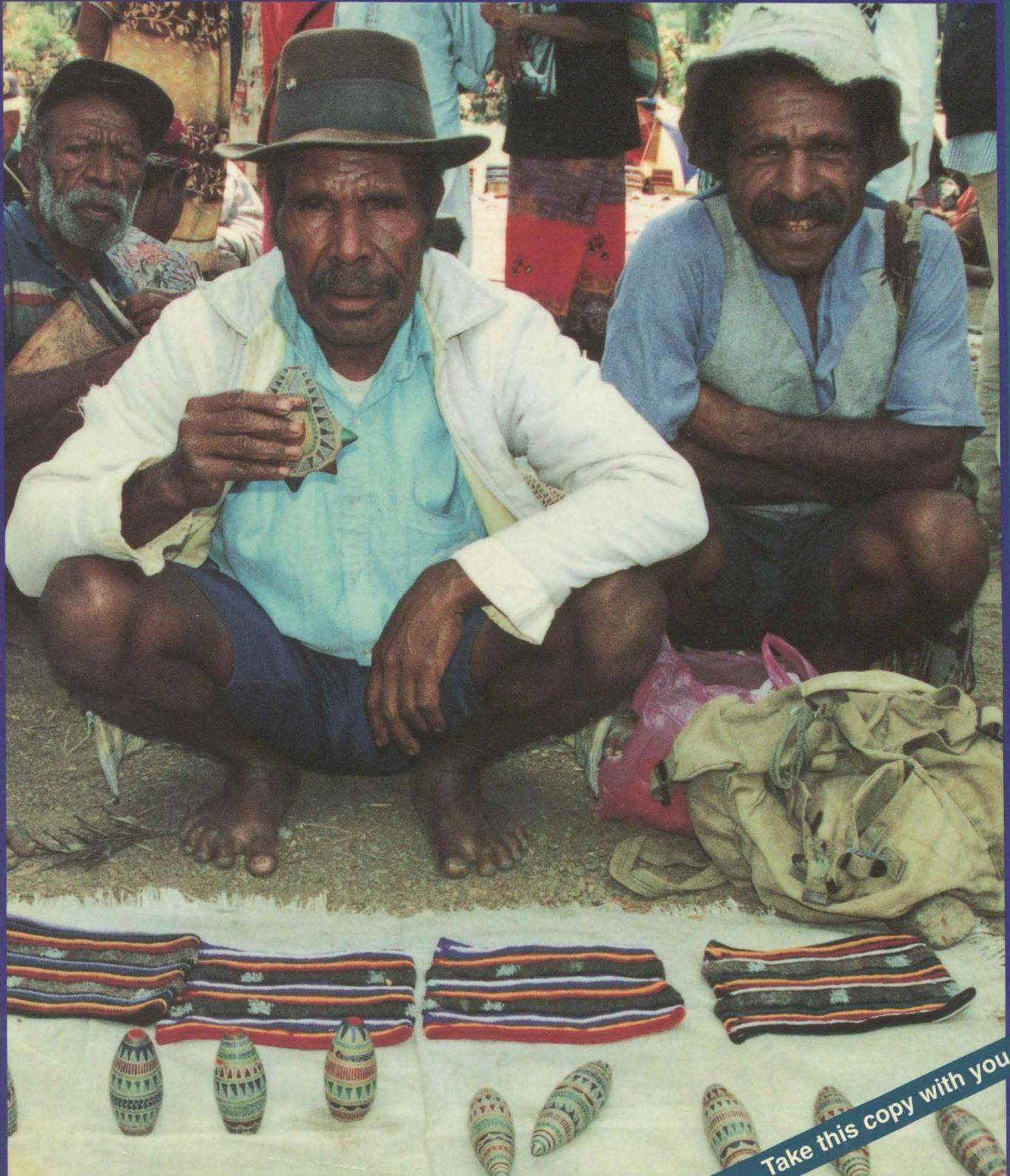


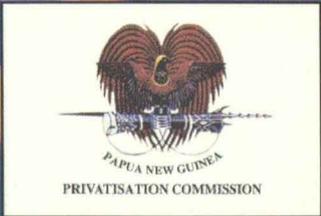
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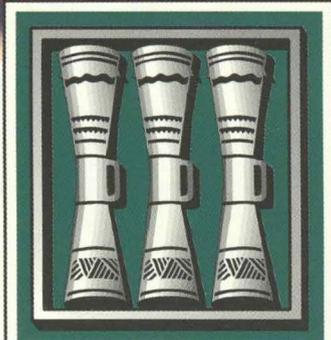


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# paradise

No 153 September - October 2002



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Cover: *Goroka craft market*  
Photograph: *Mahendra Blackman*

September 01 sees the recommencement of Air Niugini and Qantas code-share flights between Port Moresby, Brisbane and Sydney. Utilising Air Niugini's new B767 aircraft, the schedule provides passengers, in conjunction with existing code-share services to Cairns, a wide choice of departures from Papua New Guinea and Australia, all with onward connection in Papua New Guinea, Australia and beyond.

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Once we have established this new B767 and code-share operation, Management will focus on planning and evaluating a suitable F28 replacement for the domestic fleet.

Over the past two years, Air Niugini has been directing marketing efforts to growing the inbound tourist market to PNG from USA/Europe and most recently Japan with the April 2002 launch of a non-stop service to Narita airport, Tokyo. Increasingly the positive impact of tourism is being felt in all corners of the country and economic benefits are accruing right down to village level. We believe these steps are now setting the scene for a promising future for the airline and tourism in Papua New Guinea.

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# Science enters the village

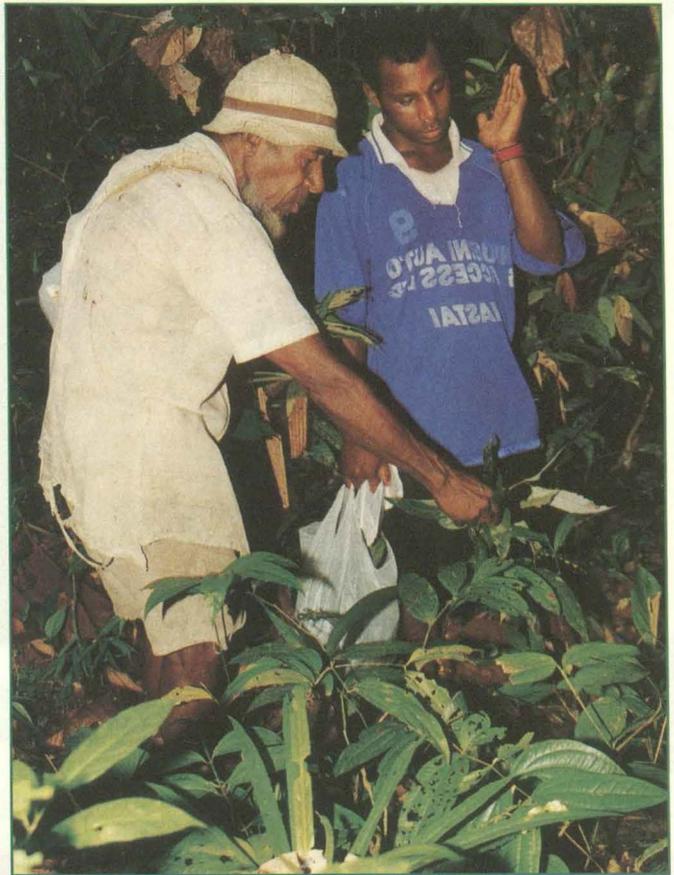
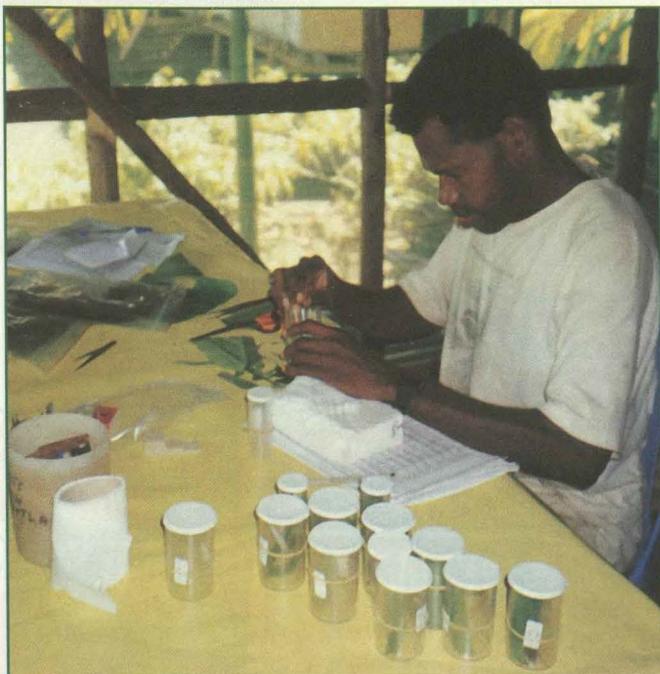
Story by Jiri Hulcr  
Photographs by Milan Janda

The natural wealth of Papua New Guinea is tremendous: luxuriant rain forest and coral reef ecosystems, swamps, mountains covered with glaciers, 5000 lakes. The biggest butterfly in the world, the biggest tree frog, pigeon and crocodile, the highest tropical tree, the largest orchid plant. The richness of the vegetation is overwhelming. In 1992 scientists recognized 15200 species of plants; the estimated total number is over 20000. Of these, around 12000 species are not found anywhere else in the world. Even richer is the mysterious world of insects. Turn on an electric bulb in the night rainforest, and you can lure as many as 800 species of moths.

But there is one thing we must realize. This marvellous biodiversity exists now. But things have already begun to change.

Poisoned rivers, damaged forest ecosystems, species facing extinction. All the consequences of suicidal abuse of our environment. How to stop? What can we do to save this disappearing invaluable wealth for those who will come after us?

*Parataxonomist Brus Isua feeding caterpillars*  
(Photo: Vojtech Novotny)



*Parataxonomist Micah Damag and field collaborator Ulai Koil in a botanical discussion*

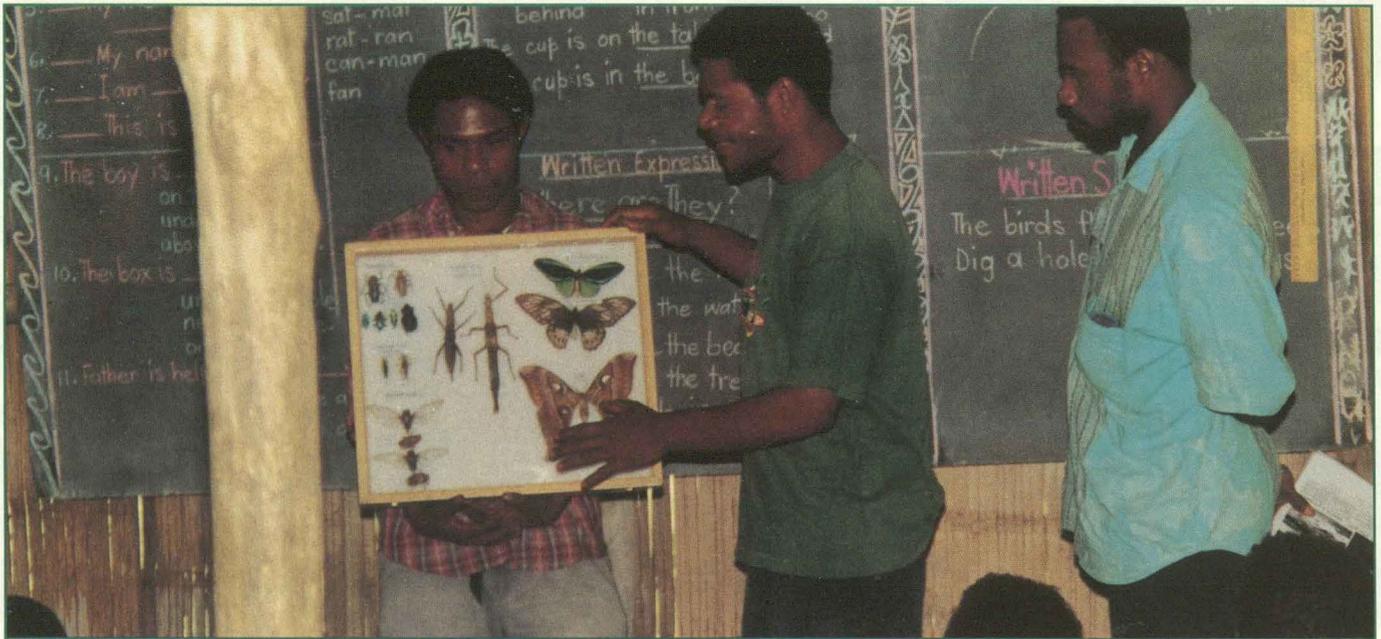
There are ways to do it. Learn as much as possible about this unknown world of unknown creatures. Find out what laws drive those overwhelmingly rich and thriving ecosystems. Let the world know about what treasures are being revealed. Open the eyes of those who are tempted by shortsighted exploitation. And teach young people what you have learned.

Who will do all this? It seems an impossible task. The answer is simple – cooperation. Cooperation among people can achieve what individuals cannot.

All over the world, including Papua New Guinea, environmentally aware people are doing just that. At the Parataxonomist Training Center situated on the beautiful coast of Nagada Bay near Madang, the daily life of eleven men is concerned with turning these ideas into reality.

The Parataxonomist Training Center is a small research organization, established in 1997. The mysterious word 'parataxonomist' is simply a compound of two words – 'taxonomist', meaning the scientist describing and classifying biological species, and the Greek prefix 'para' – in this context modifying the meaning to nonprofessional, with limited access to standard expert facilities, but yet largely independent and able to solve complex scientific tasks.

The name also suggests the backbone of Centrum mission – training talented young people, often with only grade six education from a village school, to understand the broad context of scientific work, to use various scientific tools, and to perform valuable research activities.



In this, their exceptional traditional knowledge of the natural environment provides a great advantage. At the Training Center, they learn to establish and maintain first-rate collections of plant and insect material, to use various laboratory and digital imaging equipment, to manage their data using computer applications and databases, and many more procedures, often uncommon even in well-equipped laboratories. This effort leads to unprecedented knowledge of Papua New Guinea's biodiversity and to a great number of other specific results, many of which have been published in top-rated international scientific journals.

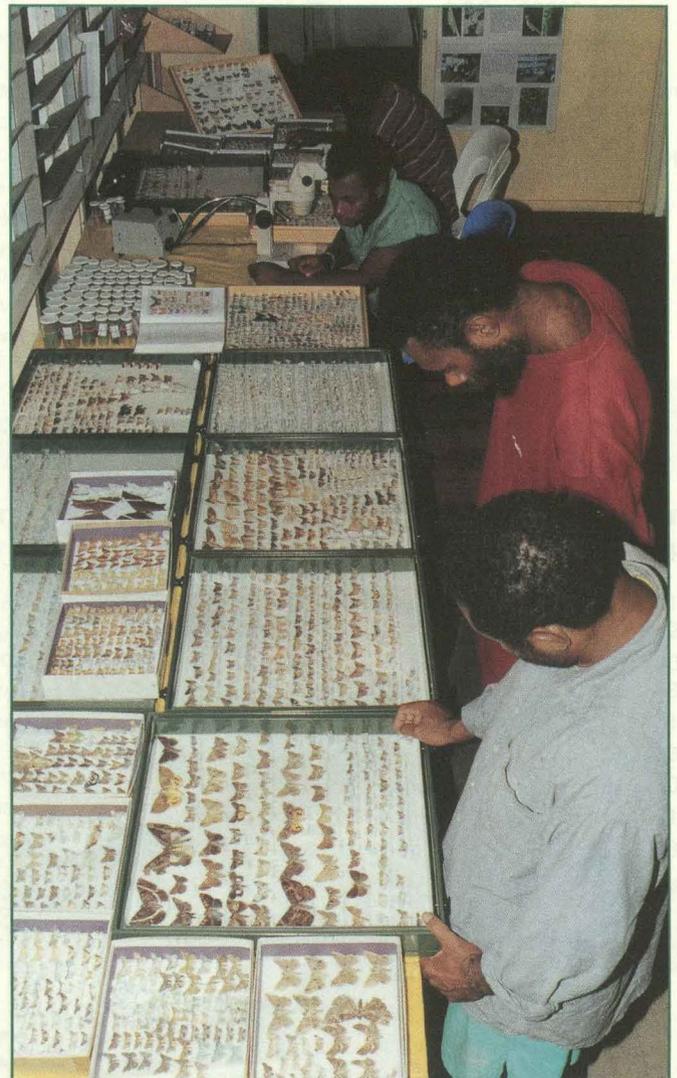
But the parataxonomists' ultimate goals go beyond carrying out scientific projects. In helping our national natural wealth to survive, the research is just the first step. The other, and by no means less important task, is to pass on the knowledge gained to other people, to landowners, to school children. Parataxonomists learn to teach. By producing dozens of educational leaflets, performing lectures in schools and educating people in villages, they raise the environmental awareness of the nation.

Internationally, the concept of training grassroots parataxonomists is a relatively new, but very promising program. Guyana, Costa Rica and several African countries have facilities similar to the Center in Madang. My observation is that the ability and work of the PNG parataxonomist rate among the best in the world, thanks to the deep knowledge Papua New Guinean village people have of their natural environment.

To find out more about the Parataxonomist Training Center, visit [www.entu.cas.cz/png/index.html](http://www.entu.cas.cz/png/index.html) or [www.nmnh.si.edu/new\\_guinea](http://www.nmnh.si.edu/new_guinea)

*Jiri Hulcr from the Faculty of Biological Sciences, University of South Bohemia, Czech Republic, is closely involved in the work of the Madang Parataxonomist Training Center. The Center receives invaluable support from overseas institutions and donors.*

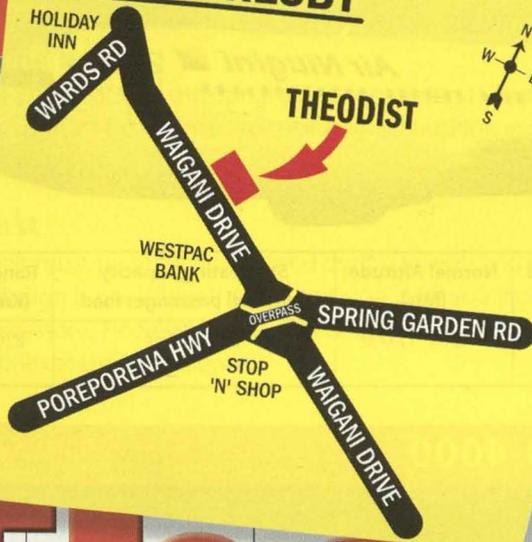
Above: Important part of a parataxonomist's work — educating the younger generation.  
Below: Parataxonomists have trapped, reared and mounted thousands of insect specimens.



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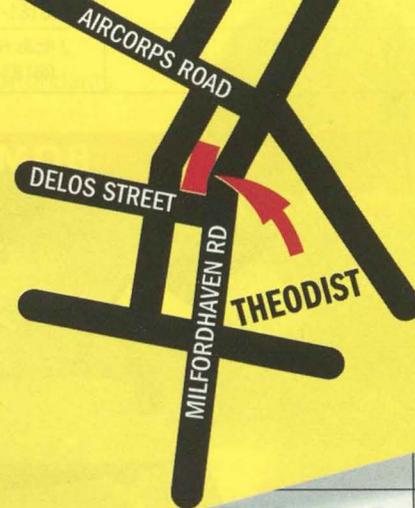
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F28-1000	27.60	23.53	2 Rolls Royce RB183-15	750	9000	60 Pax + Bags	1600

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Aircraft type	Length (Mts)	Wing Span (Mts)	Power Plant	Cruising Speed (KPH)	Normal Altitude (Mts)	Std Seating capacity with full passenger load	Range* (Kms)
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\* Quoted range based on fully loaded aircraft. Greater range is achieved by limiting passengers and/or cargo carried on certain routes.

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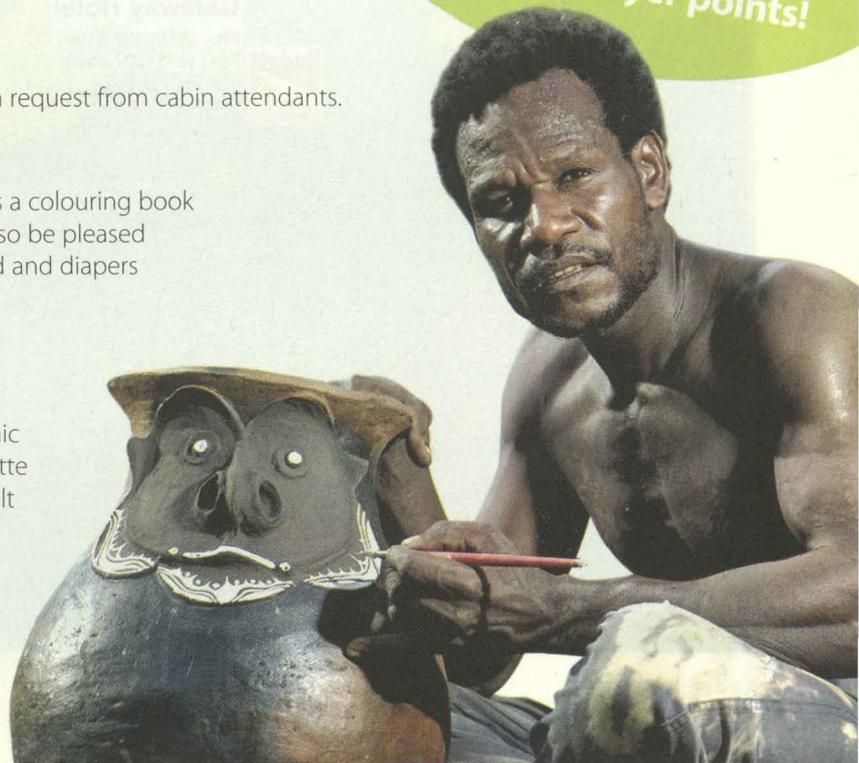
Our flight attendants will provide a Paradise Kit that includes a colouring book and pencils, games and puzzles. The flight attendants will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are available on international flights.

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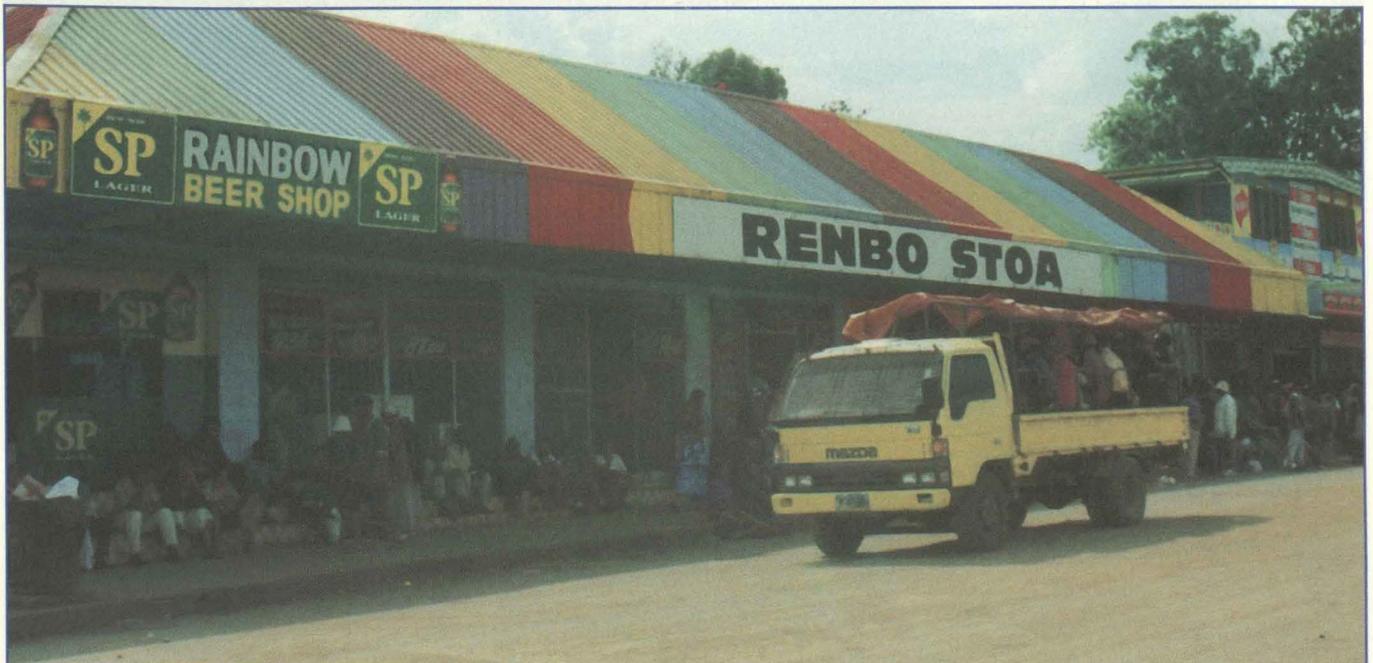
# *Whirlwind tour continues...*



**I**t seemed that the more excited I became, the higher the plane flew until it was about 1600 metres above sea level. Looking out, I saw nestled among the mountains a picturesque town clustered around an airstrip. Now a commercial centre for the coffee industry, Goroka town was established in the early 1950s as an administrative outpost.

Story and photographs by Mahendra Blackman

At the terminal I was met by Chris Anders, President of the Chamber of Commerce, who conveyed me to the Bird of Paradise Hotel after providing a mine of information and a guided tour of the town.



I can't give the hotel or its management enough credit. Walking in from the dusty street, I found a haven of breathtaking décor and vivid murals, cared for by 87 local staff who have been dipped in 'friendliness'. I discovered pathways through colourful gardens, squash courts, a fully equipped gym, snooker tables, a children's pool. Beside the 25-metre pool is a bistro and poolside soda bar. Several restaurants served fantastic food and there was a Cake Shop you would die for.

The hotel is an important part of Goroka's social life, for a casual rendezvous, or the Sunday barbecue. On Wednesday and Friday dance nights, guests and visitors are entertained by Paradise Sounds (*photo on right*), a talented band formed in 1989, well known for their singles *Welcome to Goroka* and *Land of Nokondi*. On Friday nights Jackpot Joke is a popular game raising funds for the hospital and community projects.





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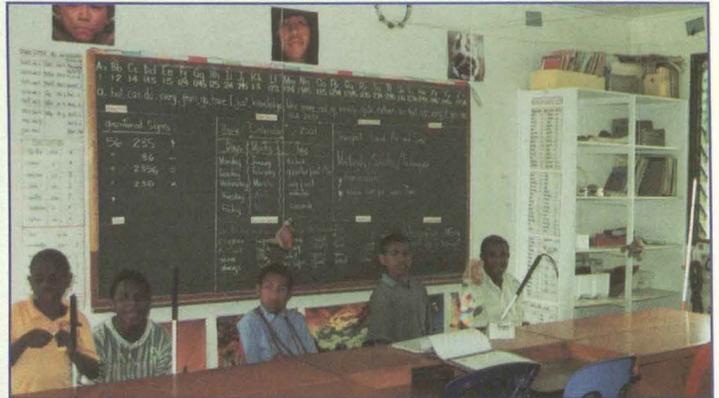


James Watson from PNG Motors kindly drove me to all the local lookouts and places of interest. Looking out from Mt Kis was like a dream — smoke haze from the cooking fires drifted across the hills and valleys of the town while the sounds of calling birds and barking animals occasionally broke the silence. Magic!

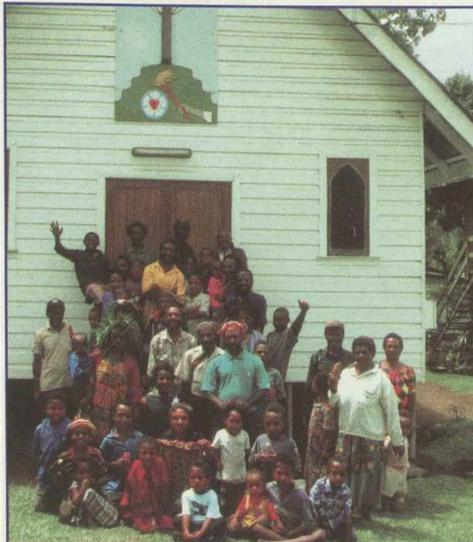
Raun Raun Theatre, built in an interesting blend of traditional and contemporary architecture, was well worth visiting. I regretted not being able to attend a performance, as I knew the international repute of this theatre group.

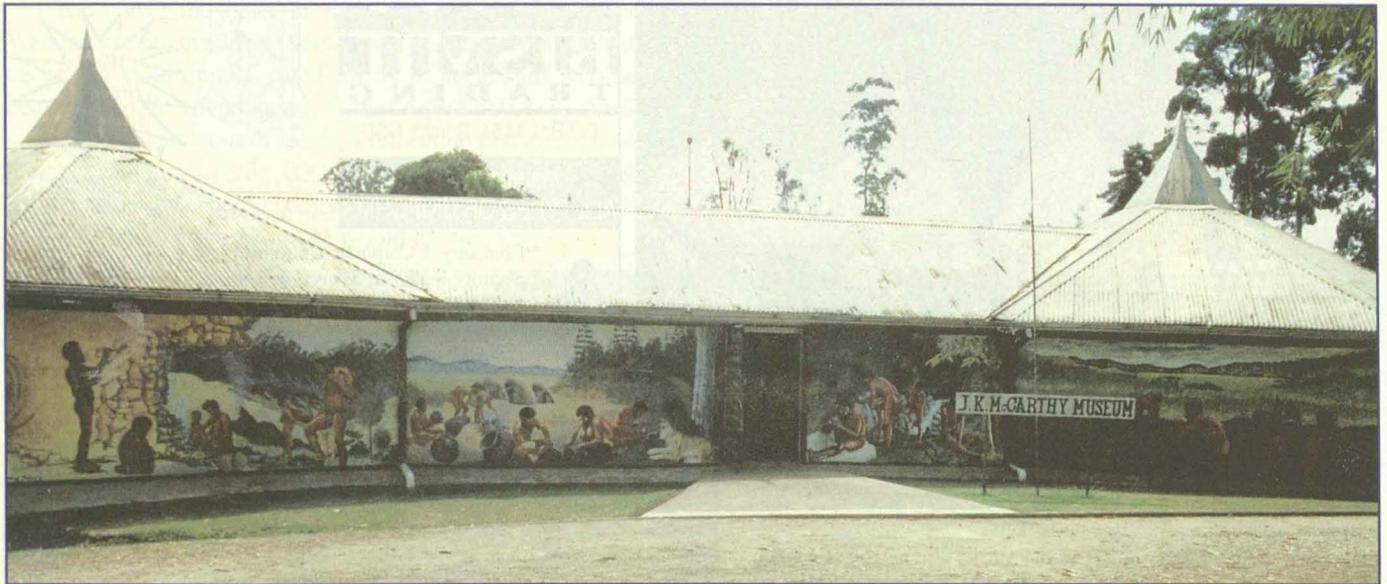
Although a tourist, I was fortunate to visit the Mt Sion School for the Visually Impaired. Managed by Christian Brothers and equipped by the local Rotary Club, the school teaches children who are blind or partially blind. It was heart warming to watch the children, seemingly unaware of their predicament, play and care for each other. The school also uses its own equipment to print textbooks in Braille. The Brothers would like to be contacted if these books are needed elsewhere in Papua New Guinea.

I had the privilege to meet Joyleen, 800 and 1500m runner and javelin thrower, David, 800 and 400m runner and shot put thrower, and Conchita, 100 and 200m runner and javelin thrower (*photo on right*) who were on their way to the Brisbane Disabled Sports. Their happy smiling faces were an inspiration to me. Now, whenever I start to feel dissatisfied, I think of them and am immediately reminded of my blessings.

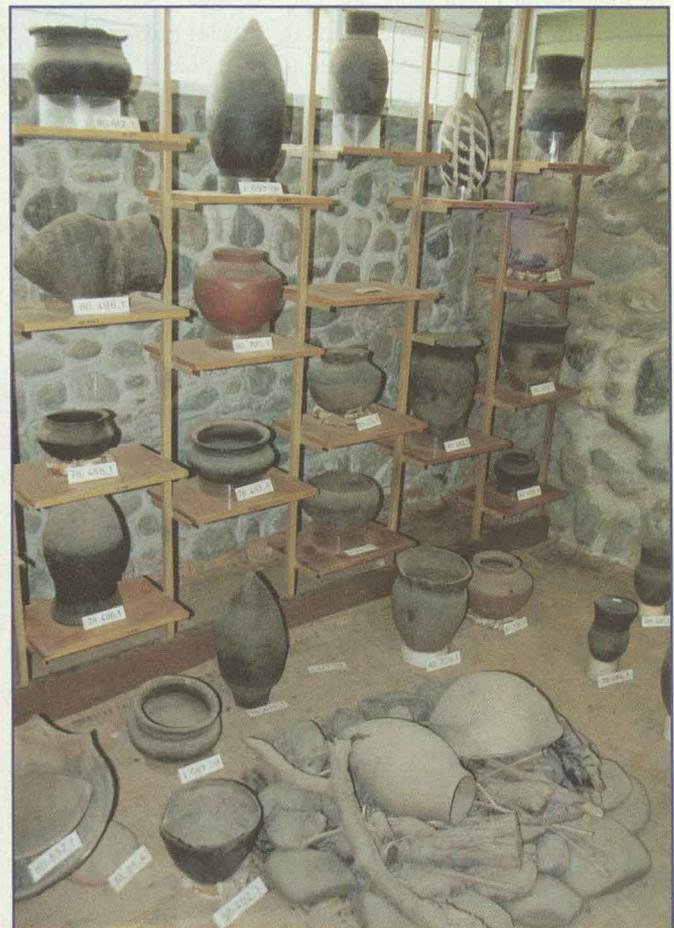


I was also fortunate to witness a cultural celebration for the opening of St Paul's Lutheran Church — a very colourful event where the dancers welcomed everybody to the new church, which was built by the local people.

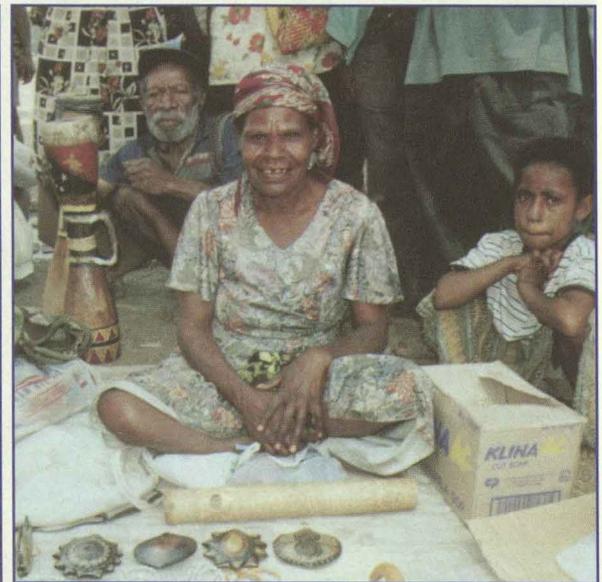
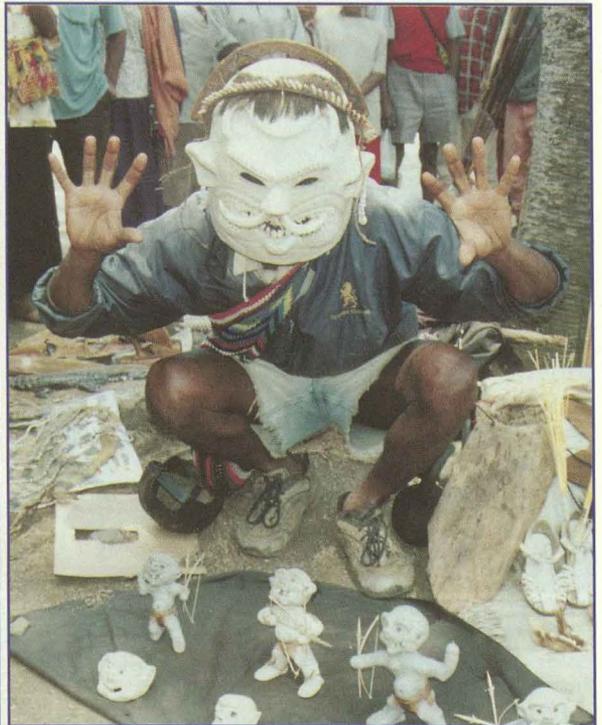




A visit to the J K McCarthy Museum, named after the legendary patrol officer and author of *Patrol into Yesterday*, is a must. I was spellbound by the variety of exhibits including pottery, musical instruments, weapons, photographs and World War II relics. What really fascinated me was a collection of necklaces made with human fingers (*photos below*). The museum's shop offers an excellent selection of artefacts and handcrafts. Standing outside is a P-39 Air Cobra left behind by the US Air Force after World War II (*photo on right*).







Street markets hold an attraction for me and Goroka did not disappoint. The vendors were friendly and helpful, answering any questions I had about the different crafts and artefacts. The difficulty was deciding what to choose. I would have liked to buy one of everything. But then how to fit it all onto the plane?

Although my journey through seven provinces of this exciting country was a whirlwind tour, I feel as though I have had a lifetime of experiences and an experience of a lifetime — meeting many new friends and visiting so many places I had only read about in books. I want to thank all those people I have met, each and every one, even those who only shared a smile. They all made my trip what it was — fantastic!

I know one thing for sure: *I will return!*



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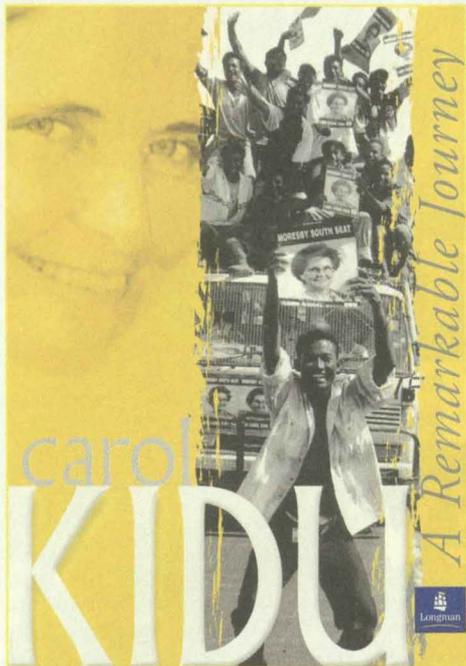


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# Book Review



## A Remarkable Journey

This is a love story — the love of a woman for her husband and his love for his country. Carol Kidu's autobiography is a reflection on her life, one, she says, that has been enriched by a culture very different from her birth culture. *The journey was not without pain, but to know pleasure we must also know pain as we travel the tide of life's never-ending story.*

Carol's story illustrates various roles within the layers of Motu culture. Her memories of her life with her husband, the first Papua New Guinean Chief Justice, Sir Buri Kidu, the raising of their children and the choices they both made, take the reader on an intimate pilgrimage into their lives.



Buri with his mother in Pari village, November 1993

Written in an easy-to-read style, painting clear word pictures, *A Remarkable Journey* shows a deep understanding of people and their actions. A school girl meets her first and only love on a school camp, travels to his country, first as a university student, then later as a young wife, adopts the lifestyle and country of her husband as her own.

A wife, then widow, mother, member of a village community, teacher, writer of text books, public servant and parliamentarian, Lady Carol Kidu tells her story with compassion, joy, humour and honesty.



Carol and Buri being introduced to Pope John Paul II by the Governor-General, Sir Kingsford Dibela

Tolerance from all family members on both sides was necessary for the success of the marriage. Sir Buri's mother helped the newcomer and seemed to understand the difficulty of her adjustment to village life.

After Sir Buri died, Lady Kidu instigated a Heart Foundation in his memory, to provide a specialist cardiac centre in the country and educate others about heart disease.



Carol with Sandra Pickworth and Judith Day at the Heart Throb Ball, fundraising for the Sir Buri Kidu Heart Institute



Carol and Buri's wedding, Cromwell College Chapel, University of Queensland, 11 August 1969



Sir Buri holding a large toea shell (kema) at a brideprice payment in Pari village



Sir Buri Kidu in his Chief Justice's robes, mid 1980s

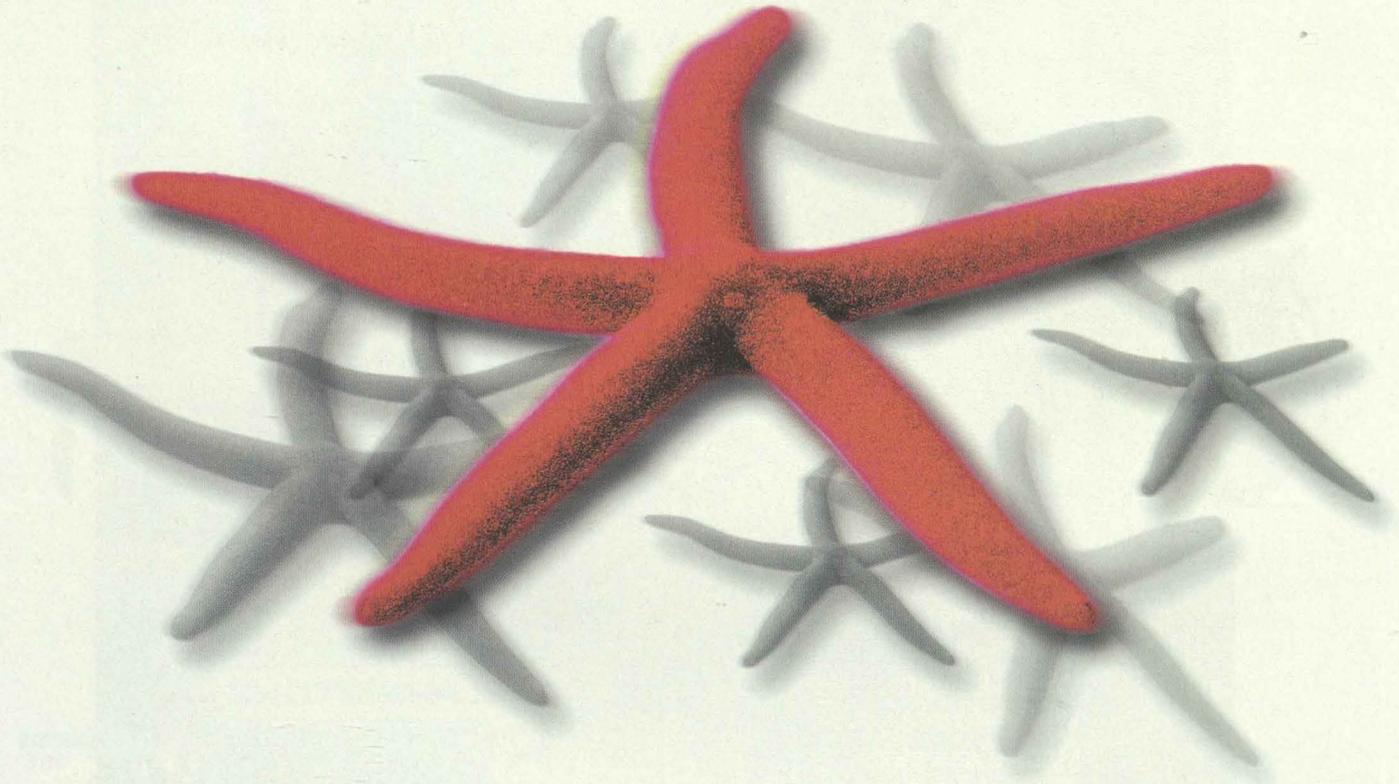
This is the story of an Australian teenager in the days of the White Australia Policy who dared to fall in love with a Papua New Guinean and join his people. The story helps bridge gaps in culture while explaining one woman's choice to belong, be part of and enjoy life in her adopted country.

*A family group (from left to right) Basil Gaudi, Dobi Anne, Wendy Tutuhi, Carol and Kidu Andrew with Buri's mother shortly before her death early 1994*



Read *A Remarkable Journey*, published by Longman. You will enjoy it. Books are available from Theodist for K42.90.

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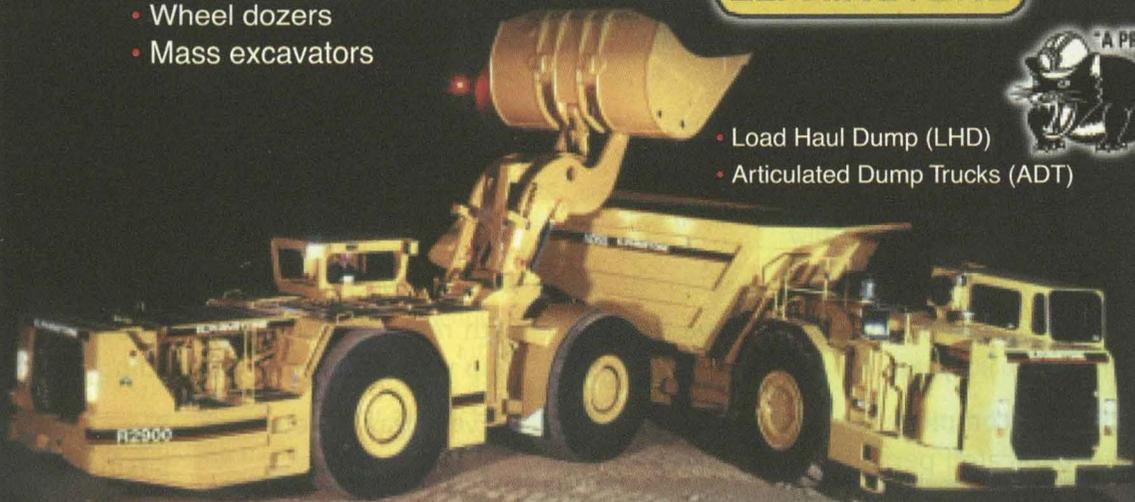


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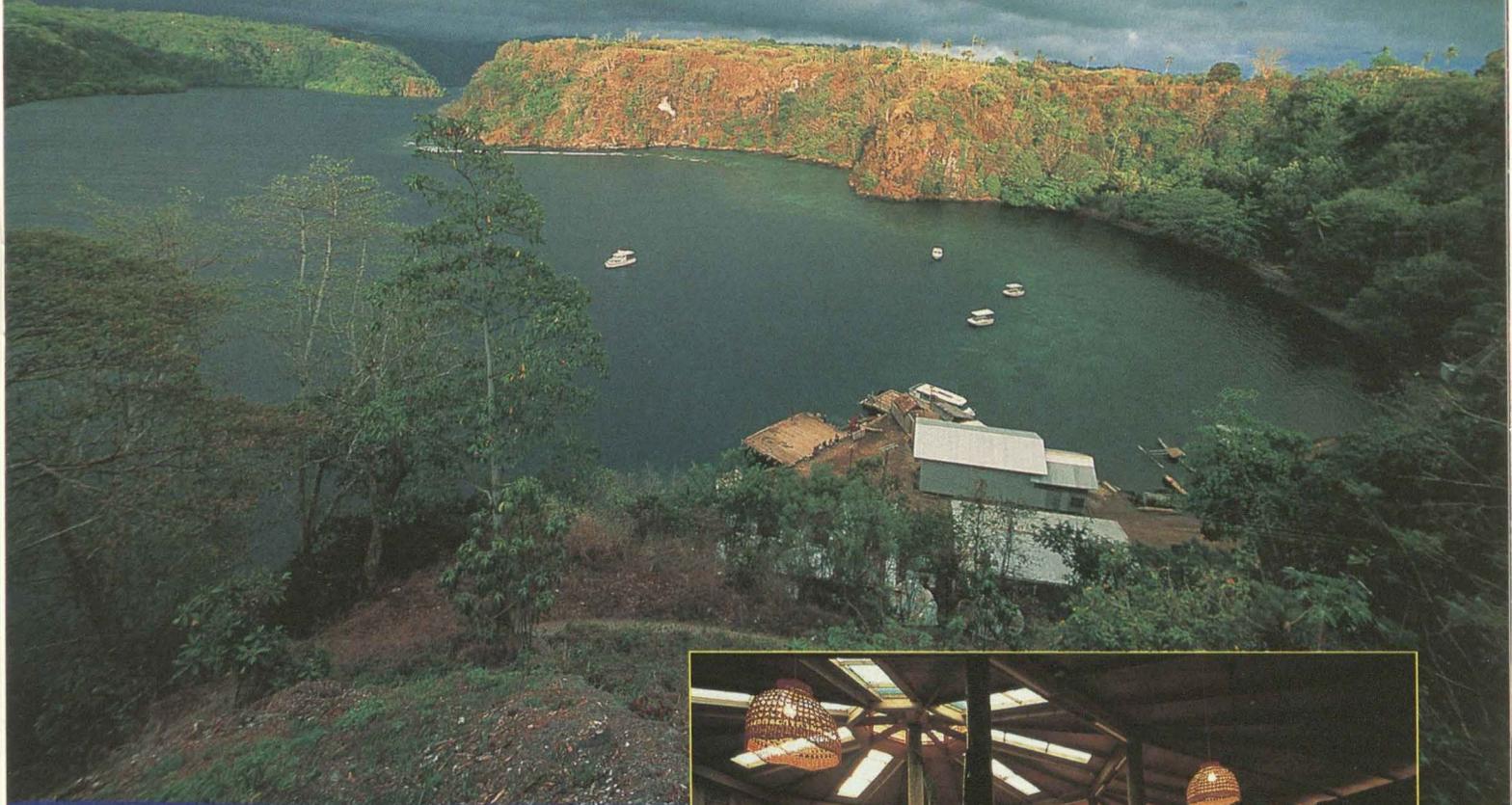
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# A visit to Tufi

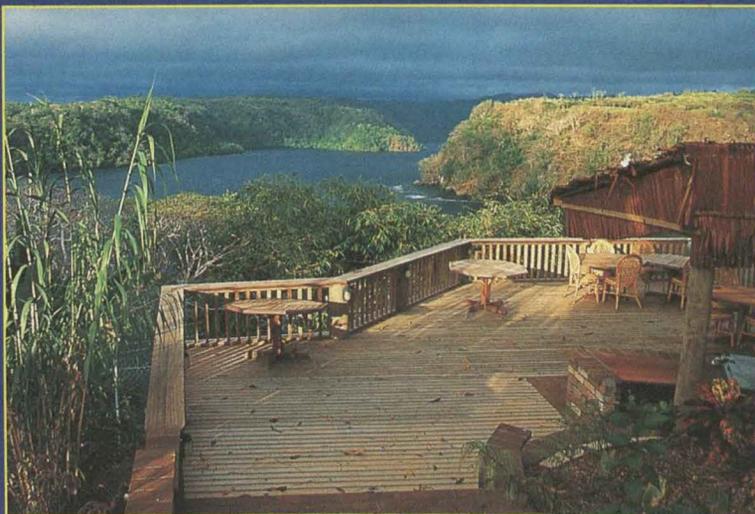
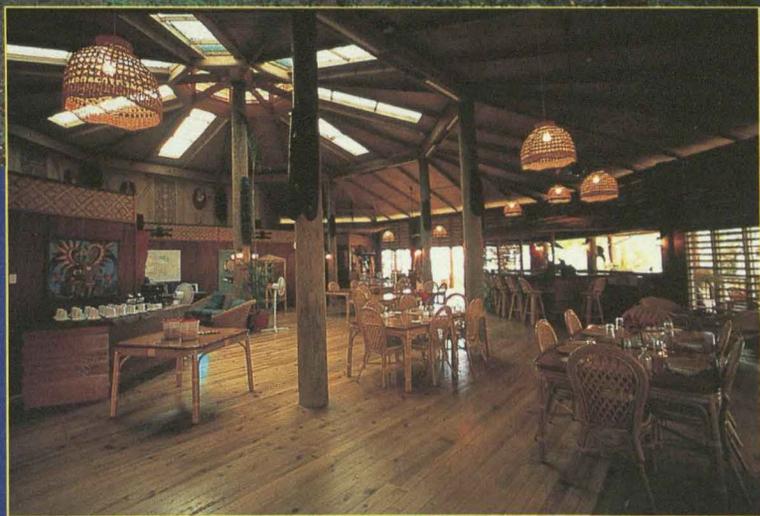


Story and photographs by Tim Rock

Part of Papua New Guinea's amazing diversity is a series of fiords along the central region of the north coast of the main island. Here is a place destined to be a muck diver's paradise, an explorer's dream and a hermit's reward. Tufi is a tiny outpost set up for divers in what is called the fiordlands. Scenic, majestic and unique, these headlands loom over the sea and range far back into the interior of the mainland. Spectacular views and constant changes in cloud formations make a stay here always fascinating.

The Tufi Wharf is famous for its odd creatures. The term 'muck diving' was coined in Papua New Guinea and is pretty much what it indicates. Some of the oddest, prettiest and most cryptic creatures in the sea live in the mud flats, turtle grasses and least remarkable areas of the coral reef. In the dock area at Tufi divers find a real hit list of the unusual.

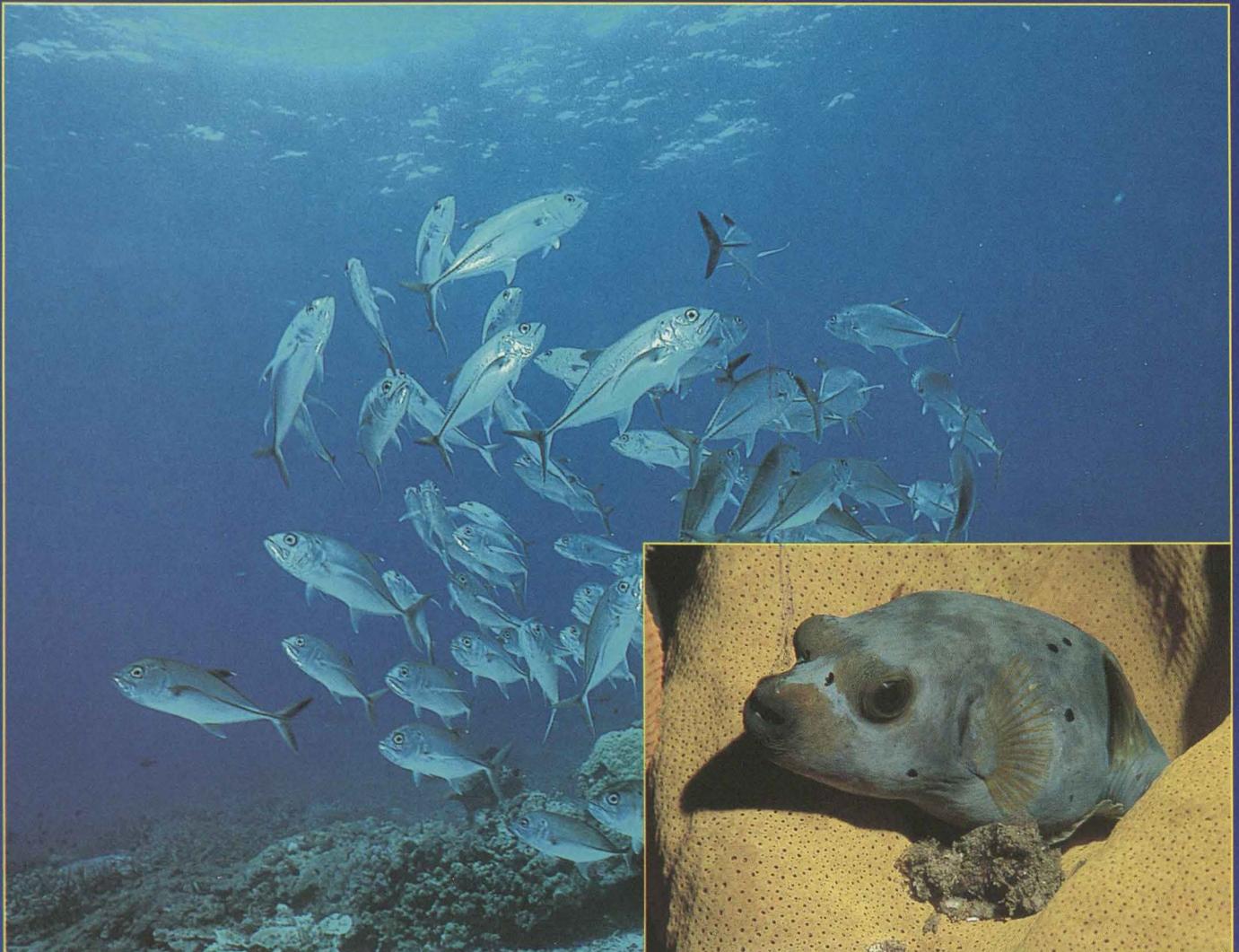
Also at the wharf is the Tufi Resort dive shop – a newly constructed facility with a good supply of rental gear, equipment repair, gear stowage and a very spacious patio/deck leading right to the muck diving. Nearby the resort's purpose-built aluminum boat and a couple of small power vessels are moored.

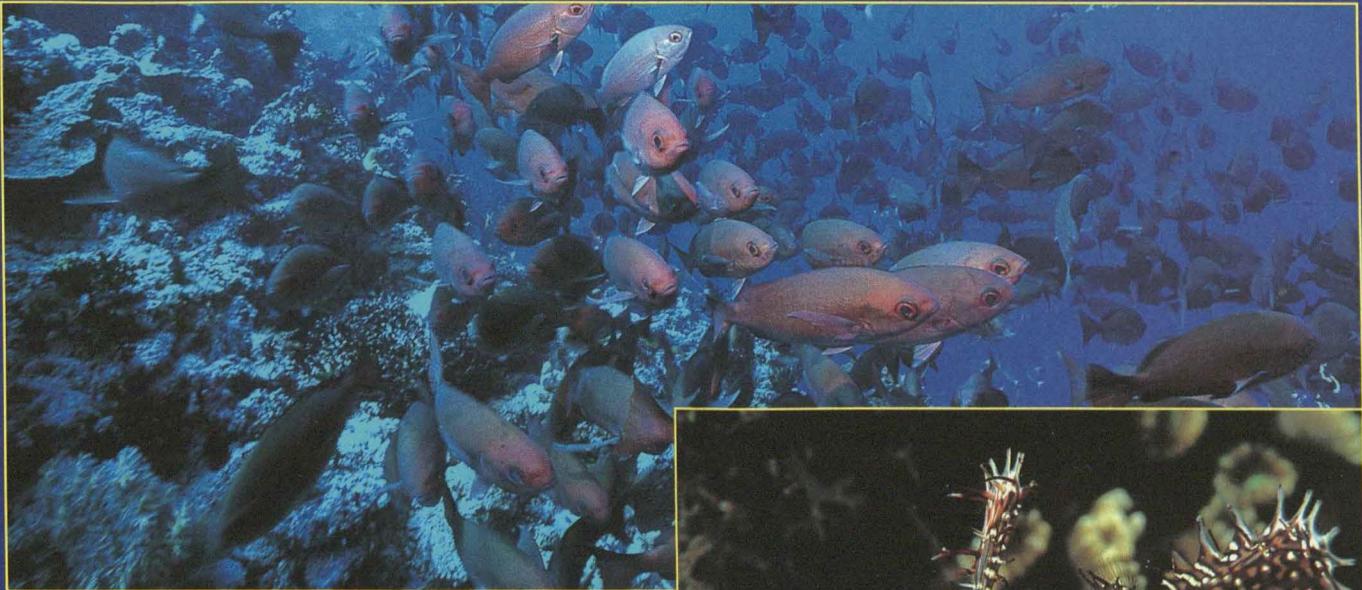


## Tufi Wharf

We stayed at Tufi for a couple of days after taking a live-aboard cruise through the islands around New Britain. This allowed us dusk dives for two evenings. We saw harlequin ghost pipefish in black, gold and pastel green, flatworms, brilliant tangerine mandarin fish and sea cucumbers. A mimic octopus, large and small hermit crabs and even the odd pair of rough-snout pipefish were also spotted. These are all very rare so we considered ourselves quite fortunate. The nearby grasses held grazing sea turtles.

Local guides John and Gibson are proud of their prowess in finding and gently prodding subjects into photo range. The Tufi Resort dive shop is extremely well run with courteous folk who handle cameras carefully and wash and dry gear for customers — very worry free diving. We found the guides did just that — guided but did not lead — allowing us our own profiles and adventures.





### Outer Reefs at Tufi

The nice thing about Tufi is the variety. Sitting at the edge of the Star Island group, the resort has a whole ocean of exploration. Big sea mounts and extended reefs are dived infrequently and many have never been seen by divers. The Tufi Resort is finding great spots for guests and even including guests in the exploration process to find new and exciting reefs and sites.

Boat rides of 30-50 minutes from the dock to open sea provide sea mounts rising from a 100m sea floor and lots of fish action. Water is gin clear and currents strong enough to attract fish life, but not so strong that diving is taxing. At present, all sites are moored, an effort of the new management to conserve the sites. Exploration is ongoing. Thus, new sites can be found and named by adventurous guests.

At Minor, named for its Notodorous nudibranch fame, the ship was greeted by a school of spinner dolphins. Divers could hear and occasionally glimpse them in the blue when entering the water at this steep-walled bommie. The reef has a 22m saddle and the fish action starts here. Visibility is 33m plus. Reef sharks top the pelagic chain with barracuda. A large school of batfish are residents here. Large frilly nudibranches dot the coral rock walls and busy anemones cover the topside.

Cyclone Reef is a pleasant lunch break with superb snorkeling on the lee. Small coral rubble is the only exposed above water area of this reef, which is a portion of seamount. Table corals and staghorns highlight this site. It is an amazing place to take a break far out to sea. There are many sea birds on the exposed corals.

At another site dubbed Malloray's, (the guest site names really do happen), there is a superb dive with a wall leading to a current-swept deep point. Excited gray reef sharks, big tuna and a huge ball of bigeye red snapper flourish in the upwellings.

Hammerheads are frequently seen down deep in pairs and groups. This is a good place to dip to 40m or so and watch for the pelagic action and then move up the water column. Upper reef can be hooked for some observation time, and then the dive ends with a gentle drift back to the boat. A clown triggerfish may have been laying eggs, as it was extremely approachable.



## Business or Travelling in Papua New Guinea?

The screenshot shows the Papua New Guinea Business Directory website. The browser title is "PNG Business Directory - Microsoft Internet Explorer". The address bar shows "http://www.pngbd.com". The website has a search bar and a "Go" button. The main content area is titled "Welcome to Papua New Guinea Online Directory". It includes a "Business & Economy" sidebar with links to Exchange Rates, Share Prices, Business Guide, Consumer Price Index, Business and Economic Data, General Elections Candidates, Income Tax, Employment Opportunities, and Business Forum. The main text area contains a "What's New" section and a "Our new look!" section. On the right, there is an "Exchange Rates" table for BSP 08/05/02, showing AUD at 0.4909 and USD at 0.2570. Below the table is a line graph titled "AUS in the past 30 days from BSP" showing a fluctuating trend. At the bottom right, there is a logo for "ONLINE Bank South Pacific" and a "PNGSOX Stock Price" section.

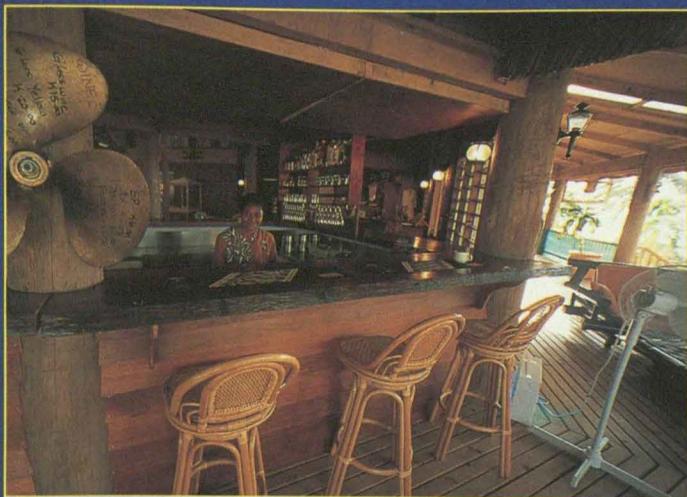
When you need information on Papua New Guinea whether it is for your business or personal finance, pngbd.com has the information at a mouse click.

When you want to travel to Papua New Guinea, check out pngbd.com for photos and travel guide.

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### Fiordlands

The Tufi area is known for its unusual tropical fiordlands. There are eight to nine fiords in the coastal area. The Resort is situated at the mouth of one of them, high on a hill. Newly constructed of bamboo and natural woods and decorated with artifacts from all over Papua New Guinea, it doesn't have a room with a bad view and the ocean breeze keeps things cool. It is probably the nicest dive resort in the country at present. It has a large bar area; buffet dining that regularly includes delicacies like broiled lobster and an entertainment area with games, videos and lots of ocean related and PNG books to wile away the non-diving time.

The fiord lands are magical. Cockatoos, hornbills and sea eagles soar high along the cliff faces or muster from the tall inner mangroves. Some areas are full of jungle sounds and great variety of birdlife. There are a number of species of Bird of Paradise here. Tall fiord land cliffs, volcanic in their origin, give way to mangrove lowlands and rivers.

This is where it is great to start a canoeing and kayaking trip. The sounds of the rainforest and calm waters make for very serene paddling.

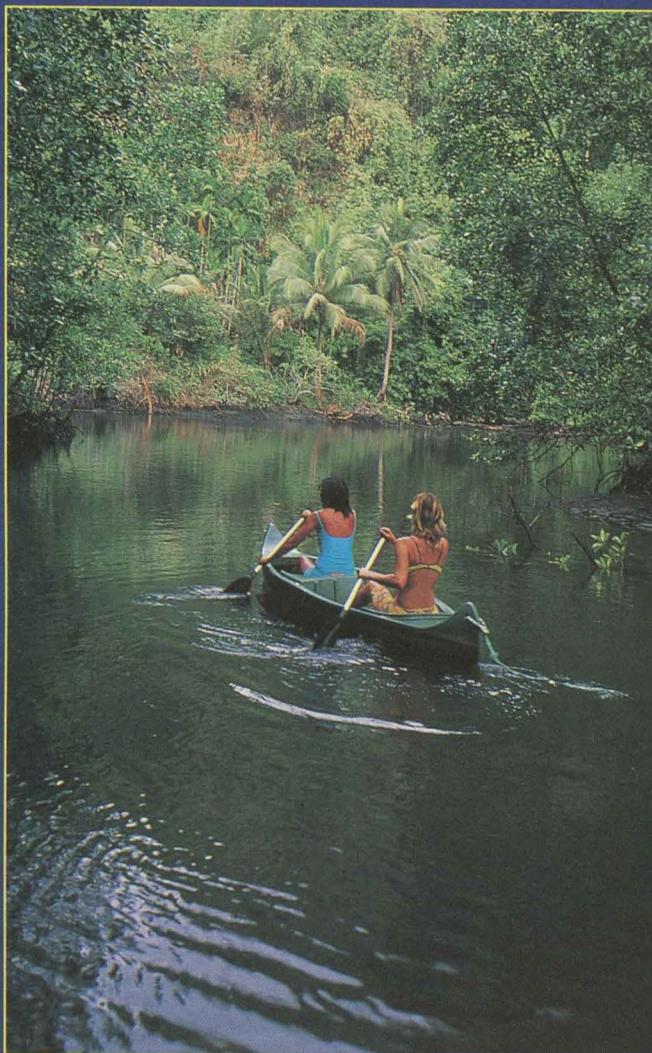
Snorkeling and diving in the fiords are a new experience, as mangroves grow right up to the coral reef of the 70m deep passage. Feeding mackerel, manta rays, sea turtles in the turtle grasses and lots of fusiliers predominate.

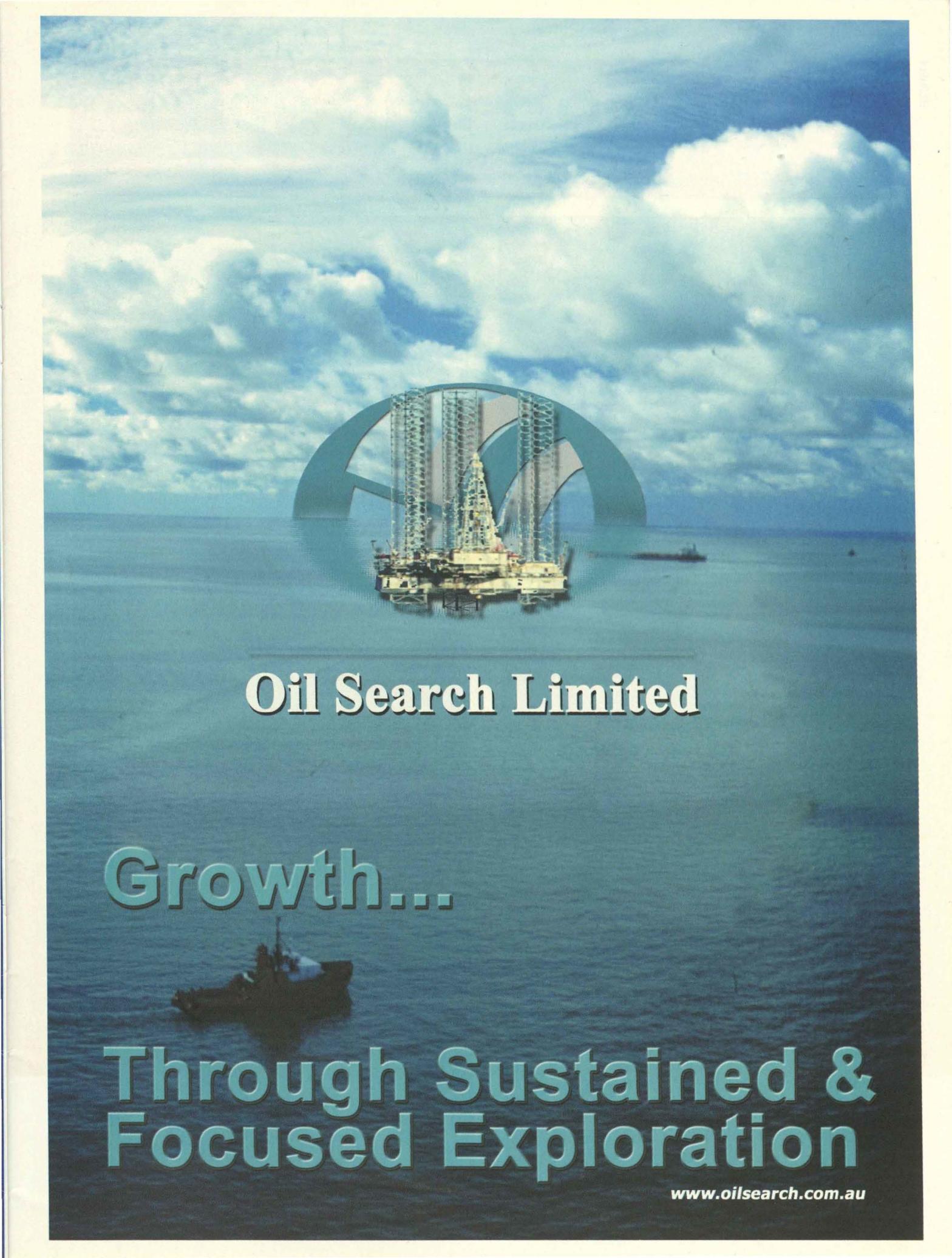
But the tiny macro scene is impressive with various nudibranches all over the upper reef. There are colourful and oddly shaped sponges in bright reds, royal blues and spiky yellows that give form and colour to the upper reef. Nudi eggs and even tiny anemones with bobtail shrimp and spinecheck clownfish can be found just using snorkel. This area makes a great macro or night dive for scuba buffs. Try snorkeling with one's ears out of the water and you can hear the birds and mangrove sounds and watch the ocean life at the same time. It's a special sensation.

It was here at this treasure trove that we ended our trip of exploration. Once again we have been reminded of the incredible realm of exploration and possibilities that are held in Papua New Guinean waters. At Tufi, a new world on the coral reef is available for those willing to explore this strange and exotic new world.

For more information — Ph: +675 6411438

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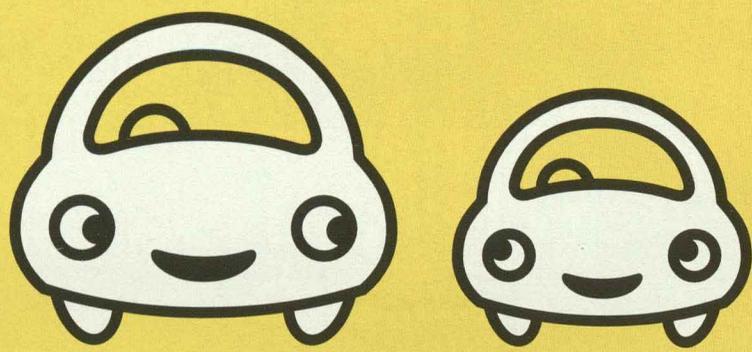
An offshore oil rig is positioned in the center of the frame, set against a vast, blue ocean under a sky filled with white and grey clouds. A large, semi-transparent circular graphic, resembling a stylized 'O' or a globe, is superimposed over the rig. The rig itself is a complex structure with multiple towers and platforms. In the lower-left foreground, a smaller, dark-colored vessel is visible on the water's surface.

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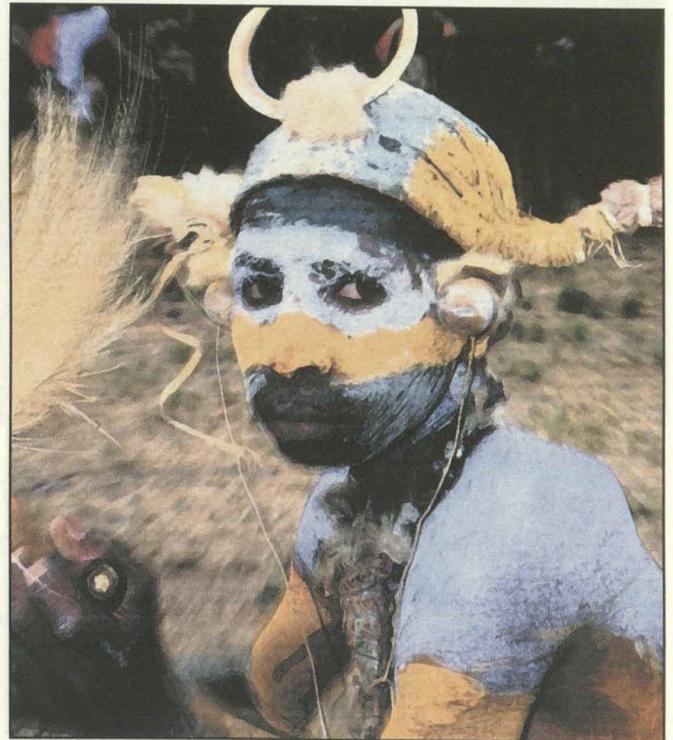
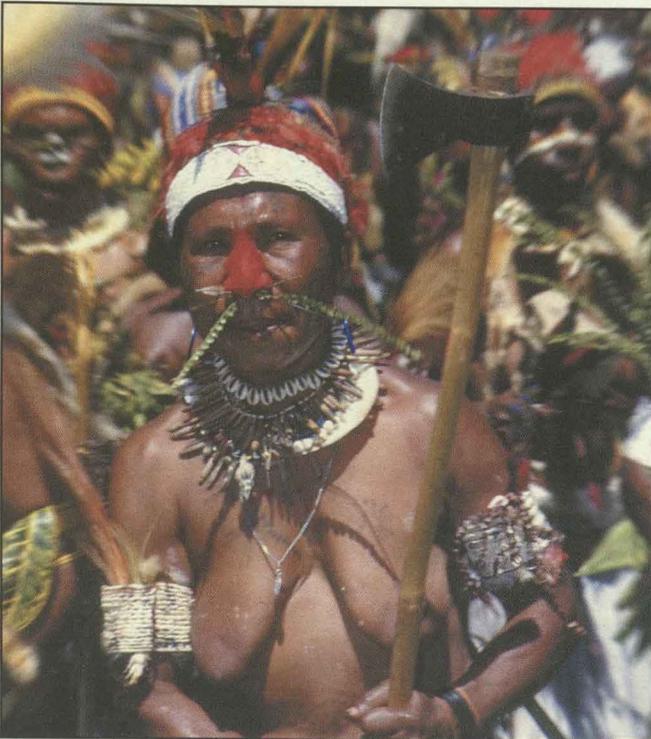
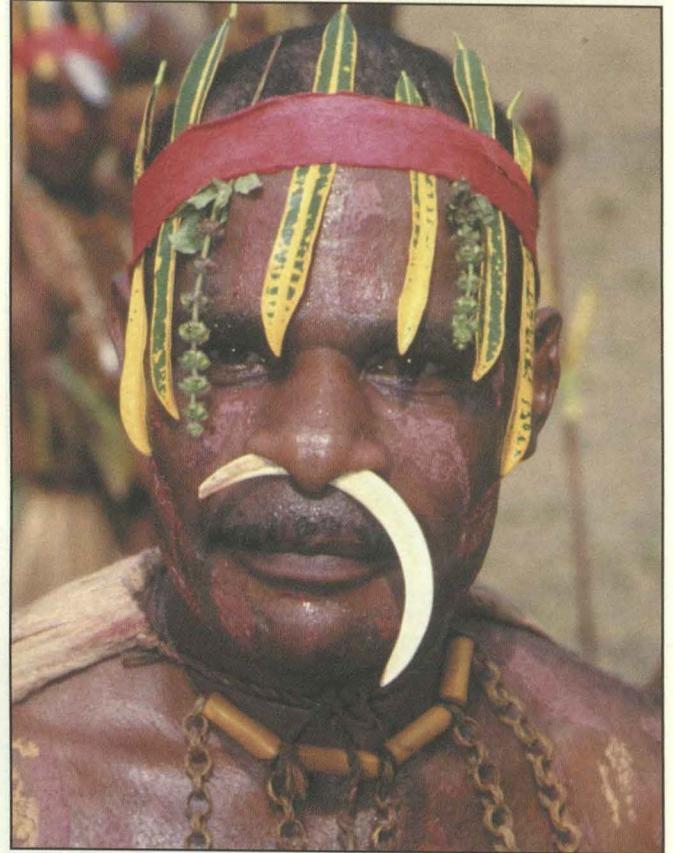
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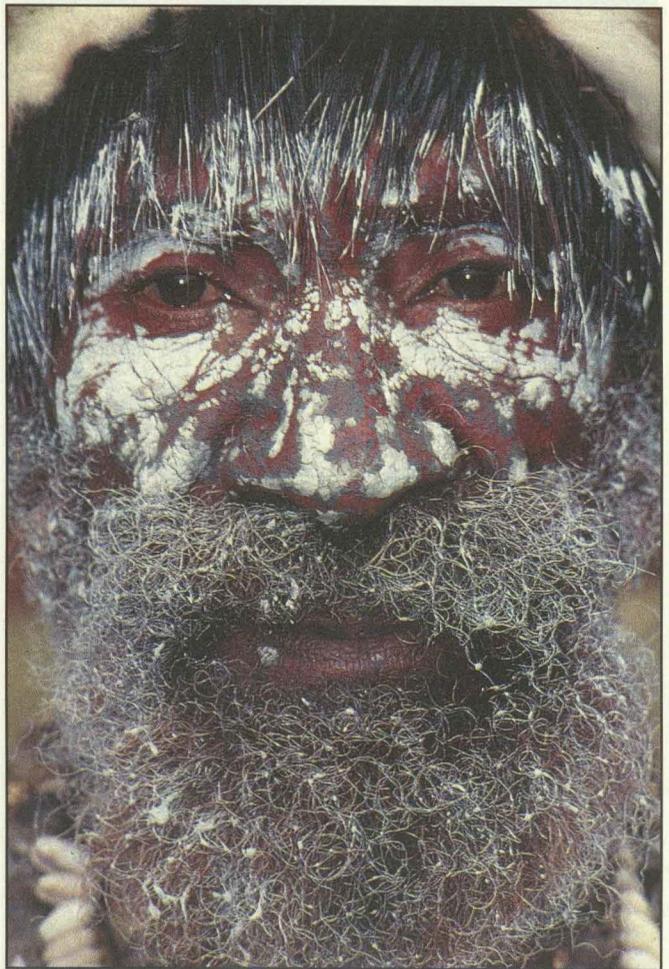
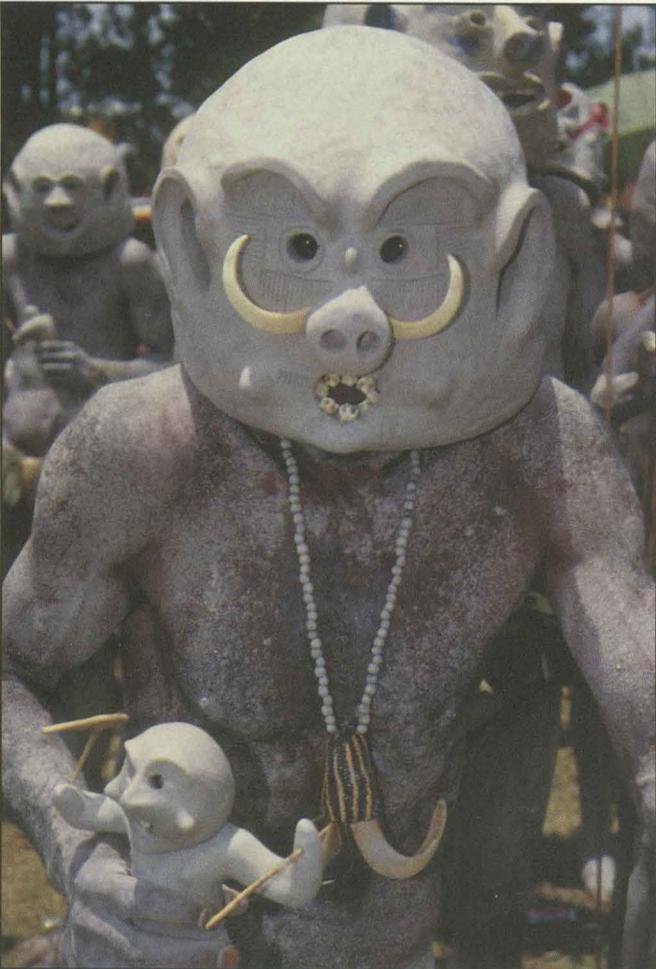
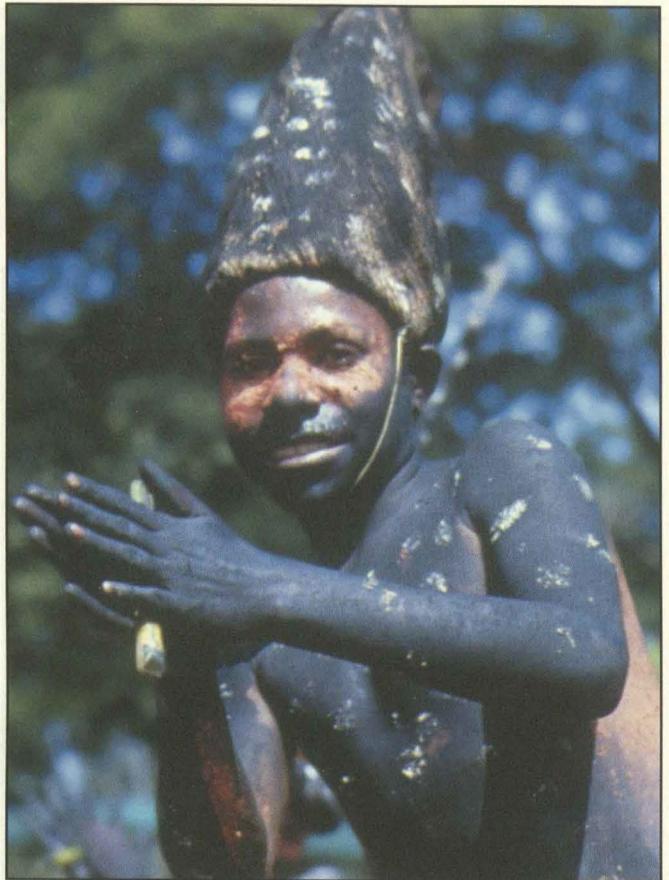
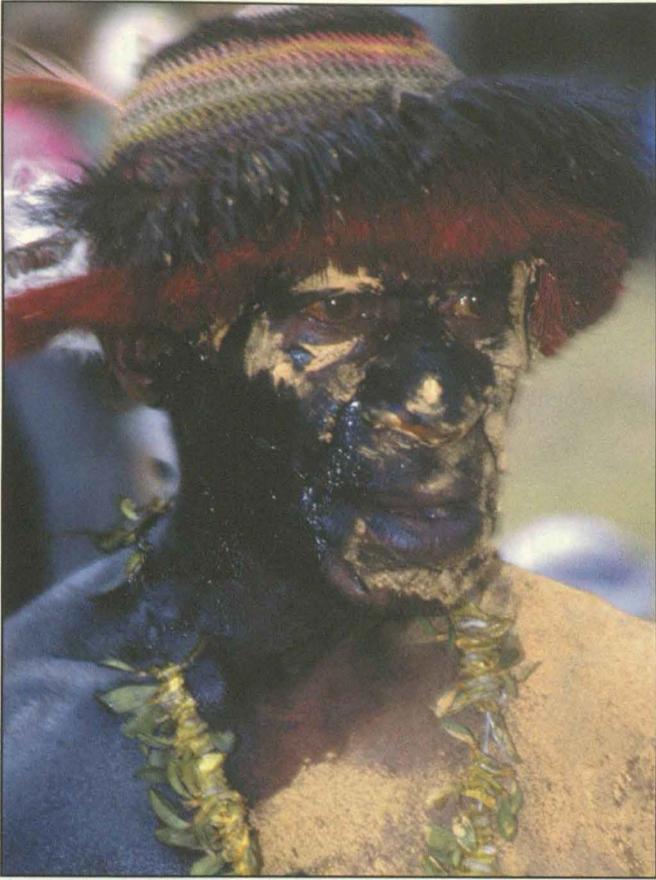


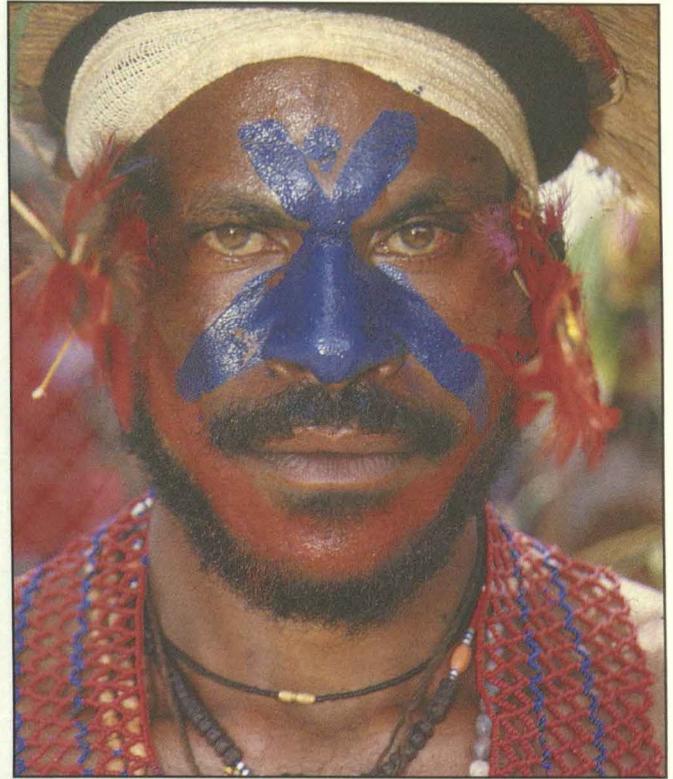
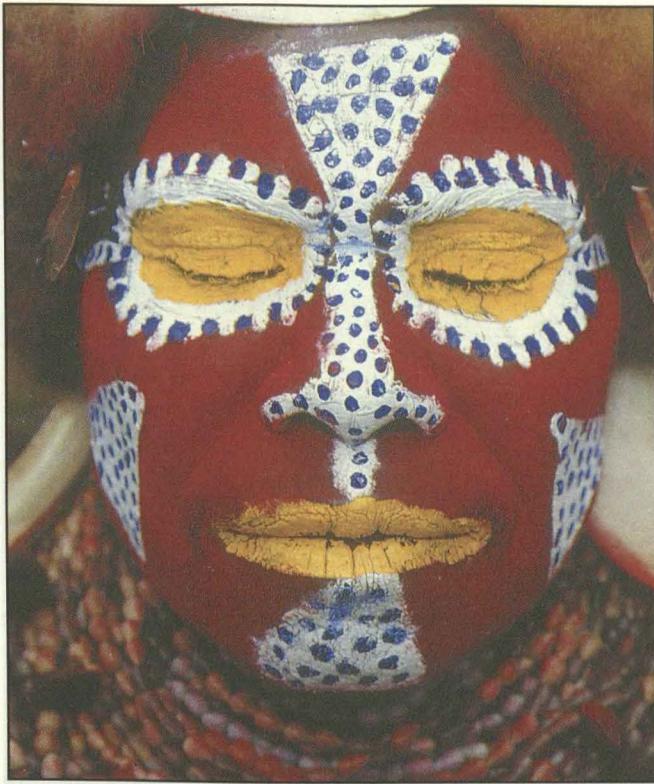
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# Face and Body Art

Photographs by the Pini Collection

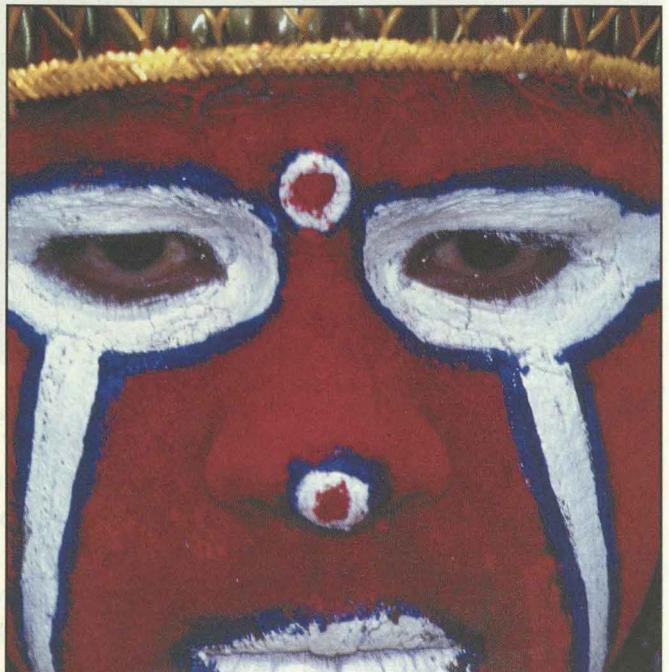
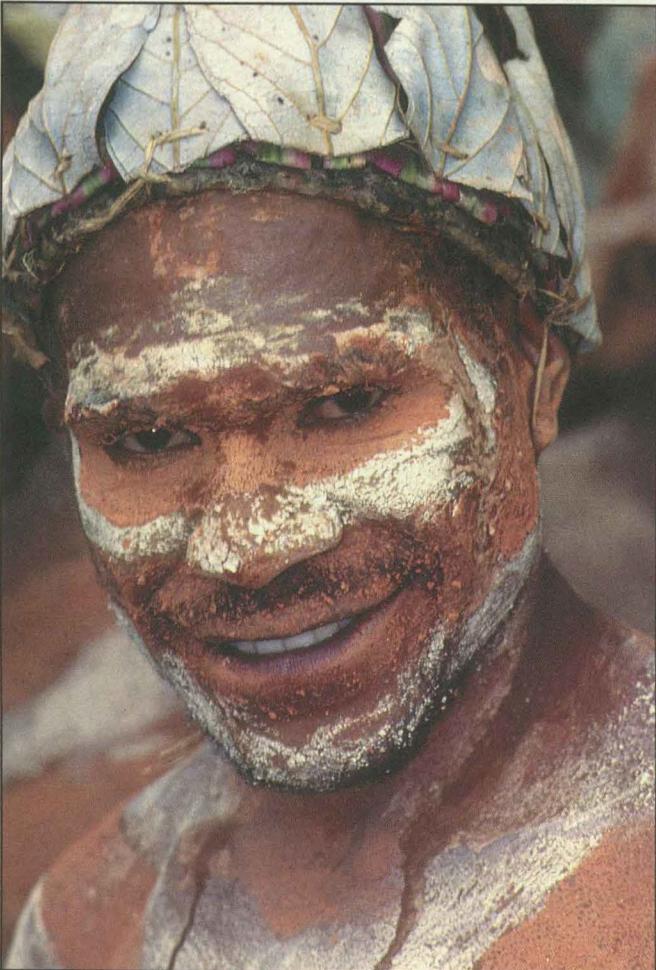
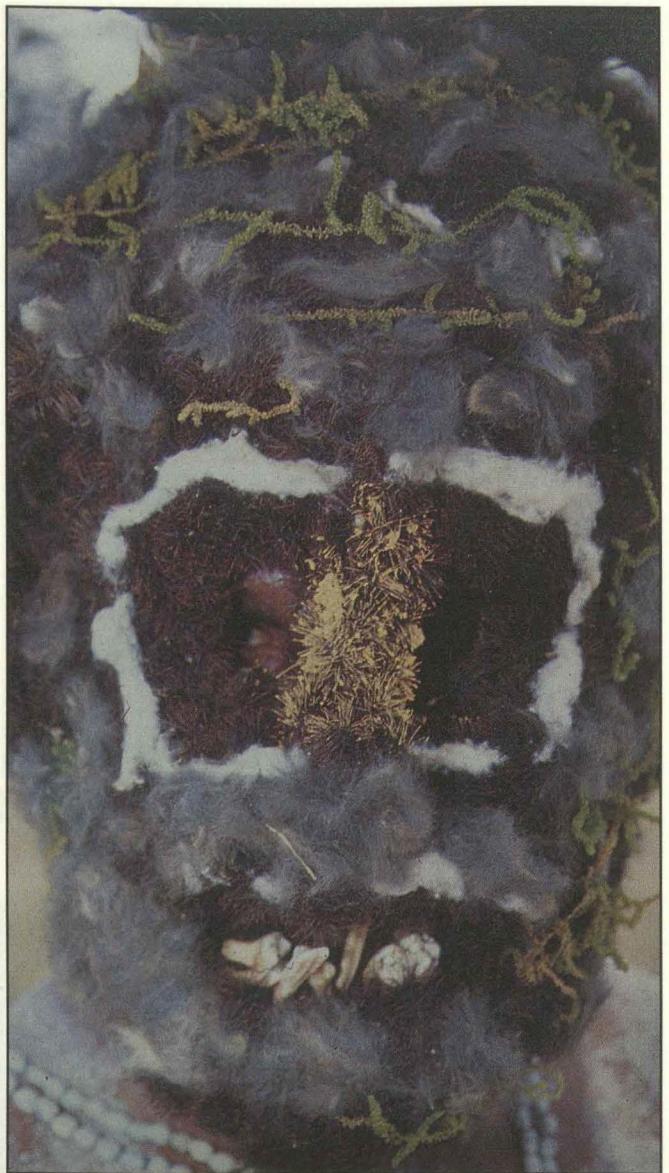
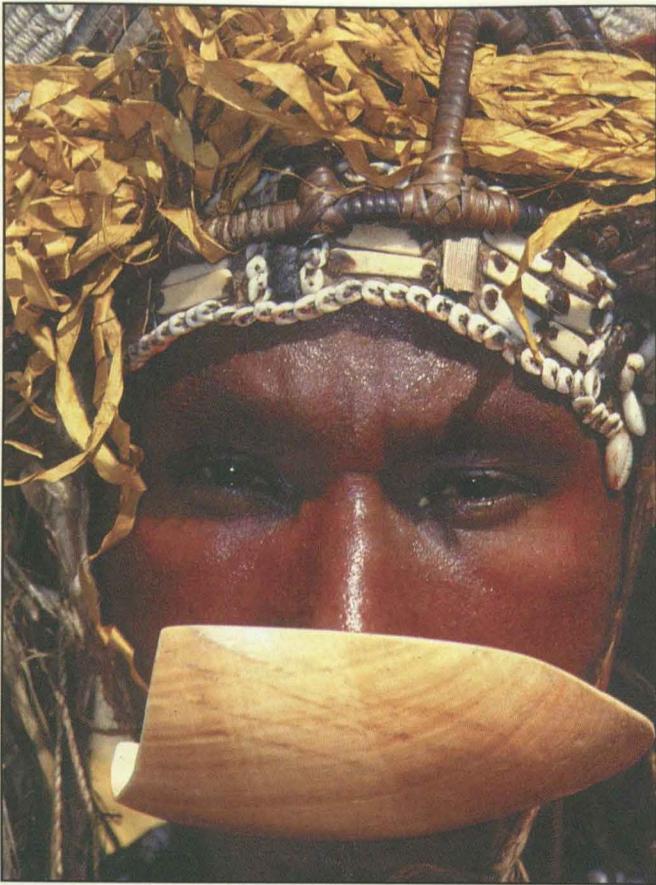


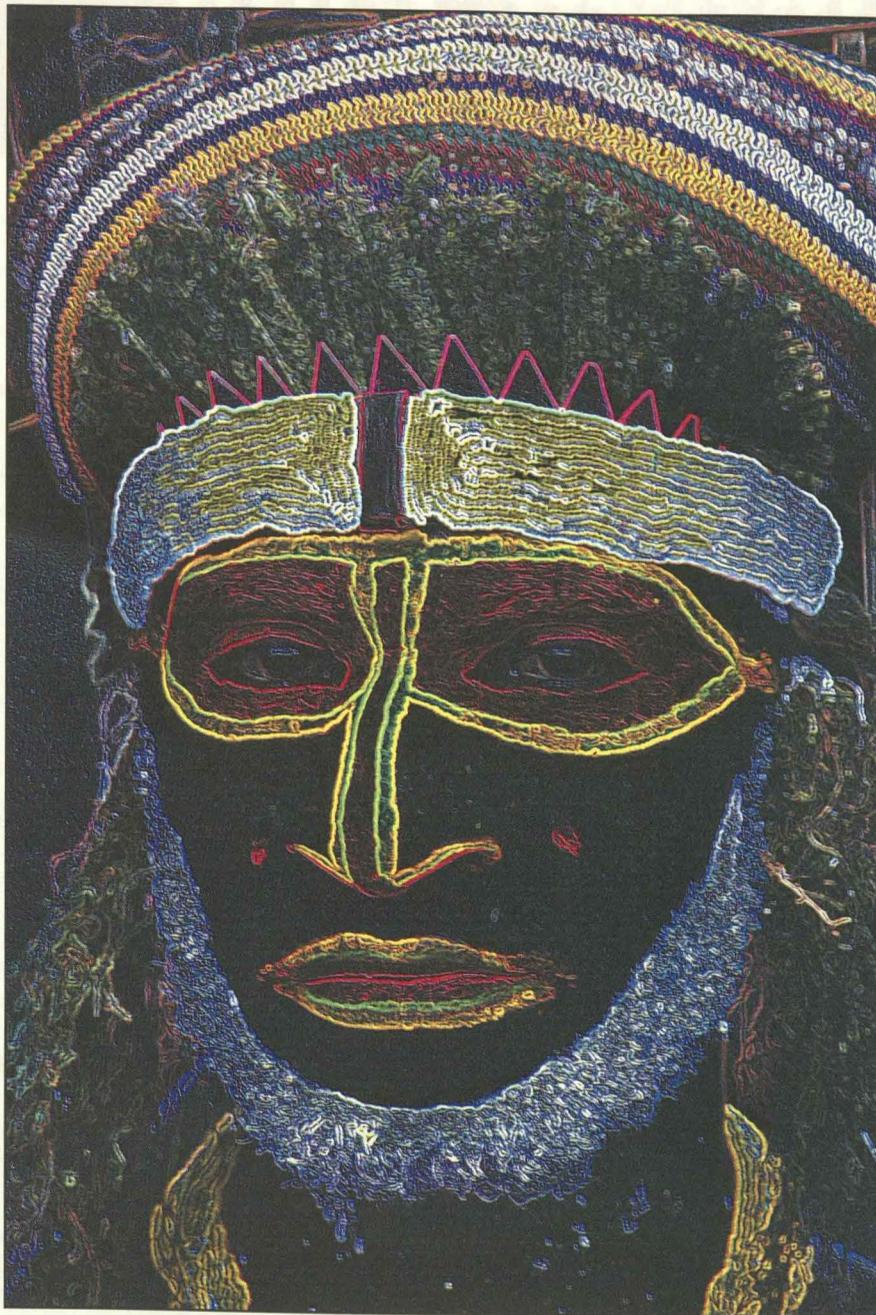




## Photo Competition

Send a **photograph** on any subject to **Fotofast Photograph Competition, PO Box 1267, Port Moresby**. The photograph should be viewed in portrait shape, like the winning photo on page 55, not in landscape shape like the photograph above this paragraph. A winning photograph will be published in each issue of Paradise. The winner will receive K100 cash from Paradise and a K100 **Fotofast** voucher to be spent at any **Fotofast** outlet in Papua New Guinea. The decision of the judges is final.





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## PUZZLE ANSWERS

### COGS

Twice as fast.  
The idlers can be  
ignored. A has  
twice the number  
of teeth as J, so it  
must be going  
half as fast.

### DAY

Friday

### HOW MANY?

Nerrie 44, Suli 66,  
Kila 99

### NEXT

913 — The figures  
3462891 are being  
repeated in the same  
order.

### SCREWS

Screw D

### MINUTES

36 minutes

### CROSSWORD

#### Across

1. cuddle  
5. coped  
8. each  
9. endear

11. aired  
12. ann  
13. sag  
15. ear  
16. deed  
18. eider  
20. chart  
21. adds  
22. revels  
25. bairn

#### Down

1. crew  
2. dad  
3. lean  
4. earned  
5. charred  
6. periods  
7. doddery  
10. eager  
14. adapting

17. eternal  
19. idyll  
20. curb  
21. anvils  
23. suds  
24. moan

# Medical information

## Inflight health tips and exercises

### Your Health In-Flight

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 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:
  - increasing age above 40 years
  - pregnancy
  - former or current malignant disease
  - blood disorders leading to increased clotting tendency
  - personal or family history of DVT
  - recent major surgery or injury, especially to lower limbs or abdomen
  - oestrogen hormone therapy, including oral contraceptives

- immobilisation for a day or more
- 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.
- While inflight, move your legs and feet for three to four minutes per hour while seated and move about the cabin occasionally, if conditions allow.
- Doing light exercises as depicted in the sketches below may be effective in increasing the body's blood circulation and massaging the muscles.

### 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.

### We recommend that you:

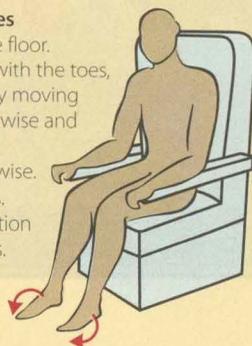
- Get a good night's rest before your flight
- Arrive at your destination a day or two early, if possible, to give your body a chance to become more acclimatised to the new time zone.
- Fly direct to minimise flight time, when possible. This allows you to relax more upon arrival.
- Leave your watch on home time if you're staying at your 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 for your destination with its

## Inflight Workout

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 sitting. They may be effective in increasing the body's blood 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 can not be done with ease.

### 1. Ankle Circles

Lift feet off the floor. Draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.



### 2. Foot Pumps

This exercise is in three stages:  
(i) Start with both heels on the floor and point feet upward as high as you can.  
(ii) Put both feet flat on the floor.  
(iii) Lift heels high, keeping balls of the feet on the floor. Continue these three stages with continuous motion at 30 seconds intervals.



# Medical information

Inflight health tips and exercises

different time zone; 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.

## 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.

### We recommend that you:

- Drink water or juices frequently during the flight
- Drink coffee, tea and alcohol in moderation. These drinks act 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.

### We recommend that you:

- 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 act 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, flu or hayfever, your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes - the tiny channels between your nasal passages and 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, equalising pressure between your middle 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 equalise 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 a 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.

*With thanks to Qantas and the Boeing Corporation for allowing us to reproduce this material.*

## Inflight Workout

### 3. Knee Lifts

Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.



### 4. Neck Roll

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and back holding each position about five seconds. Repeat five times.



### 5. Knee to Chest

Bend forward slightly. Clasp hands around the left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around the knee, slowly let it down. Alternate legs. Repeat 10 times.



### 6. Forward Flex

With both feet on the floor and stomach held in, slowly bend forward and walk your hands down the front of your legs toward your ankles. Hold stretch for 15 seconds and slowly sit back up.



### 7. Shoulder Roll

Hunch shoulders forward, then upward, then backward, then downward, using a gentle circular motion.



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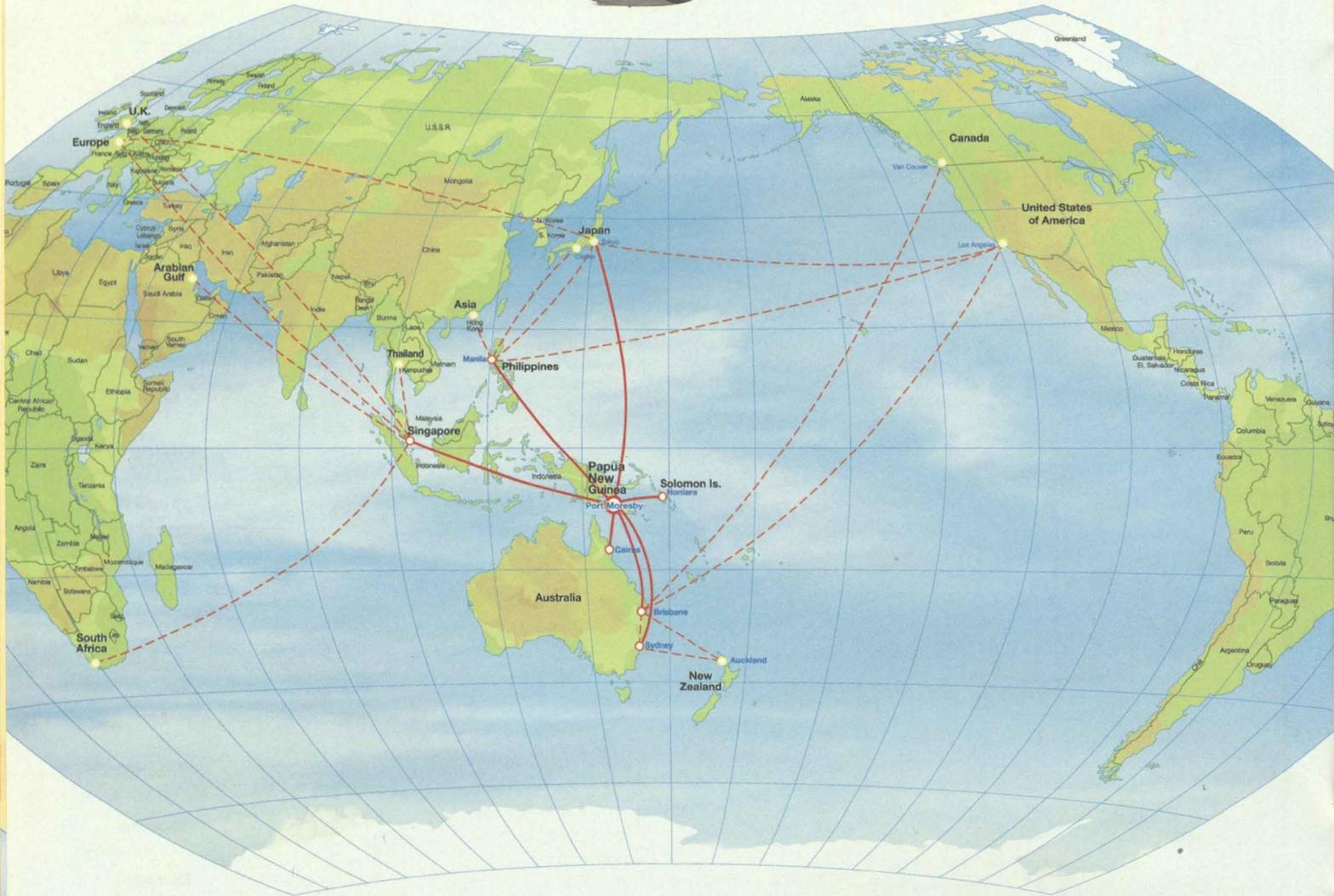
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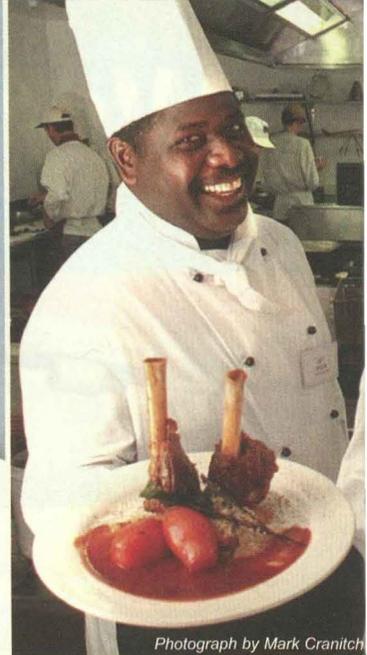
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# Tourism's great loss

Story and photographs  
by Nancy Sullivan

James Kinjimali (*photo on right*) was born on 9 September 1957 at Aibom Village, Chambri Lakes, in the East Sepik Province. He died last October, suddenly, from a heart attack. This unexpected loss leaves a hole in the country's tourism industry. Maybe it was the time he came of age, or just his own personality, but the cultural knowledge and genial qualities that James represented may never be replaced in another Papua New Guinean tour guide.

Fifth born in a family of ten children, James attended St Mary's Community School at Chambri from 1966 to 1971, and then went on to the Angoram Vocational Centre. From there he moved to Baynik Vocational Center where he completed his training in agriculture and carpentry in June 1976. It was at this time that Peter Barter selected him with two others from Aibom Village to join the crew of the *Sepik Explorer* cruise vessel. From the *Sepik Explorer*, James went on to work on the *Melanesian Explorer* as a river boat operator and tour guide, then eventually, on the *Melanesian Discoverer* as Assistant Cruise Director. Much of this time he served under Jan Barter as Cruise Director, and introduced a long line of tourists to the Sepik, as well as the D'Entrecasteaux Islands and Milne Bay. More recently, the vessel had taken the crew to East New Britain, Manus and Jayapura.

Celebrities, dignitaries, politicians, environmentalists and industrialists all depended on James' exhaustive knowledge of bird and wildlife, and his first-person perspective on Sepik culture. He featured in a documentary by Jacques Cousteau, and acted as interpreter and guide for countless photojournalists and film crews. There is no doubt that an entire generation of visitors to Papua New Guinea have identified the dignified, knowledgeable and gracious demeanour of James Kinjimali with the Sepik River people, and more generally, with their experience of Papua New Guinea. He was a wonderful ambassador for his country. The very quality that made him so well respected and reliable in his dealing with villagers all along the ship's route, also drew tourists to him with genuine admiration. The people of the entire East Sepik province largely attribute their prominence in Papua New Guinea tourism to this big soft-spoken Iatmul from the Chambri Lakes.



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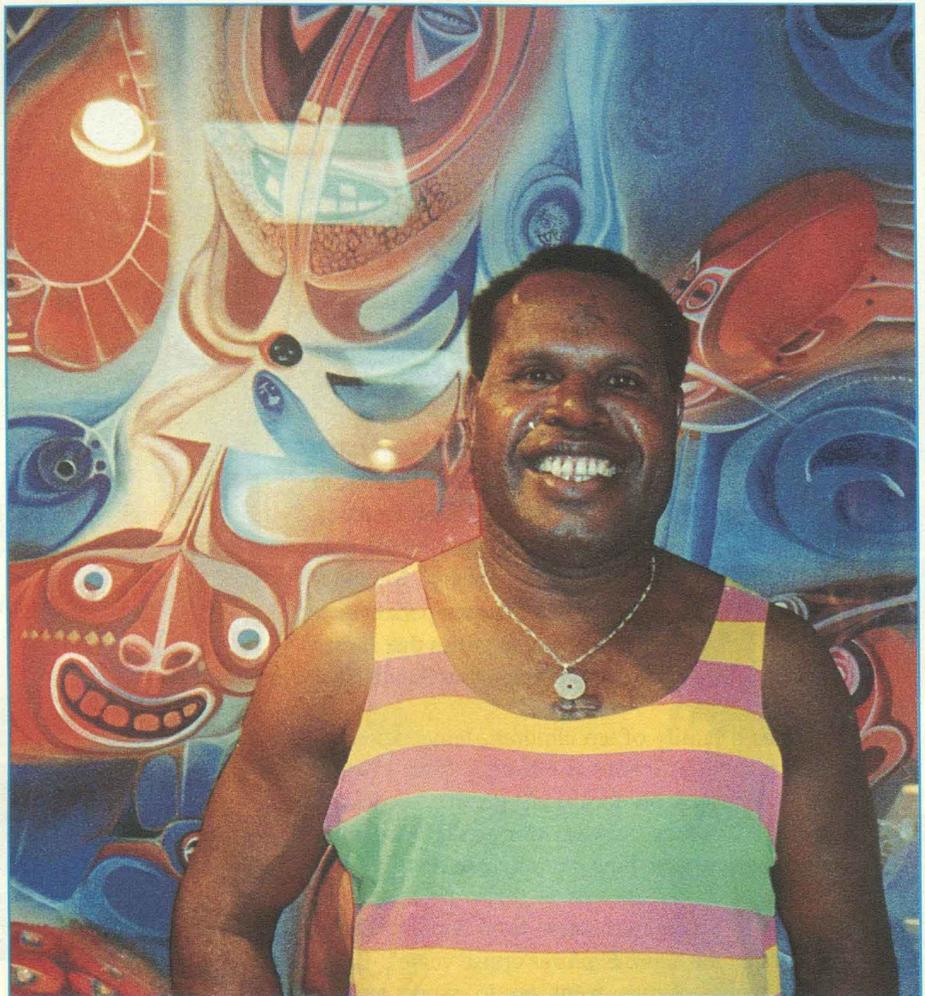
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Because James was both an Aibom villager and an international personality, he was able to balance these two sides of himself without pretension or even a false note. How he reached out to villagers in Dobu was the same way he dealt with celebrities and dignitaries and, for that matter, difficult or easygoing tourists. His charm was an even-handedness and patience that would allow him to explain the Naven ceremony to an elderly German tourist just as he could explain the rationale of the ship's business to the councillor of a remote island stop.

He was dearly loved by the Barter family, and by the extended family of Melanesian Tourist Services. But none will miss him more than the crew of the *Melanesian Discoverer*, who lived and worked beside James, in some cases, for the last 25 years. They may be from every province in the country but James was first of all, their brother. He was also a true husband, father, cousin, brother and son, and will never be forgotten. 🌀

*James is survived by his wife, Victoria, daughters Delma and Cynthia, and his sons, Quintin, Daniel and Herbert. He also leaves brothers, sisters and his mother, Veronica.*



Above: James aboard the 'Melanesian Discoverer'

Below: The children of James' family at the 'haus kra'i'





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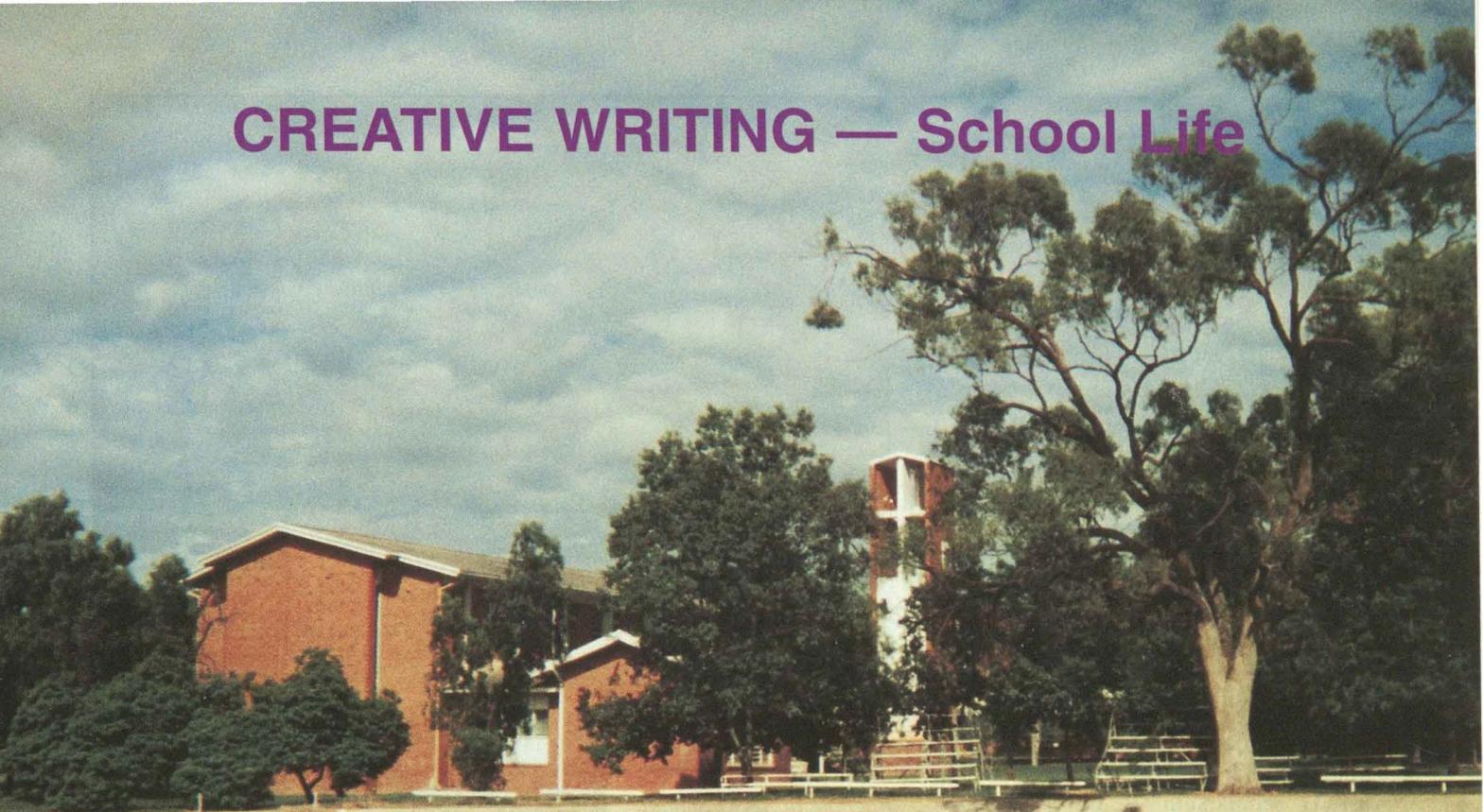
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Creating Professionals 7401

# CREATIVE WRITING — School Life



Story and photographs by Emmanuel Yeina

*All Souls & St Gabriel's School is a primary and secondary co-educational Anglican boarding school in Charters Towers, Queensland, Australia.*

*Ding! Dong! Ding! Dong!* Rings the rising bell. Lazily my sleepy eyes open and shut again. Cuddling my warm and cosy pillow, I lie still, reluctant to get off my bed.

In the shower blocks, boys queue up with towels around their waists, shivering in the cold winter morning, waiting to dive into a hot shower.

It's ten minutes before breakfast. Boys iron wrinkled uniforms. Others polish their shoes thoroughly, while the slow coaches simply brush the dusty patches off their shoes, pull on socks and lace up shoes in a rush. All dressed in khaki, we briskly walk to the dining hall (*photo on right*).

*Ding! Dong! Ding! Dong!* Sounds the breakfast bell. Knives and forks clink as hungry boys and girls feed on bacon and eggs for breakfast. The day rolls on as usual, with five periods of classes. Time seems to dash by without notice.

*Dong! Dong! Dong!* Calls Barnabas, the chapel bell. It's hymn practice session. Girls emerge from the right entrance of the chapel as the boys enter through the left door to take preferred seats. Everyone is seated with hymnbooks open at the required page. The beautiful choruses are sung to keyboard accompaniment, with (Bro) Brother Robin's deep low-pitched voice drowning the combined voices of the vocalists. Echoes of various vocal chords fill the atmosphere in the chapel.



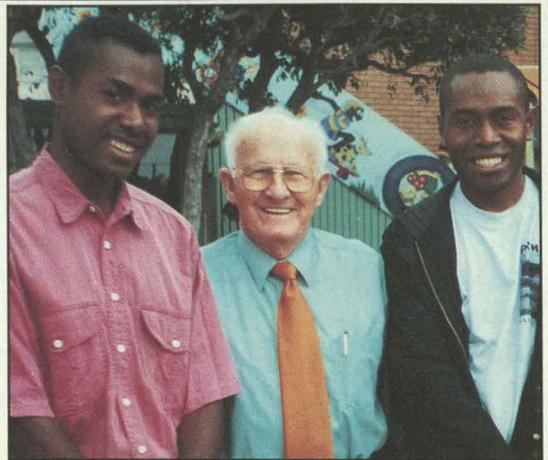
*Agh! Agh!* — a familiar signal by Bro indicating dissatisfaction. The flow of the chorus is halted immediately as he roars at the top of his voice. With a mean and funny accent, Bro perfectly mimics our voices and gestures. A roar of laughter and giggles follow his impersonations. The air in the chapel is filled with excitement, which is the moment of strengthening the bond of friendship with Brother Robin. He is not just a conductor, but also a great entertainer with his hilarious imitations of our tunes. Grey haired with a flow of grey moustache, and heavy reading glasses with thick black frames distinguish this elderly but active man. 'Bro' can sometimes be recognised from a distance by a small, black, chimney-like smoking pipe exposing spirals of white, exhaled smoke.

During my three years schooling in Charters Towers, I fell in love with the place and its environment — a simple, perfect and pleasant place to live and study in. I remember the quiet, radiant smile of the golden sun, sinking behind the horizon of eucalyptus trees. Organised ‘dorm camping’ once a term at the Burdekin River, Duke of Edinburgh Expeditions, Geography excursion trips to the countryside areas or farms, house dramas, weekend soccer and other outdoor leisure activities are some of the best episodes of my life at All Souls & St Gabriel’s School (ASSG). These outdoor activities provided me the chance to experience the real Australian outback lifestyle and refresh my mind for another week of school.

The sight of the Papua New Guinea flag dancing happily in the wind on the flagpole of ASSG School made me proud. It boosted my morale and desire to fulfil my main purpose of being sent to this school on an AusAID scholarship — to become an educated productive citizen of my country and contribute towards the nation’s development. Just seeing my flag among others made me feel recognised as part of the community of ASSG School and as an ambassador of Papua New Guinea.



*Above: Beautiful bird of paradise dancing happily in the wind on the flagpole of ASSG School — flags from right to left — PNG, Torres Strait Island, Aboriginal and Australian  
Right: Emmanuel, Grandpa Wallace Cridge and Mathew are all smiles after a Sunday service.*



*Below: Emmanuel Yeina (far right standing) with fellow ASSG School Year 12 class of 2000 during interschool formal*



The scene of the chapel cross in the heart of the school illustrates the history of the school — an Anglican Mission School that accommodates, feeds, clothes and educates students from various family or ethnic backgrounds. All Souls & St Gabriel's School is a school that equips students physically, mentally and spiritually to step out into the world. We were fortunate to have friendly, understanding and very considerate staff members, who were always willing to lend a helping hand, comprehend and attend to the personal needs of the students.

Graduation was the time for saying 'goodbye' to old friends and 'hello' to new ones. While graduation marks the end of one special time of our lives, it's really just the beginning of our future. Some day, we'll look back on 'graduation' as the beginning of the best times of our lives.



Above: At year 12 graduation valedictory dinner in 2000 Principal Mr Gordon Royal wishes Emmanuel the best for his studies in the future.

Below: Year 12 AusAID sponsored students smiling for the camera during year 12 graduation — Seated: ASSG AusAID students' coordinator Mr Mac Horne



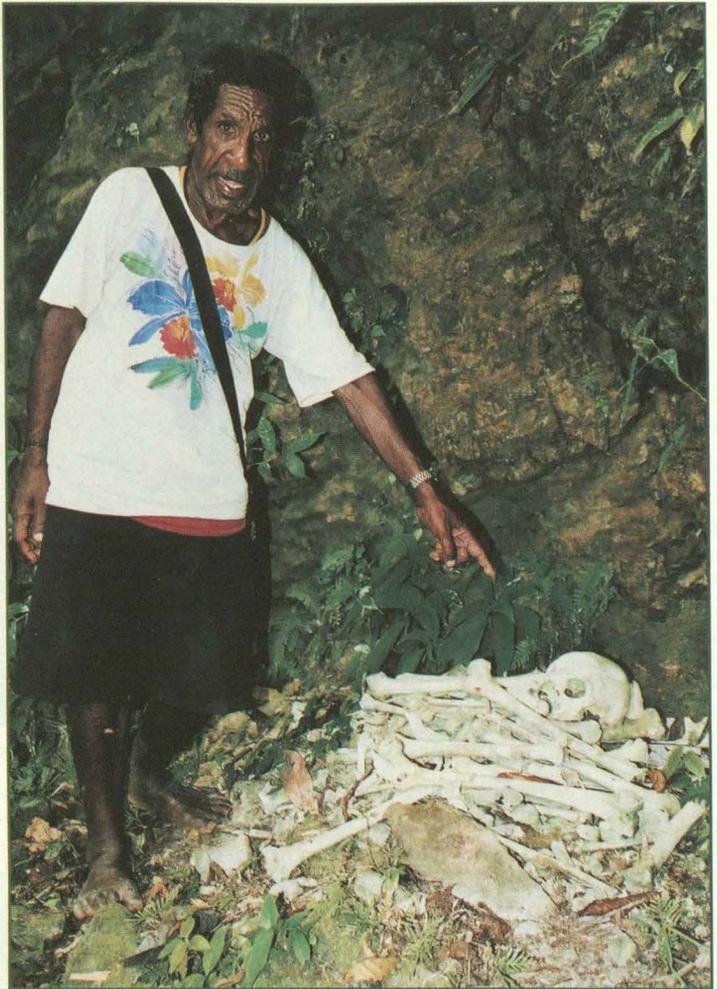
# Otomo Ossuary

Story and photographs  
by John Brooksbank

Almost reverentially Yawe turned the skull around in his hands. The bones of Faiyabe Fati had lain undisturbed here in the rock shelter for many decades. His son, old Yawe Faiyabe, local Konagebo clan elder, was the only person who would touch them — the other men stood well clear for fear of attracting bad luck. It was well known that disturbing the bones of ancestors led to illness and possible death, so few people ever had good reason to visit this place.

Further along under the limestone overhang were similar accumulations of bones. We were in the midst of an above ground graveyard. The local people's obvious awe and respect for their forebears' remains and the quiet natural setting gave the ossuary a peaceful, almost eerie ambience.

To reach the site had not been easy. After leaving Otomo village we had walked along jungle tracks through the rugged terrain progressing steadily uphill, cutting across hillsides and traversing numerous creeks on treacherous one-log bridges. Despite the occasional split cord steps that had been laid we stumbled along the somewhat indistinct path trying to avoid swampy areas and dodge the spiny vines that snagged at our clothing.





This is limestone country, where there is no such thing as flat land. Our route, such that it was, wound around limestone outcrops and sinkholes that are a feature of the landscape in this part of the Southern Highlands. To the local Fasu speaking people this is the Uri (mountain) region.

Higher up we came across gardens clinging to the hillsides — a riot of felled trees and limestone boulders between which patches of rich, dark soil sustained sugar cane, sweet potato, pumpkin and aibika. It was a humbling realisation that the path we were cursing and complaining about was regularly used by the women folk of Otomo to visit their gardens to weed or harvest vegetables.

Eventually we arrived, hot and sweaty, at the ridge top where Paul Yawe, son of Yawe Faiyabe, and his clansmen intend to construct a lodge. As chairman of the upper Fasu Aporro Uri Resource Owners Association and a director of the local landowner company, Maka Investment Corporation, Paul is well placed to source the funds for such a venture.

It was a well-chosen locale. To the northwest the aspect was of the gorge that the Hegigio River has carved out over the millennia, a gash in the amphitheatre of heavily forested ridgelines. The villagers' intention is to build a simple guesthouse from traditional materials, with as little disturbance to the environment as possible but incorporating creature comforts such as showers and toilets. They have been inspired by the success of the Tubo Lodge, built by the Foe people of Tugiri village on a rocky peninsula that protrudes into nearby Lake Kutubu.

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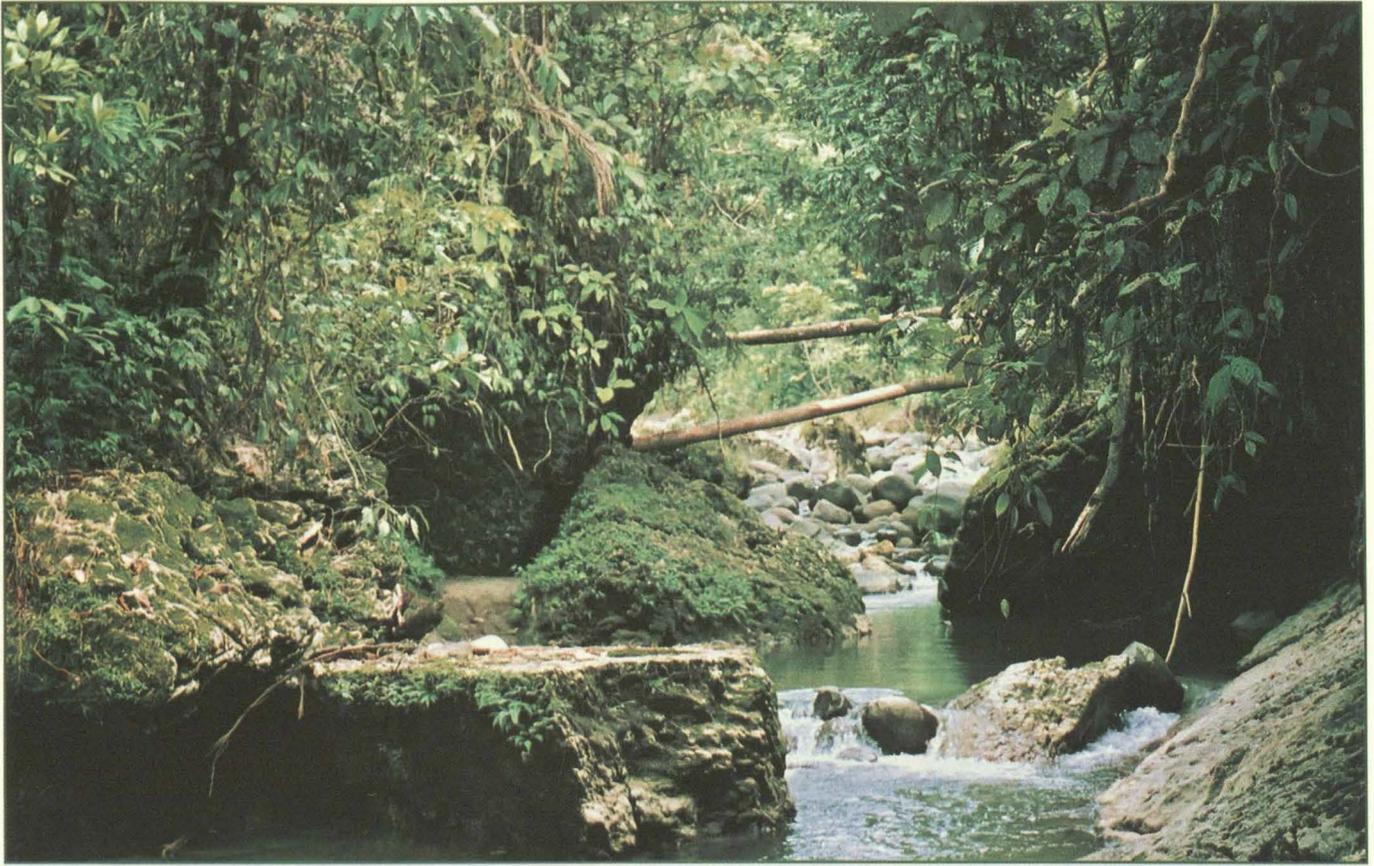
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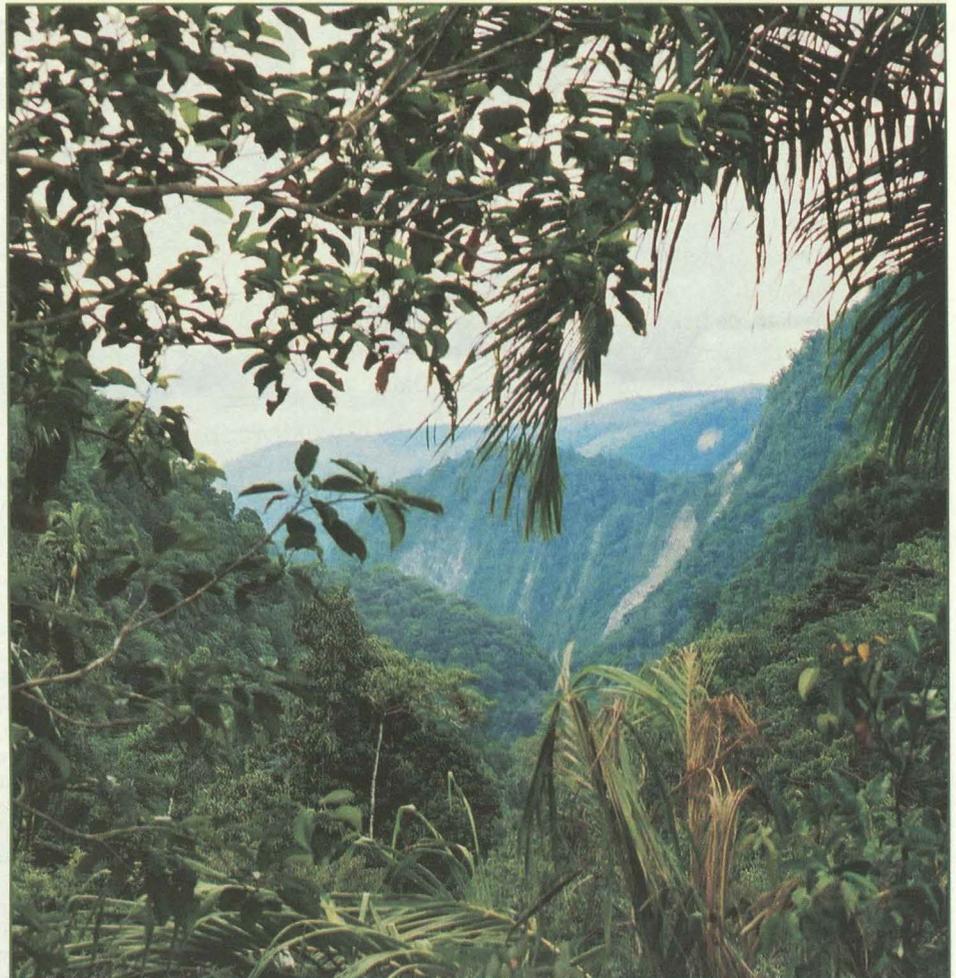


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The Hegigio River, known further upstream as the Tagari by the Huli people who live along its banks, has created the imposing gorge as it loops around the harder rocks of the Mananda (Uri Hawa) escarpment, before dropping down through raging rapids into the Hedinia Valley. Here, once it reaches lower altitudes, the Hegigio runs calmer before merging with the Mubi River to become the Kikori.

The ossuary looks out over the narrow Otomo River as it plunges over a precipice, on its way to discharging into the mighty Hegigio. In times gone by when Fasu villagers died their bodies were wrapped in tree bark, placed on raised wooden platforms in the bush and left until the soft body tissues rotted away. After several months the remaining dried and bleached bones were placed in the rock shelters that their particular clan used, comparable perhaps to a family crypt. In the same area were the bones of the Wonabo Sinigi, a related clan.





Neighbours of the Konagebo — the Kutu and the Lapilapi clans — have similar ossuaries up on the nearby Moran Ridge know by the Fasu as Uri Pana. The top of that ridge is now decorated with a string of wells that have been drilled in order to develop the Moran oil field. Fasu mortuary practice is similar to that of the neighbouring Foe people, who until recently placed the bones of their deceased in inaccessible cliffside ossuaries on the shores of Lake Kutubu.

Nowadays villagers are buried. Old Yawe Faiyabe recalls the first time that one of his Konagebo clansmen was buried in the Christian fashion in about 1962. The change from traditional practice is a result of the activities of the Evangelical Church of Papua Missionaries, who first established a presence in the land of the Foe and the Fasu in 1952. Murray Rule of the then Asia Pacific Christian Mission built a church and school at Inu village on Lake Kutubu, a day's walk from Otomo. During the last 50 years the influence of the mission has gradually spread to all the local villages in the area. Just outside the Otomo village fence there are a number of conventional graves marked by colourful aboveground memorials.

Yawe Faiyabe noted that only the bones of those who had died natural deaths were placed in the clan ossuaries. Before the colonial administration had imposed some sort of law and order, inter-tribal warfare sometimes resulted in the taking of captives. Women were absorbed into the local populations but any captured men faced a grisly end — being killed and consumed at a communal feast. As with a pig kill the meat at such ceremonies was distributed by the host to his relatives and clansmen who, after eating, hung up the relevant bones as a souvenir of the event.

After resting on the riverbank for a while we decided that it might be easier to return to the village by another route.

So we slip, slide and stumble up the timber and rock strewn Otomo riverbed and then into Sebere Creek, which eventually leads up to Otomo village. It is clear from the splintered trees that litter the course of the narrow river that if it had been raining heavily in recent days this was definitely not a route that could have been considered.

Paul Yawe and his Konagebo clansmen hope that they can establish a lodge and market it to backpackers, birdwatchers and fit bushwalkers, possibly in conjunction with Tubo and other lodges in the region. The lodge could serve as a base for tourists to take day trips to the ossuary, a traditional cane bridge that precariously spans the Hegigio Gorge and also the Moran Ridge. There may even be the possibility of white water rafting through the gorge. The lodge is seen as a business opportunity that could provide cash income to the village even after the Moran and Kutubu oil and gas has finished.

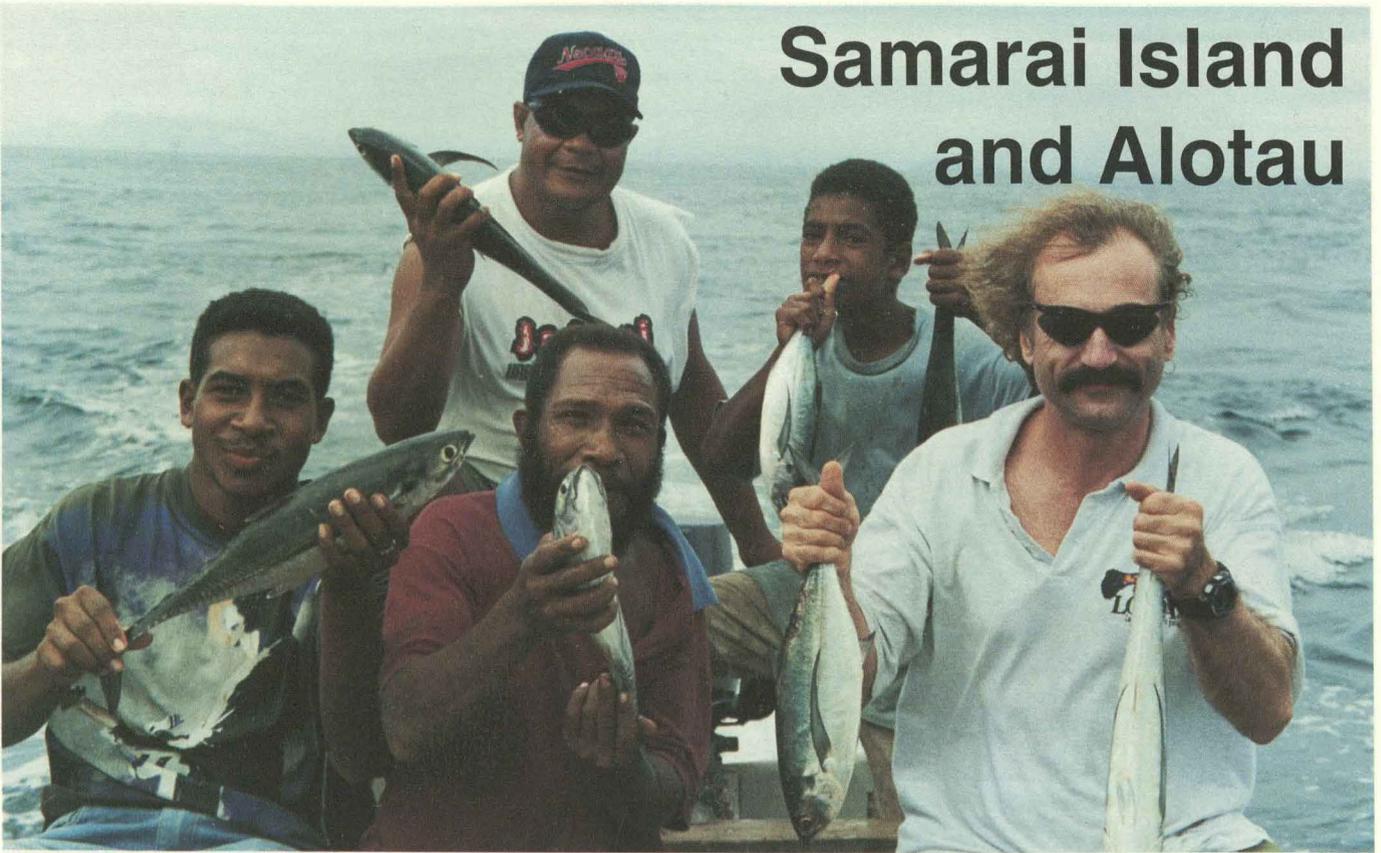
The development of the oil industry over the last ten years had brought roads, health and education services to the Fasu people of the Lake Kutubu area. But the oil will not last forever. In the upper Fasu villages that the Chevron mappers conveniently named Sisibia 1, 2, 3 and 4 after a local creek — actual local names being Takasere, Kewatiki, Otomo and Sogofani Honu — the pace of subsistence life remains much the same as it must have been traditionally. It makes sense to look at longer-term activities for such remote village areas.

Back up the hill in Otomo village we realise that although we are tired, wet and dirty, it has been a very special day. We have gained a small insight into part of a lifestyle and culture that is rapidly changing. And, almost as importantly, witnessed a community that is not just living for the present, but is thinking about the use of its natural resources for the future.

We leave, wishing the clan all the best in their efforts to make the lodge a reality.



# Samarai Island and Alotau



Story by Andy Stachurski  
Samarai photographs by Livai Dugutara

**I**t all started at my work place in Kutubu, the only oil producing facility in Papua New Guinea. We work on a roster of 28 days on and 28 days off. Chevron flies us from all over the country and the world to work, and back home. Livai Dugutara is my supervisor and good friend. He has nicknamed me 'Tick Tock' as I am trying to learn Papua New Guinean ways of living and culture. 'Tick Tock', as opposed to 'Wantok', because I still have much to learn.

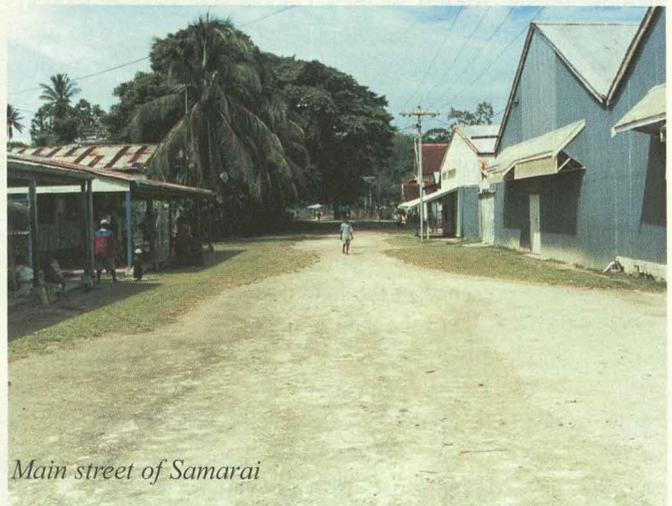
It is about 22 years since Livai left the island and ventured off to work. So he was keen to take me home to his peaceful island in the sun.

We caught the early morning plane to Alotau from Jackson's Airport. On arrival, we ventured into town by taxi and visited the Government offices seeking information about Samarai. The Milne Bay Tourist Authority office readily supplied a pamphlet about the island.

We then went down to Sanderson Bay where all the dinghies usually call, met our host John and headed off to Samarai. John's family has a huge house that overlooks the playing field.

When we arrived, John introduced me to his parents, the Namuris. As a stranger I was overwhelmed by their hospitality. They made me feel like a long lost son who had just returned home. Of course Livai wasn't a stranger to John's family, having been brought on up the island.

After a walk around the island and lunch, the boys sorted out the lines ready for a fishing trip on the dinghy. We trolled for some time and were about to wind up when the first catch was mine. It was photo time! The other guys began to bring in fish too — seven in all, a reasonable size for the BBQ.



*Main street of Samarai*

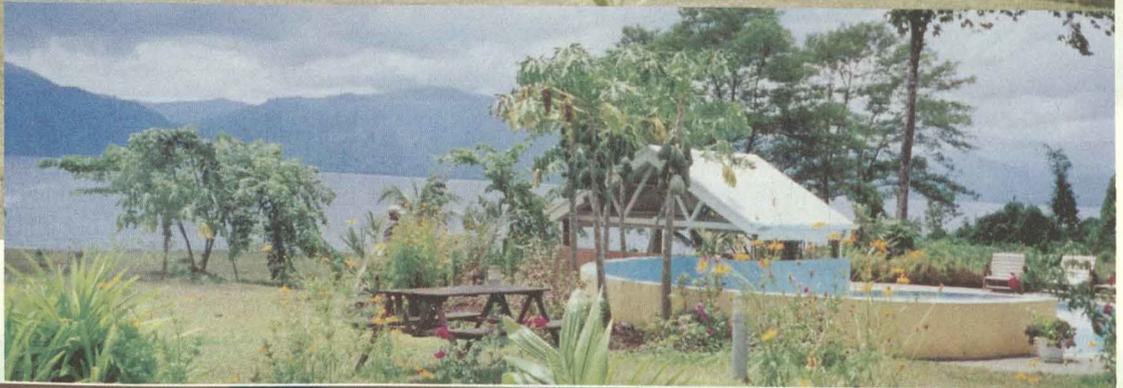
It was real Samarai hospitality around the fire. John had his music box playing in the background, while delicious barbecued fresh fish was served for early dinner.

One day was not enough to enjoy the pleasure of this island, but like everything else there must be a start and finish. I wished that time stood still or could be wound back.

We said goodbye to everyone and John took us back to Alotau, where we checked into the Alotau International Hotel, run by the Airways group. The staff were very professional but all, from the hotel manager, the bar and restaurant staff down to the lady who cleaned my room, had time to be friendly.



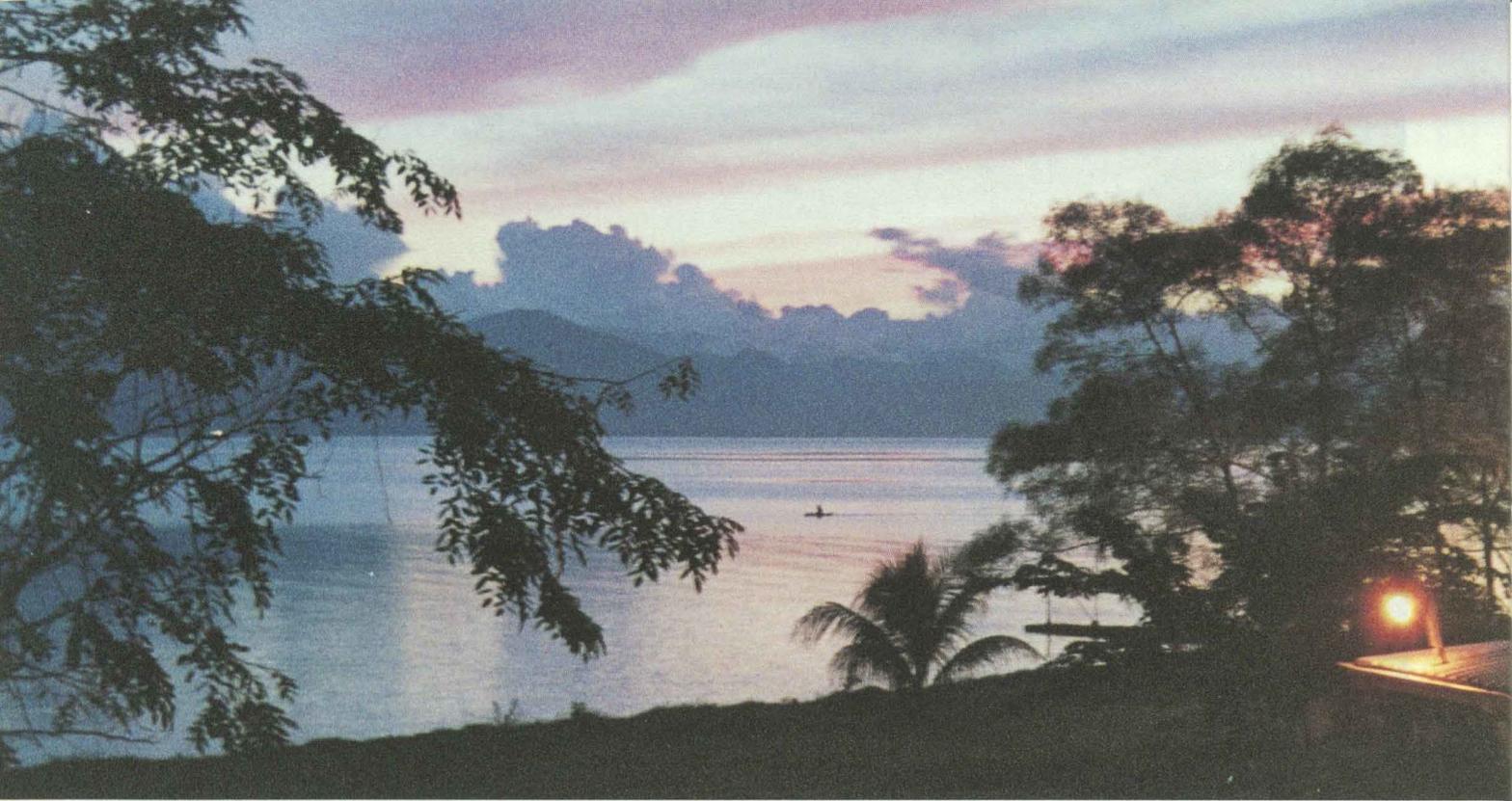
*Alotau International Hotel on the foreshores of the bay*



*Dive master Cherie van der Loos operates a Diving and Artifact business in the grounds of the hotel.*

MILNE BAY  
**Diving**  
BOOKINGS TELEPHONE 641 0300  
ALOTAU INTERNATIONAL HOTEL

Scuba Diving  
Artifacts  
Jewelry



Located overlooking the bay, the 22-room Alotau International provided a good feeling of comfort while I watched the sun set over the bay.

Some tourists returned from a day's diving. Others carried artefacts bought from the shop near the water.

I fell in love with Alotau and Samarai Island and left my heart there, wishing that one day I could live there for ever. In fact Livai and I are already planning our next trip, when we hope to bring some more of our other mates from Kutubu to beautiful Milne Bay.



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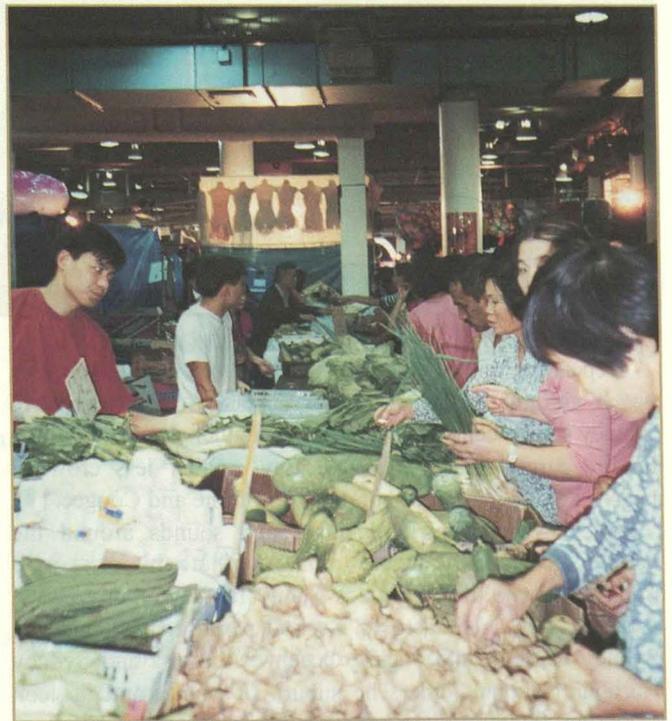
# DESTINATION — Fresh perspective on Sydney

Story and photographs by Steven Mago



The best time to visit Sydney is in autumn when it's not too hot and not too cold. At this time Sydneysiders will tell you 'Sydney glows' with clear crispy mornings that materialise into fine mild days.

You may have been to Sydney's most famous landmarks — the Opera House (*photo below*), the Sydney Harbour Bridge and Centrepont Tower (now AMP Tower). But there are sites in and around Sydney that are equally interesting because they give you a different perspective to life and the culture of Australia's largest city. You can visit the numerous museums, art galleries, shopping arcades, restaurants and markets. Try the shopping in Pitt Street Mall or the budget-friendly department stores and speciality shops in Paddington, Double Bay, Mosman and Warringah Mall. Visit Paddy's Market off George Street (*photo on right*), a popular and long-established market that operates from Thursday to Sunday and offers some of Sydney's best bargains in vegetables, clothing, souvenirs, footwear and a host of unusual gift items. Across from the markets near Darling Harbour is Chinatown on Dixon Street. This has been a unique part of the city since the 1860s and is the place to shop for speciality items and anything Asian while sampling Chinese cuisine.





Depending on the water activity that you enjoy, there is a beach culture that caters for every taste. The area from Sydney's city centre to Bondi Beach includes entertaining Oxford Street to leafy Double Bay. Other less crowded beaches along the same shoreline are Bronte and Coogee.

After experiencing the sights and sounds around the harbour, go to Manly, a mere 15 magic minutes by Jetcat or 30 minutes on one of the famous Manly ferries. Manly Beach (*photo above*) is situated on a small peninsula, bounded by Sydney Harbour, the Pacific Ocean to the east and Sydney Harbour National Park. The suburb of Manly and its icon attraction, Manly Beach, are the gateway to the Northern Beaches. Stretching from Manly to Palm Beach are more than ten good surfing beaches and a large lagoon at Narrabeen that attracts windsurfers, sailors and canoeists.

Manly was named from an early encounter by Captain Arthur Philip on this sandy peninsula with a band of sturdy Aborigines of 'manly' physique.

Manly is the best choice for a tranquil hideaway, but that does not mean the area does not have a vibrant life of its own. Described by its promoters as 'a place to celebrate life, beach, culture, natural beauty and good living', Manly, one of the first seaside resorts to allow daylight swimming and surfing back in 1903, offers the unique combination of wide ocean beaches on one side and serene sandy harbour coves and inlets on the other. On any day, you can participate in or watch surfing, windsurfing, parasailing, snorkelling and scuba diving. Those who do not favour venturing out into the open seas and would rather not take their feet off the sand can sunbathe, take a dip in one of the salt water swimming pools or swim off the patrolled beaches.

Manly Cove on the harbour side next to the wharf offers a slightly different experience. On the beach you will find people having picnics, sailing, fishing, building sandcastles or basking in the sun. More energetic activities include jogging, rollerblading or bike riding.

Manly is home to many cultural events and festivals. It is also a popular venue for national and international competitions — surfboard championships, surf lifesaving carnivals, volleyball tournaments, fun runs and the popular 'ironman' contests.

Oceanworld Manly, home to sharks, giant stingrays, turtles, seals, living coral and thousands of marine animals, has daily feeding of seals and hand-feeding of sharks, watched from the safety of the underground tunnel.

Art lovers and those interested in history should pay a visit to the Manly Art Gallery and Museum, one of the best regional galleries in New South Wales. The annual Arts and International Jazz Festival in September and October is a spectacular extravaganza of the visual and performing arts.

Over 60 restaurants, cafes, bistros and bars in Manly offer a wide range of cuisine with origins from Asia, Africa, Japan, the Mediterranean, Europe and America. If you are not gastronomically adventurous, simply try the fabulous local seafood.

For some fresh air and a clean, green perspective to your tour, include a trip to the scenic Blue Mountains, a breathtaking ride on the Katoomba Scenic Railway and a tour of the Hunter Valley vineyards.

When you have done all this, you can truly say you have seen Sydney.





## Memories of a World War II Veteran

Story and photographs by William Nepson

**A local war hero, who fought side by side with the American Armed Forces, recalls the heroic days of fighting a bloodied battle on the Admiralty Islands.**

*It seems as if it was only yesterday, says the veteran. The landscape and almost everything seemed to come alive when the Americans landed in Manus.*

Charles Kiet Patjole, a WWII veteran of Mokoreng village, Los Negros Island, Manus Province, sits chewing his betel nut and recalls that fateful morning in April 1942 when the Allied troops stormed the Admiralty Islands for the first time. Although physically fit for a man his age, his youth, looks and hair colour have changed. But surrounded by his many grandchildren, his memories do not fade. He can recall the Second World War, when nicknamed Corpul (Corporal) by the locals, he earned recognition for his bravery. Patjole assisted the American Allied Forces in their fight against the Japanese invasion. He often wonders what has become of his American friends who fought side by side with him.

The Japanese Army occupied Los Negros Island long before the Allied troops set foot there on Easter morning, 28 April 1942. They forced local villagers to clear land (now Momote Airport) so their fighter-bombers could land. The Americans needed the Admiralty Islands to support the sea power for the Allied Forces campaign against Madang, Finschhafen and other island strongholds held by the Japanese Armed Forces.

*Back in April 1942, says Patjole, this land was covered in a mass of swaying coconut palm trees. When the war was over, everything was flattened like a lawn. You could see from Mokoreng to Momote Airport. Trees have only grown back recently.*

Patjole was travelling with a Japanese soldier, ferrying cargo on a dinghy between Lombrum and Mokoreng, when they were spotted by an Allied sniper bomber. The bomber took a dive down towards them and sprayed their dinghy with bullets. In panic and confusion, Patjole jumped from the burning dinghy into the shark-infested waters and swam towards the shore of Mokoreng, leaving the Japanese soldier to fend for himself.

Patjole remembers, the Allies carried out three bombing attacks that day and many of the Japanese destroyers anchored in Seadler Harbour in Manus were set alight after the bombing. The American Allied Forces tried to land their bombers on Salamei but realised it was impossible.

*At top: Standing on the memorial to the mass grave of Allied soldiers at Hyane Harbour, Momote airport, Charles Patjole holds the American flag, SP tag and two maps.*



*Salamei beach at Mokoreng village, where Douglas MacArthur first came ashore*

The Japanese Army had placed two huge machine guns on Dilou Island and on mainland Lorengau, facing open sea and ready to shoot down any Allied bombers in view.

The Allies had to change their attack plan and for three consecutive days they dropped bombs on Salamei to eliminate the Japanese Army before their troops could land safely on the beaches.

*As soon as all was clear the troops landed and formed a Guard of Honour for Army General, Douglas MacArthur to come ashore, said Patjole.*

The General MacArthur was based at Pahacha, then moved his headquarters to Nakes. A grim reminder of his regiment's existence is the remains of flagpoles that were once used to raise flags representing each American state.

The invasion plan for Admiralty Islands was formed in Finschaffen on the New Guinea mainland. It consisted of First Cavalry, 40<sup>th</sup> Construction Battalion (40<sup>th</sup> CB) Communication Unit 41A and Landing Craft Units to take armed troops ashore along the coastline.

When the Allied Forces first arrived, all the local villagers were moved from the surrounding areas in and around Manus to safer ground, but many were caught in cross-fire.

Two Communications Unit men Ralph Ebersole and Gabriel were based on Rara Island and then moved across to Pu-cho-lang Island, where they spent 19 days and nine months respectively. Ebersole worked as 3<sup>rd</sup> Class Radioman (RMC3) attached to the Communication Unit 41A and his mate Gabriel worked as a carpenter with 40<sup>th</sup> Construction Battalion.

*I worked as radio man with Ebersole. Our job was to look out for any Japanese soldiers on the island, round them up, silence their guns and set up a high speed receiving radio station.*

On 30 April 1942, a fellow radio man Thomas W Mitchell (1<sup>st</sup> Class Radioman) and Ebersole were ordered to Pu-cho-lang to build the radio station with the help of 40<sup>th</sup> Construction Unit Team. They built the construction and Quonset huts to put up the radio antennas. When the job was done, the US Navy sent us radio operators and Pu-cho-lang Island was alive with communications from America.

*We were receiving information and orders directly from Honolulu, San Francisco, California and Washington DC, where Admiral King and General Marshall were monitoring the campaign in the Pacific. Our call letters were 'NTF', Patjole said proudly.*

They operated from the island with the help of radio-operators, technicians, electricians, motor mechanics, cooks, seamen and carpenters — about 26 men. Patjole and the radio team that he worked with moved in and around areas near Lugos Mission, Lombrum Point, Mokoreng and Momote Airport. They were heavily involved in the construction of airfields on Pityluh, Ponam, Lorengau and Mokoreng with the Allies.

*We used to handle equipment that was worth millions of dollars. We sealed the foundations of compacted coral-based runways, installed air conditioning systems, built work sheds and barrack facilities.*



*Sabastian Pundou with 100kg WWII bomb at Salamei block 151 at Mokoreng*

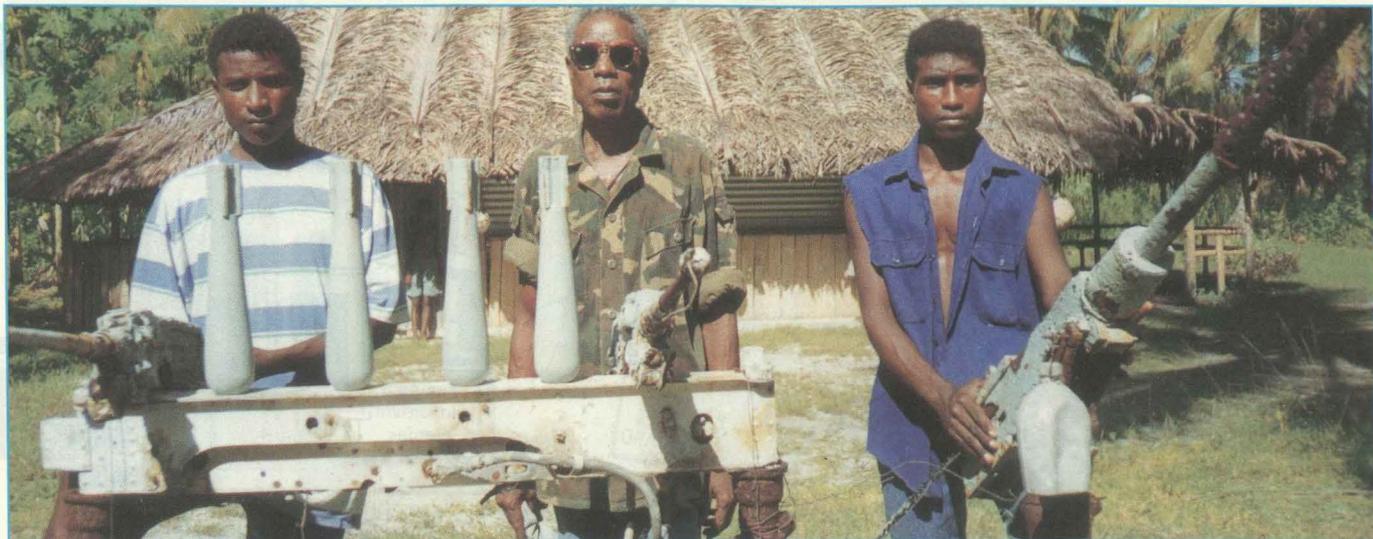
When the first wave of troops infiltrated the Japanese line through Hind Harbour on the eastern coast of Los Negros, the Allied troops knew victory was within sight. Then the troops let down their guard and relaxed socially with the locals. An accomplished swimmer, Patjole shared the beaches and waves with American soldiers.

Being young with a sense of adventure, to keep us amused we used to stage different sports like baseball matches, football games and even wave surfing. Manus had a huge language barrier, but sports and use of simple gestures brought down the barriers. We had so much fun and a great time regardless of the war situation we were in.

When walking today in the lush green forest on the Admiralty Islands or swimming in the sea, one can expect to see the charred remains of unexploded bombs, live ammunition, wrecked barges and large dumps of rusting corrugated iron — a reminder of the war's existence. Rust fills the land sites and in the sea, marine life has taken them over as makeshift homes.

A volunteer worker, Charles Kiet Patjole fought side by side with the American Allied Forces in the Second World War for a better future for his people and his country. His only memoirs are his memories and the American Flag, SP Tag used as his ID and two maps used during the war — one of Manus and one of the world.

*World War II relics displayed by Paul Nombut and sons at Mokoreng village*



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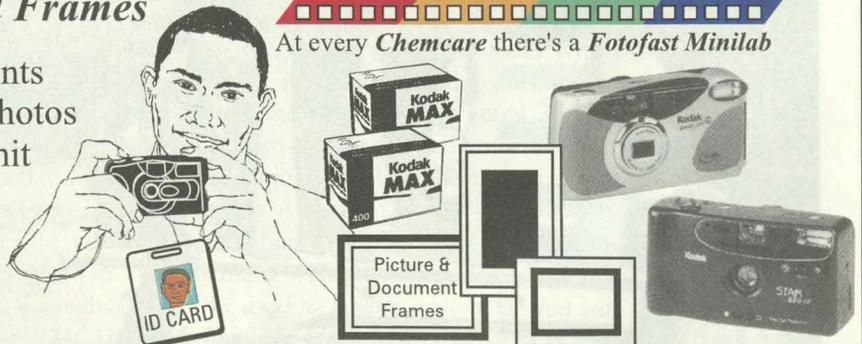
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\*CHEMCARE PHARMACY Taurama \*CLARKES CHEMIST Kokopo \*HIGHLANDS PHARMACY Goroka \*KIMBE PHARMACY  
\*MADANG PHARMACY \*MELPA PHARMACY Mt Hagen \*MOROBE PHARMACY Lae \*WEWAK PHARMACY \*TABUBIL PHARMACY  
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Geoffrey Eapaea — winner of the Photograph Competition  
*Maxi Priest live in concert in Port Moresby*

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## WHAT TO DO WHEN YOU GET THERE



Singapore is full of alternatives to shopping. It is a destination that can not wait to be discovered. Nature Parks, off-shore islands, landmarks, museums, theme parks are some of the many places to visit and explore.

**Singapore Zoological Gardens** is always a top tourist attraction. It is an open concept zoo which is home to more than 2000 animals. Next to the zoo is the **Night Safari**, built to view animals at night.

**Sentosa Island** offers a variety of water sports for sun and sea lovers. Along with many other attractions like **Underwater World**, an exciting way to get a fish eye view of the world.

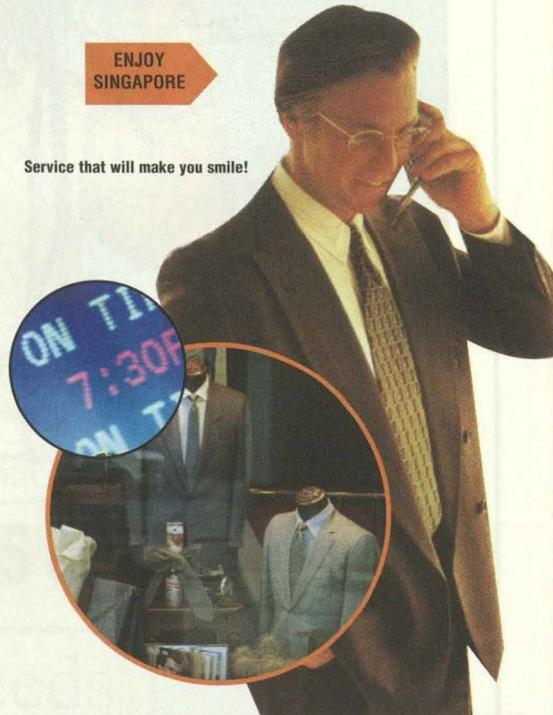
Singapore has amazing temples, and festivals all year round. It truly is the city of entertainment.

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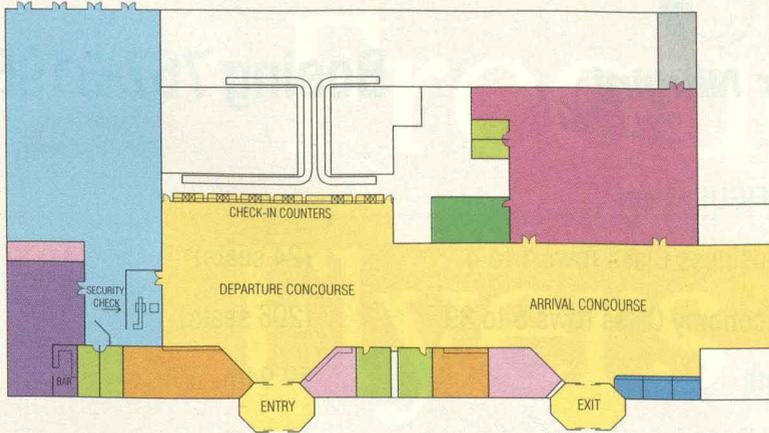
Papua New Guinea call 327 3444  
Australia call 1300 361 380



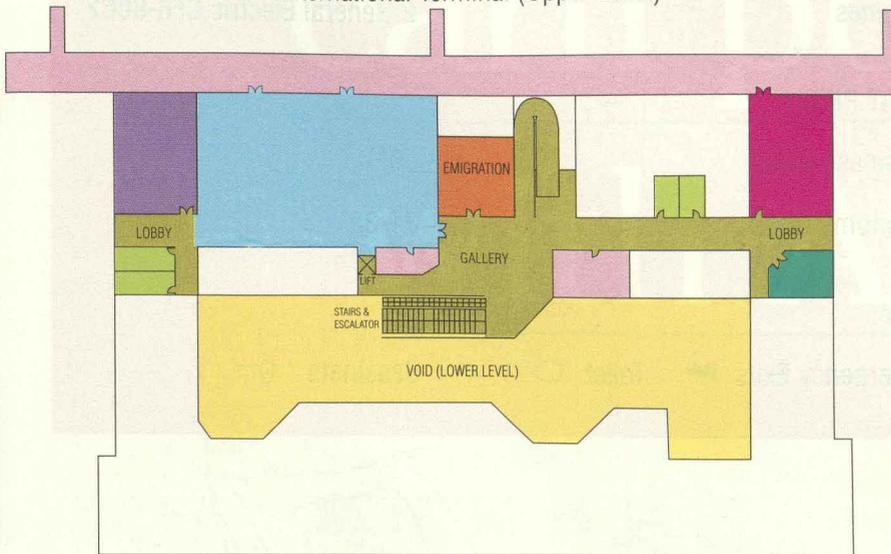
# Airport Terminal

## Map of Jacksons Airport

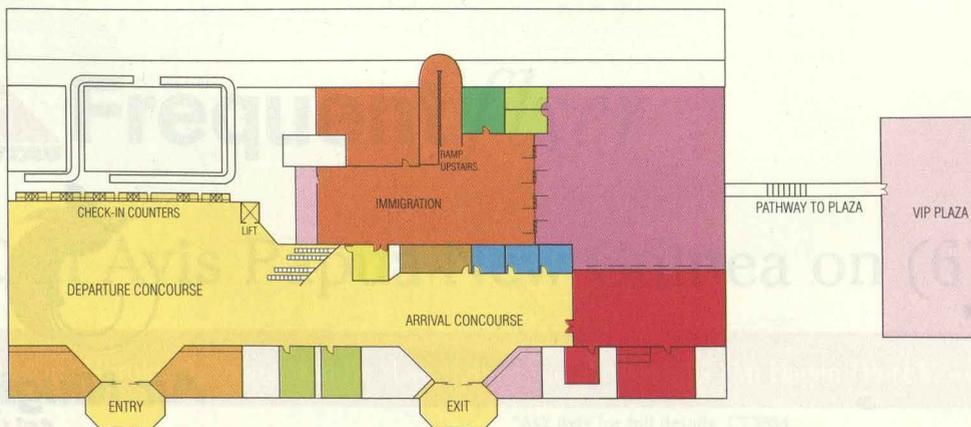
Domestic Terminal



International Terminal (Upper Level)



International Terminal (Lower Level)



- Arrival Hall
- Arrival/Departure Halls/Check-In Counters
- Baggage Reclaim Area
- Car Rental
- Customs/Quarantine Inspection
- Departure Lounge
- Immigration
- Information
- Paradise Lounge
- Lobby
- Lost Baggage Store/Claims
- Medical Room
- Press Room
- Shops/Restaurants
- Ticket Sales/Customer Service
- Toilets
- Unavailable
- VIP Lounge
- Telephones



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# Aircraft Information

## Map of Boeing 767-300



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## Boeing 767-319ER

### CONFIGURATION

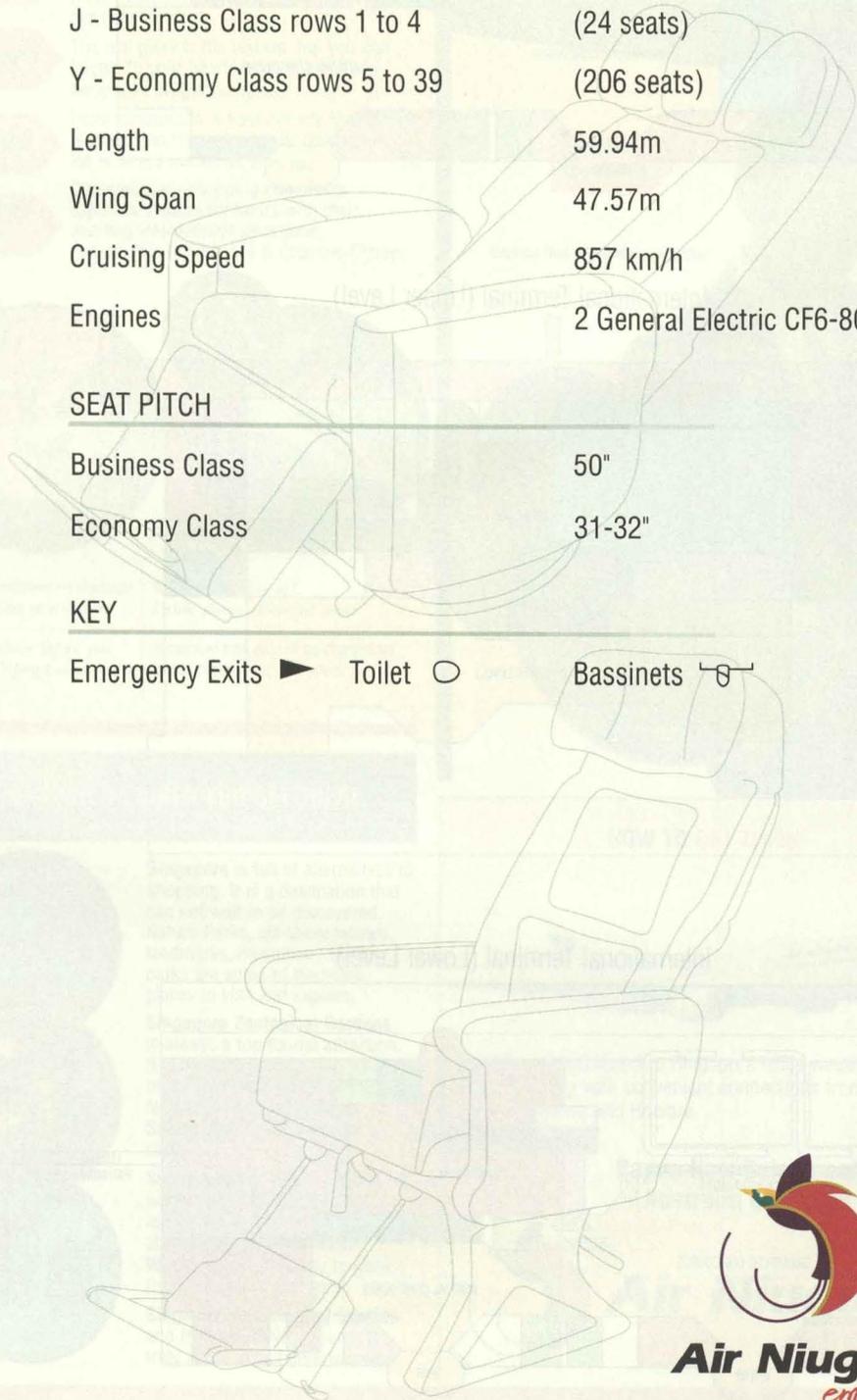
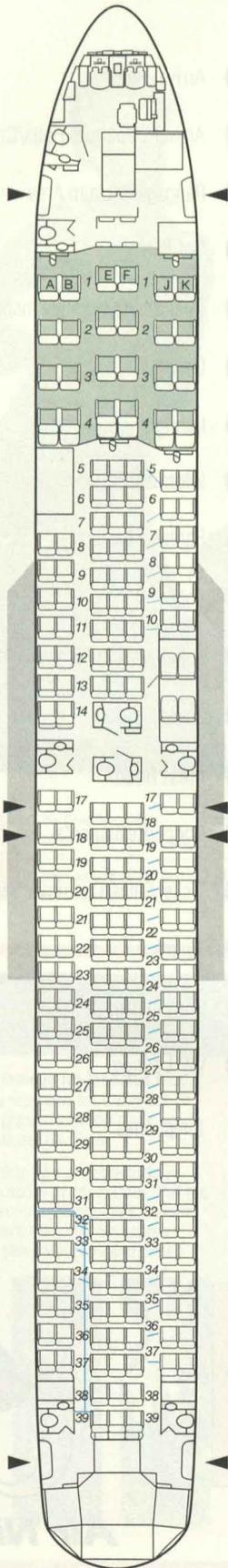
J - Business Class rows 1 to 4	(24 seats)
Y - Economy Class rows 5 to 39	(206 seats)
Length	59.94m
Wing Span	47.57m
Cruising Speed	857 km/h
Engines	2 General Electric CF6-80C2

### SEAT PITCH

Business Class	50"
Economy Class	31-32"

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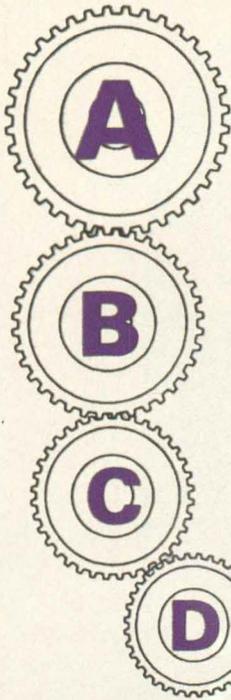
\*Alotau \*Goroka \*Kavieng \*Kimbe \*Lae \*Lihir \*Madang \*Manus \*Mt Hagen \*Port Moresby \*Rabaul \*Tabubil \*Wewak

\*Ask Avis for full details. CT3854

# Puzzles

Answers on page 29

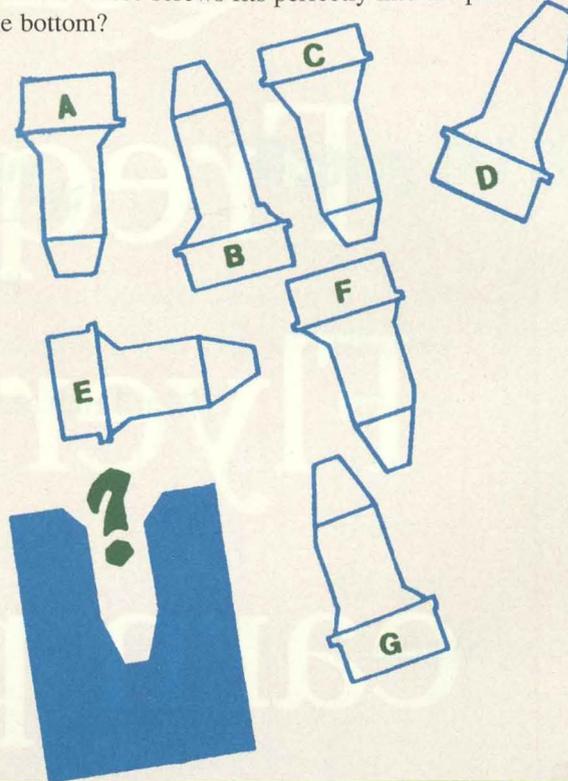
## COGS



These cogs are numbered A, B, ..., I, J. They have 36, 34, ..., 20, 18 teeth respectively. Cog E rotates at 12 revolutions per minute. **How many times faster is cog J rotating than cog A?**

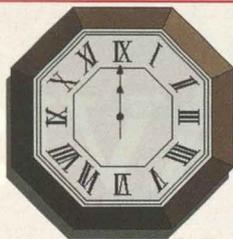
## SCREWS

Which of these screws fits perfectly into the piece of wood at the bottom?



## MINUTES

How many minutes before 12 noon is it if 72 minutes ago it was twice as many minutes past 9am.



## DAY

What day comes two days after the day immediately before the day three days after the day immediately before the day which comes two days after Sunday?

**SUNDAY  
MONDAY  
TUESDAY  
WEDNESDAY  
THURSDAY  
FRIDAY  
SATURDAY**

## HOW MANY?

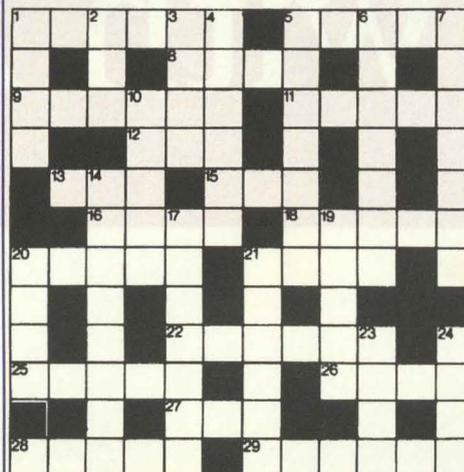
Kila has half as many again as Suli who has half as many again as Nerrie. Altogether they have 209. How many has each girl?

## NEXT

What comes next in this sequence?

**346  
289  
134  
628  
?**

## CROSSWORD



## Down

1. Ship employees
2. Father
3. Stand against
4. Receives money for work
5. Burnt
6. Times
7. Weak and slow
10. Keen
14. Changing
17. Everlasting
19. Charming scene
20. Bend in the road
21. A blacksmith may use these
23. Soapy bubbles
24. Groan

## Across

1. Hold closely
5. Managed
8. Every
9. Cause to be loved
11. Dried in a warm place
12. Girl's name
13. Droop
15. Part of the body
16. Good .....
18. ....-down
20. Map
21. Does arithmetic
22. Parties
25. Child (Scottish)
26. Board game
27. Every one
28. Royal
29. Time of the year

**K**umu refers to green leafy vegetables, which are a common sight in Papua New Guinea markets. They vary according to regional climates. You may know Kumu by different names depending on where you live and your Tok Ples, but these are some of the more common names, to use in markets — Aibika, Pumpkin Tops, Sako, Aopa, Watercress, Kamkong, Tulip, Watercress or Ferns.

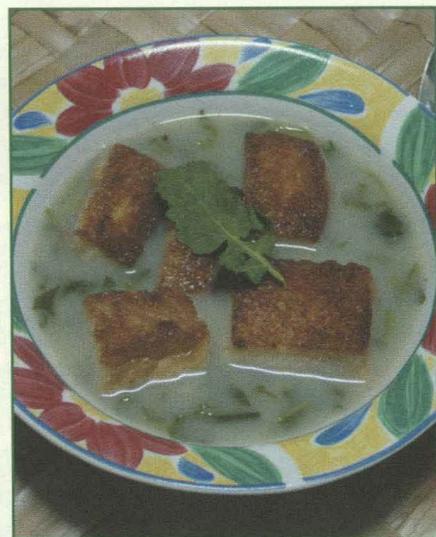
The good thing about the recipes below are that any kumu can be used, subject to availability and taste. The basic recipes can be easily diversified by adding other ingredients such as meat or fish. The important thing is to avoid over-cooking the greens, so that they retain water, vitamins and flavour. *Kaikai Gut!*



Select only the young stems and leaves of the pumpkin tops, setting aside the strong stems. Wash and drain the young stems. Bring some water to boil in a saucepan. Bit by bit, soak the pumpkin tops in the boiling water for no more than 5 seconds. Remove and strain.

Heat the oil in a fry pan. Stir-fry the pumpkin tops and crushed garlic for 2 to 3 minutes. Add salt and pepper. Serve warm with fish or meat.

In Vietnam 2 tbsps of Nuoc Mam would be added to the kumu before serving.



### Watercress soup

- 1 bunch watercress, washed, chopped
- 3 potatoes, peeled, washed, cut into rough pieces
- 1 stock cube
- 1 clove garlic, crushed
- 3 tbsp milk
- 2 pieces dry bread
- Cooking oil, salt, pepper

In a saucepan, put one litre of water, potatoes, garlic and stock cube. Bring to boil and cook on moderate heat until the potatoes are tender.

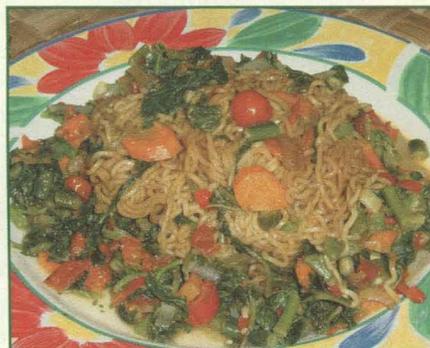
Remove the pan from the heat and mash the potatoes.

Put the saucepan back on the heat and bring to boil again. Add the chopped watercress and cook for about 5 minutes. Add salt and pepper. Stir in milk.

Cut the dry bread into small pieces. Heat oil in a fry pan and fry the bread pieces until lightly brown, about 1 minute on each side. Remove the bread from the oil as soon as it is cooked and drain on absorbent paper.

Serve soup in bowls.

Put pieces of bread on top.



### Stir fried aopa with noodles

- 2 packets noodles with flavour
- 2 cups aopa or other greens, well drained, chopped
- 1 carrot
- 1 onion
- 5 long beans
- 1 tomato
- 1 chilli
- Cooking oil
- 1 tbsp Soya sauce

Boil noodles for 2 minutes. Strain and set aside in a container.

Chop all vegetables. Heat oil in a fry pan or wok. Add the flavour sachets to the oil. Add the onion, carrot, bean and chilli to the oil. Stir them around for a few minutes until tender. Add the tomato, then the aopa.

Cook for another two minutes. Add the noodles and Soya sauce to the vegetables. Cook for a couple of minutes, stirring so that they do not stick to the fry pan. Serve immediately.



### Fried pumpkin tops and garlic

- One bunch pumpkin tops
- 3 cloves garlic, crushed
- 2 tbsp oil
- Salt and ground pepper



### Creamed tulip

- One bunch tulip leaves
- 1 grated coconut for ½ litre of coconut milk or one can of coconut milk
- 1 tomato, chopped
- 1 onion, chopped
- 1 small piece ginger, chopped
- 1 chilli
- Salt and pepper

Prepare the tulip leaves by removing the strong stems, keeping only the young leaves. Wash well.

Place coconut milk, tomato, chilli, onion, ginger, salt and pepper into a saucepan. Bring to boil and let the soup simmer for about 10 minutes with a lid on.

Add the tulip leaves and let them cook for about 10 minutes or until soft. Serve warm with meat and vegetables.

Tulip is a favourite in coastal regions, especially with sago or fish, but this soup can be used for cooking any type of kumu.

# Welcome

## Getting Around

At Jackson's Airport, which is 11km from the centre of Port Moresby, there are rental car counters, a bank and duty free shops. Major hotels have a courtesy bus to and from the airport. Taxis have meters. Within the city, PMVs (public motor vehicles) cost 50 toea per journey. Elsewhere, PMVs, taxis and hire cars are available.

## Useful Port Moresby Numbers

Air Niugini Information **327 3480**

Reservations & Confirmation **327 3555** (Domestic)

Reservations & Confirmation **327 3444** (International)

Police **000**

Ambulance **325 6822**

## Currency

Papua New Guinea's unit of currency is the Kina which is divided into 100 toea. Exchange your money at Jackson's Airport or in banks which are open from 8.45am to 3pm, Monday to Thursday and until 4pm on Friday. Credit cards are accepted in leading hotels and shops.

## Customs and Quarantine

Adults over 18 have a general allowance of new goods to the value of K250 and are allowed duty free:

- 200 cigarettes or 50 cigars or 250grams of tobacco
- One litre of alcohol
- A reasonable amount of perfume

Drugs, pornographic literature or video tapes, firearms and weapons are prohibited. Food items, seeds, spices, live or dry plants, animal products and biological specimens such as cultures and blood need special import approval.

## Languages

Although over 800 languages are spoken in Papua New Guinea, English is the language of education and commerce. Tok Pisin is widely spoken and Hiri Motu is common in Papua.

## Time

Papua New Guinea is 10 hours ahead of GMT, in the same time zone as Eastern Australia. There is no daylight saving.

## Communication

ISD, STD and facsimile services are available in most areas. Large towns have public telephones. Phone cards can be used in some. Many rural areas have radio phones.

## Driving

Drivers' licences issued in other countries are valid for 3 months after arrival. Vehicles travel on the left side of the road; speed limits are 60kph in built-up areas and 80kph out of town.

## Electricity

Electricity supply is 240 volts AC 50 Hz. Some hotels have 110 volt outlets for shavers and hair dryers.

## Health

Water quality is within WHO standards in most towns. Bottled water is available. In rural areas it is advisable to boil water. As malaria continues to be a health risk in the country, anti-malaria tablets should be taken two weeks before arrival, during your stay and for 4 weeks after departure. Use insect repellent and wear long-sleeved shirts, trousers and shoes in the evening. Dentists, doctors and hospitals are in all major centres. Rural areas have health centres and aid posts staffed by trained health workers.

## Dress

For most occasions, dress is informal. Thongs and shorts are not allowed in some bars and restaurants. Lightweight clothing is suitable for coastal areas but a sweater or jacket will be needed in the highlands.

## Restaurants

Western cuisine is available in hotels, restaurants, guest houses and lodges. Port Moresby has several Asian restaurants. Some hotels especially in the provinces serve local food such as roast pork, chicken or fish with sweet potato, taro, yam, pumpkin, banana and greens cooked in coconut milk.

## Tips

Tips are neither expected nor encouraged.

## Shopping

Large stores and artifact shops offer a variety of goods for sale. Saturday is a half day for most shops and nearly all are closed on Sunday. Artisans sell their craft beside the roads or in markets. All markets sell a wide range of fruits and vegetables.

## Cultural Events

Celebrations of traditional culture include:

August - *Mt Hagen Show*, September - *Hiri Moale Festival Port Moresby*, *Goroka Show*, October - *Maborasa Festival Madang*, *Morobe Show*

## Export Rules

Many artifacts, historical and cultural objects are prohibited exports. Others require a permit from the National Museum. Export permits for wildlife and animal products are issued by the Nature Conservation Division of the Department of Environment and Conservation.

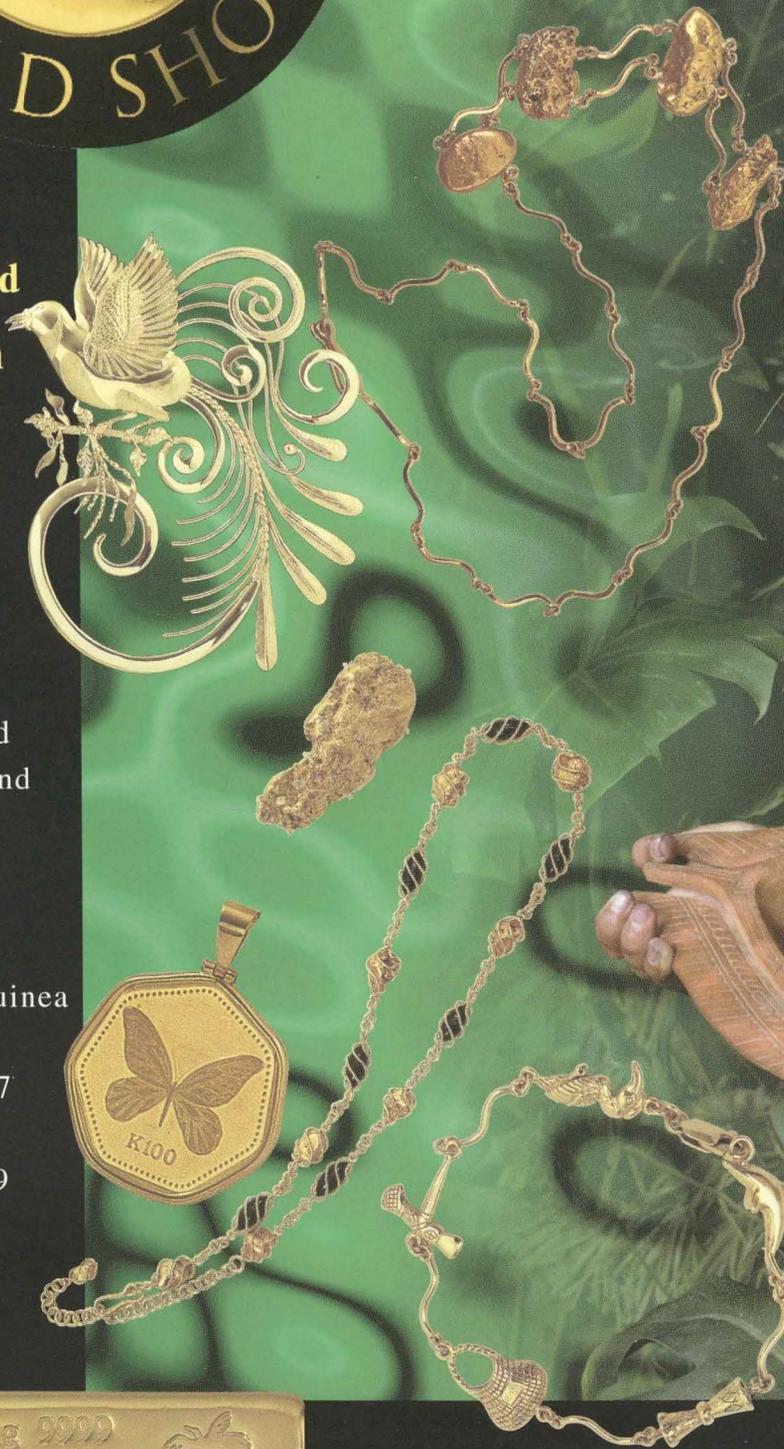


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