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Outrigger canoes have been part of Vanuatu's heritage and mode of transport since before time and continue to be part of Island life today.

Outrigger canoeing—also known as Va'a, Vaka or Waka Ama—encompasses the modern-day sport of outrigger canoe racing, representing an up to date take on ancient cultures and traditions across the Pacific.

The Va'a is considered by many cultures of Oceania as a living entity, providing a direct link to their entire existence. It was a means of harvesting food from the ocean, a way to travel near or far, and on occasion, a vehicle of warfare and recreation.

It was many thousands of years before outrigger canoe racing became a competitive sport and maritime advancement saw the canoe evolve to the sleek racing of Va'a of today.

The modern-day sport of outrigger canoeing has not replaced the traditional canoe races and festivals held in many Pacific countries, but it enhances the culture and connection of the people to the canoes and can also be incorporated into bigger festivals.

The first canoe race initially for men was in Hawaiian islands in Waikiki in 1917 and has spread around most of the Polynesian, Micronesian and Melanesians with the exception of Vanuatu and Solomon Islands.

As Va'a has established in Vanuatu, Vanuatu Outriggers is Vanuatu's Outrigger Canoe Federation (VOCF) as the governing development body.

Potential in Vanuatu

According to the VOA handbook, Vanuatu and the Solomon Islands are the two of the last Pacific Island Countries to adopt the sport.

"VO is introducing the sport to Vanuatu with the aim to develop local sporting competitions, national competitions, and international regattas and prepare teams and individuals for events such as the Pacific Games.

"VO also aims to train teams for entry into international events including future Olympic Games, just as equally to ensure youth and people with disability can undertake the sport on their own waterfront."

The VOA handbook stated that the potential of the sport in Vanuatu is endless because of the climate and coastal environments that provide all manner of ocean conditions in

which to practice and ultimately excel in outrigger canoe racing.

"The initial development would include Port Vila area, followed by Luganville and then other locations within Efate and a number of outer-islands

"Vanuatu also being located within 2-3 hour flights of Australia, New Zealand, Fiji and New Caledonia will attract significant numbers of competitive paddlers when international regattas are commenced. These international regattas have the potential to be Vanuatu's largest sport tourism events to develop.

"Vanuatu is also well placed to host regular international regattas that have the potential to bring thousands of tourists, competitors and tourism revenue during weeklong regattas."

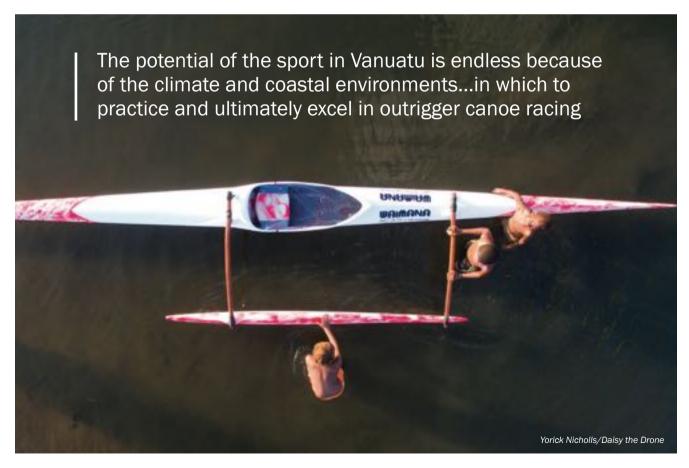
VO executive member, Webster

Alilee said that they are looking into setting up in Luganville, Mele and Port Vila clubs which we will be providing a canoe as well as training if people in these spots are interested."

"We are working on raising awareness to get sponsorship from our local business houses which we were able to get a few feedbacks, because there is not enough publicity about this particular discipline in Vanuatu's sport arena."

Mr Alilee said that this should be a big hit because this sport is not confined in Port Vila but also in other islands in the country.

"Everyone has been in a canoe and it is part of our culture, so it does not matter about your age or size, it is all about racing in a canoe either individually or with partners you can become a part of the Vanuatu Outrigger association."





Equipment and resources

The president of the VO, Mr Michael Smith who is currently in Cairns Australia, fundraising for the freight of newly purchased canoes for 6 persons and for 4 persons, paddles. Safety equipment and storage setup which will cost to send to Vanuatu and to commence the first clubs in Port Vila and Santo as the foundation clubs and to establish the National training development Centre.

"VO has a number of canoes that have been provided however are in Australia whilst we raise funds for the freight, these are V1 canoes, OC6 outrigger canoes, OC6 sailing canoes, older OC1 canoes, assortment of paddles, OC6 trailer and V1/OC1 trailer.

"We are seeking the initial funding from Government, Philanthropic and Sporting associations from Australia, New Zealand and other Vanuatu partners. This will still allow local business partners sponsorship at a lower level which will help in further purchase of equipment and set up of further clubs."

Coaches and paddlers from Australia and Fiji have offered their time and support to assist in coaching and development of the clubs.

"VO is joining the International Va'a Federation who is aiming to assist us set up a new, competitive country into the international sport.")





2017 Mini-Games

The VOA said that the due to the sport only commencing in Vanuatu, outrigger canoe racing will not be part of the Games.

"We will aim to hold an exhibition regatta during the games as alternative. VO has commenced fundraising to ensure the development of the sport and to ensure canoe and equipment as available leading up to the 2017 Games.

"More importantly, VO aims to develop internationally competitive men's, women's and youth teams to win medals in future Pacific Games."

"The proposed Vanuatu Solwata Challenge will be held over a 6 day period and have a mixture of sprints, short marathons, ocean challenges and other events. Port Vila Waterfront is the ideal location for the majority of sprints and also the start and finish line of ocean races and marathons, other locations will be used such as Malapoa, Mele Bay, Erakor and Luganville in Santo.

VO proposed that it will be fun-filled week with a mixture of sprints, short marathons, ocean challenges and enough time for competitors to experience Vanuatu's tourism.

Mr Webster Alilee said that the association was registered under the Vanuatu Financial Service Commission recently but will not be able to participate in the Van2017 Pacific Games.

"Unfortunately we were late to affiliate with VASANOC since we were set up after the annual general meeting that took place in April but we are going to that before AGM next year and still will not be part of the Pacific Games," he said.

Sponsorship Opportunities

VO understands that getting maximum exposure and representation of your vatu is of upmost importance for your organisation so depending on the amount sponsored, there is a range of high-exposure opportunities that you can access more information on through their webpage www.vanuatuoutriggers.com

Other than a method to increase your company's exposure, a relationship with VO can help foster much greater benefits for your organisation. VO believes that getting staff and colleagues out of the office and into a canoe offers your team the chance to develop a strong bond, happy, healthy and unified staff will result kin increased productivity.

Any business house can hold their own corporate challenge or compete against other local businesses in VO's regular business house challenges.

There are sponsorship benefits that can acquired through VO's handbook or their website.



Ideal sport for women

VO provides sporting opportunities for women of all ages to train, compete and win. Women will be involved in all local, national and international regattas from junior to senior Masters, women with disabilities and more.

"Women are also incorporated with men through mixed divisions in regattas that require 3 men and 3 women in each canoe.

"A further opportunity for women teams is to hold their own fundraising and awareness regatta whether campaigning against domestic violence, promoting women's education, raising awareness of health and many more."

Starting off early

VO handbook assures that outrigger canoeing is one of the sports that children as young as 8 are actively training and competing and so it will have the following age categories for training all levels of regattas.

"Under 12's (aged 8 to 12), Under 14's, Under 16's, Under 19's are the proposed age the VO will train and will ensure that club canoes and times are made available for school students and work within available times.

"Outrigger canoeing is also a sport in which all youth can try rather than sitting on the sideline of the soccer field due to not being good enough to make the teams. Juniors with disabilities will also be important members of the team.

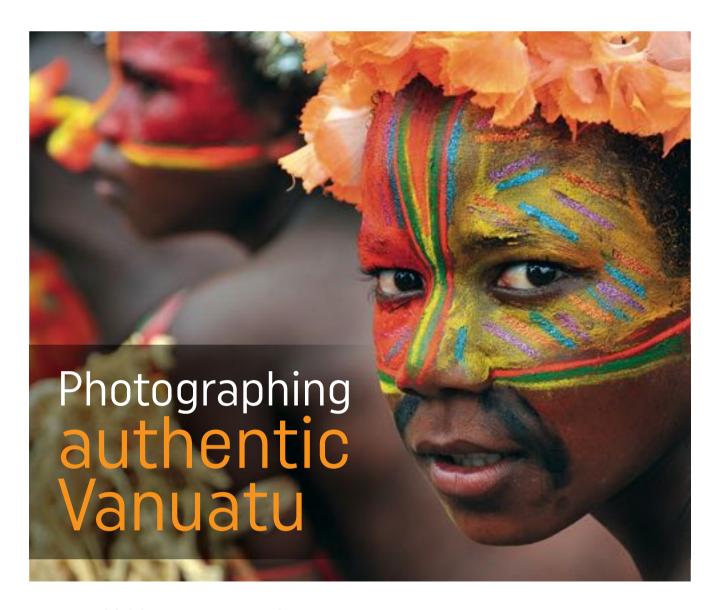
"As long as we have enough canoes and enough time, everyone gets to paddle. We aim to make sure no one is left out and VO believes



active juniors are healthy juniors and outrigger canoeing has the potential for juniors to take lessons of good health with them into adulthood."

Finally, VO paddlers who start aged 8 can continue to paddle until they're 88, it is never too late to start paddling! ■





Born in 1961 in Morocco, of French descent, Philippe Metois arrived in Vanuatu in 1984 with a camera around his neck.

Discovering of every island of Vanuatu was the most exciting part of photography in Vanuatu, the diversity of the islands and their scenery, the cultural wealth of the country and rediscovering these islands says Philippe Metois.

"Creating relationships and friendship with the people, creating trust with some communities and taking photos of all the custom ceremonies on the islands of Pentecost (land-diving), Tanna (Nekouwiar), Malekula (Small and Big Nambas), Maewo and up in the Banks especially taking photos of custom rituals in Mota," he said.

"Doing underwater photography and aerial shots of the islands of beautiful scenery, colourful corals to custom dances and the happy people of Vanuatu," he said.)





"There are beautiful corals scenery in the island of Santo, Tongoa and in the Banks but there is not such down in the southern part of the country because the water is much colder down there."

Mr Metois is also a qualified diving instructor who did a lot of underwater photography but has stopped due to advancing age.

World of Wonders has published his most recent book of photographs around Vanuatu, with material dating from 1984 to the present day.

His book, 'A Touch of Vanuatu', is an artistic testament to the happy state of Vanuatu, but it also a serious side—an authentic Vanuatu not seen in most tourism-oriented materials. "One of the photos is of a sunset back in 1984 on the Port Vila harbour, and you can sit now at Seafront and watch the sun sets on almost the same spot, so it is a book of timeless photos," he said.

"The book has a good selection of photography for tourists, long time residents and the locals and everyone can purchase because it is a very good Christmas gift for families and friends at a retail price of VT 2,400 and there is also wholesale price available that you can contact me about."

Mr Metois said that the book has two versions—English and French and the photos are dated almost thirty years back.

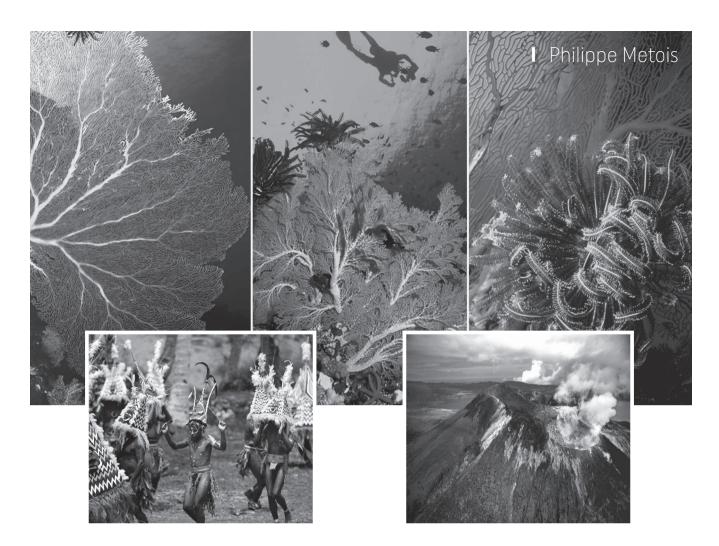
He stated that the one place that

has a special place in his heart is the island of Tanna.

"I love Tanna because there is "permanent la fete' there and the Yasur Volcano that makes photography really exciting, that is one special island," he said.

"Every year there is a custom ceremony and everyone is happy until after Pam when the people were affected and not happy—I worked with multiple NGOs on Tanna to take photographs for their assessments and much was devastated."

According to Wakaphotos.com, Mr Metois work includes close to twenty thousand shots taken over a period of nearly thirty years and recording and reporting of Toka ceremonies



is of immense historical value.

"While checking out the ideal meteorological conditions underwater or aerial photography, always on the lookout for what might be going on in the country in terms of events, the purpose is invariably the same: to record beauty for all eternity. The beauty of a country, of its magical or Dantean-like scenery, from its lush tropical marine life to the very tip of active volcanoes, the beauty of its traditional rituals untouched by the modern world, the beauty of its people, often described as the happiest on earth.

A vast number of these photographs are available to the general public in the form of postcards or philatelic stamps. Large-size printouts are frequently on display in Port Vila or Sydney, and projections often accompany cultural exhibitions in Vanuatu."

Mr Metois photographed almost 25% of Vanuatu's population in the islands and in commercial photography.

"I am still taking school portraits of students in school, around the islands and many of these people remember me and I know most of them.

I photographed almost all the Presidents and Prime Ministers in the country and this was through my partnership with a late former member of Sun Production who was responsible for the portraits and posters back then. He would call me up to take portraits of these

former and current leaders."

Metois life as a photographer has created many memories for the people of Vanuatu and all the expenses to make this possible were taken care of by him.

"I pay for my own airfares to the islands to take photos and any damages on my cameras I have to pay the costs but I do commercial photography when I have people calling in to hire me for a photo shoot."

Mr Metois' book can be purchased and if you are interested contact him on 7754705 or email worldofwonders@vanuatu.com.vu





exhibition features various artworks from 30 local and visiting artists, school children and community organisations to highlight the critical impact of plastic pollution to Vanuatu's oceans and marine life. Located at Fondation Suzanne Bastien Art Gallery in Pango, the exhibition is free to the public and runs until November 26th.

One of the artworks includes a series of photo stories submitted by Solwata Sista, the Vanuatu Surfing Association's women's development program. Since its establishment in July, Solwata Sista has been using surfing as a conduit to provide educational activities and workshops to build personal and professional skills.

The photo stories are the end result of a collaboration between and Solwata Sista. Arlene ran a photography workshop to teach young female surfers, ranging in age from eight to their early twenties, how to use a camera and how to portray a story using photography. The workshop not only provided the opportunity to learn basic photography and storytelling skills but simultaneously raised awareness about environmental conservation.

Sam Suendermann, the volunteer women's surf development officer, says that surfers experience the impact of pollution firsthand as the sport is strongly connected to the environment. Here she talks about the messages behind the photo stories and how Solwata Sista encourages its members and surrounding community to play its part in keeping the ocean clean.





Can you tell us more about the photo stories at the Sik Plastik exhibition?

We had five girls - Raine, Cindy, Mavillie, Lorein and Jill - tell various photo stories using the theme of 'water'. We wanted a theme that could connect to the environment, kastom and everyday life while still addressing the current problem of ocean and marine debris.

Jill expresses her interest for marine life in her story 'Creatures of the Ocean'. In just one afternoon, she went to the rock pools in front of her house and took photos of an array of animals including an eel and octopus.

Cindy and Mavillie used imagery to capture the various ways that the ocean is useful, including how it can be used for recreation (surfing and play), food, medicinal purposes and how rubbish washed up can also be recycled and made into art.

Raine and Lorein used their passion for environmental conservation to capture how the ocean is severely impacted by rubbish. Their pictures also portrayed village life and how it has become commonplace for people to litter with little regard for their actions.



Why was photography chosen than any other mediums?

Photography has the ability to tell a thousand words with a single image. It can capture culture, society and behavior.

In relation to the exhibition, it was the ideal medium to demonstrate the reality of the situation by providing evidence of environmental degradation.

We also wanted to use a medium that the girls would be able to access after they completed the photography workshop. With the use of mobile phones or cameras borrowed from Solwata Sista, the girls are able to share their stories and create new ones with their newfound skills.

How does Solwata Sista promote environmental awareness?

Solwota Sista ensures that action and education, such as environmental awareness and beach clean ups, are implemented in the programs and events that are run. The Vanuatu Surf Association, with the assistance of John Steven from surfvanuatu.com, also facilitated the Clean Up Vanuatu Day in Pango Village.

Our older surfers are also becoming leaders within the community and act as positive role models to the younger generation to try and change behavior and champion good practices.



The main theme of the exhibition is the impact of plastic bags to the ocean. What can be used as an alternative to plastic bags?

Nearly every family in Vanuatu owns at least one traditional weaving basket. These baskets are strong, durable, made from natural material and can be re-used over and over again. It can also fit up to three times the amount of what can go inside a plastic bag.

In Western countries, re-usable bags are slowly overtaking single-use plastic bags. However to produce a western style re-usable bag is a lot of energy consumption. Vanuatu is one step in front because the production of just one hand woven basket is next to nothing.

Unfortunately we are resorting to plastic bags when we have the traditional knowledge and ability to replace imported plastics with weaving and natural products that are not only good for the environment but would also support the local economy.



How can individuals do their part in not polluting?

Vanuatu is one of the most beautiful countries in the world and I hope that it stays this way. Yet as a surfer I walk the beaches every morning and feel almost hopeless at the amounts of rubbish washed up. The rubbish is made out of poisonous toxins that will kill animals and the environment.

As individuals we have the power to change this. We can do our bit by replacing single-use plastic bags with weaving baskets and elastic bands with natural twine. We can say no to straws and buy products that are not individually wrapped.

Think about your daily behavior in relation to plastic and try and change it one step at a time while encouraging your children, your family and your friends to join you. ■





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Bathroom vinity top



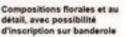
Livret fleur





Plaque en granite cuisine et salle de bain







LE SPECIALISTE DU FUNERAIRE Cercueil en bois et cercueil plombé Fleuraicompositions Tombes en granite Gravure sur marbre et granite Habillage intérieur cercueil Poignées, visserie, Christ.....







Mariah Carey has demanded that her former fiance James Packer buy her a mansion in Los Angeles as part of her alleged \$50m settlement.

The singer was allegedly ordered out of the lavish Calabasas estate they shared after the couple broke up in Greece last month, but has refused to leave. She now wants a new LA-based home along with a significant payout because she uprooted her two children from their base in New York to live with the Australian billionaire tycoon in California.

Mariah Carey 'demands James Packer buy her an LA mansion as part of her \$50 m settlement'

amid claims his ex-Scientologist aide caused rows over her spending.

It has also been claimed that former Scientology boss Tommy Davis, who now works for Packer, caused rows over after urging Packer to curb Carey's spending. Davis allegedly pointed out Mariah's excessive purchases, causing arguments between Davis and Carey's manager Stella Bulochnikov.

Meanwhile, Mariah seems to be doing her best at moving on - hitting the town several times alone. Carey has been spotted dining with friends at some of LA's fanciest restaurants, and had her choreographer and backing dancer Bryan Tanaka in tow. It has been claimed that her friendship with Tanaka left Packer 'jealous' and is reported to be at the center of the break-up , with Packer reportedly using his status to get Tanaka 'banned from Caesar's Palace', where the songstress has a residency. Other reports have also speculated that Packer allegedly did 'something really bad' that involved Carey's assistant.

Albeit, Carey is still wearing her huge \$10 million engagement ring but on her right hand.





He reportedly engaged in a romantic tryst with pop legend MAdonna shortly after winning his firt kickboxing contest in London last Friday evening. But Idris Elba 44, has since denied claims that he openly kissed the veteran singer 58, while celebrating his victory at a Halloween party at the capital's upmarket M restaurant.

Taking to Twitter on Monday afternoon, he wrote; 'Am I sleeping with Madonna? No mother******s... Don't believe the Hype.'

Sources claimed The Wire actor was seen indulging in a number of passionate embraces with Madonna, who is fourteen years his senior, after the kickboxing bout at Bethnal Green's York Hall - filmed for new Discovery Channel documentary Idris Elba: Fighter. The pair were spotted arriving at the party, which celebrated a mutual friend of theirs, independently - but were reportedly inseperable once inside. A guest told 'There was nothing subtle about it, no attempt

to hide. It was very blatant.'

'They were at the party for about an hour, they would dance, go off to smooch, then mingle a bit more.' The insider added: 'They only had eyes for each other. That seemed very clear'.

Uploading a video of the esteemed actor fighting to her Instagram page, the Vogue crooner captioned the clip excitedly: 'Idris Elba smashes it at York Hall'. In another nore intimate post, the singer then uploaded a selfie of the pair of them lying together on the floor, which she jokingly captioned: 'I kicked his butt'.



Princess Beatrice donned Revolutionary War attire when she was spotted with a mystery man at Heidi Klum's Halloween bash. The Royal skipped the red carpet and arrived after midnight at the Manhattan party. She was flanked by the man - wearing a similar black-and-silver trimmed costume - and a security guard.

Princess Beatrice partied until 2am, when she left with the two same men. She was seen smiling as the dark-haired companion put his arm around her. They left in the same cab. It comes days after her former flame of ten years, Dave Clark, was pictured in London with a partner.

Prince Harry
CANCELLED a trip to
Toronto to visit his
'new love' Meghan
Markle hours
after news of the
'relationship' broke.



Prince Harry scrapped a secret trip to Canada to meet with new lover Meghan Markle after details of their alleged six-month relationship emerged.

A 'besotted' Harry 32, was booked on to a British Airways flight from Heathrow to Toronto at 11:30am and due to land in the Canadian city at 3:30pm on Sunday but was a 'no show'. Hours before he was due to leave the country, claims they had been seeing each other for nearly six months broke in Britain.

The 35 year old actress, who is best known for her role as Rachel Zane in U.S legal drama Suits, is believed to have charmed the royal when he visited Toronto in May. As claims the pair were 'besotted' with each other emerged, keen observers spotted pictures of them wearing matching bracelets and it's possible he gave a similar trinket to Meghan as a gift. One royal source suggested the pair are in a relationship but it is still considered 'very early days'.



Complete all the puzzles to win some cash!

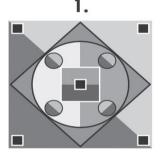


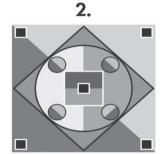
To enter: Take a clear photo of your completed puzzle pages and post it to our Vanuatu Daily Post Facebook Page. Then make sure you LIKE & SHARE our page too. The first three correct & complete entries will win these cash prizes: 3000vt (1st) 2000vt (2nd) 1000vt (3rd).

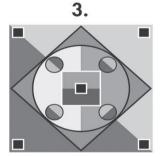


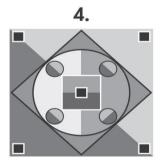
Two of a Kind

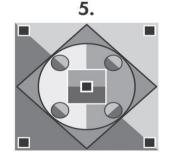
Which two of the six designs are identical?

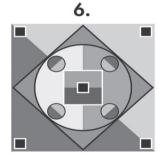












In the Money

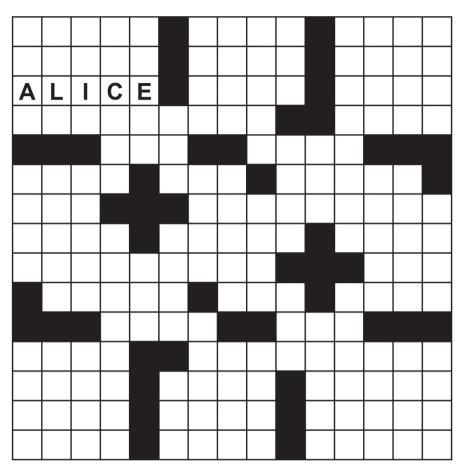
How guickly can you convert each bag of money into dollars and cents and determine which one contains the greatest amount?











Fill-In Puzzle





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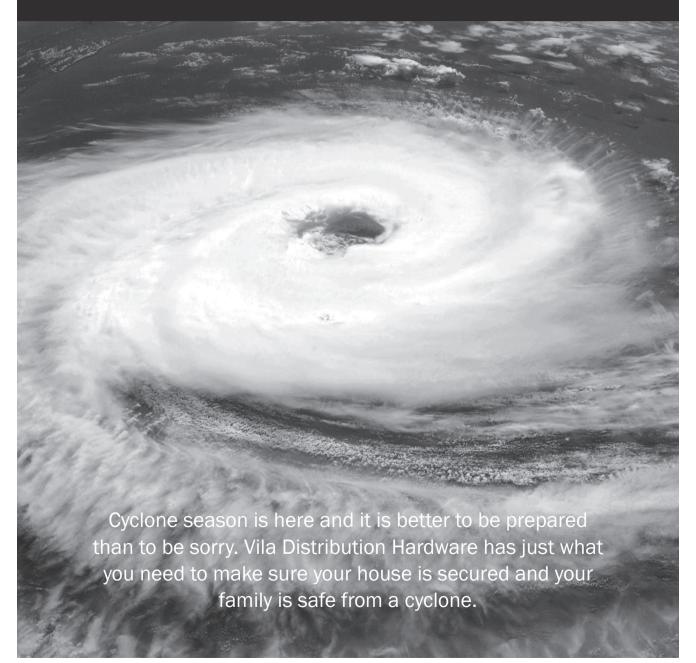
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Cyclone Preparation A Family Disaster Plan



Preparation and safety procedures checklist:



Storm Shutters (Plywood)

Measure your existing windows and cut plywood to fit frame. Once you have the lengths for the frame, secure the plywood frame with nails and hammer against the windows. Ensure windows are fitted with shutters or metal screens.



Removal of Potential Flying Debris

Cut down or trim tree branches hanging over your house or in the yard with a chainsaw, put bags of sand on roof tops to avoid roofs blown away by strong winds and clear gutters of leaves and debris. Clear your property of loose material that could blow about and possibly cause injury or damage during extreme winds.



Water Containers

Make sure that you have water containers to store clean water to last during the cyclone period. The water containers will ensure that your family has access to clean water post cyclone when water sources are destroyed.



Tarps

Purchase quality tarpaulins at Vila Distribution Hardware for shelter of rooftops, water source like tanks and wells and make sure it is tightly fastened. Tarpaulins are useful after cyclone that can be used for outdoor kitchen if destroyed in cyclone. Tarps can also be used as shelter when houses are damaged.



Emergency Supplies

These are vital components during and after cyclone. In the Family Disaster Plan by the National Disaster Management Office (NDMO), you should have one emergency bag where all emergency supplies such radio/mobile phones, torch and spare batteries, clothes/beddings, matches/firewood, food (canned food or dried food/kitchen utensils and important documents as birth certificates. First aid kit is essential, masking tapes for windows and waterproof bags.



Securing your Roof

Make sure your roof is secured with Approved Roof Screws to prevent it being blown away by strong winds.

Checkout Vila Distribution Hardware for necessary tools and equipment to purchase for your family's safety during this cyclone season!

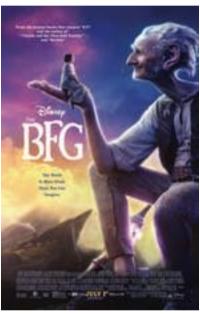
The best DVDs for the kids to watch this weekend



Finding Dory T

Dory is a wide-eyed, blue tang fish who suffers from memory loss every 10 seconds or so. The one thing she can remember is that she somehow became separated from her parents as a child. With help from her friends Nemo and Marlin, Dory embarks on an epic adventure to find them.

Adventure | Comedy

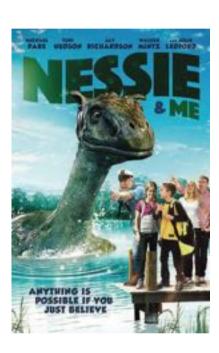


The BFG

Fantasy | Adventure

Ten-year-old Sophie is in for the adventure of a lifetime when she meets the Big Friendly Giant.

Naturally scared at first, the young girl soon realizes that the 24-foot behemoth is actually quite gentle and charming. As their friendship grows, Sophie's presence attracts the unwanted attention of Bloodbottler, Fleshlumpeater and other giants.



Nessie & Me

Adventure | Family

A 10-year-old boy moves to a lakeside town and meets an elderly sailor who claims that the stories of a monster named Nessie in the lake is true. Could the monster hold the key to saving the town from a ruthless businessman?



Roasted Beet Salad with Dill Horseradish Vinaigrette

Ingredients

- 1 tbs chopped fresh dill
- 1 tbs chopped fresh Italian parsley
- 2 tbs grated horseradish (or horseradish cream)
- 2 tbs white wine vinegar
- 1 tbs Dijon mustard

- 1/3 cup extra-virgin olive oil
- salt & cracked black pepper
- 12 roasted baby beets
- 120g soft chèvre (goat cheese)
- 1/2 cup chopped hazelnuts

Method

Making the vinaigrette

- Combine the dill, parsley and horseradish in a large jar.
- Put the vinegar, dijon mustard and olive oil into a large bowl. Blend these ingredients together until they are emulsified. Stir this in with the chopped herbs. Season to taste with salt and pepper.

Making the salad

 Cut the roasted beets into pieces and put them in a bowl. Toss them with some of the dill-horseradish vinaigrette. Put the beets onto a plate and add the goat cheese and hazelnuts. Drizzle with more of the vinaigrette, if you wish.

I Gluten Free Recipes



Ingredients

- 1/2 cup olive oil
- 3 garlic cloves, crushed
- 1kg vine-ripened tomatoes, chopped
- 3/4 cup fresh basil leaves, chopped
- 6 slices (250g) gluten-free bread, torn
- 1/2 cup gluten-free plain flour
- 1/2 cup reduced-fat plain yoghurt
- 4 (500g) chicken schnitzels (uncrumbed)
- 100g mozzarella cheese, grated baby spinach, to serve

Method

Step 1

Heat 2 tablespoons oil in a non-stick frying pan over medium-high heat. Add two-thirds garlic. Cook for 30 seconds or until fragrant. Increase heat to high. Add tomato. Season with salt and pepper. Cook, stirring occasionally, for 5 minutes or until tomatoes have just collapsed. Stir in 1/2 cup basil.

Step 2

Meanwhile, process bread and 2 tablespoons flour until fine crumbs form. Add remaining basil. Process until finely chopped. Transfer mixture to a large plate. Place remaining flour on a plate. Season with salt and pepper. Whisk yoghurt, remaining garlic and 2 tablespoons cold water together in a shallow bowl.

Step 3

Coat schnitzel lightly in flour, shaking off excess. Dip in yoghurt mixture, shaking off excess. Coat in bread mixture. Place on a plate. Repeat with remaining schnitzels, flour, yoghurt mixture and bread mixture.

Step 4

Heat remaining oil in a large non-stick frying pan over medium heat. Cook chicken, in batches, for 2 to 3 minutes each side or until golden and just cooked through, adding more oil if needed. Transfer to a plate lined with paper towel.

Step 5

Preheat grill on medium-high heat. Arrange chicken, in a single layer, on a large baking tray. Spoon over tomato mixture. Sprinkle with cheese. Grill for 3 to 4 minutes or until cheese is golden. Serve with spinach.

I Gluten Free Recipes



Ingredients

- 1.25L (5 cups) gluten-free vegetable stock
- 25g unsalted butter
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 3 garlic cloves, crushed
- 2 cups (440g) arborio rice
- 2/3 cup (165ml) dry white wine
- 500g green prawns, roughly chopped
- 1 cup (80g) grated parmesan, plus extra to serve
- 2 avocados
- Juice of 1 lemon
- 1/4 cup roughly chopped chives

Method

Step 1

Place the stock in a saucepan, bring to the boil, then reduce heat to low and keep stock at a simmer.

Step 2

Meanwhile, heat the butter and olive oil in a deep frypan over medium heat, add the onion and cook, stirring, for 1-2 minutes until softened, but not coloured. Stir in the garlic, then add the rice and cook, stirring, for 1 minute to coat the grains. Add the wine and allow the liquid to evaporate. Add the stock, a ladleful at a time, stirring occasionally, allowing each ladleful to be absorbed before adding the

next. Continue until you have one ladleful of stock left - this should take about 20 minutes. Add the prawns with the final ladleful of stock and continue to stir for 2-3 minutes until the prawns are cooked through. Stir in the parmesan, then cover and remove from the heat.

Step 3

Peel the avocados, dice and toss in the lemon juice. Just before serving, carefully stir the avocado mixture into the risotto. Serve in bowls topped with extra parmesan and chopped chives.



Au Bon Marche and Traverso often import gluten free flours, bread and cake mixes and pasta. Keep an eye out for these products as they usually sell out pretty quick and don't forget local products such as manioc flour, can be used in place of wheat flour in some instances.





6 course degustation lunch every Saturday Open Tue to Sun 11am – 8pm Havannah Harbour

f +678 7719898 fancescas.com.vu





Port Vila Dining Guide



BARS AND BISTROS

Anchor Inn: Is well known for its hamburgers and a popular expatriate watering hole. ① 22435 **\$\$**

Banyan Beach Bar: The only beach bar in the city centre, enjoy a cold beer, wine or fantastic cocktail with some delicious beef sliders. Located at Fatumaru Bay, next to Chantillys. ① 7114689 \$\$

Brewery: Across the road from the Grand Hotel; as their name suggests they brew their own excellent beer (Nambawan Beer) and the food is great. ① 28238 **\$\$\$**

Cafe Vila Restaurant & Bar at Nasama Resort: is only 10 mins from town on Pango Road. Delicious food and cocktails served. FREE WIFI. Open 7am to late everyday.

① 7728028

& Bar: Located on the gorgeous calm waters of Havannah Harbour only 30 mins from Port Vila. Smart casual authentic Italian food using fresh local produce, fish & meat, cold drinks and cocktails at the bar, sun lounges & relaxation massage in private booths. ① 7719898

Francesca's Italian Restaurant

francesca@shantihavannah.com. vu **\$\$\$**

Lava Lounge: Stylish waterfront cocktail bar with quality tapas food and pizzas. Try a signature cocktail and listen to live music Friday & Saturday nights. ① 26671 \$\$

Mooring Bar & Restaurant:

International cuisine. Located on Port Vila habour, view and enjoy the spectacular sunset on the beach.

② 26800 or ☑ reservation@ moorings.com.vu \$\$

Stone Grill Tapas Bar & Restaurant: The healthiest way to cook. Open 11:30am 9:30pm 7 Days. ①

5464506 \$\$

The Beach Bar: Great setting on the Mele beach as the name suggests. Famous for their pizzas and Fire Show every Friday night. ① 5601132 **\$\$**

The Lookout Bar & Restaurant:

Located up the one way road from the NZ High Commission. Great value meals with the best views in Port Vila. A great bar for sunset drinks. ① 23317 **\$\$**

The Office Pub: Located in town; under new management has some of the best steaks in town, truly delicious. ① 27716 **\$\$**

War Horse Saloon: Located on Wharf Road; Good for a Tex-Mex food experience in a unique Walt Disney props décor. 3 26670 \$\$ Waterfront Bar & Grill: Situated on the Yachting World Marina of Port Vila Harbour. Meeting place for locals and vachties. Live Music each night and local string bands on Cruise Ship day(s). Fresh catch of the day from our charter fishing vessels. Organic Beef. Fresh vegetables from our markets. Free Salad bar with your main meal at lunch time. 3 23490 or \Bigsi waterfrontbargrill@live.com \$\$

CAFÉS

Au Peche Mignon: For a taste of real French pastries. ① 27271 or email: aupechemignon@vanuatu. com.vu \$\$

Jills Café: Located opposite the Post Office; serves typical and delicious Tex-Mex dishes and hamburgers.

① 25125 or ☑ whitford@vanuatu. com.vu \$\$

Jungle Café: Situated in the heart of town opposite the French Embassy. Make sure you check their lunch specials board for only 1000vt \$\$
La Tentation Restaurant, Bar &
Café: Located in town by the ocean; a beautiful and chic venue with great food. ② 29661 or ☒ latentation@ vanuatu.com.vu \$\$\$\$

CHINESE

Ah Tong Restaurant & Take Away:

They serve fantastic authentic Chinese food. © 28308 **\$\$**

Harbour View Chinese Restaurant: Has one of the best views; very nice food. ① 23668 or

FINE DINING/RESORT DINING

Benjor Beach Club: Towards Devils Point; watch out for their devils curry if you're not used to spicy food.

② 26078 or ⊠ benjor@vanuatu. com.vu \$\$\$



Café Vila: Located at Nasama Resort on Pango Road, Café Vila is the hottest spot to eat in town. Sumptuous food and glorious water views. Open for Breakfast, Lunch and Dinner 7 days a week. ① 7728028 \$\$

Port Vila Dining Guide

Chill Restaurant & Bar: Next to the market above Seaview Takeaway.

① 22578 or ☐ chillrestaurant@ vanuatu.com.vu. \$\$\$

Coconut Palms Resort: Truly delicious food; won the best chef awards twice. ① 23696 or

Sales@coconutpalms.vu \$\$

Eratap Beach Resort: A 30 minute drive away from town; won the Best Resort Award 2010. ③ 5545007 or ⊠ res@eratap.com **\$\$\$**

Francesca's Italian Restaurant & Bar: Located at Havannah Harbour. ① 24733 \$\$\$

Grand Hotel & Casino: Located in the heart of town; great value lunch deal for 1900vt (12\$). ① 28882 or ⊠ reservation@grandvanuatu. com.vu \$\$

Hideaway Island Restaurant: A ferry will take you across; a perfect place to snorkel and enjoy nice food on the beach. ① 22963.

Holiday Inn: Verandah Restaurant Pool Bar Daily from 8am – 6.30pm Lobby Bar Daily from 8am til late Breakfast 6:30–10:30am Dinner 6–10pm \$\$\$

Iririki Island Resort & Spa:

Azure Restaurant, Infinity Bar & Café, Sunset Bar & Café

3 35060. \$\$\$

The Melanesian Hotel: International cuisine by the pool side. They have a curry buffet Friday nights with live entertainment. ② 22150 **\$\$**

Lagoon Bar & Grill (Tropicana Lagoon Apartments Resort)
7722202 \$\$

Paradise Cove Restaurant: Located in Pango, on the water's edge of Mele Bay. A tribute to traditional Melanesian architecture, the restaurant offers the best fresh local ingredients prepared with a Mediterranean touch. \$\$\$
Reservations ① 7773397 or

paradisecove@vanuatu.com.vu

Reefers Bar & Grill: Newest venue right on the water. If rum is your favourite tipple, this is the place to knock back a few as they boast a heap to choose from and the food is top quality too. ① 26672 \$\$

Sunset Restaurant & Bar: Located out of town on the second lagoon.
② 29968 or

sunsetbungalows@ vanuatu.com.vu \$\$

Tilly's at Chantillys on the Bay: located in town; a very nice restaurant with exceptional food.

② 27079 or ☑ Chantilly@vanuatu. com.vu \$\$\$

Vila Chaumieres: Vila Chaumieres open 7.30am till late. Located 4kms from town centre, built out over Second Lagoon, a truly authentic, romantic, magical Melanesian setting with fine quality local seafood and beef. Famous for its coconut crab dish. ○ +678 22866 or ☑ vilchaum@vanuatu.com.vu \$\$\$
Wild Ginger: Located at Le Lagon Resort; great teppanyaki. ② 22313 or ☑ res@lelagonvanuatu.com.vu \$\$\$

FRENCH

Au Faré Pizza Hot: Located on the water at Fatumaru Bay. Fantastic wood fired pizzas and a great place for sundowners on a Friday. \$\$\$
Le Jardin de Saveur: Located near Le Lagon. Ranked number one on Trip Advisor. ① 25405 \$\$\$
L'houstalet Restaurant: Located at Nambatu; it is the oldest and best French restaurant in town. ① 22303 \$\$\$

INDIAN

Spice Indian Restaurant located Nambatu area, opposite Au Bon Marche. Air con. ② 24406 \$\$ Taste of India located opposite Moorings Hotel. ③ 23018 \$\$

INTERNATIONAL

Cafe Du Village: International fare in the heart of Port Vila on the waters edge, looking out onto the stunning harbour. ① 27789

JAPANESE RESTAURANT

Shiro Japanese Restaurant: Vila's newest dining establishment located at the new Tana Russet shopping complex. Enjoy fresh Sushi off their sushi train at reasonable prices. ① 23002 \$\$

TAKEAWAY

Emily's Takeaway: Located opposite Parliament House. They have an extensive menu. Try their chicken burger or thai curry. Open 24hrs and free WIFI for their customers.

① 25550 \$



Island Time Takeaway: Located in the centre of town out the front of Voodoo Night Club. Best hamburgers and kebabs and great value.

27355 \$

Seaview Takeaway: Located under Chill Restaurant next to the market. ① 27207 \$

STEAKHOUSES

Beef House Grill Bar Restaurant:

Located in the centre of town serving fantastic BBQ and woodfire cuisine. Make sure you try their great value lunch special. ② 25597 \$\$

Steak House Flaming Bull: Located

in town; under new management. Has some of the best steaks in town, truly delicious. ② 27716 \$\$

THAI

K & A Exotic Thai: New location just across the road from the Look Out. Enjoy some of the best views over Vila harbour while sampling original Thai cooking. ① 7731751 **\$\$**

VIETNAMESE

Joe's Vietnamese opposite Digicel Downtown **\$\$**





Sista Got Style

Sabrina Karie Age 24

Occupation

Although I dream of working, I am unable to at the moment because I have to take care of my four year old son. He needs fulltime care as he is severely disabled. As a single mother, it can be difficult because we rely on the kindness of others and the occasional work I can get from cooking, cleaning or looking after other children. When I do these jobs, my son is usually with me. One day, I would like to be a singer.



Where are you from?

I am from Tongoa and Ambae.

How would you describe your style?

When I'm at home, I just wear whatever I want, but when I go out, I make sure that I look nice and that my son looks nice too. I want to show people that we are exactly the same as everyone else and like wearing nice clothes too.

Where do you buy your clothes from?

I buy most of my clothes second hand. The dress I am wearing now is from Stret Price and the shoes were given to me by my sister. My jewellery is usually from the Chinese store but I made this bracelet. Sometimes people will give clothes to my son and I.

Who influences your style?

My favourite singer is a European lady called Maria Garate. She inspires me in every way.

What beauty products do you use?

I use coconut oil for my hair and skin. I also get makeup and nail polish from the Chinese shops. I like my nails to match my jewellery and clothes.



Any fashion advice?

My advice to all the mothers who have disabled children is not to feel ashamed or shy to wear nice clothes. You have every right to look good and feel good, so always take care of yourself. Make sure that you take care and dress your child nicely as well – when you love your baby, so many blessings will come your way, as disabled children are God's special gifts to teach us how to love unconditionally.



Sista is an online magazine for the women of Vanuatu www.sista.com.vu

Storian Smol: Lavie Tidhar

Wokabaot

Long Sundei, tufala pikinini wetem dadi blong tufala i kam long vilej. Vilej ia, i stap saed saed long solwota. Sanbij blong hem i longwan tumas. Solwota klosap i kam insaed long vilej, wota blong hem i dip, ol fis oli swim olboat. Taem yu wantem kakai, yu putum laen long wota yu pulum fis, wan, tu, hariap finis.

Ale.

Tufala pikinini ia, nem blong olgeta Emili mo Ishmael. Tufala I gat anti long vilej, hemi sik smol. Dadi I kam wetem trak, hem mo anti go long jioj. Ish mo Emili oli talem tata. Oli no go long jioj. Oli go wokabaot.

Yu yu mas save, dei ia i hot. Tufala i no gat sus. Oli wokabaot long ples we wota i mitim sanbii. Smolsmol nakato oli hariap haed taem tufala i wokbaot igo. Longwe ia, yu save lukluk Santo wan saed, mo Gaua narafala saed. Antap long aelan, volcano i stap smok.

- Volcano ia i stap stori, Ish i se.
 - Tru ia? Emili i talem.
 - Si.
- Awo! Hemi talem olsem wanem long yu?
- Hemi stap stori, boe i talem. Ishmael ia, hemi serious lelebet. Emili i no save laf
 - Wanem stori blong hem?
- Hemi talem stori blong vilei ia. Longtaem bifo bifo, ol haos long vilej i stap klosap. Ale, wantaem, i gat etkwek. Sanbij i seksek, ol natangura ruf i foldaon, ol wol i krae, awo! Mun i lukluk daon long ples ia. Ol man mo woman oli ron, ol boe mo gel oli krae. Graon i open olsem soa. Wan olfala i koko, I foldaon long graon, graon i klos, olsem i kakai hem. Wan naet i hapen olsem mi talem long yu. Afta, oli bildim ol haos longwei, vilej i no semak.

Tufala i wokabaot long sanbij, oli lukluk ol krab. Emili i harem hanggri. Hemi no save tingting blong etkwek. Long wei, tufala i lukluk wan smolsmol aelan. Oli kasem aelan ia.

- Yumitu go?
- Ale.

Oli krosem wota go kasem long aelan. Hemi bebe aelan nomo, nogat man long hem. Ol tri istap, I givim plante sado. Ol tri blong kokonas tu istap. Long graon, i gat plante kokonas i foldaon. Emili i lukluk ol blak anis i stap koko.

- Aelan blong ol anis, hemi talem.
- Si. Ol anis oli stap laef long ples ia. Lisin.
 - Wanem?
 - Lisin!

Emili i lisin. Hemi harem solwota i kasem sanbij. Hemi harem tok smol blong ol ant. OI ant oli storian. Hemi harem wan pijin I singaot longwei. Hemi harem jioj bel, longwei.

- Mi harem mi hanggri.
- Kam.

Oli go wokabaot long smol aelan. Ol anis oli toktok slo long Ishmael. Ishmael i toktok smol long ol anis. Oli wokbaot igo, oli faenem ol blak ston. Antap I gat fulap ol olfala kokonas. Emili i hapi we. Oli karem ol kokonas, oli openem, oli kakai navara. Navara i swit we. Oli lukluk solwota, narafala smol aelan long wei, mo wan samting ia, blak ston i stap antap long solwota, bigwan, lukluk blong hem olsem kenu.

- Yu save storian blong hem? Ishmael i talem.
 - Mi no save. Fren blong yu,

volcano ia, hemi save?

- Mi save. Kenu blong Qat ia.
- Tru?
- Dadi I talem kastom stori long mi. From nakamal blong Qat i stap klosap ia.

Emili i no save anserem. From, taem hemi kakai navara, hemi lukluk long wei, hemi tingting se, Si, ol blak ston long wei i olsem kenu, lelebet. Mo, long sanbij, I gat wan man i stanap, i lukluk long tufala. Mi no save fes blong hem. Hemi no go long jioj, hemi stanap nomo, ating hemi hukum fis.

- Luk, Emili I talem.
- Wanem?
- Wan man ia.

Be taem Ishmael i luk, I no gat man.

- Wanem man?
- No gat.
- Ale, yumitu go.
- Si.

Tufala i talem tata long smol aelan. Tufala i go bakegen long sanbij. Ol krab oli go wokabaot. Fultaed i kamap.

Long wei, jioj bel i ring.

Emili i lukluk wan kenu I stap sel longwei tumas, long ples wea solwota i mitim skae. Ating, man ia i wef.

- Ale, tata... Emili i tok smol long hem. Lukim yu bakegen,

Longwe, volcano i singaotem ol klaod. ■



Lavie Tidhar I bon long Israel be hemi stap long Inglan naoia. Taem hemi kam long Vanuatu hemi stap long Bankis mo lenem Bislama. Hemi raetem plante buk long Inglis mo gat fulap praes. Storian Smol hemi ol sot stori blong Bislama blong hem.

Digicel Gadget Corner



Since mobile LTE has been launched in early 2016, there is no more reason for waiting for your video or your page to load! If you are still using 3G or 3G+, it is time for you to get the fastest Internet and upgrade to a LTE smartphone with Digicel.

The Alcatel Pixi 3 and its 5 inch touchscreen is one of them! Alcatel is offering an efficient and handy LTE smartphone. You will be impressed by its awesome and elegant features! Equipped with 1.4 GHz

Quad Core processor, 2GB of RAM and 16GB of internal memory, you can expand the memory capacity up to 32GB by inserting a Micro SD card. Android 5.0 Lollipop controls the smartphone and runs smoothly all the Apps. The smartphone has a quick response time and is easy-to-use. You will especially enjoy watching HD movies on its 5 inch LCD capacitive touchscreen. The Alcatel is furnished with a 13 Megapixel camera on the back with autofocus and 720p video recording. The back 5 MP camera

is in square along with LED flash housed on left Corner of top and offers efficient results. The smartphone has some impressive and quality features. It is available in any Digicel Store for 21,000VT offering a stylish and efficient LTE Smartphone!

Don't hesitate anymore and enjoy the best service with your LTE smartphone. Visit a Digicel Store today.



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