

The *Cheenikum Sukalilai* Troupe  
Diabetes Community Theater Collective  
Presents

**PERFORMANCE ONE: Living Healthy, Living Life**

**Cast**

Narrator 1: Sonali Bishwa  
Vendor: Miriame Cakau  
Patient One: Salote Viaviagone  
Narrator 2: Selita Railoa  
Narrator 3: Josephine Drauna  
Disabled Diabetic: Peni Drauna  
Nurse: Hemant Rao  
Rugby Player: Militoni Boselawa

**Crew**

Lights/production: Vuli Takayawa

Understudies:

Script: Mohit Prasad  
Director: Mohit Prasad  
Production Associate: Shaiza Janif  
Production Assistant: Kaushal Sharma  
Producer: Philip Szmedra

Production Partners

Georgia State University      The University of the South Pacific  
USP Labasa Campus      Ministry of Health (Fiji) – Labasa Hospital

## NARRATOR 1

**(Indo-Fijian Clown – Dressed in South Indian Narrator “Mantri” minister-herald mask. Holds a “talking pole” that is used to emphasize the points made while doing a two-step shuffle and shaking/jabbing the pole. Emerges to traditional Indian folk drum sounds to announce the play) - (NOTE: The NARRATOR’s are creating an ironic juxtaposition between the story of the mighty Fijian past and the DISABLED DIABETIC. This is continued in the narrative parallel to that of the DISABLED DIABETIC and the others.)**

Ni Sa Bula! Namaste! Salam Wale Kum! Good Morning. A warm welcome to the Diabetes Hub at the Labasa Hospital. This morning we are going to perform a drama...ek chota natak...na vakatasosua lailai ...about how to lead a happy and healthy life by controlling your diabetes.

**NARRATOR 2 (Fijian Clown – dressed with mask and wearing stringed masi and sinnet that is wrapped around arms and legs. Walks with a jaunty step imitative of the C1’s two-step shuffle as entry is made at ref to “drama’ natak” by N1 and begins to mime “happy” and “healthy”. Entry prefaced by traditional Fijian chant.)**

We Fijians come from very strong people...the mana of our people...tamata qaqa .  
Hah...jaise ki girimitya ke time...ajwa nania log rahin...na. They led healthy and happy lives. Strong people, hard work, good healthy homegrown food. Lots of green vegetables, fruits, fish and all the other offering of land and sea. They did not have diabetes. We have to change to be like them.

(VENDOR enters carrying a display of foods he is going to provide the audience. Dressed garishly in an overcoat stitched with plastic pix of “meat” “sweets” “soft drinks” and oily food. Eyes painted brightly with a dollar sign painted on forehead)

## VENDOR:

(Chants Sing-Song like..) Bean, Peanut Bean Peanut Bean Peanut...Gulgula Gulgula...**(Looks around and then with comic emphasis)** Are Mitha Mitha Gulangula Sweet Gulangula...Lelo Lelo...Voli Gulgula.

**(Pauses and then with look of recognition of face sizing up N1 and N2, points finger at them. Does a dramatic leap in front of them to face the audience. N1 and N2 stand their ground and gesture disapproval at V.)**

Aree Dekho...big drama today on diabetes here...baada Natak Na...Dekho...Nautanki Log Ke.

**(V smiles sweetly at N1&N2 and berates their play/playing in an ironic voice...and then turns on the charm on audience.)**

Chalo dekho drama...and I will sell you all this tasty sweets. Make you nice and comfortable to watch how to control diabetes, eh. **(Walks among patients and makes soothing gestures and establishes familiarity with some of them. Returns to Cart and gently/firmly pushes N's to side by moving cart to the front.)**

Excuse me...please....oh great actors...Thank you so much. **(Exaggerated politeness)**

**(Turns to Audience and establishes eye contact with them and turns on the charm)**

Raica Mada...Todays special...jalebi...Ha sweet jalebi...just like Nani use to make...yes khali sugar, water, food coloring and oil...crunchy sweet red jalebi....tovolea mada...voli mada na jalebi...gunu na Sprint...Ao Bhaini..Thoda Pops pio...Kaise Maango...only \$2 bottle.

**(VENDOR opens up box filled with noxious snacks and foods: and then brings out cigarette box in an underhand way.)**

Also...I am licensed to sell ...dunhill...pall mall...rothmans...Yaha thoda dekho..kaise sukhi maango...and bootleg too...blackmarket at home!. Sell you some Fiji Bitter and Bounty rum.

**(Walks forward conspiratorially with audience, puts finger on mouth...sign of silence...)**

Only don't tell the policeman, acha. Otherwise the ofisa....**(looks around suspiciously)** the fallah put me in jail and how you gonna get your jalebi.

**(VENDOR begins passing out the snacks, but is stopped by PATIENT ONE —an actor who is pretending to be a patient—stands up from the bench and stops VENDOR. Note: PATIENT ONE has to be seated on the bench before VENDOR begins.)**

PATIENT ONE:

**(Sombre tone that turns more aggressive in response to the dismissive attitude of V and then P1)**

O... Sombo! You can't be passing out food like this to these people — Gulgula Jalebi... Lollies. **(Pauses and picks up open cigarette box- shakes head disapprovingly)** And just look at this...I can't believe this sellin single roll cigarettes and want to blackmarket too! All against the law. You one bad person selling bad things to these people. Lia Lia!

**(V rolls her eyes and has a smug dismissive look on her face. She is unaffected by the tirade from P1 and continues flashing sweets at the audience to buy)**

VENDOR:

Are Yaar! Dekho...Khali jalebi hai...Ha..its only sweets...and other things is service to the people **(nod nod wink at audience)... [then resumes assertive stance and makes an expansive hand gesture]**

Everyone loves jalebi and gulab jamun and gulgula...even the old people...here see I eat it all the time!

**(VENDOR stuffs mouth with some Jalebi and makes satisfied sounds and pulls a self-satisfied face... “Mmmmm...bahut julum...”)**

**(NARRATOR 3 emerges to strains of Chinese/Chamber music. Is dressed in a kimono like overcoat and face painted in a Sino-Japanese-European fusion of a mime/clown/harlequin. Holds a regal pose that breaks out into a wide smile and then becomes more expressive of contents of the narrative and references. Each of the narrators support the other in their narrations from this point on and stand to the side of the speaking N and affirm the message through gestures – made at the audience)**

NARRATOR: 3

This is what eats away at the strength of our elders. The things they did to become so strong: the food that they ate, the lives that they led. We have lost that.

**(Pauses and walks toward V who pulls a scornful face at N3. N3 is unfazed and gives her a slight nudge with her shoulder and then turns to the audience)**

Now we don't fish. We eat tinned fish. We don't even eat fresh meat. Only Corned beef, corned mutton...all fatty and full of salt.

**(Pauses and resumes a more formal bearing)**

We need to eat healthy, live healthy to be worthy of our elders...the wise ones from whom we have been born.

**(V continues to pick up among goods and selects another piece of jalebi and holds it tantalizing before putting it into her mouth and chewing it with exaggerated relish. She wipes the side of her mouth with her hand smacking her mouth with glee and offering the**

sweets to a patient to try)

PATIENT ONE:

**(Impatiently and with some disgust at the VENDOR. 3 N's stand aside and emphasize their disgust and disapproval of V.)**

Just look at you. Stuffing your face...money face...These people are sick and that food will make them sicker!

VENDOR:

**(Slumbers forward lazily through P1 and N's moving forward and pushing them aside as straightens up and continues in a dismissive sarcastic tone. P and N's look on V with increasing dismay, but are not aggressive or dismissive in return)**

Arre! Nobody... looks sick here. Sab Koi Dekho...Ek dum Set Hai...Na! Nobody is coughing! Nobody is sneezing!

**(Walks through crowd and then turns to face P/N's and turns to Audience when taking temperature)**

Here, let me take the temperature.

**(VENDOR sticks fake thermometer in his mouth and immediately withdraws it—pulls it out and waves it around laughing and shouting...suddenly looking at fake thermometer with false alarm and then laughs slyly).**

See, no temperature! All is well. (Sings as per song from 3 Idiots) Arre Bhaiya...All is Well...Sab Theek To Hai!

PATIENT ONE:

**(Impatient at first, but attempts at being reasonable by placing hands gently on V's shoulders and talking softly. P demonstrates the process by holding V's finger and doing an imitative prick pin and then the testing. N's nod agreement with P1 reasoning directed at audience)**

It's not that kind of sickness. This one you can't see.

**(Pauses for Dramatic Effect with sad shake of head...then picks up a testing kit...and holds it up and then talks directly to audience)**

You want to see the sickness, you take a needle and you prick the finger. You test the sugar. It is a sickness of the blood and it is hiding in each of these people.

**(PATIENT TWO rises from the bench and joins in the argument siding with the VENDOR. P2 is untidily dressed, slouches and stumbles on stage and is in turns aggressive and then passive, this is done unpredictably and destabilizes P1 and N's attempts at reason.)**

PATIENT TWO:

Raica...Look here...Eey... Eey...Look here... **(Pulls Roughly at P1, then staggers around and points at P1, N's...stabbing finger at each of them)...**

They not talking for all of us. I feel just fine.

(Pauses then stumbles up to V and holds shoulder. V plays up to the attention)

“Bean Peanut Bean Peanuti” here is right. I don’t have a cough or a runny nose or any other type of symptoms.

**(Rolls about and presses on forehead as if with a headache...before straightening out beside V)**

PATIENT ONE: **(Reasoned tone)**

You thirsty a lot - eh?

PATIENT TWO: **(Impatient...stamps foot)**

Io..., but—

PATIENT ONE: **(Continues RT)**

You drink water all the time?

PATIENT TWO: **(Stamps foot, squeezes legs together**

**and looks around as if ready to run to the loo)**

Yes, so what’s wrong?

PATIENT ONE: **(Shakes head to affirm her line of reasoning)**

Io..Eh...Sa lako na vale lai lai all the time?

PATIENT TWO: **(Twisted face ...impatient steps from**

**one foot to another)**

Io...Sa!...What you think!...of course...after all that water

PATIENT ONE: **(Face lit up as she trumps her argument)**

See...You may have diabetes...That is one of the signs. That’s why you’re here. Wanna

Go...Toilet... **(Sarcastic and playfully tugs at P2 sleeve, P2 disengages and steps away and to the front)**

PATIENT TWO

O Sobo! Chiklo...Segai...I am ok. **(Composes herself and continues in a more reasoned tone)**  
She talks about the strength of my ancestors. The mana of my ancestors was so strong. Tamata  
Qaqa...Eh. So you say..., they never went to the doctor,... like I am doing. But , they all lived a  
good long life.

NARRATOR: 1

**(Moves to the front with the N'S and Remonstrates with P2 but directs narrative to audience.)**

Yes! Yes! They lived good long lives—they never had to go to the doctor. The strength of the  
Tubuda. Of the Girmitya was in their spirit. They were strong people, but you have to ask why?

**(Moves about during a dramatic pause, reflective tone that asks audience to question the past way of life. P2 mutters to self while N1 continues)**

What was different about them and the way they lived their lives? We all tell stories about how  
strong they were. How they worked long hours and lived to a ripe old age. We have a lot to learn  
from them.

PATIENT TWO:

**(Resumes her agitated aggressive persona behind the scene before rushing through the N's to grab V who is half sleep and wakes up alarmed from her slumber)**

Sa...too much talk and drama around here. I am going to eat what I want eat. I am hungry –here  
give me one dollar of Jalebi and some Sprint. **(VENDOR hands sweets and drink to PATIENT TWO who looks around, hopefully)** Here...who wants to share some sweet Jalebi and Sprint.  
Mai Kada Mada...

**(As P2 is about to indulge, enter DISABLED DIABETIC, wheeled in wheel chair, by NURSE. DISABLED DIABETIC is wearing sunglasses as though blind. He appears to be missing a leg as well. He is slumped in the wheel chair, until he looks at P2 and jumps upright and interjects loudly. Nurse is unfazed by this and instead begins to put up posters and setting up her tray/equipment.)**

DISABLED DIABETIC :

Stop man! Why you killing yourself with that stuff!

**(PATIENT TWO stops with packets/bottle in hand and looks despairingly for some support at V. V hums a song and counts her money unaware of P2's pleas)**

DISABLED DIABETIC:

**(Wheeled around by nurse to face the audience. DD picks up the reasoned voice of N's and P1. Emotive appeal to audience)**

You know...I used to be like this one...always saying I am set..sa set tiko...mango sab ke batao ki sub set hai...Always insisting...I am not sick...Nothing wrong with me...now look at me....

NARRATOR: 2

**(Chant/Sound Effect of Fijian meke song)**

Once upon a time...the Sauturaga and the mana of the Bati made us the strongest on land and sea! The most feared warriors! Now our warriors are there on the rugby field, the soccer field and netball and so on. Our Seven's warriors. **(Current reference of the time!)** . See how they fit and strong they are...like Jo Levula, Serevi, Ryder, Tuqiri, Roy Krishna, Uate.

We even give so many of our warriors to the All Blacks...Cama, Nahalo...now Rocky Khan...

**(Pauses takes stock of audience and takes on a more hopeful tone)**

Why can't we be like them. And not like this.

We cannot be like them if we don't control our sugar and insulin dosage.

DISABLED DIABETIC:

**(Frustrated at his situation.)**

What's all this talk about sugar and insulin? Why change my life for something I can't see?

**(Looks up at Nurse who is busy with posters and equipment)**

And if I am sick, then it is the doctor's job to fix it! I am not the doctor. What you think I can fix myself. You must be joking!

**(Nurse looks up from work and smiles indulgently at DD and then wheels him aside and starts his check-up (straps on BP equipment) this allows N3 to take centre stage.)**

NARRATOR: 3

**(Continues in instructive tone...and N's and P1 join in. P2 has moved over beside DD and sits down on bench behind the wheel chair.)**

A great man said, "Be the Change"! His name was Gandhi. He changed from a lawyer into a great soul, a leader and warrior without weapons. Only you can fix yourself. The doctors and all the good nurses here....like Sister Rao and Sister Ashmita and ..... can only guide you.

**(Turns and addresses audience)**

Only you can change who you are. Change your ways, habits and thinking. Eat healthy, exercise and live in a clean environment to control your diabetes. Medicines, clinics and advice only first steps. To control diabetes you are the doctor and the patient all rolled in one.

DISABLED DIABETIC:

**(Wearily with P2 beside him who nods in agreement and acts out being doped and drunk...exaggerated and in comic fashion, miming drinking and eating with a group of friends.)**

My doctor told me exercise, brother. Why I do this? I am tired all the time...grog only makes me more doped and tired. So I just kana and moce...sometimes moce and kana....

Me, I ate whatever I wanted to and drink with no sports and no exercise....**(P2 interjects with mime of friends drinking...."taki"...Gunu...DD taps P2 on shoulder to stop and continues)**...sit under the mango tree and finish 1 or 2 cartons with lots of salty chasers like BBQ and sausages.

**(Pauses and looks at P2 who fumbles with an empty cigarette pack)**

And how can you drink without smoking...and how can you smoke without some grog and a lot of kakase....men gossip too...you know!!!

NARRATOR: 1

**(Emerges and walks over to stand between DD and P2. Other N's and P2 beside Nurse. Vendor tidies up cart and swigs from a brown paper bag and continues to mime selling chant to the audience in between the other dialogues, trying to distract them from the message. Nurse sees that and walks over and gives V a stern stare...that startles V, who busies self in shuffling around goods.)**

You should learn from our old people. The girmityas from India worked their taas morning to night in the sugar fields. The coolumber made sure they worked in sun and rain. They were strong people, able to endure such hard work and harsh conditions. The ancestors, they did not drink grog all day and night and watched TV or Gulong series on DVD.

DISABLED PATIENT:

**(Shaking head in agreement. P2 looks at DD worried about losing a like-minded patient.)**

I never listen to anyone. Not even the doctor. I always was the smart one...with a big mouth telling those with good advice to shut up. I lived the way I wanted to live. Now look at me. (Dramatic Pause) Oilei, it all could have been so different! If I had listened, it all could have been so different! I could still use my legs. Runaround with the little ones. Now they just look at me and I look away.

NURSE:

**(Pats the shoulder of the DD and then begins addressing the group of patients)**

See what happens when you eat the wrong food. Don't lose weight, and miss your checkups and medicine, diabetes leads to blindness, kidney failure, or can cause you to lose one or both of your limbs.

NARRATOR 2

**( Walks and stands beside Nurse who goes back to working on the posters)**

It does not have to end like this. (Looks at DD) The ancestors ate the food of the land that God provide for them. Not in cans and packets. From plants and vines and from the rivers and the sea. They worked hard each day. The old people, they did not have this sickness.

VENDOR:

**(Looks around and sees the Nurse is busy. Tiptoes centre stage and looks back at Nurse dramatically before asserting herself and re-establishing her line of argument)**

O Sobo! You just want to scare all these people. They won't get like this man in the wheelchair just by eating sweets and drinking soft drinks. **(Thoughtful, then slyly...keeps darting glances back at Nurse who is pre-occupied with posters and P2 who is slumped on the bench)**

Many people live with this illness and have no problems at all. They all set saraga! They are not blind! They do not lose their legs. They are the same as everybody else. You hear, what my tau here says about the great Fijian warriors? We are a strong people. It is in our blood! See all those famous players...

**(Enter RUGBY PLAYER wearing appropriate headgear and carrying a ball. Enters to music...rugby world cup or Eye of the Tiger...He speaks in a calculated and calm manner)**

RUGBY PLAYER:

You are right my friend! Many of these people will get better. They will not be sick. They will manage the illness. They will be well and they might even lose all the symptoms of the disease altogether!

**(NARRATOR 3 takes on a mime-clown role and walks around as such during the dialogue)**

NARRATOR: 3

Are whah! Bahut Julum...Looks little bit like Serevi, the World Best Sevens Player ever, this fallah, don't you think?

**VENDOR: (Gets into the act, stepping a past N, and making a face at N, before whooping around to face RP, feints and does a goose-step during the dialogue)**

Hear that? He looks like Serevi, ha ha!

But (Pauses for effect and raises an admonishing finger) We don't know if he can goosetest or not!  
**(Goosetest and then looks at RP flirtatiously, RP is a bit bashful)**

And you hear what he said? That you will all get better. So go ahead everybody and enjoy yourselves –have some Jalebi...here some nice chocolate...Crunchy!

**(RUGBY PLAYER grabs the hand of the vendor, stops him from distributing food. V looks at RP hopefully, before holding on to his hands flirtatiously, which causes RP to disengage. V skips away lightly to the cart)**

NARRATOR 3

**(Assumes center stage with other N's who affirm the narrative)**

The mana of our elders, the Sauturaga and the Girmitya came from deeds not just word. They lived clean lives. They ate fish and vegetables fresh from the sea or the farm. They did not sit around drinking grog or just gossiping. **(Turn to DD and P1)** Kakase Levu...like these two. They had pride in themselves. Now, we wait for the easy way out of doing things.

RUGBY PLAYER: **(Continues in the vein of N's)**

That is why we have Type 2 diabetes. Because of the way we live. We do not get it from someone in the family. Life is for the living.

**(Pauses for effect and then directs at audience, Nurse nods in agreement with RP)**

But we are killing ourselves. With our bad diet and lack of exercise.

You will only get better if you do the right things –eating right, exercising, losing weight, and listening to the doctor.

Vendor

**(Moves up front and in a sweeping gesture points at RP/N's/P1 and Nurse.)**

Oh Sobo! These fallahs like Radio Fiji One and Two....they think they know everything.  
Bosalevu.

RUGBY PLAYER:

(Continues with a laugh at V's comments who he moves towards with a flirtatious looks. V looks surprised then bashful and covers her mouth to giggle with a roll of eyes at RP)

If they don't do these simple things of a proper diet and exercise, they can end up like this man here.

VENDOR: **(Composes herself and steps away from RP)**

What makes you the expert? You one rugby player...look at you... strong and healthy. **(Again, flirts as she walks around him)** What do you know about this sickness?

RUGBY PLAYER

Because! **(Dramatic Pause...looks around and settles gaze on patients. V listens intently and with some interest in another person for a change)** I was once a diabetic just like all of them. I came to this same clinic to have my blood drawn and my sugar tested. These people told me what to do to make it all better.

DISABLED DIABETIC:

**(Wheeled by Nurse who affirms his narrative by nods of the head directed at audience)**

They told me to exercise — only that time...I laughed at them...ha! Now that I think about it. There were so many little things I could have done each day. It would have made a big difference to my life.

RUGBY PLAYER:

Walk more every day. Places you might take the bus, walk instead; walk across the fields. Dig and plant in the garden. Grow your own food. Walk to the top of the hill. Take in the view.

**(Pauses then moves to a more active position, juggles rugby ball before passing to crew, then continues dialogue)**

You don't have to play rugby or soccer or netball to be fit. And being fit is not only for the young. You don't have to let yourself go. **(Catches return pass from crew)**

NURSE: **(Steps up beside DD and takes pass from RP)**

And always remember to drink a lot of water before, during and after exercising and don't exercise immediately after taking insulin!

NARRATOR: 2

Our elders exercised without thinking about They carried heavy loads. They knew old ways of exercising like yoga. They had healthy outdoors time. Not stuck inside in front of a TV spending hours watching *Shortland Street*, *Ghar Ghar Kheli* or *Noda Gauna*.

**(P2 perks up at mention of show and mimes one of the actions from any of the shows)**

. We don't walk out and meet people. That is how our elders used to stay healthy and fit. By moving around. Do the Bula 5.30. Be Active. Now we think evening is for TV or Grog or Drinks  
**(N1 and N3 do stretches under watchful eyes of the Nurse during this dialogue)**

DISABLED DIABETIC:

Too much TV ...not good for the eyes...Re. I never went to the eye doctor. **(DD shakes head and touches sunglasses) N smooths over eye clinic poster**

RUGBY PLAYER:

I went to the eye doctor every year. Only the eye doctor could see what the sugar was doing to my eyes. So that they could fix the problem and prevent blindness.

NURSE:

**(Instructive tone to audience while placing hands on DD shoulders for emphasis)**

The sugar in your blood can ruin your eyes and cause blindness. So, it is very important that you see the eye doctor regularly to keep from damaging your eyes. Just like it is important to take care of your feet and any wounds.

DISABLED DIABETIC:

In the village we go barefoot. You know Fiji's famous barefoot brigade. I had small wound on my foot. I didn't know it at first. Never felt the pain. When it got worse it put on some traditional medicine...you know ga...the Wabosucu...like we do for all the wounds.

NURSE: **(addresses audience)**

On a normal cut the Wabosucu medicine is okay. On diabetics it acts like a poison. Makes the wound even worse. So, remember, it is very important that you take care of your feet!

PATIENT ONE:

**(Rising; joining the fray)**

Sa! Io ...eh...the barefoot brigade in the village! There are always in danger of broken beer bottles, glass, tin shells and other sharp things. It is easy to cut your foot.

NURSE:

**(Instructive and points at DD for exemplification)**

Also the sugar in your blood makes your nerves tired. So they don't feel pain. You don't notice even the smallest cut. You keep walking around without knowing and the wound gets infected. Before you know it, infection sets in. Then we have to cut off the leg.

DISABLED DIABETIC:

**(Shifts in wheelchair and uses hands to move amputated limb...Speaks Sadly)**

There is no other choice. No Other Way.

NURSE:

It is very important that you check your feet every day to make sure you don't have any wounds. Wash with soap and water. Keep your feet away from anything hot or cold. Trim your toenails. Get medical treatment if you need to as early as possible.

**(Pauses and looks at P2 who is scratching self)**

Keep the skin soft with coconut oil or lotion so your skin does not break or crack so easily. That is why too much grog and dry skin makes it worse for diabetics. See Kanikani can kill.

**(DISABLED DIABETIC wheels over to PATIENT ONE and offers him a pair of shoes)**

DISABLED DIABETIC:

I wish someone had given me these before it was too late.

NURSE:

. . .and avoid walking around in bare feet!

**(PATIENT ONE tries on the new shoes)**

PATIENT ONE

Oh, Vinaka Vakalevu. **(Does a traditional handclap of thanks)** Oh, these feel so nice!

RUGBY PLAYER:

And looks good, too! *Sa Yawa!*

**(The group looks at V who is listening to them with some interest, particularly Rugby Player. Rugby player walks up to V and tugs at overcoat)**

**Rugby Player**

And what about you in this fancy dress. When are you going to the right thing?

(V looks around confused gestures same with arms)

**Rugby Player**

You know the business mantra "Do Good" and you will "Do Well". **(Looks at cart and unhealthy goods)** Obviously, not!

**Nurse**

Think...if you continue to sell unhealthy food soon you will have no customers left or unhealthy customers who can't afford to buy from you. Then...your business finish...khalas...so oti...sa dina.

### **Rugby Player**

Sell healthy and have a healthy customer base and you do not have to wear ugly clothes like these. You know you have a very pretty face. (walks up to V and looks into her face) These clothes do not suit you. (V in turns flustered and bashful...looks at the duo and starts to move her unhealthy goods)

### **DD**

Arre...time to change boss....never know you gonna be the next Charan Seth or Punjas. Sell healthy and dress better. (V looks over at group. Tugs at overcoat looks at RP and wheels away cart. – moves away to change into a formal sulu chamba suit and wears a bandana)

**(N 3 Walks up with RP and P1 and Nurse circled a step back. They move slowly into place with P1, and N1 and N2 Nurse in the background doing a short exercise routine led by RP and N3 to aerobics music...Zumba!!!) and then all take in some water. (Jug with boiled water sign)**

### **NARRATOR: 3**

It is the same for all of us. Buy, Healthy, Eat healthy, and Stay Healthy. It's a simple thing: You want to live longer, healthier, stronger, you have to get back the *mana* of our elders. Live the simple life. The healthy life.

**(Pauses to affirmations from group circle)**

### **Nurse**

It is the best way to control diabetes.

### **Rugby Player**

Remember, you cannot cure diabetes, but you can lead a normal life by controlling it.

### **Patient One**

The power to control is within you. You will make life easier for you and your family.

**(VENDOR now reenters with boxes of healthy foods. Cart transformed into a fruit and vegetable stall, which is displayed to everyone on the bench as V circles around them holding up the correct foods enthusiastically. RP looks at her with a more**

**positive appraisal)**

VENDOR:

Fruits, vegetables! Chinese cabbage! Cauliflower! Cucumbers, tomatoes, Bhaji! Bananas

**(Then NURSE pulls out of her pocket some dhal and does the same thing, circling the group showing them the different beans and legumes that are good for them)**

NURSE:

Mung Dhal! Urdi!Toor Dhal.

**(RUGBY PLAYER then pulls up the fish poster, circles the group.)**

RUGBY PLAYER:

Fish from the sea! Walu, Saqa, Kawakawa! Sa Kakana Vinaka. It is important that you try to eat fish at least twice a week!

**(Vendor pulls out poster of poultry and meat. Points at food group)**

VENDOR

Meat –beef and chicken. Never more than a handful-sized portion. Steamed, boiled or baked not fried in fats or oil! And definitely not cooked in ghee!

**(Suddenly, DISABLED DIABETIC sits upright, and takes off sunglasses very dramatically and does some stretches in the wheelchair. Upbeat music strains in the background)**

DISABLED DIABETIC:

And exercise!

**(Others begin doing choreographed exercise to music. This time led by V. P2 looks around reluctantly before joining in and then taking over the routine...shedding old clothes to reveal gym clothes...others step back and clap...cheer her on)**

RUGBY PLAYER: **(Mimes walking)**

Walk briskly maybe 20 minutes a day. Take in the scenery. Do it with a friend or family and have a nice talk!

VENDOR: (picks up fruits and vegetables.)

Spend time in your garden, planting, weeding — make a backyard teitei, and work hard. You save money and make a healthier Fiji. Never know eh...you grow enough to sell to me...then we all do well and do good....

(Group begins to reassemble around DD and N's circle around him with Nurse in centre. P1 and P2 join left side with RP and V on the right edge of group.

They face the audience)

Disabled Diabetic:

There is no pill that will make it all right; there is no cure that anyone can give you. I should know.  
Sa, Au Sa Kila Vinaka...Sa Donu

**(Despairingly, cheered by RP who reaches out and re-assures him)**

RUGBY PLAYER:

There are just a lot of little things that you—each and every one of you— can do.

Cast in Chorus

Remember your elders, the way of the Sau Turaga, the Mana of the old Girmityas and their healthy lives.

**(Pause with respectful handclaps and gesture of thanksgiving “Lord Above”)**

Live like elders our great-parents and those who came before them.

**(Moves into gospel choir mode with handclaps and movements)**

You can live with their mana and be like our strong Fijian ancestors – the *Tubuda* and the *Girmitya*.

**(Join hands with (then with front row audience) and deliver final line in mode above and then into slow bow for finish)**

You will live a long and a healthy life.

You will be make yourself better.

You are the change.

You will beat this disease.

*End: Narrator stays centre of aisle and cast gather around and form a circle and move clockwise and take curtain call while rotating and exit to car park.*