

F O U R T H E D I T I O N

# TE VAKAI

AN INSIGHT TO TOKELAU

T O K E L A U

TROPICAL  
TWILIGHT



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The Vaka-atua Rev. Mose Keresoma  
ma to fale,  
Akoako Fehoahoahani Penitito  
Palehau ma to fale,  
Te Taumata, Mantua Rimoni  
Right Hon. Dame Sian Elias, Chief Justice of NZ and  
Tokelau  
Hon. Mr Hugh Fletcher,  
Lieutenant. Commander Simon Rooke of the Otago  
Major Jonathan Fiu of the NZ armed services  
Ms Cecilia Warren, representative of the  
Administrator's Office  
Superintendent Ross Adern of the NZ Police,  
Ms Jo Guard, Ministry of Civil Defence  
Lau Afioga Malu Talo of the Samoa Police  
Yonnie Fepuleai of the Samoa Ministry of Agriculture  
and Fisheries  
Esteemed members of the Twilight team, honourable  
members of the Taupulega of Fakaofu, Afioga  
Pulenuku, ladies and gentlemen.

It is indeed an honour for me to address you today  
and welcome to my home the esteemed members  
of the Tropical Twilight team but particularly to  
acknowledge what an honour it is to have the Chief  
Justice of NZ, Rt Honourable Sian Elias and your  
husband Hugh Fletcher in our midst.

I hope that you will not mind that I have now  
swapped sides to be sitting with the tangata whenua  
to welcome you as manuhiri to Fakaofu.  
I wanted in particular to address you as opportunities  
like these are indeed very rare.

The partnership with New Zealand is very important  
to Tokelau and we believe that it is in good heart.  
New Zealand gives Tokelau the freedom to govern  
its own affairs with a government appointed  
Administrator located in the NZ Ministry of Foreign  
Affairs and Trade to manage the day-to-day  
relationship and believe that it will continue to be so if  
we base this on mutual trust.  
Tokelau does not take for granted the support that it  
gets from New Zealand.

Tokelau has always maintained that her relationship  
with NZ is a very special one.

We are grateful therefore when the opportunity  
such as this presents itself. We acknowledge the  
availability of resources from the NZ Armed Forces,  
the NZ Police Force and the Ministries of Civil  
Defence and Foreign Affairs and Trade in the Form  
of specialised knowledge and the use of equipment  
and technology to give us a hand – up in addressing  
some areas of infrastructure development,  
environment support, disaster risk reduction, law  
enforcement and education and medical services.

I want to also acknowledge the leadership provided  
by New Zealand in the areas of good governance  
and the promotion of these principles throughout the  
Pacific. You will have witnessed in your time on Atafu  
and Nukunonu that Tokelau abides by its traditional  
governance structure with the Taupulega or Village  
Council as the highest authority.

Democracy is a given in how decision are made.  
However, there are areas of good governance that  
Tokelau needs to improve on. This is an area of  
priority within Tokelau's National Strategic Plan,  
but we look to New Zealand for support in how to  
better integrate these principles of good government  
structures and public service.

These are challenging times for Tokelau. The canoe  
of Tokelau has set her course for the next four years,  
through its National Strategic Plan. The canoe that  
we are in and paddling to keep afloat, so that we can  
reach the destination set in the future requires all  
hands on the deck.

Everyone has their part to play and we cannot carry  
deadweight as it will not only slow down our journey  
but it will put at risk the efforts of everyone who have  
been working so hard to keep the vessel and on  
course.

The existence of a documented Plan that sets out our  
priorities determines our direction in the medium term  
is in history in the making for Tokelau. We are new at  
this, but we are ever determined to achieve as much  
as possible the targets that we have set to achieve  
our vision of Healthy and Active Communities with  
Opportunities for all. We want an improved quality of  
life for all our people on Tokelau without compromise  
to our environment and future viability.

Tokelau faces enormous sustainability challenges,  
not least of them the capacity to be able to carry out  
the work necessary to achieve our vision. So, the  
efforts from the Tropical Twilight Project are very  
much appreciated as it addresses some of these  
shortcomings.

Tokelau has the political commitment to keep its  
canoe on course. We are determined that we will fulfil  
to the utmost of our ability those priorities that have  
been set by our National Strategic Plan.

Your visit to our shores encourages us to remain on  
course. The presence of the Chief Justice for New  
Zealand reminds us of the need co-existence through  
the laws and our respective justice systems. We  
look forward to the fruits of the work your team will  
achieve later when you return in July and ask God's  
blessings on us all until then.



## NUKUNONU FAIPULE

Welcome to Tokelau Rt. Hon Dame Sian Elias,  
Mr Hugh Fletcher, Ulu o Tokelau, ladies and  
gentlemen. Welcome to Nukunonu!

When I was first advised about your visit, I was  
greatly excited about it, but when I learned of  
the number of your official party, I was quite  
apprehensive in the event:

1. Tokelau might not be able to take the full  
benefits of such an opportunity of this  
scale in one day and
2. We could be faced with difficulties in  
trying to cater for a group as large  
as this, in terms of provision of local ad  
ministrative support and others.

This is the first time a group of NZ Government  
officials, as diversified as this has come to these  
shores for a very long time, and I am glad to say  
that you are now here, and let's get it on with it.

The interest you have shown by being with us  
this morning goes a long way in telling us how  
interested you are to know, how we are doing  
on this small/remote atoll, and to see how you  
would be able to assist us in our endeavours and  
development.

We are looking at the next four years as an  
important period for the development of Tokelau  
as a whole. It is a time where Tokelau would be  
required to work harder in serious changes, and  
a huge shift in many areas, such as transport  
(long term), economic development, governance,



**NUKUNONU FAIPULE**  
*Salesio Lui*

environment protection or disaster risk reduction.  
While we continue to search for effective  
and sustainable development, we would like  
our small community on this atoll to continue  
carrying a vision, which both aspires and inspire  
the people here to develop themselves, and  
to achieve an improved standard of living, a  
safe, viable/cohesive community without any  
compromise to our environment and culture.  
We would also like when the day comes, in the  
future to have a strong support base to depend  
on, so to provide confidence to the leadership  
and other people in the exercise of their  
individual roles in sustaining and maintaining a  
living and viable community.

I invite you to help us in whatever way you can  
to enable Tokelau to become an even stronger  
and more successful society within a rapidly  
changing world. I also hope that your short stay  
in Nukunonu will be memorable, informative and  
enjoyable.

May God's blessing be upon you and your family,  
and everyone else present!

Ke manuia.

Salesio Lui  
Faipule o Nukunonu







**GENERAL MANGER**  
**Jovilisi Suveinikama**



The upcoming months of July and August things are going to be really busy for Tokelau. We are planning for the Director General for the Forum Fisheries Agency (FFA) visit to Tokelau, there will be a joint planning workshop between the Council for the Ongoing Government and Senior Officials followed by a Council Meeting, Ministerial Meetings in the areas of foreign relations, health, education, economic development, environment, and fisheries. Tokelau will also be hosting the Tropic Twilight by the New Zealand Defence Force (NZDF), and then we get into General Fono (GF) time again!

Just looking back I can say that it has been a very productive last 3-4 months which culminated in the GF (6-7 June) agreeing in principle to the Total Transport Package (TTP) by New Zealand.

Under this TTP Tokelau agrees to a short term charter arrangement and a long term arrangement that prioritizes the building of a new ship, supports an air service and a shipping arrangement to address the cargo and dangerous goods.

The GF also agreed to the Joint Commitment (JCfD) for Development between Tokelau and New Zealand for the years 2011-2015.

The JCfD is a funding package which Tokelau and New Zealand agree on some key outcomes and results under the Tokelau National Strategic Plan 2010-2015 (TNSP). We are also pleased to note that indicative funding for the TTP was also provided under the JCfD.

Furthermore we have finalized with New Zealand the funding for the ship-to-shore projects which focuses on the safe and efficient transfer of cargo and passengers from the vessel through the channels to the shore.

**Tokelau is certainly filling its sail with a fresh breeze. It provides not only challenges but opportunities for everyone. Let me continue encourage us to continue to work together.**

Funding also has been secured for Administrative Assistance up to this financial year end.

I would like to take this opportunity to thank the leaders, the teams in New Zealand led by the Administrator of Tokelau and his industrious team and Team Tokelau who worked tirelessly and strategically towards the above achievements.

On other fronts, Tokelau will be fielding only one team for the South Pacific Games in New Caledonia in September – the Tokelau Sevens Team. We would like to give all the support to the team and I would like to thank all our sponsors who have given money and provided training gears to support the Tokelau Sevens Team – having being close to their preparation programme I would like to encourage a name that we give to our national rugby team – please send us your thoughts – name and an explanation!

Tokelau is certainly filling its sail with a fresh breeze. It provides not only challenges but opportunities for everyone. Let me continue encourage us to continue to work together.

**Just looking back I can say that it has been a very productive last 3-4 months which culminated in the GF (6-7 June) agreeing in principle to the Total Transport Package (TTP) by New Zealand.**



# TROPICAL TWILIGHT



## The Otago reaches Tokelau

New Zealand Offshore Patrol Vessel, HMNZS OTAGO, reaches Tokelau as part of New Zealand Defense Force tropical twilight series of exercise on diverse tasks sponsoring Humanitarian Aid Disaster Response to validate the NZ Government response towards national disaster contingency plans.



*Lieutenant-  
Commander  
Simon Rooke  
of the Otago*



*Hon. Dame  
Sian Elias, Chief  
Justice of NZ  
and Tokelau*

Arriving to a tradition welcoming the crew including diplomatic companies on a reconnaissance mission carried out a range of activities including maritime security and surveillance patrols, humanitarian aid disaster relief activity, military and diplomatic engagement within the region and working with Pacific Island states to undertake fisheries surveillance patrols in support of the Forum Fisheries Agency.





The exercise parties in the initial planning phase will work together with Tokelau to familiarize on current arrangements in relation to Disaster Risk Reduction plans and other areas to assist the On Going Government.

The New Zealand Defense Force assessed medical, dental, environmental, mechanical and mapping and hydro requirements during the reconnaissance mission and will be working on these areas further in July.



*Hydrographer Boyd pin pointing out areas during the twilight exercise*



*Ms Cecilia Warren, representative of the Administrator's Office*

Mutual Disaster Risk Reduction strategy is also to be carried out in July as part of the Tropical Twilight exercise to further enhanced planning towards areas.

**The New Zealand Defense Force assessed medical, dental, environmental, mechanical and mapping and hydro requirements during the reconnaissance mission and will be working on these areas further in July.**



# Tokelau Tropical Twilight

Tokelau Disaster Risk Reduction Plan Exercise  
New Zealand Ministry of Civil Defence & Emergency Management along with other ministry looks to locate a suitable Disaster Risk Reduction Plan for Tokelau. With the fact finding meeting held during the twilight exercise in May, MCDEM hope to familiarise Tokelau with the Disaster Risk Reduction Plan and strategy they might best work efficiently according to Jo Guard.

“Our focus as part of the reconnaissance mission in May was to talk with representatives from Tokelau and the TALO office about the current arrangements in relation to the Disaster Risk Reduction Plan and how we might best work together to create a meaningful exercise during Tropic Twilight in July 2011”  
“We hope to familiarise the main representatives from Tokelau and TALO office with the DRR plan to identify any gaps (if there are any gaps - to fill these before the plan goes to the General Fono in October)

**“...test the arrangements in place for warning villagers, testing communication methods and looking at needs assessments and coordinating assistance during disasters”**

as part of the exercise in July as well as test the arrangements in place for warning villagers, testing communication methods and looking at needs assessments and coordinating assistance during disasters”

“The exercise planning team members from New Zealand will be working with those in the TALO Office and in Tokelau over the next month to create the exercise. We are just in the initial planning phase now so more information will be available in the coming weeks”

“The New Zealand Defence Force assessed medical, dental, environmental, mechanical and mapping and hydro requirements during the reconnaissance mission and will be working on these areas further in July”





# NZPOL need approval for police work plan

**“Our goals for the Tokelau police are quite large but would have to be agreed to by the On Going Government.”**

TROPICAL TWILIGHT



New Zealand Police Liaison Officer in the Pacific, Superintendent Ross Ardern has confirmed plans for the Police in Tokelau after the Tropical Twilight operation that took place in May.

As part of the Tropical Twilight operation, NZPOL under the Emergency Plan group hope to have planned approved by the On Going Government of Tokelau to incorporate better methods and strategy to improving the police in Tokelau.

New Zealand Police excited for improvement hope to deploy an Officer from New Zealand Police force with its main focus on establishing various plans in different areas from fitting policies with Tokelau police to assisting and enforcing the law, according to Superintendent Ross Ardern.

“However, they would include the deployment of a NZ officer to Tokelau for 9 weeks (3 weeks on each atoll) His/her focus would be on such things as establishing a corporate plan for the police, an annual work plan for them, making community policing a profile that would fit the policing style of Tokelau, assisting with the prosecution process, establishment of training sessions with all partners involved in the enforcement of the law, the establishment of viable recording systems, and the list goes on”.

“Tokelau is just a wonderful place but like any small country (including NZ) there are policing problems. NZPOL have neglected Tokelau for a long time and whilst I am the liaison officer in the Pacific I want to see if we can do something to remedy that in some small way”, the liaison officer stated in an email.

“Our goals for the Tokelau police are quite large but would have to be agreed to by the On Going Government. I am excited about what New Zealand Police may be able to do to increase the capability of the police in Tokelau. But as I say, the work plan has to go to the Government for approval first”, the enthusiastic Mr Ardern expresses.

*Law enforcer lectures students on the importance of an adequate education.*



*Constable Kovati Gasologa and Sergeant Safiti Gaulofa during police meetings.*



*Superintendent, Malo Galo from the Samoan police elaborate on training opportunities have installed for the Tokelauan police.*



*Acting Sargent Viliamu Iosefo gets honor of wearing the new look arm badge.*



# Waste Management Project Resumes

Waste Management Project under the memorandum of understanding between Government of Samoa and the On going Government of Tokelau resumes.

The agreement sign in 2007 to transport recyclable and solid waste in Samoa to supplement the national plan for a better and cleaner environment came to a halt due to safety and security reasons in 2008.

"The waste project was hold due to safety and security reason at customs in Samoa", Mohe Pelasio stated.

**The waste management project is to help clean up Tokelau Islands as there are no proper facilities to properly remove waste in a safe manner.**

"Waste which that has been taken is mostly recycling waste", he added "The rest of the waste that cannot be sent to Samoa will be burn", says



*Second waste shippment at the Apia wharf.*

Mohe.

"Waste is been taken to Pacific Recycle and melted down, even plastic bottles are also taken. Pacific Recycle pays back for the recycle waste and that money goes back to the Taupulega of each atoll".

"Hazardous waste from the hospitals will not be included such as needles and things like that – non-hazardous wasted only ", one member of the economic development and natural resources department commented. The project is funded by the Taupulega of each island.



# TE TO'KIE I NUKUNONU DVD

## An Introduction to Tokelau Weaving

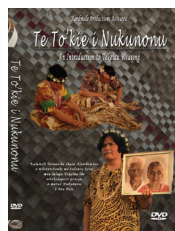
It is a fascinating **DVD** with women from the community explaining their family history and passing on knowledge about their weaving patterns, traditional tools and practices. It also includes traditional song and dance from Tokelau. As well as selling the **DVD**, they intend to donate copies to Tokelau 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](mailto:films@handmade.net.nz)

	Quantity	Total
<b>Te To'kie i Nukunonu - DVD Personal Copy</b> <b>NZD \$25.00</b>		
<b>Te To'kie i Nukunonu - DVD Institutional Copy</b> <b>NZD \$125.00</b>		
<b>Add Postage</b> NZD \$5.00 postage within New Zealand		
<b>Total Enclosed</b>		



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# Tokelau Law Enforcers Graduate



*Constable Heo Peleni, Faipule Keli Kalolo and Constable Amanaki Paulo.*

Three more law enforcers added to Tokelau police force after three Tokelauan successfully graduated from the basic police recruitment course in Samoa.

Part of a joint partnership between Samoan Government and the New Zealand Government, three Tokelauan were accepted to a 16 weeks police course in Samoa as part of enhancing police work in the region.

Tavita Lomi Gualofa, Heo Taupati Peleni and Amanaki Teloloma Paulo from Tokelau were among forty successful applicants from the three hundred who applied to the course.

According to constable Tavita from Fakaofu, he made clear that the opportunity that they were given has been put to good use with the knowledge and skills gain through the past sixteen weeks will improve the policing in Tokelau.

The course topic included training them from matter in the family to upholding the law and physical activities to equipped them for conducting police work.

Families and members of the Tokelau community came in numbers to show their support and to congratulate the officers on a great achievement. Faipule Keli Kololo was the On-going government of Tokelau's representative at the Graduation.

Each atoll funded for their representatives.

Nukunonu did not have a representative into the course.



*Family Photo: Sharing a memorable moment.*



*Proud moment for the families.*







# K1 an Ambassador for Tokelau

Hip hop star artist K-one also known as Kaleb Vitale considers himself an ambassador for Tokelau.

The hip hop star that has successfully released three hit singles and has worked with the likes of famous artist J Williams, Jason Kerrison (Op Shop), Vince Harder, Erakah, PNC and DJ CXL is proud of achieving his goals but shine for Tokelau.

Kaleb who was born and raised in New Zealand by his mother have never lost his Tokelauan culture thanks to his father and the little community in Masterton.

Families and friends was the key factor behind his success as they made him realise and gave the self confident to believe in his dream.

"I grew up with my Mum here in New Zealand and even though I may not have been brought up the traditional Tokelauan way, My Dad and extended family always made sure I was well aware of my Tokelauan side"

"Everyone would always tell me I had what it takes but I never thought much of it as they were friends and family. It wasn't until I put my music online and got good feedback from people all over New Zealand as well as already established artists that I look up to, when I decided it was time to take my music seriously and see where it could lead"

"I went to a school that had a strong relationship with Tokelau and the Tokelauan community in Masterton was very small but did a good job in assuring that us kids being born and raised in New Zealand, did not lose our Tokelauan culture. In 2002

I moved to Tokelau for a year to live with my Dad, which played a huge part in the person I am today. It was an experience I will never forget and opened my eyes to the morals, traditions and just everyday life in Tokelau which I missed out on growing up in New Zealand"



*K One hit single "Walking Away"*

**Any success for me is also success for Tokelau in my eyes...**

"My music is not traditional Tokelauan music by any means, but I do consider myself an ambassador for Tokelau. As far as I know I'm the only Tokelauan recording artist in "mainstream" NZ music, which is something I'm very proud of, and I hope Tokelau can be as well. Any success for me is also success for Tokelau in my eyes"

Kaleb looks to release his first album later in the year. Kaleb is the son of TeleTOK Director Tino Vitale who is based in Tokelau.



*J. Williams 'Want to Rule the World' album ft. K One*



# 'KOILE wins top prize at Pacific Music Awards

By Pip Laufiso  
[pip-laufiso@gmail.com](mailto:pip-laufiso@gmail.com)

Saturday night's Polynesian Blue Pacific Music Awards held in Auckland celebrated its first-ever win from a South Island based group since the awards beginnings.

Iconic Dunedin reggae band 'Koile took out the Tagata Pasifika Best Pacific Language with their winning entry EP 'Te Hua', released last year at the event "Fetu O Mataliki" that marked a historical launch for the group as part of the Dunedin Matariki Festival.

**The band was ecstatic to learn of their win while backstage, preparing for their performance at the ceremony as bandleader Hiliako Iaheto was taken aback, missing the actual announcement.**

**Manager and spokesperson for 'Koile Pip Laufiso stepped up to the podium in the bands place and acknowledged the lengthy journey for the band to attend the Pacific Music Awards, traveling by car and plane, and straight to the venue for sound-check - the most economical way to move all ten members up country and back.**

Iaheto then was able to take the opportunity to say thank you before the band played two songs from Te Hua.

"I was looking out at the audience and I could see my nieces and thought of all the kids in my family in Dunedin and around the country. All I could think about was the importance and retention of our Pacific language through our music, especially for our kids."

The other finalists in this category were Christchurch's Pacific Underground and veteran Cook Island performer Taura Mani.

"At the end of the day our language is the real winner, as all three nominated groups have produced recordings promoting Tokelauan, Tongan, Cook Islands and Samoan languages." Says Mr. Iaheto.



*KOILE Te Hua that won the Pacific Music Awards*

The big winner for the evening was Nesian Mystik with their trophies for Auckland Council People's Choice Award, Radio 531PI Best Pacific Group, Polynesian Blue Best Pacific Music Album for "99AD, and the APRA Best Pacific Song award for "Sun Goes Down".

Christchurch born Ladi6 won two categories – Best Urban Artist and Best Female Artist. The strong South Island presence this year was also seen through live performances by 'Koile, Pacific Underground, and Wellington based Christchurch born Bella Kalolo.

'Fetu O Mataliki' will return on Saturday 11 June as part of this years Dunedin Matariki Festival and feature 'Koile once again, and more Maori and Pasifika guests from Dunedin and Taranaki.



*(Photo from koile's facebook page)*

*MEDIA RELEASE, SUNDAY 29 May 2011*



*Enjoying  
the life  
of chores*

# “Finding my Heritage”

A young teen found his Tokelau trip thrilling and the greatest opportunity to reconnect with his Tokelauan side.

Timoti Filipo age 19 born in Dunedin, New Zealand and has been on Nukunonu since late February has regained his love for his Tokelauan roots he had once forgotten.

“I’ve been here twice before both times when I was much younger, it has been a great trip especially I have reconnected with my family and most especially seeing my grandmother Ahelaiga again”, says the young kiwi.

“I hesitated to come because I expected it to be very boring and mainly leaving the life style in New Zealand”

“I only choose to take the trip cause at the time I wasn’t really doing anything – I was just looking to do something”

Timoti who travelled with his father choose to stay for few more months as he found he has a lot to gain from his stay.

“I’m proud I’ve stayed longer as I have fully been able to pick up the culture and language – basically a part of me I needed to find,” proudly said the young man.

“My dad took me to Tokelauan things in the community when I was younger and as I grew older I slowly forgot my Tokelauan roots and lost interest and went other ways – I’ll be going to the community events when I go back”, he said with a

“I’m proud I’ve stayed longer as I have fully been able to pick up the culture and language – basically a part of me I needed to find,”



*Timoti Filipo*

smile.

“My father is thrilled that I decided to stay in Toke – especially that I’m away from the fast lifestyle”, Timoti proudly said.

The proud young man also advised those who would be thinking or hesitating to take a trip to Tokelau to go when you have the chance as you won’t be regret it. “Tokelau is the perfect place to reflect on life, set goals, realise the importance of family - Just do it, you will be amazed how awesome it is”. Timoti Filipo is the son of Denise and Anetelea Filipo.



# Scholarship students In Fiji

Scholarship Students in Fiji have the honours of dinning with the ulu during a business trip earlier this year.

The meeting was a good opportunity for the ulu to encourage the students and motivate them while studying in Fiji.

## Sydney community

Sydney Community holds cricket tournaments to bring the community together. Tournament was held at Whalan Reserve Park.



## Renewable Energy Project in place

Solar Panels to be installed on island as part of the Renewable energy project still in the pipeline,







FILE PHOTO:  
 TRIALS THAT  
 TOOK PLACE ON  
 FAKAOFU IN  
 MARCH OF THIS  
 YEAR.

# Atolls Prepare for July National Games

National Games in July gets the villages hyped  
 and fire to be ready to rumble.

Coming near the games each village has had  
 long been into training and getting themselves  
 prepared for whatever comes their way.  
 With the Otago preparations villages made time  
 every evening to train.

Fakaofu have had competitions in some of the  
 events to help prepare and ready for the games  
 according to the sports presidents.

Atafu may not be participating in the national  
 games due to Jubilee Celebrations.



National Games held on Fakaofu  
 will only host netball, rugby sevens,  
 table tennis and kilikiti.

# Tokelau Officially ITTF Member

Tokelau Table Tennis  
 Association is the 213th  
 member of International Table  
 Tennis Federation.

The fastest growing sport in Tokelau is now  
 officially a member of the International Table Tennis  
 Federation.

Tokelau Table Tennis Association is the 213th  
 member of International Table Tennis Federation.  
 According to the Tokelau sports coordinator Susan  
 Perez it is an honor for Tokelau to be part of the  
 International Table Tennis Federation as it will help  
 develop the sport and assist in many developing  
 stages.

"I'm honored - It's a great opportunity for the sport  
 in Tokelau as it will benefit not only assistance in  
 training but will also help in many development areas  
 like equipment and funding", the honored Susan  
 Perez said.

"It gives me great pleasure to announce that  
 yesterday at the ITTF Annual General Meeting here  
 in the Netherlands; the ITTF membership application  
 from the Tokelau Table Tennis Association was  
 ratified", an email from the Oceania Development  
 Officer, Scott Houston stated.

"This means that Tokelau is now an official ITTF  
 Member and the 213th National Association of the  
 ITTF. Congratulations for this achievement, it is a  
 good step forward for the future", he added.  
 Tokelau Table Tennis was also considered to have a  
 team participate at the Pacific Games.



# Sevens Trials Gets Tough

Pacific Games has new meaning to the Tokelau sports executive with trials harder than ever been for teams representing Tokelau at regional sporting events.

“Sevens is the only national sport representing and medal hope at the Pacific Games will be going through tough and rough trials to make a final 12 man squad”.

“Due to lack of facilities in Tokelau, the selected twenty man squad are set to spend 12 weeks in Samoa, and will be put through a High Performance training programme”.

“The Government is very supportive of this campaign and its imperative that we prepare the team the best we can for the Games at the end of August”, National Sports coordinator Susan Perez said.



*Satata runs in to score Nukunonu five points.*

“The program is where IRB sevens champion, Manu Samoa team train and we believe that the training will be a great opportunity for the Tokelau

sevens team— they will learn more from it”,

With Tokelau sevens still uncertain with where they stand in the sevens ladder former Manu Samoa coach believes the boys have potential and the ability to have a great national sevens side.

“Tokelau sevens have fitness and skills but I’m uncertain about their physical fitness and that’s why they need to go to Samoa – I’ll arrange them to play a couple of clubs before they play Manu Samoa”, says the Tokelau sevens assistant coach, Rudolph Moors.

The 20 man squad was selected from trials that were held on Nukunonu in May of this year.

**With Tokelau sevens still uncertain with where they stand in the sevens ladder former Manu Samoa coach believes the boys have potential and the ability to have a great national sevens side.**







*Trial Team one against Team two.*



*The impressive Nukunonu against TEAM 3.*



## TOKELAU SPORTS

The 20 man squad who will undergo the High Performance Unit program in Samoa:-

Village	First Name	Surname	Position
1. Nukunonu	Remi	Sakaria	Player
2. Nukunonu	Iona	Koloi	Player
3. Nukunonu	Atonio	Kima	Player
4. Nukunonu	Reupena	Lafaele	Player
5. Nukunonu	Luao	Luapo	Player
6. Nukunonu	Tino	Luafau	Player
7. Nukunonu	Etuale	Ioane	Player
8. Nukunonu	Logi	Wright	Player
9. Nukunonu	Viliamu	Ioapo	Player
10. Nukunonu	Sio	Isaia	Player
11. Nukunonu			Coaching Staff
12. Fakaofu	Tovio	Taupale	Player
13. Fakaofu	Falima	Tuumuli	Player
14. Fakaofu	Elika	Teao	Player
15. Fakaofu	Lealofi	Sasulu	Player
16. Fakaofu	Vaelaa	Gaualofa	Player
17. Fakaofu	Simona	Puka	
18. Atafu	Tanu	Filo	Coaching Staff
19. Atafu	Faamaoni	Reuelu	Player
20. Atafu	Mapusaga	Taumanu	Player
21. Atafu	Meki	Seu	Player
22. Atafu	Lamese	Aloisio	Player

## SELECTORS



*Sefo Vulu*



*Galumalemana  
Rudolph Moores*



*Tavita Pue*



*Seluka Enosa*

The High Performance Programme will run for 12 weeks before finalising the top twelve man squad for the Noumea, New Caledonia Pacific Games in August 27.





by **Keli Kalolo**  
**Faipule O Atafu**

No one seems to remember the origin of rugby on our shores. But rumours have it that the game was introduced by a man from Fakaofo. Many disagree. Perhaps inter-atoll rivalry has something to do with this. Others say the game was introduced by Samoan pastors but some claim the game was brought by the first school teachers. There is still no agreement to date.

Lakapi, as the game was known was played by two teams. Numbers did not matter much. One has to join the side in where most of your friends or relatives are playing. Village rivalry between opposing sides was determining factor in choosing sides as well.

The aim was to hikoa (score) on the opposing side's end of the clearing. It was an arduous task because it took a bit of time to score points. Every score was counted as one point. There was no referee, no whistle and no rules. Most of the time was used to organise the team's strength to drag the opposing players to their own territory. The ball was usually a large coconut with its husks intact. Much energy was needed to rip off the coconut from the opposition so there was a ripping off - dragging pattern. These activities always translated into extras like wrestling, pushing, pulling and occasional punches.

The playgrounds included the clearing inside the mission compound, sandy and pebbly beaches or the shallow waters. There were no marked boundaries and every team broke the rule of going 'offside' or out of the boundaries but no one cared. Holding on to the ball was the main thing. Both teams could agree to walk back into the ground while holding the ball together before continuing.

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The local government school was established in the early 1950s, new teachers arrived from Samoa where rugby was more organised. The school's sports gear introduced proper rugby balls and the coconuts disappeared from the playground. Teachers taught the rules of the game and the role of the referee. The change took time because children and men were used to the old rule where strength and physicality mattered most. It was seen as a show of the individual's strength fitness. New words like hikalamu (scrum), hikoa (score), auti (out) laufali (referee) and many others were added to the local vocabulary.

Games are not seasonal as in other lands, but there were local games of rugby, played by school age boys and matured men. A typical day would start in the early afternoon when the young kicked off and played for hours. The men's games followed and most lasted for more than an hour. Most games ended properly but there were times when the referee had problems in controlling games.

Inter-atoll competition began in the late 1950s, this time, organised by Samoan resident doctors and priests. The first one that can be recalled was between Atafu and Fakaofo. The game was very physical but it ended scoreless. The next one was between Atafu and Nukunonu, and, as in the Atafu-Fakaofo match, it was also scoreless. But people said it was ok because such scores kept the peace between the atolls. A draw would make everybody equal and happy.

The 1960s Resettlement Scheme enabled locals to immigrate to New Zealand and Australia. Returnees and transmigrants brought new changes and new skills. Inter-atoll competitions were revived and uniforms were added to the sport's outfit. Motivation was heightened when trophies were used to award winning teams. Today we have a National Sports Association and rugby is one component. The national parliament decided that this body is important for the whole country so they allocated part of its scarce resources to the development of this body. The sports tournament is held every two years and the latest one was held in Atafu in October this year. There is hope that this body will represent Tokelau in the international sports arena.





by **Susan Perez**

*The dish does not take long to prepare and cook, it has been adapted to suit Tokelau and the ingredients available. Acknowledgements to "Food in a Minute" programme*

# delicious fish recipe



# & sour fish

## Method

Dice rawfish into cubes, coat with corn flour. Heat oil in a frying pan, when hot, deep fry the cornflour coated fish till nicely browned. Fry your fish in batches and when cooked place in a bowl on the side, as you prepare the sauce. Chop pineapple in a small amount of oil and fry till nice and soft, add your tomatoe sauce, and 5 table spoon of sugar and stir until sugar dissolves. Let it boil for 3-4 minutes before adding your frozen vegestables, stir and leave it for 3 minutes. Add your fried fish cubes stir, turn off heat and serve. with rice.

## Time & Serves

- Preparation time: 10 minutes
- Cooking time: 30 minutes
- Serves: Serves 4

## Ingredients

- 1 can of tomatoe sauce
- 5 tablespoon of sugar
- 1 tin of pineapple slices
- 1 1/3 cup of oil
- 1 cup of corn flour  
(any flour could be used)
- 1 pack of frozen mixed veges  
(or any veges in hand)
- 3 pounds of diced fish





## **“ From Moscow with Love”**

# **A report on Global Health Issues**

### **1. Background**

Recently, the Director of Health attended the First Global Ministerial Conference on Healthy Lifestyles and Noncommunicable Disease Control which was held in Moscow, 28-29th April 2011.

The meeting was attended by over 90 countries and Ministers of Health and Senior officials.

The purpose of the meeting was to raise political awareness about the importance and potential of prevention and control of Non Communicable Diseases (NCDs) and place them higher on the global and political agendas.

To highlight the need for strengthening intersectoral prevention efforts and health management at global and national levels.

#### **The key messages were:**

- Unique opportunity to scale up action at global and national levels
- In all countries by any metric, NCDs now account for a large share of premature deaths, disability and poverty to merit a concerted and coordinated public policy response
- Low cost solutions exist to address the level of exposure to individuals and populations to risk factors for NCDs, to strengthen health care for people with NCDs and to map the epidemic of NCDs and, that these are excellent economic investments



Roundtables on twelve key Policy areas were discussed namely the outcomes of which would contribute to the Moscow Declaration and a high level meeting in September 2011 in New York.

1

Tobacco control – Tobacco control was a key issue discussed mainly because it is a leading preventable cause of death world-wide and tobacco companies are shifting their focus to low and middle income countries the ‘best buy’ and ease of implementation through the WHO Framework convention for Tobacco Control (FCTC) which is undoing work by countries to address tobacco issues.

2

Food and Nutrition – Populations have fallen prey to the industrialisation of the food chain that leads to obesity and worldwide, obesity in pre-school, school age children and adolescents are expected to rise steeply. Industrialisation of the food chain has meant the composition of diets has changed to being more energy dense. Low and middle income countries has seen up to 50% increases in consumption of refined sugars. The majority of energy intake is in the form of refined sugar ‘hidden’ in processed foods and drinks rather than added to food by the consumer.

Fat content of diets has seen up to a 40% increase in many countries especially with the consumption of ‘trans – fatty acids’ versus unsaturated fat. Poor nutrition in pregnancy and early life can lead to a predisposition for NCDs later in life. Salt has become a major risk factor for high blood pressure and consumption has also more than doubled from the recommended normal of 5gms per day.

3

Harmful Use of Alcohol – Strong linkages between alcohol and NCDs are well known and is a leading risk factor in Western Pacific Region and largest in Europe. Alcohol is also strongly linked to violence at a number of levels, crime and mental illness.

4

Physical Activity, Sports and Transport – Higher levels of physical activity are associated with lower rates of all cause mortality, coronary heart disease, high blood pressure, stroke, Type 11 diabetes, metabolic syndrome, colon cancer, breast cancer, vertebral and hip fractures and depression. Physical activity contributes to the prevention of unhealthy weight gain and is importance in maintaining the quality of life and independence in older adults.

Monitoring NCDs and their determinants – Chronic disease management requires the health system to change how the services are delivered. Monitoring progress requires an integrated information system into the health systems that incorporates

- a. Surveillance
- b. Monitoring exposures – risk factors
- c. Outcomes – morbidity and cause specific morbidity
- d. Health system responses – capacity and access to interventions

NCDs and Socioeconomic development – deaths from cardiovascular disease, cancer, diabetes and chronic respiratory disease, occur at younger ages in the low and middle income countries.

Innovative options for Health financing – Innovative financing for development is the principle of generating new predictable and sustainable funds such as levies in larger countries. NCDs financing has been relatively absent globally but nationally, funding for NCD related activities in low and middle income funding has been limited to either donor funding or no funding at all for local NCD programmes.

Bridging the implementation gap: research priorities and education – Gaps exist in what is known to be effective and maximise NCD outcomes and what is being delivered in practice. Bridging the gap between knowledge, practice and implementation for cost effective interventions.

The need to integrate NCDs into primary health care – to appropriately address NCDs, the health system needs a strong primary care base which means the base is equipped for early diagnosis of people at high risk of developing diabetes, cancer, stroke, heart attacks or developing complications such as kidney failure.

Essential Medicines and technologies for NCD care – the Burden of NCDs cannot be reduced without equitable access to essential medicines and medical services, the lack of which can lead to early death. Establishing and maintaining an effective regulatory process for selection, procurement, maintenance and use of medicines and medical devices can be difficult for low and middle income countries. New trends in information technology that enable information to be sent and retrieved can be helpful for underserved areas.

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11

Civil Society and social mobilisation – Civil society institutions have played an important role to date in the prevention and control of NCDs at both a country and global level be it through academia or Non Government Organisations (NGOs).

12

High level UN Meeting in New York, September 2011 – The aim of this meeting is to present to the UN General Assembly, resolutions on the prevention and control of NCDs from Moscow meeting.

The overall message from this meeting is the problem will not go away and needs a multidimensional approach where the solutions are prevention, policies that have impact decisions and where legislation is enforced. Economic development and Human Development are not the same. There is a need to recognise that interventions to address NCDs may be beyond the financial capacity of some countries and will pose a threat to economic development, where we may not be able to treat our way out and where economic progress is diluted because of increasing health costs.

## WHAT DOES IT MEAN FOR TOKELAU

Tokelau would probably be categorised as a Low Income Country as it has no GDP and revenue except through operational budget support, a Joint Commitment for Development (JCfD) through New Zealand and specific Donor agencies. However, looking through the funding lens per capita, Tokelau would be seen as a 'rich' country, but in reality is no different to other countries with regard to health.

Health is our most important commodity - it involves life and living and the whole social fabric of what makes a Society. What we need are new approaches to an old issue that has taken generations to evolve and where the deadliness of NCDs are minimised through addressing the risk factors root causes.

Through the JCfD, there are outcomes that we are seeking that will address these root causes, which will look at what we are importing that cause harm such as Tobacco, Alcohol, Salt and Sugar.

Within the Department of Health Draft National Strategic Plan (2009-2015) a lifecycle approach has been adopted utilising a Whole of Government and Whole of Community participation. The plan has been based on needs and outcomes of the WHO 2006 STEPs Survey and other data that we have collected from which the four key result areas were based and are also key target and outcome areas within the Tokelau National Strategic Plan 2010-2015:

1. Improve and Protect the Health of our Nation
2. Strengthen Primary Health Care
3. Protect our Environment
4. Workforce Development



Tobacco control – Out of the 7 countries in the Western Pacific Region that had the WHO 2006 STEPS Report published, Tokelau is 3rd regarding the percentage of population who use Tobacco.

1

Tobacco is the main risk factor for high blood pressure, heart disease, respiratory disease and some cancers.

In 2009/2010 annual workplan steps have been taken to address this through the provision of Nicotine Replacement Therapy and local village projects.

In our 2011/2012 annual work-plan we will be building on those first steps to decrease Tobacco imports and look at increasing the cost tobacco, promote smoke-free environments, provide more NRT and training local community members to become Quit coaches.

Food and Nutrition – As presented over the last 18 months, Tokelau is number 1 and 2 for Obesity and Type 11 Diabetes respectively in the Western Pacific Region (WPR).

2

Addressing what is imported will reverse those figures especially if a focus is made on reducing import of bad fats and looking at the 'tick' foods that the New Zealand Heart Foundation promote.

This may mean a new way of procurement and the Department is working on ways to achieve this.

Harmful Use of Alcohol – Tokelau consumes approximately NZ\$0.5m per annum and is 3rd in the WPR regarding alcohol consumption.

3

Alcohol leads to mental health disease, depression, violence and criminal acts.

Alcohol interferes with medication, causes liver disease, is a leading cause of obesity and reproductive health issues.

Decreasing the amount of alcohol imported and consumed will directly contribute to a reduction in NCD development.



4

Physical Activity, Sports and Transport – Very little physical activity is promoted, and the Village projects have included Physical activity as their primary focus. For the next round of SPC funding, there is an emphasis on promotion of physical activity across the nation.

Transport is a major issue for Tokelau and health as the only means of transport is a ship which is the umbilical cord and lifeline between Tokelau and the outside world. There are high costs involved ranging from WST\$15,000 to WST\$90,000 in the event of a medivac and the uncertainty of future transport needs in the immediate future whilst a long term solution is investigated and implemented has had a significant financial impact on health especially the TPRS.

6

Monitoring NCDs and their determinants – This is a critical area and gap in Tokelau for a number of reasons. If we can change how local health services are delivered then we will be able to reverse the current trend and referral to the TPRS. At present we are seeing non compliance with medication, late presentation to hospital and late referral to the Department which invariably end up being medivacs (excludes emergencies).

A random review of the TPRS referrals to Apia and subsequently New Zealand has revealed that the majority of these patients could have been treated in Tokelau had they presented early and had local community health promotion been regular versus 1:1 consultation.

The Department has plans to introduce clinical governance, standards of practice, Telemedicine and a Primary Care/Chronic care management model that will encourage a more participatory approach through Institutional linkages and we are working with Counties Manukau District Health Board to provide that service.

The whole of population screening gave us a snapshot of the state of the health of our nation and we are building on the data collected through the purchase of a patient management system which will enable us to monitor and track progress against our WHO accountability indicators and TNSP

WHO accountability indicators and TNSP indicators.

Clearly, this will have an impact on the current spending, which will enable the funding to be re-channelled to targeted NCD programs.

NCDs and Socioeconomic development – Protecting and preserving the future of Tokelau is what we are working towards as a nation.

In order to achieve that, we need good health and wellbeing.

Hence a whole of community approach is required so that individuals can own their health and the choices they make for themselves and their families. Good health starts in the womb!

Innovative options for Health financing – Donor funding for addressing a wide range of health issues has been the main source for Tokelau.

Since 1 April 2010 funding specifically targeting NCDs identified in the Western Pacific Region 2-1 22 Healthy Island Strategy (2 donors – WHO & SPC, 1 strategy and 22 countries) has been provided to Tokelau.

By December 2011, 70% of that funding will have been dispersed across Tokelau.

The other 30% will be used to recruit and employ a National NCD coordinator based in Tokelau.

Note: It is unclear whether that funding will continue due to wider fiscal restraints of Donor countries and in anticipation of that the Department will be ensuring that the funding for the continuation of activities will be included in the 2011/2012 budget and out-years.

Regarding WHO funding over the 2009/2010 Biennium (NZ\$208,000), 71.15% has been spent directly on villages via local health staff training overseas, Flu vaccination, H1N1 management, NRT, NCD promotion on Health Mission in Nov 2009 and 2010.

7



The remainder has gone directly to the training institutions in Fiji for Nursing and Medicine. While the WHO funding may not have gone directly to each of the Village bank accounts, the local hospitals, local health staff and population have received the benefits indirectly.

The Council for the Ongoing government will need to recognise the current burden of disease, the steps being taken to address NCDs and be committed to ensure the overarching TNSP health outcomes are achieved. This can only occur through ensuring funding allocation for health projects is realistic and is 'ring-fenced'.

Considering an increase in levies/taxation of alcohol, tobacco and 'bad food' may be a start but will need wide consultation before a paper can be presented unless each Taupulega make their own decision to tackle the issue.

Note: Fakaofu have already taken the initiative regarding imports.

8

Bridging the implementation gap: research priorities and education – Health promotion of healthy lifestyles is vital and the Village projects with ongoing funding will be key to success with support from the Department.

Each of the Taupulega will be playing a major role in monitoring what foods are imported, what foods are swapped and will require a whole of community approach, with the local health staff measuring and monitoring clinical progress.

9

The need to integrate NCDs into primary health care – Over the last 2 financial years, the Department has spent over NZ\$0.6m on equipment and new technology in an effort to strengthen primary care and provide extra tools for the local health staff to carry out their roles.

More equipment is planned but the equipment needs to be looked after (in air-conditioned, temperature controlled rooms and human handling) as most of the equipment have a long life such as the LifePak 15 which has a shelf life of 15 years.

Workforce development is key to shifting the tide for NCDs and the investment in a needs based workforce has been planned and in the TNSP.

Essential Medicines and technologies for NCD care – Procurement of pharmaceuticals is a key responsibility of the Department and ensuring availability of high quality, safe medication is critical. All our medications are purchased via New Zealand which is Pharmac approved.

An area for improvement is for local health staff to use the document sent by the Department for forward planning, stocktaking and requisition is used so that the Department does not purchase from Samoa. The new Patient Management System (MedTech 32) will also enable the Department to procure medication based on need.

We are also seeing for example, overprescribing of antibiotics and anti-inflammatory medication which can affect treatment of serious infections through a decrease in sensitivity to that particular antibiotic.

With anti-inflammatory medication such as Voltaren, we are seeing an increase in acute kidney failure where once the source has been removed, the kidneys can recover without long term effects, but for some patients, some are left with a degree of mild renal impairment.

Efforts to discourage this practice has not been adhered to, as we are seeing with patients on the TPRS. We are also seeing the outcome of noncompliance with patients with Type 11 Diabetes with a shift from oral glycemics to Insulin

Compliance with medication is a vital component of keeping the impact of people with NCDs under control. Too many people coming on the TPRS have not been compliant with the prescribed medication.

We are also seeing a large number of people who travel privately from Tokelau to Apia arrive with no medication which means we have to purchase medication twice. The work programme with CMDHB will address this practice through the education of local health staff and change in service delivery.





Civil Society and social mobilisation – Tokelau does not have Civil society institutions, however the local Religious Leaders can have a major influential role on their congregations regarding NCDs and health promotion activities.

In summary, all of the activities related to the Moscow framework are within the Department of Health Strategic Plan 2009-2011 and have been incorporated into the TNSP and JCfD going forward.

We would like the Government of Tokelau to acknowledge there are service delivery issues that can be overcome but only if at a Governance level the activities are given the highest priority, otherwise we will pay the price not only financially but with lives.





