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30 January 2013

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Home life carries promise amid the sacrifice

By Prime Minister Hon Henry Puna

I arrived home in Manihiki on Tuesday this week excited and exhilarated to return to an island life of both simplicity and sincerity. It's a welcome return after nearly a year and the familiar feelings of remoteness and the sacrifice that go hand in hand with atoll communities like Tukao and Tauhunu ran deep as we touched down.

Our morning arrival coincided with a breezy shower – a blessing that has come at the tail end of a rainy period in the North. Humidity has set in and the abundance of mosquitoes has added to the tropical environs of the lagoon.

The Manihiki lagoon of course is renowned for its productivity as well as its beauty. But we have much to ponder and tackle in the coming months as our island struggles with its constraints. The constraints are not new. It's the approach that has to change.

And that is exactly how we are to proceed in the future. The ideas must come and the thinking must change in order to prompt a shift in dealing more effectively with ongoing issues – the black pearl industry, harbour development, energy, and the sustainability of local resources.

The people are doing their best – and well – to manage the challenges. A noticeable depletion in inshore fisheries has resulted in the imposition of a raii this week in one area of the lagoon. Strain on electricity generation technology is stimulating local ingenuity and I'm hoping for positive movement on the renewable energy project soon. The Tauhunu harbour project is undergoing costing review. And I am gathering thoughts on the changes required for the pearl farmers to be uplifted once more.

Compounding many of the activities on the island however, is our limited human resource base. Workers are difficult to marshal, especially for the pearl industry. The island needs workers, and there may be a need to make difficult choices in the time ahead due to these overwhelming trends. Manihiki's needs are not unlike



those in other islands – in both the North and Southern Group. But I am committed to do what I can to ensure they have the support and the tools that go with it.

In Mangaia, for example, where the spotlight of politics has shone recently, successive governments have long struggled to find solutions for the whole population of one of our biggest islands where three villages reflect disparity in development. Tamarua might be today's centre of attention for the by-election, which has taken place this week but the truth is – this small village does capture the way we should be taking a broad view of our progress as a country.

After all, we share the same vulnerabilities – we should share the same benefits. Our successes and failures are a common experience – not a divided one.

In the aftermath of a close election contest, we will continue to provide our smallest island communities with the support they need irrespective of how they are represented politically. Amid the sacrifices they make on a daily basis, Government has the leadership and the team to meet the promise to do better.

News Brief *By Sally Hosking*

The Mangaia community has decided to host the next 2015/2016 Mangaia tri-nation series

The last tri-nation was hosted by Victoria last year. Executive member of the Mangaian community based on Rarotonga, Tearoa Mokoha, anticipates that well over 800 people will attend the event. He hopes that it will encourage Mangaians born and raised overseas, to visit their homeland for the first time. The two week event will see cultural and sporting competitions take place. Because Mangaia lacks the facilities to host some sporting codes, the competition will be split into two weeks. One week will be spent on Rarotonga, and the second in Mangaia. Mokoha says that 11 sporting codes will be played out.

Tamarua By Election Tuesday 29 February Preliminary results

Tetangi Matapo	Democratic Party	25
Tokorua Pareina	Cook Islands Party	22
1 postal vote to be counted		
4 advance votes to be counted		

How a phone call made a difference for Aitutaki cyclone Pat victims

By Charles Pitt

Two days after agreeing to consider adopting a \$5 million Chinese backed grant to rebuild 72 Aitutaki homes damaged during Cyclone Pat in 2010, the Cabinet changed its mind and adopted a much lesser valued NZ government backed proposal.

Much later one Minister revealed to the group of locals who sought Chinese backing, that a phone call had been received from NZ Foreign Minister Murray McCully which resulted in Cabinet changing its mind.

This information and the details of McCully's phone call were kept from the public by the Demo Cabinet of the time. Why did the NZ Foreign Minister intervene? What has not been explained fully is why the NZ government persuaded Cabinet to accept a far inferior deal and why did our government accept?

At the time it was believed that acceptance of the Chinese offer came attached with a requirement that government also "unfreeze" the \$37.5 million loan for road and water upgrades. It was believed that the Chinese loan had been frozen because the repayments would have meant exceeding the recommended limit of 35% of GDP.

This week, details of the Chinese backed offer which was submitted to Cabinet in March 2010 by a group of locals, were revealed to the Herald. Readers are asked to consider whether the Democratic Party government of the time, made the right decision for the people of Aitutaki whose homes had been destroyed. (The 72 homes concerned had been identified by Red Cross as needing replacement).

Instead of ending up with a 144 square metre home complete with solar power, a water tank and furniture and appliances, Aitutaki victims ended up with a partially funded, unfurnished 42 square metre concrete block "shoe box" more suited some say to a third world country.

Should Murray McCully be



proud of this achievement?

The Chinese backed offer- some key details: Proposal

- According to media reports Habitats proposal has been presented for 72

dwellings of 42 sqm each with provisions for added extras.

- CIGov has been asked to meet 50% or \$18,000 of cost of shell, meaning the dwelling shell will cost \$36,000 or \$857.14 per sqm.

The Concern

- Aitutaki is not 3rd world country!

- Aitutaki is regarded as second only to Santorini in the Greek islands as most

desirable island destination in the world

- Building 'shoe box' accommodation is inappropriate and degrades Aitutaki's appeal in the tourism market

Appropriate Solution

- What would be appropriate in the rebuilding of Aitutaki is housing befitting the island, the people and their lifestyle

- What would also be appropriate is eco-friendly housing that the world is demanding.

The Proposition

- Offering a Design package

continued page 5



SWITCH ON WITH
TE APONGA UIRA

“ It's not over yet... ”



Well Cyclone Garry eventually ran out of puff after blowing a few trees over and leaving loads of fallen mangoes on the ground. But we cannot relax yet. We don't know what other cyclones might be lurking behind Garry. And looking ahead, we've still got February which has been an active month for cyclones in the past and then March to get through before we're finally out of the cyclone season.

You can help by making sure you and your family have the following items:

- Torches and candles to see at night.
- Battery operated radio to hear the latest news.
- Food that you can store without refrigeration.

www.teaponga.com

Mrs Tetangi Matapo (Lady Valentine): sweet victory for the Demos in Tamarua

By Wilkie Rasmussen, Leader of the Opposition

Nothing is sweeter at the moment than the Democratic Party victory in the Tamarua by-election last Tuesday 29th of January 2013. Although the results are preliminary, I am quietly confident she will hold her seat. Just after 6 pm, on Tuesday evening I was rung from Tamarua by my team there that our champion Mrs Tetangi Matapo had secured the seat left vacant when its former Cook Islands Party Member of Parliament who passed away. The seat had been held by the CIP for more than a decade until now although the Demo's did hold it for a short while. Tetangi, a mother and well educated woman, a pillar of the community and the wife of the local policeman sacrificed her career as Deputy Principal of Mangaia School to wrestle away the seat for the Demos.

It should be noted emphatically that Tetangi's victory is not just for the Democratic Party but also for women folk in the Cook Islands and indeed in the Pacific region. There have been calls in the past and voices of women can be heard from a number of developed countries crying out for equal participation in the political decision-making process largely dominated by men. The Cook Islands is no exception to that chorus but women like

Tetangi Matapo, Selina Napa and Ngamau Munokoa, three women MP's in the Demo camp are the torchbearers for the others. I am so proud to say that the open attitude of the Democratic Party to women has made that possible.

Who would have thought that a humble woman with a peaceful and non-disruptive approach to the by-election would succeed against the might of the CIP juggernaut led by Minister Teariki Heather and Mrs Rosie Blake and several government officials that stormed into the quiet village of Tamarua with high party jinx, promises galore, food galore and whatever they could do to impress. However, instead of impressing, they probably offended the people of Tamarua who had told the Demo's to respect their privacy and right to conduct the elections the way they want to. We did and that's why the Demo's won, not just at the polls but also the hearts of everyone there.

Right now, the Prime Minister has flown to Manihiki, apparently to resuscitate his failing hold on the Manihiki seat. He left Rarotonga on Tuesday, the same day of the by-election in Tamarua. To me it is almost like a symbolic walking away from responsibility – turning his back on his team. Either that or Henry Puna knows it was a waste of time and effort for the CIP. After all early in the



campaign he flew with Minister Bishop to Tamarua and arrogantly announced at a function for the Demo's to give up because the CIP has the better and winning candidate. Little did he know that from the mist and the valleys of the makatea emerged a challenger, a David to take on Goliath and indeed a woman with vision for her people. I spoke to her yesterday morning after her

victory and she said that nothing has changed and she looks forward to the challenge ahead. If there are no obstructions by the CIP, Mrs Matapo, newest MP to the Parliament of the Cook Islands will be sworn in on Thursday the 14th of February 2013, which coincidentally is St Valentine's Day. Honestly, I like her attitude. Perhaps her new will be the Lady Valentine.



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Cook Islands

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The Business Trade and Investment Board (BTIB) invites expressions of interest from individuals and companies who are involved in exporting Cook Islands products and commodities. The Sustainable Export Scheme is a soft loan scheme of up to \$20,000.

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Tangata Tou

Ph 24 296 Fax 24 298

Business Trade Investment Board

Email: info@btib.gov.ck

Terry.rangi@btib.gov.ck

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All applications must be received by BTIB by 4pm Friday 8th February 2013.

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How a phone call made a difference for Aitutaki cyclone Pat victims

From page 3

of 144 sqm total in 'Avaiki Style' design

- _ Huge master bedroom for mama and papa
- _ Bunk room for the rest of the family
- _ Large kitchen/ Dining/ Lounge open plan living

The package offers;

- Complete shell (floor, walls, roof & windows)
- Solar heating & Solar electrical supply
- Water collection & storage (UPVC 3000l)
- Total fit out (furniture, kitchen and bathroom)
- New septic tank to new health code to preserve lagoon as tourism asset.

The Price

- Dwelling shell build cost is \$70,000 or \$486.11 per sqm, which compares well with Habitat's build cost of \$36,000 or 857.14 per sqm,
- The Total Package per dwelling is \$80,000 or \$555.55 per sqm and demonstrates the ability of CCECC of China to build more economically than its Cook Islands and NZ counterparts.
- The total package for 72 houses is \$5.76 million, a gift that should be embraced with both hands.

Services-water & power

- _ Nominal septic tank system for 6-8 person loading
- _ Nominal LED lit electrical

Aitutaki Is, COOK ISLANDS

An Avaiki Style Home



3/15/2010

Concept Dwelling-Indigo Arch

reticulation with ceiling fans in all sleeping & living quarters and powered with Solar Energy system.

_ 3000 litre low profile UPVC tank which can be partially buried into ground and link with filtered

screen down pipes coming off spouted roofs.
_ 360 litre hot water system set in same profile of roof.

Our cover girl



This week's front page model for Herald issue 651 is 17 year old Stephany Teataiariki who has just completed her last year at Tereora College. Stephany will be attending the Australia Academy of Dramatic Arts in Sydney, to pursue her dream of becoming an actor. Photo by Maria Tanner.

Check out our website www.ciherald.co.ck and facebook page:

New baby



A new addition to the family! Baby Avaiki Maratou Tauraa Williams. Proud parents Marianna Pere and Bryan Williams welcomed their adorable baby boy into the world on the 28th of January at 11.10pm, weighing 6.11 pounds. Welcome to motherhood Marianna! All the best, from your friends and family. *-Te Riu Woonton*

News Brief By Sally Hosking

Upgrade work to begin soon

Locating underground services was the first step in the preliminary stages of the \$8 million 'Project City' development. 'Project City' will see the completion of the work that was started by the previous government, where 70% of the road mains were attended to, leaving 30% unfinished. The road and water project is expected to be completed within the next 3-5 years at an estimated cost of \$60 million. \$32million, \$15million, and \$13million will be sourced from the Chinese, New Zealand and Cook Islands government respectively.



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Friday 8.00am - 6pm, Saturday 8.00am - 2.00pm

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Table Brand Bacon 450g



\$5.90 pkt

Stir Fry Vegetables 1kg



\$7.00 pkt

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DPM meets Civil Aviation Director

Last week, the Deputy Prime Minister and Minister for Transport, Hon. Tom Marsters received a Courtesy call from Mr. John Jones.

Mr. Jones has been the Cook Islands Director of Aviation since 2001. He is widely recognized for he has vast expertise and experience in the aviation sector.

Their talks covered many areas related to the Air transportation services provided to and from the Cook Islands and the status of facilities at our Rarotonga international airport in Nikao.

Mr. Jones stated to Minister Marsters that he remains "very positively impressed" with the high standards achieved by the Cook Islands aviation services, which he considers to be a "stand out performer" in the region.

Mr. Jones' inspection visit was primarily concerned with oversight of operations carried out by operators in the aviation industry to ensure the Cook Islands maintains its high standards of aviation safety and security.

During his visit to the Cook Islands Mr. Jones also met with Air Rarotonga, Airport



Hon. Tom Marsters, Mr. John Jones and Mr. Ned Howard.

Authority and the Cook Islands Meteorological Service in his 4 day visit.

His review was looking at issues that include inspection of aviation documents for certification, follow up progress with outstanding audit findings

and also provide guidance's to improving delivery and performances.

Mr. Jones also set some new benchmarks and will return to check on compliance to ensure that safety and security is maintained at the highest

international standards.

The Minister said that he appreciated Mr. Jones on-going, high-level work for the Cook Islands aviation sector to ensure our airport is a safe and secure operation which meets all international compliance standards.

ADB Project City upgrade of water supply network underway

The Asian Development Bank funded Project City upgrade of the water supply network is now underway as of 22 January 2013. The water pipeline upgrade is worth \$2.7million to the successful contractor, Landholdings Ltd.

However, before the diggers go in, the contractors are carrying out preparatory work to identify precisely where all underground services lines are located on the road. In order to do that, the contractors are using a trolley with ground penetrating radar (pictured) and attached laptop which stores the data collected. The data will then generate a detailed map of all the underground service lines.

By this means, the contractors are minimizing any chance of accidental digging up of services lines. The intention is to commence remove the old water pipes and lay down new



Contractors using the portable ground penetrating radar on the main road in Avatiu

pipelines for the ring mains, sub mains, branch mains and service lines as well as building the new Takuvaine by-pass line. A traffic management plan and

site-specific safety plan is to be provided by the contractor with safety equipment, emergency procedures and safety audits.

Any work to reinstate the road

pavement and services affected by the laying of the pipelines is also the responsibility of the contractor.

News Briefs *By Sally Hosking*

Police report

2 motor vehicle accidents were the results of careless driving at the weekend. Police also received 4 reports of burglaries. Properties were taken from Tauae Store in Takuvaine, Puaikura Lodge, Tereora College, and an accommodation outlet in Ngatangia. 2 reports of unlawful takings of a motorbike were also made. One of those vehicles was recovered, leaving one outstanding. Those with any information relating to the incidents can contact Police on phone 22499.

2013 telephone book now available

Telecom's latest edition of the telephone book is now available to the Cook Islands. The cover features a Vaka inspired motif by Thomas Wynne. Wynne was the winner of the annual 'Directory Art Competition,' that was held in September of last year, that attracted 22 pieces of art work.

Public to have say on solid waste

The 'Solid Waste Committee' will be holding consultative meetings for the public within each district. The meetings will enable the public to voice their opinions on the drafted policies on solid waste treatment. The first will be held for the district of Takitumu, tomorrow evening (Thursday 31st January) at 6pm, at the Muri meeting. The second will be held for Te-au-o-tonga this Friday, at the MFEM board-room at 12pm. The last will be held for Puaikura at the Calvary hall at 4pm, Monday the 4th of Feb. Chairman of the committee, John Wichman, said the polices -once implemented- will ensure that the appropriate treatment of solid waste is applied.

Minister responds to reports of PNG bank interest

Commenting on reports that representatives from the Bank of the South Pacific in Papua New Guinea are arriving soon to consider investment opportunities, which may include the purchase of the Bank of the Cook Islands (BCI), Minister of Finance and Economic Management, Mark Brown, said that when he visited PNG in November, he held discussions with the bank, who were interested in investment purchases in Samoa, Melanesia and Fiji. He added that due to the Cook Islands small economy, investors would need a significant return on investment. The Minister is still confident the BCI can lower interest rates. Late 2012 the BCI introduced reduced borrowing rates that sparked a trend amongst remaining banks to review their offered rates. The Minister said if the bank was interested in investment in the Cook Islands, they would need to take into account government's policy of maintaining low interest rates.

Business house volleyball

The business house social mixed volleyball competition turned into an 'open night of volley' last Wednesday evening. First timers, Notorious D.I.G lead the way in encouraging other government ministry's to join the social league, which will now officially begin Wednesday 30th of November. The beach volleyball competition that was scheduled for last Saturday will take place this Saturday. Teams still wanting to join can do so by calling Robert Graham on phone 55100, or Hugh Graham on phone 55287.

Cook Islands U-17 men's football to Vanuatu, April

The Cook Islands U-17 Men's football team has qualified for the OFC U-17 Championships after winning the Oceania U-17 Preliminary

Football Tournament in Apia, Samoa. The team needed to beat their host, and managed to do so with a two to one win. Despite falling behind in the 23rd minute, the team managed to secure a narrow victory after landing two goals in the second half. The team will progress to the OFC U-17 championships, which is scheduled to take place in Vanuatu from the 17-27 of April this year. They will be up against teams from Fiji, New Caledonia, New Zealand, PNG, Solomon Islands, Tahiti and Vanuatu. Winner of that competition will represent the region at the FIFA U-17 World Cup UAE this year.

Tender submissions for solar projects due in March

Tender submissions for the 'Rakahanga Renewable Energy and Distribution Systems Project' closed on Monday, 28th January. PEC Fund Coordinator Ngateina Rani, said tenders will undergo analysis before a final evaluation that will determine who the successful tender is. Rani hopes to award the contract before the end of next month. In the meantime, the Office of the Prime Minister, in conjunction with the Office of the Energy Commissioner, is now accepting tender submissions for the Pukapuka and Nassau projects. Submissions are due before 1pm, Monday the 11th of March. It is understood that \$40 million sourced from the Japanese and New Zealand governments, will be used to complete the projects. Half the amount has been allocated for the Northern Group projects, and the remaining half for projects on Rarotonga and Aitutaki alone.

Public Health to host 'NCD Awareness Week.'

Public Health will be hosting a 'NCD (Non-communicable disease) AWARENESS WEEK' from the 25 February – 1 March this year. The week-long event will see a number of activities being carried out – all with a focus on encouraging locals to eat 5 or more serves of fruits and vegetables, plus do 30 minutes or more of physical activity each day. The main event day will be held on Wednesday the 27th February. The main road from the Energy Centre to BCI bank will be closed off, to allow the set-up of healthy food stalls, and space for Zumba and fight do activities. The Ministry hopes to create awareness on how big a health issue NCD are for Cook Islanders, provide information on risk factors and prevention of NCDs, and challenge Cook Islanders to start making changes to improve their health.



Closes Friday 8 February 2013, 5pm

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Storage technology getting the attention it deserves

Solar energy has made leaps and bounds in the Cook Islands, due to an abundance of tropical sunshine.

Have a look around you. Solar panels on rooftops are a familiar sight on Rarotonga and solar system projects are being implemented in the Outer Islands.

More solar power is contributing to the electric grid than ever before. Before 2009 there were just 3 homes that had grid connected solar systems on Rarotonga. In 2012 this number was almost 100 (58 domestic and 39 commercial) and that's not including a waiting list of customers who want to go solar. That's a growth rate of over 3,000 percent in four years.

What's driving the expansion of solar systems here? The main reason is high oil prices have driven up the cost of electricity which spurs consumers and business owners to invest in alternative energy sources as a way of reducing this cost. Government, international agencies and environmentalists also urge its adoption because solar power doesn't have the carbon emissions you get from diesel powered generation.

But the one drawback to solar power traces back to the sun as an energy source, and its intermittent periods of production and disruption. The weather does not always provide the



The Prime Minister examines solar array on TAU rooftop

sunshine needed to produce consistent electricity during the daytime and of course at night there is no sunshine at all. The fluctuations span the whole range between periods of low energy production at one end and periods of high energy production that can even exceed the needs of the electricity grid on the other end.

Up to now most people have scoffed at the idea that solar power ever could fully replace diesel as a source of power generation citing cost as the main

stumbling block. But energy industry engineers increasingly see energy storage systems as a rapidly developing solution to the issue. Developing an affordable battery that can store energy for the grid and release it reliably when needed has been their goal for quite some time.

To add to the development efforts, the US Department of Energy last week announced major funding for a Center devoted to research and development regarding energy storage and battery technology.



Celebrate beauty with confidence and flair

By Sally Hosking

Some say that with grey hair comes wisdom – a characteristic of aging that is worth celebrating. For others, on the other hand, grey hair is their most dreaded nightmare. Whether you wish to flaunt your grey hair by enhancing its shine, or disguise it all together, Cook Islands Pharmacy has the products you need. Shelves are stocked with a wide range of hair dye products from a list of trusted brands, suitable for both men and women. Yes! Men use hair dye. Some societies claim that hair dyeing, or any method of hair colouring, is “unmanly.” Schwarzkopf - one of the leading brands in colourants, styling, hair care, toiletries, skin care, oral hygiene and fragrances – declared this claim a ‘stereotype’, adding that hair dye application can be just as good as natural.

How can I use hair dye safely?

Before purchasing, check with your pharmacist about the ingredients in the product – especially if you have allergies.

-Follow the directions in the package. Pay attention to all “Caution” and “Warning” statements.

-If you’re really worried



Products available from Cook Islands Pharmacy

about the final outlook, do a patch test. Rub a tiny bit of the dye on the inside of your elbow or behind your ear. Leave it there for two days. If a rash appears, do not use the dye on your hair.

-Never dye your eyebrows or eyelashes. This can hurt your eyes, or more severely, cause blindness.

-Keep hair dyes out of the reach of children.

-Don't leave the dye on longer than the directions say you should.

-Rinse your scalp well with water after dyeing.

-Wear gloves when you

apply the hair dye.

-Never mix different hair dye products. This can hurt your hair and scalp.

Failure to follow these safety procedures may lead to hair loss, redness, itchy or raw skin, swelling in the face, and trouble breathing.

What brand should I use?

Cook Islands Pharmacy stock hair dye products by Schwarzkopf – one of the largest cosmetic companies in the world. Schwarzkopf has customers in 125 countries worldwide. It's 'Schwarzkopf Professional' division holds a top four position among

salon exclusive brands – so rest assured that you will be treating your hair with a globally acclaimed product.

Cook Islands Pharmacy also stock hair dye products by Softsheen and Carson – a brand that enables both men and women to celebrate their beauty with confidence and flair. By relying on the depth of scientific research, Softsheen and Carson continue to advance their products to surpass the industry standards and make the safest and most effective beauty products that you – its customers, can be proud of.

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Two Locations, Taputapuata (next to the Empire Theatre) and Muri. Phone 27577



The 2 weeks seminar for Catechists including their wife's came to a close at a special mass last Sunday celebrated by Bishop Paul Donaghue (posing with few of those that attended the Seminar). About fifty catechists from the outer islands and also from respective parish around Rarotonga were involved in this 2 week's seminar to enlighten them with the role they play in their parish. The seminar was mostly held within the St. Joseph's Cathedral compound and includes accommodation for the catechists and meals provided by families and parish around Rarotonga. By Monday most of them departed for their home island with great expectancy from their parishioners to continue to strengthen their Catholic faith - *Charlie Rani*

Heavy rain and thunderstorms forecast

Northern and Southern Cooks Weather Bulletin issued from NWFC Nadi Jan 30/1542 UTC 2013 UTC. A STRONG WIND WARNING REMAINS IN FORCE FOR SOUTHERN COOKS WATERS.

Situation: A trough of low pressure remains slow moving with in the vicinity of Southern Cooks. Associated cloud and rain affects the group. Another trough of low pressure affects Northern Cooks. Forecast to midnight tonight for the Southern Cooks: Over waters: North to northwest winds 20 to 30 knots. Rough to very rough seas. Over land: Moderate to fresh northwest winds. Occasional rain and few thunderstorms.

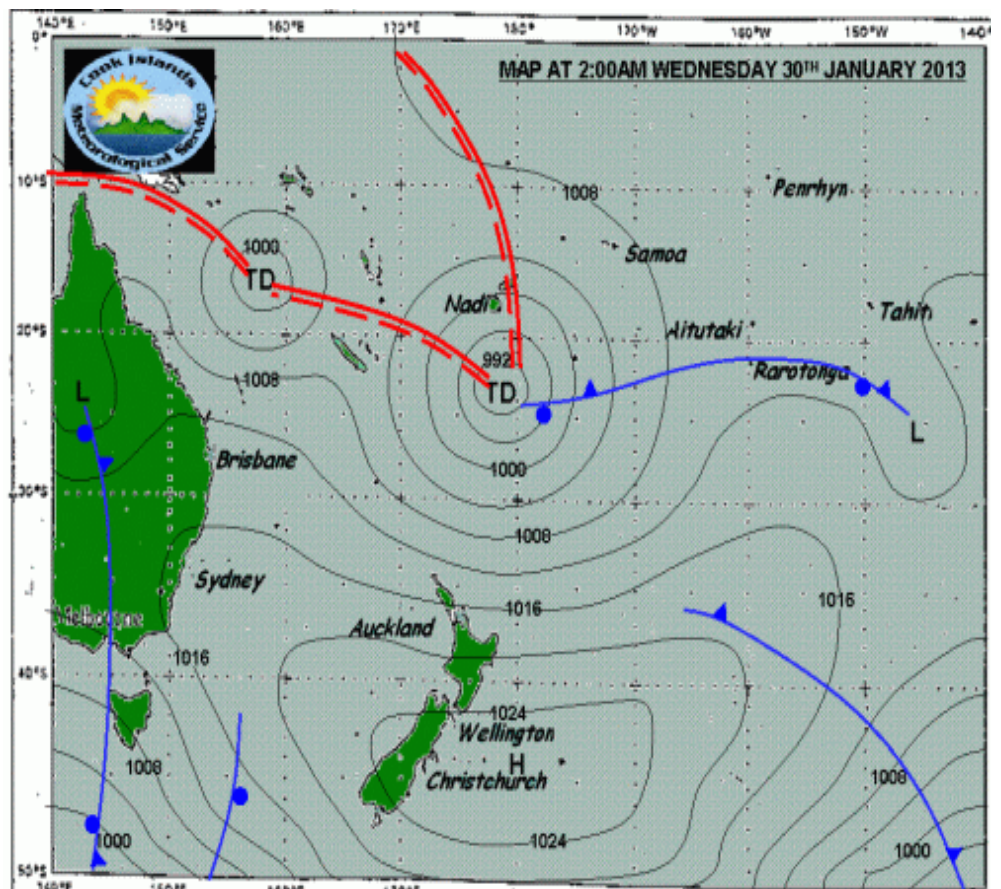
Further outlook: Rain and thunderstorms

For Rarotonga: Occasional rain and few thunderstorms.

Further outlook: Rain and thunderstorms.

For the Northern Cooks: Cloudy periods with some showers with few thunderstorms about Suwarrow. Brief showers elsewhere. Moderate to fresh northwest winds. Rough seas. Moderate northerly swells.

Further outlook: Some showers.



Rarotonga Sailing Club achieves outstanding results



Optimist sailors from the Rarotonga Sailing Club competed in the U-15 Auckland Optimist Championships at the weekend. The event involved a 3 day regatta that attracted top sailors from the North Island of NZ. Of the 10 available spots in the competition, the Cook Islands managed to secure 7. TEAKAOU FRAMHEIN took out the competition, followed by TYLER DAVIS in second place. HALENE JOHNSON and NGARANGI MAPU secured 4th and 5th place respectively, followed by MARTIN OBEDA in 8th place, MAKUA NIKOIA in 9th, and JAMINE PERE in 10th. TEAKAKOU FRAMHEIN also took out line honors for the boys section, and HALENE JOHNSON for the girls section. According to the management team, the youngsters produced excellent results for their 1st international competition. - *Sally Hosking*



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Te Toro i Vaitoko

A Poem by Kathleen Heather

Te Toro-I-Vaitoko
The passage
That leads
Out into open sea
Te Toro-I-Vaitoko
Its nature
Covered
In its own natural being
Te Toro-I-Vaitoko
Children
Joyously screaming
Te Toro-I-Vaitoko
It's the jetty
Built near Arorangi School
Te Toro-I-Vaitoko
It's where Christianity first landed
It's a tourist attraction
Te Toro-I-Vaitoko
It's a place for everyone
Even you and me

The Arorangi Jetty – (Te Toro-I-Vaitoko)

VACANCY



PORT AUTHORITY FINANCE AND ADMINISTRATION OFFICER (RAROTONGA)

The Port Authority invites applications for a suitably qualified and experienced person to work in the above intermediate position. Applicant should be dynamic and motivated with at least 2 years extensive experience in basic accounting duties including accounts payable and payroll functions, computer data processing and analyses, and must have the ability to prioritise and work to deadlines. Applicant must have excellent communication skills with vast knowledge in MYOB, and MS Excel and Word and is a team player. High preference will be given to applicants with experiences in shipping and cargo account management functions but not necessary.

Please send your application with CV detailing your experiences and list of two referees addressing why you are the right person for position to The General Manager, Cook Islands Port Authority, PO Box 84, at Avatiu Wharf, Rarotonga or email applications to louisa@ports.co.ck. Applicant must hold current motor vehicle driver's license class 'A/B' and willing to accept Police check of your background. Copy of the Job Description can be obtained from the Port Authority Office at Avatiu. Please contact Louisa Rani on telephone 21-921.

Applications close 4pm Friday 8 February 2013 CI time.

New Year's in Sydney

Part Three
by Jeane Matenga



Jeane Matenga & Tino Vaireka
jetboating in Sydney Harbour

Our last full day in Sydney was a sightseeing day. Parramatta has a free town circle bus (green bus) so we were able to take in some of the sights before stopping off at the wharf to catch the ferry. We almost missed the ferry and this time it was because of my inability to read the bus stops. We missed our stop and had to make another loop on the bus. I would have been so devastated if we had missed the ferry as they only left on the hour. I couldn't imagine what we would do at the wharf for a whole hour waiting for the next one.

Its only \$7 to catch the ferry. There wasn't much to see except mangroves and the odd university on the riverbank but it was a pleasant ride. I stayed inside as it was scorching outside. I only went out as we approached the Sydney Harbour Bridge so that I could get some photos. I must say that bridge is amazing. I've seen the documentary on how they built it but being able to look up at the steelwork and appreciate its size you can't help but revel in its magnificence. The ferry also provided a really good angle of the opera house. My photos didn't turn out well though as the wind kept blowing my hair all over the place that it stood up like the opera house, so you won't be seeing any of those.

The ferry docks at Circular Quay which is a short stroll from the Opera House. I didn't really want a tour of the Opera House as I'd seen the documentary about the making of that too, so we just walked around and went inside. After awhile I was more interested in the food vendors outside and so we decided to get a bite to eat.

I swear the cafes that are on the walkway by the Opera House make really good food - really good. I had bought nachos from one of the vendors but the cafe operators wouldn't let me eat it at their tables. If I'd known that I wouldn't have bought the nachos. But secretly I knew that would be the case. Anyway, I ended up dumping the nachos in favour of a pizza. I'm kicking myself at the moment as I can't really remember why that pizza was just the best pizza I'd ever tasted apart from the thin crust, feta, beef strips, tomatoes. Tino reckons it was the atmosphere, the front on view of the harbour bridge, and the breeze combined with the hot Australian sun. He could be right. Tino must have been hungry as his steak disappeared as soon

took the longest time to eat that pizza, and an even longer time to sip my drink - I wanted to sit there you see, and if my plate and glass were empty we'd sure have been asked to move on. When we did decide to leave, a whole new lot of people turned up, they looked as if they had just finished work. So it was best that we vacated the table. I don't think Tino was ready for the day to end so when we came across the jet boat tours offering \$10 off a ride because it was the last trip of the day, we jumped at it. I think some things are best left to the spur of the moment. I'm not really a good one for going on any ride of any sort. I spent half of the 30 minute boat ride assessing the risk - how will I get out if the boat flipped over, is this driver a qualified driver, etc etc. I did manage to take in the sights though in between the boat spins and I was surprised that there were little islands with lighthouses and old buildings in the harbour. It put a lot of places into perspective too - the naval wharf, the zoo, Bondi beach - now I know how they are physically placed. I was glad when the ride was over though and equally glad that Tino made us sit at the front because the people at the rear were all soaked.

After being a tourist in Sydney for a week I think the Cook Islands has a lot of marketable qualities, for instance, we ran out of time to go to Bondi Beach, but some Asian tourists on tour with us showed us their iPad shots of Bondi Beach - literally overcrowded, you would find it difficult to find a spot to put a mat. Raro - uncrowded beaches.

Then there was the weather, basically, the forecast most mornings were for 40+degrees, people were looking for relief everywhere - the malls, the beach, the pools, Raro just has such better weather.

Finally, the prices are much better here than Sydney. Sydney was damn expensive (except for the sales) and it didn't help that the NZ dollar was just so weak against the Aussie dollar. Accommodation, restaurant food, groceries, transport were either cheaper, or comparable once the exchange rate was factored in. I think I'd much rather live in Raro.

So I think we can be marketed in Sydney as "escape the crowds, beat the heat, without putting yourself out of pocket."

We were really pleased that the direct flight we came back on

TE MARAE ORA
Ministry of Health
COOK ISLANDS



**Community Health Services
Public Health Department**
PO Box 109 Tel: 682 29 110
Rarotonga Fax: 682 29 100
Cook Islands Website: www.health.gov.ck

The ESR Unit, Community Health Services, with the assistance of the Acute & Emergency doctors, has been involved with the Hospital Based Active Syndromic Surveillance of the diseases/conditions mentioned below, and reporting them weekly and monthly to WHO.

December 2012

SYNDROMICS	TOTAL
Acute Fever Rash	0
Prolonged Fever	0
Influenza Like Illness	3
Diarrhoea	24
Dengue Fever	0
Ciguatera	1

Cases Reported from Hospital to Public Health are on a weekly basis.

Diarrhoea- number of cases is still high. The explicit advice to consistently observe personal hygiene & food hygiene continues to be vital.

Apart from direct consumption of contaminated food or water, the bacteria can be transmitted via hand contact or contaminated kitchen utensils

- Consistently observe personal hygiene and food hygiene measures
- Strict adherence to hand hygiene is of central importance
- Utmost cleanliness is vital in the kitchen and bathroom
- A person with diarrhoea should not prepare food for other people
- Cook food or reheat it thoroughly, and eat it while it is still hot
- Drink only water from a safe source or water that has been disinfected or boiled
- Mothers –exclusively breastfeed your baby for the first six months and continue until at least 1 year.

Brief International Update.

Dengue Fever: *(spread by mosquitoes)*

- New Caledonia – A serotype 1 dengue outbreak is ongoing. A total of 712 cases were reported in 2012 including 305 cases during December. 176 cases have been reported since January 1st 2013. Vector control work was carried out around each confirmed case.

Typhoid Fever in Fiji.

- An outbreak has been declared in Koroboya, Ba, on the Western side of Viti-Levu. The Ministry of Health have responded swiftly to the reported 28 typhoid related cases.

Diarrhoea

- Northern Marianas reported of increased diarrhoea cases. Also increased diarrheal cases documented in Fiji and Vanuatu.
- Pitcairn also reports a cluster of 5 cases of febrile diarrhoea in December. Control measures have been isolation of cases and strengthening of general hygiene practices in the population

Paralytic Shellfish Poisoning:

- New Zealand: The outbreak of toxic shellfish poisoning in the Bay of Plenty is the worst the region has experienced according to health authorities. A total of 20 people have been poisoned by eating shellfish collected from shoreline including Mt Maunganui and Papamoa since December 12, 2012. Ten were admitted for hospital care after suffering symptoms ranging from tingling around the mouth to difficulty walking.

Influenza:

- Increase of influenza activity reported in North America this month of January 2013.

Like most respiratory infections, influenza is mostly transmitted through direct contact such as shaking hands, or at short distances by coughing or sneezing.

Personal Protective Measures: Proper hand washing and cough etiquette. Avoid contact with others while sick. Stay at home if ill.

Travellers travelling to affected areas are advised to avoid;

- Crowded situations especially indoors; shaking hands and kissing when exchanging greetings; close contact with people who are obviously ill.

If you have recently travelled to an affected area and you develop symptoms within 7 days since you left the affected area, please seek medical care immediately.

Scenes from Mangaia

Photos by Hon Wilkie Rasmussen



TE REO MĀORI KŪKI 'AIRANI

tātā'ia e Rutera Taripo

“Oki atu ki te 'Āpi'i

Kia Orāna, te katoatoa i tēia epetoma. Kua mārama ua oki tātou pouroa ē te oki akaōu atu nei tā tātou au tamariki ki te āpii no tēia mataiti 2013. e, kua kite oki tātou ē, e kō tētai pae i tā tātou au tamariki pōtiki, te inangaro pakari nei rātou i te āru atu i tō rātou au tuakana, tungāne ki te āpii i tēia mataiti. I tēia mataiti ra oki, ka neke atu tā tātou au tamariki ki roto i tētai pupu kē atu, mē kore āpii kē atu, ē i reira kā riro katoa mai tētai au oa/taeake ōu no rātou. Nō reira, i roto i te au āpii-pōtiki, āpii-tua-tai, āpii-tua-rua ē te āpii tua-toru, kia riro rāi tātou metua, tātou kōpū-tangata ē tātou iti-tangata Kūki Airani i te turuturu pakari i tā tātou au ānau i roto i tēia kaveinga puapinga nō rātou kia riro te reira ēi tūranga ngāteitei no rātou, ēi parau anga nō rātou, nō tātou ē nō te ipukarea. (tuatua taito)

Nō reira ē te iti-tangata, kia riro tātou katoatoa i roto i tō tātou au ngutuare tātakitai i te turuturu atu, tauturu atu i tā tātou au tamariki i roto i tēia tuanga puapinga o tō rātou oraanga koia oki i tā rātou āpii. Nō te mea tei roto oki i te ngutuare te takainga mua o te āpiianga i tā tātou au tamariki, kia riro tātou i reira i te tuatua putuputu i te Reo Māori ki ta tātou ānau no te akamātūtū atu iā rātou, ē kia vai tūkatau te Reo Māori a tā tātou au tamariki, kia kore te reira e ngaro no te uki āpōpō.

Au Kupu (Words)

rā	- day	tēia rā	- today	āpōpō	- tomorrow
nanai	- yesterday	puāpii	- teacher	āpii	- school/learn
taeake/oa	- friend	aruaru	- try hard	akamātūtū	- be firm, be strong

1. Māmā! 'e rā mānea tikāi teia rā.

Mother! today is really a beautiful day.

2. Tāviviki mai! ka inangaro au i te 'aere vave ki te 'āpi'i

Hurry! I want to go early to school

3. 'E pu'āpi'i meitaki tōku i tēia mata'iti.

I have a good teacher this year

4. I nana'i, kua 'aravei au i tēta'i au taeake 'ōu nō roto i tōku pi'a-'āpi'i.

Yesterday, I met and made some new friends in my classroom.

5. 'E au taeake meitaki tōku nō te pā-'enua mai i te Tokerau 'ē pērā katoa no te pā-'enua o te Tonga.

I have good friends from the Northern group and also from the Southern group.

6. 'E mātūtū tikāi te reo Māori 'ō te au tamariki nō te pā-'enua mai.

The Māori language of the outer island students is very strong.

7. Nō reira, ka 'inangaro au i te aruaru 'ē te 'akamātūtū i tōku reo Māori

Therefore, I would like to try hard and be firm with my Māori language



How to earn the respect of others

Part 2

Encouragement Column

With Senior Pastor John Tangi

In Part 1 of this two Part article of Encouragement I stated that some people in society are not getting the respect that they expect to get from others because of their attitude. Yet they wanted people to respect them.

In Part 1, the key to good reputation is character! Reputation is what people say about you. Character is what you really are in the inside! Our character produces respect. The question is "What Character or Behaviour, produces respect?" The Book of Proverbs says that we are to speak with Integrity or Honesty; and to serve with Intensity; and to share with Generosity; and in our successes we are to remain HUMBLE.

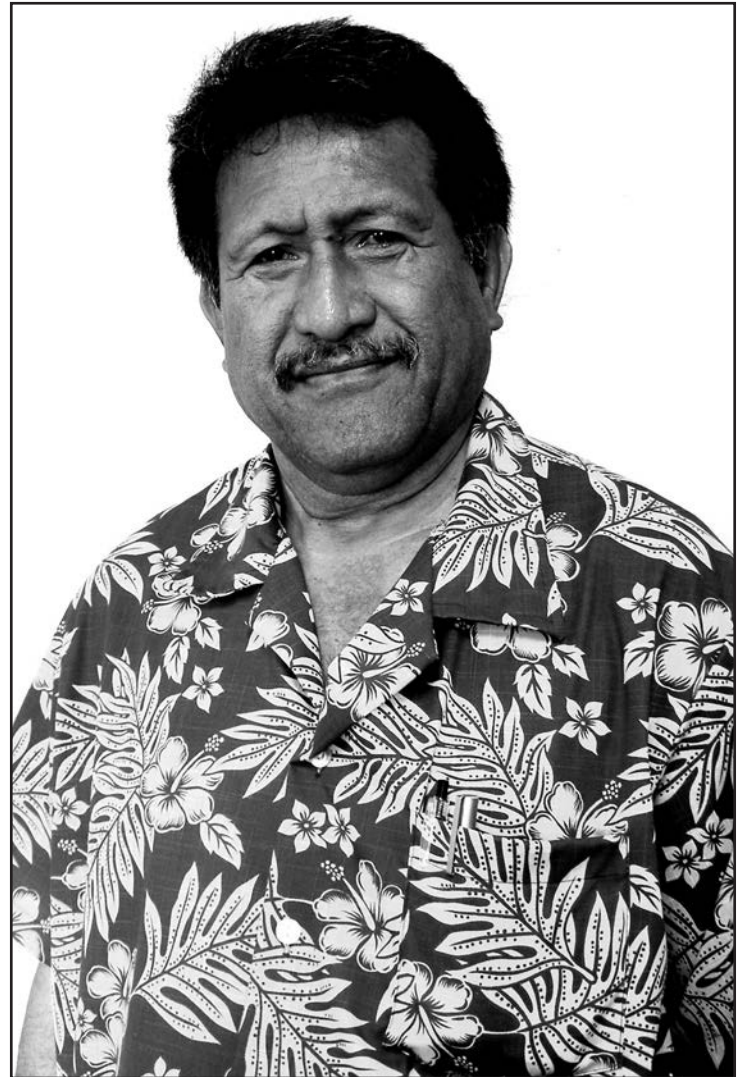
In Part 1 the first two lessons we looked at were, Lesson 1, SPEAKING WITH INTEGRITY or HONESTY according to Proverbs 17v.7 (GN) "Respected people do not tell lies." Furthermore, Proverbs 10v.9 (GN) reads "The man of integrity walks securely." In other words, integrity or honesty produces reliability and stability.

Lesson 2, SERVING WITH INTENSITY This means desiring to help others, serving others, doing good, and serving God. Proverbs 14v.22 (GN) reads "You will earn the trust and respect of others if you work for good." If you do good you will gain the respect of others. The Apostle Paul said in Colossians 3v.23

"And whatever you do, do it heartily, as to the Lord and not to men." Proverbs 11v.27 (GN) reads "If your goals are good, you will be respected."

Lesson 3 is SHARING WITH GENEROSITY. People who are respected are 'Generous people!' Psalm 112v.9 (GN) reads "He who gives generously to the needy and shows kindness will be powerful and respected." There are two kinds of people, there are the "takers" and there are the "givers". Proverbs 11v.25 reads "A generous man will prosper, and he who refreshes others will himself be refreshed."

Lesson 4 is "in all of our successes we are to remain 'humble'. In other words SUCCEEDING IN HUMILITY. Proverbs 29v.23 (GN) reads "Arrogance will bring your downfall, but if you are humble, you will be respected." In I Peter 5v.5 it reads "...to clothe yourself with humility." Arrogant attitude turns people off! But humility attracts them! Humility does not mean ignoring the successes in your life, it just means sharing the credit, acknowledge the contribution made by others, your wife; your children, the family, your friends! Above all, we must realize that so much of what we have was because of Gods intervention! Proverbs 3v.5-6 reads "Trust in the Lord with all your heart, and lean not on your own understanding, in all your ways acknowledge Him



and He shall direct your path." Proverbs 10v.7 (GN) reads "Good people will be remembered as a blessing, but the wicked will soon be forgotten."

The question is "What do you want to be remembered for in life?" "How about your parents?" "your children?" "your friends?" Do you want others to remember you as an "uncaring person?" or "A hot head type person?" The good type response would be something like..."My wife is a caring person!" or "She's a great mum!" or "He's a great dad!" and so on.

Romans 8v.29 tells us that God purposed for our lives to be more like Christ. Romans 12v.2 reads "And do not be conformed to this world, but be transformed by the renewing of your mind, that you may prove what is that good and acceptable and perfect will of God." Jesus is our model. Speak with Integrity & Honesty; Serve with Intensity; Share with Generosity; Succeed with Humility.

May this article be an encouragement to you throughout this New Year 2013. God bless. Te Atua te aroa!

First day back!

By Norma Ngatamariki

It was my first day back at Tereora College as a Year 12 student. It meant that I was almost a grown-up (in terms of school years) but not quite. Although I had struggled to break the habit of sleeping in (I woke up feeling as if I'd been run over by a truck), it felt good to be getting back to school. I have certain goals that I'd like to achieve this year, one of them is to obtain an Excellence Endorsement for NCEA Level Two, as well as course endorsements. Rumour has it that getting 60 credits at Level Two is more challenging than getting 80 credits at Level One. Let's hope that's not the case.

As I drove to school (Yes, people, I drive now. Lolz) with my cousin, Justin, in tow, I think back on how school is going to be...a little different this year. Maybe that's an understatement.

There is going to be a huge difference at Tereora College. I didn't know whether to be glad or peeved about it. We've got this whole new system called 'Anau Groups', where the student body is divided into their respective Houses (Maungaroa, Ikurangi, Te Manga and Te Kou) and are further divided into form classes of fifteen students. These form classes are actually called Anau Groups. Within these Anau Groups, there is a mixture of students, hailing from all Year levels. Confused? So was I, when I first heard it.

Anyway, I'm in Ikurangi a.k.a The House of Yellow. There are only four people that I know who are in my House and there was no guarantee that they'd be in my Anau. I was cruelly separated from my friends (Well, with the exception of Dean) and put into a classroom of complete strangers.

Now that was a shocker. The idea of this whole 'Anau' system is that the senior students will be able to give some guidance to the younger ones and that the juniors will look up to them as "role models". Personally, I think it's babysitting, but hey, that's just my opinion. All I'm hoping for is that the newcomers (Year 9 students) aren't as bratty as everybody expects them to be. I am fortunate enough that I landed a nice Anau teacher. The kids in my Anau are a nice bunch too (Hopefully, they stay that way)

Monday was a half-day because only the Year 10, 11 and 12 students attended, so we finished school at 12. That was a relief, because I don't think I could handle three more hours of sitting in class. Wednesday is the official start of classes, so we receive our timetable and get cracking.



It feels good, settling into a new routine. To celebrate our being Year 12 students, my cousins, Nga and Justin (You'll be hearing a lot about these two in my articles) settled down for a good chat at the playground. We had some major catching-up to do.

Spontaneity!



By Dante Numa

With my past experience of having plans and having them hardly ever work out, I've learnt to go with doing everything more spontaneously, which is actually a lot more fun in my opinion. Don't get me wrong, it's fun to have things planned,

but if for some reason they don't happen (which is usually how it goes in my little friendship circle) you're then facing a whole lot of disappointment (or a wrath of the Titan's tantrum which I tend to do sometimes).

Spontaneity on the other hand will not disappoint you! (I'm starting to sound like a depressed teenager...) but because it's not planned, no expectations or hopes are expected, therefore...no disappointment! (Sound awesome!) Plus, you never know where you'll end up. Sometimes it's fun to grab all you're friends in the morning with having nothing exactly planned for the day and then just going with the flow, then again spontaneity doesn't always work here considering there is barely anything to do on the island...like in New Zealand on the other hand, there's always new places you can be and new

things you can randomly do 'spontaneously', but if you do drive around the island for a while, you can find something new to do! Like for instance...I still actually haven't gone down those water slide things, and there's a few Cafés I've never been too...you get my point, I think we're so stuck with our usual everyday lives on Raro, that we tend to forget about the 'other side of the island', and it's hidden roads and mountains, and beaches! (Ngatangia is pretty much foreign to me...or does Muri count as Ngatangia, cause then never mind).

Anyway my whole point is to try to show you that life doesn't always have to be planned to the very point, sometimes it's fun to see where life takes you! DON'T GET ME WRONG! Plans, and goals and such things are IMPORTANT, but learning to take a break and let life carry you along

can be rewarding and extremely exciting! But it is wise to have a little something planned at the back of your mind, in case the whole spontaneity thing doesn't quite work out, especially if you've decided to take an amazing spontaneous adventure without having anything planned for the next few months or something, it is a seriously wise idea just to have a little back up plan so you don't end up lost in some random rain forest living off weird purple fruit with no way to get home!

So just leave the 'absolutely no planning and completely spontaneous times' to like, a simple Saturday with friends! So there's really nothing you'll have to worry about! So how about this Saturday, you grab your friends, dress in something that suits the weather, fill up the vehicle with petrol and then just see where the island leads you! BE SPONTANEOUS!

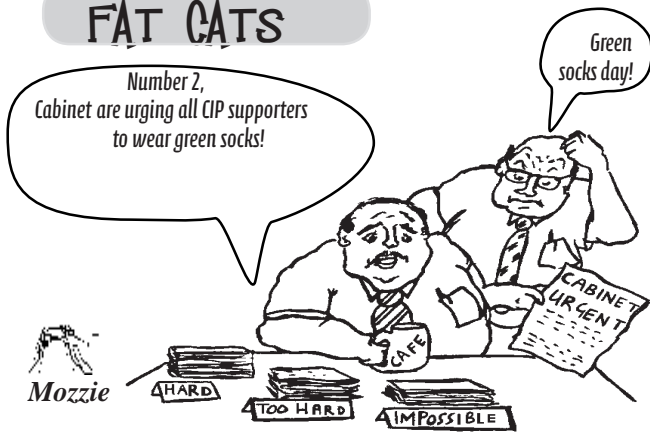
Ka rauka iakoe teia akatukeanga! Rave i taau Tu'anga



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MINISTRY OF INFRASTRUCTURE AND PLANNING

FAT CATS



COCONUT ROUNDTABLE



Oh dear chooks! Was that the result we wanted? Jimmy was brought in from across the waves to work out a new structure for Education in assimilating the old HRD with Vocational and tertiary training only to come up with a new organizational structure that looked suspiciously like the old one! Way to go Jimmy! Don't forget to pick up your fat cheque before leaving!



A chook observes more ex-pats are piling in to MFEM. It's become an ex-pat club of sorts. Jolly ho! Not satisfied with congregating at Traders or the Game Fishing Club, ex-pats are making a bee line for MFEM. MFEM even has its own economic duo! Eco- Batman and Robin! Why it takes so many bodies to manage a small budget for a small population of less than 19,000 people and less than 30 major revenue earning companies is a mystery! Still MFEM have a way to go before reaching the level attained by Education! Here's a way to slash some staff, cut out all PAYE tax. Push VAT up slightly. Stop local businesses from depositing their money in overseas banks.



An even harder question than how to get the old hotel finished, is how to get around the curse! Obviously, the hex times two, has to be lifted but by what methodology? How to appease all land claimants or broker a truce to allow Sherrie to be properly clothed? Perhaps the solution is to give all claimants shares and a cut of the revenue

CHOOKS CORNER
WITH BIG RED



before tax. Not forgetting the stately head of Puaikura.



Woman is adamant Cyclone Gary must not come on Wednesday as that is her day off work! Get the foreshore finished folks! Attention worker ants! Get them trucks and big rocks moving! Pronto Tonto! Get large metal containers along the main road to protect the Cathedral! Get moving now! Cancel all tea breaks!



High flying Deputy Minister for Agriculture arrives soon from the land of the great wall with a party to look into fishing, pearls and agriculture! Will the anti-fishing brigade stake out the airport waving "Leave our fish alone" placards? Will the visit coincide with that by high fliers from PNG? Will members from each party recognize the other?



PM is heading home on the 29th. Manihiki calls! Over some two weeks, longer of the plane can't make it, (only two small birds on the tarmac with the big bird being seen to in Kiwiland) to show off the island to high powered

visitors from the land of the great wall, and nose around the harbour project no doubt, oh, and maybe attend to a pearl or two!



Seems the Manihiki harbour project is delayed because no local firm has the expertise or machinery to do the job. What about getting back from Melbourne, the fellow who was in charge of the Mangaia harbour job?



Sea food Minister's man announced on Monday that he has a new job! His contract with the fishy one came to an end and he has just signed a new contract!



Chook with feathers in a ruffle says how dare some unknown turkey lambast our beloved Chief Justice of the Peace! The comments border on "contempt of court" and the individual better hope he or she does not come up before the beak at any time! Those in Judicial positions do not have the luxury of being able to respond publicly to such comments for the thankless task they perform and in

this case, the Ministry for Justice should respond in strong manner! Being a JP in court is like being a Ref in that oval ball game. You get attacked!



Times have changed. Of course fishing patterns will be turned on their head as a result of climate change. Nothing stays the same anyway. So why don't some fishermen accept that they may need to change the way they fish. Change their techniques, their bait, their lures, hooks, attitude. Fish are continually evolving and changing behavior. What's more, they're not all dumb, after all did not the human race originate in the sea? From the early forms of fish life? That's why the early human fetus in the womb looks amazing fishlike.



Recent scientific research by the East Asia Institute of De Dhing Ah Leeng, has disclosed chooks that the electronic detectors used at airports to detect contraband may be inadvertently frying your reproductive hardware with each pass-by of the detector stick! What next? Lead lined undies?

Cook Islands
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PITT MEDIA GROUP

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Te Riu Woonton

Fit for life

By Carmel Beattie

We are a family who love food - the taste, the smell, the variety – the mothers and grandmothers were wonderful cooks and the rest of us appreciative – and like many families most of our memorable times both happy and sad were around the dinner table. This wasn't a problem through those super active years at school when I raced on to the tennis court at every opportunity, was a member of the Swimming squad and generally expended more energy than I ingested. However, when I stopped doing that exercise during my 'party years' in my late teens and early 20's when, let's fact it, we are invulnerable, I suddenly realised that partying makes your jeans shrink – what a weird phenomenon!

Yes, I learned that awful equation - food minus exercise equals fat - a great shock to the system and the psyche but at that stage it was still easy enough to get things under control. Sadly, I didn't realise then that I was setting up the pattern for my future life – the yo-yo dieter syndrome.

Unfortunately, I am not one of those people who become pale, interesting and waif-like when adversity hits – no, I chunk up as I reach for a biscuit! And, no, it isn't just adversity, it's stress; it's feeling down or even annoyingly, feeling happy! Yes, my name is Carmel Beattie and I am a (sugar) addict. All those great times around the family dinner table conditioned me to think that all life revolved around food and even though I have always been a healthy eater, my fatal flaw was the sweet side of life!

And then I came to Rarotonga.....

I not only discovered a place and people that I loved but also their gorgeous food – both sweet AND savoury! I think that the moment I discovered steak and mushroom sauce might have been one of the highlights of the last decade! Lulled into a

false sense of security because I wasn't the biggest person in the room, balancing a challenging schedule with a busy social life, I didn't even realise that I was actually piling on the weight. I had arrived here overweight but it wasn't until I started to puff walking up from the beach, my knees creaking and my back aching that I decided that I needed to take myself in hand – or was it the moment that I stood on the scales and realised that I had 'found' an extra 14kgs to add to my already stressed frame!

I needed to do something about it and fast – my father, my grandmother and my great grandmother have all suffered from late onset diabetes so I knew that I had limited time to sort myself out.

D Day for me was the 15th October 2012 – I began the journey to wellness with the goal to re-find my medium frame and to get fit for life because that is really what it is about – this is about your life, it's quality and it's length. I am a very determined person once the decision has been made and I decided that this was not another spin of the yo-yo but a new chapter of my life – the health and wellness chapter!

But this isn't the magic wand to weight loss, I have worked harder at this than at any other time in my life to completely re-programme myself and my body and it seems that the universe was ensuring that I was going to be successful by putting the right people in my way. I put down the Coke bottle, the mushroom sauce and that lovely lamington cake and made sure that only high protein, low carb foods were in the fridge and the cupboards. We are so lucky here because we have so many vegetables and fruit readily available and so cheap and good meat and fish are plentiful – well, most of the time!

I now have a personal trainer that I work with 3 days a week



and the other days I either cycle or HUPA - a low impact combination of island dance and Zumba (you should try it!) plus my own aquarobics session in the lagoon daily. After 6 weeks of setting myself up with abs and cardio, I am now cycling uphill 17kms, kick boxing for an hour and doing 3 circuits in an hour session – and I love it!

So, how am I going? IS all this work, worth it? The answer is definitely YES. Since D Day –I have lost 22.5kgs and more importantly 1.8M in measurements! Even my wrists have shrunk! I continue to have to work hard for every centimeter and every kilo, no, GRAM that I lose but I have never felt so fit, strong and healthy and each day I look forward to what new and exciting challenge it will bring – ok maybe not, if it's an hour of abs! My trainer calls the fat "dust" and I have a lot more to dust off but I am confident that with determination and focus, I will be well and truly done and dusted to my goal weight within the coming months.

Now, why have I exposed

my deep dark secrets to the world? Well, getting hippier wasn't exactly a secret but it isn't something I would normally talk about however, in this community, we live with a dangerously high level of non communicable diseases such as diabetes and heart conditions and I felt that if I can show that I can do this practically and cheaply, then you can too! I don't want to climb Everest, I don't want to swim the English Channel, I just want to be the best that I can be and live a long, happy and healthy life here in Paradise. Now, I am sure that I will.

So, why not get on the bandwagon, join the joggers, walkers or gym junkies, maybe even the Hash House Harriers but sorry, I just don't get you guys (is it the wigs?!) Step away from the corn beef, say no to that ice cream or perhaps just savour it one day a week. The sacrifice isn't actually that great and the rewards are HUGE which is the only kind of huge that anyone wants!

Aere mai ka HUPA HUPAkatou!

PUBLIC NOTICE



**PRICE TRIBUNAL
RAROTONGA RETAIL
FUEL PRICE REVIEW.**

The Price Tribunal is empowered under Section 16 of the Control of Prices Act 1966 to "from time to time make orders fixing, in such manner as it thinks fit, the actual or the maximum or the minimum prices that may be charged or received for any goods to which the order relates, or fixing the amounts or percentages by which in respect of such goods selling prices may exceed prices specified in the order".

The sale of automotive and marine petrol and diesel are subject to price control and as part of the review process directed by the Minister of Finance, the Price Tribunal will be reviewing Rarotonga retail fuel prices in 2013.

The Price Tribunal is inviting submissions from members of the public and the business community relating to the review to contact the Price Tribunal Secretariat, (Phone: 29370 or email: consumer@intaff.gov.ck) before the 30th January 2013; Hearing dates and venues will be confirmed after this date. Written submissions are also invited and may be addressed to the "Rarotonga Retail Fuel Price Review", Price Tribunal, c/- Ministry of Internal Affairs, PO Box 98, Avarua.

T. Hagan,
President,
Price Tribunal.

TENDER NOTICE



**OFFICE OF THE PRIME MINISTER
OFFICE OF THE ENERGY COMMISSIONER**

**TENDER AND CONTRACT NO. OPM-02/2013
PUKAPUKA-NASSAU RENEWABLE ENERGY AND
DISTRIBUTION SYSTEMS PROJECT**

The Office of the Prime Minister (OPM) in conjunction with the Office of the Energy Commissioner (OEC), invites sealed Tender Submissions from suitably qualified contractors for the supply and delivery of all requested Goods including the construction of the Pukapuka and Nassau Islands photovoltaic and low-voltage distribution systems co-funded by the Japanese and New Zealand Governments.

Hardcopies of the tender document will be available from the Renewable Energy Development Division's office of the OPM at a non-refundable fee of NZ\$100 per set. Electronic copies will however be made available free of charge.

Only hardcopies of the Tender Submissions will be accepted and these must reach the tender box located at the REDD's office no later than 1.00pm on Monday 11th March 2013 (local time). All Tender Submissions must be addressed to:

Chief of Staff
Office of Prime Minister
Private Bag
Avarua
Rarotonga
COOK ISLANDS

All tender enquiries must be directed to the PEC Fund Coordinator Ngateina Rani, on telephone (682) 25494, mobile (682) 54433 or email ngateina@pmoffice.gov.ck.

VACANCY



DEVELOPMENT PROGRAMME MANAGER

The Development Programme Manager (DPM) is a full time, permanent role sitting within the Development Coordination Division (DCD) of the Ministry of Finance and Economic Management. The DPM will be responsible for providing technical advice to government ministries and other stakeholders on all United Nations development funded programmes. This is an excellent career opportunity as you will be involved in programmes of national importance, driving improved outcomes for the progression of the Cook Islands.

Extensive collaboration with a wide range of government, private sector and NGO's is a key element to the position. Likewise, the DPM will work with cross functional teams to ensure that programmes are planned, delivered, monitored and evaluated within a strategic framework over a sustained period.

To be successful in this role, you will have:

- Proven experience in the Development field
- Planning and organisational skills and experience
- A demonstrated ability to develop and manage partnerships with donors, government counterparts, the private sector and civil society
- Knowledge and experience in implementing development initiatives, policies and programmes
- Strong verbal and written communication and negotiation skills

Development Coordination is a dynamic environment with a focus on outcomes and delivery. We offer flexibility and a team atmosphere where your career development is taken seriously.

To apply for this position, or to view a position description, please go to the government website using this link: <http://www.mfem.gov.ck> or send your CV and covering letter to: jim.armistead@cookislands.gov.ck. Applications for this position close COB 12 February 2013.

New Hope Church
Parekura Conference Centre
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Sunday at 10.30am

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