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6 March 2013

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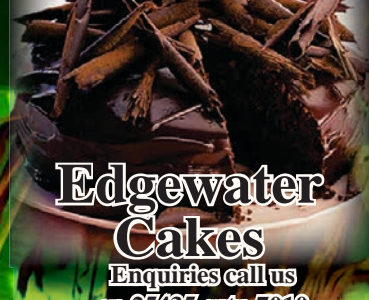
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Balanced Leadership duties serve our national interests

By Prime Minister Hon Henry Puna

A key part of the demands placed on the country's Leader is applying balance to the priorities of Government in terms of national aims and objectives, and the policies we need to promote to serve our interests overseas. Some of course will argue that national interests are self-contained in a bubble of internal concerns. Certainly the bubble-minded Opposition seems to think that all our cares can be catered for simply by burying our heads in the sand and switching off the lights to save money.

The truth is that we can't progress by burning candles and reverting to a horse and cart mentality. While the Opposition would like us to send us back in time and behave like the Amish in Pennsylvania, we believe that our national interests can gain momentum and substance if we pursue the right pathways that extend beyond our border. Opportunity sometimes lies abroad and positioning

ourselves accordingly is more than a worthy pursuit – it's often a necessity.

Overseas duties by our political representatives, including myself as Prime Minister, will often bear the brunt of attention because of the emotional buttons pushed by narrow thinking. Sure, there will be times to stay focused on home to implement our governing agenda but there will also be times when international commitments must be upheld.

We must manage our resources in the most responsible way possible so that we do not lose sight of the balance we need to bring to the progress of our growth and development. That means recognizing the opportunities for what they are and ensuring that the right policies support the national interest.

In recent times, we have occasionally referred to a long-standing desire for the Cook Islands to become a full member of the United Nations. While we belong



Teina Bishop, PM Henry Puna, Murray McCully and Mark Brown

to many of the UN branches, such as WHO, UNDP, and FAO, the Cook Islands has not yet achieved that goal of joining the global family of nations under the main umbrella body. This, we intend to pursue in the immediate future.

The Cook Islands is approaching its 50th year as a sovereign state – our unique condition of self-governing with Constitutional links to New Zealand. It is time that we accepted the challenge of a rapidly-developing country by acknowledging our maturity and competency to act responsibly and cooperatively, alongside our international partners. And in doing so, we shall work closely with New Zealand as an equal partner, and give renewed meaning to more than 110 years of associating with shared values and cooperative ties.

Our unique model of association may well raise broad attention in the Pacific region in the coming years. As Chair of the Pacific

Islands Forum, I shall be leading a Mission to New Caledonia next week as part of a mandate to monitor the progress of developments there toward greater political autonomy. New Caledonia's path of self-determination is important given its stated desire to join the Forum as a full member, and the country's significant wealth in mineral resources. Politically, the way forward for the people of New Caledonia, may involve a certain focus on how we have evolved since decolonization in the 1960s.

While the Cook Islands pursues its own interests, particularly in terms of future UN membership, we are also involved in contributing to the advancement of our Region where partners like New Caledonia will play an increasingly important role in future years. We intend to strengthen these ties today because to do so is to help attract opportunities tomorrow, and further ourselves, at home.

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Power outage comments potentially damaging, politically

By Charles Pitt

Comments in the daily paper on Tuesday by Finance Secretary Richard Neves of a small economic loss from Monday's power outage may turn out to be politically damaging to a Minister whose public image is somewhat shaky at best.

The extent of the economic loss was based upon an opinion formed by Neves taking into account the GDP figure however, this opinion may not necessarily be one agreed to by Cabinet.

It would have been prudent for Neves to await more firm data.

In any case, Neves would have been better not to make any public statements at all and instead provide his Minister with sufficient, "politically correct" information to enable the Minister to make a public statement.

When public servants make such statements and not the Minister, it is the Minister who will cop the flak not the public servant. In this regard Neves may have done his Minister a disservice and he should be proactive and apologise.

If the Minister was unaware of Neves statements then the Minister should summon Neves to his office and ask him to apologise.

If the Minister was aware Neves was going to make such statements and gave his approval, then here is a Minister on a suicide mission come the next general election.

One prominent local

businessman is critical of Neves assessment and assumptions as to the economic loss to businesses and told the Herald on Tuesday;

"The cost to the nation was way more than \$40 to \$50K, I wonder how

many tourists affected by the outage won't come back. Or how many will

tell borderline friends/visitors that there was a power outage and for

a number of reasons they decide to go elsewhere?

Neves can't equate that to only \$40 or \$50K at all. His calculations are just too simplistic and assumes that work not done today will get done tomorrow. He also assumes that consumption missed out in the morning will be made up later in the week, it's like saying that a tourist who couldn't get his 2 cups of coffee today because of a power outage will have 4 cups tomorrow? Staggering thinking.

Look at Colagate...every time someone suggests a proper thorough inquiry Neves jumps out and says it's going to cost too much. He doesn't want to measure national credibility, maybe he thinks the Cooks has none at all, easy to assume when the national credibility has been smacked around by WineBox, Letters of Guarantee Toagate, Colagate, Pacific Mini Games, it's a long list.

If anything what this outage shows is two things. We need distributed generation not centralized generation. We need low tech and not high

tech or highly specialized systems where any system breakdown can be handled by mostly anyone. Imagine that the guy from NZ here on another job wasn't here to reprogram the newer generator?"

Several years ago when Hon Wilkie Rasmussen was Minister of Finance, the then Secretary of Finance Kevin Carr made public statements for an area lacking in firm government policy. Carr offered his opinions and not the opinions of his Minister. The Herald at the time pointed out that it was not proper

for a public servant to make such comments which ought to have been made by the Minister. Shortly afterwards, the Herald reported that Carr was summoned to the Minister's office where he offered an apology.

At this time when the next general election is just around the corner, Neves must be aware of any issue likely to be politically sensitive and leave the talking to the Minister.

One thing Neves will not want to do is end his tenure in the Cook Islands with his former boss holding a hot potato.



SWITCH ON WITH
TE APONGA UIRA

"We are almost out of the woods..."



The Cook Islands has been lucky so far this cyclone season. The first four months has been without calamity. And if we get through to the end of March safely then the chances are high of getting off scot free. No one can recall a cyclone ever happening in April.

Still, it's vital to stay prepared

and make sure you have the following items on hand.

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

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Staying true to the Democratic Party

By Wilkie Rasmussen, Leader of the Opposition

Loyalty is an extremely important aspect of human behavior. When couples marry or form a permanent relationship, a key part of their union is loyalty. From loyalty stems concepts such as trust, honesty, being truthful and supportive of one another. Perhaps unlike other organizations in the Cook Islands, political parties are by nature where loyalty is tested to the full because the drive and retention of membership is absolutely crucial to win the major prize - the Government.

The Democratic Party has now been in existence for several decades, initially formed by Papa Sir Tom Davis

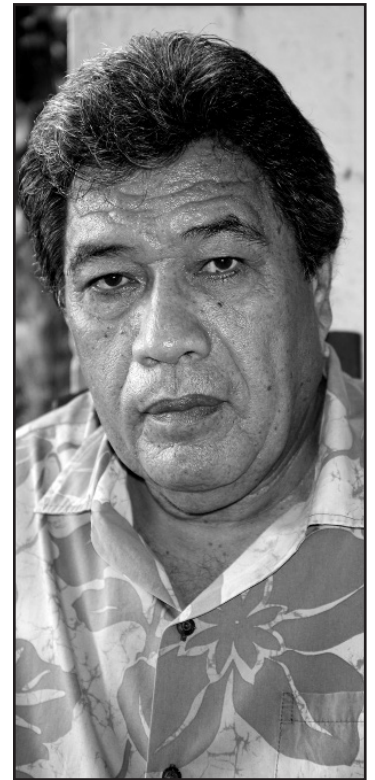
and backed by young Turks of the time such as Tangata Nekeare, Papa Vainerere, Papa Aberahama Pokino, Papa Sir Tangaroa Tangaroa and Papa Sir Pupuke Robati – to name a few. These were people that were devoted to the cause and were loyal to the Demo until they died. Nothing tilted or shifted their faith in the principles and objectives of the Demo.

Some people may recall, although the younger generation of today have lost touch with that time of our political development and history unless they are readers of Cook Islands history. It was a time when at least more than half of the population of the Cook

Islands said there has to be an alternative to the Cook Islands Party dogma that many saw as oppressive and intolerant of opposing views. In fact many of the older generation would agree with me that there was a certain amount of shutting down of the avenues that fostered new, fresh ideas of political and Government structure. That eventually saw the exodus of thousands of Cook Islanders from the country to places like New Zealand and Australia. It was as I recall almost seen as escaping from torment and political victimization for many people, public servants in particular.

The Democratic Party introduced a much more open platform of leadership and membership. That meant that any member can aspire to be the leader of the party or to be a Member of Parliament or to be a committee member of the Demo. That is contrary to the CIP platform of selectiveness according to family affiliation and association. It was elitist in many ways at the exclusion of your ordinary person down or across the road from you.

Over the years, the Demo have developed a culture of open debate and discussion from the inner workings of the party at committee level up to the caucus of elected MPs under the banner of the Demo. This was unfortunately seen by commentators as divisive, fictionalization and general unruliness. However, according to smart observers that is seen as a healthy sign of politics, a practice of tolerance of the differences in opinions. This of course must be made clear to the public hence the focus here on loyalty to the



leader, the caucus, the Demo Executives and each other.

Staying true to the Democratic Party is a continuation of the progress made in the implementation of its principles and of course policies. Remember, the Demo were the first Government that took the Cook Islands budget out of the red and into the black. Ever since then, it's shaping and introduction of a fair and generally excellent taxation system saw the country move from an aid heavily reliant country to that where it boasts to have its own revenue; money it calls its own. The Demo has also been adventurous and daring in pursuing new policies of economic development and developing ideas and strategies that will put the country in good stead.

My observations thus far are that the Demo as a whole is healthy and strong. It is united and determined to win the general elections of 2014 and assume Government.

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Launch of "First Smart Street" in Kavera

By Charles Pitt

Local businessman James Beer, the driving force behind the Murienua Power Association (MPA), told the Herald on Tuesday the MPA has managed to generate enough cash from BBQ sales to install a 1.6kW installation at the beginning of First Smart Street Kavera Road in Kavera.

Beer said the MPA will hold a community working bee on Saturday and solar panels and an inverter will be installed to feed both the Kavera Meeting House and Kavera Clinic.

It should be a good event to showcase said Beer. A small community doing something tangible and taking that first step to what I believe will be the future of energy generation - micro grids and citizen ownership.

Explaining the concept, Beer said technological advances in intelligent energy storage and distribution are being developed by Sweet Lightning, a tech company founded by entrepreneurs and scientists from Canada, the US, and Australia. Sweet Lightning is a partner with the Murienua Power Association (MPA) on Rarotonga.

A proficient future micro grid with reliable power

will rely on information technology advances to work efficiently: smart software and community inverters that work within a small community using clean energy generation to network resources so they are compatible and in-tune with each other. This allows says Beer, the members of a small community - in this case, the Murienua Power Association - to share the power that they have jointly generated without interfering with the rest of the grid.

In layman's terms, imagine that Auntie down the road gets her power from Te Aponga Uira (TAU) and around the corner from Auntie is a large privately-owned solar energy generator that is grid connected. Now if that self generated solar power fluctuates (for example, when a cloud passes in front of the sun) TAU won't be able to quickly and seamlessly increase or decrease its generation to compensate and the true cost of electricity to Auntie could be much higher as a result...to say nothing of the problems such fluctuation creates for the grid.

For many years Beer says, there has been resistance to

the entire concept of a micro grid not just on Rarotonga but globally, but this resistance is starting to fade in the face of many successful implementations. Confidence

in this model and its unique advantages is starting to evolve.

Sweet Lightning and the MPA has been working together for over 12 months.

Japanese Ambassador to Present Credentials

Monday 4th March 2013
The Japanese Ambassador, His Excellency Mr Yasuaki Nogawa will visit the Cook Islands from the 5th to 9th March to present his credentials to the Cook Islands Government. The Ambassador is accompanied by Ms Kiyo Rokutanda, Second Secretary and Mr Yasuhide Sakamoto, Third Secretary from the Embassy of Japan in Wellington.

The Presentation of Credentials ceremony will be held on Thursday 7th March 2013 at 10:30am at Government House.

During this visit the Ambassador will also meet with Government to discuss matters of mutual interest and possible cooperation.

The delegation will also visit successful applicants of the Japanese funded Grant Assistance for Grassroots Human Security Projects. The Te Kainga Mental Health

Respite Centre and the Mangaia Fishing Association Facility improvement project are two projects that have benefited from this grant assistance. The Ministry of Health Outer Islands Medical Equipment installation project is expected to be the third project funded under this grant. The purpose of the grant assistance is to aid self-supporting socio-economic development activities that benefit sectors at the grassroots level in the Cook Islands.

The Ambassador will also be meeting with various stakeholders in the energy sector.

The Pacific Environment Community (PEC) Fund offered by the Japanese Government to the Pacific region assists island countries with the installation of solar panels (photovoltaic grids) and desalination plants. The Cook Islands is currently installing solar panels in Rakahanga with Pukapuka and Nassau expected to be connected.



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Local drama series planned for CITV

By Maria tanner

The Cook Islands National Council of women CINCW initiated project which will see the development of a Cook Islands television drama series from conception to completion is gaining great traction. The concept for the CI drama series came to existence by Vaine Wichman and Taputu Mariri who wanted to simultaneously encourage the development of local content and "the major role women play in our Cook Islands culture," says Wichman.

The television series project which is funded by PACMAS has seen the development of a range of varying storylines from collaborative local writers Apii Napa, Glenda Tuaine and Maria Tanner. The creative development of these characters has seen the writers explore common themes universal to life in the Pacific, "there are strong themes that run concurrently throughout this development," says Wichman, "and each writer brings a individuality that is displayed

in the design of these storylines."

"creating a voice that is in its development stages is really important for local content, and it's great to be a part of a time that is bustling with definition," says Tanner.

As the family drama series picks up, so too has support from overseas industry professionals sharing advice on the development of the storyline frameworks which will aim to highlight core topics of family, culture and its social impact, "the material that has been delivered has been so strong," notes Wichman, "and we are really making the next move into production into what's reads a gripping story."

Making great progress the final storylines that have been created await final submission to PACMAS as the CINCW make the pragmatic move into the next phase of the project they will focus on the production of the chosen submission. CINCW are calling on local television production personnel to breathe life into the drama series as they forge forward on the project.



Our front page girl is 22 year old Theresa Taiarui, who is currently enjoying her break from her usual work life and loving every minute of it! Check out our website www.ciherald.co.ck. and facebook page: www.facebook.com/ciherald



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Association elects executive

At its Annual General Meeting held on Thursday the 28th of February 2013, the member club reps of the CIF voted in executive to manage their affairs for the next two years.

The executive are: Don Beer as President, Mark Baxter as Vice President Unakea Kauvai as Secretary and Ina Kaikura as Treasurer.

Also the Southern group rep is George Samuela from Mauke and the Northern group rep is Daniel Apii.

Rarotonga reps to the CIF remain Wayne Barclay and Steven Kavana

Aitutaki/Palmerston Rep remains Dick Marsters.

Ben Ponia the Secretary of Marine Resources is MMRs and Governments rep onto the

organization.

Achievements in 2012 included disbursement of fishing equipment and safety gear provided under an MMR grant to the organization throughout the country to member clubs. Representatives from each club acknowledged this great support which has assisted in strengthening capacity and support in the clubs and which continues to encourage their members to fish and support revenue streams and family and food security.

Going forward the Association expects to revisit the issue of fuel subsidies to its members by consolidating the reporting and catch logs to assist MMRs efforts to continue to lobby for funding, resource and training support.



Don Beer, Wayne Barclay and Ina Kaikura, 2013 CIF Executive

Surplus figure misleading?

By Charles Pitt

When the Minister for Finance Hon Mark Brown tabled his Supplementary Budget in parliament recently it showed an underlying surplus of \$749,000.

While this news may have been uplifting for a government looking to top up its own coffers, it's this self indulgence which disturbs the "little people." Remember them? The ones struggling to make ends meet. And helping to prolong that agony, is a government blind to its responsibilities to make good on its debts with the private sector.

Government knows full well it has liabilities in unpaid accounts with the private sector. The Finance Secretary knows this and at some point he needs to communicate to his Minister the importance of settling the little amounts before tackling the big issues.

As a private sector company, Pitt Media Group (PMG) is owed over \$20,000 for advertising by various government Ministries and agencies and some of these unpaid accounts date back three years. What does this say for the competence of those Ministries? The Ministry for Infrastructure owes PMG the largest amount-over \$9,000 dating back before the CIP took over in 2010. This is the Ministry engaged in major work funded by overseas donors. What are these donors to think? The Supplementary Budget was prepared by MFEM yet MFEM itself owes PMG \$1,875.

While the amount may seem quite small in the context of government's overall budget

of some \$150 plus million, it is not the amount at issue but the matter of how well government is managing its finances, whatever the amount. Recently, government went to pains to explain to donor partners at the Donor Roundtable discussions, the improvements being made to financial oversight systems. The point is if you cannot manage the small amounts properly, how can donor countries be confident in your ability to manage very large amounts of funds?

Government must be consistent. It cannot be strict in its management of international funds and at the same time condone sloppiness in its management of domestic funds.

If as the Minister says, a surplus existed, should government not settle its debts to the private sector? The "little" people? Is that not a reasonable expectation?

MFEM does not appear keen to remind all Ministries to ensure all outstanding accounts are cleared by the end of each financial year. If it had done so, PMG would not be owed money from 3, 4, years ago. What conclusion is the private sector to draw from this? That MFEM as the overarching finance watchdog, has failed.

MFEM should appreciate the "domino" effect on the local economy when government fails to honour its debts to the private sector. The same situation arose in 1996 under a CIP government.

In future Budget documents, government should disclose somewhere in the document, the extent of its total debt to the private sector.

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Push for efficient energy



Don't waste energy is the new catch cry today, although, if truth be told, the saying has been around a while.

The difference now is that energy efficiency is seen as an integral part of sustainable energy policy, ranking alongside renewable energy.

What is it exactly? In a nutshell, it covers all the ways to get more work out of less energy.

We have a good understanding of renewable energy due to an appreciation of the potential that lies within the abundance of sunshine the Cook Islands enjoys. It is seen as a way of reducing dependence on imported fuel that impacts negatively on the country's balance of payments.

But energy efficiency as a separate endeavour also offers significant savings. Te Aponga Uira has upgraded its generation equipment to reduce generation losses by 2% and replaced high power consumption street lights with savings in power consumption of over 50%.

By increasing investments in energy efficiency, TAU is replicating the efforts other utilities are making around the world.

It may seem strange that utility companies should be trying to get people to make savings in their use of power – to use less power if you will. But to understand this strategy one needs to realise that utilities are in the business of reliable and affordable

power and everyone benefits if power is delivered at low cost in an efficient way.

From the perspective of Te Aponga Uira, energy efficiency is worth pushing because it reduces the cost of renewable energy. With efficiency gains one can shrink the size of the solar panel needed to light a lamp; and, if you stretch this idea, one can avoid investing in infrastructure that is oversized due to inefficient energy production.

The bottom line for Te Aponga Uira is to be in a position to provide a safe, reliable and cost effective energy service and to adopt affordable and clean renewable energy solutions to supplement fossil fuel.



International Women's Day

Ending violence against women – hand in hand

Penny Williams
Australia's Global Ambassador
for Women and Girls

On this International Women's Day, with its focus on eliminating and preventing violence against women and girls, I recall and applaud anew the significant commitments made by Pacific leaders in 2012 to make their countries safer for women.

At the Pacific Islands Forum held in Rarotonga in August last year, the milestone Pacific Leaders Gender Equality Declaration was launched. Leaders expressed their deep concern that despite gains in girls' education and some positive initiatives to address violence against women, overall progress in the region towards gender equality was slow.

In particular, they noted that violence against women remained unacceptably high and they observed that gender inequality was imposing a significant personal, social and economic cost on Pacific people and nations. Conversely, they said that improved gender equality would make a major contribution to creating a

prosperous, stable and secure Pacific for all current and future generations.

To support leaders' commitments at the 2012 Pacific Islands Forum, Australia launched the Pacific Women Shaping Pacific Development initiative, a program of cooperation with the region to help shift entrenched barriers to women's social, economic and political participation.

Under the initiative, Australia will provide up to \$320 million over 10 years through its aid program to improve the lives and livelihoods of women and, therefore, their communities - because women's progress is inseparable from community, national and global progress.

When half a country's population is denied the opportunity to reach its potential, to contribute fully to national life, the whole country suffers.

The International Labour Organization estimates that the Asia Pacific region is losing up to US\$47 billion annually because of women's limited access to employment opportunities. A further US\$16 billion is forfeited

annually as a result of gender gaps in education.

Addressing gender inequality does not just have moral dimensions - it is also smart economics. Empowering women is not just good for them, it's good for everyone.

Underpinning the Pacific Women Shaping Pacific Development initiative is the recognition that issues of political empowerment, economic empowerment and violence are interconnected.

So the initiative brings new resources to increase the proportion of Pacific women in leadership and decision-making roles both nationally and locally. It will increase economic opportunities for women through improved access to financial services and markets. And it will improve safety for women through better services, violence prevention and access to justice.

The initiative builds on solid foundations. A cornerstone is the growing network of Pacific leaders - women and men in government, in civil society, in private enterprise, at the national level and in grass roots organisations - who are

working to advance equality in the region.

An important forum to develop this network, the Pacific Women's Parliamentary Partnership Forum, was held in Sydney in February, bringing together female parliamentarians from across the region to plan future cooperation on promoting women's political participation.

Australia is a long-standing contributor to regional and international efforts to improve the status of the world's women and girls. This International Women's Day we'll be working alongside our Pacific partners at the UN Commission on the Status of Women in New York to achieve new global commitments to the elimination of violence against women and girls.

The commitments and declarations are vital but so too is the translation of these aspirations into action.

In the Pacific, Australia is walking the talk.

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Stroke, heart attack, diabetes? - Your lifestyle ultimately determines your fate but you can change it

by Teriu Woonton

You've probably been hearing the term for the last two weeks but NCD's or Non Communicable Diseases is just the name given to diseases associated with your lifestyle - how you live, what you eat, what activities you do, what habits you have. You can't catch it from each other, but in many cases if you don't take care of yourself it results in a slow very uncomfortable death.

If you are a smoker, a frequent consumer of alcohol, you eat all the wrong foods, don't do any exercise or physical activity then you are at risk and can end up with any number of complications like asthma, heart problems, kidney failure or diabetes.

Sad to say the Cook Islands has one of the highest NCD rates in the Pacific, and hence the need for everyone to take this seriously.

The Cook Islands STEPS survey report showed that in 2003-2004 in the adult population aged 25-64 years, the prevalence of obesity was 61.4%, prevalence of hypertension was 33.2%, prevalence of diabetes was 23.6% and prevalence of elevated blood cholesterol was 75.2%

In 2007, 25% of deaths in the Cook Islands was caused by Cardiovascular diseases (heart attack, stroke) 8% of deaths was caused by diabetes, 7% of the deaths was caused by Respiratory and 17% was caused by cancer.

In 2009, the number of those who died because of cardiovascular diseases rose to 36%, diabetes also increased to 11%.

In 2010, the number of deaths from diseases of cardiovascular diseases increased to 44%, 21% of the deaths were caused by Neoplasm- an abnormal growth of body tissue which is caused by excess alcohol consumption and tobacco use and obesity. It is also sourced from genetic problems, environmental problems and radiation, 7% of the deaths were caused by diseases of the respiratory system and 16% of deaths were caused by Endocrine, nutritional and metabolic. Industrialization coupled with increased availability of junk foods leads to the epidemic of different nutritional endocrine disorders such as obesity, metabolic syndrome and diabetes.

Behaviors are a major problem that needs to be improved regarding NCD's. "NCDs are largely about behaviors and as we know behaviors can be difficult to change," says Karen Tairea, Nutritionist at Public Health. Frankie, Zumba instructor tells the Cook Islands Herald something similar, "it is the negligent

In a Flash:

The Cook Islands is one of the highest NCD rates in the Pacific resulting from poor lifestyle choices - type of food, lack of activity, and sedentary habits. Basically, it's up to you to change your lifestyle and adopt healthier habits.



attitude we have towards the improvement of our lifestyle and environment" she says. Frankie believes the issue of us choosing to improve towards making life easier to live by is one of the reasons why NCD's continue to be a problem "Washing machines have replaced hand washing, ovens, stoves and microwaves have replaced the umu and open fire ovens, fast food stores have replaced mum's cooking. All these modern day appliances replace the energy we used to apply to do the task and we are not applying the surplus energy to another physical activity, but rather we are relaxing and enjoying life, it just seems more convenient," she says. By doing this, Frankie says we are letting our bodies to become lazy and a storage bin for the unused energy which then turns into fat causing these NCD's.

Being physically active is important in the prevention and management of NCD's. "Ministry of Health promotes all forms of physical activity and from time to time they provide support to fitness leaders by coordinating physical activity workshops or supporting people to undergo training. "This however depends on availability of funds" says Karen. Many of Ministry of Health's promotion activities are funded by external donors and very little is provided under their local budget. "We have in the past organized fitness leaders training and our most recent was last year we supported 10 people to undertake the zumba training held here. Six of these were from the Outer Islands and we also provided basic fitness leaders training for the Outer Islands participants prior to the zumba training." Ministry of Health also assists the classes here, when funding allows, with provision of spot prizes during various events. They also partner with zumba instructors in various events such as the Non Communicable carnival. Karen also goes on to say that they are always available to provide advice to trainers and also work with sporting codes such as Soccer - Just Play, Netball, etc to promote healthy living.

Continued next page



From previous page

Diet is a major behavioural risk factor to Non-Communicable diseases, so we wonder why certain products aren't banned if they are so bad for us? "Banning products are not as simple as it sounds; we have international and regional obligations that hinder us from doing this." Says Karen. Recently government has increased the tax on alcohol, tobacco and soft drinks, and this will increase further every year for 3-years as a measure to help people reduce their intake or quit. Government is looking at increasing its import levies on imported vegetables and fruit, which will then encourage our local people to grow and buy local which will help stimulate the economy. "We do work with our importers regarding healthy options and you will notice that we actually do have many healthier options available than we did before e.g low fat/skim milk, soya milk, cereals, wholegrain breads, brown rice, lentils, reduced fat corned beef, reduced fat mayonnaise and salad dressings etc." Karen goes on to say.

Karen also tells us that the BMI weight charts that Public Health have and that we use, have been adjusted for Polynesians. In saying that, Karen goes on to say that more data was needed



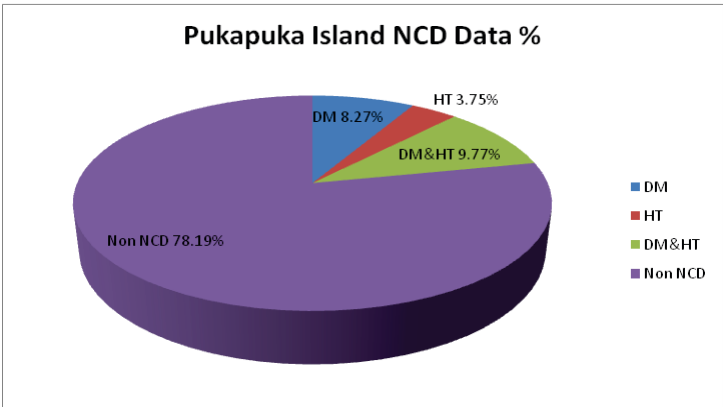
regarding weight and risk of NCDs to adjust the charts, "otherwise we are giving people a false impression that their weight is fine, yet the risk for NCD's may be high."

Although we as Polynesians are known to have bigger bones than the Europeans, that is not the problem. "Bones actually do not weight that much and in the past we had equipment that could estimate body fat – this proved that we are indeed carrying too much fat – it was good as it helped people see that it was not bone or muscle that was making them heavy."

Ministry of Health have also discovered that a number of those who are overweight had a lower percentage of body fat than of some of those who are slim as they are more active, and some of those who are slim had more body fat, which is an indication that they are not active. "Just goes to show you that you don't have to be overweight to be at risk of NCD's!" Karen states.

The Public Health offers community wellness assessments that are available to churches, workplaces, etc and this service is free. Measurements taken include weight, height, blood pressure, blood sugar, cholesterol. This is in hope that people will take advantage of this and use this to their ability in preventing themselves from developing a Non-Communicable Disease. Frankie, fitness instructor for zumba believes that prevention of NCD's must always start with the person himself/herself. "One must be able to learn to value how precious their life is in order to make a change for the better. Normally people who make those changes are people whose families have been affected badly by NCD's or who has been affected by NCD's themselves... we should tell ourselves to not wait for it to come, but rather create our first line of defense against it" she states.

With more and more people engaging in sports, taking part in



Total adult (aged 25- 64 year), Pukapuka - 133			
Total NCD (DM,HT,DM&HT) cases	9	---	21.8 %
Total Non- NCD cases population	104	---	79.19 %
Total Diabetes Mellitus (DM) Cases	11	---	8.27 %
Total Hypertension (HT) cases	5	---	3.75 %
Total (DM &HT) cases	13	---	9.77 %

The data above and photos on these pages were given to us by Dr. Thein on Pukapuka. Dr. Thein was very proud of the Pukapuka people as almost 80% of the population did not have NCDs. He attributes this to the healthy lifestyle where people mostly eat fish and taro, as well as, leading an active lifestyle.

fitness classes and weight loss programs, hopefully more people who are at risk will save themselves. "Part of our role in Public Health is to look at policies etc that promote healthy lifestyles – so we will be continuing to explore this" Karen says.

In order to help yourself you must eat healthy, says Karen "eat more fruits and vegetables, reduce portion sizes, reduce fat, sugar and salt and have regular meals". Frankie comes up with similar advice "Respect your body and feed it with more positives and less negatives - Less junk, more fruits and vegetables. Less fizzy, more nu or fresh fruit juice. No smoking, less drinking." As a nutritionist and fitness trainer, they both encourage the public to be active- do at least 30 minutes for good health but aim for 60 minutes if weight loss is your goal. Karen tells the Cook Islands Herald that research proves that sitting too long is harmful for our health even if the 30 minutes of exercise is carried out. "Improve the lifestyle and environment you have around you - More exercise or physical activity, hang out people who don't smoke, keep a clean house or work-space, be healthy and disregard all the snarky remarks that people make about health freaks. They are likely to live longer than the snarky re-markers. Zumba is in option, but it is not the only option, join a sport - any kind of sport and keep to it for the rest of your life." Frankie shares with us.



RATE THIS STORY:
How useful was it to you? ☆☆☆☆☆

Introducing the Harlem Shake!

By Norma Ngatamariki

Thanks to my good cousin Justin, I have been introduced to the world of Dancehall (that was introduced to Justin by his French/Tahitian aunty). What is Dancehall, you may ask? It's this kick-butt dancing style that involves a lot hip movement, booty shaking and, if you are a professional dancer, floor work. This means you're able to do the splits without the agonizing pain. I can't do this (well, not yet. Lolz) but then again, I never said I was a professional dancer. All I can do is sit and admire while other people (who are lucky enough to have the body as well as the courage) do the real work.

Dancehall involves a lot of "popping", so ladies, I advise you to wear a really tight bra if you're thinking of taking this up. The dance movements, incorporated with body language, tell a story itself. A feisty attitude is a must, so you make the correct facials at the right moments (You know how girls sometimes pose with the "duck lips" and that sort of thing) I reckon dancehall increases your self-confidence. When I did my very first failed attempt, I looked like I was having a major stroke (Yes, it was that bad) But with more practice (in the privacy of my room) I was slowly making progress. I'm still not ready to reveal my skills to the world (especially to Justin, who is proffesh as well as a critic)

From what I've heard, Dancehall was first invented and developed in France (I could be wrong about this. After all, I can't afford internet to research it. Lolz). Thank goodness for that. Here in the Cook Islands, we are more of a Zumba-orientated country, whereas in France, Dancehall is the shizz. With more exposure (I'm hinting to you, Justin) we could very well be the next Dancehall country!



This half-French, half-African lady called Aya (which is a stage name, by the way) has taken the internet by storm with her invigorating dance moves. She is my new inspiration and idol because she does Dancehall so well. I look up to her in times of dire need (Like, when I don't feel like exercising, I think about Aya and her marvellous, well-toned body with my face.) Honestly, this chica is worth Googling. You can hit her up on Facebook (just type in Aya Level) just to see her "amazingness".

Dancehall is a fun way in which you could lose a couple of pounds. To me, when I do five minutes of Dancehall, I feel like I've melted off 5kgs of fat (depending on the intensity level your pacing yourself at) My other cousins, Robyn and Nga like to go hard out, so I can imagine all the weight they're losing. But for me, it's just a matter of having fun being laidback (no matter how weird I look when I try and dance. Lolz) Dancehall is great for people all sizes!

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Smartphone Security Tips

2. Enable Remote Locate, Lock and Wipe

Can't find your phone? You may have simply misplaced it somewhere around the office, or inadvertently left it at your last meeting. Then again, maybe someone nicked it when you weren't looking. In this situation, software -- or a service -- with the capability to remotely locate, lock, and wipe your phone might help you retrieve it. Barring that, you'll have peace of mind knowing that even though someone's got his mitts on your phone, your data can still be protected.

Remote location (which works primarily through GPS) has limitations: it won't tell you that your phone can be found in the 3rd floor bathroom of 123 Main St, but it will provide an approximate location that should be enough to let you determine whether or not the phone is somewhere you've recently been.

Especially if you determine that your phone has been pinched, you'll appreciate the capability to lock it with a PIN or password (even if you hadn't previously enabled the aforementioned lock feature), and you'll typically have the option to display a customized on-screen message (e.g. with return/reward info). If you determine that reuniting with your phone isn't in the cards, you can wipe its data clean with a remote command.

How to remote locate, lock and wipe your smartphone:

Android: No built-in remote locate-and-lock feature here, but there several apps can do the job, such as Where's my Droid.

BlackBerry: Download RIM's free BlackBerry Protect from the app store.

iPhone: If you have an iPhone 4 (with iOS 4.2 or later), you can take advantage of Find my iPhone feature offered free through Apple's MobileMe service.



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Ministry of Infrastructure & Planning

Project City Update

Project City upgrade now in Tutakimoa

The Project City upgrade of the water works sub mains is underway on the Ara Metua back road in Tutakimoa which is expected to be completed by the end of this week. MOIP appeals to the public to be patient and to obey the detour signs and road closures until this section has been completed.

Road closures and detours on the Ara Metua have been necessary for the safety of the workers and for the public as the back road is so narrow and cannot be safely navigated during the work. However, residents and those visiting TAU and similar are allowed to pass

through on request.

As a result, the public are asked to be patient and to take extreme care while driving in and around the works area which is from Panama to the central business district in Avarua, half of Tupapa and all of Takuvaine Valley.

There are four sectors to the project: sector 1 is Panama; sector 2 is Avarua central business district; sector 3 is Tupapa (up to Tepuretu Rd); and sector 4 is Takuvaine Valley. The work is very extensive and will take another four months before the entire town water supply network is replaced.



Partial road remediation begins for Project City

Project City has begun part of the remediation work on the main road in Panama as of Tuesday 5 March 2013. This was agreed at an urgent meeting between Ministry of Infrastructure and Planning and the contractor, Landholdings Ltd, road remediation work has been brought forward to address the issues of dust and dirt as motorists sped through the area as though the road were in perfect condition.

MOIP advises the public that the sub-main pipeline is still to be laid under the main road, which means that road remediation will be done on a 'as needs basis' until the pipelines on the main road in sectors one (Panama) and sector two (Avarua



central business district) are completed.

Road remediation has been subcontracted to Triad Pacific Petroleum.

Once this work has been

completed in June 2013, cross roads in Avarua, St Josephs Road, Tutakimoa Road (to Telecom) and to upgrade the main road Takuvaine Road past the Karika palace and MFEM as well as the three main and Court House.

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NCD Awareness week 25-1 March 2013



BTIB assisted the Ministry of Health on the 25th February in presenting 3 fruit and vegetable vendors to take part in the healthy eating stalls at the "NCD Carnival. This gave an opportunity for local market vendors particularly from the Punanga Nui Markets, to setup and sells their produce in town central, as part of the event.

Promoting Healthy living and conducting prevention activities to challenge Cook Islanders to start making changes to improve their health on the day was an initiative made available by Te Marae Ora team and staff.

BTIB would like to thank Punanga Nui Markets vendors and management for their willingness to participate in the past activity. Meitaki Maata.

Te Mou OTe Enuia Festival

On Thursday, 14th February was no better way to spend your valentine's day but to be down at the Punanga Nui market where "Te Mou O Te Enuia" festival took place. The festival was an initiative coordinated by Danny Mataroa, who says the idea was to conduct a festival generally to celebrate the local planters and food growers. Where produce and food can be given back to the community as gifts.

The event held various games and competitions like: the best stall presentation, tree carving, tree cutting, best plates of food and eating competition to name a few.

Mataroa comments on the success of the event and is willing to see it become an annually festival in the near future. Much appreciation is extended to all the sponsors, supporters of the event and BTIB for assisting with formulating the proposal.

BTIB Basic Accounting Tools Workshop

BTIB launched a two day workshop on the 21st and 22nd February to introduce the "Basic Accounting Tool" (BAT). The program can be used to assist small to medium businesses owners in particular in managing and streamlining their finances at a click of a button. It is a useful application distributed on CD. The workshop was held at the Avarua AOG church with approximately 20-25 attendees. The workshop was lead by BTIB Business Development Manager, Ratu Mato and co-op Business Development Advisor, Tangata Tou.

Ratu and Tangata commented on how surprised they were with the high demand of interest they received prior to planning the workshop which found pre-sales of the BAT CD going out fast. Due to positive feedback received over the 2 day workshop, BTIB is considering to implement an alternative tool to incorporate in the near future and allow expansion to the outer islands.

(BAT 1.0 CDs are still available for purchase at BTIB. Contact 24296 or email ratu.mato@btib.gov.ck.

Upcoming Event



Stay connected to find out more on this upcoming event.



Aue te manata i Te Namu e

Tātā'ia e Ruter Taripo

I tēia au nga rā vera, kua 'aere koe 'ē tō'ou au taeake ki va'o i roto i tō'ou 'āua ma te reka i te 'iri'iri o te matangi, ma te mataora i te tūranga o te rā mānea. Kua manako koe kia rave kōtou i tēta'i tunutunu'angā kai (bbq) no 'āmuri ake. 'Ināra... Aue tau e! Ea'a oki tēia!

Kua 'ākara koe ki raro ki runga i tō'ou vaevae, kua kite atu koe i tēia mamae i 'akaāea mai, te kakati ā te namu. Kāre i roa kua kite 'aka'ou koe i tēta'i kakati 'ē pērā katoa te namu.

'Ea'a oki tēia? Nō'ea mai rātou? 'Ea'a rātou i kakati ei? 'E maki tā rātou e apai ana? Ka 'akapē'ea au me pāruru 'iāku? Ka rauka i te tākore tākiri atu i tēia namunamu?

Nō reira, ka 'ākara atu tātou i te tūranga o tēia namunamu TE NAMU, na roto i te uiui atu ki te Taote Rangiau Fariu no tēta'i au 'akamārama'anga.

1. Karere mei te Taote

Te 'akakite mai nei te Taote ē, ko te namunamu e Namu, kua vai ana mei te tūmā miriona mata'iti 'ē kare i pāpu ē nō na'ea tikāi i tae mai ei ki runga i tō tātou 'enua, 'ināra, kua kite tātou 'ē te kite nei tātou i te ro'i 'ē te manatā me pakipaki tātou 'iāia. Aumani tikāi!

Na te Namu e 'apai ana ma te 'akatoto'a atu i tēta'i au maki rikarika o teia nei ao.

Mei te mata'iti 1920-40, kua riro 'oki'ena te namu i 'akatoto'a i te maki 'eke'eke 'ē tēta'i atu i runga i tō tātou au 'enua. I teia nei kua kite katoa tātou i tēta'i maki kē tā te namu i 'apai mai koia 'oki ko te dengue fever. Me 'akama'ara tātou, i te mata'iti 2009, 'ē 2,000 tangata i makinga 'ia i te maki mei te flu rāi te tū, i te mamae pa'upa'u'anga kōpapa. Kia kiriti 'ia tō rātou toto, kua akapāpū'ia mai i reira ē, 'ē 600 i tū 'ia 'ē te maki dengue fever. I muri mai i reira, kua tātakita 'i'ua i reira te maki tei kitea mai. I te 'oki mai 'anga te pupu tipōti mei Samoa mai, nā rātou i 'apai mai i teia maki ki konei 'iā tātou. Te vai katoa atūra tēta'i atu au maki ināra kua manua tātou kāre i tae mai ki konei.

Te 'akakite katoa mai nei te Taote, kia 'akamoe i te tamariki ki roto i te tainamu, ko tēia katoa tēta'i ravenga i te pāruru 'iā



rātou.

2. Te kakati a te Namu

Kia mārama tātou, ko te namu va'ine anake 'ua te kā kakati i te tangata. E mānganui te au apinga i te 'akakeu 'iāia kia piri ki te tangata, koia 'oki te ma'ana, te mārama, te pata-'ōu, te 'aunga kōpapa 'ē te vai atūra. Ka tō mai te namu ki runga i tō'ou pākiri, pātia atu i tōna kō keokeo ki roto 'iākoe 'ē kua ngote mai i te toto mei roto 'iākoe ki roto i tōna kōpū. Mē 'akaue 'ia 'aia, kā rere kē atu. Mē kāre, kā ngote 'aia kia kī tōna kōpū i tō'ou toto. Mē oti, kua 'akaruke mai 'aia i tēta'i uare ki roto i te ngā'i i kakati ei 'aia. Kua 'akaāea mai i reira teia ngā'i 'ē kua mangiō. 'E mea tau, kia tāmā ma te pu'a atu i teia mangiō ki te vai, auraka e rakuraku. 'Ināra, i tēta'i taime, kāre 'ē rauka i te 'akakoromaki (i runga tikāi i te tamariki).

3. 'Ea'a tā tātou kā rave no te pāruru 'ē te tākore i te tū rikarika o te Namu?

Te 'akakite mai nei te taote, mei tā te au tangata kimi-kite e kimikimi nei 'ē tātā nei, kāre e rāvenga i kitea ake no te tākore tākiri i te namu, tērā 'ua kia 'akamāro'iro'i tātou i te 'akaiti mai i te namu i runga i tō tātou 'enua.

* Te 'aere mai nei 'oki te

aronga 'anga'anga o te Public Health i te tūtaka 'iā va'o i te au ngutu'are, te ngā'i vai, varivari no te kapu mai i te ro'ero'e, vaito i te tārē'anga. Mē 'e ma'ata, i reira ka tā-vairākau 'ia, nō te tāmāte atu i te ro'ero'e.

* Ko tēta'i ngā'i e kitea nei te namu, tei runga i te arā-vai o te 'are. Kua kī i te tītā, mou te vai, kua 'ānau te namu ki reira 'ē kua kī i te ro'ero'e. No reira, kia tāmā 'ia tēia au ngā'i.

* Te akakite katoa mai nei te Taote, 'ē 'akapātiti (spray) ana rātou i te au ngā'i ka anoano 'ia. No reira me ka inangaro tēta'i 'uātu tangata i tōna 'aua, ngutu'are kia akapātiti'ia kia 'āravei atu i te Public Health no te 'aere atu i te rave i te reira. E rima-ngauru rai tārā

* Kia māro'iro'i rai tātou i te tāmā 'iā va'o i te ngutu'are, 'akaātea i te au kapu-akari, punu puakatoro, anga paōti etv te ka no'o te namu ki roto.

* Te au māma tanu tiare, kia riringi i te mereki vai i raro i te paōti i tēta'i au taime kia kore te namu e no'o ki roto.

* Te kitea katoa 'ia nei tētai au ngutu'are, kua aere atu te au pū-ngutu'are ki te 'enua mamao, i reira, kua tupu te tītā 'ē kāre e tangata i te tāmā i te ngutu'are. Me 'akakite 'ia atu ki te kōpū

tangata te tūranga o te namu, ka 'āriu mai tēta'i pae 'ē ko tēta'i pae kare tākiri e inangaro kia tuatua 'ia atu no te tauturu mai. Kua mataora i reira te namu!

* Te kitea atu nei te mema pārimani o Tupapa, i te māro'iro'i i te tauturu i tōna 'oire tangata i te tāmā, i te pākoti i te kāpaie, te 'aua 'ē te pārahu tītā 'ē te vai atūra.

* Te kitea katoa 'ia nei tēta'i au tītā, kāre e tano ki teia ngā'i, i runga i te ngā'i titiri'anga paōti i Panama 'ē pērā katoa i Tūrangi. No reira, auraka e tari i tā kōtou tītā ki tēia au ngā'i, māri ra, tuku 'ia tā'au tita ki roto i te vairanga, i reira kā tuku atu ki te pae mataara kia tari 'ia atu e te aronga tari tita ki te ngā'i i 'akakoro 'ia i te au epetoma.

4. Akako'uko'u'anga

No reira, i te Kūki 'Airani nei kua kite 'ua tātou 'iti-tangata i tā tātou tu'anga ka rave no te tauturu i te 'akaiti mai i te tūranga o te namu. Auraka 'oki tātou e 'irinaki 'ua 'ē kia kāpiki roa 'ia tātou e neke ei. Ka 'inangaro rāi 'oki tātou i tō tātou au 'aua, au ngutu'are kia kore e no'o 'ia e te namu. Kā kite rāi tātou i reira, 'ē me tāmā 'ia te 'enua, kāre rāi e ma'ata te namu ka kitea atu.

Ei konei ra, 'Akamāro'iro'i! ... auraka te namu kia 'autū.

TE REO MĀORI KŪKI 'AIRANI



tātā'ia e Ruteru Taripo

Kia Orāna `aka`ōu `e te katoatoa i tēia rā! I roto i te kapi Te Reo Māori Kūki 'Airani, no tēia epetoma, ka tītau `uātu rāi tātou i te `akaaraara i tō tātou vaerua Māori i te `eangaanga, i te umuumu pū i te `inangaro tikāi i te `akamātūtū `uātu rāi i to tātou reo mānea te reo Māori Kūki 'Airani".

Once again hello and greetings to everyone today! In this week's page Te Reo Māori Kūki 'Airani, we will continue to keep our Maori spirit alive with the emerging yearn for and desire of continuing to uphold, speak and strengthen our beautiful Cook Islands Māori language.

Mei te `enua mai o Tongareva te karanga nei tēta`i ngā vānanga pakari, sumaringa `ē te `o`onu ā tō tātou `ui-tupuna:

- **Aue te kakara i angi mai mei silo, kua topa ki nā tapatapa o te ao nei**
Kua uiui te noho o te henua, "Ēi auē...`eaha tēia?"
- **Kia mau te Selenga, kia mau te napenga. Kia mau.**

From the island of Tongareva, a couple of beautiful wise sayings of our ancestors say:

- *Oh how sweet is the fragrant from silo (a very special place), it has spread throughout the world. Those living on land are asking, "Oh ...what is this (sweet smell)?"*
- *Secure the tie, secure the knot. Secure it.*

Pati atu ki tēta`i tangata no te `enua Tongareva kia tatau i tēia vānanga kia koe, kia rongo koe i te mānea o te tangi o tēia reo.

Ask someone from Tongareva island to read this saying to you, so you may hear the sound of the beautiful dialect of Tongareva.

`E mānganui `uātu rāi te au Kōrero Pakari ā tō tātou au tupuna i runga i te au `enua tātakita`i i roto i tō tātou `ipukarea Kūki 'Airani. E mea tau rāi `oki kia `akangāteitei `ē kia ngakauparau tātou i te kite-pakari, kite-`o`onu `ē te tū-kama`atu o tō tātou `ai-tupuna no tā rātou i `akaruke mai kiā tātou kia `āpi`i atu ki tā tātou au tamariki. Kia `akameitaki `ia rātou! Te `akaaro`a!

There are many Wise Sayings of our ancestors from each island in our paradise Cook Islands. It is appropriate for that reason that we respect and be proud of the deep knowledge and wisdom that our ancestors passed on to us today to teach our children. Bless our tūpuna! Te `akaaro`a! ... how grateful we are!

`Inārā, auraka `oki tātou kia vai`o`ua i tēia ki konei, māri ra, kia tā-`anga`anga tātou i te reira, kia ranga atu tātou, kia tāmoumou i tēta`i o te au Kōrero Pakari a tō tātou au `ui-tupuna, na roto rāi `oki i te vaerua umuumu i te parau `anga i te aruaru `uātu rai i te tuatua putuputu`anga i tō tātou reo tātakita`i o tō tātoa au enua i te Kūki 'Airani nei. Nō reira kia koe tēia ...!

However, we must not just leave this here, we must make use of this, research it, learn some of the Wise Sayings of our tūpuna through aspirational spirits in being proud to regularly speak our individual dialects of the Cook Islands. Therefore this is with you...!

Kia Upokotū `uātu rāi tō tātou Reo!

Let our language continue to flourish!



Showing fairness

Part 2

Encouragement Column

With Senior Pastor John Tangi

In Part 1 of this article of encouragement King Solomon who wrote The Book of Ecclesiastes goes through life and looks at everything. Then he said, "Here's my conclusion. Life is UNFAIR." Then he gives five common occurrences of unfairness. First, Solomon said that CRIMINALS GO UNPUNISHED. Eccl. 8v.11 (NLT) "When crime isn't punished, people feel it is safe to do wrong." Secondly, Solomon says, THE OPPRESSED ARE NOT BEING HELPED IN THE WORLD. Thirdly, Solomon says, MANY RULERS OR PEOPLE IN AUTHORITY ARE UNETHICAL (CORRUPT). Ecclesiastes 5v.8 (LB) "If you see miscarriage of justice throughout the land, don't be surprised! For every official is under orders from higher up. So the matter is lost in red tape and bureaucracy." Fourthly, Solomon says, GOOD PEOPLE GO UNREWARDED while evil people often prosper. Fifthly, Solomon says, CAPABLE PEOPLE ARE OFTEN UNSUCCESSFUL. For example Solomon says, "Intelligent people don't always get rich." In some cultures Boxers are paid more than what the Accountants or Chief Administration Officers gets. Even rugby or soccer players are paid more than the teachers who train children. Solomon says, the bottom line is life isn't fair!

Solomon gives us some examples of what to do because of the unfairness of the life we live in! But before we look at these examples, I want to pose a question to us "WHY DOES GOD ALLOW UNFAIRNESS?" The answers are 1. BECAUSE HE GIVES US THE FREEDOM TO CHOOSE. "I am giving you the choice between a blessing and

a curse..." Deut. 11v.26 (NIV) 2. BECAUSE GOD IS GOING TO SETTLE ACCOUNTS ONE DAY. "In due season God will judge everything man does." Ecc. 3v.17 (LB) 3. BECAUSE IT SHOWS WE NEED A SAVIOR The fact is, without God, people are very inhuman towards each other. People take advantage of each other. People become very selfish etc. So God says, "You need a Savior and I will show mercy for those who ask for it through my Son Jesus Christ. 4. BECAUSE IT CAN BUILD CHARACTER Character is built in the tough times of life. Tough times don't last, but tough people do! Romans 5v.4 says "Suffering produces character."

Now, I want us to look at the question of "HOW SHOULD WE RESPOND TO UNFAIRNESS?" God wants you to do three things: 1. ACCEPT UNFAIRNESS GRACEFULLY The Bible tells us in I Peter 4v.13 (NCV), "Don't be surprised at the terrible trouble which comes to test you. Don't think that something strange is happening to you. But be happy that you are sharing in Christ's sufferings so that you will be full of joy when Christ comes again in glory." He's saying you cannot prevent people from hurting you. But you can choose your response. You are to accept it gracefully, rather than becoming bitter or complaining. Use it as an opportunity to develop character. 2. RESPOND LOVINGLY When somebody hurts you, they expect you to retaliate. They expect you to seek revenge. When somebody hurts you they expect you to fight back and try to hurt them. God says, "I want you to do the exact opposite what they expect." Jesus said in Matthew 5, "Love your enemies and pray for those who hurt you." Why



do you do that? "Because God tells you to and because it keeps them from controlling you." When I say respond to an offender lovingly, that does not mean you continue to allow injustice. But instead, we are to lovingly seek justice without retaliating, without getting revenge, without seeking to hurt the people that have hurt us. We are going to overcome evil with good. That's what it means to be like Jesus Christ! As Christians we have to fight for justice. Jeremiah 22v.3 "Be fair minded. Do what is right. Help those in need of justice." (NLT) Proverbs 29v.7 "The righteous care about justice." Proverbs 16 "The Lord demands fairness in every business deal." He's saying even when everybody else around you is unfair, you be fair. Even when everybody else around you is ripping off each other you maintain your integrity. Be fair! 3. WE SHOULD WAIT FOR GOD'S HELP EXPECTANTLY I Peter 2v.19 (NCV) "A person might have to suffer even when it is unfair, but if he thinks of God and stands the pain, God is pleased." When you are going through an unjust period, God is on your side. All through the Bible, God says, "I cannot stand

it when people are treated unjustly, unfairly. I will defend the oppressed. I will care for those who are treated unfairly." All through scripture, God has a special heart for people who are treated unfairly. He is a God of justice. He hears your cry and He sees your pain and He knows you were hurt and put down. You didn't get what you thought you deserved. But He has a plan. God said, "...I know the plans I have for you... they are plans for good and not for disaster, to give you a future and a hope." (Jeremiah 29v.11) So what does God want me to do while I'm waiting on Him to settle the score? I Peter 4v.19 "If you are suffering according to God's will, keep on doing what is right and trust yourself to the God who made you, for he will never fail you." (NLT) All you need to know is God loves you, God has a plan for you and me! If you trust Him and maintain a right attitude, He's going to reward you eventually. II Corinthians 5v.17 (Ph) These temporary troubles [the ones you have in this life] are winning for us a permanent reward [in eternity for millions of years] all out of proportion to our pain." God is faithful! Be encouraged regardless! God bless.

Bring it on!

By Carmel Beattie

Well, it has happened again – change is in the wind!

I had a young Brazilian friend here to stay last week and I took her along to an island night to give her a taste of Cook Islands culture when I struck up a conversation with a woman sitting out our table. She loved the experience of the Cook Islands but asked me 'that' question – I am sure that we have all been asked before – don't you need to 'escape' regularly? In other words, how can you have a fulfilling life when you are stuck on a little rock that is only 32kms in circumference?

I gave her my stock answer which is also my sincere view that because you are working hard, have a good social life and are involved in a range of community projects, life is not constrained here and in fact, because we are small, we actually get much greater access to opportunities than if we were stuck in traffic in a big city. But it got me thinking.

Was I just rolling out this view of our country in defensive mode or is it a true interpretation? I thought about my life over the past few years and decided that I am right in asserting that life is good here – not necessarily easy but always dynamic with opportunities out there for those who want to take them. I think it is important to be open to the world and its offerings because this openness to possibilities attracts change for the good in your life.

This year, one of my resolutions was to grow my business and to pursue some of the ideas that have been percolating over my time here. Unlike many people who plan and strategise their long term

life, I don't find that useful but I have had the experience that if I vision my future and work hard then great things happen – as long as you don't mind the universe delivering a different interpretation of your vision every so often!

One of my friends and I decided that it was time to pursue a business idea of purchasing a small hotel and we spent some time looking at possibilities around Rarotonga, looking at a few properties that might work for us. In the end, she decided that she wasn't ready to make the commitment so I thought that I would wait a little to see what happened when that weekend brought an offer to manage one of those hotels! Knowing that it was a big job to take on by myself – as those of you who manage and market properties would know – I teamed up with one of my business partners and 5 weeks later we are over the initial 'rabbit in the lights' mode of a new venture and the Paradise Inn is looking shiny, loved and getting a facelift!

We have big ideas for her future growth and business is picking up which is terrific and has given us confidence to start planning the next phases of the vision – reviving the Maruaia Hall as a gathering place for locals and working on a sales outlet for high quality artisan products of the Cook Islands especially those of the people of the Outer Islands. I would like to see some of those gorgeous mats, bags, carvings, jewellery, photographs, paintings etc showcased here in Rarotonga – not competing with other shops or the markets but adding to the offering for our Manuiri. There are people out there wanting to

be able to leave with take home memories so I figure that they should be authentic Cook Islands made memories!

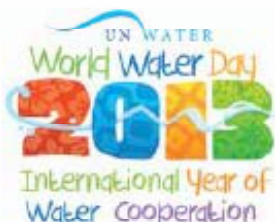
This has now led to approaches for other business prospects which goes to show that it is important to grasp those opportunities when they come your way even if they veer slightly from your original vision. Maybe that is the lesson from

our little 32km round rock in the middle of the ocean? It is not the path we take to get there but the final destination that counts and yes, while it is nice to venture out into the wider world every so often, it is no less rewarding, exciting, challenging, frustrating and yes, at times, worrying than anywhere else in our modern world – just a heck of lot more beautiful!



Tutavake Vaeau, Penrhyn Island's Agriculture Officer was presented with his warrant to search any visiting tourist boat or the like that comes to his island. The warrant was officially handed to him by the Minister of Agriculture Hon Nandi Glassie at a ceremony held at the Quarantine Office at Rarotonga International airport last Friday, attended by the Ministry's Quarantine team. Vaeau has undergone intensive training enabling him to take up the task as soon as he gets back to his home island of Penrhyn. Vaeau is seen here posing with Chief Quarantine Officer Ngatoko with his warrant. -Charlie Rani

You can make a difference! Do Your Part



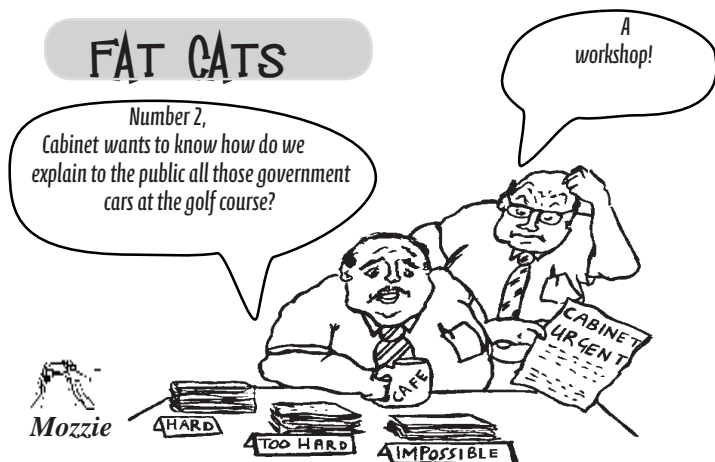
OFF THE TAP!



MINISTRY OF INFRASTRUCTURE AND PLANNING

WATER EMERGENCY PHONES: PH55-663 W3 PH54-897 W4 PH54-817 Office PH20-321

FAT CATS



Good to see a government job go to a local for once! Job in Foreign Affairs has been filled by a young woman part CI, part Tongan who has delayed her Masters Degree studies to serve her country!



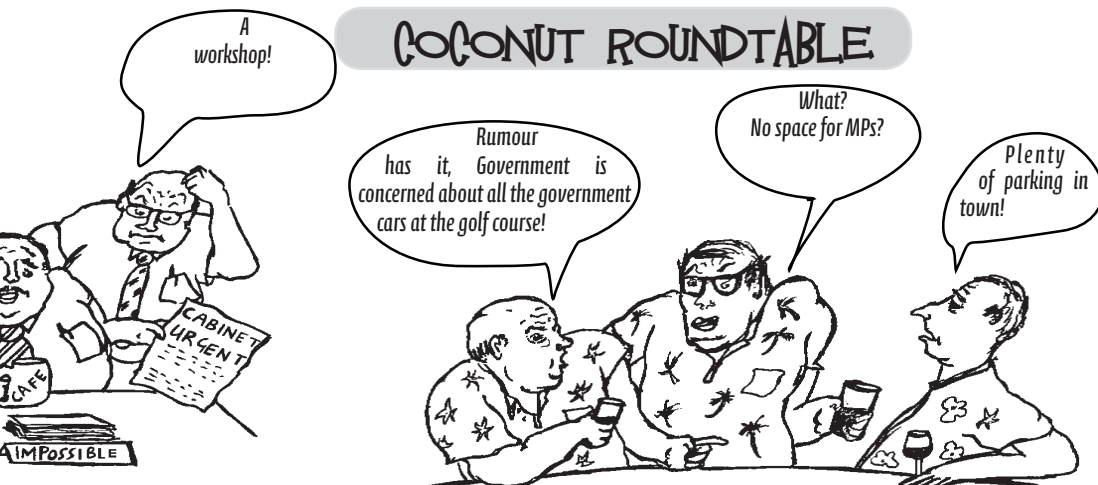
A family of eight is packing its bags this week and departing for Western Australia and work for a mining company no doubt for mega dosh! C'mon government, when will you act? Soon there will be no Cook islanders left!



Potential "CC"-Carr category nonsense alert! Potential "CC"-Carr category nonsense alert! The Kingdom's bone shaker and tea leaf reader, Merlin Peeves, has issued a decree that Monday's four hour power outage only set the economy back a tad! Consulting ancient GDP scrolls, bone shaker Peeves calculates the loss at some 40 Gs! Maybe Peeves ought to have ventured out into the village square and asked the merchants what they calculate the loss to be? Local Chartered Accountant Mike Carr stands no nonsense and has already gone public to say people should ensure their data is correct!



Genuine Nonsense alert! Genuine Nonsense alert! A genuine "CC"- Carr category nonsense has arisen chooks! There was a power failure on Monday which affected many businesses



CHOOKS CORNER

WITH BIG RED



financially. Seems the cause was the staff allowing the level of diesel in the day tank to run low so the sediment at the bottom of the tank was carried into the generator, evidence the build-up of sediment in the fuel line! That sediment had to come from somewhere! But the media release does not reveal this! This is a major nonsense given the seriousness of the situation which began at 7am and went for nearly 5 hours! Local Chartered Accountant Mike Carr is not one to tolerate any nonsense as reported on the front page of the Daily Phews several weeks ago when a local writer stated the wrong rate for secondary tax!



A major bakery was ready to stick the pies in the oven at 7am but then the power cut hit. All that work went out the window-no baking! No bread! No dosh!



An alert chook notices some twit too frightened to mention his/her name, writes to the Daily Phews last Thursday slamming the Sea Bed staff funding

allocation and their work. Chook says the twit obviously does not read the papers. If that ignoramus did, that lay about would understand the amount of work that's been achieved so far by so few staff. If the twit checked the Supplementary Budget, the nong would notice that the staff budget was cut by nearly \$90,000.



Oh dear chooks! First the phones then the power! What's next? Phones to the outer reaches went down for 40 minutes on Thursday last week but did Tele bosses alert anyone? No message on local radio to inform the public? No! Seems the Tele wizards decided to work on the problem but that was taking longer than thought! Disgruntled callers to the outer reaches began ringing local TV. Why? Phones to the Tele castle not working?



Did you spot the Tereora kids all lined up outside class to salute the flag and sing the national anthem? Fali Hark has certainly brought innovation back into the school! It's

just like the old days say the old brigade! Back in the day, when the starched white shorted pooh bah ruled the roost, kids used to line up outside class like little soldiers of the Empire, the flag would be raised, "God save the Queen" would be sung then the little troopers would march into class for the indoctrination to begin! Only thing missing was the pint of milk! There were milk biscuits for a time but they died out! Oh the good old days!



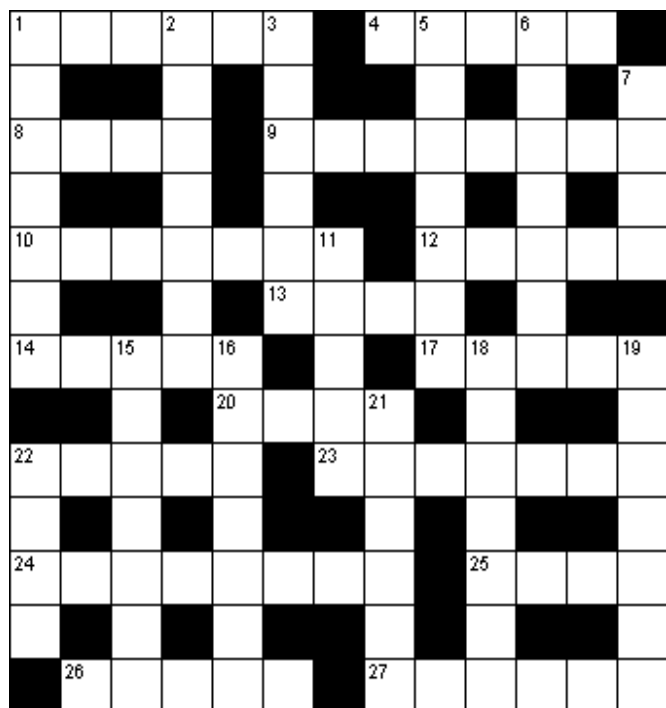
Oh dear chooks! Another door has just blown open for more foreigners to pour through! First we have Indian head massagers! Don't snigger now, it's an ancient ritual this head thingee. Next will follow the traditional art of foot massage, then the ancient art of finger massage. Taking the cake could be the highly secretive, ancient, custom of massage of the ear lobes once only taught by Shaolin Monks in China but brought to India by Buddhist Monks along the Marco Polo Silk Road!

Cook Islands
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Te Riu Woonton

CROSSWORD



Across

1. Football
4. Hebrew patriarch
8. Information
9. Wedding
10. Animate
12. Computer memory units
13. Member
14. Bender
17. Stories
20. Remove
22. Tree branch
23. Undermine
24. Travelling case for clothes
25. Paul the Apostle
26. Rings
27. Apprehensive

Down

1. Misery
2. Goblet
3. The Desert Fox
5. Like a shrub
6. One that adapts
7. Fast aircraft
11. Notches
15. Method of procedure
16. Moral
18. Counsellor
19. Fixed
21. Shout of discovery
22. Engaged

LAST SOLUTION



Local Catholic priest Fr. Freddy Kaina departs this week for the island of Penrhyn for a period of three months on a Church mission. Fr. Freddy posed for the camera prior to his departure as he heads for Penrhyn in time for a busy Lent season and the Easter festivity season; a special time on the Catholic church calendar as Christians around the world commemorate the death and resurrection of our Lord Jesus during Easter. Apparently, Fr. Freddy will also miss the Te Mire Atu 2013, being one of the composers who have entered in this annual event along with his singer Charlie Rani, a familiar face and voice on Cook Islands Television and Radio Cook Islands.

PUBLIC NOTICE



PRICE ORDER 02/2013

PURSUANT to the Control of Prices Act 1966 and the powers delegated to me as provided under section 30 of the said Act, I hereby make the following Order:

- 1 This Order is cited as Price Order 02/2013 and shall come into effect on the 06th day of March 2013
- 2 Maximum wholesale & retail selling prices for LPG sold on Rarotonga shall be at the rate specified in the schedule below
- 3 Value Added Tax is included in the prices herein set
- 4 Price Order 01/2013 is hereby revoked
- 5 The prices herein set are the maximum that may be charged although less may be charged if so desired

Given under my hand and seal this 05th day of March 2013.

Brian Terrence Hagan
Chairman for the Price Tribunal



Tatiana Burn
Member for the Price Tribunal

SCHEDULE OF PRICE ORDER

ITEM	WHOLESALE PRICE AND RESELLER PRICE	RETAIL PRICES		Effective Date
		Rarotonga		
LPG per kg	3.59	4.87		March 6, 2013
LPG 9kg - 20lb	-	43.83		
LPG 13kg - 30lb	-	63.31		
Bulk Refilling Fee	\$0.25 per Kg			

PUBLIC NOTICE



The Hospitality and Tourism Training Centre (HTTC) is offering the following accredited courses in partnership with Wellington Institute of Technology (WELTEC) for 2012:

CITY & GUILDS CERTIFICATE

AND DIPLOMA IN FOOD & BEVERAGES

(International) Level 3, 4

When: 25th March 2013

Duration: Full time one year course

Closing dates for application is Friday 15th March 2013

Customer Service

Unit Standards 57

When: 18th March 2013

Duration: 3 Days

Tutors: WELTEC - NZ

Closing dates for application is Friday 13th March 2013

Limited space available pick up application form from HTTC or

Contact Pam Solomon for more details on phone: 22628 or

email admin@httc.edu.ck



Te Aponga Uira

PUBLIC NOTICE

The public is hereby advised that Te Aponga Uira (TAU) Power Station Engineers will be conducting Engines load tests on one engine on Thursday the 7th March 2013, and Friday the 8th March 2013 between the hours of 8.30 am in the morning to 5:00 pm.

Customers are advised that the power supply may unpredictably shutdown anytime during this period therefore causing power outages in some areas.

Te Aponga Uira Management apologizes for any inconvenience that may be caused during this period.

Te Aponga Uira Management

TUATUA AKAKITE

Ka rave atu te aronga angaanga o te Are Uira I tetai akarakaraanga I te turanga ririnui o tetai matini kua oti I te akaouia e rua ra akamata I teia Paraparau ra 7 no Mati 2013, e pera katoa I te Varaire ra 8 no Mati 2013 mei te apa no te ora 8 I te popongi ki te ora 5 I te avatea aia.

Te akakiteia atu nei I reira ki te katoatoa e penei ka mate atu te uira I teia tuanga oire inara ka akaoki vivikiia mai te reira.

Te tataraara atu nei te Akateretere o Te Aponga Uira no tetai uatu tukau te ka tupu mai I te reira tuatau.

Te Aponga Uira Management

PUBLIC NOTICE



**MINISTRY OF INTERNAL AFFAIRS
SOCIAL IMPACT FUND (SIF) PROJECT FUNDING**

The SIF provides combined Cook Islands and New Zealand support to Cook Islands Civil Society Sector to meet the needs of those most vulnerable in the community and is focused on 6 priority areas:- Gender equality, Children & Youth, Disabilities, the Elderly, Domestic Violence and Mental health.

The SIF Board now invite proposals for Project Funding in the following eligible project areas

Community Education projects

Workshops

Income generation

Training

Awareness raising activities

Organisational Strengthening

Please Note: infrastructure projects and international travel are not encouraged, but will be considered on a case by case basis.

For further inquiries please contact the SIF Manager on telephone 29378 or email sif@intaff.gov.ck, Ministry of Internal Affairs. The deadline for submission of your project funding application is Wednesday 20 March 2013. No applications will be accepted after this date.



An invitation is extended to all importers and intending importers of electrical appliances to attend a meeting scheduled for 12pm Friday 8th March 2013 at the Office of the Prime Minister, Renewable Energy Development Division to discuss the Regional Pacific Appliance Labelling & Standards (PALS) project that is planned to be implemented in the Cook Islands. The PALS project aims to regulate the importation of inefficient & substandard electrical appliances into the country.

E patiangia teia ki te au pitiniti me kare tetai uatu tangata e apai mai ana I tetai uatu apinga taangaanga uira, kia tika kia aere mai ki tetai uipaanga te ka raveia a teia Varaire ra 8 Mati 2013, 12pm, konei te opati o te Prime Minister tuanga o te Uira Natura. Manako maata; No te akarakaraanga tetai ture no runga I teia au apinga uira kare I tau no te taangaanga I te Kuki Airani nei.

This notice is from the Office of the Prime Minister, REDD & the Office of the Energy Commissioner. For clarification contact Alexander Henry on 25494 or by email: alex@pmoffice.gov.ck.

New Hope Church

Parekura Conference Centre

Inspirational messages to uplift and empower you

Sunday at 10.30am

EAT LESS

MOVE MORE

HEART FOUNDATION

