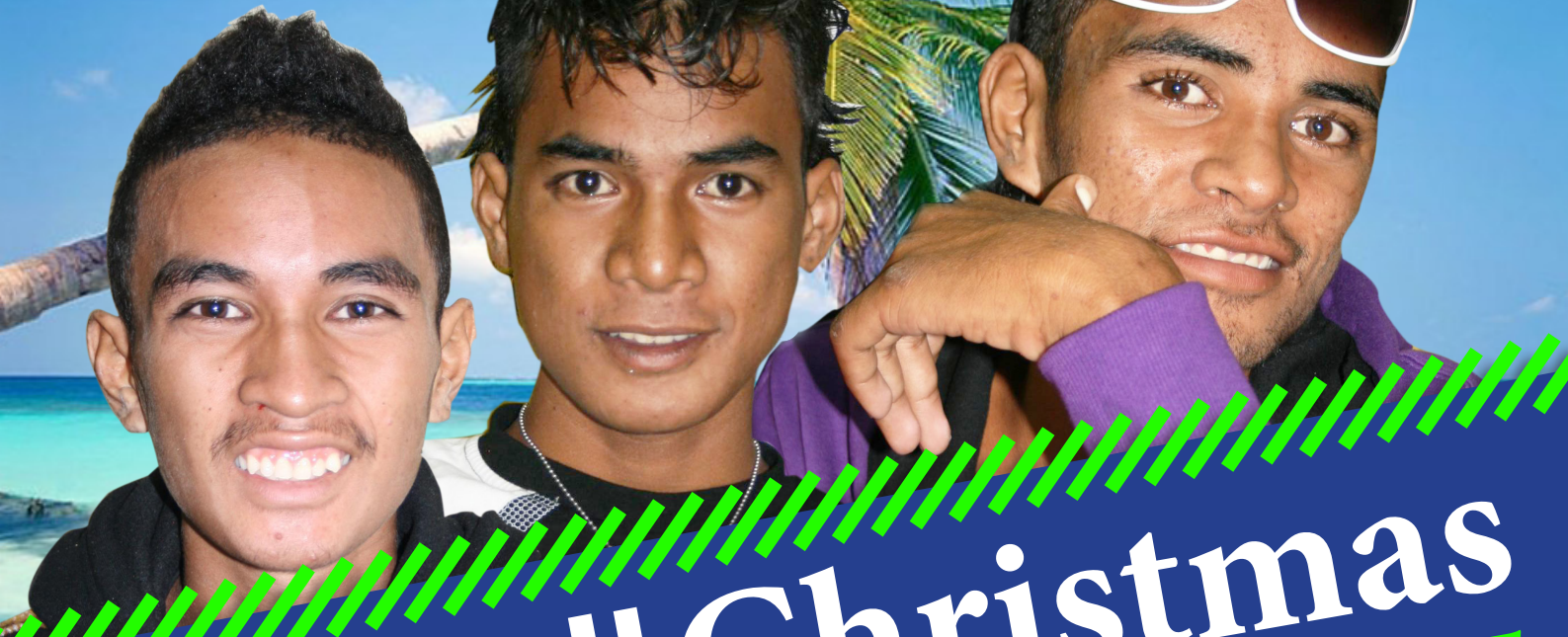


CHRISTMAS EDITION



TE VAKAI

AN INSIGHT TO TOKELAU



THREE TOKELAUAN BOYS
THOUGHT TO BE LOST AT SEA...
SURVIVE 50 DAYS.. BRINGS
JOY TO THE ISLANDS

Christmas MIRACLE



MORE INSIDE

GM'S CORNER

TOKELAU POLICE

DEPARTMENTS

First Tokelauan MP

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General Manager's Corner, Apia



GENERAL MANAGER,
Jovilisi Suveinakama

Malo ni! and a happy festive greetings to you all!

Amazing how time flies! This is only the 3rd edition of the Te Vaka with the new outfit and people have been encouraging us with the initiative and request for more stories and information...

Looking back at this year, there has been some amazing things have happened, I guess the highlight is finding our boys after about 50 days lost in the Pacific Ocean - only the world's largest ocean...! The boys are now back, everyone keeps saying they are lucky... well that may be but we believe that God has given this boys another chance! Listening to them, these boys have real survival instincts...you should hear their stories! We are talking about a 14 year old (Etueni) and 15 year old boys (Filo & Samu) floating nowhere. I recall picking them from Faleolo Airport and all they could say when we met was that they wanted to eat McDonalds. There is a lot of people to be thankful for and I believe you will see that in the Ulu o Tokelau's article in this edition.

Last month we had the Miss South Pacific Pageant in Papua New Guinea which Miss Tokelau - Meleka Mativa attended

on behalf of our tiny country. Honestly speaking, I don't think the judges were in tune with what we were all thinking!. Well we are proud of Miss Tokelau, at least give her the prize for Miss Elegance, Miss Popularity and being truly beautiful and the youngest contestant (we can share with Tonga!). The amazing thing is Miss Tokelau is still a winner for all of us and the many members of the public who have openly voiced their observations. Malo lava Meleka and we wish you well in your reign as Miss Tokelau.

Come Janaury 2011 we will be having GF elections for all the villages. This will be the elections for Council Members (Faipule & Pulemuku) and General Fono members. We all look forward to everybody having a good break before the elections.

I would also like to comment the support from the Government of NZ especially in our dealings with the Office of the Administrator - to Jonathan, Tiffany & Team, 2010 has been a good and challenging year for our working together. Fakafetai! To all the Members of the Senior Management Team

and staff of the Tokelau Public Service, it has been a great year and I continue to pray for the Almighty's blessings upon you all and your families - Manuia! Has anyone been watching our people getting on the boat for Tokelau, especially the MV Lady Naomi sailings ... Oh My Goodness! I think the Director of Transport is thinking - how are we going to deal with so many people on return! Good on everyone for coming home for Christmas - it's going to be awesome! Drink safe and keep safe!

The Police have been doing some training with the NZPOL (refer to article in this edition) so call them if you need any help...we just might begin teaching them aikido should we feel that Christmas has become too physical for them!

On behalf of your team, we wish you all the blessings of the festive season and we look forward to a fun-pack New Year. We owe that to ourselves... live, love and enjoy!.... (hmmm.. ok, at least keep safe and enjoy!) Manuia and see you again next year for the January 2011 edition!!

May the Almighty continue His Blessings to all.

Looking back at this year, there has been some amazing things have happened, I guess the highlight is finding our boys after about 50 days lost in the Pacific Ocean - only the world's largest ocean...!



Press Conference Statement

9AM – 30 NOVEMBER 2010, INSEL FEHRMAN HOTEL, APIA-SAMOA

BY THE ULU O TOKELAU AND THE 3 TOKELAU BOYS RECENTLY FOUND AFTER ALMOST 50 DAYS LOST AT SEA

I would like to thank and acknowledge all of your present today.

We continue to thank the Almighty for his Blessings.

Today reminds me of the story about the prodigal son. The fact that they are here in flesh is a miracle. These young teenagers were lost at sea for almost 50 days and nights, while there was reason to believe that we would not see them again there was a glimpse of hope fighting within ourselves that the boys are still alive. When we were advised about them being found, we were not sure how to take this message. All New Zealanders were distraught with the news of the disastrous Pike River Mine incident which claimed the lives of 29 miners who were fathers, husbands, uncles and brothers. After a week of tragedy in New Zealand it was great to get some positive news.

We celebrate the fact that they are alive and well. Our priority at the moment is to get the boys to a physical and mental space that they can continue to adjust to communities after almost 2 months by themselves in life threatening conditions. Given their age and the fact that we would like to ensure their best interest is safeguarded we will be instructing our

officials to continue to provide support to them during interviews and other requests to get information. To that regard we ask your understanding to co-operate with us as we continue to prepare for Tokelau. I am hoping that the boys will have a opportunity to meet with all the villages on their way to Atafu to their families.

The support from everyone has been excellent! What initially started as a village situation is now a regional effort across all sectors and communities making their contribution each step of the way. Beginning from the Captain and the crews of the *FV San Nikunu* vessel, that picked up our boys, to the Fiji Government and the people of Fiji for their support and assistance. We also acknowledge the support from Air Pacific and airport and immigration authorities in Fiji and here in Samoa. I would like to acknowledge the messages of support from the Governor of American Samoa and the people of Samoa.

I acknowledge the support from the Government of New Zealand through the High

Commission in Suva who took the boys in as their own- they bought them clothes, fed them, gave them a bed and made them feel at home. I acknowledge the NZ High Commission in Apia, for their continuing support in assisting the boys and handing them over to the Government of Tokelau. *Fakafetai lahi lele!*

I am certainly looking forward to going home now and to thank the communities for all their prayers. To our families and communities abroad we thank your continuing well wishes and support. *Fakafetai.* While we celebrate it is also important to note some of the lessons to be learnt and we would like to ensure that we have a robust framework for the safety of our communities. In history there are things we want to remember and there are things we choose to be quite about, today the situation is that this will be a piece of history that we certainly will learn from and continue to celebrate yet it is something we do not wish to encourage.



ULU O TOKELAU,
Kuresa Nasau



We celebrate the fact that they are alive and well.



While we celebrate it is also important to note some of the lessons to be learnt and we would like to ensure that we have a robust framework for the safety of our communities. In history there are things we want to remember and there are things we choose to be quite about, today the situation is that this will be a piece of history that we certainly will learn from and continue to celebrate yet it is something we do not wish to encourage.



May the Almighty continue His Blessings to all.

Toke-Lauhigano (Lelata) Accommodation

ST\$45

- Accomodation Rate Per Night
- Include Breakfast and Dinner

ST\$15

- Accomodation Rate Per Night
- Does not include Breakfast and Dinner

End of Year Assessments



DIRECTOR OF EDUCATION,
Tessa Kirifi

BY THE DIRECTOR OF EDUCATION

The end of the school year is always a busy time for schools and the Department of Education particularly with national assessments at Year 11 and local school assessments at all levels in preparation for prize-giving.

The Year 11 examinations have now been completed and results for these should be sent back to the Principals before the end of the school year. It is always difficult to facilitate these assessments, ensuring the exam papers are distributed securely and on time to each of the schools. The Department acknowledges the support and assistance given by the Department of Transport to facilitate this. The results for these exams should be with the Principals by the end of December.

All scholarship students have now completed their final semester exams and are awaiting results for these. The students for Years 12 and 13 have also completed their courses.

National assessments for English and Tokelau language (literacy) and Mathematics (numeracy) in Years 4 and 6 will be completed in early December. This will be the first time that assessments of this nature have been developed by Tokelau and then implemented throughout all three schools at

the same time. Teachers and Principals attended a three-day training in Apia in September on how to administer these assessments. The teachers and principals practiced the marking of the assessments and contributed valuable feedback on the content of the draft exams. This training was co-facilitated with the South Pacific Board of Educational Assessment (SPBEA). We are thankful to SPBEA for their contribution towards the cost of this training.

The selected recipients of this programme will take paid leave from their teaching posts while they study full-time to complete either Bachelor Education (2 years) or Diploma in Education (1 year).

Increasing the number of qualified teachers

The General Fono in its last session approved the In-Service Teacher Training Programme. This programme will allow for up to four teachers from each school to enroll in USP under-

graduate courses in primary and early childhood education. The selected recipients of this programme will take paid leave from their teaching posts while they study full-time to

complete either Bachelor Education (2 years) or Diploma in Education (1 year). The objective of this programme is to increase the number of qualified teachers in the school sector.

PRIDE Project

The Pacific Regional Initiative in the Delivery of Basic Education (PRIDE) Project will be formally finished on 31 December 2010. Tokelau has benefitted much from PRIDE. Funds from this Project assisted us to fund:

1. Development and writing of the Tokelau National Curriculum;
2. Coordination of Technical and Vocational Education and Training Programme (with the training of three teachers at Unitec and purchase of tools for all three schools)
3. Coordination of the Senior Secondary School Education Programme (which saw the start of the Years 12 and 13 programme in each school); and
4. Coordination of the Early Childhood Care and Education programme (with the attachment of 6 ECCE teachers in Niue and funding for a Coordinator's position over 12 months).

PRIDE Project also provided assistance to Tokelau with the development of its initial Strategic Plan in 2005 and the purchase of some office equipment and IT equipment for

the Coordinators of the various subprojects detailed above. PRIDE was the brainchild of the Forum Education Ministers and despite the fact that Tokelau is only an observer

member of the Pacific Island Forum we were able to participate within the Project. An official handover for this Project to Tokelau will take place on 9 December in Apia.

christmas miracle

FROM TOKELAU

The amazing survival story of the three Tokelauan boys lost at sea for nearly 50 days continues with tales on how they did it.

The Ulu of Tokelau, Kuresa Nasau during their arrival in Samoa said that seeing them again was a miracle.

“The fact that they are here in flesh is a miracle”, he said during a press conference.

Etueni Kuresa 14, Samu Filipo 15 and Filo Filo 15 said during the press conference, praying and taking care of each other is all that kept them going.

“All we had to do was to look after each other and pray every night before we went to sleep”, the young 14 year old Etueni Kuresa said.

“We thought of our families”, says the boys.

The boys who had only coconuts on board drifted for days without water and caught fish to survive have left communities amazed.

“We ate fish and coconuts”, Etueni said.

“I would die if I didn’t have water for days”, one on looking observer remarked with disbelief at the survival abilities of the boys.

The fact that the boys did not encounter severe storm weather was another key factor to their lucky survival.

The storm season for Tokelau starts on December the 1st and one person noted that the boys were very lucky to be found before then.

“We celebrate the fact that they are alive and well”, said the Ulu o Tokelau.

Despite the memorial service held on each island for the boys, there was still hope of finding them alive.

Earlier in the boys finding tale the General Manager, Jovilisi Suveinikama said it has brought together the three atolls with the news of the boys been found.

“It has brought unity to the three atolls”, General Manager (GM) in Apia says.

The community once in sorrow, now there rejoicing.

“It has brought a sense of joy to the community and also to the parents – little tears of joy in there”, the GM in Apia added.

With enormous support from everyone the boys as well as the Ulu expressed how thankful they were to everyone that helped with their arrival in the country.

“We like to thank the New Zealand High Commission in Fiji and here (Samoa) and also to all that have supported us and prayed for us”, Etueni thankfully said.

“We acknowledge the support from the Air Pacific and airport and immigration authorities in Fiji and here in Samoa. I would like to acknowledge the message of support from the Governor of American Samoa and the people of Samoa”, The Ulu o Tokelau added.

“I acknowledge the support from the support from the Government of New Zealand through

the High Commission in Suva who took the boys in as their own – they bought them clothes, fed them, gave them a bed and made them feel at home. I acknowledge the NZ High Commission in Apia, for their continuing support in assisting the boys and handing them over to the Government of Tokelau”.

“Our priority at the moment is to get the boys to a physical and mental health that they can continue to adjust to communities after almost 2 months by themselves in life threatening condition”, The Ulu of Tokelau said.

Early Stages

The boys went missing around Tokelau water in mid September before they were found north east of Fiji around late afternoon on the 4th November.

The boys from Atafu have drifted an amazing 800 miles during their 50 day ordeal before they were spotted by the NZ fishing vessel San Nikunau’s navigator Tai Fredricson.

“When I arrived at the little boat I was face to face with Filo Filo. He asked me ‘can you help us please?’ I said don’t worry little buddy we’re taking you home. He put his hands to his eyes and just started crying”, the navigator in an online news quote.

The boys stayed with the San Nikunau’s crew for 36 hour before transferred onto a Fiji navy patrol boat in Suva.

They arrived into Apia in the early hour of the morning of November 30th before heading to Tokelau on the 16 of December.

The boy’s plans to call on each island on their way home to their island.



Etueni thanks the people who have helped during a press conference held in Samoa



The Ulu o Tokelau with the boys

“When I arrived at the little boat I was face to face with Filo Filo. He asked me ‘can you help us please?’ I said don’t worry little buddy we’re taking you home. He put his hands to his eyes and just started crying”, the navigator in an online news quote.



plans action on survival of fragile planet

Awareness is the key, says Fund board member

By Stanley Simpson,
Climate Pasifika Media Team

As debate and discussion continues in Cancun on how to directly access funds from the climate change Adaptation Fund Board and set up National Implementing Entities (NIEs) – a member of the Board has thrown his support behind the need for a capacity building and regional workshop on the facility.

AOSIS has put forward a draft text proposing regional workshops on the Adaptation Fund.

Peceli Vocea, Fiji's ambassador to Brussels who sits on the board says awareness is the key – and will allow countries to know what exactly needs to be done to access the fund.

"I believe it is about awareness, awareness about what needs to be addressed," says Ambassador Vocea.

"If there is going to be a NIE in a country then they have to meet certain fiduciary standards, accountability standards, transparency standards which I think most of the Ministries themselves – particularly in Fiji – can qualify for. Its just a matter of understanding what the benchmark is."

"NIE's must look to meet the benchmarks so that the Board can have confidence in the entity to account for the funds."

Vocea says it is just early days for the fund which was established in 2006/2007 and which has been trying to put in place operating and financial procedures to be followed.

"There are some regions, including our region that are pushing for awareness workshops. We need to have focused meetings just for the adaptation fund and the issues related to it."

"I will support a regional workshop. I think there are a few ways we can bring this awareness campaign to the region.

However Vocea is mindful that no funds have been set aside for awareness – only for concrete adaptation proposals.

UN Secretary General Ban Ki Moon

By Makereta



Komai,

Climate Pasifika Media in Cancun, Mexico

Aspirations of hope for the survival of citizens of Small Island and vulnerable states were expressed by world leaders that opened the High Level Segment of the climate change talks currently underway in Cancun, Mexico. Nauru's President, Marcus Stephen was the first world leader to address the high level session, speaking on behalf of the Pacific Small Island Developing States (PSIDS).

"Our priorities are clear. There is very little room for compromise. When you ask us to compromise, you are asking us to choose how many islands we will lose. This is not a choice we are prepared to make.

"Our choice is to continue to work towards a fair solution. We are optimistic that this conference can take us one step closer towards a two-track, legally binding outcome in South Africa. This must include amendments to the Kyoto Protocol and a new, Durban Protocol that captures our work on Long-term Cooperative Action, said President Stephen.

UN climate chief, Christiana Figueres identified Tuvalu Kiribati, Maldives and Vanuatu as countries whose citizens want urgent action from their climate negotiators.

"They are looking for ways to evacuate their entire population because of salt water intrusion and rising sea levels. Sooner rather than later, island nations will have to seek refuge in other, higher lying countries.

"Their fate is a wake-up call to all of us, said Figueres She said a solid response to climate change demands nothing less than putting international climate policy firmly back on track. "You can only do that by moving beyond the boundaries of short-term national interests to converge in that space which is common to all of us, that space where we are all human beings dependent on the well-being of this now fragile planet, and where we are all jointly accountable to future generations. "And you can reach that space only through conciliation with each other now.

The Secretary General of the United Nations, Ban Ki Moon urged negotiators not to gam-



UN climate chief, Christiana Figueres

ble with the future of the globe's nearly seven billion population.

"The longer we delay, the more we will pay – economically, environmentally and in human lives."

There is no single magic solution but 'wherever we can, we must move forward in the right direction, said the UN Secretary General.

Solutions – he said can be in the form of four areas and these decisions are ripe for adoption. "On protecting forests, which account for 17 percent of global emissions, on climate adaptation, technology transfer and some elements of finance.

On the challenging issues of mitigation, transparency and accountability and additional clarity on the future of the Kyoto Protocol, Bank Ki Moon, expects some progress on these issues.

On the fast start financing, he revealed that developed nations have almost completed their commitments for US\$30 billion committed in Copenhagen in 2009.

"However, we need to make progress on the actual delivery of the funds, along with a transparent and robust accountability system, he said.

A delegate from Seychelles speaking to online bloggers accredited to the UN climate change talks, expressed the disappointment of many small and vulnerable island states saying that of the \$10 billion fast start finance committed for 2010, only 20 percent of the funds have been earmarked for adaptation to climate change.

"This contradicts the promise that the fund will be shared equally between mitigation and adaptation, said the irate Seychelles delegate. Then there is discussion that some of these funds may be available as loans and not as grants, said the delegate.

"I use the analogy that if someone drives a car into your backyard, smashes your garden and you say hey what are you doing. He replies, I'll give you a loan to pay for the damage caused. That's exactly how we feel. Do we have to be in debt to adapt to climate change, questioned the Seychelles delegate

NZ Police (NZPOL) Assists Tokelau Police

TOKELAU POLICE

A big thank you to Inspector Karen Smith and Superintendent Ross Ardern for the support they provided the local police in Tokelau.

Between the 8th of September and the 18th of September Inspector Karen Smith and Superintendent Ross Ardern of the New Zealand Police visited the atolls of Tokelau. The visit was at the request of the Ongoing Government of Tokelau.



SUPERINTENDENT,
Ross Ardern

Level of Training:

The current level of training for police officers is very low. By way of example, with the exception of the sergeant, the police officers in Nukunonu have had virtually no training at all. The length of service varies from 12 years through to 12 months. The most significant training that any of the officers in Nukunonu has received was 2 weeks of recruit training with the Samoa Police. Apart from that their training has had a maritime focus.

The police officers were enthusiastic in regard to the training that was delivered. There were a lot of queries from the law clerks as to their role in working with the police. Most of that centered on whether they had to question the police on the framing of charges.

Women of Tokelau, Domestic Violence & PPDVP

The women of Tokelau play an important role in the socio-economic development of Tokelau. Within the eight main goals of Tokelau's National Policy for Women, three relate more closely to the work contained within the PPDVP;

- (3) Integration of a gender perspective to all National & Village initiatives
- (6) Women and Law
- (7) Elimination of all forms of violence against women

The objectives of the NZ Police (NZPOL) visit were to:

1. To provide limited training to Tokelau police as requested by the Ongoing Government of Tokelau
2. To make an assessment as to whether the 'Pacific Prevention of Domestic Violence Programme' could be implemented in Tokelau
3. To make an assessment of policing capacity on each of the three atolls
4. To acquire an understanding of the role of the law clerks attached to each police station and their role with the police
5. To build an understanding of what expectations the Faipule (Village Council) and the general public have for police.

All of the meetings were well attended. NZPOL were reminded on a fairly consistent basis that their visit was the first to Tokelau by New Zealand police in 84 years.

Number of Police officers in Tokelau:

Fakaofu:
1 x Sergeant
4 x constables (all male)

Atafu:
1 x Sergeant
3 x constables (1 female)

Nukunonu:
1 x Sergeant
3 x constables (1 female)

The comments that came out of the public meetings focused on:

- The lack of training that the police receive - are they equipped to perform their duties
- The perception that the police break the law as well
- Lack of professionalism - failure to turn up for work
- An inability to keep police matters confidential
- Failure to wear uniforms
- A lack of general understanding of what the role of the police is in such a small community
- The need to increase police numbers
- lack of response by police to complaints from the public
- Poor communication skills around what the police are doing
- Lack of accountability from Police through to the CEO of each atoll
- Blurring of the roles between the police enforcement of the national laws and the enforcement of village laws enforced by the Faipule
- No planning from police that fits with the Tokelau National Strategic plan
- Should the police be taken from their duties to engage in community projects as directed by the Faipule?
- How do the police demonstrate independence in the enforcement of the law?



The Convention on the Elimination of all forms of Discrimination Against Women (CEDAW) and the Pacific Plan of Action (PPA) can complement the customary and traditional role of Tokelau women and

give guidance to the evolution of the role of women. However, this must be handled in a sensitive manner befitting the pace of social development in the small community and the unique social environment of

each Fatupaepae and their respective villages. Another major challenge pointed out by the women of Tokelau related to penalties available to be imposed on offenders committing crimes

of a sexual nature. Currently offenders who commit these crimes usually only receive a penalty of a minimal monetary nature, which greatly reduces the likelihood of potential victims coming forward.

Some action points from the Meetings throughout the villages are as follows:

1. That in conjunction with the Government of Tokelau and if budget permits that the 'Pacific Prevention of Domestic Violence Programme' Manager consider the deployment of an experienced New Zealand Police officer to Tokelau to assist the Tokelau Police in the development of the PPDVP work in Tokelau.
2. That a more formal arrangements be established by the Ongoing Government of Tokelau around who is responsible for the prosecution of matters that are classified as 'serious crimes' in order to support the independent role of the police.
3. That any training that is delivered by NZPOL has an additional focus on ensuring that police have a clear understanding of the importance of their independence in administering the national laws of Tokelau.
4. That the New Zealand police consider the provision of hand held radios to each atoll to support and enhance safety issues for the police in Tokelau.
5. That New Zealand Police consider the provision of one mountain bike for each atoll to enhance the visibility options for the Tokelau police.
6. That New Zealand police consider the provision of uniforms to the Tokelau police (NZ Police Insignia to be removed).
7. That in consultation with the General managers of each atoll, that the Tokelau police design a shoulder emblem for police use on their uniforms.
8. That the Ongoing Government of Tokelau considers whether the appointment of a National Police Inspector is warranted. If the Ongoing Government of Tokelau consider that the appointment of such an officer is warranted that New Zealand Police consider giving support to the appointed person in order to:

- ✓ Build confidence
- ✓ Develop leadership skills
- ✓ Develop best practice models as outlined in items 1-7 above
- ✓ Design and implement the establishment of a community policing model

Future Police Training:

In his role as the General Manager in Apia for the Ongoing Government of Tokelau Jovilis Suveinakama has made it clear that continued engagement with the New Zealand police is sought as have the

General Managers on each atoll. On their visit NZPOL were reminded by the Faipule that there was an open invitation for New Zealand police to return to Tokelau - preferably very soon.

Aho o te fakaitiitiga o na fakahauaga i lot o na kaiga

LIPOTI MAI TULOTO NUKUNONU

Ko te aho tenei na fakatino i te aho 25 Novema, na kamata tena i te Mihaha i te taeao. I te 4.00 i te afiafi na fai ai na tafaoga i te Malae o Hemoana, na fai faka Faitu. Te manaia o tena aho te tino maopoopo o matua ma a latou fanau. Na fai muamua te hoka (soccer), e heki faia pe tautokafia na kau, kae ko te tino lava e fia tafao e fano ki loto i te malae. Na uma te taimi e heki iei lava he hikoa e maua. Hohoko loa ma te netipolo, na tafafao muamua ia taulelea hohoko loa ma na kau e opo ia fafine ma taulelea. Na manaia lele te matamata ki na tafaoga te fiafia o matua ma fanau i tena aho. Na fai te laugatogi i te umaga o na tafaoga, na tapena na togi e te Ofiha o Leoleo ma na kave ai e Egelani te manumalo i te na aho, hohoko ai ma te Fatupaepae vena ma te Akoga a Matiti. Fai loa na fatele ke taualuga ai tena aho, na fai foki te BBQ na tapena foki e te Ofiha o Leoleo. Fakafetai atu ko lava ki te tatou nuku te tino maopoopo mai ki tenei aho, aua lava te tau fakaitiitiga o te fakahauga i loto o kaiga. Fakafetai atu foki ki te Ofiha o Leoleo mo na tapenapenaga mo tenei aho.



Togiga fou a te USP, Nukunonu

I te taimi nei, kua iei te togiga fou mo na fanau e aoga i te Lala o te USP i Nukunonu. Ko tenei togiga na fakatupegia e te Fakalapopotoga a Matua & Faiakoga (PTA). Manaia foki te matamata atu ki na fanau ma te latou togiga fou. Fakafetai atu lava ki te Fakalapopotoga a Matua & Faiakoga mo te fai fanau kua gali ma manaia ai a tatou fanau i to latou togiga fou. Malo lava.

HOW TO MAKE BOAT BOOKINGS TO TOKELAU

first tokelau MP.

1) View our annual boat schedule on website.
www.tokelau.org.nz

2) Contact our Transport Officer with the following:

- ☛ Date of intended travel
- ☛ Name and Surname on Passport
- ☛ Date of birth
- ☛ Passport Number and Nationality
- ☛ Passport Expiry Date

4) Arrange payment of your bookings with our Transport Officer.

5) Travel Insurance: We strongly recommend that you have personal travel insurance. Sailing schedules can unexpectedly re-scheduled due to various reasons for example:

- ☛ Unsuitable sailing weather conditions. (December- March "Cyclone Season")

UNPAID BOOKINGS

Bookings will NOT be confirmed until full payment "is made. We work on a "First pay, first on basis". All unpaid bookings will be taken off the passenger list two weeks prior to sailing date.

To avoid disappointment please pay as soon as possible

BOAT FARE RE-IMBURSEMENTS: (GROUPS BOOKINGS)

Please notify us of cancellations as soon as possible to assist those who may be on the waiting list to travel to Tokelau.

Failure to advise our Transport Officer on cancellations of Group Booking (5 or more people), will automatically incur a cancellation fee of NZ\$25.00 per Adult Fare and NZ\$12.50 per child fare upon request of re-imbursement.

For more information contact regarding bookings please contact:

Office Phone: (0685) 20822

Acting Transport Officer: Ruby Fuimaono

Email: r_fuimaono@yahoo.com

Cell Phone (0685) 778 6955

Operations Manager: Simona Mei

Email: simonamei@ymail.com

Cell Phone: (0685) 778 5287

Let's party. We won." With those words Kris Faafoi launched himself into Parliament as the first New Zealand MP from Tokelau after winning the Mana byelection tonight, beating National candidate Hekia Parata by 46.4 per cent of the counted vote to 41.6 per cent. The result was a 14 per cent swing to the National candidate since the 2008 general election.

Mr Faafoi, accompanied by wife Gina Faafoi-Rogers and 23-month-old son George, took the stage to rapturous applause, flanked by Labour leader Phil Goff and former MP for Mana Winnie Laban.

An emotional Mr Faafoi thanked his supporters and paid special tribute to an uncle who was on his deathbed, but had told him he couldn't wait to get better so he could start waving placards on the campaign trail.

Afterwards he said it had been a hard-fought victory, but he was elated and looking forward to getting stuck into his parliamentary work and being a "strong voice" for Mana.

"This puts you through the wringer, this process. You're away from your family. If you're the favourite, you get targeted ... We stayed classy. We held our own and I'm happy with that."

Less than 50 per cent of registered voters turned out to give Mr Faafoi a 1080 majority.

There are 1353 special votes still to come, but it is extremely unlikely to change the result.

Mr Faafoi won 10,397 votes; Ms Parata won 9317 votes.

Green Party candidate Jan Logie won 1493 (6.6 per cent); independent candidate Matt McCarten, who many feared would split the left vote, won 816 votes.

Act candidate Colin du Plessis won 132 votes; Julian Crawford, from the Aotearoa Legalise Cannabis Party, won 107 votes; Sean Fitzpatrick, from the Libertarians, won 43 votes; and Kelly Buchanan, from the Alliance Party, won 37 votes.

Both main parties claimed the result as a victory. The majority was slashed to 6155, though there were 12,372 fewer voters.

In 2008 labour's Winnie Laban won 53 per cent of the vote, compared with Ms Parata's 35 per cent.



Kris Faafoi
with wife Gina
Rogers-Faafoi
and son George

Remember - early detection saves lives

October 2009

- Breast cancer is the most common cancer among New Zealand women, with more than 2500 new cases expected this year - also approximately 20 men will be diagnosed¹.
- More than 600 women will die from the disease this year - making it the leading cause of cancer-related death in females.
- 1 in 9 women will be diagnosed with breast cancer during their lifetime².
- 90-95% of women who are diagnosed with breast cancer have no family history of the disease.
- Getting older is the most common risk factor: over 70% of new cases are among women 50 years and over.
- Women of all ages, especially those over the age of 40 years, need to be 'breast aware'.

References-September 2009

1. Ministry of Health (2008). Cancer New Registrations and Deaths 2005, pp. 18-19. Wellington: MOH.
2. Ministry of Health/NZHIS/BSA (2007). Personal communication. Personal Communication: Bercinkas, L (2007) and Childs, J.(2009)
3. The National Screening Unit, the Cancer Society of New Zealand and The New Zealand Breast Cancer Foundation (2008, Oct). Position Statement on Breast Awareness.. Ministry of Health: Wellington.
4. Ministry of Health (2008). Cancer New Registrations and Deaths 2005, p.35 Wellington: MOH.
5. Ministry of Health/NZHIS (2006). Data is average for 1996-2000 mortality.
6. The National Screening Unit, the Cancer Society of New Zealand and The New Zealand Breast Cancer Foundation (2005, Jan). Position Statement: The use of thermography as a breast screening or diagnostic tool. Ministry of Health: Wellington.

Facts about Breast Cancer

In being 'breast aware' women should:

- Know what is normal for them
- Know what changes to look and feel for
- Report changes without delay to their family doctor
- Attend mammography screening if appropriate for their age

Changes in the breast that may indicate cancer:

- A new lump or thickening
- A change in the breast shape or size
- Pain in the breast that is unusual
- Puckering or dimpling of the skin
- Any change in one nipple, such as:
 - a turned-in (inverted) nipple
 - a discharge that occurs without squeezing
- A rash or reddening of the skin that appears only on the breast³
- Early detection of breast cancer increases a woman's chance of survival. Today, close to 85% of NZ women diagnosed with breast cancer will survive 5 years or more, and the death rate has decreased by nearly 24% between 1995-2005⁴.

- New Zealand's free, nationwide breast screening programme, BreastScreen Aotearoa, checks women with no breast cancer symptoms - 'well' women - for early breast cancer between 45-69 years of age with a screening mammogram every two years.

- Screening mammograms do not stop the development of breast cancer, but do reduce the chance of dying from breast cancer by approximately 33%⁵.

- Thermography is ineffective as a breast cancer screening tool or breast cancer diagnostic tool⁶.

- Breast cancer occurs with equal frequency in Maori and Non-Maori women. However, Maori women are nearly twice as likely to die from the disease as non-Maori; one important reason for this is they are presenting with breast cancer at a later stage of disease. The reasons for their presenting late are complex, but are shown by the low rate of attendance by Maori women for screening mammograms⁷.

- Pacific women in NZ are 20% more likely to die of breast cancer than other NZ women⁸.

7. Cancer Control Council of NZ (Nov 2008). Mapping Progress 11: Phase 1 of the Cancer Council Strategy Action Plan 2005-2010. p. 32. Wellington: Cancer Control Council of NZ.

8. Ministry of Health/Breast Screen Aotearoa (2009). Retrieved from the internet www.breastscreen.govt.nz on 11 March 2009

Priorities in Breast Awareness

Until breast cancer can be prevented and cured, all New Zealand women need to be proactive, and make breast awareness part of their life. The New Zealand Breast Cancer Foundation (NZBCF) recommends all women follow three 'Priorities in Breast Awareness':

1. Have a regular screening mammogram
2. Know your breasts
3. Talk to your family doctor

The aim of the 'Priorities' is to detect a breast cancer - if it should develop - early. It is important to be breast aware as the earlier a breast cancer is detected, the sooner treatment is given, and the higher likelihood you will survive this disease.

For more information please read our 'Priorities in Breast Awareness' fact sheet (page 35)

Priority One – have a regular screening mammogram

A screening mammogram is the best method for the early detection of unsuspected breast cancer in women who have no signs or symptoms of breast cancer, in other words, 'well' women. The Foundation recommends a screening mammogram as follows:

- Every year for women aged between 40 and 49 (for more information please read our Position Statement on Breast Awareness (PDF, 228Kb) on yearly breast screening mammograms for women 40-49 years of age)
- Every two years for women from the age of 50 onwards

Free Screening Mammograms: NZ Public Health System

The Foundation strongly supports the National Breast Screening Programme, BreastScreen Aotearoa (BSA) which provides free screening mammograms to New Zealand women 45-69 years of age every two years. To register for this programme phone: 0800 270 200. Women who are outside the screening age should discuss their breast screening options with their family doctor.

Free Diagnostic Mammograms: NZ Public Health System

Diagnostic mammograms are for women at any age who:

- Have significant signs and/or symptoms of breast disease which require investigation
- Have no signs and/or symptoms of breast cancer, but are considered to be at high-risk for the development of breast cancer. High-risk women are those who have had:
 - o A previous breast cancer
 - o A breast histology demonstrating an at-risk lesion, for example, atypical ductal hyperplasia
- A mother or sister with:
 - o Pre-menopausal breast cancer
 - o Bilateral breast cancer
 - o A breast histology demonstrating an at-risk lesion (Cunliffe Dec 2007)

A high risk woman should discuss with her family doctor the age at which she should commence annual diagnostic mammograms. Note: Only NZ citizens or NZ residents are entitled to free diagnostic mammograms through the NZ public health system (at a hospital). Most importantly, a referral from a family doctor is required.

Screening and Diagnostic Mammograms: NZ Private Practices

Screening and Diagnostic Mammograms are available throughout NZ at private breast clinics. The cost of a screening or diagnostic mammogram is approximately \$100 - \$175. Some (but not all) NZ private health insurance companies will reimburse the cost of a private screening or diagnostic mammogram.

Priority Two - Know Your Breasts

From the age of 20, the Foundation recommends women become aware of how their breasts look and feel:

- Know what is normal for you
- Know what changes to look and feel for

Breast changes to see your family doctor about are:

- A new lump or thickening, especially if it is only in one breast
- A breast pain that is unusual
- A change in breast shape or size
- A change in the skin of the breast such as:
 - o Puckering or dimpling
 - o Reddening or a rash
- Any change in a nipple, such as:
 - o A turned-in nipple
 - o A discharge that occurs without squeezing
 - o Crusting, ulcer or redness

Remember:

- You are looking and feeling for any new or unusual change - a change that is different, not normal for you
- Discuss any concerns you have about your breasts with your family doctor without delay
- Nine out of 10 lumps are not cancerous (benign); only one in 10 lumps is cancerous

What a lump may feel like

Lumps can feel hard and irregular, or they can feel smooth. A suspicious lump is usually hard and irregular in shape - a bit like a raisin. It may be attached to the surrounding tissue or skin, so it doesn't move around easily. A non-cancerous lump feels more like a grape (smooth edges and more rounded); however, if you find any unusual lumps get them checked by your family doctor without delay.

Be Breast Aware

By checking your breasts, you get to know how your normal breasts look and feel. Therefore, you will increase your likelihood of detecting an early breast cancer, if it should develop.

The Foundation recommends women carry out breast self-checks from 20 years of age. Women who carry out breast self-checks become aware of what their normal breast looks and feels like, and if breast cancer did develop at some time during their lifetime, hopefully, they will have more of a chance of detecting it. There are examples of many women being 'breast aware' and finding their own lumps (either unfortunately before the age for screening mammograms, or unfortunately, when a screening mammogram hasn't picked it up).

If you wish to check your breasts, good places to do this are:

- In front of a mirror
- In the shower or bath

CONTINUE TO PAGE 22



FFA

FISHERIES MANAGEMENT

Pacific Island Countries prepare for the seventh Regular Session of WCPFC

In preparation for the upcoming Seventh Regular Session of the WCPFC, FFA members recently held their annual Management Options Consultation (MOC) at FFA's Headquarter in the Solomon Islands. MOC follows after the annual meetings of the WCPFC's Scientific Committee (SC) and Technical and Compliance Committee (TCC) to enable FFA members to take into account recommendations made from these meetings when developing fisheries management and compliance-related proposals and negotiating positions to take to WCPFC.

During SC (held in Tonga from 10-19 August), a review of WCPO fisheries in 2009 indicated that the provisional total tuna catch estimate for the WCPFC Convention Area was 2.46 million mt; the highest annual catch ever recorded and 70,000 mt higher than the previous record in 2006 (2.39 million mt). Following suit, the purse seine fishery recorded its sixth consecutive record

Criticisms of the MSC full assessment for the PNA purse seine skipjack fishery demonstrate that assessment criteria will have to be adapted to reflect the specific production conditions of the fishery in question



mortality by the recommended level of at least 30 per cent on 2004 fishing levels, with additional measures required. A preliminary analysis of the effectiveness of the 2009 FAD closure implemented under WCPFC CMM 2008-01 indicated that the reduction in bigeye catch was not as high as expected and, as such, the measure was somewhat ineffective in 2009.¹²

At TCC (held in Pohnpei from 30 September – 5 October), PNA and the Cook Islands announced their intention to propose additional high seas areas closures to WCPFC (discussed further below). Reviews of the regional observer program and WCPFC IUU list were also undertaken and discussions held on the development of a catch documentation scheme.¹³

After deliberations during MOC, the Forum Fisheries Committee endorsed the following FFA member positions to be taken to WCPFC in December:¹⁴

- *Illegal fishing* – propose for amendments to conservation and management measures (CMMs) to ensure prosecutions and penalties for illegal vessels are to the satisfaction of the state where the vessel committed the offences.
- *South Pacific albacore* – propose amendments to CMM 2005-02 on South Pacific albacore, requiring members to explicitly report against the fishing limits prescribed by the measure.
- *Northern striped marlin* – propose a measure to reduce northern striped market catches
- *Whale Sharks* – proposal to ban purse seine vessels from making net sets on whale sharks, under and around which tuna aggregate.
- *Special requirements* – suggestions for discussions on the special requirements of small island developing States during the WCPFC7 session, including increased commercialisation, enhancing the capacity for SIDS to conserve and manage fisheries and broader consideration of the importance of rights-based management as a tool to facilitate SIDS aspirations in tuna fisheries.

Options for future management of bigeye (including further limitations on use of FADs by purse seiners and measures for the longline fishery) are still being considered by FFA members, along with options for a catch documentation scheme to verify catch and provide enhanced traceability.



FFA

The highest annual tuna catch on record for the WCPFC-Convention Area was recorded in 2009 at 2.46 million mt

FFA members will deliver proposals to WCPFC on illegal fishing, South Pacific albacore, Northern striped marlin and whale sharks; positions are still being considered on bigeye and a catch documentation scheme



FFA

Additional high seas areas in the eastern WCPO will be closed to all purse seine fishing vessels licenced to fish in PNA EEZs, with a compatible measure sought at WCPFC

A key aspect of US Treaty negotiations revolves around application of the Vessel Day Scheme

Cook Islands has proposed the establishment of a management for an adjacent eastern high seas pocket

PNA Announce closure of additional high seas areas

The Parties to the Nauru Agreement (PNA) made an announcement to WCPFC members in early October during the sixth session of the WCPFC Technical and Compliance Committee (TCC) of their intention of close additional high seas areas within the Western and Central Pacific ocean to all purse seine fishing vessels licenced to fish in PNA EEZs. This closure covers high seas areas between 10°N-20°S and 150°W-170°E and follows the closure of two high seas pocket areas located to the north of PNG which came into effect on 1 January, 2010.

PNA's rationale for closure of additional high seas areas is three-fold. Firstly, the WCPFC Scientific Committee has advised that additional management measures are necessary for bigeye conservation and expressed concern that bigeye mortality will increase if purse seine effort from the two already closed high seas pockets areas is transferred to high seas areas in the east. PNA members believe that extending the high seas fishing ban will reduce the impact that other measures (i.e. extension of FAD closures, overall purse seine fishing limits) would otherwise have on fishing activity within PNA EEZs. Secondly, PNA feels that given the level of control on high seas fishing in the WCPFC region lags behind control within PNA EEZs that banning purse seine fishing on the high seas will help to increase compliance.¹⁵ Economic considerations have also likely influenced PNA's decision, where closure of additional high seas areas will increase demand, and in turn, the value of fisheries access to PNA EEZs.

The PNA countries will propose to WCPFC in December that a compatible conservation and management measure be adopted and applied to all fleets operating in the WCPO purse seine fishery. Unless this PNA measure is adopted at the WCPFC-level, the ban will not extend to vessels that are not currently licenced to fish in PNA waters, nor is it likely to apply to the US purse seine fleet due to inconsistencies with the terms of the US Multilateral Treaty.¹⁶

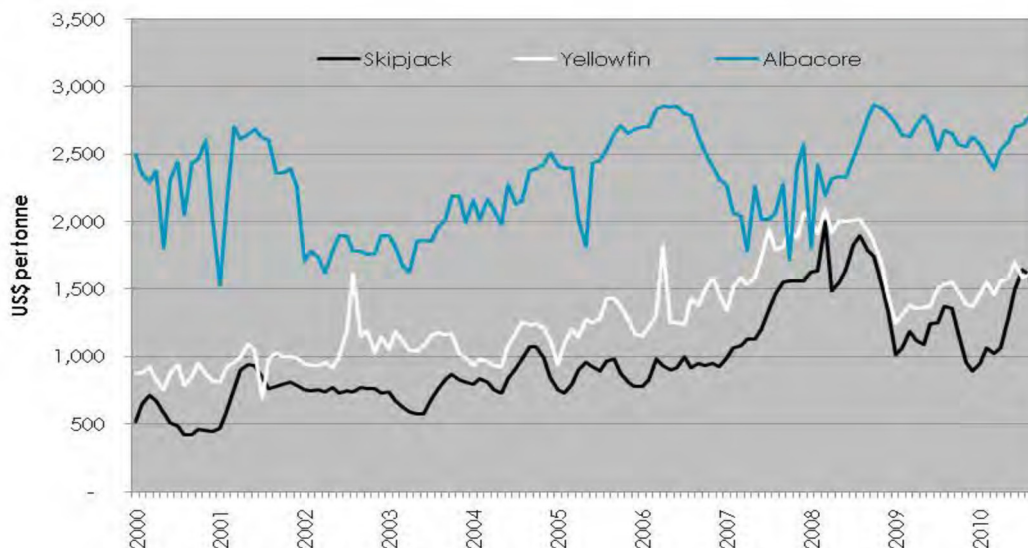
Following in PNA's footsteps, the Cook Islands also announced its intention to table a proposal to WCPFC for the establishment of a management area for the eastern high seas pocket area on the border of the Cook Islands, French Polynesian and Kiribati EEZs. This will require all vessels to report entry and exit into the area and VMS reporting via WCPFC to neighboring countries.¹⁷

TUNA PRICE TRENDS³³

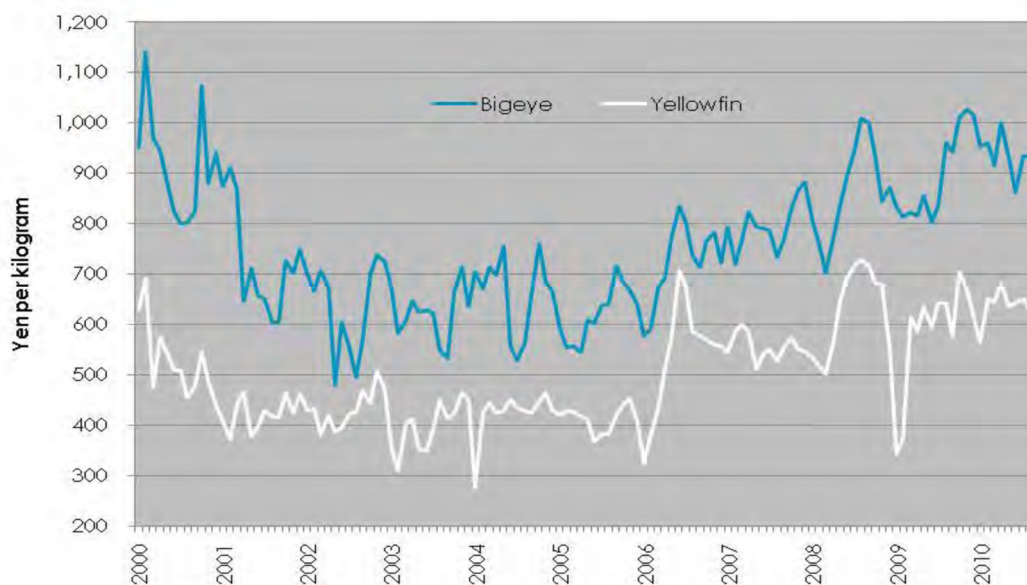
Bangkok canning-grade prices to September 2010³⁴



FFA



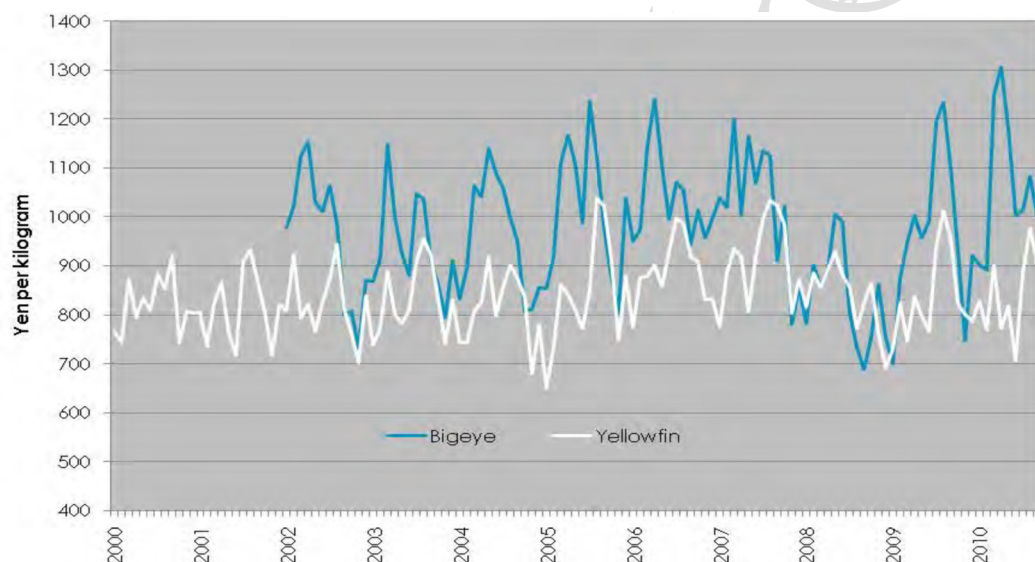
Japan frozen sashimi prices (ex-vessel, Japanese ports) to September 2010³⁵



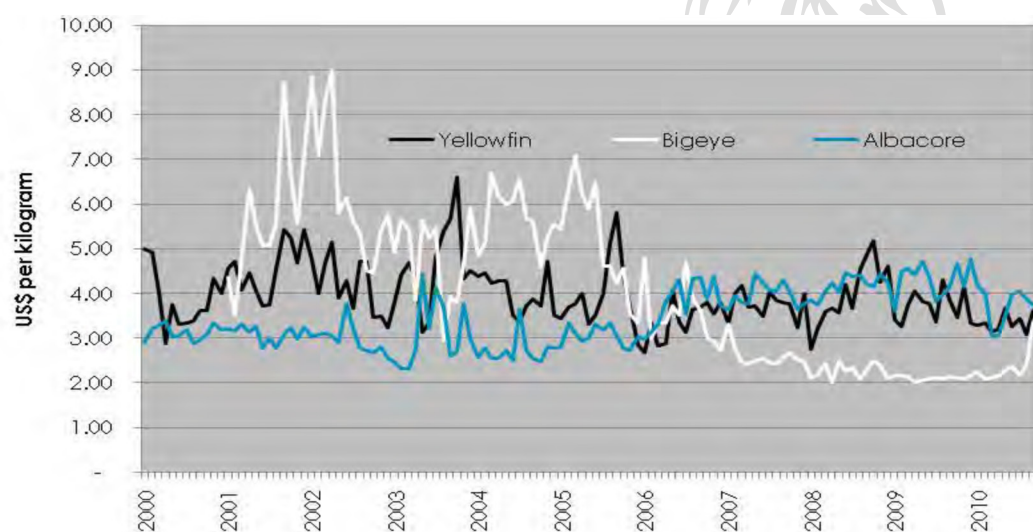


FFA

Japan fresh sashimi prices (origin Oceania) to September 2010³⁶



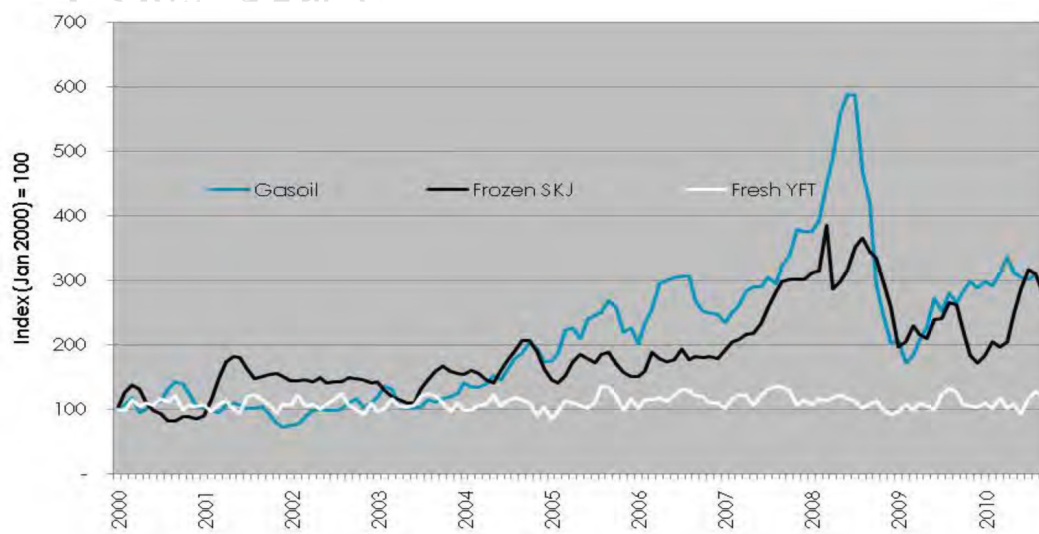
US imported fresh sashimi prices to September 2009³⁷



Gasall, canning-grade frozen skipjack (SKJ) and fresh sashimi yellowfin(YFT) price index to September 2010³⁸



FFA



T O K E L A U



FFA FISHERIES



The playgrounds included the clearing inside the mission compound, sandy and pebbly beaches or the shallow waters.



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

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

The aim was to hikoa (score) on the opposing side's end of the clearing. It was an arduous task because it took a bit of time to score points. Every score was a counted as one point. There was no referee, no whistle and no rules. Most of the time was used to organise the team's strength to drag the opposing players to their own territory.

The ball was usually a large coconut with its husks intact. Much energy was needed to rip off the coconut from the opposition so there was a ripping off - dragging pattern. These activities always translated into extras like wrestling, pushing, pulling and occasional punches.

The playgrounds included the clearing inside the mission compound, sandy and pebbly beaches or the shallow waters. There



ATAFU GAMES: Sevens tournament held in September earlier this year.

were no marked boundaries and every team broke the rule of going 'offside' or out of the boundaries but no one cared. Holding on to the ball was the main thing. Both teams could agree to walk back into the ground while holding the ball together before continuing.

The local government school was established in the early 1950s, new teachers arrived from Samoa where rugby was more organised. The school's sports gear introduced proper rugby balls and the coconuts disappeared from the playground. Teachers taught the rules of the game and the role of the referee. The change took time because children and men were used to the old rule where strength and physicality mattered most. It was seen as a show of the individual's strength fitness. New words like hikalamu (scrum), hikoa (score), auti (out) laufali (referee) and many others were added to the local vocabulary. Games are not seasonal as in other lands, but there were local games of rugby, played by school age boys and matured men. A typical day would start in the early afternoon when the young kicked off and played

for hours. The men's games followed and most lasted for more than an hour. Most games ended properly but there were times when the referee had problems in controlling games.

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

The 1960s Resettlement Scheme enabled locals to immigrate to New Zealand and Australia. Returnees and transmigrants brought new changes and new skills. Inter-atoll competitions were revived and uniforms were added to the sport's outfit. Motivation was heightened when trophies were used to award winning teams.

Today we have a National Sports Association and rugby is one component. The national parliament decided that this

body is important for the whole country so they allocated part of its scarce resources to the development of this body. The sports tournament is held every two years and the latest one was held in Atafu in October this year.

There is hope that this body will represent Tokelau in the international sports arena.



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



The Health of the Nation is the priority for the Health Department

2009 - 2010

REPORT FROM HEALTH

Over the last two years the Department has worked to a draft Strategic Plan (2009 - 2010) that has four key strategies:

1. Improve the health of our People
2. Develop an efficient and effective Health system
3. Develop our Workforce
4. Protect our Environment



Goals	Protect the health of our population	Develop an effective Public Health system	Aim to protect our Environment
	Workforce Development		
	Improve service delivery	Promote awareness of Public Health	Promote environmental safety
		Enable <u>Taupulega/Village/Nuku</u> and families to make informed lifestyle decisions	
Objectives	Improve the health of our population Halt onset of chronic disease Keep our youth safe Improve outcomes associated with chronic disease		Improve sanitation, water and waste hygiene
	Build relationships across the sector and Pacific Rim that will enhance commitment to Tokelau		
Critical Success Factors	Tokelau and Donor agency <u>Resourcing</u> Engagement by <u>Taupulega</u> and Villages Participation by Communities		

Over the last year

Strategies developed by the Department and Local Health Staff include:

- Draft National Health Strategic Plan (2009 – 2015) developed.
- Monitoring and evaluation framework developed and Peer reviewed 2010
- Mental health strategy developed 2009
- Draft Nutrition Policy developed 2008 reviewed 2009
- Draft NCD Plan developed 2008 reviewed 2009

Improve the Health of Our People

- Health staff and public knowledge of immunization increased through awareness workshops.
- EPI Handbook developed and distributed
- Situational analysis of mental health. 2007/2008
- TPRS review completed.
- Immunization policy developed
- Whole of population screening completed.

Develop our Workforce

- One trained nurse graduated.
- One trained medical officer graduated.
- One trained midwife graduated
- One person trained in health leadership and management graduated.

Develop an efficient and effective Health system

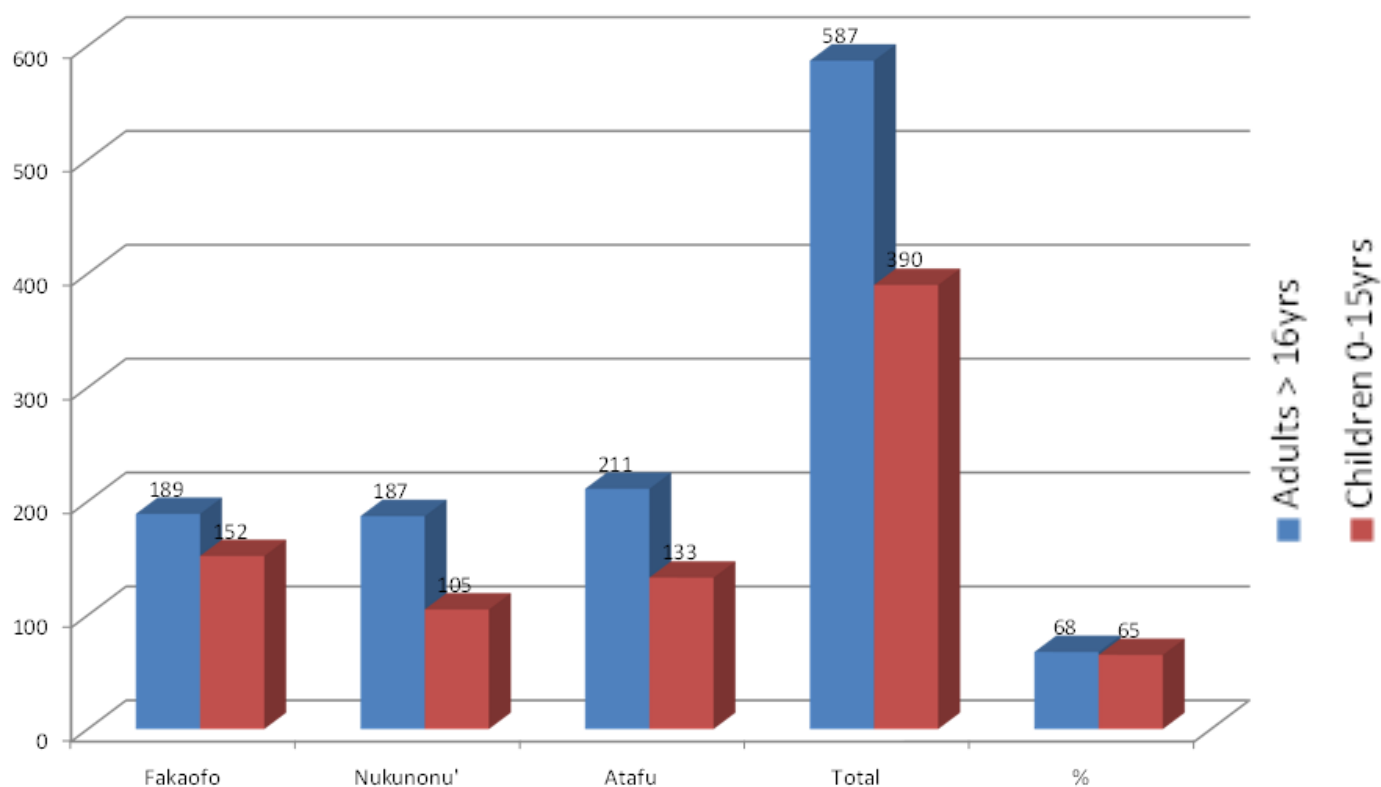
- Pharmaceutical procurement for hospitals.
- Equipment for Hospitals (LifePak 15, I-stat Point of Care testing and HbA1c diagnostic machines
- Scoping document for standards for nursing practice prepared.
- Nursing standards and competencies developed 2009, reviewed 2010

Protect our Environment

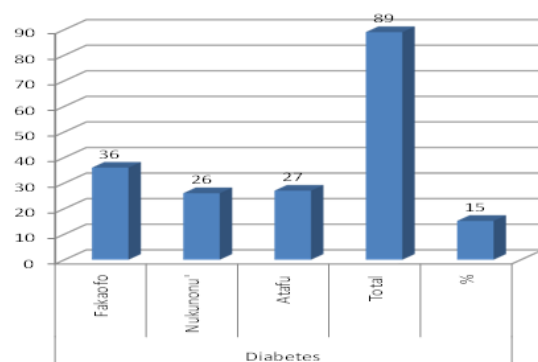
- National Pandemic Plan developed 2009
- Pandemic Strategic Action Plan developed and implemented. 2009
- Water, waste and sanitation review completed.
- Draft IHR Plan developed Feb 2009
- Public awareness campaigns have been undertaken for STI/HIV, tobacco and NCD.
- Draft National Health Workforce Plan current WIP



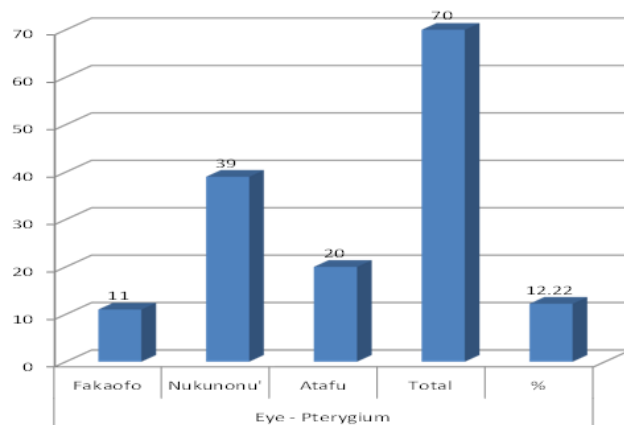
POPULATION SCREENING



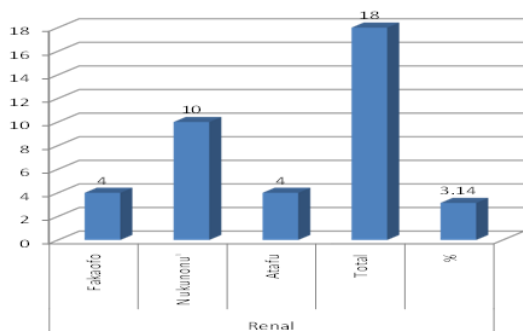
Diabetes



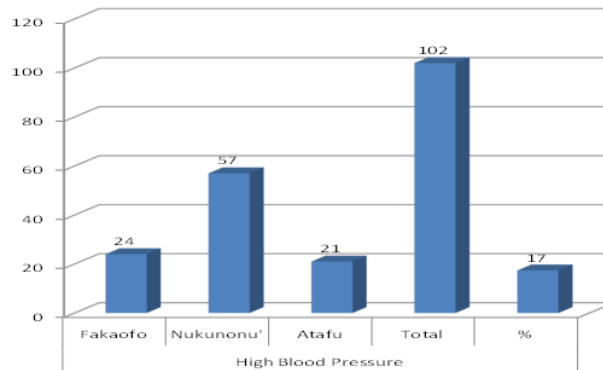
Eyes – Pterygium



Kidney Problems



High Blood Pressure



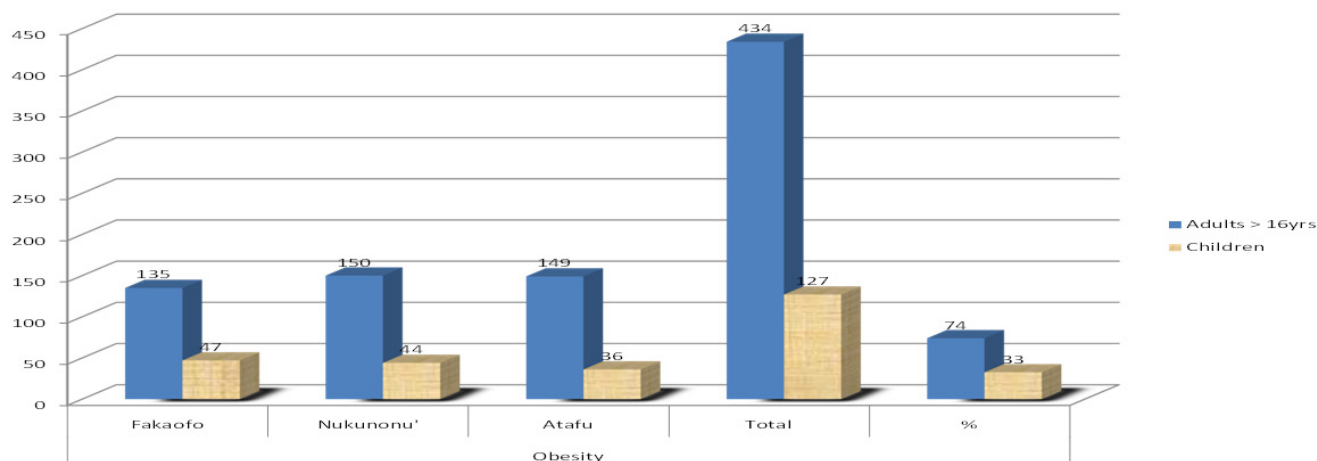
The Health Department carried out an Inaugural NCD workshop in November 2009 which was attended by nominated members of the Tau-pulega, Fatupaepae and Youth across Tokelau. The Workshop was opened by the Honorable Faipule Pio Tuia, Minister of Health - Tokelau. The outcome of the workshop was an awareness about NCDs and a small project. Since then, larger projects have been developed by each Nuku and funded by Donor funding. In May/June 2010 a Whole

of Population screening mission was carried out the purpose was to appraise the state of the Health of our Nation that would enable quantifiable planning at a number of levels including Service delivery. – The Screening Team comprised of Associate Prof Paediatrics, Final Year Med Student, RN Practitioner, UNDP/UNFPA/Pharmacist, Local Health staff, National Health staff. WoP Screening captured 68% population (36% were either out of country for personal

reasons, education or TPRS, some chose to not attend, time-frame meant home visits for some were unable to be carried out) Children were measured to 95th Percentile per age-group (ie maximum growth per age) Results indicate increase Adults since STEPS especially in BMI range 30 – 40 Ages 16 – 24, 25 – 39, 40 – 59, 60+ Gender Split : women higher Body Mass Index (BMI) and reason are sedentary lifestyle, lack of physical activity and

post pregnancy. For males BMI increases with age and contributing factors are alcohol consumption, less active as they get older. Other factors that are impacting on NCDs are diet, hormonal, metabolism – aging leads to decrease in BMI, familial genetics. Below is a snapshot of the results - 67% of the population were screened. Obesity is a problem especially in the Children.

Obesity



Own the Choice, Own the Change, Own your Life, Own your Future

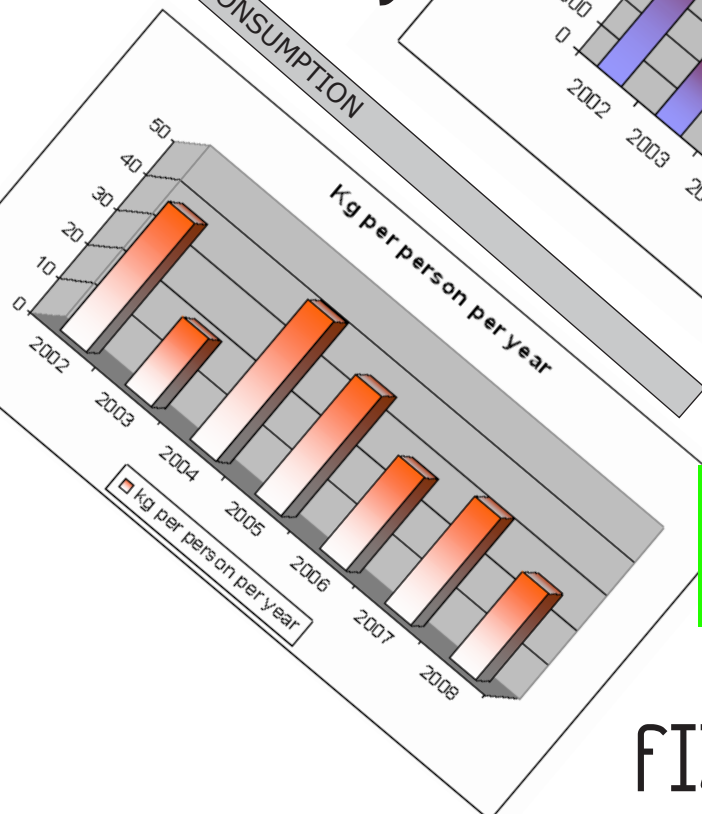
OUR MESSAGE IS SIMPLE

OWNERSHIP, CHOICE AND CHANGE

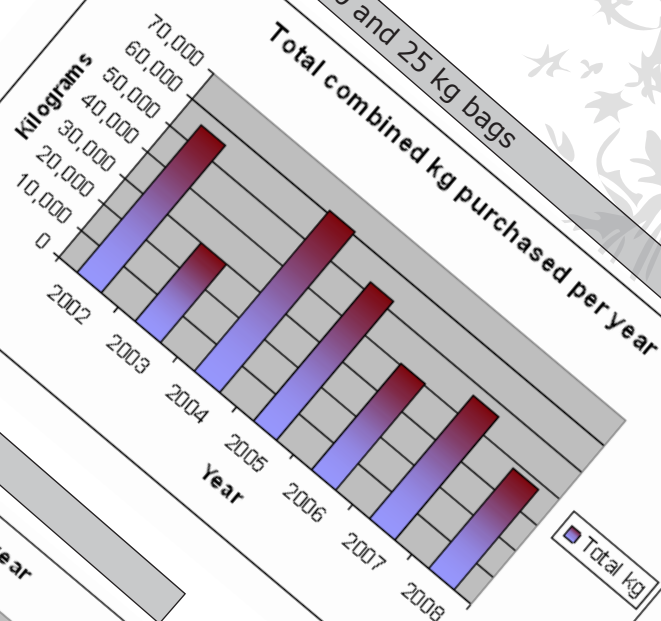
HEALTH DEPARTMENT

SUGAR

CONSUMPTION



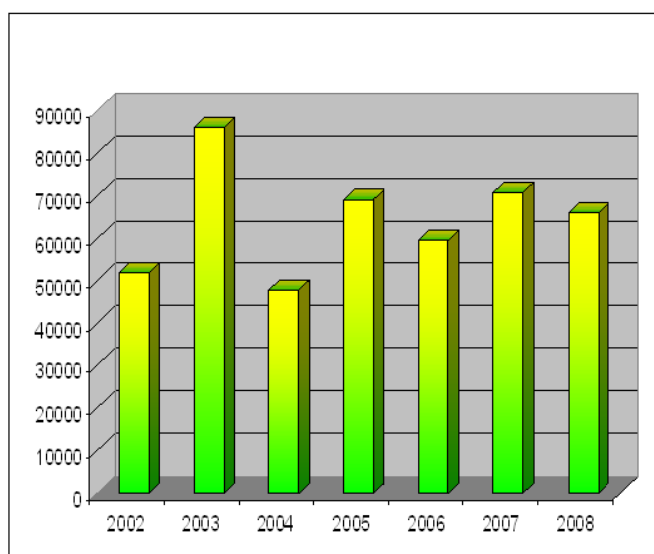
Total combined kg purchased per year



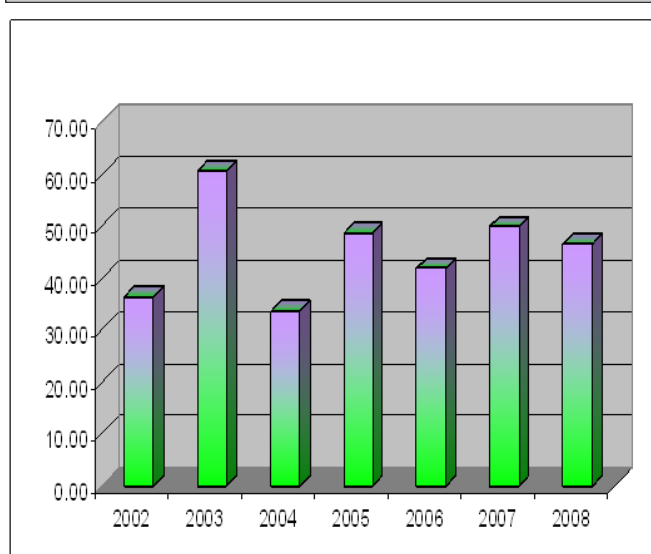
The Department also carried out a snapshot of sugar and soft drinks being imported into Tokelau and we are now working through the local Health committees and Taupulega to address the quality, type and amount of food being imported into Tokelau.

FIZZY DRINKS

TOTAL CANS PER YEAR



CANS OF FIZZY PER PERSON OVER AGE 2YRS PER YEAR



The main recognised hazards that could lead to an emergency or disaster in Tokelau are:

- 1) tropical cyclones and associated storms;
- 2) storm surges
- 3) floods due to wave toppings and excessive rainfall
- 4) tsunami
- 5) droughts;
- 6) failure of transport; and
- 7) environmental and human induced disasters including the contamination of water sources and exposure to hazardous waste, e.g. marine pollution from oil spills;
- 8) disease, such as influenza or a pandemic.
- 9) building fire, including house or houses and critical buildings such as the generator house, store shed, or telecommunications facility, all of which may contain fire accelerants that need special management.

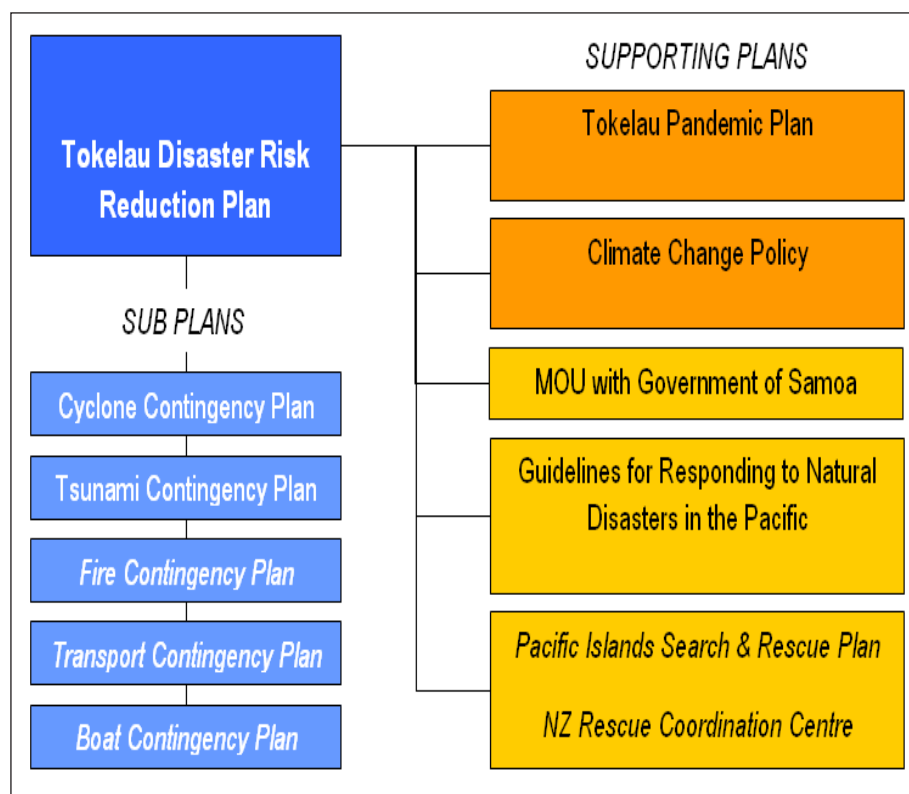
The Tokelau National Disaster Risk Reduction Plan has been developed from the Tokelau National Emergency Plan by Tokelau's leaders and public service officials, in consultation with the atoll communities, and New Zealand officials from MCDem, SRU, NZAID, and NZ Red Cross. The Plan has a number of incorporated sub plans, and is supported by other plans and documents (see Figure 1 below). The Plan is to be used as a reference by Tokelau, New Zealand, and the other countries and organisations that are committed to support disaster risk reduction in Tokelau.

It is that time of the year that we should be mindful of national disasters. There will be a lot of people and cyclone season is also upon us. Please be advised that Tokelau presently has a draft Tokelau Disaster Risk Reduction Plan. The purpose of this Tokelau Disaster Risk Reduction Plan (the Plan) is to record the disaster risk reduction arrangements for:

- ✓ the sustainable management of hazard risks,
- ✓ the preparedness for,
- ✓ response to, and
- ✓ recovery from hazard events that threaten or impact Tokelau.

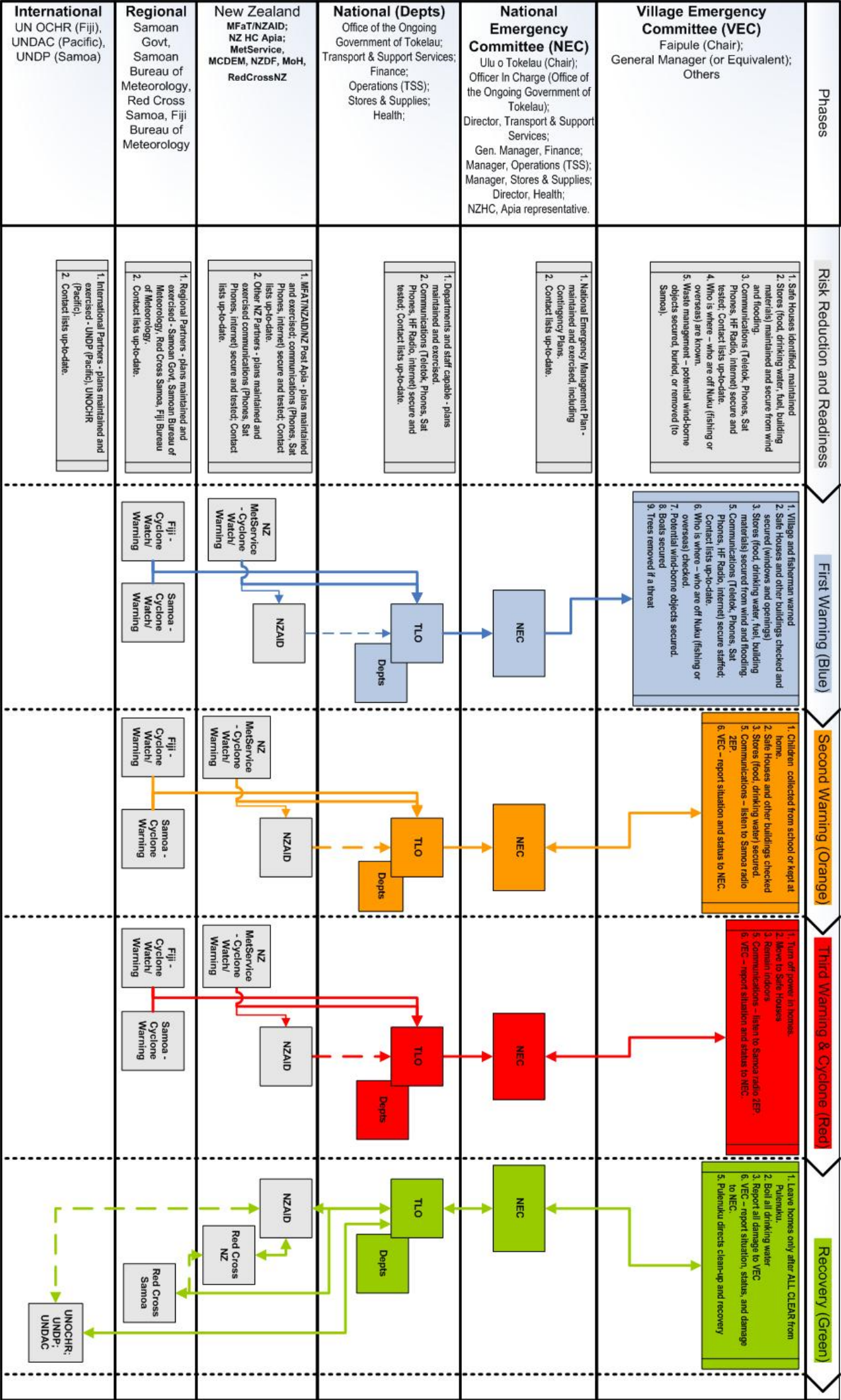
Objectives of the Plan include:

- ✓ providing for effective coordination and cooperative efforts amongst stakeholders in order to minimise and reduce the impact of hazards to Tokelau;
- ✓ ensuring that the Tokelau communities and supporting agencies are informed and ready to respond to any disaster;
- ✓ ensuring that processes and systems are in place for recovery and rebuilding after a disaster affecting one or more of the Tokelau atolls (Nuku);
- ✓ outlining specific roles and responsibilities of all stakeholders to enable prompt, effective, appropriate, and coordinated responses.



There is no known history of tsunami in Tokelau, however the possibility cannot be discounted completely and the impacts would be potentially severe. The impact of a tsunami may be very similar to the storm surge experienced during tropical cyclone but without the wind and visual warnings.

The support arrangements for Tokelau at times of emergency are evolving and each new arrangement is to be put on record, preferably in this Plan, as agreements are reached or updated, such as with Samoa Meteorological Service Division and NZ and Samoan Red Cross.



LEGEND

Information flow :

Primary One-Way

Primary Two-Way

Secondary Support

DISASTER PLAN

Facts about Breast Cancer

continuation from page 12

In front of a mirror

- (a) Place your hands at your sides and look for any changes
- (b) Place your hands on your hips and then press your shoulders and elbows forward - look for changes
- (c) Raise your arms and clasp your hands above your head - look for changes

In the shower or bath

With the fingertips of your three middle fingers, use soap to glide over each breast. The way you check your breasts does not matter; there isn't a right or wrong way. For more information please read our Position Statement on Breast Awareness (PDF, 228Kb). The main thing is to cover your entire breast tissue, from just below your collarbone to under your breast, and from your mid-chest to your ribs at the side of your chest. Also, with each arm by your side, press your fingers firmly up into each armpit. Breast self checks may make some women feel very anxious, while others will feel reassured; they are - very much - a personal choice.

Priority Three - Your Family Doctor

The Foundation urges women - at any age - to consult their family doctor, without delay, if they have the slightest concern about their breasts:

- Discuss your need for a clinical breast examination:
 - o The Foundation recommends women have an annual clinical breast examination from 40 years of age, and in-between their two yearly screening mammograms
- Discuss your personal risk, particularly if you have:
 - o A previous personal history of breast or ovarian cancer
 - o A strong family history of breast or ovarian cancer
 - o An at-risk lesion, for example, atypical ductal hyperplasia

THE NEW ZEALAND
BREAST CANCER
FOUNDATION

1. Mammogram
2. Be Breast Aware
3. Your Family Doctor

MAMMOGRAM

A screening mammogram is the best method for the early detection of breast cancer in women with no symptoms¹.

The Foundation recommends a screening mammogram for women as follows:

- 40-49 years every year²
- 50 years onwards every two years until 74 years of age³

The Foundation strongly supports the National Screening Programme, BreastScreen Aotearoa, which provides **free** screening mammograms to women aged 45-69 every two years. To enrol in this programme phone: 0800 270 203^{4,5}.

BREAST AWARE

From 20 years of age, the Foundation recommends women become aware of how their breasts look and feel:

- Know what is normal for you
- Know what changes to look and feel for⁶

YOUR FAMILY DOCTOR

Look for changes to see your family doctor about:

- A new lump or thickening, especially if it is only in one breast
- A change in breast shape or size
- A pain in the breast that is unusual
- A change in the skin of the breast such as:
 - Puckering or dimpling
 - Reddening or a rash
- Any change in a nipple, such as:
 - A turned-in nipple
 - A discharge that occurs without squeezing

Remember you are looking and feeling for any new or unusual changes⁶.

If you have the slightest concern about your breasts, discuss with your family doctor:

- Your need for a clinical breast examination
- Your personal risk, particularly if you have a strong family history of breast or ovarian cancer
- Your need for a screening or diagnostic mammogram⁶

Risk and Risk Reduction Factors for Breast Cancer

February 2010

RISK FACTORS

Each year more than 2600 New Zealand women and approximately 20 men are diagnosed with breast cancer. For every person who is diagnosed, other people are affected including husbands, wives, partners, children, family, and friends. More than 650 New Zealand women die from breast cancer every year¹.

In New Zealand, women have an average risk of 11% (or 1 in 9) of being diagnosed with breast cancer at some time in their lives. This means the chance that they will never have breast cancer is 89%¹.

Main risk factors for breast cancer are:

Gender

Being female and having breasts is the highest risk factor²

Increasing Age

The risk of developing breast cancer increases with your age. Approximately, 75% of all breast cancers are diagnosed in women 50 years and over³.

Age	Risk	Risk Percent
30s	1 in 204	(0.5%)
40s	1 in 67	(1.5%)
50s	1 in 35	(2.8%)
60s	1 in 33	(3.0%)
70s	1 in 38	(2.6%) ⁴

In addition, recent research from the United States is showing a trend towards a 1 in 7 to 1 in 8 lifetime risk of a woman being diagnosed with breast cancer⁴.

Other risk factors includes

Family History

About 5-10% of breast cancers have a family history. 1-5% of the 5-10% are inherited, most commonly the genes BRCA1 and BRCA2⁵.

You can be at increased risk of developing breast cancer if you have:

- Multiple close relatives (male or female) affected (on the same side of the family) by breast cancer or ovarian cancer
- Relatives who were diagnosed with breast cancer pre-menopause
- Breast and ovarian cancer diagnosed in the same relative
- Relatives diagnosed with bilateral breast cancer
- Ashkenazi Jewish ancestry⁵

Women who are concerned about their family histories should discuss their personal risk with their doctor.

Previous Medical History

Women who have had breast cancer in the opposite breast, pre-cancerous breast conditions such as ductal carcinoma in situ (DCIS), or lobular carcinoma in situ (LCIS), or benign breast disease such as atypical ductal hyperplasia, or have received radiation treatment for Hodgkin's Disease before 30 years of age have a higher risk of developing breast cancer⁶.

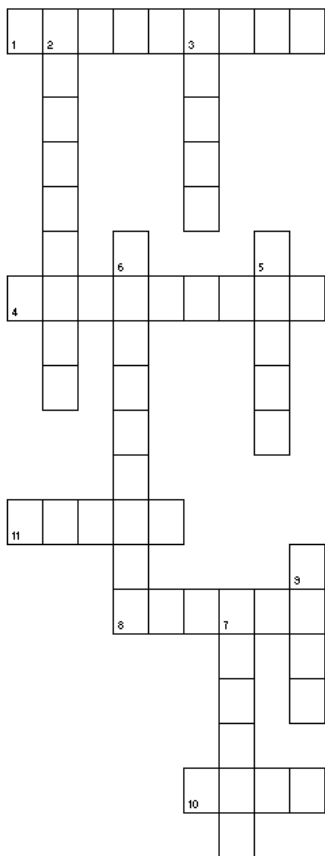
Alcohol

Several studies, for example, The Million Women Study (2002)⁷, link alcohol intake (more than one glass per day) to an increased risk for breast cancer - approximately 7-10% for every additional drink⁸.

Hormone Replacement Therapy (HRT)

Across multiple randomised controlled trials published since 2000, there is a consistent and significant increased risk of developing breast cancer in women who have taken combined HRT for more than 5 years compared with women who have never taken HRT⁹.

****** For further information, women should contact their family doctor who can assess their risk in a personal context.



Christmas Word Search



1. Bells
2. Bethlehem
3. Bows
4. Candy
5. Carols
6. Christmas
7. Elves
8. Gifts
9. Holly
10. Jesus

R N A M W O N S Y Q I D
E C Y J N E F L U N E S
E H B E T H L E H E M T
D R A S Z O K V O M G O
N I L U H R C G E E I C
I S Y S E V A T Y S F K
E T E G H A N B R I T I
R M N B T T D A K W S N
M A H O M N Y S C L T G
M S Y W C A R O L S A O
A S O S U S X E E E R T
H G I E L S B I J W P O

11. Manger
12. Reindeer
13. Santa
14. Sleigh
15. Snowman
16. Star
17. Stocking
18. Toys
19. Tree
20. Wisemen



Across

1. The father who did not believe Gabriel. (Luke 1:18-20)
4. The town Joseph and Mary went to for registering. (Luke 2:4)
8. The name of the man who found Jesus in the temple courts and praised God. (Luke 2:25-28)
10. What the wise men saw to let them know the Savior had been born. (Matthew 2:2)
11. The wise men brought gifts of gold, incense and _____. (Matthew 2:11)

Down

2. Mary's relative that had a baby in her old age. (Luke 1:36)
3. Caesar Augustus ordered a census of this empire. (Luke 2:1)
5. What Mary and Joseph named their son. (Matthew 1:25)
6. An angel appeared to some _____ who were nearby. (Luke 2:8-9)
7. Joseph and Mary presented Jesus in the temple on the _____ day. (Luke 2:21)
9. The name of the prophetess who was also at the temple and thanked God. (Luke 2:36-38)



CHRISTMAS PUZZLES

1. The mother of Jesus.
2. The husband of Mary.
3. To feel joy.
4. The town of David.
5. Birth, especially the place, or circumstances of being born.
6. Baby Jesus was laid here.
8. There was no room here.
9. Brought gifts of gold, frankincense and myth.
10. One who sends, feeds and guards sheep.
11. Christ the Lord.

Christmas - Nativity Vocabulary

Rejoice	Joseph	Bethlehem
Nativity	Wise men	Inn
Jesus	Manger	
Mary	Shepherd	

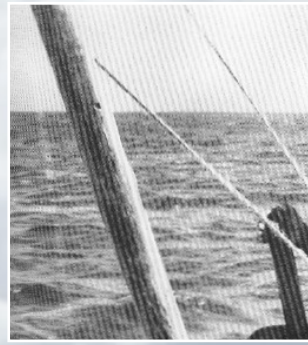




Twelve yellowfin tuna in sixty-six *inati* food shares. Seated at either side of the *malae* are two elders who oversee the distribution.



Adzing a canoe.



Sailing an outrigger.

TOKELAU TAULELEA AUMAGA



JOHN MISKY: Rare catch but awesome taste



Traditional canoe has been replaced by the new aluminum engine power boats.



Bring in the catch



trigger canoe



76 yellowfin tuna. Each inati share received a whole fish because of abundance. This was decided by the elder who oversees the *malae*.



Loaded canoe returning with harvest

A FISHING

All fish caught by the Aumaga/taulelea is shared or distributed among families on each atoll.

Distributing or allocating fish to families on each atoll is an ancient tradition which goes way back in time.

Each atoll has it's establish location or *malae* (open field) where shares are divided.

The Tokelau tradition of distribution of whatever food obtained was in order to provide for widows and young generation.



h during a night



Dividing the catch of the day



Toke-boys during the *inati* distribution

WISHING EVERYONE A FUN, JOYFUL AND SAFE CHRISTMAS



MANUIA TE
KILIHIMAHU

MA TE TAUHAGA FOU

