

COOK ISLANDS HERALD

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Brown kicks off campaign with the green bottles



Takuvaine CIP Candidate Mark Brown

The CIP heavy weight candidate for Takuvaine Mark Brown is either ignorant or arrogant when it comes to the contents of the Electoral Act. Last Friday 25 April after the visiting Aitutaki Shark's thrashed the Takuvaine Warriors rugby league team in a clash at the Takuvaine field Brown cashed in on the after match refreshments with a contribution of several cartons of beer.

Several witnesses and players were surprised at Brown's unusual generosity as this was a first for the season which is drawing to a close. Not surprised were other observers who considered Brown's gesture a vote buying exercise. If Brown was genuine in contributing to the Aitutakians as guests of Takuvaine he should have donated the beer

anonymously instead of him doing so openly.

Before polling day a good two months away Brown's gift of alcohol is subject for an electoral petition should he win the Takuvaine seat on the 9 July. Under section 89 of the Electoral Act 2004 Brown can be petitioned for treating.

If the Demos registered a candidate then did absolutely no campaigning they have more certainty of toppling Brown in Court for treating than at the polls. This would be the most cost effective victory of all time in the history of Cook Islands politics.

In the recent Murienua by election petition lodged by the losing Cook Islands Party candidate Kaota Tuariki against James Beer, the presiding Judge Sir Hugh Williams sent a clear message where he is

positioned regarding treating and bribery.

Having no regard for the rules of the Cook Islands Party constitution, Brown takes no caution to the wind regarding Sir Williams' implications in his summing up of the Murienua petition. If Sir Williams was signalling a message of interpretation and caution to future candidates, Brown certainly missed it by a country mile or he considers himself bullet proof.

One candidate, George Maggie certainly read between the lines and got the message and has advised his supporters of the high risk of even providing a light supper after or in conjunction with a political meeting. When Maggie explained the judiciary's eroding tolerance of the Electoral Act in the

context of Cook Islands culture and traditions those in attendance applauded his explanation.

In an effort to rid politics of the years of border line petition decisions regarding allegations of treating and bribery (in the name of culture), some members of the public and party officials are now a lot more vigilant in their scrutiny of campaigning candidate's attempts to lure voters to their fold.

Though the consequences of being found guilty of bribery in an Electoral Petition are very serious and can result in a criminal conviction and imprisonment, no one has been prosecuted or is considered by candidates as a deterrent judging by current electioneering practises.

Incidentally a well known Takuvaine local took exception to Brown's presence at the Club House that he verbally sprayed him with abusive accusations of all talk and no action causing Brown to make a swift exit into the night.

To cap off a week of disrespect for rules, Brown and his CIP Committee held their political meeting in the Takuvaine meeting house, a no go zone for such meetings. The total disregard for this long standing Pa Metua rule has sent a ripple of concern through the constituency; then again Brown has already established a track record of examples of his low tolerance for the elderly and their values. Political meetings are tolerated on the veranda of the meeting house but not inside it. As it happened, only 10 people showed up and some left before the meeting ended.

- George Pitt

Diversions of sports funds by Minister hurting sports codes

By Charles Pitt

Minister for Sport Mark Brown's actions in approving the allocation of \$78,000 from the Allsports Fund intended for CISNOC for distribution to the sports codes, has left sports codes wondering just when they will receive funding for sports programmes such as development programmes.

In the 2013/2014 Budget, government appropriated \$120,000 for CISNOC's Allsports fund. Of this amount, \$30,000 is for CISNOC Administration and \$90,000 to be distributed to CISNOC members. Shortly after he had approved the funding, the Minister advised CISNOC he had approved allocating to CI Rugby League (\$60,000 and CI Netball \$18,000 – total of \$78,000.

Recently, the Herald was advised that some sports are unable to fund development programmes because their funding has not come through. Boxing is awaiting \$5,000.

The Herald has received word that some sports codes are very upset that the funds were diverted to just two sports codes alleging favoritism on the part of the Minister.

On 23 April 2014 the Herald asked CISNOC President Hugh Graham to comment on the situation. His responses are set out below. There is concern that as parliament has been dissolved there will be delays in the codes receiving their funding.

Hugh Graham: "When CISNOC heard that parliament had been dissolved, I texted the Minister and asked him to clarify for us how the \$78,000 would be repaid into the All sports allocation now that since the Supplementary budget was not going to be presented. The Minister assured me that under the CI Constitution and under a caretaker govt, he will be able to release funds... he has assured me that the \$78,000 will be repaid to the Allsports funds in the next week or two. To this effect, the Allsports

Funding committee, under the Chair of Senior Vice President George Paniani met last Wed 16 April and have considered and approved those outstanding applications on the condition that funds would be released to those successful applicants once the \$78,000 had been paid into CISNOC Account."

The Herald understands national sports federations have been waiting over 6 months for funding. The allocation of funds by CISNOC to the sports codes is done according to clearly established criteria based on applications made by national federations and the process is transparent.

After queries by national sports federations in recent months as to why there have been no allocations of funds, it was disclosed at CISNOC's recent AGM Government instead of passing the allocation to CISNOC to distribute to national federations, paid \$78,000 directly to rugby league and netball after these sports approached the Minister directly.

Hugh Graham: "The 2013/2014 Allsports Funds appropriation was \$120,000. Of this amount, \$30,000 is for CISNOC Administration and \$90,000 to be distributed to CISNOC members. I was advised by the Minister shortly after he had approved the funding to both CI Rugby League (\$60,000 and CI Netball \$18,000 – total of \$78,000) and that we would expect the repayment into the Allsports Funding appropriation during the 2014 March/April Supplementary Budget.

I have been advocating for these funds to be put back into the Allsports Funds Allocation so that we can give to sports. The Minister has been open with me in my communications with him, and whilst some of our member sporting codes may not agree with me, the Minister has yet to go against his word in terms of CISNOC issues since I was elected President of CISNOC almost 2 years ago.

I appreciate and understand the frustrations of our members, I ask for your patience.

With the recommendations that we will be suggesting to the Minister and Internal Affairs, who manage these funds, we are hoping that once government appropriates the Allsports Funding that these funds are paid in total into the CISNOC account, this way there will be no chance for government to otherwise interfere with this process. The Minister is receptive to these recommendations."

One comment received by the Herald was that It was a clear case of the Minister of Sport "picking favourites" and it is noted that the Minister travelled to the UK to watch the Rugby League World Cup. A fair question is how was his trip funded?

Another comment made inferred the Minister had misappropriated funds intended for all sports not just two sports. Some 26 national sports federations are part of CISNOC and this funding shortfall severely hampers their development programmes and other prospects. Also the Minister approved the allocation to two sports without any apparent discussion with CISNOC. Any approval should have included an approval from CISNOC itself.

Note: The Minister was contacted by email on 23 April 2014 regarding this matter but at time of going to print, is yet to respond with a comment to the issues raised, let alone acknowledge receipt of the concerns expressed.



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No eateries specializing in healthy meals

Chelsea Hunter reports

There are no eating places on Rarotonga that are 100% devoted to providing healthy and nutritious meals. With NCDs, diabetes and obesity a major problem how can customers who want a healthy meal because they are on a diet or health conscious, be assured the meals they order at eating places are low in calories, low in sugar content, low in fat content and low in salt content?

Last Thursday morning the Herald spoke to the owner of a local restaurant on how owners can prove/show customers that their food is healthy and nutritious.

His comments were; "It's the owner's job to make sure that the food on their menu tastes good, looks presentable (the presentation of the meal) and the combination of the meal. The owner doesn't really look at the calorie count of the food. It's more the customer's job to ask what is in the food before they order. What is common is that a lot of people have allergies to food, so to make sure that the dish they want does not have anything in that they can't eat they should inquire about the dish. I don't think any restaurant in

the Cook Islands has symbols on their menu to inform the customers if it is healthy or unhealthy. The owner of a restaurant labels their food from their menus."

"The Cook Islands has laws/regulations in the Cook Islands that we don't know, how do we know this? In the Food Regulations of 2014 it states that you cannot sell nutritious food unless you can prove that it is nutritious."

Public Health can assist eateries

Nadia George reports

Local businesses such as eateries and market vendors, who are aiming at providing healthier food choices, are encouraged by Public Health Division's Health Promotion Officer, Karen Tairea, to provide customers with a wide variety of options for their daily meals.

Although businesses sell to their desired target range, she advises that it is always good to have other options

available for them from time to time. With locals now changing their eating and dietary habits to fit in a much more healthier and nutritious life style, locals are encouraged to take advantage of the services provided by the Public Health Division that can aid business owners in providing healthier choices for the public.

The public health sector can offer generic information to owners who are looking to provide healthier products, and can also advise them on the dos and don'ts of Health and Nutrition. Looking for substitutes and alternatives to salt, sugar and high fat content can make a huge difference in ones day-to-day eating habits or can be as simple as giving customers options on whether or not they would like to add as much seasoning to their meals or not.

Well, how would the public know if the food their eating is healthy or not, you might ask? That all depends on how much information the merchant is willing to disclose to the individual. This is because most companies do not wish to share their secrets as to what make their food desirable.

For more information on what you can do to make your retail outlet a healthier,

nutritious stop for your customers, stop into the Public Health Department and get some expert help and advice from the professionals. Again Karen says, "It depends on what they (vendors) feel the needs are", so there is not set criteria as to what a vendor or business can follow.

Public Health have also been working, in collaboration with the Business, Trade and Investment Board (BTIB), to help market vendors improve the ranges of food products that are currently on sale. Another initiative that the Public Health sector will be looking into is starting up a catering module with the Cook Islands Tertiary Institute, (CITI) where local food businesses can send staff in, along with students, to train and be educated along the lines of creating and adapting to healthier food choices.

The Public Health department can neither insist nor demand that businesses be more in tuned with a healthier and nutritious standard. The best they can do is to encourage the vendors and businesses to provide their consumers with other alternative options to items whose ingredients taste incredibly good, but aren't all that healthy for the individual.

Promoting Healthy Living

Nadia George talks to Sue Carruthers

With healthier eating choices becoming a hot topic among local businesses, the Herald recently spoke to local culinary entrepreneur, Sue Carruthers, better known for operating the Tamarind with her partner Robbie, who takes pride in promoting healthier choices at her establishments.

Sue says that it's good to always give customers a variety of options, which is what she, aims to promote in the recently opened, Mexican styled restaurant, La Casita. From vegetarian to gluten free. In all

three restaurants she owns, all have healthy options to serve up to their customers such as whole meal, brown rice, salads etc. Fresh produce is one of the many things that Sue likes to promote as a definite "do" in healthy food choices. The key is to trying not to use too much of processed foods available to everyone, cutting down the oil and fatty deep fried foods is what's best in making a shift to a healthy lifestyle. Using a lot of fresh produce is not only a simplistic healthier option, but is also her way of supporting local growers on the island.

Although healthy foods don't appeal much to locals, Sue believes that the best way to

promote a healthier lifestyle in the Cook Islands is to first start in the home. Urgent action needs to be taken now. Parents should start educating school children on what foods are best to eat. Starting from a younger age is always best as it develops habits within children, thus enabling them to make much healthier choices as they age on. It could be as simple as changing up a child's lunch from a packet of uncooked noodles, to say, a whole meal peanut butter sandwich, or even just balancing out a meal with a bit of salad or a banana.

Finding substitutes is also another option people should take into account when eating

or preparing a meal; substituting things such as salt and sugar to help limit chances of developing Non Communicable Diseases (NCD), which account for about 70% of all deaths in the Pacific region, yet many are preventable. The 10 countries in the world with the highest overweight and obesity rates are in the Pacific so eating lots of fresh fruits and veges, which are available to most families on the island, is always a good thing to add into your daily diet.

Sue encourages locals to try and eat as much natural food as possible. Healthier choices make for a healthier lifestyle and better living.

Tourism to aim for visitors who spend more

By Norma Ngatamariki

On the 28th of April, the Tourism Industry Members Seminar was held at the Muri Beach Club Hotel. Professor Simon Milne of Auckland University of Technology has visited our shores to shed some light on the Cook Islands Online International Survey.

The survey was conducted in order to obtain relevant and useful information on the tourists who choose the Cook Islands as their holiday destination. "The survey is ongoing and it is mainly a decision-support system," says Milne. This will enable the nation to plan and further develop strategies in which they could attract a certain market. This survey in particular was conducted online. Visitors provide the airport with their email addresses and with that, the surveyors contact them. Around 30 – 40% responded to the request and approximately 8000 surveys were conducted. "This is a robust number to work with."

The questions posed in the survey were aimed to attain more information about the average visitor's experience within the country and their expenditure on the duration of their holiday and before

arriving (travel packages booked online: hotel accommodation, transport, activities etc.). Milne was able to give an estimate on how these visitors responded to the survey:

- Over 90% of visitors who were surveyed said that they would return to the Cook Islands
- Nearly 100% of them would recommend the Cook Islands as a holiday destination to other people
- Majority of the responses were positive, with regards to the local experiences and shopping trips.

Information was also obtained on how much money they spent on general necessities, such as petrol, grocery shopping, souvenirs etc. According to Milne, this data will allow the Cook Islands Tourism Industry to focus on attracting a high yield market – a market which will spend more during their stay. "We don't have to necessarily increase the number of tourists coming in the country, as there will be challenges" he says. "We just need to focus on a certain kind of visitor which is relatively sustainable and get more economical benefits out of everyone who arrives."

The average visitor spends approx. \$2000 - \$2200 on travel packages before arriving in

the country. During their stay, the average visitor can spend approx. \$120 per day on each person, both child and adult, amounting to well over \$1000 per week.

However, there are still some issues which Milne considers that we should address, such as the maintaining of our environment and managing the dogs on roads. "People come here for the tropical paradise

and are sorely disappointed when they see the state of our beaches." However, Milne says that this is the minority, not the majority.

Milne would like to place emphasis on the benefits that tourism brings to the Cook Islands and believes that if tourism works for the community, the community would be willing work for tourism.

Mauke Brass Band commemorate ANZAC Day



We the People of Mauke had a New Uniform for the Brass Band during the ANZAC Day Dawn Parade. **ARAARA AKAMEITAKI:** Te akameitaki iatu nei te iti tangata i runga i te enua ko Akatokamanava no te ratou ngakau tae i te tauturu mai i te anau i teia mataiti i topa no te mati atu anga na roto i te enua i te kimi moni ei oko i to ratou kakau. Tena ta kotou i kite. Na te Atua tatou e tauturu mai. Basilio Tutai Kaokao

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Our Frontpage model Leaders to consider Pacific Plan Review outcomes



Our frontpage model for Herald Issue 715 is Caelijah Enjoy. This beauty was born and raised in Rarotonga and attended Avatea Primary School. At the age of 7 she moved with her family to Brisbane, Australia. She is currently dancing in 3 groups; cultural dancing, cheerleading and Bring it On! Check out our website www.ciherald.co.ck and facebook page: www.facebook.com/ciherald

The Prime Minister Henry Puna will be welcoming Pacific Islands Forum leaders back to Rarotonga this weekend, ahead of a Special Retreat to consider the outcomes of the 2013 Pacific Plan Review.

The Review team was led by Sir Mekere Morauta, a former Prime Minister of Papua New Guinea, and its report was presented to Leaders last October.

The Prime Minister said Leaders had agreed in Majuro in September 2013 that a special meeting was required to focus their attention on the broad range and number of recommendations that resulted from the region-wide review. Government offered to host the Retreat about three months ago and the Forum Leaders accepted the Cook Islands to be the venue for their discussions.

The Review reached as widely and deeply as it could into the member countries' views on the Pacific Plan and what it meant to the region. Leaders are now considering how the framework can be better improved to deepen regionalism and encourage greater levels of integration for the benefit of member countries that must contend with wide-ranging challenges and constraints.

During his tenure as the Forum Chair in 2012/2013, the Prime Minister had called for review outcomes that would better suit the changing times and provide a more relevant and effective Plan to assist the member countries. His approach was built on promoting "a new sense of optimism" with a more "dynamic" Plan.

"Our sense of regionalism must grow stronger and more acute with each passage of growth, and as each new demand for a shift in priorities takes hold. Over time, emerging issues do eventually become more entrenched and the efforts required for embracing solutions in a collective and effective way, demand ongoing adjustment, or adaptation. Regionalism itself is evolving and how we inject it with fresh priority is where the Pacific Plan stands or falls."

Leaders are presently confirming their attendance at the one-day Retreat, which will take place on Monday 5 May. The hosting responsibility for the Retreat has a working budget of \$35,000.



Teina Bishop

*“ On 28 April 2014,
**ONE COOK ISLANDS
MOVEMENT INC**
was born with the full
endorsement of the
Are Nikau
Cook Islands Party
Committee from
Aitutaki.”*

The flag signifies 2 parties coming together in terms of the Cook Islands Party Inc and the Democratic Party Inc, to create One Cook Islands Movement Inc. “ One Love, One People, One Cook Islands.”

Business Report: Ride Rarotonga

By Norma Ngatamariki

Business is most certainly booming for Ride Rarotonga, who made their humble beginnings during the previous year. Ride Rarotonga specializes in everything bicycle, from premium-quality bikes, suitable apparel for road biking, accessories and spare parts. People may also bring in their bicycles for fine-tuning and servicing.

According to Jakub Postrzygacz, who provides technical support for the NZ Paracycling National Team and also manages the shop, sales have been gradually increasing since they first opened their doors to the public. "Comforter-style bikes are the most popular," he states. In fact, the demand for these particular bicycles were higher than what they anticipated, so more bikes were ordered in.

Besides selling top-notch bicycles, which range from mountain bikes, fitness bikes,



bikes suitable for the road as well as children, Ride Rarotonga also provides a Rental Fleet Program. They deliver the bikes to your front door, completely free of charge. They also provide a number of accessories, such as baby carriers and trailers, upon request. "You can make

arrangements herein the shop or you can also book online." Rented bikes also come with a complimentary lock and safety helmet.

People who are looking for a fun and convenient way of managing their weight are turning to bicycle riding, as an alternative to other forms of

exercise. It is also becoming increasingly popular amongst local businesses. "People are more health-conscious these days, and they like doing activities within a group, for support and motivation," says Jakub.

Ride Rarotonga offer great deals for their bikes, so come on in and make a purchase today.

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"TE UKI OU E TE MANA O TE URA KUKI AIRANI"

Fear filled Demos ignore constitution and conference

A proud tradition of the Democratic Party has been trampled on and discarded by a fear virus spread by self interested Party officials. One of the traits of the Demos that separated them from the CIP was their openness to robust debate that new comers would often interpret as argumentative and decisive has been dumped for fear of division.

For the Demos the airing of opinions and differences of views was the way forward for it brought clarity to the issues before them. Meetings have ascended into hash words and shouting but that cathartic approach in many ways has been the salvation of the Party. So why the sudden change ask many Demo die hards?

The Democratic Party has fallen into the CIP line of avoiding a Party Conference at

all costs, many suspect to insure the current Executives and Party Leadership of Rasmussen and Heather are not challenged. The DP constitution has been compromised drawing criticism over the motives and integrity of the leadership.

At a Central Committee meeting recently much attention by emotionally charged speakers cited division as a reason not to have a Conference, such a nonsensical approach on the eve of an Election. The unelected Leader Rasmussen had the chance to cement his position by conference endorsement but avoided that for fear of being Normanised. It was almost a rehearsed staged show led by Titikaveka MP Selena Napa who emotionally pleaded with the delegates not to have a conference followed by a similar disjointed just as emotional plea

from George Hosking.

Prior to the meeting Rasmussen was on CITV local news stating there would be no conference before the Elections and as there was no apparent challenges to his leadership he would be leading the Party into the Elections.

Those aspiring to official positions in the Party were disappointed their democratic and constitutional rights were over ruled by those currently holding positions. They claim that's why they have rules and a constitution, it's to overrule the very events of the meeting, emotional out bursts that divert attention and promote contradictory actions. The rules are the protection of the organisation, they keep the focus and due processes in tack from political tampering, otherwise why bother to have them.

If they can't obey or follow

their own rules, how can the voters trust them to follow the principles of good governance? The similarities to the CIP are a disappointment to voters looking for signs of distinct differences.

The Democratic Party have set a precedent that will live to haunt them for many years. It opens a door for manipulation and sets the platform for a dictatorial leader and loyal executives to rule by whim and fancy without transparency or accountability.

Had there been elections it was a certainty all executive positions including the Leadership positions would have been robustly contested, the very fear of those postponing the conference. Rather than continue one of the strengths of the Demo Party, that has been replaced with the weakness of self interest, self preservation and self enrichment. How bizarre. - George Pitt

The healing power of leaves

By Norma Ngatamariki

Ezekiel 47:12 says "Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will not wither, and their fruit will not fail. They will bear fruit every month, because their water flows from the sanctuary. Their fruit will be for food, and their leaves for medicine."

On Monday 28th, the Herald visited the home of Pastor Ngarima George who shared his knowledge based on the medicinal properties of certain leaves. According to Pastor Ngarima, there are a variety of leaves which, depending upon the method of preparation, can cure many ailments, such as prostate cancer, breast cancer, stomach ulcers, high blood pressure as well as diabetes. When boiled and the juice extracted, pawpaw leaves can be a very effective cleanser, which can de-toxify

bacteria within the body.

"However, you must have faith in its healing powers," he says. "Only then, will it truly work because of its biblical principles."

Ngarima says that the testimonies of those who have tried the local remedies and medicines is proof that trust in God goes hand-in-hand with the traditional ways of our ancestors.

"People should make use of what's around them. They should know that there are alternatives for medicine, besides visiting the Outpatient."

Some of the health benefits

Papaya (Paw paw) Leaf contains lots of great nutrients such as B-Vitamins for vitality and enhanced mood, Vitamins A and C which are powerful antioxidants, calcium and Vitamin D which are important for strong bones, Vitamin E which is important for sexual and cardiovascular health. Flavonoids that are powerful antioxidants

that keep away cancer and cardiovascular disease, tannins that boost the immune system, and betacarotene for immune enhancement and eye health.

Indigestion-Heartburn

- Papaya (Paw paw) Leaves are great for getting rid of invading bacteria that cause upset stomach problems because they contain karpain which kills bacteria. And it contains lots of papain, protease enzyme, and amylase enzyme which help to break down proteins, carbs, and sooth the GI tract... and helps with acid reflux.

Cancer - Papaya Leaves have a milky sap that's great for preventing and killing cancer cells because it contains acetogenin.

The University of Florida did studies showing that Papaya Leaves contain agents that kill cancer, especially cervix, prostate, liver, breast, and lung cancer. The more concentrated the tea the better the results... and there are

no side effects of any kind.

Most recommend taking 10 leaves, cutting them up and boiling them in a 1/2 gallon water until it boils down to quart... then let it cool. The tea will keep in the frig for 2 days in a glass jar with a tight fitting lid... drink as much as possible.

Increase Platelet Count

- Papaya Leaf Tea cures thrombocytopenia or low platelet counts which keeps a person from clotting. There have been many studies showing that Papaya Leaf Tea can increase platelet counts in cases of vitamin deficiencies, chemotherapy, dengue fever and more.

Immune Booster - Papaya Leaves contains lots of powerful antioxidants that boost your immune system and stave off cardiovascular disease, strokes, and cancer. Papaya Leaves create "Th1" a cytokines which boost the immune system and fights cancer.

Political opinion . . .

“Expect the Unexpected to Continue”

What an extraordinary week it has been on the political front.

Political “bomb-shell” after “bomb-shell” has fallen to the extent I’m almost breathless trying to keep up with all the news.

Given all that has happened in the last 7 days, I am sure there are more “bomb-shells” to come before we finally get an election result on the evening of 9 July 2014.

Leading up to that General Election is going to be one of the most interesting election campaigns the Cook Islands has ever had.

I might even call it . . . “quite exciting”?

The reason for this is because between now and 10 July, “ANYTHING” could happen.

And I mean “ANYTHING” is possible within the current political climate.

Politics can be so unpredictable at times. I think there is going to be a few political “twists and turns” over the next couple of months that will be of a “bomb-shell” variety.

So be aware and expect the political unexpected. Such developments could happen at any time.

We had the first taste of this last week with Parliament being dissolved and an early election called. This move was completely “out of the blue” and totally unexpected.

The reasons Government gave for this initiative were vague and hopelessly inadequate. To dissolve Parliament with so many important pieces of legislation left hanging in the balance clearly suggests “panic stations” had set in within the Government.

Then there was the resignation of Teina Bishop from cabinet later that same day. This development came as a “bomb-shell” straight out of left field.

The next “little surprise” came with the news of a new Independent Party being formed to contest the election.

Many of us would have seen their ads on TV over the last few days. At the time of writing this article, no names had been linked to this party. So it is difficult to work out if they are likely to get much political traction or not. But this will happen shortly along with various reasons why voters should support their candidates at election time.

Just because a candidate stands as an Independent, will that mean this person has to be a financial member, and a supporter, of the Independent Party?

Answer : No . . . but only if they want to.

So it is more than likely we will end up in some constituencies with Independent candidates standing as being Independent and completely separate from the Independent Political Party.

I see a recipe for voter confusion rising out of all of this.

Never mind.

“Let the coconuts fall” on this one and wait to see what happens.

I went to the shop yesterday to purchase my copy of the 2nd most popular newspaper in the Cook Islands behind the Herald.

To my great surprise I read on the front page that Teina Bishop and George Maggie had been kicked-out of the Cook Islands Party. “Gee-wizz” . . . Cook Islands politics is really starting to hot-up. It’s getting “juicy!”

I then read that Teina is going to start a new Political Movement which I suspect will be a loose collection of Independent candidates standing in various constituencies.

So it appears many voters could have a choice of at least 4 different candidates standing for 4 different political identities. Nothing wrong with that. The more choice voters have, the better quality MP’s we will end up with . . . I hope!

During the Easter Holidays, I received a number of “Political Intelligence Reports” from the islands in the Northern Group suggesting the following would happen if there was a General Election held tomorrow :

* Willie John would take the Penrhyn seat as an Independent.

* Apii Piho would take Manihiki for the Demo’s.

* Pukapuka would elect an Independent candidate because the people there have had enough of both the C.I.P. and the Demo’s.

* Rakahanga would go C.I.P..

So for the 4 Northern Group constituencies, the result would be as follows :

Demo’s: 1 MP.

C.I.P. : 1 MP.

Independent : 2 MP’s.

Such a result would throw the entire political situation in the rest of the country into turmoil.

Could it be possible that both the C.I.P. and Demo’s have their respective leaders defeated at the polls on 9 July?

You bet it’s possible.

So to avoid this, both men have a lot of work to do on their respective islands if they want to retain their seats in Parliament.

With regard to the other island constituencies of the Southern Group, I don’t think there would be any change if an election was held tomorrow.

All present sitting MP’s would be returned with Teina Bishop being elected for his Arutanga-Reureu-Nikaupara seat on Aitutaki as an Independent.

However, this could quite easily change in the coming weeks depending upon the quality and popularity of opposition candidates and what sort of political impact they are able to make in their respective constituencies.

So for the Southern Group seats, the result of an election tomorrow would be :

Demo’s: 4 MP’s.

C.I.P. : 4 MP’s.

Independent : 2 MP’s.

So for the 14 outer island constituencies, the count for an election held tomorrow would look like this :

Demo’s: 5 MP’s.

C.I.P. : 5 MP’s.

Independent : 4 MP’s.

The end result of an election held tomorrow would therefore rest fairly and squarely on the shoulders of the “Rarotonga Voters” and their 10 constituencies.

If the Demo’s don’t split once again in Ngatangiia and if the anti-C.I.P. factions in Avatiu can unite, then the Demo’s would take both seats from the C.I.P..

If the rest of the sitting members all held their seats with George Maggie taking Tupapa as an Independent, then the Rarotonga split would be as follows :

Demo’s: 6 MP’s.

C.I.P. : 3 MP’s.

Independent : 1 MP.

If one was to add all these seats together, our 24 seat Parliament would look like this :

Demo’s: 11 MP’s.

C.I.P. : 8 MP’s.

Independent : 5 MP’s . . . 24 seats.

We now have a “Hung Parliament”.

That above situation is what I see if we had a General Election tomorrow.

But of course we don’t. Much will change on the political landscape over the next couple of months.

So : “Expect the Unexpected to Continue”.

In particular, I will be looking at the Independent candidates standing and what potential impact they were making.

More than 2 Independent candidates standing in the same constituency will probably end up cutting each others throats.

Only time will tell.

On the other hand, we saw what happened in Ngatangiia and Avatiu last election where very strong Independent candidates did enough to split the vote sufficiently to determine the end result.

I wouldn’t be surprised if a similar situation didn’t happen in quite a few constituencies this election.

There will be a few surprises of “political twists and turns” as the campaign period progresses.

I expect a number of political surprises will fall completely “out of the blue” that could drastically affect a number of results in several constituencies.

What an interesting and “exciting” campaign period we are going to have over the next couple of months.

If I were to make a long term prediction as to which party or political group would win the General Election on 9 July it would be this : “Victory will go to those who are least expected to win”.

That is what happened in 1965.

Howard Henry

EXCLUSIVE>>>

Telecom scandal good reason to dump CIP

Neves' dishonesty over TCI secret agenda exposed

Buy back right deceptively concealed from public

Whether it has been by purpose, incompetence or the inability to comprehend the simplicity of the opportunities or options concerning the sale or purchase of Telecom Cook Islands, the Financial Secretary Richard Neveva Neves has maliciously misled the government and people of the Cook Islands. For this grave deception Neves should have his contract terminated immediately and fraudulent charges laid against him along with the associated Crown Law advisor, Neves is simply a disgrace.

Neves along with his Minister Mark Brown have premeditatedly failed to disclose all the facts and options available to the public, in fact they have misled the owners (the people of the Cook Islands) of 40% of the TCI shares promoting only the option of their choice.

The CIP government's callous push to sell a gilt edge national asset and force an embrace of Digicel is a declaration there is no respect

for the employees who have devoted their careers to making TCI a commercially attractive proposition.

Neves is quick to preach fear and every distorted reason why the Cook Islands are far better off disposing of one of the fundamental pillars of our fragile economy but along with Brown he cannot summon one single reason

why it should be retained, such are these intellectual Siamese twins seriously void of vision and economic creativity, both losers and undeserving of their obese salaries.

With the status of the national finances bordering on insolvency and seriously cash

deficient, Brown and Neves are desperate to conceal the true nature of country's economy. The sale of 50% of Cook Island shares to Digicel for \$7 million will only provide a short term fiscal bridging till a new down scaled budget could be appropriated.

The Public Service Commissioner Russell Thomas has no option but to

suspend Neves and conduct an immediate inquiry into his handling of the controversial TCI shambles. Whether Brown has surveyed all the options and agrees with Neves or he is just too dumb to know any difference remains to be seen.

Current Chairman of TCI Temu Okotai and Brown's

Telecommunications Advisory Board are all sworn to secrecy so the lack of transparency continues to raise questions of the integrity of the ongoing due process that is attracting public resistance.

Within the 120 work force at TCI there is a growing restlessness about the security of their future employment under a Digicel take over. Three months ago during a meeting with senior staff the Digicel team conducting due diligence advised the TCI workers there would be a shedding of up to 25% of jobs due to their business model.

Recently in Parliament TCI Minister Brown was asked a question about TCI in relation to Digicel and he categorically said there will be no loss of jobs. Last week Neves addressed the Democratic Party caucus on Finance matters including TCI and clearly stated Digicel will be reducing the staff by up to 33%. An innocent difference or was Brown deliberately

Continued next page

Within the 120 work force at TCI there is a growing restlessness about the security of their future employment under a Digicel take over.



Richard Neves a disgrace and should be suspended immediately by Public Service Commissioner Russell Thomas

lying to the House and to the whole Country in the live Radio Cook Islands Parliamentary broadcast? Digicel have never publically denied there will be job losses if they take over TCI, their answers to that question are vague or fudged.

Neves' continued dribble the Government shouldn't be in business is becoming tiresome and irritating, his lack of business acumen becomes more obvious every time he propagates that mantra. He may have fooled Brown with that, but anyone with a pinch of commercial intelligence knows there is a difference in owning a business and operating it.

Understandably Brown falls short in comprehending the difference with his track record in business, two novices can hardly be expected to grasp any more than they do.

TCI has successfully operated profitably with the government being an owner for many years; somehow Neves and Brown have a cognitive deficiency not to understand that. If this attitude of Neves is allowed

to continue will the profitable Te Aponga be the next government business to be sold if an interested buy rocks up? What about the Airport?

While Government owns these businesses they are successful because Government doesn't run them, appointed Board of Directors do. Maybe Neves and Brown should take a leaf

out of their books and adopt some of these State Owned Enterprise's practices and adopt them for their Ministry to make the economy better than it dismally is.

As reported in this newspaper several weeks ago, I made the very important point that the sale of Telecom NZ Shares to Digicel could

proceed, but as the Cook Islands having sold its 20% shares for \$3 million to TCNZ back in 1997, the Cook Islands can acquire these shares as a matter of right.

To regain controlling shares it is not necessary to buy all of TCNZ's shares (60%) for \$23m, we can and should buy back just the 20% sold in 1997 therefore increasing

our total shares to 60% and having the controlling interest in Telecom.

That 20% option has never been suggested by Neves (Hence the accusation of deception and secrecy) should be exercised and acquiring it would cost less than \$7million. One can guess what will happen to Digicel's

interest in Telecom?

It will disappear and so will the value of the rest of the shares held by Telecom NZ.

By that time its value will be worth much less and the people could then be given the option to purchase these shares.

There are several options for the Cook Islands or Cook Islanders to acquire the 20% TCNZ shares. If Mike Tavioni's scheme works he will need 7,000 subscribing \$1,000 each, currently he has up to 750 people registering their interest. Aitutaki MP Teina Bishop is proposing a consortium of interested partners and has opened a bank account to deposit funds under a similar scheme.

If government can't see the benefits of being the controlling share holder and lodge notice six months beforehand the intention under the "Buyback Right" provision in the Joint Venture Agreement," then that option should be transferred in house to Cook Islanders individually or groups. There is also provision to use 10% of the CI National Super Funds

That 20% option has never been suggested by Neves (Hence the accusation of deception and secrecy) should be exercised and acquiring it would cost less than \$7million.



Minister Mark Brown easily deceived due to his dependency on Neves.

for local investment.

Why hasn't Richard Neves and the law trust of the Crown seen this or even mentioned this in its public statements? One can only speculatively wonder? Neves has promoted the idea that our only option is we would have to buy the entire block of shares at \$23m and Crown Law has promoted that if we don't purchase the shares or if we do nothing about it, the sale will proceed and that will be the end of the matter.

There is something that can be done about it and that rests with the Business Trade and Investment Board (BTIB). They can exercise their legislated powers to defer any sale or transfer of TCNZ shares to Digicel until a full investigation has been done. Included in this process a Social Impact Assessment and an Economic Impact Assessment should be undertaken with submissions from the public.

BTIB are required to

undertake an in-depth due diligence on Digicel leaving no stone unturned independent of interference from Neves as he has tried in the past. Issues the landowners have been legally embroiled in with TCI should also be given priority attention and resolved before any Foreign Enterprise Registration is approved to the likes of Digicel.

Most certainly Neves and his cohorts from Crown Law will immediately start doing his jumping up and down drumming up fears of consequences and litigations. Neves and co should be totally ignored if he hasn't already been suspended by the PSC. Let Digicel litigate then discover they have been misled by Neves and Brown. No Judge will rule in favor of Digicel while there is a caretaker government. Added to that the due process for a Cook Islands business for sale was not done in accordance with BTIB rules. Retrospective

transactions are not accepted, so Neves jump up and down all you like, if the Board stands by their convictions and can repulse Minister Kiriau Turepu's compulsive political interference, nothing will happen until after the July 9 Elections.

By making such public pronouncements it would appear that the FINSEC has scared the weak CIP led Government into accepting the sale to go through without our option being exercised. But it gets worse! Not only have they advocated a do nothing approach the FINSEC has also not come clean on our current 40% stake. According to the agreement if our share capital reduces by any more than 20% there will not be any buy back option left to us. That position would leave us exposed and the balance of our share value completely worthless.

Where is Mark Brown in all of this? First he did the we aren't

By making such public pronouncements it would appear that the FINSEC has scared the weak CIP led Government into accepting the sale to go through without our option being exercised. But it gets worse! Not only have they advocated a do nothing approach the FINSEC has also not come clean on our current 40% stake.



selling our 40% back flip, then he claimed it was for the best if the government completely got out of TCI, then Brown tried to hood wink the country by saying that there will be no job losses, in fact the Government has gone on record as saying in Parliament that Digicel's view on the staff of TCI are some of the best in the Pacific, they are well trained and have a high skill set. By making such statements the public can be excused for thinking that the jobs of Cook Islanders in TCI are safe.

After repeatedly stating the government wasn't interested in retaining any ownership of TCI, later in the Cook Islands News, Brown conveniently forgetting what he previously said claimed the opposite stating the Cook Islands 40% share holding was definitely not for sale to Digicel.

Then at a meeting with the

Democratic Party last week Neves made it very clear Digicel wanted to buy the Cook Islands 40% shares in TCI and he advocated that proposal. One thing is becoming clearer every time Neves and Brown speak about

One cannot express enough sympathy for the 120 staff that work at TCI, it saddens the heart when one stands outside the TCI building asking the question which of the 30 Cook Islanders inside that building is going to lose their jobs? What about their families?

TCI when the other isn't present is they are not on the same page.

One cannot express enough sympathy for the 120 staff that work at TCI, it saddens the heart when one stands outside the TCI building asking the question which of the 30 Cook Islanders inside that building is going to lose their jobs? What about their families?

Then again after everyone has seen the heartless way Henry

Puna and Mark Brown have under the law of Neves cruelly treated our elderly mothers and fathers for the last year, it's no wonder these CIP rouges have no concerns about their fellow Cook Islanders. They robbed the pensioners, now they shamelessly and willing rob the food off the table of 30 workers and their families about to be sacked (something both Brown and Neves will soon experience), without dignity, not because they weren't performing but because of Neves and Brown's greedy appetite for fast money and they expect to be re elected, how bizarre?

Cook Islanders should demonstrate their disgust for this disgraceful CIP government and vote for either the new One Cook Islands Movement or the Democratic Party who both claim the TCI buy back option will be a priority policy.

- George Pitt

Neves kicks Framhein out of Telecom briefing for Demo Caucus

Last Thursday 24 April, broadcaster William Framhein was surprised to be evicted from a meeting he was invited to attend. Leader for the Democratic Party Wilkie Rasmussen requested Framhein to attend a caucus meeting on his behalf to write a report in regards to an update of Digicel's proposed takeover of TCNZ's 60% shares in TCI which was to be presented by Richard Neves.

Framhein arrived at the midday meeting while Neves and a legal representative from Crown Law were preparing for their presentation.

On entering the meeting room the response to Framhein's "Kia Orana" greeting to Neves was an abrupt instruction to leave the meeting. When asked why? Neves' reply was because Framhein had made an offer to buy the TCNZ shares in TCI and that constituted a clear conflict of interest.

Framhein disputed he had made an offer to buy TCNZ's shares in TCI and secondly he was asked by Wilkie Rasmussen to attend the meeting.

Neves reluctantly conceded Framhein had not made an offer to buy the TCNZ shares but he cited an imaginary conflict of interest for the reason he did not want Framhein in the meeting. Neves also stated his presentation would cover some commercially sensitive information which he did not want Framhein to see but also said he would probably get some of the information from those who attended the meeting.

Framhein then left the meeting. Without his presence, Neves was able to gobble talk at liberty without being embarrassed with questions or challenged by the telecommunications savvy Framhein who was invited to attend because he most likely knew more about the topic than the rest combined. So much for transparency, how bizarre. - GP

NTV Fun Run

By Nadia George

The hustling continues for team Ngakau Toa as they fundraise their hearts out to gather up enough funds for their trip to Sydney, Australia, to be able to compete in the Trans-Tasman Junior Regatta Sprints, Gubbi-Gubbi. Saturday morning saw a continuation of the team's hard efforts as the junior members did their much awaited, Run-a-Thon. With their buckets at the ready, the Ngakau Toa members ran, around Rarotonga starting from the intersection at Nukutere College.

It was an early start for all, as they began their run at 7AM, with drummers, bike horns and the MC's voice blaring through the PA system on board the truck, trying their best to entice passer-byers, to donate generously to the youngsters running that morning.

Myself, and two others, followed behind the truck on motorbikes, to pick up those who may fall behind. By the time the truck had gotten to Super Brown, I had, had enough of the "hum-drumness" of driving, so I made the quick change over and was hitting the pavement with everyone else.

The run started off a bit slow, with a large amount of traffic being caught up behind the truck and runners, which provided me with the perfect opportunity to make the best of a bad situation. With everyone running towards the traffic, I had taken the time to double back through the crowd and gather as much

"spange" (spare change), I could squeeze out of all the cars piled behind us, then realized that I would have to run a fare amount of distance before I would reach the rest that had sadly left me behind! After the first half hour or so, everyone had warmed up to it and started to gain speed. By the time Matavera had come along, runners and drivers had gotten everything down to a fine art. Pick up a few slow movers here, run until you see the back of the truck then chill out.

The team's spirits were at an all time high as they received donations from mainly locals, but was stiffened a bit as they met up with another team who had been doing their very own fun run who were also in blue *exasperated sigh. All in all, the team's efforts were fantastic to see. Not even their blistering feet could dull everyone spirits. A lot of poorly rehearsed dancing, the loud shouting of Tehere's Maori slogan and the smiles and sweat stained shirts of everyone made for a very enjoyable day of fundraising.

In total the team had made a grand total of \$2,500 from their fun run as well as their pancake and sausage sizzle store that they have every Saturday at the Punanga Nui Market.

A big Meitaki maata to all those who donated and helped support the junior paddlers of Ngakau Toa Vaka, and also to those who had taken extra care on the roads, with our juniors run on Saturday.

The lost Chooks

Just who is reaping the benefits from the horrendous prices being charged for some items? How are these prices justified? One small item for an electronic appliance costs over \$80 locally but can be purchased in NZ for just \$8. Another small item for an electronic device cost just under \$70 in NZ but here costs nearly \$170. Not only that, but the cost for labour to insert this device is around \$80. Pushing the cost of this small item well beyond \$200! And MFEM says inflation is below 3%. Phooey! People in MFEM need to stop fantasizing, get out of their seats and look around the real world. The price mark up in this country on some goods is just unbelievable and unjustified. In any other country people would be rioting in the streets.

The Te Mato Vai gravy train just keeps attracting more and more layabouts wanting to put their noses in the millions of dollars trough. A new job has been created as another layer of management. Simply put the Project Steering Committee (PSG) plays a governance role not a management role! Management of the project is PMU - Kew Consultants. With now a go between PSG and PMU, this will make three management teams. After the overpaid finger in many pies, McCully's spy Jaewynn McKay got dumped by TIS don't be surprised to see her Fox get the new position.

The COMPUTER MAN Tech Tips

Phone 24979 Email: sales@thecomputerman.co.ck

WINDOWS XP where to now?

The end-of-support announcement has put some users into a panic, as it sounds ominous if you don't delve into the details. We've encountered users who think that XP will simply stop working, users who thought they'll be "forced" to upgrade, and users who believe troubleshooting XP will be virtually impossible after April 8.

The discontinuation of security patches is the most damaging part of terminating support for XP. New attacks are constantly developed, but XP computers will no longer be receiving patches to counteract exploits. The operating system's security will degrade over time.

There's nothing you can directly do about this, but you can take security seriously. Make you're your Antivirus software is up to dates. Make sure your browser, as well as any relevant plug-ins (like Java), are constantly updated to their latest versions, and make sure you've backed up your data.

In truth, nothing will immediately change. End-of-support does not negatively impact existing XP installations in any way. No features will be disabled, no upgrades will be forced, and even technical support will still be relatively easy to come across. Literally millions of articles have been published about tweaking or fixing XP, and they won't disappear overnight.

OUR COMPUTERS

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Week 14 Fantasy Odds on who will Win and Margin

Week 13			
April 26	12 Under	13 +	Draw
Warriors	\$1.50	\$5	\$30
Sharks	\$1.60	\$20	\$30
Bulldogs	\$2	\$15	\$30
Sea Eagles	\$1.70	\$5	\$30
Panthers	\$1.50	\$10	\$30
Bears	\$1.20	\$10	\$30
Eels	BYE	BYE	BYE

New fantasy odds on who will WIN and by what MARGIN of UNDER 12 or 13 +. This will give tipsters and fanatical league followers more options when going to a LOCAL league game. Follow your teams' fortunes every week on the Fantasy Odds score board.

The Fantasy Odds column is a hypothetical scenario based on the writers opinion. This is NOT real.

RUGBY LEAGUE.. IS IT TRUE?

IS IT TRUE

The Panthers will beat the Eels in the Rugby League Grand Final.

IS IT TRUE

The Eels are sending their U19 team to Aitutaki to represent them against the Sharks this week

IS IT TRUE

Team Campbell 8/12 successful attempts at goal is better than Team Tyson 6/6 attempts.

IS IT TRUE

Arorangi's OTC mechanic, Alex Kermode will offer his Legal services for FREE to those naughty boys at court on Thursdays.

IS IT TRUE

Tom Vaeu's cheerleading group has written to Tupapa Rugby League requesting a refund because Tom's debut at Victoria Park was short lived..... Only 1 sip of wine.

IS IT TRUE

Black board Special outside Avatiu business:" Sand Shark Fillets for Sale. Easy to beat because they have NO Teeth"!!! .

IS IT TRUE

Doughnuts with holes taste better than doughnuts without? Try taste test at Hartel shop in Tupapa.

IS IT TRUE

That people love Raro Fried Chicken" so much that they are prepared to break the law to get it? Ask Avatiu league player who when caught by police for breaching his probation says he was just going to get some "Raro Fried Chicken"

Unofficial Points Tables after wk 13

Premis	Points	Reserves	Points
Eels	20	Sea Eagles	24
Bulldogs	16	Eels	18
Bears	10	Bears	14
Sea Eagles	9	Bulldogs	12
Panthers	8	Panthers	4
Sharks	6		
Warriors	3		

Navy Epati Memorial Trophy Results

Under 14	Eels	54	Bears	5
Under 16	Bears	26	Eels	10
Under 19	Bears	36	Panthers	28
Reserves	Sea Eagles	52	Bulldogs	22
Premiers	Eels	68	Bulldogs	8

Scores Last Week (Game 13)

FRI 25TH APRIL

Warriors **22** Sharks **42**

SAT 26TH APRIL

Bulldogs **23** Sea Eagles **16**

Panthers **32** Bears **18**

BYE – Eels

Draw Wk 14

Fri 2nd May

Sea Eagles v Panthers

Nukupure Park, 4.30pm (TV)

Sharks v Eels

Arutanga Park, 4.30pm

SAT 3RD MAY

Warrior's v Bears

Happy Valley, 4pm

BYE – Bulldogs

Simple Simon says.... Panthers Claw the Bears...

With the reintroduction of Noel Emile (holidaying) at lock the Tupapa Panthers subdued the visiting Arorangi Bears at Victoria park over the weekend. The 3 imported Fijian players again showed their worth as much of the back play revolted around their incredible skills. From launching backline moves to fielding high balls the # 7 Joe Vedaukula excelled throughout the game. Adding value and expertise, returning for his second term # 3 Seruli Ralulu hammered the opposition with aggressive but legal hard tackles. The remaining Fijian, playing at full back, # 1 Amenayasi Aroi, covered the rear well and injected himself into a backline that flowed on attack. Stalwart Tururi Matutu, a former Panther now a Bear, appeared to be injured early on in the half but stubbornly soldiered on and was reward with a try for his new Bears team. Fellow former Panther statesman Alex "the Lawyer" Kermode also now a Bear, was guilty of losing the ball on several occasion but on closer tv video examination this was helped out by aggressive BALL TARGETING tackles made by none other than the Fijian trio. The Bears produced a couple of exciting front rowers Mathew Tepai #10 who had a energetic 2nd quarter and #15 James Samson truly testing any defence. Standout player for the Bears must go to the "Junior Beast" Andre Iro, son of Kevin, who will carve his own niche in any sport he commits to as the support and natural skill is strong in the Iro family.

The Panthers game against the Sea Eagles on Friday at Muri, will determine who gets the 4th spot in the competition.

How do you beat the Panthers??.....

STOP the Fijian trio, HOPE the "H"Factor doesn't turn up and POD standoff Tyson Ooariki, has a bad day with his kicking.

So says SimonSimon the Perenise Fan

Who Played Well

Panthers – Seruli Ralulu, Joe V, A Aroi, Noel Emile Rueben Ooariki

Bears – Andre Iro, Mathew Tepai, Turori Matutu

Half time – Panthers 18 Bears 0

Full time Score – Panthers 32 Bears18

Sin Bin -Knickers 'n a Twist Naughty Seat - No players

Txt Winners Wk # 11

Rangi Luke -	T-shirt
Ake Tangapiri -	Karaoke Hire
Kikau Broom Maker -	Meat Pack

Week 14 Who they picked!

1. Andy Kapi – Eels, Bears, Panthers
2. Nat says Happy Bday- Eels, Bears, Panthers
3. Daniel R - Sharks, Warriors, Panthers
4. King Gee – Eels, Bears, Panthers
5. Rupe the Sparky – Eels, Bears, Sea Eagles
6. Jeff the Ref – Eels, Bears, Sea Eagles
7. A.W.R – Eels, Bears, Panthers
8. Maxine DBM – Eels, Bears, Panthers
9. Phillip Strickland – Eels, Bears, Panthers
10. Roma Club Raro – Eels, Warriors, Sea Eagles
11. 3T3I2U2A+1R – Eels, Bears, Panthers
12. Rereo Heather – Eels, Bears, Panthers
13. Lydia the Barwomen- Shark, Bears, Sea Eagles
14. Naked Chef – Eels, Bears, Panthers
15. Noo – Eels, Bears, Panthers
16. Miss M– Jaws, Big Ted, Big Bird
17. Rob Matapo – Eels, Bears, Panthers
18. Frankie Zumba - Eels, Bears, Sea Eagles
19. Kane Killer of Able – Eels, Care Bears, Panties
20. Sean Willis – Shark, Bears, Sea Eagles
21. Wayne Robati - Eels, Warriors, Panthers
22. Antonio Poa – Eels, Bears, Sea Eagles
23. Graham Whitfield– Eels, Bears, Sea Eagles
24. Henry Hoff – Eels, Bears, Sea Eagles
25. Raro Rentals Ruth – Sharks, Bears, Panthers
26. Tangee on the Road – Eels, Bears, Sea Eagles
27. The General – Eels, Bears, Panthers
28. The Corporal – Eels, Bears, Sea Eagles
29. The Sargent – Eels, Warriors, Panthers
30. The Cook – Eels, Warriors, Sea Eagles
31. League Fan – Sharks, Bears, Panthers
32. Coach Rick – Eels, Warriors, Sea Eagles
33. Ed Framhiem – Eels, Bears, Sea Eagles
34. Pam Brider – Eels, Bears, Panthers
35. Ake Tangapiri - Eels, Bears, Panthers
36. Salsa Chef Terry – Eels, Bears, Mighty Panthers,
37. Staircase– Sharks, Sea Eagles, Bears
38. Anthony Brown – Sharks, Sea Eagles, Panthers
39. Mum & Dad Tou – Eels, Bears, Panthers,
40. Fungs Takeaway – Eels, Bears, Panthers

PRIZE - 1 x FREE t-shirt, 1 x Karaoke hire & 1 x Meat pack for person who correctly picks 3 winners from this weeks draw.

Conditions apply - If more than 1 winner – draw from a hat.

How to Enter – Txt your picks for next weeks games to Matman · PH 55 921 before Tue 4pm

GAME
OF THE
WEEK

REPLAY
5PM SUN ON
CITY



VS



Nukupure Park, 4.30pm Friday 02 May

watch on: www.youtube.com/brianthematman

RaroShack



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New research begins on pearl quality

Manihiki pearl farmers stand to benefit from a shell cleaning trial conducted by the Ministry of Marine Resources' Pearl Support Division.

A six month trial of a new cleaning method, which so far shows shells grow larger the more frequently they are cleaned, is being undertaken by MMR Pearl Biologist Tina Weier.

The MMR team in Manihiki started the trial five months ago as part of ongoing research aimed at improving the pearl farming industry.

Weier says trials on virgin shells began to investigate the possibility of a stress-free cleaning regime for pearl oysters.

The shells are cleaned in-water, on the lines, by a SCUBA diver using a wire brush.

For the trial they took three groups of oyster shells, and cleaned them at 8 week, 4 week and two week intervals to compare against a control group that has been left uncleaned.

After four months, the shells cleaned at two week intervals are 7 per cent larger than the uncleaned shells.

Weier says larger shells contain larger gonads, so can produce larger pearls.

"The healthier the oyster the more nacre it produces – this is what gives the pearl its colour and sheen."

Typically oyster shells are set on lines for 12 to 18 months before they are cleaned and seeded. Farmers use hammers and chisels to clean shells, which can be

stressful on the oyster. The trial has found that shells can be left for up to two months and still be cleaned well with a wire brush. Pearl oysters must be cleaned of the fouling organisms that grow on their shells so they can get enough food and oxygen to grow. Weier says if oysters are covered in barnacles and other growth for too long, they are effectively being smothered. One oyster filters 624 litres of water every day to get food and oxygen.

If the water quality is low because of fouling and crowding, the more water they have to filter to get enough food, the more energy they are wasting and the less they have left for growing and producing nacre.

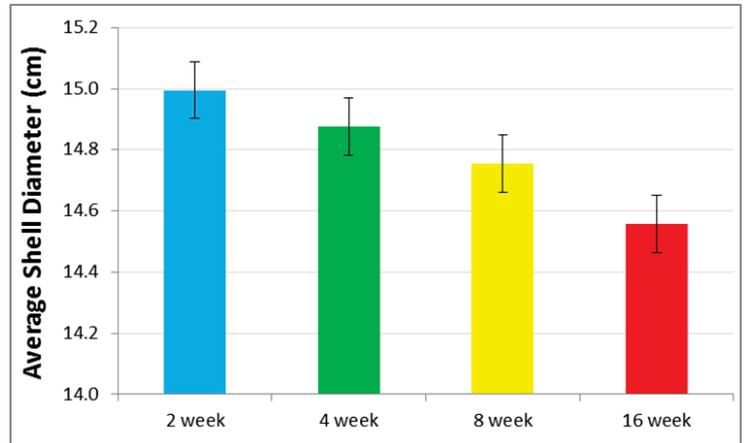
MMR is working with about 25 farmers to carry out other trials and are encouraging them to share their findings with each other.

Farmers are being encouraged to trial new techniques at seeding and harvesting times.

The riskier trials that have been proposed will be carried out on the MMR farm. Currently 1500 shells are being conditioned on the MMR farm for new seeding trials, some of which will look at pearl quality in younger oysters.

Weier says they are now conditioning 1500 shells on the MMR farm for new seeding trials. One of these trials will look at the quality of pearls produced from younger shells.

MMR will present the final results of the cleaning trial to industry members later this year.



The graph above shows the initial results of the shell cleaning trial after just four months on the oysters cleaned at two week, four week, and eight week intervals against the control group which was not cleaned.





Ministry of Marine Resources
GOVERNMENT OF THE COOK ISLANDS

Serving for the freedom of others

Music is my saviour!

Encouragement Column

With Senior Pastor John Tangi

By Senior Pastor John Tangi

In respect and honour of the sacrifices made by many of our forefathers and their comrades from New Zealand, Australia and other allied nations during the First and Second World Wars, including all other similar campaigns that followed such as the Korean War where many Cook Islanders and other nations were also involved, the Vietnam War, and so on, including the involvement of our Cook Islands Police Officers in the Regional Peace Keeping Mission in the Solomon Islands in recent times up to now, we as a nation still commemorate the gallantry efforts of our people and those involved in putting their lives at immeasurable risk “for the freedom and peace of others”.

Last Friday 25th April 2014, through the ANZAC Day services held at the cenotaph at the Ministry of Justice ground we commemorated the historical feats of these men and women of valour. So much blood has been poured out and so many loved ones killed “for the freedom and peace of so many”. Although these events took place decades ago, except for the Solomon Islands campaign which is on-going so far, we still commemorate the resounding bravery of these men and women today. This article is a tribute to all of them, and above all, for our Lord and Saviour Jesus Christ.

Jesus Christ the Lord and Saviour of the whole world said in John 10v.10-11 “The thief comes only in order to steal, kill, and destroy. I have come in order that you might have life – life in all its fullness. I am the good shepherd, who is willing to die for the sheep.” According to the Bible we are the ‘sheep’ and Jesus Christ is

the Good Shepherd, and the thief is none other than Satan or the devil. Because mankind has been and will continue to live life through challenges and problems caused by the powers of darkness to stop us from accessing and enjoying the blessings of Gods real and true freedom and peace, and also from having ‘eternal life’, God send His Son Jesus Christ to reconcile us back to God the Father through His (Jesus) finished work for all of mankind on the Cross on Calvary. The blood Jesus shed on that cross cleanses us of all unrighteousness and from all of our sins. By us receiving Jesus Christ as Lord and Saviour of our lives, we can access real and true freedom and eternal peace in spite of the difficulties and challenges we face in life. Jesus said in John 14v.6 “I am the way, the truth, and the life. No one comes to the Father except through Me.” I John 5v.12 read “He who has the Son has life; he who does not have the Son of God does not have life.”

We thank God for the services and sacrifices made by those gallantry men and women of valour for the sake of “freedom and peace” for us here in the Cook Islands and for all of mankind. By the same token we thank God for sending His Son Jesus Christ to fulfill His (Gods) plans of reconciliation of mankind back to Him through Jesus crucifixion, death, burial and resurrection, that you and I, and all of mankind might have real and true “freedom and peace” and above all ‘Eternal Life’ through Jesus Christ. Jesus said in John 14v.27 “Peace is what I leave with you; it is My own peace that I give you. I do not give it as the world does. Do not be worried and upset; do not be afraid.” May God bless you!

By Norma Ngatamariki

Y.O.L.O! It’s the very last week of the school holidays, people, so make the most of it! I had a stress-free, work-free week. I loved sleeping in until 10am in the morning, eating whatever I liked, visiting my friends. Short version, I did absolutely nothing productive with my time (besides cleaning the house, which was a must). I’m a slob when it comes to holidays and I’m not ashamed to admit it. But eventually, reality was going to bite me in the butt. Alas, here I am in my little cubicle, once again reporting for the Herald.

So I was trying to think about an interesting topic to write about. I thought about it for a very long time (four hours to be exact). While I was thinking about it, I was listening to the music on my phone. It felt so soothing and it prevents me from taking out my frustrations on the walls. Then it struck me: Teens love music! This is an undeniable fact of life and everywhere I go, there is always at least one teen listening to his jams on his phone.

Everybody is different, so everybody loves listening to different kinds of music. Whether its hip hop, R&B, reggae, rock or country even, all genres of music appeal to teenagers. We listen to music when we want to block out the world (especially when someone is getting on your nerves). We use it as a distraction, a way to cope with the dramas happening in our lives or to express our feelings to the world. It is a powerful tool for adolescents. In Tereora, all you hear are portable speakers, blasting out music at their loudest, playing the latest sounds.



Yeiya!

We’ve even got some local potential here in the Cook Islands. Tereora College is finally expanding its curriculum so that performing arts also has a role to play in the education of your child. The student leaders try and make an effort to get someone on stage who can sing. It’s great entertainment and the kids love it. It’s also a great means of exposure and experience for the singers. I really admire the Samoan singers who can play a mean tune on the guitar and carry a great tone. I can already tell that you guys have a future in the music industry!

Music makes the world go round. It’s a common saying that preaches the truth. I like surfing the Net searching for the latest songs to download. I plug in my earphones when I want to ignore the world. And it works!

Ian Karika Invested as Kamoe Mataiapo



By Nadia George

Saturday 26th April 2014 marked the investiture of Ian Karika as the Kamoe Mataiapo of Ngati Kamoe. Since 1996, Ian had been the kauono of the Kamoe title, whilst his mother and previous titleholder, Rakera Karika, had been residing in New Zealand due to health reasons. Since then, the Ngapoko family previously met to discuss the plans for a title change over from Rakera to Ian.

Although the investiture of Ian Karika as the Kamoe Mataiapo, has brought up objections from the Ngati Pi branch, over who is the rightful Kamoe Mataiapo of the family, sister of Ian Karika, Helen Tatuava, tells the Herald that for eight generations the title of Mataiapo has never shifted from their line and so she is unsure of why the disruptions are occurring. For eight generations, the Kamoe Mataiapo title had moved through the descendants of Kamoe Manava, through to Te Arikitakatairangi, Kamoe, Te Upoko, Rakera, Ngapoko Kamoe, and Rakera Karika then to current titleholder, Ian Karika.

The genealogy recorded of all Kamoe Mataiapo titleholders was extracted from the official court documents on Rarotonga. From Ian Karika, the title of Kamoe Mataiapo will then move on to a descendant of the Ngapoko

Kamoe line, although it is too soon to select who will be next in line for the Mataiapo title.

Since the investiture, Ian has now become the eighth generation to hold this title within the Kamoe family line. In 1968, Rareka George Karika Kamoe had been invested in as the Kamoe Mataiapo, holding the title till 2009. Having been invested by Makea Nui Teremoana with the Potikitaua Mataiapo, Nono Manarangi.

Today the Kamoe Mataiapo, Ian Karika, was invested by the now Potikitaua of Ngati Makea, Anau Manarangi, at the Are Marama grounds in Tupapa, which is connected to the Arai Te Tonga Marae through the Are Roa land owned by Kamoe and Te Puretu. The title of the Kamoe Mataiapo has had long-standing ties with Ngati Makea, which comes under Makea Ariki, the Mataiapo to Makea Nui.

The duties and responsibilities of the Kamoe Mataiapo is to be the voice of his or her Ngati, to be headstrong in their role and ensure that peace through any family deliberations or issues that may occur within the Ngati will be found. Meeting with and making decisions based on the interests of his or her Ngati is also another duty that comes with the Mataiapo title, insuring that he or she protects the interest of their tribe, family and



Rakera Karika - Previous Kamoe Mataiapo title holder matakeininga.

The families of Ngati Kamoe believe that Ian Karika is the rightful person of the title, Kamoe Mataiapo. The fact that Ian has been the Kauono of the title since 2009 gives the family all the more reason to invest Ian as the Mataiapo. Within the community, he is recognized as a respectful individual who puts his island and culture at the heart of

his ambitions. For years Ian Karika has been an outgoing member in the community and is in many ways tethered to the cultural respects and ways of our ancestors before us.

Helen Tatuava believes that her brother will in many ways carry out his duty as Kamoe Mataiapo, with dignity, respect and honor. The family of Ngapoko Kamoe believes Ian will do an excellent job with the Mataiapo title.

The Tupapa CIP meeting last Thursday night in a packed Maraerenga hall turned into another slanging match after the Matavera MP Turepu opened with a distorted account of the Bishop, Maggie saga. Immediately after that the CIP President Pastor Deacon Nga tried to close the meeting. But Maggie interjected with his accurate account causing the crowd to shout out Nga was a liar; even the four letter word starting with 'f' was used by several women. The newspaper ad said the meeting was for the selection process to begin but Nga said everyone had to register for membership first etc, etc. New Minister Mona Ioane even questioned the direction of the meeting in a very challenging way referring to the people being dishonestly led then he walked out. It was obvious to all Maggie isn't the CIP's top brasses pin up boy, but without him Tupapa won't be a CIP seat. The anger and verbals spilled out into the general public after the meeting with Nga making a speedy get away.



Some Tupapa CIP supporters were surprised Doreen Boggs from Arorangi turned up to their meeting last week. Prior to that, she showed up at the Murienua CIP meeting, possibly as an extension of the Bulldozer's eye witness team (CIP or CIA?). No surprises either if she turfs out this publication from her Friendly Mart.



Neneva Neves was buoyant for a few days after his \$300,000 contract got renewed by his dependent Mark Brown, but on the third day everything got reversed in the normal back flipping CIP style due to a host of compliance violations.



Remember when the DPM Bulldozer Heta was on Radio barking mad about his secret \$7 million back door deal with the Chinese being a load of lies and more lies and the writer didn't get the facts? When Norman George asked Heta live on Radio



Matariki if it was true, Heta said a big no, no, and more no's and later sacked the writer from a government Board. Heta said time will tell the truth. Well time has passed and the truth is there for everyone to see it was DPM Heta who is the LIAR, yes time has proven the Bulldozer was lying, then who cares he's got the \$10 million contract and is laughing all the way to the bank after paying off his huge unpaid taxes as he sings "I'm a Christian, I'm a Christian."



Talking about the space cadet Bulldozer driver he had been boasting about his new political move to Murienua to turf the giant killer James Beer off the throne but after five minutes in the hood he packed his bags and hastily left the Wild West town with his tail between his legs claiming his former committee wanted him back. What a load of bull, since when did Heta ever listen to anyone except his own voice. In his brief absence former Demo Minita of the money and shipping magnate Tapi Taio has moved back to Akaoa to toss him out at the Elections. Then after the Royal Commission of Inquiry into the Te Mato Vai contracts, the Heta will be moving again, this time to the care of his brother at the Hilton Motel for a rest from driving the bulldozer.



Don't say we didn't tell you, the Demo

master of disaster schemer Drolley can't handle the campaign engine room pressure. After three years getting paid \$60,000 a year, he didn't have anything prepared for a snap election, happy to lie back getting his huge pay twiddling his thumbs for four years, he's now in a shock as he has to actually do some real work for a change and he can't handle it. No membership forms ready, no options to the Punas how to select a candidate, demands for each constituency to pay \$5,000 for possible petitions and the Leader's chartered flights to campaign in the outer islands, no manifesto ready, no media strategy prepared, no policy information ready and the list goes on and on. He even ran away from flying to Aitutaki to sort out a candidacy problem in Amuri. Drolley the Demo Disaster is in disarray leading the Party to their demise.



Yesterday on Tuesday PM Elvis took an emergency flight to Heaven to beg Teina's supporters to return to the cruel, thieving, lying CIP fold but he failed miserably. The former CIP crowd basically let him know he could take his stupid tax and anti pensioner's policies back to the island of roaming barking dogs.



With so many nominees putting their hands up for Party selection, it's becoming a two campaign exercise. First, the

campaign to get the nod, then the big one to get the seat. Next there will be a new law for Petitions for pre selection campaigning.



Poor old Maggie the Tupapa action man, the CIP can't seem to make up their minds whether he's been booted out, suspended or just being ignored. Now that the Bishop's train has left the station Henry's lackeys are in a mad scramble to get small George back, not that George has a big family in Manihiki has got anything to do with it. Puna has got to be the dumbest CIP leader ever. The hardest work Puna does all day is to comb his hair and peacock himself.

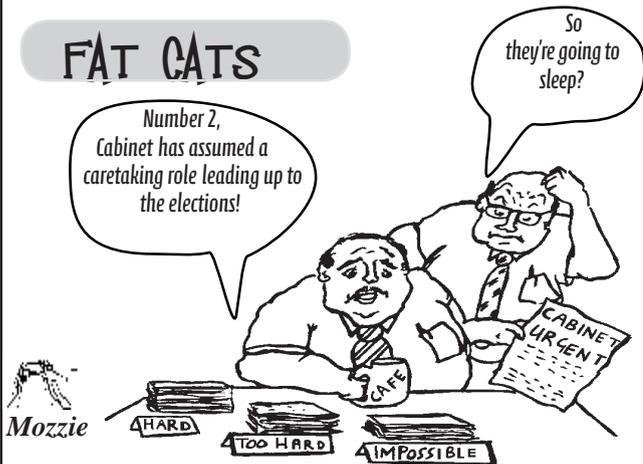


Bishop just may have struck a chord with the numerous political atheists who have longed for a difference in Party recognition. For years both CIP and the Demos are one and the same and indistinguishable apart from the name. The most stupid thing we hear every election is "I was born a CIP or Demo and I'll die one." Well there is a new Party to be born in and to die for, One Cook Islands. As the Bishop has said, "It's easier to have a baby then raise the dead." Next well be able to quote many wise sayings from the I Book of the Bishop.

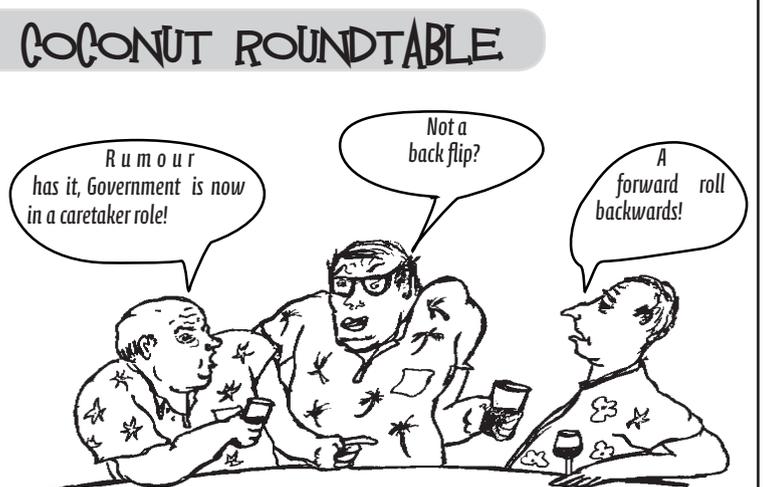


Trickie Dickie's (alias Richard "Dick" Neves) eviction of a prominent local telecommunications stakeholder from a meeting with the Demo lot about the digicel negotiations may well backfire on Trickie Dickie! The local tele guru who is also a local Demo exec, will get the info anyway from his Demo compatriots. However, Trickie Dickie himself faces eviction if the Demo lot get into power after the elections and the local tele Demo exec may just be on hand to show him to the door (entrance to the airport departure lounge).

FAT CATS



COCONUT ROUNDTABLE



Poetry By Tiarn Brown



The Past

When you've been through so much your past becomes a place
 That when it's brought up you feel like you're running in a race
 A race to get away from what you can't stand to see
 A race to run and hide from who you don't want to be
 Your fears hunt you down, your insecurities haunt your sleep
 They're the things that make your backstory seem so very deep
 They say there's no time like the present so why go to your past?
 Sometimes it's a choice to reminisce what you know couldn't last
 Continuous flashbacks from the past is all that it took
 It's like flipping through the pages of your own story book
 Hoping to shut it out is something that can't be done
 It haunts you endlessly because it seems like fun
 Some say the past is a place that's dangerous with no light
 The place that holds all your secrets, where you had to fight
 Why we hold onto our past is a continuous mystery that can get
 out of hand
 But like they say the past is a history we will never understand

EXPRESSIONS OF INTEREST



COOK ISLANDS INVESTMENT CORPORATION

Government of the Cook Islands

"EXPRESSIONS OF INTEREST"

Cook Islands Investment Corporation wishes to purchase a new 24-seater bus with jump seats and seeks expressions of interest from those who are interested in supplying such a bus. Receipt of expressions of interest will close at 4.00pm on 14 May. Please address your expressions of interest to:
 The Chief Executive Officer
 Cook Islands Investment Corporation
 PO Box 51
 Rarotonga
 Or send it by email to: annie.goodwin@cookislands.gov.ck

PUBLIC NOTICE



COCONUT TREE CLEANERS WANTED

The Rarotongan Beach Resort & Spa is looking for experienced coconut tree cleaners to de-nut & clean coconut trees throughout the Resort. Immediate start.
 If interested, please call
 Charles Yabakidrau
 Maintenance Manager
 25-822 extn 8028 or 54023

EXPRESSIONS OF INTEREST



COOK ISLANDS TOURISM CORPORATION EXPRESSION OF INTEREST PURCHASE OF PHOTOGRAPHY

Cook Islands Tourism Corporation seeks to purchase photography to be used for the general promotion of the Cook Islands. This is an ongoing project to reach out to all photographers, both professional and amateur, in the Cook Islands and beyond. Cook Islands Tourism Corporation will use this photography to reach target audiences in the print and digital space. This includes the outright purchase of imagery for use including (but not limited to) content for online, multimedia, brochures, books, displays and promotional material. This will form a part of the Corporations asset management programme, photographic library and archival system housed at Head Office, Rarotonga. Photographers may submit work on any of the following types of photographic categories:

- Destination, Landscape, Scenery & Nature
 - Persons, talent, characters, children
 - Action & Interaction
 - Life style
 - Above & Under the Water
 - Tourism Themes
- Images portraying the Cook Islands stories of:
- Romance (weddings & honeymoons),
 - Families,
 - Adventure,
 - Sister islands,
 - Groups/MICE (Meetings, Incentives, Conferences, Events)

All expressions of interest can be made in writing to applications@cookislands.gov.ck. NO submissions of imagery required at this stage. Cook Islands Tourism Corporation will be in touch to make an appointment with you to discuss the service arrangements and to view the said images. It is a requirement that all work submitted adheres to technical and commercial image control, format and standards set by Cook Islands Tourism Corporation. The work will be accepted on the terms and conditions of Cook Islands Tourism Corporation purchase agreement and sign over of complete Intellectual rights and digital property rights upon purchase of these assets.

For further information please refer to:
www.cookislands.travel/photo-services

Deadline for expression of interest is 4pm, 01 May 2014.

ADVERTISE WITH THE COOK ISLANDS HERALD

Chinese eating habits

This column is written by Tangaroa & Lavi Vakalalabure, Cook Island residents who are in Jiangsu, China

We have experienced and adopted Chinese influenced dishes everywhere in the world including back at home. The two most popular “quick turnaround” chefs on the island that I remember are my brother “Funji” and my friend “Niu” at Punaga Nui. I remember my friend Niu’s kitchen opposite Raro cars. I usually enjoy his dishes and on most occasions I catch up with Mr Haupini at the spot. We would hold court on how to improve amateur boxing on the island, while waiting for our food. But now that I am in the heartland of Chinese cuisine, I can say with certainty that Niu’s menus are all hybrid and are more Cook Island style than Chinese. I now think that Niu has gone local without even realizing it!

This week, I will share my experiences with Chinese cuisine. The Chinese really do eat everything that is grown or that can move. I have made it my goal, to eat everything that we don’t usually eat back at home. I can say that the experience is always worth the risk. But then again, sometimes the challenge just blows my mind away. Coming to think of it, the Chinese will definitely think the same with our “ika mata”, though this comparison is mild compared to what I have experienced so far.

Like all cultures, eating is an important social event in China, and no celebration is complete without an accompanying feast. I use the word “feast” because even at a standard family dinner, there would be at least 3 different dishes for the family to share. There would be at least some soup, a dish that is made from just meat and one that is made from just vegetables. Alcoholic drinks are normally served at meal times too, be it just 1 bottle of beer or 3 bottles of wine.

For everyday meal time, all dishes are usually brought to the table at the same time and we use chopsticks to transfer food from the bigger plates (“communal plate”) to our own

individual rice bowls. At first I was taken aback by this practice (that there is no big spoon in the communal plate to be used instead of each person using their own chopsticks to get food from the communal plate to my own bowl). However an Australian colleague of mine (who is married to a local girl) jokingly said, “They use their own chop sticks at the communal plate to strengthen communal living and enhance family bonding”. Well, I guess that is true. Another common practice (which is a sign of endearment) is that the host or a senior member of the dinner party can get food from the communal plate and put it in your bowl to encourage you to eat the delicious food that is being served. This is normally done with the host or senior person’s own chop sticks ☺

Unlike the western world, Chinese tend to eat noodles or rice and some cooked dish for breakfast. However, the younger generations now opt for soya milk, a boiled egg and steamed buns (baozi), which copies the western breakfast.

Chopsticks play the most important role in Chinese cuisine culture. Like the west, where there is a particular way to hold the knife and fork, there is also a proper way of holding the chop sticks – which I did not master until after some months! Whilst the Chinese have a rich culture, many of these stem out from traditional myths and beliefs. It is taboo for you to put your chopsticks standing in your rice bowl because it looks like a funeral ritual of incense burning for the dead. Before I forget, rice at restaurants are free and you can get as many bowls as you want.

Like other countries, there are certain foods that are staple food for certain areas. The people from north of China tend to have bread (steamed or baked) with their meals while the people in the south tend to enjoy more rice with their meals. Sichuan province is known for tasty hot food. Chilies are part of the cuisine for the people in Sichuan. Sichuan is in the south central



Eating scorpions; Eating the delicacies of Gunagdong

of China and is well known as an earthquake prone province.

Zhenjiang (where the University is) is famous for its vinegar (which is eaten with everything – the same way we eat moinatai) while the current city that we live in now is famous for its fried rice! China is also famous for its street vendors, selling different types of food from pastries, grilled meat (pork, chicken, duck, beef, lamb and the like), rotis/naan bread, tofu (cooked in different ways), burger, fried noodles (we call “chow mein” outside of China: in fact this is a borrowed word from the Chinese “chao mian”. I also know that they sell Camels’ balls in Beijing and monkey meat in Guangdong (near Hong Kong), they are tasty!

Another famous food in China is the barbeque. However, this is very different from the barbeques we have at home. The Chinese also barbeque fish and vegetables and this is “grilled” over the fire. All the food that is grilled is put through skewers and is very

tasty because of the different spices that are sprinkled on the food whilst on the open fire grill. You will sure see a road side barbeque (within our city) after every 100 to 200 metres. The vendors in our city do not finish selling till well into the night. We have a few vendors on our driveway to our apartment (apart from the 6 different restaurants all housed at the ground floor of our apartment building) our favourite vendor is a husband and wife team that make barbeque till about 3 am. We enjoy their barbequed fish and mushroom.

Roasted duck is also a delicacy sold by restaurants and street vendors despite the fact that Beijingers (Locals of Beijing) say that it is only a Beijing delicacy. There are also different types of crabs /lobsters that I have enjoyed and cooked in varying ways. They are very pricey however I have not been able to taste a coconut crab that tastes divine like the coconut crabs from Mauke.

Till the next time, healthy wishes from us

