

TEVAKAI

AN INSIGHT TO TOKELAU

NZD\$5.00

NUKUNONU ELECTION

The latest on whats been happening on Tuloto

HEALTH

Approved Proposal from each Island

TE TO'KIE DVD

The story of the traditional art of Nukunonu weaving in the lives of the Tokelau community of Wellington

BOAT PRIOTY FOR TOKELAU

Check out the latest decisions from the General Fono.

eight
students
graduate
in 2010

We hope that more of our students will follow suit and do the same in the future

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GREETINGS AND MALO NI EVERYONE

Reverend Elder Mose Kelehoma, Fesoasoani Penetito Manuele, Taumatua, te Kau Hauatea, honourable member of the Fono a Aliki o Fakaofu, Aliki Faipule Keli Kalolo – the outgoing Ulu, Aliki Faipule Salesio Lui, Susuga Pulenuku Panapa Sakaria, Susuga Pulenuku Faafetai Taumanu, Susuga Pulenuku Tinielu Tuumuli, Mr Jonathon King, Administrator of Tokelau, honourable members of the General Fono, ladies and gentlemen.

I am humbled and most honoured to have been given the opportunity to once again serve in the role as Ulu o Tokelau. I humbly thank God for this opportunity and know that while I may look to my colleagues in the Council, General Fono and the Taupulega for the guidance and support to carry out the responsibilities of this position, it is God that I will draw strength and favour from during this time.

It is a real privilege for me to be re-elected as Faipule of Fakaofu and for this year to serve as Ulu o Tokelau. I will undertake to do the best that I can to uphold the integrity of this position through diligence, commitment and application of principles of good governance.

My last term was a trying one where Tokelau experienced a level of uncertainty unknown before regarding Infrastructure Development Projects, Shipping, our Economic Support Arrangement with New Zealand, Climate Change and mitigation – and a lot of lessons were learnt.

The last three years have been very challenging for Tokelau. We envisioned three years ago that by 2011 two new schools and one new hospital would have been built and ready for use. We planned that we would have a Transport solution in place that provides for regular, safe, and reliable passage for people and cargo. We planned that our Renewable Energy Project would be operational. But circumstances, most of which have been out of our control, have influenced the achievement of these projects.

It is disappointing that my Inauguration speech

in 2009 spoke of the same issues, and the timelines in which we gave ourselves to complete these projects. It is still the priority of the Government of Tokelau, indeed the people of Tokelau to see these projects through to fruition. We owe it to our children in Fakaofu, and Atafu whose learning environments are far from adequate, we owe it our community in Nukunonu whose health service delivery is compromised by semi demolished buildings, we owe it to ourselves to provide Tokelau with a safe short term shipping solution, we owe it to ourselves as parents, children, extended family members to provide these facilities for every faucet of our community.

The efforts of the Taupulega through the General Fono, the Council, the public service and the Administrators Office to progress these major projects are acknowledged but disappointingly our children on Atafu and Fakaofu are still being schooled in various locations around the villages, our short term shipping option is unresolved, and the Renewable Energy project has yet to be finalized. While I do not want to dwell on the reasons why these important infrastructure projects are in a state of flux, it would be irresponsible of the leaders of Tokelau if we did not critique the factors which have influenced this situation.

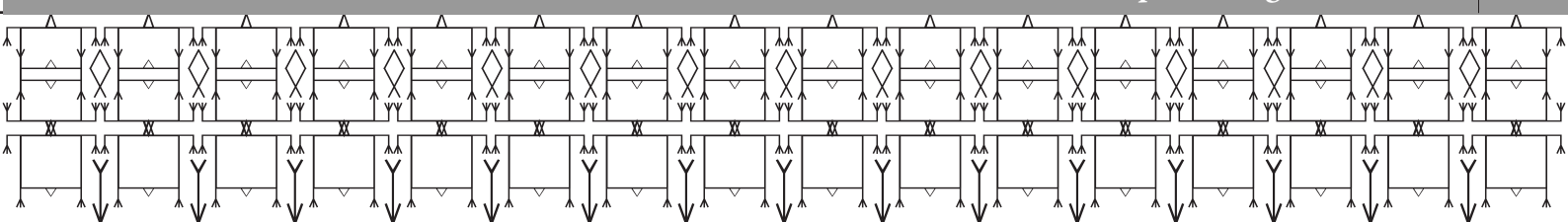
I see this as an urgent requirement. We must learn from these lessons and adapt how we work in the future as a consequence. Additionally, we must be committed to all work together, cohesively, and consistently - the Taupulega, the General Fono, the Council, the public service and the Office of the Administrator – to resolve the issues and challenges and minimize the risks that hinders Tokelau from achieving the outcomes for these projects.

The Tokelau National Strategic Plan for 2010 – 2015 sets the priorities for us to work towards over



Ulu o Tokelau
Foua Toloa

C o n t i n u e t o p a g e 4





Continuation of the Ulu's Speech

“We also need to perform better at the governance level”

the next three years, and my fervent hope is that over this time we will see more achieved that we have done over the previous three years. National Departments and village administrators have no excuse for not having appropriate plans in place which are aligned to the National Strategic Plan. Our National Strategic Plan lays out very clearly what the challenges are for Tokelau over the next three – four years and it is up to those who lead the National Departments and the Tau-pulega Offices in the respective villages to effect strategies which will address these challenges. We need to raise the bar in terms of the quality of the performance of the public service, at the national and village levels. We also need to perform better at the governance level. We must make efficient and effective use of the resources we have available and account for it in a manner that is transparent. The principals of good governance require us, the leaders of our

small nation, to be honest, make good decisions which are transparent, consistent and conform to policies and regulations. We must also be clear and consistent in how we apply Faka – Tokelau so that the decisions made at the highest level are principled and bring about fair and just outcomes for our nation as a whole.

In conclusion, I want to remind those of us who have been tasked to serve Tokelau that without written goals you have no compass and you can get swept off course. We must focus on our top goals, because if you attempt everything, you'll accomplish nothing. Remember, that a big success is simply many little successes strung together.

It is my great honour, to declare the General Fono open.

**Fakafetai
Foua Toloa
Ulu o Tokelau**

GREETINGS AND MALO NI EVERYONE

“Tokelau is not ready to engage with those who are not ready to engage with Tokelau”

With the National Strategic Plan in place and Departments and Village completing their Plans, there is a lot of excitement at the same time recognition that it will not be an easy path ahead. The Statements presented during the Inauguration of the Ulu o Tokelau and the General Fono demonstrate that Tokelau is committed to addressing its future.

Tokelau is ready to move forward and has encouraged that all Villages, Departments and the Office of the Administrator in New Zealand ‘rub shoulders’ to get things done. The expression to ‘rub shoulders’ demonstrates the close working relationship and one which the leaders and the elders of Tokelau are committed towards.

I take this opportunity to welcome our leaders for 2011-2013 and reaffirm the support and commitment of the Tokelau Public Service to work with you in achieving the objectives for our people. The determination of the Public Service to ensure that all national projects move as soon as possible and the continuing support from the Government

of New Zealand is very positive and we look forward to a ‘happening’ year. The Strategic Plan has really put focus on how we need to work smarter in the things we have set for our people. This strategic focus has allowed us to remain focused to work with stakeholders and development partners. We will engage strategically. Tokelau is not ready to engage those who are not ready to engage with Tokelau.

I do not wish to prolong this statement, but I hope that through this Te Vakai edition we will be able to present the facts as to Tokelau moving towards the vision of its National Strategic Plan to build a healthy and active communities with opportunities for all.

Congratulations to our students who graduated in 2010 and those who will be graduating this month!!

May God continue to shower His blessing on us All.



General Manager
Jovilisi
Suveinakama



GREETINGS AND MALO NI EVERYONE



Administrator
Jonathan King

Let me start by thanking our Lord for this meeting.
Reverend Mose and Reverend Penitito
Taupulega o Fakaofo
Hauatea of Tokelau
Ulu and Council Members
Chairman and distinguished members of the General Fono of Tokelau

Aumaga, Fatapaepae, school children
Distinguished members of the Public Service of the three atolls and the national service
Friends

I bring greetings from the Honourable Murray McCully and the New Zealand Government.
On behalf of the Government of New Zealand I thank you for the thoughts and best wishes of the people of Tokelau conveyed to Prime Minister Key by the Ulu following the recent Christchurch earthquake. Your message of support was gratefully received.

Although many people have been very badly affected by the earthquake the small Tokelauan community in Christchurch appears to have suffered little damage.

This is my first meeting as the Administrator of Tokelau. I am very aware of the responsibilities that come with the appointment. It is an honour. Many of my predecessors were eminent New Zealanders. I have large shoes to fill.

But the responsibilities and expectations are not daunting. I am optimistic and excited about what we might achieve over the coming years.

I have three priorities. First, securing a long-term transport solution for Tokelau, which in turn opens up new opportunities for Tokelau. Secondly, addressing health and education.

Thirdly, ensuring that we are using our limited resources to greatest effect.

How will Tokelau's long-term transport requirements be delivered? This is not just a discussion about a ship to replace the MV

Tokelau. This is a discussion about how connected does Tokelau wish to be with the rest of the world. It is a discussion about what Tokelau will look like in twenty years time. An air service means that 26 hours to 48 hours voyage can become a 1-hour to 8 hours journey. This creates new economic development opportunities such as tourism and fishing, more immediate access to health care services, and it would I am certain increase the links between Tokelauans in Tokelau and Tokelauans elsewhere. I am certain that the change that, an air service would bring will be profound, but I am unable to predict the full impact for Tokelau of the change.

I am aware that a decision whether or not to accept an air strip as part of the solution to your transport needs is a difficult decision. I am uncertain if the change it would bring is change you're wanting. I would be grateful for the opportunity to sit with the Taupulega to hear the views of the Taupulega.

Health and education are ongoing challenges. Health services have improved but outcomes have declined. The incidence of non-communicable diseases is alarming. This represents a high financial and personal cost to Tokelau, which cannot be sustained. Addressing non-communicable diseases is an issue of leadership as much as it is a health issue.

The health budget is also under severe pressure as a result of the TPRS. We are seeing resources moving from primary health care to the TPRS and tertiary care. This also is not sustainable.

Real improvement has been seen in the education of young Tokelauans over the last three years. However, significant investment in the professional development of Tokelau's teachers is required to ensure that the full benefit of the recent work in education is achieved. The decision by the General Fono in November to support an investment in professional development for teachers was very positive.

C o n t i n u e t o p a g e 4

CONTINUATION OF THE ADMINISTRATOR'S SPEECH

How do we ensure that we are making the best use of limited resources?

We do have limited resources. Ensuring that our resources are wisely used is important.

New Zealand officials have a responsibility to ensure that taxpayer money is used efficiently and effectively. For you the issue is more immediate. Every dollar wasted as a result of poor decisions, or every dollar lost due to theft or corruption, is a dollar that will never again be available to improve the lives of Tokelauans.

Ongoing tight financial management and improving planning are priorities.

I am not sure that the division of responsibilities between the villages and the national departments is working as smoothly as it could. I am also not convinced that the boundaries between governance and management are working as well as they might.

You have very limited people resources, it is vital that those resources are used effectively. The national and atoll public service is a valuable asset for you leaders. Ensuring that it is a well functioning public service focused on doing its job must be a priority.

Put simply we are all in the canoe together and to make progress we must know our roles and all work together.

I will finish by describing what I would regard as success at the end of my time as the Administrator.

I would like to see a vibrant thriving community in Tokelau with strong links to its communities in New Zealand, Australia and elsewhere. With people moving easily between Tokelau and the rest of the world. With a good standard of living and quality of life. With income generated from tourism, from fishing, and from other sources. This is also your vision in the National Strategic Plan.

When I talk to Tokelauans in New Zealand I ask them when was the last time they were in Tokelau. Sadly in most cases it was many years ago. I ask them what prevents them from returning home. Many cite the roots they have



Jonathan King (left) gives his speech with Hina Puka (right) translating.

put down in New Zealand, but many also cite transport, education, health, and career opportunities as reasons to stay away.

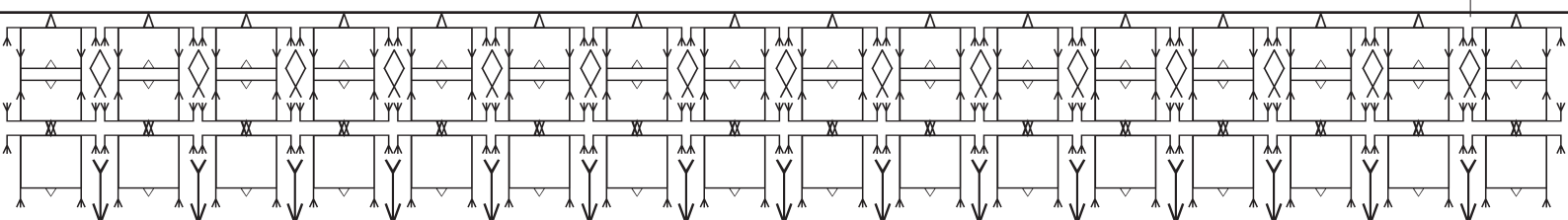
Transport, education, and health care are all matters, which can be dealt with. Career opportunities will be a challenge but opportunities can be created in Tokelau.

I would like to see a Tokelau, which continues to have a strong relationship with New Zealand. We are joined through citizenship, history, common values, and family. It is a relationship of enormous strength but like all relationships it requires constant work, mutual respect and understanding, and of course compromise. You have challenged me to understand Tokelau and to listen to you. You have reminded New Zealand that an understanding of Tokelau and its needs requires meetings with New Zealand's leaders and visits to Tokelau by New Zealand's leaders.

You should also not take New Zealand for granted. The more effort we all put into the relationship the more we will get out of it. Our funding brings with it joint commitments.

I look forward to working with you over the next days and in the years ahead.

I ask God to give us the wisdom to address the issues before us with honesty, courage, and openness.



Elections in Fakaofo



FAKAOFO: Arriving to Fale.

Election on Fakaofo were held on Wednesday, 19 January 2011 to elect their Government representative from Fakaofo.

Fakaofo election day began with Chief meeting (Matai) held to firm up nomination before the little community

Election for the (Faipule) Mayor role of Fakaofo went to two time winning candidate Foua Toloa. The Mayor won by a landslide victory over his fellow candidates by more than sixty percent of votes. Head of the Village (Pulenuku) elections saw Tinielu Tuumuli resitting in the role for it's

gathered at the meeting house (Fale Fono) to start election voting. Voting was open after normal formalities with the opening prayer from the congregational minister and key note speech from the Faipule.

second term after also winning by a landslide victory. Elections for the representatives for Womens committee (Fatupaepae) and the men of the village were held (Aumaga). Ane Obrien was elected to represent the Women of Fakaofo and Fofu Tuisano for the Aumaga.

Also runners for Fale and Tai to collect votes were put in place for those that could not make voting poll due to incapacitated reasons. Vote counting were divided into three different tables with the first table

counting votes then second table confirming table and then to the endorsing final table. Thank you also to those involved in the Election day for their great planning and preparation. FAKAFETAI LAHI!

The Candidates Nominated for the position of Village Mayor (Faipule):

1. **Foua Toloa**
2. **Kolowei O'Brien**
3. **Mose Pelasio**

The Candidates nominated for the Head of the village (Pulenuku):

1. **Pale Sosene**
2. **Taupati Peleni**
3. **Kaio Isaako**
4. **Peau Lui**
5. **Alesana Teao**
6. **O'Tinielu Tuumuli**

Candidates nominated from Womens Committee of Fakaofo (Fatupaepae) to the General Fono were:

1. **Ane O'Brien**
2. **Makerita Vitale**
3. **Ane Peleni**
4. **Atuafe Sio**

Candidates nominated to represent for the Men of Fakaofo (Aumaga) to the General Fono:

1. **Fofu Tuisano**
2. **Kaio Isaako**
3. **Pale Sosene**

The article was written by Kula Teao



Elections in Nukunonu

Elections on Nukunonu were held on Wednesday, 19 January 2011 to elect the Nukunonu representative for the Tokelau Government for the next three years.

Voters gathered at the Talikilagi at eight in the morning to begin election formalities.

Due to the overwhelming 50% votes to one candidate, voting election for the Faipule position were only held once. Salesio Lui was the winning candidate and is now the new Village Mayor for Nukunonu. Head of the Village (Pulenuku) were voted twice with only two candidates running in on the second voting round. Panapa Sakaria took the honors of being Nukunonu's Pulenuku for 2011 after going head-to-head with Lino Isaia.

Two elections were held for

The elections ended with a speech from Kohe Tufele and a prayer prepared by Mayor Pio Tuia

The Nukunonu 2011 elections were successful and the process was well organized.

Words of thanks must go out to these fathers - Kohe Tufele, Fatia Perez, Ioane Tumua, Iakopo Ineleo and mothers - Elisa Wright, Lesina Kohe ma

ties.

Elections set off with a spell of rain which one would consider as a blessing sign from God.

It began in the usual manner with an opening prayer and a welcoming speech.

Family Chiefs in Nukunonu representatives with Lino Isaia elected in the first and Mika Perez winning the second. These two representatives will represent the Nukunonu village chiefs (Taupulega) at the General Fono.

Lupe Kilino was voted for Womens Committee and will represent the women of Nukunonu at the General Fono.

The elected representative for the Men of Nukunonu at the General Fono went to Sio Perez..

Makalika Iakopo for the entertainment during the day and Tagaloa Egeliko and Mikaele Maiava for their wonderful music.

Thank you also to those involved in the Election day for their great planning and preparation. Without your hard work the voting processes would have not run smoothly as it did. MALO LAVA!

The Candidates Nominated for the position of Village Mayor (Faipule):

1. Lino Isaia
2. Salesio Lui
3. Ioane Tumua
4. Panapa Sakaria
5. Peter Tavite

The Candidates nominated for the Head of the village (Pulenuku):

1. Lino Isaia
2. Panapa Sakaria
3. Ioane Tumua
4. Peter Tavite
5. Mika Perez
6. Save Peha
7. Save Etuale
8. Falaniko Aloisio

The Candidates nominated for the representatives to the General Fono from the Family Chiefs in Nukunonu (Taupulega). Two candidates were needed.

1. Lino Isaia
2. Ioane Tumua
3. Peter Tavite
4. Mika Perez
5. Save Peha
6. Save Etuale
7. Falaniko Aloisio

Candidates nominated from Womens Committee of Nukunonu to the General Fono were:

1. Hili Sakaria
2. Lupe Kilino
3. Tina Egelino
4. Margaret Pedro
5. Kilita Perez

Candidates nominated to represent the Men of Nukunonu to the General Fono:

1. Sio Perez
2. Peter Patelesio
3. Viliamu Iosefo
4. Peato Pelenato
5. Tumua Pasilio

The article was written by Tasese Perez and translated by Malia Koloi

20 Inaugurated

Catholic Minister Penitito Kosema swore in the country's new parliament on 11th March in a ceremony after election by each village last month.

The inauguration of the new parliamentary also marked the beginning of the new ulu for the 2011.

The ceremony started with an elderly giving the opening speech before the anthem was sung by the Fakaofu Primary School as the flag was raised on the field of Hale.

The Congregational Christian Church Minister then delivered a recitation from the bible and a blessing prayer before swooning in the 2011 members of the Tokelauan Government.

Twenty members of parliament were sworn in which included ministers (Faipule) and mayors (pulenuku) from all three villages and delegates representative from each atolls.

Ceremony continued on with speeches of congratulating, encouragement and vision of Tokelau from the grey hairs (elderly), the new administrator Jonathan King representing the New Zealand government and from the former Ulu, Keli Kolo and Ulu for 2011 Foua Toloi.

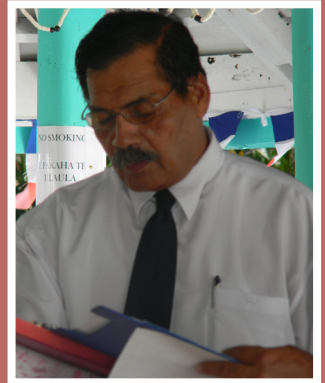
"I would like to see a Tokelau, which continues to have a strong relationship with New Zealand. We are joined through citizenship, history, common values, and family", the administrator Jonathan King says.



Atafu Faipule
Keli Kolo



Tokelau Ulu 2011
Foua Toloa



Nukunonu Faipule
Salesio Lui



Atafu Pulenuku
Faafetai Taumanu



Fakaofu Pulenuku
O'Tinielu Tuumuli



Nukunonu Pulenuku
Panapa Sakaria



Atafu
Ahola Tonuia



Fakaofu
Penehe Tulafono



Nukunonu
Nui Tumua



Atafu
Iosua Aleni



Fakaofu
Gau Gaulofa



Nukunonu
Sio Perez



Atafu
Vasi Aleni



Nukunonu
Lupe Kilino



Nukunonu
Mika Perez

into Parliament



Atafu
Nofu Lupati



Fakaofu
Fofu Tuisano



Fakaofu
Kolowei O'Brien



Fakaofu
Ane O'Brien



Atafu
Tekie Iosefa

Airstrip Still an Option

Purpose Built Boat Still Priority for Tokelau

The issue of having a new built boat for Tokelau have been around for many, many years. The decision which was discussed at Parliament during General Fono finalises that Tokelau will have its new boat in two years time. The Ongoing Government of Tokelau had two options on whether to have a new built boat which

has been the subject for over 10 years or have an airstrip which will benefit various parts of its development. With the bright sites of flying around in planes benefiting Tokelau economically, delegate members questioned how genuine the proposed airstrip by New Zealand was and how it may turn out to be just another matter which could see drag further.

The administrator, Jonathan King brought forward a conversation which he had with New Zealand Foreign Affairs minister, Murray McCully to portray the seriousness of the proposal. With his

understanding the New Zealand government are willing to support whatever decision made according to the administrator.

The decision has been supported by members of the community. Some felt it been an issue been faced by the past elderly who have passed away and should be the main focus.



Father rests after finding a breezy spot for his daughter on deck

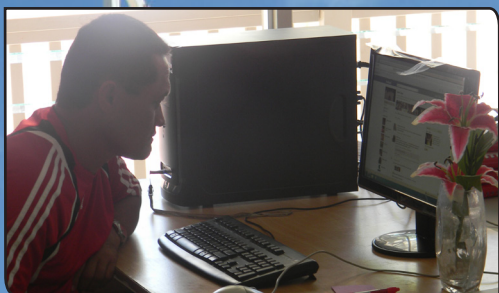
Airstrip Facts

The Airstrip recommendation by New Zealand was to have an airstrip built on one island with an inter island boat to travel between islands and a cargo service through the Apia-Tokelau route. The cost of an airstrip is said to be around 18 million with travelling time from Apia to Tokelau around one and a half hours. Numbers of passengers that can travel per trip is around 25 to 40. Airstrip specialist found Nukunonu as the preferred site for the Airstrip.

**More sailing
Photos on the MV
Lady Naomi**



Passengers resting on deck of the MV Lady Naomi catching the fresh ocean breeze.



SIGN OUT: *Eric Lemuelu Falima*

National Anthem

A national competition was held to find a national anthem for Tokelau was won by Eric Lemuelu Falima from Fakaofu. Eric a musician since a young age already has an album released was honoured and proud to have his song of the anthem selected.

"It needed a few changes but its good", he said.

According to the competition winner the lyrics to the anthem is based on the culture plus the Christian faith of the country.

The anthem now belongs to Tokelau and is being discussed again at this General Fono, the anthem is still yet to be finalised before it becomes official.

The competition started in 2005 and took four years to select the winning song.

Assisting Hand Approved by Fakaofu Taupulega

A Worldwide Christian Broadcasting Corporation and Adventist Health Association in Australia look to lend a helping hand for the tiny nation of Tokelau. Matthew Butler an environmental specialist and representative ambassador, Upulilo Melemele who is also Tokelauan both from the 'IT IS WRITTEN OCEANIA' broadcasting TV station and



(left-right) Upulilo Melemele, Chester Kuma and Mathew Butler

Chester Kuma a surgeon were on a fact finding mission on Fakaofu for projects which could help Tokelau for better education and better health lifestyle.

The three is from a large group who have been assisting many countries in the Pacific region and help assist in many projects. They have also managed to established clinics around the pacific and two major hospitals.

The growing concern of non-communicable diseases was seen to have caught the eyes of the group and seen to already visualise great ideas on projects possible. Some of the community had requested assistance on health program already running. "Science Laboratory would be a great project for the school", Mr Kuma said.

"We have been talking to the minister wife and looking at equipment for the women", says the confident Surgeon.

The group in return wants nothing back, says they are just looking to lend a helping hand and hope to change people's lifestyle to a healthy way.

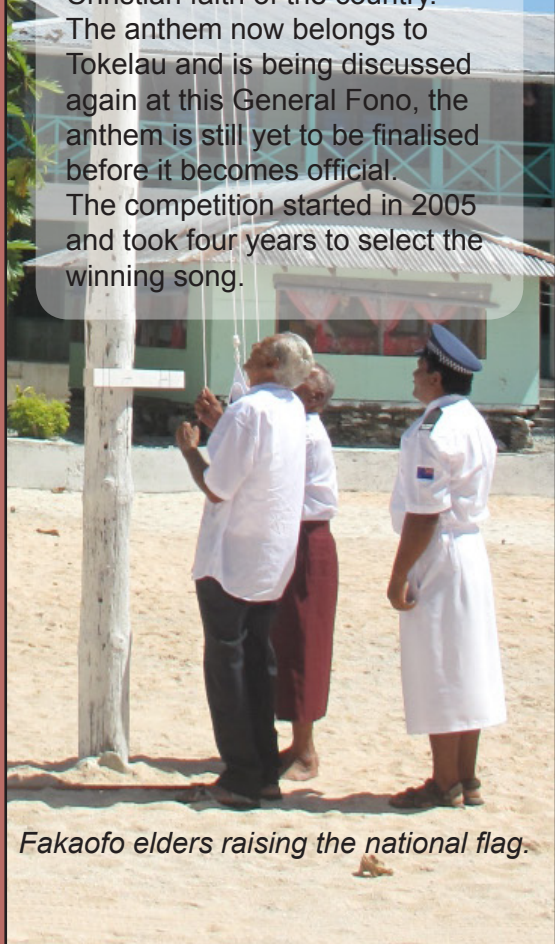
"The reason we are here is on a fact finding mission on how we can assist", says Chester

"The most enjoyable fact about the job is seeing changes in people's life", Chester added.

As a surgeon operating on people the most complicating fact is patients is approached late and Chester believes that focusing on the source can help save people warning them before it's too late. "I want to be there standing on the mountain and telling them to stop before they hurt themselves – better to prevent then to try and cure", says the surgeon.

The Group hopes to assist the other two islands in near future time according to Upulilo Melemele.

The Fakaofu taupulega have approved of the teams assistance.



Fakaofu elders raising the national flag.

TE TO'KIE I NUKUNONU DVD

An Introduction to Tokelau Weaving

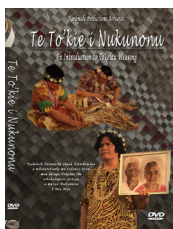
It is a fascinating **DVD** with women from the community explaining their family history and passing on knowledge about their weaving patterns, traditional tools and practices. It also includes traditional song and dance from Tokelau. As well as selling the **DVD**, they intend to donate copies to Tokelau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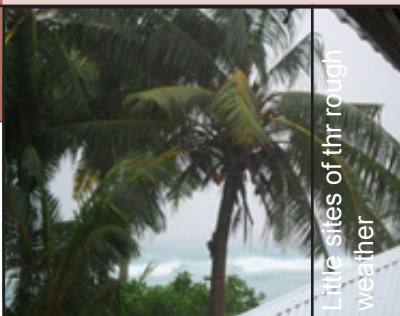


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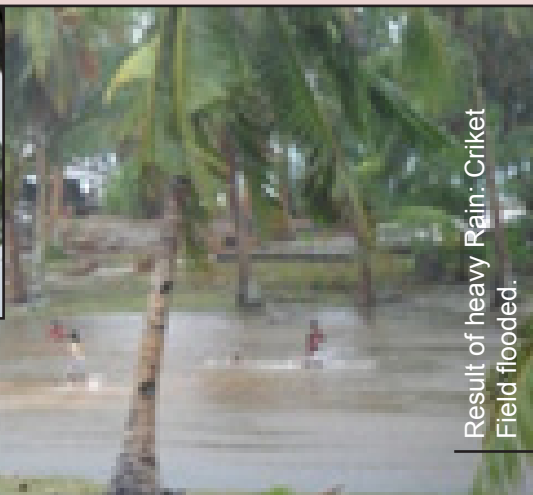
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Cyclone Season on Tuloto



Little sites of thr rough weather



Result of heavy Rain: Cricket Field flooded.

On Friday the wind started to pick up and increased its intensity with the rain on Saturday and Sunday.

The tide also began to swell. On Saturday, the abled men were working around the village securing houses. Thanks to Gods abundant love Tokelau again was unaffected by the cyclone, but let us keep praying that Tokelau will be safe during this cyclone season.

On Wednesday the 26th of January the village celebrated the ending of the mourning period for the dearly loved father Aloisio Isaia. The mass was celebrated by Deacon Pio Tuia followed by a feast prepared by the deceases family. There was plenty of food prepared by the family that the village had their share plus an inati share. Thanks must be given to the extended family that gathered to prepare dishes for this special day. Malo to all the families for their love for this father which made this day exquisite.

Father Aloihio Ihaia



On Saturday, 22 January our heavenly father called our dearly loved father Aloihio Ihaia. So we take this opportunity to send out sympathy and words of consolation to the family in mourning and the extended family.

Ke alofa te tatou Tamana alofa i te lagi ke fakatahi atu kia te koutou te fanau kae maihe te kaiga kae ke maua ai e koutou tana fakamafanafanaga hili. Aua ko la lava na leamai, amutia ki latou e fakanoanoa aua e fakamafanafanagia ki latou. Ko teia la te fanau ma te kaiga fakanoanoa, tatou onohai ma loto tetele manu ko te koutou tamana kua i na lima alofa o lehu.

May God of infinite love be with you his immediate and extended family and give you immeasurable comfort. God did say, happy are those who mourn for they shall be comforted. That is why his children and the family in mourning, let us allow him to go and be strong knowing that your father is now in the loving hands of Jesus.

The requiem mass for the father was carried out on Sunday and then a procession to his final resting place in Kalevalio.

MV Tokelau

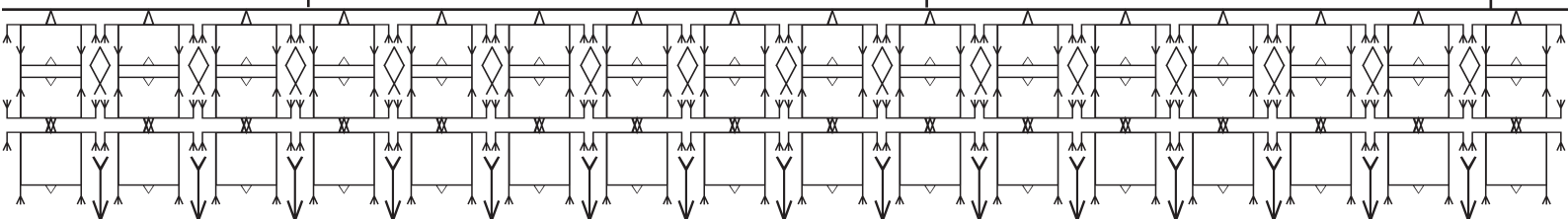
On Friday evening the MV Tokelau arrived to transport two patients to Samoa for medical reasons. These were Tito Moti and Iulio Petelo, let us pray for Gods love to help them with their medical conditions.

Samoa Express

The Samoa Express did not arrive into Nukunonu at the eta of 4am on Thursday morning but arrived around midday. The men began the work but it was halted due to the tide. It was then decided that the boat would sleep and the work to be recommenced the next day. The next day the Samoa Express travelled back to Samoa with the Nukunonu cargo because of the strong winds and rough sea.

Briefing Meeting for the New office

A briefing meeting was held with the new office, old office and the General Manager with the expectation of briefing, clarifying and explaining areas in relation to Nukunonu and also the Tokelau government. They also discussed areas of interest that the new office should be aware of. It is anticipated that on Wednesday the 2nd of February the village Chiefs (Taupulega) will meet to formally redeploy the new office.



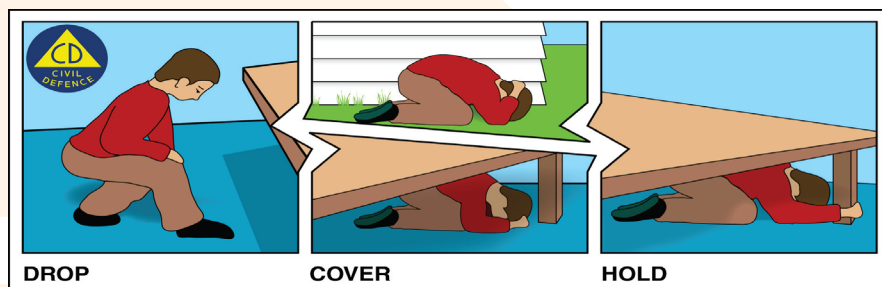
Drop, cover and hold still the best advice

The advice from civil defence and The NZ Society for Earthquake Engineering comes in response to a widely circulated email by a self-professed rescue expert.

Information in the email contradicts current advice on what to do in an earthquake. Although the email source has been discredited in the US, where it originated, the emails have been virulent enough to create some public concern both in the US and in New Zealand. Standard advice in New Zealand for what to do in an earthquake is to drop, take cover

to the safe place can save lives. And that safe place should be within a few steps or two metres to avoid injury from flying debris," says Mr Hamilton.

Peter Wood, who is president of the NZ Society for Earthquake Engineering, says that each year about 70 damaging earthquakes occur throughout the world. New Zealand experiences hundreds of earthquakes every year but most of these are either very deep in the earth's crust or centred well offshore, and cause little damage or injury. But over 100



under a sturdy piece of furniture, and hold on, or shelter against an interior wall away from windows, bookcases etc. That advice still holds true and has not changed says John Hamilton, the Director of Civil Defence Emergency Management.

"This practice will protect people in most earthquake scenarios. This is the drill practiced by schoolchildren, and what civil defence agencies have consistently promoted around the country." "In a severe earthquake it is absolutely vital that people respond immediately. Confusion about what to do can result in people getting seriously injured or killed."

"Our advice is to identify safe places in your home, office or school before an earthquake so that when the shaking starts you can respond quickly.

"An immediate response to move

quakes a year are big enough to be felt, and a severe one can occur at any time.

"The 1931 magnitude 7.8 Hawke's Bay earthquake caused significant damage and resulted in the introduction of the first New Zealand earthquake resistant design standards." "In New Zealand we are fortunate to have sound building codes and earthquake resilient structures and can have some level of confidence in our buildings.

"But we know from recent international tragedies such as the ones in Kobe, Japan in 1995, and in Taiwan in 1998, that the best building codes in the world do nothing for buildings built before modern codes were enacted. Fixing problems in older buildings – retrofitting – is in most cases the responsibility of the building's owner. However, small improvements can make big differences."



Ministry of Civil Defence
& Emergency Management
Te Rākau Whakamarumaru

Know what to do – before you have to do it!

1. BEFORE AN EARTHQUAKE

- Identify safe places very close to you at home, school or workplace, such as under a sturdy table, or next to an interior wall.
- Develop a Household Emergency Plan and have emergency survival items so that you can cope on your own for at least three days
- Protect property - secure objects and your homes and keep insurance up to date

2. DURING AN EARTHQUAKE

- Move no more than a few steps to a safe place, drop, cover, and hold on.
- Do not attempt to run outside
- If outside, move no more than a few steps to a safe place, drop, cover, and hold
- If in a lift, stop at the nearest floor and get out
- If you are driving, pull over to the side of the road. Stay in the vehicle until the shaking stops

3. AFTER AN EARTHQUAKE

- Expect aftershocks and help those around you if you can
- Report injuries or fires to the emergency services (dial 111).
- Put out small fires. Evacuate the building if the fires cannot be controlled.
- Listen to the radio for advice and information.
- If your property is damaged, take notes or photos for the loss adjustor.
- Do not go sightseeing and stay out of damaged Buildings

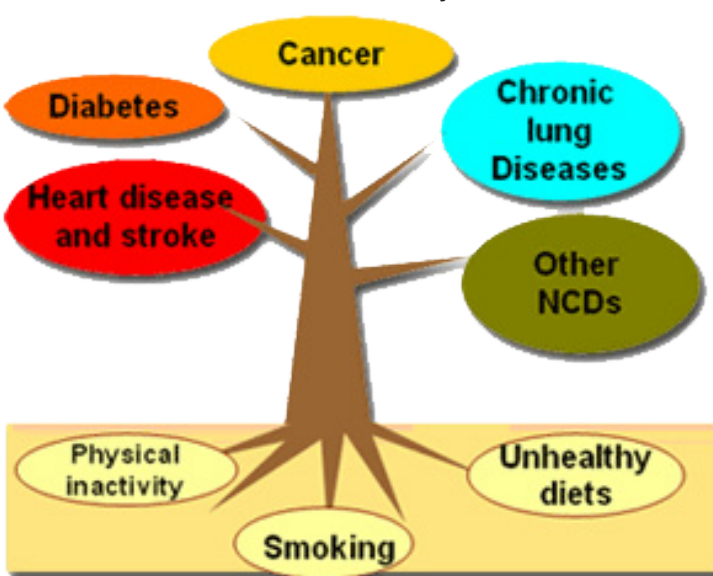


NCD Facts

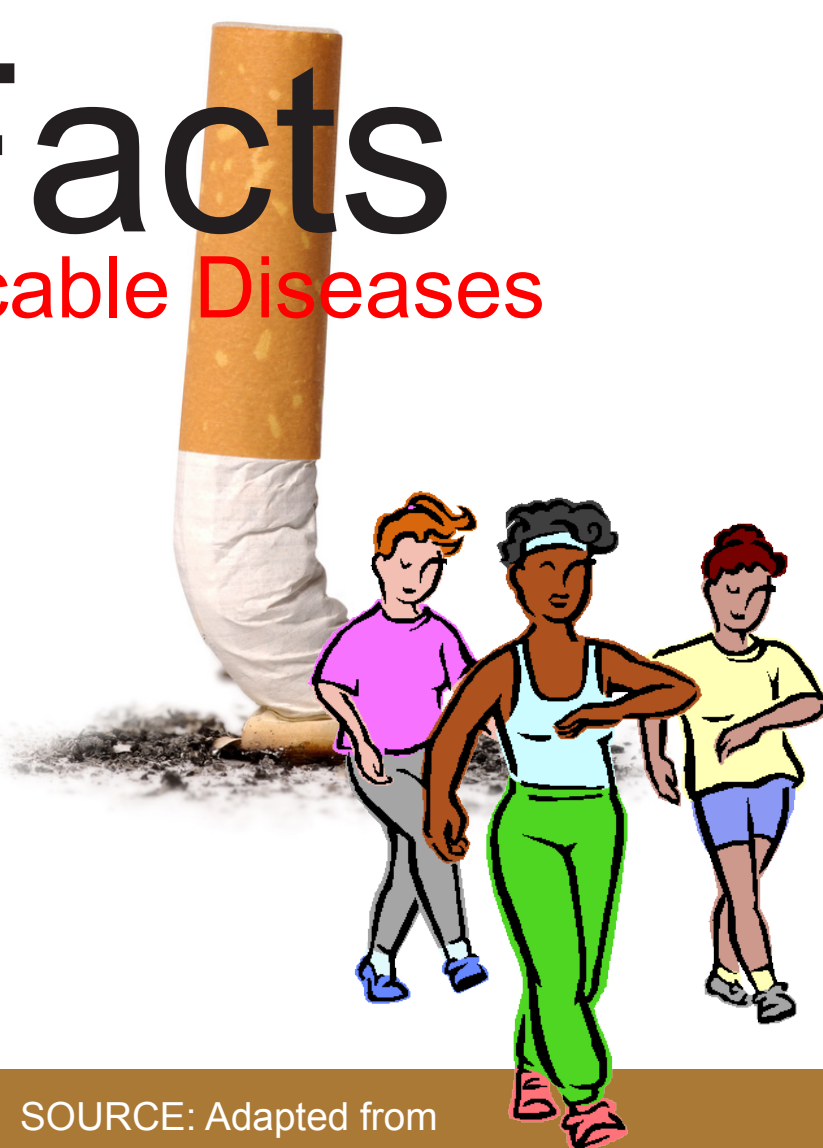
Non - Communicable Diseases

Noncommunicable diseases are usually thought of as chronic conditions that do not result from an acute infectious process. These conditions cause death, dysfunction, or impairment in the quality of life, and they usually develop over relatively long periods—at first without causing symptoms; but after disease manifestations develop, there may be a protracted period of impaired health. Generally, these conditions or diseases result from prolonged exposure to causative agents, many associated with personal behaviors and environmental factors. The major noncommunicable diseases are listed in Tables 1 and 2. Noncommunicable diseases also include injuries, which have an acute onset, but may be followed by prolonged convalescence and impaired function, as well as chronic mental diseases.

Noncommunicable diseases are the leading cause of functional impairment and death worldwide. These conditions have been the leading cause of death in the United States and other high-income countries over the last fifty years, and they are emerging as a leading cause of death in low-to middle-income countries. Table 1 depicts the leading causes of death worldwide showing that noncommunicable diseases and injuries account for



over two-thirds of deaths. In addition, these diseases cause pain, disability, loss of income, disruption of family stability, and an impaired quality of life.



SOURCE: Adapted from
The World Health Report 2000

Communicable Diseases	(42.8%)
Non-Communicable Diseases	(43.2%)
Injuries	(13.9%)
Cardiovascular Diseases	(10.9%)
Neuropsychiatric Disorders	(11.0%)
Cancers	(5.9%)
Respiratory Diseases	(4.9%)
Congenital Abnormalities	(2.5%)

Major noncommunicable diseases and risk factors are:

- Heart disease and stroke
- Cancer
- Chronic lung disease
- Diabetes
- Tobacco use
- Unhealthy diet
- Physical inactivity
- Harmful use of alcohol

Like every other year, the end of the 2010 academic year was marked with school prize –giving ceremonies, and graduation ceremonies. Hundreds of relatives and friends flooded the school compounds and various venues to witness and celebrate student achievement.

There is no doubt similar activities took place all over the region and across the world.

At the end of last year we also witnessed some of our own students graduate from several institutions of higher learning. Graduation is a very special event, especially so here in the Pacific.

Obtaining a qualification from a tertiary institution stirs something deep within us. It is a time where one reflects on the “if on-lys” and the “what ifs”. This is also the time of joyous celebration when every hard working student lifts his head up and says “I did it!”, and when the lecturers might jokingly say for some “against all odds he / she did it”. It is also the time where the usually modest parents tend to lose themselves in the joy and the pride they try so hard to suppress, which at times get the better of us causing humorous, embarrassing and awkward moments.

But one thing for sure is that humility overcomes pride as one acknowledges the guidance received from the Almighty Father, and the support from scholarship donors and administrators, the nukus, the parents, families and friends. He will then come to realize that without that support he could not have made it alone.

Leading up to graduation ceremonies is usually a tense period of time for the students as they anxiously await their final results and most importantly whether they get to graduate or not.

Eight Students

RIGHT: Remi Gasologa and mother Pele
MIDDLE: Sosene Tuisano with mother Maise & sister.
LEFT: Josephine Schuster with mother Liza Lui & son.



Fortunately for eight of our students their prayers were answered. In 2010, eight Tokelauan students completed their respective qualifications from three institutions –The University of the South Pacific Laucala Campus Suva Fiji; The Fiji National University Suva Fiji; and The National University of Samoa.

Six of these students were sponsored under the Government of Tokelau Scholarship Scheme, one was sponsored by the Department of Transport and Social Services and one was a private student. The students were Aleta Jr Thomas Aleta, Mika Kalolo, Pio Toafe Alainuuese, Katieli Peleti Kelesoma, Sosene Tuisano, Remi Gasologa, Alatonu Tuilimu and Sulami Tali.



Wong Chiu Tuipoloo
*Academic and TVET
Coordinator*



Photos: Families and friends of some of the graduates in Samoa

Graduate in 2010



The graduation ceremonies for the National University of Samoa (School of Maritime Training), USP and Fiji Institute of Technology all took place during December 2010.

The graduation ceremony for Katieli Kelesoma will take place in Samoa in April. Pio's graduation was held in Fiji. Aleta Jr, Sulami and Mika participated in the USP graduation ceremony held in Samoa so that families could attend and be witness to this momentous occasion. We hope to celebrate in another graduation ceremony for Aleta Jr later this year, when he is conferred his Master in Education degree once this has been confirmed by the School of Education, USP.

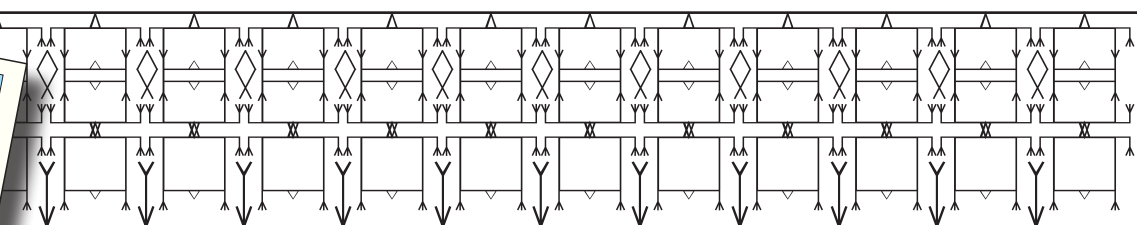
Our graduates have now made their way back home to Tokelau to serve. Undoubtedly these individuals will be bursting with enthusiasm and will bring with them fresh innovative ideas that would further contribute to the development of our people and Tokelau as a nation.

We can also expect of them to bring positive changes and inspiration to the workforce and put to good use what they have acquired over the years. It will not be an easy task but we wish them well in their new roles and hope that they will enjoy the same success as they had achieved through their studies.

Savor your success and achievements, but do not forget that it is the beginning of new challenges. God bless you all and God bless Tokelau

Once again congratulations to those who graduated last year for your achievements. We hope that more of our students will follow suit and do the same in the future.

Student	Nuku	Sponsor	Place of study	Qualification obtained 2010
Mr Aleta Jr Thomas Aleta	Atafu	Scholarship Scheme	USP Laucala Campus Suva Fiji	Postgraduate Diploma in Education
Mr Mika Kalolo	Atafu	Scholarship Scheme	USP Laucala Campus Suva Fiji	Bachelor of Commerce
Mr Plo Toafe Alainuuese	Nukunonu	Scholarship Scheme	Fiji Institute of Technology Fiji National University Suva	Trade Certificate in Welding and Metal Fabrication
Ms Sulami Tali	Atafu	Private	School of Science USP Laucala Campus Suva Fiji	Bachelor of Science
Mr Alatonu Tuilimu	Atafu	Department of Transport and Support Services	School of Maritime Training – Institute Of Technology National University of Samoa	Certificate Master Class 5
Mr Sosene Tuisano	Fakaofu	Scholarship Scheme	School of Maritime Training – Institute Of Technology National University of Samoa	Certificate in Basic Marine Engineering (R2)
Mr Remi Gasologa	Fakaofu	Scholarship Scheme	School of Maritime Training – Institute Of Technology National University of Samoa	Certificate in Basic Nautical (R2)
Mr Katieli Kelesoma	Fakaofu	Scholarship Scheme	National University of Samoa	Bachelor of Science



Health Mission Report



Director of Health
Lee Pearce

To assess the prevalence of breast disease in women of Tokelau by means of clinical examination and ultrasound.

OBJECTIVES

BACKGROUND

NZ the incidence is estimated to be 60/100,000. This correlates to a risk of one in ten women in NZ having breast cancer in their lifetime.

Risk climbs proportionately with age. Population screening in NZ is recommended between ages 45-69. Early detection of breast cancer is associated with improved outcomes in survival, and many countries have instituted breast cancer screening.

METHODS

The medical mission to Tokelau consisted of –

Mr Burton King

Breast Surgeon Wellington Hospital

Dr Alison Foster

Breast Physician Wellington Hospital and General Practitioner

Sandy Lyster

Specialist Breast Nurse Wellington Hospital

The trip was arranged by the Director of Health for Tokelau, Lee Pearce, following contact with

the Wellington Hospital Breast Clinic over the last ten years. Since 2002, 20 patients have been referred to Wellington Hospital from Tokelau with breast symptoms via the Tokelau Patient Referral Service, of whom 7 have been confirmed to have breast cancer and proceeded to treatment and long term follow up. There is no formal breast screening programme in Tokelau, and a survey of the island's female population was proposed. All women, regardless of age were invited to attend for a clinical breast examination, with a targeted breast ultrasound for any abnormality detected. Where necessary, this was followed by ultrasound guided fine needle aspirate (FNA) for cytology. Specimens will be analysed at Wellington Hospital and patients brought to NZ for further investigation if necessary.

The team spent one day only on each atoll, due to time constraints. The team was able to meet with the Taupulega (Council of Elders) on Fakaofu and Atafu to discuss the objective of the mission and received their support. The clinics were held in the local hospital with the assistance of the local medical and nursing staff. Several home visits were performed on each atoll for elderly women unable to come to the clinic. We also reviewed 5 women with past history of breast cancer. These women were well, and had normal examinations suggesting no breast cancer recurrence.

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Village Proposal

To help contain the rise in NCDs on Fakaofu atoll by utilising various community based health awareness activities.

OUTCOMES SOUGHT

Project Costs and description	Total (NZ Dollars)
For the 6 awareness workshops (3 for adults, 3 for school children, as below): <ul style="list-style-type: none"> posters of smoking effects and alcohol effects on the body models to demonstrate smoking and its effects on the lungs nicotine patches, nicotine chewing gums vanguard sheets, permanent markers, whiteboard markers pens, crayons, 	2,800.00 + 1,000.00
For community based physical activities: <ul style="list-style-type: none"> aerobics DVDs, aerobics weights buoyancy belts (for water activities esp for the elderly) pamphlets of exercise regimens for various ages, and those with heart conditions 2 bathroom scales (for measuring weights) 	5,000.00 +1,500.00
Healthy diet activities: <ul style="list-style-type: none"> Petrol for acquiring needed resources* Natural/traditional foods Vegetable seeds (for competition) <ul style="list-style-type: none"> Head cabbage, Chinese cabbage, Carrot Spring onions Tomato Com 	2,866.00 +2,000.00
Competitions: <ol style="list-style-type: none"> Community Gardening (prizes) <ul style="list-style-type: none"> 6 spades 6 rakes 6 wheelbarrows 6 handbooks on gardening tips 6 Watering containers 80 satchets each of the following seeds: <ul style="list-style-type: none"> english cabbage Chinese cabbage Spring onions Tomato Hana 3 types of flower seeds School activity (theme: healthy diet) <ul style="list-style-type: none"> 12sets crayons 12sets coloured pens 3sets multicoloured permanent markers 3sets coloured plastadine 	2,112.00 +2,000.00
Youth sports related activities: prizes <ul style="list-style-type: none"> (protective sports gear) <ul style="list-style-type: none"> 20 pairs knee pads 40 knee joint elastic strapping 20 pairs elbow pads 40 ankle joint elastic strapping 10 shoulder pads 40 elastic shoulder strapping 40 deep heat ointment 	2,222.00 +3,500.00

Non Communicable Diseases (NCDs) have now been identified as a major health concern to the people of Tokelau. As has been well known through studies and written about in many articles, the main contribution to this problem has been the profound changes to the lives of pacific people but especially in Tokelau's case, atoll populations.

Tokelauans in the old days had very limited food sources. The diet consisted mainly of seafood and seabirds, supplemented by coconuts at their various stages of maturity, pandanus and swamp taro.

Ferns and other edible plants with seasonal wild berries withstanding the limestone soil and salty seaspray are some addition to this diet.

Mode of travelling was either walking on land or paddling/poling a canoe, activities that were part of the people's daily lives. There is always something to do in the old days and everyone contributes so idleness was never part of their lives. Food supplies had to be acquired, houses and canoes had to be maintained regularly in good condition. Contact and communication with nearby atolls was necessary not only for security but to acquire supplies during drought or famine.

Smoking was an unknown habit prior to European contact and the only alcohol known was fermented coconut flower juice (toddy).

Nowadays food is so abundant but to a state where fatty meat and processed food now dominate the diet.

The soil is so poor, unfertile and

continue to
the next page



HEALTH PROPOSAL FROM THE VILLAGE

continuation from the Fakaofu health proposal

OUTCOMES SOUGHT

	Objective	Impact	Indicator & Target	Verification
1.	To conduct 6 awareness workshops for the village (3 for adults, 3 for school children) stressing: <ol style="list-style-type: none"> 1. smoking and alcohol 2. healthy food 3. daily exercises 	<ul style="list-style-type: none"> • Village people attempt to minimise/cease smoking and alcohol use • Village people are eating more healthy food • Village people are participating in healthy village based exercises 	<ul style="list-style-type: none"> • A decrease in tobacco and alcohol sales • A decrease in alcohol related disturbances • A decrease in NCD related annual admissions • A decrease in imported unhealthy foods • A decrease in peoples weights/BMIs 	Reports
2.	2 monthly Health related activities for the youth emphasising smoking and alcohol	Youth focussing on healthy activities	A decrease in the number of smokers and alcohol abuse	Reports
3.	To conduct community exercise eg aerobics, water activities	Village people are noted to participate and enjoy their daily exercises	A decrease in body weights RBS/FBS and BPs are well controlled	Reports
4.	Ke fai ni tauwaga mo na lakau toto	Village people are spending time gardening	An increase in local grown vegetables sold at village market	Reports

continue to
the next page

IDENTIFY ANY RISK THAT MAY IMPACT ON THE PROJECT NOT COMPLETED

Risk	Impact	Mitigation	Date	Owner
timing	Not enough time for the planned	Well prepared in advance and have alternative plans		"Fakaofu Olafia" group
Urgent Taupulega activities for the village Some "Fakaofu Olafia" members are overseas	Delay and postpone of planned program Remaining members not able to conduct sessions/activities	Communication with the Taupulega Plan ahead for such setbacks. Seek help from health staff		"Fakaofu Olafia" group Health Workers

limited and so only limited vegetables do grow but require a lot of work which may be a major factor in so few people growing their own vegetables.

Outboard motorboats, quad-bikes, golf-carts, and various heavy machines are now being utilised to do most of the travelling and heavy work. Households are furnished with various electrical appliances like washing machines, ovens, or food processors. All these have taken up most of the daily activities usually done by hand.

Not only has alcohol and tobacco use increased, the age of first use has gone down as well. This problem is obvious from the increase in various domestic violence and village disturbances. All these problems are of concern to the Health Department of Tokelau and each atoll should now make a stand and take ownership of their health. According to the "Stepwise Survey" in 2004 and the latest figures, not only is the age of acquiring these NCDs going down, the number of deaths and referrals

attributed to NCDs are also increasing. Looking ahead if this problem is not addressed and contained they will have a major effect not only on the health budget but also to each atoll in general. With a large proportion of the workforce having medical problems, developments will be significantly affected due to sick leaves and permanent leaves. Other countries have already taken the challenge to a healthy living and so Tokelau cannot and must not wait any longer.

Village Proposal

Program 1: Physical Activity “Fun Games for Healthy lifestyle”

Objectives:

- o To improve understanding, awareness and participation of the community on the benefits of physical activity on the prevalence and management of Noncommunicable diseases (NCDs)
- o To reduce the incidence of NCDs within the Atafu population

Target population: Adults population (including USP and Yr 11 students)

Coordination team:

- o Coordinator CH/Hospital manager - chair
- o Selected Health staff (2)
- o Heads of units/ Dept reps
- o NCDs Olatia rep

Activity 1: Health education session

- o The content of this educational session is to discuss the physiological impact of physical activity on the body, with respect to obesity, diabetes, hypertension and cardiac conditions
- o The session will also introduce the overall program details and activities involved.
- o This session will be an introduction to the program so that to enhance the understanding and motivation of participants towards the program
- o This session can be on the same day as the launching of this program
- o To conclude the session, there will be time for questions and answers to assess the understanding of the audience on the issues discussed

Resources required:

- o Data projector / laptop
- o Contents of health educational

session- to be pilot prior to implementation

Activity 2: Physical activity proper

Activity 2.1: Participants register

- o This register records all participants details, individual weights, individual BMI, team pack weights
- o Population will be divided into 6 groups, and this register records participants in these teams
- o The teams should have similar group composition in terms of age distribution

Activity 2.2: Weighing of participants

- o Each participant, prior to commencement of the program, will be weighed, and their individual weights recorded, individual BMI recorded, and the team pack weight will also be recorded
- o After the first month of the program, all participants will be weighed, BMI calculated and pack weight recorded
- o This monthly weighing will be an ongoing activity throughout this program
- o The new individual weight/pack weight for the previous month will be the starting weight for the new month
- o Anyone joining in the middle of the month will be weighed and recorded as individual, but although they will be allocated into one of the teams, their weight will only be included into the pack weight when the new month begins

Activity 2.3: Prizes

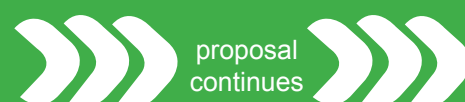
- o The participant with the most drop in individual weight/BMI each month will be awarded
- o The team with the most drop in pack weight will also be awarded

Activity 2.4: Physical activity sessions

- o The sessions will be a duration of 1 hour twice a week to begin with, on Tuesdays and Friday, 4-5 pm weekly
- o The sessions will be scheduled and organised in a competition way to enhance motivation to participation whenever possible
- o Sessions may include Aerobics, Brisk walking, swimming, netball, soccer, tug of wars, 100m race, long jump, volleyball, touch rugby, table tennis.
- o These sessions will consider the physical ability of participants, and the local conditions
- o The organizers will identify possible sponsors for prizes in each sessions whenever needed
- o There will be a monthly schedule of activities and will be discussed with all participants a week before the new month
- o It is important that prior to each day, warming up will be a vital component of each day session

Activity 2.5: required resources

- o Radio/CDs- aerobics
- o Bathroom weighs (4)
- o Netball balls (4)
- o Volleyball net (2)
- o Volleyball balls (3)
- o Touch rugby balls (3)
- o Stop watches (5)



HEALTH PROPOSAL FROM THE VILLAGE

continuation from the Atafu health proposal

<u>Action</u>	<u>Responsible person</u>	<u>Timeline</u>	<u>Outcome measure</u>
Once proposal is approved, the Hospital manager (HM) will inform the target population	Director of Health Hospital manager(HM) Director of Taupulega office	Before 15th October, 2010	The proposal is approved and the target group is aware of the program
Preparation and pilot of health education material	Coordinator, health sector and team	Before 30 October 2010	A well set health education program/ related contents is ready
Health education session	Coordinator-CH and team	Before 15 Nov, 2010	Health education delivered, and the adults population understands the impacts of Physical activity on their lives
Grouping of adults population, recording of participants and prior weighing	Coordinator CH, Health staff and team	The following day after implementation of educational session	There are 10 six groups with similar components in terms of age distribution; all individual and group weighs are recorded correctly.
Launching of "Fun Games for Healthy Lifestyle"	All participants	The same day of the weighing	Participants take part in the first day of the program
Ongoing running of the program-	Coordinator-CH and team, all participants	2 days a week-ongoing	Participants takes part in these activities
Schedule of activities for each day	Coordinator-CH and team and all participants	A week before its implemented	Participants agree with the plan and the activities should take into consideration the different age distribution within the groups and to enhance motivation to

Financial need:

Data projector for activity 1:
\$2,500.00

(This projector will be used for all other NCD / Health related educational programs in Atafu)

Equipments and accessories for Activity 2.5:

\$1,500.00

Prizes and incentives for activity 2.3:

\$1,000.00

Total \$5,000.00

Resources requirements:

- o Data projector / laptop
- o Radio/CDs- aerobics
- o Bathroom weighs (4)
- o Table tennis table (2)
- o Table tennis accessories (net, balls and rackets)
- o Netball balls (4)
- o Volleyball net (2)
- o Volleyball balls (3)
- o Touch rugby balls (3)
- o Stop watches (5)

Financial need:

Data projector

\$2,500.00

(This projector will be used for all other NCD / Health related educational programs in Atafu)

Equipments and accessories
\$1,500.00

Prizes and incentives

\$1,000.00

Total \$5,000.00

Village Proposal

Fitness and Health-Fitness with Fun

The issue:

The cost of pharmaceuticals and curative treatment is increasing; the lack of technology and appropriate skills put pressure on the local health services, and the remoteness and economic capacity of Tokelau stretch the vulnerability of our local population to NCD further.

Available hospital data, supported by the Tokelau Stepwise Survey data, indicates a high prevalence of obesity, overweight as well as the prevalence of NCD in Nukunonu. The data also indicated a high proportion of the community with limited physical activity.

Goal:

To enhance motivation and positive attitude change within the community towards physical activity as a strategy to reduce prevalence of NCD and its contributing factors among the people of Nukunonu.

Objectives:

- o To improve understanding, awareness and participation of the community on the benefits of physical activity on the prevalence and management of NCD.
- o To reduce the incidence of NCD and the prevalence of contributing factors such as obesity and overweight, within the Nukunonu population

Action	Responsible person	Timeline	Outcome measure
Once proposal is approved, the Manager (HD) will inform the target population	Director of Health Manager-HD	Before 30 August, 2010	The proposal is approved and the target group is aware of the program
Preparation and pilot of health education material	Coordinator, community health sector-Nukunonu and team	Before 30 September 2010	A well set health education program/ related contents is ready
Health education session	Coordinator-CH and team	Before 20 October, 2010	Health education delivered, and the target population understands the impacts of Physical activity on their lives
Grouping of Fatupaepae, recording of participants and prior weighing	Secretary-Fatupaepae, Coordinator CHP and team	The following day after implementation of educational session	There are 6 six groups with similar components in terms of age distribution; all individual and group weighs are recorded correctly.
Launching of "Fitness and health-fitness with fun"	All participants	The same day of the weighing	Participants take part in the first day of the program
Ongoing running of the program-	Coordinator-CH and team, all participants	2 days a week-ongoing	Participants takes part in these activities
Schedule of activities for each day	Coordinator-CH and team and all participants	A week before its implemented	Participants agree with the plan and the activities should take into consideration the different age distribution within the groups and to enhance motivation to participate
Monthly weighing	Coordinator-CH and team and participants	Monthly	Monthly records of individual weighs, BMI and group weigh
Monitoring and evaluation	Coordinator-CH, and Fatupaepae executives	On-going	A monthly report, with recommendations is submitted to the Fatupaepae, Manager-HD,

Resources requirements:

- o Data projector / laptop
- o Radio/CDs- aerobics
- o Bathroom weighs (4)
- o Netball balls (4)
- o Volleyball net (2)
- o Volleyball balls (3)
- o Touch rugby balls (3)
- o Stop watches (5)

Financial need:

Data projector	\$2,500.00
<i>(This projector will be used for all other NCD / Health related educational programs in Nukunonu)</i>	
Equipments and accessories	\$1,500.00
Prizes and incentives	\$1,000.00
Total	<u>\$5,000.00</u>

continuation from the Nukunonu health proposal

Diet and Nutrition-Diet with ambition

Action	Responsible person	Timeline	Outcome measure
Approval of proposal and informing of target population	Director of Health Manager-HD	Before 30 August 2010	Proposal is approved and Fatupaepae is aware of the program
Putting together of facilitating team	Manager-HD, Fatupaepae executives, Coordinator-CH	Before 20 September, 2010	The facilitating team is confirmed and are aware of their roles and responsibilities
Ordering of materials and appliances needed for the program, arranging of the space needed	Manager-HD, Fatupaepae executives, facilitating team	Before 30 October 2010	Space, appliances and utilities are well organised and ready for the program
Education and demonstration session	Invited facilitator, facilitating team	Before November 30, 2010	The audience are aware of the nutritional values of locally available food and healthy diet
Food preparation and healthy cooking sessions	Fatupaepae groups, and facilitators, panel of judges	Before the 30 December 2010	Healthy meals are prepared and winning recipes are awarded
Healthy lunches for school children	Facilitating team and fatupaepae	Commence when the school starts in 2011	Healthy lunches are prepared for school children
Healthy meal recipe of the month competition	Facilitating team and Fatupaepae, nukunonu community	Commence January 2010 (Monthly)	Winning recipe is awarded and included in the Healthy meal recipe booklet for Nukunonu
Developing of a Nukunonu healthy meal recipe booklet	Coordinator-CH, facilitating team	Commencing in January 2011 and recipes are added on monthly	A Nukunonu healthy meal recipe booklet is printed and distributed within Nukunonu
Evaluation and monitoring	Coordinator-CH and facilitating team	On-going	Monthly report is submitted to the Manager-HD with recommendations

The issue:

The cost of pharmaceuticals and curative treatment is increasing; the lack of technology and appropriate skills put pressure on the local health services, and the remoteness and economic capacity of Tokelau stretch the vulnerability of our local population to NCD further.

The Tokelau Stepwise Survey data indicates a high prevalence NCD in Nukunonu and the need to address the diet of the local population and promote healthy eating.

Goal: To promote healthy eating among the people of Nukunonu

Objectives:

- o To enhance the understanding of target population on nutritional values of locally available food and healthy meals
- o To improve motivation and consumption of health diet
- o To enhance healthy cooking initiatives in developing a healthy menu booklet for Nukunonu
- o To influence healthy lunches for kids at Matiti school

Resources requirements

- o Cooking appliances (2 gas stoves with ovens), 2 gas cylinders and cooking utilities
- o Groceries
- o Stationeries/printing of healthy meal booklet
- o Incentives for
- o Allowances for chief facilitator/refreshments

Financial need:

Cooking appliances and utilities
Groceries
Stationeries/printing
Incentives/allowances/refreshments
Total

\$5,000.00 NZD
\$2,000.00
\$1,000.00
\$2,000.00
\$10,000.00 NZD

New Zealand's Relationships With South Pacific Countries

Introduction

The Foreign Affairs, Defence and Trade Select Committee report on New Zealand's Relationships with South Pacific countries shows the general attitudes and policy approach that will influence New Zealand's future dealings with Tokelau. Also, it contains specific recommendations and comments that bear on the relationship between New Zealand and Tokelau.

This paper will identify the issues and themes most relevant to Tokelau, and draw out the implications of the views of the Committee. First it will address the approaches and concerns of the Committee, showing both the changes in general attitudes to the Pacific and the Realm, and how these bear directly on Tokelau. Second it will address the specific proposals, suggestions and recommendations the Committee makes for service delivery, infrastructure and economic development. Finally, it will interpret the statements of the Committee regarding the governance of Tokelau, and its attitudes towards the options of greater self-determination for Tokelau and the relationship with New Zealand.

1. Approach and Concerns

The Committee wishes to "rethink" New Zealand's approach to its Pacific neighbours, and constantly speaks of a "new direction" and of "pragmatism". Although much remains the same, there is a general impression that Pacific foreign policy over the last 40 years has been too unrealistic or perhaps idealistic, and that inefficient or unviable choices and 'experiments' have been made by New Zealand and Pacific states.

For example, it states that the "decolonisation experiment", driven by ideals of national self-determination, has been unsuccessful. Hence the Committee affirms the importance of New Zealand taking a "realistic" approach to its responsibilities to Tokelau, and providing a "sensible, committed understanding of Tokelau's problems".

a. Priority of the Private Sector

One aspect of the Committee's 'realism' is a focus on the private sector and economic development in pursuing its objectives. The Committee is concerned at the growth of the public sector at the expense of the private sector, and the diminished need for entrepreneurial activity in an environment dominated by the public sector. Specifically in relation to Tokelau it mentions the high rate of government employment as an example of this choking of the entrepreneurial spirit. The Committee call for the creation of a private sector in Tokelau, and propose that Tokelauans be eligible for New Zealand pensions, so that private capital can bypass the public sector and purchase services in the atolls. They propose that the refusal of Realm (Niue, Tokelau and the Cook Islands) governments to reduce public sector dominance be addressed by policy development between New Zealand and the governments concerned.



The Committee's proposal for the creation of a private sector in Tokelau may have significant social, cultural and economic implications for the community. The main methods that governments such as New Zealand's National Government use to reduce public sector dominance are cutting public spending, privatising public assets and enterprises, and making funds available to entrepreneurs. Any of these options should be met with caution. Even if the reliance of many Tokelauan people on public salaries for purchasing essential goods and services is not an ideal situation, cutting these funds would probably be significantly disruptive. For example, the supply and price control roles of the village stores could be compromised. The provision of pensions could compensate for a drop in public salaries, but any families without a member receiving a pension could be disadvantaged. Any attempt to privatise village stores or to encourage competition with them would likely be very disruptive and could cause disunity. In a highly communal environment, individual effort being channelled into private enterprises could disrupt patterns such as the [communal work force]. Private enterprise (as it is currently practised in New Zealand) is a social pattern where individuals are rewarded for pursuing their own material self-interest. If not undertaken with great caution and careful thought, the creation of a private sector could disrupt any area of life in Tokelau that relies upon individuals placing value on collective interests, such as traditional leadership and authority, food and resource-sharing customs, or even family responsibilities and



CONTINUE

exchange relationships.

To guard against these dangers, Tokelau should treat with caution any proposals of the New Zealand Government that focus on reducing public sector dominance and creating a private sector. Change to the social, cultural and economic life of Tokelau is inevitable, but premature, disruptive or destructive change should be watched for and avoided. Leaders and communities should reflect and consult on the full implications of any proposal before accepting it, and be vigilant any unilateral moves by New Zealand that disregards the consequences for Tokelau.

b. Size of Government

Another area of concern for the Committee is the size of governments in the Realm. The report is critical of Niue, and expresses concern that Tokelau might repeat the Niue pattern.



The choice and latitude afforded by self-government is seen as dangerous, and resulting in unwieldy and unaffordable governance structures. The proposed standard for good governance is maintaining governance structures that the community can support sustainably. Little indication is given of what such structures might look like, beyond the criticism of Niue's Parliament of 20 members. The implications of the size of government and public sectors seem to be fiscal: the report states that New Zealand should not impose its own approach, but nevertheless direct funds to governments that are appropriately sized.

It is not clear what this statement entails for Tokelau. The current political system of the single ulu, the three faipule and pulenuku, and the General Fono, seems quite unique. It is doubtful that New Zealand could be suggesting that the size of the General Fono be reduced, or that the overall structure be altered. However, any proposal by New Zealand that Tokelau move from this customary system to a House of Representatives or alter the system in any way should be treated with extreme caution. The current governance structures are supported by the community of Tokelau, and Tokelau should not be timid in saying so. More likely is criticism of the size of the public sector in Tokelau, which should be addressed in terms of sustainable and responsible change, as described in the above section on the private sector.

c. Depopulation, Aid and Service Delivery

Another source of concern for the Committee is the depopulation of Tokelau, which they see as a threat to its political and economic viability. They find a causal relationship between the lower standards of service in delivery in Tokelau relative to New Zealand and the emigration of Tokelauans to New Zealand. They see the present trend as irreversible in present circumstances, and use the causal relationship as support for the priority they place on raising standards of service delivery in Tokelau. They view the present situation as evidence of bad 'value for money'.

The report proposes an increase in aid to the Pacific as a whole, but views aid as an inappropriate channel for assistance to Tokelau and the other territories within the Realm. The receipt of New Zealand aid by New Zealand citizens seems anomalous to the Committee. Further, they find it to be a relatively unaccountable way of providing funding.

The configuration that they favour is to provide assistance to Tokelau in the form of direct services, rather than directly budgeting the government and public sector. This is justified by focusing on the long-held objective of raising standards of core service delivery to a level equitable to communities of the same scale elsewhere in the Realm of New Zealand. They find it "difficult to accept" any disparity between New Zealand communities, and wish to take greater responsibility for the delivery of services.

2. Service Delivery, Infrastructure and Economic Development

a. Exchange of Professionals with New Zealand

The approach they seem to favour for achieving this is integrating the provision of core services with the New Zealand agencies responsible. They make two clear proposals for "harmonising" standards. Firstly, that there be a greater interchange of public servants and professionals between New Zealand and Tokelau, and that funds could be diverted from direct budget support to Tokelau for this purpose.

Although the interchange of highly skilled workers with New Zealand could be useful, there could be problems with this suggestion. First, diverting funds from budget support will disrupt current public spending, with the implications described in 1a. Second, spending such funds on temporary personnel rather than permanent improvements to services or the purchase of essential resources might be an ineffective use of funds. Third, it could be quite difficult to find willing public serv-

CONTINUE

ants and professionals to participate in such a programme. New Zealand currently has trouble attracting doctors and other professionals to rural locations, and provides attractive incentives for this purpose. Tokelau is vastly more isolated than any rural New Zealand location, and would be quite culturally unfamiliar to most New Zealand professionals. Also, the lower standards of living and service delivery (such as in health or education) might be a disincentive, especially for professionals with families. Even the boat trip could discourage all but the most intrepid professionals. If the programme was created, and it was quite difficult to find participants, then Tokelau would be left in the situation of funds for its development being locked up in an ineffective or unworkable scheme.

b. Delivery by New Zealand Agencies

Secondly, the Committee suggests that some core services be directly delivered by New Zealand agencies. An example of this would be if the New Zealand Ministry of Education were responsible for the provision of education in Tokelau, or if a certain existing District Health Board were given the responsibility for health in Tokelau. While the report recognises Tokelau's current right to decide the question, the subtext is that the threat of cuts to budgetary support will result in Tokelau having no choice but to accept in order to ensure "adequate service delivery". Elsewhere they suggest the "closest possible cooperation" between the New Zealand Ministry of Education and its Tokelauan counterpart to manage the problem and cost of educating New Zealand citizens. This seems to imply that if Tokelau were to maintain its own public service agencies, they should have to cooperate very closely with New Zealand-based agencies. The threat of Tokelau's public agencies being assimilated by New

Zealand-based agencies is real and worrying. The Committee seems to regard current patterns of service delivery as providing inadequate accountability for New Zealand public funds. From this perspective, integrating service delivery would allow them to use existing accountability mechanisms to regulate the provision of services in Tokelau and to cut costs.

There is no indication that such a move would reduce the total costs of service provision, or improve the standards of service provision. The costs and exigencies of providing for Tokelau would likely be lost inside multiple large organisations, making it harder to track costs and to integrate the various services into a coherent and efficient whole. Staff would need to be trained to be familiar with the Tokelau context and to somehow understand and cater effectively to Tokelau's needs. For this reason, it may not be in the interest of New Zealand to integrate service delivery. If Tokelau decides that it is not in its interest for New Zealand to provide core services in Tokelau, Tokelau could make this point known to New Zealand.

It is not likely that it will be in Tokelau's interests for core services to be delivered by New Zealand-based agencies. All of the reasons that apply to New Zealand's interests apply here. Also, provision of services by New Zealand will involve cutting Tokelau public spending significantly, with the implications noted in 1a. Two reasons stand out for Tokelau's particular interests. First, the services provided by New Zealand-based agencies could be inappropriate to the Tokelau context. It is likely that Tokelau public servants and professionals have a better idea of what is appropriate for Tokelau than do their New Zealand-based counterparts. Even if Tokelau public servants and professionals are made employees of New Zealand agencies, they might find themselves pressured and constrained by agency policies that

are inappropriate to Tokelau. Also, it would be harder for the concerns of individuals, families, villages or even Tokelau itself to be heard, when its services are a tiny concern of a massive organisations like a District Health Board or the New Zealand Ministry of Education. Second, the provision of services by New Zealand-based agencies could disempower the population of Tokelau. Excessively top-down models of service delivery and development tend to disengage people from the policy process and the resolution of social issues, contributing to general apathy and a sense of powerlessness.

c. Improvements in Service Delivery

The actual improvements in the standards of services that the Committee propose are either broad and vague or specific and relatively minor. They propose that education in Tokelau be brought into line with New Zealand standards, from early childhood to secondary level, while accommodating local traditions, languages and customs.



It is unclear how this would be achieved, as there is no mention of the exigencies of accommodating local traditions, languages and customs. They suggest that primary, maternal and emergency health care be improved, while cutting the cost of New Zealand-based tertiary services through introducing a review process to the approval of accompanying helpers. The improvements suggested in primary, maternal and emergency health care can be presumed to result from the delivery of services by New Zealand-based agencies

and interchange of professionals. This is clear from their proposals to reduced budget support to Tokelau, and unlikelihood of improving health care services by reducing the budget for their delivery. They suggest higher pay for key public service positions, so that the Tokelau public service can compete more effectively with NGOs for its human resources; that salaries for teachers move towards being equitable with New Zealand salaries; that the debt of Tokelauan professionals who return to Tokelau be written off; that the labour needs of Tokelau and the other Realm territories be analysed and training targeted to those needs. Police and justice services are mentioned but no proposals are made for improving them.

d. Commitment of Government

The report implicitly criticises Tokelau for not committing fully to New Zealand's objectives and endeavours. It mentions Tokelau focusing on "developing international activities of questionable relevance to the needs of its atoll communities". They feel that the focus of the government should be on service delivery. There is also an attitude of reluctance to contributing to Tokelau if reciprocal commitment is not evident. They recommend "examining jointly their reciprocal obligations and abilities to contribute to their own social and economic development", addressing "their capacity to contribute from domestic revenue sources to ensure that services are not reliant on external injections of funding". Also, they suggest that New Zealand continue to cover the cost of major infrastructure, but should monitor the commitment of Tokelau and other territories to maintaining any programmes considered. The autonomy of Tokelau in deciding the use of its funds reflects the current governance arrangements.

The Committee's statements reflect in part their dissatisfaction with current arrangements. Tokelau can currently hold New Zealand to account to existing arrangements and obligations.

e. Infrastructure

On the subject of infrastructure, the Committee suggests the suitability of an air strip and regular air link as the primary mode of passenger travel between Tokelau and Samoa. The reasoning seems to be that tourists will not wish to travel by boat, and so development of tourism will be on hold until an air link can be established. I would hesitate to support them on this point: ecotourists may be inclined to use a safe, clean and reliable boat service, if they wish to visit the atolls. The Committee state that an air link should replace charter of vessels such as the Lady Naomi as a more viable long term solution to passenger travel. The report also acknowledges that the MV Tokelau needs replacement, but is equivocal about how and when it is to be replaced, noting financial pressure on the New Zealand taxpayer: "New Zealand should explore options for helping Tokelau [to replace MV Tokelau] as a matter of highest priority". They recommend a technical report on building a landing strip somewhere in Tokelau. They also suggest offering to Tokelau technical assistance with coping with a possible rise in the sea level and broad commitment to assisting territories like Tokelau in coping with climate change.

There are many problems with the Committee's preference for air travel. It would likely be uneconomical. If there is only one air strip it would be privileging one atoll over another, and would tend to put even greater pressure on having a ship for interisland travel. It is unclear how the trips of the planes would have viable payloads of passengers and

goods that would pay the costs of operation. The need for currency to pay for essential flights would exert a great pressure on households and individuals. Also, the channelling of New Zealand funds into an air link would likely divert them away from the more essential task of replacing the MV Tokelau. A new vessel could provide the safe, clean, affordable and reliable passenger service required by the local population. It could also cater to tourists and diplomatic visitors and even cut the duration of the trip significantly. Also it could potentially improve shipping to the atolls.

f. Economic Development and Other Suggestions

There are also various proposals for economic development that are worth noting in this document, apart from the proposed air link and the advent of tourism. The Committee suggests collaboration between New Zealand and Tokelau on the possibility of attaining UNESCO World Heritage status for the three atolls, a possible stimulus to tourism. Ecotourism could indeed increase the prosperity of the atolls, but Tokelau should consider proposals carefully and treat them with caution. The Committee also suggests that Pacific peoples such as the people of Tokelau become more involved in commercial fishery. It identifies commercial fishery as a possible point for the revelation of the "entrepreneurial spirit", and encourages local involvement in this industry. There are environmental concerns, such as overfishing, that should be addressed before making effort in this direction. Also, the social and economic implications of private enterprise or wage labour by individuals should be considered. The Committee also suggests that Tokelau make changes to the customary system of land tenure. They suggest that Tokelau could draw

on Maori experience in freeing up more land for commercial use while retaining traditional ownership structures. Maori experience may or may not be useful, but again, any privatisation of a communal asset such as land should be treated with extreme caution.

Finally, there are sundry proposals and suggestions made by the Committee that may be of interest to Tokelau. They suggest that MFAT reduce rotation of staff, so that a corps of Pacific specialists could develop. They also suggest that staff gain a better understanding of Pacific languages and customs.

Governance, Self-Determination and Integration

a. Treaty of Free Association

This report regards self-government in free association with New Zealand as a “decolonisation experiment”, and one that has largely failed. It states that this governance structure has fallen short of the expectations of all parties, and that it has not delivered reasonable outcomes for the inhabitants of Niue and Cook Islands. The Committee seems to judge this failure on the grounds mentioned above: lack of economic development, large government proportionate to population, public sector dominance, and lower than expected standards of service delivery. It is also implied that the “experiment” has failed in that the two referenda in Tokelau failed to reach the threshold for making a Treaty of Free Association. They note with concern that it is the view of the Tokelau Government that the Treaty is still on the table.

The view of the Tokelau Government is correct, but the Committee believes that the Treaty should be put in “abeyance” while the issue

of the future relationship between New Zealand and Tokelau is resolved.

Abeyance means to suspend temporarily, but they clearly wish to remove it as an option and move



towards some other constitutional arrangement, in effect suspending it potentially permanently. This is supported by their comments on the Tokelau Act 1948. They state that it is in many ways not working, and needs to be seriously reviewed by both Governments, in consultation with Tokelauan communities in New Zealand and Tokelau.

b. New Zealand-based Tokelauan Community

This is one of two points where the Committee gives a central role to the New Zealand-based Tokelauan community in deciding the future of Tokelau. The other implies that members of the New Zealand-based community may offer solutions for efforts to reconcile traditional ways of life with modern trends. The Committee seems to view the New Zealand-based community as both a legitimate stakeholder in the future of Tokelau, and a community whose education and experience lends itself to helping to resolve the issues facing Tokelau. If this is contrary to the views of the Tokelau Government and community, then it may need to be addressed somehow. The Committee’s views on this point follows their tendency to favour integration of New Zealand and Tokelau. That is, if New Zealand and Tokelau were to be fully integrated in terms

of governance and service provision, New Zealand-based Tokelauans and those residing in Tokelau would be of equal standing, if not stake, in matters relating to Tokelau.

c. Political Integration

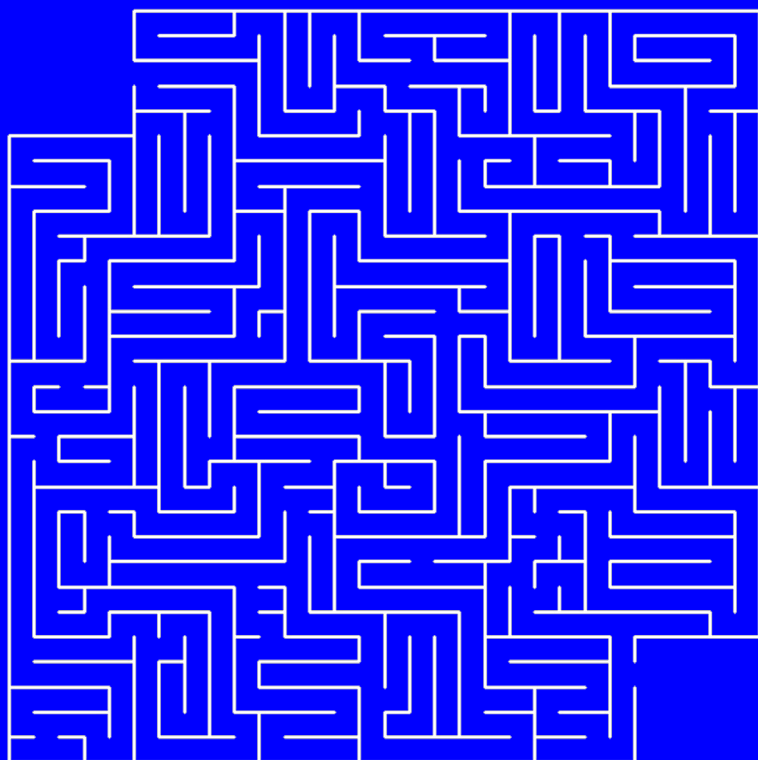
The political integration of Tokelau seems to be the only clear alternative constitutional arrangement that the Committee could be favouring. They make no clear positive statements on the matter: only that New Zealand should “resist pressure” (presumably from either the UN or Tokelau) to implement self-government reform, and that the relationship should be brought into a “relevant, 21st century context”, and that they strongly favour the integration of core service delivery. Any move towards self-determination seems clearly out of favour, and the status quo “needs attention”. By deduction, a move towards integration would be the only option left open by the Committee. This makes the Report’s statement that “New Zealand must give the people of Tokelau as much space as they need to consider their future relationship with New Zealand” sound hollow.

Conclusion

The integration of a small entity with an entity four thousand times larger is not, in practice, integration. It is assimilation. The goal of maintaining Tokelau as an economically, politically and culturally viable territory may not be served by the attitudes and proposals of the Committee, and alternative attitudes and proposals will need to be devised by the leaders and communities of Tokelau.

PAIGE

FIND YOUR WAY IN THE MAZE



Two men are golfing when they get finished with their hole and go to the next they wait for the two women in front of them. The women are taking soo long that one of the men decide to go ask what is taking so long. The man gets half way to the women turns around and comes back. The other man asks why did you come back the man replies...that is my wife and my mistress. So the men wait a little longer and get tired so the other man says he is going to go see what is taking so long. The man gets half way there turns around and comes back. The other man asks why did you come back. The man replies small world!! HAHAHA

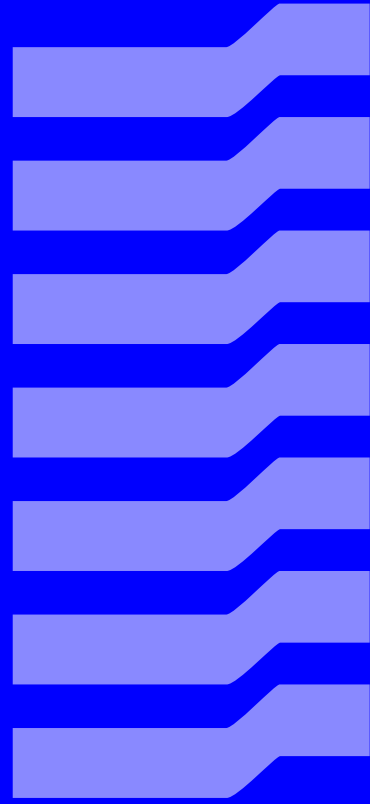
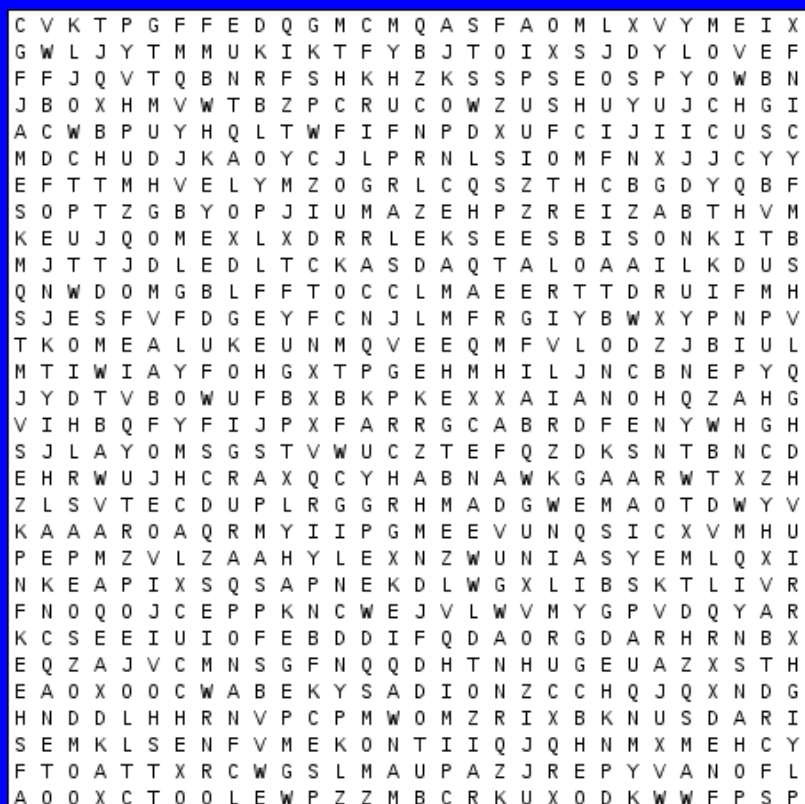
So, there are three guys.... Steven Harper, Micheal Anigitiff, and Jack Layton. Steven Harper says I bet you I can make one Canadaien happy by giving them \$1000. Micheal Anigitiff says I bet you I can make two Canadiens happyu by giving them both \$500 dollers. Jack Layton says. I bet you I can make 10 Canadiens happy by giving them all \$100 Then the polite says, I bet you I can make a whole country happy. By throwing you three off this plane.

FUNNY JOKES

CROSS WORD PUZZLE

WORD BANK

JESUS
FISH
PETER
MIRACLE
BOAT
NET
DISCIPLES
SEAOFGALILEE
LUKE
GOD
JAMES
JOHN
SALVATION
MERCY
BIBLE
LOVE
FISHERMEN
SIMON
FISHING
GENNESARET
FAITH



Badminton The Latest Sport Introduced To Tokelau



Badminton Committee member Mihela Peleti

Tokelau Sports Federation has officially added badminton to its ongoing development of sports in Tokelau.

Badminton has already started socially in Fakaofu and its now official with the three badminton committee appointed; Fakaofu: Mihela Peleti, Nukunono: Line Simone, Atafu, Nerisa Meki Badminton Committee member, Mihela Peleti who has had some experience with Badminton in Secondary School.

“Badminton would be a great sport for young Tokelauans to commit to, we are naturally agile and flexible”.

The obvious downside is no great sports facilities on our islands but Mihela is confident that badminton will use whatever resources they have at the mo-

ment, so we are going to start with – Beach Badminton using the unlimited resource of SAND”, said the devoted member.

Badminton does not require expensive equipment, with the help of the National Sports Coordinator we hope to have Ms Nadine Bleaken Oceania Development Officer coming to Tokelau in May to assist us in developing Badminton.

With gold medal dreams long way away he believes that it's not an impossible mission.

“The long and rough road ahead is not easy but Rome was not built in a day”, he added.

The committee member had started looking into possibly holding competitions to attract participant and hope to work together with the local schools for badminton to be added in their Physical Activity curriculum.

“Just maybe looking at having competitions to attract hopefully future representative and also looking at proposing programs in schools”, he added.

Like many top level sporting countries, development starts at an early stage in children's lives and we need to nurture that and encourage competition both local and regional right through to young adult this is the key to Future Tokelau Gold Medalists.

Badminton will hope to have a representative for the 2013 Mini Games in Wallis & Futuna, and also to compete in Oceania Badminton Tournaments in the next year or so.

Table Tennis Looks To Take first Developing Step

Tokelau table tennis association looks to discuss the issue on whether to send a team to New Caledonia Pacific games towards the end of this year.

Table Tennis which was inserted into the last national games has been strongly recommended by overseas

officials to have participants compete at an international level. “We had a Table Tennis Oceania representative which was at the last national games and saw that Tokelau have potential and recommended that Tokelau compete in international events”, said Tokelau Sports Coordinator

Susan Perez.

Tokelau needs to participate in international games to not only help develop the sport from obtaining experience but also see where Tokelau level of performance stands at, according to the sports coordinator.

Tokelau's only hopes of winning a medal depends all on the nation's sevens team.

National Sports Coordinator, Susan Perez commented that Tokelau will only be taking sevens rugby team to the Pacific games due to the host nation New Caledonia not hosting Tokelau's favourites "Netball and Lawn Bowls".

"At the moment the sevens are the only registered team that will be going", says the sports coordinator.

Tokelau sevens who have been facing challenges of bringing the boys together due to the uncertainty of the boat schedules looks to do its best with selecting Tokelau's finest to represent the tiny nation at the Pacific Games.

Atafu Sevens Coach and former Tokelau sports President Tanu Filo strongly looks into strengthening its sevens squared by opening doors to overseas Tokelauan communities.

"We may be looking at bringing overseas player to help us out", says Tanu.

"We had help from Taufusi Salesa in the last South Pacific Games in Samoa – that's why we did well", said the former Sevens president.

Sevens Pacific



PHOTOS FROM SEVENS TRAINING DURING GENERAL

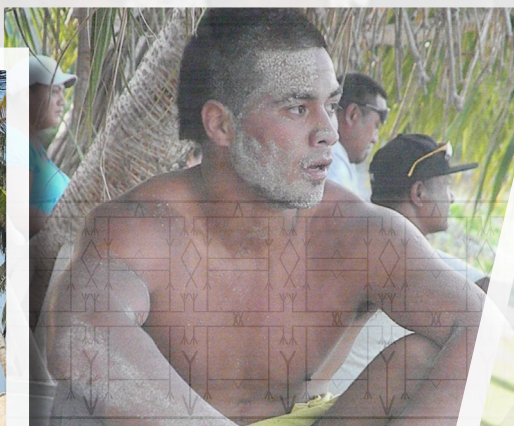
"Potential wise I have one player that I would compare to the likes of Uale Mai", Tanu added. Tokelau Sevens hopes to select a twelve man squad and three officials for the New Caledonia Pacific Games in August 2011.



Is Squad Targets ic Games



FONO IN MARCH



Ashburton Scoops Up Tokelauans for 1st XV



Juan Peter Perez



Isaac Misky



Ateliano Perez

Ashburton College in New Zealand scoops up three Tokelauan boys to help develop their schools 1st XV. The 1st XV Coach Shane Enright emailed contacts in the Pacific offering rugby scholarships for three Pacific island boys to represent and boost the schools top rugby profile.

Isaac Misky 16, Ateliano Fala Perez 15, Juan Peter Michael-Perez 15 are the lucky three that were awarded the scholarships from the group of thirteen in the Pacific. The thirteen included three Tongans, two Samoans, three Fijians and five Tokelauans that were listed.

The chosen players were selected

by the Ashburton College Committee. Shane hopes they will bring the much needed "X" factor to the team.

"Being exposed to the Press Cup is a biggie down here in the South Island and scouts for the bigger schools look for players", according to an email by Shane Enright. "Although it's a Rugby Scholarship the academic factor is just as important Support and Mentor programmes would be available for the selected players", he added. The parents of the three boys are thrilled and welcomes the opportunities with doors of possibilities are available.

"I understand that this is once in a

lifetime opportunity and I'm thrilled - I'm absolutely rapt", says Ateliano's father, Kele Perez.

The Scholarship will provide for School Fees, Stationery, School Uniforms, Air fares and a Host family will be arranged for the player.

The boys are full Tokelauans with two currently schooling in Tokelau and one based in New Zealand.

Health Mission Report

RESULTS

The following table records number patients seen per atoll.

Atoll	Total women 2006 census >16 years	Women seen	Age >50	Age <50
Fakaofu	164	83	30	53
Atafu	175	76	36	40
Nukunonu	139	82	32	50
Total	478	241	98 (41%)	143 (59%)

96.6% (233) of all women screened had a normal breast examination.

Clinical abnormalities detected included palpable lumps, thickenings, focal tenderness, nipple discharge, benign duct ectasia, periductal mastitis, simple cysts, fibroadenomas and accessory breast tissue. We performed 8 targeted ultrasound examinations to investigate these findings (3.3% of total), and proceeded to 6 FNAs (2.5% of total). There was only one patient with suspicious findings for breast cancer. The remainder 5 FNAs were from patients with benign/indeterminate findings. These are unlikely to be related to cancer.

CONCLUSION

The incidence of palpable breast abnormalities in the women seen was very low. (3.3%) The texture of the breast tissue was noted to be generally soft, even in young women, and the examinations were not difficult to perform for experienced breast clinicians. Targeted ultrasound examinations were also straightforward, yielding normal results in 2 of 8 examinations. Further conclusions regarding breast disease detected cannot be made until cytology tests are analyzed, however clinically we anticipate only one breast cancer detected from our survey. We were not able to survey the entire adult female population, a small number of women chose not to attend, and some women were absent from the atolls at the time of the survey. However we were pleased with the total of women seen, in such a short visit. We are grateful for the forward planning and organization involved.

Formal population breast screening by 2 yearly mammography, as recommended in New Zealand

for early detection of breast cancer is not possible in Tokelau, due to remote location. It is also unlikely to be feasible in the future, however in view of previous breast cancer referrals to Wellington, some form of breast

cancer surveillance is recommended.

The option of clinical breast examination with targeted ultrasound at regular intervals for detection of palpable abnormalities which could represent early breast cancer is a potential alternative to mammography in Tokelau, however further research and follow-up of the effectiveness of this survey is necessary to make conclusive recommendations regarding the future. This survey should be considered a fact finding mission only. Further analysis and considered thought needs to be applied to this issue, however we do recommend the following for consideration .

RECOMMENDATIONS

🚩 Raise awareness of breast symptoms in local population in conjunction with other well women health checks. Increase understanding that breast lump is a serious condition, needing medical check. Promote regular checks 1-2 yearly.

🚩 Encourage ongoing links between Wellington Hospital Breast Clinic and Tokelau via electronic and other communications.

🚩 Explore training local medical and nursing staff in breast examination technique and markers of breast disease. Option for staff to travel to NZ for education if possible. Build ongoing clinical relationships

🚩 Use of existing referral pathways for diagnosis and treatment of benign/indeterminate disease in Apia, with direct referral to NZ of any obvious breast malignancy.



Inauguration ceremony included a dance night (*Po Fatele*) as part of the celebration. Each village celebrated passionately through song and dance into the night.

INAUGURATION CELEBRATION



IGURATION EBRATIONS



