



Voqa Ni Lali

Oct - Nov 07 Issue

Message from Oghale



Bula Namaste!

The recent visit by the IMA consultant team from HQ provided an opportunity to look afresh at the work we do with the aim of ultimately strengthening our post. In the preliminary feedback from the team members, the post received kudos for improvements in training, completion of the project plans, strong culture of safety and security and medical care, and cohesiveness and collaborative action in admin and finance among other things. As most of you know, we need to keep working on site selection and getting the right fit between PCVs and sites. Many of you would be glad to know that we decided to set up a group to develop Indo Fijian placements for the FRE 6s, the group also has a broader mandate of identifying and testing approaches to form more bonds with groups that target development issues in Indo Fijian communities. This is an incubator idea which we hope to mainstream into our normal site development and relationship building processes. Thanks to you all who gave such good feedback to the team members and to all who have also given such feedback to staff even prior to the IMA team visit. More of the decision-making that follows from these feedback discussions will require that we be in continuous, open, and honest dialogue with each other, as we take action to find and keep more of what works. We will share more specifics of the recommendations for action from the IMA team as soon as we get the formal report.

Please remember that we are moving into the hurricane and flood season in Fiji. Also the political scene seems to be heating up. Take the time to review your EAP handbooks and be prepared, listen to the news, watch the weather etc

Keep doing good work, hold tight to your ideals, and take action to accomplish the good.

All the best to you.

Cheers

Oghale

Ps. Kudos to PCVL Christine, PCV Amy and the GYD team for publishing our first WID/GAD newsletter.

Admin Corner



In this edition's administration corner I want to cover a broad range of topics that may be of interest to you. Always remember, if you have specific questions you can always call or write to me or anyone else on the team.

Allowance surveys

At the recent early service conference I spoke about the allowance survey process but I also wanted to put it in the newsletter for those that were not fortunate enough to catch that presentation. Annually, we do surveys for both the living allowance and settling in allowances. This is a multi step process and it starts with a Volunteer survey. We send a survey to you in order to gather information on how you actually spend your allowance. It is meant to give us detailed information but not be so detailed that it is overly burdensome on you.

For the settling in allowance, this is meant to be recorded as you actually make the purchases to set up your new home (FYI: it should not include food). For the living allowance it is meant to cover one month's actual life expenses such as food, household goods, transportation, utilities, entertainment (limited), reading material, etc. The living allowance is not meant to cover alcohol, overseas holiday travel or items that would not be consistent with the Peace Corps' image and philosophy of being a grass roots development organization.

In parallel to the Volunteers completing their survey, the staff will do a prices survey across the country. This compliment to the Volunteer data is meant to be an independent validation of the Volunteer data.

Once we have all the data we can crunch the numbers. If the median (not the average) Volunteer is spending more than or close to the total allowance the Country Director can increase the allowance if the post has the budget authority to do so. However, to make any change in an allowance 80% of the Volunteer population must respond to the survey. A non-response is taken to mean that everything is fine and no change is necessary.

The settling in allowance has not been increased since 2003 with the exception to the FRE-5 settling in allowance that was changed to include a new cell phone subsidy. I am hoping that all of you will give me your survey forms at your early service conference or before so we can be sure we are paying future groups the correct amount. Though even if all is fine, we want the data on hand to show this and thus strongly encourage all PCVs to complete these surveys.

Earlier this year, the living allowance was increased for the first time since 2003. We created a new urban rate for the cities of Suva, Nadi, Lautoka and Labasa. Since that time, there has been much discussion on what is urban and what is not. That is an important discussion to have but the deciding factor for

allowance levels is always going to be data. So complete your survey with accurate information and send it as quickly as you can. If you need a copy of one of the surveys please call Jacob (I will be out of the office till Nov 21st) and he will send you a new one. We need those back by the All Volunteer conference at the latest so send them to Jacob or me when you are complete. I will send you feedback within a couple of weeks after that conference.

Stolen Property

Crime is something that we all deal with in Fiji. If you are the victim of a crime, or an attempted crime, you should tell Sat as soon as possible. If you are robbed of items that are essential to life the Peace Corps manual section 235 gives us the authority to replace some of the stolen items. Section 235 covers a wide range of possible scenarios but let me touch upon street crime. If you would like a copy of the whole section let me know and I will get one to you.

If you have something stolen that is necessary for a healthy Volunteer life, the Country Director has the authority to approve a payment to the Volunteer to replace the property, including cash. There are some procedures around this as you would suspect. First you need to file a report with Sat and a police report in a timely manner. Second the item needs to be deemed necessary to Volunteer life in the opinion of the Country Director. This might be a stove, living allowance or a personal alarm. Items that are not necessary to a Volunteer life are iPods, cameras, refrigerators or cell phones.

Cash is the item that we reimburse most often. If your wallet or purse is stolen, we may reimburse the amount of cash that you had on you at that time up to a maximum of the pro rata portion of that month's living allowance (i.e. If you are robbed on the twentieth and a decision is made to reimburse the funds, we will reimburse a maximum of 11/30 days



multiplied by your living allowance level – assuming you had that much money on you). There is a reimbursement form that you would need to fill out for the Country Director to sign. I hope that none of you have to use that form.

Staff Travel

The administrative team has been out and about recently visiting Volunteers. Our post has a policy that every staff person must get out to a Volunteer's site at least once a year. We do this so we all have a feel for your life, your challenges and your successes. It is also very motivating to see the contribution that all of you are making to Fiji. Thanks to the almost 20 Volunteers that hosted one of our staff!

**Vinaka,
Barry**

Program & Training



Project Plans Complete

In mid-September the Program & Training Team submitted two complete Project Plans to PC/Washington: Community Health Promotion and Integrated Environmental Resource Management. Program staff, PCVLs, and PCVs all spend a lot of time and energy working on these documents and they deserve a big applaud. The new plans were rolled out to FRE-4s in MST and will be rolled out to FRE-5s in EST. These two plans are now the blueprints for PC/Fiji. These documents represent where we work and what we hope to accomplish.

We will use the plans during our site visits as a way to explain the type of work PCVs are expected to carry out here in Fiji. This is

where you come in. We need your help to spread the word on what our focus is and where PCVs work. We also need you to ground truth the plan as you conduct activities and fill-out your trimesters you should be able to identify where you fit in. Remember there will always be secondary activities that we expect you to take on that will not fit within the primary goals/objectives.

The plans will also be used as a guide for session development in the next PST for FRE-6 (see the Training Section). It will also help identify skills that we will focus on for technical IST for FRE-5. This is a very exciting accomplishment as it is one major building block for all program and training.

Site Visits and Site Development

The FRE-5 round one site visits are in full swing! So far we have visited 23 of you (out of 25) and everyone will have had a visit at most two weeks after the EST. We hope that you and your counterpart are finding these visits helpful. This is only our second year using the new *Site Visit Report Form*. We would welcome your comments and suggestions on not only the report form (feedback) but also on the actual visit.

FRE-4 round two site visits will happen in conjunction with Site Development trips for FRE-6. We will be coming to visit you after the holidays. Similar to the FRE-5 visits we will send out the schedule in advance so that you are aware of our schedule. If possible, by IST/All Vol, please let us know of any village, organization, agency, etc., that is interested in hosting a PCV next year. We will bring copies of applications and FAQs (frequently asked questions) for hosting a PCV to IST/All Vol as we would like your help in getting this information out to the public at large.

Also, be advised that at IST/All Vol we will be asking FRE-4s to provide us with input on their site, specifically looking for your perspective on if a second (or third) PCV should be placed in your site. This information

will then be reviewed and taken into consideration as we conduct our site development trips for FRE-6. There are many variables that are taken into consideration when determining which sites will get PCVs.

PC/Fiji's site selection criteria are as follows:

- Demonstrated needs and ample opportunities for meaningful work that is consistent with project plan goals and objectives (either Environment or Health).
- Strong interest, and a demonstrated will, on behalf of the staff, administration and/or community to expand and improve the quality of their programs. Can articulate specific ways for a Volunteer to contribute (clear scope of work).
- Supervisors/Counterpart, staff and community members are interested and motivated to work with, and support, a Volunteer.
- Counterpart/organization/village is willing to sign an agreement regarding roles and responsibilities.
- Leadership within community is supportive of Volunteer placement and has agreed to collaborate with Peace Corps/Fiji in case of emergencies involving Volunteer.
- Opportunity for increasing local capacity through focused secondary activities with an interest in sustainable results.
- Volunteer does not displace qualified and available local workers.
- Need for skills match that which Peace Corps can recruit, and more specifically that PC/Fiji has requested.

The above criteria are taken into consideration along with the recommendation of the PCV (if a second generation site), the recommendation of the PM, safety and security criteria and health (medical) criteria. As you can see there are multiple variables that go into our selection of a site for each year. And we want to stress that your input is valuable to the selection process; however is not the only

variable in the equation. So please do not measure your service and the impact you have had on your community by whether or not a PCV replaces you. Thanks in advance for your contribution to next year's sites.

FRE-5 Election Results

At the recent EST the FRE-5s held elections for VAC and PSN. We would like to send out a big congratulations to those elected!!!

VAC: Dana Trytten, Teri Liermann, Steve Selinsky
Alternate: Nic Turrentine

PSN: Mike Blahut, Tara Simpson, Becky Trytten, and Aric Bickel

Letters of interest for the GYD Committee were requested and the selected members will be known in time for All Vol.

Upcoming Training

We look forward to seeing all the FRE-5s at IST. Please remember as you are planning your travel that we need you to arrive on Sunday, November 18 and departure day is Friday, November 23. If you are planning to travel on any dates besides these you will need prior approval from your PM.

FRE-4s we look forward to you joining us on Wednesday, November 21. Please try to arrive by lunch time, if you will not be able to make it by lunch please contact your PM. Departure day for you will also be Friday, November 23.

Please note that staff are being invited for the Resource Fair on Thursday, November 22 and have been asked to stay for Thanksgiving Dinner.

Location of IST/All Vol: Nomads Skylodge, Nadi

Julie



Medical Office



The Medical unit bade Emily Kaufuti farewell on the 14th of September - she has joined the U.S. Embassy medical unit. Christine Simpson is the new Medical Assistant and please come over to meet her whenever you're in the Peace Corps office.

Tips to Getting a Good Night's Sleep

Keep a regular sleep and wake schedule.

Avoid caffeine and cigarettes in the late afternoon and don't drink alcohol to help you sleep.

Avoid going to bed on either a full or an empty stomach.

Use your bedroom primarily for sleeping. Sleep in a dark, quiet, well-ventilated space with a comfortable temperature.

Relax before going to bed. Take a warm bath (whenever you can), listen to soothing music, meditate or try relaxation or breathing exercises.

Face your clock away from the bed to avoid focusing on time if you awake before morning.

If you can't fall asleep within 20 minutes of going to bed or wake early and can't get back to sleep, get out of bed and try a relaxing activity such as reading until you become drowsy.

Regular exercise can help improve certain sleep disorders. However, don't exercise within 2 hours of bedtime.

Avoid household chores, paperwork or other stimulating activities for at least 2 hours before bedtime.

Use over-the-counter or prescription sleep aids only for short periods of time and under the direction of your doctor. Some sleep aids can make you drowsy during the day and cause other side effects.

Safety & Security Update



FIJI METEOROLOGICAL SERVICE

PRIVATE MAIL BAG (NAP 0351)
NADI AIRPORT, FIJI

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MEDIA RELEASE - 9.00 am Monday 22 October 2007

2007/2008 SOUTH PACIFIC TROPICAL CYCLONE SEASON OUTLOOK

Highlights: *2007/08 TC Season is to commence under weak La Nina influence with possible return to near neutral conditions by late in the season. Average to below average cyclone activity is likely. Countries west of Dateline are under increased risk this season than those to the east. Fiji is likely to be affected by one or two tropical cyclones at least with slightly higher chance of them passing over western and southern Fiji Waters. Rainfall across most of the country is likely to be average to above average with chance of flooding higher than usual.*

The South Pacific Tropical Cyclone (TC) season formally begins on November 1st and ends on April 30th. However, tropical cyclones can also develop outside this period, as observed in the past, though this occurrence is rare especially under La Nina conditions. The average* number of tropical cyclones occurring in the Southwest Pacific per season is nine, with **eight** of these occurring within the RSMC Nadi-TCC area of responsibility (0°-25°S and 160°E-120°W).



A weak La Niña condition currently exists in the equatorial Pacific. With the exception of the Southern Oscillation Index (SOI), all ENSO indicators have showed an intensifying La Niña as of September 2007. Models forecast the La Niña to last until early 2008. Associated and expected with the current La Niña conditions is the South Pacific Convergence Zone (major rain bearing system) being displaced southwest, closer to Fiji.

Tropical Cyclone Prediction for the Southwest Pacific this season

The average number of tropical cyclones expected to occur in conditions similar to present is between 7 and 8. Given the current and expected ocean and atmospheric conditions in the equatorial Pacific, there is expected to be a westward shift in the regions most likely to experience Tropical Cyclones during the season. This suggests a slightly higher risk than normal for the Coral Sea, Vanuatu and New Caledonia, near-average risk for countries near the Date Line (e.g. Fiji and Tonga) and a slightly lower risk than normal for countries further east of the Dateline.

Tropical Cyclone Prediction for the Fiji Islands this season

On average 2 to 3 tropical cyclones pass through Fiji EEZ per season with 1 to 2 directly affecting land areas. With the current oceanic and atmospheric conditions, the chance of tropical cyclone(s) affecting Fiji is near average; however there is a slightly higher chance of tropical cyclone(s) passing through the western and southern Fiji EEZ.

Rainfall Prediction for the Fiji Islands for the Wet Season

Based on the current weak La Niña conditions, rainfall is predicted to be average to above

average across most of the country. With the present tropical cyclone and rainfall predictions, the likelihood of high intensity rainfall and flooding is higher than usual. Sea surface and air temperatures are likely to be average to above average.

**Average for 1970/71 to 2005/06 TC seasons.*

A note from our PCSSO Ms Kelly Cullen;



Dear Volunteers and PC Staff,

I have been offered a new regional safety and security position back in our Peace Corps headquarters office in Washington, DC and will report in early December. I wanted to take this opportunity to thank you for all your hard work in the field and express to you that it has been an honor and privilege working with you all in the beautiful Pacific.

Please know that I am fully committed to the safety and security of Volunteers and will continue to support the Pacific posts to the best of my abilities from DC until a replacement PCSSO relocates to Fiji. In true Peace Corps fashion, I'm sure our paths will cross again.....I can be reached (after Dec. 15 at kcullen@peacecorps.gov).

Once again, thank you for your dedication and service and please continue to be safe and secure your homes.

Kelly M. Cullen
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Bula and Namaste from SSC,

Here are some things I want you to think about and act on.....

THINK SAFE!

Does your house meet PC Fiji Physical Security Standards?

If not – what can be done to have it completed?

Raise this with your counterpart.

Inform your PM.

Ring Sat. Remember to lock your windows and doors before going to bed. Keep your doors locked whilst alone at home.

Be aware of what's happening in the neighborhood

Take time to see if you are being followed whilst running or jogging. Keep your purse securely whilst in towns and cities.

Think Sat! Report all SS issues directly to Sat for quick and effective response.

Do not venture into unknown and isolated areas alone.

Give your Personal Safety and Security a serious thought.

Have you submitted a completed Site Locator Form?

Have you submitted a new Site Locator Form after changing your house?

Smoke detector. PFD. Epirbs. Personal Alarms.

Do you utilize your security equipments!

WHAT WOULD SAT DO?

THINK SAT! THINK SAFE!



THINK SAT!
THINK SAFE!

Treat people as if they were what they ought to be and you will help them become what they are capable of being

– Goethe





VOLUNTEER PAGE

Reflections on Replacing a Volunteer

I would like to reflect a bit on my own experience so far on what it's like to replace a Volunteer here in Fiji. For those of you whose fate it was to be the pioneer Volunteer at your site, congratulations and much respect to you. I can only imagine what you are going through. I replaced RPCV Paul Clark in Cuvu and I had about 2 weeks overlap with him at site. Since his departure I have been slowly cutting my own path, but not without him handing down to me his cane knife. It seems that with one look from community members we both look the same: a kaivalagi with short brown hair, relatively same height and build, same khaki cargo shorts and sun faded orange shirt. It goes without saying that I get called Paulo first and Maikeli second, and that's on a good day.

Being that the only basis my village has for knowing a Peace Corps Volunteer is through knowing Paul, I get the usual questions. "So, when did *you* serve in the Army?" or "When are *you* going back to the Army?" I then have to explain that not all Volunteers have the pleasure to serve both in the U.S. military and the Peace Corps. People feel a connection with me through the connection they had with Paul, it seems that he is our common ground. He is an easy conversation starter; I will often

be confronted asking if Paul has called. Naturally, people want to know how he's doing and if he has found one lady friend yet. It seems that as hard as they tried, they couldn't persuade him to get a Fijian wife. Paul is my icebreaker.

The difficulties come in when people have formed expectations and, just by the fact that we *are* two different people, I perform contrary to their expectations. It is hard to set your own identity when replacing a Volunteer. Some people expect you to take up right where the previous Volunteer left off, and I am finding that it is unnecessary and nearly impossible to do so. However, what I have found is that a lot of the foundation for projects and awareness is already completed. "Paul has come into the field and weeded, plowed, and planted the seeds, now you water, make sure the seeds sprout and weed every now and then. You will be the one who tastes the fruit," my wise counterpart told me when I first came to the village. The hard part of explaining what a PCV actually does was mostly Paul's task, and it seems that although some may have forgotten what it is we do, they feel that it is perfectly acceptable that an American is living amongst them.

The challenge for us replacements is to use the momentum and intel gathered from the previous Volunteer in ways which allow us to find our own niche. We can build off their successes and their failures. We can use the old foundation or expand it, but at least it's something. Knowing how long things take to get up of the ground here in Fiji, its better to try to salvage the previous Volunteer's two years than to completely scrap it. We've all been told that change takes time, and just imagine what can be done with four or more years in a community. I don't know what will sprout of the seeds Paul planted, if people want it to grow then I will help water it and do my best to see it fruit, even if it is tavioka or dalo (I know these don't grow by seed, but you get my point). The best part is that replacements don't have to be the test dummies. We don't have to test drive the car

into a cement wall to see if the all the airbags will work. We might have to drive into a wall but we are sure the airbags will work, and that makes me feel a lot better.

What I like most is that we get a sneak preview into what people will remember of us when we are gone. I've found that our service is not all about physical accomplishments and visible results, in fact, those are the least likely to be remembered. I once talked to an Indo-Fijian man who remembers a PCV teaching him in a nearby primary school in the 80's. What he remembers of his teacher is that they would share the same lunch everyday: Tin-fish, rice, and hot pepper. It's good to come to terms with this wisdom because you won't be stressed out about projects and what we Americans would call 'work'. If you're stressed out over the big 'W' word then you'll forget to look at the faces of the kids when they smile their toothless smiles, or feel the thick rough hand of a sugarcane farmer handshake, or the taste of late night Fijinglish conversations around the grog bowl. It is in these moments where you leave the greatest impression, even if they do call you Paul.

LETTER FROM AN RPCV

The White Fijian

By John Penisten, Fiji I, 1968-69



To be called a "white Fijian" is probably the biggest compliment that could be bestowed on a foreigner living in Fiji. To be labeled a "white Fijian" necessarily implies that you have been in Fiji a long time, so long in fact that you have become well, Fijian. This is especially true for those foreigners living out

in the bush country on remote islands and away from urban areas.

Father Ramon Jarre, a Frenchman by birth, was a "white Fijian" and yet one of the most respected and admired figures in the Buca Bay district of Vanua Levu, the second largest island in Fiji. Father Jarre had been in Fiji for some 35-years, serving the Catholic Church in numerous missions throughout the islands. When I first met him in mid-1968, he was pastor of Napuka Catholic Mission on the northern peninsula tip of the Buca Bay district.

I got to know Father Jarre, when I lived in the Buca Bay district of Vanua Levu as a member of the first Peace Corps group, Fiji I. My assignment was with the Department of Agriculture in Cakaudrove Province. Being one of the few "kai va lagis" (white person) in the area, it didn't take long for my presence to become known far and wide. My work involved conducting an agricultural census which allowed me to travel widely throughout the district.

During the course of my travels, I had several occasions to visit Napuka. I was always warmly received by the good Father. I always found a place to stay in Father's house and a hearty meal that was a welcome change from the routine village food to which I'd grown accustomed.

Father Ramon, in his late 50's to early 60's, was a small man, 5'6", with a ruddy wrinkled complexion and wore the thickest pair of "coke bottle" glasses ever made. They apparently were heavy for he always used a safety strap to keep them on his head. Father spoke English, of course, and incredible Fijian with an amusing French accent. Nonetheless, he had a rapport and relationship with the people of the area that was singularly solid.

But over and above this, Father held the coveted title of "white Fijian" for his other skills. Father was a consummate smoker of the very strong Fijian twist tobacco favored by the locals. He rolled it into small cigars and

puffed away compulsively. This stuff wasn't for the faint-hearted. It was a deep dark brown in color with an equally compelling aroma. When it was being smoked, it nearly suffocated you. To the uninitiated, one puff on this tobacco sent you reeling into a wrenching coughing spasm. It was that strong stuff

Most Fijians consumed the tobacco by peeling off a couple of leaves from the roll and wrapping them in newspaper. This made a dainty long thin cigarette. Banana leaves were also used. Others, the real macho-type guys, like Father Jarre, smoked the stuff straight; no sissy paper or banana leaf rolls for him.

Another very distinctive trait that endeared Father to the Fijians was his amazing ability around the yaqona bowl. Yaqona or kava, as it's widely known in the South Pacific, is a drink made from the pounded roots of a pepper plant, *Piper methysticum*. The pounded roots are mixed with water to make a concoction that looks like muddy water. Yaqona is the national drink of Fiji and villagers spend hours drinking the stuff and socializing. The result of a yaqona or "grog" session, as they call it, is that it renders a soporific effect, essentially making one drowsy or groggy.

The good Father could easily drink many Fijians under the table at their own grog sessions. Father was so Fijianized in fact, that he had to have grog everyday, usually in the afternoon while just sitting on the veranda of the mission house watching the school kids play across the church courtyard.

When drinking grog from a half-coconut shell bilo (cup), it was good custom to make as much slurping noise as possible. So you didn't just sip the peppery liquid quietly, but you slurped and guzzled it with gusto. This pleased the Fijians to no end and Father Jarre was a notorious grog swiller, one of the best.

One time Father came down to Tukavesi, the village where I was stationed, to say Mass on

a Sunday. He often traveled around the Buca Bay area to visit the villages, say Mass and tend to his flocks. He drove his own Landrover, hunched down behind the steering wheel and it appeared that he could barely see over the top. Usually it would be customary for the people to have tea and cakes or some nice meal prepared for such an esteemed visitor. But that wouldn't do for Father Jarre. He would have none of the niceties. They all knew what he wanted and expected: yaqona, and plenty of it. In fact, as soon as Mass was over, I joined Father and several of the villagers for a good grog session that must have lasted the better part of the afternoon and into the evening. It was a standard procedure to have the grog bowl ready when Father Jarre came visiting. And the villagers knew that if they didn't have things in order and the grog ready, there'd be hell to pay.

On my visits to Napuka, especially when I stayed overnight, I could count on some enjoyable socializing. Besides being the congenial host he was, I found Father Ramon to be a very observant, intelligent, and interesting individual. He was a well-read man, interested in world affairs, which was surprising for someone living in such a remote area like Napuka. He kept abreast of world events via news magazines, newspapers, and other periodicals as he could. We had many an enjoyable conversation about current and world affairs, politics, and so on.

Father Ramon Jarre, the "white Fijian," was one of the old island hands of South Pacific lore, a truly incredible and remarkable individual.

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Calendar of up-coming events;



Nov 19th – 22nd – IST & All Volunteers Day
Nov 22nd – Thanksgiving Dinner @ Skylodge
Nov 21st – VAC Meeting
Nov 21st – Peer Support Group meeting
Nov 22nd - GYD Group meeting

Public Holidays

Friday Nov 9th - Diwali
Monday Nov 12th – Veterans Day
November 22nd – Thanksgiving Day
December 25th – Christmas Day
December 26th – Boxing Day

Happy Birthdays!



October Babes!

John Lee - October 6th
Tara Simpson - October 12th
Michael Blahut - October 23rd
Barry Gill - October 29th

November Babes!

Sat Narayan - November 2nd
Rhiannon Doherty - November 9th
Porter Glock - November 11th
Oghale Oddo - November 13th
Sera Vunicagi - November 14th
Kitione Lutu - November 17th
Rachel Zuercher - November 19
Kelly Travis - November 27th

Recipe of the month;

Turkey/Chicken Enchiladas with Sour Cream:



Notes: Use any favorite, good-quality salsa, red or green, for these enchiladas. The recipe is a great way to use up leftover holiday turkey, but if you don't have turkey on hand, shredded cooked chicken is a good substitute. Serve the enchiladas with simple Mexican coleslaw of shredded cabbage dressed with lime juice and cumin.

Ingredients;

3 cups shredded skinned cooked turkey (see notes)
2 cups sour cream
About 2 cups shredded sharp cheddar cheese (8 oz.)
1 teaspoon salt
1/3 cup vegetable oil
12 corn tortillas
1 jar (16 oz.) medium-hot salsa (see notes)

Instructions;

1. In a bowl, mix turkey, sour cream, 2 cups shredded cheese, and the salt.
2. Heat oil in an 8- to 10-inch frying pan over low heat. Dip the tortillas, one at a time, in the hot oil just until limp, about 5 seconds.
3. Fill tortillas equally with turkey mixture, roll up, and arrange side by side, seam down, in a 9- by 13-inch baking dish. Pour salsa evenly over the top.
4. Bake in a 350° oven until heated through, about 20 minutes. If desired, sprinkle more shredded cheese over hot enchiladas before serving.

Yield: Makes 6 servings - Enjoy!



Until our next edition, stay safe, successful serving and keep up the great work!

Voqa Ni Lali

