

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 2 MARCH – APRIL 2018



PARADISE

CITY GUIDE

Everything you need to know
about Port Moresby

THE LURE OF PNG

Andrew Ettingshausen, hooked on
fishing and colourful culture

TALES OF THE UNDERWORLD

Cave adventure in the Southern Highlands

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IN PARADISE

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Cover photo: Port Moresby with Harbour City in the foreground and the suburb of Konedobu nestling into the hills. PICTURE: MILEN STILIYANOV
See our story on page 42.



PARADISE



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Message from the Chairman

Welcome aboard



On behalf of Air Niugini I extend to you, our valued customers, my very best wishes for a happy Easter, and enjoyable travels during the Easter holidays.

Our latest Fokker 70, P2-ANY, joined the fleet in February, bringing the number of Fokker jets in service to 13. The new aircraft is fitted with new business and economy seats, and is already servicing our domestic and regional international routes. Three

more aircraft are being prepared for service in the coming months.

Following the completion of the upgrade of runway and terminal facilities at Goroka Airport, we have been able to reintroduce Fokker jets on some services, with the remainder of our twice-daily flights to Goroka to be upgraded to jet services during the year. Flying time from Port Moresby is reduced to 50 minutes, a saving of 20 minutes over a turboprop.

In addition, the Fokker aircraft are able to fly higher, with lower cabin noise, thereby providing our customers with not only a faster journey but a more comfortable one too.

I am pleased to advise that codeshare agreements with our Melanesian partners, Solomon Airlines and Air Vanuatu, have been extended for three years. This means customers travelling on Air Niugini services to Honiara and Port Vila may continue to book their tickets through Solomon Airlines and Air Vanuatu if they wish.

I am very pleased to see the rapidly growing number of passengers using our direct services to the Pacific islands, including an impressive number of customers choosing to connect between Asia and the Pacific via our Port Moresby hub. Air Niugini will further enhance regional co-operation and customer choice by adding a similar codeshare agreement with Fiji Airways on the Nadi sector.

Work continues apace to prepare for Papua New Guinea's hosting of the 2018 APEC Leaders' Summit in November, when our country will welcome many world leaders, including the heads of government of the US, China, Russia, Japan and Indonesia.

The 21 APEC nations make up 37 per cent of the world's population, accounting for 59 per cent of global GDP and 49 per cent of total world trade.

Residents and visitors to Port Moresby will no doubt have already noticed the impressive APEC Haus convention centre taking shape off Ela Beach, as well as numerous other construction projects and improvements around the city, which will accommodate the thousands of visitors travelling into the country for the many APEC meetings scheduled throughout this year.

Another important event taking place in our region is the Commonwealth Games, which this year will take place on the Gold Coast, Australia, between April 4–15. Air Niugini extends its best wishes to Team PNG for a successful competition, and is offering attractive packages to the Games for supporters and families.

Continuing in a sporting vein, and following a very successful 2017 campaign by the PNG SP Hunters rugby league team, I look forward to this year's Air Niugini Kokoda Cup match, which is at the National Football Stadium, Port Moresby, on May 27.

Enjoy your flight – and we look forward to welcoming you again soon.

A handwritten signature in dark ink, appearing to read 'Frederick Reiher'.

Sir Frederick Reiher, KCMG, KBE
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Captain Beverly Pakii ... (clockwise from left) in the cockpit before her first flight in command; doing a walk around the Fokker 100; with first officer Pondrilei Posanau; and with some female Air Niugini managers in Port Moresby.



PNG's first female jet pilot takes command

Air Niugini's captain Beverly Pakii has become the first female pilot in Papua New Guinea to captain a jet aircraft.

Her first flight was on January 4, on a return service from Port Moresby to Lae on a Fokker 100. With her in the flight deck was first officer, Taylor Yama.

Pakii has qualified to captain flights on Fokker 70 and 100 aircraft on Air Niugini's domestic and international routes.

Air Niugini chief executive officer, Simon Foo, congratulated her on the qualification and said Air Niugini invests considerable money and resources into training pilots and engineers. He said the results should be encouraging to other women wanting to become pilots.

He said Air Niugini is supportive of gender equality in the workforce and Pakii's achievement – along with the achievements of other female pilots in a profession that is male dominated – demonstrates the airline's

“
Her dedication, commitment
and humble demeanor
to achieve her command
is demonstrated in her
professional conduct.”

belief, continuous support and investment in its female workforce.

“Captain Pakii has come through the system holding a very high standard throughout. Her dedication, commitment and humble demeanor to achieve her command is demonstrated in her professional conduct. Air Niugini congratulates captain Pakii on her achievement and this milestone in her

career. She is a role model to other aspiring female pilots.”

Pakii was the first female sponsored under Air Niugini's pilot cadet program in 2004. She was also the first female pilot under this program to achieve her command, captaining a Dash 8 aircraft on March 2, 2015. Later that year, on May 29, she also captained the first-ever female crew on a return flight from Port Moresby to Tabubil for Air Niugini's subsidiary company, Link PNG.

Pakii acknowledges the investment that Air Niugini has made in her career and has given an encouraging message to her fellow female pilots and aspiring female pilots. “Believe in yourselves and remain focused on your goals, as the outcomes are rewarding.”

Her father, Ted Pakii, was a former Air Niugini captain who joined the airline from the PNG Defence Force in 1994. He flew several aircraft types for Air Niugini, culminating with the command of a Boeing 767. ■





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SERVICES TO CAIRNS, CHUUK AND POHNPEI UPGRADED

Air Niugini recently upgraded its services to Cairns, Chuuk and Pohnpei to cater for demand during the peak period from late 2017 until earlier this year.

Air Niugini chief executive officer, Simon Foo, said the upgrade involved operating Boeing 737-800 series aircraft instead of the scheduled Fokker 70 and 100 aircraft.

"There are more seats on the B737 (including business class seats), combined with extra legroom for passenger convenience."

The bigger aircraft also allows for more cargo to be carried.

Air Niugini operates weekly flights to Chuuk and Pohnpei and twice daily services to Cairns. ■



Cairns ... Air Niugini boosted its services into the Australian city to meet peak demand.

Air Niugini earns IATA tick of approval

Air Niugini has received the International Air Transport Association (IATA) ground operations manual (IGOM) certificate after updating its manual to be consistent with IATA standards.

Air Niugini has become the second airline in the South-West Pacific, after New Caledonia's Air Calin, to have received the IGOM certification.

The update to the manual included passenger, cargo and security procedures.

IATA's regional vice president for Asia Pacific, Conrad Clifford, said Air Niugini is among the early adopters of IGOM in the South-West Pacific. He said he was looking forward to working closely with

Air Niugini to implement other IATA initiatives in Papua New Guinea.

"Safety is the number one priority of the airline industry, and together with its IATA operational safety audit certification, Air Niugini is demonstrating its commitment to keep passengers and staff safe, both in the air and on the ground."

Air Niugini spokesperson, Marco McConnell, said the airline's IGOM certification demonstrates Air Niugini's obligation and commitment towards continuous improvement in safety.

He said it also provides reassurance to foreign airlines that operate into PNG that Air Niugini can handle and deliver its aircraft with a high level of safety and efficiency.

"Adopting internationally recognised standards means reduction in operational risk as we standardise policies and procedures with industry partners globally," he said. "It also encourages overall comfort for our interline partners as well as passengers to know they have made the right choice by choosing us."

The review of Air Niugini's ground operations manual took a few months and

“

Safety is the number one priority of the airline industry, and together with its IATA operational safety audit certification, Air Niugini is demonstrating its commitment to keep passengers and staff safe.

”

involved teams from ground operations, engineering, flight operations, cargo, catering and aviation security. It was developed in response to industry demand for enhanced safety in ground operations. ■





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PARADISE Q&A

ANDERS BERGSTROM

The first large genetic study in PNG has shown that groups of people within the country are genetically highly different from each other. *Paradise* speaks to the lead author of the British study.

Q: What prompted this research?

A: The island of New Guinea contains some of the earliest archaeological evidence for modern humans outside Africa, dating back to 50,000 years ago. It is also one of the places where humans independently developed agriculture, starting about 10,000 years ago. Additionally, Papua New Guinea is fascinating because of its great linguistic and cultural diversity. We wanted to understand the history of people in the region and investigate whether this diversity is mirrored in the genetic structure of people in PNG.

Q: What are the key findings?

A: Our study revealed that the genetic differences between groups of people in PNG are generally very strong, often much stronger than differences found in Europe and Asia.

Q: What happened in Europe and Asia?

A: Human evolution in Europe and Asia has been greatly influenced by the development of agriculture around 10,000 years ago. When small bands of hunter-gatherers settled into villages and started farming, they expanded and over time gave rise to more genetically similar societies.

Q: And what happened in PNG?

A: Despite the independent development of agriculture in Papua New Guinea, the same

process of homogenisation did not occur here. This may indicate that other historical processes in Europe and Asia, such as the Bronze and Iron Ages, were the key events that shaped the genetic structure of those regions. PNG has remained independent since its initial peopling 50,000 years ago, until the last few thousand years, when South-East Asian people migrated to coastal regions. The Highlands have been particularly independent, even until the present day. In the Highlands, people split into three very distinct clusters within the past 10,000 years, soon after they began practising agriculture.

We think once people began cultivating crops, they spread their genes across the island.

But soon afterward, their descendants apparently stopped mixing as much and evolved distinct local genes. My co-author, professor Stephen J. Oppenheimer, from the University of Oxford, said:

'This makes sense culturally, as the highland groups historically have kept to themselves, but such a strong genetic barrier between otherwise

geographically close groups is still very unusual and fascinating.'

Q: What has been the impact in PNG?

A: PNG somehow remained a lot more diverse, both genetically and linguistically. Today, PNG is the most linguistically diverse country in the world, with approximately 850 domestic languages spoken, and that accounts for more than 10 per cent of the world's total languages. Perhaps this shows that human history is not so predictable, but can take different paths in different parts of the world.

Q: What can this research be used for?

A: It can help us understand how human societies evolve and change over time, and in particular what the effects of agriculture have been on human history. New Guinea is an important place in human evolution, and now we are starting to better understand its fascinating history. ■

Anders Bergstrom studies patterns of genetic variation in humans at the Wellcome Trust Sanger Institute in England.

— KEVIN McQUILLAN





Loloata Island Resort ... artist renderings of the new-look upmarket resort, which will continue to welcome day visitors from Port Moresby when it reopens.

NEW PNG RESORT TAKES SHAPE

Loloata Island Resort in Bootless Bay, near Port Moresby, is getting a seriously stylish makeover.

The island is a sinuous, narrow ridge of vivid green, fringed with palm trees and scalloped with coral beaches as white as washing powder.

A sandy spit pokes out of the island's northeast end like a beckoning finger. Here, a shallow coral shelf provides an emerald-dappled sea. Elsewhere the water shimmers peacock blue.

Loloata Island is a name already familiar to many Port Moresby residents. It is 20 kilometres east of town, two kilometres off shore. Its resort has been popular for day trips and weekend getaways: just the place to kick back in a beachfront bungalow, paddle a kayak, or fish.

It's also a notable scuba-diving destination, sitting in a ring of nearly 30 dive sites that includes Horseshoe Reef Marine Park, which claims one of PNG's best wrecks. Duck below the bay's waters and you're dazzled by striped-faced batfish, lionfish, sharks streamlined as racing cars, and rays flapping by like dark angels.

Now the island is getting accommodation to match the setting's sleek beauty.

The old dive resort was sold in 2016, and a new resort is being constructed by local firm Lamana Development, which has considerable experience in building hotels and executive apartments in PNG and other Pacific nations. Super fund Nasfund is a partner in the venture.

“

Some suites will have one foot in the sand and another in the ocean.

Guests will be able to slip right into the water straight from their deck.

”

Australian company Thomson Adsett is behind the design, thanks to long experience in resort and leisure architecture. (It's currently also developing an entertainment precinct in Suva in Fiji, and a Samoan resort.) The new resort is due to open in early 2019. “We worked extremely hard with Lamana Development to create a resort that engages

with the rugged natural landscape and carries its own distinct identity, yet still embodies the history of the original Loloata Island Resort,” says Ben Kearney, Thomson Adsett's director of special projects for the Asia-Pacific region.

Loloata's greatest asset, its accessibility, will be preserved, with day-trippers still welcomed. New moorings will accommodate visiting watercraft as well as the resort-operated ferry, while a new water pavilion will rent kayaks, windsurfers and scuba-diving equipment.

The redeveloped resort will have 12 hotel rooms, 37 hillside hotel rooms and 16 waterfront executive suites – as well as three villas. The resort has a compact footprint, leaving large parts of the island preserved.

The compact development will have another advantage: easy connectivity between guestrooms and central resort facilities such as reception, cafe and conference rooms.

Some suites will have one foot in the sand and another in the ocean. In fact, guests will be able to slip right into the water – or a kayak – straight from their deck.

The restaurant and bars – one by the pool, another on the rooftop – will have an elevated position that takes advantage of breezes and sunset views. ■

– BRIAN JOHNSTON



Life on Mars, seen in Tonga

A newly formed island off Tonga, created by an underwater volcano in December, 2014, is defying early predictions and now could last three decades, according to the National Aeronautics and Space Administration (NASA).

When the volcanic ash finally settled a month after the eruption, a newborn island with a 120-metre summit nestled between two older islands – visible to satellites in space.

Unofficially known as Hunga Tonga-Hunga Ha'apai, after its neighbours, it was initially projected to last a few months, as most volcanic islands sink quickly. But by 2016, a sandbar had closed off the volcanic crater from the sea, stopping the island from falling into the ocean.

Since the eruption, satellites have monitored its development and created detailed maps of the shifting topography.

According to Jim Garvin, chief scientist of NASA's Goddard Space Flight Centre in Maryland in the US, satellite studies are giving scientists an unprecedented view from space of its early life and evolution.

Understanding these processes could also provide insights into similar features in other parts of the solar system, including Mars.

The Tongan island is the third 'Surtseyan' volcanic island in the last 150 years to emerge and persist for more than a few



Out of this world ... NASA images of the island that has been formed by an underwater volcano near Tonga. It may provide glimpses of life on Mars.

months. Surtsey is an island that began forming during a similar kind of explosive marine eruption off the coast of Iceland in 1963.

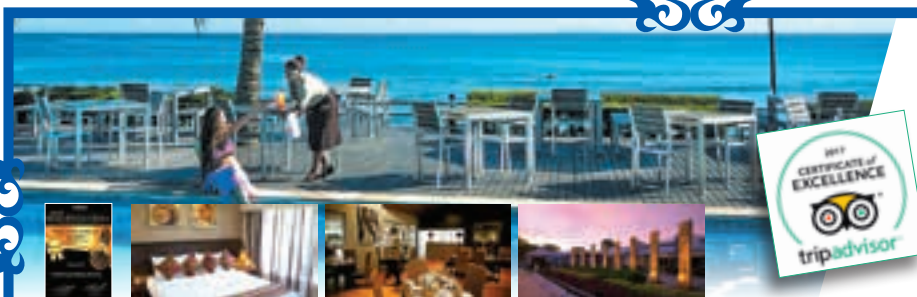
"Everything we learn about what we see on Mars is based on the experience of interpreting Earth phenomena," Garvin says.

"We think there were eruptions on Mars at a time when there were areas of persistent surface water. We may be able to use this new Tongan island and its evolution as a way of testing whether any of those (Mars eruptions) represented an oceanic environment or ephemeral lake environment."



Garvin says wet environments combined with heat from volcanic processes are also prime locations to search for evidence of past life. ■

— KEVIN McQUILLAN



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PNG pads up for tilt at cricket's world cup

In March, Papua New Guinea's men's cricket team, the Barramundis, will compete in Zimbabwe for a prestigious spot in the 2019 World Cup.

The ICC World Cup qualifier will decide the final two teams for international cricket's showcase one-day international (ODI) tournament in England.

Cricket has developed rapidly in PNG in recent times, thanks to professional contracts, expert coaching from the likes of former international players Dipak Patel and Jason Gillespie, and an international-accredited cricket ground in Port Moresby (Amini Park).

In 2014, PNG gained official ODI status, paving the way for regular international matches. Qualifying for a world cup,

something unthinkable a few years ago, is the next big target.

And it's not just the men's team that is thriving. According to another former Test player, Greg Campbell, now the CEO of Cricket PNG, "our men's, women's and U19 teams are all ranked in the top 16 in the world".

Meanwhile, a global award-winning schools' cricket program, BSP School Kriket Program, provides 20 hours of cricket to nearly 200,000 PNG children per year.

Cricket PNG is supported by the International Cricket Council, with additional funding provided by companies such as Hebou Construction (sponsor of the Barramundis), Bank South Pacific, CPL Group, SP Brewery and Swire Shipping. ■

“

Cricket has developed rapidly in PNG in recent times, thanks to expert coaching from the likes of former international players Dipak Patel and Jason Gillespie.

”



On the front foot ... a youngster in the BSP School Kriket Program (above); the Barramundis (right) are aiming to qualify for the ICC World Cup one-day international competition.



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Amazing PNG facts in explorer's atlas

Papua New Guinea's largest predators are singing dogs that inhabit remote mountain regions, PNG is one of the least geographically and culturally explored countries in the world, and the Kokoda Trail was used by European miners before it became infamous as a field of battle during World War 2.

So says the *Explorer's Atlas for the Incurably Curious*, a book of beautifully illustrated maps overlaid with fascinating facts for countries from all around the world.

There are more than 1000 facts in the book, which also chronicles the greatest explorers, including Matthew Flinders who circumnavigated Australia in 1802–3 and identified it as a continent.

Did you know Indonesia has the greatest number of historically active volcanoes in the world, that the Nile is the world's longest river (6695 kilometres) and the title for smallest country in the world goes to the Vatican City, with an area of 0.5 kilometres and a population of 800?

The book's map style is based on a Renaissance-era map

by French admiral Claude d'Annebault.

The Polish authors, Piotr Wilkowiecki and Michal Gaszynski, have also produced a similarly styled wall map that they funded through Kickstarter, an online entity that raises funds to help artists, designers and other creatives fund their projects. ■

Explorer's Atlas for the Incurably Curious, by Piotr Wilkowiecki and Michal Gaszynski, HarperCollins Publishers, about PGK100.



A work of art ... the *Explorer's Atlas* is a handsome book filled with illustrated maps and world facts.



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BEST LOUNGE IN THE WORLD



Unbeatable views ... the Intercontinental Sydney lounge with vistas over Sydney Harbour.

Air Niugini business passengers flying into Sydney now have the choice of checking into a hotel that has been judged to have the best executive club lounge in the world.

The InterContinental Sydney lounge won the 'world's leading executive club lounge' award in the recent World Travel Awards.

The hotel's manager, Charlotte

Holtmann, says the Club InterContinental lounge has "inimitable panoramas of Sydney, world-class business facilities, exceptional luxury service, and sophisticated, enjoyable food and beverage experiences".

The lounge is on the 31st floor of the hotel and has floor-to-ceiling windows. ■

See icsydney.com.

NUMBER CRUNCH

13,871,403 is the estimated population of Papua New Guinea in 2050. That's an increase of more than five million people from the current population of 8,332,334 (Dec 27, 2017). PNG's population is the equivalent of 0.11 per cent of the total world population. Source: Worldometers (worldometers.info).

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BIG PICTURE

A slice of PNG life. Children paddling a traditional canoe over a reef in turquoise waters at Laukanu village, Salamaua, Morobe.

PICTURE: MILEN STILIVANOV

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We saw caves with wall carvings that depicted Creation and legendary heroes. Others were homes for mythological creatures.

”

Tales from the underworld

An expedition has journeyed deep into the cave systems of the Southern Highlands.

Richard Andrews reports on the subterranean adventure.

A person wearing a headlamp and a dark suit stands with hands on hips in a large, dimly lit cave. The cave walls are covered in intricate rock formations and some faint carvings. The lighting is warm and focused on the person, creating a sense of mystery and exploration.

Sacred grottoes housing spirits that protect the unborn; strange creatures; a subterranean lake with healing powers; dark unexplored rivers; mysterious wall carvings that explain Creation; storytellers branded by fire.

That's not a Tolkien epic or a *Game of Thrones* script. They're images contained in a recent report that describes a caving expedition in the Southern Highlands.

Stephen Read and a team of 14 'sporting scientists' explored and surveyed dozens of unmapped caves in the 1200-metre high Darai Plateau, a largely uninhabited area of dense rainforest that extends at least 70 kilometres southeast from Mount Bosavi.

The expedition followed reconnaissance by a smaller group in 2011 on the foothills of Mount Bosavi – a journey inspired by a BBC documentary called *Lost Land of the Volcano*.

"We were conscious we had only scratched the surface of the area back in 2011," says Read, 35. "The team returned home and then devoted 18 months to finding funds and members for a second expedition."

Over the past decade, the Belfast-based adventurer has chalked up new routes and first ascents in Ireland, climbed icy slopes across Europe, the US and Scotland, and clambered through caves in China and Albania. However, the PNG expeditions were the fulfilment of a boyhood dream. ➤



Tales from the underworld



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"What adventure-minded youngster wouldn't want to spend a month or two trekking an exotic rainforest on an extinct volcano?" he says. "Mount Bosavi is one of the last remaining wild places on earth and a future UNESCO World Heritage site."

Read credits Australian naturalist Paul O'Dowd, and local Kosua villagers, for the success of the expeditions, which have mapped a total of 60 caves and more than 15 kilometres of passage.

"The Kosua organised logistics, guided us and helped us find the caves," he says. "We would have been lost without them. There were no paths."

To reach ground zero, the team chartered a Twin Otter in Mendi and flew from the provincial capital to a grassy landing strip outside the remote village of Fogama'iu. A traditional welcome awaited.

"All the travel and logistical stresses, nerves and anticipation soon melted into the smooth rhythmic beat of the *kundu* drums," says Read.

"Our first days in Fogama'iu focused on *tok tok* negotiations with elders and landowners. We also set up Paradise Camp, which we named because of the abundance of coconuts and pineapples, as well as the crystal-blue bathing pool."

The camp was soon exchanged for arduous jungle treks, bat-filled limestone chambers and caves that ranged from dark, wet, crawling-spaces to the awe-inspiring three-kilometre Hayamaene Cave.

The team combined the local climbing-down-branches technique with high-tech methods using nylon rope, solar-powered lights and satellite phones.



Tales from the underworld



"We managed to avoid any great sickness, injuries or foot rot," says Read. "The worst ailments were mosquito bites and leeches. Also, many boots died during the expedition."

According to Read, the experience was like no other. "It's a cliché, but when you find a new cave, it really is the equivalent of being the first person on the moon."

But it's more than being 'first' that motivates Read, who admits that caving lacks the "glossy glamour" of many other sports.

"The average person is not going to spend two years rolling around in mud and darkness to find some virgin passage," he says. "It's the archaeology, legends and mythology that also attract many cavers."

It's no secret that caves have played a prominent cultural role throughout human history. From prehistoric times through ancient civilisations such as Egypt, India and Greece, caves have been associated with many heroes and spiritual figures including Odysseus, Merlin the Magician, high priests, shamans and gurus. ➤



Ready to roll ... the caving team all set with gear to fly to the Southern Highlands (opposite page); a *sing-sing* welcome by Kosua villagers (left); cavers rope up as they take the plunge into a cave called Keani (above).

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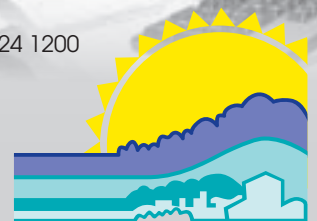
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Tales from the underworld



"Caves are similarly significant for the Kosua," says Read. "They were familiar with many in the area."

"We saw caves with wall carvings that depicted Creation and legendary heroes. Others were homes for mythological creatures, or meeting places with the bodies of ancestors. Some caves are associated with fertility and are reserved for women to give birth, surrounded by protective spirits." ➤



Down under ... (clockwise from top left) a jungle-fringed entrance to one of the caves; expedition planning by torchlight; a chamber in Hayamaene cave; a caver's worn-out boots; Korabo cave, where the waters are said to have healing properties; full beam during a descent.





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Tales from the underworld

Into the deep ... (from left) a jungle bridge encountered on the way to the caves; a night ceremony performed by villagers; cavers make a river crossing; Stephen Read travels by water; village airstrip.





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Tales from the underworld



Caves also mark land boundaries for different clans and are a source of protein in the form of flying foxes, a Kosua delicacy.

"However, what really blew me away was the farewell *sing-sing*," says Read.

"Three villages gathered at sunset in their fantastic costumes and celebrated all night, with elders chanting, singing and telling stories that were handed down.

"Sometimes people are so moved, they start crying. In that case, tradition demands they take a flame and brand the back of the person who made them cry.

"The more scars elders and Big Men display, the more they're respected

for their skills and tribal memory. To see that in practice was spine-tingling."

Back in Ireland, Read and the team are working to encourage ecotourism in the Bosavi region to help the Kosua preserve their culture and environment as the outside world encroaches.

"We have already established a cooperative with guest houses and a designated itinerary to the more accessible caves. We met teenage boys who are keen to act as guides and use the money they earn for school fees," Read says.

"I can't wait to go back." ■

Origin Papua New Guinea organises ecotourist expeditions to Mount Bosavi. See originpng.com.

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ET goes fishing in PNG

Former rugby league player and keen fisherman *Andrew 'ET' Ettingshausen* is lured to West New Britain to chase big-fighting bass, but he is equally captivated by the vibrant culture and volcanic wilderness.



“

We yell and scream as if we have won lotto and just stare in disbelief at the big spot-tail bass lying before us.

”



The one that didn't get away ... Andrew Ettingshausen with a 25-kilogram yellow fin tuna (opposite page); Baia Sportfishing Lodge (above).

The surface lure touches down in an eddy beside an upturned tree. It bobs gently for a moment. Then there is an explosion of water as it is taken, and in a heartbeat a giant bass is heading back to its lair.

I lock my thumb onto the spool and lean back hard on the rod, applying all the pressure I can. The bass, with its tail half out of the water, thrashes like crazy as it pulls my rod dead straight, a position you never want to be in.

No rod flex means I have no control as the big fish surges towards the safety of the upturned tree. I hold on tight and finally get a small wind on the reel.

The fish, under extreme pressure, kicks again, but this time I am able to get a bend in the rod. After five short pumps and winds, I have her head pointed the right way.

Another dive sees the big fish bury into weed. It is now or never as my guide, Riccard Reimann, motors his long boat towards the

fish. I keep maximum pressure on her and after a 30-second stalemate the huge fish is only a couple of metres away.

I yell for the net and amongst a scoop of weed the giant bass slides part way inside. Half the fish is hanging out of the net, so we have to cradle her thick tail, but that is enough to bring her on board. We yell and scream as if we have won lotto and just stare in disbelief at the big spot-tail bass lying before us.

My cameraman has got the strike on film, so I know the footage will be outstanding for my Australian fishing show, *Escape Fishing with ET*.

A couple of quick photos are taken before I ease the 18-kilogram fish back into the water. It doesn't take long before she builds up the energy to kick away, back to her river home to live another day.

Now that's one PNG encounter I'll never forget.

Reimann has guided me many times at his Baia Sportfishing ➤



ET goes fishing

Lodge. Each time, the adventure has been one to remember.

We have flown with Air Niugini all the way from Brisbane, via Port Moresby to Hoskins Airport in West New Britain, to get to the lodge.

Joining me on this adventure are some mates who have never been to PNG before, so I am excited by what I know will unfold on our week-long fishing trip.

The journey from Kimbe, the closest town, to the fishing lodge takes three hours by car and two hours by boat.

Volcanoes rise from the ground, standing tall like beacons to a lost world. Among them is the 2234-metre smouldering Ulawun.

As we journey, we pass remote villages where subsistence farming is a way of life.

The flat-calm seas that surround West New Britain are deep, with underwater seamounts forming unique habitats for a large range of aquatic species. Shark and marlin are top apex predators, followed by sailfish, yellow fin tuna, wahoo, mackerel, mahi mahi, dogtooth and trevally.

We are here, though, to target a different kind of species endemic to the northern rivers of PNG. Black bass, with their close cousin, the spot-tail bass, thrive in the warm rivers that run almost fresh right to the sea.

Smouldering ... the 2234-metre Ulawun volcano (top right); a crocodile catches some sun (below right).



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A large mountain range runs the length of New Britain, and during each tropical wet season thunderous clouds pour water across this lush landscape.

Throughout the rest of the year freshwater continues to stream from underground springs in abundance.

Friendly locals welcome us at the lodge, and with rods in hand we still have time to wet a line at the end of day one. With a party of seven, plus two guides, our first stop is after a short boat ride to Torio River. Everyone is super excited and some large dead trees

washed down river by monsoon storms are our first port of call. Big predators such as black bass love hiding in areas like this that make it easy for them to ambush their prey.

Casting along the dead timber brings instant success. My old Kangaroo rugby league teammate, Benny Elias, is the first to hook a small black bass. Elias, not being used to fishing tropical water, is surprised at the power of the bass. At a couple of kilograms, he worries how he can pull a bigger fish on board, but he is on fire and lands five fish, including a mangrove jack. ➤





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ET goes fishing



Thumbs up ... Andrew Ettingshausen (left) and rugby league teammate Benny Elias with a mangrove jack.

Heading for home, we come across foaming white water in the deep, where large yellow fin tuna are chasing schools of baitfish. We catch one of the yellow fin and take it home for dinner.

A trip like this with friends, to a destination as unique as PNG, is an adventure of a lifetime. We

are six city slickers, who spend days on end battling peak hour traffic in built up suburbia and talking business on mobile phones. It's a different world at the lodge, where each night we talk about our awesome day and the sights we have seen.

One day, we come across two crocodiles, ending any thoughts of swimming in the crystal-clear water, even though the crocs hardly move while villagers collect mussels nearby.

After catching many big bass over the years, I am enthralled to see the city slickers battle these

mighty fish. In this setting, so magnificent and vibrant, you can feel the beating heart of the jungle surrounding us.

The boys are doing well, holding their own against a powerful species that has been widely recognised as one of the toughest fighting fish, pound for pound, ➤





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ET goes fishing

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experiencing a new culture and a feeling of freedom that ignites senses in you that have long been forgotten. ■



Air Niugini flies from Port Moresby to Hoskins twice daily. See airniugini.com.pg.

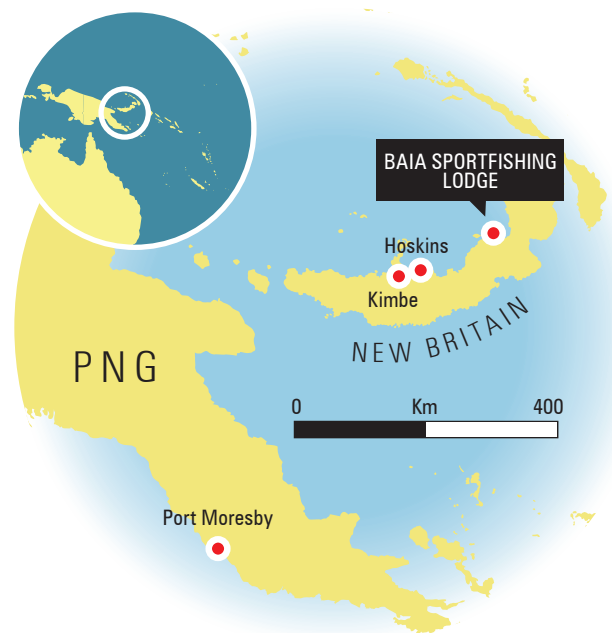
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ON THE WAR PATH



PICTURES: NO ROADS EXPEDITIONS

In full uniform ... (from left) Kokoda trekkers Jared Copey and Mehdi Ahmad; a re-enactment based on an original B Company photo; crossing the Goldie River; a helping hand from a local.

The Kokoda Trail could hardly be more difficult, but some hardy trekkers have upped the challenge with a toe-blistering World War 2 re-enactment, reports *Brian Johnston*.



Trekkers on the Kokoda Trail slide through mud and wade streams, stumble over rocks, prang themselves on branches and are rain blinded as they stumble 96 kilometres across the Owen Stanley Ranges.

The trail plays all the tricks in the PNG wilderness repertoire, against which you can only carry a few conveniences: groundsheet and inflatable mattress, silk-lined sleeping bag, lightweight long trousers, boots lined with Gore-Tex.

Imagine, then, tackling this notorious week-long hike in heavy shorts, woollen knee socks

leather boots, which are more suited to boot-scooting than trekking.

"Although we all wore our boots for months to break them in, already on our first major climb at Imita Ridge signs of wear appeared," laments David Howell. "Laces broke, the soles started separating from leather uppers, and we had to bandage our toes against blisters."

Howell is a veteran of 40 Kokoda treks, but his first with antiquated equipment was the hardest. In July 2017, he led 14 Australians on a 'March to Kokoda Re-enactment' marking the Kokoda Campaign's 75th anniversary.

Among them, Andrew Miller and Karl Turvey are in the army, and Jared Copey and Mehdi Ahmad still school students. Each participant wore a dog-tag engraved with the name of a similarly aged soldier who had fought in the Kokoda Campaign. Turvey represented private Cec Driscoll, one of the last surviving Kokoda army veterans, who supplied the trekking group with recollections and advice.

Remarkably, the modern-day substitutes had access to detailed information about how to re-enact B Company's trek, since corporal Jack Wilkinson had kept a diary that noted the route



and puttees, and an Australian army slouch hat. Instead of the walking sticks considered essential to modern trekkers, you haul an awkward Lee Enfield .303 rifle. You have a bedroll, water canteen and mess tin among 20 kilograms of World War II gear wrapped in a grey woollen blanket – forget waterproof synthetics – and hauled in a large pack.

You also cart items today's load-lightening trekkers would never consider, including black shoe polish and an old-fashioned safety razor. Every morning you're expected to shave, wash, and dress your boots. Polish doesn't, however, help you ascend muddy rainforest slopes in World War II hobnail

“Imagine tackling this notorious hike in heavy shorts, woollen knee socks and an Australian army slouch hat. Instead of a walking stick, you haul an awkward Lee Enfield .303 rifle.”

The campaign, considered a defining episode in Australian history, aimed to prevent the Japanese from advancing across the Owen Stanley Ranges to Port Moresby, from which they could bomb or invade Australia, left vulnerable by the fall of Singapore.

The 130 members of the 39th Australian Infantry Battalion's B Company were the first Australian soldiers to use the now-famous World War II Kokoda Trail. The re-enactment, organised by No Roads Expeditions, retraced its footsteps.

Howell, a Melbourne-based historian and tour guide and the battalion's honorary secretary, achieved this impressive feat with a mixed group of trekkers.



and rest stops, and jotted down asides. One laconic entry reads: 'Made Nauro. A long day but not too bad ... Bothered by native bees *en route* crawling all over us after the salt in sweat.'

B Company set off on July 7, 1942, from McDonald's Corner, then the road-head a further three hours' walk from current departure point for trekkers, Owers' Corner. The company arrived in Kokoda to secure the airstrip on July 15, 1942. The re-enactment stuck to the same schedule, which saw both long and short treks depending on the day – quite a different pace to today's recreational hikers. The only deviation was to pause at modern memorial sites such as Brigade Hill and Isurava Memorial. ➤



On the war path

"We did three services at key battle sites where we paraded, had a guard of honour, read the ode and observed a minute's silence," says Year 10 student Copey. "These were so special they'll be remembered by me forever."

If the uniforms, gear and route taken were all near-authentic, so too was the food. Participants endured historically accurate army rations in which the only pleasures were chocolate and a daily nip of rum. The day started with damper, rolled oats and black tea. The main meal was generally stew created from cans of bully beef, onions, carrots, potatoes and an Oxo cube, followed by tinned fruit.

"I have now just a little bit of an understanding of what our Aussie soldiers went through and the struggles they had, from the discomfort of sleeping on a groundsheet with a blanket to eating just enough to get you over the track," says Copey.

"We still had it easy compared to the boys that had to lug ammunition, not knowing when

they'd come in contact with the Japanese or how long they'd last in the jungle."

For most Australian trekkers, the physical and mental challenge of the Kokoda Trail is a rite of passage that honours human endurance and sacrifice during the Kokoda Campaign, which was a remarkable achievement for a youthful, inexperienced and vastly outnumbered Australian army, aided by the vital support of locals who kept supply lines open.

The re-enactment, which is being repeated again this July, is another remarkable achievement, albeit on a different level. "It was always great to see the expressions on the faces of regular trekkers as they came across us khaki and mud-clad soldiers," says Howell. "They always stopped to listen to the stories of the soldiers we represented. Voices from the past came to life." ■

The next 'March to Kokoda Re-enactment' departs on July 6. See noroads.com.au.



Rest stop ... a trekker draws breath, with .303 rifle, slouch hat and canteen laid out on the table.

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City guide:

PORT MORESBY

Port Moresby from the air ... the city has undergone a dizzying pace of change.

PICTURE: MILEN STILYANOV

Grace Maribu provides an insider's guide to the Papua New Guinean capital, from best places to buy craft to the coolest bars, nightspots and restaurants.





Port Moresby is one of the fastest-growing cities in the Pacific. The exponential growth of the Papua New Guinean capital over the past decade has been pushed along by injections of capital by the national government, as well as major events such as the upcoming

APEC conference in November, which has resulted in a boom in restaurants, hotels and other infrastructure.

The dizzying pace of change has not been lost on PNG's neighbours. Former Australian prime minister Tony Abbott observed during a visit that the city is "no longer a colonial outpost".

GETTING AROUND

The city's roads, once badly potholed, are in better condition than ever before and a more streamlined road network has cut commute times of a few years ago by almost a quarter. ➤



City guide: Port Moresby

One way to get around is to hire a car with driver. Deal with one of the international hire companies (Hertz, Europcar or Avis).

For reliable taxi services try City Loop (Tel. 1800 000), Comfort (Tel. 325 3046) or Scarlet (Tel. 7220 7000). You can also hire a taxi driver, about PGK200 a day.

SIGHTS

PNG has the most spoken languages in the world at 850+, a big variety of ethnicities and a kaleidoscope of traditional arts and cultures. Independence anniversary celebrations in September feature traditional performances, culminating on September 16 (Independence Day).

The most famous cultural festival in the city is the Hiri Moale Festival in November. It's a week-long extravaganza that includes elaborate street floats, canoe racing, historical re-enactments, traditional dancing and the Hiri Hahenamo Quest, a blend of Western beauty pageant and Motuan tradition.

The Ela Beach craft market is particularly good if you want PNG artefacts, including *bilums*, woven baskets, shells, jewellery, artwork and woodcarvings. It's on the last Saturday of each month. There are also rotating Saturday markets at the Laguna Hotel (first Saturday), the Holiday Inn (third Saturday), and the Moresby Arts Theatre (second Saturday).

PORT MORESBY SPECIAL

Harbourside is a newly established and lively precinct of eateries in town. Notable restaurants include Asia Aromas (Tel. 321 4780), Naked Fish (Tel. 320 2293), and Duffy Cafe (duffypng.com). Harbourside is the perfect place to unwind after a long day, see the sunset, listen to live music and enjoy the evening breeze.

CULTURE CULTURE

The National Museum & Art Gallery (Independence Drive, Waigani) has historical art and cultural artefacts ➤



Ela Beach craft market ... on the last Saturday of each month.



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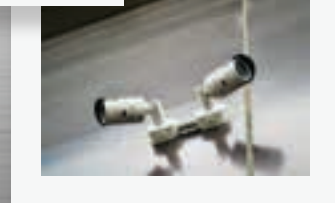
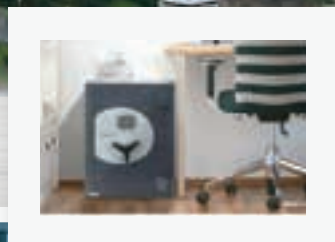
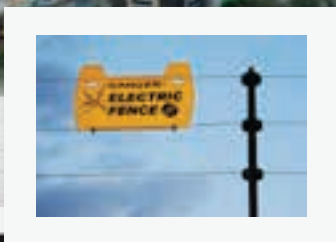


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City guide: Port Moresby



from around PNG. It's next door to the architecturally striking Parliament Haus building.

A small art gallery that sells works by students and graduates of the University of Papua New Guinea is situated on campus in Waigani.

DOING BUSINESS

The Airways Hotel (airways.com.pg), the Grand Papua Hotel (grandpapuahotel.com.pg), the Lamana Hotel (lamanahotel.com.pg), the Laguna Hotel (lagunahotel.png.com.pg), the Hideaway Hotel (thehideawayhotel.com.pg), the Stanley Hotel (thestanleypng.com) and the Gateway Hotel (coralseahotels.com.pg) are among the most in-demand locations for business gatherings.

All have large auditoriums and conference rooms with state-of-the art sound, audio and lighting equipment.

RETAIL THERAPY

Vision City (Waigani Drive, Port Moresby; visioncity.com.pg) is the city's first and only shopping mall, connected to the Stanley Hotel (thestanleypng.com). There are more than 100 shops in the four-hectare air-conditioned complex, including Wantok Clothing and Jack's of PNG for PNG and Pacific clothing.

SPORTING LIFE

In 2015, Port Moresby hosted the 15th Pacific Games and spent millions of kina upgrading its sports facilities. The city has continued to host major sporting events, among them the FIFA Under 20 Women's World Cup (2016) and the Rugby League World Cup (2017).

The Bisini Sports Ground, which comprises the National Football Stadium (NFS), netball courts, softball pitch and two soccer fields, is the place to be during weekends for sport's

Landmark ... the Parliament Haus building (left); and the grand foyer of the luxurious Stanley Hotel (opposite page).

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City guide: Port Moresby

fans. The NFS is the home of the SP Hunters rugby league team.

The Taurama Aquatic Centre has a 50-metre pool, children's pool, plus splash pad.

ESCAPE

If you're interested in war history, take a trip to the Bomana War Cemetery at Nine Mile to pay homage to World War 2 Anzac soldiers.

The Port Moresby Adventure Park (Hubert Murray Highway, 14 Mile; Tel. 325 5049) is a gem that is great for family outings and picnics. It has a waterslide, mini lakes and an animal sanctuary among its attractions.

For the more adventurous, take the Sogeri Road to the Koitaki Country Club (facebook.com/koitakicountryclub/sogeri) for another family fun day of picnicking, horse riding and swimming. Ten minutes further along this road, you'll come across Crystal Rapids, where fresh fruit and vegetable stalls line the roadside and the river makes for good swimming.

The Port Moresby Nature Park (corner Waigani Drive and Goro Kaeaga Road, Waigani;



facebook.com/PortMoresbyNaturePark) is ideal for a picnic surrounded by PNG flora and fauna.

Diving and Fishing is huge here too. POMSAC out of RPYC and Sport Fishing PNG do day trips.

PILLOW TALK

Port Moresby's tourism/ hospitality pride is the award-winning Airways Hotel (Jacksons Parade, Seven Mile; airways.com.pg) perched in beautiful gardens on a hill overlooking the

airport. Enjoy sumptuous meals at the hotels restaurants, or spoil yourself at the day spa.

Nearby is the Gateway Hotel (coralseahotels.com.pg/index.php/locations/gateway-hotel), a cosy yet upscale three-star hotel also in beautifully landscaped grounds.

The Waigani area has seen a hotel boom of sorts over the past couple of years. A number of fine establishments are clustered along the thoroughfare of this district, with another one (the Hilton) under construction.

The Stanley Hotel and Suites (Sir John Guise Drive, Waigani; thestanleypng.com) is in this area, offering five-star service, a ballroom that is the biggest in the southern hemisphere and direct connection to the Vision City shopping mall, cinema, and a nightclub.

For a full listing of hotels, see page 128.

WATERING HOLES

Jackson's Bar at the Gateway Hotel, Mojo Social (mojosocialpng.com), the Edge Cafe in Harbour City and Naked Fish at Harbourside are popular. ➤

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The Lamana Gold Club (lamanahotel.com.pg) and the Cosmopolitan Night Club (cosmopolitanpng.com) are also popular for late nights.

EATS

Once considered a culinary backwater, Port Moresby now has a thriving restaurant and dining scene. More than 20 new eateries, many of them in hotels, have opened in the past few years, serving cuisine from around the world.

Ang's Restaurant (Munahu Street, Gordons; Tel. 323 0863) serves good and affordable Asian, Daikoku (daikokupng.com), located downtown, is arguably the premier Japanese restaurant, and Seoul House (Tel. 325 2231) at Five Mile provides bold and flavoursome Korean food.

Go to the Magi Seafood Restaurant (Spring Garden Road; Tel. 323 3918) for the best mud crab, but order ahead.

For a full listing of restaurants, see page 124.

TUCK-IN

The Village Kitchen & Cafe at the Wellness Lodge (thewellnesslodge.com) in East Boroko is a great place to try out something Papua New Guinean, including the traditional *mumu*. As this takes time to prepare, you have to place your order well ahead. ■

Culture on show ... dancers at Port Moresby's Sir Hubert Murray Stadium.



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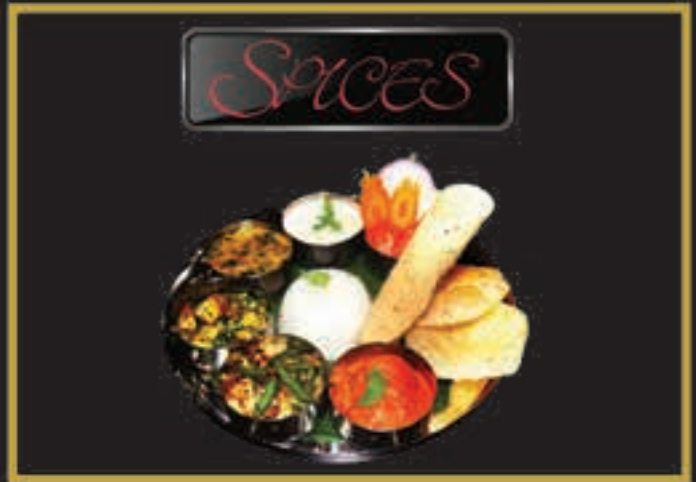
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- Chivas Regal 18 Year Old Scotch Whisky
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- The Macallan 1824 Collection Select Oak Single Malt Scotch Whisky
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Brisbane's village vibe

The Queensland capital's inner-city villages lie at the heart of its appeal. *Daniel Scott* visits three happening areas, in search of the perfect weekend.

Spreading out ... Brisbane has evolved from an oversized country town to a modern city.

PICTURES: TOURISM & EVENTS QUEENSLAND, KRISTA EPPLESTUN, ETHAN ROHLOFF

As a regular visitor to Brisbane for 30 years, I've watched the Queensland capital evolve from oversized country town, in the late 1980s, to one of Australia's most sophisticated and attractive modern cities.

While developments along the central Brisbane River, such as the South Bank cultural precinct and Eagle Street pier, have been at the heart of that progress, the emergence of Brisbane's inner-city villages has been equally notable.

Indeed, areas like Fortitude Valley and West End have become so vibrant and well-stocked with attractions, interesting accommodation and excellent bars and restaurants that I rarely feel the need to visit Brisbane's CBD anymore.

What's more, there are always new precincts, like Fish Lane, a revitalised commercial laneway that runs from West End to South Bank, to dip into, and new restaurants and bars to try in places I already know. ➤



Brisbane's village vibe

“

A bohemian vibe is reflected in the book, clothes and knick-knack shops and Saturday morning farmer's market.

”

WEST END/FISH LANE



West End has long been one of my favourite Brisbane villages, walking distance from the river and South Bank's compelling galleries, museums, parklands and performance spaces and with a bohemian vibe that's reflected in its book, clothes and knick-knack shops and Saturday morning farmer's market.

It's also hard to go wrong here for places to eat and drink – from inviting breakfast/lunch venues like Billykart West End (2 Edmonstone Street, billykart.com.au/west-end) and Miss Bliss Wholefoods (85 Vulture Street; missblisswholefoodskitchen.com.au), where delicious smoothies and seasonal salads prove being virtuous isn't boring,



to the always pumping Catchment Brewing Company (150 Boundary Street; catchmentbrewingco.com.au) with live music on weekends, the temptations are many. Established favourites include Lefkas (170 Hardgrave Road; lefkas.com.au) for standout modern Greek food, and Little Red Dumpling (5/61 Hardgrave Road, littlereddumpling.com.au) where former ballet star Li Cunxin (*Mao's Last Dancer*) heads for delectable dumplings. Adding to the scene is Covent Garden (142 Boundary Street; coventgarden.com.au), a reinvented tapas and wine bar, where you can chat with friends over shared plates like swordfish kebabs and lamb hearts in arrabiata sauce.



Brisbane's village vibe

WOOLLOONGABBA



But, to me, the most exciting recent discovery has been what's happening between West End and South Bank, on Fish Lane. As Brisbane develops inner-city apartments in former industrial areas, a plethora of bars, cafes and restaurants has sprung up beneath them.

In Fish Lane, the cultural and social aspect has been particularly well addressed with former warehouse walls covered in street art, a swirling river motif along the laneway, making it appear like a tributary to the Brisbane river, and several new bars and street food outlets. You can sup a beer at Saccharomyces (goodbeercentral.sbcbar.com), rendezvous romantically at La Lune wine bar (lalunewineco.com.au), try the offerings from young ethnic chefs at Wandering Cooks open kitchen (wanderingcooks.com.au) or enjoy refined Asian fusion at Chu the Phat (chuthephat.com.au).

Of all the recent openings it's the convivial Hello Please (helloplease.co), near the foot of Fish Lane, that should take a bao for its Vietnamese street food, including melt-in-the mouth grilled pork meatballs with Nuoc Cham dressing. ➤

Happening places ... the Fish Lane precinct (opposite page, top); Gelato Messina (opposite page, bottom); the new Banter Bar, which has a stylish take on fish and chips (left).



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Brisbane's village vibe

PADDINGTON/
PETRIE TERRACE

Brisbane essentials ... Darling & Co lays claims to the best food in the city (left); Lefty's Old Time Music Hall (right).

If I'm visiting Brisbane for sport, the areas around the Gabba cricket ground (thegabba.com.au) and Suncorp rugby stadium (suncorpstadium.com.au), have increasing appeal.

Around the Gabba, framed by art-deco buildings, the Logan Road precinct is fast gaining currency with locals and visitors. The strip includes the excellent Pearl Cafe (facebook.com/pearl.cafe.brisbane), Sorellina's (sorellinapizzeria.com) for woodfired pizza, and Canvas wine



bar (canvasclub.com.au). Other fascinations include a violin maker's shop (gawert.com.au) and the Absolutely Fabulous gift shop and boutique (absfab.com.au).

Also nearby, the new Banter Bar and Seafood (708 Main Street, Kangaroo Point; banterbar.com.au), opposite Brisbane institution, the Pineapple Hotel, has a fine selection of boutique beers and a stylish take on traditional fish and chips.

Near to Suncorp stadium, in Paddington and Caxton Street in Petrie Terrace, once un-salubrious areas are now much more inviting.

At Darling & Co (157 Given Terrace, Paddington; darlingpaddington.com.au), directly across from Suncorp, the food is among the best I've had in Brisbane, sharing plates of Mooloolaba tuna tacos and pork katsu sliders before digging into a sensational Moreton Bay bug linguine and a main of Sovereign Hill lamb and finishing with a macadamia panna cotta.

On nearby Caxton Street in Petrie Terrace, formerly full of strip clubs, there are more classy options in Seymour's Cocktails and Oysters (seymourscocktails.com.au) and multi-award-winning Brissie favourite, the Black Hide Steakhouse (blackhidesteakhouse.com.au), where the marbled wagyu eye fillet will intoxicate meat lovers.

I usually conclude a night in the area by delving into Lefty's Old Time Music Hall (leftysoldtimemusicalhall.com), where the live music comes overhung by fabric-draped ceilings and chandeliers and accompanied by a bubbling ambience. Even better, one of Brisbane's best new boutique hotels, the sleek and stylish Gambaro (gambarohotel.com.au), is an amble down the street.

Over a long weekend, whether I choose to incorporate a sporting or cultural event or not, concentrating on one, or all three, of these Brisbane villages, leaves me feeling enriched, entertained and colossally well fed and watered. Just as well there is the 36-kilometre Brisbane river cycle route, around which to pedal a hired bike and burn off a few hundred of those added calories. ■

See visitbrisbane.com.au.



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To support the flourishing Lae fisheries sector—a major growth driver of the Papua New Guinea (PNG) economy—as well as the Morobe Province's industrial base (especially its agro-processing and mining sectors): this is the vision for the Port of Lae. With the redevelopment, the port is geared to become a premier hub for Asia-Oceania trade. Key to the port program are the partnerships between the public and private sectors, and the private sector and host communities.

Port authority PNG Ports Corporation Ltd. having successfully overseen the 2014 initial upgrade in Lae, is keen on ramping up operational efficiencies and port performance, towards Lae's increased competitiveness in the South Pacific, and to boost regional trade capabilities.

Private sector partner International Container Terminal Services, Inc. (ICTSI), through PNG unit South Pacific International Container Terminal (SPICT), is investing in major equipment upgrades and leading-edge information technology. Equally significant are its investments in the people being hired for the redeveloped port.

Partner Communities represented by AHI Investments Ltd. and Labu Holdings Ltd. are engaged across several areas in the program. They will benefit directly from

port employment, with global standard training and benefits packages, and career pathing and mentoring.

Underpinning the sustainable port development are community programs to be carried out by the ICTSI Foundation, AHI Hope Foundation, the national and local governments, and host communities.

Together, the PNG Government, ICTSI, and the Partner Communities are optimizing PNG's potential across borders—and working for development that is sustainable across generations.



Headquartered in Manila, Philippines, International Container Terminal Services, Inc. (ICTSI) is in the business of port development, management, and operations. Independent of shipping, logistics, or consignee-related interests, ICTSI works transparently with all port community stakeholders. Operating in both developed and emerging market economies—in Asia Pacific, the Americas, Europe, the Middle East, and Africa—ICTSI has received global acclaim for its port privatization partnerships with governments.



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“

We bump our way along a muddy single-lane road that climbs its way deep into the highlands, then trek through rugged forest and negotiate canyons and waterfalls.

”

Fiji detour

Craig Tansley leaves the famous blue Fijian coastline behind for three inland adventures.

Most people who visit Fiji won't venture beyond the island nation's famous beaches and blue ocean. But there's a lot more to see and do for those who take the time to explore inland.

1. RIDE ALONG AN OLD RAILWAY LINE

You don't have to stray far off the well-trodden tourist trail along the Coral Coast (on the south coast of Fiji's main island, Viti Levu) to find a quirky rail experience.

A New Zealand couple, with a penchant for trains, has come up with an innovative way to use a century-old sugar train railway line, that's been overgrown for years.

They have mounted two electric bikes onto each old railway trolley, allowing you to dictate how fast you want to travel.

There's also a throttle on the handlebars, so you don't need to pedal if you don't want.

There used to be over 500 kilometres of this type of railway line throughout Fiji. This part of the line takes me through tracts of coastal rainforest, where I travel underneath cathedrals of old-growth trees.

We pass over bridges and through sugar cane plantations, and between rock faces cut out a century ago by imported Indian workers, past caves and through tiny villages where children come out to high-five me,

and local men build underground ovens for weekend feasting.

There's no traffic here to be mindful of, except horses with new-born foals and goats who feed by the track, and the occasional cow that runs along the track in front of me. We pedal to an uninhabited white sand bay (Cuvu Beach), and swim in the warm water, drinking water straight from coconuts.

Tours take three hours and operate Monday to Saturday, \$FJD119 for adults, \$FJD59 for children. See ecotrax.com.fj.





2. RAFT THE PACIFIC'S BEST-KEPT SECRET

The Upper Navua River is one of the South Pacific's most pristine rivers. It flows for 65 kilometres from the highlands of Viti Levu to the island's south coast.

We bump our way along a muddy single-lane road that climbs its way deep into the highlands, then trek through rugged forest and negotiate canyons and waterfalls to reach the river.

Each section of the river has its own microclimate. One moment it showers, the next we swelter under the full force of the sun.

The rapids on the Upper Navua aren't overly technical (they don't go beyond a grade three rating). While there's enough action to keep thrill-seekers happy, rafting the Upper Navua is more about enjoying the scenery.

We float by tiny villages where farmers tend to their plots, using buffalo to plough the soil, and children travel past us in longboats on their way to school. It's a glimpse into life as it always was, far from the throngs of tourists in resorts.

Available year-round, Monday, Wednesday and Fridays for \$FJD500 per person. See riversfiji.com. ➤



Fiji detour

3. ESCAPE INTO CANNIBAL CAVES

People weren't always so friendly in Fiji, for these were islands notorious for cannibalism. Now visitors can explore Fiji's dark past, taking an all-terrain vehicle (ATV) tour into mountains just inland from the Coral Coast, and into the island nation's largest caving system.

We drive along a narrow road from the town of Sigatoka then board a *bilibili* (punt) across the Sigatoka River.

On the other side we're loaded into an ATV. There's no paved roads out here; instead we grind our way along a muddy, roller-coaster

ride of a track that takes us through villages where children run out to us.

When we arrive at the village beside the cave, we're required to ask permission to enter from the *bête* (priest) of the village. The cave is 170 metres long and we enter through a tight gap.

Naihehe Cave comes with its own indoor oven, chiselled out over millions of years as water dripped from the cave's ceiling – warriors would drag victims here to roast alive.

Outside, we swim in water holes beside farmers taking water buffalo for a drink.

The Off-Road Cave Safari Tour was started by Australian ex-pat Jay Whyte, who also runs one of Fiji's most popular tours, Sigatoka River Safaris.

Tours operate twice daily at 8.30am and 1pm, adults \$FJD249, children \$FJD119, with pick-up from Coral Coast Resorts. See offroadfiji.com. ■

✈ **Air Niugini flies from Port Moresby to Nadi, Fiji, three times a week. See airniugini.com.pg.**

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REASONS TO VISIT SHANGHAI

1 MACLEV TRAIN

Pudong International Airport is about 50 kilometres from Shanghai's CBD. A journey by taxi can take up to an hour, but the Maglev (magnetic levitation) train takes about 10 minutes with a top speed of 430kmh.

This is not just an extraordinarily impressive piece of public transport, but a statement by Shanghai. The \$US7 billion project – already about 15 years old – introduces visitors to China's transformation.

See shanghai-airport.com.

2 THE BUND

The Opium War, circa 1840, transformed Shanghai. China's loss in the war allowed the British, French and Americans to carve out territorial concessions and Shanghai became an international port where the colonials operated independently of Chinese laws.

Hotels, banks and trading houses were built along and near to the river's bank, along The Bund, which has become the city's most famous streetscape.

By the 1920s, Shanghai had become one of Asia's leading cities and the many buildings from the era, including the renowned Peace

With Shanghai on Air Niugini's radar, Greg Clarke takes a look at some of the city's key attractions.

Hotel, reflect the city's European history along The Bund.

Apart from hotels, there are restaurants and rooftop bars with water views, along The Bund.

3 FAIRMONT PEACE HOTEL

Set by The Bund, the hotel opened in 1926 and was the place to be seen in Shanghai during the 1920s and 30s. Nowadays, presidents and prime ministers are part of the roll call of visitors to a hotel described as an art-deco masterpiece.

Inside features stone columns, wood panelling, chandeliers and crazily expensive drinks in a celebrated jazz bar (where former US president Bill Clinton once played the saxophone).

The colonial allure doesn't stop non-guests from soaking up the ambience in either a bar or one of the hotel's restaurants. For those with the budget to stay, the hotel has 270 rooms including 39 suites. Standard rooms are available from about \$US250 a night.

See fairmont.com/peace-hotel-shanghai.

4 YUYUAN (YU) GARDEN

Less than two kilometres from The Bund, the two-hectare Yuyuan Garden dates to the Ming Dynasty (1368–1644).

The classic Chinese garden was built for the parents of a Ming Dynasty officer.

Traditional tea houses are within some of the historic buildings in and around the garden. Huxingting Teahouse, built over an artificial lake and visited by Queen Elizabeth II, is perhaps the most renowned.

Needing to escape the crowds, we take the stairs to the fourth floor of a 180-year-old building and find a table on the balcony. "Green tea is our national tea," says Guohua, our host. She introduces us to a selection of teas including oolong, which is said to be good for memory. Entry to the garden is 40 yuan.

5 SHANGHAI'S TOWER

The 128-floor, 632-metre Shanghai Tower is the tallest building in China and the second tallest in the world. Standing at the base of the building looking towards its summit can be a dizzying experience.

Much like Mount Everest, the top of this building can be lost in cloud, as it was during my visit. Fortunately, that meant I didn't have to test my fear of heights in the lift that travels about 70kmh and is apparently the world's fastest.

Tickets to the viewing deck cost 180 yuan.

See shanghaitower.com.





Shanghai moments ... the Yuyan Garden dates back to the Ming Dynasty (opposite page); the enclave of Tianzifang has art galleries, boutique shops and cafes along narrow alleyways (above); piping-hot soup dumplings (next page).

6 TIANZIFANG

This is an arts and crafts enclave in the French Concession, or former French Quarter. Hundreds of boutique shops and

art galleries, bars and restaurants are found within the area's narrow alleyways. The area is popular with expats as well as visitors. Admiring Shikumen houses with stone-framed doors can be part of any wanderings.

7 SHANGHAI CIRCUS WORLD

The stars of this circus include acrobats, trapeze-like flyers, uni-cyclists and jugglers.

In one act, eight terracotta-like soldier warriors ride motorcycles at speed inside a small iron and steel globe. Their performance seems near to impossible. In another act, The Wheel of Life, a giant wheel hangs 10 metres above the ground. Performers, somehow, keep smaller suspended wheels spinning while conjuring their routine.

The show lasts for around two hours. The cheapest tickets cost about 250 yuan and can be bought online.

See shcircusworld.com. ➔

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8 reasons to visit Shanghai

FOOD

You could spend every minute of whatever time you have in Shanghai eating. One of Shanghai's most famous dishes is the soup dumpling, or *xiaolongbao*.

The soup is concealed within the minced pork dumplings and first time visitors to Shanghai,

or those who've never had the dumplings before, should note that it's best to puncture the dumpling wrapper to let out the piping-hot steam and the soup.

According to the *South China Morning Post*, one of Asia's leading English language newspapers, restaurant chain Din Tai Fung (with

10 outlets in Shanghai) creates what is widely considered the best *xiaolongbao* in Shanghai. ■

Air Niugini is planning to start flying from Port Moresby to Shanghai this year. See airniugini.com.pg.

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REVIEW: REGAL SHANGHAI EAST ASIA HOTEL, CHINA

regalhotel.com

WHO STAYS? 70 per cent business travellers, 20 per cent tourists, 10 per cent sports people.

HOW BIG? 333 keys

COST Standard rooms from about PGK300.

CHECK IN 12pm

CHECK OUT 12pm (6pm for the suites and deluxe rooms)

HIGHLIGHTS Set within the 56,000-seat Shanghai Stadium the hotel's executive suites have rooms looking over the stadium's football pitch and athletic track. The stadium is the home of Shanghai SIPG football club and from March to November guests on the executive floors can watch games from their rooms. The stadium also hosts concerts, which guests who get lucky (or strategic) with their timing can also watch. Hotel guests can jog around the track inside the stadium.

NEARBY Restaurants, a few bars, a bank and supermarkets are within walking distance. In gigantic sprawling Shanghai not everything can be close. Shanghai's historic riverside precinct, The Bund, is around 12 kilometres away and the Pudong business district is about 20 kilometres.

Wi-Fi in rooms/public areas:	✓
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:	✓



LOCATION

The hotel is about 50 kilometres from the Pudong International Airport, where Air Niugini is scheduled to start flying soon. Shanghai is well served by an extensive underground rail system – the longest in the world – and a station is a five-minute walk from the hotel.

THE PLACE

Built in 1997, the hotel is in the heart of Shanghai's sport precinct. The Shanghai Indoor Stadium, which also hosts sporting events including the Shanghai Masters snooker tournament, is a five-minute walk from the hotel. International athletes who ran the Shanghai Marathon stayed in the hotel during my visit. So did international snooker players.

ROOMS

There are three styles. My standard room is perfectly clean and comfortable, has a small desk, but no view. If your budget allows, the deluxe rooms or suites better highlight the hotel's individuality.

FOOD AND DRINK

There are three restaurants and two bars. A buffet breakfast (6am to 10am) is included in most room tariffs. There are also lunch and dinner options. For those staying in the executive rooms there is a separate breakfast-cum-lounge with happy hour from 5pm to 8pm. Drinks and snacks are complimentary. There is a view over the stadium from the lounge.

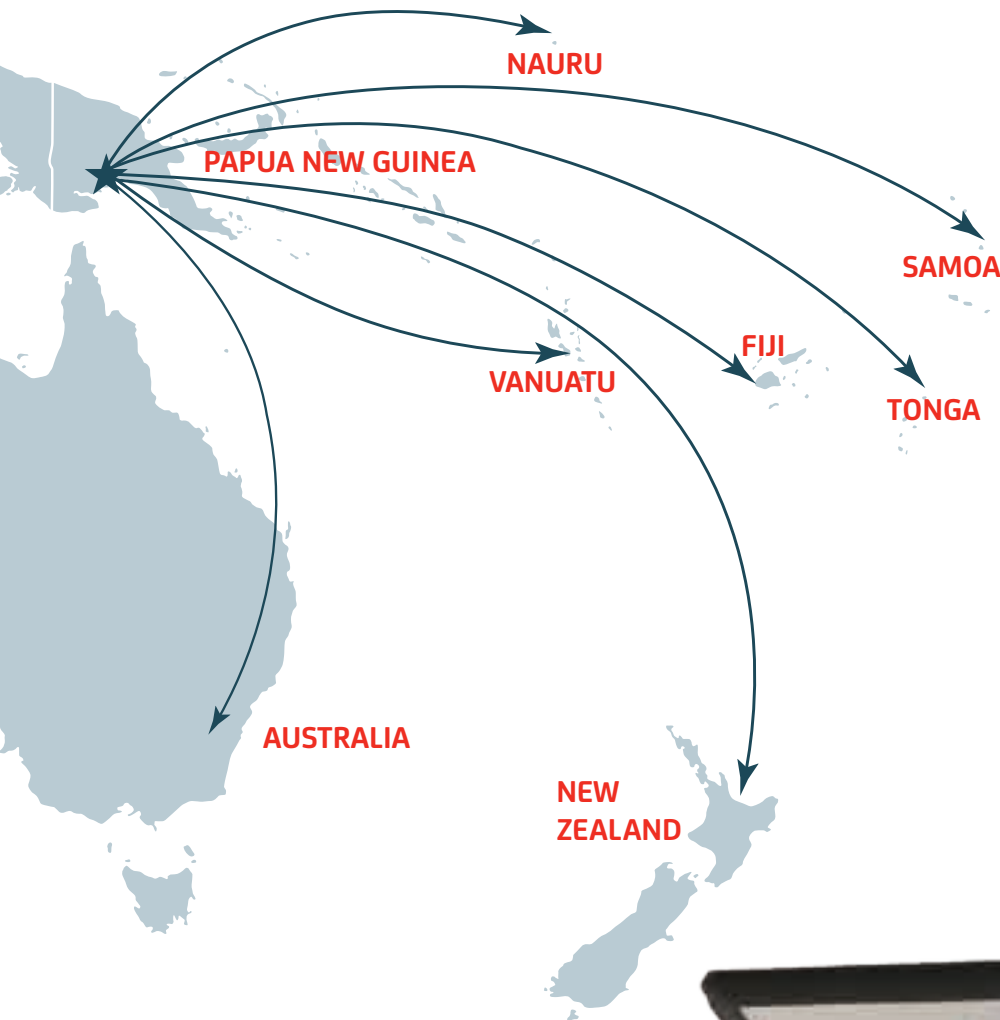
WHAT GUESTS LIKE

"This was the first hotel that I have stayed in in China. I was pleasantly surprised to find that the hotel was as good as a five-star hotel in most countries." – Trip Advisor

"Staff were excellent, they did go the extra mile if you needed anything. Hotel is an integral part of the stadium which was great for people going there." – Booking.com ■



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Three of a kind ... dolphin experiences



Air time ... a wild dolphin gets up to some tricks in PNG.

BLANCHE BAY, EAST NEW BRITAIN, PNG

Whizzing along in a boat beside a pod of dolphins as they leap from the water in a silver wave is the ultimate nature show. As part of a day tour of Rabaul, ocean lovers can take a boat trip to Pigeon Island where, en route, spinner dolphins will likely join you as they twist through the air playfully racing the boat. You might even get the chance to jump into the water, to swim with and observe them.

SOMETHING SPECIAL

Once you arrive at Pigeon Island, you will have the opportunity to snorkel over the vibrant coral reefs just offshore, and afterwards to picnic on the golden sands.

HOT TIP

Manage your expectations. Remember that dolphins are wild, intelligent animals, not performers, and they aren't always in the mood to play or put on a show or get up close and personal with you.

DETAILS

See pngolidays.com.

BYRON BAY, NSW, AUSTRALIA

A 90-minute drive from Brisbane airport, in the bohemian hub of Byron Bay, you can kayak through one of Australia's top marine parks among wild bottlenose dolphins. If you visit this stunning park between May and October, you'll also have the chance to see whales, and all year round you'll get fantastic views of the Byron coastline and the famous lighthouse from the water. The guided experience ends with snorkelling (keep an eye out for turtles) and afternoon tea.

SOMETHING SPECIAL

As you paddle alongside the dolphins, your guide will teach you local history, and tell you local indigenous stories.

HOT TIP

Don't touch the dolphins. Good guides always discourage anything that's abnormal for the dolphins, which includes direct human contact. It's up to the dolphins to decide to interact with you of their own accord. Be gentle.

DETAILS

This is a three-hour experience. See byronbayadventuretours.com.au.

NATEWA BAY, VANUA LEVU, FIJI

Set on pristine Natewa Bay, the largest deep-water bay in the South Pacific, Lomalagi Resort is home to two pods of wild non-migrating spinner dolphins, which means they stick around all year long. The dolphins are accustomed to being around resort guests, so they're likely to pop out for a frolic as you boat or kayak over to the private white-sand beach for a picnic. From there, you can also experience some of Fiji's most spectacular snorkelling in crystal-clear waters.

SOMETHING SPECIAL

The spinner dolphins that call Natewa Bay home are said to be the only resident pod of dolphins in Fiji, making this a true bucket-list experience.

HOT TIP

Competent swimmers are the most interesting for dolphins. If you're fast and agile they'll take interest, but if you just float in the ocean, waiting in a stationary position to be approached, it probably won't happen.

DETAILS

See lomalagi.com. ■



TIME FOR AN EXPORT.

BREWED WITH
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TIME TRAVELLER

Mount Kare, Enga Province, 1992/3

In late 1987, geologists carrying out a routine survey in the uninhabited Kare Puga Valley in Enga Province came across gold nuggets. Someone talked and by mid-1988 the area was temporary home to an estimated 10,000 alluvial gold miners, living and panning in squalid conditions. In this picture, gold buyers are making a transaction with miners. Peter Botten (right), now the managing director of Oil Search, dropped in to see the gold buyers at work. At the time Oil Search was part of the consortium that was developing the Hides and Kutubu petroleum discoveries.

If you have a photo that may be suitable for Time Traveller, email paradise@businessadvantageinternational.com.



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FLOWER POWER

PNG's inaugural women's rugby league team, the Orchids, has a mission on – and off – the field. *Joanna Lester* reports.

When PNG Orchids captain Cathy Neap and her teammates lined up to sing the national anthem before their first match in the Rugby League World Cup last September, they knew they were representing not only their families, tribes and provinces, but every woman and girl in the country.

Rugby league is not only Papua New Guinea's national sport, but a unifying force in a land of diverse culture and geography.

Although PNG women have been playing the sport sporadically for four decades, the country had never had a women's national team.

That all changed late last year, when women from across the country were selected for the inaugural Oil Search PNG Orchids squad to face Australia in the annual Prime Minister's XIII match in Port Moresby, before heading to Sydney for the Women's Rugby League World Cup.

The players suddenly became symbols for the changing status of women in PNG. Neap explains: "In our country and culture, men are always above women, and rugby league has always been the sport that is male-dominated. But now, through rugby league, we have become equal to the Kumuls (the men's national team), and people see us differently."

During visits to primary schools in Port



“

Through rugby league, we have become equal to the Kumuls, and people see us differently.

”

Moresby before departing for the world cup, players tearfully recounted the struggles and resistance they had faced to make it this far, and how they hoped to pave the way for the next generation of girls to achieve their dreams in whatever male-dominated arena they wished to enter, be it rugby league or anything else.

Amelia Kuk, a former PNG rugby 7s representative who played twice for the Australian Jillaroos before switching back to PNG with the Orchids, agrees that rugby league is one of the most powerful vehicles to change perceptions of women in the country. “Some people here

look at women and think they’re supposed to be in the kitchen, not on the sporting field. But now that the Orchids are playing in the world cup, we’re starting to change the mentality of every Papua New Guinean that we can play alongside the men, we’re equivalent to them.

“We’re showing that just because you’re a woman in PNG, that doesn’t mean you can’t play footy or achieve your dreams. The idea that men are better at everything – let’s just put a stop to that right now.

This nation is about to change, and it starts with us.”



On the ball ... Amelia Kuk joined the Orchids after representing PNG in rugby 7s (left); Carol Humeu was the team's player of the tournament at the World Cup (right).



Flower power

As strong female role models who command increasing respect from men, the Orchids also hope to address the widespread problem of gender-based violence. Prop Maima Wei explains: "We're talking about it and raising awareness. We're trying to drive through the message that 'strong men respect women', and change people's mindsets."

With just two games under their belts, a 42–4 loss to the Jillaroos and a 30–6 victory over a North Queensland Women's All Stars side, the Orchids headed to the world cup. On arrival in Sydney, they fast became fan favourites thanks to their heart-warming stories and on-field passion, attracting widespread media coverage and a vocal crew of supporters. ➤



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Flower power

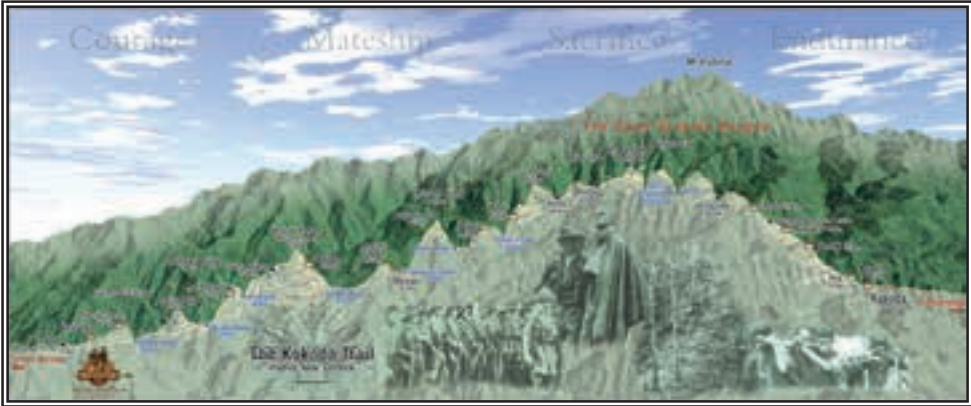


World Cup moments ... captain Cathy Neap on the attack (far left, opposite page); Naomi Kaupa scores the team's first try at a World Cup (left, opposite page); Shirley Joe (above left) and Mala Mark (above right) take on the Kiwi Ferns attack.



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Flower power

Out and about ... the Orchids meet female primary school students at Holy Rosary School in Port Moresby (right and far right); PNG Kumuls second rower Rhyse Martin chases Orchids winger Martha Karl during a joint training session (below right).



They faced England, Canada and New Zealand in the pool matches, with a semi-final berth against Australia the likely prize if they could post one or two wins.

Unfortunately, it was not to be. In a tight encounter against England, the Orchids competed strongly before injuries and nerves intervened and they lost 36–8. In a must-win game against Canada, PNG again posted two tries and remained in contention for much of the match, before going down 22–8.

With a miracle victory needed against New Zealand, the Orchids played the best half in their short history, trailing just 8–0 at the break against a team that had racked up more than 70 points against other world cup opposition. The final score of 38–0 left the Orchids bitterly disappointed, but determined to learn from their first international tournament and come back stronger.

Thanks to the investment of the sport's authorities and the opportunity to participate in the world cup, women's rugby league is now booming in PNG.

"It's the fastest-growing brand of our sport," confirms PNGRFL chairman Sandis Tsaka. "The growth has been exponential in the last four years and we feel privileged that's happening, more so because of the country we are in. We have a lot of customs and traditions that are restrictive to our women-folk, so this not only provides an opportunity for the girls to play rugby league but also a platform to raise social awareness and address the other issues affecting women in our country. They're doing a tremendous job." ■

Stay in touch with the Orchids via their official Facebook page, facebook.com/PNGOrchids.





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Mystery of lost submarine solved

After more than a century, the *AE1* has been found 300 metres under the sea off the PNG coast. *Roderick Eime* reports.



The final resting place of the tiny 55-metre *AE1*, the Royal Australian Navy's first submarine, has been located near the Duke of York Islands, not far from its last known location.

Previous searches helped to narrow where the wreck might be and improvements in technology helped discover the final location recently.

The Royal Australian Navy teamed up with a range of search groups in this latest expedition, funded by the Australian Government and the Silentworld Foundation, with assistance from the Submarine Institute of Australia, the Australian National Maritime Museum, Fugro Survey and the Papua New Guinea Government.

Commissioned in the UK in early 1914, the British E-class submarine sailed on an 83-day

voyage to Australia with her sister ship, *AE2*, arriving in Sydney on May 24, 1914, just in time for the outbreak of World War 1.

The pair sailed north to the then German New Guinea in the company of other navy vessels to secure the surrender of the small German contingent in Rabaul, New Britain.

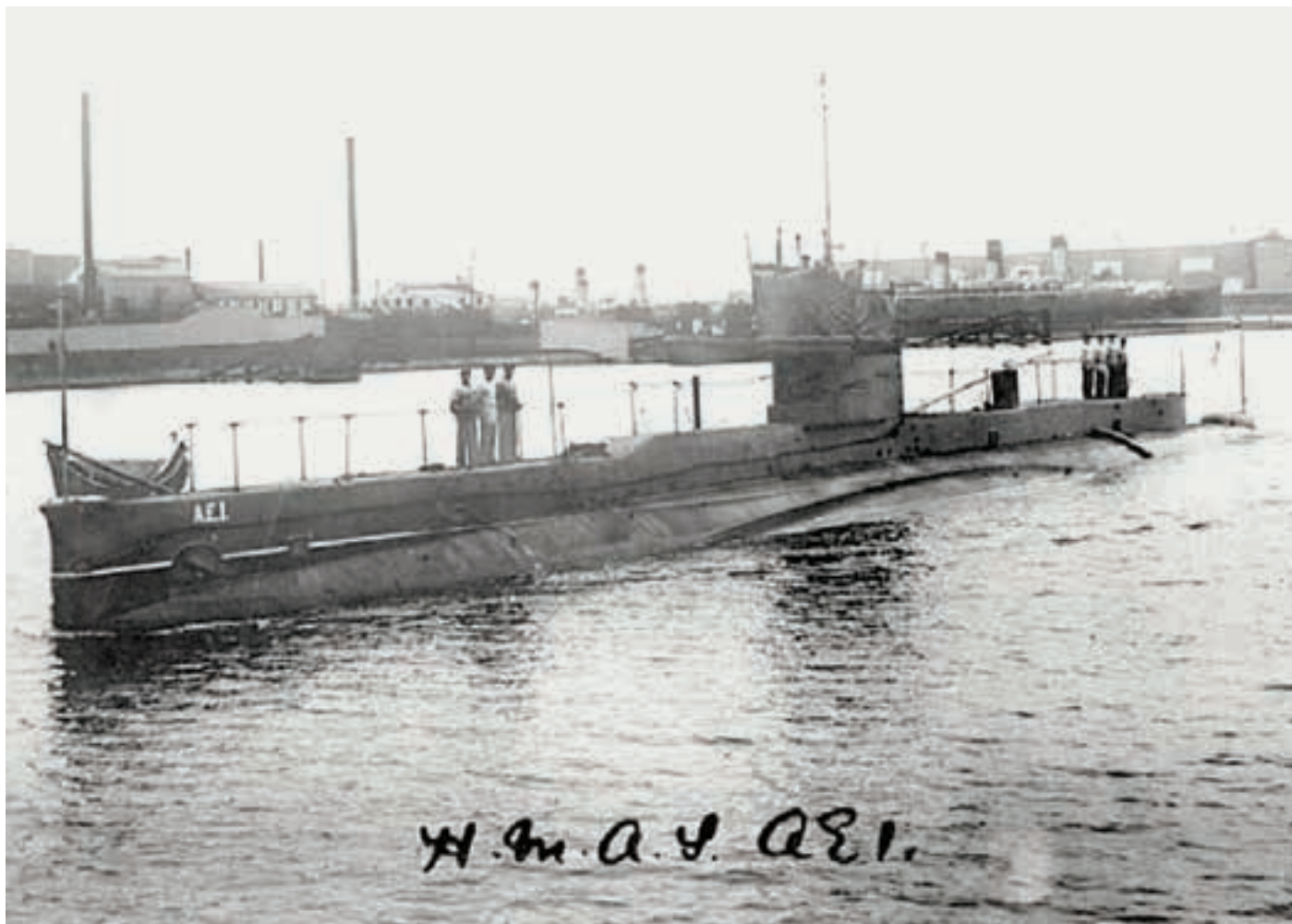
The Battle of Bitia Paka took place on September 11, when hastily conscripted troops of the Australian Naval and Military Expeditionary Force were landed near present-day Kokopo from four navy ships, led by the light cruiser HMAS *Sydney*. They confronted the modest German and Melanesian garrison assigned to protect the town's radio transmitter and in the untidy skirmishes seven Australians were killed, making them the first Anzacs to die in the Great War.

Three days later, and with the Germans captured, *AE1* failed to return from routine patrol. Despite a search involving several vessels, no trace of her was found. It was presumed *AE1* had either struck a reef, or suffered one of several mechanical failures common in early submarines.

Either way, she was listed as lost – cause unknown – with her entire crew of 35, half of whom were UK men allocated to the navy for this special service.

Since that fateful day, and for some 60 years thereafter, the submarine's loss was largely forgotten. But the mystery never faded for the family and friends of the missing. An association, *AE1 Incorporated*, was formed and was headed by the late commander, John Foster. He started his research into *AE1* in the





Ill fated ... Australian and British submariners pose together at Portsmouth before setting sail for Australia in February, 1914 (opposite page); *AE1* at Devonshire Dock, Barrow-in-Furness, soon after completion and preparing to set sail for Australia.

1970s while stationed in PNG and continued until his death in 2010.

The wreck was even searched for by Jacques Cousteau in 1990 and despite several 'red herrings', improved technology and a renewed interest by the navy, *AE1*'s final resting place was only located in December using the vessel *Fugro Equator*.

The wreck was located in 300 metres of water off the Duke of York Island group. On December 21, the Australian Government announced that the exact location of the wreck would not be publicly disclosed.

Previously, evidence supplied by salvage diver, George Tyers had kept hopes alive that the sub would be found.

Tyers was adamant he had located the wreck in 1971, while salvaging a Japanese transport,

“
She was listed
as lost –
cause unknown –
with her
entire crew of 35.

”

Keifuku Maru, nearby in the mouth of Simpson Harbour, Rabaul's port.

Rabaul was occupied by the Japanese in World War 2 and was a major military base and subject to months of constant aerial bombardment.

Tyers's evidence had always conflicted with Foster's research, which suggested *AE1* was near Kokopo (to the south east) where her support vessel, HMAS *Encounter*, had waited for her to return from her last patrol.

But the recent acquisition of *Encounter*'s logs shows she had indeed moved to Simpson Harbour on the morning of *AE1*'s loss, thus adding weight to Tyers's claim he had sighted the *AE1* in about 60 metres of water inside the harbour. ➤



Mystery of lost submarine solved

To further muddy the waters, the dormant volcano Mount Tavurvur awoke in 1994 with such ferocity the entire town was evacuated. Enormous amounts of volcanic debris were spread over the town and inside the harbour, covering many wrecks and relics and altering the shoreline radically.

Wreck diver and filmmaker Mark Spencer dived on the *Keifuku Maru* in 2009 and subsequently found it to be buried under about 30 metres of volcanic ash. At the time it was presumed *AE1* would be similarly buried, and Spencer's team was not able to prove, or disprove, the existence of wrecks in the area with their sensing equipment.

In 2014, during the Australian Navy's Operation Render Safe, which involved locating and disposing of World War 2 munitions, the minesweeper *HMAS Yarra* searched an area of 13 square kilometres, without success, although a previously undiscovered Japanese midget sub was found earlier in the same operation.



At sea ... officers and crew on the deck of *AE1* in 1914.

Cairns-based former salvage diver and author, Fritz Herscheid, maintained an undiminished fascination with *AE1* and the search for its wreck.

"Back in the late 1960s, I was salvage diving for copper and brass, blowing propellers off shipwrecks in Rabaul Harbour, and I learned that there was a submarine lost somewhere in Rabaul," he told ABC Far North.

"In those days I was purely and simply interested in the non-ferrous (metal) that submarines have – submarines have a lot of non-ferrous and can be very valuable to any sort of scavenger or wreck diver."

Herscheid was also interested in a theory that the Germans sank the *AE1* in an offensive action, although the navy's report of the time made no mention of a German vessel anywhere near the area.

He claimed if the submarine sank in 300 metres of water (as it did) or less, there was a possibility the diesel in its tanks would have prevented it imploding, which could explain why no telltale oil slick was found during the initial search.

With the discovery of the wreck, these lingering questions are now being answered as naval experts examine the evidence and attempt to piece together the puzzle of *AE1*. ■

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Saving the world's largest butterfly

Richard Andrews reports on a mission to increase the population of the Queen Alexandra's birdwing butterfly.

Butterflies hold a special place in many cultures, symbolising everything from happiness and transformation to departing souls and messages from heaven.

But it's the butterfly as a symbol of resurrection that is particularly relevant in PNG, with moves to revive dwindling numbers of the Queen Alexandra's birdwing (*Ornithoptera alexandrae*) – the world's largest butterfly.

With a wingspan the size of a dinner plate, the brilliantly coloured birdwing spans up to 30 centimetres and makes a spectacular sight flying high through the trees. The butterfly

is a motif in local culture and even featured on the Oro (Northern) Province flag.

War, volcanoes, forest clearing and poaching have all devastated the birdwing population, leaving it largely confined to a small stronghold in Oro's remote Managalas Plateau.

Protected by the PNG Government, the birdwing is listed in the Convention on International Trade in Endangered Species, and a UK entomologist is driving a program to support the country's conservation efforts.

"Everyone loves butterflies," says Dr Mark Collins. "They're also a flagship species that carries

a strong message about the importance of biodiversity."

Collins chairs the Swallowtail and Birdwing Butterfly Trust, which is supporting a conservation project, in conjunction with New Britain Palm Oil, to strengthen birdwing populations.

"It's no secret that deforestation by oil palm corporations was largely responsible for reduction of the butterfly's habitat," Collins says.

"But in recent years, the industry has been trying to put itself on a more sustainable footing by adopting policies on endangered species."

Collins' project includes identification of forest buffer zones

and protection of breeding sites, combined with replanting the *Aristolochia* vine, on which the birdwing feeds and lays its eggs.

A butterfly breeding facility, research lab and conservation incentives to the area's landowners are also involved.

"Local people are going to be very important to retain the forest's biodiversity," Collins says. "I see great potential for ecotourism by people who want to see these butterflies in the wild."

Those views are endorsed by a local conservationist, employed for the past four years by Higaturu Oil Palms.



Close up ... an environmental co-ordinator employed by Higaturu Oil Palms takes a peek at a newly emerging birdwing (opposite page); a birdwing takes a breather on a man's chest (left); Mark Collins (above).

"The project will greatly help to increase the Queen Alexandra's birdwing population and save it from extinction due to human and development activities," says Angelus Palik.

According to Collins, the Managalas Plateau is home to many other remarkable species, although he acknowledges that "a little improvement to infrastructure" is needed to attract more visitors.

"Getting to the plateau means driving on unmade roads and wading rivers. It's not for the fainthearted."

The Norfolk scientist says no one really knows why the birdwing is concentrated in such a relatively small area. According to one theory, the Managalas Plateau may have been a 'lost world'.

"The area is volcanic and could have been cut off from the outside at one time, allowing the butterfly to evolve in isolation into an amazing species," Collins says. "But it's still a mystery."

Ironically, large tracts of the birdwing's habitat were destroyed by a volcano, when Mount Lamington erupted in 1951.

Other forest clearing occurred during World War 2, when Oro's capital, Popondetta, was an

to PNG. The fast-flying butterflies frequent high rainforest canopy, making capture difficult. So Meek resorted to blasting them down with a shotgun.

The buckshot-peppered specimens were sent back to

“

With a wingspan the size of a dinner plate, the brilliantly coloured birdwing spans up to 30 centimetres and makes a spectacular sight flying high through the trees.

”

important air base with about two dozen landing strips.

Collins says his passion for butterflies dates back to his childhood. "As a watcher, not a collector," he stresses.

Not all butterfly lovers share this approach.

The English naturalist Albert Meek first recorded the birdwing in 1906 on a collecting expedition

England, where the species was named in honour of Queen Alexandra, the wife of King Edward VII. Since then, the butterflies have remained extremely attractive to collectors, fetching high prices on the black market.

"Dead butterflies are very easy to transport across international boundaries," Collins says.

"There's some suspicion poachers smuggle them across the border to West Papua and then further afield into Indonesia, from where they're trafficked around the world."

One instance, in 2007, involved a Japanese butterfly smuggler sentenced to 21 months in prison when he tried to sell a pair of birdwings for \$US8500 to a US undercover agent posing as a collector.

"However, illegal trade is not the major threat," Collins says. "It's factors such as loss of habitat, which means larger issues are involved."

"I believe the Queen Alexandra's birdwing has the potential to be an icon symbolising the need for conserving many other species as well."

"Our project should elevate this butterfly to the insect equivalent of Asia's tiger and Africa's elephant." ■



AN INITIATION INTO THE UNKNOWN

Richard Andrews talks to a New Zealander who is the first known westerner to go through a gruelling ceremony to become a traditional 'buai' spiritual leader.

“

The ceremony involved four days and five nights without food or water. You can't sleep, so your brain won't shut down. You start to dream when you're awake.

”



PICTURES: PAUL WOLFFRAM & LUKE FRATER



Tribal ways ... Paul Wolfram with Elson Toanati who guided him through the initiation (above); Wolfram shares his photos with children from Siar village.

How does a shaman initiated in Papua New Guinea use his 'magical' powers back home in New Zealand?

"I'm still figuring that out," says Paul Wolfram, the first known westerner to go through a gruelling and mind-altering ceremony to become a traditional *buai* spiritual leader.

The award-winning film-maker and ethnographer began his 'journey into the unknown' 16 years ago, when he first visited southern New Ireland to research the music and dance of the Lak people for his PhD.


Fascinated by the little-studied culture, Wolfram learned the local language and stayed on for almost two years. He now returns regularly as an accepted member of the remote community.

"I was quickly affected by the Lak culture," he says. "It's beautiful when you understand how it works. Music is important. People sing as they move through the bush, when they work and during ceremonies.

"Music and dance are seen as coming from ancestors in the spiritual realm via dreams. When you and I dream, we wake up and tell it as a story. Lak people assemble their dreams as musical sequences, which they sing in the morning."

As Wolfram's relationship with the community grew, he was inspired to understand the source of their creativity and how they composed their music. He was told he had to become a *buai* to do that.

"After years of practice, a *buai* can go into a meditative state and connect with spirits directly, rather than wait for dreams," he says. ➤

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An initiation into the unknown

Few Lak people undergo the initiation nowadays, so Wolfram was taken to meet Elson Toanati, the only *buai* in the region with the necessary experience and knowledge to conduct the secret process.

The initiation took place in the Weitin Valley, about four hours' walk south of Siar village, which hosted Wolfram.

"The ceremony involved four days and five nights without food or water," he says. "During that time, I ingested psychoactive substances made from combinations of barks and plants that I can't go into."

Out of respect, Wolfram keeps many of the ceremony details secret, but he's allowed to reveal the effects of the initiation.

"Going without food was no problem but going without water you severely dehydrate. You can't sleep, so your brain won't shut down. You start to dream when you're awake. Your ear channels close up and you begin to hear sounds quite differently.



Valley of dreams ... the Weitin Valley, where the initiation took place (above left); song and dance are important to the villagers (above right); a poster from Wolfram's documentary (next page).



"Every day Elson would join me, and we'd just sing songs over and over again, and then I was left by myself. It was kind of an intensified meditation."

Wolfram also recalls the *buai* elder's words of encouragement during difficult moments: "Paul you're getting creative powers you'll be able to use for writing, making movies, or whatever else that white people do."

Toanati's prediction has come true.

The New Zealand International Film Festival recently premiered a 90-minute documentary Wolfram made about his initiation in 2015.

"*What Lies That Way* is a poetic rendering of what I went through and evidence of the creative benefits from the practice of the *buai*," he says. ➤

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An initiation into the unknown

"The initiation was a profound experience that enabled me to understand, in a very different way, the spiritual undertakings of the people I'd been working with for a long time.

"However, I think it will probably take me the rest of my life to understand what being a *buai* means to me as an artist in New Zealand. I'm told I'll grow into it."

Wolfram hopes his film, described as being "by and about magic," will provide a "different way of understanding the world," as well as an insight into the people and culture of PNG.

He's returned to New Ireland twice since the initiation and screened the documentary for approval by the Lak community, before offering it to outside audiences.

"This is good. You can show it to the world, so they will know of *buai*," Toanati told his protege.

"I practice as a *buai* when I go back to Siar," says Wolfram. "It's now my role to be



involved with music and dance performances at ceremonies and other important events."

But how does his wife react to a husband turned shaman in a far-off jungle?

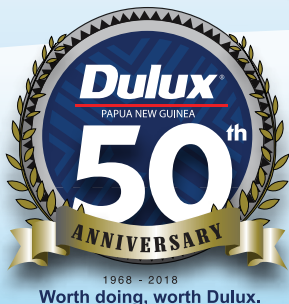
"Victoria has spent three or four months living with me in the Lak district," he says. "She's very understanding, as you'd have to be."

Nevertheless, Wolfram's risky ventures have created some anxious moments, especially when he tried to call his wife in Wellington after the initiation.

"I hiked about two hours from the village to a solar-powered cellphone tower to tell her I was okay," he says.

"Unfortunately, it had been cloudy for about five days and I couldn't make the call. Victoria had a pretty nerve wracking time until she finally heard from me." ■

See whatliesthatway.com.



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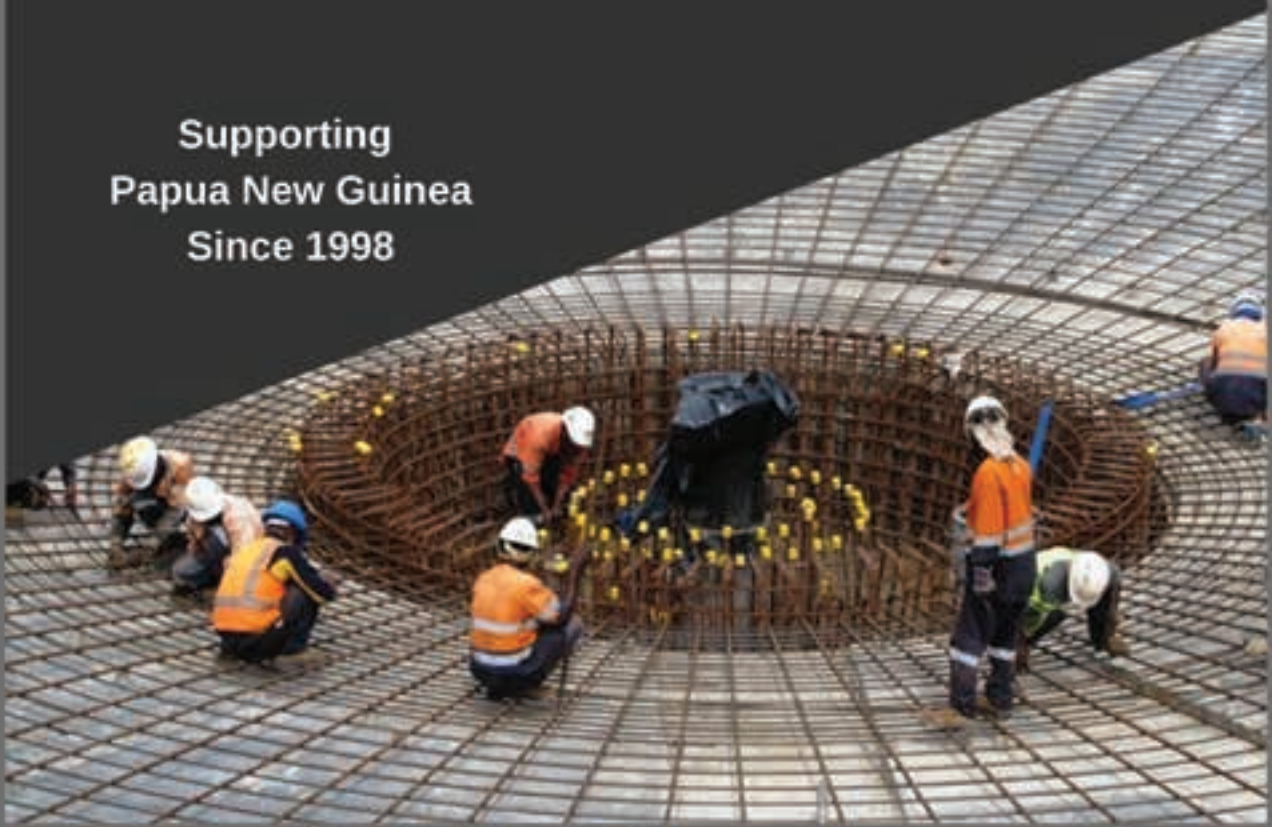
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HOT TO SHOP IN BALI

Need a surfboard, jewellery, or a cocktail dress? The shopping streets of Bali's Seminyak yield rich treasures, *Belinda Jackson* discovers.

Bali is an island of many pleasures, including surfing, parties and, more recently, top-class dining. It also offers a warm welcome to fashion followers and bargain hunters, particularly in the happening hub of Seminyak.

What's hot? Bali shines in the handmade and the quirky: beaded, embroidered, crocheted or filigreed snakeskin bags and matching shoes in a rainbow of colours. What's not? Bali is weak on quality locally produced swimwear, and you'll pay over the odds for the foreign labels.

Seminyak's fashion staples cluster together on its hectic main shopping *jalan* (street), known variously as Jalan Laksmana, Jalan Oberoi and Jalan Kayu Ayu.

You'll find up to three of the same shop in a one-kilometre radius – usually one is given over to last-season sales, so you'll see a certain repetition in the names. That doesn't make them any less worthy of a rummage.

Seminyak has a global collection of designers who've made the move to Bali, including French designer Magali Pascal, who brings in two new seasons a year of her fine, floaty glamour (magalipascal.com), while Brazilian Lulu Yasmine produces handmade and limited-edition statement pieces (luluyasmine.com).

The shopping man should visit another French designer, Jacques Ruc, whose Animale offers stylish, casual clothing from natural fibres or high-end Biasa by Italian Susanna Perini, who accessorises the pared-back wardrobe with stand-out belts and bags, produced with a strong ethical bias (biasagroup.com).

Staying supremely local, say hi to the very modest eBiza for handmade, customised snakeskin leather clutches and shoes, made around the island.

Jalan Raya Basangkasa is quieter and easier to negotiate, its shops interspersed with good-smelling cafes. It turns up such gems as Bali long-timer Lilla Lane, a must-visit for super-desirable natural leather plaited handbags and matching shoes, designed by Balinese resident ►

A silver lining ... Sancerre jewellery is among the offerings in Seminyak's shopping streets.



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Hot to shop in Bali

“
Bali shines in the handmade and the
quirky: beaded, embroidered, crocheted
or filigreed snakeskin bags and matching
shoes in a rainbow of colours.
”

New Yorker Thora Moss and made locally from Indonesian leather (lillalane.com).

Nearby, Navneet Anand has a keen eye for tactile, lustworthy homewares, which he designs for his Another Island Living stores: check out the hand-stitched, cotton-stuffed quilts, called razai, made in Bali and India (facebook.com/anotherstores) And it's a quick two-step to Sancerre, whose motto, 'wander, lusted', encapsulates its light fashion touch. Designer Sarah Wilkinson's structured linen 1960s-inspired Charlotte tunics and flowing chiffon maxis are just right for stepping out to Seminyak's many *chi-chi* eateries, while the boho jewellery is worthy of close inspection.



Every year, there's one particular piece of clothing being sold on every street corner – this year, it's printed cotton pants in myriad colours. Happily, they suit most shapes and are also very practical, offering polite modesty in a hot climate.

The women of the ever-present market around Seminyak Square have a vast range of poolside kaftans and cool maxis, as well as the cutest little girls' dresses in soft cottons, perfect for sultry South-East Asia. However, they are also mistresses of the astonishing price mark-up, when compared with other street markets: you have been warned (seminyaksquare.com).

Seminyak's behemoth new shopping mall, modestly named Seminyak Village Mall, is a gleaming paean to air-con and clean toilets.

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Hot to shop in Bali



Window shopping ... Seminyak's stores are bursting with clothing, jewellery and homewares.

Skip it if you're after that local market vibe. However, it has lured plenty of big names including hairdressers Toni & Guy, and Mama San chef Wil Meyrick's Tiger Palm opens out to the street.

Now collected under the one roof, you'll find Farah Khan's beaded gowns, the muted tones of Buddha Wear's sporty women's pieces and Indonesian Emporium for high-end local handicrafts (seminyakvillage.com)

Leading the homewares pack is Kim Soo ([kimsoohome](http://kimsoohome.com)), which adds Balinese touches to covetable homewares without steering into kitschy beachiness. Stop for a quick coffee on the smart, monochromatic tiled terrace, leave with a fabulous shell hanging, a statement platter or perhaps a set of hand-carved forks.

A few steps to the left and you'll spy quieter, understated Satunama, for elegant objects in bamboo and other eco-woods.

If you're pushing the boat out for the big buy – Bali is known for its gemstones and silver jewellery – it pays to pull in the experts to hold your hand. Team up with hot hotel Alila Seminyak's shopping concierges, who'll tailor a trip that zips you between gorgeous jewellery, art and fashion faves, homewares haunts and that special handcrafted shoe shop. ■

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Peter Maitz ... has embarked on a project to chronicle *Unserdeutsch* before it is lost to the world.

PNG's endangered language

Unserdeutsch might be the world's most unusual and endangered language. Brian Johnston investigates a PNG linguistic oddity with a fascinating history.

There are many unusual things about *Unserdeutsch*, a hybrid blend of old-fashioned German and Papua New Guinean creole that emerged in the Rabaul region over 100 years ago.

Spoken today by just a handful of people – most of whom live in Australia – *Unserdeutsch* is so endangered it will likely vanish soon. Only ever spoken among a small and unusual community, *Unserdeutsch* is a time capsule that

preserves a particular moment in PNG's history, and tells an unusual tale.

The story begins in PNG's almost forgotten German colonial past. There are few remnants of Germany's short-lived occupation of New



Guinea these days: the odd gravestone, old postage stamps, remnant architectural styles on Rabaul buildings. Mostly, the period is remembered in geographical names such as Mount Hagen, Mount Wilhelm and the Bismarck Archipelago. The Germans arrived late on the imperial stage in 1884, and by 1914 were gone.

Nevertheless, trade and religion played an important role in the German colonial empire, as everywhere else on the colonial scene. Many plantations were in the hands of the church, missionary order Sisters of the Sacred Heart was active, and the Catholic diocese New Pomerania was founded in Rabaul. This is where the story of *Unserdeutsch* – literally, ‘Our German’ – begins.

In 1897 a Catholic orphanage was opened on the Gazelle Peninsula of New Britain among the mixed-race community of Unapope near Rabaul. Mixed-race children remained at the mission in social isolation and weren’t allowed to speak anything but German, though most spoke Pidgin, an early form of Tok Pisin. Eventually, the children developed their own very particular creole among themselves.

Unserdeutsch can be compared with Tok Pisin, as both emerged during the German colonial period and both are creoles with a European vocabulary, yet a local language grammar. However, Tok Pisin uses only a handful of words of German origin, such as *ananas* for ‘pineapple’, *gumi* for ‘rubber’ and *bensin* for ‘petrol’. Nearly all *Unserdeutsch*’s vocabulary is German. The language sounds like German to outsiders, and regular German speakers can understand much of it, even though it doesn’t follow German syntax or sentence structure.

“*Unserdeutsch* emerged to define a particular mixed-race group in an environment in which they were considered neither white nor local,”

explains professor Peter Maitz from the University of Augsburg, who is spearheading research into the disappearing language. “Their own secret language gave them a group identity, so it primarily had a social rather than communication function.”

Whereas most languages take hundreds of years to emerge, *Unserdeutsch* appeared rather quickly, perhaps within 30 years, which is one reason it managed to survive despite the shortness of German colonial rule. It developed in a concentrated situation in which children

“
Spoken today by just
a handful of people,
Unserdeutsch is so
endangered it will likely
vanish soon.”

lived in social isolation and, as adults, were employed by the same mission. It was a closed, tight-knit community in which intermarriage was common.

Though such creoles are relatively common, they generally develop among adult communities of traders or slaves as a necessity of communication. *Unserdeutsch* is unusual in emerging among children who already had another language in common.

“We find something similar in New Caledonia in the French-based creole, Tayo, that apparently emerged in a boarding-school setting, but otherwise *Unserdeutsch* might be unique,” says Maitz.

This is also the world’s only German creole. “What’s more, it’s the German of a hundred years ago, using words that nobody uses in contemporary German,” marvels Maitz. “It’s like a fossil in a stone, preserving something from the past.”

With PNG independence in 1975, many of the *Unserdeutsch* community, who had always suffered mixed-race discrimination, migrated to Australia. Most now live in Brisbane, Cairns or Sydney. That, too, makes it unusual among languages, which, even if they spread elsewhere, generally remain rooted to their country of origin.

Remarkably, it was only in 1970’s Australia that *Unserdeutsch* came to outside attention when University of Queensland student, Craig Volker was teaching German on the Gold Coast and met an *Unserdeutsch* speaker. The university thesis on *Unserdeutsch* that he wrote (Volker is now a professor of linguistics) later inspired Maitz to re-examine the nearly extinct language.

Today, only some 100 *Unserdeutsch* speakers remain, and many are into old age. The increased mobility of the community and marriage with non-speakers has eroded the language and, although younger family members may comprehend *Unserdeutsch*, few can speak it.

Maitz is heading efforts with colleagues in PNG, Germany and Australia to document the language in a digital archive of recorded interviews with *Unserdeutsch* speakers. Based on this data, researchers hope to systematically describe the language’s grammar, vocabulary and history. A rather specialist interest certainly, but one that shines a light on a fascinating corner of PNG history. ■

TALKING POINTS

UNSERDEUTSCH is a hybrid language blend of old-fashioned German and Papua New Guinean creole. About 100 people speak it.

CREOLE is a mother tongue formed from the contact of a European language with local languages.

ENGLISH, Tok Pisin and Hiri Motu are the official languages of PNG. (Sign language was added as a fourth in 2015.)

TOK PISIN is the most widely spoken language in PNG. *The Economist* recently reported that four million people speak it.

OF PNG’S 850+ languages, ethnologue.com reports that 41 are dying and 121 are in trouble.



A PIECE OF PNG: GOPE BOARDS

WHAT ARE THEY?

Gope, sometimes called *kwoi*, are two-dimensional boards representing supernatural spirits or ancestors, important objects in the cultural lives of certain language groups of the Gulf of Papua. They can be the property of a clan, or an individual.

WHERE ARE THEY MADE?

Gope boards are made by coastal people living in villages along the rivers and huge deltas of Gulf Province, such as Vailala, Purari, Omati and Kikori. Traditionally, the decoration of gope boards changed from village to village and their origin could easily be identified.

WHO MAKES THEM?

Since gope boards were traditionally the representation of spirits, they are only made by adult initiated males.

HOW ARE THEY MADE?

Gope boards are carved from local timber, often from the sides of old, unusable canoes that are already roughly flat. Sometimes the buttress roots of large trees found in the mangrove forests are used. Gopes are

usually about a metre long, but larger ones used in spirit houses can be up to two metres.

HOW ARE THEY DECORATED?

Gope boards are carved in an elliptical shape and incised in relief on only one side. The designs, usually demonstrating bilateral symmetry, are filled in with white, red or black pigments derived from lime, clay or charcoal respectively. The carved symbolic faces and other stylised abstract designs are instantly recognisable as being from the Gulf.

HOW WERE GOPE BOARDS USED TRADITIONALLY?

Gope boards, along with other sacred objects representing mythical or supernatural figures, were traditionally kept in massive village longhouses, known as *dobus* or *ravis*, accessible only by adult initiated males. Gope boards were consulted during ceremonies undertaken before raids or headhunting expeditions; the gope board spirit supposedly preceded the warriors and sapped the strength of potential victims. Some gopes were carved and presented to teenage initiates by their uncles, and others were also given to men when they behaved bravely during warfare.

WHERE CAN GOPE BOARDS BE BOUGHT?

There are no old gope boards left in Gulf villages. The large *ravis* were abandoned with the advent of Christian missionaries and colonial administration in the 1920s. Gope boards from that era, collected by missionaries and administrators, can be seen in overseas museums and the National Museum at Waigani. Today, gopes may be bought directly from villages along rivers in Gulf Province. However, for those who don't have the ability to get to the province, gope boards are sometimes available at local craft markets and shops in the larger hotels in Port Moresby. ■



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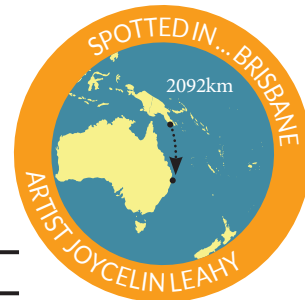
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Joycelin Leahy ... likes to work with watercolours (below and opposite page) derived from natural plant pigments.



THE COLOUR OF CULTURE

This Brisbane-based artist is strongly influenced by her Papua New Guinean heritage. Kevin McQuillan reports.



For nearly 30 years, Joycelin Leahy has been painting for fun. Now, after a career including jobs as a journalist

(including stories for *Paradise*), TV host, press secretary and cultural consultant, she is earning a living as an artist and curator.

She is a mostly self-taught artist, who loves watercolour and has developed her own natural pigments from plants to use as

headaddresses with her grandmother, aunts, and family members.

"I was raised by my mother and grandmother. Like many indigenous people who continue to struggle to hold on to their heritage, I feel that it is my responsibility to work hard to protect, preserve and sustain what belongs to my people. My art and my writing is one way of promoting and protecting my heritage.

"When I was growing up, we learnt from our elders. The connection we had with land, animals, spirits and our ancestors remains a powerful force within me.

"When I paint, the magic is in letting go, observing, being in and feeling one with nature. Often I finish an artwork and I don't remember where it came from."

After finishing secondary school at Aiyura National High in Kainantu, Eastern Highlands Province, she studied journalism at the University of PNG and worked as a reporter at the *Post Courier*, then as a feature writer with *Niugini Nius*. She also trained as a radio journalist with NBC and went on to host *House and Home* for EMTV.

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paint. Her style is influenced by her rich and colourful PNG heritage.

While she can draw and paint with other mediums, the natural pigments link to her heritage and inspire her to continue to practice using some of these natural dyes before they disappear from her culture.

This art reflects her childhood years in Wagang village, located near Lae.

As a child, she spent days making paint from vines, leaves and fruit to paint grass skirts, *bilums*, *tapa* and



Several public relations and media roles included working for the Royal PNG Constabulary, Highlands Pacific, SP Holdings, the South Pacific Games, the then deputy prime minister, Sir Julius Chan, and in arts administration for the Port Moresby Theatre and National Theatre companies.

She also ran her own textile business, Kalem Kollection and an art gallery, Beyond Art, for 17 years, before migrating with her family (two boys) to Australia in 2004.

In 2009, she completed a masters in museum studies at the University of Queensland. During that study period, she created and curated the Pacific Storms Contemporary Arts Exhibition, which ran for two years in Brisbane.

"We showed 66 artworks from 40 Pacific artists," she says.

"The first exhibition was held in Bundaberg Regional Art Gallery to symbolise and acknowledge the history of Melanesians in the blackbirding trade on Australian sugarcane plantations.

"The second show, campaigning against the loss of land in climate change, was hosted by Logan Regional Art Gallery.

"We sold more than \$A20,000 worth of artwork," she says.

After graduating in 2009, she joined the PNG Sustainable Development Program as cultural consultant, which involved evaluating marketable cultural products.

"I looked at redeveloping hand-made goods, for example, baskets, which we turned into small, natural fibre wine bottle carriers.

"The products sold like hot cakes. They were selling before the women could make the baskets."

In October 2017, Leahy launched her fashion and accessories label,

“
When I was growing up, we learnt from
our elders. The connection we had with
land, animals, spirits and our ancestors
remains a powerful force within me.
”

Kalem, at the Pacific Fashion Festival in Brisbane. Her collection, 'Warrior Woman', depicted fighting shields from across PNG.

Storytelling is another strong successful string in her creative bow. In 2015, she received the Paga Hill Development Company sponsored children's story category in the PNG National Literature Awards (aka Crocodile Awards) for



her story *The Song of the Turtle*, with accompanying illustrations.

The awards have been running since 2010, established by Phil Fitzpatrick and Keith Jackson, who were concerned that creative writing in PNG had fallen upon hard times.

"I had watched turtle eggs being found and gathered on our beach and watched sea turtles captured and eaten. Today, the large sea turtles do not lay on our beach anymore.

"I hope that *The Song of the Turtle* will teach Papua New Guinea children about how important it is to care for wildlife and the wildlife habitat in our country."

She says she learnt her storytelling skills from her grandmother, who would tell stories about her grandfather's adventures, or her ancestors, each night after dinner.

Leahy thanks the Paga Hill Development Company for giving PNG writers an opportunity to write and develop a literary culture for PNG children.

"PNG almost lost its literature industry," she says.

"There was no development, growth or expansion. There were limited avenues provided for writers. There needs to be interaction between writers and readers, book stores, publishers, community reading and writing classes and more."

Leahy was the only female writer with the original committee that started the Crocodile Prize and was deputy chair of the awards until last year when she stepped down to concentrate on her art and curator work. ■



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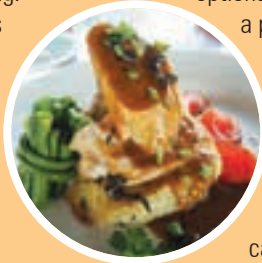


JACKSONS RESTAURANT AND BAR RESTAURANT REVIEW

Jacksons Restaurant has proved a popular addition to Port Moresby's dining scene since it opened in 2016, part of a major upgrade of the Gateway Hotel's food and beverage offering.

The eatery overlooks Jacksons International Airport, providing an opportunity for a farewell lunch before you get on that plane, or a lazy weekend afternoon watching Air Niugini flights come and go. With the Owen Stanley Ranges in the distance, the views are a great asset, but the full menu, built around the kitchen's stone oven, is the main event.

As well as a mouth-watering range of gourmet pizzas (try the *four* cheeses pizza, if you dare), well-presented signature dishes include a rack of lamb, barramundi with a



citrus salad and a slow-baked chicken with that taste that only comes from a wood fire.

Char-grilled steaks are also on offer, and there are plenty of pasta and seafood options too (the garlic prawns are a particular favourite), plus a solid kids menu. The short but sweet dessert menu is well worth a visit – where else can you have your tiramisu made with Bougainville cacao?

The wine list has plenty of variety, featuring mainly Australian and New Zealand wines. With a bar of equivalent size upstairs, locals often find a lunch turning into an afternoon session on the balcony, perhaps augmented by a share plate or cheese platter. ■

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look good, feel good BY BRONWEN GORA

The benefits of pork



A traditional *mumu* ... food is wrapped in leaves and slow cooked with hot stones in the ground.

When Papua New Guineans cook roast pork, they mean business. As the regular PNG diet is mostly vegetable-based with fish, pork is usually reserved for celebratory or special occasions. It makes quite the production when it is roasted long and slow in traditional *mumu* style in a hot earthen underground oven until wonderfully tender and delectable.

It is possible to produce similar results to a *mumu* in a conventional oven (see second recipe).

The good news is that pork is jam-packed with vitamins and minerals, with research deeming it an excellent source of B vitamins (thiamine, niacin, riboflavin and B-6) as well as phosphorus and protein, and a good source of zinc.

It is also low in sodium and a good source of potassium, a combination that helps regulate blood pressure.

Sure, there are highly fatty (and delicious) cuts of pork such as bacon, not to mention irresistible crackling, but in moderation all are wonderful treats.

Try either of these recipes to produce the flavours of a traditional *mumu*.

TWO WAYS WITH PORK

PIG AND VEGETABLES IN A MUMU

Dig a hole in ground large enough to fit hot stones, the pork/whole pig and all the vegetables you wish. Layer the pit with large stones. Build a fire over the stones, heating them thoroughly.

Remove some of the hot stones, leaving a layer of stones at the bottom of the pit. Cover stones with leaves; banana leaves are ideal. Place yams, sweet potato, and taro on the leaves. Wrap a whole, cleaned pig in leaves and place on top. Add coconut

milk/cream to the food (optional). Cover with hot stones and then soil to completely insulate the underground oven. Roast for up to 12 hours depending on the size of your pig or cut of pork. Dig up roast and vegetables, unwrap and serve.

PIG AND VEGETABLES IN AN OVEN

Heat domestic oven to temperature according to size of roast. Place meat and green vegetables in a roasting pan and season to taste, wrapping starchy vegetables such as

pumpkin in aluminium foil, or place as they are. Roast until juices run clear when tested with skewer and the pork is nicely crusted on the outside.



DOCTOR'S DETOX REMEDY

Dr Sandra Cabot is a medical practitioner known for her work promoting nutrition, liver cleansing and juicing. She has volunteered in missionary hospitals in Asia, lectured for the American Liver Foundation, and is director of the Australian Women's Health Advisory Service. She has now added a 15-day cleanse and detox system to her vast array of products. It is designed to combat inflammatory diseases such as diabetes, arthritis and heart disease.



Q What are the best ways to counter the spiralling rates of inflammatory disease being seen in many South-East Asian and Pacific regions?

A The key is to educate people about improving liver and gut health through

nutrition – as that is what will eventually heal a fatty liver or inflamed gut. Cleansing and detoxing will start this healing process. I designed the cleanse system because people who are overweight, fatigued and unwell are often confused because they do not know what to concentrate on or where to start.

Q Your products are filled with natural ingredients predominant in the tropical South-East Asian and Pacific regions, such as turmeric, mangosteen, vanilla and cacao. Why are these tropically sourced ingredients so powerful?

A Tropically sourced ingredients are very good for the liver as they are extremely high in antioxidants, which repair inflammation.

Q How many times a year should people undergo a cleanse?

A Ideally three times a year, but even once a year will achieve benefits. It is ideal for those with a fatty liver, stubborn fat deposits, a weak immune system or digestive problems.

Q What kind of results can people expect?

A Increased energy, better digestion, faster metabolism, a stronger immune system, increased fat burning and better complexion. You'll look better and feel better.

Q What attracted you to focus on nutrition after qualifying as a doctor?

A I could clearly see that modern medicine treated disease *symptoms* – not *causes*. Also, nowadays there is an epidemic of fatty liver and auto-immune diseases, and many people have a toxic liver or inflamed gut, which need the right nutrition. Nutritional medicine utilises herbs, superfoods, vitamins and minerals, as well as detoxing, to repair unhealthy or damaged cells and optimise organ function. We can reverse diseases using these strategies.

See drcabotcleanse.com.

HOTEL FITNESS EN POINTE

In a hotel fitness first, in-room barre classes are being offered to guests of the luxury JW Marriott chain across South-East Asia. The hotel group recently launched the concept at the JW Marriott Singapore South Beach as a result the ballet-inspired workout's growing popularity across the region.

JW Marriott went straight to the top, too, partnering with America's premier ballet company, The Joffrey Ballet, with Behind the Barre on-demand classes featuring key members of the troupe.

See JWMarriottBehindTheBarre.com.



LUXURY WELLNESS IN THE WILD



What better place for a radical new luxury camping and wellness experience than in Cambodia's new Cardamom National Park – an 860,000-hectare tract regarded as one of the last great wilderness areas in South-East Asia?

Shinta Mani Wild is set along 1.5 kilometres of river and waterfalls and has 16 custom-designed tents perched above swift-moving waters and overlooking vast jungles.

Enjoy spa treatments using natural, chemical-free products from the Khmer Tonics range, and the healthiest of local cuisine. Take a luxury boat into wild estuarine ecosystems with rangers as they check camera traps and study the wild forests, animals and meet with locals.

Shinta Mani Wild opens August/September this year. **See shintamani.com.**

AND JUST BEFORE YOU GO

Try this new pre-flight skincare routine designed by the *Synthesis* organic face products company based in Australia's popular beachside holiday mecca of Byron Bay.

Synthesis's Travel Collection features seven compact bottles filled with a variety of lotions aimed at keeping your skin plump, hydrated and glowing throughout every change in temperature, climate and time zone.

Cleanse with the Enzyme Formula, apply the Hydrate Tonic, cover with Brighten Vit C Serum and reawaken your eyes with Replenish Eye Cream. On arrival, cleanse again then apply Replenish Elixir or Soothe Cream.

See synthesisorganics.com.



BY NINA KARNIKOWSKI



Cabin case

Italian brand Bric's Bellagio perfectly combines heritage and technology. Cutting-edge features, like the lightweight polycarbonate hard-side shell, internal combination locks and rubber wheels, add to the handsomeness of the Tuscan full-grain leather trim and satin lining of this cabin baggage. Available in cream, olive and navy. *About PGK1800; huntleather.com.au.*



Mobile battery case

Who isn't looking to streamline their life a bit these days? Enter Anker's nifty PowerCore Case 2200 for iPhone, which you can think of as battery without bulk. Clicking onto your phone just like a normal case, it adds 80 per cent extra battery life to your phone and extra impact protection too, thanks to the silicone design. It's not at all clunky, and has a little LED power meter on the back to tell you how much charge is left. *About PGK129; anker.com.*

Meditation app

If you're not already on the meditation bandwagon, you should be. It can help reduce stress, improve sleep, develop focus and more while you're on the road. Headspace is one of the best meditation apps out there (it should be, given it was created by a Buddhist monk and now has 20 million users), including simple guided meditation programs for productivity, stress, happiness and more. There are short sessions for free, or you can choose the paid subscription for more in-depth programs. *From about PGK7 a month; headspace.com.*



Lonely Planet e-books

If luggage restrictions are a concern on your next adventure, Lonely Planet's new e-books – digital versions of their trusted guidebooks – could help. You can download specific chapters, which you can then access on your mobile, laptop, tablet, e-reader, or whichever device suits you. You can also go old school and print them if you don't want to give up dog-eared pages. *Full books from about PGK25; shop.lonelyplanet.com.*



Travel camera

Fujifilm's flagship X-T1 mirrorless camera recently got upgraded, and it's the perfect travel companion for photography buffs. The X-T2 offers greatly improved and sophisticated autofocus, eight frames per second while burst shooting, a clever double-hinged rear display and 4K video, all wrapped up in a durable magnesium-alloy body. An outstanding snapper, that comes with a very comfortable leather strap. *About PGK4137; eglobaldigitalcameras.com.au.*



Handsome travel hat

A great hat is the ultimate travel accessory, but it's surprisingly difficult to find one that fits perfectly, travels well, and also looks great. This Polo Ralph Lauren cotton-twill baseball cap is a winner on all three counts. It's washed for softness, has an adjustable back for a comfy fit, comes in a toffee colour that's one of this season's hottest, and folds well into any luggage, briefcase or beach bag without losing shape. *About PGK129; mrporter.com.*



Stylish swim trunks

The Sunset Trunk from The Critical Slide Society emulates the colours of summer with its blue and yellow stripes, is made from a tough cotton twill that will continue looking great after dozens of surf trips, and has an elastic waist, as well as a drawstring and button for the perfect fit. *About PGK194; thecriticalslidesociety.com.*



Metal travel straws

The sight of rubbish on a beach while you're holidaying is enough to bring the whole experience down. Pair that with the idea of the amount of takeaway we consume while travelling, and it makes grabbing one of these handsome, eco-friendly straws from Clean Coast Collective almost a necessity. Crafted from polished gold-plated stainless steel, each set comes with two reusable straws (slim for juices and cocktails, thick for smoothies and shakes) with an optional black or natural leather case. *From about PGK41; cleancoastcollective.org.*



Leather cable tag

Want to look better organised than you actually are at your next meeting? This Native Union leather cable tag could be just the ticket. Made from premium Italian leather (your choice of brown or black), it hides an otherwise not-so-attractive Apple lightning cable and USB connector, and can be easily looped on to your keyring or briefcase handle. *About PGK194; nativeunion.com.*



Travel back pillow

Neck pillows get a whole lot of air time in the travel world, but what about our poor, neglected backs? US travel accessories brand Bucky's Baxter back pillows give your lower back support on planes, trains and automobiles, or in the office or hotel room. Filled with buckwheat to shape to your body and distribute weight evenly, there's also a hidden zipper in the washable velour cover so you can add or remove filling to customise the fit, and webbed handles for easy adjustments. *About PGK88; bucky.com.*



Film Stars Don't Die in Liverpool

Cast: Annette Bening, Jamie Bell, Julie Walters

Annette Bening portrays Gloria Grahame, an Academy Award-winning star of the silver screen, who was once the epitome of glamour and celebrity, in this strange but true story.

Discarded by the American film industry after her heyday of the 1950s, Gloria takes work on stage in England just to make sure she has enough money to pay rent. It's there that she meets Peter Turner, a humble stage performer.

What begins as a typical May–December romance for the pair soon turns into something far more poignant. Set predominantly on the rain-soaked streets of England, Paul McGuigan's film is a beautifully stylish work.

Bening is wonderful as always as the actress with the high-pitched voice and the magnetic star appeal, but it is the former *Billy Elliot* star Bell who gives the best work of his career as a man struggling to understand his place in the whirlwind that is Gloria's life.

This is an enchanting and affecting romantic drama of unexpected desire.

Tomb Raider

Cast: Alicia Vikander, Dominic West, Walter Goggins

Lara Croft returns 15 years after Angelina Jolie hung up the boots in *Lara Croft Tomb Raider: The Cradle of Life*. Jolie has been replaced in this reboot by Alicia Vikander, a Swedish actress who won an Academy Award for her breakthrough role in *The Danish Girl* and terrified audiences as the sinister robot in *Ex Machina*.

She is clearly relishing the opportunity to star in a big-budget action franchise and she is a natural fit for the famous part. Athletic and believable as a relic-hunting adventurer, Vikander strikes an intimidating figure as Lara Croft.

Directed by the Norwegian filmmaker Roar Uthaug, who had a hit in 2016 with the large-scale disaster flick *The Wave*, there's little in this latest incarnation of *Tomb Raider* in terms of story that will feel new to audiences. However, there are old-fashioned thrills to be had in the over-the-top action sequences wherein Croft must avoid elaborate booby traps and repeatedly leap into the unknown.

Molly's Game

Cast: Jessica Chastain, Idris Elba, Michael Cera

Molly's Game is the latest from Aaron Sorkin, one of America's most well-known writers. His famously dialogue-heavy works, *The Social Network* and *The West Wing*, won him an Academy Award and six Emmys and here he takes the directing reins for the first time in his career.

Taking place within the fast-paced world of underground poker, where rich and famous high rollers don't even notice a million-dollar bet slipping from their grasp, *Molly's Game* can be riveting. Unfortunately, Sorkin's screenplay relies too heavily on narration – a rookie mistake for the first-time filmmaker.

Thankfully he has Jessica Chastain on side offering yet another take-no-prisoners performance following *A Most Violent Year* and *Miss Sloane*. Chastain stars as Molly Bloom, the real-life former Olympian who went from bankrupt to operating the most high-stakes poker games in the world.

Idris Elba co-stars as the lawyer attempting to get Chastain's determined Molly out from under the FBI investigation that has entrapped her.

Proud Mary

Cast: Taraji P. Henson, Danny Glover, Neal McDonough

In the tradition of Uma Thurman in *Kill Bill* and Charlize Theron in *Atomic Blonde*, Taraji P. Henson stars as an assassin on a mission. Taking a wide step away from both the feisty matriarch on TV's *Empire* and the pioneering mathematician of *Hidden Figures*, Henson is professional hitwoman Mary who works for an organised crime family in Boston until a job goes wrong.

Taking its name from the famous song, *Proud Mary* is set up as a contemporary version of the blaxploitation films of the 1970s like *Cleopatra Jones*, *Coffy* and *Foxy Brown*. Set to a playlist of banging soul and funk by female artists like Tina Turner and Aretha Franklin, this action thriller should rightfully introduce Henson to a whole new kind of audience and success.

The low budget is noticeable, but Henson makes such a striking image as Mary, dressed in head-to-toe leather, that the film still comes as a breath of fresh air at a time when expanded cinematic universes mean entire franchises feel like replicas of what has come before. ■

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





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***Collusion* (Penguin Random House), by Luke Harding**

Luke Harding, the *Guardian* newspaper reporter and former Moscow bureau chief, quietly met former MI6 officer Christopher Steele in a London pub in 2016 to discuss president-elect Donald Trump's Russia connections.

A month later, Steele's now infamous dossier – the former spy wrote a report for Trump's political opponents – sparked scandal. The names of some Americans involved may be well known – Paul Manafort, Michael Flynn and Jared Kushner are just three – but Harding also shines a light on powerful Russian figures whose instructions may have come from Kremlin leaders.

With extensive understanding of Moscow and its players, Harding outlines disquieting details of the Trump–Russia story and clandestine events lurking around it: offshore banks, sketchy real estate deals, mobsters, money laundering, poisoned dissidents, computer hacking, and the most surprising election in American history.



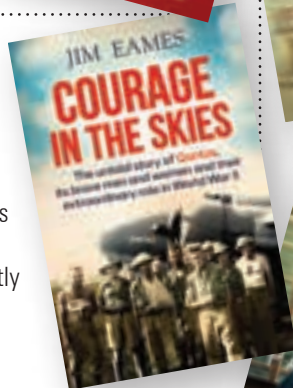
***Courage in the Skies* (Allen & Unwin), by Jim Eames**

Qantas is a codeshare partner with Air Niugini and in this book aviation writer Jim Eames tells the story of the part the Australian airline's crews and planes played during World War 2.

Between 1942 and 1943, Qantas was directly involved in Australia's war against Japan. Eight aircraft were lost. Over 60 passengers and crew died.

As ever during war, there were heroic deeds. Flying unarmed planes, including remarkable flying boats, while at times under enemy fire, the airline and its crews supplied front lines, evacuated wounded and undertook surprisingly great escapes. One mission involved flying more than 40 civilians on the last aircraft to leave besieged Singapore.

This is a story of a spirited squad of Australians who confronted the darkness of World War 2, in not only flying boats but the more conventional aircraft of the times. All with the bravery, commitment and initiative required to contribute to winning the war.



***Forbidden Hill* (Monsoon Books), by John D. Greenwood**

The author was born in Scotland but was a lecturer in the department of philosophy at the National University of Singapore in 1983–1986, a visiting scholar there in 1999–2000 and again in 2008–2009.

This book of historical fiction is woven around the beginnings of Singapore, one of the world's great cities.

In February 1819, a diverse troupe of men – including Stamford Raffles, Abdul Rahman and Sultan Hussein of Johor – signed a treaty that granted the British East India Company the right to establish a trading settlement on the then sparsely populated island.

Greenwood brings to light eclectic stories of the early European, Malay, Chinese and Indian pioneers; his work is a tapestry of administrators, merchants, policemen, boatmen, coolies, concubines, slaves, pirates and secret society soldiers whose vision and intrigues drove the rapid expansion of the port city in the early decades of the 19th century.



***The Passengers* (Allen & Unwin), by Eleanor Limprecht**

A war bride and her granddaughter are on a cruise from San Diego to Sydney. The grandmother, Sarah, has not returned to Australia since she left in 1946, after marrying an American serviceman and travelling to the US on what became known as the 'Bride Ship'.

During the journey back to the country of her birth, Sarah tells her granddaughter, Hannah, the story of her life. For the first time Hannah – who is the same age Sarah was when she made her first journey – comes to know her grandmother.

Sarah gives Hannah a new perspective on the stories she has always told herself: that she will never be content with the way she looks, that the desire she feels is ugly and that she doesn't deserve happiness.

On arriving at their destination, Hannah realises the immensity of Sarah's life and what she has given up.

According to the publishers, this is a novel about love: the journeys we undertake in its name, the sacrifices we make and the heartache we sometimes suffer. And it is about the past – how close it can still feel, even after long passages of time and when so much has changed.

Limprecht grew up in the US, Germany and Pakistan but now lives in Sydney. Her previous novels include *What Was Left* and *Long Bay*. ■



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Building up for APEC

David James reports on APEC developments as PNG prepares to host up to 15,000 international delegates in November.

Businesses in Papua New Guinea should have many opportunities from the APEC Leaders' Summit in Port Moresby in November, says the director-general of the APEC PNG 2018 Coordination Authority, Sir Charles Lepani. He adds that towns outside Port Moresby will also benefit.

According to Lepani, hotels, small business suppliers and the informal sector should all be positively affected.

He says the authority needs to manage expectations, noting that APEC will not change the country overnight. But it will establish a foundation for stronger growth, bringing in much-needed foreign exchange, and raising PNG's profile.

"We intend to go to tender, or look for, PNG women around the country who make *bilums*," says Lepani. "Each province will make *bilums*. We hope to get about 15,000 made by women for each delegate.

"Not plastic, which would be thrown away afterwards, but real *bilums* that they (delegates) can take home as gifts."

Lepani says delegates will make day trips to other parts of PNG, including Alotau and Goroka. Airlines will also benefit. Air Niugini is expected to earn about PGK40–50 million moving delegates.

Engineering and building firms are also expected to have commercial opportunities: Lepani says APEC Haus is the "classic example". Three Carnival cruise ships are being hired to provide accommodation. Wharf berth renovations are being undertaken for the liners, and this will provide long-term infrastructural benefit.

The APEC Authority expects 15,000 delegates to attend.

The proposed theme for the summit is 'Creating Inclusive Opportunities, Embracing the Digital Future'.

It's a theme, says Lepani, that reflects the



twin aims of APEC – trade liberalisation and improving infrastructure.

The summit, and the ministerial and working group meetings in the lead-in, will concentrate on four key areas: extractive industry policies, tourism, structural adjustment, and how digital technology can help medium and small businesses. Agriculture, financial inclusion and women in the economy will also be important topics for consideration.

Meanwhile, Chris Hawkins, the chief executive officer of the APEC PNG Co-ordination Authority, believes sceptics about PNG's ability to host APEC will be proven wrong.

Hawkins told a resources conference in Port Moresby that there have been persistent doubts about whether PNG can host events.

"Every time we have had that scepticism, it has been proven wrong."

Hawkins says foreign direct investment will increase as a result of the APEC meeting. He says governments will bring in PGK200 million for the meeting.

"Business people who are not aware of PNG before will be more aware. It is a legacy that lasts well beyond the meeting."

Hawkins says some of the logistical challenges in Port Moresby are simpler than they have been in other, larger cities.

"We are not a big, sprawling metropolis. We don't have to have a big motorcade to deal with, and a large population. It is an uncomplicated road network."

Hawkins says there will need to be 500–600 hotel rooms and cruise ships will house other delegates. It will also be necessary to upgrade parking spaces at the airport.

"We want to have a legacy so that, when APEC is done, a lot of what is left over is functional and useful."

Hawkins says there will be an effort to have only a minimal impact on business. "The core meetings will be on the weekend and the security corridor won't overtake the city."

Ivan Pomaleu, PNG's Ambassador to APEC, says the policy areas that will be addressed will have three pillars.

They are: improving connectivity, creating sustainable and inclusive growth, and achieving structural reform.

“
Delegates will make day
trips to other parts of PNG,
including Alotau and Goroka.
”



He says the sectors, or issues that will get particular attention will be: food security, gender sensitivity, forestry and fisheries.

"We will try to build sector specific initiatives that bring some of our all-important issues to life – bringing a PNG-based slant to it."

He says he hopes the APEC discussions will have a bearing on PNG's domestic policy and "reset some of the thinking we need to have".

Pomaleu says there will also be a focus on small and medium enterprises.

Wayne Golding, member of the APEC Business Advisory Council says that another area of focus will be the acceleration of the digital economy.

He says the digitalisation economy "is here and it is going to be here for 30 years".

Golding says the fear is that digitalisation will widen the gap between the emerging economies and developed economies.

"This widening of the gap is going to cause more social disruption.

"It is very important for Papua New Guinea because Papua New Guinea, amongst the 21 countries, would have the least-developed digitalisation program.

"If we don't embrace it, engage with it and get on with it we are in trouble." ■

On the rise ... APEC Haus (opposite page, top); the Star Mountain Plaza, which will be home to the new Hilton Hotel (opposite page, bottom); Sir Charles Lepani (above).

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.



Cracking a new market

Sarah Byrne reports on moves to build a galip nut industry in PNG.

The commercial potential of Papua New Guinea's galip nut could soon be realised. Helen Wallace, the project leader at the Transformative Agriculture and Enterprise Development program, says that the strong growth in the nut industry indicates it is the right time to develop the sector.

The galip nut (*Canarium indicum*) is indigenous to PNG's islands, including New Ireland, New Britain and Bougainville. It is a protein-rich nut with similar properties to an almond. The nut sector has a predicted global annual growth rate of more than five per cent for the forecast period of 2016 to 2020.

With minimal new nuts coming on the market, Wallace says the galip nut has great commercial potential.

"We have an increasing world population and with people interested in healthy snacks, now is a great time to build an industry around the galip nut in Papua New Guinea."

Funded by the Australian Centre for International Agricultural Research and Australia's Department for Foreign Affairs and Trade, the project seeks to outline best practice for developing the industry in the region.

A similar study in Vanuatu resulted in the galip nut growing into a thriving industry.

Wallace says there are more resources available in PNG and the potential for success is significant. She says the next step is for private investors to engage in the development of the sector.

"To ensure the industry is sustainable, we need to see investment from the business community," she says.

Limited market testing has been ongoing in East New Britain, and the project team will now expand trials to Port Moresby.

Wallace says the trial factory can't keep up with demand and the products have been selling off the shelves almost immediately.

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There is the potential of a 1000 to 2000-tonne industry. Wallace says the economic impact would be significant.

"We are creating another income stream for local people. The farmers we have worked with are excited and keen to remain engaged."

The long-term aim is to scale the project out, and the research team hopes to position PNG's galip nut industry as a player in the global export market within the next five to 10 years.

Wallace says the key to success for PNG is to not let the opportunity go overseas.

"I would hate to see the nuts put on a ship and sent overseas to be processed. Papua New Guinea has all the skills and capacity to do the work in-country," Wallace says. ■



Among the galip nuts ... Helen Wallace (centre) at the National Agricultural Research Institute (NARI) with NARI principal scientist Tio Nevenimo (left) and procurement officer Simon Minnah (right).



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<http://www.kpmg.com.pg>



Opportunity knocks

David James reports that other industries, such as hydroelectric power, may flourish as a result of the Frieda River mine project.

The managing director of PanAust, Fred Hess, has announced a rethink on the company's proposed Frieda River copper-gold mine project.

"It is no longer just a mining project, it is a development project for the Sandaun and Sepik provinces, he flagged at the Papua New Guinea Mining and Petroleum Conference in Port Moresby late last year.

Hess says the company has identified a number of opportunities to explore other value-creation opportunities.

The Frieda River region is remote, he notes, and the previous plan to ship the ore involved "a combination of roads, pipelines, riverine barge transport and also marine barge transport to Wewak".

He says the distance was about 660 kilometres and involved potential risks to the 300,000 people living on the Sepik River.

"As a result of producing the feasibility study and sitting

back and thinking about the opportunities that present themselves – which were not investigated at the time – we looked at some of the alternatives. Now, we are far more optimistic."

Hess says the company is now looking at an access route to the mine site by road. If implemented, this would halve the distance travelled and change the economics of the mine.

"We are hoping to have the study completed in the first half of 2018, but really we believe that we have now been able to effectively double the length of the mine life."

Hess says the company is also rethinking its approach to power. He says the company now sees power as a standalone business opportunity.

"We think we can come up now with a solution that involves power not just for the mine site, but power that can be exported. This changes our approach to how we develop the project.



Fred Hess ... says PanAust has identified a number of opportunities with the Frieda River mine project.

"The hydropower station based on the embankment will store not only the tailings and waste droppings but also water that is available for hydro generation.

"We have also changed from looking at building infrastructure solely for use in the mine to expanding the infrastructure to have shared use."

Hess says this will open up infrastructure for other industries.

He says the mine life is now estimated to be 35 years and that there could be 50 years of hydroelectric power after the mine is finished.

"That is quite a legacy. Power is crucial to remote areas. There is the opportunity to generate hydroelectric power: not only to satisfy the requirements of the mine but also to have it available for export."

Hess says a number of firms are capable of doing the mine development, construction of the hydro dam and power generation, and the infrastructure work for the power grid.

"There is quite a bit of competition to get involved," he says. ■

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EXPLORATION PROJECT UNDER WAY



Kevin McQuillan reports that Kalia has started geological surveys in Bougainville.

Perth-based explorer Kalia Limited has begun geological surveys after winning exploration licences under the new Bougainville Mining Act.

Kalia's managing director Terry Larkan says that while the resources in the two licence areas are unknown, the licences have "the right address".

Kalia, along with landowner company Toremama, has been awarded the exploration licences after the Autonomous Bougainville Government lifted a mining moratorium last May.

The licences cover about 20 per cent of the Mount Tore region of North Bougainville Island and are located about 60 kilometres from the Panguna mine, where an indefinite moratorium on mining is in place.

The area over which Kalia holds contractual rights is known as the Mount Tore Project.

Australian Securities Exchange-listed Kalia has two other exploration projects underway

— in the Kimberley region of Western Australia, and in the Northern Territory. Its largest shareholder (14.5 per cent) is founder Nicholas Zuks. The company chairman is former Australian Defence Minister, David Johnston.

“We have no idea of its value, but we are as comfortable as you can be that we are in the right address.”

“We have no idea of its value, but we are as comfortable as you can be that we are in the right address.”

“It's a very exciting time,” Larkan says.

He says that unlike Panguna, whose resources are known, Kalia's licence areas are highly prospective virgin territory from a professional exploration perspective.

“We have no idea of its value, but we are as comfortable as you can be that we are in the right address from a number of aspects. Our work focus now is to find something that is economically and socially viable.”

He points out Bougainville is located on the Pacific Ring of Fire tectonic plates margins which has produced massive gold and copper resources at Lihir, Ok Tedi and Panguna.

Two reports in the 1980s identified two copper and gold deposits in the northern region of Bougainville. Kalia has since reprocessed that raw data, concluding the area is brimming with potential.

A statement to the ASX said the company is confident there will be major additional discoveries made once systematic, modern

exploration is undertaken and that there is significant potential to identify additional targets on the West where no geophysical data exists but historic rock chip, soil and river sample indicators have been found.

Under the Bougainville Mining Act 2015, mineral rights are vested in the hands of customary landowners. Kalia has teamed up with local landowner company, Toremama Resources Limited, which holds a 25 per cent shareholding in the licences, with free carry through to production.

“The state provides the regulatory framework and access is given by landowners,” says Larkan.

He says the government and landowners are sticklers for ensuring the process leading up to the start of geological exploration surveys is carried out in line with the intent of the legislation.

It is the first time the process had been used and it requires “a lot of patience at times” when there are delays in planned timelines.

Local landowners, he says, are supportive of the project. ■



In the field ... Kalia project geologist Alex Johnston crossing a river on exploration expedition in Perovasu (top); Johnston and chief geologist Peter Batten with a Tai Tai local (above).



World-class payment system on the cards for PNG

David James reports that Mastercard is introducing contactless card payments to PNG.

Mastercard is working with its banking partners to introduce smart-card chip technology and contactless payments to Papua New Guinea.

Craig Kirkland, the Pacific Islands director for Mastercard, believes the chip technology will deliver a payments ecosystem that is world class, minimising the risk that the older magnetic stripe technology presents.

Bank South Pacific is offering chip-enabled cards to its Mastercard customers. ANZ is offering an ANZ Visa debit card.

"The new technology is referred to as 'EMV', and it has been extremely successful globally in driving down card counterfeiting, in particular," says Kirkland.

He says Mastercard co-created the EMV (chip) technology (the acronym

stands for Europay Mastercard Visa) which has enabled contactless payments, or 'touch and go'.

"The introduction of touch and go is an exciting development for PNG. It will give cardholders the convenience of simply tapping their cards for transactions under PGK50."

For transactions greater than PGK50, customers will tap their card and input their PIN.

As well as working for domestic, everyday purchases, the new technology will benefit PNG cardholders when they are travelling overseas, providing access to purchases wherever contactless payments are accepted.



Craig Kirkland ... says Mastercard's technology will benefit cardholders and tourists.



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Similarly, the adoption of contactless payments will benefit tourists coming into PNG.

"Visitors coming to PNG will be able to transact just like they do at home with a contactless card, mobile phone or other wearable device. This is especially attractive for those travelling from Australia, where over 80 per cent of all transactions are contactless."

Kirkland says the EMV chip technology that Mastercard is helping BSP introduce will raise PNG acceptance to the same level of quality and security as world-leading markets like Australia and New Zealand.

"These advancements are world class. They bring the latest technology to PNG, delivering exceptional advancements from a risk, safety and security perspective, but also in terms of making these benefits more convenient and accessible to cardholders."

Kirkland says the strategy has more than just a commercial dimension.

“

The introduction of touch and go is an exciting development for PNG. It will give cardholders the convenience of simply tapping their cards for transactions under PGK50.

”

"We have a very strong financial inclusion ethos at Mastercard, by which I mean we focus (on) helping (to) drive inclusive growth by extending access to electronic payment systems to remote communities and economies, so they can equally benefit from the technology."

Kirkland points to the Mastercard Centre for Inclusive Growth as an example of the organisation's philanthropic efforts.

An independent subsidiary, the centre's aim is to combine its data and expertise in a way that empowers community leaders and innovators around the world to help deliver equitable and sustainable economic growth.

Kirkland says in many islands across the Pacific, including PNG, "we're increasingly seeing local banks – or the people's banks as they're often referred to – push to be part of the global payments system so they can offer their customers the type of capability and service Mastercard delivers."

"An example of this is the Bank of Cook Islands, with which we worked closely to deliver a debit product that enabled locals to easily, conveniently and safely shop online."

"In doing so, we opened up the door to provide access to new options of purchasing goods and services." ■

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Training the Nation

The Kumul Petroleum Academy through participation in the South Pacific Employment Institute (SPEI) – NTC RTO 187 – and its partnership with Site Group International, a reputable facilitator of industrial training, is offering competency-based training for 'Junior Job-Ready Technicians' in the oil and gas industry. The training provides young Papua New Guineans with the vital skills and knowledge that are in high demand by the industry.

enquiries@spe-institute.com



A PORT SHAKE-UP

A new player is managing facilities at Papua New Guinea's two major ports, Lae and Motukea Island, and is aiming to raise standards. *David James* reports.

International Container Terminal Services (ICTSI) has been awarded 25-year concessions to manage the international arms of new facilities on Motukea Island near Port Moresby, and in the Lae Tidal Basin.

"All international container and general purpose vessels cargo into and out of Motukea and Lae respectively will go through ICTSI South Pacific terminals," says Ted Muttiah, the Asia-Pacific director for the company.

ICTSI is located in 18 countries and operates 30 terminals. Muttiah believes the company's 'DNA' is suited to operating in countries like PNG.



Ted Muttiah ... will focus on global benchmarks for port efficiency.

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"We do exceptionally well in the emerging markets, as reflected by the company's stevedoring portfolio," he says.

Muttiah says he is looking for a significant jump in efficiency. "Today, vessel crane productivity in PNG is achieving about 10 to 12 moves per hour. The global standard is above 30 moves per hour.

"So, the aim is to lift quayside productivity as a key element to improving operational costs within the supply chain for port users.

"I acknowledge the work that has been done by existing stevedores in serving the port's needs of the day. The challenge now is to take port efficiency to a higher level. We need to focus on global benchmarks within the context of developing local capabilities and expertise.

"It is our vision at ICTSI South Pacific to establish Lae Tidal Basin and Motukea as strategic international maritime gateways to and from the South Pacific."

He says expectations are high. "We need to have a consistent operation, predictable and sustainable."

“

It is our vision to establish Lae Tidal Basin and Motukea as strategic international maritime gateways to and from the South Pacific.

”

Muttiah says that shipping lines, as ICTSI customers, need to know that when their ships can berth on arrival and will be handled at an optimum port dwell time.

He says he will aim at continuous improvement. The increased scale will lead to higher productivity, and afford the ability to handle more ships by reducing ship turnaround time at the berth.

Muttiah believes changing the currency rules for stevedoring can be of benefit to PNG. Currently, port fees are charged in kina.

"In my experience, collection of stevedoring revenue in US dollars is common practice. Stevedoring is seen as an international transaction.

"International vessel operators, I believe, consider this as a consistent global trading standard. It certainly makes sense to leverage sovereign infrastructure engaged in international trade to derive US dollars in support of a country's import trade needs. It is an area where the country can earn regular foreign exchange and diminish the apparent foreign currency challenges." ■

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Uber-style city transport catches on

Kevin McQuillan reports that a safe and sound transport service that has been popular with business people in Port Moresby is about to be expanded into other parts of the country.

The success of a new Uber-style approach to providing secure people transport in Port Moresby will see the concept expanded across Papua New Guinea this year, says security company Black Swan International chief executive officer Brian Kelly. He says the upmarket service has hit a chord with business people.

Kelly says he noticed many business people were booking cars for a full day, even though they were in meetings most of the day.

"Obviously this 'waiting time' costs the customer money," he says.

"Our approach was to saturate the city with vehicles, so the customer can (call for a car) and walk out of their meeting to a waiting vehicle.

"We are currently in the middle of an iPad roll-out with all the major hotels and tourist hot-spots throughout the city," says Kelly.

"As an example, after eating dinner at your favourite restaurant, you can tap on the iPad at reception and order your ride home."

The concept is based on the globally successful Uber model, but with key differences.

Vehicles are owned by Black Swan and are a mix of Range Rovers, Mitsubishi Pajeros, Mercedes and Kias. They are fitted with a tracking devices and emergency distress buttons. Unlike Uber, drivers are employees of Black Swan, wear the Black Swan uniform and are trained by the company.

And unlike conventional fare estimates in Port Moresby, fares are calculated on



Control room ... Black Swan has saturated the city with cars so they can be dispatched quickly.

kilometres travelled, rather than per person.

"It is important for a business to continue to be innovative, especially during a downturn in the economy," says Kelly. "The next plan is to lower the costs even more so we can attract some of the self-drive market." ■

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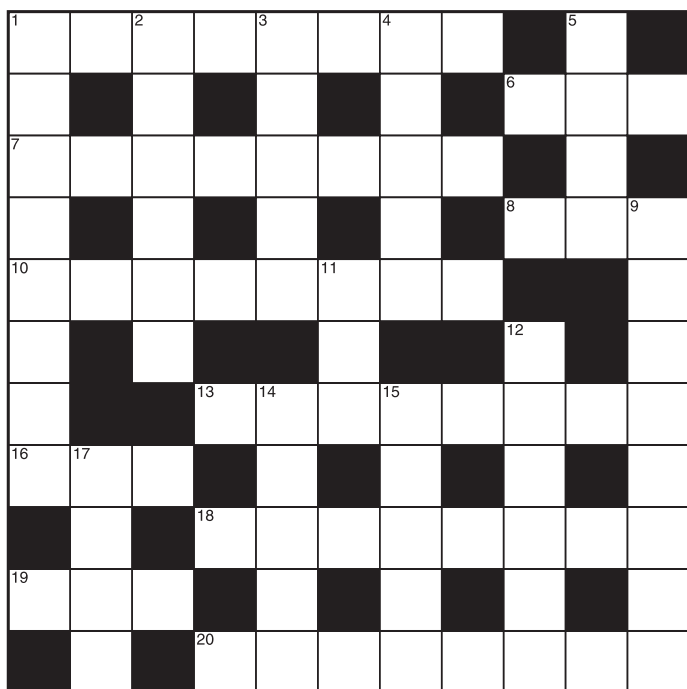
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DoubleTake

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

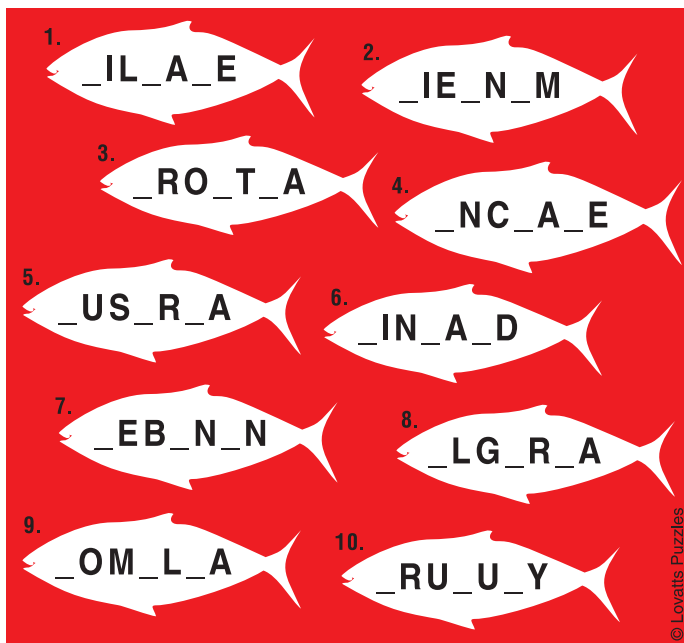
1. Throw aside Tom Hanks film (4,4)
6. Help men leave maiden (3)
7. Santa's helpers reported showers, love (8)
8. Alphabet-building characters, initially (1,1,1)
10. Aquamarine geese ran out (3,5)
13. One who attends convention that was said to be food shop scandal? (8)
16. Plant in Michaelmas? (3)
18. Disease resulting from two lots of Brie going off (8)
19. Even Edward could be an ancestor (3)
20. Two fools at home with murderer (8)

DOWN

1. Chris with tie for writer Agatha (8)
2. Plan is changed regarding back (6)
3. Calculating serpent (5)
4. A visual organ - you can exchange it for another (2,3)
5. Branch was left with one doctor (4)
9. Company average makes you laugh (8)
11. Reel in headless fish (3)
12. Leases involving art supporters (6)
14. Pitchers reconstructed sewer (5)
15. Heather uses a rice mix (5)
17. Sounds like just one cash advance (4)

Red Herrings

Fill in the gaps with letters to find the names of eight countries. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have seven letters.



STRAIGHT CLUES

ACROSS

1. Shipwreck victim (8)
6. Charitable funding (3)
7. Rudolph, The Red-Nosed ... (8)
8. Jackson Five song (1,1,1)
10. Ocean hue (3,5)
13. Representative (8)
16. A Nightmare On ... Street (3)
18. Thiamine-deficiency ailment (8)
19. Mum & ... (3)
20. John Wilkes Booth or Lee Harvey Oswald (8)

DOWN

1. Model, ... Brinkley (8)
2. 1984 movie, This Is ... Tap (6)
3. TV show, The Black ... (5)
4. Carefully observe, keep ... on (2,3)
5. Arm or leg (4)
9. Funnyman (8)
11. Moray ... (3)
12. Painters' tripods (6)
14. Large jugs (5)
15. Author, ... Jong (5)
17. Amount borrowed (4)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. What is the name of the World War 1 Australian submarine recently found 300 metres under the sea near Rabaul?
2. Can you name the three teams that PNG beat in the World Cup Rugby League competition at the end of last year?
3. Which worldwide hotel brand is soon to open in Port Moresby?
4. What is the airline code for Air Niugini?
5. Can you name, in order, PNG's three biggest cities?
6. Kookaburras, native to New Guinea and Australia, are part of which larger bird grouping?
7. Would you rather have \$F100 (Fijian dollars) or \$S100 (Singapore dollars) in your pocket?
8. What is the name of Shanghai's famous waterfront precinct that is lined with colonial-era buildings?
9. Name two crab dishes that are synonymous with Singapore's dining scene.
10. Wild tigers are found in 13 countries, including three that Air Niugini flies to. Can you name the three?
11. Does the male or female mosquito transmit malaria?
12. When did Fiji gain independence from the British Empire: 1960, 1970 or 1975?
13. Which Asian cities will host the 2020 Summer Olympics and the 2022 Winter Olympics?
14. Where is Kolonia? (Hint: Air Niugini started flying there in 2016.)
15. Who won the men's title at this year's Australian Open in tennis?

Sudoku

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

			2		8			
4						1	2	3
7			6	3				
9	8			6	1	3		
3	4			7			1	2
		5	3	2			6	8
				4	3			7
6	1	7						4
			7		6			

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Red Herrings

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C	A	S	T	A	W	A	Y		L	
H		P		D		N		A	I	D
R	E	I	N	D	E	E	R		M	
I		N		E		Y		A	B	C
S	E	A	G	R	E	E	N			O
T		L			E			E		M
I			D	E	L	E	G	A	T	E
E	L	M		W		R		S		D
	O		B	E	R	I	B	E	R	I
D	A	D		R		C		L		A
	N		A	S	S	A	S	S	I	N

5	9	3	2	1	8	7	4	6
4	6	8	5	9	7	1	2	3
7	2	1	6	3	4	8	5	9
9	8	2	4	6	1	3	7	5
3	4	6	8	7	5	9	1	2
1	7	5	3	2	9	4	6	8
2	5	9	1	4	3	6	8	7
6	1	7	9	8	2	5	3	4
8	3	4	7	5	6	2	9	1

The Paradise Quiz

1. AE1. 2. Wales, Ireland, US. 3. Hilton.
4. ANL. 5. Port Moresby, Lae, Mount Hagen.
6. Kingfishers. 7. Singapore dollars are worth more.
8. The Bund. 9. Chilli and pepper crabs.
10. Indonesia, China, Malaysia. 11. Female.
12. 1970. 13. Tokyo and Beijing. 14. On the Micronesian island of Pohnpei.
15. Roger Federer.



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PAPUA NEW GUINEA VISITOR GUIDE

Out and about

A quick guide to Papua New Guinea, from catching a taxi to making a phone call.

CLIMATE

With the exception of the Highlands, Papua New Guinea 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. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem, is available. Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

Phone: International mobile phone roaming is possible in PNG but it can be costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones).

ELECTRICITY

The current in PNG is 240V AC 50Hz, using Australian-style plugs.

GETTING AROUND

Airport transfers: For arrival/ departure in Port Moresby, any of the hotels listed in this guide will provide a complimentary transfer.

Car hire: Deal with one of the international names and ask them to provide a driver (PGK450+ per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

Taxis: Recommended firms are City Loop (1800 000), Comfort (325 3046), and Scarlet (7220 7000).



PICTURE: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND, ROBERT UPE

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 for some flights, also to 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.

MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John provides 24-hour ambulance service in Port Moresby and air medical evacuation throughout PNG.

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 OUT

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 to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See airways.com.pg.

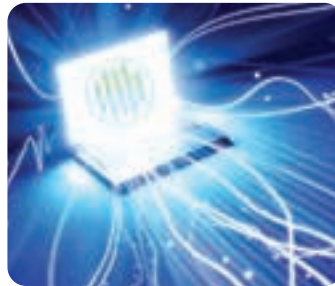
Asia Aromas: Offering Chinese and Thai by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating available. A good spot for sunset drinks. Tel. +675 321 4780.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and ➤





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salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See facebook.com/pages/Aviat-Club/141553252563094.

Bel Cibo: A casual and affordable family style restaurant serving Italian-American at Vision City. See belcibopng.com.

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See facebook.com/edgebythesea/.

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. See ihg.com.

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. See daikokupng.com.

Duffy Cafe: This has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food. See duffypng.com.

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. See facebook.com/pages/

Dynasty-Restaurant-Vision-City/148278471918956.

Ela Beach Hotel: The Beachside Brasserie aims to be one of Port Moresby's best value-for-money restaurants, offering seafood and other dishes from the Pacific Rim, curry, pastas, and a classic grill menu. It's located next to the pool, set in Italian gardens. See coralseahotels.com.pg.

Fusion: This is one of the city's busiest restaurants. It's a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant, Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. See facebook.com/pages/Fusion-Bistro/199229050205354.

Gateway Hotel: The hotel's dining options include Jackson's Gaming—Restaurant—Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town. Sizzler's Family Restaurant offers value dining, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a comfortable and air-conditioned space to while away some transit hours in between flights. See coralseahotels.com.pg.

Grand Papua Hotel: The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas Street, has barista-made Goroko coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar — with stylish marble, high ceilings, timber floors and window shutters — has a light menu and is a popular place to wind down after work. See grandpapuahotel.com.pg.



Hosi Ramen: As the name suggests, this Japanese restaurant at Vision City specialises in ramen (noodles served in broth with meat and vegetables). See facebook.com/pages/Hosi-Ramen/565779996932557.

Korean Garden: An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimbap. See facebook.com/pages/Korean-Garden/595454767289525.

Lamana Hotel: You're spoilt for choice here with Spices (Indian), the Italian Restaurant, Rio's at the Temple (Brazilian), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See lamanahotel.com.pg.

Magi Seafood Restaurant: A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town that needs to be ordered 24 hours in advance. Tel. +675 323 3918.

Mojo Social: This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. Tapas-style dishes, risotto and pizza are among the offerings. See mojosocialpng.com.

Naked Fish: A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Tel. +675 320 2293.

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. 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.

Sogno: This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. See sogno.restaurant.

Stanley Hotel and Suites: This new hotel in Waigani has several restaurant choices, including the fine-dining Silver Leaf on the 17th floor, and the chic tapas-style Monsoon Lounge, which is great for after-work drinks on the leather-lounge seating. The casual Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. See thestanleypng.com.

Tandoor on the Harbour: Come here for a curry with great bay views. See facebook.com/tandoorontheharbour.

Tasty Bites: This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. Bookings recommended. 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 visioncity.com.pg.

LAE

Bunga Raya: This local favourite, serving Malaysian-style Chinese, is 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: This delightful place inside the temporary Brian Bell store near the Lae main markets serves good coffee, milkshakes, 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: This private members' club offers air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing and sporting events. Tel. +675 7347 1058.

Lae International Hotel: Home to three restaurants – Lulua's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.

Lae Golf Club: 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. See laeyachtclub.com.pg. Tel. +675 472 4091.

Mountain View Restaurant: Located at the Crossroads Hotel at Nine Mile. 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

PORT MORESBY

Airways Hotel: Airways is 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 cafe and Mediterranean restaurant. See ihg.com. Tel. +675 309 3329.

Ela Beach Hotel and Apartments: On the fringe of the CBD, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. See coralseahotels.com.pg. Tel. +675 321 2100.

Gateway Hotel: Conveniently located just minutes from ➤



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Jacksons International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. See coralseahotels.com.pg. Tel. +675 327 8100.

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 for business meetings. Centrally located. See grandpapuahotel.com.pg. Tel. +675 304 0000.

Holiday Inn: Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and

bar area, business centre and gym. Includes three-star Holiday Inn Express hotel. See ihg.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: One of Port Moresby's newest

hotels, this 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.

LAE

Crossroads Hotel: A 45-room facility at Nine 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 transfers to both Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads. Tel. +675 475 1124.

Hotel Morobe: A centrally located 38-room boutique property built in 2014. See hotelmorobe.com. Tel. +675 4790 100.

Lae City Hotel: Located in the main Top Town area, it has 24-hour concierge and an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel.com. Tel. +675 472 0138.

Lae International Hotel: 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. Tel. +675 479 0411. ■

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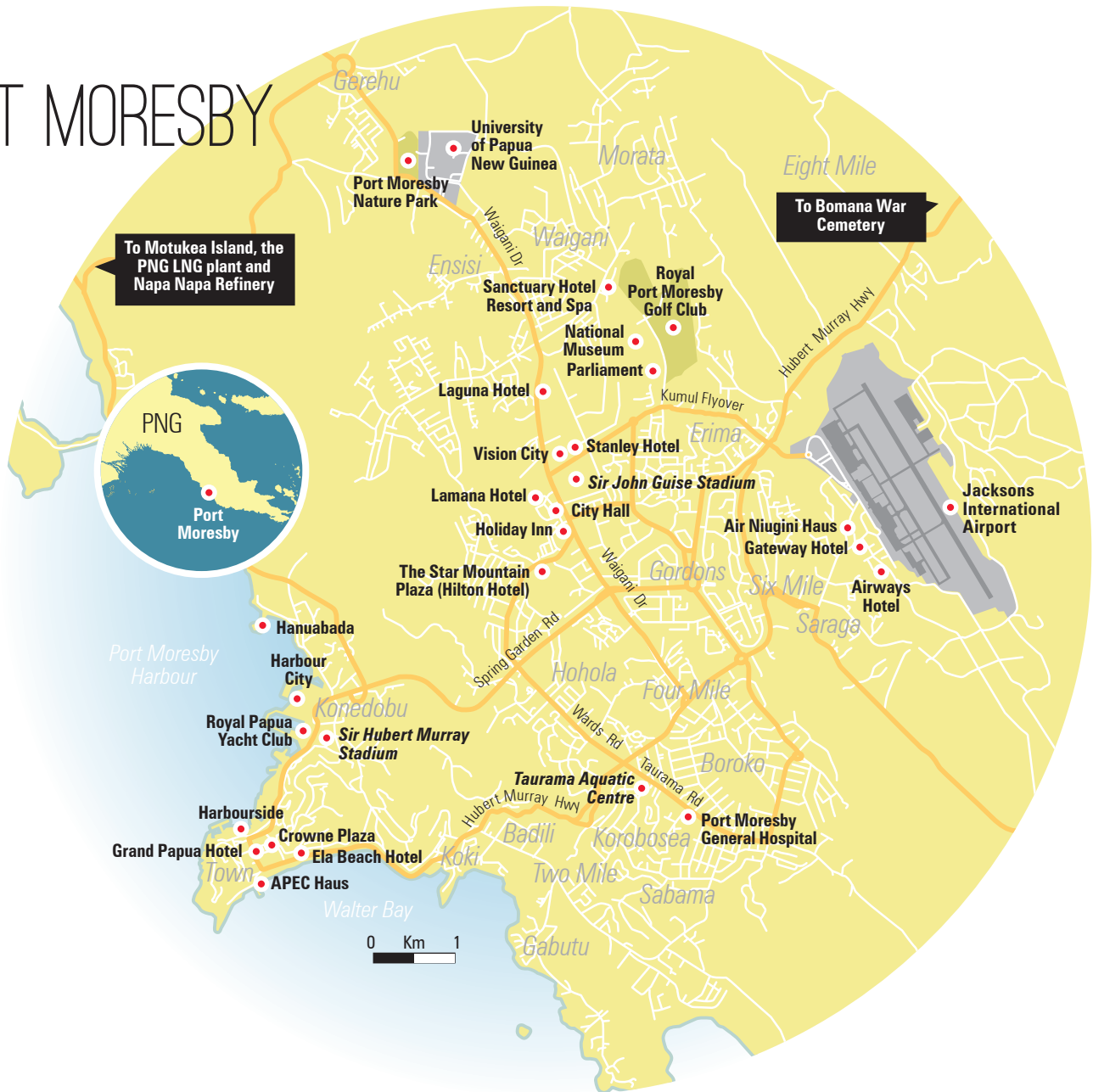
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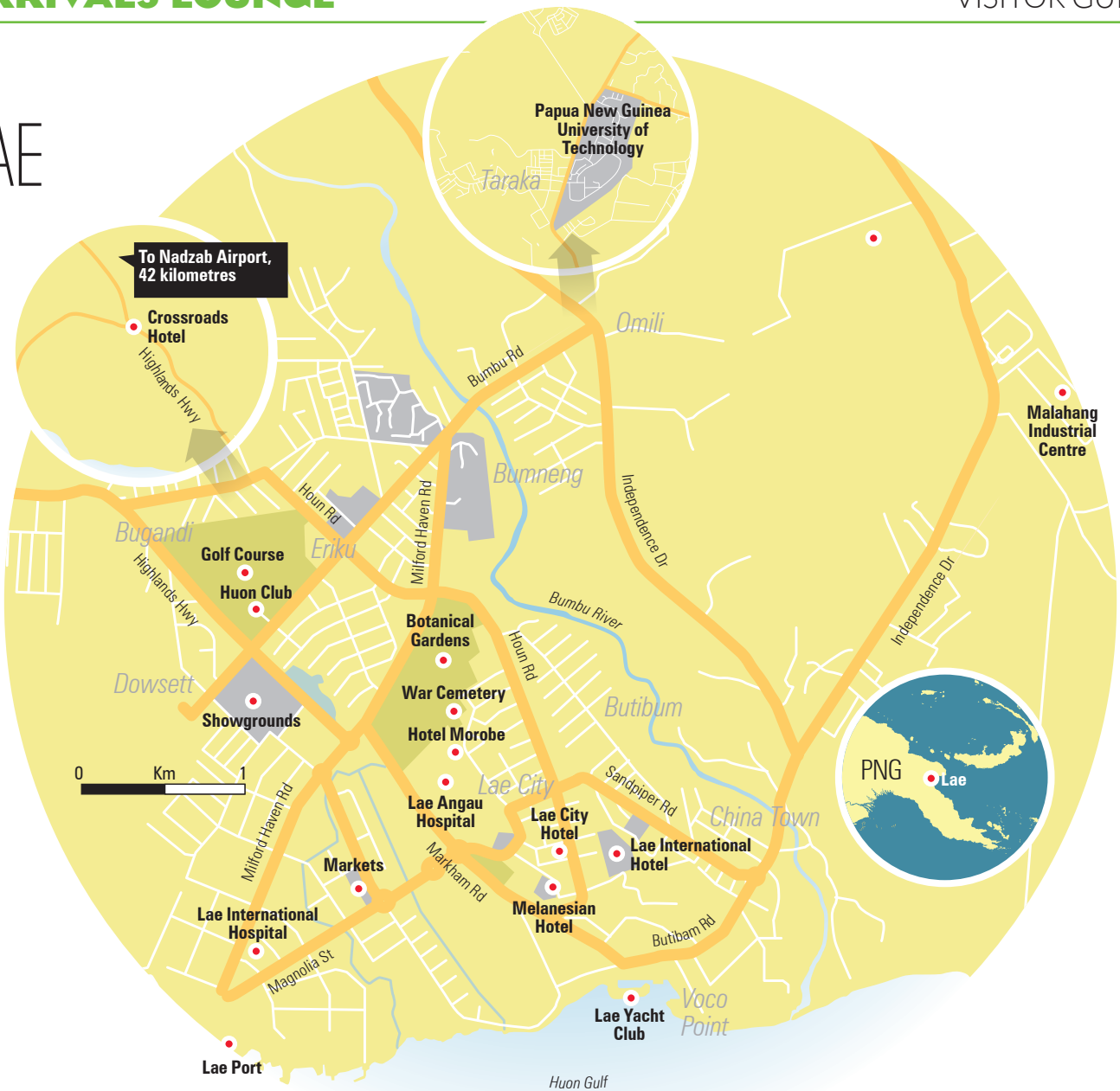
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TWO-MINUTE GUIDE TO TOK PISIN WORDS/PHRASES

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 we?
- *One coffee with milk, please.*
Wanpela kap kopi wantaim milk plis.
- *Where is the toilet?*
Toilet istap we?

- *How much is this?*
Dispela em hamas?
- *Thank you very much.*
Tenkiu tru.
- *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 ken senisim moni bilong mi?

- *One beer, please.*
Wanpela bia plis.
- *Why? Bilong wanem?*
- *How many children do you have?* **Yu gat hamaspla 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 kaikai
- *Goodbye* **Gutbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

NUMBERS

1

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Sikis

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Seven

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Nain

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Ten

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Welcome aboard

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Please ask us

If there is anything our cabin crew can assist you with during your flight, please do not hesitate to ask them.

Hand luggage

Please ensure that your carry on luggage is placed in the overhead locker or under the seat in front of you.

Takeoff and landing

Ensure that your seat is in the upright position during takeoff and landing. Folding tables must be returned to their original position in the seat back or the armrest.

Safety first

Your seat belt must be securely fastened during take off and landing or whenever the seat belt sign is on. When the seat belt sign is off you may move about the cabin as necessary. However while seated, keep your seat belt fastened securely in case of unexpected turbulence.

Electronic equipment

Cellular telephones, TV receivers or radio controlled devices are not to be used at any time on board an aircraft. Electronic devices such as portable computers, compact discs or cassette players and video games can be used only when the seat belt sign is switched off.

Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

Smoking

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
Wing span: 47.57m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x PW4000

Normal altitude: 11000 - 12000m
Standard seating capacity: 188
Business class: 28
Economy class: 160
Number of aircraft in fleet: 2



F70 - Fokker

Length: 30.91m
Wing span: 28.08m
Range: 3410km
Cruising speed: 743kph
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m
Standard seating capacity: 76
Business class: 6
Economy class: 70
Number of aircraft in fleet: 5



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m
Standard seating capacity: 144
Business class: 16
Economy class: 128
Number of aircraft in fleet: 2



DASH 8-Q315 - Bombardier

Length: 25.7m
Wing span: 24.4m
Range: 1700km
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E
Normal altitude: 7500m
Standard seating capacity: 50
Number of aircraft in fleet: 3



B737-700 - Boeing

Length: 33.6m
Wing span: 35.79m
Range: 6370km
Cruising speed: 830kph
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m
Standard seating capacity: 116
Business class: 12
Economy class: 104
Number of aircraft in fleet: 1



DHC-8-202 - Bombardier

Length: 22.25m
Wing span: 25.89m
Range: 1800km
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D
Normal altitude: 7600m
Standard seating capacity: 36
Number of aircraft in fleet: 2



F100 - Fokker

Length: 35.528m
Wing span: 28.076m
Range: 3000km
Cruising speed: 780kph
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m
Standard seating capacity: 101
Business class: 8
Economy class: 93
Number of aircraft in fleet: 7



Falcon 900EX - Dassault

Length: 20.21m
Wing span: 19.33m
Range: 4500nm
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731
Maximum altitude: 51000ft
Standard seating capacity: 12
Number of aircraft in fleet: 1

Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

MOVIES



Blade Runner 2049

Genre: Action, Sci-Fi

Rating: R

Stars: Harrison Ford, Ryan Gosling, Ana de Armas
LAPD Officer K, a new blade runner, unearths a long-buried secret that has the potential to plunge what's left of society into chaos.



Murder on the Orient Express

Genre: Drama, Mystery

Rating: PG13

Stars: Kenneth Branagh, Penelope Cruz, Willem Dafoe
Renowned detective Hercule Poirot investigates the murder of a wealthy American travelling on the most famous train in the world.



Dunkirk

Genre: Action, Drama

Rating: PG13

Stars: Fionn Whitehead, Barry Keoghan, Mark Rylance
Allied soldiers from Belgium, the British Empire, Canada, and France are trapped on the beaches of Dunkirk by the German army. An evacuation ensues to rescue the soldiers while they struggle to survive.



Goodbye Christopher Robin

Genre: Family, Drama

Rating: PG

Stars: Domhnall Gleeson, Margot Robbie, Kelly Macdonald
A rare glimpse into the relationship between beloved children's author A.A. Milne and his son Christopher Robin, whose toys inspired the stories of Winnie-the-Pooh.

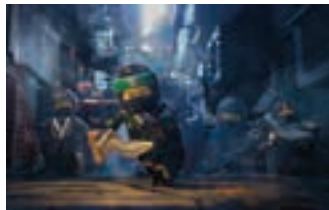


Kingsman: The Golden Circle

Genre: Action, Adventure

Rating: R

Stars: Taron Egerton, Colin Firth, Mark Strong
When the Kingsman headquarters are destroyed and the world is held hostage, two Kingsmen journey across the pond to discover an allied spy organisation in the US.



The Lego Ninjago Movie

Genre: Comedy, Romance

Rating: PG

Stars: Jackie Chan, Dave Franco, Fred Armisen
The battle for Ninjago City calls to action young Lloyd, aka the Green Ninja, along with his friends, who are all secret warriors and LEGO Master Builders.



The Best Exotic Marigold Hotel

Genre: Comedy, Action

Rating: PG13

Stars: Judi Dench, Bill Nighy, Maggie Smith
British pensioners on a tight budget move to a retirement home in India, and their adventures there give them a new lease on life.



A Death in the Gunj

Genre: Action, Drama

Rating: PG13

Stars: Vikrant Massey, Gulshan Devaiah, Kalki Koechlin
It is 1979, and the sleepy colonial town of McCluskieganj is enjoying Christmas. But for one family, it turns into a nightmare when somebody dies.



Munna Michael

Genre: Action, Sci-Fi

Rating: PG13

Stars: Nawazuddin Siddiqui, Tiger Shroff, Nidhi Agerwal
Munna is a fan of Michael Jackson and when he has an opportunity to perform in a national dance competition on television he becomes known as Munna Michael.



Ajin

Genre: Comedy

Rating: PG13

Stars: Takeru Satoh, Go Ayano, Tetsuji Tamaya
Medical intern Kei discovers that he is an immortal 'Ajin' when he is killed in a traffic accident and brought back to life.



Never Say Die

Genre: Drama, Romance

Rating: PG13

Stars: Allen Ai, Li Ma, Teng Shen
Edison is a disgraced boxer who cheats in boxing matches. He is in a relationship with Ma Xiao, a journalist with a sense of justice. One night, their bodies swap after being struck by an electric current.



Last Night

Genre: Comedy

Rating: PG13

Stars: Piolo Pascual, Toni Gonzaga, Joey Marquez
Mark, a man who has lost everything, meets Carmina, a woman who lost the love of her life. They strike a deal that leads to a blossoming friendship, and eventually love.



TV



Coastal Railways with Julie Walters

Genre: Documentary, Lifestyle

Episode: S1 E1 - West Highland Railway
Rating: PG

Stars: Julie Walters

Julie sets off to travel the length and breadth of the UK on Britain's dramatic coastal railway.



This Is Us

Genre: Drama, Comedy

Episode: S1 E1 - Pilot
Rating: PG13

Stars: Milo Ventimiglia, Mandy Moore, Sterling K. Brown

Several people share the same birthday, and so much more than anyone would expect.



Young Sheldon

Genre: Comedy

Episode: S1 E1 - Pilot
Rating: PG

Stars: Iain Armitage, Zoe Perry, Lance Barber
Sheldon learns that his high intelligence isn't always helpful growing up in East Texas, where church and football are king.



The Big Bang Theory

Genre: Comedy

Episode: S11 E1 - The Proposal Proposal
Rating: PG13

Stars: Johnny Galecki, Jim Parsons, Kaley Cuoco
Amy gives Sheldon an answer to his proposal, while Howard and Bernadette struggle with some unexpected news.



Gotham

Genre: Drama, Crime

Episode: S4 E3 - They Who Hide Behind Masks
Rating: PG13

Stars: Ben McKenzie, Jada Pinkett Smith, Donal Logue

Gordon takes matters into his own hands when he travels to Miami in an attempt to persuade Carmine Falcone for his help in the fight against Penguin.



The Middle

Genre: Comedy

Episode: S9 E3 - Meet the Parents
Rating: PG

Stars: Patricia Heaton, Neil Flynn, Charlie McDermott

Frankie is stoked when Axl invites her and Mike to meet and have dinner with girlfriend Lexie's rich parents, Tammy and Bennett.



Lethal Weapon

Genre: Drama, Crime

Episode: S2 E1 - El Gringo Loco
Rating: PG13

Stars: Damon Wayans, Clayne Crawford, Johnathan Fernandez

Murtaugh follows Riggs down to Mexico, where he plans to avenge his wife's death and finish off Tito Flores once and for all.



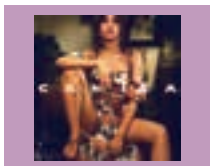
The Smurfs

Genre: Family, Animation

Episode: S1 N05245 - Romeo and Smurfette
Rating: G

Stars: Don Messick, Danny Goldman, Lucille Bliss
Hefty and Handy, not to mention everyone else, compete for the amorous attention of Smurfette.

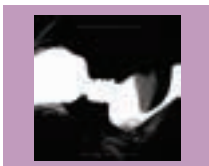
MUSIC



Camila Cabello Camila

Genre: Pop Rating: PG

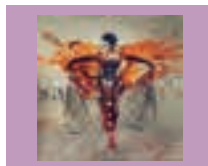
Camila Cabello's self-titled full-length debut is a powerful, passionate, and personal journey for the singer. She describes it as "the soundtrack to the past year of my life".



Tim McGraw & Faith Hill The Rest of Our Life

Genre: Pop Rating: PG

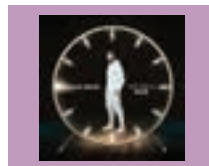
Tim McGraw has sold more than 50 million records and Faith Hill is one of the top-selling and most-awarded female artists of all time. Now the country superstars have released their first album together.



Evanescence Synthesis

Genre: Alternative Rating: PG

The album features a reworking of some of Evanescence's best-loved songs, recorded with an orchestra and electronica, combined with the band and Amy Lee's virtuoso piano and voice.



Craig David The Time Is Now (Deluxe)

Genre: Hip Hop / R&B Rating: R

The Time Is Now is the seventh studio album for British singer Craig David. It features guests JP Cooper, Bastille, AJ Tracey, Ella Mai, Kaytranada and GoldLink.



Whitney Houston I Wish You Love: More from The Bodyguard

Genre: Pop Rating: PG

In honour of the 25th anniversary of the iconic film *The Bodyguard*, this is a new collection of Whitney Houston live and studio recordings.



Michael Sanderling Beethoven & Shostakovich: Symphonies Nos. 1

Genre: Classical Rating: PG

By comparing and contrasting these debut symphonies by Beethoven and Shostakovich, this recording by the Dresdner Philharmonie is hailed as a delightful combination of works.

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.



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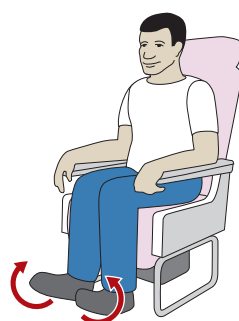
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Your wellbeing



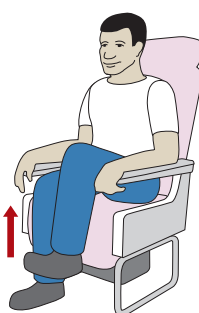
These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these exercises for three or

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.



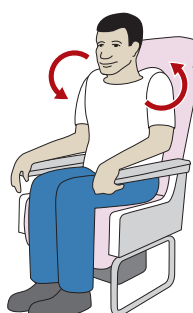
ANKLE CIRCLES

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.



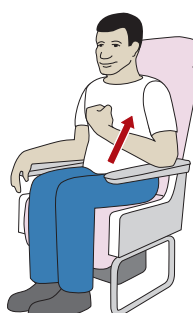
KNEE LIFTS

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



SHOULDER ROLL

Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.



ARM CURL

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.



KNEE TO CHEST

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.



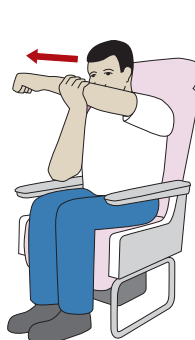
FORWARD FLEX

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.



OVERHEAD STRETCH

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.



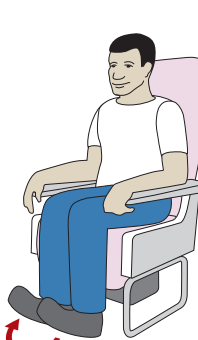
SHOULDER STRETCH

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.



NECK ROLL

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.



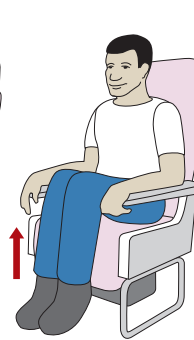
FOOT PUMPS

Foot motion is in three stages.

1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



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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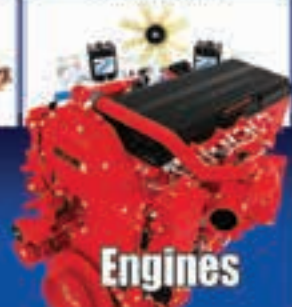
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