

# COOK ISLANDS HERALD

27 March 2013

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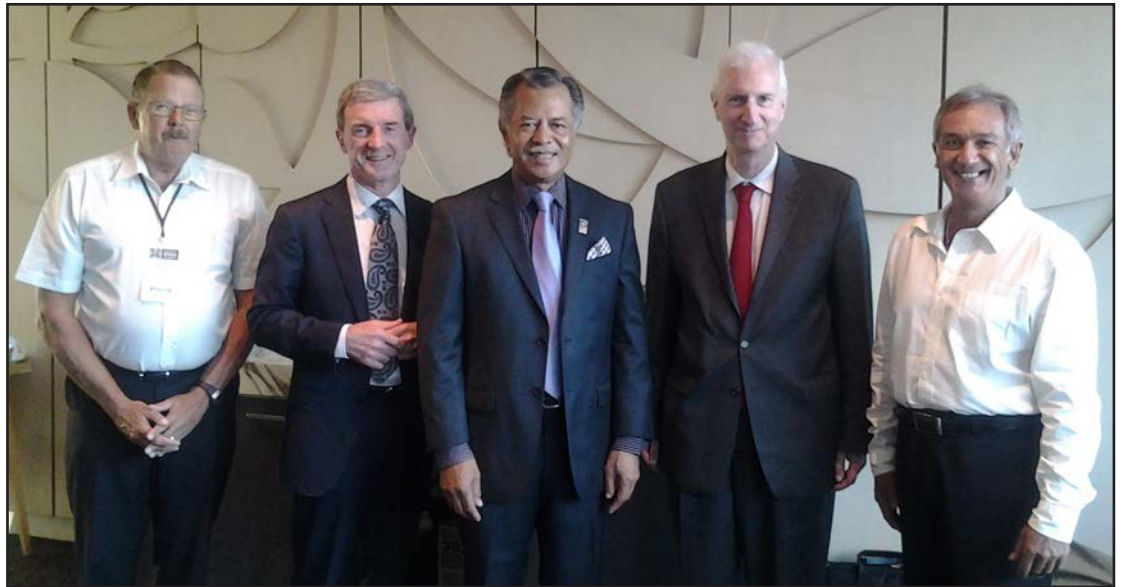
# PM doubles up on work with packed programme

The Prime Minister Henry Puna is doubling up on his work rate in New Zealand, attending to the Pacific Energy Summit in Auckland and conducting several bilateral meetings each day with key international partners.

The first day of the Summit kicked off with a Keynote Address to Pacific Leaders and Ministers, and International organisations and agencies. For the PES, the Prime Minister chose a themed speech built around the struggles the Pacific faces in trying to let go of the dependency on fossil fuel with one hand while reaching out with the other to grasp a better energy future with clean technologies. That struggle called for a greater degree of effort and collaboration, which required strong political will, the Prime Minister said.

During this busy first day – in which the Prime Minister also served on a discussion panel with the Leaders of Kiribati and Niue – the Cook Islands delegation held fruitful bilateral discussions with the UNFCCC Secretariat; Switzerland; Japan; the United States Ambassador to New Zealand; and the Pacific Islands Forum Secretary General.

The Prime Minister loaded his three days in Auckland with meetings to maximise the



Ira Magaziner of the Clinton Foundation stands between Prime Minister Henry Puna and Trev Pitt.

opportunity presented by the Summit. On day two, Puna had scheduled meetings with the Clinton Foundation; the Administrator of UNDP Helen Clark; the European Investment Bank; and the People's Republic of China.

Day three involved high level discussions with the Ulu-O-Tokelau; the President of New Caledonia; Spain; and the Head of SPREP Dave Sheppard.

When meeting the Executive Secretary of the UNFCCC, Christiana Figueres, the Prime Minister raised a key concern of the Cook Islands in respect

to high levels of coastal erosion being experienced in the South-West region of Rarotonga. Figueres expressed interest in helping to find solutions, such as utilizing the proven technology of Don Dorell's Coastal Protection Units, which are designed to rehabilitate beach zones.

This morning, Puna expressed his appreciation to the Chair of the Clinton Climate Initiative, Ira Magaziner, who had travelled from the US East Coast to attend the Summit. The Cook Islands has been engaged in talks with the Foundation to assist in project management and the

national renewable energy goals.

Magaziner, an experienced White House administrator and personal friend of the Clintons, is keen to take a pragmatic approach to helping implement projects in the Cook Islands. The Foundation has the expertise which can be mobilized very quickly to help in areas where there may be weaknesses or capacity constraints, he told Puna.

The Prime Minister first met Magaziner in Barbados in early 2012, during a Small Islands Developing States meeting before Rio+20.

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# Water tank subsidy good news for waterless residents

*\$3million windfall to be shared as CIP Government comes good on Election Campaign promise*

Government's \$1500 residential water tank subsidy announcement on World Water Day Friday 22 March was not a move to honour an election campaign promise said Finance Minister Mark Brown. "Drinkable water is fundamental to life and it is essential we are proactive in taking preventive measures despite the financial and resources constraints we are being constantly confronted with."

While this may not satisfy everybody it is a credible attempt to turn intent into reality.

"Smart practise prioritises our expenditure of public funds and I have placed water security high on the priority agenda." The three year \$3 million subsidy is not aid funded but drawn from government revenues. Brown declined to be drawn into blaming the previous Democratic Party governments for the financial mix he inherited. Now that the house resembled some workable order the Government is confident ongoing expenditure can be proportional to revenues received.

"I'm not in the business of pointing the finger." said Brown. "I'm not in the business of doing nothing either." "This Government has embraced a working mentality. Political preservation is deferral based. We've inherited more than ten years of deferrals and I for one am not joining that club." asserted Brown.

Previously a government water tank subsidy was based on a 3000 litre tank but the new subsidy requires tank capacity to be a minimum of 5000 litres. This is a smarter investment of public funds than if Government was to build and maintain storage for 10 million litres. At the moment Government water storage is virtually nonexistent.

Private ownership of water storage will hopefully turn the public into better resource

conservationists. Eventually Government will include water catchment storage in its water upgrade programme but the household storage initiative would give a quicker partial solution to a possible crisis.

According to the Water Works, Rarotonga's daily water consumption is based on 250 litres per person per day (3 million litres) inclusive of tourists and swimming pools and other water usage. The Water Works are currently monitoring underground water reservoirs. Various studies have been undertaken on the underground water table with mixed views which has prompted the Water Works to research the refilling patterns of artesian water.


Brown said priority areas that had limited water delivery had been identified and these would be attended to first. If there was doubts or concerns regarding the order of installations a ballot of the different priority area could be conducted. There will be no favouritism, stated Brown; everything will be done transparently and according to the subsidy conditions.

"There may be issues that arise that we may have not considered and these will be addressed with flexibility. I'm into finding ways to get things done because it's so easy to make up an excuse why it can't be done. If it's something we haven't thought about then we will think about it positively." One issue raised at the announcement was could a person have the subsidy for two smaller tanks if one large one wasn't appropriate in an installation context? The Minister's reply was accommodating.

According to a media statement further information on the roll out of the scheme will be released over the coming weeks.

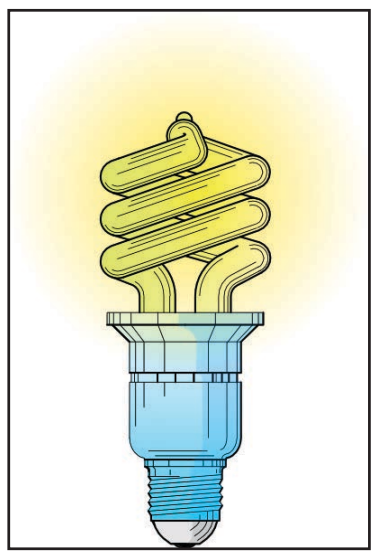


Finance Minister Mark Brown



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# PM hype and spin - misleading the public

*By Wilkie Rasmussen, Leader of the Opposition*

There appears to be desperate attempts to justify and glorify the role of our Prime Minister at the recent meetings in Tonga and Auckland on Green Energy. In the first instance, releases from PM Puna made out that he alone was flown by the New Zealand Government Air Force One plane to Tonga for the meeting there. The truth is that there were a whole lot of Pacific Leaders along with officials on that plane. It's not a new arrangement for New Zealand to offer that flight particularly to get to places somewhat difficult to get to on normal commercial flights. It is in fact a plane to fly the New Zealand Prime Minister and its Ministers to their intended destinations – we are just a bunch of tag along – passengers invited for the ride and convenience. I have been on that plane several times as Minister of Foreign Affairs along with former PM Jim Marurai. We were humble recipients of someone else's generosity. To spin it and turn it in a way that he was such an important figure over and above the rest of the other Pacific leaders is pure fiction and deceiving.

I don't mean to run the PM down in this manner but telling the truth is a lot better than glossing it up to make him look good. It is that very artificiality that earned him the nickname of "Elvis" – which is in fact his Pacific identity. I know that a few Prime Ministers giggled at that bestowment on the PM Puna when they were here during the Forum. There were gestures from them that suggested that our PM lacked substance but great on style. I tell you what though observers are very hard to deceive. In a way here, I am giving advice

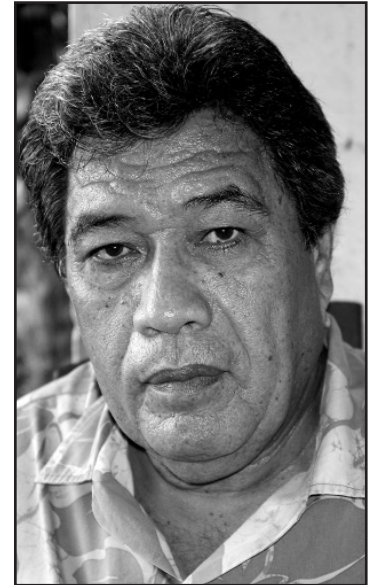
to his Public Relations people, make the PM real and down to earth not high and mighty because Cook Islanders identify more with humility and humbleness.

Another obvious attempt that shows such promotional desperation is this reference to the PM as the key note speaker. I have now read it on many occasions that he is the key note speaker almost everywhere he goes. Has he by virtue of being Chairman of the Pacific Forum become an expert on everything ranging from climate change to green energy? What next, key note speaker at the US Gun Lobby conference? I bet you that there has been some exercise of spin licenses here to make him sound important particularly from the perspective of Cook Islanders, because that's where the "key note" word appears frequently – in the Cook Islands media. Again it is misleading. Key note speakers are usually experts on topics. I mean when the former Chinese Premier

visited Fiji at the China Forum held in Nadi some years ago, he was not touted as key note speaker but he spoke for his country.

I am somewhat bemused by this and there is a historical pattern to it. Remember when releases from him claiming to be responsible for steering Fiji back into the Pacific ACP branch and yet it was a Melanesian Spearhead Group drive for a number of years and had been on the agenda for several years. It was not his sole effort as it was made out to be. Misleading, you make that conclusion?

A friend of mine said yesterday, all this talk of \$635 million for Pacific Energy is all hype. I wholeheartedly agree with him. The Cook Islands is asking for \$40 million out of \$65 million for the Pacific region. Really, that leaves \$20 plus million for the rest of the Pacific. Do you think Samoa, PNG or Tuvalu would agree? It is indeed very ambitious and convoluted thinking?



What I worry about all of this is just how this money would be dispensed and what are the arrangements? Are they in the form of soft loans or some other mortgage on our public purse and taxpayers? Are we not at our threshold for borrowing? It makes horrible reading especially when as the incoming Government we inherit a gigantic debt. Kia Toa.

## Caught on camera in Mitiaro on Monday



MOIP delegation in Mitiaro. Story page 12. Photo by David Akanoa

# PM welcomes boost for RE investment



Prime Minister Henry Puna (third from right) during the address by NZ Foreign Minister Murray McCully

**T**he Prime Minister Henry Puna has welcomed the earmarking of \$635 million for renewable energy development projects in the Pacific. The announcement that a massive injection of funding had been tied to Pacific projects came at the close of the two-day Pacific Energy Summit in Auckland, co-hosted by New Zealand and the European Union.

The Prime Minister said it was a mark of strength in the collective leadership of the Region where the political will of Pacific nations had been placed centre stage in the fight to break the dependency on fossil fuels.

“It was important for us to set the foundation with political will and to support that with clear and concise planning of strategies and roadmaps,” said Puna from Auckland.

“As countries, we need to be drivers of these projects in the quest to achieve our targets. That means working closely with each other, with donor partners and agencies, and engaging the private sector wherever appropriate.”

New Zealand Foreign Minister Murray McCully made the announcement at the Viaduct Events Centre, adding that \$255 million of the total will be grant funds while \$380 million will be in the form of concessional loans. Half of the 79 projects featured in a prospectus secured funding, McCully said.

In closing the Summit, the Foreign Minister encouraged the Pacific Leaders “not to get caught up in process but to focus on achieving outcomes”.

New partnerships had been built and strengthened over the course of the past two days and the Region needed to get the results, McCully said.

The United Arab Emirates also announced that an allocation of US\$45 million in grant funds would be directed to the Pacific Region. The UAE Representative at the PES, Mohammed Abushahab, said the Emirates is “betting on the Pacific” and is determined to help the Region achieve its goals.

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# Our cover girl Doing the Zumba for Earth Hour



*Our front page for Herald issue 659 is 16 year old Ngatokorima Peaches Paia. She is currently attending Tereora College as Year 12 student. Check out our website [www.ciherald.co.ck](http://www.ciherald.co.ck). and facebook page: [www.facebook.com/ciherald](http://www.facebook.com/ciherald)*



Zumba Instructor Franky at Te Atukura Park last Friday for Earth Hour

# European Investment Bank backs development of remote aviation in the Pacific

The European Investment Bank has agreed to help examine safety improvements, upgrading of terminal facilities and more efficient power use at airports in the Cook Islands and Samoa. The USD 1.1m technical assistance programme (EUR 850,000) will be used to improve preparation of key investment expected to improve tourism, regional integration and economic development.

The technical assistance agreements were signed in Auckland by Hon Henry Puna, Prime Minister of the Cook Islands and Hon Tuilaepa Sailele Malielegaoi, Prime Minister of Samoa and European Investment Bank Vice President responsible for lending in the Pacific, Pim van Ballekom currently visiting the region.

In the Cook Islands the technical assistance will help the Cook Islands Airport Authority examine how to improve runway safety at Rarotonga airport, upgrade the airport terminal and examine ways to increase use of renewable energy.

"The Cook Islands is truly appreciative of this technical assistance toward this crucial sector, given the importance of sustaining vital national infrastructure and the key services for our tourism-driven economy," said Prime Minister Henry Puna. "Rarotonga Airport is a significant part of our priority to promote a 'Clean and Green' destination and we are encouraged by this support to also explore the renewable energy power generation of our gateway to the whole country."

In Samoa the European Investment Bank support will help ensure long-term viability of the Samoa Airport Authority crucial for transport across the seven islands in the archipelago and essential for tourism, commerce, education and medical support. This technical assistance will complement a short-/medium-term investment programme of the World Bank to improve operational safety and oversight of international and domestic air transport that will be carried out under their

Pacific Aviation Investment Programme. The EIB is highly committed to work closely with the Government of Samoa, the World Bank and Australia in the implementation of this project alongside the technical assistance project of the European Investment Bank.

"Samoa depends heavily on tourism for foreign exchange earnings and employment. Having the necessary infrastructure and services such as a good airport is critical for the development of tourism in Samoa. The technical assistance provided by the European Investment Bank will allow a strategic review of the airport operations and its financial management to ensure that efficient services to the travelling public are provided sustainably. Samoa has had a long association with the European Investment Bank and I would like to again thank the European Investment Bank for the support it is providing this time



towards the improvements of Samoa's international airport and its aviation sector," said Prime Minister Tuilaepa Sailele Malielegaoi.

"Small nation states in the Pacific are challenged by their remote location and depend on air travel for work, education and health. The European Investment Bank is committed

to supporting key infrastructure essential for poverty reduction and sustainable growth in the region. We look forward to working closely with our partners in the region to prepare projects for future investment," said Pim van Ballekom, European Investment Bank Vice President responsible for lending in the Pacific.

## Five tons of Paua arrived from Penrhyn

*By Rutera Taripo*

This morning, Wednesday 27 March families gathered at the Avatiu wharf to collect their goods sent from the islands of Tongareva and Manihiki in the Northern group.

Amongst the cargo that arrived from the Northern group, is a supply of 5 tons of paua from Tongareva. As usual on the wharf, the officers from the Ministry of Marine Resources (MMR) are stationed to check the cargo and the shipment of paua to ensure compliance with the conditions of the permit issued by the Tongareva Island council.

According to sources, the 5 tons of paua are sent down and allocated to Takamoia Theological College and also for the Matavera CICC to assist them with their fund-raising.



Maungaroa II at Avatiu wharf

# Earth Hour 2013, Okotai Ora note Ao Kura 2013

The Cook Islands participated with the rest of the world in an Earth Hour event last Friday 22nd March, 12noon to 1.00pm for Rarotonga whilst it was Saturday 23rd March globally.

The Earth Hour organizers and the Prime Minister Hon, Henry Puna invited everyone, particularly government departments to join in by switching off non-essential lights and appliances at lunchtime for an hour only. Most departments encouraged their staff to go out for lunch or for a walk together while some schools covered energy conservation and climate change concepts during the week leading up the Earth Hour.

In a letter to all Heads of Ministries and in an address to the people of the Cook Islands, the PM, Minister for Environment and Minister for Renewable Energy, encouraged all to switch off for Earth Hour to send a message around the world that we are aware of and fighting against climate change.

The main event for this day involved a Zumba activity held at Te Atukura Ground, opposite Telecom. This event saw over 80 participants that were present and participate for this event. The sound system supporting the Zumba event was solar power supplied through a 4kWp Solar PV Grid-tie system installed at REDD of OPM.

Tama Heather of TAU were at the power station, monitored this switch off and provided load readings to the REDD of OPM. Below is a summary from REDD.

Load summary for Earth Hour at TAU Power Station

The load profile on Friday 22nd March, 12noon to 1.00pm recorded a 198kW in reduction by comparison to 70kW increase for the same period last week (15th March). This reduction translates into fuel saving of 45 litres and GHG CO<sub>2</sub> emission saving of 120kg saved from entering into atmosphere. Importantly to note, of the first & second 15mins interval, there was a remarkable reduction in the Avarua city feeder recording 120kW reduction, this reflects that most energy users had



Members of the Renewable Energy Development Division (REDD) of the Office of the Prime Minister.

switched off non-essential appliances on the town area feeder during this hour. This will be at the Government sectors and/or Commercial sectors mostly in town and are on Avarua city feeder.

By comparison, a 198kW in load reduction can be equated to just over 70 Air Condition units at 9,000 BTU rating being switched-off or under two thousands 100w lamps being switched-off.

In 2009, we had load reduction of 200kW, 2010 with 390kW, 2011 with 330kW and last year with reduction of 210kW, This year saw us having a 198kW load reduction. Although in all cases, we cannot compare reduction savings, due to the different level of programs & activities organized, however it is pleasing to note the a remarkable reduction of all events with the support of the general public.

Typically, TAU has load demand between 3800kW to 4000kW on average for a typical Friday during 12noon to 1.00pm.

#### Lesson learnt

The results shows that remarkable Earth Hour message had distributed to the people in community both in the Government sector as well in the Private sectors, i.e. switching-off unnecessary & non-essential appliances. A change in attitude

significantly adds to the purpose of the event.

Despite the Earth hour event has finished last Friday, individuals, community groups or organization can still continue to practice on Earth Hour initiatives, practice, these being; Some tips include:

- Use natural air and light for cooling and light where possible
- Turn your air conditioning unit temperature 'up'. Use it only if really necessary! Switch it off when you don't need it.
- Switch off lights in rooms that are not in use
- Shut-down PCs at the end of everyday AND weekends
- Switch off and pull out mobile chargers, etc from the wall when finished with it. Appliances on 'standby mode' still use electricity
- Choose energy-efficient appliances and still use less to reap the benefits
- Switch from incandescent to Compact Florescent Light (CFLs)
- Check appliances. Eg. Defrost fridges and freezers and increase efficiency
- Plant around your office
- Proper waste practices – recycling and composting – NO BURNING!

Initiate a 'No emissions day' – walk or ride to work if possible. Carpool or take public transport.

Aim to use less energy, save power, save money and save our environment.

Next year the Climate Change unit of Office of the Prime Minister will take the lead and facilitate the Earth Hour event with a bigger approach and focus for the Cook Islands and on the pathway to achieving our target at the 2015 – 50% energy generation through renewable sources.

Terekino Vaireka, lead of Earth Hour 2013 of REDD would like to convey word of thanks for both the Government ministries & private sectors staff and employees as well the community at large both in Rarotonga & Outer Islands that participated towards the Earth Hour 2013. A big meitaki atupaka. And also to the Organising and funding partners.

This year's event was organized by the Renewable Energy Development Division (REDD) of OPM with the support from Office of Energy Commissioner, Climate Change Unit of OPM, National Environment Service, Te Aponga Uira, and the International Institute for Energy Conservation (IIEC).



# Letter to the Editor

Dear Editor,  
Kia Orana to you and all your readers who might have been bamboozled by the letter to the editor by the Minister of Agriculture, my mate Nandi Glassie last week. Usually I don't write replies to silly letters that don't make much sense but his letter was somewhat over and above the average citizen's concerns. He regarded my "article" (his word) as flighty. I assume he was referring to my regular column which in fact is an opinion piece. If he was referring to the article "Is Agriculture being neglected by Government" then he is being presumptuous because it has no author's name to it.

Apparently I have dented the Minister's armour because when I saw him yesterday, he was not the same smiling and

gregarious man that I used to know. Perhaps he thought himself unassailable, mmmm, this might be the first of many arrows to fire from now on. You see he used to be a supporter of the Democratic Party and was employed and looked after very well by the Demo Government even after he caused the collapse of the Ministry (Department) of Outer Islands Affairs when he was Secretary of that Ministry. Well, alright I won't go that far, it might cause too much damage to his ego.

Anyway, getting to the point. I described the "Te One Kura" project in my column "as an attempt" – in other words it was a plan and I personally advised Minister Glassie that no money was ever appropriated for it by the Democratic Party Government. There's nothing

new to that. But he's making out that it was a "plot" (ooh, coupiee words indeed). It was in fact an idea but we ran out of time and never had it implemented. But we still have a better record on Agriculture than he or his Government has.

How much of a giveaway is it for him to say, well the pawpaw treatment had been fixed for some time but the problem was production? Excuse me – there was a huge gap of almost a year where production could have been encouraged. Then he says he has identified some growers to grow pawpaw. What? Is he being selective here? Why not put the word out to growers to grow pawpaw for export and supply will be there. Why not assure that there is a market? Those things are important not bickering which

he has chosen to do here.

My mate Glassie is indeed a smooth responder to statements, so much so that I think he has very good ability in answering questions as a matter of fact but he does not seem to appreciate his own gullibility and vulnerability. The bottom line is he has not done much in Agriculture. He is a mediocre Minister and has never demonstrated himself to have the gall to stand up against the heavyweights of his Cabinet. But he certainly can spin stories of what he has done and readily claim credit to perhaps initiatives that happens as a matter of course.

I will stop here Mr Editor because I know the Minister will respond and I am ready to take him on if he insists.

*Meitaki Maata.*

*Wilkie Rasmussen*

*Leader of the Opposition*

# Continuing Education Course Schedule updates



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

| Course  | Dates   | Venue                                   | Time          | Cost     | Tutor                                      | Cut off date | Spaces |
|---|---|---|---------------|----------|--|--------------|--------|
| Film Raro                                     | 11 March – 27 May<br><i>Cut off date extended to 29 March</i> | Tereora College<br>Performing Arts room | 5pm-7pm       | \$100.00 | Stan Wolfram<br>Lennie Hill<br>Julie Smith | 01 March     | Yes    |
| Creative Writing                              | 02-06 April   | USP                                     | 5pm-8pm       | \$50.00  | Miria George                               | 26 March     | Yes    |
| Tattoo – Health and Knowledge                 | 16,17,18 April  | Pa Ariki Palace                         | 5pm-8pm       | \$50.00  | Tetini Pekepo                              | 09 April     | Yes    |
| Foundational Studies in Drawing and Painting  | 23 April – 09 May<br>Tues & Thurs only                        | Tereora College<br>Art Room 4 or 5      | 5pm-8pm       | \$50.00  | Ani O'Neil                                 | 16 April     | Yes    |
| Screen Printing Workshop                      | <i>Is now FULL</i>  | Nukutere College                        | 4.30pm–8.30pm | \$50.00  | Rennie Peyroux                             | 13 May       | Yes    |
| Photography Workshop                          | <i>'Limited spaces available'</i>                             | Pa Ariki Palace                         | 5pm-7.30pm    | \$50.00  | Mahiriki Tangaroa                          | 08 April     | Yes    |
| Creative Communication 2 <sup>nd</sup> intake | TBA   | TBA                                     | TBA           | \$50.00  | Victor Bond                                | TBA          | Yes    |

For information and enrolments, contact Michelle Williams ph-29357 or email - mwilliams@education.gov.ck



# More homes using twisty bulbs

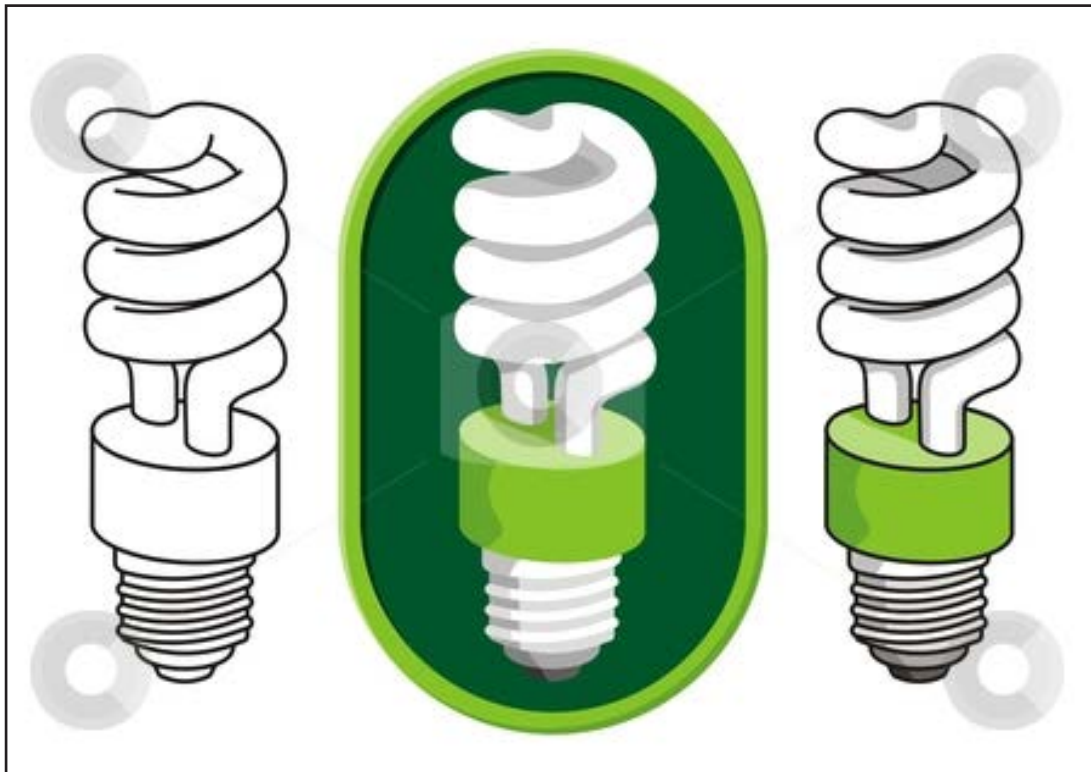
It seems that a lot of people on Rarotonga have already cottoned on to the cost-savings benefit of twisty CFL light bulbs.

Last week, the media carried reports that electrical contractors going around the homes to install new free CFL bulbs found more homes than expected were already using them. This is an indication that CFL light bulbs are catching on and will soon become the standard light bulb used in all homes on Rarotonga, just as it is in many countries already.

If so, CFLs will have come a long way since 1980 when they were first released. Several attempts have been made over the years to introduce CFLs in the Cook Islands, but in those early times only a few people here took them seriously.

One of those was Tom Wichman.

Here's how the Small Islands Voice, a global Internet forum, a few years ago described one of Tom's projects.



“One shining example of glowing opportunity in the dropped to nearer 20% - using technology for saving energy comes from the Cook Islands.”

“Tom Wichman, the Rarotonga based science advisor to the Cook Islands government was asked to advise about reequipping of Aitu with a diesel generator to meet demands on the ancient machinery making electricity there.”

“His survey showed a

being used throughout the island. He rather creatively the long life of the bulbs applied for a grant of about \$2500 with which he bought as many energy saving fluorescent bulbs as possible.”

“Not only that, but meant that the higher cost of the bulbs was offset handsomely by the infrequent replacement.”

“He then went to Atiu and personally changed the old generator was all incandescent bulbs to energy savers. Then the crisis of 85% of generating unit could be located and capacity use of electricity purchased.”



# Does the vehicle registration category for motorbikes need a review - 90cc \$26 vs 110/125cc \$62, a difference of \$36

by Teriu Woonton

**In a Flash:**

It does seem odd that the vehicle annual licence fee for a double cab is only \$44 whereas the standard motorbike over 100cc is \$62. The 100cc motorbike limit was to discourage importers bringing in the bigger 600cc to 1000cc bikes, and was set during a time when the 90cc was popular. Now manufacturers don't even make the 90cc anymore so people really have no choice but to buy a 110/125cc which costs them \$36 more in fees.

With annual vehicle registrations in its final week for many motorists in the Cook Islands, there is circulating speculation around the pricing of certain vehicles as motorcycles over 100cc demand a registration fee of \$62 clearly outweighing that of a 2600cc car at only \$38, a car above 2601cc which is \$47, even pickups and vans under 2.25tonnes which is \$44. There is also the category for motorbikes that come under 100cc at a cost of \$26, which very few people have the luxury of paying; it is most likely those who have happened to come across an old Honda 90 motorcycle and rehailed it back to life as the Cook Islands Herald is aware that retailers have not bought in anything under 100cc for some time now.

Inspector John Strickland tells the Cook Islands Herald that 10-15 years ago, were the years of the Honda 50cc and 90cc rate engines, a time where youngsters weren't breaching the law and modifying their motorcycles and drivers were a lot more cautious on the roads. "With the trend these days, the automobile industry is no longer manufacturing the old Honda 50cc and 90cc rate engines" Inspector Strickland says. However, that category has remained in the system in hope that people will look into purchasing a safe motorcycle ideal for our roads. However, if retailers today aren't importing lower cc rated engine motorcycles, it is discovered that there really is no choice but to pay the \$62 as majority of motorcycles bought in are 110cc to 125cc rated.

The Government set the high motorcycle fee to discourage people from buying big size engine motorcycles and it is their way to minimize the importation of bigger engine motorcycles into the country. "In the past, various importers would bring in 600cc to 1000cc rating motorcycles and more young people were dying on the roads," says Police Commissioner Maara Tetava. It is basically one of the ways the Government will endeavour to do to try and keep our roads and people safe.

A member of the public who does not wish to be named contacted the Cook Islands Herald and pointed out that he had

no choice but to pay the \$62 for his 125cc motorcycle. He says an expired annual vehicle registration will just mean that he will have to pay a penalty fee if he got caught. He also points out that if he had the option to choose between a 50cc or 90cc motorcycle over a 125cc motorcycle, he would choose the lower rated cc. "The limit should at least be pushed up to 125cc where we have to pay a fee that is a lot more affordable than the \$62, because really, the majority of cc rated motorcycles being bought in is 125cc" he says.

Nonetheless, according to Inspector John Strickland, the standard of our automobile on the roads have improved dramatically. "It is very rare that we see rusted and not road worthy vehicles on our roads", he says. Inspector Strickland assures the public that they are still making sure that all vehicles comply with the warrant of fitness standards.

Should these particular fees be reviewed, they were implemented by the Government a couple of years back and it is up to the Government to decide. The change of fees may limit the revenue made, but the fees should at least balance out and be a lot more affordable for the public.

**RATE THIS STORY:**

How interesting was it to you?



Zumba at Te Atukura Park last Friday for Earth Hour



# Ministry of Infrastructure & Planning

## Mitiaro Airport Upgrade

### Urgent work on Mitiaro airport completed

*Photos by David Akanoa*

Ministry of Infrastructure and Planning technical team arrived Sunday 10 March, machinery shipped over on the barge belonging to Noel (contractor for the harbour).

Arrived Sunday 10 March.

Monday 11 March the technical team scoped the work needed.

Tuesday 12 March the team held a meeting with the Council meetings where consultant engineer, George Cowan explained what needed to be done to bring the airport up to standard again.

Work commenced on Tuesday with the team in charge and 15 workers were provided by Island Administration to provide the labour needed to carry out the work.

The Ministry provided a 12 ton roller and a grader and a tip truck to carry out the work (filling with kirikiri, compacting and smoothing down).

On Wednesday 13 March, a similar meeting was held with Munro Hocking of Air Rarotonga.

4x Technical staff from Infrastructure over there including consultant engineer (George Cowan).

George Cowan (engineer),  
Takave Manea (mechanic and operator workshop,  
Ioitia Atera (operator),  
Yitiri Akama (works supervisor).

Repairs took two weeks.

Work on airport was completed as of Thursday 21 March.

Friday just cleaning the machine in readiness to load on barge and arrive tomorrow morning in Rarotonga (machine).

Monday 25 March, Minister Heather and Mac Mokoroa and Air Rarotonga will fly to Mitiaro to inspect the work carried out.



Mitiaro airport runway with upgrading completed.



Minister Teariki Heather with his delegation inspecting the upgrade work on Mitiaro.



**Ministry of  
Infrastructure and  
Planning**

**PH 20321 Fax: 24321**

# Minister Heather's trip to Mitiaro

*Photos by David Akanoa*



# Easter is almost upon us!

By Norma Ngatamariki

I couldn't wait until next week to talk about Easter, so I do realize that I'm a bit early in the season. But I have a lot going for the long weekend (That's right, people. A public holiday that we all love!) I have a wedding, a School Sports Day and TWO Easter Services to attend. Yup, this week's schedule is chock-a-block. I just wish that they weren't all scrunched up in one week, but I'm gonna have loads to talk about in the upcoming weeks.

Easter. We are all familiar about this special event, when Jesus dies and three days later he has risen again. According to some, it is the biggest Christian holiday celebrated. Most churches would celebrate this event by holding an Easter service, where a spokesperson will address the congregation about Easter. Then there's the passing of the bread and wine, with the wine representing the blood of Jesus Christ and the bread, His flesh. People have their opinions on how Easter came about, but really, it's up to YOU and what you believe in. I've always been confused, where religion is concerned.

Anyway, enough of that. Easter is also about the chocolate eggs and bunnies. To be honest, I don't know how this part of Easter came around, but it's so much fun! Easter egg hunting (if you're still into that kind of thing at my age. I like to be handed my Easter eggs, thank you very much) and spending the long weekend with the kopu tangata (That last bit is what I really look forward to). Even some shops get into the Easter spirit, going all out selling their chocolate eggs, with discounted prices. I'm always on the lookout for specials like that in a shop.

When I was younger, Easter



was just about a big, white and fluffy bunny who lays chocolate eggs in bushes for children like me to find and eat. Now that I'm older and more knowledgeable, I realize that's not the case. It kind of ruined the magic for me, finding out that bunnies (or rabbits, I should say) don't lay eggs and that it's actually your parents that randomly pick a hedge and throw your chocolate egg inside it. Bleh, absolute buzz kill. Back then, I had the energy to actually hunt for my Easter eggs. Now I'm like, "Just give me the egg." It's faster to eat that way. Lolz.

People will have their plans for the long weekend, young and old. That's from Good Friday to Easter Monday, four full days of freedom. Well, not exactly. I have a topic test for Economics that I have to study for (Noooo!) but other than that, I should be clear for fun. I hear that there's a day out on a beach on Saturday (which beach and what time it's held remains a mystery). Dunno if I'll go to that, since I have a wedding on the same day but...who knows?

## The COMPUTER MAN Tech Tips

Phone 24979 Email: sales@thecomputerman.co.ck

### Smartphone Security Tips

#### Keep Your Phone 'In Jail'

This one's pretty simple. It's tempting to "jailbreak" or "root" your smartphone to access hidden features and unofficial apps. But if you're concerned about security, don't do it. This can circumvent many of the safeguards built into the smartphone's operating system, opening avenues of vulnerability that may not be readily apparent.

#### Avoid Wi-Fi Hotspots

Think twice before connecting your smartphone to a public Wi-Fi hotspot, because just as with your PC, this kind of shared, unsecured connection can leave your activity and data vulnerable to eavesdropping and theft.

Note: If you want to connect your smartphone to a corporate network securely (rather than simply to the Internet), you can do so with a VPN if your corporate network is so equipped. If it is, you'll need specific information from your IT department in order to configure the connection on your phone.

How to find VPN settings:

Android: You'll find VPN settings under Settings > Wireless and networks > VPN settings.

BlackBerry (Wi-Fi enabled): Go to Options > Security Options > VPN.

iPhone: Go to Settings > General > Network > VPN.



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# TE REO MĀORI KŪKI 'AIRANI



tātā`ia e Rutera Taripo

Kia Orāna! Pē`ea koe? Te pē`ea nei koe i tēia au rā?. Kite koe!, kāre au i kitekite ana `i tēta`i pae `iā kōtou i ngā rā i topa, `ē tēta`i pae taeake, kāre au i kite ake mei te marama tūmā.

*Hello! How are you? How have you been doing these days? You know!, lately I have not seen some of you guys. And other friends, I also have not seen, for maybe a couple of months.*

“Nō`ea ra rātou, i kore ei au i kite i tēta`i pae. Mē`e au `anga`anga tēta`i i rave`ia ana me kore`e au `apinga tāku i ngaropoina. Auee taueee!!” `i mānakonako ei au. “Pēnei ko au pa`a teia kāre e aere mai ana ki vao. Kā ui roa au ki tōku au taeake ē te pē`ea `ua nei rātou `ē tō rātou au ora`anga”.

“Where had everyone been, that I had not seen some of them. Were there any happenings held or something that I had forgotten. Auee taueee!! I wondered. “Maybe its just me that is not going out. I must ask my friends how they are, how they`re feeling and how`s their life”.

## ‘TE PĒ`EA ANA KOE’

‘How are you feeling’

|  |  |
|--|--|
| Te pē`ea ana koe?                          | - <i>How are you feeling?</i>              |
| Te <u>mataora</u> nei au                   | - <i>I am <u>happy</u></i>                 |
| Te pērā `ua nei au                         | - <i>I`m just so and so</i>                |
| Aue! kua <u>kī</u> au i te <u>inangaro</u> | - <i>Oh! I am <u>in love</u></i>           |
| `E <u>maromaroa tikāi</u> au               | - <i>I am <u>really sad</u></i>            |
| Te <u>mi`imi`i</u> nei au i toku māmā      | - <i>I am <u>missing my mum</u></i>        |
| `E <u>ro`iro`i</u> au                      | - <i>I am <u>tired</u></i>                 |
| <u>Kāre</u> au e <u>meitaki</u> ana        | - <i>I am <u>not feeling well</u></i>      |
| `E <u>vera</u> au                          | - <i>I am <u>hot</u></i>                   |
| `E <u>anu</u> au                           | - <i>I am <u>cold</u></i>                  |
| `E <u>mamae</u> au                         | - <i>I am <u>sore/hurt</u></i>             |
| `E <u>ākā riri</u> to Tere                 | - <i>Tere is <u>very angry</u></i>         |
| `E <u>matepongi</u> a Arato                | - <i>Arato is <u>hungry</u></i>            |
| Te pē`ea ra a Tino?                        | - <i>How is Tino?</i>                      |
| Te <u>kimikimi manako</u> nei a Tino       | - <i>Tino is <u>thinking</u></i>           |
| `E vareā moe `a Nana                       | - <i>Nana is feeling <u>sleepy</u></i>     |
| Kāre a pāpā e meitaki roa ana.             | - <i>Pāpā is not really feeling well.</i>  |
| No te `ōrotē mātou i Mauke                 | - <i>We went for a holiday in Mauke</i>    |
| <u>□kara`anga oraora</u> tikāi a Tiāre     | - <i>Tiāre really <u>looks healthy</u></i> |
| Kua `akaipoipo a Tema.                     | - <i>Tema is <u>married</u></i>            |

Nō reira, `e mea pu`apinga kia tāniuniu atu, kia `ātoro atu `ē kia putuputu te au taeake kia `āravei aka`ōu tēta`i i tēta`i. Ka riro `oki tēia i te tauturu `ē te `akamātūtū i te tūranga taeake `ē te kōpū-tangata..

*Therefore, it is important to call, to visit and get together with friends. This will support and strengthen the relationships between friends and families.*

**Kā kite `aka`ou tātou. We will see each others again.**



# A King, the Temple and a 50 cent beer

By *Mata Rakanui*

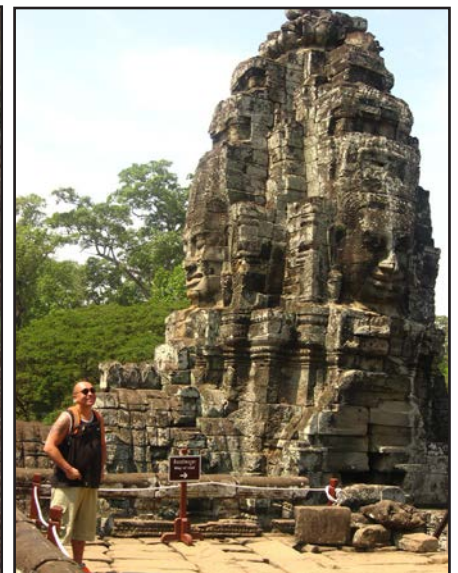
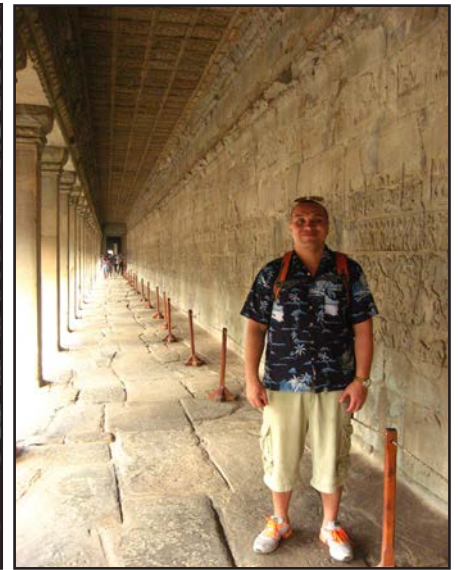
*Cook Islander Mata Rakanui is Professor of English at Soongsil University in Seoul, Korea. He is a former Editor of Hansard with Cook Islands Parliamentary Services.*

Recently I had the opportunity to leave Korea for a little bit and escape the -19 weather and head further south to Thailand and Cambodia to explore and learn about their cultures, food and way of life. As a Polynesian I don't need to tell you guys that we are not made out for this -19 weather.

Only five hours south of Korea in South East Asia it feels like another world and is an interesting experience.

Thailand is a Mecca for tourists and travelers alike as each looks for some beach they can call their own or a place to put their feet up and enjoy a cold beer. Obviously they haven't heard of Raro. It is a mix of people from all over the world enjoying the warm weather, delicious food, and amazing massages. Thai food has got to be right up there for taste and price. Some of the dishes were absolutely mind-blowing. Among my favorites were the daily spring rolls for about \$2-\$5 a plate. A plate might have anything from 5-10 spring rolls. Delicious curries like pineapple curry, green coconut curry and of course spicy red curry, all of these can be had for about \$3-\$6 for a bowl for 2 people with your choice of sticky, plain or coconut rice. Finally it can all be washed down with local Singha or Chang beer for \$3 for a huge bottle. Thailand is known as the place of a million smiles and Thai people are generally kind and smiling no matter what their condition or day. It has such varying locations in that you can find yourself riding elephants or trekking in the north or laying around a beach and going to huge beach parties in the south. Well worth a trip at least once in your life.

One aspect that you will absolutely notice in Thailand is its reverence for the King and royal family. There are huge pictures everywhere on the streets, in restaurants, shops and people's homes. Of all things not to do in Thailand is to speak



badly of the royal family. In fact, it is a crime and you could find yourself spending the holiday in a Thai jail.

The second part of my trip took me to Cambodia. The Cambodians have such a sad history in that it was once a glorious dominant kingdom that controlled Thailand, Laos and Vietnam. However, during the 1970's it was taken over by the Khmer Rouge who were followers of the Communist party. The instigation of their policies resulted in the death and torture of millions and the removal of a whole generation. In particular they targeted intellectuals and teachers as well as closing schools and hospitals and turning the population into forced labour.

My primary aim was to visit what is called one of the Seven Wonders of the World, Angkor Wat (Temple city). At first from reading about it I wasn't overly

excited however, on arriving there I was absolutely blown away by the sheer scale and craftsmanship. It is the largest Hindu temple and largest religious monument in the world and its mere presence in a jungle with no hills or sources of stone produce a number of questions. How did they do it? Apparently the King ordered the building of the main temple in the 12th century and rocks had to be transported from 40km away using an estimated 50,000 Slaves, artisans and engineers as well as 3000 elephants. Modern engineer's estimate that it would take 300 years to build the temple though the Cambodians managed to do it in close to 40 years. It truly is something to behold. It takes at least one day to see the main temple but there are numerous other temples located in the forest that have their own

uniqueness and design. The art work in these temples is unbelievable and each has a story. A three day pass will set you back about \$40.

Cambodia doesn't rival Thailand in regards to cuisine but a few dishes stand out. Among them is Amok which is a fish curry in coconut sauce. For \$5 this dish will fill your tummy. In Cambodia 90% of the beers cost \$1-\$3. This is a drinker's paradise. The local beer called Angkor retails for 50 cents a can or pint. Yes unbelievable although I heard rumours that 35 cents a pint were possible. After a day of hiking the temples it is not uncommon to get yourself a massage for \$1. That can be facial, body or even a foot massage. A pedicure/manicure will set you back \$3.

Cambodia and Thailand offer something different for everyone including one of the Seven Wonders of the World.



# Government's bottom up strategy for water

By Charles Pitt

When Finance Minister Mark Brown called a media conference last Friday to announce the plan to provide subsidized water tanks to households, you may have gained the impression he signaled the transfer of government's social duty to provide one of the basic necessities of life, water, to the public.

By providing households with subsidized water tanks before ensuring security of supply, government has adopted a "bottom up" strategy. But there's more to it. It's a carefully thought through strategy rooted in the CIP election manifesto of 2010. In that document, p 19, there is reference to a four phase plan in relation to the provision of water tanks but no detail.

## What the manifesto says:

*"-Fix Our Water systems to provide quality, reliability and continuous supply.*

- *-Provide Water Tanks and Filtration Systems on a 4-Phase Basis for All Households, Hospitals and Schools to Improve the Quality and Supply of Drinking Water."*

The Herald's enquiries reveal that the first phase was to ensure a secure supply for households with the last phase being the security of supply through the upgrading of the catchments.

While the manifesto refers to all households, the Minister's media release refers only to Rarotonga households.

On Tuesday, Minister Brown

confirmed that essentially the water tank subsidy is for domestic households. It is not aimed at the commercial rental market, that is, where homeowners rent out their properties.

Enquiries also reveal that no policy on water tanks has been confirmed as yet by Cabinet. There is a working draft policy which Brown advises will be submitted to Cabinet in the near future.

Government's plan will see the water tanks connected to the mains and also utilizing rain water run -off from the roofs of dwellings. The Minister announced that rain water is free. Yes it is, but the treatment of rooftop run off is not. While the manifesto says filtration systems will be provided, health conscious householders will want to connect UV treatment in order to protect against bacteria and germs deposited on our roofs by birds, bats, rats, mice, insects, cats, other life forms and the wind. While sun light is an effective killer of bacteria, it's better to be safe.

On Rarotonga, priority will be given to those who live on hills and have no mains connection. Who will foot the bill to run the water pipe connection from the mains by the road, 100 metres up a hillside?

## Security of supply

Although the Chinese engineers have drawn up plans for upgraded catchments, no details or drawings have been released

for public view and comment.

There has been some discussion among government as to possible sites for a large reservoir with Avatiu Valley, Takuvaine and Titikaveka mentioned.

Vakatini Ariki told the Herald on Monday morning that 25 years ago, he donated land to the government of Sir Geoffrey Henry to build a large reservoir in the hills where there was a constant supply of water. To this date, successive governments have done nothing. Even Vakaitini is growing impatient. He said he recently raised the matter with government.

In hindsight, we see that successive governments have been derelict in their lack of foresight and future planning.

All large government buildings should have been erected with water tanks. There is the National Auditorium, National Library, National Museum, the schools, hospital, government ministries buildings.

Look at all the outer island hostels. At the time they were built, they should also have been required to have their own water tanks. The Atiu Hostel will have its own water tanks.

## Policy needed to avoid confusion

Cabinet needs to approve the water tank policy and associated issues as quickly as possible to avoid public confusion. Plans to upgrade the catchments/ create reservoirs along with drawings should also be made public.

# Rarotonga going slim!

For those of you who are overweight and looking for a way to lose weight, a new herbal based product, known as SLIM Tattoo, has recently come onto the market.

It is being promoted by Julia SVD and Mareva Strickland and available from Mareva at the Punanga Nui Market on Saturdays. Her tent is located on the left of the stage.

Both women say their goal is to make Rarotonga slim in one year.

Their second goal is to help people get rid of negative side effects they developed while carrying extra weight such as a joint problems.

Both women say they are in constant contact with the Ministry of Health and main doctors as well as Public Health Division.

A long time ago the majority of Cook Islanders as well as other South Pacific islanders, were slim. Only individuals not involved in daily activities were overweight. Most likely it was the Chief of the clan an obese rich person. OBESE people were rare and associated with wealth.

So a tradition began to feed kids as much as possible to achieve extra weight.

By over feeding their kids, parents stretched their stomachs and people needed to eat lots of food in order to fill their stomachs and not feel hungry.

## Overseas reports on Pacific Islanders obesity

BBC NEWS | Health | South Pacific is 'fattest region'

Feb 26, 2007 – About 94% of its adult population is overweight. ... In a list of the world's 10 most overweight countries, eight are in the South Pacific. ... in the Federated States of Micronesia, Tonga

and the Cook Islands is only slightly better.

Why Do the World's Fattest People Live on Islands? - By Joshua E...

The Telegraph UK

Apr 12, 2008 – Figures from the World Health Organisation show that Pacific island ...the list with 94.5 per cent of people older than 15 defined as obese.

## The good news

The good news is that from now on everyone on the islands have the chance to lose weight easily and chip weight away with help of Mareva Strickland.

SLIM Tattoo is a product of a scientific study for many years. The Company has 6 patents, the first was granted in Australia 17 years ago.

When people eat, the signal to the brain from the stomach is usually slow and as a result the majority of people all over the world, over eat and become over weight.

SLIM Company uses TATTOO which contains special information made from herbs.

This information tells the brain quickly that the stomach is already full so people do not want to eat more.

Also people do not feel hungry between meals.

SLIM not only suppresses the appetite, but also cleanses toxins from the body and as a result people have much more energy.

In time, the size of the stomach returns to normal and people don't need to use Slim product anymore. They will be SLIM from now on.

Cook Islanders are much bigger, taller and much more overweight than ordinary overweight people in Europe.

Instead of one Tattoo, we start by using 2 or even

3 Tattoo for a very tall, big people.

Indeed it did work very well, but the final cost start increasing for buyers.

In order to make product cheaper the company decided put special information into the minty candy. It worked great! And its effect lasted even stronger.

Mareva Strickland will also teach people about healthy life styles and what foods to avoid in order to be healthy.

## Testimonials

The women say they have received many testimonials as to effectiveness of SLIM Tattoo.

A few samples are below.

"I started to use Slim tattoo only one week ago.

I don't fell HUNGRY! I noticed that when I eat, the amount of food is around 3 times less than I usually eat. Yes, I definitely lost weight and my pants feel big for me. I wish to lose more!!! Cool! I have more energy, am optimistic, I'm moving around, walking more than usual. It is a great experience and a great product. It makes me happy. I even bring music to work and dance during my break! I wish to continue using Slim and participate in this amazing losing weight program."

"Because I was very overweight during the last 2 years ( I am always hungry and always eating) my boyfriend left me and our 3 kids. Since he left I started to eat even more, because of more stress and sadness. SLIM program was my last hope to return the kid's father to the family. A father is important for kids. I have already lost 8.2 kg during last 16 days. And I have saved extra money and can spend it

on the kids. Thanks Julia. God Bless you."

"I am working in an office and kept secret the source of my miracle changes.

Since I started using Slim Tattoo during second week I noticed;

# 1. My skin became smooth. I understand the herbs in the Tattoo help to clean toxins from the body.

# 2. I also started to think more clearly.

# 3. I became more organized and dynamic. I stand up and walk around and check my co-workers make sure that everything in order.

# 4. My overall health improved! I started to eat less, as a result my heartburn stopped and I now sleep until morning, without waking up from time to time.

# 5. I even have a new hair style and changed my outfit. I know that I lost weight, because I bought a skirt one size less then I usually wear!

# 6. Since I have good night sleep I am more positive, my co-worker told me that I am more friendly... I am looking forward to losing more weight!

My oldest daughter feels very complicated about her extra weight and pimples. This is the reason why she is shy and skips social contacts with her friends in school. Now when I see myself after using this amazing tattoo, I will recommend it to everyone and we will use it for our daughters as well.

Thank you Julia for your great initiative and effort.

What you started here is important for many people in Cook Islands, all ages, but especially for the teenagers and old people.

I know that extra weight is hard on the knees, hips and affects the heart."

# How to make successful decisions *part 2*

*By Senior Pastor John Tangi*

For this theme there are 8 important lessons or principles from the Book of Proverbs to help you make wise, sound and successful decisions that will benefit you, your family or your household. Four of these lessons were covered in Part 1 and the remaining 4 will be covered in Part 2. In order to make successful decisions, **STEP ONE: PRAY FOR GUIDANCE** – Proverbs 28v.26 (Living Bible) “A man is foolish to trust himself. But those who use God’s wisdom are safe.” You start in any decision making by getting God’s perspective. James 1v.5 says, “If any man lacks wisdom, let him ask God” and he went on to say that, “... the reason why you don’t have what you want is that you don’t ask God for it.” (James 4v.2[c]) **STEP TWO: GET THE FACTS.** Proverbs 13v.16 “Every prudent (wise; careful) man acts out of knowledge.” Find out all you can to help you decide. Don’t assume that what people say is true. Think before you act. Proverbs 23v.23 reads “Get the facts at any price” When in doubt, check it out. **STEP THREE: ASK FOR ADVICE** Proverbs 24v.6 “The more advice you get, the more likely you are to win.” Proverbs 20v.18 reads “Get good advice and you will succeed.” Learn from the experiences of others. **STEP FOUR: SET YOUR GOAL** Proverbs 17v.24 (GN) “An intelligent man aims at wise actions, but a fool starts off in many directions.” In life, if we want to succeed we need to be clear in our minds what to do.

**STEP FIVE: COUNT THE COST** This is what you call a calculated risk. Ask yourself 1) Is it necessary? Is there any other way I can reach my goal without having to make this decision? Is this risk necessary? 2). What will it cost? Everything worthwhile in life costs. It costs money, it costs time, it costs energy, it costs your reputation. 3) Is it worth it? Is the risk worth it? Will the potential profit be greater than the risk involved? Proverbs 20v.25 reads “Think carefully before you promise

an offering to God. You might regret it later.” The point is: It is always easier to get in, than it is to get out. It’s always easier to get into debt, than to get out of debt. It’s always easier to get into a relationship, than it is to get out. It’s always easier to get into something than to get out of it. In the Parable of the Builder in Luke 6v.46-49 Jesus said ...no wise builder goes out and starts to build a building, a tower, without first budgeting and seeing how much it’s going to cost. Can I complete this thing? Can I pay for it? Life is full of risks. But there are ways, according to scripture, to minimize the risks in the decisions we make. **STEP SIX: PLAN FOR PROBLEMS** Proverbs 20v.18 (GN) “Don’t go charging into a battle without a plan.” Don’t ignore your problems, because they’re not going to ignore you. Be wise and choose to meet your problems on your terms and your time by planning for them in advance. Proverbs 22v.3 “A sensible man watches for problems ahead and prepares to meet them. The simpleton never looks and

suffers the consequences.” Be sensible and plan for problems. **STEP SEVEN: FACE YOUR FEARS** We hate to admit it when we’re afraid. We think that fear is a sign that we’re weak. Fear is a sign that you’re human! Fear, like any other emotion, has its purpose. One of the purposes is a warning light. One of the greatest fears that we all have is in Proverbs 29v.25 “Fear of man is a dangerous trap, but to trust in God means safety.” Fear of man is the fear of rejection. That is the fear that tends to be the primary motivator in many people’s lives. “What will other people think?... What if I fail? What if I embarrass myself? What will they think... What if I don’t meet with everybody’s standards? ... What if nobody likes me?” That is a trap!

How do you face your fears? Proverbs 14v.26 “Reverence for the Lord gives confidence and security.” You can’t eliminate fear. Move against your fears. “Courage is not the absence of fear. Courage is moving ahead in spite of your fear.” Courage is when you do what you’re afraid

to do. It doesn’t mean you’re not afraid. It means you do it in spite of your fear. **STEP EIGHT: GO FOR IT!** There comes a point of decision making when you must stop talking and start acting. It’s a point of commitment. Proverbs 16v.3 “Commit to the Lord whatever you do and your plans will succeed.” Once you’ve decided it’s worth the risk, go for it! There comes that point of no return when you just go for it! Nobody remembers the people who refused to risk. We only remember the people of faith. Faith is the bottom line in the Christian life. If you’re not taking any risks then your faith is useless.

How do you make successful decisions? 1) Pray for it. 2) Get the facts. 3) Ask for advice. 4) Set your goals. 5) Count the cost. 6) Plan for problems. 7) Face your fears, and 8) Go for it! Make that commitment! It is my prayer that you will find these 8 lessons or principles helpful in making successful decisions for your life, your family or your household. May you have a God blessed week! Te Atua te aroa!

## Caught on camera in Mitiaro on Monday



# Inspiration

By Carmel Beattie

I have been sitting here waiting for 'the creative muse' to hit me so that I can write my article this week.... hmm...nothing! Usually ideas have been dancing around at the edge of my mind for a few days or I see or hear something that sets me off but today....hmm...nothing! There is no point panicking or starting to hyperventilate (stop it, Carmel) but the thoughts whirl around and the pressure to write the article, deliver something interesting or diverting to you and to then finish the 10001 things on my list to be completed before I fly out on Friday is mounting so I had better get inspired!

Inspiration – defined by Mr Webster and his dictionary as the action or power of moving the intellect or emotions - is something that we need every day to motivate us, excite us and to get us out of bed. Think about it, given a choice, why would anyone leap out of bed in the morning if they weren't moved by intellect or emotions? I know that I wouldn't! But our intellect says – get up out of bed because if you don't you won't earn any money, get any food or live up to your responsibilities today while our emotion is prodding us saying – the children, your colleagues, your guests, your animals need you to move it and besides how can you turn your back on this beautiful day?!

So what inspires you? We all have different triggers and this inspiration can run from the global to the trivial but

every day we are exposed to a myriad of opportunities to inspire and enhance our lives and in turn to inspire others which is probably the most important responsibility of our day.

Last night, I attended the opening of a friend's art exhibition and marveled yet again, at what an artist sees differently about this world to inspire such beauty being translated to canvas. Maybe that is the difference with an artistic mind – they see beauty or emotion or turmoil in a more tangible way than the every day person or maybe it is more that they have been blessed with the ability to translate what we all see and feel into a painting or sculpture that others want to keep with them in their home and in turn be inspired by whenever they see it. I loved the way in which everyday scenes around the island burst from the canvas or touched my heart or made me smile at their quirkiness – Nanette is inspired to paint a ramshackle building and show its beauty while another might be inspired to tear it down and build something new or to take the shell and evolve it into a new space grounded in the past. All the answers are right because inspiration is individual and personal.

We all get inspired by the beauty that surrounds us even if we don't have the ability to translate that onto canvas but it may not be sunsets or quirky houses for everyone and it is obviously not just about beauty – I was sitting next to a man at a lunch on Monday and for

him, inspiration was definitely the vision of a country where agriculture was once again front and centre of importance and that his people (as in Cook Islanders) were making money from producing sustainable crops for themselves and the rest of the country. He starts his day at 4.30 every morning to ensure that his dream is fulfilled – both inspired and inspiring!

For most of us, it is usually people that provide the inspiration we need to keep going and to achieve – whether it is their example or the need to provide for them. I have had a fabulously inspiring week because I was yet again afforded a very special view of life here in Rarotonga. Cook Island Tourism had a film crew here to create a destination TV show based round the food and culture of the Cook Islands. They are going to all the islands in the Pacific so it is important for us to shine! Originally, one of the story lines was about the Vaka and the foods that both our modern voyagers and their voyaging ancestors ate while at sea. Terrific idea except that the Vaka is still up on dry land waiting for some essential equipment to arrive. I hate wasted opportunities so we had to get thinking quickly!

A brainstorming session over dinner created a new and equally inspiring story line and a few days later I was watching the recreation of an ancient meeting of the Aronga Mana on one of our beautiful marae. The film crew captured the emotion, the drama and the cultural significance of the

gathering and once again I was inspired by the culture and the people of the Cook Islands in not only being able to recreate this event from their collective cultural memory but to have the wit, charm and panache to deliver the event when virtually none of the group had been in front of a camera before.

We finished the day sitting watching the sunset while eating food from the Umu and sipping our Nu feeling thrilled with the outcome of our group inspiration – shared inspiration is probably the most fulfilling of all because of the power that can be generated by a motivated group of people. We sadly see the negative side of this across the world every day but I hope that in the Cook Islands we are inspired to create positive change, positive opportunities and positive outcomes instead. We just need to stand up together to make this happen. EVERYONE here has an opinion to express and I hear so many ideas defended robustly in private but I sometimes think that we lack the drive to express them publicly or join forces to make change.

Let's get inspired together to create a better future for our country, our children and ourselves; be inspired by the good, the beautiful and the creative in this world and I am sure that, in turn, we will inspire others to step up to our collective vision of our future and then we truly have a good reason for getting out of bed in the morning!

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

got water?  
Do your part, be water smart!

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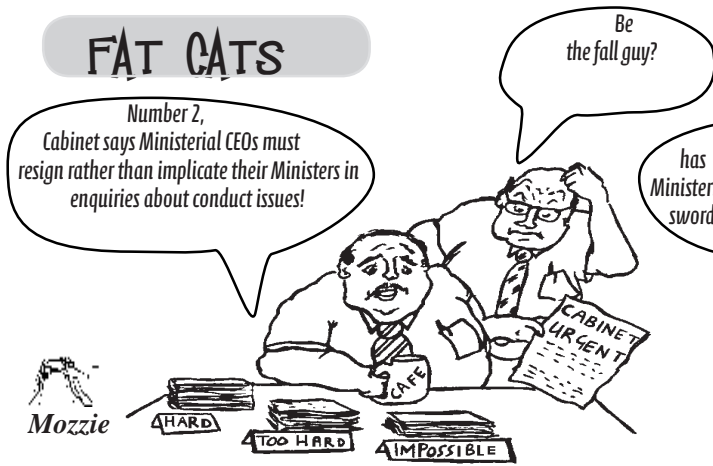
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counts

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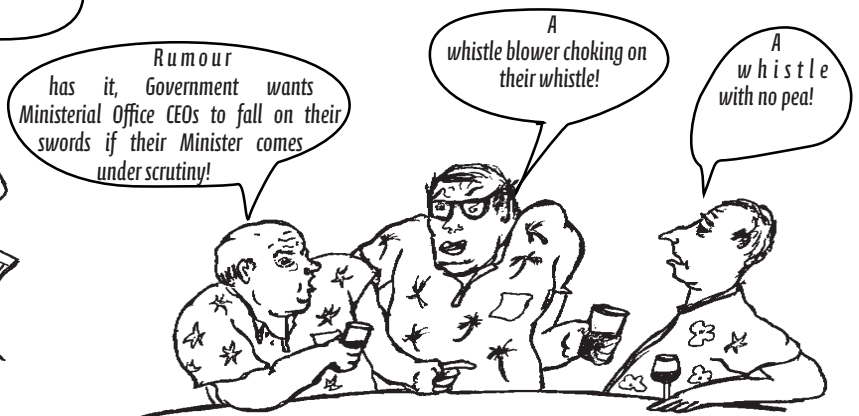
MINISTRY OF  
INFRASTRUCTURE AND PLANNING

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

FAT CATS



COCONUT ROUNDTABLE



Heard about the high profile Member of the House who while visiting an outer island made no secret about his thoughts concerning their sole MP. Not a kind word was forth coming from his mouth during the food feast after one of the official meetings. He got spurred on with additional verbal criticism when those listening with head nodding showed their island's hospitality by agreeing with him. Talk about stabbing a feather in a fellow rooster's tail.



With all the highly paid expats in the Treasury it is a wonder why they can't get a simple media release right for their political boss. While the \$3million water tank subsidy media hand out said every residential home in Rarotonga would get the subsidy, Minita Brown said the subsidy was for the whole Cook Islands and sorry, those already with tanks were not eligible. There is a huge difference between the whole Cook Is and Rarotonga as well as some residential and all residential households.



Talking about the \$3million Government give away, last Saturday's daily other paper had a front page headline about a \$500 prize for designing a winning logo and the mega story of the \$3million freebee was buried on page seven. If that isn't about the paper flying its anti CIP government flag what is it?



It seems a bit fishy when our Hong Kong Sevens Rugby team failed to attract the financial or any interest from our Tourism Board for a joint side venture seeing the global TV audience was mega huge yet the Tourism Board is underwriting the completion of the

# CHOOKS CORNER

WITH BIG RED



stalled Aitutaki fishing club building to the tune of \$300,000. How does that expenditure get one extra tourist to come to the Cook Islands? Then again the Tourism Minister Teina Bishop supplies the club with liquor and with Board Chairman Ewan Smith and CIP royalty Mike Henry right in the mix what does anyone expect? A bunch of shameless etc, etc, etc. That \$300,000 could go a long way towards pharmaceuticals for the deprived northern group sufferers. No wonder this CIP government is rapidly losing the support of the public. The sooner they stop pandering to the likes of the shameless Mike Henry who doesn't lift a finger to help campaigning the better off they will be.



Talking about peacocking Mike Henry, word is he is still persistently pestering fellow lesser CIP royalty Minita Brown to be appointed chairman of the CIIC. It seems Mike's tiresome catch cry "Aitutaki for Aitutakians" has grown some unwanted feathers and become "Rarotonga also for Aitutakians" Mike in Raro you are a very small fish in a far bigger pond so stop embarrassing yourself and the real unrewarded back bone workers of the CIP who are yet to eat even crumbs from the cake that the greedy have consumed. No

wonder Mike is called Mr Greedy within the CIP.



While the Demo team is trying to figure out what will happen in Murienua when Tom Tom goes QR, Big Red has been furiously rubbing his big crystal balls and the vision out of the mists reveal Tom Tom will stay an MP until the election when Teariki will move and stand in Murienua paving the way for little brother Robert to stand in Akaoa!



Local chooks says our sevens team lacked the killer instinct of previous teams. In the game against the Zimbabs, one of their players ran Gazelle like through five of ours who did not attempt to tackle but tried instead to "touch" him. Wrong game! No "fire" in the belly! We need players who can play like the Samoans, with killer coconut head on crash tackles, straight and hard running, no surrender! Sure we beat Mexico but Rugby is not Mexico's national game. Our players need to stop this "show off" behaviour -silly somersaults and going down on one knee and looking to the heavens. How embarrassing. You would have thought they had just beaten the

Kiwi team. In years gone by they almost beat the Kiwis-now there was a team!



A local chook goes so far as to suggest the economy is only producing about a third of what it was a year ago. In taro patch man's terms, that means no growth of any significance. Less money in circulation means many are struggling. Some shops are low on goods. There's little cash to restock.



Here's one guaranteed way for a political party to win the next general election without even trying hard. What is it? Simple! Promise to scrap all tax on NZ Super received in the Cook Islands and do not tax the little people at the Market!



The scheme to replace an old incandescent light bulb with a new eco friendly, long lasting one will bring a brighter future economically to many households! But that's not all as one householder found! Team Bulb arrived and proceeded to replace her six 5 watt eco bulbs with six 20 watt eco bulbs and presto! Not only was the future bright, the house could be seen from the International Space Station! Team Bulb is now known as the "Illuminati!"

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

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Te Riu Woonton

PUBLIC NOTICE



**MINISTRY OF HEALTH  
PUBLIC NOTICE  
Eye Program**

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

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

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

Poor or partial loss of vision

Blurry vision

Double vision

Severe eye pain

Light or colour sensitive

Diabetes mellitus

Dry eye

Squint

Frequent changes in eyeglass strength

Proper prescription for eyeglasses

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

Meitaki maata

VACANCY



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

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

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

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

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

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

Re; Position name and Island

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

TUATUA AKAKITE



**TUATUA AKAKITE NO TE KATOATO A RAVA.**

**TEIA TE POROKARAMU NO TE AKARAKARA ANGA I TE MATA, I ROTO IA APERIRA RA RUA E TAE UATU KITE RA RUA NGAURU MA A.**

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

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

|           |                           |
|-----------|---------------------------|
| Rarotonga | Ra, 2nd – 24th o Aperira  |
| Aitutaki  | Ra, 4th – 5th o Aperira   |
| Atiu      | Ra, 8th – 10th o Aperira  |
| Mangaia   | Ra, 10th – 12th o Aperira |
| Mauke     | Ra, 12th – 15th o Aperira |
| Mitiaro   | Ra 15th – 17th o Aperira. |

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

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

Aveave te mata kare e marama meitaki ana.

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

Mamae kino te mata

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

Toto vene toou

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

Uriuri ua te mata

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

Me, e, uiangara taau no teia porokaramu, e taniuniu atu koe I te taote ia Teariki Faireka e te neti ia Hiawhata Kapuvai i runga i te tereponi

22664, mei te Monite mai ki te Varaire, ora iva i te popongi ki te ora toru i te aiai.

Meitaki Maata

**New Hope Church**

Parekura Conference Centre

*Inspirational messages to uplift and empower you*

**Sunday at 10.30am**

VACANCIES



**COMMUNICATIONS COORDINATOR**

Te Ipukarea Society (TIS) is a non-profit, membership-based environment organisation. TIS core functions are biodiversity conservation, ecologically sustainable development, waste management, greening the economy, and environmental education of youth. TIS has been given the directive to manage a Marine Park project on behalf of the Cook Islands Marine Park Steering Committee and are in need of a Communications Coordinator to develop and implement the CIMP Communications Strategy.

Applicants must have:

A relevant tertiary qualification, or exceptional relevant experience

Excellent verbal and written communication skills

Proven research ability

Established regional/global media networks

Reporting skills and database management

Excellent relationship management skills

Extensive public relations and media engagement experience

Experience facilitating press conferences, meetings and workshops

Advanced social media knowledge

Experience maintaining websites

Demonstrate awareness of Cook Islands culture and customs

For a full position description and application details at [www.teipukareasociety.com](http://www.teipukareasociety.com). Interested applicants should address selection criteria in their covering letter and attach their CV to [tis.cookislands@gmail.com](mailto:tis.cookislands@gmail.com). Applications close 03 April 2013.



**MARINE PARK PROJECT MANAGER**

Te Ipukarea Society (TIS) is a non-profit, membership-based environment organisation. TIS core functions are biodiversity conservation, ecologically sustainable development, waste management, greening the economy, and environmental education of youth. TIS has been given the directive to manage a marine park project on behalf of the Cook Islands Marine Park Steering Committee and are in need of a Marine Park Manager to co-ordinate marine park activities within this project.

Applicants must have:

- A tertiary qualification in the field of marine conservation and biodiversity management preferably at a post-graduate level, or exceptional relevant experience.
- Experience managing staff and consultants.
- Project management experience.
- Excellent time management and reporting skills.
- Demonstrated fundraising ability.
- Advanced conflict resolution skills.
- Excellent relationship management skills.
- Demonstrate awareness of Cook Islands culture.

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TENDER



**AITUTAKI GAME FISHING CLUB**

**Tenders for Refurbishment Project**

The Cook Islands Tourism Corporation and the Aitutaki Game Fishing Club Incorporated advises that tenders are invited from suitably qualified tenderers for the following contract for work on the refurbishment of the Aitutaki Game Fishing Club headquarters in Arutanga, Aitutaki.

**Turnkey Contract No. C01/2012 – Aitutaki Game Fishing Club Refurbishment Project, Arutanga Harbour, Aitutaki for the supply, installation of materials and construction of the existing Fishing Club Building.**

The contract requires the contractor to provide insurances at specified levels.

Suitably qualified and experienced tenderers should apply to the Aitutaki Game Fishing Club or Cook Islands Tourism for tender documents, including a brief statement of their experience and qualifications. During the tender period any queries regarding the tender document shall be made to:

**Mr Michael Henry, Chairman, Building Committee, Aitutaki Game Fishing Club in Aitutaki** or to

**Mrs Nane Papa, Executive Assistant, Cook Islands Tourism Corporation in Rarotonga.**

The tender shall close at **2pm on 28 MARCH 2013 (Cook Islands Time)** at the Aitutaki Game Fishing Club headquarters in Arutanga, Aitutaki.

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PUBLIC NOTICE



**PUBLIC NOTICE**

On behalf of the Aitutaki Island Council and the Ministry of Marine Resources, we would like to inform the General public travelling from Aitutaki that under the Aitutaki By-Law 1990, you cannot take out of Aitutaki the following species:

1. Paual (*Tridacna gigas*)
2. Kai
3. Ariri (*Trochus*)

And under the Aitutaki Manuae Bonefish Regulation 2010, you cannot take out more than 10 bonefish (*Kiokio*) per family out of Aitutaki.

Aitutaki has four RAULs in place:

1. Ootu
2. One foot
3. Long Reef
4. Maina Lagoon Reserve

Please note that all visitors are not to fish in these areas, if you are not sure where these RAULs (reserves) are, please contact the Mayor, any of the Aitutaki Council Members or the Office of the Marine Resources in Aitutaki.

Violating any of the above can lead to a \$200 on the spot fine.

