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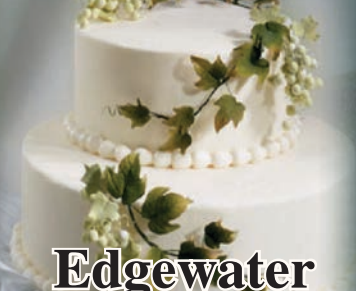
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Timing of Outer Islands Council elections orchestrated by CIP

Once again the Cook Islands Party government shamelessly parade their blatant disregard for convention. The timing of the ten island council elections in the Pa Enua is just another case where the Henry Puna administration is manipulating the process and the polling date. There is a process that determines the timing of the elections but that has been ignored to fit the government's strategic vote obliging schedule being rolled out.

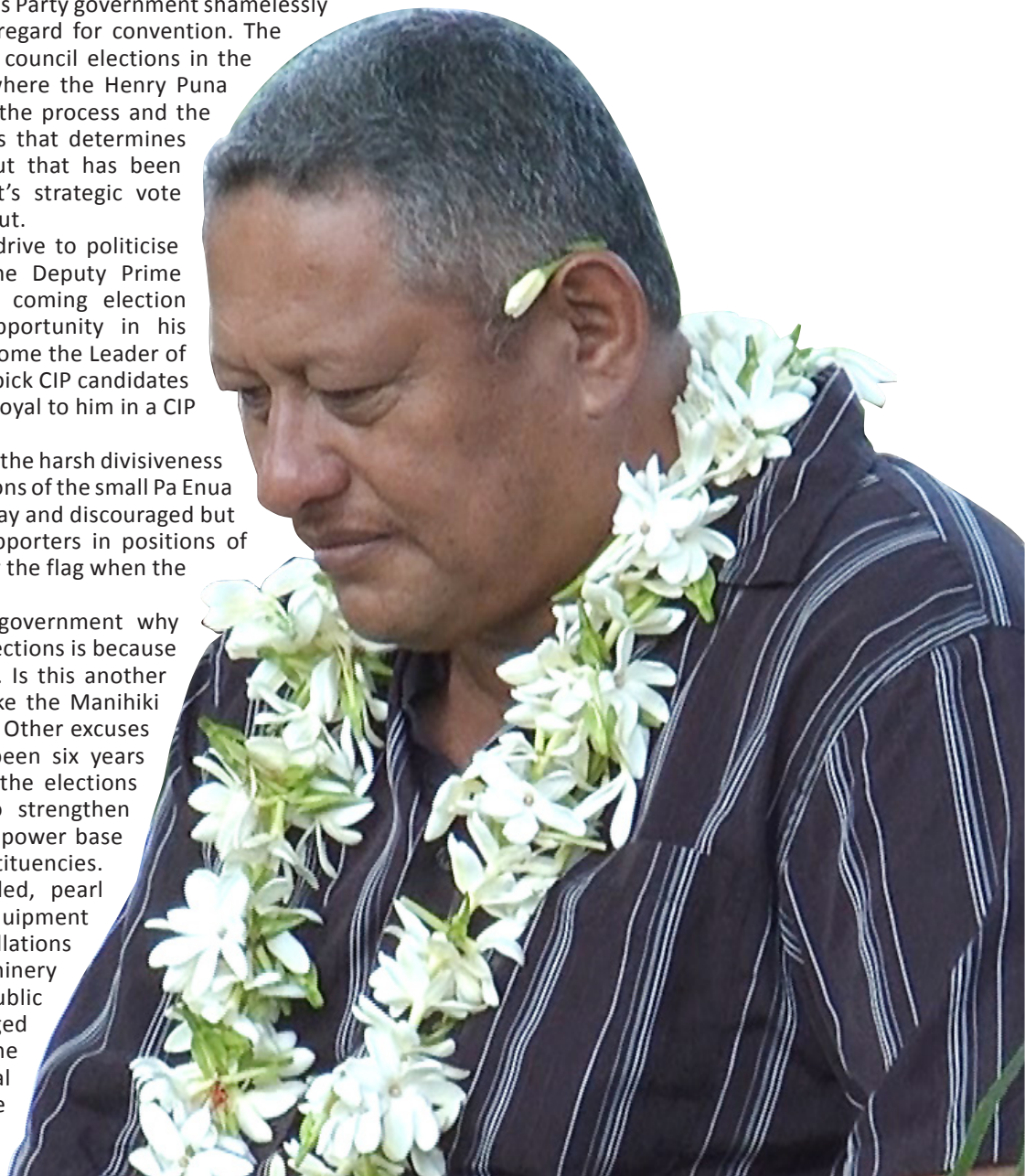
At the fore front of the CIP drive to politicise the local body elections is the Deputy Prime Minister Teariki Heather. This coming election is another stepping stone opportunity in his persistent determination to become the Leader of the CIP. Heather wants to hand pick CIP candidates for Mayors, people who will be loyal to him in a CIP leadership vote.

For the sake of social harmony the harsh divisiveness of Party politics in Council elections of the small Pa Enua communities has been kept at bay and discouraged but Heather intends to get CIP supporters in positions of power and influence ready to fly the flag when the next general elections are held.

The excuse floated by the government why there has been a delay in the elections is because the people asked for the delay. Is this another one of the PM's fabrications like the Manihiki landowner's extortion threats? Other excuses simply don't hold water; it's been six years since they were last held and the elections in March are being timed to strengthen the CIP's strangle hold of their power base among the 14 outer island constituencies.

Harbours have been upgraded, pearl farming grants plus pearl equipment delivered, solar power installations established, heavy machinery courtesy of the Peoples Republic of China (PRC) have been barged to the respective islands, the proposed fishing grants, national TV broadcast now a reality, the New Zealand Army engineers have been engaged to assist with projects and the icing

continued next page



Teariki Heather - has got a yellow card in the mail?

From page 2

on the cake, the impressive PRC agriculture machinery. The southern group solar installations are about to be commenced not to mention the proposed airport upgrades.

The CIP has piggy backed on the millions of dollars of donor aid funding as it was their own raking up huge deposits of political credits while the paralytic Demos are oblivious to what's happening under their noses. The CIP strategy of creating voter obligation may leave a sour taste in the Demo mouth, but that's because they don't have a strategy to capture the Pa Enea seats.

In the 2014 general election the CIP campaigned on their work accomplished up to date with promises of more to come and they have delivered beyond expectation.

As good as the policies of the Democratic Party are they simply don't have a strategy to turn them into voting attraction. As long as the Demo failure specialist Eddie Drollet grinds the organ there will be no strategy forth coming, "it's in the bag" isn't a strategy.

The Pa Enea elections can now proceed as a feeler to test the popularity and pull of the government. When Puna pulled the plug and went to the polls early, he was entering the political fray from a position of weakness yet won a perceived unwinnable contest. The overconfident Democratic Party lost the last elections because they didn't have a strategy to win outer island seats, there was a misguided presumption those seats were in the bag.

If the CIP government's election candidates pull the voters then that will give Puna's team the confidence in the option to go back to the polls for a snap election. If the coconuts fall the wrong way for the under investigation Mona Ioane MP for Vaipae/Tautu then Puna may have good reason to pull the plug while the Demos are anchored with indecisive leadership and paralysing debts.

This is the reason for the delay in the Pa Enea elections, the elections are being timed to gauge the political pull results

of the benefits channelled their way. Last week, despite there being four Ministers present, as the Acting PM, Heather cancelled Cabinet

There was no doubt Heather was the X factor in the Pa Enea during the 2014 general election, the platform he created then is to be his launching pad to elevate his leadership stake during the council elections.

without reason. At mid day on Friday 5 February, Ministers, MPs and Party Executives were summoned to his Nikao residence where he took centre stage and promoted his agenda for the Pa Enea elections. Following his chest beating exercise the food and drinks were laid on.

There was no doubt Heather was the X factor in the Pa Enea during the 2014 general election, the platform he created then is to be his launching pad to elevate his leadership stake during the council elections.

Unfortunately the DPM Heather will not revel or enjoy the harvest of his labours. Heather has tirelessly made every effort under the guise of Infrastructure Cook Islands (ICI) to get out there and promote himself as the real benefactor of their good fortune. Heather has embarked on a personal campaign to convert the hearts towards him. As Absalom did it to King David, so Heather is doing it to his PM.

Puna is stuck in a rock and a hard place, he is forced to yellow card his Deputy out of cabinet and withdraw his Ministerial portfolios. Heather is officially under investigation over alleged corruption related to a bobcat purchase.

The Cook Islands constitution, article 14, 7(b) is very explicitly clear on the PM's statutory obligation. The supreme law of the land requires Heather to be relieved of all his Ministerial

responsibilities. While Puna may give the impression he is reluctant and his hand is being forced he will be inwardly satisfied he has clean hands,

retribution.


There will be denials and rebuttals from the government that there has been closed door discussions on the fate of Teariki Heather, at the moment Matavera MP Kiriau Turepu is the front runner to become the next DPM with Mark Brown the Acting PM in the absence of Puna.

Allegations of corruption against the bombastic Teariki Heather that have initiated the Financial Investigation Unit (FIU) investigation are very serious and at worst could result in the DPM being handed a red card followed by him serving a custodial sentence.

Should the Heather investigation by FIU become too politically messy and with resistance from within the CIP camp to return to the polls, Puna has the numbers option of negotiating a welcome back Kotter arrangement with One Cook Islands and former CIP MPs Teina Bishop and George Maggie who will come at a high price. - George Pitt


his giving Heather enough rope and the self afflicted hanging has played out to perfection.

Once Heather is removed from Cabinet and his political influence evaporates more allegations of corruption are expected to be forthcoming from those fearful of his



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Litter Bug heaven



Litter left behind at the well known family swimming area 'Social Centre' in Nikao.

By Norma Ngatamariki

Rarotonga is becoming a litter bug heaven thanks to some people who are plain clueless, have no shame and expect others to clean their mess.

Too many people are taking our environment for granted, as seen by the appalling man-made debris which litters our beaches and inland streams. Matthew Rima, a representative of the National Environment Service, has made a plea to the general public on proper rubbish disposal.

"We are very concerned with this issue, as it can lead to detrimental effects on our environment," Rima says, whilst

pointing out to the debris inside an Arorangi stream. There has been a central focus on the residents near the inland streams who do not adhere the right procedures with regards to the disposal of their rubbish. "The main problem which needs to be addressed is people not containing their rubbish on the burning site." He goes on to explain that if no further action is taken, the debris will continue to flow into our oceans and affect our marine life.

Rima and his team at the Environment Service have been campaigning for the past three years, urging the general public to clean up after themselves. "Many of our school students

end up collecting the rubbish which lies on the coastal area, when it really shouldn't have been there in the first place."

Rima would like to raise awareness with this issue, as this not only has a negative impact on the environment but also on the judging criteria of the upcoming Vaka Pride event, as any rubbish which is wrongfully discarded could lead to a deduction of points. "It is simply an eyesore for the community, especially with the Vaka challenge just around the corner." Community leaders have a major role in this as well, with the necessary resources and personnel on hand.

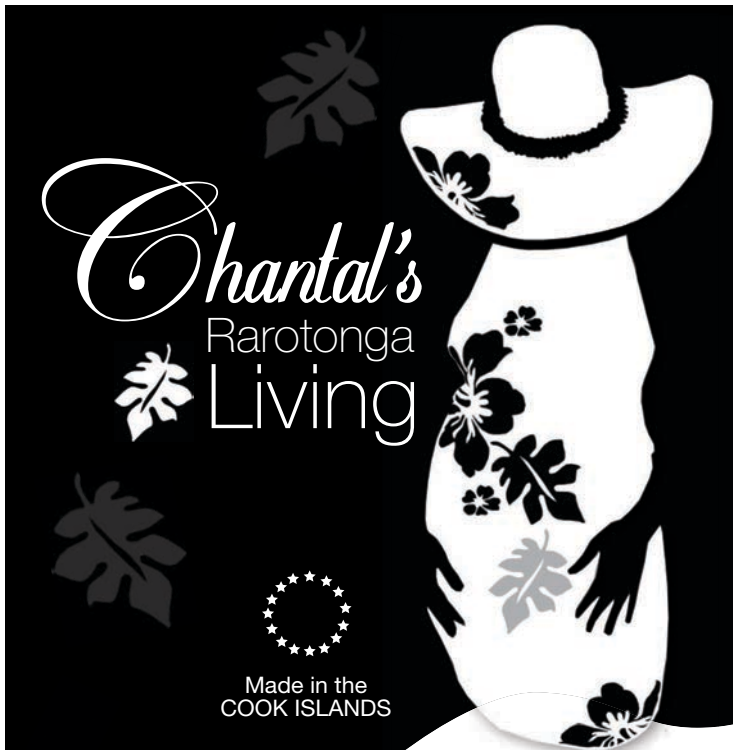
Another area which is of concern to the Environment

Service is the littering of the Social Centre at Nikao. Rima mentions that people are placing their rubbish in plastic bags and tying them up on the nearby trees. "Not only is this bad for our beaches but it's also displeasing for the tourists to look at." Rima wants people to take their rubbish home upon leaving the premises and not leaving it as a problem for everyone else. "You aren't the only people out there who enjoy using the beach."

Rima would also like to encourage people to take on the Four R's initiative: Refuse, Reduce, Reuse and Recycle. "Everybody has a part to play because we are the caretakers of our environment."



Litter filled stream beds. Warning signs do not seem to have any affect at all.



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Our Frontpage model



Our frontpage model this week's Herald issue 804 is lovely Hanamarie Koteka. Hana is currently studying for a Bachelor in Commerce majoring in Marketing at the University of Auckland. She is in her second year of study and enjoys being sociable with others, Cook Island dancing and sports. . Check out our website www.ciherald.co.ck. and facebook page: www.facebook.com/ciherald

News Briefs PM Office Media releases

PM Travel Brief

The Prime Minister is attending the Singapore Air Show and Aviation Leadership Summit 2016 and 2nd Pacific Islands States Transport Minister's Visit Programme – 14-17 February 2016. Included in the PM's programme is a dialogue with the President of the Council of ICAO. The PM is being accompanied by Transport Secretary Ned Howard and Airport Authority CEO Joe Ngamata. All the PM's travel costs, plus the delegation, are being met by the Singapore Government. The PM will depart Thursday and return the following week. A number of aviation issues are expected to be covered during the meetings, including those related to international airport requirements, and cooperation on standards and reporting.

PM Muri Update

The Cabinet has expressed a priority to investigate the impacts of the proposed trial to scrape the lagoon floor to remove seaweed. Specifically, Cabinet wants to be satisfied there will be no adversity from the release of sulphides and other elements, which have built up in the sand sediment, and which is interacting with the weed growth. The experimental trial was not supported to proceed as planned for this week. Among the outstanding issues Cabinet wants attention to is compliance with waste treatment standards by various operators and entities. Health and Environment officials are expected to be more engaged with Muri land-based activities and management issues. The Prime Minister says he's supportive of government providing some help in the daily clean-up of seaweed from the beach areas, and will try and source suitable machinery.

Response to Demo calls for DPM to stand down

The Prime Minister is not surprised that the Opposition is clutching at political straws to manufacture instability in the Government. Calls for the DPM to be stood down are being driven by a motive to disrupt at every opportunity. No removal action will be taken with respect to Heather's responsibilities because it is not warranted. The Prime Minister says there is no justification to suspend, and that any comparison to other topical cases is irrelevant.

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New generators will support renewable energy (RE) growth

Wednesday, February 9, 2016

The Aponga Uira (TAU) is due to take delivery of five new generators soon, the first three to arrive on Monday 15th February 2016 and the remaining two a fortnight later.

The generators, which have a total capacity of 8,000kW, will strengthen the integrity of the Rarotonga power supply and are part of development plans to move towards a fully renewable-energy-based electricity system for Rarotonga.

CEO Apii Timoti said it may sound odd to take on new generators when the future is stacked differently: "Aren't we supposed to be investing in renewable energy only and no more diesels, people may ask?"

But Timoti said numerous challenges needed to be overcome before TAU reaches its full renewable goal.

"We will get there, but first we must go through a transition phase that not only involves installing RE systems but also integrating them with the existing network grid so the two systems work in unison.

"This is because PV (Photo

Voltaic) generation, or solar power as it is generally referred to, while the most abundant source for us, is highly variable and cannot be directly connected to the network grid".

Timoti explained the change meant TAU was going from a predictable system to one that is less predictable and much more complicated.

The existing infrastructure was designed and built for a conventional electrical system where the energy is not only produced at a single point then distributed to the users as required, but the production of the energy is constant and matched to the demand.

On the other hand, the solar production is not only highly variable, but its availability does not match the demand and these systems are scattered around the island. A

very complex control system is required to manage the distribution of the energy. In addition, the infrastructure needs the capability to cope with the fluctuating energy production, which will be achieved through a combination of methods,

including equipment upgrade or replacement, totally new control systems, and a reconfigured grid.

The changes cannot be done in one go and have to be implemented over time so as to avoid disruption to the electricity supply. Thus, the transition to the new system must be implemented in stages.

An important stage occurred in 2014 when TAU automated the controls of its existing fleet of engines which allowed the engines to respond faster. The installation of a full scale SCADA system provides advanced control capability. The improved stability of in the power system and additional capability to take on more PVs are attributed to these two developments.

The new generators have been chosen with Rarotonga's environment in mind. Not only are they fast responding engines, which cope better with the fluctuating PV generation. They are also fitted with computerised engine management systems, which further improve the capability to work with the PV systems and

the existing engines, enhancing stability and consequently increasing PV uptake. In addition, significant fuel savings are anticipated from these new generators due to their greater efficiency.

Most of the existing diesel engines are close to the end of their useful life. Engine driven generators will always be required as backup even for a 100% renewable grid, and the new engines can ultimately be run on biofuel in due course, so that they will be 'renewable' as well.

The next phase of TAU's development involves investment in storage systems.

Following pre-feasibility studies TAU has identified a number of options and is currently undertaking the associated detailed analysis into the various potential solutions. "Over the next four years we will see not only a dramatic increase in the number of PV systems on the island, but also additional infrastructure, which may include batteries, as storage", Timoti said.



Students learning about the new cyclone risk assessment database. See story page 10

New aircraft gifted to PM for National Airline



The PM's recent trip to Abu Dhabi has paid off handsomely for the Cook Islands. It certainly justifies the PM's claim that his frequent overseas trips pay big dividends especially in the area of

renewable energy. The PM has announced that a Sultan has kindly gifted an aircraft to our new National Airline adding to the corporate jet-Tiare Taporo class, announced in last week's Herald.

This latest addition features the very best of Persian wireless aircraft technology, it does not require fossil fuel, is noiseless, does not create any emissions and utilizes the Earth's own electromagnetic energy.



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New data base will aid cyclone risk assessment



By Norma Ngatamariki

Cook Islanders can be put at ease this cyclone season, as a survey is currently being conducted in the outer islands with the purpose of collecting primary information for the Emergency Management Cook Islands (EMCI) geo-database. Head of EMCI, Charlie Carlson, spoke with the Herald on the importance of this survey.

According to Carlson, this survey was specifically designed to address disastrous management regarding how resilient people are against a tropical cyclone. This included inspecting the condition and type of housing (block or timber) as well as monitoring the water tanks. "With Mangaia, Mitiaro, Atiu

and Mauke we have a fair idea of what kind of housing they have," Carlson says. Based on what category a tropical cyclone will reach, EMCI can calculate the approximate percentage of how much damage will occur.

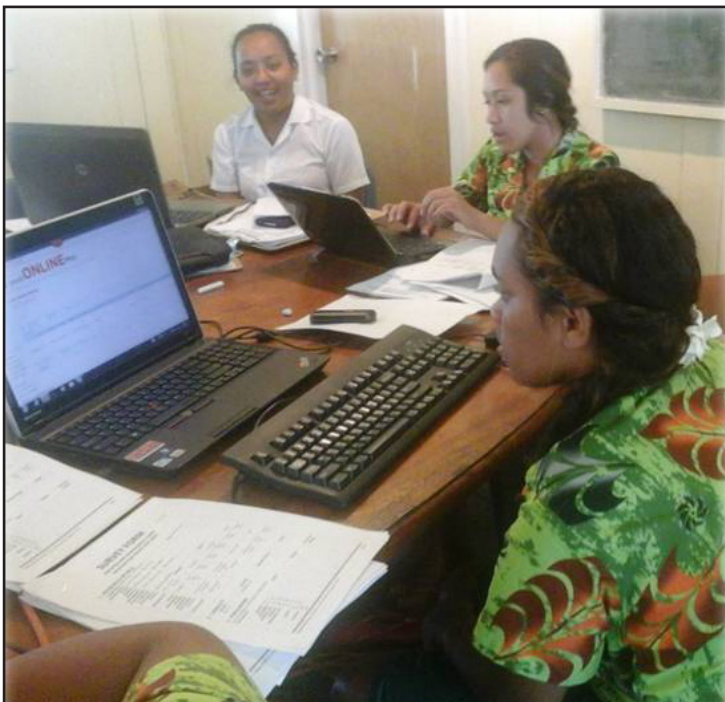
The secondary school students on the outer islands were the ones who conducted the survey, as part of their school project. They also assisted in entering the actual data into EMCI database. "A lot of work and effort was put into this," Carlson commented. "But it's good for the students, as they get a lot of practical work involving the tablets and other digital gadgets."

One problem that has arisen in the past is that after the data was collected and

collected, reports and assessments have gone missing. In order to prevent that from happening, all of the reports have been centralised onto the EMCI's geo-portal. "So, instead of ministries and other government agencies vying for one report, they can now focus on their own component."

Various boundaries have been divided in accordance to the surveyor. After the statistics have been displayed, EMCI can obtain a better understanding of the exact living conditions of the residents. "We now know the number of houses on some of the islands and which houses are occupied."

"It saves resources and time. Everybody will benefit."



The test that can predict cancer 13 years before it develops



By Sarah Knapton
Daily Telegraph UK

A test that can predict with 100 per cent accuracy whether someone will develop cancer up to 13 years in the future has been devised by scientists.

Harvard and Northwestern University discovered that tiny but significant changes took place in the body more than a decade before cancer was diagnosed. Protective caps on the ends of chromosomes, which prevent DNA damage, had significantly more wear and tear in those who went on to develop cancer. In fact, they looked like they belonged to a person who was 15 years older.

The caps, known as telomeres,

were much shorter than they should have been and continued to get shorter until around four years before the cancer developed, when they suddenly stopped shrinking.

“Understanding this pattern of telomere growth may mean it can be a predictive biomarker for cancer,” said Dr Lifang Hou, the lead study author and a professor of preventive medicine at Northwestern University.

“Because we saw a strong relationship in the pattern across a wide variety of cancers, with the right testing these procedures could be used eventually to diagnose a wide variety of cancers.”

Although many people may

not wish to know that they will develop cancer in the future, it could allow them to make lifestyle changes to lower their risk. Stanford University is also looking at how telomeres can be re-grown.

Insurance companies warned that such a test could push up policy premiums.

Matt Sanders, who is in charge of protection insurance products at GoCompare, said people with such a diagnosis could be priced out of the insurance market. “If this test showed 100 per cent probability over a certain number of years then it could affect premiums. It would be the equivalent of living in a high theft area for someone looking for home insurance,” he

said.

In the new study, scientists took multiple measurements of telomeres over a 13-year period in 792 people, 135 of whom were eventually diagnosed with different types of cancer, including prostate, skin, lung and leukaemia. Initially, scientists discovered that telomeres had aged much faster in individuals who were unwittingly developing cancer. But then they found the accelerated ageing process stopped three to four years before the cancer diagnosis. “We found cancer has hijacked the telomere shortening in order to flourish in the body,” said Dr Hou.

The research was published in the online journal *Ebiomedicine*.

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Ian George, the artist's artist

By Charles Pitt

Cook Islands artist Ian George recently passed away at his Rotorua home in New Zealand on after a long illness. He will be greatly missed by the local art community and his contribution to Cook Islands art will be remembered and commented on for many years to come.

Over the years, Ian and I spent quite a bit of time in his workshop at his home talking about the future direction of Cook Islands art.

It was my argument that Cook Islands art should develop its own identity which would make our art form readily identifiable as Cook Islands art.

Ian favoured a regional approach. He believed we should firstly develop our art along with artists from the Pacific Region in order to attract international attention to the Pacific.

I urged Ian to develop a curriculum for Tereora College art students on Cook Islands art forms as a means to preserve the culture. He resisted this for a long while but eventually produced a draft curriculum which went on to be introduced.

Through their first then current gallery the Art Studio in Arorangi, Ian and Kay supported many local established and emerging artists. Pitt Media reported on many of the exhibitions held there. They also hosted a



number of prominent overseas artists and exhibited their work. As an artist and a person, Ian was

greatly respected.

While Ian always struck me as a bit of an academic, a very

focused and disciplined artist, I think he was the closest we had to an "artist's artist."



The following is a story that was featured in the Cook Islands Herald in May 2011

The Kay and Ian show

By Charles Pitt

The recent art exhibition at Ian and Kay George's art gallery, "The Art Studio," in Arorangi was significant in that it marked the first occasion both artists have exhibited together.

Kay advised the Herald on Tuesday morning that it had been a very successful show. It was well attended and some 20 pieces were snapped up mainly by locals. Only a few pieces still remain and are available for sale.

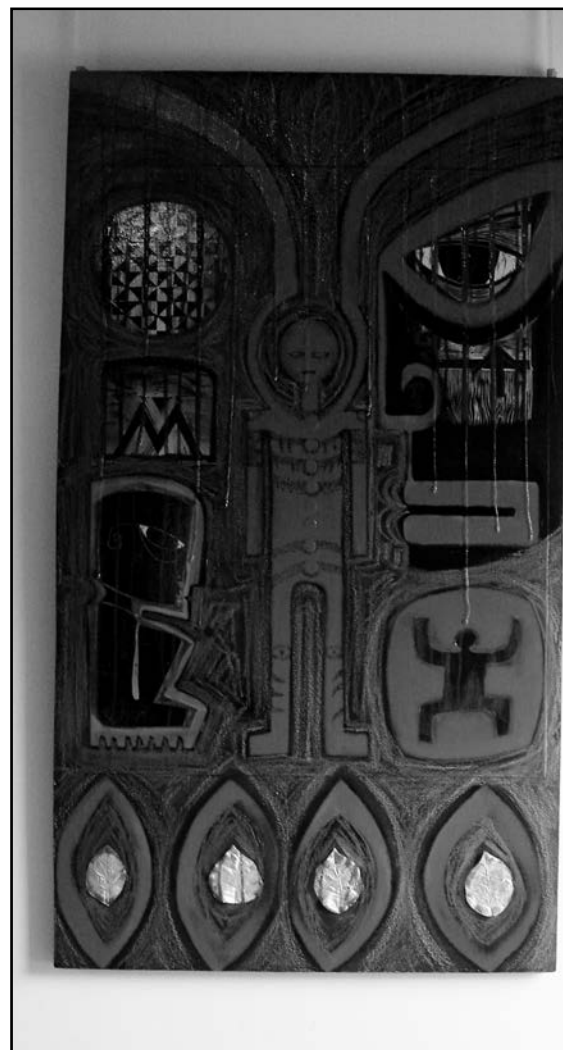
This show differed from others held at the Art Studio in that Ian and Kay wanted to do something different. The exhibition had a bit of everything. The works were affordable and most were of a size easy to pack for travel. Kay said people are still buying art but are more discernable and she has found that the textile pieces work well mainly because they are easy to transport.

Kay said that in September/October the Art Studio plans to hold an outdoor exhibition, behind the gallery, of sculptures. She plans to talk to other artists about the concept.

In early June an exhibition of graffiti works is planned involving graffiti artist Nathan Welsh and local artist Mata Priest.

In the gallery at present is a diverse range of works by Ian and Kay and there are also some recent canvases by Mahiriki Tangaroa.

Kay has always kept her work fresh and has not been afraid to experiment with new forms, materials and concepts. Her works include painted furniture and large floor tiles. She has recently begun laying images on small pieces of stainless steel. It presents a different visual effect.



Bob n' Slay and Tons of Skelly

By David Lewis

The organizers of the World Bobsleigh and Skeleton Championships are flat out advertising the chilliest championships in the world.

The event is already on and it lasts till the 21st February and I am sure everyone is having a very good time.

But there's a problem for those of us living in a hot country.

What on earth are the sports in question all about?.

How exactly do you "slay a bob" and why do need "tons of skelly" to do it?

BACKGROUND

Good questions.

There's no one in the Pacific who plays them so it's hard to explain.

So, how do you go about describing sports played on very high mountains in very cold conditions which seem to be a unique way of committing suicide?

Perhaps the best way of explaining what's going on, is to take a sport we all know well in hot countries.

I refer to a popular local pastime, played daily with dedicated casualty.

It calls for the same amount of casual speed round corners, more causal speed round the next corner, followed by casual cutting in at incredible amounts of casual speed on

bends with white lines down the middle.

Here it's known as "driving".

It's the local equivalent of bobsleigh and skeleton.

It gives you a similar chance of checking out living conditions on the other side, known as "the after-life".

EXAMPLE

You know the last downhill bend on Rangimotia when you're heading for the taro patch.

There's a bit where you practice dodging the bloke who's just passed your bike flat out on the way up.

You execute a defiant flat out dazzling death-wish with a final screech of the brakes and a brilliant last second flick to the left or right hand side of the track and narrowly avoid taking off for the reef five hundred feet below?

Got it?

Right!

Now, imagine, by chance, the same venue after a ferocious snowfall the night before during a sudden attack of climate change..

Picture the long sheet of solid ice which covers all traces of traces of track to assist in executing your death defying manoeuvres.

That's what you "slay the bob" on....

Then, imagine doing it at over

90 mph. face down with your nose two inches above the ice and no brakes.

That's when you need tons of skelly.

It's technically known as "lunacy" and it's part of everyday life among people who live in high mountains.

If they want to go shopping in the village in the valley, four of them mount a bob, select a driver and set off down the mountain.

If it's getting late and the shops are due to shut in just over one minute's time, one of them flings himself on skelly face down, sets off at about 100 mph and hopes the shops will stay open an extra minute.

I'm joking, of course. The shops in mountain villages always shut in less than one minute's time.

So, why do bobsleighters and skeletonians do it?

Personally, I've no idea, as I live in a very warm country.

IGGLES

I know, however, that they are doing it for the next two weeks in a place called Iglis, pronounced, I presume, as "iggles",

I know because of the advertisers.

It's near Innsbruck in Austria.

It is currently "a place of pilgrimage for international bobsleigh and skeleton fans."

The track is described as "a ribbon of concrete steel and ice".

It zig-zags all the way down the mountainside.

280 competitors are taking part, assembled from 28 nations on one of the world's toughest tracks.

That's roughly the same number as those who have negotiated Rangimotia downhill on a bike between 8.00 a.m. and 8.01 a.m. each morning

The advertisers recommend the "fierce and thrilling competitions for all fans and spectators" who survive the opening day. They provide buses and shuttles for all those who continue to survive.

COMPETITION

Who will be crowned world champion?

The decision will be made here, say the advertisers, "as the athletes race down the ice track and fight for every thousandth of a second".

They urge you to experience for yourself the speed, adrenaline and pounding hearts that shape these two sports.

And more than that, if you'd like to have a go yourself, you can try speeding down the ice track like the pros, accompanied by at least one professional each time.

If you're nuts!

And if you know how to zig-zag it home though the speed, adrenaline and pounding heat that shape a late-night ride down Rangimotia!



Littering at the Social Centre in Nikao is becoming a real problem. See story page 4

How to live with integrity

Encouragement Column

With Senior Pastor John Tangi

By Senior Pastor John Tangi

In Part 1 I noted that there are people around us who are always watching how we behave, to see what kind of a person we are especially when we are Christians or believers in the Lord Jesus Christ. In I Peter 2v.12 it reads "People who do not believe are living all around you. Live such good lives that they will see the good things you do and will give glory to God." People watch to see if we have integrity - meaning Honesty, Truthfulness, Reliability. Peter says that there are 3 things that test our INTEGRITY: (1) TEMPTATION,

- (2) AUTHORITY,
- (3) SUFFERING.

How we respond to these 3 things will determine whether we are good witnesses for God or not, and whether we have integrity or not. The main Bible reading is I Peter 2v.11-25. In this passage Peter is saying, in living with INTEGRITY we need to do 3 things:

- 1) Stay away from TEMPTATION;
- 2) Show respect for those in AUTHORITY and;
- 3) Seek God in our SUFFERING.

1). STAY AWAY FROM TEMPTATION

As Born Again Christians we are free. We can't lose our salvation. But we shouldn't use that as an excuse to sin. Because integrity demands that we don't do what is not right in the sight of God. In I Peter 2v.15 it reads "It is God's will that your good lives silence those who foolishly condemn the Gospel without knowing what it can do for them, having never

experienced its power." God's will for our life is that we live with integrity, that our life matches what we say we believe.

2). SUBMIT TO THOSE IN AUTHORITY FOR THE LORD'S SAKE

Our integrity is tested on how we respond to authority -- people in government, our boss, spiritual authorities like Pastors, and so on. v.14 in our reading reads "For the Lord's sake yield to the people who have authority in this world..." Those in authority are ordained by God. What if the Government tells me to disobey God? Obviously your first allegiance is to God. Submission sometimes means being willing to suffer the penalty for doing the right thing. If there's a law that says "Do this" and you know it's wrong, God says it's wrong.

If you don't obey that law, submission means at that point 'being willing to suffer for doing the right thing'. Your Boss at work is in a place of authority over you. The Bible says that you are to submit and respect your employer (boss). "But you don't know my boss!" Doesn't matter, v.18 reads "Be good servants to your masters -- not only to good masters, but also to bad ones." How's your attitude at work? Does it show your integrity? Do you quietly and gently just accept things that happen or do you complain like everybody else?

3). INTEGRITY IN SUFFERING

The greatest test of all will be our response to Suffering. Nothing reveals our character quicker than



problems and pain. That is one of the reasons why God allows it. When you go through suffering it really reveals what you are like. People are like tea bags; you don't know what they're like inside until you put them in hot water. We will always have problems. Fortunately, God gave us a model of how to handle that Suffering with Integrity. v.21 reads "This is the kind of life you've been invited to, the kind of life Christ lived. He suffered everything that came His way so you would know that it

could be done, and also how to do it, step by step." Jesus is our model of how to handle suffering, particularly when we're mistreated unjustly.

Remember that people are watching us to see How We Respond to TEMPTATION, to AUTHORITY, and to SUFFERING. Jesus said, "You are the salt of the earth...you are the light of the world...Let your light shine before men, that they may see your good works and praise your Father who is in heaven."

May you have a God blessed week – te Atua te aroa.

Healthier living

By Teherenui Koteka

Over the Christmas break people often found the need to point out that I had put on weight. I was all like “hello I already know that”, you see it did not think that I had put on that much weight but the constant reminder that I had made me think that perhaps I had put on more weight than I thought. The fact that people were pointing this out was actually extremely ironic considering that out of the masses of people that pointed my weight gain out only two were of a healthy weight.

Before this bombardment of statements I was oblivious to the fact that my weight gain was noticeable, I knew that I had gained weight but it was not a substantial amount and I definitely did not think that people outside of my everyday routines had noticed. Although I tried to block out the tedious remarks of the haters it still kind of got to me. I had not gone up any sizes in clothing but it now felt like it was inappropriate to wear the skimpy clothes that I would usually wear to show off my flat tummy. So alas when the New Year turned I had a goal to loose at least half the weight I had gained. I wanted to achieve this goal in a healthy way that did not push my body to the point where it literally consuming my fat for energy, so I researched.

After researching I found that people who kept a food diary were much more likely to lose weight than those who do not. Thus I downloaded my food diary. After calculating my current weight and determining my daily calorie intake I came to the conclusion that I was within the boundaries of ‘healthy weight’ for my age and height but I could always improve myself.

This food diary has changed my life! In all my years of living in never fully comprehended the difference between what makes one food so much more fulfilling than another. I had heard people say “a healthy meal is much better than junk” and through this calorie counter I fully understand the repercussions of putting junk in your system. A single small bag of Spuds Ripple Chips has five times the calories of a large plate of tuna and salad. That’s four times the calories you consume in a entire meal in a snack. This really hit me! It was at this moment that I realized all this junk food I usually eat on a daily basis, food that does not fill your stomach is food that possess more fat and more calories than a full healthy meal that not only tastes great but also fills my tummy.

It was a revolutionary moment. This was the moment where I stopped caring what others thought of my weight. The moment where I felt comfortable with my new and improved figure. This was the moment that I stopped trying to lose weight to better my figure and instead started to lose weight because it is what is best for my body. I see a lot of people that are insecure about their figures but can not pull themselves away from all the unhealthy food that delights our taste buds, I advise these people to seriously consider getting a food diary. It really puts things in perspective and hopefully it will help you be comfortable with bettering yourself as it has done for me.



SITUATIONS VACANT

The following positions are available with one of the Cook Islands most progressive and successful resorts. If you are friendly, customer focused, reliable, honest and willing to learn new skills, we are seeking suitable applicants for the following positions:

- Operations Manager
- Housekeeping Attendants
- Laundry Attendants
- Restaurant Supervisor
- Restaurant Service staff
- Kitchen Assistants
- Chefs – all levels
- Grounds & maintenance persons
- Guest Services staff
- Administrative staff
- Spa Therapist

Please contact Humana Resources on : 25125 Email your CV to : accounts@muribeachresort.com or drop your CV to the Administration office at Nautilus Resort.



Tiare Village

Airport Motel

Atupa



Pool Units

Email: kiaorana@tiarevillage.co.ck
Phone: +682 23466 / +682 50755
Website: www.tiarevillage.co.ck





With the Muri patito grabbing the headlines and the talk of them being a culinary delicacy, the uninitiated want to know how do you catch them, is there a legal limit to how many any one person can catch and how are they prepared for eating? Come on someone how about a couple of recipes to share for publication and keep the Chinese away from them.



Looks like former political high flyer Rassic still has a hankering for lofty positions, he's about collecting Presidential titles which should keep the social doors open to him. He's the President of animal medics, the President of the Law Society only because no one else wants it and the latest, the President of the Boxing lot.



Back in the Bulldozer Bully boy's inner circle camp Heta is boasting Elvis won't dare give him the biff from cabinet, according to our unpopular 78 vote PM the FIU isn't really an investigation, it's like PERC or Audit no one has to resign while they check a complaint. No need to take any notice of FIU despite Heta being Minita of the Police and ICI. Once he is suspended all sorts of complaints are going to come out of the wood work. There is the use of the \$1m appropriated for the upgrade of the Atiu airport by Heta as a slush fund. ICI officials told a meeting in Atiu less than \$800,000 is left. Vouchers retrieved from MFEM reveal exactly what Heta used the money for and not one cent was spent on the Atiu airport. Then there is the permanent drill for Atiu that Heta refused to buy them because they could hire T&M Heather Ltd's one. So far Atiu

could have purchased two drills instead of having to spend \$42,000 hiring the one owned by Heta. On top of that the drill has to be barged to Atiu when required then returned to Rarotonga. Then in Aitutaki, Heta destroyed a water reticulation system built by the USA Army engineers during the war years. The new one he installed is a total stuff up, now there is no free flow of water beside the shops in town which was also an emergency supply for the fire trucks. Heta spent nearly \$5,000 on airfares, food and drinks celebrating the official opening of his water project that now is stuffed up for all to see, that's Heta's Aitutaki legacy. And that's not all, there's more to come.



What happens if a formal complaint about the Prime Minister Elvis is filed with the Police or FIU? Does it mean he has to stand down from his position like other Ministers under investigation? Does he have diplomatic immunity in his own country?



What's going on at MFEM chooks? Seems a new broom has taken to the division that handles overseas aid. On their way out are several ex-pat

types. Is this what's to follow in other parts of MFEM?



Passengers are warned; Mikie Eney's floating coffin the Tiare Taporo has got the green light to start trading, plagued with engine problems and an overdose of rust and can't be trusted to carry passengers. Remember the Tonga death ship? Make sure your legal representative can verify all the boat's insurance policies are valid as this maybe another one of scrupulous Mikie's \$100 shelf companies.



Interesting that the latest batch of photos of passengers afloat on the SS Daily's cruise to Waitangi were taken at such a distance so as not to embarrass the posers by revealing their wrinkles and chinny chin chins in ultra sharp close-up shots like on the previous voyage to celebrate a 60th birthday.



Barely back from a talk fest in Abu Dhabi (he had to go because he was invited although our nation is not a member of the group that met), the PM then went off to NZ for a Pacific Leaders pow wow about undersea fibre

optic cables (he went because the NZ PM asked him to attend although we cannot afford the cost). Now we hear he is off to Singapore next for a transport related chin wag. In Singapore, no doubt the PM will make enquiries as to what other overseas meetings are coming up that he can seek invites to. Then he can safely testify that he "was invited."



Highlight of last week was the X-Files type return in numbers of the sea snail to Muri lagoon after an absence of 4 years. It was an event bigger than "Ben Hur." Hundreds of humans have been rounding up the delicious little buggers and chewing on them. But why have they returned? To feast on the algae? Instead of eating the snails and then dredging the algae, why not wait and see what impact the snails have on the algae?



And here's a warning from an old timer and keen observer of cyclical events in the Universe of biblical proportions. The recent boom in snails in Muri lagoon was preceded by a boom in algae which the old timer says will be followed by a plague of sand hoppers-little prawn like buggers who have a nasty bite then will come the Blue Bottle Jellyfish with its long tentacles to inflict pain on unwary humans, followed by large swarms of flies then foul smelling gases given off by rotting algae and sea weed.



It's a pity not all of us can get help repaying our loans by living in a government house while our own \$300,000 property is rented out. It helps if you have the right relations.



FAT CATS

Number 2, Cabinet are to visit Suvarrow!

to secure the votes of the two caretakers?



Mozzie

COCONUT ROUNDTABLE

Rumour has it Government wants to demonstrate solidarity by having Cabinet visit Suvarrow!

By Patrol boat?

Tiare Taporo!



TENDER



**REQUEST FOR TENDER
HAMILTON MEDICAL T1 TRANSPORT
VENTILATOR**

Tenders are requested for the supply of a Hamilton Medical T1 Transport Ventilator for the Rarotonga Hospital as specified in the Request for Tender document.

Tenders shall be submitted either:

Completed Hard copy - packaged and labeled "CONFIDENTIAL" and have the following information clearly shown on the outside:

Procurement of Medical Equipment 2015/2016 No.2
Cook Islands Ministry of Health
P O Box 109,
Avarua,
COOK ISLANDS
OR

Softcopy: Emailing the tender bid as a pdf file to tenders@cookislands.gov.ck with the subject line "Procurement of Medical Equipment 2015/2016 No.2". The receipt time on the inbox will be used as the receipt time for the purposes of ensuring a tender is within the time limits.

The Tender Box is located at the Funding and Planning Office of the Ministry of Health in Tupapa (or submitted electronically to the email address detailed above)

Tender/Offer Closing Time

Request for tenders will close on the 15th February 2016 at 4.00pm.

The Request for Tender documents and Hamilton Medical T1 Transport Ventilator specifications can be obtained from the Funding & Planning office of the Ministry of Health in Tupapa or on the Ministry of Health website www.health.gov.ck. Prospective tenderers can also contact Ms Vaine Ngatokorua on ph 29664, fax 23109 or email: vaine.ngatokorua@cookislands.gov.ck

VACANCIES



**Ministry of Marine Resources (MMR)
FISHERIES OFFICER—MANIHIKI**

Applications are invited for the position of Fisheries Officer based at MMR Manihiki Marine Station. Duties involve:

- 1) Provide support to the Pearl Industry
- 2) Carry out water quality and inshore marine resource monitoring.
- 3) Support the Station Manager with implementation of the Manihiki Pearl Farm Management Plan and Code of Practice.
- 4) Undertake data collection of local fish catches.
- 5) Support development of community programs, conservation and management of marine resources.
- 6) Support Station Manager with training programs.

This is a permanent position. A full job description and further information is available from MMR. Please contact Uirangi Bishop Ph28730, or email u.bishop@mmr.gov.ck. Provide a CV with the completed application, addressed to the Secretary, Ministry of Marine Resources, P.O Box 85, Tutakimoa, email: rar@mmr.gov.ck

Applications close on Friday 26th February 2016.



Pacific Resort
HOTEL GROUP

**PACIFIC RESORT HOTEL GROUP
A GREAT PLACE TO WORK...**

We are currently seeking the following for our properties in **Rarotonga & Aitutaki:**

- Landscaping Manager (Aitutaki)
- Executive Chef (Aitutaki)
- Executive Sous Chef (Aitutaki)
- Chefs de Partie (Rarotonga & Aitutaki)
- Kitchen Steward (Rarotonga)
- Resort Attendants (Rarotonga & Aitutaki)
- Wait & Bar Staff
- Housekeeping Staff

At **Pacific Resort Hotel Group**, we are currently recruiting for:

- Central Reservations Agent

We are always on the lookout for talented individuals interested in a career in the tourism industry. If you want to be part of a high performing team then feel free to visit one of our resorts in person to complete an employment application form.

To apply : email – work@pacificresort.com

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Advertise your vacancies locally and abroad
from only \$79 per month.

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COOK ISLANDS HERALD**



COOK ISLANDS
Ministry of Education
Maraurau o te Pae Api'i

**DIRECTOR - COOK ISLANDS
TERTIARY TRAINING INSTITUTE**

The Ministry of Education seeks an innovative education professional with significant tertiary experience and sound quality assurance knowledge to lead the Institute through a period of consolidation.

Previous applications may apply by an expression of interest. Applications close on Friday 19th February 2016. Application available from the Ministry or at: www.education.gov.ck Please submit application, cover letter, CV and references to:

Director HRM Division
Ministry of education
P. O. Box 97,
Rarotonga,
Cook Islands
Ph (682) 29357, Fax (682) 28357
or email: vacancy@education.gov.ck

TENDER



INVITATION FOR BIDS:

Solar Photovoltaic plants under Cook Islands Renewable Energy Sector Project (COO46453-002) Phase 1 (Atiu, Mangaia, Mauke and Mitiaro)

The Office of Prime Minister, Government of Cook Islands invites sealed bids from eligible Bidders for the design, construction, installation, completion and commission of renewable energy facilities as shown below:

- Part 1 – Atiu hybrid renewable energy system, comprising solar plant, powerhouse with battery energy storage system (BESS), integrated with existing diesel generators for backup power supply and connected to the grid
- Part 2 – Mangaia hybrid renewable energy system, comprising solar plant, powerhouse with battery energy storage system (BESS), integrated with existing diesel generators for backup power supply and connected to the grid
- Part 3 – Mauke hybrid renewable energy system, comprising solar plant, powerhouse with battery energy storage system (BESS) and diesel generators for backup power supply, fully integrated and connected to the grid
- Part 4 – Mitiaro hybrid renewable energy system, comprising solar plant, powerhouse with battery energy storage system (BESS) and diesel generators for backup power supply, fully integrated and connected to the grid

To obtain further information, prospective bidders should go to www.procurement.gov.ck (reference 151625). For queries and to obtain an electronic copy of the bidding documents, please contact Tangi Tereapii on 29300 or e-mail, tangi.tereapii@cookislands.gov.ck.

The deadline for submissions is 18 March 2016, 12:00 midday. Bids will be opened immediately after the deadline for bid submission in the presence of the Bidders' representatives who choose to attend. Late bids will be rejected.

VACANCIES



COOK ISLANDS
Ministry of Education
Maraurau o te Pae Api'i

MINISTRY OF EDUCATION VACANCIES

Applications are invited from qualified and experienced administrators and education professions for the following positions:

Director of Finance and Management

The Director of Finance role leads all financial and asset management work for the Ministry, including all schools. The role is very dynamic and requires someone who has a strong accounting background who can think strategically. Experience with project management an advantage as is the ability to work across all levels of financing from the school tuck shop to national budgets.

Asset management includes oversight of DRM for the Ministry and multi-agency liaison with reference to infrastructure and assets. Policy development for financial management and an excellent knowledge of government financial management guidelines are an expectation. The positions leads a great team of people and is part of the wider Ministry structure based in Nikao.

Exciting Opportunities for Experienced Teachers

We invite experienced, innovative education professionals to support us in providing quality learning opportunities to young Cook Islanders. The following positions are based at the Ministry and travel to schools in the Pa Enua would be an expectation.

1. Careers Curriculum Advisor

To develop Careers Education resources for Years 7-10 and support implementation with teachers in schools.

2. Learning and Teaching Advisors (2 positions)

Experienced passionate educators with the ability to share ideas and build capacity in diversifying classroom practice. Applications welcome across the curriculum however we have a current special interest in ICT Integration, The Arts and Social Science. Please share your other curriculum and programme strengths with us.

School Support and Administration Staff

1. Office Administrator: Tereora College

Applicants must have experience in managing finances and good communication skills

2. Teacher Aide (Special Needs): Arorangi School

Applications close on **Friday 12th February 2016**. Application are available from the Ministry or at: www.education.gov.ck Please submit application, cover letter, CV and references to:

Director HRM Division
Ministry of education
P. O. Box 97

Rarotonga
Cook Islands
Ph (682) 29357, Fax (682) 28357 or email: vacancy@education.gov.ck

PUBLIC NOTICE

**PUBLIC NOTICE
GENERATOR DELIVERY**

Te Aponga Uira wishes to advise the public that it will transporting its generators from the Avatiu Wharf to the Avatiu Valley Power Station, between Monday the 15th and Thursday 18th February 2016.

The route to be taken will be around the Avatiu roundabout along the Avatiu road to the back road intersection and then along the Avatiu Valley road.

There will be heavy machinery involved. It is not possible to determine the actual timing but the work will take place anytime between 8am and 4pm.

The public is thereby asked to keep an eye out and take extra care when driving along this route.

Management, Te Aponga Uira'

VACANCY



The Rarotongan Beach Resort & Spa's Sales and Marketing Department has an exciting opening for a Personal Wedding Planner. This is a fantastic opportunity for someone who is a romantic at heart, who would enjoy turning a South Pacific dream into reality for couples from all over the world. You will be working closely with the wedding couple covering every aspect leading to their big day. This rewarding position calls for someone with a mature and unflappable attitude along with excellent interpersonal and communication skills who is able to deliver exceptional service, sometimes under pressure.

You will need:

- Accuracy and attention to detail.
- Initiative and adaptability.
- Ability to prioritize tasks and work to deadlines.
- Flexibility to work beyond normal shift hours

You will be required to:

- Attend all weddings, including evening and weekend weddings.
- Liaise effectively with other Resort departments.
- Complete all necessary paperwork and submit costings to relevant departments
- Provide statistical analysis on all weddings held at the Resort
- Maintain and develop existing relationships with the Justice Department, celebrants and other wedding service providers.
- Complete a short standard form and submit wedding photographs to Marketing for uploading onto our Resort website
- Hold a valid driver's license
- Previous experience in a similar role or previous hospitality experience is an advantage.

If you want to reap the benefits of this exciting opportunity, call Tearoa Paia on 25-800, extension 8014 for an appointment, or email

Tearoa.Paia@rarotongan.co.ck

PUBLIC NOTICE



**HEALTH SPECIALIST VISIT: EAR NOSE, THROAT
AND AUDIOLOGY PROGRAMME**

Ear, Nose, Throat and Audiology specialists will be conducting their clinics at the Rarotonga Hospital commencing Monday 29th February - Friday 18th of March 2016.

If you are experiencing any of the following symptoms;

- Ear pain
- Loss of smell and hearing
- Excessive ear discharges
- Problems with breathing through the nose
- Continuous nasal discharge
- On-going throat infection
- Abnormal lumps in the throat
- Difficulty swallowing

Please contact the Rarotonga Hospital on 22664 and book an appointment with Dr Teariki Faireka from Monday 8th Friday 19th February 2016 between the hours of 8am – 12pm.

Meitaki maata

**TUATUA AKAKITE: TAOTE NO TE TARINGA,
PUTANGIO E TE KARAPONGA**

Ka tae akaou mai te taote o te Taringa, Putangio e te Karoponga (ENT) i te openga o teia marama Peperuare e ka akamata atu ratou i te akarakara i te au aronga maki mei te ra 29 o Peperuare ki te Varaire ra 18 o Mati 2016.

Me e manamanata toou mei te;

- Mamae taringa
- Kare e akarongo meitaki ana
- Ta'e ua te vai na roto mai i te taringa
- Kare e akaea meitaki ana na roto i te putangi'o
- Ta'eta'e ua te upe
- Putuputu te mamae karoponga
- Akaea te kaki
- Mamae me apuku i te vai e te kai

Taniuniu atu i te aremaki, numero 22664 no tetai tuatau noou kia akara ia koe e te Taote Teariki Faireka, mei te Monite ra 8 ki te Varaire ra 19 o Peperuare, ora 8 ki te tuaero i te avatea.

Meitaki maata

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