

P.A.C.I.F.I.C.A National Conference AGM – Wellington.

Tamaki branch Report 2014:

Beautiful Warm Greetings to our National President, National Executive body and all our P.A.C.I.F.I.C.A members.

Please accept my humble apologies and absent tamaki members for not being able to make it to Wellington this year. However we wish everyone a wonderful conference for 2014.

We send our hosting branch: Vahine Orama Newtown, sending you our love and positive vibes. With all the hard work behind an on the scenes, we're confident your team will deliver a wonderful vibrant and prosperous conference for our attending members.

In reflection of the year 2013 - 2014, it sure has been an eventful one.

Highlights:

Attending AGM 2013 – Invercargill. Congratulations to the branch members and Invercargill & south region for delivering a wonderful conference 2013.



HeaRT: In support of a local moment in Tamaki area. Heart is a movement which stands for Healthy Relationships in Tamaki, Tamaki branch signed up as a committed partner. As a local movement supporting the national campaign 'Its Not Okay'. Heart Movement looks at ways we can plan and action activities to strengthen healthy relationships in Tamaki. Currently at the moment we are involved in planning for an event focus on our pacific families.

Last year we bid farewell to our Fijian Mama Evelyn Knowles and her supportive husband Brian Knowles. With the move down the line to be closer to family and to spend the rest of their retired years, we had a lovely farewell dinner.



Auckland local body elections, Josephine Bartley was successful to stand as Local Board member and holding the highest votes for Tamaki election. We are extremely proud of this woman of influence, who is a huge advocate for the Tamaki community. She also is a founding member for the Tamaki Community Patrols which you may have seen her segment on TVNZ's

Tagata Pasifika. She is a woman on a mission and we are right behind her. Well Done Josephine – Malo Team Bartley!

Tamaki learning the Ukulele.

Members of the branch decided why don't we learn something new this year. With having two musicians in our branch Jacqui and daughter Sonya and natural Ukulele players Ruth and Barbara– we thought why not. So watch out for the next coming years we should be able to strum a few tunes and have more sing-a-longs!



Tamaki Women Getting Healthy – Personal Journeys!

Some of our members have been on a personal journey of getting a little bit healthy.

Maria Meredith and her husband Eugene who train with Buck Stowers, Big Girls and Big Boys Club. We've seen them transform not only themselves but their family is getting healthy too. In the process they're both lost over 60kgs. Maria and Eugene are currently off to Taupo this weekend to compete in a Relay around Lake Taupo. Living Legends!

Josephine has been on an amazing journey herself. If you ask her about it, she'll tell you nothing but the truth. However it's her turths – that's been inspiring. She's beaten her diabetes and she's still going. Now that's amazing! This woman has a lot of attitude when it comes to training. She's lost over 30kgs in the process. Watch out for her amazing facebook statuses.

Like these two other amazing women I've been on the same journey. I've done this before and failed so many times, This time I said to myself it's gonna be different, it's about investing in me and fighting to get healthy again. Thanks to the many bootcamps with ACB, Boxing with Trumaine & David Tua, Gyming it with Jo at Les Mills. I've recently reached a milestone of losing 40kgs. That's a size 24 to now size 16/14. Unfortunately it's not like Pantene, it doesn't happen over night. It's a life time commitment.

I thought it's important to share these stories because Maria, Jo and myself know how hard it is. Not only are you pulled to be different roles to others. We sometimes put our health last, and we forget we need to live a little longer not only for others, but ourselves. Add us on facebook – We hope this sheds some inspiration to be a bit kinder to ourselves in a healthier way.

Lastly we acknowledge our branches and members who have passed on and to our branch members who have lost loved ones. We send you our deepest love and spirits of comfort. We pray God and the angels watch over you and your family during these hard times.

We look forward to the many great outcomes of our conference in 2014. We trust the debate and discussion be fruitful and progressive.

Ia manuia,
Acting President
Tamaki Branch

Leitu Tufuga