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Cover photo: A young girl decorated with a Mekeo design at the annual Hiri Moale Festival in Port Moresby, which celebrates the landing of the traditional lagatoi vessel. The festival is on September 16 this year. PICTURE: DAVID KIRKLAND, PNG TOURISM PROMOTION AUTHORITY



PARADISE



Paradise is the complimentary in-flight magazine of Air Niugini, Papua New Guinea's international airline. Business Advantage International publishes it six times a year.

BUSINESS ADVANTAGE INTERNATIONAL

PUBLISHING DIRECTOR

Andrew Wilkins

COMMERCIAL DIRECTOR

Robert Hamilton-Jones

ADVERTISING ACCOUNT MANAGER

Anthony Leydin

+61 (0)415 586 027

al@businessadvantageinternational.com

Business Advantage International Pty Ltd
Level 20, 31 Queen Street, Melbourne,
Victoria, 3000, Australia

Tel +61 3 9111 0044 Fax +61 3 8678 1269

www.businessadvantageinternational.com



CORRESPONDENCE TO THE AIRLINE

The Chief Executive Officer

Air Niugini

PO Box 7186, Boroko, NCD, Papua New Guinea

Tel +675 327 3458 Fax +675 327 3550

EDITORIAL

EDITOR

Robert Upe

STAFF WRITERS

David James, Kevin McQuillan

CONTRIBUTORS

Richard Andrews, John Brooksbank, Greg Clarke,
Adam Constanza, Deborah Dickson-Smith,
Roderick Eime, Fiona Harper, Marisa Howden, Nina
Karnikowski, Danielle Lancaster, Kathy Mexted,
Mary O'Brien, Sarah Nicholson, Karlina See Kee,
Tamara Sheward

AIR NIUGINI EDITORIAL CONSULTANTS

Michael Boyacii, Illan Kaprangi

DESIGN

Michael Whitehead, Alicia Freile

Editorial inquiries

Tel +61 3 9111 0044

paradise@businessadvantageinternational.com

Paradise online

www.airniuginiparadise.com

Printed in Australia. Both printer and paper manufacturer for this publication are accredited to ISO14001, the internationally recognised standard for environmental management. This publication is printed using vegetable inks and the stock is elemental chlorine free and manufactured using sustainable forestry practices.

Some of the articles in this publication are edited versions of those first published on the online PNG business magazine, businessadvantagepng.com.

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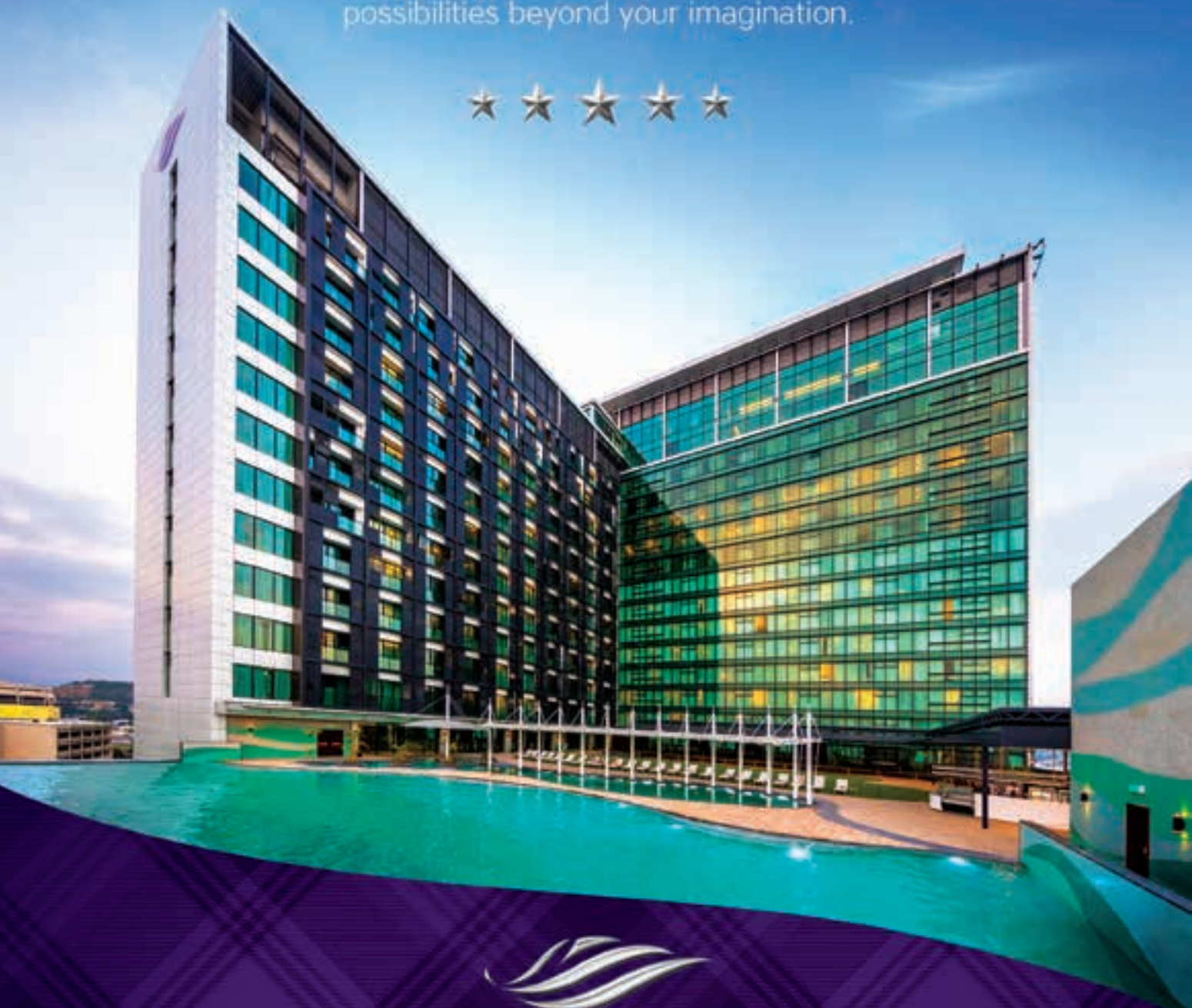
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Message from the Chairman

Welcome aboard



The commemoration of Anzac Day on April 25 this year will have special significance for Australia and New Zealand, and for Papua New Guinea.

This Anzac Day will commemorate the 75th anniversary of the defining battles of World War 2 in what was, then, the Australian territory of Papua and New Guinea.

The most memorable battle was for Kokoda, fought between July and

November 1942, which saw many lives lost, and many more injured, on both sides. The loss of young Australian servicemen's lives was particularly severe.

But it has been customary to commemorate all the significant battles, on land, in the air, and the seas, in the Papua and New Guinean theatre of the war on Anzac Day. The 50th anniversary in 1992 was commemorated by a visit to PNG by the then Australian prime minister, Paul Keating, which began a significant Australian Government commitment to improving the lives and facilities of the remaining war carriers, servicemen, and the community of Kokoda.

This Anzac Day will also commemorate the other significant battles of the war, including those in Milne Bay, Oro, Morobe, Madang, East and West Sepik, Manus, East New Britain and Bougainville, among others, that were all defining moments in World War 2.

Air Niugini, as the national flag carrier, will be proud to help meet the travelling needs of ex-service personnel from Australia and New Zealand, and the increasing number of sons, daughters, grandchildren and great grandchildren of service men and women, who will travel to PNG for this most significant commemoration.

In acknowledgement of the significance of the Kokoda Trail, Air Niugini will this year name an aircraft 'Kokoda'.

The descendants of the invading forces of Japan also are taking a growing interest in visiting the historic places that remind us of tragic battles won and lost 75 years ago. As with Australia and New Zealand, Papua New Guinea today enjoys close relations with Japan.

Air Niugini flies to Japan with regular services, and we have noticed a growth in Japanese tourism, much of it with links to World War 2.

Meanwhile, late April will see the formal start of the campaign for our national elections. These elections remind us of the essence of our democracy and our hard-won freedom. They will also remind our neighbours and the world that Papua New Guinea is proudly a strong and robust democracy.

Our democracy owes its origins to the successes, and sacrifices, of World War 2 and our own peaceful achievement of independence and nationhood in 1975.

This year is shaping as a busy and successful one for Air Niugini.

At the end of March we will start twice-weekly services to Townsville, North Queensland, a city with a substantial military and air force presence. I want to thank the Mayor of Townsville, Jenny Hill, the owners of Townsville Airport, Townsville Enterprise, the Townsville Bulletin newspaper, the YWAM medical ships program and the business community for their enthusiasm for this new service.

The service will benefit our own business community, the tourism sector, education, and family reunions. It will also enable rugby league fans to more easily attend North Queensland Cowboys matches. The PNG Hunters will especially gain through easier travel to play matches against the Townsville and Mackay teams in the Queensland Cup.

The service will also provide a new opportunity for Townsville and NQ residents to benefit from the Port Moresby international airport hub and connect with our services to the nations of South East Asia and beyond, as well as the Pacific region.

Later this year we will commence regular services between Port Moresby and Shanghai, China – the world's fastest-growing nation and an important investment and trading partner with PNG, and an increasing source of tourism for our nation.

Enjoy your flight.



Sir Frederick Reiher, KCMG KBE
Chairman, Air Niugini Limited





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On the flight path ... Air Niugini is starting a twice-weekly air service to Townsville and has released packages for rugby fans.

TOWNSVILLE FLIGHTS SET TO START

Air Niugini's new air service between Port Moresby and Townsville in north Queensland, Australia, commences March 31.

It's a direct service and operates every Monday and Friday, departing Port Moresby at 9.55am and arriving in Townsville at 11.45am. The return service departs Townsville at 12:30pm and arrives in Port Moresby at 2.20pm.

Air Niugini chairman, Sir Frederick Reiher, says Townsville already enjoys strong business and cultural links with PNG through its 'sister city' relationship with Port Moresby.

"Air Niugini has evaluated and engaged in extensive discussions with the Townsville Airport owners and operators, the mayor of Townsville, the Townsville Enterprise

and local political and business leaders. This new service will open up important business, educational, sporting and people-to-people links."

Sir Frederick is impressed with the support for the service by the Townsville business community, and encourages the PNG business community to look at this opportunity as well.

"This service has the potential to be an important addition to our regional hub. It will offer the citizens of Townsville and other centres, such as Mackay and Mount Isa, the efficient international 'connection' they don't currently have – transiting here (Port Moresby) before travelling to other major Asian destinations such as Manila and Singapore," Sir Frederick says.

The direct service will also benefit the SP PNG Hunters when they play in the Queensland Cup against the Townsville, Mackay and Rockhampton teams – both in terms of reduced travel time, and lower team travel costs. And it will enable fans in Papua New Guinea to attend Cowboys home matches and the Hunters games – as well as the fans of the north Queensland teams who want to see their teams play here in Port Moresby.

The NRL round five match between the Cowboys and Rabbitohs in Townsville will coincide with the commencement of the service on March 31, an opportunity for fans in PNG to attend.

Air Niugini has released a three-night package of PGK2679.00 per person twin share, which includes return airfares and airport transfers, accommodation, full buffet breakfast, return transfer from hotel to stadium, match ticket, all travel taxes and surcharges. Phone Air Niugini Tours, 327 3557, or toll free 180 2121.

The inclusion of Townsville on Air Niugini's route network brings the airline's destinations in Australia to four and its total international destinations to 15.

Recently, Air Niugini also started flights to Pohnpei and Chuuk in the Federated States of Micronesia.

Other destinations that remain firmly on Air Niugini's radar for the future include Shanghai, China, and Jayapura in Indonesia. ■

See our story '6 Townsville essentials' on page 50.

Cardinal on board

Air Niugini chairman, Sir Frederick Reiher, and the airline's chief executive officer, Simon Foo, were among hundreds of Catholic faithful who greeted PNG's first-ever cardinal, Sir John Ribat, when he returned to Port Moresby late last year from the Vatican in Rome.

Cardinal Ribat had been in Rome to receive the red hat and cassock of a cardinal from Pope Francis.

Some of the well wishers who greeted the

cardinal at Jacksons International Airport turned up as early as 4am.

Cardinal Ribat is from Volavolo village in the Rabaul district of East New Britain. He is among about 100 cardinals in the world, who are just a step away from becoming Pope.

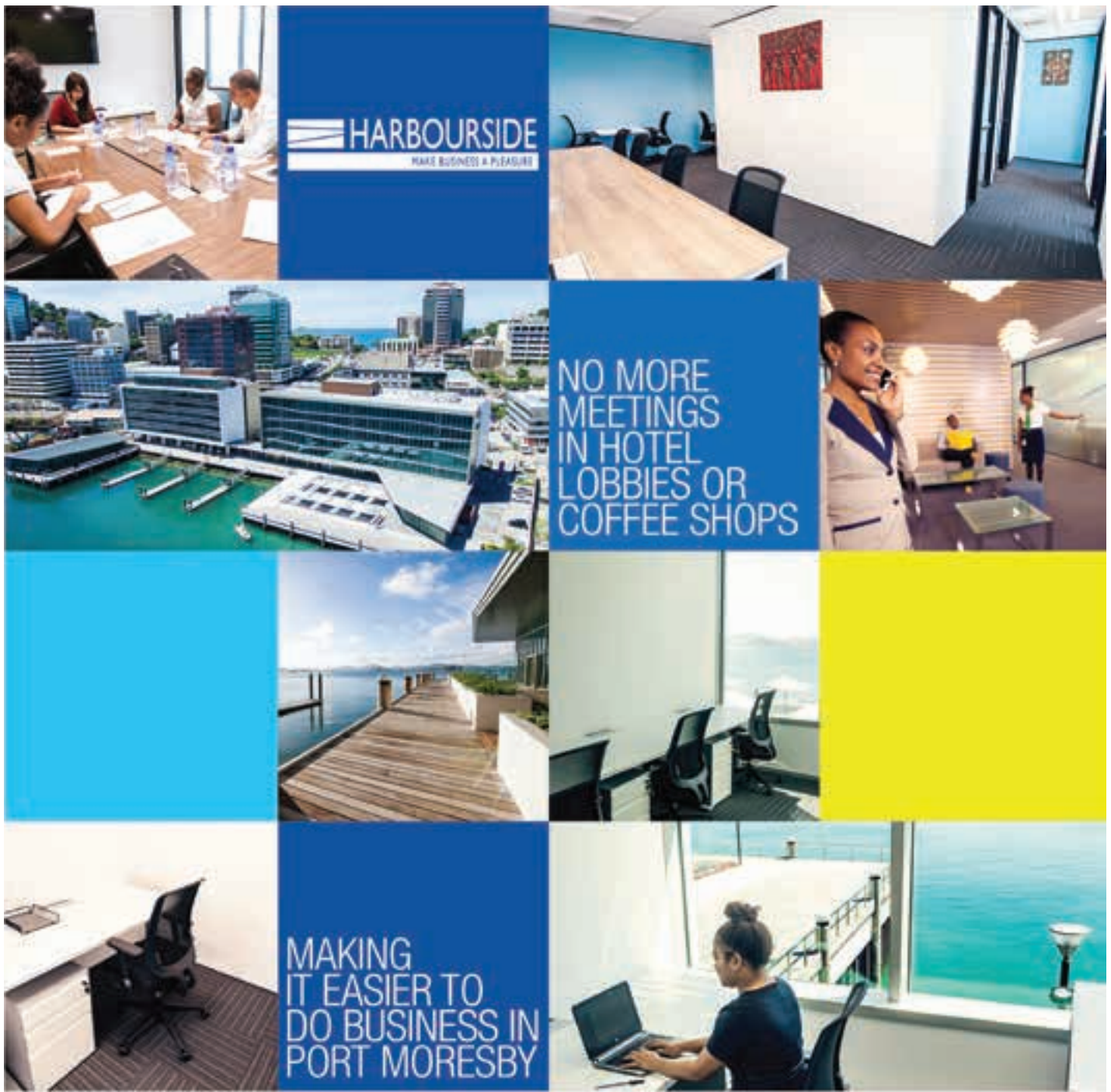
Cardinal Ribat acknowledged Air Niugini for ensuring smooth travel to and from Hong Kong during his return journey to Rome. ■

'Heaven sent', see our profile of the new cardinal on page 72.



Homecoming ... (from left) Air Niugini chief executive officer Simon Foo, cardinal Sir John Ribat and Air Niugini chairman Sir Frederick Reiher at Jacksons International Airport.





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PAYING DIVIDENDS

Air Niugini chairman Sir Frederick Reiher presented a PGK20 million dividend payment to Kumul Consolidated Holdings (KCH) last December.

When presenting the cheque, Sir Frederick said the airline continues to endure despite the tough economic times.

He commended Air Niugini for being able to manage the expansion of services in both domestic and international sectors during the difficult times.

“I thank my board, CEO Simon Foo, his management team, and all Air Niugini’s valued employees who have contributed to making this dividend payment possible.” ■



Pay day ... Air Niugini chairman, Sir Frederick Reiher (second from right), and chief executive officer, Simon Foo (right), presenting the cheque to the national government.



GIFTS FOR THE KIDS

Staff from Air Niugini’s Balus Social Club (pictured) paid a surprise visit to sick children at Port Moresby General Hospital’s ward 1B during the Christmas holidays.

The group delivered gifts that included food, fruit, drinks, water bottles, cups, dolls and airline merchandise and magazines. Children and their parents also received educational posters on personal hygiene, as well as toiletries including toothpaste, hairbrushes and soap.

Other departments within the airline also pay similar visits to charity organisations, including the Cheshire Home. ■

TRAVEL AGENCY OPENS FOR BUSINESS TRAVELLERS

The Business Travel Centre (BTC), a subsidiary of Air Niugini, has opened its doors at Port Moresby’s Harbour City.

The centre offers travel agency services including air, hotel and accommodation bookings, as well as rental car hire.

The business is Air Niugini’s second subsidiary company, after Link PNG.

Air Niugini chairman, Sir Frederick Reiher, says the BTC has highly skilled international

travel consultants who use the latest online booking tools. The office is open seven days a week, with extended working hours from 8am to 8pm.

“In a significant advance in the ‘one-stop shop’ concept for Air Niugini, the centre offers ticketing for all airlines, hotel bookings, rail bookings, car hire bookings and all the other services the modern-day corporate client demands. This will include ‘self service’ kiosk options for the future.” ■



Open for business ... BTC consultants (from left) Julienne Maginni, Elsie Kunai, Heather Malo and Torgo Origin.





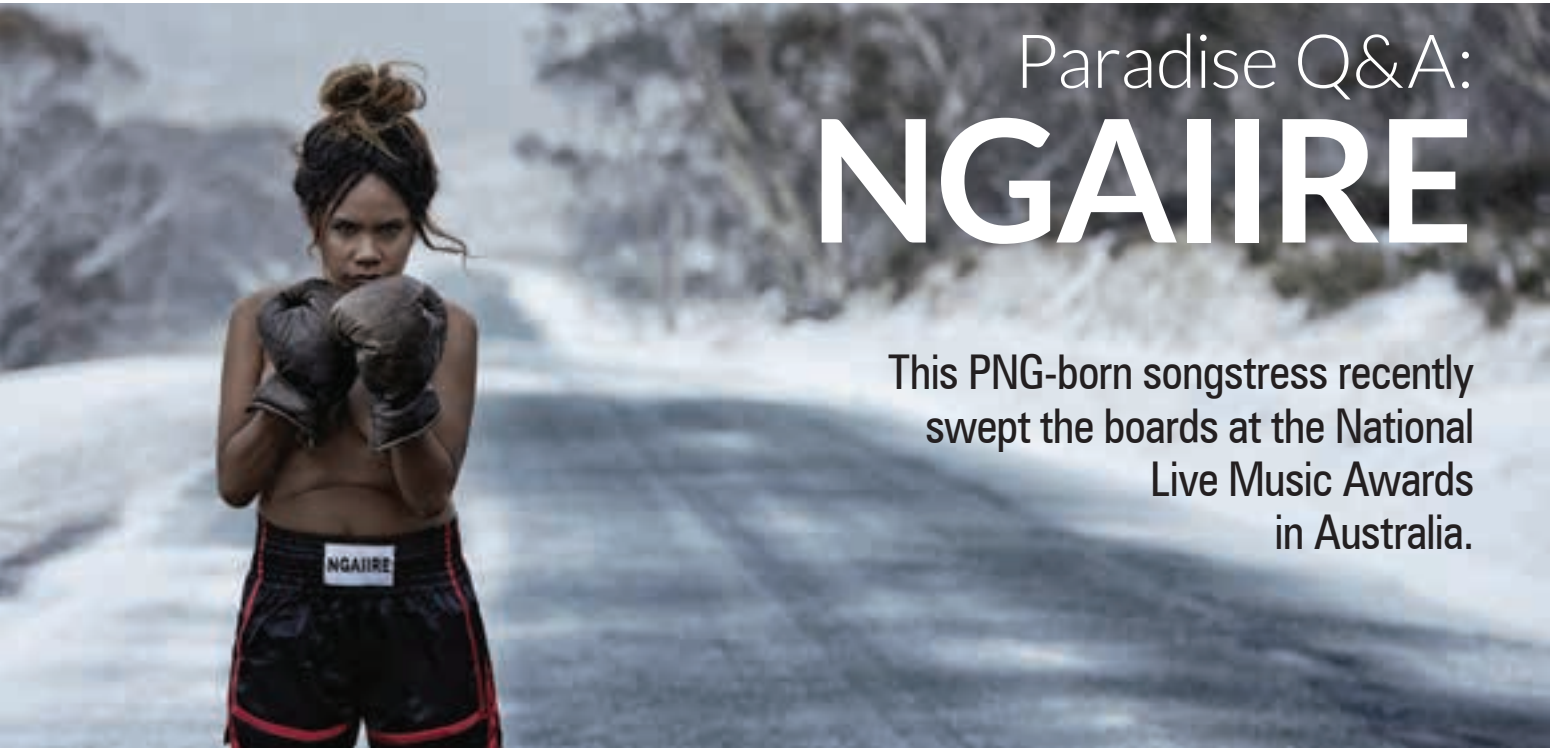
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Paradise Q&A: NGAIIRE

This PNG-born songstress recently swept the boards at the National Live Music Awards in Australia.

Q: Where did you grow up?

A: I was born in Lae. My dad is from Kavieng and Rabaul and my mum is from Goroka and Lae.

When I was nine months, we moved to Palmerston North in New Zealand. We moved back to PNG in '91. After a volcano eruption in Rabaul, I spent the rest of my time in Lae. My family moved to Australia about 15 years ago.

Q: Did your PNG childhood inspire your music?

A: Definitely. Islanders love to harmonise, sing and play the guitar. I was drawn to music quite naturally because it was such a big part of growing up in PNG. When my parents separated, music became my first saviour.

Q: Was it difficult moving to Australia?

A: When I was 16, my family moved to Lismore, which was relaxed and welcoming. I was a tomboy and I went to school with unshaven legs and baggy pants. Growing up in PNG, I made every effort to detract attention away from my body. Little things like that made me feel alien but Lismore really embraced us. I did *Australian Idol* in my first year in uni so my assimilating into the culture had to be accelerated.

Q: When did you start thinking about music as a career?

A: Year 12 was the first time I had the opportunity to study music. My parents didn't know I could sing – I didn't even know I could sing. I did an Alicia Keys song in school assembly and I went from being the weird PNG kid to the girl who sings. I thought, 'maybe I can make this a career' and I studied at the Central Queensland Conservatorium of Music.

Q: How would you describe your style of music?

A: It has been a journey, as I've experimented with different genres. You could call it alternative pop or future soul.

Q: Tell us about the title of your second album, *Blastoma*?

A: Blastoma is the cancer I had as a kid. When I was writing the album, a lot of personal relationships had come to an end and I was exhausted from touring. I needed to remind myself of a time when I had learnt to be strong – and that was when I had cancer.

Q: Were you surprised to win three National Live Music Awards?

A: I wasn't expecting to win anything. I had gone down to present some awards and I

kept getting called up to receive awards. It was a great surprise. I was overwhelmed and moved by the support of the industry.

Q: Why the changing costumes and hair styles?

A: They're very much influenced by growing up in PNG. What I love about PNG traditional costuming is that it's unique to us. Also, my mum had a little fashion label in Lae and she is definitely a big influence on my costuming. When I put on some sparkles or a headdress, I feel I'm going out to battle.

Q: What inspires you?

A: I have learnt from my recent album how to be more conceptual and not write about personal stuff too much. I always had to go through something bad to write a song but I have grown as a songwriter and I don't have to wait for those bad periods anymore.

Q: What's your next goal?

A: I've been working on a new album for the past three months. I fly to PNG in March to draw on PNG aesthetics and so the others working on the album can experience these too. ■

— MARY O'BRIEN



PNG's 'Mr Coffee'

Winning the Golden Bean Roasters 2016 bronze medal was a significant achievement for Cairns-based Billy Haoda. The Golden Bean is the world's largest coffee roasting competition, with judges rating Haoda's caffe latte as the third-best in Australia.

Born in Rabaul before growing up in Kimbe, becoming a world-class coffee roaster was not Haoda's first choice of careers. "When I finished school, Dad suggested we start a small family business using a Cessna 206 to freight cargo and fly people from the south coast."

He enrolled in a Cairns flying school, which subsequently went bust, leaving students who had pre-paid fees high and dry. Haoda took a job in a coffee shop, washing dishes while maintaining his dream of obtaining his commercial pilot's licence.

"With my flying lessons on hold, I kind of got stranded in Cairns. I was caught between my parents wanting me to go back to PNG and wanting to finish my flying course and get my commercial licence. It was my dream," he says.

His luck changed when the cafe's regular barista didn't turn up and Haoda was asked to step in. He quickly learnt the barista's craft, with the manager telling him he was "actually good at this, you should do this for a living".

Still focused on getting his pilot's licence, he took another cafe job to pay the rent and mounting legal bills. Over the years, he learned everything there was to know about coffee, beans and roasting, and how each stage affects flavour.

Haoda and his wife, Sokara, opened Billy's Coffee at Rusty's Market in Cairns in 2004, and three years later they also started Billy's Coffee in Sheridan Street.

Billy's Coffee is a no-frills place where customers can have a real connection with coffee, but so, too, with Haoda, Sokara and son Kyla, who all work in the shop.

"You can get out of bed and come in, bring your dog, bring your cat, bring your own food if you like, we're not going to judge you,"



Billy Haoda ... his caffe lattes are rated in the top three in Australia.

Haoda says, greeting customers like the long-term friends many have become.

Haoda has invested in his own state-of-the-art coffee roaster. He has a strong interest in working with PNG bean farmers to create his own individual, single-origin blend, highlighting flavour and nuance through different roasting techniques. He says that PNG beans are special as they are grown organically, particularly those from the Highlands, though coastal plantations are also now producing quality beans.

Haoda has his eyes firmly fixed on the single-origin blend category in the 2017 Golden Bean Roasters award.

Billy's Coffee in Cairns is at Rusty's Market (open Friday to Sunday) and at 57 Sheridan Street (open seven days). ■

— FIONA HARPER

 **Air Niugini flies from Port Moresby to Cairns 13 times a week.**
See airniugini.com.pg.

NUMBER CRUNCH

106. That's PNG's ranking in the list of the world's most populated countries, according to the *CIA World Factbook*. The factbook says PNG's population is 6,791,317, based on July 2016 estimates. The most populous countries are China (1,373,541,278) and India (1,266,883,598). Near-neighbour Australia ranks 56th on the list, with a population of 22,992,654. The least populated, at No. 238 on the list, is the Pitcairn Islands, with just 54 people.



THE 'MUST-SEE' DESTINATIONS OF 2017 (INCLUDING PNG)

Papua New Guinea has been named as one of this year's 21 'must-see' destinations by *National Geographic Traveller* magazine.

The annual 'Best of the World' list, chosen by the magazine's editors, is all about "exploration and discovery", according to editor-in-chief George Stone. "We think this year's list represents a carefully curated selection of forward-leaning places that reveal the bright future of travel."

The magazine writes: "Time forgot much of PNG, an isolated and incredibly rugged Garden of Eden. For indigenous cultures in secluded villages, life pretty much goes on as it has for centuries.

"Recent homegrown tourism initiatives, such as the villagehuts.com lodging and travel website, are making it a bit easier for adventurers to visit PNG's untamed rainforests, volcanic fjords and vibrant coral reefs." ■

To find out more about each destination on the list, see NatGeoTravel.com/BestTrips2017.



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World beaters ... (clockwise from opposite page) PNG tribesmen; a massive school of jack fish in the Sea of Cortez in Mexico; a serve of sweet-and-sour rice noodles in Chengdu, China; resting in a hammock in Canada's Banff National Park; casting a line in one of the many inlets in Valletta, Malta.




BEST OF WORLD 2017

- Anchorage, Alaska, US
- Baja California National Marine Parks, Mexico
- Banff, Alberta, Canada
- Canton Uri, Switzerland
- Cartagena, Colombia
- Central India's National Parks
- Chengdu, China
- Cradle of Humankind, South Africa
- Ecuador's Cloud Forests
- Finland
- Georgia, USA
- Guadeloupe Islands
- Hamburg, Germany
- Kauai, Hawaii, US
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The advertisement features a family of three—a woman, a young girl, and a young boy—smiling and preparing food in a kitchen. The woman is holding a plate of food, and the boy is looking at it with interest. In the foreground, there are several cans of Dolly tuna products, including a large can of Dolly Tuna Barbeque and several smaller cans of Dolly Tuna in various flavors. The background shows a kitchen counter with various vegetables and bread.



One of the most stylish hotels to open on Air Niugini's route network in recent months is The Warehouse in Singapore.

The riverside boutique property is at bustling Robertson Quay and has just 37 rooms in a renovated 1895 warehouse.

The rooms are spacious and decorated in muted tones. They retain original features of the building, such as high ceilings and industrial beams, and include leather and

rattan furnishings, free high-speed Wi-Fi, and Ashley and Co bath amenities.

There's an authentic Singaporean air to the hotel, with locally sourced artwork, guidebooks, coffee and tea.

There's also a rooftop infinity pool with views of Singapore River, and a restaurant called Po, serving classic local dishes and craft cocktails.

Robertson Quay is a dining and nightlife precinct, so there's no shortage of food

options within walking distance, including hawker food.

The hotel has an opening special of \$S225 a night, plus taxes and fees. ■

See thewarehousehotel.com.

 **Air Niugini flies between Port Moresby and Singapore five times a week.**

See airniugini.com.pg.



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Milne Bay museum opens

A museum dedicated to the culture of Milne Bay Province, in Papua New Guinea's idyllic southeast, has opened in Alotau.

The Massim Museum and Cultural Centre is only the fifth museum in PNG and showcases artefacts, carvings, weavings, contemporary paintings, photographs and curios.

Among the exhibits are carvings by Mutuaga, one of the first named and recognised Papua New Guinean carvers, who was befriended by missionaries in the 1890s.

Contemporary carvings are also on display, including some from the Kiriwina region, which are accompanied by storyboards that explain their meanings and legends.

Many of the exhibits have been donated by locals.

The museum's foundation director and executive curator, Joan Winter, says: "There is the developing understanding that objects will be much safer in the museum than in some villages and houses in Alotau, so collecting them has not been too difficult as people come to show us what they have stored away. They always bring stories about their precious cultural heritage."



However, some of Mutuaga's carvings have come from an auction house in London.

"They were taken to London in the late 1890s and then turned up at auction in the 1990s," Winter says. "Chris Abel, the grandson of the original missionary, Charles Abel, was alerted by a colleague in London and he was able to purchase them at the auction.

"There are more valuable and beautiful objects from Milne Bay province in museums

around the world," Winter says. "We hope to be able to repatriate some of these. There is an international market, but prices are often too high for the likes of this museum, so donor supporters are needed."

The Massim Cultural Foundation was set up in the 1990s to create the museum. The impetus to establish the museum came after the very successful Malinowski Legacy conference in 2015, staged in Alotau to celebrate the 100th anniversary of the stay of the famous early anthropologist Bronislaw Malinowski. It was made possible by a grant from the national government.

The museum is at the Wanigili Centre, a building said to be the largest wooden structure in the southwest Pacific. It is co-resident with a cafe, conference venue, accommodation and a tour company.

The museum is open Wednesday to Saturday from 11am to 4pm, or by appointment. It's PGK25 for adults, PGK10 for children and PGK65 for families.

To get in touch with the museum, phone +675 7933 1009 or email milnebaymassimmuseum@kulamail.net. ■

Brisbane's new premium hotel

The newest premium, fully serviced hotel in Brisbane is well placed for a stay.

The new kid on the block, the Swiss-Belhotel, is close to an array of Brisbane attractions, from the vibrant Southbank to the city.

Many of the rooms feature balconies with views of the Brisbane River, city skyline, Kangaroo Point or the iconic Story Bridge.

With a cool and refreshing contemporary design, free Wi-Fi, a gymnasium and indoor heated pool, secure parking, large corporate lounge and two meeting rooms, the Swiss-Belhotel has the honour of being the group's first Australian property, with a second now

open in Sydney. The company was awarded Indonesia's Leading Global Hotel Chain for six consecutive years and 'Most Favourite 4-Star Hotel' in 2016.

Some rooms have kitchenettes and if you don't want to cook, Cafe 63 is a delight. Open for breakfast, lunch and dinner and providing room service, take your pick of signature dishes or more casual options utilising local and regional Queensland produce. The value of the meals is outstanding. Count on four to five vegetables served with your steak. ■

See swiss-belhotelbrisbane.com.

— DANIELLE LANCASTER



✈️ Air Niugini flies from Port Moresby to Brisbane seven times a week, with two services on Fridays. See airniugini.com.pg.





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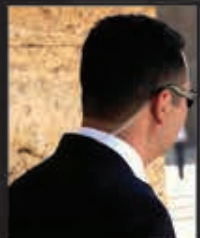
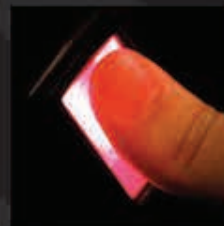


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TRAVELLER

OUR COUNTRY, OUR REGION, OUR WORLD

Colourful displays ... sea whips (this page) and a clown fish at PNG's Kimbe Bay (opposite page).



PICTURE: TIBOR DOMBOVARI, WALUNDI RESORT



Chances are, you're reading this story flying over the ocean in an Air Niugini plane, and if that's the case, you'll be passing right over some of the best diving sites in the world.

Right now, you're inside the Coral Triangle, the absolute epicentre of the planet's marine biodiversity: tens of thousands of different species of fish, corals and those other

weird and wonderful creatures down there.

This incredible marine biodiversity, and of course the warm, clear waters, mean that diving – and snorkelling – are the most obvious recreations in the region. So, with such a range of opportunities, where do you start your underwater adventures? We've picked out some of the best, and easily dived, sites for each country.

So, even if you're a beginner, here's where to take the plunge.

PAPUA NEW GUINEA

Sitting close to the middle of the Coral Triangle, it's no wonder that PNG has some of the best coral reefs in the world. PNG's small and well-dispersed population also ensures that there's hardly any human impact, so wherever you're

diving, chances are you'll be the only ones for miles around.

Even the dive resorts are nicely spread out, with only one or two in each province. This, in itself, leads to a form of stewardship, where resorts come to an arrangement with locals, and reefs become protected, in exchange for employment and provisions.

TOP 13

WHERE TO DIVE IN PNG & BEYOND

Deborah Dickson-Smith pinpoints some of the best dive sites in the Pacific, where you can see everything from war wrecks to manta rays and colourful corals.



PICTURE: MARCELO KRAUSE, WALENDI RESORT

1 Coral Gardens, Tawali, Milne Bay

We selected Coral Gardens, out of all the amazing dive sites at Tawali, for its panoramic array of colourful hard corals – and its easy access. Even snorkellers can enjoy this gently sloping dive site, where corals of every shape, size and colour compete for attention, and the reef fish are simply overwhelming in their abundance and diversity.

Nearby Deacon's Reef has similar coral cover, but a narrower shelf, which falls away sharply to the depths, attracting whale sharks, hammerheads and manta rays.

Visibility: +30m
Depth: 3–10m

Ability level: All levels, including snorkellers.

Stay: Tawali Leisure and Dive Resort is the only dive resort in Milne Bay. It is modern, spacious and comfortable, with two dive boats and access to dozens of pristine sites. **See tawali.com.**

2 Cyclone Wall, Oro Province

Wall diving at its best: from seven metres, vertical walls plummet down to beyond 40 metres then slope away out of sight.

There is plenty to see at all levels: at 20 metres there are stretches covered in anemones, punctuated by large gorgonians and huge

barrel sponges; at 10 metres hard and soft corals take over, playing host to reef sharks, triggerfish, scorpionfish and anthias; at seven metres hawksbill and green turtles often 'hang' around, and large brain coral reach up to just under the surface where the crowds of reef fish make for a serene safety stop.

Visibility: +30m

Depth: +20m

Ability level: Open Water (Deep Diver certification is recommended)

Stay: Cyclone Reef has three distinct sites, and all can be dived from Tufi Dive Resort, on whose house reef you'll find a host of mandarin fish. **See tufidive.com.**

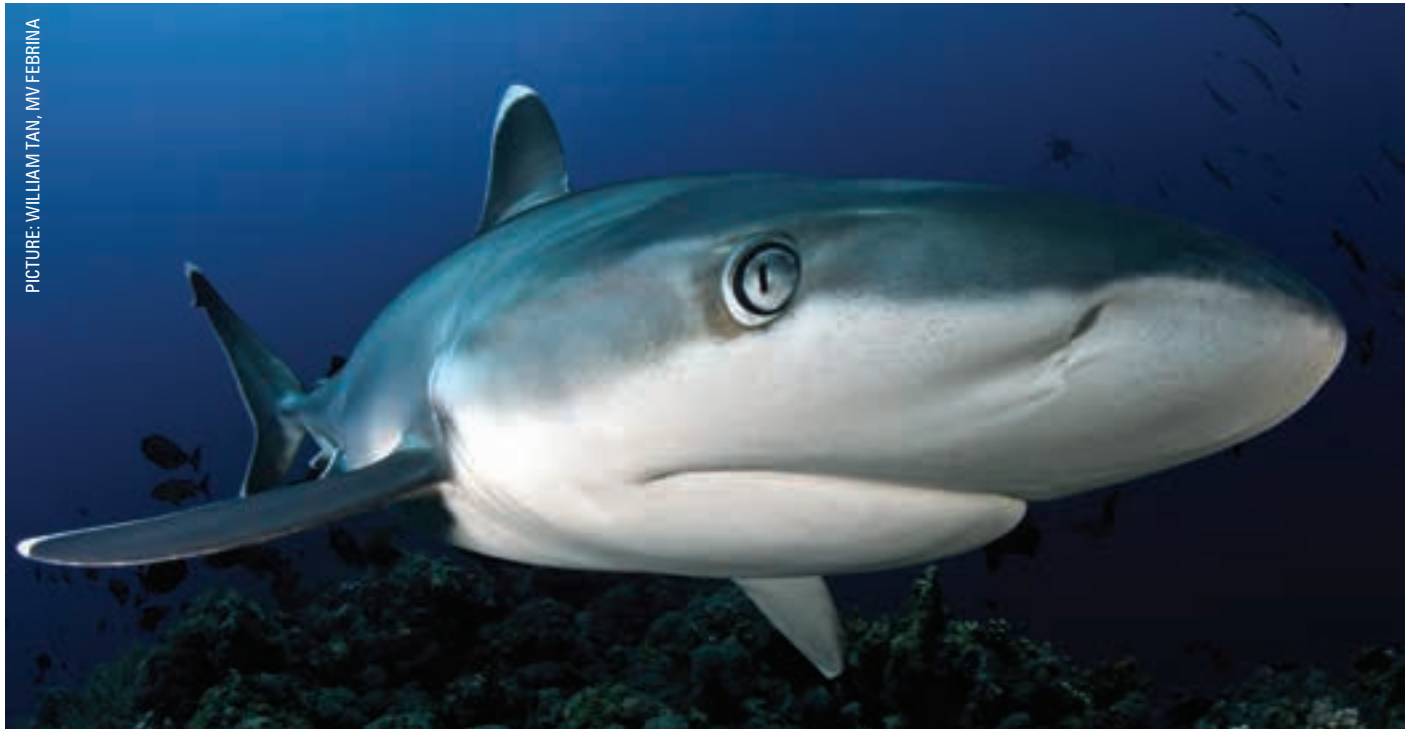
3 Albatross Passage, New Ireland Province

The signature dive site in Kavieng is Albatross Passage, which is the first passage between mainland New Ireland and the island of New Hanover.

At an incoming tide, this narrow waterway is like fish soup. Eagle rays, mobula rays, big dogtooth tuna, barracuda, plenty of grey reef sharks and loads of other fish can be seen here on almost every dive. The wall itself is overgrown with big fan corals, black corals and sponges, and this is the home for small creatures like nudibranchs, leaf scorpionfish and pygmy seahorse. ➤



Top 13 diving sites



PICTURE: WILLIAM TAN, MV FEBRINA



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Albatross is best dived at an incoming tide which ensures that the visibility is at its best (usually around 30 metres) and this current also brings in lots of pelagic fish. Average depth of this dive is around 20-25 meters.

On the way from Lissening Island to Albatross are two more great dive sites: the wreck of an American B25 Bomber from World War 2 – the *Stubborn Hellion* – as well as Albatross Muck.

Visibility: 30m

Depth: 20–25m

Ability level: Minimum Open Water, Advanced recommended.

Stay: The easiest access to Albatross Passage is by staying at Lissening Island Resort, a small private island with four private bungalows, just 20 minutes by boat.

See lisseningisland.com.

4 Josie’s Reef, Kimbe Bay, West New Britain

Kimbe Bay is home to brilliant coral formations that delight underwater photographers.

Dramatic sea mounts, coral walls and lush coral gardens are all a feature of diving here, along with a myriad of fish and invertebrate life.

Josie’s Reef is a recently discovered site, covered in a dense forest of sponges, sea-whips and corals, and a giant sea-fan larger than a bus.

Visibility: 20–30m+

Depth: 10–30m

Ability Level: Open Water and above

Stay: Nestled on the east coast of Kimbe Bay, the Walindi Plantation Resort is the perfect base from which to explore the bay’s reefs and islands. Walindi runs daily diving excursions, complete with surface interval lunches served on a deserted island.

See walindifebrina.com.



Top 13 diving sites



PICTURE: DIVEPLANT.COM



PICTURE: DIVEPLANT.COM



PICTURE: DAREK SEPIOLO, WALINDI RESORT

Sea life ... a silver tip shark at Father's Reef in West New Britain (opposite page); a nudibranch at Tulamben in Bali, Indonesia (above); divers with a turtle at the wreck of the USAT Liberty at Tulamben (middle); diving with barracuda at Kimbe Bay, PNG (right).

5 Fathers Reefs, West New Britain
 A long, extinct volcanic caldera, Fathers Reefs are a series of reefs along the northern coast of New Britain. The underwater topography is of dramatic reef scapes, arches and swim-throughs. Being offshore, these reefs also attract pelagic activity such as sharks, rays, turtles and schools of barracuda.
Visibility: 20-30m+
Depth 5–30m
Ability level: Advanced and above
Stay: If you're looking to dive around West New Britain in comfort and style, the MV *FeBrina* is the way to go. This spacious, purpose-built, liveaboard accommodates just 12 divers, and departs the Walindi Resort for eight-day itineraries regularly throughout the year.
 See walindifebrina.com.

SOLOMON ISLANDS
6 Mirror Pond, Russell Islands
 The Solomon Islands is best known for its many World War 2 wrecks of everything from planes to submarines and ships. Many lie at the unfathomable depths of Iron Bottom Sound (named for the amount of metal down there), while many more are scattered around the fringing reefs and shallow lagoons, all of which provide exceptional, and easy diving.
 Mirror Pond, however, is not a wreck site. It is a sub-aquatic passage that ends in a chamber where you can surface in an ocean-water pool surrounded by over-hanging jungle. ➤

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Top 13 diving sites

The sunlight plays atmospherically, creating magical scenes inside. After surfacing in the jungle, explore the many swim-throughs that lead to a beautiful coral wall, where you might be lucky enough to find a pygmy seahorse on one of the giant gorgonian fans.

Visibility: +30 m

Depth: +20 m

Ability level: Minimum Open Water, Advanced recommended.

Stay: There are no dive resorts in the Russell Islands, so it's best to take a trip with a liveaboard such as the MV *Taka*, whose itineraries include the Florida and Mary Islands.

See solomonsdiving.com.

Mirror Pond, Solomon Islands ... sunlight creates magical scenes in the pond, where you can surface in an ocean pool surrounded by overhanging jungle.



FIJI

7 Great White Wall, Taveuni

Fiji is known as the soft-coral capital of the world, though of course there are many hard-coral reefs too. On Fiji's Rainbow Reef, off the coast of Taveuni, the Great White Wall is Fiji's most famous soft-coral dive: a vertical wall covered in soft white coral descends as far as the eye can see. The wall is just one part of the dive site, which includes coral-covered ridges, bommies and swim-throughs, all of which attract colourful reef fish.

Visibility: +20m

Depth: +20m

Ability level: Minimum Open Water, Advanced recommended.

Stay: The site is accessed ➤

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Top 13 diving sites

PICTURE: DIVEPLANIT.COM

“
**This narrow
 waterway is
 like fish soup.
 Rays, big
 dogtooth tuna,
 barracuda,
 grey reef
 sharks and
 loads of other
 fish can be
 seen on almost
 every dive.**
 ”

by many of the dive resorts on Taveuni, including Taveuni Dive Resort. It is also on one of the itineraries of the small cruise ship *Reef Endeavour* (owned by Captain Cook Cruises Fiji), which allows divers to visit a number of different sites throughout Fiji on a single trip. **See taveunidiveresort.com, captaincookcruisesfiji.com.**

VANUATU

8 **USS Tucker,
Espiritu Santo**

Vanuatu is known equally for its wrecks – big and small – and its easily dived colourful reefs.

The USS *Tucker* was a World War 2 destroyer that struck a US mine and sank near the west point of Aore Island, off Espiritu Santo. At 104-metres long, both the stern and bow are clearly recognisable as the wreck is standing upright on the flat bottom.

There are lots of places where you can shine a torch into the nooks and crannies, the beam lighting up a myriad of very surprised and colourful fish – momentarily held captive by the light. Diving the USS *Tucker*, it's possible to envisage, that fateful moment, the explosion and violent aftermath that transitioned quickly to a silent, watery world.

Visibility: 20m

Depth: 24m

Ability level: Advanced Open Water.

Stay: Santo Island Dive is based in Luganville, has three boats and access to all the best dive sites around Santo – which is also famous for the SS *President Coolidge* and Million Dollar Beach dive sites. **See santodive.com.**

INDONESIA

9 **USAT Liberty Wreck,
Tulamben, Bali**

Indonesia's 7000 islands span one eighth the way around the globe and represent the base of the Coral Triangle. Indonesia has a dozen different diving regions, each with dozens of dive sites, some more challenging than others.

The USAT Liberty is an easily accessed shore dive on Bali. With hardly any current, it's suitable even for the absolute beginner.

Stay: There are a number of resorts in Tulamben, within walking distance of the site, but as Bali's sites are spread all around the island, a better way is to take a dive safari with Aquamarine Diving Bali or Bali Hai Diving Adventures. **See aquamarinediving.com, balihaidiving.com.**

10 **Sardine Reef, Raja
Ampat**

Raja Ampat, the large area of ocean to the



PICTURE: DIVEPLANIT.COM

War wreck ... the 104-metre USS Tucker went to the bottom after hitting a mine at Espiritu Santo.

No longer recognisable as a 124-metre ship, it's more like a reef built on a metal, rather than rocky, substrate.

Fun to explore, every section has its own special marine inhabitants: sweetlips and batfish hover motionless in every sheltered spot, potato cod have their own cleaning station, bump head parrotfish roam the surrounding sands, and even two turtles have taken up residence. You can dive it four times in one day – and still want to go back and explore more.

Visibility: 20m

Depth: 5–20m

Ability level: Open Water, beginner

east of West Papua's Bird's Head Peninsula, contains over 600 islands, and probably even more dive sites. Picking one is hard, but Sardine Reef – an oval-shaped underwater hill on the east side of Kri – makes for an easily accessible and representative 'sampler' of the Raja Ampat experience.



Soft coral, gorgonian fans, black coral bushes and slopes of coral heads populate the entire Sardine Reef area, and large schools of fusiliers, sardines, damsels, bannerfish, butterflyfish, sweetlips and snappers frequent the site, picking tasty morsels out of the current. The pelagics often visit too, with barracuda, giant trevallies ➤



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Top 13 diving sites

and a variety of reef sharks cruising through the site.

Visibility: +30m

Depth: 5–25m

Ability level: Open Water.

Stay: There are many liveaboards and dive resorts offering diving in Raja Ampat. Selecting a resort over a liveaboard will give you a more culturally authentic stay.

The Raja Ampat Dive Resort has all the necessary creature comforts and access to a wide variety of dive sites.

See rajaampat-diveresort.com.

MALAYSIA

11 Sipadan Island, Sabah

Though Malaysia is a country of two parts:

Peninsula Malaysia to the west, and Sarawak and Sabah on the northern half of the island of

Borneo, to the east, it is known across the board for spectacular, remote offshore islands and reefs.

Sipadan Island is a very special example of such a remote island, though it almost fell victim to its own success.

The island sits on the edge of the continental shelf and the water around is 600-metres deep, meaning that it is frequented by large pelagic creatures – sharks and rays are frequently seen very close to shore.

This, and the fact that the island is home to around 300 nesting turtles makes it an obvious diving mecca.

Unfortunately, with three resorts on the island it simply became 'over-dived', and finally a decision was taken to close the resorts and allow permits for only 120 divers per day to visit. The island has



PICTURE: MARCELO KRAUSE WALIND | RESORT

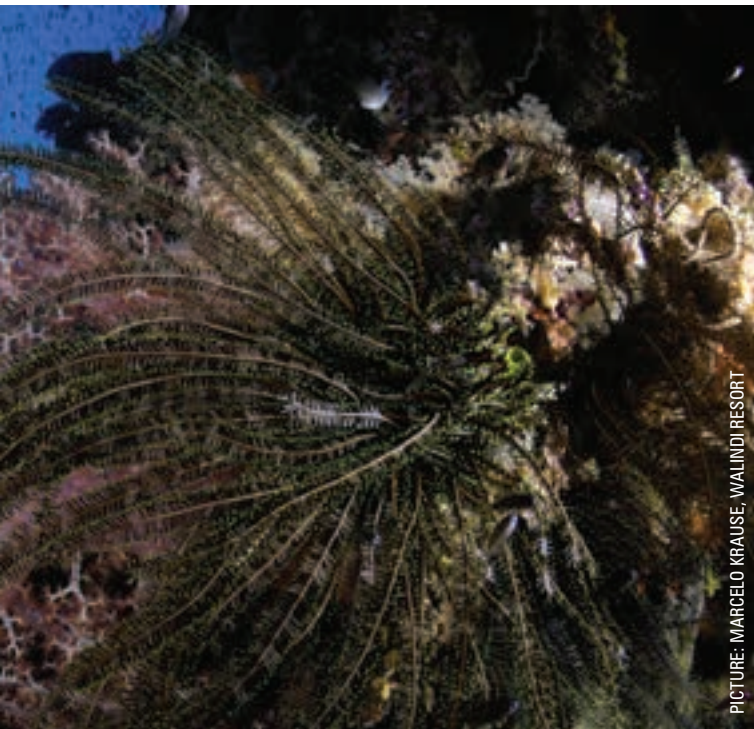
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Top 13 diving sites



PICTURE: MARCELO KRAUSE, WALINDI RESORT

bounced back and is once again a mecca for divers. Where else could you see in a single day a wall of barracuda, a stampede of bump head parrotfish and a dozen turtles and hammerhead sharks?

Visibility: +30m

Depth: +25m

Ability level: Advanced Open Water.

Stay: Scuba-Junkie is a resort on Mabul Island – about 30 minutes by boat from Sipadan. They will organise the Sipadan permit and provide plenty of great diving around the natural and artificial reefs of Mabul while you wait for your day to take the trip to Sipadan.

See *scuba-junkie.com*.

PHILIPPINES

12 Pescador Island, Moalboal, Cebu

The Philippines is well-known for the muck diving sites around Batangas and Puerto Galera – just a few hours' drive from Manila. In the centre, around Cebu, Negros and Bohol, there are some special places where you can dive with thresher sharks and snorkel with whale sharks, but along most of the coastlines there are walls and reefs perfect for diving. Pescador Island has both steep walls and coral reefs and has a good selection of what you might find anywhere in the Philippines. The walls are covered with soft corals, home

In the garden ... PNG's Kimbe Bay is home to lush coral gardens and a myriad of fish.

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Top 13 diving sites



Pacific wonders ... a giant frogfish at Pescador Island in the Philippines (left); the Yonaguni Monument, an 'underwater Machu Picchu', in Japan (right).

to sea snakes, eels and nudibranchs, while the reefs are filled with the usual brightly coloured reef fish, angels, butterflies and damsels. Its signature species is the frogfish: a fish that can't swim – but is a master of disguise looking for all the world like a piece of the reef until it swallows its prey whole in a single gulp.

Visibility: 15m

Depth: 18m

Ability level: Open Water

Stay: There are plenty of resorts along the west coast of Cebu, but one of the best is Magic Island Resort. They also have a sister resort, Magic Oceans, at Anda on Bohol and it's possible to travel by *bangka* boat between the two, diving at rarely visited sites along the way. **See magicisland.nl.**

JAPAN

13 Yonaguni Monument, Yonaguni Island, Okinawa

The most south-westerly prefecture in Japan, Okinawa is the 'Japanese Tropics', with a year-round subtropical oceanic climate, average annual temperature of 23°C and water temperatures ranging between 22 and 29°C.

The Okinawa archipelago stretches south west from

the main island, with popular scuba diving locations in the Kerama Islands, Ishigaki and at the western-most tip of Japan: Yonaguni. The diving all around Yonaguni island is spectacular, with large coral reefs, caverns, swim-throughs and visibility in excess of 40 metres, but most people come here to see the underwater ruins.

The mythical Yonaguni Monument was discovered in the mid-80s by local diver Kihachirou

Aratake, who runs the dive shop here.

This enormous underwater structure looks like an ancient temple, and in fact when Aratake first set eyes on it he thought he had discovered an 'underwater Machu Picchu'.

Visibility: 40–50m

Depth: 10m–15m

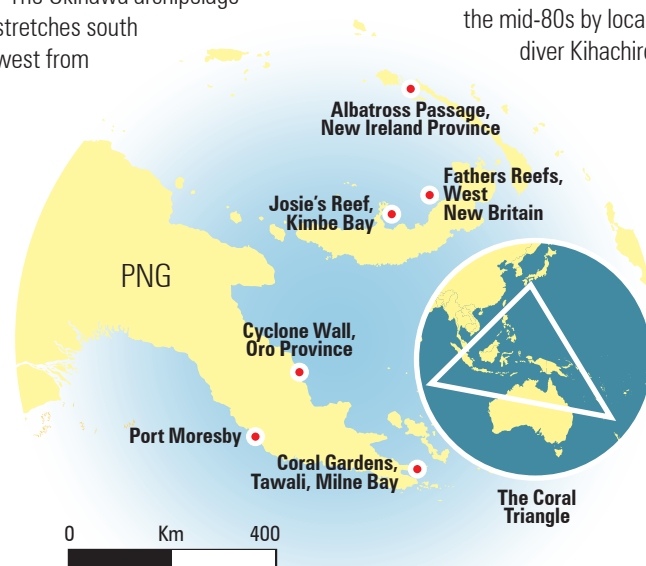
Ability level: Open Water, Advanced Open Water preferable.

This is a shallow dive, with an average depth of about 10 metres, in very clear water, however it is sometimes subject to strong current.

Stay: Sou-Wes Divers is the only dive operator here, run by Aratake and his son, 'Shorty'. Sou-Wes can also provide accommodation (including all meals) at the Hotel Irifune, a two-minute walk from the dive shop.

See yonaguni.jp. ■

The author, Deborah Dickson-Smith, and her partner, Simon Mallender, run the diving travel website diveplanit.com and have explored many of the amazing dive sites of the Coral Triangle.





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Kepirohi Waterfall ... there's good swimming at the base and it's only a five-minute walk along an easy trail from the road.

PICTURES: SIMON WILLIAMS, POHNPEI VISITORS BUREAU, ROBERT UPE, RICHARD KOTCH





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Waterfalls, legends and surf

Robert Upe discovers mysterious ancient ruins, waterfalls, jungles and one of the world's great surfing spots at Pohnpei, in the remote Pacific Ocean.

It's a hot Sunday morning and there's hardly a dog stirring in Pohnpei, but the churches are in full song.

As I walk along the broken concrete paths of the island's main town Kolonia, I pass Baptists, Jehovah's Witnesses, Catholics and Protestants going about their worship.

There's hardly a car moving on the roads and many of the shops are closed.

The equatorial sun is so hot, that every now and again I pause in the shade of a palm tree to sip water from a plastic bottle. Even the butterflies have come to a standstill.

Pohnpei is close to the Equator, one of four island states that make up the Federated States of Micronesia.

The island has come onto the travel radar in recent times, not only because Air Niugini has commenced flights there from Port Moresby, but because of the World Heritage listing of Nan Madol.

These mysterious ancient ruins have, imaginatively, been called the Pacific's equivalent of Peru's Machu Picchu and Cambodia's Angkor Wat.

The 900-year-old ruined city was used as a religious centre by the kings of Pohnpei and is built of massive basalt blocks and columns

— some weighing 50 tonnes — on 92 islets on the eastern edge of Pohnpei.

To explore them, you need to be prepared to get your feet wet as you wade through canals that separate the islets.

Exactly how the heavy stones were moved into location is a mystery, though islanders believe it was done by magic.

There have been theories that they were hauled by raft, but my guide tells me recent tests have shown that the rafts of the time would have sunk under such weight.

There's some magic in our arrival at Nan Madol, too. My guide had told me earlier that if I am ▶



Waterfalls, legends and surf

welcome in Pohnpei, the gods will make it rain when we arrive at the ruins. Guess what? It rains.

There are ruined tombs, bath houses and temples to see. We peer into pits, too, that the guide says were used as prisons.

We frequently shelter next to the ancient walls as the welcoming rain tumbles.

Pohnpei is one of the rainiest places on Earth and has 42 spectacular waterfalls fuelled by the massive precipitation.

Kepirohi Waterfall is one of the most beautiful. It has good swimming and is easily accessed with a five-minute walk along a trail.

For a challenge, you can try the Six Waterfalls Walk that is a six to eight-hour round trip along jungle trails and across rivers.

Tourism authorities think the World Heritage listing of Nan Madol last July will considerably boost interest in the island as a holiday destination.

Surfers and divers, though, have been coming here for years.

For surfers, the big attraction is P-Pass. That's short for Palikir Pass, a fast-peeling, right-hand reef break that has attracted the world's star surfers, among them Kelly Slater, Andy Irons, Stephanie Gilmore, Mick Fanning and Sunny Garcia.

P-Pass quickly developed a reputation as a big-wave destination when it became popular in the surfing world in the early 2000s; however, the founder of the Pohnpei Surf Club, Alois Malfitani, says the massive waves only hit a handful of times a year.

"From two to four feet it is perfect and user friendly, not for a beginner but good enough for an intermediate to advanced surfer," he says. "Once it goes five to six feet you enter another level of surfing with fast take-offs and down-the-line barrels.



Rust buckets ... (from top, clockwise) abandoned Japanese tanks; Nan Madol ruins; Alois Malfitani surfing at P-Pass on a mellow day; the sushi restaurant and bamboo bar at the Mangrove Bay Hotel; a general store selling local fruit and vegetables.



Waterfalls, legends and surf



“Most swells that hit Palikir are from waist high to double overhead, and then there are those swells that hit around four to five times a season with double to triple overhead surf, with lips as thick as the wave heights. On those days the only way to the channel is in the barrel, large and thick.”

Malfitani says the world’s top surfers make a beeline for P-Pass when “it’s on”.

“These guys don’t come and wait for a good day. When a giant swell shows up on the forecasts, the e-mails start coming and the phone does not stop ringing. In the end a few will show up, surf for three to four days, get their



pictures taken for the magazines of their sponsors and leave.”

P-Pass is accessed by boat (all the surf breaks in Pohnpei are off shore) and the waves are uncrowded. Usually you can expect five to 20 surfers in the line-up.

P-Pass is also an excellent site for snorkellers and divers with grey reef sharks, colourful coral and gorgonian sea fans to be seen, but there are many more good dive sites around the island where you can swim with manta rays and see turtles.

The Pohnpei Surf Club runs surf and dive boats to many sites.

“On any given day of scuba diving, the chances of seeing ➤



Waterfalls, legends and surf

another boat are 100 to 1," Malfitani says.

Unlike neighbouring Chuuk, Pohnpei doesn't have any wreck diving; however, the remnants of war can be seen on land where the Japanese left behind tanks and anti-aircraft guns.

One of Pohnpei's landmarks is Sokeh Mountain, visible from the concrete footpath I'm walking along in Kolonia. Up there, you can see the abandoned artillery, slowly rusting and being overtaken by the jungle. There's even a tank outside the tourist office, in one of Kolonia's main streets.

Walking along, I see a bottle *sakau* for sale, for \$US5. This concoction is wildly popular in Pohnpei for its mild narcotic effect.

It's made from the root of the pepper plant by pounding it on a flat stone. The pulp is squeezed through hibiscus bark and it is drunk from a shared coconut shell.

But rather than buy a bottle in town, it's more authentic to go to one of the many night-time *sakau* gatherings with locals to share the coconut cup, conversation and experience of it being made.

And does it taste good?

No way. ■

 **Air Niugini flies between Port Moresby and Pohnpei every Wednesday and Saturday. See airniugini.com.pg.**



Jungle juice ... islanders in traditional costumes making *sakau* (top); Pohnpei landmark Sokeh Mountain (left).

STAYING THERE

Most hotels are in Kolonia, the largest town on Pohnpei and also where the airport is located. Hotels are generally of three-star standard, and rooms start from about \$US60 a night.

One of the best, and newest, is the Mangrove Bay Hotel. The air-conditioned double rooms (from \$US120 a night) have balconies over the water. There's an adjacent sushi restaurant and an open-air bamboo bar. Pohnpei Surf Club boats leave from here for surfing and diving trips. See mangrovebaypohnpei.com.

Also, consider The Cliff Rainbow Hotel (deluxe rooms from about \$US100 a night, cliffirainbow.com), the 7 Stars (double rooms from about \$US90, 7starsinn.fm), the Oceanview Westwing (double rooms from about \$US85), and the Joy Hotel (double rooms from about \$US100).

VILLAGE STAYS

Live with the locals from \$US50 a day, including breakfast, lunch and dinner. Contact Pohnpei Tourism at pnitourism@gmail.com for details.

SURFING & DIVING

The Pohnpei Surf Club has surf packages from about \$US199 a night based on double occupancy and dive packages from \$US210. See pohnpeisurfclub.com.

EATING

Thanks to colonisation, Japanese food is high on the menu in Pohnpei. Try sushi at the Mangrove Bay Hotel, or the Joy Hotel's Japanese lunch special. Sei restaurant has \$US5 chicken or pork curry, said to be the best on the island.

GETTING AROUND

Hire cars are available from about \$US45 a day, or \$US15 an hour. Hire companies are located at the airport, or you can arrange through your hotel. Most taxi trips are \$US1. There is no public transport on the island, except for school buses.

TOURING

Tour operators are listed at visitpohnpei.com, or arrange tours through your hotel.

MORE INFORMATION Visit the Pohnpei Tourism Office on Facebook, or email pnitourism@gmail.com. Also, visitpohnpei.com.



Waterfalls, legends and surf

THE FEDERATED STATES OF MICRONESIA (FSM) EXPLAINED

FSM is made up of four island states – Pohnpei, Yap, Chuuk and Kosrae – that have 607 islands among them (65 inhabited). The states each have their own culture and language, but English is commonly spoken.

The capital is Palikir, on the island of Pohnpei, which has a population of about 35,000 people. But Chuuk is the most populated state, with an estimated 50,000 people.

All up, recent estimates put the total FSM population between

105,000 and 110,000 people.

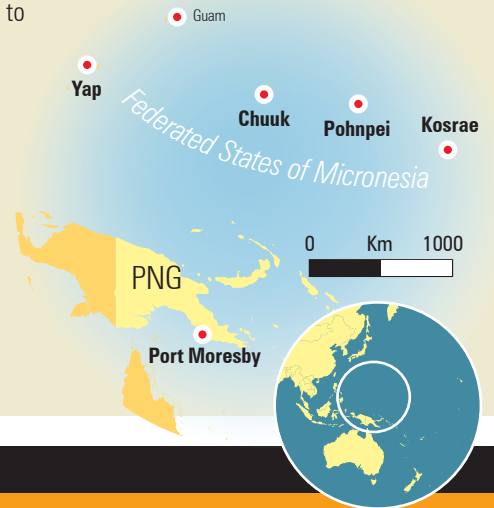
FSM, often generally referred to as Micronesia, gained independence from the US in 1986. Previously it was occupied by the Japanese, Spanish and Germans.

The US dollar is the official currency.

FSM is located in the Caroline Island Archipelago in the west of the North Pacific Ocean. Palau is to the west, Guam to the north,

the Hawaiian islands to the east and PNG to the south.

One of the biggest tourist drawcards is Chuuk (also known as Truk), renowned for its World War 2 wreck diving. See our story about Chuuk on page 42.



FOUR THINGS TO KNOW ABOUT POHNPEI

- 1 There are no beaches. Surfing, snorkelling and diving are off shore, accessed by boat.
- 2 It takes about three hours to drive around the 22.5-kilometre diameter island. The speed limit is commonly 25mph (40kmh), or slower.

- 3 The island's interior comprises thick rainforest and mountains.
- 4 Air Niugini's new flights provide the most direct route for Australians, who previously had to zigzag via Honolulu, Singapore or Japan, via Guam.

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WHERE SHIPS LIE

Roderick Eime visits Chuuk's Truk Lagoon, one of the world's best sites for wreck diving, and writes about a harrowing eye-witness account of the World War 2 battle that sent those ships to the bottom of the sea.





NEW ROUTE



**FLIGHT TIME
2 HOURS, 35 MINUTES**

“

When the three-day carnage was over, 12 smaller Japanese warships and 32 merchant ships were sunk either in the lagoon or at sea while trying to escape. At the same time, 275 aircraft were destroyed.

”



Down below ... a ghostly view inside the spacious engine room of the *Shinkoku Maru* shipwreck at Truk Lagoon (opposite page); the Kimiuo Aisek Memorial Museum at the Blue Lagoon Dive Resort (above).

Young Kimiuo Aisek crouched in the cool shade of the big hibiscus tree at the side of his family compound on Tonoas, watching events unfold. The normally peaceful morning was violently broken as the US fighters, dive bombers and torpedo planes swept through in waves, dropping their deadly cargo on the shore installations, barracks, airfields and ships.

The date is February 17, 1944, and it is day one of Operation

Hailstone, the US Navy’s mammoth offensive on the sprawling Japanese naval base on the islands and ships in Truk Lagoon, Micronesia. The day would turn out to be one of the major turning points of World War 2 in the Pacific.

To give some context to the unfolding scene of that morning, Truk (or Chuuk) had been identified as a favourable anchorage by the Japanese and developed since the mid-1930s to be their main military base for Pacific operations.

It was heavily fortified with ship repair facilities, oil storage, several airstrips as well as weather, radio, radar and barracks for the many thousands of army and naval servicemen stationed there.

Japan, once an ally of the US and Britain, acquired the islands as a mandate after Germany ceded all its overseas territories following its defeat in World War 1. Germany once had substantial colonial territories across the Pacific that included parts of Micronesia, the Marshall Islands and New Guinea.

Kimiuo Aisek was a young and energetic Trukese man who grew up during the period of Japanese occupation and fostered friendly relations with the military through his strong work ethic and agreeable character.

Aisek would later found the famous Blue Lagoon Dive Shop on Wenon Island at the site of a former fighter aircraft strip.

One of Aisek’s closest friends, chief petty officer Uchida, was serving on a vessel named *Aikoku Maru* and the youth had ➤



Where ships lie

Dive buddies ... most divers visiting Chuuk will end up at the Blue Lagoon resort and dive shop, or an alternative is the live aboard vessel operated by Odyssey Adventures.



frequently gone aboard and marvelled at the former ocean liner and its immaculate fittings during its frequent visits to Truk.

The *Aikoku Maru* was in almost constant transit between Japan, Truk and the other important Pacific bases such as Rabaul in New Guinea, carrying crucial

supplies and reinforcements to the beleaguered Japanese forces.

As Aisek looked out across the bay from his shelter under the hibiscus tree, he could see *Aikoku Maru* being tormented by swarms of aircraft. Like angry hornets, the dive bombers dropped bomb after bomb on his friend's ship, which

he knew was already loaded with troops and all their equipment ready for rapid deployment.

Aikoku Maru was beginning to burn, with plumes of dark smoke rising from holes in the deck. Aisek's thoughts immediately turned to his friend aboard the stricken vessel and imagined the

men furiously fighting the fires and rescuing their injured crewmates.

Suddenly, his thoughts were rudely interrupted. KA-BOOM! A direct hit had struck the ship's ammunition storage and the shockwave knocked Aisek off his feet, leaving his ears ringing. As he gathered himself up, trying ▶

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Where ships lie



Peril in the skies ... Douglas Dauntless dive bombers prepare to attack ships in Truk Lagoon during World War 2 (right); a former Japanese hospital, slowly being reclaimed by the jungle (left).



to stand like a giddy, drunken sailor, great chunks of red-hot metal rained down on him, leaving smoking patches of grass all around the yard. Aisek focused his blurry eyes on where his friend's ship had been and saw the last section of hull slip beneath the water amid billowing clouds of acrid smoke.

When the three-day carnage was over, 12 smaller Japanese warships and 32 merchant ships were sunk, either in the lagoon or at sea while trying to escape. At the same time, 275 aircraft were destroyed, mainly on the ground. The majority of Japan's heavy warships normally stationed there

had left for the safety of Palau in the days prior. Thereafter, Truk Lagoon earned the title of 'the biggest graveyard of ships in the world'.

Another event in the history of Truk Lagoon was the arrival of famous French diver and documentary maker, Jacques

Cousteau in 1969. Cousteau had learned of a recent US Navy survey of the lagoon that had located many of the undisturbed wrecks, and he was eager to make one of his *Undersea World* TV episodes. Cousteau, himself, only came for a few days to make a cameo appearance, but his crew stayed

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Where ships lie



for two months and logged nearly 500 dives.

While most of the human remains have been repatriated, some still remain as a poignant reminder of this tragedy. Today all the wrecks are protected as historic sites and no items may be removed or disturbed. ▶

LEGENDS OF THE LAGOON



Underwater photographer Andrew Marriott has produced the newest book to feature the wrecks of Truk Lagoon. Created in conjunction with the Kimiuo Aisek Memorial Museum, 'Legends Beneath The Waves, Truk Lagoon', features the life of these vessels before and after their destruction in 1944's Operation Hailstone.

"This book tells these amazing stories in a way that captures a sense of the drama and action these ships and crews experienced," says Marriott, who spent almost an entire week underwater with his camera.

"We complement these stories with an incredible array of images including historic pictures of the ships, exclusive images of artefacts in the Kimiuo Aisek Memorial Museum and amazing images of the wrecks today."

"I will have probably shot 12,000 pictures for this book and you're seeing only the very best on the pages."

The idea for the book came to him in an unusual way. On one of his dives, he received a message from a thousand souls.

"I had one dive early on in the project where I was deep inside one of the wrecks and suddenly found myself surrounded by lots of human bones. I don't want to get too spooky, but I could feel a certain something down there. It wasn't scary or threatening, instead a kind of plea. These men had died in such traumatic circumstances, it was as if I could sense they wanted their story told. It was a request I could not refuse."

You can find Marriott on Facebook at 'Fata Morgana by Andrew Marriott' and at the fata-morgana.net.

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Where ships lie

Cousteau's TV show aired in 1971 and two years later Aisek would revisit the *Aikoku Maru* and the grave of his friend, lying at more than 50 metres below the surface. Almost simultaneously, Aisek founded his dive shop, Blue Lagoon, still the most popular dive resort on Chuuk.

Kimiuo Aisek, master diver and man of the sea, passed away in 2001 and was buried on his much-loved home island of Tonoas. There is a museum bearing his name at the resort. ■



***Witness to War*, by Dianne M. Strong, tells the story of Kimiuro Aisek and the wrecks of Truk Lagoon, and can be purchased at Blue Lagoon Dive Shop or online.**

See blueagoondiveresort.com.

STAYING THERE

Divers will more than likely stay at either of the two dedicated resorts, the most famous of which is the The Blue Lagoon Dive Resort on the main island of Weno. The alternative is the Truk Stop Hotel.

Several other hotels and inns are near the airport.

For all options, **see visit-chuuk.com/index.php/hotels-accommodations**.

TOURING THERE AND GETTING AROUND

No formal tour operators exist on Chuuk, although your hotel will be able to arrange a vehicle and driver to take you to see sites on shore. Hire cars and ad hoc taxis are also available.

Most tourism is centred around diving based at either of the two dive resorts, but a quality liveaboard vessel also operates

within the lagoon. See Odyssey Adventures, **trukodyssey.com**.

EATING THERE

Most restaurants are located within the hotels, but there are options for Asian cuisine, including Japanese and Korean.

MORE INFORMATION

Chuuk Visitors Bureau, phone +691 330 4133, **see visit-chuuk.com**

 **Air Niugini flies between Port Moresby and Chuuk every Wednesday and Saturday. See airniugini.com.pg.**

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Far North Queensland panorama ... looking over Townsville towards Magnetic Island from Castle Hill.



TOWNSVILLE

ESSENTIALS

Tamara Sheward samples some of the delights of this Far North Queensland city, from the beautiful beaches, to boutique shops and wildlife encounters.

Boasting a world-class waterfront, an abundance of natural attractions and 320 days of sunshine a year, tropical Townsville has a sultry swagger all its own. Vibrant and versatile, the city has brilliant beaches, family friendly facilities, an island paradise and unspoiled reef just offshore – and more hip hangouts than you can shake a selfie stick at.

Though artfully arranged in the shadow of the hulking pink-granite

Castle Hill, there's nowhere that puts Townsville in the shade: the unofficial capital of Far North Queensland and gateway to the central Great Barrier Reef has the goods to rival any capital city.

1 THE STRAND

Stretching for over two kilometres along the waterfront, Townsville's hottest strip is also its most chilled. On a steamy day – as most of them are – the 2.2-kilometre pedestrian-only promenade buzzes with locals

and visitors keen to cool off in its pools, playgrounds and palm-shaded picnic spots.

If you're set on a splash, amble north to the enormous saltwater rock pool, or mosey south to the Water Park – a family favourite for its waterslides and 1000-litre tipping bucket – and the art-deco Tobruk Memorial Baths.

Those who would rather wet their whistle than their hair can drink in Magnetic Island views – and any number of coldies – from The

Strand's dozens of bars, cafes and pubs, while culture vultures can dip their toes in the region's rich indigenous and military heritage at the revamped Jezzine Barracks, a 15-hectare precinct studded with artworks, interpretive signage and a restored fortress.

Admission to The Strand and Jezzine Barracks is free.

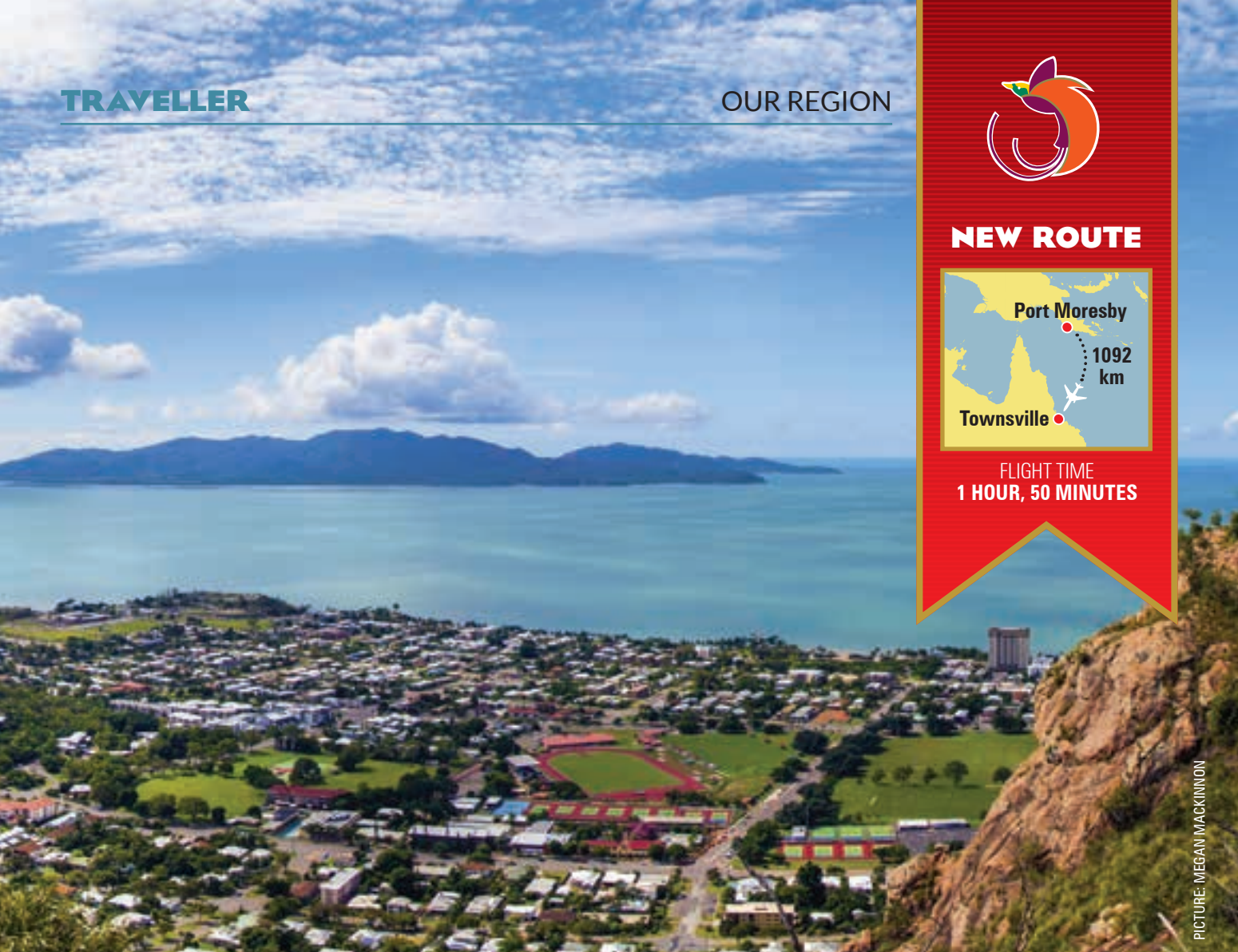




NEW ROUTE



**FLIGHT TIME
1 HOUR, 50 MINUTES**



PICTURE: MEGAN MACKINNON

“

The city has brilliant beaches, family friendly facilities, an island paradise and unspoiled reef just offshore.

”

2 BILLABONG SANCTUARY
Cuddle a koala, pose with a parrot and pat a python at the excellent, eco-certified Billabong Sanctuary (billabongsanctuary.com.au). Home to more than 100 iconic Australian animals, the 11-hectare bushland park is one of the country’s best interactive zoos, with a staggering daily line-up of shows, close-range feedings, educational talks, photo opportunities and engaging wildlife experiences – from turtle racing to

wombat tickling – bound to top a Townsville holiday hitlist. Budding zoologists can opt for tailored, behind-the-scenes ranger-led tours; intrepid types looking for extra ‘wild’ in their wildlife won’t want to miss the chance to feed a 400-kilogram, 3.5-metre saltwater crocodile. Billabong Sanctuary is a 17-kilometre drive south of Townsville; bus transfers are also available (see website) with advance booking.

Open daily 9am–5pm; tickets adults/child/family \$35/22/99.

3 REEF HQ AQUARIUM
Short of strapping on a scuba tank, you won’t find a more immersive Great Barrier Reef experience than the Reef HQ Aquarium (reefhq.com.au). Filled to the brim with marine marvels, deep-sea displays and interactive exhibits, the world’s largest living coral reef aquarium is a must-see for anyone fascinated

by the frenzy of life lurking beneath the region’s calm waters. Though it’s easy to lose hours gawking at the hundreds of fish and coral species in the aquarium’s 2.5 million-litre open-air tank and network of eerie, underwater tunnels, Reef HQ is no mere zoo; daring divers banter with visitors while swimming in shark-infested pools, the slow-poke patients of the on-site turtle hospital educate and entertain, and twice-daily ‘touch times’ allow ▶



6 Townsville essentials

Townsville scenes ... (from left) a sleepy koala at Bungalow Bay Koala Village at Magnetic Island; the town has a vibrant cafe scene; the revitalised City Lane has on-trend eateries and bars.



for hands-on experiences with kid-pleasing critters including starfish and sea cucumbers.

The aquarium is open daily 9.30am-5pm. Tickets adult/child/family \$28/14/42-70.

4 MAGNETIC ISLAND

Every bit as attractive as the name suggests, Magnetic Island – a 20-minute hop from the city – is rightfully one of Townsville’s major drawcards.

Charmingly bereft of mega-resorts and tourist traps, ‘Maggie’ is a low-key paradise of bouldered bays, hikeable hills and a wealth

of wildlife including rock wallabies, sea turtles and over 800 koalas making themselves at home in the island’s rugged eucalypt forests.

Ringed by 23 bonny beaches, the island has something for every stripe of sun-seeker: the sociable sands of Horseshoe Bay bristle with bars, bistros and watersports kiosks, while flawless Five Beach Bay has the splendid isolation that

comes with boat-only access; putt over in a hire dinghy or paddle across with Sea Kayak (seakayak.com.au, tours from \$85). If you’d prefer to put your knees up than towel down, take the Forts Walk, a simple but satisfying four-kilometre hike taking in World War 2 ruins and stunning sea views.

Hourly Sealink ferries (sealinkqld.com.au, 6.30am–11.30pm, adult/child/family return \$33/16.50/76) run between the mainland and Maggie.

5 SCUBA DIVING

Home to vibrant coral gardens, ghostly wrecks and some of the Great Barrier Reef’s most pristine dive sites, Townsville’s underwater world is well worth the plunge. The region’s subterranean showstoppers lie further offshore



PICTURE: ROB GARWOOD

than from Cairns, making for fewer crowds, more fish and a sublime sense of being truly remote.

For those with experience, the SS *Yongala* is a must-dive; lying 30



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6 Townsville essentials



metres beneath the waves, the 110 metre-long, remarkably-preserved steamship – sunk by a cyclone in 1911 – is consistently ranked one of the best wreck dives in the world.

For beginner bubblers, the sheltered waters and fringing reefs of Magnetic Island are a good bet, as is the further-out Lodestone Reef, a shallow, white-sanded spot teeming with rays, clownfish and (harmless) reef sharks.

Adrenalin Dive (adrenalindive.com.au) offers Yongala dives (from \$264) and liveaboards (from \$895), as well as day trips to Lodestone (from \$309, including intro dive).

6 SHOPPING

Though the climate makes no strenuous demands on one's wardrobe – sandals, sundresses and shorts will do nicely – Townsville boasts a sophisticated, sartorial shopping scene.

Boutiques, pop-up shops and cafes line Gregory Street, just off



The Strand; make a beeline to Bille & Me (billieandme.com.au) for tropical kaftans, or check out the designer duds, jewellery and offbeat homewares at Urban Loft (facebook.com/urban.loft.3) and The Home Room (facebook.com/thehomeroom).

The Flinders Street precinct, a short stroll southwards, is lined with indie retailers and specialty stores; seek out the Strand

Emporium (strandemporium.com.au) for upmarket boho threads, rifle the racks of cool couture at One Designer Clothing Culture (oneclothingculture.com.au) or hit Batik Bazar for Hawaiian shirts, floaty dresses and hippy duds. For one-off finds, time your visit with the Label Traders Market (facebook.com/labeltraderstowns ville), a vintage-only bazaar held the third Sunday of each month. Other popular places for a rummage include Cotters Markets (every Sunday) and Strand Night Markets (first Friday of the month). ■

 **Air Niugini flies from Port Moresby to Townsville twice a week, commencing March 31. See airniugini.com.pg.**

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6 Townsville essentials

WHERE TO STAY

Townsville is well served by high-end hotels, mid-range motels, hostels and serviced apartments. You'll find most options along The Strand and Palmer Street.

AQUARIUS ON THE BEACH

aquariusonthebeach.com, 75 The Strand, units \$125–185
The tallest hotel on the waterfront offers superb service and slick unit-style accommodation with private balconies perfectly positioned to take in blissful Coral Sea views. Frolic in the palm-lined pool, or indulge in a spot of people-watching from the sociable terrace overlooking The Strand.

YONGALA LODGE

historicyongala.com.au, 11 Fryer St, motel room \$85–125, apartment \$125–200
Location, location, location!

- Fronted by a charming 1884 Queenslander, the Yongala Lodge's cosy motel rooms and spacious self-contained apartments are a few seconds' stumble from the Water Park and a two-minute walk from the beach and the bars and restaurants of The Strand.

RAMBUTAN

rambutantownsville.com.au, 113–119 Flinders St, dorm from \$24, private room \$119–209, four-bedroom villa from \$452
Townsville's first "flashpacker" resort offers champagne accommodation for those on a beer budget. Dorms are white and bright, private rooms are decked out with beach-style decor and huge villas appear straight from the pages of a glossy mag. A rooftop pool and gourmet restaurant seal the deal.

WHERE TO EAT

- Townsville has undergone a foodie renaissance in recent years; you'll find everything from fine dining to far-out fusion on the city's menus. Check out the eclectic eateries lining The Strand, Palmer, Gregory and Flinders streets; duck down the revitalised City Lane (citylane.com.au, 373 Flinders St) for on-trend eats and boutique bars.

THE BREWERY

townsvillebrewery.com.au, 252 Flinders St, mains \$18–55
Built in the 1880s, Townsville's original post office houses an award-winning brewery and two popular eateries. Soak up a beer with a gourmet burger or pizza at the casual Tavern, or go upscale at Malt, a refined restaurant specialising in steaks.

THE COURTYARD

- **facebook.com/theyard, City Lane, mains \$16–28**
Tucked down City Lane – Townsville's hip HQ – the Courtyard has a trendy menu focused on American street food, cantina-inspired decor and a resident population of garden gnomes. Don't miss \$2 Taco Tuesdays, \$15 Schnitzel-and-Beer Thursdays and Kids-Eat-Free Sundays.

WAYNE AND ADELE'S GARDEN OF EATING

Phone (07) 4772-2984, 11 Allen Street, mains \$36–42
Slightly off the main dining drag but worth the wander, this raffish restaurant dishes up quirky creations including Truth and Deer – coffee-infused venison wrapped in pancetta – and Make It Snappy, curried ravioli stuffed with crocodile and snapper.



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City guide:

TOKYO

Tokyo survived wartime devastation and earthquake destruction to become a destination darting towards the future, while keeping a firm grasp of the past, writes *Sarah Nicholson*.

Tokyo is the capital of contradiction, a magnificent megalopolis where graceful traditions fuse with in-your-face modernity at every turn.

It's a destination where strangers won't talk about their children but happily soak naked with

neighbours in public pools of steaming spring water, neon signs flicker into the wee-small hours but the trains don't run after midnight; and it's impolite to pour your own sake but standard to secure cans of alcohol from vending machines.

It's also a city sure to deal up a plentiful portion of culture shock to visitors, but the residents are so pleasant that all a traveller needs to do when disorientated is open a map and a local will come to the rescue.





Tokyo sights ... the bustling city of 36 million people (opposite page); temple tradition prevails despite modernisation (above left); the Japan Sky Tree (middle); a Kabuki performer (right).

GETTING AROUND

Tokyo is big and busy, so forget driving. Traffic congestion and a lack of parking making it such a disagreeable endeavour that most locals don't even hold a licence.

Trains are best, with the vast metropolitan rail network – in 2014 there were 158 lines, 4700 kilometres of operational track and 2000 stations – taking travellers everywhere they need to go. The network map can be intimidating, so plan your journey carefully before starting out.

Taxis are best hailed between midnight and 5am when trains pause, but carry the address in Japanese as cab drivers rarely speak English, and bicycles are fine for exploring urban neighbourhoods.

SIGHTS

Ascend to Tokyo Skytree's (tokyo-skytree.jp) observation deck to appreciate a 360-degree view extending 70 kilometres, then change gears with a visit to the capital's oldest temple Senso-ji and neighbouring Asakusa-jinja, before navigating surrounding alleys, which are home to food stalls stocking creative cuisine and silly souvenirs.

For green space, start at the Imperial Palace East Garden, stroll Kiyosumi Garden (teien.tokyo-park.or.jp), which is one of the city's favourite private landscapes, and venture into Ueno Park, making a side trip to the Tokyo National Museum (tnm.jp) boasting the world's largest collection of Japanese art and antiques. Attend the 5am tuna auction at Tsukiji Fish Market (tsukiji-market.or.jp), wander Meiji-jingu (meijijingu.or.jp) hidden in an urban forest, and occupy a corner seat on Starbuck's second floor (21-6 Udagawacho) above Shibuya Crossing to watch floods of people move through the world's busiest intersection.

CULTURE CULTURE

Roam the exhibitions at Nezu Museum (nezu-muse.or.jp), Tokyo Photographic Art Museum (topmuseum.jp), Mori Art Museum (mori.art.museum), and Edo-Tokyo Museum (edo-tokyo-museum.or.jp) to discover centuries of treasures.

Kabuki is a traditional form of Japanese theatre heavy on showmanship – actors wear thick makeup, dramatic wigs, and ornate costumes – with the extravagant performances happening at the Kabuki-za (kabuki-bito.jp/eng) in the Ginza, rebuilt in 2013 to showcase the opulence of the genre. ➤



TRAVELLER

City guide: Tokyo

CHILD'S PLAY

While Tokyo Disneyland (tokyodisneyresort.jp/en), Legoland Discovery Centre (legolanddiscoverycenter.jp/tokyo/en) and Tokyo Sea Life Park (tokyo-zoo.net) are obvious choices, there are dozens of destinations around the capital to keep junior travellers entertained. The National Museum of Nature and Science (kahaku.go.jp) has kid-friendly exhibits, Ueno

Zoological Gardens (tokyo-zoo.net) is home to 2600 animals, and The Railway Museum (railway-museum.jp) features 36 historic engines and carriages from an 1871 locomotive to the uber-modern Shinkansen.



RETAIL THERAPY

Walk Harajuku's Omotesando for top-end labels occupying innovative buildings, divert to Urahara which is an alley that's home to innovative fashions sold in the hip boutiques of aspiring designers, and brave 12 floors of fashion at Japan's largest Uniqlo branch in the Ginza (6-9-5 Ginza).

SPORTING LIFE

Travellers visiting Tokyo in January, May or September should include an outing to see sumo at Ryogoku Kokugikan (1-3-28 Yokoduna). Same-day tickets can be purchased at the venue for a fistful of yen during the first two weeks of the 15-day tournaments. ➤



Tradition ... a child dressed in kimono (main); crowds in Tokyo's Shinjuku, a massive shopping, entertainment and business precinct.

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ESCAPE

Japan is so well served by the Shinkansen – the swift bullet trains able to rocket along at 320kmh – that it’s a cinch to savour settlements right around Honshu Island.

Make the two-hour journey to Kyoto and see the Imperial Palace and Nijo Castle, venture into the suburbs to stroll the Gion geisha district and hike the arcades of orange gates at Fushimi Inari Shrine, and survey the remnants of Japan’s first settlement at Nara.

Kanazawa, just like Kyoto, escaped the destruction inflicted by World War 2 air raids, with this west-coast community home to Kenrokuen, which is an esteemed garden that’s especially interesting during winter when rope frames are secured around ancient trees to provide support after snow falls.

PILLOW TALK

The ibis Tokyo Shinjuku (ibis.com) is a budget option opposite the city’s busiest railway station, the Hotel Mercure Tokyo

Ginza (mercure.com) is in the famed shopping precinct, and Aman Tokyo (aman.com) is one of the newest five-star properties.

Sleeping compartments at Books & Bed (bookandbedtokyo.com) hide behind wooden bookcases, First Cabin Tsukiji (first-cabin.jp.e.jr.hp.transer.com) is a capsule hotel designed to make guests feel like they’re in an aircraft’s first-class cabin, and Ryokan Tokyo Yugawara (theyokan.jp) has traditional Japanese-style rooms.

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City guide: Tokyo



WATERING HOLES

Tokyo isn't short of places to enjoy a beverage, with everything from the modest establishments along Yurakucho's Yakitori Alley, that simply serve chicken skewers and beer, to the Ginza that's home to 350 watering holes staffed by some of the city's most respected bartenders.

Shinjuku's Golden Gai is a dishevelled hamlet – home to the city's black market after World War 2 – that's escaped developers' bulldozers to support an enclave of downscale drinking spots. Popeye (2-18-7 Ryogoku) is for beer lovers with most of the 70 brews produced in Japan, Zoetrope (7-10-14 Nishi-Shinjuku) has the world's best selection of Japanese whisky, and New York Bar at the Park Hyatt Tokyo (3-7-1-2 Nishi Shinjuku) is the sky-high establishment made famous by the movie *Lost In Translation*.

EATS

Shinjuku is a district that never sleeps, making it the place to go for an evening meal or late-night snack, with blocks behind the ibis Tokyo Shinjuku packed with traditional taverns and Golden Gai good for ramen. Tsukiji Outer Market – the alleys surrounding the city's wholesale fish market where the tuna auctions take place every morning – is a culinary destination with stalls and rudimentary cafes offering everything from freshly shucked oysters to traditional seafood specialties. Catch a train to Narita City and walk Omotesando Road to Chrysanthemum House, the 300-year-old eatery that's been in one family for 11 generations. It is the most famous of 60 unagi restaurants between Narita City Station and the Naritasan Shinshoji Temple – to try the grilled freshwater eel that's now a treasured delicacy. ➤

Seat of power ... Tokyo's Imperial Palace (opposite page); diners pull up chairs for fresh fish at the Tsukiji Outer Market.

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City guide: Tokyo

TUCK IN

Picking a single dish to recommend is like a parent nominating a favourite child, with sushi, sashimi, ramen, tempura, udon noodles, soba noodles, yakitori, tofu, miso soup, and chicken wings just some of the gastronomic legends. Kyubey (8-7-6 Ginza) is the Ginza address for an indulgent sushi experience, Ramen Street at Tokyo Station's Yaesu Underground Exit in Tokyo Station is the place to find top ramen restaurants, and Sasa-No-Yuki (2-15-10 Negishi) has been in business for 300 years and makes tofu for signature dishes using water from its own well.



TOKYO SPECIAL

Food courts inside Japanese department stores – they're called *depachika*, which makes reference their basement location – are up-scale marketplaces selling everything from bento boxes to baked goods, with every item carefully presented in perfect displays. While Daimaru inside Tokyo Station and Isetan near Shinjuku Station offer traditional *depachika* experiences it's worth venturing to Nihombashi for a visit to Mitsukoshi (1-4-1 Nihombashi-Muromachi), which is Japan's oldest department store. ■



Fresh cut ... a serving of sushi (left); Tokyo Station (above).

 Air Niugini flies from Port Moresby to Tokyo twice a week, on Wednesdays and Saturdays. See airniugini.com.pg.

TOKYO

POPULATION: 36 million in Greater Tokyo : TAXI FARE FROM AIRPORT: : INTERNATIONAL DIALLING CODE: +81
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POKPOK ISLAND
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 THERE**

 BOUGAINVILLE



All aboard ... there are many deserted sand islands dotted around Pokpok Island. The Uruna Bay Retreat will take you to them to swim and explore.

A short banana boat ride from Keita, near Arawa, Pokpok Island in the Autonomous Region of Bougainville is a place where you can't help but relax. No shops, no Wi-Fi, limited power and intermittent phone service from atop a steep hill make this island the perfect location for a little revival and adventure.

The name Pokpok comes from the tok pisin word for crocodile *pukpuk*, but don't worry, it's because the island looks like the outline of a crocodile, rather than being home to them.

Uruna Bay Retreat delivers on white beaches, turquoise sea and top-notch snorkelling just metres from shore, with shoaling fish of all shapes and sizes, black sea urchins and alien-like giant clams. Just 30 minutes away in the banana boat, the outer reef offers

an abundance of fish, intricate coral and tiny sand islands.

Any food you need during your stay has to be brought with you, so why not lighten the load and attempt to catch dinner? Try your luck at catching a yellowfin tuna, trevally or Spanish mackerel on a handline and cook it at the retreat. Or maybe fresh crayfish is more to your liking? Ask when you book about pre-arranging for one of the local fishermen to deliver fresh-caught crays for dinner.

There are many islands dotted around Pokpok that can be explored by boat or sea kayak. The tiny sand islands are particularly photogenic, as is Pidia Village, the location for the film *Mr Pip*.

Once you're back on solid ground, trek up into the middle of Pokpok Island through the fern-filled forest for views of the Solomon Sea and back to the main island

of Bougainville. Keep your eyes peeled for eagles soaring above and hornbills frantically flapping in the trees.

As night falls and the smell of freshly cooked seafood lingers in the humid air, tuck into your dinner with the sound of the waves rolling gently in the background.

Uruna Bay Retreat has a main house with three bedrooms (two doubles and one single), a kitchen, bathroom and an undercover deck area perfect for dining. There are also three basic but well-kept bungalows. Abundant tank water is available and all the buildings have limited generator power for several hours in the evening.

Contact pokpokbougainville@hotmail.com to organise your stay. Rooms in the main house are PGK200 a night.

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NEARBY The heart of Lae City is only 10 minutes away, with Nadzab Airport just 30 minutes in the opposite direction.

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TV: ✓

Air conditioning in room: ✓

Ceiling fan in room: ✗

Business centre: ✗

Gym: ✓

Room service: ✓

Swimming pool: ✓

Free airport transfers: ✓

Hotel arranges tours: ✓

Breakfast included in room charge: ✗

WHAT GUESTS LIKE

"The service from the doorman, porter, concierge and front desk was good. Security is good." – Booking.com

"Delicious club sandwiches, cookies and pizza supreme; cocktails at Jackson's rooftop bar watching the planes and sunset." – Agoda.com

"I usually choose rooms with a balcony for the fresh air and to take in the the lovely garden and pool areas." – TripAdvisor



LOCATION

The hotel is at the scenic Awilunga Estate at Nine Mile in Lae. Positioned just off the main highway that runs in and out of town, it is close to Nadzab Airport, as well as Lae's main port and central business district.

THE PLACE

The hotel, opened in 2014, is set in a beautiful four-hectare property, with lush rainforest and native wildlife creating a peaceful 'country' environment only 10 minutes from Lae city. It's a great place to host a business meeting. At the Mountain View Restaurant, there is access to free high-speed Wi-Fi and an extensive international menu. (Conference and entertainment facilities are also available should you need a more elaborate set-up.) Or take a stroll through the estate's scenic grounds, followed by a sweat session in the hotel's fully equipped gym. Then cool down in the new pool with adjacent bar and teppanyaki grill, the perfect place to relax with a cocktail, or beer, as you overlook the surrounding highlands.

IN THE ROOMS

The rooms are clean and tidy, catering for both long and short-term travellers with king or queen-sized beds, a desk and chair, air-conditioning, satellite TV and balcony with mountain views.

FOOD AND DRINK

The hotel's Mountain View Restaurant is a fully licensed Japanese fusion restaurant, serving an extensive range of Asian and Western dishes. The highlight is the fresh sushi, made by an internationally trained chef who utilises the Huon Gulf's best fish. Another star attraction is the teppanyaki-style menu where prime cuts of beef, chicken and seafood are prepared with seasonal vegetables and rice. Themed buffets are also alternated each week. ■

—MARISA HOWDEN



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SOMETHING SPECIAL

Nago Island is a turtle-nesting site, so pull your kayak up on the sand here for a chance to see the majestic creatures in action.

DON'T MISS

Tumbling off the side of your kayak with your mask and flippers on, to experience some of the best snorkelling in the world. You'll pass over war wrecks, technicolour fish, coral and even sharks, as you swim through the shimmering blues and greens that are Tigak's signature.

WEBSITE

noroads.com.au



LAKE WANAKA, NEW ZEALAND

The waters of Lake Wanaka on New Zealand's South Island are usually so still they mirror the snow-capped mountains gathered around the lake. They'll be marred only by the ripples from your kayak as you explore the coastline. You can take either half or full-day guided trips, stopping en route for island walks and alfresco picnics with tea, coffee and snacks, or hire a kayak by the hour if you'd prefer to head out on your own.

SOMETHING SPECIAL

If you really want to get wild, overnight kayaking tours are an option, too, where you'll get to eat dinner by the fire and sleep under the stars.

DON'T MISS

Stopping off to explore pristine Mou Waho Island, where you'll likely meet New Zealand's iconic weka birds and, if you're up for a short hike, swim in the island's lake. This island really is a step back in time, having been repopulated only with species that are native to New Zealand, and revegetated with the native trees that were cut down in the 1870s.

WEBSITE

paddlewanaka.co.nz



RAUTA ISLAND, VANUATU

The kayaking around Rautua Island, a privately-owned, not-for-profit eco resort that's a 30-minute boat ride from Espiritu Santo (the largest of Vanuatu's 83 islands), is spectacular. But it's the short trip to neighbouring Malo Island, where you'll paddle through mangrove-flanked tunnels to a deep natural spring called a 'blue hole', that will really blow your mind. Here, you'll swim in deep azure waters surrounded by vine-cloaked cliffs, and climb the huge, low-hanging trees so you can bomb-dive into the water like a big kid.

SOMETHING SPECIAL

If you time your kayak around Rautua Island right – towards sunrise and sunset, that is – you might glimpse the resident giant turtles, their bald heads occasionally breaking the surface to inhale a lungful of air. Or, pull a kayak out into the water after dark, to paddle under the light of the moon in waters ablaze with phosphorescence.

DON'T MISS

Packing a snorkel in your kayak, so you can explore the shallow reefs surrounding the island, filled with small colourful fish, magnetic blue starfish and sea snakes twisting through the vibrant coral blooms. There's also a Japanese shipwreck poking out of the water off the northern end of the island that's teeming with marine life.

WEBSITE

ratua.com/en



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TIME TRAVELLER

Western Province, 1926

It seems that Bob Marley-style Rastafarian dreadlocks have been around for quite a while. Pictured here is a man from the Morehead district of the Western Province snapped by government anthropologist Francis Edgar Williams in 1926.

His shoulder-length coiffure consists of long narrow plaits with hair twisted around strips of coconut or pandanus leaf, with ends frayed into tassels with a fish-tooth comb and matched with a trimmed beard.

This hairstyle was, at the time, common among men and women of all ages. Some styles never go out of fashion.

— JOHN BROOKSBANK

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“

The Pope wants pastors like he was, down in the trenches getting their hands dirty, administering to people in the here and now. In particular, the poor ...

”

Heaven sent

Richard Andrews profiles Sir John Ribat, who has been appointed as PNG's first cardinal.

Pope's new cardinal in Papua New Guinea ticks all the boxes' headlined a US Catholic news site, reflecting international endorsement of Archbishop Sir John Ribat as PNG's first cardinal.

According to *Crux* magazine, Pope Francis' choice honoured the achievements of a specific person, paid tribute to PNG and spotlighted a cause 'near and dear' to the pontiff's heart: the fight against global climate change.

The Archbishop of Port Moresby was one of 17 new cardinals created late last year in a move that surprised Vatican watchers around the world, not least the man himself.

"I had no idea that I was to be chosen," Cardinal Ribat told local media, after hearing the news. "I thought it would never happen for me. With the help of God may this be done."

Catholics comprise about one quarter of PNG's largely Protestant population. However, Prime Minister Peter O'Neill sees Cardinal Ribat as a uniting force for the whole country.

"Ours is a deeply Christian nation, and regardless of denomination, all Papua New Guinean Christians can be proud of our first cardinal," says O'Neill. "His new role is an enormous undertaking and will change the lives of so many around the world."

Described as a 'humble, pastoral and committed leader' by Cardinal John Dew of New Zealand, Cardinal Ribat, 59, was born in Volavolo, East New Britain Province. After his ordination in 1985, the young priest served parishes in Bereina Diocese, Central Province, where he was later appointed bishop.

In 2008, he became Archbishop of Port Moresby and in 2014 was elected president of the Federation of Catholic Bishops' Conferences of Oceania.

Knighthood by Queen Elizabeth II last year, Cardinal Ribat belongs to the Missionaries of the Sacred Heart of Jesus, an order founded in France,

which came to PNG in the 19th century. His historic appointment also makes him the first cardinal from that worldwide order.

According to a church source, Cardinal Ribat's concerns about poverty, the environment and climate change made him "the Pope's sort of bishop".

Cardinal Ribat sees the appointment as part of the Argentine Pope's desire to "reach out to small places" and his goal to change direction for the Catholic Church and its 1.2 billion members.

"[Pope Francis] has been very true to his word that he's not looking at the traditional places where cardinals have been appointed in the past, but going beyond that and wanting a fairer representation," says Cardinal Ribat.

At the same time, a prominent Vatican watcher has used franker terms to describe the appointment of Cardinal Ribat.

"Pope Francis wants advisors from outside the rich and powerful establishment," says Dr Anne Leahy, Canada's former ambassador to the Holy See.

"He wants pastors like he was, down in the trenches getting their hands dirty, administering to people in the here and now. In particular, the poor, who usually get hit first by natural disasters caused by climate change."

On that issue, Cardinal Ribat has been outspoken about the effects of global warming on small Pacific nations.

He recently told Radio New Zealand that climate change had caused rising sea levels and the "slow >





A holy alliance ... PNG's new cardinal Sir John Ribat with Pope Francis at the Vatican (far left). The new cardinal has told local media: "I had no idea I was to be chosen. With the help of God may this be done."

Heaven sent

disappearance” of islands in the region, where many inhabitants were now unable to eat harvested food because of salt contamination.

“The church is in the midst of all these things and we are preparing ourselves to meet the challenges,” he said.

Cardinal Ribat was also a leading religious voice in the run up to the 2015 Paris Climate Change Conference, where he made an “urgent call” for strong limits on carbon emissions.

“In Oceania, our survival and existence are at stake,” he said at a news conference. “What we are asking for is a fair, legally binding and truly transformational agreement by all the nations on Earth.”

Because of the threat to many homes and livelihoods, Cardinal Ribat links rising sea levels to the tragedy of millions of migrants around the world. He’s called on the United Nations to redefine refugees and consider people affected by climate change on a par with those fleeing persecution and conflict.

Pope Francis emphasised that view during the Vatican ceremony where the new cardinals were created.

“We live at a time in which polarisation and exclusion are burgeoning and considered the only way to resolve conflicts,” he told the consistory. ➤



Cardinal Sir John Ribat ... with well wishers in PNG (this page) and giving his blessing (next page). Cardinal Ribat was ordained in 1985, became an archbishop in 2008 and was knighted by Queen Elizabeth II last year.

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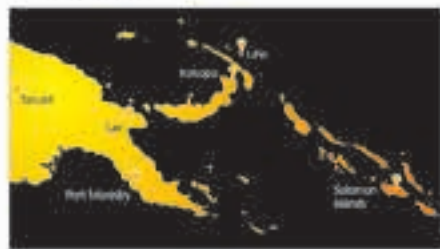
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“We see, for example, how quickly those among us with the status of a stranger, an immigrant, or a refugee, become a threat, take on the status of an enemy ... because of the colour of their skin, their language or their social class.”

Here, again, Cardinal Ribat has shown himself to be “the pope’s kind of bishop,” says Leahy.

Although Muslims are a minority in his geographical area, the cardinal has invited them to share their concerns with representatives of other faiths at difficult times.

He’s also advocated proper treatment of people with HIV/AIDS and called on all churches to “unite in the fight against the discrimination that continues to divide us.”

“In these and other ways, Cardinal Ribat represents a promising change in what was for long an exclusive and rarified European club,” says Leahy.

That club is the College of Cardinals, formed in 1150, whose members are considered Princes of the Church, with the title of eminence.

While travelling to Rome when necessary, Cardinal Ribat will continue as Archbishop of Port Moresby.

“In the future we have a lot of work to do,” he says. ■



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A boom in new restaurants is improving the quality and variety of dining options in PNG's capital as never before.

A taste of Italy ... the crew at the Italian Restaurant at the renovated Lamana Hotel.



RESTAURANT REVOLUTION

A few years ago, you had only a handful of options when eating out in Port Moresby. The Royal Papua Yacht Club and Aviat Club were social hubs but otherwise, if you wanted to eat outside your hotel, you had little choice beyond

stalwarts like Asia Aromas in town or Daikoku at what is now Harbour City.

How times have changed. The past year alone has seen over 20 new eateries across PNG's capital, as a combination of a rising middle class and an expat population

permanently enlarged due to the advent of the PNG LNG gas project has encouraged investors to open new eateries, upgrade existing restaurants, and generally expand the tastes and quality on offer.

The opening of the Steamships' high-profile Harbourside

development in town has undoubtedly provided an enormous filip. The site is now home to five restaurants, from the popular Duffy cafe to the recently opened Italian restaurant, Sogno. Longstanding favourite Asia Aromas has relocated there, while ➤



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Restaurant revolution

Harbourside also offers quality Indian and seafood dining options in the form of Tandoor on the Harbour and The Naked Fish.

Harbourside's waterfront location, with its uninterrupted views across the harbour, is undoubtedly a major attraction, with diners being able to choose between dining under the stars or enjoying air-conditioned comfort.

A short distance away in Harbour City, the Mediterranean food and drink at Mojo Social is proving popular. The eatery opened last May.

While there has been a revival in town, the single-largest growth in dining options is happening elsewhere, in the government precinct of Waigani.

The opening of Port Moresby's



With further major redevelopment of the waterfront planned for coming years, as Port Moresby's port is relocated to Motukea Island and APEC Haus and the Paga Hill Estate are completed, the dining revolution in town looks set to continue.

largest hotel, the Stanley, in July, and the expansion of the adjacent Vision City shopping mall – both owned by R H Group – have proved major drivers. The Stanley is home to five new eateries, from the Silver Leaf Restaurant (fine dining) to the Monsoon Lounge (tapas), ➤



On the Port Moresby menu ... (clockwise from top) Enzo's pizzeria at the Gateway Hotel; Lamana Hotel's shiny Cafe Palazzo; the Duffy cafe at Harbourside; diners at Jackson's Restaurant at the Gateway Hotel; Jackson's entrance; The Naked Fish at Harbourside; Sogno at Harbourside; the Green Haus at the Stanley Hotel.

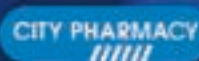


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Restaurant revolution

while in-house guests can enjoy the barbecue on its pool deck.

Stanley Hotel guests, as well as visitors to Vision City, have a further three new upmarket dining options inside the mall: Korean Garden (Korean), Hosi Ramen (Japanese) and Bel Cibo (Italian). Add existing restaurants such as the massive Dynasty (Chinese) and Ten (Japanese), and it's clear the location is now a major hub for foodies.

If R H Group has raised the bar for dining in Waigani, others in the suburb are showing they can rise to the challenge.

Shortly before Christmas, the renovated Lamana Hotel reopened, with four stylish new eateries: the upmarket Cafe Palazzo, the Italian Restaurant, Spices (Indian), plus Port



Drinks are served ... the bar at Spices at the Lamana Hotel, which reopened with four stylish new eateries late last year.

Moresby's first Brazilian restaurant, Rio's at the Temple.

With PNG's first Hilton Hotel due

to open nearby next year, we can expect even more dining options in Waigani before too long.

Meanwhile, the advent of the Kumul Flyover has improved access to Jacksons International Airport and its precinct from Waigani in the past 18 months, and it's no surprise to see an expansion in the food on offer out at Six-Mile too.

Part of Steamships-owned Coral Seas Hotels chain, the Gateway Hotel adjacent to the airport opened three new affordable food outlets last year: Enzo's (pizza), Jackson's Restaurant (pizza, pasta and noodles) and Sizzler's family style grill. Jackson's Restaurant in particular offers great views overlooking the airport, as does the celebrated Vue Restaurant at Airways Hotel, just 500 metres up the road. The Vue recently reopened after extensive renovations and looks a treat. ■

NEW EATERIES IN PORT MORESBY

GATEWAY HOTEL

- Enzo's (pizza)
- Jackson's Restaurant (pizza, pasta and noodles)
- Sizzler's (grill)

HARBOUR CITY (Konedobu)

- Daikoku (Japanese)
- Mojo Social (Mediterranean)

HARBOURSIDE (Town)

- Asia Aromas (Asian)

- Duffy (cafe)
- The Naked Fish (seafood)
- Sogno (Italian)
- Tandoor on the Harbour (Indian)

LAMANA HOTEL (Waigani)

- Cafe Palazzo

The Italian Restaurant

- Rio's at the Temple (Brazilian)
- Spices (Indian)

STANLEY HOTEL (Waigani)

- Green Haus Cafe (buffet/grill)

Monsoon Lounge (tapas)

- Rainforest Cafe
- Silver Leaf Restaurant (fine dining)
- Pool Deck (BBQ/burgers)

VISION CITY MEGA MALL (Waigani)

- Korean Garden (Korean)
- Hosi Ramen (Japanese)
- Bel Cibo (Italian)





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John Stokes goes back to the island of his boyhood, where he meets old friends and documents a traditional canoe race. *Kathy Mexted reports.*

Balancing act ... one of the sleek outriggers, typical of the Niningo Islands.

PICTURES: TOM PARTRIDGE

A RETURN TO CHILDHOOD





“

In an almost cashless economy, the Ninigo islanders and their near neighbours live off subsistence agriculture and, rather than trade, will generally share what they have with visitors.

”

About a dozen large rectangular sails cut across an endless ocean horizon. Below them, the sleek handmade outrigger canoes of Ninigo slice through azure blue waters and squatting barefoot on the outrigger, their occupants provide balance and ballast in an old tradition.

The canoes are made from driftwood and the outriggers are an intricate framework of poles lashed together with rope. Each provides a thrilling ride under sails woven from pandanus leaves.

It is 1971 and from the shore, 10-year-old John Stokes watches this spectacle with his schoolmate. As soon as he's able, it is Stokes perched on the outrigger. As the wind picks up, the boy with the blonde curls clings for dear life as he flies through the air in an exhilarating ride that is tattooed into his memory. The indelible image is one of many from a storybook decade that was his childhood in New Guinea.

The remoteness of the islands has kept life to a steady amble. Located 260 kilometres north of Wewak, there are seven atolls in the Ninigo Islands and around 50 small islets splayed around in a 34-kilometre curve, like droplets in the ocean. In an almost cashless economy, the Ninigo islanders and their near neighbours live off subsistence agriculture and, rather than trade, will generally share what they have with visitors.

Returning to the Ninigos on the slow boat from Manus Island 40 years after he left, Stokes found the journey almost as memorable as the races he was coming to film. He and his colleagues got lost at sea, were in danger of being swamped, almost sank and were then stranded for 72 hours on Luf Island in the Hermit Group, east of Ninigo.

Though they were well cared for by the villagers on Luf, at that point they felt a very long way from home.

Their rescue and eventual arrival at Ninigo provided an emotive return for the cinematographer, who relished the graphic landscape awash with turquoise and aqua waters that cast a sharp relief on white beaches.

The gentle islanders, who are reserved and self-possessed, were as happy to see Stokes as he was to arrive.

“We Westerners don't understand the static nature of island living because we always have to be progressing and upscaling. Though they are well aware that their life is at odds with the cracking pace of the Western world, they are quite unperturbed by it,” he says.

Not only do the Ninigo islanders still rely on their traditional outrigger canoes for transport, they continue to use the knowledge passed ➤



A return to childhood



Schooldays ... (from left) kids at a tree planting on the island in 1971; filming canoe races (centre); the sails go up in the annual Niningo canoe races.



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down through generations to make and sail them. It begins with driftwood logs occasionally deposited onto the beaches by the ever-returning tide. The boat builders score any viable log to claim them for future use as hulls. The same goes for tarpaulins and plastics that have long since replaced the traditional pandanus sails. Each boat is furnished with a few different sized sails that are selected for racing according to conditions on the day.

Using materials either washed up or sourced especially for the race, these masters of recycling double-stitch the tarps for extra strength then, after their racing service is done, allot them to everyday use.

Meanwhile back on the beach, the driftwood that has already been hand-sawn and shaped into hulls then secured to the keel using handmade wooden dowels, are carved and painted in crisp racing colours in preparation for the coming race.

"Theirs is very much a circular life," says Stokes who came to begin documenting the Great Ninigo Islands Canoe Race but was instantly forced into slowing down. "I woke on the third morning and went nowhere near my camera. Instead, I sat on the beach listening to the waves and slowly became very aware of things around me. It was like a decluttering of the mind and I suddenly thought, 'what has happened to me?' When it hit, it was a very powerful moment," he says.

In a place where electricity comes from a generator and petrol has to be carted in, most of life's activities rely on solar and wind; and wind is all that propels those colourful sails. The sight of 96 sleek canoes was enough to stir Stokes into hoisting the camera onto his shoulder again as around 300 race-day spectators and competitors gradually appeared. Most came from other islands, bringing their own food and camping out under their various sails, which double as protection at night.



A return to childhood



The canoes race in five classes: six, seven, eight and nine metres and the Open class, which are the larger rigs with double sails. The races are over one and a half hours and the competition spreads across a few days. While the government’s prize money is no doubt an incentive, Stokes says it’s really just enough to keep things going. There is also a real advantage in the ongoing interest and canoe building skills that are vital for survival.

Chris Omen from the island of Patexux says, “The government can’t move petrol from island to island and so the only reliable means of getting about is in a canoe. Without these canoes I don’t think we would do very well. We must continue with doing this. It’s the only way to sustain our transport system.”

The village hierarchy underpins a strong community focus that includes a monthly week of communal work on gardens and facilities. They also collectively turn their back on alcohol, with an overriding awareness of the damage it can do in a very short time. And time itself is unencumbered by alarms or timetables, but enhanced by a tradition worth preserving in a remote and self-reliant world.

Visitors – mainly yachties cruising the Pacific – are slowly becoming more regular and a little bit goes a long way for the islanders who hope the annual races can draw more attention and some much-needed income for basic supplies such as sugar, rice, clothes, fuel and medicines that must be brought in.

For Stokes, the forced slowing down as he re-entered the island’s time and headspace was something of an epiphany and prompted a relearning of some valuable childhood experiences. He returned to document the Great Ninigo Islands Canoe Race but came away with much more. Capturing the spectacular races on film will hopefully share that other world with those of us not adept at catching the slow boat to Ninigo. ■

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A return to childhood



Reunion ... John Stokes catches up with old friends Barbara and Charlie at Ninigo; locals on the foreshore (left).

John Stokes lived in PNG with his family until the age of 10. It included a year in the Ninigo Islands where his father, Bill, managed a copra plantation with his mother, Ann, and sisters Katie and Annabelle, with John's brother Peter at boarding school in Australia. Stokes is an award-winning cinematographer and supporter of the Ninigo islanders and their extraordinary canoe-making skills. He seeks sponsorship for the annual canoe race prize money and to complete a documentary about the race. Contact him at johndom@me.com.

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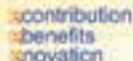


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In the field ... the Australian Museum's Yvonne Carrillo-Huffman with friends in Papua New Guinea (above); Mud Men unmasked (right).

“

“The ghostly-looking warriors pointed their arrows at us as we were silently escorted towards the village entrance.

”

What's behind the fearsome clay masks donned by PNG's iconic Mud Men?

Yvonne Carrillo-Huffman's field work took her from Sydney to learn more about the story. And the answer is – well – frightening.

Supported by the Australian Museum, the intrepid acquisitions officer flew to Goroka and drove a battered 4WD along the winding road to the village of Komunive, accompanied by a local camera crew.

“The cracked windscreen couldn't distract us from the stunning landscape with its backdrop of emerald-green mountain ranges, surrounded by thick white clouds,” says Carrillo-Huffman.

Belonging to the Asaro community in the Eastern Highlands, Komunive is said to be the home of the original masked Mud Men



PICTURE: DAVID KIRKLAND



REVEALED

An Australian museum has taken interest in the legends and cultural significance of the fearsome masks worn by Mud Men. *Richard Andrews* reports.



Battle cry ... Mud Men strut their stuff (above); villagers carrying completed masks for the Australian Museum (below).

and the village is renowned for its dramatic performances, which have attracted widespread attention.

"Holosa masks have become integral to PNG's regional and national identity," says Carrillo-Huffman. "We wanted to go beyond the popular Mud Man image for more details of the cultural significance narratives behind it."

The field trip was also part of a collaborative venture to bring a collection of masks to the Museum and familiarise the outside world with Asaro culture.

Carrillo-Huffman admits her reception at Komunive was "intimidating" at first.

"We were received by two masked Mud Men, covered in white clay and armed with bows and arrows, who walked slowly towards us. The ghostly looking warriors pointed their arrows at us as we were silently escorted towards the village entrance."

As it turned out, the disconcerting performance was just a dramatic curtain-raiser.

"Inside the village, representatives gave us a warm welcome. They stood in a line, placing gifts of bilums (colorful string bags) over our heads and shaking our hands. The Australian Museum's interest in their culture was a first and they were excited by it."

Over the next few days, a select group of Asaro men proudly presented clay masks they had made for the museum. The masks were carefully packed in large boxes and later shipped to Sydney.

Asaro mud masks have long featured in tourist promotions and popular culture. They're a highlight of the annual Goroka Show and even appeared as a music track and cover photo on *Obscured by Clouds*, an album by British rock band, Pink Floyd.



"Nevertheless, genuine Asaro masks are under-represented in museum collections, which is the main reason the Australian Museum made this acquisition," says Carrillo-Huffman.

"It's also a great honour to acquire these masks. Only elders who hold special knowledge and have access to particular clay deposits possess the traditional right to make holosa."

Elders initiate Asaro boys early into the wearing of holosa and teach them about the masks' legendary power to defeat enemies.

One account tells of tribal warfare in the 1950s, during the time of mask-master Ruipo Okohoro, when the Asaro lost a big battle.

The survivors hid on the muddy banks of the river, where they were covered with light mud. When they tried to sneak away at nightfall, the enemy thought they were seeing the avenging ghosts of the killed and fled in panic.

Surprised by the effect of their unintentional make-up, the Asaro developed it as a kind of psychological warfare and completed the frightening effect with mud masks.

Another legend tells of Mud Men wearing holosa, who went to an enemy village and set it alight when the inhabitants ran away in terror from the ghostly invaders who pointed their weapons.

Carrillo-Huffman's team recorded such stories about the masks and how they're made, although these days it's more for rituals and cultural performances than tribal warfare.

An oval-shaped head is moulded on a flat surface and grotesque facial features are formed. Pigs teeth are pressed into the lips and sometimes tattoos or patterns are added. During a holosa performance, young children often recoil in fright, cling tightly to their parents, or even run away.

As part of Carrillo-Huffman's project, four Asaro went to the Australian Museum for a widely publicised residency. During their stay, the troupe demonstrated mask-making and performed their traditional dances, to the delight (and occasional terror) of local visitors.

This time it was the turn of the Mud Men to experience a bit of culture shock when they arrived at a city of more than four million. ▶



Mud men revealed



Where it all started ... Komunive villagers with the Australian Museum's Yvonne Carrillo-Huffman. Komunive is said to be home of the original masked Mud Men.

But again, the welcome inside the 'village' was warm and friendly.

"We were very surprised to see the reaction and interest of the Australian public for our culture," says troupe member Kalo Kembu.

For Carillo-Huffman, the visit capped off her connection with Komunive and

"added an invaluable exhibit to the Museum".

But the final word went to Steven Ketoriho, another troupe member: "Treat the masks with care and respect and put them in a special place," he said. "That will make me happy." ■



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Footloose ... indigenous dancers show their moves at the Laura Aboriginal Dance Festival, scheduled this year from June 30 to July 2.



PICTURES: KERRY TRAPNELL



“

Dances often imitate animals, such as birds, and are performed to pass stories on to the young people.

”

SHAKE A LEG

One of Australia's major indigenous dance festivals will be staged at Laura, via Cairns, later this year.

Karlina See Kee reports.

Dust rises into the air with each stamp of the foot upon the bare dry ground. Beads of sweat roll down the faces of the dancers, into the cracked white and ochre-red paint smeared across their skin.

Clapsticks, two wooden sticks tapped together, and drums used by the Elders, beat out a steady rhythm and the feet of the dancers connect with the dance ground in perfect unison.

Along with their leaders, the dancers also sing their traditional songs as they dance. Their proud voices are loud and strong, penetrating the audience encircling them as they perform. These are the scenes of the Laura Aboriginal Dance Festival.

The 'shake a leg' is a dance style prevalent on the Cape York Peninsula in Far North Queensland. Dance styles vary between the groups spread across this large expanse of country, but the 'shake a leg', done with set arm, body ➤



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Shake a leg

and foot movements with a lot of foot stamping, is a common theme. Dances often imitate animals, such as birds, and are performed to pass stories on to the young people. Some dance stories relate to the Dreamtime – the creation period when the Earth was shaped to the landscapes we see today.

The Laura Aboriginal Dance Festival is held at the Ang-Gnarr

Peninsula and Torres Strait culture. Up to 500 performers from over 20 communities converge at the dance ground to compete for the Festival Shield.

Participants are from communities across Cape York, including Cooktown, Hopevale, Aurukun, Pormpuraaw, Wujal Wujal, Coen, Lockhart River (they won in 2015), Mapoon, Umagico

Festival, has been conducted at Laura.

The practice of dance at the festival significantly contributes to the preservation and retention of the traditional culture of the people of Cape York Peninsula. Hence, the event is supported by the traditional owners, who want to pass their knowledge on to the younger generations. They want

cultural workshop, or appreciate the art on exhibition and for sale.

Laura is located in Quinkan country, known for its rock art. The galleries, hidden among the surrounding sandstone escarpments, are listed by UNESCO as being in the top 10 rock-art sites in the world.

They have been identified as being between 15,000 to 30,000



Festival Ground every two years. This year it's on from June 30 to July 2.

It will be the 35th year that the event has been staged, possibly making it the longest continual running Aboriginal cultural festival in Australia.

The festival, which attracts about 5000 people, showcases predominantly traditional song and dance, with some art exhibitions, of Aboriginal people of Cape York

and Injinoo. Performing artists can also reign as far north as some of the Torres Strait islands and south to Yarrabah, near Cairns.

The origins of the festival go back to a regional festival first held in 1972 at Lockhart River. The success of this event led to the Cape York Festival being organised in a different community each year. Over the last 25 years, the event, now known as the Laura Aboriginal Dance

to avoid the loss of traditional language and culture.


The festival is open to all visitors and is alcohol and drug free, orientated towards families.

It is a unique opportunity to gain an insight into Aboriginal culture and see first-hand the passing down of stories from Elders to the next generations through song, dance, language and art.

Visitors can join in on any of the yarning circles, participate in a

years old. During the Laura Aboriginal Dance Festival, tours can be arranged to visit galleries, including Split Rock, Mushroom Rock and Giant Horse.

Also take time to visit the Quinkan & Regional Cultural Centre and Rinyirru (Lakefield) National Park. ■

 **Air Niugini flies from Port Moresby to Cairns 13 times a week. See airniugini.com.pg.**



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Shake a leg



Kicking up the dust ... colour and movement at the Laura Aboriginal Dance Festival (above and opposite page). More than 500 dancers from 20 communities compete for bragging rights, and visitors get into the action too.

GOING TO THE FESTIVAL

Laura is a town of 100 people, about 300 kilometres north of Cairns. There's a campsite at the festival site, with the only facilities being toilets,

• showers and a few food stalls. The
• closest hotel accommodation is Quinkan
• Hotel.
•
•

• Tickets can be purchased online at
• laurandancefestival.com. Weekend
• passes for the entire event are \$150 for
• adults.





“

The job can be challenging.

Environmental conditions in the desert can reach 50°C+.

”

FOR THE LOVE OF FLYING

Kevin McQuillan meets a Papua New Guinean who has spread his wings to the United Arab Emirates.

Like most kids, Samson Narokobi developed an interest in aircraft when he was at primary school, but his choice and love of career was heavily influenced by three of Papua New Guinea’s most successful pilots.

Narokobi went to St Josephs, Boroka and Wewak International for his primary school years, then to Marist College, Ashgrove, in Brisbane for secondary schooling. And it was while he was at secondary school that he developed an interest in what has become his professional career for the aircraft industry. It’s also where he met his wife, but more of that later.

“My cousin, Fedlis Arran, had a great influence on me. He was, and still is, working for Air Niugini in its engineering department.

“He would tell me everything about what aircraft engineers did and how to become

one. He also arranged work experience during my high school holiday breaks, which was extremely insightful.”

After completing his secondary education, Narokobi completed an aircraft mechanical engineering course with Aircraft Training for Aircraft Engineers (ATAE), at the Archerfield Airport, Brisbane.

He joined Air Niugini in 1999 as an engineering assistant before earning his licence as an aircraft maintenance engineer in 2003, specialising in working on the F28 and Dash 8, before leaving Air Niugini in 2008.

“I was inspired by three very successful PNG pilots – captain Granger Narara, his brother, captain Timothy Narara, and captain Locklyn Sabumei.”

Granger, who at the time was the vice president of Etihad and later general manager

of operations at Air Seychelles (a subsidiary of Etihad), is now a senior examiner and training captain on the A330 and A3340 at Etihad.

Timothy was the first Papua New Guinean to be licensed to fly the Airbus A380 and, like Sabumei, flies A380s.

“So I hunted around for a company in the United Arab Emirates which would take me on, and accept my licence. I’ve been with Abu Dhabi Aviation for the past eight years, servicing and maintaining their fleet of Dash 8 200/300/400 aircraft.”

Narokobi is one of 150 maintenance engineers at Abu Dhabi Aviation, which employs over 900 staff. Its main role is to provide air support for Abu Dhabi’s offshore oil, engineering and construction industries. Its other activities include medical evacuations, surveys, photographic work and charter flights.





Samson Narokobi ... says there is a small PNG community in the United Arab Emirates.

It also operates in Saudi Arabia, Qatar, Kuwait, Oman, Pakistan, Afghanistan, Brazil, Australia and Papua New Guinea.

While his job is based in Abu Dhabi, he actually lives in Dubai, a 50-minute drive away.

"The job can be challenging. Environmental conditions in the desert also can also be very challenging where we work in temperatures reaching 50°C+ sometimes. But during winter, it's beautiful and between 6-20 °C.

"It's a great job.

"I get to work with great people from all over the world and if I'm lucky I get to travel on some special trips to countries most people do not know of."

Keeping up to date with engineering and aircraft developments is part of the job, he says, but much of that is done online, making it easy and efficient to stay informed.

Despite being settled in Dubai, Narokobi and his family return to PNG every year, during the UAE's 10-week long summer holidays, when he commutes to work.

Born in Port Moresby, Narokobi's mother is from Saigara village along the Waria River, Morobe while his father, Camillus Narokobi, who runs his own law firm, Narokobi Lawyers, is from Wautogik, along the west coast of East Sepik. His uncle is the eminent politician and jurist, Bernard Narokobi (described by *The Guardian* as one of PNG's national icons).

Narokobi's wife, Hazel Fernandes, was born in PNG. They met at high school. Her mother is from Boera, Central Province and her father from Goa, India. Their current priority is not career, but bringing up a young family.

There's a small PNG community the UAE, he says, so PNG values and approach to life are

easy to maintain, through visits to the beach, events and sharing meals.

"My children and I also play rugby union for a Dubai club called the Arabian Knights, so we have training and games throughout the week and weekends."

Returning to PNG means seeing family and friends, catching up with news, developments and new opportunities in PNG first hand, "and simply just appreciating what Papua New Guinea has in contrast to other countries".

"If I'm lucky I'll get to fit in a good hike, like the Mount Wilhelm trekking I did with some close friends three years ago. Mostly we like to travel around to see family and friends and just eat great organic PNG food again." ■



A PIECE OF PNG!

Bride price

WHAT IS IT?

PNG bride price is a traditional practice that involves a groom giving property or money to the bride's family. In a country with more than 800 languages, and therefore cultures, there are many variations on this exchange concept.

HOW DOES IT WORK?

Traditionally, village society bride price payments consisted of items of wealth, which varied from area to area, but could include pigs, shell money and cassowaries. In some societies, such as the Tolai of East New Britain, fathoms of *tambu* shell money were an important part of such payments. Increasingly, with more people having jobs in urban areas and limited access to traditional goods, payments are now made in money, store food such as rice and flour, and even cars. Bride price ceremonies are often large and lavish, and an opportunity to display a family's status through the presentation of food and other valuables.

WHAT IS THE TRADITIONAL RATIONALE?

While some may consider the concept of bride price to be a 'retail' practice, seemingly demonstrating a lack of respect for women, anthropologists say that it is a payment in



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exchange for the brides' family's loss of her labour and fertility. Reciprocity is an important factor between the clans and families involved. Bride price exchanges are often two ways – traditional or contemporary wealth items are passed one way and food is given in return.

WHO PAYS?

Members of the groom's clan make contributions towards his bride price. This is a matter of some importance and status – failure to contribute could mean loss of face. The groom is indebted to his clan members for their contributions, and must be prepared to assist in similar clan compensation events.

HOW EXPENSIVE ARE BRIDE PRICES?

At the time of Independence in 1975, bride price payments were the equivalent of a few hundred kina, but in today's society, with a burgeoning middle class and windfall incomes to landowners in resource-rich areas, the value

of such exchanges can now reach tens of thousands of kina.

WHERE CAN YOU SEE A BRIDE PRICE EXCHANGE?

As is many societies, marriage in Papua New Guinea is an important event, a time of joy, feasts and festivities, with everyone in their best suits, grass skirts or birds of paradise feathers. A bride payment ceremony may even be held on the same day as a church wedding, so the union can be sealed from all earthly and spiritual perspectives. Bride price events are not publicly advertised, so the only way to be invited is through personal contacts, or of course by asking for a Papua New Guinean's hand in marriage! ■

– JOHN BROOKSBANK

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How to pack for the plane

If there's one bag that needs careful packing, it's the one you'll take on board your flight. Find out how to do it from this extract from Lonely Planet's new book *How to Pack for Any Trip*, by Sarah Barrell and Kate Simon.

Carry-on bag

Carry a capacious bag that can be instantly opened for easy delving; you don't want to be constantly zipping and unzipping. A structured rather than a soft bag is preferable, to stop your possessions spilling everywhere when you put it down.

Remember to close your bag on leaving the plane – if it hasn't got a zip or clasp, tuck a shawl or cardigan tightly over the top and plonk a cheap, heavy item such as a book on top.

Contents

Keep order within your bag by compartmentalising items such as keys, money and documents, leaving big items such as books and tablets loose.



Invest in a multi-pocket inner that is specially designed for the job. Plastic folders with a press-stud close are good for keeping documents neat and safe. Go retro with a pencil case.

An inexpensive alternative is to use old make-up bags or even basic plastic ones:

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opt for the transparent Ziploc sort meant for the freezer so that you can see what you're looking for. Travelling with the family? Always take a plastic bag to use as a bin.

Don't rely on airline freebies: take your own survival kit. A comfy journey should be guaranteed if you've packed an eye mask, earplugs, lip balm, moisturiser, dental floss, tissues, painkillers, toothbrush and toothpaste.

A pair of socks is useful if wearing sandals or flip-flops.

Clothes

Keep warm or cool by dressing in layers. You'll be thankful for a cardigan/shawl if they whack up the air-con.

There's a reason why some airlines provide special pyjama sets to their premium customers in business and first class. Loose, comfortable clothing is the only way to dress when you're racing through the skies in a confined space. A lightweight change of

THE PHILOSOPHY OF PACKING LIGHT

Layer for enlightenment

Accommodate different climates and looks from one outfit by packing clothes that can be layered.

Be fluid, be solid

Liquids weigh you down – and slow you down at airport security. Decant toiletries into small bottles and use solid alternatives wherever possible.

Clean clothes, clear mind

Choose fabrics that wash and dry easily, then simply cleanse the contents of your suitcase (and thus your soul) as required on the go.

Purge your suitcase

Pile all your clothing on the floor. You may be travelling across mountains, but you do not need to pack one. Systematically remove at least a third of your items.

clothes works well (and will be a blessing if your luggage goes astray).

If you're travelling long-haul, pack a pair of 'toilet socks' that can be chucked in the laundry bag/wash at your destination.

You won't want to keep pulling shoes on

those puffy tootsies every time you head for the bathroom.

Reproduced with permission from *How to Pack for Any Trip*, Lonely Planet.

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Gadgets and travel accessories

James Bond camera

You can think of Panasonic's latest G Series camera, the Lumix DMC-G85, as the James Bond of cameras. It's handsome yet tough, with a magnesium-alloy front frame that's splash and dustproof. It's smart, with the latest 4K photo and video functions. And it's unflappable, with rock-steady shooting thanks to its 5-Axis Dual IS 2 – even when it's shaken or stirred. *About PGK3216; panasonic.com.*



Rideable suitcase

The Modobag is the world's first ride-on suitcase, that will whiz you around the airport three times faster than your legs. The carry-on sized motorised suitcase is designed to carry a person up to 118 kilograms at speeds up to 13kmh. It comes with a dual USB charger, stow pockets and optional GPS tracking. Simply jump on the memory foam seat, put your feet on the footrests, grab the handlebars and off you zoom. *About PGK3482; modobag.com.*



Stretchy laces

If you're keen on cutting down time spent in airport security lines, Glydez no-tie elastic laces turn any pair of sandals or sneakers into slippers. They come in a fun range of colours, too. *About PGK38; glydez.com.*



Scarf travel pillow

This fleecy scarf also includes a brace that acts as a travel pillow. Just wrap the Trtl around your neck and fasten the Velcro, positioning the brace on either side of, or behind, your head, or under your chin. Best of all, it folds up like a scarf, taking up minimal room. Machine washable and available in black, grey and red. *About PGK175; trtltravel.com.*



Circular flask

If you want to make sure your drink of choice is always available – whether you're on a plane, train, automobile or hotel – then this flask from New York-based brand Izola might be what you need. The handsome circular flasks come engraved with a range of cheeky expressions like 'Three Sheets to the Wind', and 'To My Health', in stainless steel or gold. Quite the *pièce de résistance* for the dapper traveller. *From about PGK86; izola.com.*



Cubed camera

Just hit the power button and this incredibly simple and small waterproof GoPro (the smallest GoPro ever made, measuring 3.8 square centimetres and weighing 75 grams) starts recording immediately. Once you mount the cubed camera on your head, or chest, while you're swimming, you'll barely notice it. With a battery life of about two hours, it also lets you set a time lapse of up to 60 seconds, and take a burst of photos up to 10 frames a second. *About PGK242; gopro.com.*



Affordable drone

While we wouldn't really call drones a travel essential, they can make your trip that much more fun, and help you bring home otherworldly holiday snaps. The Parrot Bebop 2 can fly up to 60kmh and resist winds of the same speeds, and has a Follow Me GPS feature to track you while you're cycling, walking or running, and return home when you're done. Its camera can shoot in 1080p full HD resolution with a wide-angle 14-megapixel lens you can control with your smartphone, plus it's surprisingly affordable. *About PGK1365; globalparrot.com.*



2-in-1 vacuum flask

The Golchi insulated bottle holds drinks of two different temperatures at once (a tea and a water, a coffee and a smoothie) and includes a storage container for snacks, medications or other essentials, so you can forget about carrying multiple containers when you're on the go. It has a modular design, meaning it can be customised in four configurations, and comes in six colours. *About PGK140; indiegogo.com.*

Reusable cup

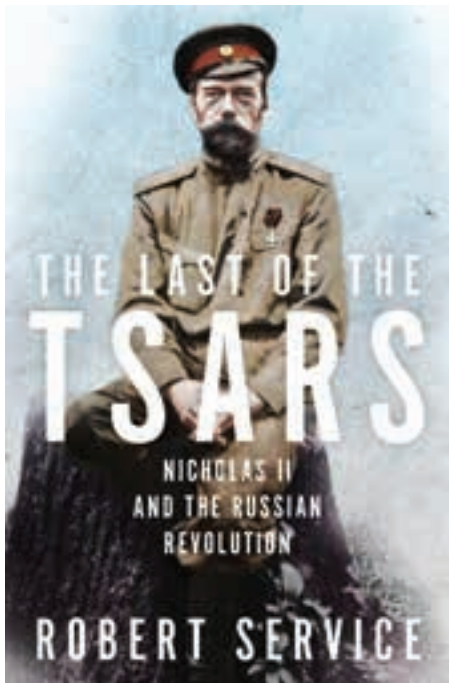
By taking a reusable KeepCup with you on the road, you can cut down the number of disposable polystyrene tea or coffee cups you use (billions are thrown into landfill each year) while looking stylish, too. Available in a large range of colours, styles and sizes, including plastic and glass with a biodegradable cork band. *From about PGK60; keepcup.com.*



Compression socks

Jumping off a long-haul flight with swollen, smelly feet has to be one of the biggest downsides of travel. Thankfully, Skins Men's Recovery compression socks accelerate blood flow, enhancing circulation and increasing oxygen delivery, meaning a reduced risk of swelling. Made from a special yarn that keeps your tootsies dry and cool in-flight, they can also be used as post-run recovery socks once you get to your destination. *About PGK115; skins.net.*





***The Last of the Tsars* (Pan MacMillan), by Robert Service**

Robert Service is a British historian, academic, and author. His account of the last 18 months of Tsar Nicholas II's life coincides with the 100th anniversary of the revolution that forced the final Tsar's abdication.

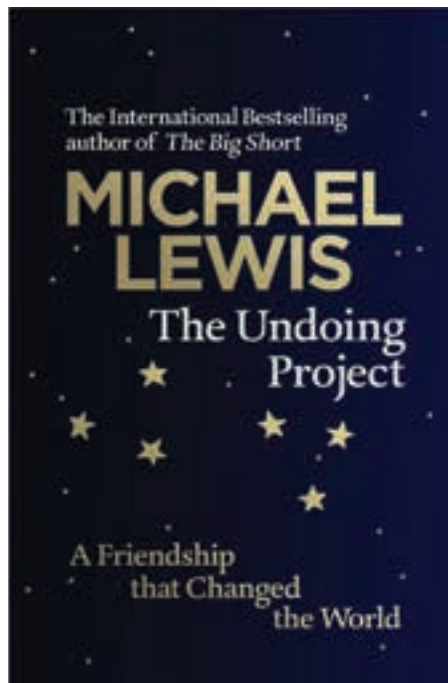
In March 1917, Nicholas II, abdicated as the dynasty that had ruled an empire for 300 years was forced from power by revolution.

Service examines Nicholas's reign in the year before his abdication and the months between then and his death, with his family, in July 1918.

The story has previously been well told, but Service's examination – reportedly of hitherto untapped sources, including the Tsar's diaries and recorded conversations – shed what is claimed to be remarkable new light on his reign.

The Last of the Tsars is a study of a ruler who was almost entirely out of his depth, perhaps even wilfully so.

It is also an account of the social, economic and political foment in Russia in the aftermath of Alexander Kerensky's February Revolution – between the fall of Nicholas II and Lenin's rise, Kerensky was Russia's most significant national leader – the Bolshevik seizure of power in October 1917 and the beginnings of Lenin's Soviet Republic.



***The Undoing Project* (Penguin), by Michael Lewis**

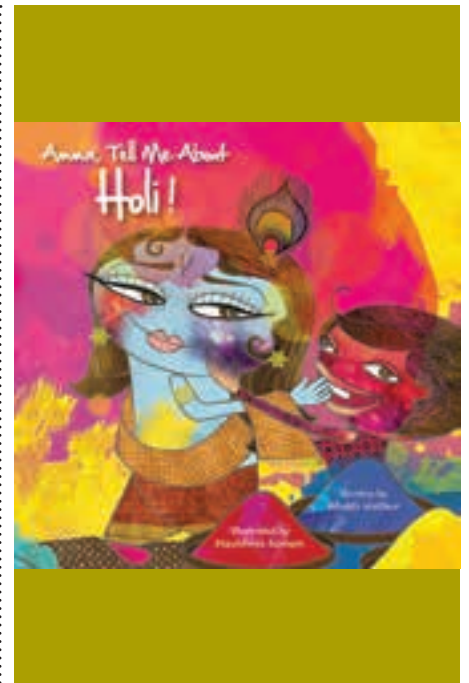
Lewis is the best-selling author of the unforgettable *The Big Short*.

In *The Undoing Project*, Lewis lends his considerable talents for compelling story telling to the surprising and profound shared world of two men whose ideas have apparently changed the world.

Daniel Kahneman and Amos Tversky met in war-ravaged 1960's Israel. Both were young psychology professors: Kahneman saw the world as a problem to be solved; Tversky, a popular blur of energy, was for many years the front man of this dynamic and influential duo.

This is a story of an incredibly close working relationship, one in which the two men operated almost as a shared mind, and despite countless ground-breaking successes, are perhaps most renowned for creating the field of behavioural economics.

These two men ultimately changed the way experts think about how people make decisions. The ideas they distilled revolutionised everything from Big Data to medicine. Their influence extends from governments to how we spend our spare dollars.



***Amma, Tell me About Holi!* (Troubador) by Bhakti Mathur**

Amma means 'mother' (informal) in many of the various languages of southern India. This book about the Indian spring festival of *Holi*, known also as the festival of colours or the festival of sharing love, is one in a series by Hong Kong-based author Bhakti Mathur that introduces children to Indian mythology.

"I struggled to buy books on Hindu festivals that I could read to my young children so I decided to create the 'Amma Tell Me' series," Bhakti says, describing the inspiration for her picture books.

Apart from *Holi* the series introduces children (and adults) to Diwali, Ganesha and Ramayana. Written in rhyme, the books are for families interested in sharing stories about Hindu mythology.

The 'Amma Tell Me' books are beautifully illustrated by artist Maulshree Somani. Bhakti, a former banker, is a writer ambassador for Room to Read, a non-profit organisation offering literacy and education programs for girls in Asia and Africa.



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Beauty and the Beast

There are perfectly sound reasons that brilliant fairy tales cum parables seem to be forever reproduced. The stories are perfectly timeless and familiar and, perhaps most importantly, still astonishingly popular. The trailer for this movie had more than 29 million views on YouTube by January.

In this Disney adaption, Belle, played by Emma Watson (widely known also as Hermione Granger in the *Harry Potter* movies), a bright, beautiful and independent young woman, is taken prisoner by a beast (played by Dan Stevens, better known as Matthew Crawley in *Downton Abbey*) in its castle.

Despite her fears, Belle befriends the castle's enchanted staff and learns to look beyond the beast's hideous exterior. It allows her to recognise the kind heart and soul of the true prince that hides inside. The production, castle and the scenery, including the beast, looks beautiful.



Jasper Jones

This story of Charlie Bucktin, a bookish boy of 14 living in a small town in Western Australia, is based on an award-winning novel.

The film stars include some of the most esteemed names in Australian cinema, including Toni Collette (*The Sixth Sense* and *Little Miss Sunshine*) and Hugo Weaving (*The Matrix*, *The Dressmaker*, *The Hobbit*).

One night during a summer in the 1960s, Charlie is startled when he is woken by a local outcast – Jasper Jones – outside his bedroom window. Jasper leads Charlie deep into the forest and shows him something that will change his life forever. This sets man and boy on a dangerous journey to solve a mystery that will consume their entire community.

In an isolated town in outback Australia, secrecy, gossip and tragedy can occasionally overwhelm the mighty landscape. Charlie feels the force of much of it, faces family breakdown, finds his first love and discovers what it means to be truly courageous.

Levi Miller (*Pan*) plays Charlie. Aaron McGrath (pictured) plays Jones.

The film is directed by Rachel Perkins, whose CV includes directing *Redfern Now*, a TV series about the lives of indigenous Australians living in inner Sydney.



Their Finest

Any romantic comedy, any film really, with Englishman Bill Nighy in the cast has to at least be worth considering.

In *Their Finest*, a British film crew attempts to boost morale during World War 2 by making a propaganda film after the German blitz on London. Catrin Cole (played by English actor Gemma Arterton) lands herself a job writing copy for propaganda films that need 'a woman's touch'.

Her natural flair gets her noticed by dashing movie producer Tom Buckley (the role is played by Sam Claflin who was cast as Finnick Odair in *The Hunger Games*).

Were it not for the war, this pair's lives would never have crossed, yet with the country's morale at stake, Cole, Buckley and a colourful crew work to make a film to warm the hearts of the nation. As bombs are dropping around them, Cole discovers there is as much drama, comedy and passion behind the camera as there is onscreen.

Ambrose Hilliard is a supporting character, a pompous actor brought on to play a thankless role in the propaganda production. Of this character one reviewer wrote – "it gives audiences another reason to love Bill Nighy".

Port Moresby's Paradise Cinema screens many of our reviewed movies. For screening dates and session times see paradisecinemaspng.com.



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Peter Botten ... says Oil Search will continue its exploration efforts, including in the Highlands and the Gulf of Papua.

How to do business in PNG

Peter Botten, the managing director of PNG's largest company, Oil Search, gives his take on doing business in the country.

Peter Botten believes that PNG is well situated to 'weather the storm' of a low oil and gas price environment because of the proximity to Asian markets and the low-cost base.

He says he has closely examined the implications of the current situation.

"Like every organisation in the oil and gas space, we went through an initial review of how to drive further cost efficiencies and production uplifts through a period of relatively low commodity pricing, and that is an ongoing review," he says. "I actually think calibration of the

oil and gas space has been very healthy for the long-term industry."

Botten is not particularly optimistic about the oil price in the short term, adding that OPEC needs to "demonstrate solid discipline around production".

And, even if OPEC's supply is restricted, any effect may be "swamped by production additions in the US", he adds.

"All the industry is going through a review of what makes money, what makes a decent return. But I'm pleased to say that most of the PNG assets – both our oil and our PNG



LNG production assets – are highly profitable at low oil prices.

“We are at the bottom end of the cost curve and are very efficient. Our assets are not being overly stressed and we are able to pay back our banks and maintain a strong balance sheet. That’s not the case for a range of oil companies in Australia and indeed around the world.”

“

I’m pleased to say that most of the PNG assets – both our oil and our PNG LNG production assets – are highly profitable at low oil prices.

”

Botten says the oil and gas industry has a history of being cyclical.

“This is one of the more radical downturns, but there were some in the late ‘80s and some in the early ‘90s. Back in 1997, there was a very large oil crash when oil prices were predicted to go to \$US5 a barrel.

“This one is unusual for the fact that it’s driven primarily by a technological change

(improvement in processing shale oil), which has led to an oversupply environment; that is a little different to the ones in the past.

“But overall I think it’s a calibration that actually the industry had to have, and clearly it’s removed cost and actually makes good projects built in a very low-cost environment really quite attractive, as long as you can manage your costs.

“It concentrates us on how we can run our oil business sustainably out into the future, and look at how we can maximise oil production and organise ourselves as the oil fields mature further.”

Botten says the company will continue its exploration efforts in the Highlands, in the Gulf of Papua “both onshore/offshore” and in the “deep water offshore to feed what the optimal LNG development scenarios might be over the next 10 years or so”.

He says this involves asking a series of strategic questions: “When do we drill wells? What type of wells will we drill? Where will they be and how would they feed into a growing LNG business? Clearly, we don’t want to have discoveries that sit there for 15 years.”

Botten says a five-year plan has been developed. “It highlights how we want to address some of the local issues such as delivery of power, and development of small-scale LNG for local power development.

“It also looks at things like: the Hela Provincial Health Authority (which we’re

The stories in our ‘Strictly Business’ section were first published in PNG’s online business magazine, businessadvantagepng.com and are re-published by arrangement with Business Advantage International.



supporting), infrastructure support, roads, schools, hospitals. All our in-country efforts are designed not just to give back to the country, but also to ensure that we’re bringing our communities along with us and helping Government to do that.” ■

COMMUNITY KEY TO OIL SEARCH'S APPROACH IN PNG

Peter Botten says Oil Search has developed a business ethic that has both a financial dimension – getting an appropriate return for the risk being taken – and a social element.

“Our future is absolutely tied to the fate of Papua New Guinea, and it therefore is in our absolute interest to ensure that our programs and strategies bring the communities along with us.

“As PNG’s biggest company, and PNG’s biggest investor, we think it is the right thing to do from a social and a business perspective. The strategies for how we manage these things, both through the Oil Search Foundation



and through our normal operations, are very comprehensive.

“It’s very, very connected right through the DNA of the organisation; this is not a cosmetic thing.

“It’s not creating a chicken farm over here, or a pig farm over there, or whatever. This is actually core to our business and it goes to every aspect of how we run our operations.

“It’s embedded in our core strategies and that is what makes the difference. It’s certainly recognised by our employees as being an area where we can, and do, make a difference.

“You will not deliver a commercial success in PNG, in our view, without having somebody in your joint venture that is seriously looking after the communities and bringing the communities along with you.”



PROFIT SHARING

Landowners have pooled their compensation money from a mining company into a trust fund to improve their financial outcome. *David James reports.*

Barrick Niugini's Mining and Petroleum Industry Investment Fund provides relocated landowners with a superior financial outcome, according to Chris Trainor, manager of commercial services. He believes it is a model for other Papua New Guinea mining companies to follow.

Trainor says the trust fund was set up as an "appropriate vehicle" for landowners connected with the Porgera gold mine in Enga Province to invest the funds given to them for having to relocate.

The fund provides a quarterly annuity, and the beneficiaries pay no tax. The fund exclusively invests in government bonds.

"It really works well," he says. "It is available to any mining company in PNG," Trainor told the Papua New Guinea Mining and Petroleum Investment Conference last December.

He said the company had taken other approaches, including constructing houses for relocated landowners, but they had not proven successful.

"It didn't work as well as hoped."

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Eric Kramer, chief executive of PacWealth Capital, which manages the fund, says recipients are getting a return of 10 per cent a year, paid every three months.

"It is a very good return and the money is intact at the end of the road. I think it is a fantastic product. Every quarter they get 2.5 per cent.

"The initial idea was that they could use that money for whatever they want: school fees or down payment on a car or whatever."

Kramer says the fund, which was launched two years ago, has about PGK17 million in assets and 150 members. Recipients were initially offered a choice between a 10-year plan and a 20-year plan. All have now opted for the 10-year plan.

Kramer says getting the landowners to see the benefits – when all they get is units in a trust fund – required a period of intense explanation.

"It has been a long road, especially for the guys at Barrick, to explain it in order to get everybody on board for this product."

Kramer says initially landowners were given money, which he says was "spent in no time". Then the company built houses for the landowners.

"That didn't work either because people would simply sell the place, or break it apart and sell bits and pieces of it.

"If you get PGK100,000 in compensation money, that PGK100,000 is invested."

Finally, the idea came to set up a fund and pool peoples' compensation money into that fund and invest the total and give dividends to the unit holders.

"That idea might sound simple, but it is hard to explain because it is nicer to have PGK100,000 in your hand."

Kramer describes the structure of the fund as "very clean". Barrick, he says, pays the costs. "If you get PGK100,000 in compensation money, that PGK100,000 is invested. It is not PGK100,000, minus two per cent for the lawyers, minus three per cent for us and five per cent for someone else.

Kramer says the predictability of the returns was important for the beneficiaries. The greatest challenge, he says, was to explain the benefits clearly.

He is still not sure whether all the beneficiaries understand that at the end of the period, they will still have the initial amount; it will not have been spent.

"We linked it to pigs. If you have two pigs and you butcher one for a feast, now you have one pig left. Pretty soon you are going to eat that one up as well.

"However, if you leave them in the pen, pretty soon you will have 10 pigs and now you can start eating one of them but your stock will be intact." ■





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A finger in many pies

David James reports on the PNG trend of companies diversifying across different industry sectors.

Conglomerates are a rare breed in developed economies; the strategy of diversifying across different industry sectors tends to be punished by investors who prefer specialised players.

But, in Papua New Guinea, industry diversification is commonly used as a way to grow.

The conglomerate strategy is partly a response to the relatively

small size of PNG's economy. When companies achieve a sizeable market share in one market sector, they often find it difficult to grow further, so to expand they look further afield.

PNG's formal economy is also small when compared with the informal economy. Subsistence farming accounts for the bulk of economic activity and the formal employment base is narrow.

As that changes, and the formal sector expands, new consumers come into the market. Companies that are positioned as conglomerates are more able to tap into that new growth.

There are several ways to diversify a company's operations. Sometimes the new sectors chosen appear to be close to the company's existing activities, at other times less so.

KK Kingston, a manufacturer, has diversified in part because it is pursuing vertical integration (combining two or more stages of production). The company retails its manufactured household consumer products and supplies specialty chemicals to commercial customers.

KK Kingston has also diversified into services. The company has a hire service arm for industrial and construction equipment, and it supplies industrial

conditions are difficult. For example, when the mining sector becomes weak, the company's activities in the consumer market and commercial and industrial markets may mitigate against the worst effects.

A similar logic – of not being over-exposed to the cyclical nature of the resources sector – drives the diversification of retailer Bishops. General manager Len Pianta says the company has a core product range of personal protective gear. Its operations are split between the resources sector and the rest of the economy.

Pianta says the firm set up an individual office to handle the LNG side of the business, keeping it separate from the day-to-day business. That enabled the company to keep good relationships with its general customers.

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“

Mainland Holdings, which breeds chickens and farms crocodiles, also used to be a coffee grower and manufacturer, with a mill in Lae. To transport the coffee it even owned aircraft.

”

equipment. There is also product diversification; the company sells water tanks and other rotomoulded products.

The chief executive, Michael Kingston, believes the diversification creates a partial hedge when economic

Bishops diversifies by combining high-quality international brands and doing its own direct sourcing; a move into manufacturing. This vertical integration involves developing house brands that are sourced in Asia and Europe.





PICTURES: STEAMSHIPS

Diversification, PNG-style ... Steamships has interests across manufacturing, logistics and hospitality.

Pianta says the move into house brands, which accounts for half its product mix, has helped the company to survive and maintain profit levels.

Some diversification is opportunistic. Executive director of the Brian Bell Group, Ian Clough, says the company started out as a "gun shop on Ela Beach 58 years ago", but has transitioned into a true conglomerate.

"(We went from) moving into white goods and kitchen appliances to where we are now: we are the Nike agent in PNG, and we produce our own bed coverings on-site in PNG and buy raw materials and produce quality linen. We also identified an opportunity with commercial cleaning, which led to our Belltech chemicals division."

Clough says the strategy is to assess whether there is an opportunity in the market and whether the company has the capacity, or can source the capacity, to take the business in that direction.

He says he expects the company to continue looking for different areas of opportunity.

The conglomerate strategy is not always straightforward;

sometimes divestment is more appropriate. For example, one of the biggest conglomerates in PNG, Steamships, in recent years has divested itself of the internet service provider, Datec, and the Stop N Shop and Hardware Haus retail stores. "We're nowhere near as diverse as we used to be," notes chief executive Peter Langslow.

Companies may move into different industries as they evolve. Mainland Holdings, which breeds chickens and farms crocodiles, also used to be a coffee grower and manufacturer, with a mill in Lae. To transport the coffee it even, at one point, owned aircraft.

Steel fabrication company Hornibrook NGI has become a diversified manufacturer, moving into construction, motor transport engineering, bridging and even a hotel. Managing director Matthew Lewis says the strategy is to avoid being over-exposed to the cycles of the resources sector.

Managing conglomerates can be tricky, which is one reason they have become rare in developed economies. Clough says at Brian Bell the divisions have a "shared service model";

back office functions are company wide.

Steamship's Langslow says the focus is on operational efficiency.

Kingston notes that the advantages of diversification are not automatic; the company has to

undertake regular strategy reviews based on medium-term forecasts.

But, with so many established PNG companies pursuing the strategy, it seems certain that diversification will remain a popular option. ■



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Q&A PHILIPPE BLANCHARD

The managing director of Total E&P PNG, operator of the Papua LNG project, says production is expected to start in 2022/2023. He says Total is using local labour and companies as much as possible.

Q: What has the past 12 months been about for Total?

A: The past 12 months were mostly dedicated to progressing our Papua LNG development. We drilled Antelope 6 (at the beginning of 2016 and we are currently drilling Antelope 7. This Antelope 7 well should be the last appraisal well. It is located to the west of the field and is required to finalise the assessment of Elk Antelope

resources. We have also started several field surveys required to perform the environmental and social impact assessments. That will provide us with the baseline, which will be used to minimise the potential development impact on the communities and the environment.

Q: So after you've finished that well, you'll have a good idea of the extent of gas reserves?

A: Yes. We should have a

clearer picture of what is in the ground and we hope that uncertainties will be strongly reduced.

Q: You have mentioned previously that there is an opportunity to present LNG to the market in around 2022. Is that window still open?

A: Yes, with our planning as it stands today, that window is still open. It's more 2022/2023 and all the teams are working hard to respect this target. This planning considers that FEED (Front End Engineering and Design) is due to start this year, for a final investment decision (FID) at the end of 2018. The construction will happen then between 2019 and 2022.

Q: And if that's the case, when do you start hiring?

A: First, keep in mind that the project is already benefiting the local communities as there are opportunities offered for

logistics and drilling activities; however, more people will be employed in the coming years. Which year exactly? I would say that it depends on what type of work needs to be done. There will be site preparations for the different locations followed by construction. So part of this could start in 2019.

Q: How many staff have you got at the moment?

A: For Total we have about 140/150 people. This personnel is located in Port Moresby but also on the ground on PRL15, where we have a logistics base, a drilling site and few surveys camps. In addition, we have contracted staff on these sites. ■

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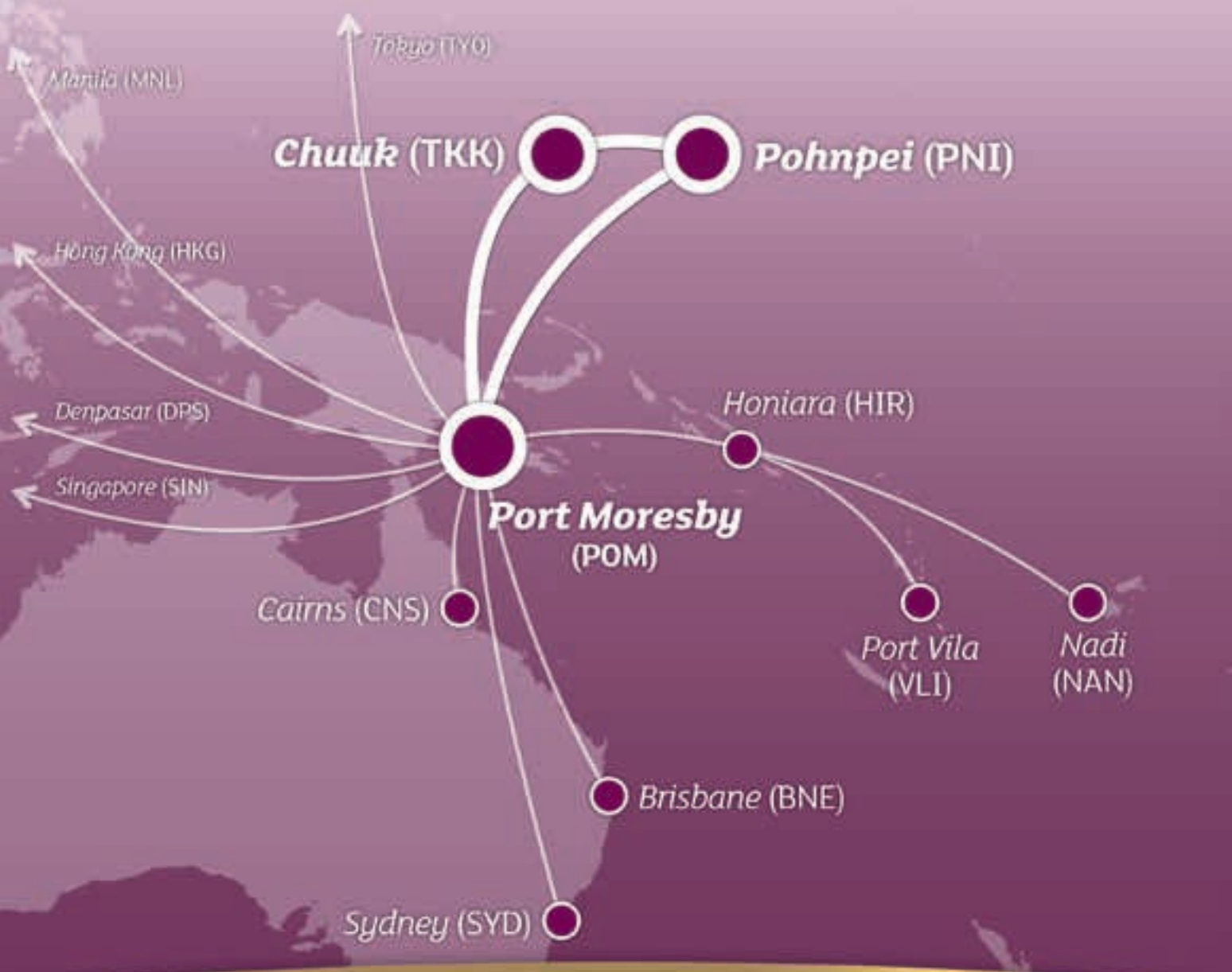
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Phillippe Blanchard ... says local communities are already benefiting from the Papua LNG project. "There are opportunities offered for logistics and drilling activities; however, more people will be employed in the coming years."





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Fred Hess ... says Frieda River is in the "top 10 undeveloped copper deposits in the world".

Frieda River faces challenges

PanAust is keen to get going on its giant copper and gold project.

PanAust is keen to start development of the Frieda River copper-gold project, but managing director Fred Hess told the Papua New Guinea Mining and Petroleum Investment Conference in Sydney late last year that there are many obstacles to overcome before a final decision to go ahead with the mine.

Hess says the nature of the resource at Frieda River in West Sepik Province is well understood, noting that the project has been known about for almost 50 years.

"We are now in the phase where we are waiting for permit approval to take place," he says. "Realistically, with the elections due, and with the size and complexity of the project, we are expecting that may take a while to get through to completion.

"Once that process is finished, we then sit down and look at what the environment is like for making an investment decision and essentially there are a number of conditions that will have to be met for us to proceed to that investment decision."

Hess describes the project as a substantial open-cut mining operation dominated by a very large storage facility.

"That facility is designed to take the tailings from the processing plant and the waste from the mine, and all of that sits behind a very large embankment," he says.

Hess says the embankment will take up about 40 per cent of the total capital cost of the project.

"It doesn't produce any copper but it is a necessary requirement in order to produce

copper. It is distinctive in the sense that PNG has traditionally taken cheaper forms of tailings and waste-disposal routes.

"But, because of the issues that we have with Frieda River being upstream from the Sepik River, this is the solution we have come up with, which we think addresses all the environmental issues that are so important to a project like this succeeding.

"The other special part of this project is that, because of the size of the embankment, because of the size of the catchment it sits in and the amount of water that falls as rain and gets collected in the catchment, and because of the height of the embankment, the opportunity to produce hydro-electric power also presents itself."

Hess says the project is of national significance, describing it as a "world-scale deposit" that is in the top 10 undeveloped copper deposits in the world.

He says it will create many jobs for locals, but he warns that there are challenges.

"There are no free lunches. We must be mindful of the risks of developing large-scale projects. Frieda River has substantial logistical challenges. It is inland; there are no roads.

"For access to the site for the main logistics required, you go up the Sepik River for 600 kilometres and then you need a road for another 100 kilometres, up to the mine site."

Hess says that downstream of the project are about 30,000 people who are very mindful and watchful of what is happening upstream. He says it is "crucial not to jeopardise the livelihoods and environment for all those people downstream".

Hess says there are no port facilities capable of supporting the mine and no electricity grid. "There are no roads. We are significantly infrastructure-challenged in this location. That challenge represents an additional capital burden to the project.

"Over the last four or five years there has been a significant decline in the price of copper and that represents a significant challenge to making an investment decision. Notwithstanding the recent jump, it still represents a long-term challenge. ■



Wafi-Golpu, a long life

The project can be 'multi-generational' according to Bryan Bailie, executive director of the joint venture.

The executive project director of the Wafi-Golpu Joint Venture, Bryan Bailie, told the Papua New Guinea Mining and Petroleum Investment Conference in Sydney late last year that the intention is to roll out the project in stages.

Bailie says the project has the potential to be a "long duration sustainable mining operation" that can last 28 to 35 years, or more.

If developed, he says, it will be the largest underground mine in PNG and the first green-

“

The resource at Wafi-Golpu is estimated to be 820 million tonnes of mineralised ore at 1.05 per cent copper and 0.7 per cent grams of gold.

”

field mine development since the Harmony Gold Hidden Valley mine commenced production in 2009.

Bailie says the resource at Wafi-Golpu is estimated to be 820 million tonnes of mineralised ore at 1.05 per cent copper and 0.7 per cent grams of gold.

"A multi-staged development strategy is the optimal approach to mining this substantial mineral resource.

"The inherent value proposition lies in this mineralised body having multi-generational potential derived from its large scale, its high grade and its embedded optionality," he says.

"The copper grade is estimated to be in the range of 28–30 per cent, while the gold

concentrate is estimated to be 5–15 grams per tonne."

Bailie says a multi-staged development strategy is the "optimal approach to mining this substantial mineral resource".

He says the project would be rolled out in a number of steps to help manage the risk.

"This approach affords an underground exploration platform for further mineral resource development, a reduction in the overall risk profile in developing the greenfield underground blockade mine, improved project portfolio management and multiple decision-making points across the project life cycle, and then staged or phased capital expenditure and shorter development times to first production, thus improving project economics."

Bailie says the emphasis will be on risk mitigation before further investment, which will make it easier to align the roll out of the project with changes in the commodity

markets and the "dynamic and fluctuating external environment".

He says the Wafi-Golpu Joint Venture, which is equally owned by subsidiaries of Newcrest Mining and Harmony Gold, will roll out the project in stages, targeting its first production from Blockade 1, which is located 980 metres below the surface. He says this will enable the extraction of eight million tonnes of ore over a four-year period at a peak annualised production rate of three million tonnes per annum.

He says the aim will be to mine the high-grade ore body first to generate cash flow to support the construction of Blockade 2.

Blockade 2, says Bailie, is located a further 680 metres below Blockade 1. "This will extract 141 million tonnes of ore over a three to four-year period at a peak annualised production rate of six million tonnes per annum. This is a big ore body" ■

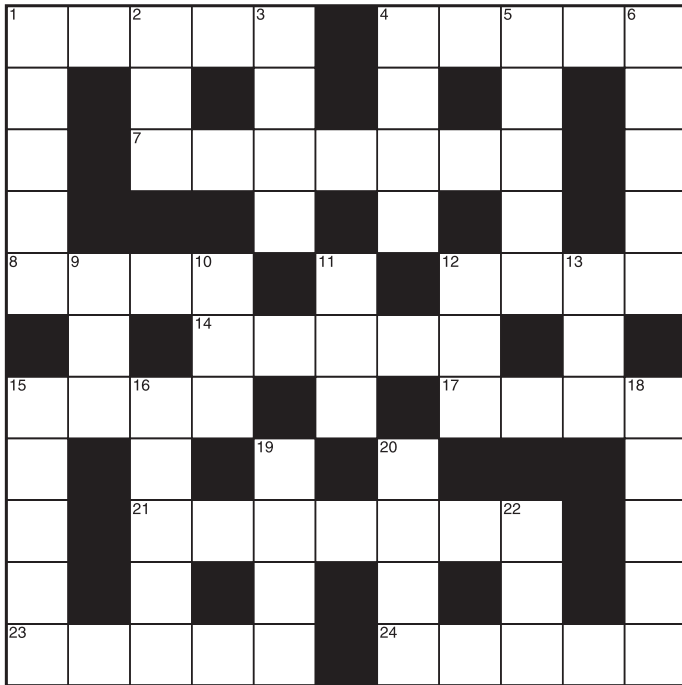


The Wafi-Golpu mine site ... executive Bryan Bailie says it has the potential to be a multi-generational project with a life up to 35 years, or more.



DoubleTake

Tackle either set of these clues – you can even mix and match them, because the solutions are the same for both sets



CRYPTIC CLUES

ACROSS

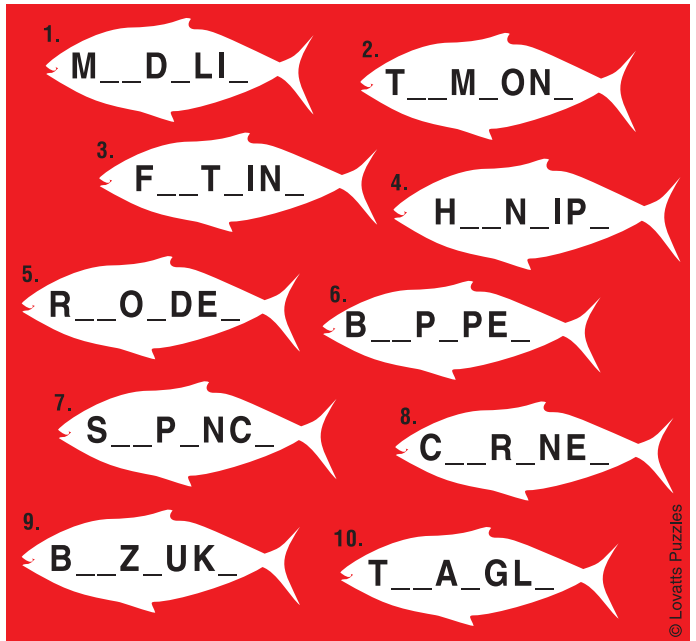
1. Sting is dressed to the nines (5)
4. Hundred take ages to find aviaries (5)
7. Cool remote! (7)
8. Lab holding 1000 young sheep (4)
12. I'll mention tiny landmass (4)
14. How to get message back in Parliament (5)
15. I hear Poe's to model for portrait (4)
17. Endlessly log on to company insignia (4)
21. In Canada, man takes firm (7)
23. Swayed vocally towards leather (5)
24. Goes down for processed skins (5)

DOWN

1. Least change for Rob (5)
2. My not being around Mandy should be a plus (3)
3. Trial cricket match (4)
4. First needed for chowder ladle and mug (4)
5. Stage reset for fence openings (5)
6. Sneak out to get boa, for example (5)
9. From dragons in the past (3)
10. Hum bug (3)
11. Tiffany has an admirer (3)
12. Not well, so bows out of billows (3)
13. Body part hidden in Seattle garage (3)
15. Intends to make drawings (5)
16. Form a new phase (5)
18. Propensity to hold launches (5)
19. Exposed in cabaret (4)

Red Herrings

Fill in the gaps with letters to find the names of eight musical instruments. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have eight letters.



20. Go by mountain route (4)
22. Heavy weight, even for St John (3)

STRAIGHT CLUES

ACROSS

1. Quick on the uptake (5)
4. Barred enclosures (5)
7. Far away (7)
8. Rhyme, Mary Had a Little ... (4)
12. The ... of Capri (4)
14. Internet letter (5)
15. Ask (question) (4)
17. Advertising symbol (4)
21. Emphatic (7)
23. Velvety kidskin (5)
24. Kitchen basins (5)

DOWN

1. Pilfer (5)
2. In addition (3)
3. School exam (4)
4. Cease talking, ... up (4)
5. Heaven's Pearly ... (5)
6. Venomous creature (5)
9. A long time ... (3)
10. Word contest, spelling ... (3)
11. Cooling device (3)
12. Anxious, ... at ease (3)
13. Table upright (3)
15. Blueprints (5)
16. Outline (5)
18. Unlocks (5)
19. Naked (4)
20. Entry ticket (4)
22. Mass unit (3)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. What is the airline code for Air Niugini?
2. Name the capital of PNG's Sandaun Province that is also a popular destination for surfers.
3. What is the name of the mountain range near Madang?
4. How many stars are on the PNG flag?
5. What is the highest-circulation newspaper in Singapore?
6. Where is Pentecost Island?
7. Name the capital city of the Federated States of Micronesia.
8. If you are greeted with the phrase *Magandang umaga*, which country are you most likely waking up in?
9. Can you name the Japanese prime minister?
10. Who is the recently crowned heavyweight WBO boxing champion with links to Samoa?

11. In the 1980 movie *Blue Lagoon* two children are stranded on a South Pacific island. Where was the movie filmed?
12. In which year did Australia become a British colony?
13. Which major South Pacific country does not have any snakes?
14. How much does the average coconut weigh: 520 grams, 680 grams, 1.2 kilograms?
15. Where in the world would you find these towers (pictured)?



Sudoku

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

4					7	3		
8			9				7	2
	3	2		1		8	9	
	9		3		5		2	
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4	6	9	8	2	7	3	1	5
8	1	5	9	4	3	6	7	2
7	3	2	5	1	6	8	9	4
6	9	1	3	8	5	4	2	7
5	7	8	2	9	4	1	3	6
2	4	3	7	6	1	5	8	9
9	2	6	1	5	8	7	4	3
1	5	7	4	3	9	2	6	8
3	8	4	6	7	2	9	5	1

The Paradise Quiz

1. PX. 2. Vanimo. 3. Bismarck Range. 4. Five. They depict the Southern Cross. 5. *The Straits Times*. 6. Vanuatu. It is one of 83 islands that make up the South Pacific nation. 7. Palikir. 8. Philippines. 'Magandang umaga' means 'good morning'. 9. Shinzo Abe. 10. Joseph Parker (New Zealand born, but of Samoan heritage). He beat Mexican Andy Ruiz Junior in the title fight in NZ last December. 11. Fiji. 12. 1788. 13. New Zealand. 14. 680 grams (source: reference.com). 15. Kuala Lumpur, they are the Petronas Towers.

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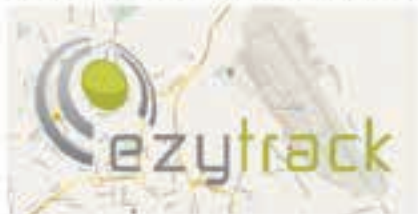
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ARRIVALS LOUNGE

PAPUA NEW GUINEA VISITOR GUIDE

Out and about

A quick guide to Papua New Guinea, from catching a taxi to making a phone call.



PICTURE: PNG TOURISM PROMOTION AUTHORITY DAVID KIRKLAND

CLIMATE

With the exception of the Highlands, PNG has a warm tropical climate. The wet season in Port Moresby is from December to April.

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely in recent years. Although it remains costly, all the Port Moresby hotels listed in this guide provide a fast-speed internet service. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem is available, although download speeds can vary.

Phone: International mobile phone roaming is possible in PNG but it is costly. A cheaper option

is to buy a local SIM card and pre-paid credit (including data packs for smartphones).

It is much cheaper to make international calls from PNG than vice versa.

Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

ELECTRICITY

The current in PNG is 240V AC 50Hz, using Australian-style plugs.

GETTING AROUND

As a general rule in PNG, you need to plan your travel carefully.

Taxis: Recommended firms are Comfort (325 3046) and Scarlet (7220 7000).

Car hire: Deal with one of the international names and ask them to provide a driver (around PGK400 per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

Airport transfers: For arrival/departure in Port Moresby, any of the hotels listed in this guide will provide a complimentary transfer.

Domestic flights: Travelling within PNG often means taking an internal flight (for instance, you cannot drive between Port Moresby and Lae). Air Niugini offers passengers the chance to book (and check in) online but make sure you print out a copy of your receipt to show at the check-in counter. Aircraft and helicopter charter services are available for travel to remote locations.

HEALTH

Serious medical conditions typically require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation alone can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis in some parts of the country.

MONEY

PNG's currency is the kina (PGK). ANZ and Bank of South Pacific (BSP) have branches at Port Moresby's international airport. ATMs are located around Port Moresby, Lae and other urban centres.

SAFETY

While the situation is not as bad as portrayed by some international media, you should always take precautions, especially at night.

TIME ZONE

PNG has a single time zone, 10 hours ahead of UTC/GMT.

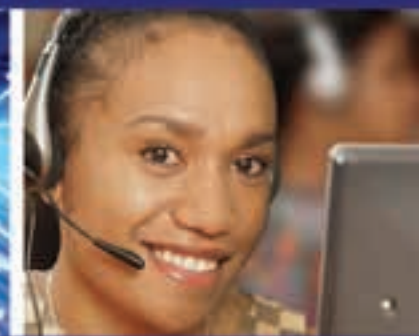
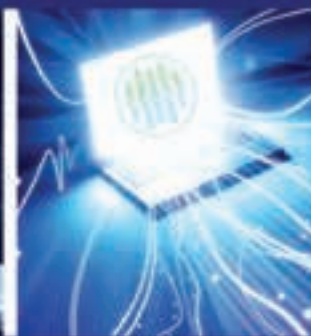
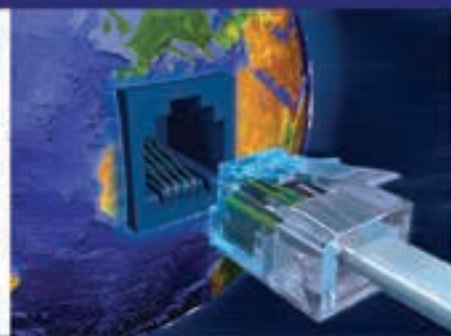
EATING, DRINKING, SOCIALISING IN PORT MORESBY

Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside, where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a limited Italian menu for dinner. The Poolside Bar should not ►





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be missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular, wood-fired Italian pizza. See airways.com.pg.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. The burgers and the fish and chips are spectacular. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See aviat.com.pg.

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and the best crispy bacon. The servings are generous. It is one of the few cafes in town that opens early; you can grab your first cuppa from 6.45am. Located under the residential buildings on the new Harbour City development, down behind the ANZ and BSP bank. See facebook.com/CafeOnTheEdge.

Crowne Plaza Hotel: There are multiple eating options at Crowne. The in-house restaurant includes a buffet for breakfast (eggs cooked to order), as well as lunch and dinner. It's one of the few

restaurants in Port Moresby with gluten-free choices. The hotel also has fine dining at the Rapala restaurant, where the steaks and garlic prawns are impressive. Old-fashioned crepes suzette makes an appearance here, too, and is cooked at your table.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the SVS shopping centre in Harbour City, chefs will whip up your meal at your table. The teppanyaki menu includes several courses, so come with an empty stomach. See ourportmoresby.co/things-to-do/archives/daikoku.

Duffy Cafe, Gabaka Street: This has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food. See facebook.com/duffypng.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. Don't miss yum cha on Sunday mornings. See ourportmoresby.co/things-to-do/archives/dynasty.

Fusion: This is one of the newer restaurants in the city and always seems to be doing great business. It's Asian with a fusion of flavours from China, Thailand and Vietnam. Takeaway available.

Grand Papuan Brasserie: The funky Grand Papua Hotel bar serves up cocktails and has a decent wine list, along with some tasty tapas-style bar food. Grab a seat in one of the huge, black leather chairs or head to the Brasserie, which has a nightly buffet. The a la carte menu is good and the steaks are delicious. See grandpapuahotel.com.pg.

Lamana Hotel: You're spoilt for choice here with three restaurants (Spices, The Italian, and Rio's at the Temple), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See lamanahotel.com.pg.

Royal Papua Yacht Club: Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. If it's too busy, try the Aviat Club in nearby Konedobu. See rpyc.com.pg.

Seoul House: This restaurant specialises in Korean and Thai food, cooked on the hot plate right in front of you. Seoul House

is tucked away in a garden oasis compound in Five Mile. Tel +675 325 2231.

Tasty Bites: An Indian restaurant tucked away in the town centre in Hunter Street near Crowne Plaza. You won't get a table unless you book. Tel +675 321 2222.

Vision City: PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See ourportmoresby.co/things-to-do/archives/dynasty.

HOTELS

Airways Hotel: Airways is located within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.


Crowne Plaza: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving café and Mediterranean restaurant. Tel +675 309 3329.

Ela Beach Hotel and Apartments: On the fringe of the CDB, this constantly expanding hotel/apartment complex is ►

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part of the Coral Sea Hotels group. Its main eatery is popular at lunchtime. See coralseahotels.com.pg.

Gateway Hotel: Another member of Coral Sea Hotels, this time located next to the airport. A range of amenities include Port Moresby's largest dedicated meeting space. See coralseahotels.com.pg.

Grand Papua: This premium hotel opened in late 2011 and features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular venues for business meetings in town. Centrally located. See grandpapuahotel.com.pg. Tel. +675 304 0000.

Holiday Inn: Located in the government district of Waigani. Large grounds with walking track, in a tropical garden setting. Outdoor restaurant dining and bar area, business centre and gym. Recently expanded to include a three-star Holiday Inn Express hotel. See ing.com. Tel +675 303 2000.

Laguna Hotel: The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi

and free buffet breakfast. See lagunahotelpng.com. Tel +675 323 9333.

Lamana Hotel: In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a conference centre, restaurants, and the famous Gold Club. See lamanahotel.com.pg. Tel +675 323 2333.

Stanley Hotel and Suites: Port Moresby's newest hotel (opened in July, 2016) is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.

EATING, DRINKING, SOCIALISING IN LAE

Bunga Raya Restaurant: A local favourite, serving Malaysian-style Chinese. Located next door to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177

Chigi's Cafe: A delightful place inside the temporary Brian Bell store near the Lae main markets. Serves good coffee, milkshakes,



PICTURE: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND

sandwiches, cakes and salads. Tel. +675 7217 1966.

Golden Aviat: A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner and yum cha on Sundays. Tel. +675 472 0486.

Huon Club: A private members' club, offering air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel connection to preview all the racing and sporting events. Tel. +675 7347 1058.

Lae International Hotel: Home to three restaurants – Luluai's Italian Pizza, Vanda, and Kokomo, which all serve an array of international and Western cuisine, including

Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is also a good place for a nightcap, or two. See laeinterhotel.com. Tel. +675 472 7000.

Lae Golf Club: Whether it's after a challenging round of golf or just an excuse to catch up with friends, the club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food including burgers, steaks and pizza, which goes down a treat with the surrounding views of the Huon Gulf. See laeyachtclub.com. Tel. +675 472 4091.



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Mountain View Restaurant: One of Lae’s newest restaurants is at the Crossroads Hotel at Nine Mile. Open for breakfast, lunch and dinner, be sure to try the Japanese fusion menu – it’s the only place in town where you can get good sushi. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

HOTELS

Crossroads Hotel: A 45-room facility at 9 Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, Wi-Fi and complimentary transport transfers both to Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

Lae City Hotel: One of the newest hotels in town, offering a 24-hour concierge service. Located in the main Top Town area, it also has an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel.com. Tel: +675 472 0138.

Lae International: The city’s premier hotel has recently renovated rooms, full bar service, conference and banquet halls, a gym and pool. See laeinterhotel.com. Tel: +675 472 2000.

Lae Travellers Inn: An affordable option, offering clean and comfortable rooms. Just a few minutes from the centre of town, the inn also has conference facilities and a small restaurant serving Western and Indian cuisine. Tel. +675 479 0411.

Melanesian Hotel: An iconic property located in the heart of Lae. The city centre is easily accessible and the hotel has nice rooms with harbour views. A gift store and hairdresser is available on site, as well as a contemporary restaurant offering everything from pizza and steak to Asian and roast buffets. See coralseahotels.com.pg. Tel. +675 472 3744.

For general information about Lae, see lcci.org.pg and rainylae.com.

FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby’s airport can now connect to free

Wi-Fi. The National Airports Corporation (NAC) announced the development last year.

To connect, users need to present a boarding pass and ID, or passport, at the NAC information desk in the departure lounge where they will receive a username and password.

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Air Niugini, airniugini.com.pg

Business Advantage PNG, businessadvantagepng.com

PNG Tourism Promotion Authority, papunewguinea.travel

Port Moresby Chamber of Commerce and Industry, www.pomcci.com ■

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TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES

Papua New Guinea has more than 800 languages, but the three official languages are Tok Pisin, English and Motu. Here, we outline some Tok Pisin, which is the largest *lingua franca* of PNG.

- *Where do I find a taxi?*
Bai mi painim taxi long wea?
- *One coffee with milk, please.*
Wanpela kap kopi wantaim milk plis.
- *Where is the toilet?*
Toilet istap wea?

- *How much is this?*
Dispela em haumas?
- *Thank you very much.*
Tenkyu tumas.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap we?
- *Where can I change my money?*
Wanem hap bai mi senisim moni bilong mi?

- *One beer, please.*
Wanpela bia plis.
- *Why? Long wanem?*
- *How many children do you have?* **Yu gat haumas pikinini?**
- *Where are you from?*
Yu bilong wanem hap?
- *I don't know. Mi no save.*
- *What do you want?*
Yu laikim wanem samting?

- *Restaurant*
Ples bilong kai kai
- *Goodbye* **Gudbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

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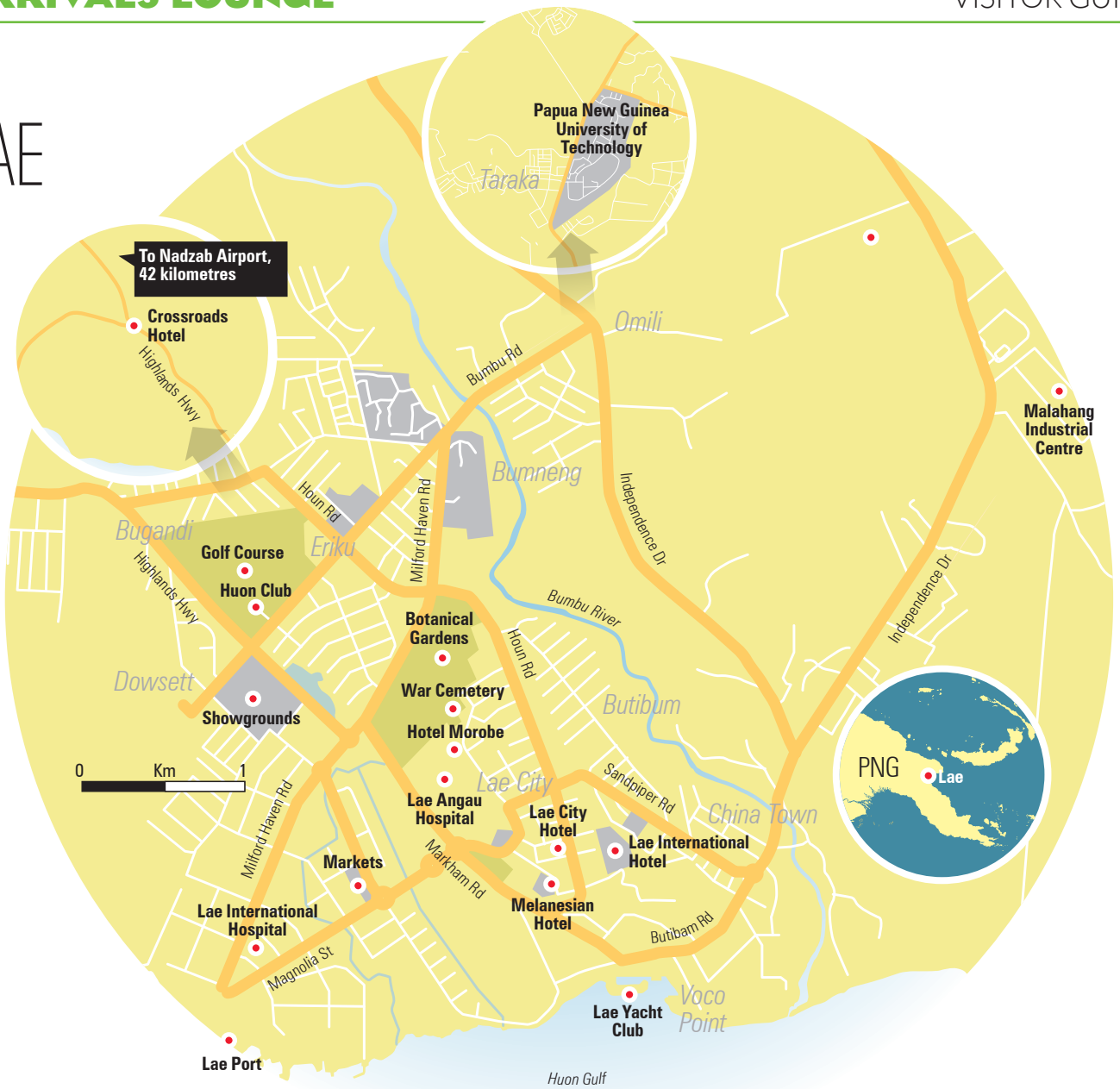




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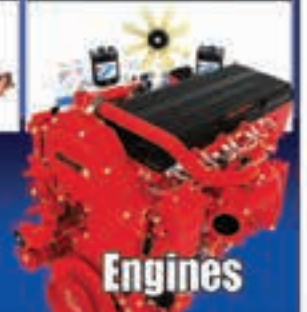
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Smoking is not permitted on any Air Niugini flight.

Entertainment

A selection of movies and music including classical, modern, country and local are available on international services.

Pillows and blankets

On International flights, pillows and blankets are available on request from our cabin crew.

Cuisine

Our in-flight* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

In-flight Duty Free

During the flight take some time to look through our In-flight Duty Free brochure located in your seat pocket. Duty free purchases can be made after Meal Service. All major credit cards are accepted.

Immigration and Customs Forms

During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



Air Niugini fleet



B767-300ER - Boeing

Length: 59.94m Normal altitude: 11000 - 12000m
 Wing span: 47.57m Standard seating capacity: 188
 Range: 8100km Business class: 28
 Cruising speed: 857kph Economy class: 160
 Power plant: 2 x PW4000 Number of aircraft in fleet: 2



B737-800 - Boeing

Length: 39.5m Normal altitude: 11300m
 Wing span: 35.79m Standard seating capacity: 144
 Range: 8100km Business class: 16
 Cruising speed: 857kph Economy class: 128
 Power plant: 2 x CFM56 - 7B26 Number of aircraft in fleet: 2



B737-700 - Boeing

Length: 33.6m Normal altitude: 11300m
 Wing span: 35.79m Standard seating capacity: 116
 Range: 6370km Business class: 12
 Cruising speed: 830kph Economy class: 104
 Power plant: 2 x CFM56 - 7B22 Number of aircraft in fleet: 1



F100 - Fokker

Length: 35.528m Normal altitude: 11000m
 Wing span: 28.076m Standard seating capacity: 101
 Range: 3000km Business class: 8
 Cruising speed: 780kph Economy class: 93
 Power plant: 2 x Rolls Royce Tay 650 Number of aircraft in fleet: 7



F70 - Fokker

Length: 30.91m Normal altitude: 11000m
 Wing span: 28.08m Standard seating capacity: 76
 Range: 3410km Business class: 6
 Cruising speed: 743kph Economy class: 70
 Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines Number of aircraft in fleet: 5



DASH 8-Q400 NextGen - Bombardier

Length: 32.8m Normal altitude: 7500m
 Wing span: 28.4m Standard seating capacity: 70
 Range: 3000km Business class: 10
 Cruising speed: 670kph Economy class: 60
 Power plant: 2 x Pratt & Whitney PW150A Number of aircraft in fleet: 1



Falcon 900EX - Dassault

Length: 20.21m Power plant: 3 x Honeywell TFE731
 Wing span: 19.33m Maximum altitude: 51000ft
 Range: 4500nm Standard seating capacity: 12
 Cruising speed: 650mph Number of aircraft in fleet: 1



DASH 8-Q315 - Bombardier

Length: 25.7m Power plant: 2 x Pratt & Whitney PW123E
 Wing span: 24.4m Normal altitude: 7500m
 Range: 1700km Standard seating capacity: 50
 Cruising speed: 510kph Number of aircraft in fleet: 3



DHC-8-202 - Bombardier

Length: 22.25m Power plant: 2 x Pratt & Whitney PW123D
 Wing span: 25.89m Normal altitude: 7600m
 Range: 1800km Standard seating capacity: 36
 Cruising speed: 550kph Number of aircraft in fleet: 2

Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

MOVIES



Fantastic Beasts And Where To Find Them

Genre: Adventure, Family, Fantasy

Rating: PG13

Stars: Ezra Miller, Eddie Redmayne, Colin Farrell
Opens in 1926 as Newt Scamander has just completed a global excursion to find and document an extraordinary array of magical creatures.



Rules Don't Apply

Genre: Drama, Romance

Rating: PG13

Stars: Warren Beatty, Lily Collins, Alden Ehrenreich
An aspiring young actress and her ambitious young driver struggle hopefully with the absurd eccentricities of the wildly unpredictable billionaire Howard Hughes, for whom they work.



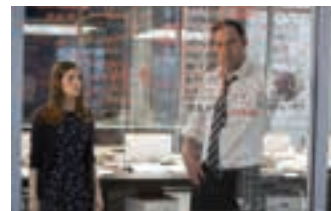
Absolutely Fabulous: The Movie

Genre: Comedy

Rating: R

Warnings: L, S, D

Stars: Jennifer Saunders, Joanna Lumley, Jane Horrocks
Eddy's PR career has hit the skids and she is desperate for someone to publish her memoirs, but the publishing world isn't biting.



The Accountant

Genre: Action, Crime, Drama

Rating: R

Warnings: V, L

Stars: Ben Affleck, Anna Kendrick, J.K. Simmons
Christian Wolff is a math savant who uses a small-town CPA office as a cover and works as a freelance accountant for some of the world's most dangerous criminal organisations.

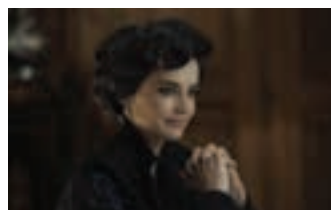


Keeping Up With The Joneses

Genre: Comedy, Action

Rating: PG13

Stars: Zach Galifianakis, Isla Fisher, Jon Hamm
An ordinary suburban couple discover it's not easy keeping up with their impossibly gorgeous and ultra-sophisticated new neighbours, the Joneses.



Miss Peregrine's Home For Peculiar Children

Genre: Family, Adventure, Fantasy

Rating: PG13

Stars: Eva Green, Asa Butterfield, Samuel L. Jackson
When Jake discovers clues to a mystery that spans alternate realities and times, he uncovers a secret refuge known as Miss Peregrine's Home for Peculiar Children.



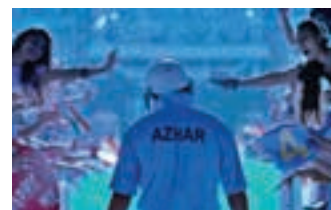
The Unmarried Wife

Genre: Drama, Romance

Rating: PG13

Stars: Dingdong Dantes, Angelica Panganiban, Paulo Avelino

Anne Victorio, a successful brand manager, is determined to be the perfect mother and wife to her family. Her marriage with the equally successful Geoff appears to be nothing but perfect on the surface, however, things begin to crack when she learns of his infidelity.



Azhar

Genre: Drama

Rating: PG13

Stars: Emraan Hashmi, Nargis Fakhri, Prachi Desai, Lara Dutta

Indian cricketer Mohammad Azharuddin has just scored a century in his 99th Test match, but his world comes crashing when he is faced with allegations of match fixing.



Sultan

Genre: Romance, Drama

Rating: PG13

Stars: Salman Khan, Anushka Sharma, Randeep Hooda
Akash Oberoi is keen to bring an internationally successful mixed martial arts league to India. Sadly, the sport doesn't fare well and Akash stands to suffer huge losses.



Good Morning Show

Genre: Comedy, Drama

Rating: PG13

Stars: Kiichi Nakai, Masami Nagasawa
The host of a morning TV show is beset by a host of challenges: the show is being cancelled, his co-host is set to announce their affair on air, and a hostage crisis is developing downtown.



Xuan Zang

Genre: Drama

Rating: PG13

Stars: Huang Xiaoming, Pu Bajia
In search of Buddhist scriptures, monk Xuan Zang makes an arduous solo journey to India. After 10 years of study, he returns to China and dedicates his life to teaching and translating manuscripts.



Four Sisters and a Wedding

Genre: Comedy, Drama

Rating: PG13

Stars: Toni Gonzaga, Bea Alonzo, Angel Locsin
When CJ Salazar announces his plan to marry his girlfriend of three months, his entire family is brought together after being apart for some years, and they find themselves facing emotions and issues they've been avoiding for a long time.

(D) Drug Reference (L) Language (S) Sex (V) Violence



TV



Back of House

Genre: Documentary, Lifestyle, Travel

Episode: S1 E5 – New York & London
Rating: PG

Stars: Jeff Martin

From New York to London, join Australian artist Jeff Martin as he travels to the best restaurants on Earth to create unique large-scale artworks.



The Middle

Genre: Comedy

Episode: S8 E1 – The Core Group
Rating: PG

Stars: Patricia Heaton, Eden Sher, Neil Flynn
Frankie and Mike are excited to meet April – the love of Axl's life – but discover that love may indeed be blind when April reveals a quirky personality trait.



The Tom and Jerry Show

Genre: Family, Animation

Episode: S1 E2 – Sleep Disorder
Rating: G

Stars: Tom Kenny, Rick Zieff, Gary Cole
Ginger gets a new mattress and Tom is not allowed to sleep on it.



Frequency

Genre: Drama, Fantasy, Mystery

Episode: S1 E3 – The Near-Far Problem
Rating: PG13

Stars: Anthony Ruivivar, Mekhi Phifer, Peyton List
When Raimy uncovers evidence in the Thomas Goff case, she relays this information to Frank over the ham radio, which prompts him to take matters into his own hands while ignoring a strong warning from Satch.



Fresh Off The Boat

Genre: Comedy

Episode: S3 E1 - Coming from America
Rating: PG

Stars: Randall Park, Constance Wu, Hudson Yang
Louis heads to Taiwan with the family to clear things up with Gene. Louis wonders if life in Orlando could be as good as life in Taiwan.



Gotham

Genre: Drama, Action, Sci-Fi

Episode: S3 E1 - Mad City: Better to Reign in Hell
Rating: PG13

Stars: Ben McKenzie, Jada Pinkett Smith, Donal Logue
Gordon seeks answers about the escapees from Indian Hill, and why their powers appear to be killing them.



Lethal Weapon

Genre: Drama, Action, Crime

Episode: S1 E1 – Pilot
Rating: PG13

Stars: Damon Wayans, Clayne Crawford, Keesha Sharp
Captain Brooks Avery assigns the duo their first case together, where Riggs drags Murtaugh into a high-speed chase.



Life In Pieces

Genre: Comedy

Episode: S2 E1 – Annulled Roommate Pill Shower
Rating: PG13

Stars: Colin Hanks, Betsy Brandt, Thomas Sadoski
Heather and Tim enlist Clementine's unusual parents to help convince Clementine and Tyler to annul their unexpected marriage.

MUSIC



John Legend Darkness and Light

Genre: Pop Rating: R

An ambitious new album from the multi-platinum selling, Oscar®, Golden Globe and 10-time Grammy-winning singer-songwriter, featuring multiple guest collaborations including Chance the Rapper, Miguel, and Alabama Shakes' Brittany Howard.



Grace VanderWaal Perfectly Imperfect

Genre: Pop Rating: PG

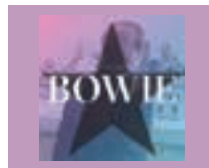
She's just 13 and has already won *America's Got Talent*, been hailed as one of Billboard's 'hottest young stars' and compared to the likes of Stevie Wonder – by the man himself, no less.



Isaiah Isaiah

Genre: Chill Rating: PG

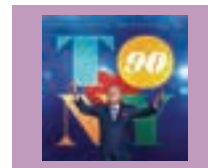
The self-titled debut solo album from Isaiah featured his hit single *It's Gotta Be You*.



David Bowie No Plan

Genre: Pop Rating: R

The final songs known to be recorded by David Bowie have been released on this EP. These songs were recorded during the same sessions that birthed the acclaimed album *Blackstar*.



Tony Bennett Celebrates 90

Genre: Jazz Rating: G

A star-studded variety special celebrating Tony Bennett on the occasion of his 90th birthday, featuring performances by Michael Buble, Lady Gaga, Diana Krall, k.d. Lang, Andrea Bocelli, Stevie Wonder and many more.



Susan Boyle A Wonderful World

Genre: Easy Listening Rating: G

Susan Boyle was granted rare permission by the Nat King Cole Estate to sing a virtual duet with the legendary performer on this, her seventh album in seven years.



Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

Blood Circulation/Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- ◆ Former or current malignant disease
- ◆ Blood disorders leading to increased clotting tendency
- ◆ Personal or family history of DVT
- ◆ Immobilisation for a day or more

- ◆ Increasing age above 40 years
- ◆ Pregnancy
- ◆ Recent major surgery or injury, especially to lower limbs or abdomen
- ◆ Oestrogen hormone therapy, including oral contraceptives
- ◆ Dehydration
- ◆ Heart failure
- ◆ Trauma
- ◆ Varicose veins
- ◆ Obesity
- ◆ Tobacco smoking

Recommendations

- ◆ If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- ◆ Follow our in-flight exercises programme.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

Recommendations

- ◆ Get a good night's rest before your flight.
- ◆ Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- ◆ Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- ◆ Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- ◆ On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- ◆ Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- ◆ Fly direct to minimise flight time. This allows you to relax more upon arrival.

Cabin Humidity/Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

Recommendations

- ◆ Drink water or juices frequently during the flight
- ◆ Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.
- ◆ Remove contact lenses and wear glasses if your eyes are irritated.
- ◆ Use a skin moisturiser to refresh the skin.

Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

Recommendations

- ◆ Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- ◆ Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.

Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

Recommendations

- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- ◆ When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

Recommendations

- ◆ When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- ◆ You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



Air Niugini Domestic offices

Port Moresby

PO Box 7186 Boroko
 Sales Domestic & International
 Tel: 327 3444 Fax: 327 3308
 Reconfirmation Domestic & International
 Tel: 327 3444
 Arrival & Departure Information
 Tel: 327 3300
 Cargo Enquiries
 Tel: 327 3243
 Cargo Charter Enquiries
 Cargo: 327 3226 Paris: 327 3370
 Head Office
 Airport & Administration
 Jacksons Airport Saraga
 Tel: 327 3200/325 9000

Alotau

PO Box 3 Alotau Gurney Airport
 Tel: 641 0158
 Administration & Reservations
 Tel: 641 1031 Fax: 641 1636

Buka

PO Box 169
 Buka Sales
 Tel: 973 9655 Fax: 973 9656
 Airport
 Tel: 973 9082

Daru

PO Box 58, Daru, Western Province
 Tel: 276 1077

Goroka

PO Box 083 Goroka
 Reservations
 Tel: 732 1444 Fax: 732 1439

Kavieng

Administration,
 Reservations & Cargo
 Tel: 984 2135
 Airport
 Tel: 984 2105 Fax: 984 2337

Kieta

PO Box 186, Aiwua,
 Autonomous Region of
 Bougainville
 Tel: 975 1013

Kimbe-Hoskins

PO Box 181 Kimbe
 Administration,
 Reservations & Cargo
 Tel: 983 5077 Fax: 983 5669
 Arrival & Departure Information
 Tel: 985 0012

Kiunga

PO Box 346, Kiunga,
 Western Province
 Tel: 649 1422

Kundiawa

PO Box 047 Kundiawa
 Tel: 735 1273



Lae

Administration, Domestic, Reservations & Cargo
Tel: 472 3111 Fax: 472 4758
International Reservations
Tel: 472 4744

Lihir

Reservations
Tel: 966 5151 Fax: 966 5134

Lorengau/Manus

PO Box 170 Lorengau
Administration, Reservations & Cargo
Tel: 470 9092 Fax: 470 9382

Madang

PO Box 140 Madang
Administration & Reservations
Tel: 852 2255 Fax: 852 2079

Mendi

PO Box 210 Mendi
Administration & Reservations
Tel: 549 1233 Fax: 549 1250
Airport Traffic
Tel: 549 1320

Mt Hagen

PO Box 3 Mt Hagen
Reservations Domestic
Tel: 542 1183/542 1122
Reservations International
Tel: 542 1039
Enquiries
Tel: 545 1444 Fax: 542 2361

Popondetta

PO Box 145 Popondetta
Reservations
Tel: 329 7022 Fax: 329 7227
Airport
Tel: 329 7191

Rabaul

PO Box 3120 Rabaul
Reservations & Sales
Tel: 983 9325 Fax: 982 9034
Tokua Airport Arrival & Departure
Information
Tel: 983 9821

Tabubil

PO Box 545 Tabubil
Domestic Reservations
Tel: 649 3244
International Reservations
Tel: 649 3325 Fax: 649 9189

Tari Agent

Tel: 540 8023

Vanimo

PO Box 239 Vanimo
Tel: 857 1014 Fax: 857 1473
Airport
Tel: 857 7166

Wabag & Wapenamanda

PO Box 213 Wabag
Administration
Tel: 547 1274
Arrival & Departure Information
Tel: 547 1286

Waigani

PO Box 7185 Boroko
Tel: 325 1055 Fax: 325 9683

Wewak

PO Box 61 Wewak
Sales
Tel: 856 2433
International & Domestic
Tel: 856 2367 Fax: 856 2203
Airport
Tel: 856 2367



INDIAN OCEAN

Air Niugini International Offices

AIR NIUGINI OFFICES

Australia Wide
Local Call: 1300 361 380

Brisbane
Level 3, 97 Creek Street
GPO Box 2216 Brisbane QLD 4001
Australia Tel: (61 7) 3221 1544
Fax: (61 7) 3220 0040
Email: sales.bne@airniugini.com.pg

Cairns
Shop 1 Palm Court 34 Lake Street
PO Box 1941, Cairns QLD 4870 Australia
Tel: (61 7) 4080 1600
Fax: (61 7) 4031 3402
Email: sales.cns@airniugini.com.pg

Sydney
Somare House
100 Clarence Street
PO Box 5293 Sydney NSW 2001
Australia Tel: (61 2) 9290 1544
Fax: (61 2) 9290 2026
Email: sales.syd@airniugini.com.pg

Manila
3rd Floor, Fortune Office Building
160 Legaspi Street, Legaspi Village,
Makati City, Philippines
Tel: (63 2) 891 3339/40/41
Fax: (63 2) 891 3393
Email: sales.manila@airniugini.com.pg

AIR NIUGINI GSA OFFICES

Auckland/Cook Islands
Walshes World
Tel: (64 9) 9772230

Cebu, Philippines
Destinations Specialists
Tel: (6332) 231 2461
Fax: (6332) 231 0852
Email: marget@destinationscebu.com

France
Aviareps Sarl
122 Avenue Des Champs, Elysees
75008 Paris, France
Tel: (33) 1 5343 3394
Email: salespx.france@aviareps.com

Germany
Aviareps Ag
Kaiserstrasse 77, 60329
Frankfurt Main, Germany
Tel: (49) 89 552 533 46
Email: salespx.germany@aviareps.com

Hong Kong
Tam Wing Kun Holdings Ltd
Tel: (852) 2527 7098 Fax: (852) 2527 7026

Honiara
Travel Industry Services
Tel: (67) 720 336
Fax: (67) 723 887
Email: kevin@gts.com.sb

Italy
Spazio SRL
Tel (39) 064985621 Fax (39) 064985201

PACIFIC OCEAN

 HAWAIIAN ISLANDS

 MARSHALL ISLANDS

 TUVALU

 KIRIBATI

 PORT VILA
 NADI

 NEW CALEDONIA

 COOK ISLANDS

 FRENCH POLYNESIA

 AUCKLAND

INTERNATIONAL ROUTE MAP

Jakarta

P.T. Ayuberga
Tel: (62) 21 835 6214-217
Fax: (62) 21 835 3937

Kuala Lumpur

Abadi Aviation Services
Tel: (603) 2148 4313
Fax: (603) 2141 2322
Email: pxkul@abadi.com.my

Los Angeles

PNG Tourism
Tel: (1) 949 752 5440
Fax: (1) 949 4716 3741
Email: sales.usa@airniugini.com.pg

Nouvelle Caledonie

Axxess Travel
Espace Moselle, 22 Rue Duquesne, 98845
Noumea Cedex, Nouvelle Caledonie
Tel: (687) 286677
Email: s-asaba@axxesstravel.net

Perth, Australia

World Aviation Systems
Tel: (61 8) 9229 9370
Email: leigh.cathcart@worldaviations.com.au

Phonpei

House of Travel
2nd Floor A-One Mart Bldg,
P O Box 1138, Kolonia,
Pohnpei FSM.
Tel (691) 320- 5888 Fax (691) 320 5889
Email: hotravel@mail.fm /
hotravel@outlook.com

Port Vila

Vanuatu Travel Services Ltd
Tel: (67) 822 2836
Fax: (67) 823 3583

Seoul

Sharp Inc
Tel: (82) 2734 7100
Fax: (82) 2734 7108

Singapore

Deks Air
Tel: (65) 6250 4868
Fax: (65) 6253 3425
Email: px_sales@deksair.com.sg
300 Beach Road
#13-05A The Concourse
Singapore 199555

Sri Lanka

Jetwing Air
Tel: (94) 114732400
Email: airniugini@jetwing.lk

Suva, Fiji

Discount Flight Centre
Tel: (679) 331 7870
Fax: (679) 331 7873
Shop #5,
Sabrina Building
Victoria Parade
Suva, Fiji

Taipei

Cha May Travel Service
Tel: (88) 6 2500 7811
Fax: (88) 6 2500 7970

Tokyo

Alconet Corporation
Tel: (81) 3 5733-2567
Fax: (81) 3 5733-2568
Email: yogi@alconet.jp

United Kingdom

Flight Directors
Tel (local call): 0871 744 7470
Tel: (44) 1293 874 952
Fax: (44) 0870 24 02 208
Email: airniugini@
flightdirectors.com

Your wellbeing



These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.

<p>ANKLE CIRCLES</p> <p>Lift feet off the floor. Draw a circle with toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.</p>	<p>KNEE LIFTS</p> <p>Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.</p>	<p>SHOULDER ROLL</p> <p>Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.</p>	<p>ARM CURL</p> <p>Start with arms held high at 90° angle – elbows down; hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.</p>	<p>KNEE TO CHEST</p> <p>Bend forward slightly. Clasp hands around left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around knee, slowly let it down. Alternate legs. Repeat 10 times.</p>	<p>FORWARD FLEX</p> <p>With both feet on the floor and stomach held in slowly, bend forward to walk your hands down the front of your legs towards your ankles. Hold stretch for 15 seconds and slowly sit back up.</p>
<p>OVERHEAD STRETCH</p> <p>Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.</p>	<p>SHOULDER STRETCH</p> <p>Reach right hand over left shoulder. Place left hand behind right elbow and gently press elbow towards shoulder. Hold stretch for 15 seconds. Repeat other side.</p>	<p>NECK ROLL</p> <p>With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds. Repeat 5 times.</p>	<p>FOOT BUMPS</p> <p>Foot motion is in three stages.</p> <ol style="list-style-type: none"> 1. Start with both heels on the floor and point feet upwards as high as you can. 	<ol style="list-style-type: none"> 2. Put both feet flat on the floor. 	<ol style="list-style-type: none"> 3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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