

Ouch Na Online

JULY 2025

Issue 1

Exciting
Interview
with Vly!

**LOADS OF
HEARTWARMING
STORIES!**

**HOME-BAKER
SPECIALS**

Belle's &
ADDBakes

**MEET
BIS MOCE -
NEXGEN
FOUNDER**



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Ouch Na Online Publication



From a heartfelt dream to a vibrant reality, Ouch Na Online is officially here! I'm profoundly moved by the incredible wave of support that has brought this vision to life. To every single person who cheered me on, and especially to those who so bravely shared their personal journeys with me – your trust and openness are the very heart of this magazine.

Writing has always been my passion and to finally dedicate myself to sharing stories of family, faith and the spirit of Fiji is an immense privilege. Here's to dreams, realized and yet to be told!

*Family, Faith
& the spirit of
Fiji*

FEATURED

A Life Of Passion

"OUR RICHES WEREN'T MATERIAL. THEY WERE SPIRITUAL, COMMUNAL AND CULTURAL."

She didn't have a spotlight, just a prayer. No roadmap, only unwavering faith. This is the story of a young girl from the gold mines of Vatukoula, whose big dreams, relentless grit, quiet sacrifices and unshakable belief in God transformed not just her own life, but the future of her family. Through storms and seasons, she rose. She led with love. And in doing so, she became a living testament to what it truly means to overcome, with courage, grace, and purpose.

Today, she works alongside the movers and shakers of Australia's elite in Canberra. She is also a pillar of strength to many in her community and also her family. Resilient with an unwavering faith in God, Mrs Lulu Leslie is the daughter of a gold miner who has weathered many storms and come out the victor.

Mrs Leslie or as she is affectionately known by her friends and family, Lulu, was raised in Vatukoula, where the land gave gold, but the people gave soul. In a village framed by hard work and faith, she learned what it meant to live simply, love deeply, and serve humbly. Her late parents, pillars of strength and virtue, planted values into her heart like seeds: integrity, kindness and perseverance. Those seeds would one day bloom into the woman she is now.

"Life was hard, but it was full," said Lulu.

"Our riches weren't material. They were spiritual, communal and cultural."

Lulu Leslie enjoying the afternoon sun

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"Life was hard, but it was full," said Lulu.

"Our riches weren't material. They were spiritual, communal and cultural."

Later, when she moved to New Zealand at 15 for school, it was as though the universe was asking her to grow faster than most. Everything felt unfamiliar, the pace, the people, the way the world moved. But she anchored herself in what she had always known: work hard, stay humble, and never forgetting where she came from.

Some stories shift in whispers; others crack open in thunder. At 19, Lulu found herself in Australia, pregnant, alone and oceans away from home. No family, no roadmap, no certainty. Her future felt like a fog, thick with fear and unanswered questions. Many would have crumbled under the weight.

But she didn't. She bent but did not break.

"I remember nights when I cried out to God, not with fancy prayers, just raw honesty. I was afraid. But even then, I felt Him near," she said.

One verse carried her:

"I can do all things through Christ who strengthens me." (Philippians 4:13)

This wasn't religion—it was survival. Faith became her oxygen, her compass, her quiet defiance against despair. In that sacred disruption, she discovered the strength not just to raise a child, but to rise herself.

Her son, Waqa Blake, a professional National Rugby League player, is well known for playing for the Penrith Panthers and the Parramatta Eels. He recently secured a deal with the Bradford Bulls for the 2025 and 2026 seasons.

Lulu, who is also a mother of five and a grandmother says her home is not just a household, it is a sanctuary, a classroom and a command centre built on prayer, laughter, and resilience.

"Motherhood taught me that real leadership begins at home," she says. "It's where we shape character, hold space and model love that doesn't quit."

From packed lunches to late-night prayers, from hospital runs to stadium stands, she has shown up, again and again. Not to be applauded, but because love leaves no room for half-measures.



Slideshow of Lulu Leslie's family and friends

"I remember nights when I cried out to God, not with fancy prayers, just raw honesty. I was afraid. But even then, I felt Him near," she said.

And while she nurtured her children's dreams, particularly her son's athletic pursuit, she always reminded them that their worth wasn't in performance, but in purpose.

But to tell Lulu's story without speaking of her grief would be to dim its power.

The loss of her parents and brother created a silence that no words could fill. Grief doesn't ask for permission, it arrives, uninvited and refuses to leave quickly.

"There were days I couldn't breathe without crying. Days when I wanted to stop everything. But even in my darkest moments, God held me."

She didn't rush her healing. She let the pain teach her. In that sacred space, her faith didn't just survive, it matured. It became her song in the night, her strength in the stillness.

And from that grief emerged something rare, a woman who carries sorrow like stained glass, fragile, yes, but when the light hits it just right, breathtaking.

In her community, she is more than a mother, she is a bridge. Between generations. Between cultures. Between struggle and hope.

"I don't need a title," she says. "I just want to serve where I am."

She has mentored women, supported mothers, stood in the gap for those who were overlooked and advocated in spaces where her voice was not always welcomed but always needed.

When asked what kind of leadership she believes in, she answers without hesitation: "The kind that listens. The kind that heals. The kind that lifts others up."

Her Fijian heritage is not a label, it is a legacy. One that she carries with grace, weaving ancestral wisdom into every room she enters.

Lulu's faith is not theoretical. It's tested. Real. Worn into the fabric of her daily life like prayer cloth.

In her home, gratitude is taught in the little things, before meals, after tears and even in waiting seasons. Her family doesn't just know God by name, they know Him by presence.

"I tell my children, Faith is not for the mountaintops alone, it's for the valleys, too."

She believes deeply that God redeems every season. Even the ones that feel barren. Especially those.

Success, to her, is not a platform, it's not a following, it's not a bank account, it's her children sitting at the table, laughing, it's a neighbour who felt seen, it's a woman who decided not to give up because she listened when no one else did.

"Success is a life of purpose. A heart that remains open. A faith that doesn't grow cold."

Success, to her, is not a platform, it's not a following, it's not a bank account, it's her children sitting at the table, laughing, it's a neighbour who felt seen, it's a woman who decided not to give up because she listened when no one else did.

Her story reminds us that strength isn't always loud. That motherhood is holy ground. That faith is not an escape, but a foundation. And that even in loss, even in fear, even in the unfamiliar, God is there.

One of the most powerful aspects of Lulu's story is how she transforms adversity into encouragement. She has walked through fire and now she helps others navigate their own.

"I want women to know: You are not alone. You don't need to be perfect. You just need to keep going."

She reminds young mothers that progress is often silent. That healing is not linear. And that some of the most extraordinary stories begin with quiet, trembling yeses.

Looking ahead, Lulu dreams not just for herself, but for her community.

She envisions a stronger, more connected Australian-Fijian diaspora, one that honours its roots and empowers its future. A place where children know their history, where elders are celebrated, and where women are given the tools to lead with authenticity.

She also dreams of a society where mothers and women are supported not just with kind words, but with practical structures, flexible work, community support, leadership training, and visibility.

"We are not asking to be included," she says. "We already belong. Now we're rising."

Loulou doesn't claim to have all the answers. But she does offer something more rare, honesty, humility and a life that proves grace works best in the trenches.

Her story reminds us that strength isn't always loud. That motherhood is holy ground. That faith is not an escape, but a foundation. And that even in loss, even in fear, even in the unfamiliar God is there.

Her journey is a call to every woman who has ever doubted her voice, her worth or her future.

"You are stronger than you know," she says. "You don't have to have it all figured out. Just keep walking. God will meet you there."

And just like that, grace carries us forward.



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Juice Fiji - It's Not A Miracle Cure

*We Are Eating
Ourselves into sickness*

Panapasa Daunakamakama enjoying a fresh breakfast at the Suva market

When Panapasa Daunakamakama walks through his farm or pours a bottle of Juice Fiji, he isn't just selling a drink. He's challenging a system. He's calling a nation back to its roots, back to real food, honest living and bold dreams built from the land up. Mr. Daunakamakama is blunt about the health crisis in Fiji.

"We are eating ourselves into sickness. We wait until we're ill, then try to fix it. That's backward," said Mr. Daunakamakama.

Juice Fiji's range of natural, locally sourced juices are built around one clear principle: Be proactive.

"I'm not promising a miracle cure," he says. "But I am offering a better way. Prevention. Nourishment. A shift in thinking. Our health is our wealth."

Mr. Daunakamakama, who spent much of his early adult life in New Zealand for studies, returned after 10 years away with big dreams and big plans.

"My dream was always to come back home and build something meaningful, to give back to this country," he shares.

Though he initially helped his father in real estate, his heart remained tethered to the land. The lessons he had soaked up during his younger years with his grandparents, who raised him until he was 7 years old, lessons about herbal medicine, clean eating and living with purpose, never left him.

"I've always wanted to farm," he says. "Even when I was helping my father with his real estate business, my heart was still in the soil." That love for the land and the memory of his grandmother, who lived to 105, strong and independent, fuelled the spark behind Juice Fiji.

"She didn't just live long," he reflects. "She lived well. And she did it eating simple, clean food. It wasn't because they were poor, it was their way of life and they remained strong and lived long lives."

"They were doing something right," he added. Today, Juice Fiji isn't just a product. It's a rebellion.

But for this shift to take hold across the country, Mr. Daunakamakama believes that more than individual action is required.

"We need the business community to prioritise healthier food options and we need government systems that make it easier for small farmers to succeed," he says.

"There are so many farmers in Fiji with great products, but if they don't have access to networks, markets or even basic support, no one ever hears about them."

He calls for an overhaul, not just in what we eat, but in how we support those who grow and produce it.

“We can’t talk about health and food security if the people growing the solutions are left to struggle in silence.”

Then comes his next big move, kumala flour. Not cassava. Not wheat. Kumala.

Why?

“Kumala grows faster, in smaller spaces and has more nutrients than cassava or wheat. I have a small processing plant where I manufacture the kumala flour,” he explains.

“It’s time Fiji stopped importing wheat and looked within to better more nutritional alternatives. We can grow and manufacture our own food. Right here. Right now.”

Backed by agricultural studies from Fiji’s Ministry of Agriculture and international universities, kumala flour is said to be rich in fiber, iron and beta-carotene. It has a low glycemic index, helps stabilize blood sugar and even contains disease-fighting antioxidants.

This isn’t a niche health fad. This is a strategic weapon for food security, he said.

You can now find his kumala flour in Kundan Singh outlets and his store in Suva. But that’s just the beginning.

“I want to take this product international. I want the world to see what Fiji can grow and what we can do with our own hands.”

However, selling Juice Fiji wasn’t easy.

“Marketing has always been a challenge,” he admits.

“We have world-class products but without proper networks and support, no one sees them and most importantly, no one buys them.”

But through grit and vision, and with the support from the Drua Innovation Small Grants Scheme, he expanded his product range and began building toward export markets.

Now, six years in, Juice Fiji includes not just juices and kumala flour, but also a new line of natural soaps, lotions, and body washes.

But his biggest project? A mindset shift.

Mr. Daunakamakama is a man of the land, and of deep faith. A former Sunday school teacher, he draws strength from John 3:16: “For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.”

He believes that greatness can come from humble beginnings and wants to inspire our younger generations to be more positive minded when dealing with the land.

As young Fijians continue to leave the country in search of better futures, he offers a powerful alternative: stay, build, grow.

“Agriculture is our backbone. If you can feed your household, you are already winning. Food security isn’t just economic—it’s social. It’s spiritual. It’s survival.”

“Parents, never underestimate your children,” he says. “Support their dreams. Because with belief and the right foundation, they’ll shake the world.”

“It’s time Fiji stopped importing wheat and looked within to better more nutritional alternatives. We can grow and manufacture our own food. Right here. Right now.”



Juice Fiji Founder, Mr. Panapasa Daunakamakama

Panapasa Daunakamakama is proving that local roots can grow global dreams. He’s not waiting for systems to change. He’s creating the blueprint, one juice bottle, one bag of kumala flour, one bold step at a time.

“My advice to the young? Dream big. Fail big. Just don’t quit. Stay true to your vision and remember, greatness grows slowly, like a root beneath the soil. But once it breaks through, it can feed a nation.”



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———— *STAY!* ————

BUILD! GROW!

Dream Big. Fail Big

DONT QUIT

Stay true to your vision

**GREATNESS IS
SLOW GROWING**

Founder, Juice Fiji,

Panapasa

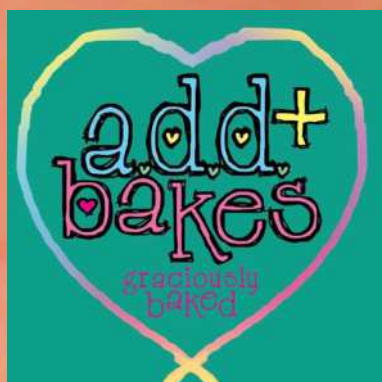
Daunakamakama

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The Heart of the Highlands

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If you've ever crossed paths with him, even once, you know this isn't just a man with a dream but a man with a calling. A sacred responsibility to his people, born not from ego, but from empathy, not from ambition, but from anguish at seeing how much more Fiji could be and isn't. And while he doesn't boast about where he's from, it's written in every step he takes, the rugged highlands of Rewasau, Nabobuco.

This is the story of Apisai Caginakana Moce, a former civil servant, who has declared his interest to stand in the 2026 General Elections as the founder of the proposed NextGen Alliance Party.

Mr. Moce hails from the deep highlands of Naitasiri with maternal links to Nadala Village in Savatu, Nadarivatu. Here the air is thin, but values run deep. Where people are often spoken about but rarely spoken to. Where the journey to a health centre, a school or even a tarsealed road can still feel like a battle in 2025.

He knows this life firsthand.

He grew up in a home where love was abundant, but money was not. The son of a pastor who earned barely enough to feed his own, but who took in others anyway. They hosted cousins, church youth, even children from other villages, because that's just what faith looks like in action. Hospitality without condition. Service without recognition. Sacrifice without regret.

This is not about left or right. This is not about parties or power plays. His political philosophy is rooted in a singular truth: if your leadership doesn't serve the most vulnerable, then it isn't leadership at all.

He does not romanticize the past. Nor does he blindly blame those who came before. But he cannot ignore that after more than half a century of independence, many Fijians, especially in the interiors, are still waiting for what was promised.

"We've had governments. We've had manifestos. But our mothers are still giving birth by lantern light. Our youths are still walking hours to school. And our families are still breaking down silently because no one is listening," he said.

This is why he's doing what he's doing.

Not for a seat at the table, but to flip the table if he must, so the people at the bottom finally have space to sit.





Original

***“Listen up youth
of Fiji, this
political party is
yours because
our opinion and
our voice
matters...”***

Mr. Moce knows how Fiji works and how it doesn't. A decade in government taught him the inside truth: service delivery is slow, disconnected and too often influenced by politics rather than people's real needs. Ministries work in silos. Resources are centralized in cities. Promises sound good but die in committee rooms.

So, he's not entering politics to survive in the system, he's entering to shake it up. To challenge the culture that says, "This is just how things are."

Mr. Moce doesn't buy that. He never has.

His voice is rising because his values run deep:

- That family must be the foundation of our national development.
- That land, while sacred, must also be understood, respected and handled with wisdom and fairness.
- That young people, with their passion and potential, must be decision-makers, not just slogans.

• In the Facebook post where he declared his interest to stand in next year's general election, Mr. Moce said the party would target young Fijians.

"Listen up youth of Fiji, this political party is yours because our opinion and our voice matters. But I

am sad to say that our opinion is not being valued because less or no young people are sitting on strategic level positions within the Government," he said in the video clip.

His vision of leadership?

Bold but simple: Listen. Serve. Empower. Uplift. And when in doubt, return to the people.

And no, he doesn't see politics as dirty. He sees it as powerful. It's people who taint it, not the platform itself. That's why he's committed to entering clean, staying clean, and reminding others that political integrity isn't idealistic, it's necessary.



Apisai Moce with family and friends

The Fiji He Envisions

Mr. Moce believes in a Fiji that is not defined by city lights, but by village voices.

A Fiji where roads aren't a privilege, but a right.

A Fiji where education and sports are funded as investments — not expenses.

A Fiji where policy is made with people, not just about them.

A Fiji where culture and modern progress walk hand in hand.

And above all, a Fiji where leaders are not worshipped but held accountable.

He is building something that doesn't exist yet, not a political movement, but a people movement. One that starts with truth, grows with trust and ends with transformation.

And if you're wondering how he stays grounded? It's not hard when you wake up to two little daughters, a

5-year-old and 7-year-old, who call him "Kamu," (dad in his dialect) and remind you that titles mean nothing if you're not first a father, or when your wife, your rock, has stood by every late night, every "what if," every leap of faith. Or when your mother still speaks raw truth and your father still prays over your every step.

"We don't need perfect leaders," he said. "We need leaders with clean hearts, strong hands and open ears."

So here he is, with all three.

And he's not asking for applause. He's asking us to rise with him. To believe again. To expect more. To build a Fiji that's not just beautiful in photos, but fair and thriving in this modern world. Because he knows the best version of Fiji hasn't been written yet. And he's ready to help write it.



For the Children, For His Glory

There are people who pass through life quietly, and then there are those who leave footprints deep, joyful and faith-rooted impressions that never fade. Miriama Turagabeci Lum is one of the latter. For many Fijians, she is affectionately known as Lei, her radiant presence on the Fiji One Channels children's program, Get Set wasn't just television, it was childhood, joy, innocence and imagination wrapped into one. But behind the laughter, dress-up sessions and backstage jokes with producers, stood a woman deeply rooted in purpose: "For the children," she would often say. And she meant it.

From the sun-soaked island of Totoya in Lau to the humble and faith-driven rhythm of her home life today, Miriama's journey is one marked not just by the limelight, but by light itself, the kind that comes from within.

"Get Set was always a dream and I had a blast," she reflects, eyes sparkling with memory. She remembered her time on the children's program. From interviews with bright-eyed kids to silly dress-ups and backstage laughs with MG and the team, it was more than just a job, it was a calling.

Miriama looking stunning

It was a dream once carried by icons like Mariah Carling and Ateca Ledua, who paved the way for Miriama's own moment in front of the camera. Her time on the show was marked by belly laughs, curious interviews with children and moments of childlike wonder, all filtered through the lens of someone who truly cared.

Before Get Set, Miriama's voice had already graced the nation through the FM96 Breakfast Show, where she co-hosted with Tony for seven years.

"That's where I learned how to tell stories," she explained.

"Radio teaches you to be sharp, clear and interesting in just seconds. That training shaped how I communicated with children on Get Set, short, sweet and full of heart."

Becoming a mother while still hosting a children's program gave Miriama a rare gift, she could see the world through a mother's eyes while still speaking directly to the hearts of young ones.

"I was always passionate about children. I was fiercely protective of the kind of content we shared. My motto was always, 'For the children.' That was my North Star."

But her role as a mother didn't stop when the cameras turned off. It deepened. Today, she is devoted to her two children and her husband, choosing the sacred, unseen work of building her home with the same passion and intentionality she brought to the studio.

"Right now, my focus is to work on my marriage, be a godly wife and mother and serve them with all my heart. I am joyful and content with the season God has placed me in."

Unlike many who struggle when the spotlight fades, Miriama found peace and purpose in its absence.

"Content creation is hard work," she laughs. "I honestly can't do both. So, I chose my family."

Her media past hasn't disappeared; it's simply taken root in quieter soil. Sometimes, that's where the most powerful growth happens.

If you ask Miriama what motivates her today, she won't hesitate, "God! Jesus Christ, my Lord and Savior. He is my sanity, my hope, my fortress—basically, my everything."

That conviction didn't come without trial.

"One of my most difficult seasons was moving back to my parents' home with no education, no job. It was a time of seeking God and studying His Word. That's when I truly learned that following Christ means repentance and obedience, not compromise."

Her words carry the weight of someone who's walked through fire and emerged refined. She doesn't shy away from bold truths.

Her favourite scripture, Hebrews 10:26–31, comes with a stern warning against using God's grace as an excuse to live in sin.

Hebrews 10:26-31 King James Version (KJV)

For if we sin wilfully after that we have received the knowledge of the truth, there remaineth no more sacrifice for sins, but a certain fearful looking for of judgment and fiery indignation, which shall devour the adversaries. He that despised Moses' law died without mercy under two or three witnesses: of how much sorer punishment, suppose ye, shall he be thought worthy, who hath trodden under foot the Son of God, and hath counted the blood of the covenant, wherewith he was sanctified, an unholy thing, and hath done despite unto the Spirit of grace? For we know him that hath said, Vengeance belongeth unto me, I will recompense, saith the Lord. And again, The Lord shall judge his people. It is a fearful thing to fall into the hands of the living God.

"Yes, He is loving but He is also just. We need to be serious about our walk with Christ."

And that foundation, for her, is unshakable faith.

Her message is clear: success without holiness is empty and the applause of man will never compare to the approval of God.

Miriama Turagabeci Lum may no longer be on our screens, but her legacy lives on, in the smiles of children who remember her, in the quiet strength of her home and in the truth she speaks without apology. She is proof that influence isn't measured by followers or fame, but by faithfulness.

Her story is a powerful reminder to all women especially Fijian women, that our seasons may change, but our calling to live with purpose, integrity and faith never does.



Miriamaka Lei at the Get Set studio

Miriamaka may have stepped out of the public eye, but her legacy shines brighter than ever, in the lives of children she inspired, in the quiet strength of her home and in the boldness of her faith. Her story reminds us that success isn't always about staying in the spotlight.

Sometimes, the most powerful impact is made behind the scenes, through prayer, through presence and through purpose. She may have left Get Set, but the mission remains: for the children, and always, for God's glory.

Slideshow of Miri with family, friends and workmates.



CHARITY APPREAL

Issue 1, July 2025



Hi, I'm 9 month old Juliet and I have just been given the news that I have Acute Lymphoblastic Leukaemia. Everyday, cancer continues to ravage through my body and I need to have an emergency evacuation to get treated and hopefully start chemo to have a chance of survival. Any donation will help in covering my treatment, travel and medical costs. I may not know who you are but it is my family and I's prayers that you be blessed abundantly.

What is Acute Lymphoblastic Leukemia (ALL)

Acute lymphoblastic leukemia (ALL) is a fast-growing blood cancer that starts in your bone marrow and spreads. It mainly affects kids ages 2 to 5, but adults can get it, too. There are different types based on which white blood cells are affected. The good news: Treatment often leads to a cure.

Chemotherapy is the main treatment for acute lymphoblastic leukemia. It happens in four phases, with the goal of reaching complete remission – when you have no symptoms and no signs of cancer in your body.

Treatment can last several months to a few years and often involves high doses of cancer-fighting drugs.

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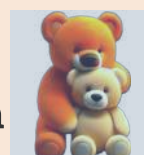


Mpaisa:

Gracy Gerard: 9468589

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PEOPLE



Pate (white) hard at work in Vanuatu

The Island Lens

It began with a flicker. An old, broken camera left on the table, batteries flat, gathering dust. No one paid it much attention, except for the young boy who would pick it up when his father had fallen asleep. He would hold it gently, turning it over in his small hands, peering through the viewfinder as if it were a window into another world. That boy was Alipate Laveti and though the lens was cracked and lifeless, his imagination was already alive. There was no way to know then what that moment would mean. No one could have guessed that a vague childhood memory shaded in a blue hue would become the starting point of one of Fiji's most exciting visual storytellers. But that's the thing about passion, it often begins quietly, like a whisper. And then it becomes a roar. Pate was born in Savusavu and raised between the sea and the forest, grounded by the roots of his ancestral home in Ono-i-Lau. His days were filled with water and wonder, sailing, swimming, spearfishing, catching prawns, climbing dilo trees and chasing rugby balls across grassy fields. Nature wasn't a backdrop. It was the story.

The first camera he properly held belonged to his cousin, an old Canon he borrowed so often it practically became his. He never saw it as just a device. It was a way of capturing feeling. Even then, before formal training or fancy gear, he was chasing light and meaning. But it wasn't until university that his creativity collided with clarity. Working behind the bar in Suva's lounges and nightclubs, Pate developed a flair for crafting cocktails and a love for photographing them. He began posting his creations online. Not long after, a name began to circulate: Cocktails with Pate. The buzz grew. One post led to another, and soon, Fiji Rum came knocking. They offered him a role as brand ambassador and mixologist, sending him around the country to train bartenders. It was during these travels, between workshops and cocktail demos, that something profound happened: he began filming. GoPros. Budget DSLRs. Whatever he had in his hands, he used. He didn't just record events. He told stories. Stories of places often overlooked. Of culture lived, not seen. Of people whose faces carried generations of history. And someone, somewhere, looked at his work and said that I had a special eye for

this. So my dream came to life.

Today, Pate works with globally recognized brands. His work captures Fiji with raw honesty and cinematic depth. But at his core, nothing has changed.

He's still that boy who grew up chasing ocean tides and stories in the wind. He's still drawn to the vanua, to the spirit of place and people. His partner, Alison Smith, and their son, Lomani Laveti, are his anchors. His five sisters, his faith and his family are his foundation. Every frame he shoots, every story he shares, carries their influence.

And yet, the road has been anything but easy.

In Fiji, being creative comes with unique challenges. There are no local camera shops, no quick fixes for broken gear, no easy way to upgrade. Getting equipment often means flying overseas, doubling the cost when you factor in travel, accommodation and time.

Pate built his toolkit slowly, one lens at a time, hustling between gigs, saving what he could, and creating with what was in front of him. He says if the tools had been more accessible, he would've reached this point years ago.

Still, he wouldn't change the journey. It shaped him. Sharpened him. Strengthened his vision.

Ask Pate what he would do if he had all the money in the world, and his answer is simple:

"I'd still be doing this."

Why?

Because this isn't a job. It's a mission. A calling. A love letter to Fiji - its beauty, its spirit, its stories.

If he had his way, the world would see the real Fiji. Not just the glossy beaches in travel brochures, but the soul of the people, the richness of the culture, the sacred connection to land and legacy. The kind of storytelling that reminds us who we are.

Pate envisions leading his own creative agency, a home for Fijian talent, a studio that produces global-standard content rooted in island authenticity. He wants to train, mentor and raise the next generation of Pacific storytellers. To prove that the world doesn't need to look past Fiji—it needs to look into it. In a world that scrolls fast and forgets faster, Pate's work asks us to pause. To look closer. To listen.



Alipate Laveti

*In a world that scrolls
fast and forgets faster,
Pate's work asks us to
pause. To look closer. To
listen.*

Because behind every photo is a memory. Behind every video is a village. Behind every frame is a voice that matters.

Pate is not just capturing images. He's capturing Fiji's soul—one story at a time.

*Because behind every photo is a memory.
Behind every video is a village. Behind
every frame is a voice that matters.*

*Pate is not just capturing images. He's
capturing Fiji's soul—one story at a time.*



Showcasing the most beautiful of our country



Lite Dauniika Koli

Lite's Daily Dairies – A Mothers Mission

“When I wear my caregiver hat, I remember I am not just providing physical help, I am offering comfort, patience and dignity. I do it with faith in my heart.”

Through every challenge, loneliness, homesickness, digital hate, Lite’s anchor is her faith.

“When I miss my children, I don’t cry out of sadness. I cry because they are safe, cared for and happy. And I know that’s because of God. I say to Him every morning: “Lord, I surrender my day to You. Be the captain of my ship. I surrender my children to You, be their eyes and ears when I cannot be. I surrender the hands that care for them, bless them abundantly.”

Her favourite Bible verse speaks volumes of the way she lives;

“And going a little farther he fell on his face and prayed, saying, ‘My Father, if it be possible, let this cup pass from me; nevertheless, not as I will, but as you will.’” Matthew 26:39

When she faces negativity on social media, comments filled with doubt or cruelty, Lite leans on grace.

“I’ve learned to see the good in people. Some lash out online because they are hurting. I won’t fight fire with fire. Instead, I pray. I stay focused. I lead with love.”

Lite’s platform is honest, hopeful

In a world where mothers are often forced to choose between working for their family and being with their family, Lite Tadulala Dauniika Koli made a brave decision: she chose to do both.

From her humble beginnings in Nakurukuru, Lami Village to navigating time zones, dreams, and digital entrepreneurship in California, Lite is now redefining what success looks like—not just for herself, but for every Pacific woman who dares to believe in more.

Her platform, @litesdigitaldiary, is more than a brand. It’s her heart in digital form. A record of her leap of faith. A mother’s cry to God. A woman’s mission to leave a legacy rooted not only in income—but in intention.

In 2023, Lite came across a Facebook ad from a woman in Spain—now her coach—who promised something radical: spend more time with your family while earning from home.

She was skeptical. The online world is filled with false promises. But Lite followed her instinct. She researched. She observed. She reached out. And then, she said yes.

On their first call, her coach asked her a single question, “Why do you want to do this?”

For her children, she answered instantly.

“I want more time with them. I want to give them a better future. And right now, I can’t do that if I’m always working someone else’s hours.”

That answer became her foundation. Her fuel. Her fire.

Lite travelled to the US in 2023 for the LA Sevens. But while the rugby fans were focused on the games, Lite saw something else, an opportunity.

“I saw a chance to change everything, and I took it.”

Today, she’s a Certified Home Care Aide working with both Divine Fijians Home Care and Reliable Home Care in California. She provides in-home care for children and young adults with developmental disabilities and support for older adults living with chronic illnesses like dementia, Alzheimer’s and Parkinson’s.

Lite's platform is honest, hopeful and deeply human. She creates motivational messages, health tips, and funny moments, but it's her heartfelt posts as a mother that truly move people.

"My audience connects most when I speak from my soul. They feel the love, the struggle, the sacrifice. They see themselves in my story."

Even though she only started her online business in February 2025, she's already building momentum. Her business model involves becoming a distributor, promoting products from a company with over 50 years in the manufacturing industry and guiding others to do the same.

***"People see a
Fijian woman
online and
immediately
think 'pyramid
scheme.'
But they don't
know the work.
They don't know
the research.
They don't know
the why."***

But for Lite, the biggest reward isn't income. It's growth.

"This business taught me to believe in myself again. To step out of my comfort zone. To rise."

Challenges? She's Faced Them All. Accusations of being a fake profile, being a "Scam" from keyboard warriors

"People see a Fijian woman online and immediately think 'pyramid scheme.' But they don't know the work. They don't know the research. They don't know the why."

Still, she's never alone. Lite has a global community of entrepreneurs, Fijians, women of faith, businesswomen from every walk of life, lifting one another up through every storm.

Raised by a hardworking father who was often away as a Cable Engineer, Lite grew up with a sense of responsibility. He spoke to her like a son, pushed her to travel, to build, to grow.

"He used to say, Tadu, beat my record. Go where I haven't been. Build your house first, then get married."

Those words echo in every bold move she makes.

Her balance today is delicate but sacred. She works. She prays. She creates. And above all, she calls her children every day, even if it's midnight in California.

"Hearing their voices keeps me sane. It reminds me why I'm here." She's dreaming bigger. She's training to become a Coach, ready to guide other women into their own digital journeys. She hopes to reach 20,000 followers by the end of the year, but more than that, she wants to light the path for women who feel stuck, overlooked or afraid to try.

"I want to leave behind more than just money. I want to pass on courage. Values. Faith. I want my children to see that their mother didn't just survive, she built something beautiful."

**Want to contact Lite,
check out her link,**



Slideshow of Lite's family

***@litesdigitaldiary
isn't just a digital
brand.***

***It's a ministry. A
movement.***

A mother's mission.

She added that when you are making decisions about your future plans, seek advice from individuals who share the same dreams and values as you. but at the same time do your own research.

And very important, when you know you are making the right decision; before you click submit, before you sign, before you say Yes, pray and surrender your decision and action to the Lord and seek his blessing and guidance on your journey to success.

That's what I did for this business.

@litesdigitaldiary isn't just a digital brand.

It's a ministry. A movement. A mother's mission.

And this is just the beginning.



Dancing Through Dreams

THE RISE OF SPENCER SENILEBA

From the heart of Rakiraki to the grand stages of the world, 24-year-old Spencer Senileba has been dancing not just to the rhythm of music, but to the beat of his own dreams. His story is one of purpose, passion and persistence. And it's only just beginning. Born and raised in the serene town of Rakiraki, Ra, Spencer grew up surrounded by family, faith, and music.

"Bula Vinaka," he begins warmly, "I'm Spencer Senileba, 24 years old. I was born and raised in Rakiraki and now live in Nadi."

His roots are deeply planted in the soil of Fiji, a country alive with culture, movement and meaning. His earliest memory of performing goes back to a birthday celebration for his grandfather.

"It was in my mum's village. My brothers and I danced that night, and seeing everyone enjoy our performance made it unforgettable."

Spencer's life has always been intertwined with rhythm. Coming from a family of musicians, music was not just a backdrop,

"It was a way of life. My uncles and aunties played in church conferences and gatherings," he shared.

But while the family leaned into instruments, Spencer found his soul in movement. When his family relocated to Nadi in 2016, a new world opened up, the world of professional dance.

"My parents were church leaders when I was young," Spencer explained, "so we always had to perform action choruses every Sunday and take part in village cultural performances."

These early experiences, while grounded in tradition and service, sparked a fire in Spencer, one that would grow into a lifelong passion.

That passion was given shape in high school when he discovered a local dance group called RUE.

"One of the dancers was my brother," he says with a smile. "I asked to join him just to try. From then on, I knew this was it. This was what I was meant to do."

The world began to feel a little bigger, the possibilities a little brighter.



Spencer in Paris (Above) and (Below) a slideshow



And so he dances, for himself, for his family, for Fiji and for every young person with a dream too bold to ignore



Though there wasn't one defining moment that ignited his love for dance, he credits his parents for allowing him to pursue extracurricular activities, which gave him the space to explore and grow.

And through it all, one person has remained a steadfast guide: his brother. "He's my biggest mentor," Spencer says. "We're in the same dance group and he's always supported me in my journey."

As Spencer's skills sharpened, his dreams soared higher. In 2019, at just 18 years old, he auditioned for the renowned Mata Dance Crew in Suva. That audition led him to his first international stage: the Dance Hip-Hop International Competition in New Zealand.

"It was mind-blowing," he says. "I loved every second of it."

From there, his journey has taken him to stages far beyond Fiji, including the legendary Glastonbury Festival in the UK, the largest of its kind in the world. "Seeing people from all different countries coming together... and then watching them embrace our Fijian traditional dance? It was amazing," Spencer said with emotion.

"We represented Fiji with pride. The people loved it and we loved sharing it."

With every performance, in every corner of the globe, Spencer tells stories that are both deeply personal and universally resonant. He weaves together heritage, memory, and movement allowing audiences to feel his journey, not just watch it.

Dance, for Spencer, is more than choreography, it is conversation.

"The best stories are often invisible," he explains. "They're seamlessly integrated into the performance. The goal is to make the audience feel like they're part of a dialogue." And through that dialogue, Spencer brings his heritage into focus. His choreography draws upon traditional Fijian movements, his upbringing in the church and his life as a young man

navigating identity and ambition. "I dance to embody characters and tell stories through gestures and sequences," he said. "Especially for cultures without a written language, dance becomes our voice."

But the journey hasn't always been easy. Spencer admits there were moments he nearly gave up, moments of doubt, fear, and exhaustion.

"I've faced a lot of challenges," he confessed.

"But I always remind myself to stay positive, stay humble, keep going. Do what you love. Be happy."

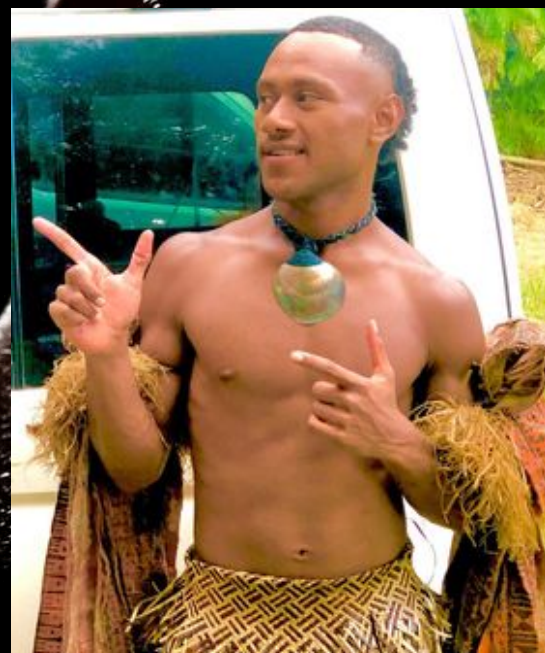
For Spencer, sharing his story is a calling.

"Stories connect people," he said.

"They help us realize we're not alone. They foster empathy and understanding." And so he dances, for himself, for his family, for Fiji and for every young person with a dream too bold to ignore.

Spencer Senileba is proof that when your passion meets your purpose, there's no limit to how far you can go. Whether he's performing on a village green in Ra or under the lights of a world-famous stage, one thing remains constant: his heart is in every step.

And the world is watching.





SUGAR!
OH
HONEY,
HONEY!

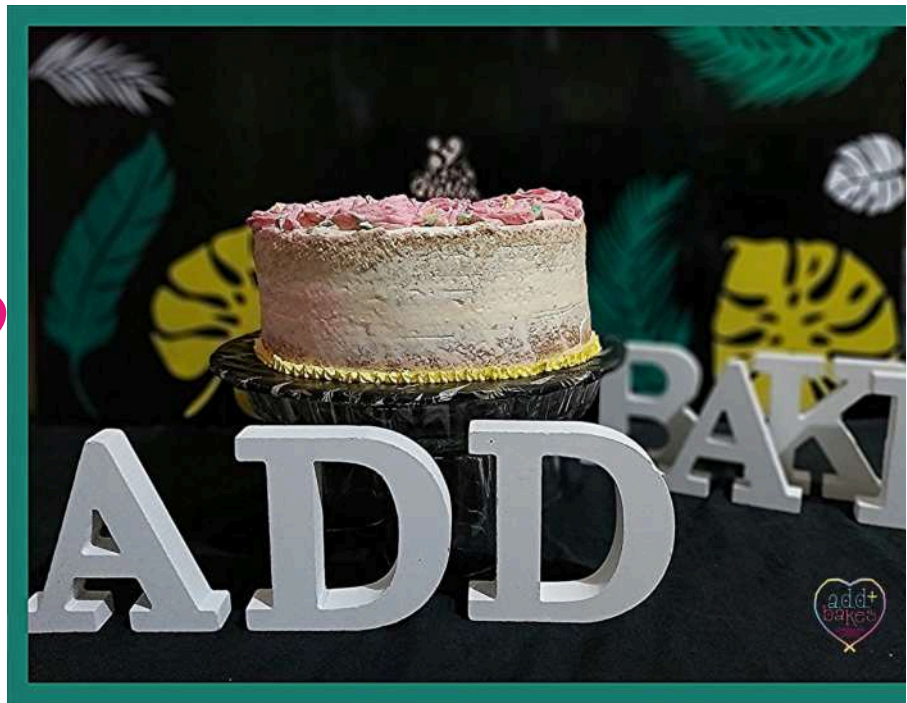


HOMEGROWN BAKERS

*Read and get motivated by these
home bakers who are building their
businesses from home.*

**MEET AUBEL DYER ROUNDS &
GRACE DONU**

Baking Through the Storm, Rising With Grace



[Slideshow of Grace's wonderfully scrumptious delights](#)

In a small, bustling kitchen tucked within a Fijian home, something extraordinary rises each day, not just cakes, but courage, commitment and deep-rooted faith. Grace Qalomaiwasa is not your average baker. She is a woman whose journey of motherhood, ministry, and entrepreneurship is intricately woven with purpose and prayer.

Grace, who hails from Salia, Nayau in the Lau group, and has maternal ties to Nasoqo, Naviti, Yasawa, is the founder and heart behind ADD Trade Investments—a family business built around three pillars: ADDBakes for cakes and pastries, ADDMusic for studio and sound services, and ADDTrawl for water transportation.

But it's the sweet scent of freshly baked cakes and the warmth of her faith that will first catch your attention.

The name “ADD” isn't just branding, it's a tribute to her children, Annadaine, Adrielle, and Amos. It also is a prophetic declaration of Increase as God is at the center of it all.

“My children are my greatest inspiration,” Grace shares.

It was during her pregnancies, while craving cakes and creating them from scratch, that a passion for baking was stirred. With the support of her husband Joe Donu, her quiet encourager and investor in her first oven, Grace turned that passion into purpose.

Choosing to stay home with her children instead of returning to full-time work, Grace began building her business one cake at a time, baking during nap times, late nights, and early mornings.

“Every time I feel like giving up, I just think of my children and continue the business,” she says.

Married to a pastor and actively serving in her church, Grace wears many hats, none more important than being a wife and mother.

“My role is to be my husband's helper, his safe space. At church, I lead worship and serve as a hostess. At home, I manage the household and mentor our children.”

Her calm presence and servant heart are as central to her life as the recipes she perfects.



Grace Qalo with her family.

But her faith wasn't always wrapped in celebration. Grace speaks candidly about a deeply painful chapter, the loss of her beloved mother.

"I was shattered," she recalls.

With two young daughters at the time and the weight of new motherhood pressing in, grief became a heavy cloak. Yet even in her darkest valley, she felt God's nearness.

"It was through that pain that my baking gift was birthed," Grace reflects. "I had to let go of a soul tie to activate my talent. God was nearest when I was broken."

That moment of release brought Psalm 34:18 to life in her soul: "The Lord is near to the broken-hearted and saves the crushed in spirit."

Grace's days begin at 5 a.m. and end long after her children are in bed. Her life is a careful balance of baking schedules, school lunches, church meetings, homework and bedtime devotions.

"My greatest ministry is my family," she says, and everything else flows from that foundation.

Boundaries have become essential.

"I say no to last-minute orders. I prioritize rest and self-care. I listen to spiritual podcasts to refill my cup and spend quiet time with God to stay centred," she says.

Her words reflect the wisdom of a woman who has learned that you can't pour from an empty cup and that God delights in rest as much as work.

What sets Grace apart is not just her intricate cake designs or her ability to juggle multiple roles—it's the faith she folds into every part of her life. Whether she's baking a birthday cake or comforting a broken soul at church, she believes in serving more than she is served.

And now, every month, Grace will be bringing that same blend of warmth and wisdom to you, through baking tips, heartfelt reflections and encouragement for your own journey.

So, whether you're a fellow mum balancing dreams and diapers, or a woman in need of a reminder that faith can rise from the ashes, Grace's story is for you.

Because sometimes, when life gets messy, you just need to step back, breathe and remember...

**GOD IS
NEAR. AND
HIS GRACE
IS MORE
THAN
ENOUGH.**

Belle's The Heart Behind the Oven



In the quiet hours before dawn, when most of the world is still dreaming, the soft clink of a mixing bowl and the scent of chocolate rise from a kitchen in Lautoka. This is where you'll find Aubel Dyer Rounds, apron dusted with flour, hands shaping love into batter and heart full of purpose. But beyond the oven, she is so much more, a mother, a wife, a teacher and a woman fueled by faith and fire.

Born in Macuata, raised in the golden hills of Vatukoula and now calling the Sugar City home, Aubel lives at the crossroads of heritage and hustle. She is the heart and hands behind Belle's Baked With Love, a homegrown business that started not in a studio kitchen, but at her dining table, with her children's birthdays and school events as the first orders.

"Motherhood is the heart of my business," she says.

"This started with me baking for my children."

What began as a mother's expression of love has risen, like her signature chocolate cake, into something extraordinary.

Running a business from home while raising three young children isn't for the faint-hearted. Aubel admits there are days when chaos reigns. The oven blazes, frosting melts in the Fijian heat, and the demands of motherhood knock at every door. There was a day when it all nearly came undone, orders piled high, the humidity relentless, her perfectionist heart fraying at the edges. But then came grace. Her husband stepped in, gathered the children and gave her space to breathe, to finish, to bake.

"He helped me hold it together when it felt like things were falling apart, literally and figuratively."

In those moments, Aubel learned her superpower: resilience born from love.

Each challenge taught her patience, presence and perseverance. And somehow, in the messy, magical blur of family and frosting, she found purpose.

"As crazy as it gets, the chaos reminds me I'm living a life full of purpose."

Every swirl of buttercream carries a spark of creativity. Her designs are inspired by Pinterest boards, Google searches and the wide-eyed wonder of her children. They are her most honest taste-testers, her cheer squad and her quiet helpers when it's cleanup time.

"Their excitement melts my heart every time."

But even the most passionate artist burns out. When that happens, Aubel does something radical: she rests. She resets by spending time with her family or watching baking videos that rekindle her spark.

***"It's easy to
compare, but I
remind myself why I
started. I focus on
progress over
perfection."***

Her secret to juggling it all? Early morning cups of tea, whispered prayers and moments of stillness before the oven heats again.

Support for Aubel looks like a shared post, a kind comment, a husband who celebrates every cake as if it were a wedding masterpiece. Her village, family, friends, and community are part of her recipe for success. And in a world of filtered perfection on social media, she keeps her eyes fixed on something real.

"It's easy to compare, but I remind myself why I started. I focus on progress over perfection."

For Aubel, success isn't counted in dollars or followers, it's in the smiles, the "wow!" moments, the quiet messages of gratitude from customers celebrating life with a slice of her creation.

That's what matters.

That's what fuels her.

The dream is simple but bold, a cozy space of her own.

A bakery filled with warm cakes, fresh coffee, blooming flowers and books; a haven of life's sweetest things. Maybe one day a cookbook. Maybe workshops for other mothers chasing dreams. But always rooted in love.

"Love is what keeps me going, love for my family, for baking and for the people I bake for."

And when another mother wonders if she too can start from scratch, Aubel's message is clear: Be kind to yourself. Start small. Ask for help. Trust your passion.

If her children were to read her story one day, she hopes they learn this:

"To always follow their passion."

Because behind every cake, behind every late-night bake session and quiet morning prayer, is a woman who dared to rise with purpose. Who turned flour and fire into joy. Who stitched love into every layer.



Slide show of Aubel Dyer Rounds and her family and delicious creations



**BELLE'S BAKED
WITH LOVE IS NOT
JUST A BUSINESS.
IT'S A STORY OF
FAITH, FAMILY, AND
FIERCE
DETERMINATION,
ONE THAT'S STILL
BEING WRITTEN,
ONE SLICE AT A
TIME.**





Follow the vibe.
Follow the voice.
Follow Vly.

If you've ever walked into a party and felt the atmosphere shift because someone just walked in with pure charisma, confidence, and contagious energy, chances are, that someone was Vly.

Viliame Navoka, this 32-year-old firecracker is more than just a singer. He's a songwriter, entrepreneur, social media personality, philanthropist, events wizard, and above all, a storyteller whose life is woven with rhythm, resilience, and roots. Born in Fiji and raised under the Sydney sun, Vly has one foot in the village and the other on a stage and he's dancing in both.

Music was always humming in the background of Vly's life.

As a child in Sydney, the stereo was the soundtrack to his days, thanks to an aunt who made loud music and singalongs a daily ritual. But it was his uncle who saw the spark, teaching him the iconic Sekove Raikoro tune at just six years old. One proud performance for his grandfather later, and a star was born.

From that small lounge-room stage, Vly's journey became one of bold steps, soulful lyrics, and using every platform possible, especially social media, to make his voice heard.

With Vly, you can hear Nadroga in his voice, not just in the lyrics or language, but in the unshakable pride in culture, rugby and community. That's exactly what inspired his debut single, "Muju Cola", a song that echoed through Lawaqa Park during a Farebrother Cup game. For Vly, it was a full circle moment, his childhood obsession with supporting Nadroga rugby turned into a powerful anthem.

Breaking into the music scene wasn't easy. Radio stations weren't calling, and gatekeepers weren't listening. So Vly took matters into his own hands, hitting social media hard and building a movement. His debut single caught fire online, proving that talent mixed with determination and a savvy digital mind could open any door. He didn't wait to be discovered he made sure he was.

After a five-year musical break to pursue his entrepreneurial ventures, Vly made a powerful return in 2024 with "Kele Re", a melodic reminder of why he does what he does. The love he received reignited the flame, and he's not slowing down. An exciting new single is on the horizon, a love song that bridges Nadroga and Vanua Levu, set to drop just in time for the festive season. Yes, you heard it here first.



He recently was in New Zealand to perform at a Vakabauta Events NZ and Leadership Fiji event supporting St. Giles Hospital renovations. Vly is proving that music with a message and a mission matters.

Apart from new hit songs on the horizon, there is one singer, songwriter that Vly has always been asked to make a collab with and that is with his dear friend Savuto.

"I have been asked too many a times why my very good friend Savuto and I haven't done a song together. Given our track history on the songs we've done and released, it would be exciting to do a song with my Dreu," he said.

Only time will tell if the singers would team up, but it is definitely something to look forward to.

Being in the spotlight hasn't been without its shadows. Vly has faced cyberbullying, name-calling and the harsh reality of public scrutiny. But through it all, he's stayed grounded in faith and gratitude.

His favourite Bible verse, Psalm 150:2 "Praise Him for His mighty acts," reminds him to be thankful for every chapter, good or bad.

Vly is more than just the life of the party, he is the party. But underneath the bold outfits, the viral reels and the booming vocals is a man of depth, love and purpose, he's here not just to entertain, but to uplift, inspire and remind every Fijian child with a dream that your voice matters, even if you have to crank up the volume yourself.

His favourite Bible verse, Psalm 150:2 "Praise Him for His mighty acts," reminds him to be thankful for every chapter, good or bad.



Rising with the Heat

Gloria Hill's Courageous Journey Through Perimenopause, Business, and Motherhood



Gloria Hill with her children, Faith and Moses Hill.

At 4 a.m., while most of the world still sleeps, Gloria Hill is already at the market, handpicking vegetables straight from farmers for her catering business. By 7 a.m., she's prepping her young son for school. And by 9 a.m., she's fully immersed in running her bustling food and catering business—managing emails, quoting clients, baking, cooking, supervising, and if there's an evening event, working till 9 p.m.

But hidden beneath this powerhouse schedule is a battle many women know too well but speak of too little. A battle that almost broke Gloria—physically, emotionally, and mentally. It's called perimenopause, and for Gloria, it struck with the force of a cyclone.

With nowhere else to turn, Gloria did something that took immense bravery: she shared her experience on Facebook. That single act of vulnerability changed everything.

"I hit rock bottom, but the response was overwhelming. Women reached out, friends supported me, and one special connection—Jodie, a women's wellness coach—walked into my life."

Jodie, who had experienced perimenopause from age 38, became a lifeline. Through her, Gloria found hope, clarity, and most importantly—validation. "She helped me name what I was going through. I wasn't going mad. I was in perimenopause."

Gloria was 41 when her body began sending quiet but unsettling signals. It started with something as simple as joint pain and exhaustion after eating her beloved tea and biscuits. At first, she brushed it off.

"I thought maybe it was just my diet or stress," she says. But then came the brain fog, mood swings, deep depression, and debilitating fatigue that left her bedridden for days.

"I couldn't reply to emails. I'd forget simple tasks. I lost my temper more often than I wanted to admit, and the guilt crushed me," she shares. "I didn't know what was happening to me. I thought I was falling apart."

The business took a massive hit. Clients were lost. Revenue dropped. Gloria felt like she was failing—not just her work but her family too.

Armed with new knowledge, Gloria sought help through the medical system, but found more frustration than relief. A GP dismissed her symptoms and suggested antidepressants instead of hormonal treatment. A gynecologist left her waiting for hours without being seen.

Yet, Gloria remained undeterred.

"I haven't gotten my HRT yet, but now I know what to avoid, what triggers to look for and how to better care for myself. That alone has been life-changing."

Her family, once puzzled, are now her greatest support. "My husband watched over 100 videos to understand perimenopause. My older kids have stepped in. We sat down as a family and I explained everything. They now know when I need space, when I need help and when I just need love."

What hurts Gloria the most isn't just what she went through, it's that women everywhere are still suffering in silence.

"We don't know what's happening to us until someone tells us. That has to change."

Gloria is calling on the Fijian Government, Ministry of Health, educators and community leaders to make perimenopause education a priority. "We need to teach our daughters, our nieces, even in schools. Women deserve to know what's coming, how to handle it, and who to turn to."

Gloria's advice for other women is simple but life-giving: "Be honest with your family. Tell them what you're going through. Ask for help. Reach out to other women. You are not weak. You are not alone. And most of all, you are not crazy."

"Perimenopause is not the end. It's the beginning of a wiser, stronger, and more self-aware version of you."

Today, Gloria's catering business continues to thrive, slowly rebuilding from the disruption. Her new restaurant has opened its doors, and she's doing it all while learning to navigate her health with grace and grit. She is not just baking, cooking, and managing—she's mentoring, advocating and showing the next generation of women how to lead from the fire.

Because Gloria Hill is more than a businesswoman. She's a warrior, a witness, and a voice for every woman navigating the silent storm of midlife.

***"Perimenopause
is not the end. It's
the beginning of a
wiser, stronger,
and more self-
aware version of
you."***



***"Be honest with
your family. tell
them what you
are going
through. ask for
help...."***



What is Perimenopause?

Perimenopause means "around menopause" and refers to the time during which your body makes the natural transition to menopause, marking the end of the reproductive years. Perimenopause is also called the menopausal transition.

Women start perimenopause at different ages. You may notice signs of progression toward menopause, such as menstrual irregularity, sometime in your 40s. But some women notice changes as early as their mid-30s.

The level of estrogen — the main female hormone — in your body rises and falls unevenly during perimenopause. Your menstrual cycles may lengthen or shorten, and you may begin having menstrual cycles in which your ovaries don't release an egg (ovulate). You may also experience menopause-like symptoms, such as hot flashes, sleep problems and vaginal dryness. Treatments are available to help ease these symptoms.

Once you've gone through 12 consecutive months without a menstrual period, you've officially reached menopause, and the perimenopause period is over.

Some women seek medical attention for their perimenopausal symptoms. But others either tolerate the changes or simply don't experience symptoms severe enough to need attention. Because symptoms may be subtle and come on gradually, you may not realize at first that they're all connected to the same thing — hormone fluctuations of the menopausal transition.

If you have symptoms that interfere with your life or well-being, such as hot flashes, mood swings or changes in sexual function that concern you, see your doctor.

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