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10 April 2013

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# Uptake in RE professions takes hold



The week got off to a busy start on Monday with the launch of the country's first Solar PV Energy Training course. It was an auspicious start to what will become an important sector in coming years.

I was pleased to be part of the opening. And to have the opportunity to provide some words of encouragement to those interested in the growing renewable energy field. The course itself focuses on the design and installation of solar PV panel

power systems – cutting across multi-disciplines of professional trades. And according to the organizers and trainer from Australia, Matt Oregan, the successful completion of this training qualifies participants to work in the Pacific and Australia. Accreditation is valid overseas for our trainees.

While these skills may be exported, the professional standard is one we are aiming to instill locally so that the burgeoning industry related to

renewable power generation grows and matures internally. That is important.

It's important because it forms a valued part of the Renewable Energy Development 'equation'. The initial part of course was the foundation of a strong political will and accompanying policies to inform future strategies. Much work has been done in that regard.

At the highest political levels here and abroad, the Cook Islands has promoted itself as a serious contender in the 'Greening' of power generation. Political will is an absolute must and I'm pleased to say that around the Pacific, our colleagues are all on the same page in terms of solidifying the base support to pursue RE targets and objectives.

The building of our capacity to manage Energy changes is beginning its crucial stages of development. And training courses like those conducted by Global Sustainable Energy Solutions (Australia) is the sort of uptake in professional services that we need. As Government maintains a position of strength in supporting RE integration

and penetration, we can expect to see further exploration and investigation into private sector engagement and investment.

With the right pace of development and the progressive opening up of opportunity, the professional trades for design and installation of power systems will flourish as growth takes hold. Government will continue to support these programmes for reasons that support skills-capacity building and economic opportunity. Both aspects need to be developed if we are to retain people and add value to the emerging renewable energy sector.

The solid priorities for energy help underpin our continued budgeting efforts as look forward to 2013/2014. These are expected to be wrapped up this week after some delays set us back last week. However, the financial negotiations are nearing completion and the Budget Support Group will be set for firming up recommendations for Cabinet consideration.

Our challenge is to stay focused on the solid achievements we have registered and sustain the uptake of change for the better.

TITIKAVEKA

## BULLDOGS vs EELS

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ENTER AT OWN RISK  
DOGS UNLEASHED



# Fear of anti-Chinese backlash concerns Sea Bed Minerals Office

By Charles Pitt

**F**ear of an anti Chinese racist backlash against the visit of a delegation of five from China representing COMRA-China Ocean Mineral Resources R&D Association, prompted the Sea Bed Minerals Commissioner Paul Lynch to request the Herald not to publish details of the visit in the Herald last Wednesday.

Lynch expressed concern that any release ahead of the visit might generate negative anti-Chinese comments from the public. It would not be good for the Chinese delegation to walk into a public storm of protest.

Lynch told the Herald he wished to avoid any negative backlash to this visit before or during their visit, which may make us seem inhospitable to their visit.

Lynch said COMRA initiated this visit, by request on Feb 26, 2013, after his SBM presentation at the Underwater Minerals Conference in Shanghai in November 2012. Lynch said COMRA will receive a presentation highlighting the developments and status of the Seabed Minerals sector here in the Cook Islands.

The Minister then approved and visit details had gone through the usual diplomatic channels. However, a check with OPM last week revealed staff there were unaware of the visit.

Lynch said the Cook Islands had created some connections in Seabed Minerals with the Japanese, Korean, Norwegian, German, USA and later the UK so there was a need to do the same with China. We should ensure a fair, level playing field for everyone now, said Lynch and later when our Tender of Exploration blocks takes place in 2013/14. This COMRA visit said Lynch will in no way pre-empt that open international Tender that Government is committed to undertaking, based upon the best international advice from



COMRA team meets Cabinet members 10am Wednesday.

the Commonwealth Secretariat.

Lynch was concerned about the negatives. He admitted he was sure some negative local comments, even racist ones, would come out about with the COMRA visit, based he thought on the negative impression people have of how other people have dealt with the Chinese. We will not make that error, said Lynch, as we will be completely transparent with all parties in Seabed minerals, including the Chinese.

Lynch understands COMRA already has Exploratory licenses in Tonga, the Solomons and Fiji.

The COMRA Team comprises; JIN Jiancai, Secretary General, China Ocean Mineral Resources R&D Association

JIANG Kaixi, President, Beijing General Research Institute of Mining and Metallurgy

YANG Ning, Professor, Changsha Research Institute of Mining and Metallurgy

WU Changbin, Director, China Ocean Mineral Resources R&D Association

WU Guifeng, Interpreter, China Ocean Mineral Resources R&D Association



## SWITCH ON WITH TE APONGA UIRA

“Free offer extends to 4th week!!”



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# Engineer's Association launched

The Institute of Professional Engineers Cook Islands (IPECI) met on Tuesday evening at the Aquarius Hotel to formalise their association and launch their new logo. Consisting mostly of a civil engineers and a few electrical engineers, at least 25 engineers were in attendance. For the launch, Chief Executive of IPENZ (Institute of Professional Engineers New Zealand) Andrew Cleland gave the key note speech followed by the Hon. Teariki Heather.

According to Cleland he is here to acknowledge the establishment of the association as well as, to meet with Government stakeholders to explain the importance of engineering. The engineers by having their own body can link together professionally, and help to improve the standards of many of the engineering type works on the island. Cleland himself was an academic and a food engineer who designed industrial freezers and chillers before becoming part of IPENZ.

Minister Heather acknowledged many of the long serving engineers like Papa George Cowan, Ata Herman, Tenga Epi Mana and says he has been proud of our local engineers but encourages them to put aside their 'akama' (shyness, hesitation) and not to let the fear of mistakes stop them from getting ahead.

President of the association, Tenga Epi Mana says the idea for the association was born in 2008. But it was only last week that the association was legalised. IPECI is able to monitor the quality of engineering work in the country, and set up standards. The association will rely on membership fees to fund its work.

He explained that the association's chosen logo which is the ceremonial adze of Mangaia was chosen because it was used to control the flow of meetings, that is, when the chief stands the adze upright everyone must be silent, when he lays it down (horizontally) everyone is allowed to speak.



## Madrid & Barcelona workshops a resounding success: Time to polish up on Spanish

Cook Islands Tourism received unprecedented attention after completing two training workshops in Madrid last night and Barcelona the previous day. The events were aimed at elite travel agents in the two Spanish footballing capitals and these participated professionally and enthusiastically indeed exceeding the numbers expected with a total of 125 hand picked agents having been trained and motivated to sell our destination.

To further testify the enthusiasm there has been a significant increase of CI exposure in travel brochures and the launch of a number of dedicated local web portals and sites in Spanish. (e.g. [www.islascookviajes.com](http://www.islascookviajes.com))

Probably as significant has been the success CITC achieved in bringing in support from Tourism New Zealand (Europe office) Air New Zealand & Singapore Airlines who all contributed financially and physically in "Cook Islands & New Zealand" themed events. Positive first hand feedback suggests there will be more cooperative



David Bretos (Air New Zealand), Ana Maria Escribano (Singapore Airlines), Fenja Schiebuhr (Tourism NZ Europe) & Nick Costantini (CITC Southern Europe)

promotions happening in the near future.

Tourism arrivals from Spain, a niche high-yield market, grew by 18% last year and CITC's objective is to tap into the current Spanish arrivals to New Zealand, which number approx 10,000 pa, with a view to both grow numbers and encourage stopover and extension traffic to our islands.

Future activity will see the print

of a luxury Spanish language brochure for distribution at consumer wedding & bridal shows and the launch of a Spanish Facebook page, the arrival of group of elite Spanish journalists in June and an increase in Spanish travel agents visiting the islands.

So if you see some Spanish visitors in the coming months don't forget to say "Buenas Dias"!!

# Destination Development work well underway

**D**estination Development a division of Cook Islands Tourism has been busy since August 2012 when it first made a call to the public for Expressions of Interest for Tourism development projects. A large number of proposals have been received and assessed by the Destination Development Committee in the nine months since advertising began. The Director for the division, Metua Vaiimene commented that "The Destination Development Committee follows a formal and verifiable process when vetting all received expressions of interest. All proposals are evaluated initially on merit and how it best matches its strategy then separately on its financial requirements".

Destination Development was formed in 2010 as a division of Cook Islands Tourism Incorporated to enhance the overall attractiveness of the Cook Islands as a visitor destination. Destination Development's primary focus is on event development and tourism related infrastructure while also encouraging tourism in related educational, hospitality, environmental and cultural initiatives.

In 2011 the Cook Islands Government and New Zealand Aid signed a bi-lateral aid agreement of which two million of the aid funds were allocated

for Destination Development Initiatives. Some of the projects which Destination Development has supported to date include the Aitutaki Game Fishing Club refurbishment project. Tenders for the construction portions of this project closed at the end of March with work expected to start shortly. The facility will then act as a hub for a variety of waterbased sporting events including Kite Surfing, Oe Vaka, Sailing, Game Fishing, Bone Fishing and Traditional Voyaging to name a few. These events and related business activity are expected to drive over 600 first time visitors to Aitutaki in its first year of operation.

Another project which has been supported through the Destination Development Funding is a new fixture on the national event calendar 'Netball in Paradise' which started in December 2012 and brought in over 350 visitors. The event is already confirmed for this year and will see more netballers from further afar in the world visit the Cook Islands.

An annual Bowls Carnival which kicks off in July of this year with over 60 visitors already confirmed to attend is another tourism activity made possible from Destination Development funding. Investment has been made into the infrastructure needed by the Rarotonga Bowling Club to improve their



facilities to be able to cater for larger international bowling tournaments. Expected growth in visitors for this and another international bowling event during the year will increase to 250 visitors per year over a 5 year plan agreed between Rarotonga Bowling and Cook Islands Tourism.

Director of Destination Development, Metua Vaiimene recently expanded his division's ability to manage the complex nature of these tourism projects and handle the large number of proposals being received by bringing on board Noeline Mateariki who is with Tourism Cook Islands for a fixed term. Noeline will also be responsible for managing and improving information dissemination and publicity for all of the projects executed

under this funding. Halatoa Fua, CEO added that "Destination Development will ensure the expectations of international visitors are exceeded hence encouraging better yield and economic return. It also strengthens the unique qualities of the Cook Islands".

Destination Development will shortly run the Expressions of Interest advertisement for a final time and would encourage those individuals or groups to submit their proposals if they feel they meet the requirements of the terms of the Expressions of Interest. To view the full Expressions of Interest Guides please visit [www.cookislands.travel/destinationdevelopment](http://www.cookislands.travel/destinationdevelopment) or contact either Metua or Noeline at Cook Islands Tourism on phone 29435.

**CUT YOUR EXCESS**

If you are on the Value, Plus, Super or Mega Broadband plans, we're cutting your excess in half for February, March and April.

# Our Cover Girl Ignoring warning signs over tax

*By Charles Pitt*

Government's fixation with taxing small market vendors and Cook Islanders receiving the NZ Super, is not going down very well with the "little people," the sort of people who vote governments into power.

Talk among the little people is that if government does not hold off on these taxation issues until the Tax Review is completed and the recommendations published, then, come the next election, this government may be swept aside. That's not withstanding advice that those who return to live in the Cook Islands and have their NZ Super paid here, are required by law to pay tax.

What is a concern is that the requirement to pay tax on NZ Super has not been adequately articulated to returning Cook Islanders some of whom who remain convinced no such tax should apply. Hence the current disquiet.

The Herald is aware that this week nearly \$8,000 came across Revenue Management's counter in back taxes from retired people

on NZ Super, in one day. It is understood the Manager of Revenue Management considers this figure to be something of a record. This is the same Manager the Herald understands wants a salary increase.

Someone in Cabinet needs to visit the Punanga Nui Market on a Saturday morning and listen carefully to the comments being made by ordinary people. The comments are not good.

When government began the Tax Review process, it should have declared a temporary amnesty in regard to the contentious issues. Those contentious issues would have been identified early on by officials at the community meetings. It seems there has been a break down in procedure. Perhaps it was an oversight or that officials lacked procedural skills. Now there is a suspicion among the little people that government is desperate to get cash from whatever source it can.

How government extricates itself from what has become a public relations nightmare remains to be seen.



*Our front page for Herald issue 661 is Chelsea Hunter  
Check out our website [www.ciherald.co.ck](http://www.ciherald.co.ck). and facebook  
page: [www.facebook.com/ciherald](http://www.facebook.com/ciherald)*

# Early detection can save your life

## - a mammogram only takes 12 seconds

by Teriu Woonton

According to statistics, from 2004 to 2013, there have been 47 women diagnosed with Breast Cancer in the Cook Islands.

It is the most common cancer affecting women in New Zealand. Breast cancer occurs when breast cells divide and grow without control, sometimes invading the surrounding tissue. In some cases, the cancer may grow very slowly while in others it develops more rapidly.

With more awareness here in the Cook Islands and the annual breast screening program prepared by Ministry of Health, more women are becoming aware and confident with the matter.

The Cook Islands has one mammogram machine which is used for the breast screening that was donated by the French Government in 2000, however, the mammogram machine cannot be used until the breast screening team from New Zealand is here. The specialist team from New Zealand comes to Rarotonga every year to carry out the screening program.

This year, they will be using a second mammogram machine to hold their screening, a 4 year old machine that the NSW team has donated to the Cook Islands.

"Cook Islands Breast Cancer Foundation was contacted by the NSW breast screening team in October last year and told us that they would like to donate it to the Cook Islands," says Dawn Baudinet, president of the Cook Islands Breast Cancer Foundation. The 700kg mammogram machine should have arrived here last Saturday and will be based at the Ministry of Health.

"A mammogram machine is a specialized unit and needs specialists to use it, the machine cannot be used when the team isn't here," says Baudinet. The Cook Islands Herald understands that the foundation along with Ministry of Health has tried to make available a breast physicist and specialist to be based here, however it isn't an easy process. "We have tried and we have been through this before, we've got the machine, why can't we get someone trained from NZ to come here but it's not as simple as that", says Baudinet.

Ministry of Health together with the Cook Islands Breast Cancer Foundation strive in making sure that as many women have the opportunity to get screened each time the team is here.

"Breast screenings are basically for women 40 years plus, unless there is known history of breast cancer in the family, then we take women from a younger age group for screening as well," says Liz Iro, Secretary for Health. In saying that, up to 400 women go for a breast screening each year. Most women need a screening every second year, Ministry of Health have their own database where they can contact women who are falling into that age group, need a second screening or women who they have identified are at risk.

"The Breast Cancer Foundation is also very active in supporting the Ministry with this program," says Iro. Since 2008, Ministry of Health have identified a number of women in the Southern Group Islands who need to come to Rarotonga for the Breast Screening program and the Cook Islands Breast Cancer Foundation pay for those women to come to Rarotonga for the screening, and sent back. That plus the extensive advertising of the screening is the role of the Cook Islands Breast Cancer Foundation in support of the screening program.

"In that aspect we take care of the finances that Ministry of Health don't have in their budget," says Baudinet.

### In a Flash:

The best cure is prevention, the next best is early detection. Women over 40 are at risk from breast cancer and should go for a mammogram every 2 years. Screenings are conducted annually.

Because there is a limitation towards the screening, there are some women who fall out of the screening and find something unusual around the breast area. If it is something that needs further investigation on, then the patient will be referred to New Zealand.

"On a yearly basis there is a referral made through the breast screening program and there are also referrals made by the doctor" Iro says. If the doctor detects something unusual, the patient is told of the result and it is their ultimate decision. "Some people have been sent to New Zealand, we've found them early and have been good and want to go, however there are some where they have delayed going for various reasons". The Cook Islands Herald is aware that all breast cancer patients who are referred to New Zealand don't have to pay for chemotherapy or radiotherapy expenses, however after being discharged from the hospital and any other GP expenses or medication expenses will have to be paid by the patient.

In promoting awareness, the Cook Islands Breast Cancer Foundation has the whole month of October, which is the month of International Breast Cancer Awareness, to provide information to women and raise funds.

"We have broken down so many barriers over the years, especially in the Outer Islands, it's a bit different with the women in the outer islands, they are a lot more private. Women wouldn't go to the clinic when a medical team would go to the outer islands, however since the tere parties come down from the outer islands for the past 5 or 6 years, we have been able to talk to them and they will talk," says Baudinet. Last year, the Cook Islands Breast Cancer Foundation had a successful month of fundraising. ANZ staff had a sausage sizzle outside the ANZ Bank, and HSBC held a zumba fest at the National Auditorium with Frankie, in aid of breast cancer awareness. The Cook Islands breast cancer foundation also sell their pink ribbon merchandise. Funds made throughout the month of International Breast Cancer Awareness go towards funding the identified Southern Group women to come to Rarotonga for the screening.

"We can't bring women in from the outer islands if we don't raise funds," says Baudinet. "We can't afford the Northern Group at the moment so we've always relied on the tere parties when they come down for the Te Maeva Nui Celebrations." The next breast screening will be this year, either July or August, dates yet to be confirmed.

Women 40 years and over are encouraged to take part in the next screening. During a mammogram screening, the breast is briefly pressed between two plates of the x-ray machine to spread the tissue apart and get a good image of the breast.

"It's uncomfortable for about 12 seconds, but its 12 seconds that can save your life. Lots of women won't go and get it done because other women say it hurts" says Baudinet.

**RATE THIS STORY:**  
How interesting was it to you?



# Water safety group keeps up the momentum



## Arorangi Bowling Club

‘See the world with Bowling’

“ EXPRESSION OF INTEREST ”

Application are now open to all 15 years old boys and girls from the Vaka of Puaikura to join the Arorangi

Bowling Club,

” Teuira World Cup U25 “

Interested ?

Contact : Phone Club Secretary

Madeleine, PH 53388

or Every Wednesday at 5pm,

Weekly Club Competition

at the Rarotonga Bowling Club, Tutakimoa.

Will see you there !

*By Charles Pitt*

The Water Safety Committee met in the conference room of the New Zealand High Commission on Monday morning to discuss progress.

Chaired by High Commissioner John Carter, also present were; Police Inspector John Strickland, Brent Fisher, Shannon Saunders, Eddie Drollet, Charlie Numanga of Red Cross, Maitland Christiansen from CI News, Nukutau Pokura from Ministry of Health and Patricia Demmke of NZHC.

A media team from Radio CI, CI Herald and CITV were also present.

Three main items were discussed. They were; Pamphlets, Signage and Search and Rescue.

Pamphlets are under preparation.

Signage along with frames has been completed and will be installed within two weeks.

It was reported that good progress was being made in organizing teams of volunteers in each Vaka. Access to boats and radios was discussed. The possibility of Red Cross

organizing a training course was raised and discussed. The matter will be taken to the Red Cross Federation meeting in June with the NZHC asked to provide a letter of support.

Generating interest in the schools was discussed. How to do this and through whom was discussed and will be considered further.

Fisher presented members with a list of equipment on hand and there was discussion as to how to distribute the items, create awareness among the public as to the location of the items and also look at training in the use of certain items such as defibrillators. Also discussed was whether hotels by the lagoon should maintain life jackets as part of the accreditation process. This is to be raised with the Tourism Council.

Saunders raised the possibility of gaining support and assistance from either an Australian or NZ Surf Life saving organization. This will be followed up.

The next meeting of the Committee will be held on the last Monday in May.



# How many fridge/freezers do you own? - appliance rating and regulations in the pipeline

A fridge can cost you up to \$80 per month, so you should be asking yourself whether you should have more than one fridge. This is compared with a small washing machine used two times a week on cold setting which will only cost you about \$4 per month. How do I know this - well, I use to have a rather big old fridge which I hardly filled so I gave it away and my power bill went from \$80+ to \$4 per month, so you can imagine my astonishment.

According to the 2011 Census Table 8.20a the number of households in the country with freezers are 2870, 1,540 with refrigerators, and 2,547 with fridge freezers. That's a total of 6957 fridge/freezers. The number of households is 4372. So that's about 1.6 fridge/freezers per household.

Reasons why we would have more than one fridge/freezer is because we need to store food for umukais, or we have a big family and buying bulk or cartons is cheaper than buying them individually, or we bought a new fridge but the old fridge is still good so we keep using it.

If you bought a new fridge/freezer, it is in your interest to buy one that is energy efficient. In buying a fridge, you should always think about your household shopping and consumption patterns, and choose the smallest fridge you possibly can. Because its either you will have a big empty fridge, or you will have a big fridge full of both new food and leftovers that noone wants to eat. With a smaller fridge, you will be forced to clean out your fridge more regularly, as well as, to eat all the food in it so that you can refill it. Beats growing mould in the fridge.

The next thing you need to look at is the energy rating of the fridge. Usually, it's got stars on the front of the fridge indicating how much energy its going to consume in the course of a year. Without understanding what kWh is, the more stars the appliance has the more efficient it is. Usually though, it would also cost more upfront but your savings will come from the running costs.

Over the next three years, the Office of the Energy Commission (OEC) and Renewable Energy Development Division (REDD) will be implementing the Pacific Appliance Labelling and Standards programme (PALS). PALS is a project being coordinated by the Secretariat of the Pacific Communities, and funded by AUSAid. It looks at labelling appliances with their energy usage levels as well as setting the minimum energy performance standards for all new and imported appliances.

In our case, the OEC/REDD plans to just use the existing labelling scheme that comes with the appliances set by New Zealand and Australia. As for the minimum energy performance standards, they will be conducting some calculations and enforcing this at a later stage which will ensure that all future imports contribute to lowering the overall energy consumption of the country.

The OEC/REDD need us to be more efficient in our energy usage as it not only benefits our pocket but it also reduces the amount of diesel purchased and burned by the country, as well as, reduces the amount of work that the diesel generators have to do and hence, prolonging its life. So its a win for all.

by Jeane Matenga

**In a Flash:**

The Pacific Appliance Labelling and Standards programme is an energy efficiency project being run by the SPC and funded by AUSAid. It is administered by the Office of the Energy Commission and Renewable Energy Development Division. It will look at setting the minimum energy performance standards for importation of appliances, as well as, ensure that a rating scheme is adopted so that customers are able to make informed choices.



**Alex Henry of the REDD Office is responsible for implementing the PALS project.**

As for the existing 6,957 fridge/freezers of which many may not be energy efficient, a separate fridge/freezer replacement program is in the pipeline. This project will address the disposal of the old fridge/freezers as well given that these are not allowed in the landfill.

Otherwise, ensure that your fridge is not next to the window, or next to the stove otherwise, it is going to have to work harder to keep itself cool. Also, don't keep opening and closing the fridge door. If you know how, clean the cooling coil at the back of the fridge as that helps maintain good performance. Chest freezers are 25 percent more efficient than vertical ones as when you open the freezer the cold air still stays inside.

Other useful things to know is that a new fridge/freezer is 50 percent more efficient than one purchased 10 years ago. Your fridge should be set at 4 degrees and your freezer at -18 degrees. Defrosting the fridge/freezer twice a year also ensures that it works efficiently. Keep space around the food in the fridge to allow air to flow. Also, when buying a freezer, the rule of thumb is allocate 130 litres per person. Make sure the seals of your fridge freezer are not broken. And a full freezer is more efficient so if your freezer is not full, fill up empty bottles of water and freeze them. And cool hot food before putting them in the freezer.

**RATE THIS STORY:**  
How interesting was it to you?



# What have we done to deal with the RE problems?

The target we face as a utility and country is to generate 50 percent of our electricity from renewable energy sources by 2015 and 100 percent by 2020.

Energy from renewable resources—wind, water, the sun and biomass—is inexhaustible and clean, and that is why we are keen on bringing it into play.

Our main problem has been that the renewable energy sources accessible to us are intermittent. This is a snag because intermittent means that something is stopping and starting. A great example of intermittent would be the windshield wipers on your car. When set on low, they stop and start and stop and start. They would be intermittent wipers.

The sun and the wind are intermittent renewable energy sources. They stop and start and stop and start.

Can we overcome the obstruction of intermittency in order to achieve the 2015 and 2020 targets? The short answer is "Yes we can". We have now gained much understanding of the issues such as intermittency and how it affects quality of power. Although we are still learning, we are applying the knowledge we gain and are therefore committing our money to building renewable energy projects.



We continue to encourage private citizens to take up but ask that we work together. We want to ensure that whatever we do is not compromising the quality of power and the benefits are shared by all.

So the issue for us is more about: "How to integrate intermittency into the national grid?" The short answer is "Carefully".

Using renewable energy places demands on the delicate balancing act of keeping the electricity grid operating. Power grids have an intricate system of

devices for managing surges and sudden troughs in supply and demand. Variable power supplies from renewable energy sources add another level of complexity.

Until now there has been very little publicly available research on how the variable nature of sunshine affects electricity networks, and research done in other countries is not entirely relevant to Cook Islands conditions. Because we are unsure about potential network problems solar energy generation might cause, and what we will need to do to resolve them, our

approach in solar has been careful.

Moving towards energy sustainability will require changes not only in the way energy is supplied, but in the way it is used. Reducing the amount of energy required to deliver various goods or services is essential. Hence we are focused not only on renewable energy but also energy efficiency because efficiency slows down energy demand growth so that rising clean energy supplies can make deep cuts in fossil fuel use.





# Ministry of Infrastructure & Planning

## Project City Update

### Project City halfway through laying new town water pipelines



**Right:** Trenching for branch mains to homes off the main road near Turtles.

**Below:** Project City Contractors in Panama

**Lower :** Road remediation team working outside the Palace grounds at Taputapuatea

**P**roject City contractors are now halfway through laying the new town water pipelines network.

Work on the project is progressing on several fronts: the laying down of the new pipelines; installation of the meter chambers; testing of the new pipelines and road remediation.

Laying down of new town water pipes for this week are from around Cook Islands Steel on the main road and to the Ara Metua.

Branch mains are also being installed around Turtles and surrounding households.

Ongoing pressure tests on the pipeline are being carried out with the Ministry technical team advising that yesterday (Tuesday 9 April) pressure tests were carried out from Avatiu road, Tutakimoa right through to the Seventh Day Adventist Church in Tauae on the Ara Metua.

Such tests are to ensure that there are no leaks in the system.

The work is being carried out by Landholdings Ltd under the project management of Ministry of Infrastructure and Planning

engineer and technical team.

The Ministry advise the public that the water network is not yet connected to the water supply system and will not be connected until Project City2 is complete.

In other words, it is still the old town water system which is in operation which explains why pressure has not yet increased.

The project also involves the installation of meter chambers which have been placed in strategic positions along the main road and the main artery roads in the Project City catchment.

The meter chambers will monitor water usage once the water network is operational.

Reinstatement of the town roads affected by the pipeline work has been subcontracted to Triad Pacific Ltd who worked around Taputapuatea on Tuesday 9 April.

Wednesday road repairs will continue along the Ara Tapu in the Tupapa area.

Ministry of Infrastructure and Planning apologise for any inconvenience caused to the public while this monumental project is being carried out.



**Asian Development Bank**



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# An outstanding sports figure remembered

By Charles Pitt

Cook Islands sports people were greatly saddened when Papa Jim Joseph Little passed away peacefully surrounded by his family at Auckland Hospital on 4th April, 2013.

A local businessman with connections to the Philatelic Bureau and Scott & Watson, Papa Jim is best remembered for his outstanding contribution to sport in the Cook Islands. So much so that in 2009 he was made a life member of CISNOC and in 2010 was inducted into the Sports Hall of Fame.

Papa Jim was a foundation member of CISNOC in 1985 and a former Senior Vice-President of CISNOC. He served until 2008.

He was in charge of the Olympic Solidarity Programme and funding and Chairman of the Olympic Codes Committee.

He was Chef de Mission for the 1990 Commonwealth games in Auckland and Chef de Mission for the 1996 Olympic Games in Atlanta, USA.

Papa Jim was a wonderful mentor to all budding athletes, officials and an effective administrator. He pushed hard to establish the Zone Games in the outer islands, the Manea Games and Purapura Games.

Papa Jim had a passion for Boxing which he called the Sport of Kings. As a young man he had four fights, won two, lost two then retired to later become involved in administration. On arriving in the Cook Islands in 1958, he met up with local boxer Pupuke Robati and became involved in local boxing. He was involved with Boxing at a national and international level. He was President of the local Association, the Cook Islands Amateur Boxing Association and a Committee member for many years. He was also an international technical official at the Olympics, Commonwealth, Oceania and Pacific Games. As an administrator, he represented Oceania on Boxing's International Association.

Papa Jim's contribution to sport in the Cook Islands will not be forgotten.

A service was held at St Patricks Cathedral, 43 Wyndham St, Auckland on Thursday 11th April at 2.00pm. A Memorial service will be held in Rarotonga at a later time to be advised.



Papa Jim Little (left), with friends at the Salsa Cafe. Wife Greta far right.



Lausanne, April 5, 2013

Mr Tupou Faireka  
President of the  
Cook Islands Boxing Association  
Rarotonga  
Cook Islands

Dear Mr President,  
Dear Members of the Cook Islands Boxing Family,

In my capacity of President of the International Boxing Association, AIBA, and on behalf of the entire boxing family, I would like to express my most heartfelt condolences and my deepest sympathy for the mourning of our former colleague and friend, Mr Jim Little.

I share your sadness in these painful moments and would like to send to your Boxing Association and also to his family, especially to his wife Greta, AIBA's affectionate support.

We all know that his passing will not only leave a void in the Boxing Family in Oceania, but also in the hearts of all those who knew him within boxing and in the sports movement in Oceania and all over the world.

May he rest in peace.

Very sincerely,

Ching-Kuo Wu  
AIBA President

cc: Mr Keith Walker, OCBC President  
Mr Ho Kim, AIBA Executive Director

# Te “UMU-TĪ” – tēta`i `Ākono`anga Tupuna

tātāzia `e Ruteru Taripo

Ko teia kōrero kua ko`i `ia mai te reira i te Monitē rā 25 o Māti 2013, mei ko mai `iā Māmā Teura Tuakanangaro, `e 76 ōna mata`iti `ē `e va`ine `Akatokamanāva `aia. Kua rave `ia teia ko`i`anga kōrero ki tōna ngutu`are i Arorangi.

Ko te `akakoro`anga o teia ko`i`anga kōrero, kia kite, kia mārama e kia mou mai iā tātou te tū o te `ākono`anga, te `akakoro`anga `ē te `akate`ate`amamao`anga, no te ta`u i tēta`i Umu-Tī.

I tēia tuātau, te ngaro atu nei tēta`i au `ākono`anga pu`apinga a tō tātou au ui-tupuna. Me ngaro `oki te reira, `e mānganui katoa te kā ngaro, mei te, au raverave`anga `anga`anga i roto i te kōpū-tangata, te kimi rāvenga, te ingoa o tā tātou au rākau enua, te puapinga o tēta`i au rākau `ē tōna `ua, te au tu`anga `anga`anga tā`okota`i i roto i tō tātou matakeinanga. `Ē i te `openga `iōra, no te mea `oki `ē kāre tātou i kite, kāre e rave `aka`ōu ana i tēia au tu`anga, ko te mea taitaiā i reira, ka ngaropoina `iā tātou te au ingoa `ē ka tā`openga mai ka ngaro te mea pu`apinga rava atu, koia `oki. tō tātou REO.

No reira kia mou mai tātou i tēta`i au kōrero, pēnei i tēia kōrero, tā`anga`anga `ia, tā-pō`itirere `ia tō`ou au taeake, pēnei ka ta`u koe i te umu mē korē ra ka tuatua koe i tēta`i o te au kupu i roto i te tuātau rua-araara. `I...`i ...pākau rāi koe. No reira, `ea`a tō`ou manako.

## E MOU I TE KŌ E MOU I TE `ERE...KIA UPOKOTŪ UĀTU RĀI

Te `akakite mai nei i reira `a Māmā Teura, `e nui te taime e kite ana `aia i tōna au vouvou `ē te pā metua i te rave`anga i teia `anga`anga `ē pērā katoa kua rave ana `aia i teia i runga rāi i tōna `enua ko `Akatokamanāva.

Te `akakite mai nei `a Māmā Teura, “Ko te mea mua, kia mārama tātou `ē, `e kāre teia `akakoro`anga no te ta`u Umu-Tī e mei tā tātou e mātau nei i teia au rā, koia te ta`u umu no te kai ngutu`are. Kāre. Māri ra e rave `ia ana teia `anga`anga i te tuātau paroro, koia `oki, i te tuātau kua tākinokino `ia te `enua e te `uri`ia – ko te taime teia i reira, kā `oki tātou ki te Tī, te `ōpiko `ē te tapa`i pūraka”.

Ko tē`ea te Tī ka anoano`ia no teia `akakoro`anga? Ko te Tī ka anoano`ia, ko te tumu rau-tī `enua tikāi, ko te mea rau matie, kāre i te rau-tī muramura. `E pērā katoa, e tumu Tī kua roa te tupu`anga, pēnei mei te 10 ki te 20 mata`iti, no te mea `ē ākā kiko tō raro `ē pērā katoa `e roroa `ē te nunui. Kāre te uki o teia tuātau i kite i te reira. Pēnei nā roto i tēia rua-araara`anga ka mārama mai tā tātou tamariki i te aruaru `ē te tautā`anga ā vouvou ma. Kā kō `ē kā kerī `ia te Tī i raro i te tumū, ka tāpūpū i reira, ka kiriti mai ki va`o. Kāre e tere i te Tī, ka tāmā `ua.

E `akapē`ea ana me `akate`ate`amamao i te umu? Kā kō `ia tētai rua no te umu, i tēta`i taime `e umu taito `uāi tēta`i, ka uaki `ua mai i te reira kua tāpoki `ia `oki. `Aiteite rāi te `akapapa`anga o teia umu ki tā tātou e mātau nei, tērā `ua tei runga i te nui o te pākau te kā tuku `ia ki raro. Ko te po`oki takapini i te umu, te po`oki o raro i te umu, no raro rāi `ia, ka `akapapa i te va`ie na runga, ko te po`oki o runga roa `ei tā`atu i te rangokere.

`Ea`a tēta`i au pākau ka inangaro `ia no te umu? \* Ka raranga mai i tēta`i `āpuka koia te rangokere, `ē oti, ka `āriki `iā roto ki te rau-`i`i i mua ake ka tuku ei i te tī ki roto. \* Ka `a`aki mai i te kuru para, mei te toru rā i mua ake kā ta`u ei i te umu \* Ka raranga katoa i tēta`i rangokere, no te tuku i te kuru-para ki roto, mē maoa mai te kuru-para kua ava `ia tōna ingoa i reira ko te `ōpiko.

Ko te au pākau i reira ka `inangaro `ia, ko te:  
- Tī - ko te nui rāi i tā`au ka `inangaro  
- Kuru-para - mē uke te umu, ka kiriti mai i te kuru ka `āmani



i reira te poi  
- Pūraka - mei te taro rāi – mē te va`i ra, mē ka `inangaro `ia  
- Kape - mē te va`i ra  
- rangokere, - koia `oki te `āpuka me kore te kete  
- rau-`i`i - ei va`i`iā roto i te rangokere o te tī  
- pī`oro - ei `āriki `ia runga i te po`oki vera i raro i te umu

`Ea`a te roa i te umu mē ta`u `ia?  
Ko te umu-tī, mei te toru rā i te ta`u`anga, i reira kua `uaki mai i te toru o te rā.

`Ea`a i reira te `anga`anga kā rave `ia mē `uaki `ia te Umu-Tī? Mē `uaki `ia te Umu-Tī, kua rave i reira tēta`i ngā va`ine (nā rāua rai teia tu`anga `anga`anga) i te tu`anga no te tāvari i te poi. Ko tēta`i va`ine, ko tāna `anga`anga:  
- ko te pīkaro mai i te kuru, `ē te tuku atu ki roto i te ku`ete. ko tēta`i va`ine ko tāna `anga`anga:  
- ko te nane`anga i te kuru, koia `oki, te tāvari`anga o te poi. Ka tāvari`ia ki roto i te meika para, `ē oti, ka tatau-pata i te rito-`akari (kua kana `unga`unga `ia te reira) ki roto i tēia tāvari`anga. Kua `akapapa`ia i reira teia au mānga no te tu`a atu ki roto i te tapere. Ko te mea mua `oki tā Māmā Teura i kite mai, kia `apai atu i te tu`anga a te `orometua i roto i te tapere, i mua ka tu`a ei i tā te kātōatoa. Ko tēia te `ākono`anga o runga i te `enua.

`E kōrero āinei tā`au i kite mē kore i rongo ana nō teia `anga`anga? Te vai atūra tēta`i au araara a vouvou ma, ināra teia tā māmā Teura i `ōronga mai ..., `e Kī: (e `araara pakari tēia na te `ai-tupuna)

“Kā kai a va`a e... Ka `akapē`ea a Vaimutu”

Ko te `aite`anga – E tae koe i te kai i tā`au mānga, te no`o `ua mai ra tēta`i  
mē kore - Kā kai koe i tēnā mānga, ka `akapē`ea tēta`i pae

No reira, ko te tumu manako `o`onu i roto i teia Kī/Araara Tupuna `e ... Auraka e kaupenu (karapi`i) i tā`au mānga. Ko tēia i reira te Korero tā tēia metua-va`ine ko Māmā Teura Tuakanangaro i `o`ora mai kia kite tātou `ē ei kai nā tātou. Pēnei, ko tēta`i pae ia tātou kāre i nakiro, kāre i manako ana i tēia `ākono`anga. Noātu ra, pēnei tēna rāi tō kōtou au vouvou i ta`i `iā kōtou, no`o ki te pae `iā rātou, `akarongo i te papa-tua o tō rātou tuātau, noātu te iti `e mānga pu`apinga tēnā. No reira e te metua-vaine Teura, meitaki rānunui no te au araara, te kōrero `ē te mārama e vai māpi`a nei i roto `iākoe. Meitaki, meitaki ma`ata!

Kia tātou i tēia au rā i tēia tuātau Kia rapa-tū, kia rapa-tū  
Rapa ki te `itinga, rapa ki te `opunga...  
Ka amutia a miringao Kia orāna

VACANCY



**MINISTRY OF FINANCE AND ECONOMIC MANAGEMENT**  
**Manager, Development Co-ordination Division**

This senior role of Development Co-ordination Division Manager heads the Development Co-ordination Division (DCD) within the Ministry of Finance and Economic Management. The Manager will be responsible for providing operational leadership in national co-ordination of aid related activities across the Cook Islands. This is an excellent opportunity for an experienced manager to be involved in programmes of national importance, driving improved outcomes for the progression of the Cook Islands.

The Manager will be responsible for effective co-ordination support to key national authorities, development partners and implementing agencies. This is achieved through strengthened secretariat services, sound financial management, robust information management systems, quality policy advice and effective monitoring and reporting on all ODA activities and funding mechanisms.

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  - o Development and aid effectiveness related mandates
  - o Strategic programme development, implementation, monitoring and evaluation
- Substantial management and planning skills and experience, with demonstrated ability to develop and manage partnerships with donors, government counterparts, the private sector and civil society.
- Previous experience in identifying and mobilizing resources in International development context.
- Proven team leadership skills with a performance and results focus.
- Strong analytical skills with demonstrated ability to analyse, interpret and make sound judgements

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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: [Etuatina.Drollet@cookislands.gov.ck](mailto:Etuatina.Drollet@cookislands.gov.ck)

Applicants must address in their application the skills, knowledge and competencies as listed in the Position Description. Applications for this position close 4pm, Tuesday 16 April 2013

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## Smartphone Security Tips

### Mind Your Mobile Apps

With such a wide selection of smartphone apps available -- most of them free or low-cost -- it's tempting to load up on anything and everything that catches your fancy. That's not a good idea, because you can't really be sure what an app is going to do once it's on your phone.

For example, malware-laden apps were recently discovered (and removed) from the Android app marketplace, and federal prosecutors recently began investigating whether numerous app makers are, in violation of privacy laws, collecting and transmitting personal data (often to advertising networks) without users' knowledge or content.

There's not too much you can do to protect yourself from unseen app behaviour, other than to keep the number of apps to a minimum, and if possible, use an anti-virus app.

### Beware of Text Message Spam

Text messages seem innocuous enough, but just like a Web page or an email, they can be used for mischief. Especially if you don't/can't use smartphone anti-virus protection, never respond to or follow any links in a text sent by an unknown party. You could find yourself with unwanted software on your phone or unexplained charges on your bill.



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# Keeping our town clean

By Charles Pitt

Ever drove into the central business district in the mornings to start work and wondered who keeps the streets clean of leaves, the grass verges mown, the trees and shrubs trimmed and the rubbish bins emptied?

That's all taken care of in the early hours of each morning from Mondays to Fridays by a small, dedicated team from within the Ministry of Internal Affairs Civil Division headed by Director Henry Tupa.

Four workers, a Supervisor, Metuavaine Rakei and his team of three, Teremoana Daniel, Tariu Tariu and Tua John Jnr, work from 7am to 3pm keeping the area from the Cook Islands Christian Church to the Mormon Church, tidy. Those are the official hours but often the team is at it much earlier.

Tupa, a former Labour Inspector with the Ministry who was trained and certified by New Zealand's Department of Labour OSH service, has headed the Division since 2002. Tupa says the team is an experienced and stable one. Rakei, Tariu and John Jnr have been with the Division for about 12 years while Daniel started in 1997.

All members are trained and certified First Aiders and trained in the use of machinery required by the job. From time to time members must handle and dispose of dead animals especially rats so their health is



Early Wednesday morning, L to R: Metuavaine Rakei, Tua John Jnr, Tariu Tariu

important to protect. One item the team has requested is back supports for when lifting heavy loads and bending.

Aunty Nga, coordinator for the Rarotonga Beautification Programme, says the men's work goes largely unnoticed and unappreciated. Tupa says these are the ones who put back upright the concrete tables tipped over by drunks in the weekend, clear the beer bottles out of the streams in town and

pick up after litterbugs.

As well as town maintenance, the team is often called on to help set up on special occasions like ANZAC Day dawn service and functions at the QR's residence. The team also is responsible for looking after the grounds around the Ministry's buildings in Tupapa. Once every three to four months, the team cleans trash from the sea wall. Tupa says they often remove two or three truck loads of trash.

There may be a tendency to take these workers for granted but it must be remembered they perform an important function. Someone has to keep the streets clean and tidy. Travel to other Pacific countries and you may not see streets as clean as ours. It may not be everyone's idea of an ideal job but for those who love the outdoors, who like to keep fit, enjoy an early morning start and an early finish, it can have its rewards.



## Ministry of Internal Affairs

### CIVIL DIVISION

- Keeping the Central Business District Clean and Tidy
- Removal of waste materials and objects
- Maintenance of CBD trees, plants, lawns and fittings



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### Frozen Chillie Export

The Ministry of Agriculture together with the Business Trade Investment Board (BTIB) and Pacific Islands Trade and Invest (PITIC) New Zealand is working to get our chillies into the New Zealand Market. Samples of packed frozen:

- Maconia
- Asia Fire
- Thai Sudra Red Sabel
- Habanero
- and Birds Eye chillies were air freighted to New Zealand on Monday 11<sup>th</sup> March for potential importers to examine.

Mona Mato, Trade and Export Services Manager of the PITIC have met to market our chillies with Fresh Direct Company Import Manager and their Chillies specialist. Mona received good feedback on the varieties presented. With chillies being a glasshouse crop in NZ during the winter months and expensive there is possible opportunities for the Thai Sudra Red Sable, Habanero, Birds eye and the Asia Fire chillies. Fresh Direct has also passed on some samples of the chillies to a couple of chiefs to use and to come back with their comments on taste.



### Cook Islands Design a Logo Competition



Business Trade Investment Board  
Cook Islands

## LOGO DESIGN COMPETITION 2013

Logo here

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BTIB has come up with an initiative to attain a logo that Cook Islanders can use to trademark their products/produce especially for exporting. There are four themes that can be used for trademark, they are as follow:

- Product of the Cook Islands
- Made in the Cook Islands
- Produce of the Cook Islands
- Cook Islands Owned

The above themes have rules which you must meet if you wish to trademark your products/produce.

In achieving this initiate BTIB set up a competition for the public to come up with a design/artwork that can be used as a logo that represents the four themes.

Applicants were limited to three colours or less and the design had to be placed in a triangular shape. All applicants were required to give a description of their logo as to why they had chosen the particular design and or colour. Design is limited to 8 concepts per person.

The closing date of entries was on the 28<sup>th</sup> March; 53 entries have been received and will now go through a judging criterion. Winner of the competition was scheduled to be announced on the 5<sup>th</sup> April but with the great number of entries we have deferred it until the 9<sup>th</sup> April. Winner will receive \$500.

BTIB would like to thank everyone whom sent in their logos, we appreciate your time and effort. We wish you the best and may the best design win!

### Foreign Investment Workshop

Last week the Foreign Investment division of the Business Trade Investment Board held a workshop to inform government agencies and ministries on the regulations for Foreign Investment in the Cook Islands. If you are not a Cook Islander and wish to carry on business in the Cook Islands you must register with the BTIB and be approved prior to carrying on business. The process is straight forward and the Board would like to see the process of obtaining approvals from the Board and line Ministries as seamless as possible. The process has been reviewed and where the activity is for a short term business or foreign direct investment or to trade in goods and or services, an appropriate approval process is now in place to improve turnaround time and reduce waiting time.



# SPICY SPICY SPICY

By Mata Rakanui

Among other things people generally associate countries through food. When we think of Italy we might think spaghetti. China might be fried rice and wontons. There is the luxurious French cuisine and of course the delicious curries of India and the sushi of Japan. Until a few years ago it was hard to even think of one dish that symbolized Korean dining.

In the last few years it has started to change with the increasing exposure of Korea through its products, culture and also food. Primarily it is through the Television dramas and movies that I even saw when recently in Rarotonga. People are becoming more familiar with Korea and its products. Products such as Samsung, LG, Hyundai and Kia now proliferate the market place. On the back of the international success of Gangnam Style, Korean music is expanding. Korean cuisine is the last area to develop internationally but now dishes like Jiggae (Soup), bibimbap (mixed rice and vegetables), and Bulgogi (Marinated BBQ meat) and of course Kimchi (Fermented cabbage) among others are more common.

Koreans are sometimes similar to Pacific islanders especially of the older generation who have a particular penchant for spicy food. Like many Cookies I remember as a kid my father filling old glass bottles or plastic coke bottles of Coconut cream then finishing them off with those small red peppers for an extra kick. I suspect that islanders would greatly get stuck into a plate of spicy Korean food. In fact,

a few islanders that I have met here raved about the food and in some ways by looking and trying the food here you can see the possible origins of what we love and eat our whole lives. An example of this can be seen in the dish we love at home Chopsuey. Cookies grow up and live on this dish however, there is a dish here called Chop Chae (noodles) which resembles Chopsuey in texture but is slightly lighter in colour. This might retail for a few dollars a plate. There is the Korean dish called Kamjatang (Potato stew) which is the spitting replica for the boil up in New Zealand with the big bones and mouth watering potatoes and veggies. The dish usually ranges in price from \$10 for a small pot to \$25 for a large pot which suits 3-4 people. There is my personal favorite Jim Dak (Chicken in spicy sauce with potatoes, onions, noodles and carrots). This dish is priced according to whether you want half a chicken, a whole chicken or two chickens. Any where from \$12-\$25. It is very similar to some casserole/stew I have eaten at island functions. I would definitely recommend this dish if you get the chance. Finally, when walking down the street there is Taro everywhere but for some reason I have never seen anyone eat it.

Today Korea is known as a technological powerhouse in semi conductors, televisions, cell phones and almost any electronic appliance, however, Korea has its origins as an agrarian society. This country was founded on the back of its farming communities and its cuisine is reflected in fresh produce, livestock and poultry. Koreans



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pride themselves on the making and consumption of spicy food. Prior to the arrival of the red pepper in 16th century it is hard to imagine the cuisine that existed previously. Red pepper and its red pepper paste form are everywhere.

Since I have been here I have witnessed periods where different forms of spicy food are popular and supersede others. There was the hot spicy chicken fad. The spicy pigs feet fad, and also the spicy chicken fry up or Dalkalbi which is always popular. It seems that Koreans can't get through the day without some form of spice in their diet.

Comparing the spiciness of Korean food with other cultures is a little difficult. It doesn't make one sweat like Indian spicy food or light

up the face like Mexican. It seems to start from the back of the throat and work its way to the front of the mouth where even water doesn't seem to affect it. In fact, it seems to make you drink more beer which might be part of the plan.

As an avid meat eater before arriving in Korea I felt confident about meat consumption. However, in Korea I've tried pig and chicken feet. Pig intestine filled with bloodied noodles and finally, pig skin. It seems that if it can be eaten it most certainly will be.

On a final note eating in Korea is communal so everything is generally shared, a great experience for anybody willing to try.

*Happy eating!  
Kia Manuia  
Annyong e Kaseyo*

## TE REO MĀORI KŪKI 'AIRANI



tātā`ia e Rutera Taripo

Kia Orāna ē te katoatoa. I tēia `epetoma, ka `ākara tātou i te `Īmene o te Basileia ei tāpura nā tātou i te `akama`ara, i te tāmou, i te tā`anga`anga `ēi parau`anga nā tātou katoatoa.

*Hello everyone. This week, we will look at our National Anthem of the Cook Islands as our topic to remember, to learn to make use of for all of us to be proud of.*

Kua karanga mai ana tēta`i `ōku taeake ki aku ē, “E mānganui te au rāvenga i te `akaari mai i tō`ou tū parau `e tama Kūki `Airani koe. Ko tāku, (i akakite mai `aia) koia `oki, kia mārama au i te `aite`anga o te `Īmene o te Basileia, kia mou `iāku, `ē kia tū au ki runga i te `Īmene mei tōku ngākau mai ma te ngākau `aka`aka tikāi”.

*A friend once said to me, “There are many ways to show that you are proud to be a Cook Islander. Mine, (he told me) is to understand our National Anthem, learn it, and to stand up and sing it from my heart very humbly”.*

Kia `akameitaki `ia tēia taeake meitaki nōku.

*Bless this good friend of mine*

Tēia tēta`i `akamārama`anga no te `Īmene, mē kāre tēta`i pae i kite

*Here is an explanation of the song, if some do not know.*

I te mata`iti 1982, kua `atu `ia te tātā`anga o te `Īmene ‘TE ATUA MOU E’. Nā Pa Tēpaeru Terito Ariki Lady Davis i `atu. Ko te rangi o te `Īmene, nā Sir Tom Davis te reira i `atu. Kua riro teia `Īmene i te mono atu i te `Īmene Basileia o Aotearoa, koia a ‘God Defend New Zealand’

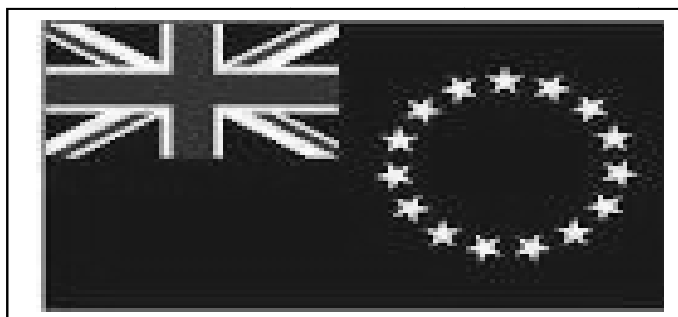
*The national anthem of the Cook Islands was adopted in 1982. Pa Tēpaeru Terito Ariki Lady Davis composed the words to the song ‘TE ATUA MOU E’ and the music is by Sir Tom Davis. This song has replaced the previous N.Z anthem ‘God Defend New Zealand’*

### Kupu o te `Imene

Te Atua mou e  
Ko koe rai te pu  
O te pā`enua e  
'Akarongo mai  
I to mātou nei reo  
Te kapiki atu nei  
Pāruru mai, ia matou nei  
`Omai te korona mou  
Kia ngateitei  
Kia vai rai te aro`a  
O te pā`enua e

### Lyrics

*To God Almighty,  
you are the ruler  
of our country  
Please listen  
to our voices  
as we call to you,  
protect and guide us  
and give us your crown of truth  
so we can be successful  
and so that love and peace will rule forever  
over our beloved country.*



# The Power of The Glorified Christ

*By Senior Pastor John Tangi*

Because we have just finished celebrating the resurrection of our Lord and Saviour Jesus Christ, I want to remind us of the finished work He has done for all of mankind on that Cross on Calvary. I want us to reflect on The Power of The Glorified Christ. In Colossians 1v.9-14 there are 2 areas I want to draw our attention to. First, is "what the Lord Jesus Christ has done for us." Second, is "what the Lord is able to do for us." First, Jesus has Set us Free from the power of sin and death. v.14 in the Good News Bible read "...by whom we are set free." This is a finished work by Jesus Christ for us on Calvary! Titus 2v.14 (GNB) read "He gave Himself for us, to rescue us from all wickedness and to make us a pure people who belong to Him alone and are eager to do good." Friends, the moment we receive Jesus as our Lord and Saviour and surrendering our lives to Him, we are freed from the powers of Satan. When Jesus was crucified on that cross on Calvary, the Blood He shed cleansed us of all of our sins, freeing us of the things that weighed us down. Jesus has forgiven us of our wrong doings. Again v.14 read "...our sins are forgiven." Ephesians 4v.32 read (CEV) "...be kind and merciful, and forgive others, just as God forgave you because of Christ." And because of this great love of God for us, He expects us to be kind to one another and to forgive one another's wrong doing. This is one aspect of our lives which is very challenging to us. On that Cross on Calvary Jesus said "...Father, forgive them, for they do not know what they do." (Luke 23v.34) I John 1v.9 read "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." Furthermore, Jesus has rescued us. In v.13 it says "He has delivered us from the power of darkness..." This means that Jesus Christ has rescued you and I from the grip of sin, from the fear of death. Death is no longer something you and I are worried about. Jesus

## Encouragement Column

*With Senior Pastor John Tangi*

has rescued us from the terror of darkness, and the dominion of the devil. The song says "God is so good, God is so good, God is so good, He's so good to me. Now I am free, Now I am free, Now I am free, He's so good to me!" v.13 read "...and brought us safe into the Kingdom of His Son." This means that Christ rescued us from a negative situation and takes us to a positive place. We, who were strangers and foreigners, have, by the Grace of God, been taken and settled in a new kingdom, under a new King, and also in an entirely different condition. From eternal separation from God, to eternal union with God! Secondly, if we look at "what the Lord is able to do for us", in v.10 of Colossians 1 it reads "...that you may have a walk worthy of the Lord, fully pleasing Him..." This is to do with our behaviour and attitude each day. Whatever we do must be pleasing to God. In Ephesians 4v.1-3 (CEV) the Apostle Paul said "...I beg you to live in a way that is worthy of the people God has chosen to be His own. Always be humble and gentle. Patiently put up with each other and love each other. Try your best to let God's Spirit keep your hearts united. Do this by living at peace." Furthermore, Jesus is able to strengthen us with all His might. v.11-12 in our reading says "May you be made strong with all the strength which comes from His glorious power, so that you may be able to endure everything with patience. And with joy give thanks to the Father, who has made you fit to have your share of what God has reserved for His people in the kingdom of light." Daniel 11v.32 read "...the people who know their God shall be strong, and carry out great exploits." Be thankful for what Jesus Christ has done for you on that Cross on Calvary. May you have a God blessed and enjoyable week! Te Atua te aroa!



## Thank You Notice



Meitaki ma'ata to all who participated in the March Woman of the Month Ceremony. It was an amazing evening and I am most humbled. Thank you to the Women in Sports Commission, CISNOC, sponsors, inmates, Prison Services, Superintendent Metuatini Tangaroa, Teariki Purua, Henry Heather, Albert Hosking, Tapu, Nane, and all the wardens, Nukutere staff and students, Unit co-workers, Andrew George and the Wardens' String Band, Piritau and Edward Nga and their music and dance troupe, Mathilda Miria-Tairea, Aquarius staff, St. Paul's Parish, PPSEAWA, Bishop Paul Donoghue and the Catholic Community, Pastor Robert Robati, Samoan Community, Auntie Ipu, Sina, and Lusua, Mousie Skews, MP Selina Napa, Secretary of Education Sharyn Paio, Secretary of Justice Tingika Elikanah, Cluny Sisters, Vincent Peters, Kafo and Pae Tuteru, neighbors, friends, and the Daughters of Charity. Most especially, thank you to Jane Lamb, Tom Farr, Chris Story, Tracey Ellery, Gregg Young, Connie Xuereb, Thea Pypers, Donna Smith, Fern Myles, my sisters, Global Volunteers and all the community members who have made services possible. If I have forgotten anyone, it is not intentional!  
- With Deep Gratitude  
Sister Margaret O'Dwyer

In all things give thanks!!

1 Thessalonians 5:18

# Hectic Week!

By Norma Ngatamariki

Bleh! I hate times like these, where everything seems to be jam-packed into one week, and your schedule is tight. You have to go to school and endure seven hours of teachers, writing essays and getting your head around algebra (Just kidding. I love school...sometimes). Maybe after that, you have to rush to your job straight after school and stay on your feet for more long hours. Or, you have a conference to attend, or your friends are begging you to come to the Tupapa Centre for Zumba (as my friends usually do) Whatever the case, sometimes you need to kick back, relax and chill.

Take me for instance. I have a 1800 word Media essay that's due in this Thursday (so far, I've one managed to write a quarter of

that amount), another essay for English (which is more merciful. It's only 500 words), an internal for Accounting coming up (which really depresses me, because it means I have to STUDY), awaiting confirmation on a job (I really hope I don't get rejected) and my usual plans for the weekend. Talk about pressure! But, if I choose to spend my time wisely, I could probably tackle all of these (Pfft, as if!)

Times like these are a regular occurrence in an adolescent's life. I know I may sound like a guidance counsellor, but it's true. Kids don't know how to deal with their problems, nowadays. They settle it with fist fights, or alcohol and, in extreme cases, turning to drugs. The new Anau system in our school (which consists of students advisors, peer supporters

etc) encourages kids to be more organized with their time, so things like alcohol and drugs don't happen. Trust me, those are not great stress relievers.

Teens shouldn't be suffering from stress. It's a contributing factor to wrinkles (and we are way too young to get those!), you can get all kinds of mental problems from it (By this, I mean anger management problems) and I hear that it shortens your life span. Plus, you distance yourself from your friends. Believe me, no one wants to be around a sour puss. So what can you do, when you're under stress? Grab your phone, put your headphones up and blast the music. Or, if you believe in a more active approach, grab your running shoes and go for a walk. It's not a definite remedy, but it does relieve the tension.



Hectic weeks are like bad hair days. They too shall pass. If ever you find yourself with a heavy workload, then just opt for one of the choices above. Take a break from it all and just get back to it when you're ready. Or, you could share the burden with a close friend or relative, I'm sure they wouldn't mind (otherwise, they're not truly a close friend or relative). Dealing with it in this way will minimise your stress levels and make you happier person.

# Young Cookies paddle their own Vaka



Hareta Tira -Passfield  
Hareta, 15 yrs old, is a year 11 student at Tereora College. Last year she came top in English and Drama.

Seeing as I'm pretty new to this whole writing for the newspaper, I had no idea what to write about. I thought about it for hours. I

thought I would never decide what to write about, but lucky for me I have my parents and they were full of great ideas. One of them being to write about the upcoming Vaka Iti

Vaki Iti is an inter-college paddling competition that takes place every year in Rarotonga. All the colleges in Rarotonga are joining the Vaka Iti and the overall winning team gets to take part in the Vaka Eiva this November. It's taking place this Friday at Muri lagoon. As part of our physical education class we (year 11 P.E college students) all have to take part in this fun-filled event. Being part of one of the year 11 Tereora girls team I have realized all the hard work and training that goes in to preparing for just one day of races is gratifying. We train once a week for about an hour and half and although this may not seem like much we are also giving up our

lunch time to train. Any teenager would understand the pain we go through giving up one of the two breaks we have especially when it's on a Monday and all we want to do is catch up with our friends and tell each other about our weekends. We don't even have time to eat our lunch but it's worth it. When we are not out in the lagoon we are in the classroom learning all about the body and how we are using it during Vaka training sessions.

We had some amazing coaches that took time out from their work to train us. I know for a fact it was a mission and you would too if you have met any of the boys in our team. They are a bunch of loud, testosterone filled young males. When we first started we were pretty much a disaster. We didn't even know how to get the boat in the water. After five weeks of extreme training we have been transformed into

a fully functioning team and I must say we are going pretty well. Especially the girl's team, we have beaten the boy's teams countless times. So to all those people who think men are better than women, we just proved you all wrong!

Even though our training sessions are full of hard work we always have time to have a quick dip and we always have an awesome time out on the water. I just want to take the time to thank all the people that have made Vaka Iti possible starting without P.E teachers. I also want to thank our coaches Vaea and Fletcher. Also, a big thanks to the bus drivers that have taken us to our training sites. Driving a bus full of loud teenagers can be quite the task. Last but not least, thank you to all the organizers of Vaka Iti. Hope to see all you parents there supporting your children.

**You can make a difference! Do Your Part**

got water?  
Do your part, be water smart!

UN WATER  
World Water Day  
2013  
International Year of  
Water Cooperation

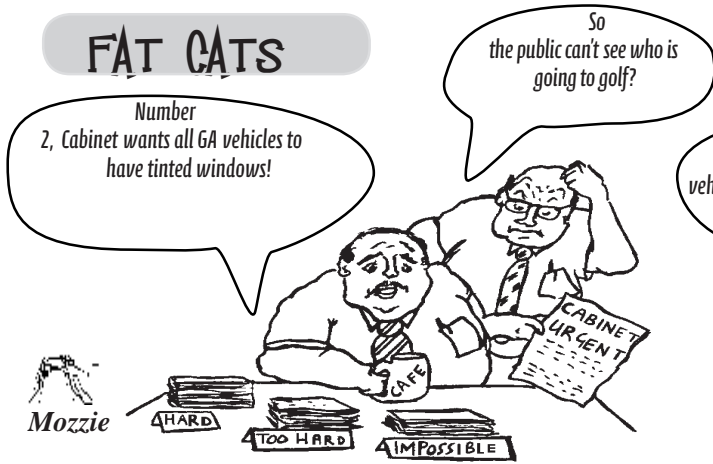
Every  
**DRIP**  
counts

**OFF THE TAP!!**

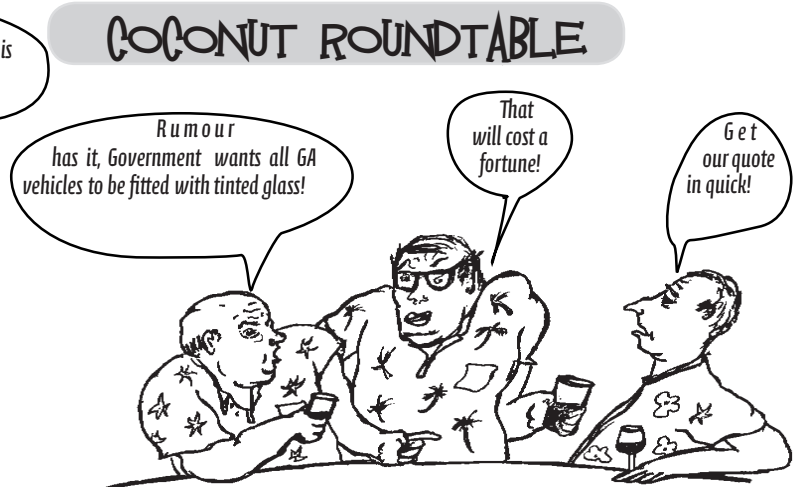
MINISTRY OF  
INFRASTRUCTURE AND PLANNING

**WATER EMERGENCY PHONES: Ph55-663 W3 Ph54-097 W4 Ph54-017 Office Ph20-321**

**FAT CATS**



**COCONUT ROUNDTABLE**



Oh dear chooks! Seems so many variations on the water tank requirements are popping up it's hard to knock them all over! Another two suppliers of tanks have now made their interest known! With no policy document yet approved by the Holy Six, it seems the Emperor wants to push the document through while te Minita o te Moni is away! Seems not all Six agree to sign up so watch this space for further announcements!



Shell shock among the natives chooks as yet another local boards the big silver bird and heads for greener pastures overseas and higher bucks. This time Marine's legal eagle Peter, flies the coop for the FFA — that's Forum Fisheries Agency chooks!



Whisper chooks is a senior Mandarin will soon be shown the door because his boss won't tolerate any unauthorized, one sided boxing matches. Rumoured to be the team substitute is a former MP with very high connections. So high in fact, you could say they were heavenly!



Scandal folks! Once again offshore banking in the Cook Islands has hit the international headlines! The latest tax dodge set up to be exposed by a posse of fearless, international hopping, investigative journalists, is the "Toddlers Offshore Depository (TOD)" on Manuae. This Bank was formed by young toddlers concerned at government's imposition of a withholding tax on

**CHOOKS CORNER**  
WITH BIG RED



the contents of their piggy banks. Now their secret stash has been blown wide open! Tommy Smith, 6 years old of Tupapa had the gall to secrete away from the taxman, \$7.20 and Bill Jackson, 9 years old, of Arorangi has a massive \$11.40 in a secret, numbered account with the Bank! Obviously the undeclared tax from roadside sales of paw paw! Chairman of TOD, Eddie Joe, 10 years old, declined all invitations for an interview saying the whole affair was a storm in a nappy!



Word out is the Guardian of the Emperor's Treasury gets a massive \$300,000 for the job! Not satisfied with his miserly lot is the Collector of the Kingdom's coinage. He wants his stipend upped to grandiose heights. He too wants to join the over \$100,000 club!



On holiday? Laid off from your previous job? No worries! Join the "Legion of Ex-Pats" and you're home and hosed! No work permit necessary! You will be interviewed by people just like you, ex-pats! Then you will have

\$72,000 in your pocket! Ain't this paradise or what!



Pooh Bah warning! Pooh Bah warning! How to identify the new Pooh Bah. Gone are the stiffly starched white shirts and shorts, knee length white socks, black shoes and whiskey breath! In are the smart pareu shirts, designer trousers, sandals, and tequila sunrise breath!



You just can't leave anything lying around these days chooks! If you have a wallet containing money, keep it on your person! One alert passerby became the recipient of over a hundred bucks after noticing a wallet left in an unlocked vehicle!



Our Manihiki pearl farmers can breathe a sigh of relief that there's someone with a bit of clout who has their interest at heart. Once a thriving industry of 300 or so farmers less than 30 are still at it today. NZ Aid pumped \$2million into the Pearl Authority's coffers only for Johnny C to pull the plug late last year after half

a million had been spent with nothing to show for it. Mr Carter is demanding to see something tangible like quality improvement, increased production and lagoon management. Exactly what the farmers have been bleeping about to George Ellis and his highly paid entourage about for ages. The money is finally going to go to what the struggling farmers recommend. That's one lot who are sad to see Johnny C go.



Action man Maggie, MMM-Mighty Maggie Man, now has all the comforts of home by the water taps! There's lights for the night time filler ups, seats to put your feet up while your bottles fill up and now protection from wet weather with the installation of a tent! Well done that man! If you can't sleep, get down to the Water Centre where Maggie man will chat the night away! The flashing lights at night time alert you to the location of the water taps and while it's not Las Vegas in Tupapa, maybe a tune or two from the King-Elvis, over a loud speaker, will fill the bill if not the bottles!

Cook Islands  
**HERALD**  
**PMG**  
PITT MEDIA GROUP

CITV Building  
Moss Road  
Parekura, Rarotonga  
PO Box 126 Rarotonga  
Tel: (682) 29 460  
Fax: (682) 21 907  
E mail: bestread@ciherald.co.ck  
www.ciherald.co.ck

Editor: Charles L. Pitt  
Feature writer: Maria Tanner  
Te Reo Maori: Rutera Taripo  
Columnist: Norma Ngatamariki  
Graphic Artist: Nga Glassie  
Advertising: Charlie Rani  
Accounts/Deliveries:  
Te Riu Woonton

PUBLIC NOTICE



**MINISTRY OF HEALTH  
PUBLIC NOTICE  
Eye Program**

The Ministry of Health would like to advise the next Eye Screening Program by Visiting Specialists from New Zealand will be held - April 2nd to 24th 2013 at Rarotonga Hospital and the following outer islands:

Rarotonga – April 2nd – 24th      Aitutaki - April 4th – 5th  
Atiu - April 8th – 10th              Mangaia - April 10th – 12th  
Mauke - April 12th – 15th          Mitiaro - April 15th – 17th

Therefore, if you are experiencing or have any of the following eye diseases or symptoms to please phone 22664 for appointment from Monday to Friday, 8am to 4pm.

Poor or partial loss of vision

Blurry vision

Double vision

Severe eye pain

Light or colour sensitive

Diabetes mellitus

Dry eye

Squint

Frequent changes in eyeglass strength

Proper prescription for eyeglasses

For any further enquiries relating to the programme, please contact Dr Teariki Faireka and Registered Nurse Hiawhata Kapuvai on telephone 22664 Monday to Friday, 9am to 3pm.

Meitaki maata

VACANCY



**OFFICE OF THE PRIME MINISTER:  
PA ENUA GOVERNANCE UNIT  
Executive Officers – island Governments**

The Pa Enua Governance Unit of the Office of the Prime Minister invites applications for the positions of Executive Officers (Administrative Head) for the Island Government of the following islands.

Aitutaki	Manihiki	Mangaia
Rakahanga	Atiu	Penrhyn
Mauke	Pukapuka/Nassau	Mitiaro
Palmerston		

A hard copy of the job description can be uplifted from the Office of the Prime Minister, Teatukura, Avarua, or an electronic copy of the Job Description and Application Form can be emailed to you upon request to jtangi@oyster.net.ck or to otheniel@pmoffice.gov.ck. Otherwise, you can download the Job Description and Application Form from www.pmoffice.gov.ck

Those interested, please apply in writing by 1.00 p.m. Monday 22nd of April 2013 to;

The Chief of Staff,  
Office of the Prime Minister,  
Private Mail Bag,  
Avarua,  
COOK ISLANDS,

Re; Position name and Island

For enquiries contact Otheniel Tangianau on 25398 or John Tangi on 25498 or on the emails above.

TUATUA AKAKITE



**TUATUA AKAKITE NO TE KATOATO A RAVA.  
TEIA TE POROKARAMU NO TE AKARAKARA ANGA I TE  
MATA, I ROTO IA APERIRA RA RUA E TAE UATU KITE RA  
RUANGAURU MA A.**

Te anoano nei te Mara e Ora o te tua Rapakau Maki, I te akakite atu kite iti Tangata e, ka tae mai te au taote no te rapakau mata no Nu Tiren i mai I roto ia Aperira.

Teia te Akanooanga. Ka akamata teia porokaramu no te akarakara e te rapakau anga ite maki mata i roto ite ra rua, e tae uatu kite ra rua ngauru ma a o Aperira 2013, ki te Are Maki i Rarotonga nei, e pera katoa ki te au Pa Enu a. Teia te au akateretere anga.

Rarotonga Ra, 2nd – 24th o Aperira

Aitutaki Ra, 4th – 5th o Aperira

Atiu Ra, 8th – 10th o Aperira

Mangaia Ra, 10th – 12th o Aperira

Mauke Ra, 12th – 15th o Aperira

Mitiaro Ra 15th – 17th o Aperira.

Te pati iatu nei, me, te kite nei koe I tetai tu paruparu ete kinokino I toou mata, e taniuniu mai ite tereponi 22664 mei te Monite mai ki te Varaire, ora varu i te popongi ki te ora a i te aiai, kia tapao ia tetai taime tau noou ki te Taote. Teia tetai au akamarama anga. Me te kite nei koe I tetai o teia au akairo i runga i toou mata.

Kare e marama roa ana te mata, me kore te poiri atura.

Aveave te mata kare e marama meitaki ana.

Me akara koe I toou tokorua, kua takirua te tanagta ( double vision )

Mamae kino te mata

Kinokino te mata me marama ia e te mori, me kore ra me marama ia e te ra.

Toto vene toou

Maro ka, me kore, kare e vai mata e tae akaou ana.

Uriuri ua te mata

Maata roa taau tau anga i toou titia mata no te mea kare e tano ana kia koe te vaito, me kore te ririnui o te titia.

Me, e, uanga taau no teia porokaramu, e taniuniu atu koe I te taote ia Teariki Faireka e te neti ia Hiawhata Kapuvai i runga i te tereponi 22664, mei te Monite mai ki te Varaire, ora iva i te popongi ki te ora toru i te aiai.

Meitaki Maata



**CLIMATE CHANGE CO ORDINATOR**

We are seeking an energetic Climate Change Co-ordinator. He/She must be good at communicating with stakeholders, maintaining and building networks/partnerships, co-operating and collaborating with other agencies nationally, regionally and internationally to ensure climate change related activities are co-ordinated across the country. Appropriate tertiary qualification required. For the job description contact Tina Samson at services@pmoffice.gov.ck or download at http://www.pmoffice.gov.ck. Applications should consist of a current CV and a covering letter addressing the 'Appointee Specification' as in the job description.

Applications close on Friday 12 April 2013.

VACANCY



**SITUATIONS VACANT  
MINISTRY OF MARINE RESOURCES (MMR)**

**DIRECTOR, POLICY & LEGAL SERVICES DIVISION**

Applications are invited for the above position to:

1. assist in policy development providing for sustainable management of marine resources and a vibrant marine sector;
2. advising on legal matters including legislation, fisheries prosecutions, negotiations and contracts;
3. develop partnerships with communities, industry, and regional and international organisations;
4. manage the Policy and Legal Services Division;

This is a senior position, reporting directly to the Secretary with challenging roles and responsibilities. Applicants should have tertiary qualifications in legal, public administration, resource management or relevant fields.

Please contact Uirangi Bishop for a job description, U.Bishop@mmr.gov.ck), telephone 28730. Address application and CV to: The Secretary, Ministry of Marine Resources, P.O Box 85, Tutakimoa. Closing date is 4:00 pm. Friday 3rd May, 2013.



**SITUATIONS VACANT**

Train the next generation of Chefs in the Cook Islands  
Tutor in Culinary Arts

The Hospitality and Tourism Training Centre (HTTC) wishes to recruit a tutor to teach the London City and Guilds Certificate & Diploma in Culinary Arts.

We seek someone who is

- A qualified chef
- With several years' experience in professional cooking
- Has a sound understanding of the City and Guilds qualification
- A teaching qualification
- Or extensive teaching experience

The City and Guilds programme at HTTC has gained recognition for the high success rate of its students and its international success at Torque D'or Competition. This position will play an important role in helping HTTC build on those achievements. Applications close on Tuesday the 16 April 2013. The full job description is available from the Ministry or at [www.education.gov.ck](http://www.education.gov.ck) Covering letter, CV with references should be sent to:

Director- HRM Division  
Ministry of Education  
PO Box 97  
Rarotonga  
Cook Islands  
Email [vacancy@education.gov.ck](mailto:vacancy@education.gov.ck)

VACANCIES



**MINISTRY OF INFRASTRUCTURE AND PLANNING  
CIVIL ENGINEER**

The Ministry wishes to engage the services of a qualified Civil Engineer to assist with design and implementation of numerous infrastructure development projects and will be part of the Ministry's Project Team in Design and Planning that oversees the successful delivery of the respective projects.

Key Responsibilities include:

- Preparing project documents for tender and contract purposes
- Supervise execution of the construction works
- Ensure approved work plans are progressed according to agreed timelines
- Co-ordinate with other stakeholders with matters relating to the respective project
- Liaise with other Project Team members to ensure a holistic approach to the successful delivery of the respective project

Applications can be sent to Ministry of Infrastructure & Planning, PO Box 102 or hand delivered to our Arorangi office or by email on [brownenoeline@gmail.com](mailto:brownenoeline@gmail.com) Enquiries regarding the position and requests for a detailed job description can be made on 20321.

**GEOGRAPHICAL INFORMATION SYSTEM (GIS) TECHNICIAN**

The Ministry has a vacancy for a GIS technician in the Land & Asset Management Unit of the Policy, Planning and asset Management Division.

Key duties will be able to provide support for country-wide GIS mapping in Sustainable Land Management, Land Resources, Infrastructure Asset Management and other mapping functions as assigned by the Manager of the respective unit. Excellent GIS and ICT qualifications and experience required for this position.

**HEAVY PLANT OPERATOR**

An operator of heavy machinery is required for infrastructure works, water supply and general project support. Work involves road surface preparations, sealing, pot holing and general road maintenance works. The job involves operating the Sealing truck, bobcat, tractor and broom, rollers, grader, road sealing truck, compressors and associated rigs. Applicants must produce heavy machinery license for the position.

**MULTI SKILLED OPERATOR**

The road sealing division requires a Multi-Skilled Operator for road surface preparations, sealing of pot holes and general road maintenance. The operator will also be required to operate the sealing truck, bobcat, tractor and broom, grader and light trucks when required. Applicants must produce the licenses necessary for the position.

Applicants for all the above applications to the Ministry of Infrastructure and Planning on 20321.

Please apply to Ministry of infrastructure and Planning on 20321. Applications for the positions are to be received by close of business on Friday 19 April 2013.



