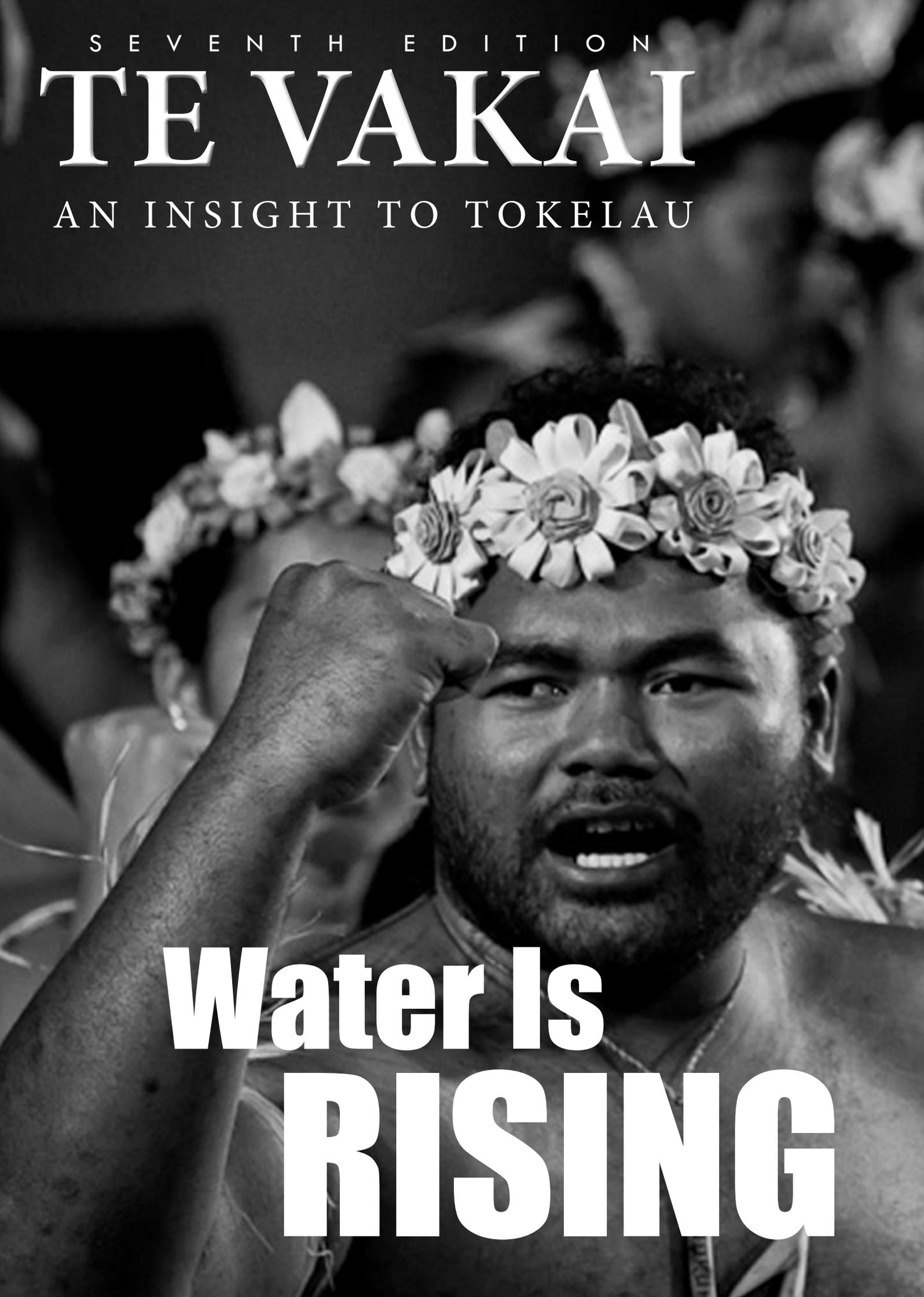


S E V E N T H E D I T I O N

TE VAKAI

AN INSIGHT TO TOKELAU



**Water Is
RISING**

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COORDINATING CENTRE



Ulu o Tokelau Arrives in Durban



Ulu o Tokelau, Aliko Faipule Foua Toloa arrives in Durban, South Africa for COP17 28th Nov - 9th December. Photo by Jovilisi Suveinakama

Ulu O Tokelau Arrives into Durban
Ulu o Tokelau among a 194 delegates from around the world gathered in Durban, South Africa, for a two-week conference beginning Nov. 28. They hope to break deadlocks regarding how to curb emissions of carbon dioxide and other pollutants.

Hopes were scrapped for an overall treaty governing global carbon emissions after the collapse of talks at a climate summit in Copenhagen two years ago.

The "big bang" approach has been replaced by incremental efforts to build new institutions to help shift the global economy from carbon-intensive energy generation, industries and transportation to more climate-friendly technologies.



Fatupaepae Preparing for Stalls in Apia



The Fatupaepae preparing handicraft for the stall at Lelata compound.

Tokelau Fatupaepae will join stalls from different countries and women of Samoa to not only showcase their talent in handicraft but also cultural food. Stall will be held on the 5th December in Apia.





OFFICE OF THE COUNCIL FOR THE ONGOING
GOVERNMENT OF TOKELAU
Gāhā o te Fono a te Māio Fakatūāu o Tokelāu



Provisional count: 2011 Tokelau Census



**OFFICE OF THE COUNCIL FOR THE ONGOING
GOVERNMENT OF TOKELAU**
Ofiisi o te Fono a te Māia Fakalau o Tokelau



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Provisional count: 2011 Tokelau census
night population

This report details the provisional census
night population count from the 2011
Tokelau Census of Population and
Dwellings for Tokelau and its three atolls:
Fakaofu, Nukunonu, and Atafu.

This is the first information release from
the 2011 Tokelau Census.
Provisional census night population count
for Tokelau

The number of people counted as
present in Tokelau on census night
Tuesday, 18 October 2011 was 1,205.

This figure compares with the final
2006 Tokelau census night population
count of 1,151 people. The census night
population has increased by 5 percent.
Provisional census night population count
for each atoll

Fakaofu

The 2011 provisional census night count for Fakaofu was 486 people. This figure represents a 19 percent increase from the 2006 census night population of 407 people.

Nukunonu

The 2011 provisional census night count for Nukunonu was 316 people. This figure represents a 9 percent increase from the 2006 census night population of 291 people.

Atafu

The 2011 provisional census night count for Atafu was 403 people. This figure represents an 11 percent decrease from the 2006 census night population of 453 people.

The table below shows the changes in the census night population count between the 2006 and 2011 censuses.



OFFICE OF THE COUNCIL FOR THE ONGOING
GOVERNMENT OF TOKELAU
Ofiha o te Fono a te Malo Fakaauau o Tokelau



Definitions and further information

Who is included in the 2011 provisional census night count?
The provisional census night count includes all people who were in Tokelau on census night, Tuesday, 18 October 2011. This included temporary visitors. The provisional census night count does not include people who normally live in Tokelau but were absent on census night.

The provisional census night count is an early indication of the census night count. It represents an estimate based on administrative records created during the collection process. It is not created using processed census forms.
The census night count may change when the final count is released.

Next release

A final count of the population of Tokelau and its atolls will be released on 14 December 2011. The final count will include the de jure usually resident population count, and a comparison to the 2006 Tokelau Census count.

The de jure usually resident population count includes the usually resident population present in Tokelau on census night plus usual residents who are temporarily overseas at the time of the census (including Tokelauan Tokelau Public Service (TPS) employees based in Apia and their immediate families, and usual residents who are temporarily overseas).

Release information

These provisional results were publically released at 12 noon on Wednesday, 2 November 2011 in New Zealand, and Tuesday, 1 November 2011 in Samoa.
The Office of the Council for the Ongoing Government of Tokelau and Statistics New Zealand have worked together on the 2011 Tokelau Census.

New Zealand Government

The Tiny Island Of Tokelau



wise advise

- Medication for the duration of your travel
- Sea-legs for the boat
- Hand Sanitisers/Baby Wipes
- Insect Repellent
- Simple Dressings/Plaster
- Sun-Screen
- First Aid Kit



We also want to emphasise, that whilst in transit in Samoa to note that Typhoid is endemic in the drinking water, so they need to drink bottled water, boil all drinking water and practice strict Hand Hygiene.

On arrival in Samoa, the Department would ask that Travellers bring their Health Forms to the Department.

The Department will attempt to screen passengers on Departure but screening will also be carried out by Health Staff locally on arrival.

If Travellers feel unwell with the following symptoms such as Headache, Sore Throat, Joint ache, Nausea, Vomiting, Difficulty in breathing, Diarrhoea, they are to let the local Medical Officer know immediately.

Leane (Lee) Pearce
Director of Health
Tokelau



Department of Health Tokelau
P. O. Box 865
Savalalo
Apia
Western Samoa

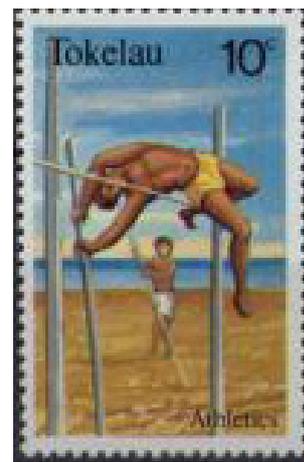
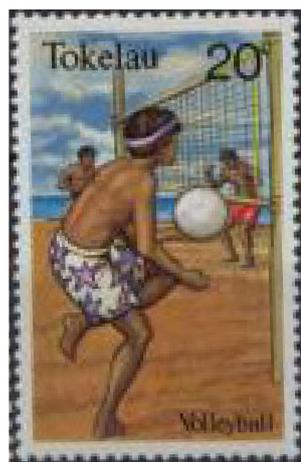
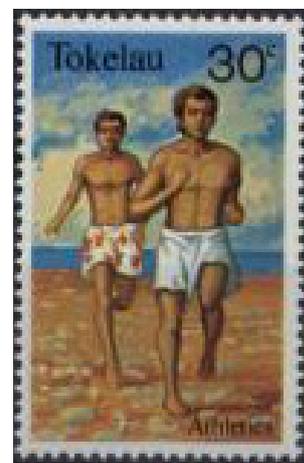
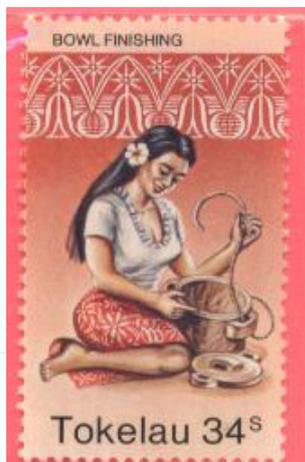
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Tokelau signs stamp contract with NZ Post



Tokelau has signed a five-year contract with New Zealand Post for it to produce stamps which highlight Tokelau's Pacific heritage. A New Zealand Post representative says previously Tokelau had been using another business to get its stamps. Ivor Masters says he hopes the partnership will trigger an interest in Tokelau both in New Zealand and internationally. "What's clear is by a five-year contract, it enables us to properly not only design and market the stamps but also grow the collectors world and an interest both nationally and internationally for their behalf - so we think it's definitely a win-win scenario" Ivor Masters says the costs will be much the same as stamps around New Zealand, ranging from 45 cents to two dollars. The stamps became available for purchase last Thursday.

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PO Box 123, Wellington, New Zealand



Tokelau wants help to build water tanks

The government of Tokelau wants donor assistance to help build tanks to collect water from the rooves of homes and public buildings. This follows a severe drought that led to a state of emergency which was lifted a week ago after assistance from New Zealand, the United States and Samoa. The Ulu o Tokelau, Foua Toloa, says they have a policy under their housing scheme for home owners to include water tanks, but cost is a problem. And he says the government intends incorporating large tanks into major infrastructure projects - two schools and a hospital - but will need donor help.

"We have been discussing that with New Zealand. We now have a strategy in place for we to actually discuss this and see how we will cope in case there is another prolonged drought like this, but those are the steps that we have taken in terms of the immediate and medium term." The Ulu o Tokelau, Foua Toloa, says they have calculated that the tank planned for one of the schools could hold up to half a million litres of water.

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PO Box 123, Wellington, New Zealand



Ulu o Tokelau, Aliki Faipule Foua Toloa

Tokelauan receives bravery award



Mikaele Maiava who is one of the four men awarded with a bravery award after saving an Australian citizen at Lalomanu Beach says it was nothing. "What happen was simple it was the right thing to do no matter if it was dangerous or whatever", says Mr Maiava.

On the morning of 14 June 2009, a group of men rescued a woman from drowning at Lalomanu Beach, Samoa. A group of people were at Lalomanu Beach when one of the men sighted a person in the sea waving for help. Otele from Lalomanu who is one of awardees grabbed a board and paddled out into the ocean to the woman who was by now some 750 metres from shore.

After the local resort management was notified of the trouble, Mika Maiava

from the group and a local employee paddled a kayak towards the woman who was being pounded by huge waves crashing over the reef. By the time they arrived to help, the first rescuer and the woman had been washed further through the reef to the outer ocean.

Another local employee entered the water and paddled out on a single kayak and reached the group.

They then helped place the woman on the single kayak and pushed her back through the reef and she was able to paddle back to the safety of the shore. The rescuers return to the beach unharmed.

For their actions, the recipients are recognised by the award of the Group Bravery Citation.

Awardees comprise of four men who

is Mr Otele AMITUANAI, Lalomanu, Samoa, Mr Mikaele MAIAVA, Nukunonu, Tokelau Islands and two from Australia Mr Michael Peter MOLLER and Mr Mark Edward ROHWEDER.

The Group Bravery Citation is a bravery decoration awarded to Australians. It is awarded for a collective act of bravery by a group of people in extraordinary circumstances that is considered worthy of recognition. The Group Bravery Citation was created in 1990. The decorations recognise acts of bravery by members of the community who selflessly put themselves in jeopardy to protect the lives or property of others. It is ranked 5th in the list of Australian bravery decoration in the Australian honours system.

.....Te Vakai

Lumanaki Celebrate 7th Anniversary

Lumanaki o Tokelau i Amelika celebrated their 7th anniversary at the last Live from the Lawn for 2011, come on a whirlwind tour with "World Beat" presented by Hawai'i State Art Museum and the Hawai'i State Foundation on Culture and the Arts.

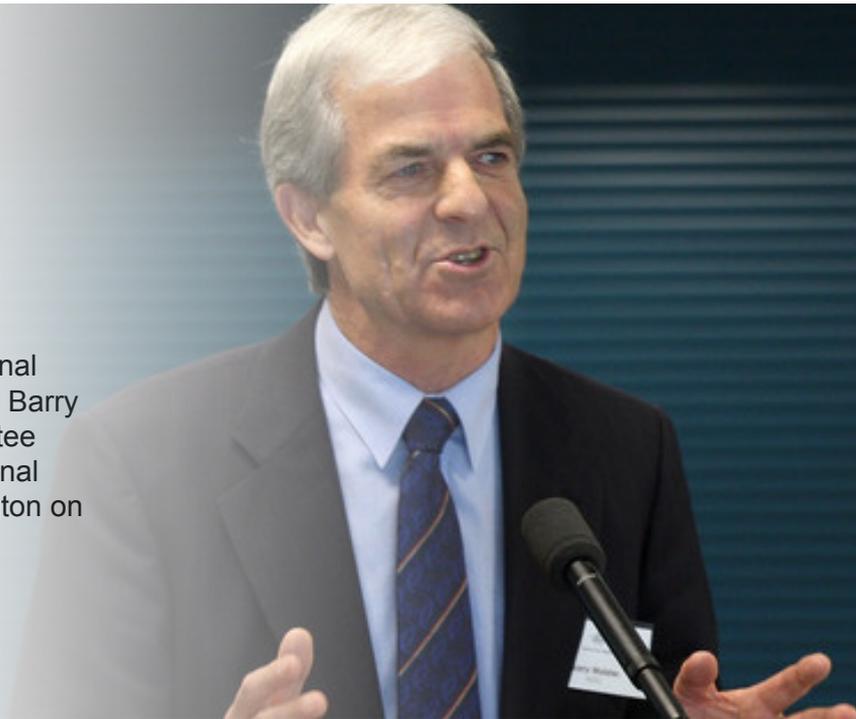
Lumanaki o Amelika took it away with Tokelau style of dances and rhythms which were among the mind-boggling performances from the African beats to the Baba Sango of Paris to its jazzy sounds in the 1920 with more magnificence performances throughout the night.

... Te Vakai



Lumanaki Schools perform during celebrating its 7th Birthday .

Susan Perez, Tokelau National Sports Coordinator met with Barry Maister, NZ Olympic committee member and NZ's International Sports Ambassador, in Wellington on the 31st October.



BARRY MAISTER: NZ INTERNATIONAL SPORTS AMBASSADOR

The key objectives:

- 1- Access to Oceania Sport Education programme through New Zealand's Oceania National Olympic Committee membership (ONOC)
- 2- ONOC training assistance in our strategy of a Tokelau Sports Leaders Symposium
- 3- Technical Assistance in Policy Development and legal framework for Tokelau Sports

TOKELAU TO ACCESS OCEANIA SPORT EDUCATION PROGRAMMES (OSEP):

Tokelau is the process of formalising itself, we believe that the OSEP programmes would be beneficial in this process. Tokelau is unable to access these programmes due to non-membership to Oceania National Olympic Committee due to our Political Status. We would like to explore Tokelau's eligibility to access OSEP programmes under New Zealand's ONOC membership.

OUTCOME

Barry explained the rules and regulations regarding membership to Oceania National Olympic Committee. Due to Tokelau's status we are unable to become members however in the last year ONOC amended their constitution to accept Associate Membership. To become an Associate member, a country would need to be affiliated to 5 Oceania Federation and its International Federations. Tokelau only has membership to one Oceania Table Tennis and the International Table Tennis Federation.

Barry Maister fully supports and approves Tokelau to access OSEP programmes under New Zealand's membership.

ONOC TRAINING ASSISTANCE IN OUR STRATEGY OF A TOKELAU SPORTS LEADERS SYMPOSIUM

In our plans to review and formalising the Tokelau Sports Federation structure, a strategy is in place of a Tokelau Sports Leaders Symposium to be held in February 2012, in engaging Sports leaders from Tokelau and overseas to explore and discuss and a "Way Forward" for Tokelau Sports.

OUTCOME

A Sports Symposium Power Point presentation was shown to Barry Maister discussions regarding Tokelau Sports Plans, Barry Maister acknowledges and fully understands what our Government is trying to do.

Barry Maister congratulates the Government's approach and commitment to Sports.

Barry Maister will ask for assistance with Sainimili Talatoka the OSEP coordinator in finding the best way forward in achieving this strategy

TECHNICAL ASSISTANCE IN POLICY DEVELOPMENT AND LEGAL FRAMEWORK FOR TOKELAU SPORTS

OUTCOME:

ACCESS TO OSEP PROGRAMMES:

TOKELAU SPORTS LEADERS SYMPOSIUM

SAINIMILI TALATOKA:

TELECONFERENCE SAINIMILI TALATOKA OSEP COORDINATOR

Follow up from previous day meeting attended scheduled teleconference set up by Barry Maister at the MFAT offices on Tuesday 1st November with Sainimili Talatoka OSEP coordinator. Also in attendance was Andrea Walker from SPARC.



The key objectives were to:

- Confirmation to go ahead and work with Tokelau Sports
- Discuss the way forward for the Leaders Symposium
- Discuss which programme would be better suited for training in the Symposium
- Confirm timeline for the Leaders Symposium

OUTCOME:

- Confirmation to go ahead and work with Tokelau Sports

Barry Maister has approved and confirmed with Sainimili to go ahead and work with Tokelau Sports under the umbrella of NZ Olympics.

- Teleconference: Discuss the way forward for the Leaders Symposium

Clarifying with Sainimili the current status of Tokelau Sports Federation, our goals for the Symposium

- Discuss which programme would be better suited for training in the Symposium

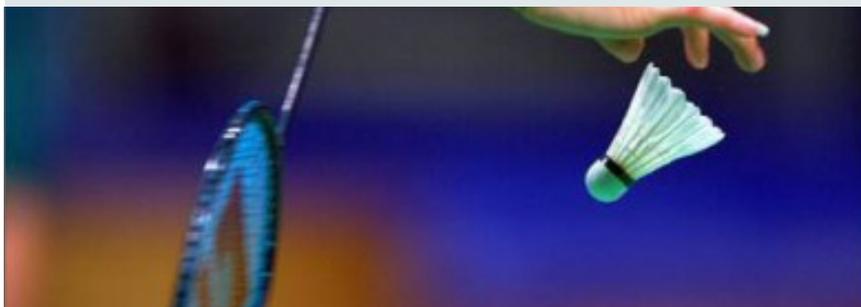
Discussion was around OSEP's R.A.T programme. R.A.T is an assessment programme that could be done during the Symposium.

Sainimili and Susan to discuss from Now till end of January the best programmes for training for the Symposium

- Confirm timeline for the Leaders Symposium
From now till January there is preliminary work would need to happen. February would be the best time to hold this Symposium. It was suggested the February is the best time to hold this Symposium. Mili will work together with Susan with the prep work.

- Current Draft Constitution:
Susan indicated that there is a current draft of a TSF constitution that is being worked on. Mili says this would be ok, we can review the constitution at the time of the Symposium.

NADIA BLEAKEN: OCEANIA BADMINTON



Meeting with Nadia Bleaken was also attended by Corinne Barnard (Oceania Badminton Development Manager) and Kula Teao (SRU-Tokelau Liaison Officer)

The key objectives were to:

- Confirmation Tokelau Status
- Government Support
- Pacific Games
- Shuttle Time Programme/Tutors Course
- Oppourtunities: Tokelau-Samoa-American Samoa.

OUTCOME:

• Confirmation Tokelau Status

Kula Teao clarified our Status with Oceania Badminton

•Government Support

Tokelau Government is very supportive of Development of Sports. My visit to New Zealand is an indication of their support and commitment.

•Pacific Games

Oceania Badminton would like Tokelau to represent Badminton at the next Pacific Games in Papua New Guinea and also to be represented at Oceania Championships

•Shuttle Time Programme/Tutors Course

World Badminton has launched a Shuttle Time Programme. A Tutors course will be held in New Zealand in December. Oceania Badminton would like representatives from Tokelau to attend to assist in further development of Badminton. It is also important to note that this programme is meant to be established in Schools so the persons attending this training will be training teachers in Tokelau.

•Opportunities: Tokelau-Samoa-American Samoa.

Oceania Badminton is keen on starting competitions with the above countries would Tokelau be interested in taking part. Susan has indicated we would be interested and more so there are our neighbours. These kinds of Competitions would also assist in the development of Badminton for Tokelau.



FILE PHOTO: Boys in Tokelau training, 100m shuttles from one end to the other at full pace.

ANDREA HEALY:

FEDERATION OF OCEANIA RUGBY UNION

Meeting with Andrea Healy (FORU Development Manager) was organised at the NZRU headquarters in Wellington

The key objectives were to:

- Officially meet with Andrea to advise her of Tokelau's intention of Membership and to confirm we are serious about joining.
- Confirm timelines for membership to FORU for participation at next Oceania Sevens
- Assistance with technical advice and support for Tokelau in our endeavour to become a member.

OUTCOME:

•Officially meet with Andrea to advise her of Tokelau's intention of Membership

Tokelau and FORU have been in contact for over two years. This visit was to formalise Tokelau's Intention. Andrea acknowledged and Thanked the Government for this visit and offers any assistance to Tokelau.

•Confirm timelines for membership to FORU for participation at next Oceania Sevens

For Tokelau to participate at the next Oceania Sevens in Darwin Australia, they would need to apply for membership. Close of applications was today, however she is happy to discuss with the Executive in allowing us up to end of November to submit an application.

•Assistance with technical advice and support for Tokelau in our endeavour to become a member

Andrea has confirmed that although we are not official members FORU is happy to assist Tokelau in technical advice and has recommended that we work with Robert? Who can assist with Governance issues?



TOKELAU LAWN BOWLS ASSOCIATION:



A meeting was held with the Tokelau Lawn Bowls Association. President Ralph Vulu, Alieta Vulu, Wally Isopo, Sagato were in attendance.

The key objectives were to:

- Awareness of Governments Sports Plans
- NZ Tokelau Sports Body is aware of our Sports Plans
- Holistic approach to development of the future of Tokelau sports
- Explore NZ Tokelau sports leaders to be invited to the Sports Leaders Symposium in Apia

OUTCOME:

Tokelau Lawn Bowls is now fully aware of the Governments Plans to “Paving a way forward” for the future of Tokelau Sports Federation.

Tokelau Lawn Bowls supports the “Tokelau Sports Leaders Symposium” Strategy and will start the process of identifying key people to attend this Symposium.

Tokelau Lawn Bowls raised questions regarding their status on the structure. They do not want to be Tokelau NZ Lawn Bowls but they are the Tokelau Lawn Bowls Executive., I advised that at this symposium there will be people who are experts in this field and would advise on how Lawn Bowls structure would look like.

Tokelau Lawn Bowls acknowledged the Government of Tokelau of their holistic approach to the Sports Plan and fully support the plan for the way forward.

MAFUTAGA TUPULAGA TOKELAU I NIU HILA

Susan Perez, Tokelau National Sports Coordinator attended the Mafutaga Tupulaga Tokelau General Meeting in Rotorua on the 29th October to present to MTTNH the Governments plans for Sports. 20 people from around the MTTNH regions attended this meeting. The original Agenda stated that Susan was to be first, however this was changed due to MTTNH wanting the National Sports Coordinator to hear what was happening within New Zealand.



The key objectives were to:

- Awareness of Governments Sports Plans
- NZ Tokelau Sports Body is aware of our Sports Plans
- Holistic approach to development of the future of Tokelau sports
- Explore NZ Tokelau sports leaders to be invited to the Sports Leaders Symposium in Apia

OUTCOME:

MTTNH is now fully aware of the Governments Plans to “Paving a way forward” for the future of Tokelau Sports Federation, questions were raised as to where the MTTNH Executive our the Kautafafao Executive would sit in the Structure, have advised that this symposium would be the forum to discuss the structure.

MTTNH supports the “Tokelau Sports Leaders Symposium” Strategy and will start the process of identifying key people to attend this Symposium.

MTTNH needed clarification of Tokelau’s attendance at the Tokelau Easter Festival 2012 in Porirua, have stated that Tokelau is in discussion if they are able to send a Rugby League Team and a Netball Team.

MTTNH acknowledged the Government of Tokelau of their holistic approach to the Sports Plan and fully support the plan for the way forward.

Artists of 'Water Is Rising' sing, dance against climate change



ALISO VIEJO, Calif. - Plenty of performers go abroad on missions of cultural diplomacy aimed subtly at shoring up relations between their own nation and others. And then there are the three dozen dancers and singers of "Water Is Rising," a show that is not coy about its purpose.

It was created as a direct, personal appeal to America by people from Kiribati, Tokelau, and Tuvalu, atolls and coral islands in the central Pacific Ocean. While it aims to entertain, the production - which comes to Sanders Theatre in Cambridge Saturday night - is also an impassioned plea for help in the fight against climate change.

"We sacrifice ourselves, to leave our families," Andrew Semeli, a performer in the Pa Laumilo company from Tuvalu, said last month in California, where the show's 12-city tour began. "We come here, with a strong message for everyone to do something that will help their own self and, at the same time, they will help us as well."

The producer and artistic director of "Water Is Rising" is an American, Judy Mitoma, who founded and directs the Center for Intercultural Performance at the University of California Los Angeles. Much of the funding for the tour, too, comes from American sources, including the New England Foundation for the Arts' National Dance Project.

But the artists of "Water Is Rising"

are everyday people from the islands. Resplendent onstage in ornamental costumes made from palm fronds, shells, and pandanus leaves soaked in ocean water, they are not performers by profession. The youngest is 17, the oldest 60.

They are fishermen, farmers, teachers, merchants, stay-at-home mothers, students. Some are unemployed. Semeli is a parliamentary aide. But they are all performers, too, because it is a normal part of their culture to be steeped in their islands' music, stories, and dances.

Semeli said he realizes that global warming is a controversial topic in the United States, with even presidential candidates disputing evidence that the islands consider incontrovertible.

"Yes, I used to browse over the articles on the Internet. Most of the people, they don't believe what the scientists say about global warming," Semeli said. But to him, that's one reason the tour is so important: "We know and we have witnessed the sea-level rise taking away most of our lands."

Mikaele Maiva, artistic director of the Kai Te Gali Mai Nukunonu company from Tokelau, said he hopes climate-change skeptics will come to see "Water Is Rising."

"I can understand that it's difficult for them to understand because they're protected by their mountains," he said, alluding to the Southern California



landscape.

"They have their governments. They have their big houses. They have their shops. They have their supermarkets. They probably don't worry about anything, I guess. But on the island - we face it," Maiva said. "Every day of our life."

The first half of "Water Is Rising" serves as an introduction to each group of islands: the Republic of Kiribati, population 100,000; Tuvalu, population 12,000, which makes it one of the world's smallest nations; and Tokelau, population 1,200, which is part of New Zealand. All of the artists sit together onstage, taking turns performing traditional dances and songs with lyrics about daily life, such as sharing the fishing catch so children will have enough to eat. Photographs of the islands and English subtitles are displayed on an overhead screen.

"Historically," explained Mitoma, who is an emeritus professor of dance studies at UCLA, "you establish who you are to the other group by singing your own song." In the second half of the show, each group presents new songs, composed in a traditional style, but having to do with climate change and its effect on their communities. For the finale here, they joined together to sing "Amazing Grace" and a hymn asking for God's protection and blessing.

As Mitoma noted, "Water Is Rising" tries to duplicate the folk arts as they would be experienced on the islands. The biggest difference is that, at home, the islanders compete against one another, rather than perform for each other - like a team version of "Dancing With the Stars," but as part of a centuries-old tradition.

"Water Is Rising" is less polished, and certainly less spectacular, than the big-name touring folk-dance companies, such as the Moiseyev Dance Company or Ballet Folklórico de México de Amalia Hernández, with their government-supported budgets and ballet-trained professionals. But "Water Is Rising" is also far more poignant.

Mitoma had confidence, too, that the arts of Kiribati, Tuvalu, and Tokelau were eye-catching enough in their authentic form to appeal to American sensibilities.

They first came to her attention 30 years ago, at the Festival of Pacific Arts, one of the longest-running celebrations of indigenous cultures. Mitoma has since gone to the festival regularly, and said the arts of these three places are unique in the Pacific.

"They spoke of a worldview that seemed very different from the other groups; kind of joyful, celebratory, unpretentious," she said. "The fact that there is no tourism there, they are not used to developing the work for the outsider. So because

they perform with and for each other, they have developed a vocabulary that's nuanced for their own cultural style.

They're not imitating Tahiti or Hawaii, which tend to be iconic." Even with their unique means of expression, the arts share certain elements. Traditional chants are sung a cappella, or accompanied by pounding on a large wooden box called a boaki or pokihi.

The dances from Kiribati are known for their loud and vigorous stamping and clapping. The singing had a noticeably nasal vocal intonation. The men wore straight skirts of woven mats that were secured with belts handmade using hair of female relatives, a symbol of being wrapped in family love.

The songs from Tuvalu had distinctive harmonies. Fast, upbeat melodies were concluded with enthusiastic yells and accented yips of joy. Women swished their hands with slight, distinctive gestures.

The dancers from Tokelau wore skirts of shredded leaves, and the women rocked their hips gently. The fishing song was accompanied by a dance for men only, and body motions illustrated the tasks described by the lyrics.

Maiva, the artistic director from Tokelau, likes to say that the highest point there is the top of the tallest palm tree. The islanders, he said, are in the process of converting to renewable energy sources and have constructed a sea wall, which requires constant repairs.

He hopes the performers of "Water Is Rising" can serve as inspiration to Americans before it's too late.

"I'd like them to see that even though we are so small and we are vulnerable, we don't give up," Maiva said. "I'd like them to start realizing that and do something."

Laura Bleiberg can be reached at laurableiberg@yahoo.com.



photo's from www.jorgevismara.net



NEW ZEALAND, SAMOA, FIJI AND TAHITI SET FOR BOXING SHOWDOWN

source: eventpolynesia.com

Boxing goes to the final round in November with promotions in Tahiti, Fiji and Samoa ahead of the Pacific International Boxing Championship (PIBC) to start in 2012. The proposed boxing series is equivalent to the Pacific Rugby Cup rivalry in the region and is deemed as the perfect tournament to further develop the infrastructure of boxing in the Pacific. Samoa cruiserweight champion Vaitelei Soi returns to Auckland next week to fight on the Glozier Promotion; a win will guarantee Soi a World Boxing Organization (WBO) Asia Pacific title shot against former WBO cruiserweight title holder Muyoyo Mensah. A late challenge by Samoa's light heavyweight champion Warren Fuiava against WBO Asia Pacific title holder Soulan Pounceby of New Zealand on the 18th November promotion has been put on hold due to an injured Pounceby. Promoter Glozier hopes to include the Pounceby vs Fuiava in his March 2012 promotion. Vili's Gym Boxing Promotion in October in Auckland saw Samoan prospects Vaitelei Soi, Warren Fuiava and Faimasasa Tavui winning all their fights by first round knockout. Tahiti boxing following the success of its amateur team at the recent Pacific Games in New Caledonia has set its next goal to conquer professional boxing in the Pacific. Tahiti topped the boxing charts with five gold medals, New

Caledonia with two gold followed by Samoa, Papua Niu Guinea and Nauru with a gold medal each. The Papeete fight night on Friday 25th November will see Tahitian welterweight Jean Louis Arihau and light welterweight Tinitua Neagle against Tony Iapesa and Michael Fonoti of Samoa. The main event will be headlined by Samoan light heavyweight Faimasasa Tavui in a twelve round contest for the vacant UBO International title. Mr. Reginald Leca, UBO Oceania Commissioner and Tahiti matchmaker says, "Fighting the Samoan boxers will be a good test for our boxers turning professional. Samoa has established a professional boxing development for their boxers after amateur; it is what we now need for Tahiti and Caledonia." Fijian light welterweight champ Farzan Ali Junior will be going toe-to-toe with Samoan welterweight champion Oli Filimaua. Filimaua is going down a division to fight in Nadi on Saturday 25th November. Ali knocked out Samoan Tony Iapesa in the sixth round of a ten round contest at the Vodafone Arena in Suva in 2009 and continues to be undefeated in his last seven outings. According to Filimaua's trainer Leapai Richard Brown, "Filimaua has never lost a fight and we do not intend to lose in Fiji." The following Thursday 1st December will feature a Fiji vs Samoa international contest on the Samoa Pro Am Fights card in Apia. Iosia Nanai takes on Junior Naivogo in

the super middle weight division, Warren Fuiava against Pita Tabuarua in the light heavyweight division and the much awaited rematch between Pele Faumui and Abhay Chand in the middleweight division. Fiji matchmaker Mr. Ram Paras says, "Chand's only loss since 2009 was to Faumui of Samoa. This will be a great fight. The opportunity to fight in Samoa will set the bench mark for our boxers going into the Pacific International Boxing Championship next year." Samoa boxing promoter Tuilagi Saipele Esera who will be hosting the PIBC meeting in Apia has confirmed the attendance of the promoters from New Zealand, Fiji and Tahiti. The meeting will include the signing of a MOU between the founding members New Zealand, Samoa, Fiji and Tahiti. "First leg of the proposed boxing series will be in New Zealand in March 2012. The other two legs will be in Tahiti and Fiji with the final leg in Samoa in December each year," according to Tuilagi. Yes, friends and families can receive free Pacific updates by entering the word SUBSCRIBE in the subject line and send email to info@eventpolynesia.com. News from around the Pacific are also available online by visiting website www.eventpolynesia.com. If you wish to be removed from this circulation, reply with the word UNSUBSCRIBE in the subject line.

What's Been Happening On Island School Celebrated Term Events

Matiti Schools on Nukunonu celebrated English day and Tokelau week in fashion with everyone dressed up in style. According to teachers of the school, the event is not an annual event but this is a great opportunity for the kids to develop their English speaking skills and celebrate their culture. This year programme had planned an event for each term.



photos by Niu Filipo & Lee Pearce





Health activities on Atafu as part the programmes to overcome non-communicable diseases.

Fighting NCD, New Year's Resolution for Tokelau Health

Tokelau Health targets Non-communicable Diseases for 2012. With Non-communicable Diseases levels rising in the Pacific, health has set out to combat for a change of life style which aims at decreasing consumption of salt, sugar, alcohol and smoking and health activities for the people of Tokelau. The Department has recently appointed Alapati Tavite as the National Public Health/NCD Focal point. Alapati brings a wealth of experience & knowledge to the role and we look forward to a more structured approach to NCD & Public Health programmes," Director of Health Lee Pearce said.

According to the Tokelau Health director health will always be a step further ahead to keep our health safe and to avoid any deceases.

"The recent potential Public Health issues related to the Drought & Water crises was averted due to upfront planning, preparedness and the Department always being in Risk reduction mode," the director stated.

"We were carrying out daily surveillance that would serve as an early warning," With planning so far ahead health director has made many achievement which most countries would not be able to achieve.

"Tokelau should be proud of its record, hundred percent immunisation for the children, zero maternal deaths, zero neonatal deaths and hundred percent

breastfeeding rates – breast milk provides baby with the first protection it needs," says Tokelau Health Director, Lee Pearce "These are Millennium Development Goal outcomes which not many countries can say they have achieved," director proudly added.

Health has done because of the understanding and communication with the people. The Department wishes to thank all the communities and visitors to Tokelau for their patience, support & compliance in assisting to avoid more serious events that could have occurred.



Two Graduate Eye Care Technicians



Metita Puka and Ulu o Tokelau, Foua Toloa.

Two Graduate Eye Care Technicians Metita Puka and Pale Kolopa are the first two graduates from Tokelau to graduate as Eye Care technicians.

These health workers, have been studying in Fiji for eight months at the Fred Hollows Foundation including pre-study placement at the Samoa National Hospital.

Both ladies are excited and have not wasted any time taking a break but have immediately worked within their Villages, according to the Director of Health, Lee Pearce.

"Currently they are screening their respective populations in Fakaofu and Nukunonu before both going to Atafu to screen that population. They can diagnose, treat & prescribe simple eye conditions and also have set up their own network for ordering glasses," director stated.

Both ladies were funded by Fred Hollows Foundation – a Charitable organisation that was set up in the name of its founder to improve access, treatment' & training for Pacific Island countries

Both wish to pursue further training in the field of Ophthalmology.



Pale Kolopa donducts an eye testing

Inspector thrilled with the Performance of Tokelau Officers

Tokelau officers undergoing the Samoa Basic Police Recruitment Course in Apia gets positive feedback from Inspector Malu Talo of the Samoan Police.

Nearing the end of the course Inspectors conducting have stated that there is a great improvement with the officers since the course started.

“Tokelau police officers performance, outstanding, especially Poni Simi”, says Samoa Police Inspector Malu Talo who is in charge of training the new recruit.

“Poni top the last exam we had and he has done really good”, he added.

“They have improved every week, since it started”, one inspector said.

The sixteen weeks course has taken its toll on the officers and they look forward to the graduation next month.

“It’s been really good and I’m thankful,” says course Commanding Officer, Poni Simi.

Tokelau has been recruited twice and according to Inspector Talo they have been the top recruitment so far.

“The guys here, way better, way better than the last group”, impressively shook his head.

There are fifty-four officers training in the course and hoping to graduate on December 15th.



Safiti and Aleki during singing practice - graduation preparation for their graduation in December 15th.



Safiti Gaulofo, Aleki Manuele and Poni Simi

(Photo Below) Samoa Basic Recruit Course 2011 - 2012.



by Chris Milne



Chairman - Oceania National Olympic Committee Medical Commission
Dr. Chris Milne

Joe, Tavita and Ben are rugby league players who have played in a tournament in Auckland. Following the after match function Joe's brother picks them up in his van and takes them to a party. There is the smell of marijuana in the air and they are offered a few puffs on a marijuana cigarette. They all have three or four puffs. The next day at the airport before his flight leaves, Joe is selected for drug testing.

1. Is marijuana a banned drug?
2. Does it enhance sporting performance?
3. Can marijuana have adverse health effects?
4. What should the coach of this rugby league team do in future?

This case heightens awareness of how common it is for athletes to be exposed to recreational drug use. They need to be properly educated by their sporting authorities and resist the temptation to indulge in illegal recreational drugs. This could have an adverse effect on their own sporting career, plus also on those in their family and community who are near and dear to them.

(Answers for the questions area provided on next page)

RANDOM FACTS ABOUT MARIJUANA

<http://facts.randomhistory.com/>

- 1 Marijuana is created from the dried, shredded flowers and leaves of the hemp plant *Cannabis sativa*.
- 2 After alcohol, marijuana is the most popular recreational or mood-altering drug used worldwide.
- 3 There are over 200 slang terms for marijuana in the popular vernacular. Some of the more common nicknames include pot, grass, weed, hash, and ganja.
- 4 The primary active ingredient in marijuana is THC (delta 9 tetrahydrocannabinol). It is this chemical that produces marijuana's mind-altering effects.
- 5 The psychoactive side effects of THC in small doses include loss of inhibition, elation, and a distorted sense of time. The drug can also cause increased visual sensitivity and heightened imagination.
- 6 Marijuana production and trafficking make up the world's largest drug market and the substance can be grown in almost every country.
- 7 According to the UNODC, there are several countries worldwide where greater than 8% of the population are said to use marijuana. Among those countries are the United States, Canada, England, Spain, France, South Africa, and New Zealand.

Nutrition Tips - Preparation for Competition

This article is an extract from Nutrition for Athletes

A practical guide to eating and performance, prepared by the Nutrition Working Group of the International Olympic Committee.

Many athletes appreciate the need to rest and eat well during the 2-3 days prior to competition or a particularly intense day of quality training, but questions arise regarding how much to eat, what type of food and when is the best time. This includes what to eat during the six-hour period immediately before competition or intense training.

Carbohydrate is the key energy-providing nutrient that must be optimised during the days leading up to and including the day of competition.

Attention should also be given to optimising water and salt levels in the body.

However, during the 2-4 days prior to a competition, an athlete's need for protein and fat, as well as most other nutrients, typically does not increase above the levels that are recommended for normal moderate level training.

'Carbo-loading'

Athletes who compete intensely for more than about 90 minutes benefit from 'carbohydrateloading' for a few days. This

loading of muscle glycogen to supercompensated levels can be achieved within 2-3 days by eating a large amount of carbohydrate (about 8-10 g CHO per kg of body weight per day; see below) at the same time that training intensity is reduced to no more than easy levels of short duration.

It is assumed that a moderate to hard bout of fatiguing exercise is performed in normal training sometime earlier in the week prior to competition.

continue to next page

Case Study Answers

CONTINUE FROM PREVIOUS PAGE

One Day Example of foods providing 630 g of carbohydrate for a carbohydrate loading diet* (for a person weighing 70 kg with an intake of 9 g CHO /kg).

- Early AM - 150 g = 2 cups cereal with milk + 250 ml fruit juice + 1 banana + 2 thick slices toast + thick spread of jam
 - Late AM - 50 g = 500 ml soft drink
 - Mid-day - 150 g = 1 large bread roll + 1 medium muffin + fruit smoothie
 - Snack- 50 g = 200 g flavoured yoghurt + 250 ml fruit juice
 - Dinner - 200 g = 3 cups cooked pasta + 2 cups fruit salad + 2 scoops ice cream + 500 ml sports drink
 - Snack - 30 gm = 50 g chocolate
- (*note that other foods may be eaten at the meal)

Carbohydrate in the 6-h period before competition

Athletes sometimes find a favourite precompetition meal that not only provides extra energy during the event, but also feels 'right' in terms of curbing hunger, quieting their stomach and being convenient as well as practical. In sports that do not cause fatigue or carbohydrate depletion (e.g., gymnastics, skijumping, etc), the pre-event meal need not be predominantly carbohydrate. However, in intense competitions lasting longer than about 60 minutes, athletes are advised to either:

- Eat 1-4 g/ kg body weight of carbohydrate during the 6-h period before exercise,

or

- Take in no carbohydrate, if preferred, but only when a carbohydrate loading diet has been followed during the prior 2-3 days and the competition is not late in the day.

The main 'mistake' athletes might make is to eat too little carbohydrate (less than 1 g CHO/kg body weight) during the 1-6 h period before exercise and then not take in carbohydrate during exercise. This small carbohydrate meal 'primes' the body to rely more heavily on blood glucose, but it does not provide enough carbohydrate to sustain the athlete.

Five different examples of foods that each provide 140 g CHO in a precompetition meal* (2 g/kg for a 70 kg person) are:

- 2.5 cups breakfast cereal + milk + large banana
- Large bread roll or 3 thick slices bread + thick spread honey
- 2 cups boiled rice + 2 slices bread
- 4 stack pancakes + $\frac{1}{2}$ cup syrup
- 60 g sports bar + 500 ml liquid meal supplement or fruit smoothie

(*note that other foods may be eaten at the meal)

QUESTION1

Is marijuana a banned drug?

ANSWER

Yes

QUESTION2

Does it enhance sporting performance?

ANSWER

Generally speaking, No. It is illegal and a banned drug because sports people are supposed to stay away from illegal drugs. They are supposed to set a good example to the rest of the community and it is not a good look for athletes to be abusing recreational drugs. Think of the situation with Maradona, the football player, and his cocaine abuse some years ago.

QUESTION3

Can marijuana have adverse health effects?

ANSWER

Yes. It is toxic to the lungs, just like tobacco, and can reduce the ability of the athlete to breathe normally and take oxygen into the body. Secondly, it can affect judgement and the athlete may make some wrong decisions when under the influence of a recreational drug like marijuana or alcohol. All of these issues need to be considered.

QUESTION4

What should the coach of this rugby league team do in future?

ANSWER

The coach and management should take this issue very seriously. They need to have a proper drug education system in place for these players and explain that they are responsible for their actions and the rest of the community looks up to them as representative players. Therefore, they have to respect this trust by behaving as honourable individuals. They should not bring shame upon their families or their villages.

Pacific Games Council Adopts International Anti-Doping Strategy

The Pacific Games Council has fallen into line with international anti-doping policies in the run up to the Pacific Games in New Caledonia in August. The council's executive director Andrew Minogue says the Games have no history of drug abuse, but it is important that they meet the highest possible standards to ensure that the event remains clean. This is an excerpt of an interview aired on ABC Radio Australia.

Presenter: Richard Ewart

Speaker: Andrew Minogue, Executive Director, Pacific Games Council

MINOGUE: WADA, which is the World Anti-Doping Agency have a regional office here which we call Oceania RADO, which is called the Regional Anti-Doping Organization. They're based in Suva and they've been working very closely with us the Pacific Games Council to make sure that we have basically a WADA compliant games, so that we have the drug testing protocols that most other international sporting organisations adhere to. We've had drug testing in previous games. We had over 100 tests at the Games in Samoa in 2007, we had tests in the Mini Games in 2009 in Cook Islands, but what we're doing now in signing up to the WADA processes and their policies is making sure that the way we handle the results, the way we notify countries that we're going to have a doping program, that we do that in a way that's complaint with international norms, so that we are seen as a WADA compliant organisation and a member of the group who are leading the fight against doping in sport.

EWART: How difficult though is it for you to have the necessary infrastructure in place? Obviously there is a need to have samples tested in laboratories...is that a problem?

MINOGUE: It's not a problem, it's a costly exercise. As I mentioned before, we've got the Oceania RADO office in Suva. The Pacific Games Council basically contract to them to deliver the doping program for us. They have the expertise and they have the knowledge. They have access to all the personnel and the training that's required for the doping offices at Games time. It is costly though. One of the cost factors that we can't avoid is the

actual testing itself in the laboratories of the samples. It costs money to courier those to various labs around the world to get them tested. But it is a cost of the Games that our hosts here in New Caledonia and Samoa before them in '07 are prepared to take on, because I think you would understand for the host country, it's very important to make sure that the Games are clean and have a good image in terms of its antidoping program.

EWART: So historically, have there been many drug failures at Pacific Games, if any?

MINOGUE: Historically, there haven't been many drug failures. I think there's been a couple of instances in previous Games where there was some results around cannabis, but we haven't had the problems that some other major international events have had and we don't want to, which is why we're very happy to have a solid doping program issue.

EWART: Do you think that that record gives the Pacific Games a particular flavour if you like? It's the old fashioned Olympic spirit going on it would appear?

MINOGUE: It would, and we hope it continues. I think there's a real spirit of family and solidarity in the Pacific Islands. When people come together, they compete, they play hard, but they also play true which is the motto of Oceania RADO. There's I think a spirit of making sure that we play by the rules and we achieve our performances doing our best in a way that's acceptable and legal to everybody.



**Executive Director,
Pacific Games Council**
Andrew Minogue



articles by pasifik

TE TO'KIE I NUKUNONU DVD

An Introduction to Tokelau Weaving



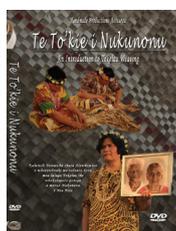
It is a fascinating **DVD** with women from the community explaining their family history and passing on knowledge about their weaving patterns, traditional tools and practices. It also includes traditional song and dance from Tokelau. As well as selling the **DVD**, they intend to donate copies to Tokelau language centres, pre-schools and schools, libraries and the Maori Pacific Archive at Auckland University. The DVD has English subtitles to make it more accessible to a wider audience.

The stories and traditions of Tokelau weaving are interwoven with Tokelau song and dance, and presented by Kalameli Teinawholhaia Alewhowhio.

This film tells the story of the traditional art of Nukunonu weaving in the lives of the Tokelau community of Wellington, New Zealand. The Nukunonu women of Wellington describe the process, preparations and practice of weaving as it was conducted by their Grandmothers, Mothers and how they continue these practices in their new lives in New Zealand.

For payment by electronic transfer or invoice please email us at: films@handmade.net.nz

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