

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 6 NOVEMBER - DECEMBER 2019



PARADISE

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COVER PHOTO: Trekkers with Back Track Adventures snake along the Kokoda Trail, one of the 'must-do' hikes we feature in our story starting on Page 40. Picture: Damian Caniglia



PARADISE



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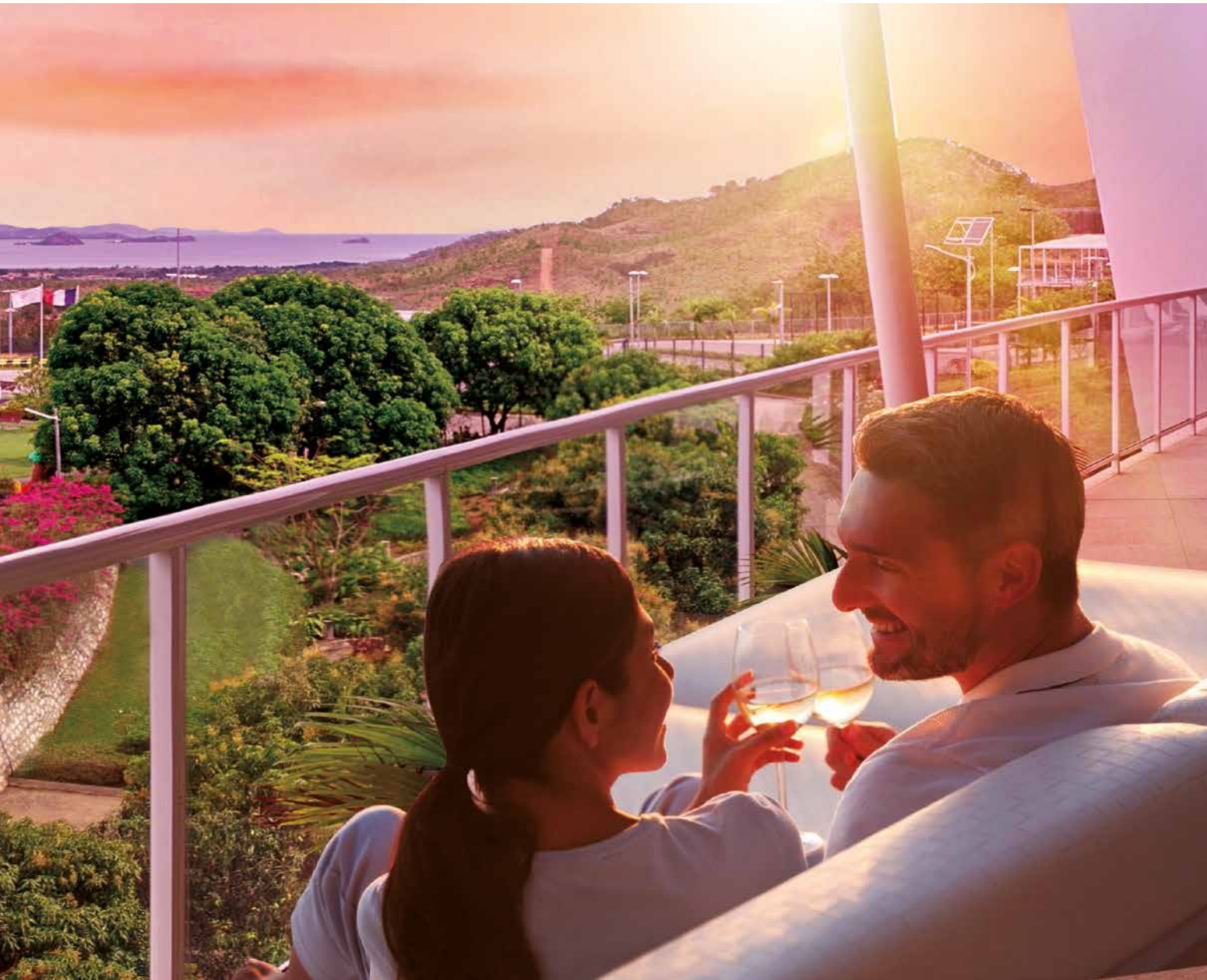
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Message from the Managing Director

Welcome aboard



As we approach the end of the year, I would like to take this opportunity to thank you, our valued customers, for your patronage, to reflect on 2019 and to look ahead to 2020.

As you know, the year's end always brings with it a tremendous sense of accomplishment, as well as a time to reflect on what can be done to continuously improve on areas that need attention and support.

Despite the challenges facing the economy, volcanic eruptions, political change, and continuous domestic airport runway works undertaken by the Civil Aviation Development Investment Program, Air Niugini has made significant progress this year, aligning most of its activities and operations with the four core pillars of the airline's Higher Altitudes transformation program.

Our engineering team successfully completed a full service on a Dash 8 aircraft belonging to Solomon Airlines in September, the first time Air Niugini has undertaken such a check for a customer airline. We have some of the best talent in the engineering space that I've seen in my 40 years in the aviation industry, and the success of this project further cements Air Niugini's plan to become a key player in regional aircraft servicing.

We commenced a new nonstop service to Nadi, Fiji, on September 5 and have improved our Cairns/Port Moresby schedule to give business travellers from North Queensland the opportunity to make a same-day return trip to Port Moresby.

The new schedule further develops air and trade links between North Queensland and Papua New Guinea and allows for seamless connections between Cairns and other Air Niugini destinations across Asia and the Pacific, via our Port Moresby hub.

From late October we also added twice-weekly wide-body Boeing 767 services from Cairns to Hong Kong, via Port Moresby, creating enormous opportunities for increased freight shipments and trade between North Queensland, PNG and the markets of Asia.

On the domestic front, we have increased flight frequencies to Goroka, Lae, Madang, Wewak, Vanimo, Manus, Kavieng, Hoskins and Rabaul to provide more seats during the peak festive period.

While the National Airport Corporation's runway upgrade works continue at Mount Hagen, Tari, Mendi and Wapenamanda airports, our flights to these areas continue to be suspended – except for a six-times daily Dash 8 turboprop service between Mount Hagen and Port Moresby operated by our wholly owned subsidiary company, Link PNG.

To commemorate PNG's 44th year of independence in September, Air Niugini offered a revolutionary 'flash sale' of PGK44 per domestic sector (plus taxes), giving over 10,000 mainly Papua New Guineans the opportunity to travel.

Before I conclude, I would like to particularly welcome participants and tourists visiting the National Kenu and Kundu Festival in Alotau, Milne Bay, from November 1–3. I am sure you will enjoy the rich variety of cultural performances.

A very merry Christmas and a prosperous 2020 to you and your families.

Alan Milne
Managing Director





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Air Niugini set to service overseas airlines

Air Niugini plans to become a key player in global airline servicing with a new maintenance repair facility. The move will significantly contribute to the Papua New Guinea economy.

The airline's managing director, Alan Milne, who has an engineering background, is driving the initiative. He has identified huge potential in the talent within Air Niugini's engineering and maintenance teams.

“

PNG's geographic location, talent and infrastructure make it a logical option for airline servicing for operators in Australia, Asia and the Pacific Islands.

”

He says PNG's geographic location, talent and infrastructure make it a logical option for airline servicing for operators in Australia, Asia and the Pacific Islands.

“We have some of the best talent in the engineering space that I've seen in my 40 years in the aviation industry,” he says.



In check ... Air Niugini's engineering crew with the Solomon Airline's Dash 8.

“But beyond that, financially it makes sense to consider the Air Niugini MRO (maintenance repair overhaul facility) when airline operators are spending millions of dollars to have their aircraft serviced as far away as Europe.”

The MRO has already completed its first full service, a Dash 8 belonging to Solomon Airlines. The service was completed ahead of schedule.

The service centre will specialise in heavy maintenance checks – known as C checks – which are a mandatory major inspection of all aircraft after a certain period of time and flight hours. Typically these are carried out every two to three years. Heavy maintenance checks can take up to five months to complete, with technicians inspecting all structure and components of the aircraft.

Air Niugini's MRO is based at Jacksons Airport in Port Moresby and will specialise in a range of aircraft, including the Dash 8 and Fokker. Prior to the Air Niugini facility opening for external airlines, carriers had to fly their aircraft to other service hubs in Asia and Europe.

Milne says the new centre will contribute to the broader PNG economy with dozens of employment opportunities.

“This is a win-win-win scenario. For Air Niugini, for PNG and for the airlines who will benefit from this new competitive MRO.”

Milne has been the managing director of Air Niugini for 12 months. Prior to this role, he was with Qantas for 36 years in various senior roles including head of engineering for Qantas International. ■

MORE THAN 10,000 TICKETS SOLD IN FLASH SALE

Air Niugini's Independence flash sale of PGK44 per domestic sector was a great success, with 10,395 Papua New Guineans buying tickets.

“Many who purchased tickets were ordinary Papua New Guineans who couldn't normally travel,” managing director, Alan Milne, says.

He says 64 per cent of passengers chose the pay-later option, while the rest opted for direct payment.

The flash sale was to commemorate the country's 44th independence anniversary.

At the time of the sale, Milne said: “This is the first time for Air Niugini to trial such heavily reduced domestic airfares and we

encourage Papua New Guineans to take advantage of this exciting promotion. Seats are limited and will be sold on a first-come first-serve basis.”

Tickets bought during the sale were PGK44 per sector (plus taxes and airport charges) and were available for flights during October. ■





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Popular loyalty scheme turns 10

Air Niugini's Destinations Loyalty Program has celebrated its 10th year. The popular program was launched in August 2009 and has 115,000 active members. More than 600 million points have been awarded to members.

There are 19 corporate partners involved in the program, including Avis and Coral Sea Hotels, which have been on board since the start of the program. Others include Pacific MMI Limited, Holiday Inn, CHM, City Boutique Hotel and Tower Insurance.

They were acknowledged during an anniversary cocktail event in August. Air Niugini's managing director, Alan Milne, acknowledged during the event that the program's success could not be achieved without the partners.



Partners ... Air Niugini managing director Alan Milne presents a plaque to Coral Sea Hotels general manager Matthew Cooper. It was presented in appreciation of the company's support for the airline's Destinations Loyalty Program.

"It really is a partnership and we appreciate their input. The program is about what we deliver as an airline and, most importantly, what we deliver to

our customers. It recognises the customers who are supporting Air Niugini the most."

Program manager, Henry Gelu, says the scheme is constantly evolving.

He says Air Niugini will soon introduce five new membership levels – bronze, silver plus, family, company and emerald.

In 2017, the Destinations Loyalty mobile app was launched, enabling members to check their points and find partners from whom they can earn points.

"Our most recent achievement has been the introduction of online redemption of points, a seamless process where you can book and receive your reward ticket," Gelu says. ■

Same-day return Cairns flights

Air Niugini has adjusted its schedule between Port Moresby and Cairns to give business travellers from North Queensland the option of a same-day return trip on Fridays.

An additional benefit of the new timetable is that passengers from Cairns will be able to make direct same-day connections via Port Moresby to Honiara (Solomon Islands) and Nadi (Fiji).

Air Niugini is the first overseas airline to service Cairns, and these latest developments demonstrate the airline's long-term commitment to the Cairns region, says Air Niugini's managing director, Alan Milne.

The new service on Fridays (PX091) departs Cairns at 6.30am and arrives in Port Moresby at 7.55am. The return flight (PX098) departs Port Moresby at 5pm and arrives in Cairns at 6.25pm, allowing passengers a full day in Port Moresby for meetings and other business.

The new PX091 service on Friday mornings gives passengers the opportunity to connect from Cairns to Honiara on Fridays and from Cairns to Nadi on Saturdays – both via Port Moresby.

In the opposite direction, same-day connections via Port Moresby are available from Honiara to Cairns, and from Nadi to Cairns. ■

Fiji nonstop flights up and running

Air Niugini's new nonstop flights to Nadi, Fiji, started in early September. With a flight time of just over 4.5 hours, the new Boeing 737 service offers the fastest route between Papua New Guinea and Fiji.

Flight PX086 departs Port Moresby at 9.55am on Thursdays (Saturdays from November 2), arriving in Nadi at 4.45pm – early enough to connect with Fiji Airways domestic flights to Suva or longer-haul destinations to the US.

Flight PX087 departs Nadi at 8.30am on Fridays (Sundays from November 3), arriving in Port Moresby at 11.30am.

Air Niugini operates twice-weekly services to Nadi – one nonstop and the other via Honiara. The service via Honiara is now on a Boeing 737 aircraft, which has replaced the Fokker 100.

Air Niugini has also increased the number of flights to Honiara from four to six weekly, making it more convenient to travel between PNG and Solomon Islands. ■



First to Fiji ... Air Niugini's inaugural crew on the direct flights from PNG to Fiji (from left) purser, Florence Subam; flight attendant, Sheryl Marjen; captain, Navaulioni Ravai; first officer, Bernice Watinga; flight engineer, Yam Bemosthenes Raniel; flight attendants Vicky Tarube and Olga Apelis.



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PARADISE Q&A

KRISTINE SEKO

After winning gold at the Pacific Games in Port Moresby in 2015, one of PNG's leading female golfers is taking on new challenges.

Q: How old were you when you started playing golf?

A: I remember owning my first plastic set of golf clubs when I was six or seven years old, but I got my first handicap when I was 11 and that's when I started playing in competitions.

Q: Your parents are both talented sportspeople – did they spur on your interest in golf?

A: Both mum and dad love golf, and my sister, Elina, and I basically grew up at the Madang Country Club. Dad has represented Papua New Guinea internationally, both at the Pacific Games and Putra Cup, as has mum, who was also the women's national amateur champion in 1990 and 1991. I actually had a play-off with mum one year at the Madang Open – she's a real competitor, she made me work for it, but she cheered so loud for me when I sunk the putt to win, even though it meant she lost.

Q: When did you get serious about the sport?

A: Well, I actually first represented PNG at the Pacific Games in 2007, but for squash, not golf. We won gold in the team event, and I just missed out on a medal in the individual category. But, after I became the women's national amateur champion in 2012, I decided to just focus on golf.

Q: What has been the highlight of your golfing career?

A: Definitely winning individual and team gold at the Pacific Games in Port Moresby in 2015 in front of family and friends. My mum

flew down from Madang and I was so proud and humbled, and I felt a real sense of accomplishment. Being the flagbearer for Team PNG at the Mini Pacific Games in 2017 in Vanuatu was pretty great too.

Q: Do you play golf professionally?

A: No, but I am lucky that I can fit playing golf around my work in development in PNG. I have worked for the UN Women and the Kokoda Initiative, and I am currently in Melbourne under the Australia Awards program studying a Master of International Development Practice at Monash University. I have just joined the Huntingdale Golf Club here, the former home of the Australian Masters, so I can keep up my training before I head home.

Q: What do you miss most about PNG?

A: The local food for sure – I miss my *pit pit* and *aibika*. And hanging out at the Royal Port Moresby Golf Club; I miss my friends and the banter. But Melbourne

is such a multicultural city and I love creating links with other international students as part of the Australia Awards program.

Q: What are your plans for the future?

A: I would like to become a senior program manager or director of a development program, and keep playing golf, of course. I would like to work with the PNG Golf Association to promote the sport to more women in the country, and work with business houses to support junior golfers and their development. I love golf, it's in my blood, and I wouldn't feel like me if I wasn't playing. ■

– LISA SMYTH





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The reimagined Raffles ... the front of the hotel (below); one of the suites (top right); a polished verandah (middle right); the grand lobby (bottom right).



Raffles re-opens in Singapore

After two-and-a-half years of restoration works, Raffles Hotel in Singapore has re-opened. The hotel's colonial features have been retained in the multi-million dollar makeover, but it has new suites and new restaurants headed by Michelin-star chefs.

As reported in *Paradise* earlier this year, the hotel's famous Singapore Sling cocktail has a new recipe, bringing it into line with more contemporary tastes.

The hotel has 115 rooms, including promenade suites that have separate parlour

and dressing areas, as well as 24-hour butler service.

The new restaurants include the elegant La Dame de Pic with three-Michelin-star Anne-Sophie Pic at the helm, and the Bar & Billiard Room by Alain Ducasse. There's also a Chinese fine dining restaurant, Yi, by celebrity chef Jerome Leung (judge for *MasterChef China*).

See raffles.com. ■

— STEVEN JAUW WALUDIN







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City's walk for life

It's not my usual practice to get up at 4.30 in the morning on a Sunday and join 5000 other people for an eight-kilometre walk through a city down to the sea – and then do yoga – but that was exactly what I did in Port Moresby earlier this year.

I was taking part in the 'Walk for Life/Yoga for Life' program, organised by the office of Port Moresby's governor, Powes Parkop.

He is dedicated to the idea of extending the life expectancy, currently 66 years of age, of the people in Port Moresby. His idea for the program is to instill in city residents a value of health.

This is no ordinary walk. You start in darkness at the Murray Barracks and along the route the crowd, led by organisers, stops to do more exercise.

The age range is from babies in slings to elderly men and women. Many are barefoot. Boom boxes blare from the *bilums* of the participants, and the spirit is festive and joyful.

One of the coordinators of the program, Elizabeth Viviso, says: "It is so amazing to see 5000 to 10,000 people coming out to walk because they see the benefits of living a healthy lifestyle."

Once the throng reaches the sea at the Paga Hill Ring Road, a yoga instructor leads the crowd in yoga positions.



On the march ... a Sunday-morning walk for 5000 people in Port Moresby.

The program operates throughout the year, with seasonal breaks. To check on the next date, email contact@activecityportmoresby.com or phone +675 7297 7147. Tourists are welcome and security is provided. ■

– ALEXANDRA CHRISTY

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Quick-stay hotel opens at Changi

A YOTELAIR hotel has opened at Singapore’s Changi Airport with 130 rooms (or cabins, as they call them), a mixed-use communal space and 24/7 gym – all the essentials for transit travellers.

Using fully automated touchscreen terminals, guests can check themselves in or out around the clock. Bookings start from four hours for \$S100 (about PGK250), after which hourly rates are available.

Cabins are modelled after economical aircraft interiors with adjustable lighting, multiple power points, flat-screen TVs and pull-out workstations.

YOTELAIR offers complimentary high-speed Wi-Fi for guests looking to stream videos or catch up on some last-minute work. Wireless access is available both in-cabin and in KOMYUNITI, the hotel’s 68-seat communal co-working and dining space.

Complimentary tea and coffee are provided, while dishes such as spaghetti bolognese and teriyaki chicken are available to buy. ■

– STEVEN JAUW WALUDIN

See yotel.com.



YOTELAIR Singapore ... the communal working and dining space (main); one of the cabins (left); the fully automated check-in area (top right).

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TRUKAI INDUSTRIES LEADING THE WAY IN LOCAL RICE FARMING

Rice is a challenging crop to grow in PNG that requires a lot of work, technical expertise and investment. Trukai Industries has invested significantly in local rice development over the years and is committed to continue the journey towards developing a viable local rice industry for PNG.

Trukai Industries reached a milestone in August 2018 when it launched its 100% locally grown rice, Trukai Hamamas rice into the market.

The rice is currently selling in Lae and Port Moresby with the second batch from this year’s harvest expected to reach the market later in the year.

The Markham Rice Project is a great testament of our investment and commitment towards developing a viable commercial rice production for PNG.

The Markham Rice Project is being implemented in partnership between Trukai Industries Limited and the Chingwham Rice Growers Cooperative from Rangjampum village.

It took a lot of hard work and commitment by our hardworking staff and the support from the Chingwham Rice Growers Cooperative and we are proud of this partnership. The land is owned by the locals and Trukai supports with capital, technical expertise and other resources to develop the rice project.

Trukai also provide the locals with direct income earning opportunity by buying the paddy rice from them.

The 2019 harvest is expected to produce over 1,000 tons of rice. The rainfed crop is planted over 275 hectares of land with plans to expand to additional 500 hectares for the 2020 planting.

The Markham Rice Project is in line with our vision of developing the Markham Valley Rice Corridor for PNG and complements our dream of moving from ‘Made in PNG’ to ‘Grown in PNG’



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The high life in Port Moresby

Luxury living in Port Moresby has hit new heights with the opening of the Penthouse Apartments at Nambawan Plaza, a downtown residential and retail precinct.

There are several apartment styles in the new tower, including the Martini Suite that occupies the top two floors and has double-height open-plan living spaces.

One of the features of the suite is a floor-to-ceiling, wall-to-wall wine rack.

There are 14 apartments in total, including balconies with views to Fairfax Harbour, a lap pool and a fully equipped gym.

Some of the features and fittings include black-marble kitchen tops, Gaggenau kitchen appliances, smart TVs and secure basement parking.

The furnished apartments are available for lease and have been developed by Nambawan Super Limited.

The new tower is one of three buildings in the precinct. The others are Deloitte Haus, which is mainly office space, and Crowne Plaza Apartments. ■

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(Left-Right) Hubert Warupi – Pacific Sports Media Marketing, Sarah Miller – Grassroot Soccer Partnerships Director, Nicole Banister – Grassroot Soccer Training and Partnership Coordinator, Sisa Kini – EMPNG Community Development and National Content Manager, Jacklyn Ravu – former YWCA Gender Trainer, Andrew Lepani – PNG Olympic Committee Deputy Secretary General

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BIG PICTURE

TAKEN BY HANNAH JAMES

Happy children pause to smile for the camera while searching for fallen coconuts in the greenery of Nusa Island, New Ireland Province.



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Wreck heaven

PICTURES: DON SILCOCK

PNG is a treasure trove of war wrecks. Underwater photographer and diving writer *Don Silcock* explores four famous planes that lie at the bottom of the sea.



“

War, of course, is deadly but for aircraft pilots and crew the rate of attrition was particularly high. Many were shot out of the sky, others suffered mechanical failures, while others got lost and ran out of fuel.

”

World War 2 came to Papua New Guinea in January 1942, when the Imperial Japanese Army invaded Rabaul in New Britain, turning the region into a major theatre of war in the battle for the Pacific.

There were many brutal encounters between the Japanese and the defending Allied forces. Conditions were often

appalling, and the fighting was incredibly fierce with many young lives lost on both sides.

World War 2 was the first time that air power played a major role in combat, and both sides had formidable aircraft in action.

War, of course, is deadly but for aircraft pilots and crew the rate of attrition was particularly high. Many were shot out of the

sky, others suffered mechanical failures, while others just got lost and simply ran out of fuel.

Most of those planes have never been found because they came down in remote jungle locations or far out at sea.

But some have and the story of the underwater wrecks offers a unique insight into a time long gone. ►



Wreck heaven

BLACK JACK,
MILNE BAY

Lying in deep water, just off the fringing reef from Boga Boga village on the tip of Cape Vogel, is what many consider to be the best aircraft wreck in PNG.

The wreck is the B-17F 'Black Jack' Flying Fortress, which takes its name from the last two digits of its serial number 41-24521 (21 is a blackjack hand in the card game of pontoon).

Black Jack's final flight was on July 10, 1943, when it left 7-Mile Aerodrome in Port Moresby on a mission to bomb the Japanese airfields at Rabaul in New Britain.

The flight was troubled soon after take-off, with two of the four engines developing problems, however pilot Ralph De Loach and his crew of nine managed to reach Rabaul and drop their bombs.

On the return journey Black Jack ran into a violent storm on approach to the coast, a situation De Loach later described as "the blackest of black nights ... the worst flying weather I'd ever seen in my life."

Low on fuel and with two malfunctioning engines, De Loach decided to head south-east towards Milne Bay, but was forced to ditch the plane at Boga Boga.



The crew survived the landing and scrambled out of Black Jack before it sank down to the sandy seabed 50 metres below – where it lay for another 43 years.

The discovery of Black Jack reads like an adventure novel, with three Australians – Rod Pierce, Bruce Johnson and David Pennefather – stumbling on the wreck almost by accident

in late December 1986, while searching for a another wreck.

The villagers had told Pennefather about a plane crashing near their reef during the war and he believed it might be the Australian Beaufort A9, which had crash-landed off Cape Vogel in November 1942.

Pierce, Johnson and Pennefather organised an exploration trip on Pierce's liveaboard dive-boat MV *Barbarian* to search for the wreck.

Pearce found Black Jack as he made his way along the edge of the fringing reef at Boga Boga and, for someone who had dedicated his life to wreck diving, it was like finding the Holy Grail.

Over the next few days they dived the wreck as much as its depth of 50 metres would allow, entering the inside of the plane and finding the radio call plate and 24521 serial number, which allowed them to identify it.

Diving the wreck is a unique experience. The plane is so intact that it is almost like a set from a Hollywood movie. The nose is badly crumpled from the impact of the landing and the propellers on the four engines are twisted, but the rest of the plane is in remarkable condition after more than 70 years under water. ►





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Wreck heaven

Local villager William Nui found the wreck of the Zero in January 2000, not long after a small plane had crashed on take-off from Hoskins Airport in Kimbe Bay. So, when he saw a plane lying on the sandy sea floor, he thought he had found the wreckage of the recent crash – not that of a World War 2 Japanese fighter plane that had remained undisturbed for nearly 60 years.

Nui took his story to the local authorities and word of the discovery made it to Max Benjamin at Walindi Plantation Dive Resort, who doubted the veracity but felt that it should be checked out.

What Benjamin found was a World War 2 Mitsubishi Zero in good condition with no signs of bullet holes or combat damage to indicate it had been shot down. Rather the 'off' position on the throttle lever and the pitch control set to reduce air speed clearly pointed to a controlled crash landing.



The aircraft's serial number and date are still visible on the wreck, and military records show that the plane went missing during the battle of Cape Gloucester on December 27, 1943.

The pilot on that day was Tomiharu Honda and local legend is that he was helped ashore by nearby villagers and guided back to Japanese-held territory. ➤

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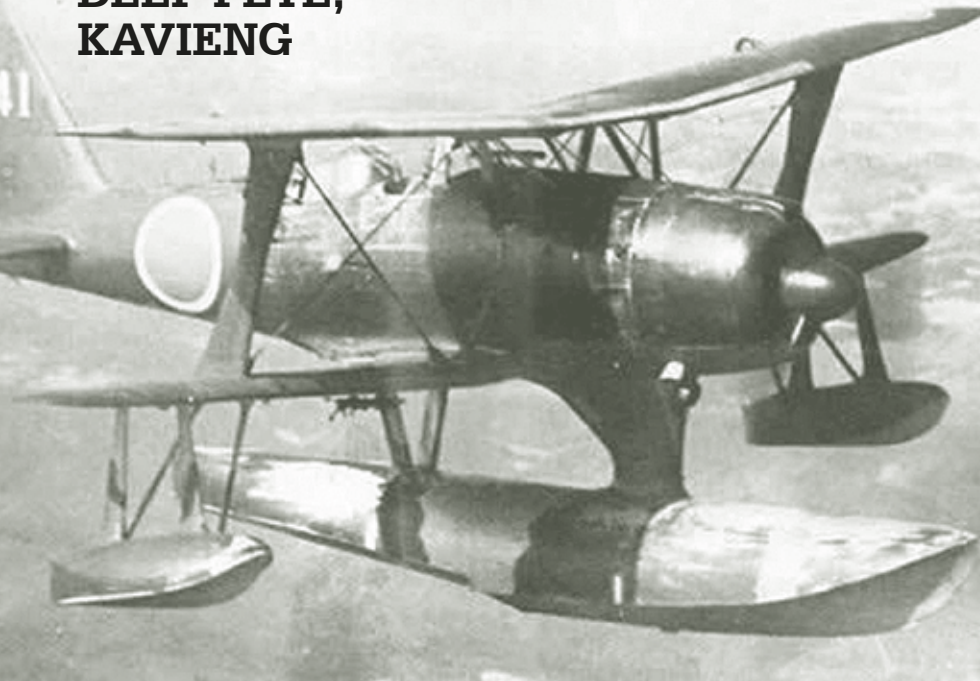
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Wreck heaven

DEEP PETE,
KAVIENG



While Rabaul was Japan's main regional base, Kavieng in nearby New Ireland also played a significant role and the original Australian-built airfield was expanded and a sea-plane base established.

Both became important targets for the Allied forces when the tide of war turned; as a result, there are more known aircraft wrecks around Kavieng than anywhere else in PNG. My personal favourite is Deep Pete.

The plane is a Mitsubishi F1M floatplane, which was designed and built to be launched by catapult from battleships, cruisers and aircraft tenders and used for reconnaissance missions.

The F1M was a biplane, with a single large central float and stabilising floats at each end of the lower wing. Early versions suffered from poor directional stability in flight, and were prone to 'porpoise' when on the water – which may explain why the wreck is actually there.

The name 'Pete' comes from the way the Allied Forces identified enemy aircraft during

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Wreck heaven



the war as the Japanese naming convention was difficult to understand and pronounce. So, the Allies used code names instead, with men's names given to fighter aircraft, women's names to bombers and transport planes, bird names to gliders and tree names to trainer aircraft.

The wreck of the Pete floatplane is on the western side of Nusa Lik (small Nusa) Island which, along with Big Nusa Island, provides the shelter for Kavieng's harbour.

The wreck lies on its back, with the remains of its main float sticking up, on flat, white sand in 40 metres of water – hence the name 'Deep Pete'. As it is on the Pacific Ocean side of Kavieng, diving it on an incoming tide means that the visibility is often exceptional and usually in excess of 30 metres.

Although its tail is broken, its biplane shape is intact given the relatively lightweight and fragile nature of the aircraft. What makes the

Deep Pete so photogenic is the resident school of yellow sweetlips that stream in and around the wings, plus the batfish and barracuda that patrol in the clear blue waters above the wreck.

At just 9.4 metres long and with a wingspan of 10.9 metres, Deep Pete is not a big wreck but because of its depth and the square profile of the dive, there is rarely enough time to fully explore it. ➤

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Wreck heaven



CATALINA, KAVIENG

The wreck of the Royal Australian Air Force (RAAF) PBY Catalina A24-11 lies in 20 metres of water near the entrance to Kavieng’s harbour.

The Catalina flying boat was developed by the US Navy in the 1930s as a long-range patrol

bomber and, although slow and somewhat ungainly, served with distinction in the role it was designed for, as well as providing a very effective way of rescuing downed airmen.

Its ability to land on water meant that it

could be used to quickly and effectively rescue crews that had gone down in the Pacific and it is credited with saving the lives of many Allied airmen.

PBY A24-11 had taken off from Rabaul with six other RAAF Catalinas on a mission to attack the Japanese base at Truk Lagoon and had landed

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Wreck heaven



at Kavieng to refuel before heading north into the Pacific.

After refuelling at Nusa Island, the Catalinas took off again one by one, but disaster struck A24-11 when one of its wing bombs exploded during take-off.

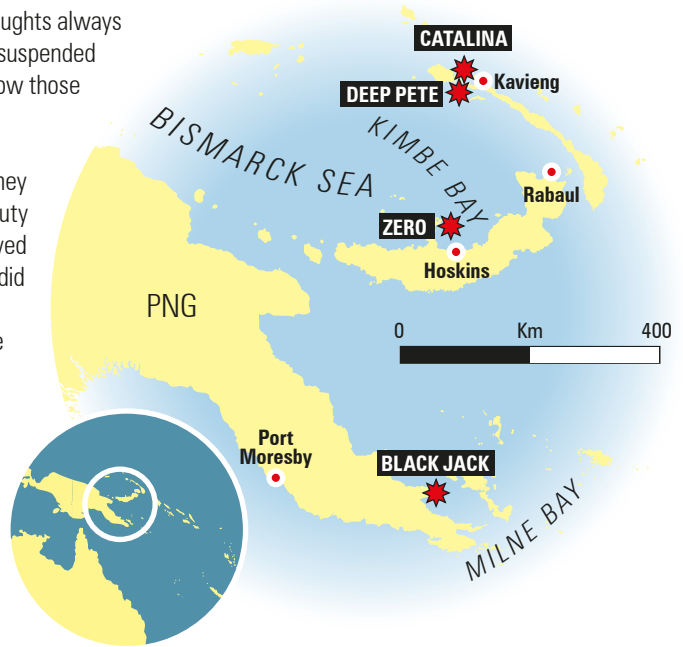
The force of the explosion killed the crew instantly and sent what was left of the Catalina to the bottom of the harbour entrance, where it lay until 2000 when Rod Pierce found the wreckage.

The engines are what make the Catalina wreck special, as they stand proud on the

seabed, surrounded by those parts of the plane not obliterated in the explosion. Whenever I dive the Catalina my thoughts always return to the brave crew suspended in the flimsy fuselage below those massive engines.

Like all the crews of the aircraft wrecks of PNG, they were simply doing their duty for their country. Some lived to tell the tale, but many did not and those wrecks are poignant reminders of the sacrifices they made. ■

Bali-based Don Silcock photographs and writes about the diving in the Indo-Pacific region. His work can be found at indopacificimages.com.



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10 HIKES YOU MUST DO

From empty beaches to steep volcanoes and slippery jungle tracks, *Laura Waters* reveals 10 of her favourite treks in the Asia-Pacific region. Some of them require camping out, but others can be done in a few hours.



Out there ... the author on Australia's Hinchinbrook Island (above); Japan's Mount Fuji (opposite page).

Thorsborne Trail, Australia
Distance/duration:

32km/4-5 days

Appeal: Tropical escape

Hinchinbrook Island, off the Far North Queensland coast, is the ideal place to live out any Robinson Crusoe fantasies.

Sprawling across nearly 40,000 hectares, Hinchinbrook feels like the land that time forgot. There are no resorts or roads here and the interior is a mix of dense rainforest and swamp from which six rocky peaks rise sharply to heights of up to 1121 metres.

Vast empty beaches are divine to walk on but it's best to save swimming for the many rivers and waterfalls en route that are crocodile free.

Sitting in the rock pools above Zoe Falls, with views across the island and out to sea, is a highlight. Walkers need to be self-sufficient

and carry all camping gear, but bush campsites have toilets and drinking water is plentiful. **Getting there:** Air Niugini flies to Cairns. It's a 2.5-hour drive south to Cardwell and then a water taxi across to the island.



“

Nothing compares to standing on the edge of a volcanic crater as it shoots streaks of fiery orange lava into the night sky.

”



Mount Fuji, Japan

Distance/duration: Various/1–2 days

Appeal: High-altitude volcano Japan’s highest mountain cuts a striking figure, but climbing this conical-shaped volcano is no walk in the park. Its 3776-metre summit

can be approached from four sides, with paved roads carrying walkers about half way, but 1400–2400 metres of elevation still need to be gained to reach the top.

Huts provide places to rest or sleep along the way. While the trail is well marked and not technically difficult, altitude can be a chal-

lenge and temperatures regularly plummet below zero, even during the summer walking season of July to September.

The reward, though, is stunning views and the camaraderie of climbing with hundreds of other locals and visitors. Timing the climb to reach the summit for sunrise

is popular and often provides the clearest views.

Getting there: Air Niugini flies to Tokyo. From there, public transport whisks walkers to the trailhead in about an hour. ▶



10 hikes you must do

Kokoda Trail, PNG

Distance/duration:

96km/6-10 days

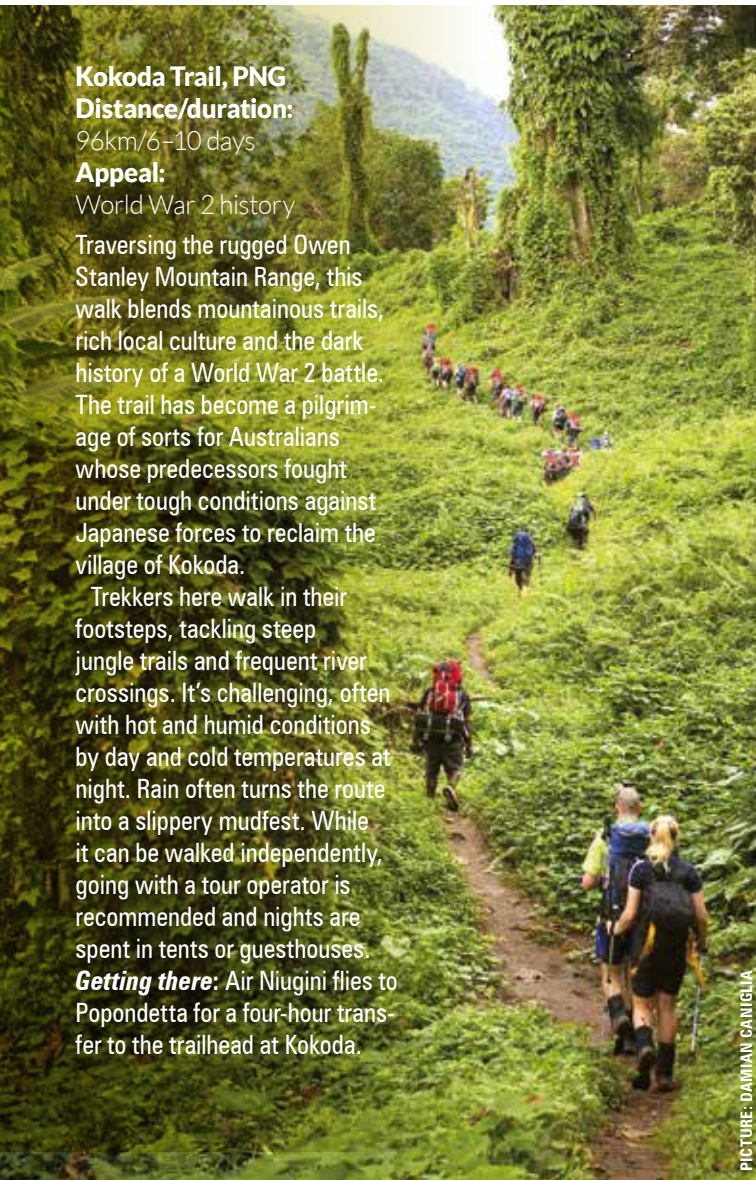
Appeal:

World War 2 history

Traversing the rugged Owen Stanley Mountain Range, this walk blends mountainous trails, rich local culture and the dark history of a World War 2 battle. The trail has become a pilgrimage of sorts for Australians whose predecessors fought under tough conditions against Japanese forces to reclaim the village of Kokoda.

Trekkers here walk in their footsteps, tackling steep jungle trails and frequent river crossings. It's challenging, often with hot and humid conditions by day and cold temperatures at night. Rain often turns the route into a slippery mudfest. While it can be walked independently, going with a tour operator is recommended and nights are spent in tents or guesthouses.

Getting there: Air Niugini flies to Popondetta for a four-hour transfer to the trailhead at Kokoda.



PICTURE: DAMIAN CAMIGLIA



Hong Kong Trail, Hong Kong

Distance/duration:

50km/3 days

Appeal: Mountain trails, city views

For a destination known for its skyscrapers (9000 of them), shopping and dense population, Hong Kong has a surprising amount of green spaces. Winding in an east-west direction across the length of Hong Kong Island, this route passes through five country parks taking in lush forested trails, white sand bays and striking views over city and sea.

Eight sections range in length from four to 8.5 kilometres. One of the most popular is the Dragon's Back, which undulates over a mountainous spine, elevating walkers above the treetops and providing spectacular city skyline views. There are no camping options en route, so walkers are required to bus it back to a hotel each night and tuck into some Peking duck and dumplings.

Getting there: Air Niugini flies to Hong Kong. Trailheads can be accessed by bus or transit rail.

The long march ... the Kokoda Trail (left); the Hong Kong Trail (above); a bridge crossing at Masungi Georeserve (below).

Masungi Georeserve, Philippines

Duration: 3-4 hours

Appeal: Karst formations and conservation

The name of this conservation reserve derives from the word *masungki*, meaning 'crooked', and its forest is full of impressive jagged limestone formations.

The reserve, opened in 2015, aims to educate and encourage people to commune with nature.

The Discovery Trail is reasonably energetic, climbing over and through a maze of spectacular rock formations, taking in a cave and the summits of Tatay and Nanay. Occasional rope courses add to the challenge, with highlights including a long rope walkway that doubles as a hammock high in the treetops, and a 'spider's web' viewing



platform with spectacular views over Laguna de Bay, the Philippines biggest lake. Walking the route at night offers a whole different experience.

Getting there: Air Niugini flies to Manila and the reserve is 90 minutes from the city. Tanlines Philippines can arrange transfers (tanlinesph.com). ➤





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10 hikes you must do



Moonrise ... Mount Kolombangara in the Solomon Islands (above left); Sydney's Bondi to Coogee walk (above centre); Mount Yasur in Vanuatu (above right).

Mount Kolombangara, Solomon Islands

Distance/duration: Various/2 hours–3 days
Appeal: Wild jungle

Kolombangara, a dormant stratovolcano, rises an impressive 1770 metres from the Solomon Sea. While its relentlessly ascending slopes don't always make for easy walking, it's hugely rewarding with lush green jungle, diverse flora and fauna and occasional views over the Western Province.

There are many ways to tackle it, from short one to two-hour walks traversing its flanks, taking in waterfalls and orchids, to multi-day jaunts to one of four summits via dense, moss-covered forest.

The peaks are often shrouded in mist but the lucky may catch a peek into the forest-filled crater. Trails are pretty ill-defined, so a guide is necessary, and longer

walks will require camping along the way. Plentiful rivers offer opportunities for a cooling swim, and it's worth keeping an eye out for exotic frogs and other critters.

Getting there: Air Niugini flies to Honiara for a connecting flight to Gizo. Local operators can build an itinerary, including boat transfers and guide.

Bondi to Coogee Coastal Walk, Australia

Distance/duration: 6km/2 hours
Appeal: Urban coastline

This classic coastal walk takes in everything that is great about Sydney (minus the harbour). Starting at Bondi, one of the world's most famous beaches, it heads south to undulate around coastal and cliff-top paths offering spectacular views.

Frequent lookouts, bays, beaches and glimpses of Sydney's eastern suburbs ensure there is never a dull moment.

There are plenty of opportunities for a dip, starting with the famous Icebergs pool where ocean waves sometimes wash across the 50-metre swimming lanes, and good snorkelling can be found at Clovelly.

While well marked and graded, the track has a few steep gradients in places and the occasional staircase. When a hunger or thirst arises, there is no shortage of cafes to choose from.

Getting there: Air Niugini flies to Sydney. A local bus from Sydney to Bondi takes around 45 minutes.

Mount Yasur, Vanuatu

Distance/duration: 2km/2 hours
Appeal: Erupting volcano

Nothing compares to standing on the edge of a volcanic crater as it shoots streaks of fiery orange lava into the night sky.

Mount Yasur is one of the most active volcanoes in the world, having been observed as erupting

nearly continuously since Captain Cook spotted it in 1774.

Surrounded by vast plains of grey ash, it reaches a height of 361 metres, but 4WDs can get you to within around 45 minutes' walk of the crater rim.

Being so close to such a dramatic display of nature can be exhilarating or mildly alarming, depending on your outlook, but it's guaranteed to be memorable. In the darkness, a few hours after sunset, is when the volcano appears most impressive.

Getting there: Air Niugini flies to Port Vila. A short connecting flight leads to Tanna where local guides will collect you for a two-day excursion. ➤





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10 hikes you must do

Sigatoka Sand Dunes, Fiji

Duration: 1–2 hours

Appeal: Sand dunes and archaeology

Fiji’s first national park makes for a scenic and surprising walk. The Sigatoka Sand Dunes, a product of fluvial erosion, spread inland from the Sigatoka River.

Although undulating sands stretch for around five kilometres, vines and shrubs have covered much of it, leaving an exposed patch up to a kilometre wide.

Two self-guided trails offer a one and two-hour route through wind-blown black sand peaks rising up to 60 metres, but joining a guided

tour will fill you in on what is also a hugely important archaeological site.

Shifting sands and excavations continue to uncover remains of the early Lapita civilisation. Dozens of human remains have been revealed, along with shards of pottery and stone tools dating back

around 2600 years, many of which are now housed at the Fiji Museum in Suva.

Getting there: Air Niugini flies to Nadi. Sigatoka is just over an hour’s drive south.



Walking in sand ... a scenic and surprising hike in Fiji (above); a cultural pilgrimage in Japan (right).

Kumano Kodo, Japan

Distance/duration:

Up to 70km/1–7 days

Appeal: Cultural pilgrimage

Seven ancient pilgrimage routes all lead to the spiritual hotspot of Kumano on the Kii Peninsula, south of Osaka. Regardless of the route, the Kumano Kodo is a cultural experience, taking in grand shrines, temples and quaint villages, along with cedar forests and hot springs.

Trails can be steep, climbing dramatic mountain passes that reach over 1000 metres in elevation. Because paths run from village to village, walkers can stay in lodges

and travel for anything from one day up to a week. The Nakahechi route is most popular.

Getting there: Air Niugini flies to Tokyo. Catch a bullet train from Tokyo to Osaka (2.5 hours). Public transport takes walkers to the trailhead. ■

Laura Waters is an adventurer and a hiker who has just released Bewildered (Affirm Press), her story about walking 3000 kilometres from one end of New Zealand to the other.





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PICTURES: BRUNO LOUEY




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www.pacificfoam.com.pg

Photographer Bruno Louey was recently among the first people in eight months to reach the summit of Bougainville’s 2715-metre Mount Balbi.

The track to the top of the active volcano had been closed for most of the year, while some issues were sorted out between land-owners and tourism operators.

Louey took the photos on these pages for *Paradise*.

He says the three-day trek to the summit, which is the highest point of Bougainville, is tough.

He says the group set out from Buka and spent a night in a village before starting the ascent proper.

“Our porters took turns to clear the track and the higher we went the colder it got. We walked and

climbed through jungle, jumped over fallen trees and crossed dry river beds.”

Louey says his group of 11, including porters, camped out at night and meals were prepared over open fires.

Although the group was hit by some wet weather, the final day to the summit was in beautiful conditions.

“Everyone was happy about this,” he says. “We trekked along ridges and between fumaroles (spitting hot gas and steam) to the top.

“There was an overwhelming feeling of success standing right at the top of the highest peak (on Bougainville). There are five craters up there, one with a big blue lake.

The beauty of the place made all the effort worthwhile.” ■

Bougainville’s rooftop ... Mount Balbi from its southern flank (top); the blue crater lake (opposite above); a rugged path to the top (opposite bottom).



Bougainville's Mount Balbi is an active volcano that rewards trekkers with stunning scenery, steaming fumaroles and a blue crater lake.

IF YOU WANT TO GO ...

Bougainville Experience Tours (boughtours.com, tel. +675 7365 6050)

Rotokas Ecotourism (tel. +675 7078 0211, rotokas.ecotourism@gmail.com);

International Indigenous Tourism Marketing (+61 401 331 251, collincowellredcent@hotmail.com).



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CITY GUIDE:

LAE

Marisa Howden provides an insider's guide to PNG's industrial capital and second-largest city.

Don't be put off by the negative things you might've heard about Lae ... they may well not be true. Like anywhere else in Papua New Guinea, if you exercise common sense, you'll soon see that Lae is a thriving town with a unique history and culture – and, if you look close enough, a natural beauty to rival anywhere.

GETTING AROUND

PMV buses are the cheapest and most convenient way to get around, with the main stops located in Top Town, Main Market and Eriku. The city's new 'Meri Safe' bus program offers safe transport options for women. ➤

Tranquil waters ... Salamaua Harbour, an hour outside Lae.



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City guide: Lae

For added security and comfort, private transfers can be arranged with Guard Dog (guarddogpng.com) or ESS (esspng.com) security companies, which offer transfers to and from Nadzab Airport.

Lae is also the gateway to the Highlands, and offers the only road access to Wau, Bulolo, Kainantu and Goroka, all breathtaking journeys, albeit on bumpy roads.

SIGHTS

Take a stroll through the Lae Botanical Gardens (laebotanicgardens.com), once recognised as the most beautiful botanical gardens in the tropics, thus giving Lae its nickname of the ‘Garden City’. There are over 400 native and exotic plant species on display, as well as an RAAF C47 plane from World War 2.

For a look at pristine tropical gardens, a visit to the Lae War Memorial is a must. Managed by the Australian Government, ▶



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City guide: Lae

it is a touching tribute to the servicemen who died in PNG during the war. Lae is also the last place American aviator Amelia Earhart was seen during her 1937 circumnavigation of the globe. A memorial on Markham Road pays tribute to her legend.



PICTURE: MILEN STILIVANDOV

LAE SPECIAL

Salamaua is a narrow isthmus an hour outside of Lae. It's a quiet sanctuary consisting of local villages and holiday houses. Excellent snorkelling and diving can be found within the harbour with banana boat transfers leaving daily from Voco Point (near the Lae Yacht Club).

Two hours from Lae by boat are the spectacular Tami Islands. A haven for anglers and divers, Tami is abundant with lively corals and varieties of reef fish. A small guesthouse is available and private charters can be organised (lgfcpng.com). On your way to Tami, try your hand at fishing the Huon Gulf where everything from large billfish to small pelagics are caught.

CULTURE CULTURE

Held each October, the Morobe Show showcases the agricultural, industrial, commercial and cultural aspects of the Morobe Province. Attend on the Sunday to watch the *singsings*, where nearly all of the country's 22 provinces are represented through stunning costumes, songs and dance.

DOING BUSINESS

The Lae International Hotel (laeinterhotel.com) is the city's premier destination for conferencing and functions, with facilities capable of hosting up to 800 people. Crossroads Hotel at Nine Mile offers a more intimate space, with excellent catering and access to Nadzab Airport (tel. +675 475 1111).



RETAIL THERAPY

The Markham Valley, which traverses Morobe Province from east to west, is often called the food bowl of PNG, and a visit to Lae's main market is where you'll find the region's freshest produce.

A range of fresh fruit, vegetables and flowers, as well as local clothes and crafts, are on display from Monday to Saturday.

Lae's main shopping district is located in Top Town, where retailers such as Papindo, Big V, Foodmart and Lae Sports Store are located. The Brian Bell complex on Montoro Street is home to over 20 specialty stores, including Trends Beauty.

PILLOW TALK

For sweeping views and modern facilities, look no further than the Morobe Hotel on Coronation Drive (hotelmorobe.com). The hotel's new Garden View restaurant is the place to go for elegant Chinese dining, while the cafe is a cosy spot for coffee.

Further up the road is Lae Travellers Inn, a budget option (tel. +675 479 0411) with comfortable rooms and a small restaurant serving Western and Indian cuisine.

For something more elaborate, the Lae International Hotel has a range of short and long-term accommodation options, with two restaurants, a bar, swimming pool and gym.



EATS

Lae's best Chinese Malaysian food can be found at Bunga Raya (tel. +675 472 7177) where you can slurp on delicious laksa while devouring oodles of noodles. In the centre of Top Town is Lae City Hotel (laecityhotel.com), a convenient location for lunch or dinner with a mix of Western and Asian delights on offer. Go for the baby back ribs, where a generous serving of delicate pork is dished up with chips and veggies.

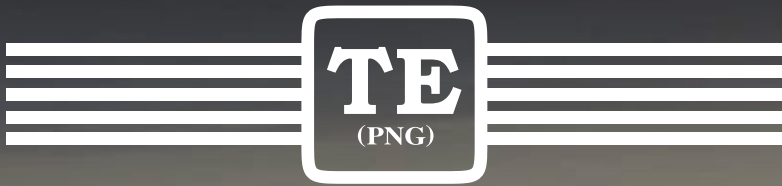
The town's freshest salads and creamiest milkshakes can be found at Chigi's Coffee Shop (chigis.com) inside the Brian Bell Complex, an excellent meeting spot for coffee or lunch.



WATERING HOLES

The Lae Yacht Club (laeyachtclub.com.pg), or 'yachtie' as the locals call it, is the town's liveliest joint. Quench your thirst with a cold SP beer as you overlook the surrounding Huon Gulf, while locals regale you with their tales of life in Lae. Or, for greener pastures, a drink at the Lae Golf Club (Bumbu Road) will have you gazing at a lush 18-hole course, considered one of the best in the region. ■





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Lapping it up ... The Johnson, one of Brisbane's desirable hotels.

Hotels in Brisbane aren't what they used to be. Where once the Queensland capital specialised in cramming conference goers into cookie-cutter accommodation, over the past few years the city has welcomed a new wave of beautiful, boutique-flavoured hotels and resorts catering to an array of business travellers, cultural tourists and lifestyle guests.

So, what's changed? According to Stephen Howard, Brisbane itself has changed. Howard is marketing director for the Ovolo Group, which last year opened two new properties in the city.

“

The Rockstar suites spare no luxury: king beds, separate lounges, bar and dining areas, standalone bathtubs, stereos ...

”

“Brisbane is maturing from a cultural perspective, be it art, fashion, music,” Howard says. “New music venues have opened, there’s been the expansion of art galleries and music conferences, and events like Mercedes-Benz Fashion Festival are going from strength to strength.

“It drives demand for contemporary design accommodation, which we’re seeing opening across Brisbane.”

So, where to stay? Here are some of the best new hotels and resorts to consider for your next visit.



BRISBANE'S **HOT** HOTELS AND EATERIES

Brisbane is one of Air Niugini's busiest destinations. *Matt Shea* sifts through the rapidly transforming hotel scene to find the city's best new stays and nominates some of the best places to eat.

The Johnson
477 Boundary Street, Spring Hill
arterserieshotels.com.au
+61 7 3085 7200

Brisbane's new wave of accommodation began in 2016 with this Spring Hill goliath. The Johnson was originally built in 1967 to house Queensland's Department of Main Roads, the handsome Karl Langer-designed edifice's 2014 heritage listing including a startling Ken Reinhard sculpture that sits out front.

Intended in part to activate its own sleepy Spring Hill suburb, the real virtue of The Johnson's location is its proximity to both

the CBD – an easy 15-minute walk down the hill – and the Fortitude Valley entertainment precinct.

That's when you're not staying in, of course. Beyond its sizeable gymnasium, 50-metre Michael Klim-designed pool, on-site restaurant and bar, and enviable function and meeting spaces, the hotel's 96 spacious suites are simply a pleasant place to be, adorned with crisp modern furniture

and the works of namesake abstract painter Michael Johnson.

If you can, shoot for a room overlooking the renovated Queenslander worker cottages to the north – it's about as iconic a Brisbane view as you can get. ➤



Brisbane's hot hotels and eateries

The Calile
48 James Street, Fortitude Valley
thecalilehotel.com
+61 7 3607 5888

The new Brisbane hotel by which all others are judged, The Calile opened late last year.

Staying at this 175-room property is a uniquely Brisbane experience, award-winning local architects Richards and Spence designing a building that's in harmony with the city's subtropical climate. Its travertine-lined open hallways are marked by breeze blocks and ceiling fans, conference breakout areas are on balconies and in amphitheatres, and the lap pool is lined with cabanas and palm trees. The rooms are bright and airy, marble and cork panelling scattered with leather and brass highlights.

There's a day spa, gymnasium and two restaurants on site, including a Brisbane instalment of wildly popular Gold Coast eatery Hellenika, and the conference facilities are extensive.

Still, make some time to mix it outside on James Street with Brisbane's bright young



things. They're eating at King Arthur Cafe (164c Arthur Street; kingarthurcafe.com), Bucci (11/15 James Street; buccijamesstreet.com.au) or Gerard's Bistro (15/15 James Street; gerardsbistro.com.au); shopping at boutiques such as Gail Sorronda (8/9 James Street; gailsorronda.com) and Natasha Schweitzer (11/19 James Street; natashaschweitzer.com); or necking cocktails at Gerard's Bar (13a/23 James Street; gerardsbar.com.au).



The Westin Brisbane
111 Mary Street, Brisbane
marriott.com
+61 7 3557 8888

It might be the most business-minded of Brisbane's new hotels but The Westin is no suit-and-tie stopover – witness Nautilus, its lush swim-up pool bar; the brand's in-house Heavenly Spa; and a heavy focus on wellness

with yoga, pilates and aqua aerobics classes. There's also a well-equipped gym and the Westin's RunWestin running program.

The hotel's 260 rooms and 39 suites are perhaps restrained compared to some of the more eye-popping accommodation around town, but feature handsome patterning, floor-to-ceiling windows – some with views

of the river – and marble vanities and walk-in showers.

Outside, Brisbane is on your doorstep. Queen Street Mall, the city's shopping district, is three blocks away in one direction, the Botanic Gardens two blocks in another. Brisbane's financial district is a short walk north.

By all means stay in for cocktails at The Charles (named after famous aviators Charles



Kingsford Smith and Charles Ulm) and dinner at the classy Eden's Table, but you might as well venture into the surrounding streets to find brilliant restaurants such as Urbane (181 Mary Street; urbanerestaurant.com) and Otto (4/480 Queen Street; ottoristorante.com.au), or cocktail bar The Gresham (308 Queen Street; thegresham.com.au). ➤



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Additionally, the Foundation has committed to provide further funding to increase the Wish Tree donations for each of these charities.

Your generosity will bring much needed Christmas joy to some amazing and deserving causes, supported by the Sir Brian Bell Foundation.

For only K2 you can hang your Wish Tree Star on one of the in-store Christmas trees located across all the Brian Bell locations nationally. Merry Christmas!

Choose Your Donation!



Brisbane's hot hotels and eateries



Ovolo Inchcolm
73 Wickham Terrace, Spring Hill
ovolohotels.com.au
+61 7 3226 8888

This former medical chambers had already been given a handsome 2014 refurbishment when Ovolo bought the heritage-listed property last year to create Ovolo Inchcolm. The Hong Kong company gave the hotel a massive injection of character, filling it with knick-knacks, patterned wallpaper and prints by LA-based street artist Mr Brainwash.

The treatment has lent a dark and charismatic building the feel of an adult playground.

You can't go wrong with the rooms: the pick are the light and airy split-level lofts in the newer section of the building, but the accommodation options vary interestingly in layout and boast oodles of character. All include the usual Ovolo perks: Apple TVs, in-room iPads and free mini-bar (if you book online).

Downstairs, there's a conference room with seating for 102 people classroom style, while Salon de Co, the on-site eatery, is one of the best hotel restaurants in town. Still, if you're staying here you have Brisbane outside your front door. Stroll across Turbot Street, cut through Central Station and you'll find yourself in the guts of the CBD.



W Brisbane
515 Queen Street, Brisbane
marriott.com.au
+61 7 3303 8000

The arrival of W Brisbane was a watershed moment for the local hotel industry, the city's first five-star opening in 20 years boasting a luscious sense of glamour not seen before in the Queensland capital. But this vertiginous resort is



more considered than you might think, tapping into its riverside location with reed-like timber fittings, reflective walls, iridescent lighting and rich-patterned carpets.

In the rooms you'll find standalone bathtubs, Queensland-inspired tongue-and-groove walls and birdcage-style wardrobes. As for which room to choose, W Brisbane makes it easy by facing them all towards the river – open the

generously stocked Mix Bar, shake a cocktail or two, and admire the views of Brisbane's cultural precinct and the South Bank parklands.

Elsewhere, there's a beautiful level-four pool and bar, and the in-house Three Blue Ducks restaurant is one of the best paddock-to-plate establishments in the country. Downstairs, there's the moody Italian of Persone (81 North Quay; persone.com.au). ➤



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Brisbane's hot hotels and eateries

The Fantauzzo
5 Boundary Street, Brisbane
artserieshotels.com.au
 +61 7 3515 0700



Slotted underneath the iconic Story Bridge between a cliff and the Brisbane River, the Fantauzzo's virtues are many – rooftop bar and pool, brilliant views of the CBD and more than 500 works from namesake artist Vincent Fantauzzo – but it's this brilliant location that ultimately sells the handsome property.

The cornerstone of the brand new Howard Smith Wharves development, you could stay

a couple of nights at this Art Series Hotel, hopping between the surrounding cafes, restaurants, brew pubs and bars, and hardly leave the precinct.

Not to sell the digs themselves short. This is a beautiful property, its 166 rooms defined by the granite, stone and concrete that mimic the surrounding terrain, but softened with plenty of timber, velvet furniture and of course Fantauzzo's stunning portraiture.

On the ground floor is Polpetta, an approachable Italian-style eatery, while outside are brewpub Felons Brewing Co (5 Boundary Street; felonsbrewingco.com.au), popular burger joint Betty's Burgers (5 Boundary Street;



bettysburgers.com.au), heaving cocktail bar Mr Percival's (5 Boundary Street; mrpercivals.com.au) and Arc Dining (5 Boundary Street; arcdining.com.au), one of the city's best new restaurants.



Emporium Hotel South Bank
267 Grey Street, South Brisbane
emporiumhotels.com.au
 +61 7 3556 3333

This hugely popular independent boutique hotel reinvigorated its brand last year by moving across the river from Fortitude Valley to brand new digs overlooking the South Bank parklands.

It's as flash as ever, from the enormous eye-popping 'E' that sits outside above the building's lobby, to the digital displays that adorn its walls, ceilings and lifts – this is not a hotel for the faint of heart. The treatment extends to the rooms with electric blinds, televisions hidden inside ornamental mirrors, marble vanities and well-stocked wine fridges.



The hotel is a short stroll to the winsome parklands – a mecca for local families on the weekends – and Brisbane's buzzy theatre precinct, but you'd do just as well staying in: there's Signature, the hotel's star restaurant, with its elevated menu of local produce; Belle Epoque, a winsome cafe; the opulent Piano Bar; and The Terrace, a rooftop bar with breathtaking views across the river towards the city.



Brisbane's hot hotels and eateries



Ovolo The Valley
1000 Ann Street, Fortitude Valley
ovolo-hotels.com.au/ovolothevalley
+61 7 3253 6999

Ovolo's second Brisbane opening in the same year moved into the old Emporium Hotel in Fortitude Valley, completely transforming the ageing icon into a fantastical 103-room urban oasis inspired by the surrounding area.

Walking from one room to the next is almost like stepping into a different property entirely,

the detailing varying wildly via vivid wallpapers, richly textured furniture and commissioned art pieces. There are five room types available, from Medium rooms intended for executives on shorter stays, to the Rockstar suites that spare no luxury: king beds, separate lounges, bar and dining areas, standalone bathtubs, stereos – it's all here.

And that's before you consider Ovolo's standard inclusions – Google Chromecasts, USB wall plugs, iPads and Amazon's Alexa speakers

– and free breakfast, wi-fi, minibar, happy hour drinks and a 'loot bag' for guests who book direct through the Ovolo website.

Downstairs, you'll find Za Za Ta, another exceptional Ovolo hotel restaurant, flipping plates of elevated Middle Eastern food. Next door there's Tartufo (1000 Ann Street; tartufo.com.au), one of the city's best Italian eateries, while the highfalutin James Street precinct is just a short stroll away. ■

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Billed as the world’s highest-priced resort, this small Philippines island is the ultimate indulgent getaway. *Fiona Harper reports.*

The world’s most expensive resort



“

On hand are about 100 staff and a dedicated butler service to ensure you never go thirsty or hungry.

”

A teardrop-shaped island off the coast of the Philippines, Banwa Private Island is a tropical hideaway that costs an eye-watering \$US100,000 per night.

In fact, you’ll need to outlay at least \$US300,000 for this indulgent getaway as there’s a minimum three-night stay at the world’s most expensive island resort.

So, what can you expect from a stay at Banwa Private Island? For

a start you’ll have the entire island to yourself and up to 47 of your handpicked guests. You’re paying for whole-of-island exclusivity, so privacy is assured. On hand are about 100 staff and a dedicated butler service to ensure you never go thirsty or hungry.

Doing absolutely nothing is part of the relaxed appeal of Banwa. Admittedly, it’s an expensive nothingness. One of Banwa’s big attractions is the ease with

which you can briefly shut out the world beyond the island’s shore. A place to switch off the phone, disconnect the wi-fi and partake in blissful meditation or self-reflective mindfulness without distraction.

If that sounds just a little too chilled out and Zen-like, don’t be alarmed – there are plenty of activities available and toys at your disposal too.

Tennis, golf, scuba diving, sports fishing, helicopter tours,

Banwa Private Island ... all this can be yours for \$US300,000 for three nights.





boat cruises, massage, spa and wellness treatments are all on offer.

Naturally, the island is beautiful. Grounds are flawlessly landscaped with nary a blade of grass out of place. The beach is raked and palm trees are pruned. Staff are impeccably groomed and immaculately turned out in sharp uniforms.

Six splendid beachfront villas (let's face it, splendid is mandatory

at this price point) are configured around an inviting infinity pool. Poolside patios and decks furnished with plumped-up sun lounges are framed by tropical gardens. All villas enjoy a backdrop of tantalising ocean, the cobalt blue sea a soothing yin to the villa's yang.

The main villa near the pier houses Latitude Restaurant and is the 'hub' of the island. Here, there are multiple dining locations,

whether inside in an air-conditioned glass-walled room, on any of the oceanfront patios overlooking the beachside pool, or on the rooftop for dining beneath star-spangled skies.


Intimate dining can be arranged anywhere, in fact: beachside surrounded by lush tropical foliage, in the garden, or even on the golf course if that's your thing.

If you want to dine at 'home', a team of chefs will come to your

villa and prepare whatever takes your fancy.

This personal attentive service, where nothing is too much trouble, is the key to Banwa's exclusivity and extraordinary price tag. ■

See banwaprivateisland.com.

 **Air Niugini flies from Port Moresby to Manila five times weekly. See airniugini.com.pg.**





MINUTE EXPERT

STEVEN JAUW WALUDIN

JET LAG

In the time it takes you to read this page, you'll become an expert on jet lag.

Some people don't get it, but most do. Most travellers of long-haul flights are probably intimately acquainted with the uncomfortable and much-dreaded condition of jet lag.



WHAT IS JET LAG?

Jet lag is a physiological condition caused by the disruption of the body's natural rhythm during travel by air through several time zones. The body clock operates on a 24-hour cycle, with stimuli such as hunger, sunlight and sleep hormones to regulate it. The abrupt change in time zones during air travel causes the body's natural schedule to be disrupted, causing physical and mental discomfort until the body can align itself to the new time zone.

WHAT ARE THE SYMPTOMS?

Symptoms vary depending on individuals, but a jet-lagged person may experience:

- Headache or nausea
- Indigestion
- Daytime fatigue
- Irritability or anxiety
- Loss of appetite
- Poor concentration
- Disruption in sleep patterns (difficulty sleeping, early waking, insomnia)

HOW LONG DOES IT LAST?

The duration varies among people. The body needs at least a few days to regulate itself and acclimatise to a new time zone. A suggested guideline advises a recovery period of a day per time zone crossed.

HOW DO I PREVENT/RECOVER FROM IT?

Prior to flight:

- Get enough rest before the flight.
- Plan the flight to arrive in the evening to help the body adjust to the new time zone.

During flight:

- Drink plenty of water or fruit juice.
- Avoid alcohol and caffeinated drinks.
- Eat smaller meals with plenty of fruit and vegetables.
- Get plenty of rest.
- Wear loose, comfortable clothing.

After flight:

- Maximise exposure to daylight to adjust body clock.
- Limit intake of alcohol and caffeine during the day.
- Avoid napping during the day.

ANY ADDITIONAL TIPS?

Most travellers tend to suffer from jet lag when they travel through three time zones or more. It may be worth considering a stopover during a long trip. While supplements such as melatonin or pharmaceuticals such as sleeping tablets might help with jet lag, it is best to consult with a doctor before taking them as they might interfere with other medications. ■

If you have a topic you'd like investigated, email your suggestion to paradise@businessadvantageinternational.com.





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INTERNATIONAL REVIEW: SEDA LIO, PHILIPPINES

Lio Tourism Estate, El Nido, Palawan, lio.sedahotels.com. Tel. +632 956 8888

WHO STAYS? Luxe island hoppers looking for an affordable, upmarket stay near Palawan's exceptional Bacuit Archipelago.

HOW BIG? 153 keys

COST Doubles from about PGK680 a night

CHECK IN 3pm

CHECK OUT 12pm

HIGHLIGHTS Looking out to Cadlao Island and its lagoon. Nearby Lio Estate's cafes and shops beneath the palm trees. Set on a spotless, white-sand beach.

NEARBY A short stroll down a sandy beach leads to a clutch of upmarket cafes and restaurants serving local coffee and seafood, with some shopping for island essentials (bikinis, local pearl earrings and beach fashion) and a travel agency that books flights and island-hopping tours. The ramshackle town of El Nido is 15 minutes by tricycle, and the hotel provides free minibus transfers.

Wi-Fi in rooms/public areas: ✓

TV: ✓

Air conditioning in room: ✓

Room service: ✓

Swimming pool: ✓

Free airport transfers: ✓

Gym: ✓

Business centre: ✗

Hotel arranges tours: ✓

Breakfast included in standard room charge: ✓



LOCATION

The sleepy island of Palawan is an hour's flight west of Manila, and travellers are drawn to its northern tip, whose warm waters are dotted by tiny, scenic limestone islands perfect for island hopping on local boats. In comparison to Boracay, the tourism scene is still pleasingly undiscovered. The main service town is El Nido, and new beachfront Seda Lio is 15 minutes' drive north of the town, beside El Nido airport.

THE PLACE

Opening in January, Seda Lio is new in all senses: it's the largest hotel in the area and bridges the gap between high-price-tag island resorts and the backpacker dives in El Nido. This is not a party hotel – stay in town if that's your game – but a resort to wind back and relax between island-hopping adventures, with an affordable spa. The private beach is immaculate and free of beach vendors.

ROOMS

Cool, clean and simple, the rooms are in two three-storey wings that overlook tropical gardens, the blue-tiled pool and the beach beyond. The rooms continue the hotel's

all-white palette, with whitewashed walls and glass doors leading out to balconies, or, on the ground floor, little terraces with sofas positioned to overlook the three pools in the centre of the resort. The fit-out includes fridges, a kettle and tea and coffee as well as fresh water in glass jugs (plastic water bottles are now banned in the province). The bathrooms are spacious with tiled floors.

FOOD AND DRINK

The tariff includes a buffet breakfast. Expect all the western standards – bacon, eggs, fruit and pastries – as well as Filipino dishes such as garlic rice, grilled local fish and plenty of fried chicken and pork. Dinner is a la carte, pricey and served in the same restaurant, or out by the pool. However, most people choose to eat in El Nido or wander five minutes down to the beachfront restaurants and cafes beneath the coconut trees at Lio Beach.

WHAT GUESTS LIKE

This is a great place for a relatively affordable, easy escape to El Nido. Just minutes from the airport. Long beach and beautiful, large pool. – TripAdvisor.





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THREE OF A KIND: LIVEBOARD BOAT TRIPS

MV OCEANIA, PNG

Papua New Guinea's slick new 27-metre MV *Oceania* catamaran, which has been floating around the waters of the Bismarck Sea since April, is up there with the best liveboard boats. Fresh and modern, it houses up to 16 guests and runs trips of up to 10 nights, including Kimbe Bay, Fathers Reefs and the Witu Islands, where you can explore dramatic volcanically-formed reefs. Itineraries are tailored to suit changing weather patterns throughout the year, and there are twin or queen bedrooms, all above deck and with ensuites.

SOMETHING SPECIAL

PNG is in the coral triangle, with the world's highest diversity of tropical fish and coral. You can also expect to see hammerhead and silvertip sharks, dolphins and, occasionally, orca whales, pilot whales and whale sharks.

NEED TO KNOW

MV *Oceania* operates seven to 10-night itineraries, departing from Walindi Plantation Resort. Prices start at PGK12,600 a person (based on two sharing) including all meals, up to five dives a day and transfers. See mvoceania.com.

MV BILIKIKI, SOLOMONS

The Solomon Islands are home to some of the least-visited scuba sites in the world, and Bilikiki Cruises can help get you to them. The company has been running liveboard diving trips for more than 25 years and its MV *Bilikiki* is rated as one of the world's best liveboards. There are 10 air-conditioned ensuite cabins, and a large sundeck and lounge area in which to relax after dives. Speaking of which, you'll be diving in unpolluted water among healthy coral, tropical fish, sharks and schooling barracuda, as well as some fascinating macro life, including pygmy seahorses and ghost pipefish. You're likely to also do cave dives, night dives and World War 2 wreck dives.

SOMETHING SPECIAL

Locally grown fruit and vegetables are delivered to the boat in dugout canoes almost daily, by local growers to whom Bilikiki Cruises provides seeds to grow their produce.

NEED TO KNOW

Bilikiki Cruises runs trips from seven to 14 nights, from about PGK13,900 a person (based on two sharing) and includes all meals and snacks, unlimited diving and transfers. See bilikiki.com.

NAI'A, FIJI

Fiji's *Nai'a* has been running since 1993, but received a facelift in 2010, so you get 26 years of experience with all the mod cons. The 36.5-metre liveboard has nine ensuite rooms, a gorgeous wooden dining room and bar and a large sundeck (pictured), the perfect spot for a post-dive cocktail. The *Nai'a* travels around Bligh Water, Mutiny Mount, Wakaya Island Channel and the Nigali Passage, where divers often see sharks, manta rays, schools of big-eye trevally, hundreds of species of colourful reef fish and coral gardens. Guests often cite the ever-friendly Fijian crew as a highlight of the journey.

SOMETHING SPECIAL

Nai'a guests are also likely to visit a local village during their trip, and take part in a traditional *kava* party.

NEED TO KNOW

Nai'a offers seven to 10-night trips, from PGK13,800 a person (based on two sharing), including tax, transfers, all meals, tanks and weights. See naia.com.fj.





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TIME TRAVELLER

A gathering of prime ministers, Waigani, 1988

During an adjournment in parliament, politicians (from left) Rabbie Namaliu, Michael Somare and Paias Wingti (sitting, with beard) signed a memorandum of understanding to form a grand coalition, which was to later fall apart. Each of the three men has served as prime minister of Papua New Guinea. The fourth man (standing behind Wingti) is unidentified.

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



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The flying housewife

The first woman to fly around the world solo had a special connection with PNG. Rita Mock Pike reports.



American founding father, Benjamin Franklin, once told us that only two things in life are certain: death and taxes. In the late 1960s, my grandmother, Geraldine ‘Jerrie’ Mock, discovered the second to be true.

You see, in 1964, she was dubbed the ‘flying housewife’ by the media as she set out to claim the title of first woman to fly around the world. Twenty-nine days later – after surviving sandstorms, iced-over wings and engine troubles – she landed back in Ohio on April 17 and claimed that title along with several others.

President Lyndon B. Johnson and the Federal Aviation Agency (FAA) awarded her the Gold Medal for Exceptional Service. The Smithsonian Institution honoured her with the placement of her plane on display in the Air and Space Museum. Cessna replaced her plane, ‘Charlie’, with a brand-new P-206 plane. The Internal Revenue Service, however, found it more suiting to reward her eight world records and massive achievements by taxing \$US6000 on the new plane.

The Cessna P-206 is a gorgeous little single-engine, fixed landing gear aircraft often referred to as the SUV of the air. These sporty little planes seat up to five passengers, plus the pilot. The P-206 was the perfect choice for the other flight records grandma took in both distance and speed after her circumnavigational flight.

But the taxes and the fees were killing her dreams. “We couldn’t afford to keep the plane.” Goodbye P-206.

Grandma rarely spoke about the loss of the plane – I think it was a little too painful for her to think about – but I have many memories of

“

President Lyndon B. Johnson and the Federal Aviation Agency (FAA) awarded her the Gold Medal for Exceptional Service.

”

sitting with her in the den, hearing her stories of Papua New Guinea and the flying padres.

My grandma wanted the plane to go to something worthy since she’d no longer be setting records in it. So, when she heard about a former World War 2 pilot turned Sacred Heart missionary serving in PNG, she knew she’d found the perfect new home for it.

Russell Mock, a career adman – my grandfather and Jerrie’s husband – partnered with the Missionaries of the Sacred Heart to raise the

funds necessary for the plane. This partnership meant the plane could be donated to the missionary pilot working with remote communities in PNG.

Russell also got the FAA involved, and grandma was back to taking world records. This time, she sought several speed records as she delivered the plane to Father Tony Gendusa.

There’s little on record about grandma’s flight to PNG, and she cared nothing for fame, so rarely spoke to me about those records.

The newspapers from 1969 reveal only the full name of Father Tony and the dates for each leg of her journey to the other side of the Pacific. The various publications around the country couldn’t keep the facts straight. They suggest that Jerrie took anywhere from two to nine world records on that series of flights to New Ireland.

The P-206 was outfitted with special fuel tanks designed to out-pace her previous records by several hours. The fuel system took up nearly the entire interior of the plane. During the flight, Jerrie used a thick custom-made gel cushion to help ease the impact of the unforgiving metal fuel tanks serving as her seat.

Oakland to Honolulu was the first leg. The flu struck, though, and she was delayed for several days. When she was able to depart on October 20, 1969, the straight flight took her nearly 16 hours. ➤





A gold-medal moment ... President Lyndon B. Johnson awards Jerrine Mock the Gold Medal for Exceptional Service (this page); Mock with the plane she flew around the world (opposite page).



The flying housewife

She earned two speed records for the journey. Bad weather grounded her in Honolulu for a few days before her next take-off, to Tarawa, Kiribati. When she did find the air, more speed and distance records were taken.

From Tarawa, she flew toward her final destination of PNG. More bad weather over the Pacific detoured her to Guadalcanal, but she took more records along the way, even going off-course.

Altogether, Jerrie took nine world records in the 206, flying from Oakland to Rabaul. There she met Father Tony, the flying priest who would take the P-206 into his missions work around the country.

Grandma revealed in thinking of her plane helping missionaries working with remote

communities in the heart of PNG. She loved the imagery so much that most of her stories for me growing up were about PNG, not the world-record flight.

In the past, Father Tony visited the villages as he was able. The 206 now afforded him a flying ambulance he could use whenever needed to fly in medical supplies or transport patients for medical treatment on the mainland.

Grandma and Father Tony instantly connected as friends. She longed to stay and fly around with him for much longer than her home duties would allow. She dined on papaya and other tropical fruit he introduced her to and visited with children in the jungle. Sadly, however, her time there lasted only a few days. She had to head back to her own life – via commercial airliner – and get back to her children and granddaughter.

Years later, Jerrie had memorabilia from her flights scattered about her Florida home. One of her

favourites was a hand-painted seashell from PNG. The shell holds the scene of a quiet, sun-kissed beach. Grandma fondly spoke of beach-combing while there, and the unique seashells she found on her own, as well: “Did you know seashells used to be their currency?”

She showed me slideshows with hundreds of photos she snapped of the tribal dances she watched. Exotic birds of paradise roosted in trees and faces of children from the villages she visited shone with excitement at the sight of the flying lady.

“New Guinea was fun,” she often said. “I wish I could go back. You should go some time.”

When I was 12 or 13, we disposed of the gel cushion she used as her seat on the way to PNG. It was stained from years of neglect, smelled kind of funky, and definitely had passed its prime long before I was ever thought of.

Grandma was not prone to crying, but there was a glint of tears in her eyes as I heaved the last piece of her flying career into the rubbish bin. ➤



Jerrie Mock ... donated her new plane to a missionary pilot working in Papua New Guinea.



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The flying housewife

"It smells funny, Grandma," I insisted.
"I know, dear."

Grandma's sciatic nerve was damaged during that 24-hour leg of the flight to PNG. Age unkindly added some pain as well and, eventually, she had to have both of her hips replaced. Since I lived only 10 miles away and was homeschooled, I stayed with her while she recovered. Many hours of watching *Matlock*, *I Dream of Jeannie* and *Gilligan's Island* passed, accompanied by that faraway look in her eyes when she'd notice a trinket from somewhere along her journey.

Looking back, I now realise that the gel cushion I casually tossed was the last symbol of her life as a pilot. She had the knick-



Cockpit fashion ... (from left) a flying outfit worn by Jerrie Mock; the pilot with an air of confidence; the Mock statue; her passport.

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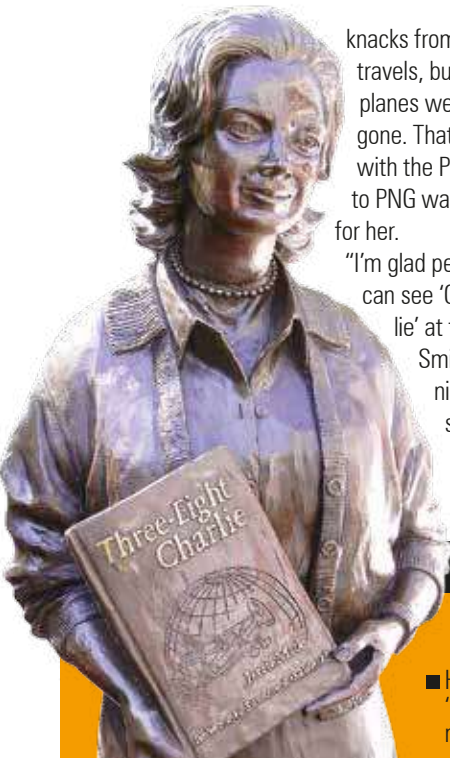
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The flying housewife



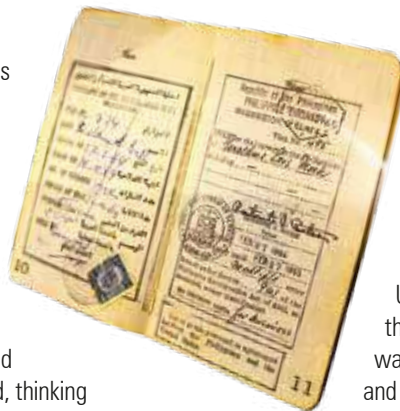
knacks from her travels, but her planes were gone. That flight with the P-206 to PNG was it for her.

"I'm glad people can see 'Charlie' at the Smithsonian," she told me,

"and I'm glad the 206 helped save some lives in New Guinea."

Her legacy may be quiet – after all, you likely didn't know her name before reading this story – but her impact has been great.

"Nobody expected I'd make it," she chuckled, thinking back to taking off for her first world record flight. But by the time Jerrie flew to PNG, she'd already taken so many records that they no



longer thought of her as a flying housewife. Of course, the title 'flying grandmother' was hardly an improvement.

But, in the end, that is sort of how I see her. Jerrie Mock, my flying grandmother. She was a tiny woman from small-town USA, but she rode a camel in the Sahara, flew into sandstorms, waited out bad weather in the Pacific and trod the path of explorers into the jungles of PNG. And she lived to tell me all about it in her sunny Florida home 50 years later. ■

JERRIE MOCK AT A GLANCE

- First woman to fly solo around the world (1964)
- Her single-engine Cessna, 'The Spirit of Columbus', was nicknamed 'Charlie'
- Set eight world aviation speed and distance records (1964–1969)
- Mother of three children
- Lived in Florida
- Died September 30, 2014, aged 88

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New theory on Earhart mystery

Richard Andrews reports on the latest efforts to solve the disappearance of the pioneering aviatrix, who was last seen after leaving Lae in 1937.



more than 80 years ago and vanished over the Pacific.

Oceanographer Dr Robert Ballard and his team sailed to Kiribati last August following evidence Earhart and her navigator, Fred Noonan, ended up on the island of Nikumaroro. Ballard's expedition on

The ocean detective who found the wreck of the *Titanic* in 1985 believes he's solved another enduring mystery: what happened to aviation pioneer Amelia Earhart after she took off from Lae

the 64-metre *Nautilus* was filmed by National Geographic for a documentary.

"I have always been intrigued by the story of Amelia Earhart because she shocked the world doing what everyone thought was impossible, much like what I have attempted to do my entire career as a deep-sea explorer," says the founder and president of the Ocean Exploration Trust.

In 1932 Earhart became the first woman to fly solo across the Atlantic and three years later completed the first solo flight from Hawaii to California. Then, in July 1937, she landed in Lae near the end of an attempt to complete the longest circumnavigation of the world.

"The American aviator must have looked like a glamorous

international oddity when she stopped over in a frontier town dominated by gold miners, planters, traders, land grabbers, tough patrol officers and the odd missionary," says Canberra historian Dr Daniel Connell, a former Highlands resident.

"But her daring risk-taking approach to life probably caused her to feel quite comfortable with Lae's wild spirit."

For many years it was believed Earhart's Lockheed Electra E10 ran out of fuel and crashed into the ocean after leaving Lae. Others speculated that Earhart was an American spy captured by the Japanese.

Ballard prefers the theory that Earhart and Noonan may have crashed on the uninhabited coral atoll and possibly



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The search continues ... Amelia Earhart (opposite page); Robert Ballard, the oceanographer who found the *Titanic* (above left); the *Nautilus* search vessel (above).

survived for months. He's drawn to this view by evidence they couldn't find tiny Howland Island, the next scheduled stop on their world flight. Further confirming that possibility

is a skeleton found on Nikumaroro in the 1940s and confirmed to be that of a tall woman. Unfortunately, the skeleton has since been lost. More recently, Pentagon analysts enhanced an old photo, taken on

the island, which apparently showed the landing gear of a Lockheed Electra. But, despite an extensive search of Nikumaroro and surrounding waters with drones, sonar and

undersea equipment, Ballard's expedition found no plane. The 77-year-old explorer is not discouraged. He hopes to return to Nikumaroro and continue searching if more evidence turns up. ■





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“

We wanted to document the size and scale of
the remaining traditional canoes ...

”

Plain sailing

A group of maritime enthusiasts has documented and drawn traditional Massim canoes for the world to admire.

Kevin McQuillan
reports.





Fine lines ... some of the drawings from David Payne's recent expedition, which visited 30 PNG islands (opposite page); a single-outrigger canoe moves smoothly through the water near Kitava Island (above).

"Our objective was simple enough," says David Payne, curator of historic vessels at the Australian National Maritime Museum in Sydney.

"We wanted to document the size and scale of the remaining traditional canoes used by the Massim people of the Louisiade Archipelago, Trobriand Islands and adjacent regions in Milne Bay province," he tells *Paradise*.

Payne embarked on the project with Dr Harry Beran, 82, a world authority on Massim art and culture, and his Adelaide-based colleague,

John Greenshields, a Massim art enthusiast who had spent many years working in Papua New Guinea as an architect.

"Five other friends came as well to help pay the charter cost of our motor boat, the MV *Curringa*," Payne says.

"I wanted to measure and record the details of the different outrigger canoes we encountered and then draw them accurately, as they are a major part of the Massim art and culture," Payne, himself a yacht designer, says.

The outcome of Payne's work is 22 large plans showing the shape and construction for 10 large canoes and eight of the smaller ones, a canoe hut, a detailed research report, along with many pencil sketches of the scenery.

These Massim canoes have never been recorded and drawn to this level of detail, although a celebrated English artist, Oswald Brierly, sketched and painted some of the canoes during a survey of the area 170 years ago aboard HMS *Rattlesnake*. ➤



Plain sailing

“Brierly was probably the first person to record these canoes, but his stay was short. He possibly had to fill in sketches from memory, at times by candlelight, having earlier in the day drawn a quick outline and made notes.”

Payne and the team went in search of the major types of traditional trading canoes including the big *nagega*, the *sailau* (a contemporary development of the traditional canoes), the *gebo* (war canoes now used in festivals) and a typical fishing canoe.

The group visited 30 islands over 27 days and struck it lucky just as they arrived by plane at Alotau on the first day.

“We headed out to a village where we had permission to inspect and measure up a *gebo*. It is a 20-metre long dugout with stunning decoration and carvings at the bow and stern.

“We were off to a good start and, as it turned out, we never looked back.



In the islands ... traditional canoes lined up on the beach.

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Plain sailing



"The carvings are a key part of the documentation. The principal area decorated is at the two identical ends of these double-ended hulls. The washboards and prows carry intricately carved symbols and shapes on their flat panels," Payne says.

"Each boat is different and each carver has his own symbols. John and Harry focused their attention on these, capturing the meanings and local terms used, including the words for the parts of the canoes."

By hand, Payne documented 10 outrigger canoes and numerous village canoes, all in enough detail to do large-scale line and construction drawings back in Sydney, adding colour and shading to bring them to life.

One of his primary aims was to document a *nagega*, the biggest of the trading canoes. Early on they found an older one at Ole Island in the Louisiade Archipelago and, although it was in poor condition, it was worth recording.

They soon discovered there were others around and still working. At Kwaiawata Island,

just hours before their arrival, the island's canoes had left on a *kula* exchange passage to Woodlark Island. (The traditional *kula* exchange involves trading valuable armbands and necklaces between the island communities.)

Their disappointment was short-lived. That evening, at nearby Gawa Island, they found one in perfect condition.

"Just ripe for documenting," says Payne. "Both the owner and builder were happy for me to come ashore the next day to measure it up."

He says their best experience was finding one specific canoe, an *epoi* from Fergusson Island, the largest of the D'Entrecasteaux Islands.

"This particular canoe was a personal mission for John. He had met the owner with this new *epoi* a couple of years earlier in Alotau, and knew roughly where it might be."

By searching one afternoon in *Curringa's* skiff, he tracked it down at Waluma East village – not far away, but with its difficult rocky shoreline, the surf landing was difficult. -

"So it was another dawn visit. It was a ➤

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Plain sailing



David Payne ... documented outrigger canoes and numerous village canoes in the islands of PNG and then went back to the city to do large-scale line and construction drawings.

beautiful craft, in its own shed, and the pride of the owner, the carver and the village.”

Payne emphasises the success of the venture lay in seeking permission from the village headman and explaining the project.

“Our crew were locals; they knew the widely spoken Misima language and often knew people on the various islands where we had stopped. We always followed a practice of letting our skipper, Obedi, first seek out the head of the

village, explain the purpose of our visit and request permission to come ashore.

“There was never a problem. They were just as keen to come out to *Curringa* to meet us and inspect our boat.” ■



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Digicel

Bumper Christmas gift guide

GIFTS UNDER PGK150



Body wash

What's inside this Bathing Culture 'mind and body wash' bottle is organic, biodegradable and all-purpose, but really it's the packaging that makes it worthy of being a Christmas gift. Designed to be gentle on the entire body and made without toxins, sulphates, parabens, synthetic fragrances or dyes, it's also inspired by Northern California's redwood forests so it smells insanely good. *About PGK68; bathingculture.com.*

Conversation cards

According to The School of Life, an organisation dedicated to developing emotional intelligence, "a great conversation always starts with someone asking a great question". Which is why they created these conversation cards, designed to get us talking in a more entertaining and meaningful way. Whether they're used during holidays or over the dinner table, questions like "what are the best things you owe your parents?" or "what's the best evening you ever had?" are sure to spice up the banter. *About PGK82; theschooloflife.com.*



Portable campfire

For the outdoorsy type in your life who isn't actually all that outdoorsy, American company Radiate makes these portable campfires, made from 100 per cent recycled soy wax and paper briquettes. Whether used on a camping trip or in the backyard, it will last for up to five hours, won't leave messy embers, and won't make your clothes smell of smoke. *From about PGK88; radiateportablecampfire.com.*



Water bottle

Made from durable bamboo, this sleek-looking Welly bamboo water bottle will save the traveller in your life from using disposable plastic bottles. It keeps drinks cold for 24 hours and hot for six, and includes a removable infuser for tea. *About PGK119; wellybottle.com.*



Sweat bag

If someone in your life is on a mission to eliminate plastic, this 'sweat bag' from La Pochette might be just the gift. Crafted from recycled fibres and infinitely reusable, it's also water resistant, antibacterial and deodorising, so you can throw your sweaty workout or hiking gear in, zip it up, and not worry about sullyng the rest of your suitcase. *About PGK143; lapochette.co.*



Boxer shorts

Cut from smooth and breathable cotton, these boxer shorts from new, irreverent US brand Entireworld (do yourself a favour and check out the quirky videos on their website) are also more fitted so they won't bunch up. *About PGK68; theentireworld.com.*



T-shirts

Everyone needs at least a few sharp, simple tees in their wardrobe. These cotton ones from Australian brand Assembly Label have an excellent relaxed fit, come in an array of handsome seasonal colours including seagrass, ochre and rosewater, and are affordable. *About PGK92; assemblylabel.com.*



PGK150-350

Hand plane

For the surfing traveller who can't always travel with a cumbersome surfboard, the Ecto hand plane slips easily into any suitcase, letting you bodysurf with more control and speed, and enabling more buoyancy and precision. Handmade from super light and durable Paulownia wood, it also has a fully adjustable neoprene hand strap. *About PGK344; ectohandplanes.com.*



Wallet

The essence of classic American style since the 80s, every man needs a bit of Tommy Hilfiger in his life. This Eton bifold leather wallet – featuring Tommy's iconic red, white and blue flag logo, and available in black or dark brown – is as practical as it is stylish, including six interior card slots and a notes slot, but still small enough to slip into a back pocket. *About PGK229; tommy.com.*



Beach towel

Splash out (excuse the pun) and put a bit of Soho House luxury beneath your Christmas tree this year, with one of these fluffy cotton-terry striped pool towels, a replica of the ones used poolside at their Barcelona property. Choose between an array of fun colours, including red, yellow and blue. *About PGK229; sohohome.com.*



Portable charger

Does the thought of how you're going to simultaneously charge your laptop, smartphone and headphones on the go leave you in a cold sweat? Go Nimble's portable charger could be just the thing, charging three devices at once, by up to 80 per cent in just half an hour. *About PGK238; gonimble.com. >*



PGK150-350 (CONTINUED)

Concert tickets

After five sold-out world tours, the covers king Michael Buble is returning to Australia, bringing his modern twist to classic songs from greats like Dean Martin, Frank Sinatra and Bing Crosby. Don't miss seeing him perform with a 36-piece orchestra at the Brisbane Entertainment Centre, on February 4 and 5. *From about PGK200 a ticket; ticketek.com.au.*



Board shorts

New Sydney brand The Rocks Push has a line of handsome board shorts that not only look great, with zingy prints of manta rays, mermaids, divers, boats and more, but also are made from fishing nets salvaged from the ocean. You can choose between four tailored styles, and every pair comes with a waterproof wallet that slips into the back zippered pocket. *From about PGK207; therockspush.com.*

Travel wallet

Every self-respecting jetsetter needs an attractive travel wallet to pull out at the airport. This Search passport holder, from Canadian brand Herschel, is perfectly sized to hold essential cards and currencies, it's crafted from pebbled leather in either brown or black, and has an RFID blocking layer to keep your personal data safe. *About PGK228; theiconic.com.au.*







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PGK300-600

Sunglasses

These Pala Dayo tortoiseshell sunglasses are stylish, sure, but they also have substance. For every pair of glasses sold from their entire range, Pala gives a pair to someone in need by donating grants to eye-care projects in Africa. *About PGK455; palaeyewear.com.*

**Camera bag**

Any serious shooter would be delighted to receive this Hadley camera messenger bag from UK company Billingham. The waterproof bag is made from durable canvas and trimmed with leather and brass hardware; the inside is padded, with removable compartments for your camera and lenses. *About PGK597; billingham.co.uk. >*

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PGK300-600 (CONTINUED)

Fitness tracker

Garmin's Vivosmart 4 tracks heart and oxygen levels throughout the day and while you sleep, monitors stress levels and movement, and helps you adjust your body's energy reserves. You can swim with it, the battery lasts for a week without charging, plus the thing just looks great on your wrist. *About PGK500; buy.garmin.com.*



Travel journal

What to get the wanderer in your life who has everything? A bespoke personalised leather notebook from UK company Atlas & I, of course. Each leather notebook is hand-stitched and printed with a customised vintage map (most are from the 19th century) from anywhere in the world, and can be refilled with fresh pages of Italian paper for each trip. *From about PGK354; atlas-and-i.com.*

Mini keg

How to make a beer lover happy? Buy them beer. How to make them ecstatic? Put that beer in a dashing mini keg. Designed in Portland, Oregon, this Ukeg 64 Growler from Growler Werks will keep beer fresh and fizzy for weeks, and stay cold all day. *From about PGK506; growlerwerks.com.*



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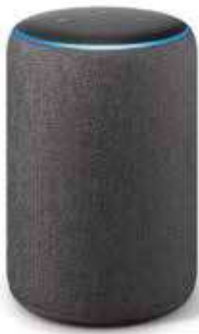


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Portable speaker

Proof that robots really might start taking over the world, Amazon's Echo Plus speaker invites you to talk to its digital assistant, Alexa, who plays music or podcasts on demand, calls your friends and family, provides information on the weather and the news, and will even turn your lights on for you. For those just wanting a great speaker to play music on, it also has excellent deep bass and full sound. *About PGK527; amazon.com.*



Instant camera

FujiFilm's Instax Square SQ6 camera is compact enough to take anywhere and has a battery that lasts for up to 300 photos. It has a timer and selfie mode, making it great for solo journeys or group trips, and has functions like automatic exposure control and macro mode to make sure images are top quality. Three flash colour filters are included. *About PGK457; jbhifi.com.au.*

ABOVE PGK600

Wireless headphones

These Bang & Olufsen Beoplay H9i wireless headphones will make you forget about tangled wires and, with active noise cancelling, about the crying baby next to you on the plane, leaving nothing but rich, pure sound. They have a 'transparency mode' that pauses playback when you take the headphones off, plus the earpads are made from lambskin and memory foam so they feel especially luxurious. Choose between natural, bronze, black and pine. *About PGK2073; beoplay.com. >*



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ABOVE PGK600 (CONTINUED)



Hotel gift voucher

Mr & Mrs Smith know a thing or two about fantastic holiday accommodation. Their 'Get a Room' gift voucher can be used to book some of the best hotels and villas around the world. The physical version comes in a handsome black box, but if you're doing the last-minute scramble the online version is perfect, too. mrandmrsmith.com.



Kodak smartphone

You'd be hard-pressed to find a phone that takes photos this good. Created especially for photography lovers, Kodak's Ektra smartphone has optical image stabilisation and autofocus, 4K video and HDR imaging. Taking its inspiration from a legendary 1941 Kodak camera model, it also comes with a vintage-style leather case for when you're on the move. *About PGK1662; kodakphones.com.*

Cool suitcase

Taking its retro design cues from the mid-70s Californian surf and skate scene, Floyd aims to give modern travel its mojo back. These could be the coolest suitcases on the market right now, with their interchangeable wheels inspired by skateboards, and vibrant hard-shell colours including sunset orange, pacific blue and magic purple that shout spirit and style. Cabin and check-in sizes available. *From about PGK1562; floyd.one.*



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MADE IN PNG

Kids' bucket hat

There will be no wails of "where's my hat?" when you gift this Barata kids' bucket hat, made with an adjustable chin strap, to the little one in your life. The design is inspired by the *bilums* of East Sepik Province and with every purchase your money is going to a good cause. Each year Barata uses some of its profits to run SUMATIN, a program where students across Lae get a chance to take part in spelling bees, debates and public speaking with children from other schools. PGK105; baratapng.com.



Lewa necklace

The Lewa necklace uses an adjustable leather cord to showcase natural fibre 'bilum beads' interspersed with silver or gold-plated brass beads, so it's customisable depending on your preference. The master weavers from Bilum & Bilas cultivate, harvest and hand process their own eco-friendly plant fibres to make the *bilum* strings used in their designs. PGK400; bilumandbilas.com.

Fringed cushion

Inspired by the traditional grass skirts of their culture, female weavers from the remote Trobriand Islands have hand-woven these beautiful 60x60cm fringed cushions. The neutral, slightly golden, colour means they can be matched with brightly hued couches, or white 'Scandi-style' bedrooms, and still make a style statement. PGK660; consideredbyreal.com. >



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MADE IN PNG (CONTINUED)



Kundu vase

Established in 2010, Annie's Pottery designs some of PNG's most unique and contemporary pottery pieces, blending traditional emblems and motifs with practical items. These vases have been created in the shape of PNG's famed *kundu* drum, which is mainly used in traditional dances or *sing-sings*, but everything from mugs to casserole dishes and fruit bowls can be personalised and made into a distinctive gift for family and friends this Christmas. *PGK140*; visit Annie's Pottery at Cheshire Disability Services in Port Moresby, open Monday to Friday from 9am to 4pm and on request on Saturdays, or email annie.s.pottery.png10@gmail.com.

Hippie chair

'Considered by Real' is determined to see PNG artisans and makers take their rightful place on the world handicrafts stage. Their new Pacific Collection 2020 is bursting with pieces that any stylish home decorator would love to receive. Weavers from Ialibu Province in the Southern Highlands take six weeks to individually craft each bespoke 'hippie' chair using jungle-sourced bark. A muted palette of woven natural fibres creates a chair that is timeless. *PGK2200*; consideredbyreal.com.



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Travel bag

Taking a piece of PNG with you when you travel next is easy with the Papua New Guinea Fashion International Emerson travel bag. Expertly crafted in a classic silhouette, the bag is printed with an eye-catching signature design that celebrates the culture and heritage of PNG. Made of high-grade waterproof fabric, it's durable enough to survive a mountain trek and stylish enough for the streets of Paris. PGK205; find stockists on Instagram @pngfashioninternational.



Dome earrings

These stunning dome earrings are made with 100 per cent recycled sterling silver, which cups a handwoven natural fibre 'bilum bead'. A unique gift for anyone who loves fine jewellery, Bilum & Bilas pieces are inspired by the beauty and essence of the bilum and retain their traditional weaving techniques and natural fibres. The PNG-based social enterprise supports female artisans to develop a wider market for their crafts – so your Christmas purchase will directly support livelihoods and ensure traditional skills and techniques are not lost. PGK475; bilumandbilas.com.

Resort membership

The Loloata Private Island Resort is open again after an extensive renovation. Just 40 minutes from Port Moresby, it has 68 suites and villas, either overwater or oceanfront. The resort's Island Club Membership makes a great gift for locals. The membership includes a complimentary night in an oceanfront room, two upgrades to overwater suites and discounts on massages, food at the Beach Club and diving. PGK895; loloataislandresort.com. ■



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Bumper Christmas book guide

FICTION

The Little House

By Kyoko Nakajima (Darf Publishers)

Taki is an old woman who writes down the memories of her time spent living as a servant for the Hirai family. Her memories, however, are not a compendium of housekeeping tips; they are a glimpse to the period between World War 1 and 2 and the destiny of the Hirai clan – Mr Hirai, who is a toy maker; Mistress Tokiko; and their son, Kyoichi. *The Little House* looks at Japanese history from the point of view of a 'silent' witness who makes sacrifices for those she loves.



The Testaments

By Margaret Atwood (Penguin)

Fans of *The Handmaid's Tale*, which Atwood published in 1990 and was later adapted as a TV series starring Elisabeth Moss, finally get a sequel to the patriarchal dystopia of Gilead. *The Testaments* picks up more than 15 years after Offred, the protagonist of *The Handmaid's Tale*, disappears. The book has been shortlisted for the Booker Prize.

Lanny

By Max Porter (Allen & Unwin)

Lanny lives in a small village near London with his mother, who is a writer, and his somewhat absent father. The little boy goes about his days like every other child – he goes to school, imagines new worlds and explores nature. Some village people think Lanny is a bit odd, much like his family. But one day, Lanny doesn't come home. The police find an obvious culprit in his art teacher. But what really happened to the little boy remains a mystery.



Room for a Stranger

By Melanie Cheng (Text Publishing)

Meg and her sister Helen have lived in the same house for over 60 years. When Helen dies, Meg opts to find a person to share her home with. But instead of sharing with another woman, perhaps close to her age, Meg finds Andy, a 21-year-old male student who grew up in Hong Kong. The author delves into the unlikely friendship of two humans who have one thing in common – loneliness.



Mother of Pearl

By Angela Savage (Transit Lounge)

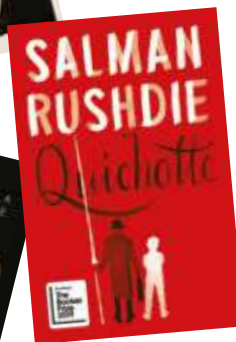
The lives of three women are intertwined in this book about motherhood, love and loss. Meg wants to have a baby. She and her husband have gone through IVF but haven't been able to conceive. Meg's sister Anna is a social worker who has worked in several Asian countries, including Thailand. And Mukda is a young Thai woman who decides to become a surrogate mother to provide for her son. *Mother of Pearl* explores the ups and downs of the surrogacy process from three different points of view.



Quichotte

By Salman Rushdie (Penguin)

The Ingenious Gentleman Don Quixote de La Mancha was written in the early 17th century by Miguel de Cervantes Saavedra and, besides being considered the first novel written in Spanish, it is one of the world's most recognised stories. Salman Rushdie, one of modern literature's most celebrated names, has written a contemporary version of the *Quixote*. *Quichotte* features a travelling salesman of Indian origin whose life is dominated by US television. He resolves to win the heart of a beautiful television host and sets off in pursuit. While taking readers on a wild ride, he encounters an America of Trump voters and vicious racism, and a country on the verge of moral and spiritual collapse. ➤





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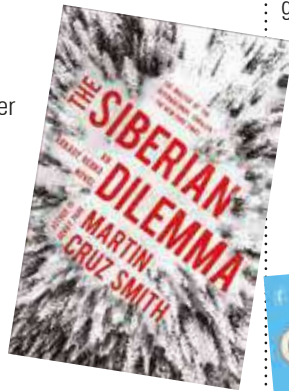


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***The Siberian Dilemma*
By Martin Cruz Smith
(Simon & Schuster)**

Investigator Arkady Renko is the main character in this series of books and for his latest escapade he travels deep into Siberia when journalist Tatiana Petrovna disappears while on assignment. Petrovna is Renko's sometime lover but no one else but him seems worried about her disappearance. Renko also knows her enemies and the lengths to which they will go to keep her quiet.



***How We Disappeared*
By Jing-Jing Leehed
(Bloomsbury)**

When her husband dies in 2000, Wang Di is forced into the solitary life of a widow in modern Singapore. But this new silence brings with it a surge of memories, taking her back to the brutal events of the Japanese invasion, which altered the course of her life.



MEMOIR

***Imperfect*
By Lee Kofman (Affirm Press)**

In this book, a mix of memoir and cultural critique, Russian-born writer Lee Kofman explores what it means to inhabit an 'imperfect' body in a world concerned with looks. The author takes us on a journey to her childhood, when she had a heart surgery that left a scar on her chest, the accident that left disfiguring marks on her legs, and the years she has spent hiding those 'imperfections'. Weaving her deeply moving story with research and interviews with people with a range of imperfections, Kofman provides further insight into the way media tries to shape how we have to look to be accepted.



***The Near and the Far, Volume 2*
Edited by David Carlin and Francesca Rendle (Scribe)**

Five writers from the Asia-Pacific region, including Papua New Guinean Steven Winduo, and five from Australia, including award-winning novelist Christos Tsolkias, give us a



glimpse of the types of narrative that are being produced in the region. The book includes poetry, non-fiction and short stories. Winduo's story is about a man and a woman who meet in a conference about Papua New Guinea and what that means for them long term.

***On The Chin*
By Alex McClintock (Text Publishing)**

This is the powerful story of a chubby young boy who falls in love with boxing. McClintock uses his own experiences in amateur boxing to explore the sport's history and many contradictions. He delves into the lives of legendary boxers such as Australian and Aboriginal icon Lionel Rose and his conqueror, Mexican boxer Ruben Olivares, who is considered the fiercest bantamweight champion of all time. If you have read Hunter Thompson's and Joyce Carol Oates's stories about boxing, then you'll enjoy McClintock's approach to the sport and descriptions.



BUSINESS

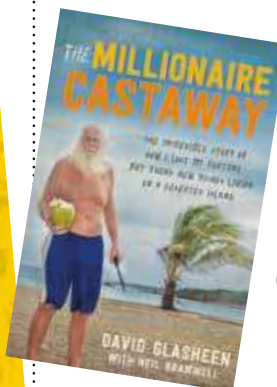
***The Rip Curl Story*
By Tim Baker (Penguin)**

At first glance this is a book about surfing, and there's certainly plenty of that to digest. But it's also a story of business success and how friends Brian Singer and Doug Warbrick created Rip Curl on a whim to make surfboards in 1969. Fifty years later, the company is a global conglomerate and one of the most recognised surf brands in the world.



***The Millionaire Castaway*
By Dave Glasheen and Neil Bramwell (Affirm Press)**

David Glasheen lost his fortune in the stock market crash of 1987. From being a business high flyer, he opted out of the rat race and moved to a deserted island on the north-east tip of Australia, where he has happily lived ever since. Glasheen's fortune, on today's values, was estimated as \$37 million. These days, he survives on one supermarket shop per year when he goes to the mainland, he catches fish, cooks on an open fire and traps rainwater. ➤





L-R: Technical & Quality Manager – Agus Salim, Amatil PNG-General Manager – Gigy Philip (center), Head of Supply Chain, Simon Robinson

Coca-Cola Amatil (PNG) Limited has won this year's 'Best Practice Award' at The Coca-Cola Company's Asian Supply Chain Conference (ASCC) held in Kuala Lumpur, Malaysia on 24th - 27th June.

The annual award recognizes The Coca-Cola Company bottling partners from the Asia-Pacific region who most directly demonstrated operational excellence.

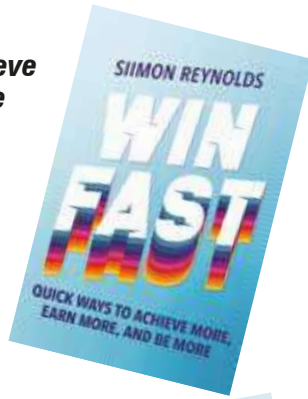
"Just being selected to present at the ASCC was humbling but to win it, was incredible!" Coca-Cola Amatil PNG General Manager, Gigy Philip said. "From among over twenty bottlers in Asia-Pacific, the story of the transformation of our business in PNG was chosen as the winner in this regional Coca-Cola system competition. It is not only an honor, but a great opportunity for us to showcase Amtil PNG, our people and our nation on the world stage".

The transformation program that the CCA PNG business had embarked on for the last 9 months were project-based activities that successfully made significant and tangible impact on sales, production and logistics performance. The program has a significant focus on capability building with the launching of training academies across a number of functions.

The transformation program builds on the recent infrastructural upgrades undertaken to CCA PNG's manufacturing sites in Lae and Port Moresby, with the driving focus to ensure CCA products are at arm's reach of their loyal customers and consumers nationwide.

Win Fast: Quick Ways to Achieve More, Earn More and Be More
By Siimon Reynolds (Penguin)

Described by its author as ‘a high-performance manual for the modern, time-short, success-oriented person’, this book promises to help improve personal and business performance in minutes (or as long as it takes you to read each chapter). Expect a lot of homework, from giving yourself an honest performance review, to setting goals, including having fish oil in your diet. How can you be productive if you don’t take care of your health?



Mindful Money
By Canna Campbell (Penguin)

Financial planner Canna Campbell became a sensation thanks to her YouTube channel, SugarMamma TV, where she delivers weekly videos with advice to save money, build



wealth and pay off debts. Her first book, *The \$1000 Project*, became a bestseller and *Mindful Money*, is set to become one too. It contains steps, strategies and investment advice for people who want to see their money grow quickly. But Campbell has a particular approach to growing wealth – mindfulness – and that is why she talks not only about finance but about new mindsets to achieve goals.

ENVIRONMENT

Waste Not Everyday: 365 Ways to Reduce, Reuse and Reconnect
By Erin Rhoads (Hardie Grant Publishing)

Since 2013, Erin Rhoads has been writing about her journey towards a plastic-free and zero-waste lifestyle on her popular blog, *The Rogue Ginger*. The blog led to the bestselling book *Waste Not!* (published in 2018). Her second book is a useful collection of 365 tips to curb plastic consumption, reuse different materials and reconnect with ourselves and the community. ➤



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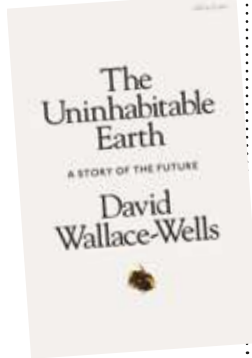
The Rising Tide
By Tom Bamforth (Hardie Grant Publishing)

Tom Bamforth is a writer and aid worker who has been travelling and reporting from the Pacific Islands since 2008. This book, a mix of memoir, journalism and cultural commentary, puts the islanders themselves at the forefront of climate change. By sharing their stories of love for their land and survival after severe climate events, such as floods, Bamforth lets the islanders speak, and shines a light on what climate change is doing to the Pacific Islands.



The Uninhabitable Earth: A Story of the Future

By David Wallace-Wells (Penguin)
David Wallace-Wells is the deputy editor and climate columnist of *New York* magazine. Since the early 2000s, he has investigated climate change and this book is the fruit of all the years



he has spent trying to understand – and to some extent predict – what will happen to the world if the temperature rises as much as scientists have predicted. But, as he notes, this is not a book about the science of warming; it is about what warming means to the way we live on the planet.

Trees of Papua New Guinea Volume 2: Rosales to Huertales
By Barry J. Conn and Kipiro Q. Damas (Xlibris)

The second volume of this three-part series exploring the 668 species of trees found in PNG was created by Barry J. Conn and Kipiro Q. Damas with the aim of assisting in the identification of trees in the country. It contains botanical information of 246 species of trees, each illustrated

with colour photographs, and is a collaborative project between the Papua New Guinea Forest Research Institute in Lae and Sydney's Royal Botanic Gardens. ➤





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SCIENCE & SOCIETY

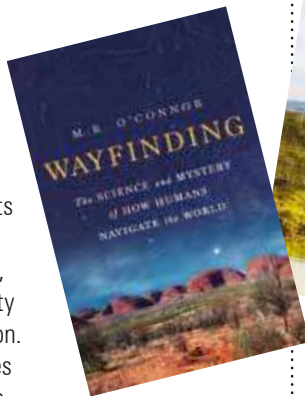
Sea People: In Search of the Ancient Navigators of the Pacific
By Christina Thompson (HarperCollins)

Christina Thompson started researching the voyages of the ancient Polynesians to try to find clues to the lineage of her Maori husband and their children. Her research led her to this book: a detailed exploration of the rise and fall of the ancient voyagers of the Pacific. In its more than 300 pages, Thompson shares oral traditions, presents theories and scientific discoveries that try to decipher how the voyagers managed to navigate the Pacific without detailed maps or advanced instruments.



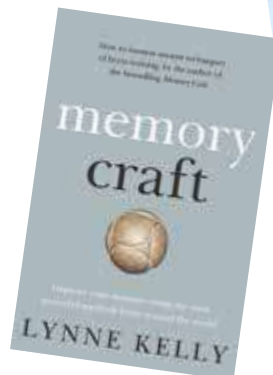
Wayfinding: The Science and Mystery of How Humans Navigate the World
By M.R. O'Connor (Affirm Press)

Journalist M.R. O'Connor put down her GPS and embarked on a journey to figure out how humans navigate the world. O'Connor travelled to the Arctic, the Australian bush and the South Pacific to interview environmentalists, anthropologists and master navigators to try to understand the neurological basis of spatial orientation, which has been defined as our natural ability to maintain our body orientation and position. In her captivating narrative, O'Connor makes a point for discovering the world away from screens and reminds us of our capacity – and love – for exploration and storytelling.



Memory Craft
By Lynne Kelly (Allen & Unwin)

Struggling to remember where you left the keys or passport? Lynne Kelly may have a solution in *Memory Craft*, which explores a variety of memory methods and how to apply them in day-to-day life. Each chapter offers different memory techniques developed throughout history, including medieval memory arts and bestiaries for memorising names, mnemonic verses and Tibetan mandalas.



In Praise of Walking
By Shane O'Mara (Penguin)

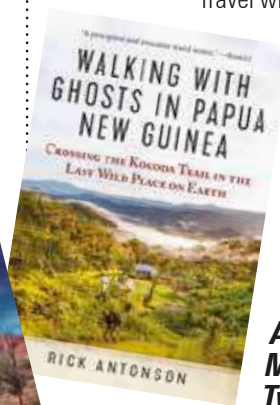
One characteristic that makes us who we are as a species is walking upright on two feet. Neuroscientist Shane O'Mara has researched the evolution and science of walking. O'Mara reminds us of a very simple pleasure – going out for a walk to clear our heads – and the many benefits it provides, such as losing weight, socialising, recalibrating inner compasses and gaining mental clarity.



PNG

Walking with Ghosts in Papua New Guinea: Crossing the Kokoda Trail in the Last Wild Place on Earth
By Rick Antonson (Simon & Schuster)

Travel writer and historian Rick Antonson, famous for recording his adventures in Mount Ararat in Turkey and undertaking a journey to the ancient city of Timbuktu, has travelled to PNG to tackle the Kokoda Trail. Antonson shares a journey of physical and mental endurance, blending the war history of the Kokoda Trail and unexpected discoveries in his unique way.



A True Child of Papua New Guinea: Memoir of a Life Between Two Worlds
By Maggie Wilson (McFarland)

Born in the Highlands of PNG, Maggie Wilson was the daughter of Melka Amp Jara and Patrick Leahy, the older brother of Michael and Daniel Leahy, who are considered among the first known Australian explorers to encounter people in the Highlands. Wilson, who died in 2009, started this book as an autobiography. James Cook University anthropologist Rosita Henry finished the manuscript and transformed it into a biographical ethnography on politics. The book provides a window into the changes brought upon PNG during the Australian administration and the first three decades after its independence in 1975. ➤





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Up the Creek: Edie Creek and the Morobe Goldfields
By James Sinclair (Pictorial Press Australia)

James Sinclair retired in 1975, after the independence of PNG, and turned his hobby of writing into a career that produced more than 30 published books. *Up the Creek* is his last book (he died in 2017) and only 650 numbered copies have been printed.

The author drew from his experience in PNG since 1947, when he joined the Department of District Services and Native Affairs, and on bibliographical research, to give a detailed historical account of the Edie Creek Mine in the Upper Edie Creek Valley in Wau, where mining began in 1932. The photographs illustrating the book date back to 1910 and provide a rare glimpse into everyday life in PNG and the evolution of this particular region and its inhabitants.



CLASSICS

1984
By George Orwell (Text Publishing)

A novel that is perhaps more relevant today than we would wish turned 70 years old in July. This dystopian classic was first published in 1949. In it, Orwell imagined a world divided in three superpowers. What used to be Britain is now part of Eurasia and is ruled by the totalitarian figure of Big Brother. Propaganda shapes people's minds and the truth is shaped in any way and form that the government wishes. In today's political landscape, where authoritarianism and fake news run rampant, *1984* is an urgent read, a timely warning of the dark days that could lay ahead for democracies worldwide.



POETRY

Effigies III
Edited by Allison Adelle Hedge Coke, Brandy Nalani McDougall and Craig Santos Perez (Salt Publishing)

Effigies' third volume is a collection of vibrant and new poetry from emerging women writers from Native North America and the Pacific. Although thousands of kilometres apart, the women of these two parts of the world share stories of colonisation, lost languages and inequality.



Pachinko
By Min Jin Lee (HarperCollins)

This acclaimed historical saga is told through four generations of a Korean family in Japan. In the early 1900s a teenage girl, Sunja, the adored daughter of a crippled fisherman, falls in love with a wealthy suitor near her Korean home. Yet for a number of reasons she accepts an offer of marriage from a gentle, sickly minister passing through the village on his way to Japan. Her decisions set off a saga that reverberates through generations. ■



WHAT THEY'RE READING ...

Keith Jackson
Publisher and editor at PNG Attitude blog

Can you nominate your best fiction and non-fiction titles this year?

Black Huntress: Seven Spears
 By Philip Fitzpatrick

God, My Country and Me
 By Iso Yawi

Anne-Sophie Hermann
Founder and chair of Buk Bilong Pikinini

What have you enjoyed reading this year?

I have been enjoying *The Hidden Life of Trees* – it is quite amazing how nature works!

What's the best children's book that you have read this year?

Here I have to be a bit biased. Buk bilong Pikinini has published a book called *I Am Noah – This Is My Story*. It is a story about a young boy growing up deaf in PNG but thanks to the support from family and friends manages to get an education despite his daily challenges. It is a positive story aimed at getting the issue of disability and inclusion discussed in PNG classrooms.

Robert Upe
Editor at Paradise magazine

What's your all-time favourite book about PNG?

Kira Salak's 2004 *Four Corners: A Journey Into the Heart of Papua New Guinea* is a ripping adventure story that chronicles her three-month solo journey in PNG. Salak is credited as the first woman to traverse the country. ■





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Tightening ties in Melanesia

Kevin McQuillan meets a Papua New Guinean who is forging tighter bonds between PNG and Vanuatu.

Born and raised in Papua New Guinea, Rex Thomas Tandak is on a mission to forge closer ties between Papua New Guinea and his adopted country, Vanuatu.

A former teacher, public health program manager and now senior education quality assurance officer, Tandak has lived in Vanuatu since 1995.

"Twenty or so years ago, there was just a handful of Papua New Guineans living in Vanuatu, mainly women who had married Ni-Vanuatu," he tells *Paradise*.

"Now, the PNG community population has increased drastically, through an increase in inter-marriages, PNG companies establishing themselves in Port Vila, and bringing Papua New Guineans to work here."

He says his group was set up to promote cultural, recreational, sport and education links with PNG and to encourage PNG investors to come and invest in Vanuatu.

Tandak came to Port Vila to finish his Bachelor of Education at the University of South Pacific's Emalus Campus, after winning a German scholarship, and graduated in 1997. He stayed on in Vanuatu, teaching for 12 years at various high schools in the capital and across the country.

He is a Sikin Koep tribesman in the Aiyale Valley, from Pina Village in Enga Province. After finishing high school in Wabag Provincial High School, he went to St Fidelis College in Madang, then to Bomana Holy Spirit Seminary with the intention of becoming a priest.

"That did not eventuate, but it did build my character," he says.

He left teaching to take up a post with the then

AusAid-funded program, TVET, an education and training project that taught young men and women the skills to gain jobs.

He then worked with a World Health Organisation funded project.

"I managed the Drinking Water Safety Plan (DWSP) program under the Public Health Department."

In 2017, Tandak managed the transport program for the Pacific Mini Games, and then joined the Vanuatu Qualification Authority (VQA), which gives official recognition to education institutions.

His role involves doing pre-assessments of organisations that want to register with the VQA.

"What's attractive about Vanuatu is that the people are easy to work with, access to local and national leaders is quick and it's a peaceful country. The slogan used here is 'The Happiest Place on Earth'," he says.

What makes Vanuatu unique, he says, is that it was colonised by the French and English. "It's the only country in the South Pacific where the people speak French and English along with Bislama (creole), which is an official language, and the first language for most Ni-Vanuatu (Vanuatuans)."

Tandak's spare time is spent with his children and family – as well as swimming, fishing, watching rugby and football, as well as developing the PNG-Vanuatu Wantok Care Association (PVWCA), a welfare organisation that obtains donations from PNG organisations and individuals for Vanuatuans.

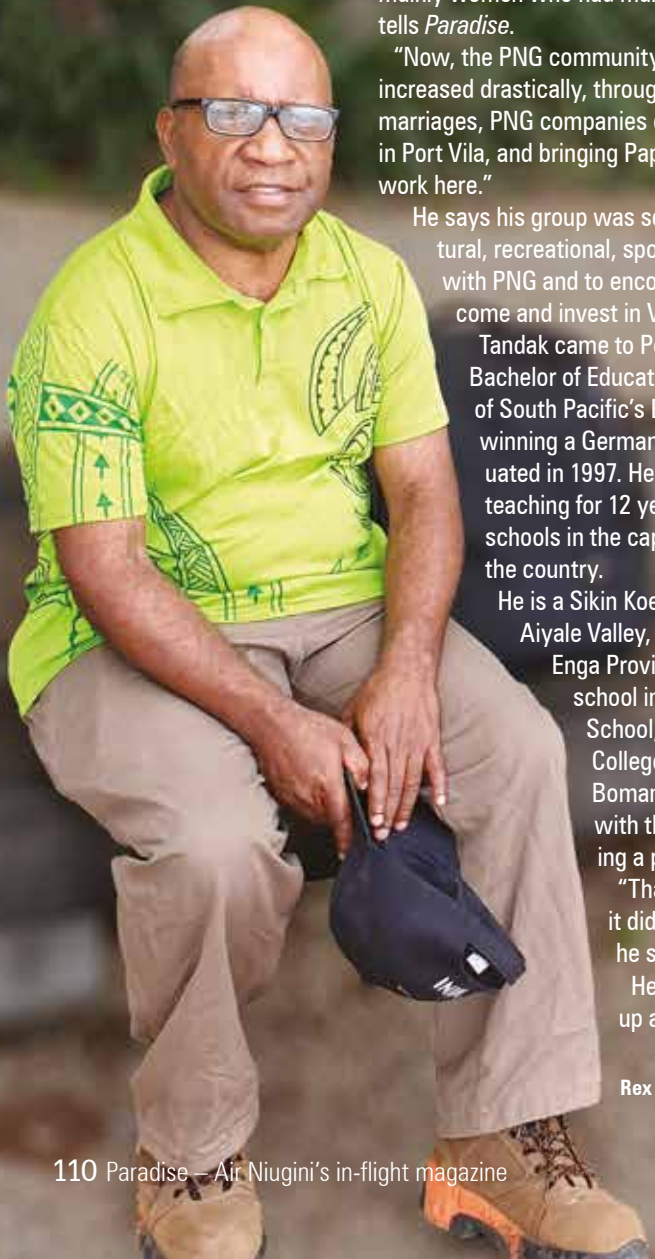
"During the earthquake in Southern Highlands Province in 2018, we did some fundraising with the help of the Vanuatu Credit Corporation and sent the funds back to PNG.

"We are well over 100 members in Vanuatu, but that will increase over the next 10–20 years," he says.

"Earlier this year, we established a PNG Vanuatu Wantok Care Football Club, and we have plans for a rugby league club as well." ■

Rex Thomas Tandak ... says there is an increased presence of Papua New Guineans in Vanuatu.

PICTURE: JILL SCANLON





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Papua New Guinea

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KENU & KUNDU FESTIVAL, 1 - 3

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- Peter S. Kinjap and Shane Holland, Aioni Tours Milne Bay Adventure

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- * KARIMUI SHOW, 20 - 22

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- * ENGA SHOW, 7 - 9 AUGUST
- * HAGEN SHOW, 15 - 16 AUGUST
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look good, feel good

BY BRONWEN GORA



Feed your mind

Researchers have identified several foods as particularly beneficial for the brain. The good news from one of the latest studies, published in the online journal *BMJ Nutrition, Prevention & Health*, is that many of the foods are popular in Papua New Guinean and South-East Asian diets.

Here are 10 brain-healthy foods identified in the study and how they help your brain.

1 Turmeric

It's the curcumin in this spice, often added to curries and stews, that does all the good work. Curcumin can improve memory, boost levels of feel-good chemicals dopamine and serotonin, and help new brain cells grow while delaying mental decline.

2 Fatty fish

Omega-3, found in fatty fish such as salmon, mackerel and sardines, is required to build brain and nerve cells and is essential to keep your mental faculties sharp. It also improves your mood, protects the brain from decline and, when eaten in baked or broiled fish, has been found to increase those parts of the brain that affect memory, emotions and decision making.

3 Sage

Sage has antioxidant and anti-inflammatory properties that improve concentration and memory. It has also been found to inhibit an enzyme that plays a part in Alzheimer's disease.

4 Berries

Strawberries as well as blueberries, blackberries and mulberries contain flavonoids, catechins, caffeic acid and anthocyanin – plant compounds with anti-inflammatory and antioxidative properties that delay cognitive decline and improve brain cell communication, learning and memory.

5 Dark chocolate

The cocoa powder in dark chocolate contains antioxidants, caffeine and flavonoids, all of which are beneficial for learning and memory. Flavonoids are mood-boosters, too.

6 Pumpkin seeds

High in magnesium, iron, copper and zinc, pumpkin seeds also contain antioxidants. Magnesium is essential for the part of your brain that controls learning and memory.

7 Nuts

These are filled with vitamin E, which protects cell membranes from damage. Walnuts are high in omega-3 fatty acids, and almonds are particularly high in vitamin E.

8 Broccoli

While broccoli is another antioxidant-high food, it is especially high in vitamin K, which is essential for forming a certain type of fat in the brain crucial for memory.

9 Coffee

The caffeine and antioxidants in coffee improve alertness by blocking the chemical that makes you feel sleepy, boost the feel-good neurotransmitter serotonin, and sharpen concentration.

10 Eggs

Eggs are high in choline – which is concentrated in the egg yolk – as well as folate and vitamins B6 and B12, all good for delaying cognitive decline and warding off depression.



LIGHT FANTASTIC

If the sound of your alarm makes you frazzled even before climbing out of bed, you may want to try one of these new alarm clocks that use natural light.

The theory is that by filling your room with simulated sunlight, instead of sound, the lights wake you up more gently and naturally.

Lumie has just launched two new sleep/wake lights, the Bodyclock Luxe 700FM and the Bodyclock Luxe 750DB. As well as mimicking the colour of sunrise and sunset, the new lights

have enhanced sleep/wake sounds, including birdsong and waterfall recordings. You can also customise the length of the gradual sunrise or sunset, anywhere from 15 to 90 minutes.

The lights also have Bluetooth connectivity, radio, and have tap-control snooze and auto-dimming displays.

There is a range of Lumie clocks available online.

See lumie.com.



TRADITIONAL SPA TREATMENTS

There are thousands of spa treatments across the world. Here are some of our favourites in South-East Asia and the Pacific.

Fiji, Cocodil Bobo Combo foot massage: Wild-crafted Fijian nut oils and traditional Fijian massage are highlighted in this signature treatment of Sigatoka Spa, located in the popular holiday town Sigatoka on Fiji's Coral Coast. This foot and lower-leg massage combines reflexology with Shiatsu, Thai and Swedish massage techniques. See sigatokaspafiji.webs.com.

Singapore massage: The Chinese, Malay and Indian massage techniques used during this treatment at Singapore's Swissotel Merchant Court are specific to those ingrained in the city's cultural heritage. Over 90 minutes the lavish treatment rebalances the mind and spirit, expels fatigue, tension and stress, and banishes excess body heat. See swissotel.com/hotels/singapore-merchant-court.

Sydney, Yanko Jindalee: The unusual name originates from Australia's Northern Territory and means running water on skin, and all ingredients used in the treatment are native. Over 75 minutes at The Darling Spa, Australian native aromatic oils are blended with desert salts to leave your skin clean and purified. After a warm water massage, cherry alder body lotion is applied to smooth the skin. There's also a scalp massage with a quandong-infused hair mask.

See star.com.au.



GET MOVING



Analysis of physical activity surveys across 168 countries and encompassing 1.9 billion people has found that an astonishing 1.4 billion adults aren't getting enough exercise – and that figure hasn't changed since 2001.

The results were compiled by researchers from the World Health Organisation and published in *The Lancet Global Health* journal after they analysed 358 surveys worldwide. Sufficient exercise was defined as performing at least 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week. ■



ROMULO CAFE, MANILA INTERNATIONAL REVIEW

Designer Ivy Almario's elegant touch is evident from the moment you step inside Romulo Cafe in downtown Makati in Manila. Exquisite contemporary design complements hundreds of black-and-white historic photographs. It's the sort of place that entices you to peer into every nook and cranny, wondering what delightful surprise is behind that screen, or around that corner.

But it is the elegant simplicity of home-style Filipino cuisine that's elevated Romulo to the forefront of Manila's dining scene.

Almario, and restaurateur husband Yong Nieva, have created three Romulo Cafes in Manila, and another in London.

Named after Philippine diplomat Carlos P. Romula, the cafe should really be named after his wife, Lola Virginia. Romulo takes its inspiration from Lola Virginia's personality and talent as an exemplary hostess entertaining dignitaries in Washington DC in the 1940s and 50s.

She introduced Filipino cuisine to world leaders at a time when mangoes were considered exotic in the US and serving whole seafood was considered barbaric.

At the time, she surmised her conservative guests weren't ready for her to serve the Filipino suckling pig delicacy known as *lechon*. Instead, she created a 'less offensive' chicken dish adapted from her grandmother's Spanish recipe.

Chicken Rellono is a sort of meatloaf-like stuffed chicken to please conservative palates of the 1950s. The family recipe has been adapted to tantalise modern palates and now takes pride of place as the signature dish at Romulo Cafe. It is sensational.

Romulo is all about enjoying fine food in exquisite surroundings where diners are made to feel like they've been invited into the private dining room of a close friend.

"Long lingering conversations with friends, lots of laughter and generous second helpings are encouraged," says Nieva. ■



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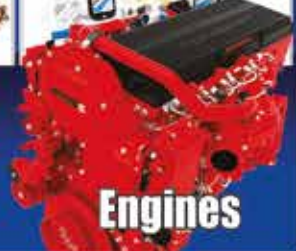


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“

We saw dolphins, turtles and heaps of tropical fish.
Crocodiles are everywhere in those waters.

”

Full throttle across the sea

Richard Andrews reports on a 480-kilometre crossing of Torres Strait from Australia to PNG on jet skis.

“Am I going to get eaten?” Chelsea Brown asked herself when crossing Torres Strait on a jet ski.

Last July, the 16-year-old Sydney student officially became the youngest person to ride a jet ski from Australia to Papua New Guinea – and back again. During the 480-kilometre journey she braved high winds, rough seas, crocodiles and sharks.

Despite feeling a bit ‘iffy’ at first, she joined a team of adventurous jet skiers from around Australia on a charity ride that took off from Weipa in northern Queensland and reached the south-west PNG island of Daru. After a one-night stopover in the Western Province capital, they headed back to Australia, finishing in Port Douglas.

Twelve of the 14 original group members completed the arduous crossing after a jet ski sank and one rider pulled out because of injury.

“It was pretty crazy,” says Brown. “From Thursday Island the first 110 kilometres was open water with 20-knot winds and a 1.5 to two-metre

swell. I wondered what I got myself into.”

But as an equestrian champion, Brown’s horse riding skills helped her stay upright on her aquatic metal steed and ride the waves to the flat waters of Warrior Reef.

“That was amazing,” she says. “It’s a beautiful reef and we saw dolphins, turtles and heaps of tropical fish. Crocodiles are everywhere in those waters, but when you realise they’re not going to do much, you kind of ease up to the idea.”

Throughout the journey, Brown was safeguarded by her team, which included her father, Matt. There was even a watchful eye from above, she says.

“About 50 kilometres from Daru we were also happy to see an Australian Coast Guard helicopter that flew over to make sure we were okay. That was pretty cool.”

But it was the triumphant arrival at Daru that was the highlight of the trip for the determined young woman.

“Thousands of cheering people were waiting for us on the beach and welcomed us with a special ceremony,” she says. “It was very humbling and brought tears to your eyes. The kids were particularly excited and we later gave them jet ski rides on the river and around the harbour.”

“Chelsea’s Dad, Matt, spent about two years preparing for the crossing,” says charity organiser, Mark Wallace, who accompanied the riders in a support boat.

“It takes time and planning to get authorities to accept that you’re coming on a jet ski.”

The July crossing was not the first attempt to cross Torres Strait by jet ski from Australia to PNG.

Wallace, Matt Brown and two other riders completed the journey in 2013. And earlier this year an armed British man, fleeing drug supply charges in Western Australia, almost made it across the strait on a jet ski, but was nabbed by police just before he reached PNG.



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The riders ... Chelsea Brown, 16, the youngest person to jet ski from Australia to PNG (above left); the jet skiers at the tip of Australia before setting out across Torres Strait.

Bold as it sounds, the jet skiers followed a trading and migration route used for thousands of years by Papuan and Australian Aboriginal communities – without the aid of powerful engines.

The maze of reefs and islands can be hazardous to navigate and its rocks were the bane of early European explorers. Torres Strait also features in Jules Verne's *Twenty Thousand Leagues Under the Sea* as a dangerous area where the submarine *Nautilus* is briefly stranded.

But it was more than history and adventure that motivated the other jet skiers. The riders wanted to raise awareness of Sarz Sanctuary, an international support group for people suffering from traumatic grief.

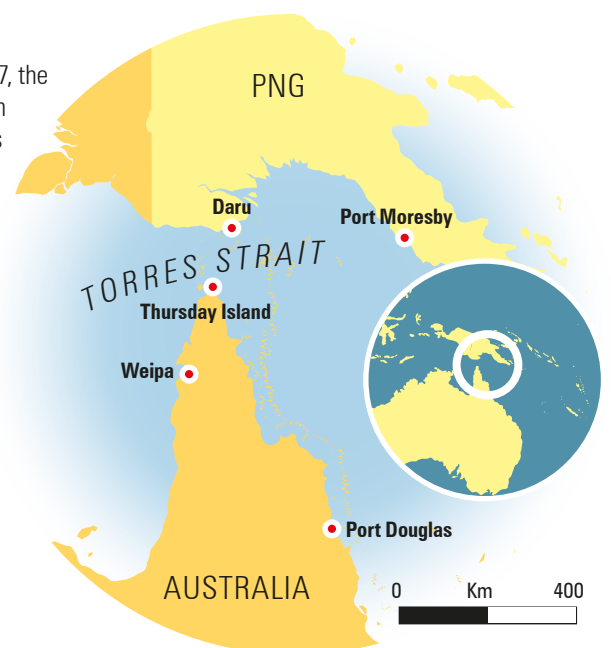
The Brisbane-based charity was co-founded by Wallace and his wife, Julie, in memory of

their daughter Sara Zelanak. In 2017, the 21-year-old was killed in the London Bridge and Borough Street Markets terror attack.

"We want to honour Sara's life and give purpose to her loss by helping others who have, like us, suffered traumatic grief," says Wallace.

His organisation is also setting up projects to repay the Daru community for the hospitality they showed the jet ski riders. ■

See sarz-sanctuary.org.



REVIEW:

FORD RANGER XLT

RELIABLE RANGER

You don't need to spend much time behind the wheel of the latest Ford Ranger to appreciate its appeal.

In its latest T6 iteration the mid-sized Ford pick-up achieves a terrific blend of style and substance across a broad model range that caters to everything from a basic workhorse all the way up to the off-road-racer-inspired Raptor.

On the outside, a strong stance and powerful proportions form the basis for a muscular design. It's clean but with an appropriate mix of brawn.

It's topped off in the XLT trim (priced from about PGK180,000) we've tested here, which brings some additional chrome highlights and a rear sports bar for that rugged look.

Those wanting more can step up to the Wildtrak or Raptor, the latter plumped with flared wheel arches, unique styling touches and tougher suspension to allow for higher speeds on rough roads.

Whichever model you choose, though, the Ranger quickly asserts itself as a tough truck.

Rugged suspension copes beautifully with big hits and it's quick to regain its composure afterwards. Even without a load on board there's an impressive level of control, something that not only ensures respectable comfort levels

The Ranger was designed and engineered in Australia across some of the harshest roads in the country. It was designed from the outset to be sold in more than 100 countries, including Papua New Guinea.

but also adds to the competency and sense of control.

That it also copes well with hundreds of kilograms in its tray is a testament to the efforts of engineers.

It helps that the Ranger is riding on sensible tyres, with 17-inch units wrapping alloy wheels. While the standard tyres are fairly road biased, it's easy enough to find chunkier rubber that will cope with more.

While a new 2.0-litre twin-turbo engine is fitted to the top-of-the-range Raptor, the familiar 3.2-litre five-cylinder soldiers on in the XLT.



The stout engine produces 147kW and 470Nm. It's the torque that defines it, a solid spread of pull available from low in the rev range. And the optional six-speed automatic is nicely tuned to keep the engine burbling along in its sweet spot.

More impressive is the tuning of throttle response. It doesn't take much input from your right foot to get things moving sharply, which makes it easier to respond to changing road and traffic conditions.

The main downside is a gurgling noise that is a constant accompaniment on long cruises, which is a minor annoyance rather than a deal breaker.

Whereas some dual-cab trucks treat back seat passengers as second-class citizens, the Ranger ensures all are well catered for. Even adults will appreciate the generous leg and headroom in the back seats.

In many ways that's the beauty of the Ranger. Unlike most rivals, it's not let down in any area, instead performing strongly across a broad spread of disciplines. That it does so with keen pricing and a reputation for reliability makes it all the more appealing. ■



DETAILS/SPECIFICATIONS – FORD RANGER XLT 4X4 DUAL-CAB

Price:
From PGK180,000

Engine/drivetrain:
3.2-litre five-cylinder
turbo diesel

Transmission:
6-speed auto, 4WD

Power/torque:
147kW/470Nm

Wheels/tyres:
17-inch alloys





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Terminator: Dark Fate

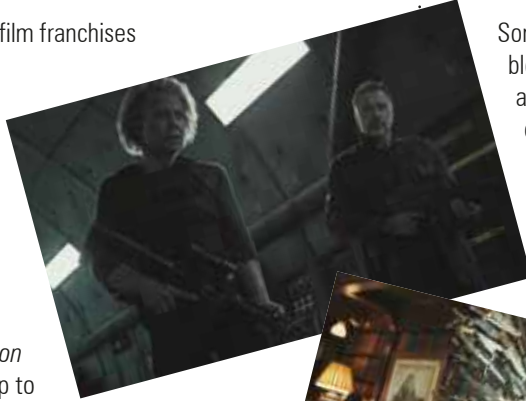
Cast: Arnold Schwarzenegger, Linda Hamilton, Mackenzie Davis

One of the most inconsistent film franchises is back with some of its most legendary names in an attempt to return to its former glory.

The *Terminator* movies started out so well with editions in 1984 and 1991 that are bona fide classics, but later sequels – including *Rise of the Machines*, *Salvation* and *Genysis* – failed to live up to the hype.

In order to correct the franchise course, original director James Cameron has been brought in to produce, and star Linda Hamilton is back with her original co-star Arnold Schwarzenegger.

Those later sequels have been deemed null and void, with the plot reset to the original timeline. If it all feels a bit desperate, that's because it is. Nevertheless, it's worth it to see Hamilton as Sarah Connor and some fun action.



Knives Out

Cast: Chris Evans, Jamie Lee Curtis, Daniel Craig

Sometimes film directors direct a big-budget Hollywood blockbuster and get addicted to the thrills of mounting epic action bonanzas. Other times, they take the money and the opportunities provided by a huge franchise picture and use it to make the smaller character-driven films they prefer.

The last few years have seen many promising young filmmakers lost amid all the computer-generated imagery (CGI). But Rian Johnson, who has made such great small-scale movies as *Brick* and *Looper*, has taken the name

recognition that comes from making *Star Wars: The Last Jedi* and used it to make a wickedly twisted, Agatha Christie-inspired whodunnit murder mystery.

He has amassed a large all-star cast including Toni Collette, Michael Shannon, Christopher Plummer and LaKeith Stanfield, all of who are clearly relishing the opportunity to act in something so goofy and old-fashioned.



Cats

Cast: Jennifer Hudson, Judi Dench, Taylor Swift

One of the most bizarre films in years is this adaptation of a famed Andrew Lloyd Webber musical. *Cats*, one of the most popular and long-running on Broadway and London's West End, is already pretty strange, with actors dressed up as colourful feral cats with silly names singing songs inspired by the poems of T.S. Eliot.

But director Tom Hooper – returning to musicals after *Les Misérables* with Hugh Jackman and Anne Hathaway – has chosen to make his feline protagonists into weird visual effects demo reels. The result is like something plucked out of a warped horror movie with computer-generated cats running around fantastical oversized sets.

You truly won't believe what you're seeing, but after relentless cinematic universes and sequels and remakes and reboots, being truly unique actually does count for something. If you're already a fan of *Cats* the stage show, then you have to see the movie.



Pain and Glory

Cast: Antonio Banderas, Penelope Cruz

Spanish writer-director Pedro Almodovar is one of international cinema's most celebrated names and a new movie from him is always worth looking at. His films are always flamboyantly colourful, full of melodrama and bubbling with sexuality and cultural heritage.

He has won two Academy Awards (for *All About My Mother* and *Talk to Her*), is beloved by critics, and made stars out of Antonio Banderas and Penelope Cruz, who both return for his latest.

Pain and Glory is no different, blazing across the screen with the director's typically oversized emotions around love and family. This autobiographical film is the story of a rich and successful director facing a creative crisis. He is haunted by the memories of his mother and a lost love who returns in an unexpected way.

Banderas is a hot favourite for an Oscar for his career-best performance. ■



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COLA KINGS

A PNG company with plenty of fizz

Papua New Guinea's Pacific Industries has created the wildly popular homegrown soft drink GoGo Cola. Now, the company has won the rights to manufacture Pepsi products in PNG and is also set to expand into China. *Kevin McQuillan* reports.



Pacific Industries is one of the oldest family companies in Papua New Guinea with its origins dating back to World War 2, when the original factory was used to supply soft drinks to Allied troops.

The company now manufactures soft drinks, water, cordial, juice, alcohol, ice cream, baked goods and roasted coffee at plants in Rabaul and Port Moresby.

Founder Gabriel Chue and son Paul Chue had the franchise for Coca-Cola in PNG for about 40 years, but Coca-Cola Amatil took it back in 2008.

In its place, Pacific Industries developed its own homegrown PNG cola brand, GoGo Cola.

"Development of the brand was extensive as we sampled hundreds of formulations until we finally found the right taste," Everett Chue, director of Pacific Industries, says.

"Launched in late 2014, GoGo Cola is now our largest brand, and sold throughout PNG, including Bougainville, plus the Solomon Islands," he says.

"We hope to continue to grow the GoGo Cola brand so that in the future we will have a true home-grown PNG brand to pass down to our children and future generations, just as my grandfather passed down the Gold-Spot brand, which he created in 1952.

"We source as many of our ingredients as possible locally to create as much of an authentic PNG-made product as possible," he says.

"Sugar, for example, comes from Ramu Sugar and cardboard cartons come from



On the go ... (from right to left) director of Pacific Industries Everett Chue, forklift driver Alison Akia and Uakari Vagi. Pacific Industries management (opposite page).

Amalpack manufactured in Lae, but aluminium cans are unavailable locally and we are forced to import from abroad.

"But we are negotiating with several overseas can manufacturers to bring their

production on shore here in PNG.

"This essentially will not only bring a large cost of the manufacturing of beverages to be born here in PNG but will also create a further 500 to 1000 new jobs."



“

Production of Pepsi and other PepsiCo brands will start before the end of the year at our factory in Rabaul.

”



Pacific Industries has just recently been awarded the rights to manufacture all PepsiCo brands in PNG.

“Production of Pepsi and other PepsiCo brands will start before the end of the year at our factory in Rabaul and will be distributed all over the country,” Everett says. “We have spent PGK25 million in Rabaul upgrading our plant and equipment, warehousing and staff accommodation in line for the production of Pepsi products and future growth of GoGo Cola.”

The company is also in the planning process of constructing a new beverage manufacturing facility on the PNG mainland, along with a new distribution facility in Lae.

Pacific Industries is well set up for expansion. It has 11 branches (Port Moresby, Lae, Madang, Goroka, Hagen, Rabaul, Kokopo, Kimbe, Kavieng, Buka and Arawa), each with a full team of sales staff, merchandisers, warehouse staff, delivery crew and mechanics. Product is distributed via sea and land.

At the same time as producing its own GoGo Cola, the family set up Duffy’s Cafe & Roastery, to capitalise on PNG’s high-quality coffee.

Along with roasting and distributing its own locally sourced PNG beans, it now has a creperie to serve savoury and sweet crepes, as well as a French patisserie to bake its own breads, baguettes, and croissants, being served in five cafes around Port Moresby.

For the past year, Everett’s brother, Travers – the founder of Duffy Cafe – has been

based in China, gearing up for a launch into the Chinese market at the start of next year. Travers is currently in the final design phase for the fit out of the first Duffy store in China.

There are plans to open three stores in the first year in the southern Chinese city of Guangzhou, with more stores planned for years two and three.

“We will be ramping up our production of roasted coffee here in Port Moresby to be able to supply these stores in China,” says Everett.

“Once these stores are opened, we also hope to be able to do an exchange program where we send selected staff from here in PNG to China to get exposure in the Chinese coffee market and Chinese hospitality industry.

“We want to use our Duffy China stores as a platform to be able to manufacture premium products in PNG for the export market into China.

“These products will consist of natural spring bottled water, coconut water, coconut food products, coconut health care products, and premium chocolate using Bougainville cocoa.”

He also says he has been approached by interested parties who would like to bring the Duffy concept to the Indian market.

“We have only had initial discussions with interested parties and are in the process of doing feasibility studies.

“PNG has so much to offer the world when it comes to exports with our pristine water ways, unpolluted air and thriving agriculture.

“If PNG is to break away from its reliance on the extractive industry, local businesses should start to look at what we can offer the world and take advantage of what is unique to PNG such as our diverse culture and traditions through tourism, speciality agriculture such as speciality coffee and high-grade cocoa, value added products such as coconut water, Galip nut chips and chocolate,” he says. ■

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.



Why Fiji is attractive for PNG businesses

Delegates at the recent Business Advantage PNG Investment Conference heard about the positives of business in Fiji.

In recent times, Fijian companies have been attracted to Papua New Guinea because of the size of its market. There are plenty of reasons for PNG companies to also look in the other direction, as delegates to the 2019 Business Advantage Papua New Guinea Investment Conference heard earlier this year.

“There are good opportunities for PNG companies in Fiji. It is a similar economy to PNG in many ways,” says Brett Hooker, who spent three years running Westpac’s operations in PNG’s Melanesian neighbour before arriving this year to run Westpac PNG.

First, Fiji’s economy is travelling well. Its government is forecasting real GDP growth of 3.4 per cent for 2020. Inflation is comparatively low by PNG standards: forecasted at 4.1 per cent this year, falling to 3.5 per cent in 2020.

Second, Fiji’s corporate tax rate is attractive. There is a low corporate tax rate of 20 per cent and a 10 per cent tax rate for listed companies on the South Pacific Stock Exchange.

Fiji has been experimenting with tax-free zones on its main island of Viti Levu.

“We’ve seen the success of the tax-free zone in Suva,” notes Nitij Pal, a long-serving



Westpac’s Brett Hooker ... says Fiji’s corporate tax rate is appealing.

board member of the Australia Fiji Business Council.

Hooker says that PNG companies will find good infrastructure in Fiji. “They have got a world-class international airport (at Nadi),

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very good access through to Asia, Europe, the Americas – they are a hub for the South Pacific as well. Fiji has experienced some phenomenal growth numbers in recent times.”

Work to expand Fiji’s second airport, Nausori, is expected to start in the next year, facilitating direct flights to the capital, Suva.

Hooker also points to the first-class access, cost and reliability of data in Fiji.

“This is one of the reasons why ownership of smartphones in Fiji is so high; everyone’s got at least one and some have two,” he says.

“One of the challenges that we have in the South Pacific is we’ve got all these great banking tools to promote the digital economy, but we need reliable data and reliable networks.”

One issue Pal thinks Fiji does need to address is its foreign exchange controls – something with which PNG companies would be familiar.

“

Fiji’s economy is travelling well.

Its government is forecasting real GDP growth of 3.4 per cent for 2020.

”

“Sometimes, if head office wants to move money out of Fiji to fund other operations there can be difficulty. But it’s a smallish economy exposed to natural disasters and internal shocks – that’s the reasoning the Reserve Bank of Fiji has for foreign exchange controls to maintain a stable currency.”

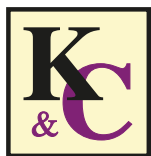
Tourism accounts for more than two-fifths of Fiji’s economy and it remains a major source of business opportunities.

“We facilitate a lot of business on the ground in Fiji for both Australian companies and international companies ... what you’re seeing is a whole combination of small and medium enterprises entering the market, predominantly in tourism,” says Pal.

Nevertheless, he notes, there are plenty of opportunities outside this sector, especially given Fiji’s skilled and educated labour force.

“As things start to improve in PNG, there’s a lot of opportunities both ways for both PNG and Fiji companies. Logistics management is going to become a growth area for Fiji, as is data warehousing and management, because they’re building an ecosystem around business process outsourcing.” ■

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An alternative to the Highlands Highway?

A new road/ferry route out of the Highlands to Port Moresby is under consideration. David James reports.

Currently, the only way of bringing bulk agricultural produce out of Papua New Guinea's fertile Highlands is down the Highlands Highway to the port city of Lae. A new study has identified a faster second route through Gulf Province.

The study, supported by the governments of Australia and New Zealand under the International Finance Corporation (IFC) PNG Partnership, found that setting up road and ferry connectivity in Gulf Province would sharply reduce travel times.

For example, produce from the Highlands to consumers in Port Moresby could be there in two days rather than 10.

"One of the biggest challenges in PNG is transportation, it's slow, unsafe and expensive," says the IFC's Christian Reichel.

"The Highlands produces beautiful fresh fruit and vegetables, but bringing them down to Port Moresby quickly requires a plane, which is very expensive. Shipping via Lae can incur delays, which often affects the quality of the produce."

Reichel says the IFC initially spoke to oil and gas companies Total, Oil Search and ExxonMobil to understand what was being done with the barges and service roads through the Gulf Province, where they operate.

Gulf Province is the host province for the PNG's second gas project, Papua LNG.

"We saw an opportunity and got a consulting team on board. Our study identified

that it would be feasible to run a commercial ferry service from Port Moresby to Kikori, then run refresher containers from Kikori up to the Highlands by road to Mendi and beyond.

"This route could reduce transport costs by up to 50 per cent and travel time by up to 80 per cent.

We also analysed the transport cost reduction on the route and it is very favourable," Reichel says.

"The government has asked the World Bank, IFC and the Asian Development Bank (ADB) to cooperate on delivering the project," he says.

"The ADB is interested in developing the wharf needed to move goods, and the government has asked the World Bank to look at the road. What is clear is that strong partnerships will be key to delivering this project for the people of PNG." ■

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Community spirit a focus for Oil Search

Corporate social responsibility (CSR) is a key focus of many progressive businesses in PNG. *Paradise* talks to the Rod Mapstone, the corporate communications manager at Oil Search, who believes CSR has come a long way since the days when it was all about branding.

Q: What is the purpose of a modern CSR program?

A: Leading companies are positioning CSR as a key factor in determining strategy and evaluating risk, and ensuring that responsible business practices are at the core of organisational culture. For Oil Search, this means working in partnership with and alongside communities, governments and other stakeholders to contribute to socio-economic development.



For the people ... companies such as Oil Search are working in partnership with communities.

Q: How does Oil Search make sure CSR is part of its culture?

A: Our Social Responsibility Strategy is our roadmap for strategically aligned action. It is a framework and commitment to open and transparent engagement around how we anticipate and respond to societal

expectations and ensure alignment and delivery against our corporate strategy and aspirations. We have three goals: to make lives better, to be proud of what we do and how we do it, and to engage and empower our employees.

Q: What are some of your CSR priorities?

A: We are working towards a Papua New Guinea where gender equality is realised and women are empowered to live free of violence. PNG experiences high levels of gender-based violence. Survivors often need medical and psychological care, emergency shelter, police protection, legal assistance and vocational training services. Oil Search also supports global efforts to move towards implementing an effective global climate agreement. Consideration of climate change impacts is being incorporated into company planning. ■

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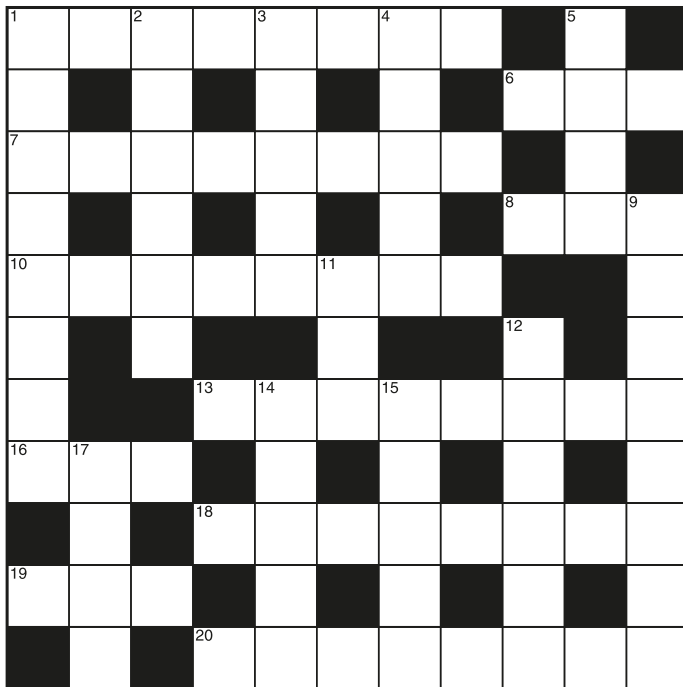
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DoubleTake

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. Lacking energy, record fewer items (8)
6. Beat a retreat, initially, to pub (3)
7. More bizarre foreigner (8)
8. Born in the Pyrenees (3)
10. Nice to see farm worker embrace leading lady (8)
13. Guard came to Spooner for a session of poker (4,4)
16. It's odd for Terry to have a go (3)
18. Certain to be optimistic (8)
19. He left cheap hat (3)
20. Stampede stall containing stand for hero (8)

DOWN

1. Tune played at final station (4,4)
2. Protect from film and TV (6)

3. Large and small nations (5)
4. Back of ship looks grim (5)
5. Put off Fay's speech (4)
9. A theory'll sound fragile and airy (8)
11. Pairs keep in tune (3)
12. Rope is a trial to untangle (6)
14. A fragrant flower cropped up (5)
15. Golf stroke provides motivation (5)
17. Raw call of big cat (4)

STRAIGHT CLUES

ACROSS

1. Lethargic (8)
6. Forbid entry to (3)
7. Truth is ... than fiction (8)
8. Maiden name indicator (3)
10. Agreeable (8)
13. Canasta or bridge (4,4)
16. Prosecute (3)
18. Can-do (attitude) (8)

Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.



19. Limit (price rises) (3)
20. Column base (8)

DOWN

1. Bugle funeral salute, the ... (4,4)
2. Computer monitor (6)
3. Touches down (5)
4. Severe (5)
5. Disconcert (4)
9. Other-worldly (8)
11. House cooler, ... conditioner (3)
12. Lasso (6)
14. Emerged (5)
15. Travel by car (5)
17. Thunderous sound (4)

Theme: ROUND THINGS

- | | |
|---------|-----------|
| APPLE | GLOBE |
| ARC | HOOP |
| BAGEL | JAR |
| BALL | LOOP |
| BANGLE | MANHOLE |
| BARREL | MELON |
| BOWL | MOON |
| BUN | NECKLACE |
| BUTTON | ORANGE |
| CAKE | OVAL |
| CHERRY | PLANET |
| CIRCLE | PLATE |
| CIRCUIT | RACETRACK |
| CLOCK | RECORD |
| DISK | RING |
| DOME | SPHERE |
| EARTH | SUN |
| FRYPAN | TYRE |
| GLASS | WHEEL |



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. What's the tallest mountain in PNG: Mount Wilhelm, Mount Gladstone or Mount Capella?
2. Which fruit is not grown in PNG: snake fruit, dragon fruit or langsat?
3. What is the legal drinking age in PNG?
4. PNG has 500 islands. True or false?
5. PNG is part of the Commonwealth. True or false?
6. Who is the president of Indonesia?
7. What currency would you use in Angeles?
8. Where are you most likely to be if you're eating *char kway teow* in a hawker centre?
9. What is the capital of Australia?

10. One of the longest place names in the world is: Krungthepmahanakhon Amonrattanakosin Mahintharayutthaya Mahadilokphop Noppharatchathaniburirom Udomratchaniwetmahasathan Amonphimanawatansathit Sakkathattiyawitsanukamprasit. What is the more commonly used short name of this Asian capital city?
11. Which city, near the Great Barrier Reef, does Air Niugini fly to daily?
12. Which city is home to the world's largest Polynesian population?
13. Which city has the largest population in the world?
14. Who is the president of China?
15. What is Japanese rice wine called?

– COMPILED BY STEVEN JAUW WALUDIN

Sudoku

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

				3			4	
			7					3
7	3	6			4		8	
	1	4		8		6	5	
8			5	6	9			1
	6	5		1		9	2	
	9		8			5	7	6
4					1			
	2			9				



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O		N						I		L
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The Paradise Quiz

1. Mount Wilhelm. 2. snscs fruit. 3. 18. 4. False. PNG has 600+ islands. 5. True. 6. Joko Widodo. 7. Peso. (Angeles is in the Philippines.) 8. Singapore. 9. Canberra. 10. Bangkok. (The long version is in Thai.) 11. Cairns. 12. Auckland, NZ. 13. Shanghai, China. 14. Xi Jinping. 15. Sake.



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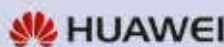
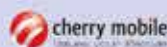


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PAPUA NEW GUINEA VISITOR GUIDE

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: RICHARD SILAKAU

Port Moresby from the air ... the capital city has a population of almost 365,000 people.

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 check-in. Aircraft and helicopter charters are available for travel to remote locations.

HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific

International Hospital and the Government Hospital, which have 24-hour emergency and critical care services. Some conditions may require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical evacuation can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis.

MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John

provides 24-hour ambulance service in Port Moresby.

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.

PUBLIC HOLIDAYS

PNG observes a number of public holidays unique to the country. In 2019, they include National Remembrance Day on ►





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Gateway

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Open Daily for breakfast, lunch or dinner.

Bookings: 327 8100 | coralseahotels.com.pg

Tuesday, July 23; National Repentance Day on Monday, August 26; and Independence Day on Monday, September 16.

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

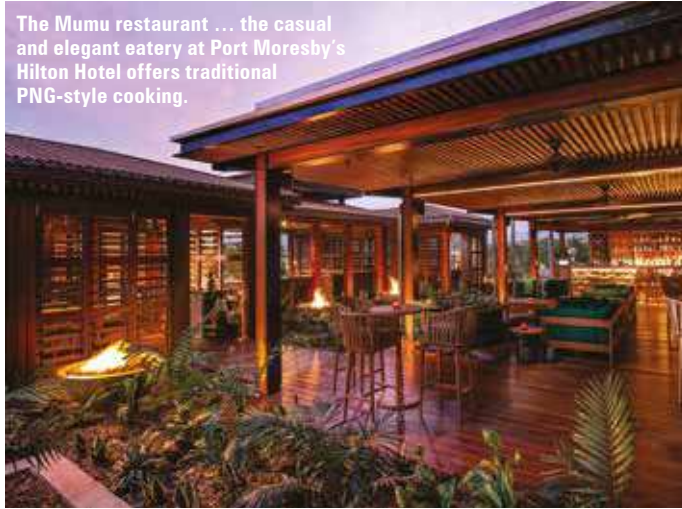
Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See airways.com.pg.

Asia Aromas: Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is 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 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.

The Mumu restaurant ... the casual and elegant eatery at Port Moresby's Hilton Hotel offers traditional PNG-style cooking.



Crown Hotel: There are multiple eating options at Crown. 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 Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See daikokupng.com.

Duffy Cafe: Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. 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.

Edge by the Sea: The 'Edge' cafe was renovated in 2017 and has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees ... perfect for those blistering-hot days. Tel. +675 7995 5263.

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.

Element Bar and Restaurant: One of Port Moresby's newest restaurants, Element offers Asian fusion with excellent service. On Champion Parade, on the first level of MRDC Haus, it has modern decor and a huge balcony. Tel. +675 7252 8778.

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. Tel. +675 7196 6666.

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 Goroka 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 grandpauahotel.com.pg.

Hilton Port Moresby: The hotel has five eating areas including Mumu, which is named after the traditional earthen oven of PNG and serves traditionally inspired dishes. There's also a top-floor lounge bar called Summit, cafe-style dining in Copper on the lobby level, all-day dining and a breakfast buffet at Feast, and quick bites, such as sandwiches and coffee, at Halo in the convention centre foyer. See www3.hilton.com. Tel. +675 750 1800. ➤



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 gimhap. 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, which 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.

Shady Rest Hotel: The Indian dishes at the hotel's Cellar Restaurant draw high praise from reviewers on TripAdvisor, which has awarded the restaurant a certificate of excellence for five years in a row. There's an all-you-can-eat buffet on Tuesday and Friday nights. The restaurant also prides itself in its steaks. Mr Mike's Pizza Company is a takeaway located at the hotel

Gourmet offering... a Mr Mike's Pizza at Shady Rest Hotel.



and has classic pizzas, such as Hawaiian and margarita, as well as gourmet pizzas such as the Mediterranean, which is packed with feta, olives, mushrooms and more. See shadyrest.com.pg. Tel +675 323 0000.

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Sogno: This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. Tel. +675 320 0001.

Stanley Hotel and Suites: This Waigani hotel has several restaurant choices, including the fine-dining Silver Leaf and the chic tapas-style Monsoon Lounge. 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.

Cafe 411: There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods

and PNG coffee. Tel. +675 479 0100.

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 City Cafe: Located in the Lae City Hotel on 3rd street, the cafe serves Western and Asian cuisine. The signature dishes include ribs and Nasi Goreng. Tel. +675 472 0138.

Lae Garden Restaurant: The Asian menu includes staples such as crispy chicken and butter prawns. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. Tel. +675 479 0100.

Lae Golf Club: The club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae International Hotel: Home to three restaurants – Luluai's Italian Pizza, Vanda and ➤

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fruits and vegetables getting rotten was mitigated.

And in all these years, Lucas has grown his business with us, our association with him has helped him upgrade his house from a kunai shack to a timber home, put his kids through school, increase the land he farms on and even have his own canteen.

Follow Lucas's story on

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PORT MORESBY



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 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.

Citi Boutique Hotel: The Citi Boutique Hotel is in Boroko, a quiet residential area with shopping centres and sporting facilities. It has 60 deluxe queen and twin rooms, a business centre, cable TV and free Wi-Fi. There’s also a day spa and beauty

salon, restaurant, bar, karaoke room, and a rooftop terrace. The hotel provides free airport transfers. See citiboutiquehotel.com. Tel. +675 300 1300

Citi Serviced Apartments and Motel: There are two Citi Serviced Apartments and Motel properties, one block located at East Boroko and the other at Manu. They are set in safe and secure grounds. The apartments are fully kitted out. ➤





Airways Hotel ... close to the airport, good food choices and a fully equipped gym.

They include cable TV, free Wi-Fi, washing machines, dryers, fridges, fans and air conditioning. Housekeeping is also provided. See citiboutiquehotel.com. Tel. +675 300 1300.

Crown Hotel: 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 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 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.

Hilton Port Moresby: The capital city's newest luxury hotel opened in late 2018 and is in the government district 10 minutes from the airport. There are five restaurants, an executive lounge, six meeting rooms, a convention centre, swimming pool and fitness centre. All rooms in the 15-storey hotel include floor-to-ceiling windows. The accommodation includes standard rooms, executive rooms and suites. See www3.hilton.com. Tel. +675 750 18000.

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.

Sanctuary Hotel Resort & Spa: The hotel is an oasis in the city, located 10 minutes from the

airport in North Waigani. There is a lot of greenery in the hotel grounds and a large aviary, which includes the bird of paradise. The hotel, close to government offices, has a business centre, a day spa, swimming pool and a restaurant with a traditional PNG menu with a contemporary edge. It also has rooms and facilities with ramps for people with disabilities. Tel. +675 303 7400

Shady Rest Hotel: Located at Three Mile, seven minutes from the airport, this affordable hotel has 74 rooms, including newly built executive rooms, conference facilities, a day spa and salon, a small gaming lounge, a tapas lounge, the Indian-inspired Cellar Restaurant and Mr Mike's Pizza Company. See shadyrest.com.pg. Tel. +675 323 0000.

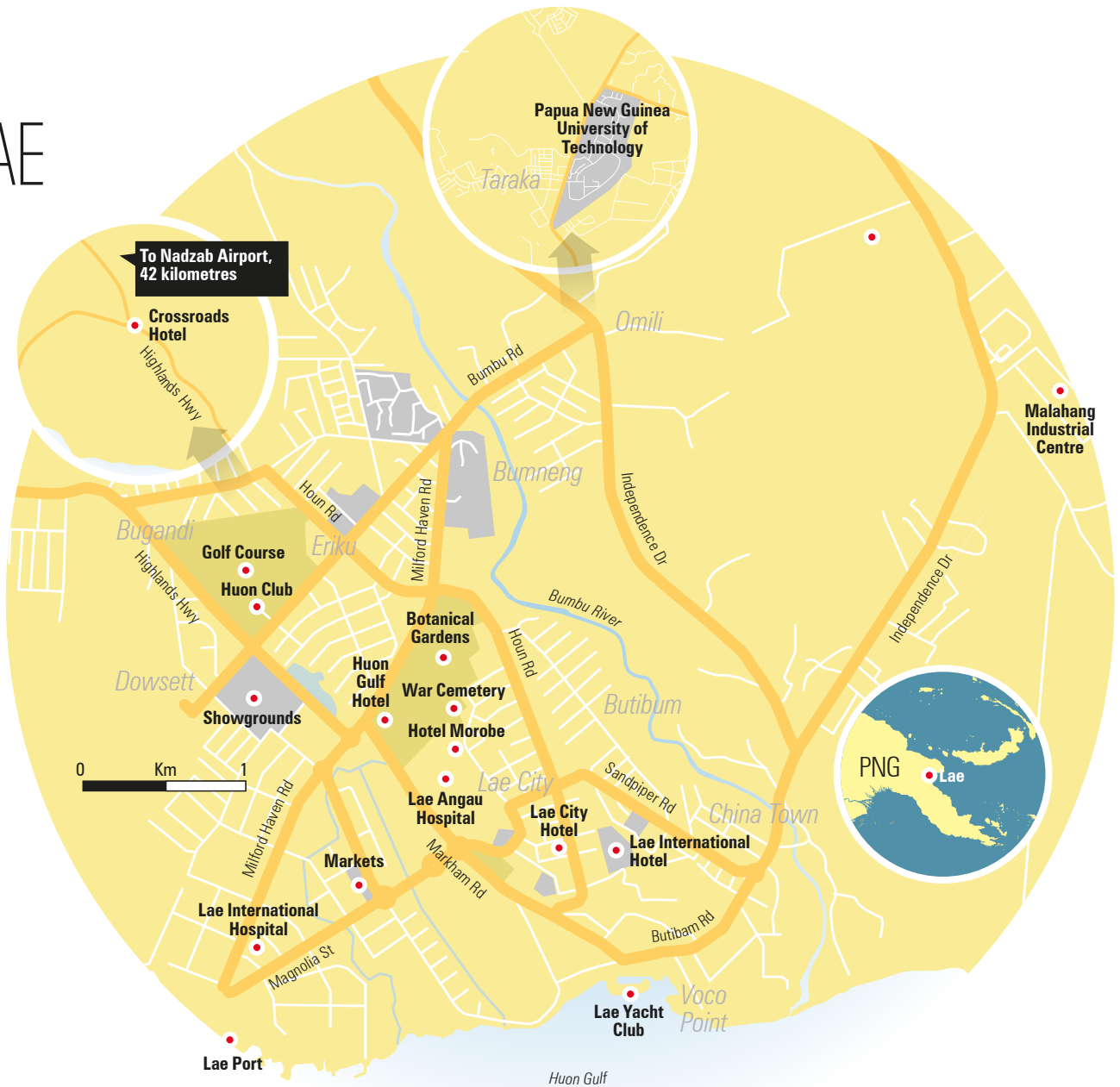
Stanley Hotel and Suites: One of Port Moresby's newest hotels, this is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.



Lae International Hotel ... deluxe rooms and apartments are available.



LAE



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, this hotel 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. ■



MINI 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?*
Hamas long dispela?
- *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**

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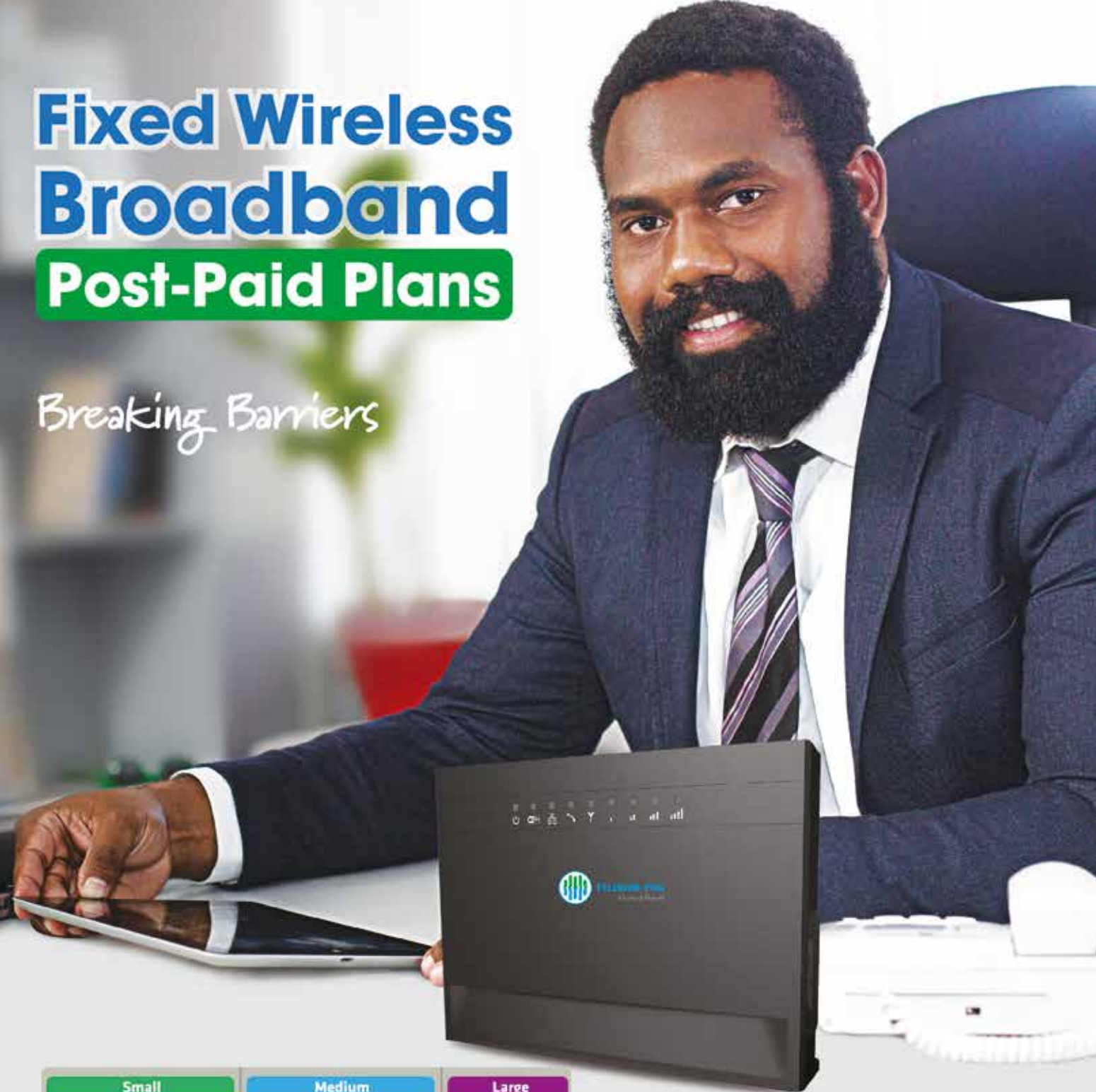
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 <p>Image © David Doubilet/Walindi Resort</p>	<p>MV OCEANIA</p> <p>A new dive liveaboard vessel begins operation out of Walindi Resort in Jan 2019.</p> <p>Plan your next dive trip to Papua New Guinea and join us on this modern and comfortable 27 metre catamaran, offering dive itineraries including Kimbe Bay, Witu Islands, Fathers Reefs and beyond.</p> <p>email: reservations@mvoceania.com</p>	 <p>Image © Peter Lange</p>
<p>walindi PLANTATION resort</p> <p>In operation for over 35 years on the shores of Kimbe Bay, Papua New Guinea.</p> <p>Relax in a tropical bungalow, dive or snorkel the world renowned reefs of Kimbe Bay, take a birdwatching tour, enjoy a nature hike or book a scuba course.</p> <p>Contact our friendly staff for a package to suit you.</p> <p>email: resort@walindifebrina.com</p>	 <p>Image © Andrew Dutton</p>	<p>mvfebrina LIVEABOARD</p> <p>MV FeBrina has been operating from Walindi Resort since 1991.</p> <p>Dive with FeBrina's experienced crew on our boutique, traditional style dive liveaboard vessel, offering itineraries in waters of Kimbe Bay and the waters of New Britain, Papua New Guinea.</p> <p>email: febrina@walindifebrina.com</p>
 <p>Image © David Schuler</p> <p>www.walindifebrina.com</p>	 <p>Image © Marcelo Krause</p> <p>www.facebook.com/walindifebrina</p>	 <p>Image © Darek Sepiolo</p> <p>+675 7234 8460 or +675 9835 441</p>



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Welcome aboard

Enjoy our Bird of Paradise in-flight service

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

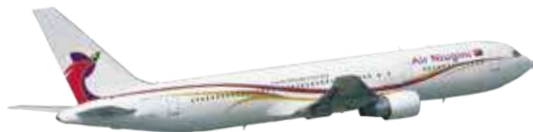
During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

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



Shaft

Genre: Action, Comedy

Rating: MA15

Stars: Samuel L. Jackson, Jessie T. Usher, Richard Roundtree

John Shaft Junior is a cyber-security expert with a degree from MIT, but to uncover the truth behind his best friend's untimely death, he needs an education only his dad can provide.



The Art of Racing in the Rain

Genre: Family, Drama, Sport

Rating: PG

Stars: Milo Ventimiglia, Amanda Seyfried, Kevin Costner

An aspiring Formula One racing car driver gains tremendous insight through his sport into the human condition and understands that the techniques needed on the race track can also be used in life.



The Dark Knight Rises

Genre: Action, Fantasy

Rating: M

Stars: Christian Bale, Tom Hardy, Anne Hathaway

Eight years after Batman vanished into the night, the emergence of Bane, a masked terrorist, and his ruthless plans for Gotham drive Bruce out of his self-imposed exile.



Flicka

Genre: Family, Adventure

Rating: G

Stars: Alison Lohman, Tim McGraw, Maria Bello

A 14-year-old girl befriends a wild filly and tries to rescue the horse from a rodeo entrepreneur.



Wedding Crashers

Genre: Comedy, Romance

Rating: MA

Stars: Owen Wilson, Vince Vaughn, Rachel McAdams

Womanisers John Beckwith and Jeremy Klein have figured out a way to meet women: they crash weddings. But their happy-go-lucky lives change abruptly when John falls in love with a bridesmaid.



The Confidence Man JP: The Movie

Genre: Drama

Stars: Yuko Takeuchi, Masahiro Higashide, Fumiyo Kohinata

Ran Riu is a member of a feared triad gang in Hong Kong. She is cold-blooded and has the most valuable diamond in the world. Dako, Bokuchan and Richard set out to steal the gem.



Invincible Dragon

Genre: Action

Stars: Jin Zhang, Anderson Silva, Kevin Cheng

The dragon-tattooed agent Kowloon clashes with a Macau detective and an American army veteran who has a secret connection to Kowloon.



Fantastica

Genre: Comedy, Fantasy

Rating: PG

Stars: Vice Ganda, Richard Gutierrez, Dingdong Dantes

Bellat lives with his mother and his three adopted brothers in a carnival. They are on the verge of being evicted because of debts.



Eddie the Eagle

Genre: Comedy, Sports

Rating: PG

Stars: Taron Egerton, Hugh Jackman, Tom Costello

A story about Michael 'Eddie' Edwards, an unlikely British ski jumper who wins the hearts of sports fans at the 1988 Calgary Winter Olympics.



The Tashkent Files

Genre: Thriller, Drama

Rating: PG

Stars: Naseeruddin Shah, Mithun Chakraborty, Shweta Basu Prasad

A young journalist, Ragini, publishes an investigative article on the death of a former Indian prime minister. This leads to the formation of a committee by the government.



The Outsiders

Genre: Drama

Rating: MA15

Stars: C. Thomas Howell, Matt Dillon, Ralph Macchio

Early 1960s. Tulsa, Oklahoma. The city is divided between teenagers who have grown up with wealth and privilege and the rough-edged 'greasers' from the wrong side of the tracks.



A Love Story

Genre: Drama, Romance

Stars: Maricel Soriano, Aga Muhlach, Angelica Panganiban

Ian Montes is a picture of success but he longs for unconditional love until he meets two women, Joanna and Karyn.



TV



Papua: Mark Palm, the Samaritan in the Sky

Genre: Documentary, Travel

For nine years, Mark Palm has been helping residents of the Sepik River villages. Snake bites, crocodile attacks, malaria, difficult childbirths – the life of this Californian is a succession of adventures.



Proximity

Genre: Documentary, Sports

Stars: John Florence, Stephanie Gilmore, Kelly Slater

Proximity explores the delicate relationship between people, time and place, showcasing surfing icons from different generations in diverse locations around the world.



Whisky Cavalier

Genre: Drama

Episode: Pilot

Stars: Scott Foley, Lauren Cohan, Ana Ortiz

Following an emotional breakup, Chase is assigned to work with CIA operative Frankie Trowbridge.



Shrill

Genre: Comedy

Stars: Aidy Bryant, Lolly Adefope, Luka Jones

When the morning-after pill fails and aspiring journalist Annie winds up pregnant, she weighs the pros and cons of having a child with her hook-up buddy.



American Dad

Genre: Comedy

Episode: Persona Assistant

Stars: Seth MacFarlane, Wendy Schaal, Scott Grimes

In the show's 250th episode, Stan has to take over Roger's different personas after a tumour takes him out of commission.



The Fresh Prince of Bel-Air

Genre: Comedy

Episode: Banks Shot

Stars: Will Smith, James Avery, Alfonso Ribeiro

Will gets hustled in a pool hall and almost loses the family Mercedes, but Philip comes to his rescue, out-hustling the hustlers.



Life in Pieces

Genre: Comedy

Episode: Jungle Push Resort Anniversary

Stars: Colin Hanks, Betsy Brandt, Thomas Sadoski

When the Short family arrives at its holiday resort in the Yucatan, the accommodation isn't quite what was expected.



Snowfall

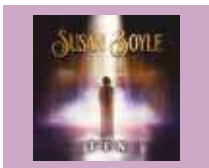
Genre: Drama

Episode: Sightlines

Stars: Isaiah John, Damson Idris, Carter Hudson

Franklin struggles to keep up with the demands of his growing organisation. As political tides shift, the CIA cuts Teddy's support.

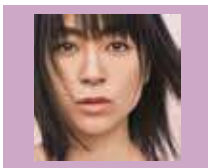
MUSIC



Susan Boyle TEN

Genre: Easy Listening, Golden Hits

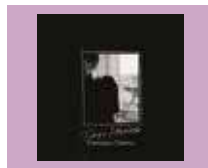
The album features 13 of Boyle's previously released favourite songs and four new recordings.



Hikaru Utada Hatsukoi

Genre: Japanese

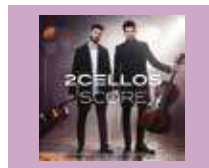
This is the seventh Japanese-language studio album by Japanese-American recording artist Utada Hikaru.



Francesco Tristano Tokyo Stories

Genre: Classical

The album is a love letter to Tokyo, where each moment in time – a subway journey, a morning run through Yoyogi Park – ends up becoming a cinematic memory.



2Cellos Score

Genre: Classical

Croatian cellist duo Luka Šulić and Stjepan Hauser bring to life their versions of some of the most beautiful film music played, with the London Symphony Orchestra.



Matzka Matzka Station

Genre: World

Taiwanese mando-rockers Matzka brings his blend of rock, pop, reggae, R&B, funk, heavy metal, hip-hop and more.



Amy Mastura The Best of Amy Mastura

Genre: Malay

Mastura is a famous Malaysian and an award-winning musician. On this album she showcases some of her best songs.



Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

When you are flying you can be seated and be inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock". Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

Blood Circulation / Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen.

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- Former or current malignant disease
- Blood disorders leading to increased clotting tendency
- Personal or family history of DVT

- Immobilisation for a day or more
- Increasing age above 40 years
- Pregnancy
- Recent major surgery or injury, especially to lower limbs or abdomen
- Oestrogen hormone therapy, including oral contraceptives
- Dehydration
- Heart failure
- Trauma
- Varicose veins
- Obesity
- Tobacco smoking

Recommendations

- If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- Follow our in-flight exercises programme.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

Recommendations

- Get a good night's rest before your flight.
- Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- Fly direct to minimise flight time. This allows you to relax more upon arrival.

Cabin Humidity / Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

Recommendations

- Drink water or juices frequently during the flight
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.
- Remove contact lenses and wear glasses if your eyes are irritated.
- Use a skin moisturiser to refresh the skin.

Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

Recommendations

- Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks acts as diuretics, increasing the body's dehydration.

Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or hay fever your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

Recommendations

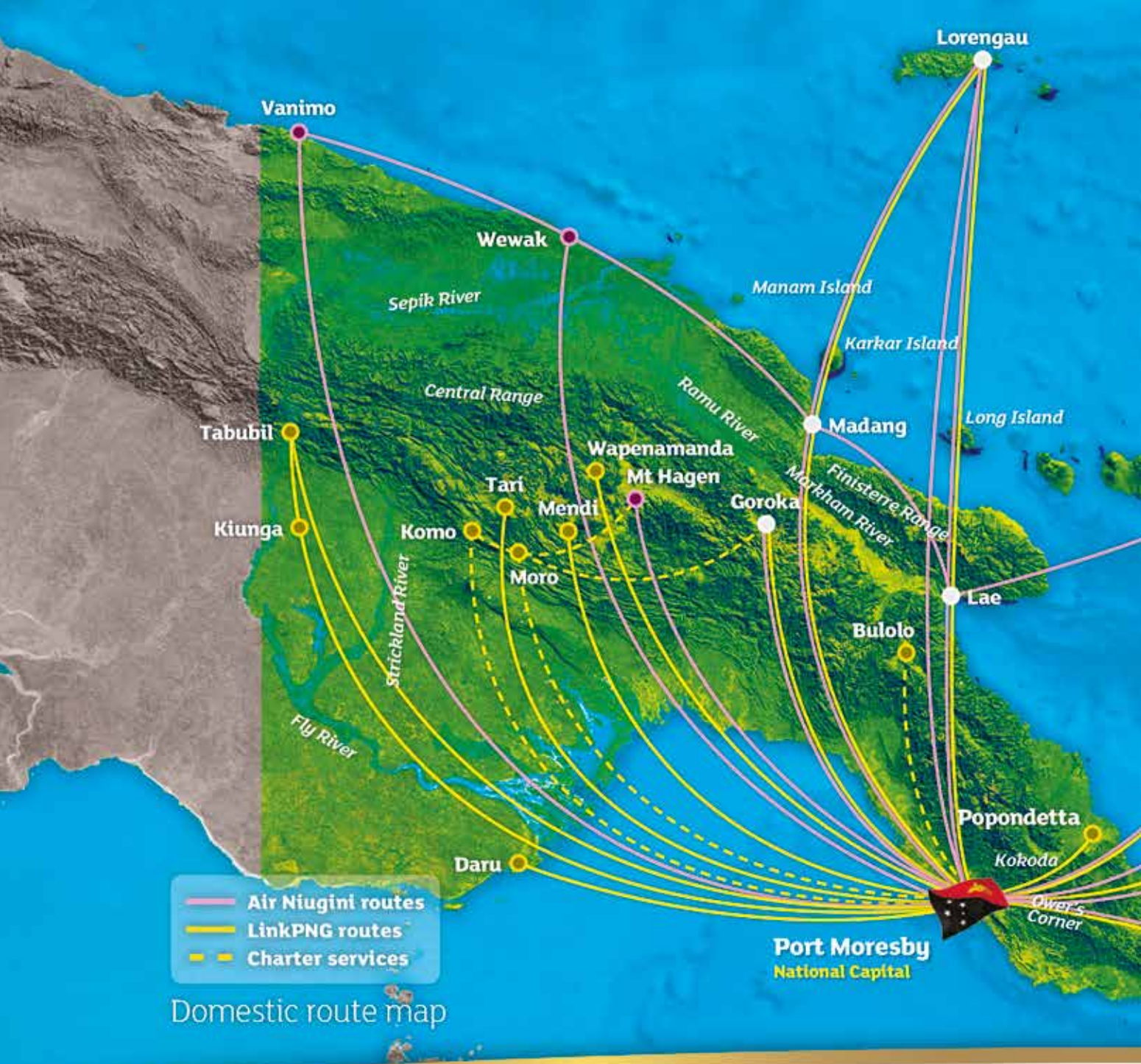
- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your ear chamber and your throat.
- When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalize the pressure in their ears.

Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on non-moving object), motion sickness is less likely to occur.

Recommendations

- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.



Air Niugini Domestic offices

Port Moresby
 PO Box 7186 Boroko
 Sales Domestic & International
 Tel: 327 3444 Fax: 327 3308
 Reconfirmation Domestic &
 International
 Tel: 327 3444
 Arrival & Departure Information
 Tel: 327 3300
 Cargo Enquiries
 Tel: 327 3245
 Cargo Charter Enquiries
 Cargo: 327 3226 Pass: 327 3370
 Head Office
 Airport & Administration
 Jacksons Airport Saraga
 Tel: 327 3200/325 9000

Alotau
 PO Box 3 Alotau Gurney Airport
 Tel: 641 0158
 Administration & Reservations
 Tel: 641 1031 Fax: 641 1636

Buka
 PO Box 169
 Buka Sales
 Tel: 973 9655 Fax: 973 9656
 Airport
 Tel: 973 9082

Daru
 PO Box 58, Daru, Western Province
 Tel: 276 1077

Goroka
 PO Box 683 Goroka
 Reservations
 Tel: 732 1444 Fax: 732 1439

Kavieng
 Administration,
 Reservations & Cargo
 Tel: 984 2135
 Airport
 Tel: 984 2105 Fax: 984 2337

Kieta
 PO Box 186, Arawa,
 Autonomous Region of
 Bougainville
 Tel: 975 1013

Kimbe-Hoskins
 PO Box 181 Kimbe
 Administration,
 Reservations & Cargo
 Tel: 983 5077 Fax: 983 5669
 Arrival & Departure Information
 Tel: 985 0012

Kiunga
 PO Box 346, Kiunga,
 Western Province
 Tel: 649 1422

Kundiawa
 PO Box 847 Kundiawa
 Tel: 735 1273



Lae
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Reservations & Cargo
Tel: 472 3111 Fax: 472 4758
International Reservations
Tel: 472 4744

Lihir
Reservations
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Lorengau/Manus
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Reservations & Cargo
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Tel: 852 2255 Fax: 852 2079

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Airport Traffic
Tel: 549 1320

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Reservations International
Tel: 542 1039
Enquiries
Tel: 545 1444 Fax: 542 2361

Popondetta
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Reservations
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Airport
Tel: 329 7191

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Reservations & Sales
Tel: 983 9325 Fax: 982 9034
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Information
Tel: 983 9821

Tabubil
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Domestic Reservations
Tel: 649 3244
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Tel: 649 3325 Fax: 649 9189

Tari Agent
Tel: 540 8023

Vanimo
PO Box 239 Vanimo
Tel: 857 1014 Fax: 857 1473
Airport
Tel: 857 7166

Wabag & Wapenamanda
PO Box 213 Wabag
Administration
Tel: 547 1274
Arrival & Departure Information
Tel: 547 1286

Waigani
PO Box 7186 Boroko
Tel: 325 1055 Fax: 325 3683

Wewak
PO Box 61 Wewak
Sales
Tel: 856 2433
International & Domestic
Tel: 856 2367 Fax: 856 2203
Airport
Tel: 856 2367



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Level 3, 97 Creek Street
GPO Box 2216 Brisbane QLD 4001
Australia Tel: (61 7) 3221 1544
Fax: (61 7) 3220 0040
Email: sales.bne@airniugini.com.pg

Cairns

Shop 1 Palm Court 34 Lake Street
PO Box 1941, Cairns QLD 4870

Australia

Tel: (61 7) 4080 1600
Fax: (61 7) 4031 3402
Email: sales.cns@airniugini.com.pg

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PO Box 5293 Sydney NSW 2001
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Fax: (61 2) 9290 2026
Email: sales.syd@airniugini.com.pg

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Makati City, Philippines
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Email: sales.manila@airniugini.com.pg

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Colombo, Sri Lanka Jetwing Air

Tel: (94) 1 1234 5700
Email: shehara@jetwing.lk
Email: tarish@jetwing.lk

Frankfurt, Germany Aviareps AG

Tel: (49) 89 5525 3346
Email: salesPX.germany@aviareps.com

Hong Kong Tam Wing Kun Holdings Ltd

Tel: (852) 2527 7098
Email: hkgpxpax@tam.com.hk



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Travel Industry Services
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Email: gtstravel@gts.com.sb

Jakarta, Indonesia
PT Ayuberga
Tel: (622) 1835 6214 / 216
Email: airniugini@ayuberga.com

Kuala Lumpur, Malaysia
Abadi Aviation Services
Tel: (603) 2148 9500 / 2142 6360
Email: travel@abadi.com.my
Email: pxkul@abadi.com.my

London, United Kingdom
Flight Directors
Tel: (44) 12 9387 4985
Email: airniugini@flightdirectors.com

New York, USA
Airline Pros
Tel: (1) 20 1526 7720
Email: airniugini@airlinepros.com

Noumea, New Caledonia
Axxess Travel
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Email: axxesstravelreservation@axxesstravel.net

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Aviareps SARRL
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Email: salesPX.France@aviareps.com
Email: reservationPX.France@aviareps.com

Pohnpei, FSM
House of Travel
Tel: (691) 320 5888
Email: hotravel@mail.fm

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Vanuatu Travel Services
Tel: (678) 2 2836
Email: honorine@spts.com.vu
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Email: airniugini@spazio.aero

Seoul, Korea
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Tel: (82) 2318 2112
Email: pjy3514@sharp.co.kr

Singapore
Deks Air Singapore
Tel: (65) 6250 4868
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Email: px_sales@deksair.com.sg

Suva, Fiji
Discount Flight Centre
Tel: (679) 331 7870 / 7871
Email: makereta@dfc.com.fj

Taipei, Taiwan
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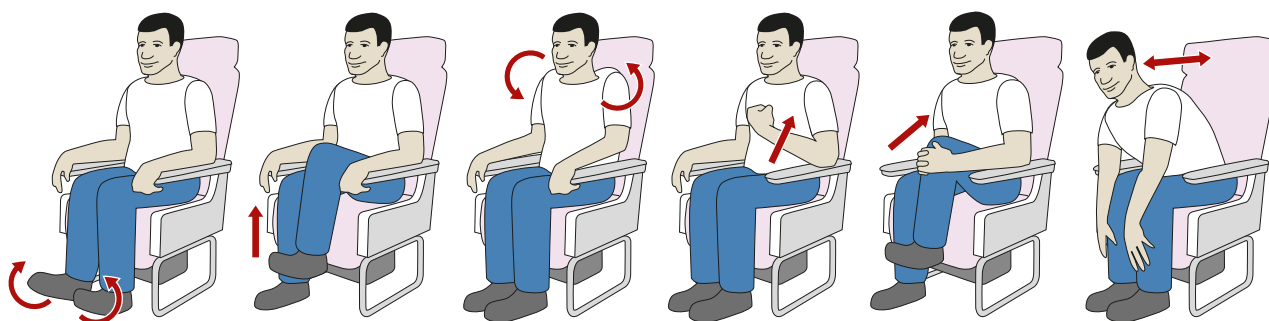
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Your wellbeing



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

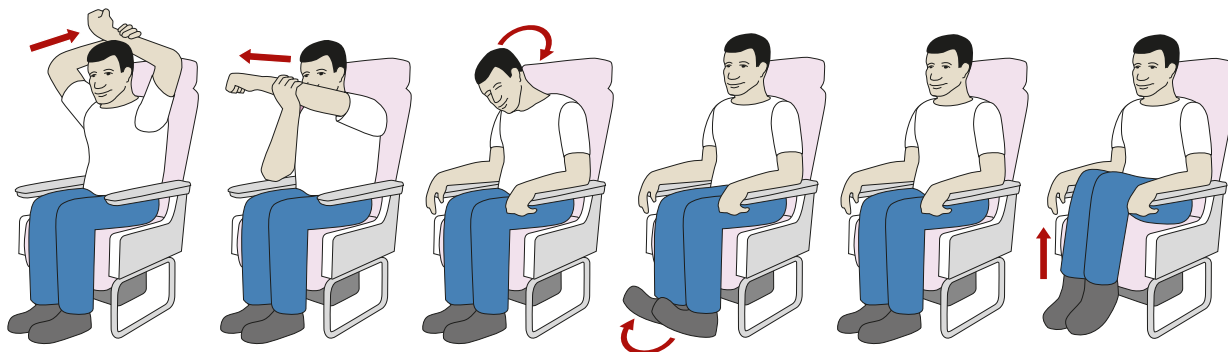
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

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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