by Sasikumar Venu. Yasawa Flight was won by Michael Kumar and net by Reshmi Kumar.

Total of 44 players from Los Angeles Seattle Vancouver Edmonton Calgary and Fiji played the championship. Shalendra Naidu traveled from Nadi Fiji to play in the event. Arun Deo President of Wingate Kamloops sponsored the tournament by hosting the Dinner on Sunday night and the trophies for the event. Also, thanks to Michael Kumar of Fiji Golf Association of Canada. Ajit Singh of Edmonton Fiji Golf Club.

Satish Ram of Soth Pacific Golf Association and Abdul Munthazeem of Vancouver Fiji Muslim Golf Club for they support for this event. Also, thanks to the General Manager of Wingate Kamloops Anusheel Deo and staff at the hotel in making the players stay at the hotel a wonderful experience. Bimal Gounder for cooking the Delicious Five Course meal while we were playing the final round. Also, to all my family members including Mala Sharma and her sister Pranit Gounder my Daughter in laws Priyanka Deo and Karisha Deo and family friends for spending Saturday night rolling the puri dough for cooking. and three-year-old Amaya Deo who also rolled it. Kamal Gounder cooking the puri in the heat Also, a big thanks you to Chris, the head Pro @ Eaglepoint Golf Club hosting us for the two rounds.



Sports



Sports

47th NAFSA/CANAM SABETO OF VANCOUVER WINS AMERICAN

Vancouver Canada's Sabeto FC has won the 2023 47th NAFSA/ CANAM Tournament here in Surry BC. The team was consistent from get go. The Nasim Khan coached side's first appearance and first win. The team defeated teams in pool games Norfolk/ Eastbay FC went down to Flagstaff FC defeated Toronto FC, 1/4 final Tanoa FC semi final Edmonton Ba Rangers FC and Final defeated Flagstaff FC 4-1. The combination and understanding amongst the players was great and the players show cased their talents in front of the BC crowd. A Thriller and at times their play give and go , tick tac toe where opponents were left flat footed once the Sabeto combination started to roll. In masters O-40 division Navua Masters defeated Islands FC to become 2023 NAFSA/ CANAM Champions . Great atmosphere and FSLGV hosting it was a great success bringing all the teams together under one platform and uniting the Fijian Community. Soccer Soccer with Chaudhry.



Mohammed Yasin:
Best Midfielder award
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Vancouver.



Goalden Glove award:
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Wasim Khan(Sabeto).



Wazeem Nasim of
Sabeto FC:
Best defender award of
2023 NAFSA/ CANAM
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