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Cover: Juvenile female orca (Orcinus orca) Photograph: Ingrid Visser

Welcome aboard

It's holiday and Christmas time again. I welcome all visitors to Papua New Guinea and wish you a very pleasant stay. Please return to visit our wonderful country again soon. There are so many places to go and experiences to have, you can certainly never say 'You've seen it all'.

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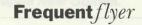




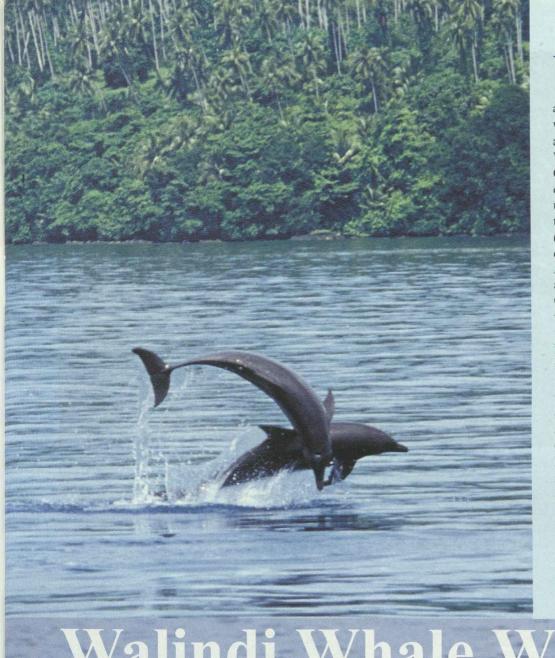
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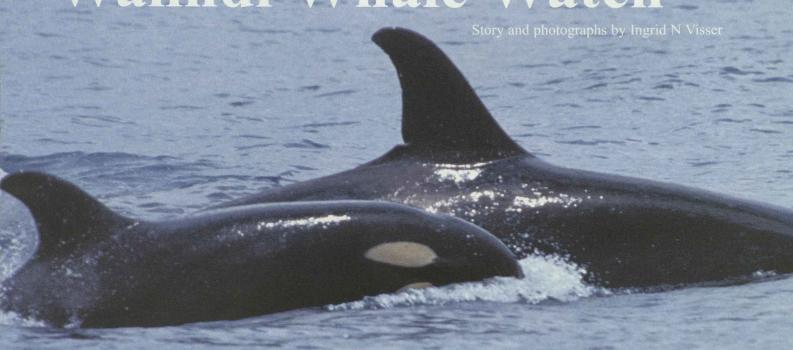




hen most people think of Papua New Guinea, they think of rich culture, or abundant tropical forests, or the wonderful diving to be found around its coast and many islands. When I think of Papua New Guinea, I think of whales and dolphins. Perhaps this is understandable when you realise that I have been researching orca (also known as killer whales) for over ten years. I have seen orca in Antarctica, Iceland, Japan, Russia and now in Papua New Guinea. Orca are typically considered a cold water species, but they are certainly found in the tropical oceans. However, no one has ever studied them in warm waters.

Recently I had the opportunity to travel to Kimbe Bay to find out how difficult it would be to study whales and dolphins in the area. Max and Cecilie Benjamin of Walindi Plantation Resort offered to host me and take me out on their dive boats to look for cetaceans - whales, dolphins and porpoises. During my two-week stay, I had hoped to catch a glimpse of some dolphins or perhaps to get really lucky and photograph some. Little did I realise that I would be visiting a cetacean hot-spot!

Walindi Whale Watch





Nearly every day that I went out on the water I saw dolphins... and this wasn't just a quick glimpse, this was full-on dolphin watching. At times the dolphins were sleeping, so we left them to their slumbers, but at other times they were keen to bow-ride, or swim with us as we hung from the 'dolphin-nets'. Designed by Max, these nets are attached to a pole so they protrude from the side of the boat, enabling swimmers and non-swimmers to hang on as the boat moves through the water. The dolphins seem to enjoy this, coming back time and time again to peer at the people suspended in their world. It was a magical experience to be surrounded by 30 spinner dolphins and hear their whistles and clicks as they glided by only centimetres from our faces.

The spinner dolphin is so called because of the way it spins around as it leaps out of the water. Scientists don't know for sure why they do this, but it certainly appears to be in a social context some of the time — that is, for fun or to show-off! And we certainly saw this, with the dolphins making repeated leaps right next to the boat.

But, I have to admit, the most exciting encounter for me was when we found orca. These animals were coming around the point and into Kimbe Bay when we came across them. There were six orca. One was a young calf who was sticking close by mum's side. It soon became clear why, when we saw an adult surface with a hammerhead shark in its mouth. This was amazing to watch—only the third ever record of orca eating a hammerhead shark.





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The other two records are also from Kimbe Bay. We stayed with the orca for one and half hours before we lost them as they headed off to hunt more sharks.

In total I saw six different species of cetaceans — bottlenose, spinner and Risso's dolphins, false killer and melonhead whales and, of course, orca. This doesn't include the roughtoothed dolphin, which I thought I saw, or big whale we saw breaching clean out of the water. (We were already running late on our way home, so we couldn't stop.)

Nor does it include the other species that are known to visit Kimbe Bay, such as the sperm whale and pilot whales. Although very little is known about the diversity, distribution or abundance of cetaceans in Papua New Guinea, you can be sure that Kimbe Bay is the place to check them out!

Ingrid Visser's PhD was on the New Zealand population of orca.



A Whale Sanctuary

haling ships from North America and Europe were already present in the first half of the 19th century, pursuing 'right' whales and sperm whales in the waters of what is now Papua New Guinea. At its peak up to 400 vessels were operating the Pacific grounds, making seasonal visits to known whaling grounds off Bougainville, New Ireland and the New Guinea mainland.

With technological advances, including explosive harpoons from 1852, faster vessels and large whale factory ships (which commenced in the Antarctic in 1925), the global numbers of the great whales collapsed in the 19th and 20th centuries. Pursued into ever more inhospitable waters (for man), species after species, starting with the 'right whale', fell to numbers where their populations were barely sustainable, and commercial exploitation was increasingly untenable. The great whaling fleets of Europe and North America progressively closed down in a matter of a few years. Nevertheless, even after millions of whales had been taken and populations had clearly collapsed, as late as the 1963-64 season 29,255 sperm whales were still recorded as being caught (worldwide). Today no more than 5-10 per cent of the great whale populations remain.

Protection measures commenced, species by species, from 1931, when commercial hunting of the bowhead whale was banned, and an international whaling convention was adopted. The International Whaling Commission was established in 1946, initially to maintain a viable whaling industry, but as whale populations collapsed its role shifted to whale conservation. As international public awareness of the damaging impact of human activities on the environment grew during the 1960s, the whale became a symbol of the state of the planet, and saving earth's largest mammal became a critical cause.

On the basis of research and international public pressure the International Whaling Commission imposed a moratorium on all commercial whaling in 1986, as a means to protect the great whales from extinction and allow numbers to recover. This moratorium exempted small numbers of whales being taken for research purposes and by indigenous communities with a traditional dependence upon whale meat, following their ancient custom, (although the latter concession was withdrawn at this year's IWC meeting).

Documents and Readings in New Guinea History, J. L. Whitacker et al

The World Conservation Union, IUCN, of which Papua New Guinea is a member, has ranked the conservation status of marine species, with whales high on the list. CITES, the international convention which governs the trade in wild fauna and flora, also lists most of the whale species in the top protected categories. Nevertheless, despite the IWC moratorium and CITES rules, substantial numbers of whales are still being caught, either officially or in defiance of the internationally accepted rules, whilst a wide range of other threats endanger their survival, such as entanglement, chemical pollution and plastic debris.

It is now a long time since any whales have been allowed to be hunted in Papua New Guinea waters, although a few species of dolphin are occasionally caught accidentally as by-catch of fishing operations. Fortunately, the dolphins of the Western Pacific have shown different characteristics from those of the Eastern Pacific, and have largely avoided the high mortality rates from commercial tuna fishing operations experienced by their eastern cousins.

In 2001 the research vessel, *Odyssey*, operated by the Ocean Alliance, a marine research organisation, entered PNG waters during a long term worldwide expedition and discovered, unexpectedly, a large apparently breeding population of sperm whales in the Bismarck Sea (to the north of the island of New Britain), including bulls, cows and calves. Various other species of whale (including various species of dolphin and its largest member, the orca or killer whale) were also recorded, including some rare species. Pods of orcas, which are renown for hunting salmon or seals in colder waters, are also regularly sighted in PNG's warm waters, where they have been filmed taking shark, both off Wuvulu Island and in Kimbe Bay.

Surprised by the presence of such a large resident sperm whale population, the *Odyssey* remained in PNG waters for six months, vowing to return at a later date. Its multinational research team is particularly collecting baseline data on the level of synthetic contaminants throughout the world's oceans, and testing the levels of persistent contaminants in the tissue of whales. Such recordings, found even in the most remote oceans, are a measure of the extent of such pollution. Biopsies are taken from the skin of living whales, with no harm caused to the animal, and provide an immense amount of information on the whales' condition and behaviour.

On 2nd May 2002 the (then) Prime Minister of Papua New Guinea, Sir Mekere Morauta, announced the Government's intention to declare PNG's exclusive economic zone (EEZ) as a whale sanctuary, in a message delivered to an international workshop on Marine Mammals held in Port Moresby. He said that in the sanctuary whales (including dolphins) will be protected from any intentional hunting. I hope that, with the cooperation of our neighbours, this will extend beyond our waters and ensure protection of these extraordinary marine mammals throughout their migratory routes.

Sir Mekere said: PNG and its neighbours are extremely fortunate to have some of the cleanest and richest tropical marine environments in the world, but even here there are threats to our marine resources from unsustainable practices, pollution and sea level rise. There are enough examples of the exhaustion of some of the world's marine resources to clearly show the need to manage our resources much better than others have done before, to ensure that our marine environment remains rich, productive and pristine.

Whales are part of the ocean food chain. You lose them from the oceans and part of the cycle is removed, affecting all creatures, which in turn depend upon them. This includes the natural predators, such as sharks and many marine mammals, which are now recognised as playing a critical role in sustaining healthy populations of other species. Sir Mekere said that PNG's tourism industry, and its prospective growth, is based upon eco-tourism. I therefore look forward to whale watching providing sound prospects for existing and new tourism operators and local communities.

In June 2002 the National Fisheries Board recommended to the Minister the application of protection of all whale species, through a prohibition on hunting. This was approved by the Minister, using his powers under the Whaling Act. This application of the *Whaling Act* is an interim measure, until specific whale conservation legislation is approved. On direction, this legislation has now been drafted through the Department of Office and Conservation, following some international consultation, and is ready for approval, hopefully in the near future, by the PNG Government and National Parliament.



The announcement in May of the planned Sanctuary was greeted with widespread acclaim, both domestically and internationally. The President of WWF International, Chief Emeka Anyaoku, the former Secretary-General of the Commonwealth, promptly wrote to the Prime Minister congratulating him on the announcement, and stated that WWF would like to formally recognise this and other Commonwealth Seas commitments by PNG as a 'Gift to the Earth', of which WWF has to date recognised 73 Gifts to the Earth as globally significant conservation actions.

Chief Anyaoku said that we hope to recognise a number of Gifts to the Earth within the Commonwealth Seas Initiative and would be delighted if this can include PNG. Such other proposed initiatives include a commitment to establish and implement a network of effectively managed, ecologically representative Marine Protected Areas within PNG, of which one is already being developed in Milne Bay waters, and a pledge to develop and implement relevant guidelines for fisheries access agreements to ensure a sustainable and equitable exploitation of fisheries resources.

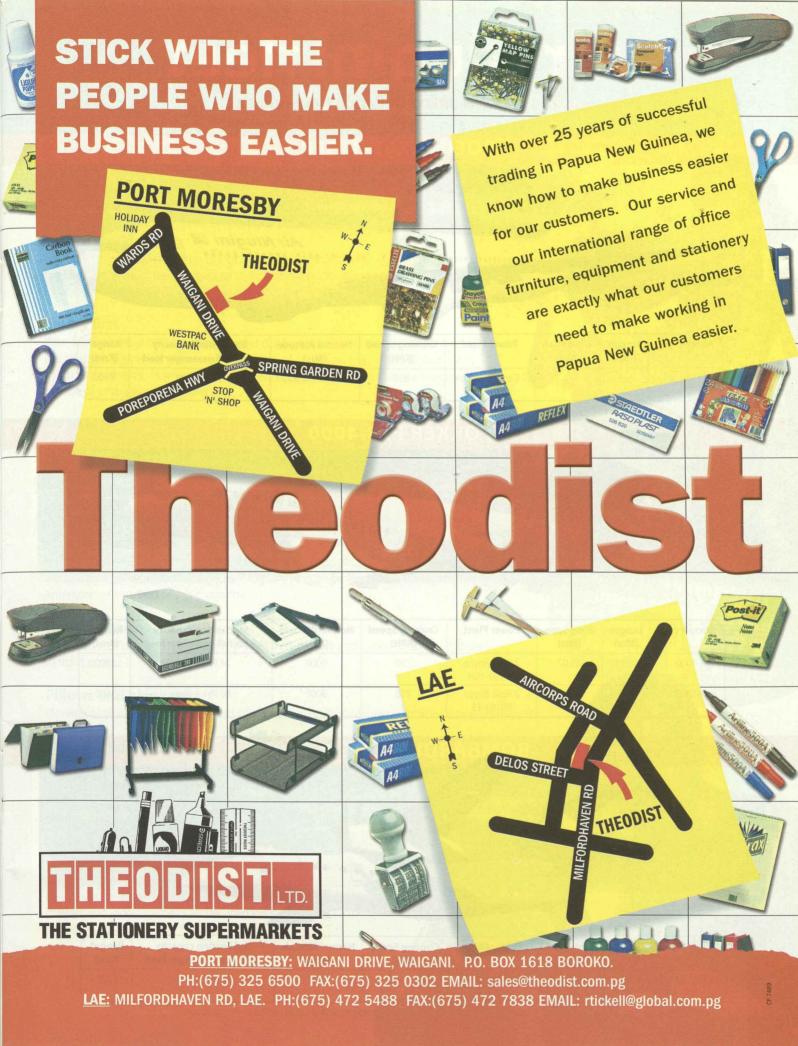
Reservations on the proposed sanctuary came from some operators of long-line fisheries vessels, over the loss of some tuna from lines to a few species of whale, notably pilot whales. Fishermen said that they often have to relocate their harvesting to avoid continued loss of their catch once their lines are targeted by pilot whales. The marine mammals workshop agreed that research was needed to find ways to reduce the loss of tuna to the whales, and hoped that international support could be provided for such research. Similar research has been undertaken to drastically cut the devastating by-catch of albatross, and other species, to long-lining, and this research is understood to be producing some positive results.

As consumers around the world increasingly demand to know the source of their food, and other products such as timber, and whether they have been produced on a sustainable and environmentally sound basis, higher standards will be expected of fisheries operations, with premium prices paid only for verified and certified products.

Papua New Guinea and its people will certainly benefit from keeping its marine and terrestrial resources pristine, whilst its resident and visiting whales can continue to enjoy the safety of our rich and clear tropical waters. It is hoped that many visitors to Papua New Guinea, as well as residents, will be privileged to experience the thrill of sighting these magnificent creatures for themselves in PNG waters. Other Pacific nations are also introducing whale sanctuaries in their own waters, and following wider agreement between South Pacific nations, it is hoped to extend the protection across the entire region.

Article provided by the Research and Conservation Foundation of PNG, a charitable institution, based in Goroka, EHP, committed to research, conservation and environmental education. Email address: rcf@dg.com.pg

RCF acknowledges use of information obtained from other sources, including the Ocean Alliance. More information on the Alliance and the voyage of the Odyssey may be obtained from www.oceanalliance.org



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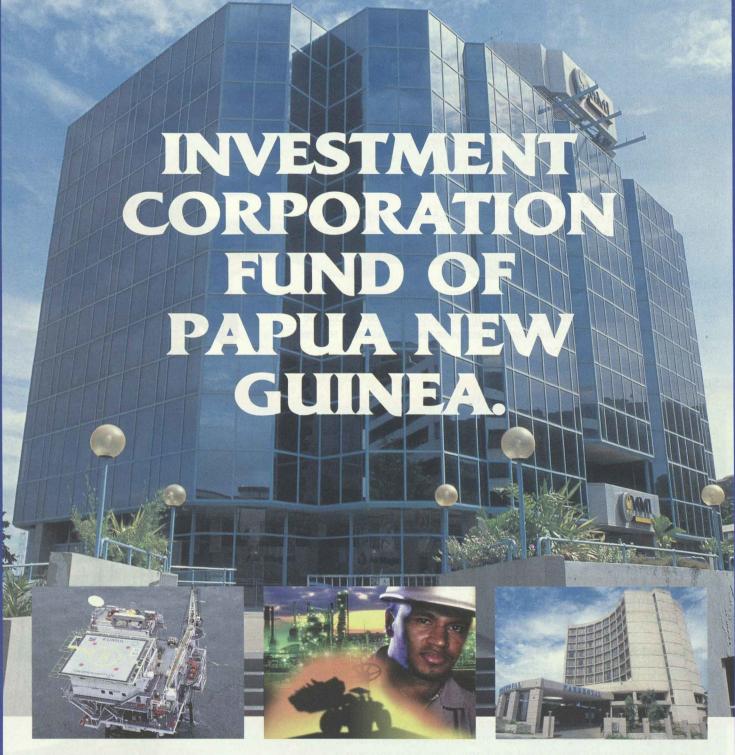
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Unexpected Paradise

Story and photographs by Jim Rabba

ustralia's closest neighbouring country and yet many Australians know so little about it – a land of the unexpected with a touch of unspoilt paradise.

Papua New Guinea, or PNG as it's better known, covers the major islands of eastern New Guinea, New Ireland, New Britain and Bougainville. With over 800 different languages it is truly culturally diverse. But there is so much more that this country has to offer, including unspoilt reefs, World War II history, varied landscapes, colourful wildlife and, best of all, very few tourists.

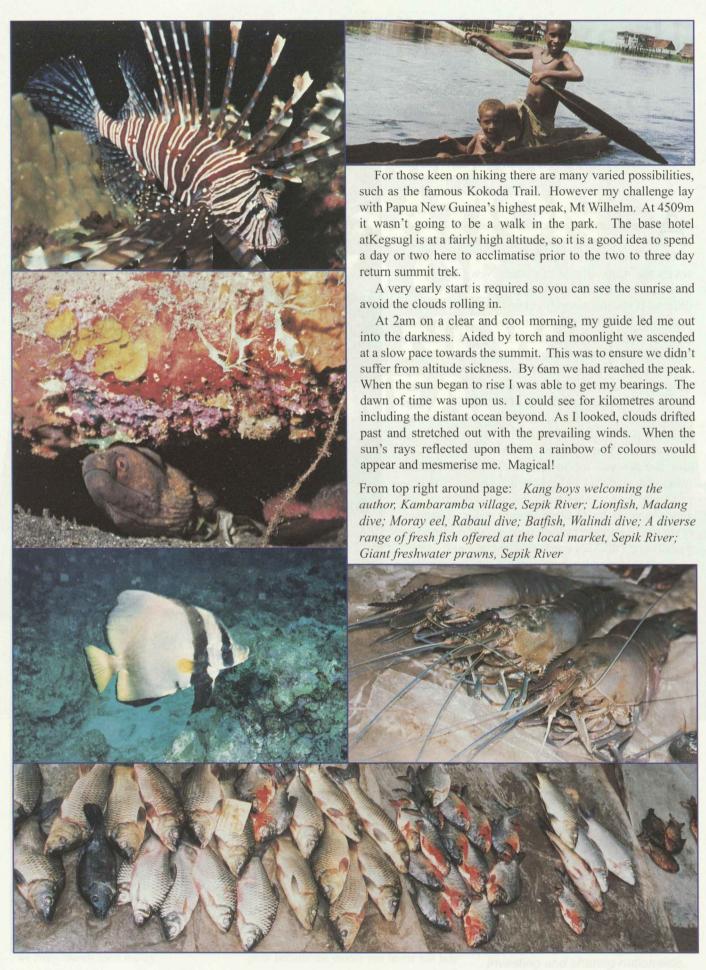
In the remote north west of the country lies the Sepik River — massive waterways reminiscent of the Amazon, though without the proliferation of the wildlife. Villages thrive along the banks of these fish-rich waters and welcome passing tourists who come and walk amongst their settlements, and perhaps buy a souvenir or two. This area is renowned for its artistic ability and produces wonderful artefacts. The kids are always a treat — paddling their canoes with curiosity, waiting with anticipation for you to either wave or smile. Completely contrary to Australian media reports, people are warm and friendly and I felt very relaxed moving amongst them.

A cultural feast not to be missed is a *singsing*. These are elaborate, vocal and colourful cultural displays. People adorn themselves with bright colours, bird feathers and impressive masks, depending on their ethnic background. The best way to guarantee that you see such a festival is to visit Port Moresby, Goroka or Mt Hagen in September, or Rabaul's Mask Festival in July. Your travel agent or the Tourism Promotion Authority can best advise you on the exact dates for the year.

Photos from top:

A young Kavieng boy with a green-tree skink Emydura tortoise species, Fly River House gecko



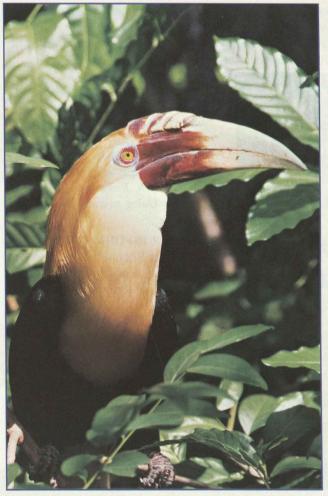




For an Australian tourist, links with our own past are found everywhere — the early pioneer days, agricultural and mining prospects to the tragic events of World War II. Many Australians died and lived here, as many still do today. Acclaimed for its world class diving, Papua New Guinea is the Great Barrier Reef without the tourists and with World War II wrecks as an added bonus.

Top: Eastern black-capped lory, Kavieng

Right: Double-wattled cassowary Bottom: Female Papuan hornbill







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It is no wonder divers come from all over the world. The colourful waters of coral and fish certainly leave you breathless — from Sea Whips to Fan Corals and from Pygmy Seahorses to Eagle Rays, truly a diver's paradise of underwater splendour. The wreck diving is always interesting — history and biology in the one lesson — what an amazing turn of events from Death of War to Life of Reef. Warm weather greets you year round, and with water temperatures of 29 degrees, amazing sunsets and small isolated islands to die for, the reason why I took up travelling and

For the naturalist, heaven could not get any better. Papua New Guinea holds an astonishing array of flora and fauna with many new and undescribed species yet to be classified. With 3,000 species of orchids and a host of many other endemic plants, this country has been called the Eden of Botanical Diversity. It has some of the world's more unusual and largest of fauna, such as the rare Long-Beaked Echidna, Goliath Birdwing Butterfly, the turkey-sized Crowned Pigeon, the Papuan Hornbill, as well as a diverse collection of Parrots, Kingfishers, Fruit Doves and the famous Birds of Paradise (32 of the world's 42 species exist here). Ornithologists from all over the world come to view these bizarre, colourful and magnificently

Despite its reputation, which is generated predominantly by bad media coverage, this tropical country of mountains and islands is a truly enchanting and wonderful place to visit. During your time there you will encounter history, interesting cultures, new friends, fantastic wildlife and unspoilt reefs. For me it was unexpected paradise.

> From right top around page: Sunset at Angoram, Sepik River; A beautiful mottled tree frog; An amazingly patterned frog (Litoria species), Mt Hagen; Green-tree frog (Litonia caerulea); Green-tree frog swinging from a branch; Red sea cucumber, Kavieng; Going to a singsing, Tari.

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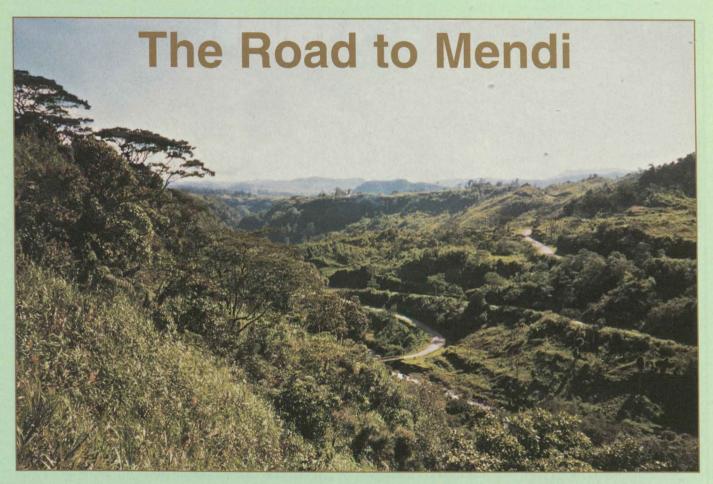
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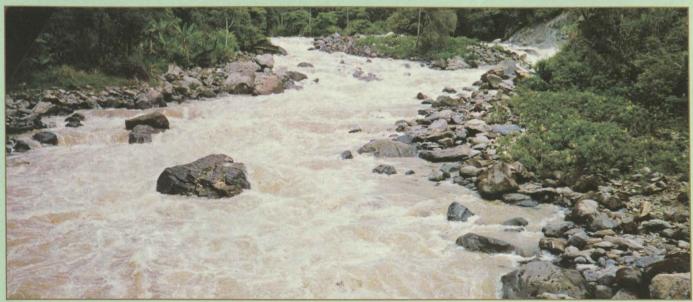


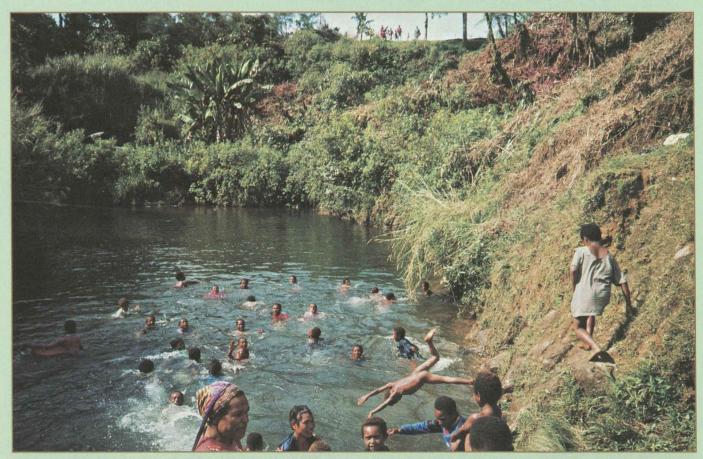
ompared to the great highways of the world the road to Mendi may not rate a mention. But for me excitement stirs from the moment my vehicle heads out of Mt Hagen on the road that leads to Mendi in the Southern Highlands.

Twice checking my camera is ready, equipped and within arms length, I prepare for what I know will be a journey that will influence the way I think and effect much of the way I will live on my return. For me the Southern Highlands is just that persuasive.

Story and photographs by Glenn Stott

Although those of us infected with the incurable travel bug find all destinations irresistible, few impact me quite like the scenes and situations I encounter when driving roads great and small in Papua New Guinea. It takes less than two hours to fly from Cairns out of the complex world of electronics, freeways and time constraints and into a world both ancient and recent, yet existing blissfully unaware of its magnificence.





My destination is Mendi town — a settlement comfortably tucked into the Southern Highlands. Rivers meet with as much excitement as the stall owners and traders who daily barter rapidly raising and lowering prices in rhythmic Tok Pisin. Similarities to the immense stock exchanges of New York and Tokyo don't go unnoticed.

A three-hour drive separates Mendi from Mt Hagen. However the sights, scenes and situations en route seduce the most time conscious traveller to pull up, reach for the camera and scoot across the road with as much eagerness as a gold miner. Driving watchfully around unpredictable pigs and potholes, my eyes flit across both sides of the road for signs of local life.

Slowing the engine to ease across the first of several one lane bridges, the roar of the river swells in volume but is in clear competition with the shrill laughter, clamour and commotion of dozens of children. The mob clinging precariously to the steep rocky bank tussle and tag one another desperate for a safer foothold. They're plunging into the swift flowing currents of a river whose source is higher sill in the beckoning mountains. The children clinging to the steep banks fill the air with their calls, challenges and threats to climb to even dizzier heights as they vie for dominance. Even the smallest of children leap, dive and plunge into the river with neither fear of height nor depth. The slightest child in wild competition with the swarthiest leaps from his pinnacle as though it is his last mortal act on earth. With speed like a comet entering earth's atmosphere children, three four and five at a time spear towards the waters violent surface. Emerging seconds later they fight the current, gasp for air and offer every spectator the widest smile showing white teeth.

My reflexes raise the camera before my senses can process all the joy and all the terror of so many happy children torpedoing towards the deep unknown. The sight of a camera against a strange face provides entertainment for highland children. Fixing their full gaze on my face and camera the wettest and happiest children I have encountered surround me. Offering a shy but bold greeting, endless pairs of hands stretch to their limits to shake hands with a visitor from faraway, some daring to touch the camera man's hair. Those overcoming this new danger and the overwhelming risk erupt into victorious chatter searching for someone to share their explosive new secret with.

The song of the children could still be heard as I cleared the bridge and forced my vehicle into a steep climb on towards whatever awaited beyond the next mountain. As my left hand rearranged the camera and my right hand clung tightly to the steering wheel the faces and voices of the waving children diminished in my rear view mirror. What a contrast to my home town where children equally love to swim but so often are confined to the limitations of a local pool, heavily chlorinated and restrained by a yard of cement.

While the road starts to level a sense of altitude gained by the steady climb becomes apparent. Sun drenches the mountaintop as deep gorges plunge into dark shadows. Valleys sweep along the worn course of rivers seeking their coastal escape.

Finding it impossible to ignore the clutch of grass houses for their simplicity and craftsmanship, it is time to breathe in what has to be scenery more splendid than any camera was designed to capture. The air at altitude feels strangely lighter as it carries aromatic wood smoke from the nearby village houses.

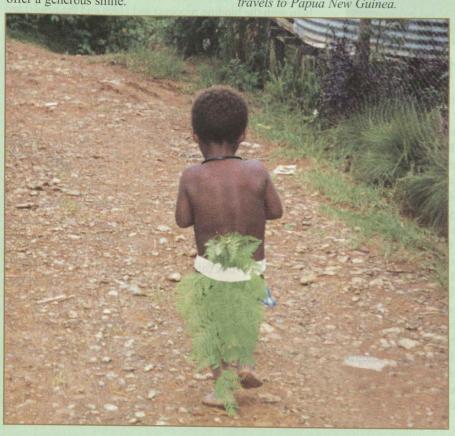
Pita, never having met me before. extends a hand that feels stronger than its years should allow. He doesn't seem too concerned with who I am or where I came from, he is just delighted to make a new friend. My request to photograph his grass house is accepted with both shyness and pride. The house is sturdy and new compared to others that have been aged by years of sun and nights of smoke. His pride is transparent and he has every reason to stand proud. He has built a remarkable house and quickly adds that with two handsome pigs he has achieved much in his young life. His joy will only be complete when he brings home his wife, a prospect altogether greater than building a house but firmly within his plans.

Gaining speed with the descent and passing more and more foot traffic, it becomes evident that Mendi is now within walking distance. Women haul bilums stressed by the weight and urgency of their cargo. Men carry firewood balanced firmly across their shoulders. Three young boys coax a piglet towards the town while a small boy walks in solitary. Only he knows where he is going! All stop, no matter what their cargo, to wave a free hand and offer a generous smile.

The limestone cliffs of Mendi sweep either side of the ancient valley. A small store on the outskirts provides a conversation shelter to a handful of local men. Familiar, universal signs begin to invade with their advertisements, but my eyes are drawn to the imposing steep cliffs that rise from the valley floor with dramatic speed. They stand like permanent guardians protecting their valley from both change and the disputes of the modern world that lie well beyond their gaze. How many travellers have they observed across generations, inching their way into this loveliest of towns?

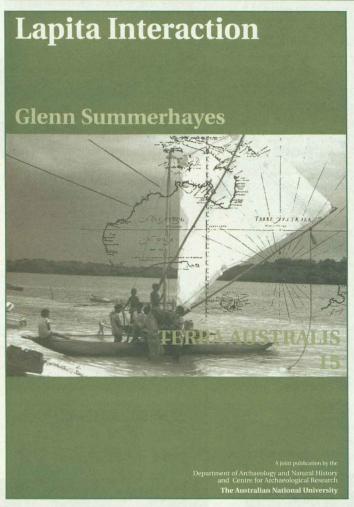
For reasons personal to every traveller, we relive the memories of the roads we trek. Years on comes the realisation that a lifetime of travel fills so many albums. Some roads we will never again visit. For me my album would be sadly incomplete without the experiences of the road to Mendi.

Glenn Stott lives in Auckland, New Zealand. A company director, church leader and freelance writer, he often travels to Papua New Guinea.





Book Review — Lapita Interactions



Lapita Interactions

Book review by Matthew G Leavesley

rchaeologists who undertake research in Papua New Guinea are few and far between. However, research to date indicates two major colonisation phases. Glenn Summerhayes' book is the cutting edge of research into the second major prehistoric phase of colonisation. The first occurred approximately 40,000 years ago by a group of people who moved from Southeast Asia across the Indo-Malay archipelagoes into the single land-mass that included both Australia and New Guinea known to prehistorians as Sahul.

Summerhayes informs us that the second colonisation phase originated in Taiwan approximately 9,000 years ago and arrived in the Bismarck Archipelago about 3,500 years ago, when offshore islands such as Mussau, the Anir Group and the Arawe Islands in West New Britain Province were colonised. The colonisers brought with them new technologies and customs and subsequently integrated into pre-existing populations. Once they arrived in the Bismarck Archipelago they began to produce pottery with a distinctive style of motif or pattern known as 'Lapita'.

Within a few hundred years of establishing themselves in the Bismarck Archipelago the Lapita people continued on, beyond the Solomon Islands and into remote Oceania, ultimately to colonise the entire region as far as Hawaii in the north, Easter Island in the east and New Zealand in the south. The Lapita people were the first ever humans to colonise the Pacific Islands beyond the Solomon Islands.

Lapita Interactions describes Summerhayes' research specifically into the Lapita people who lived in the Arawe Islands between approximately 3,500 until 2,700 years ago. During this period, Lapita people generally lived in stilt-house villages built over the tidal zone. They produced pottery that was used for both ceremonial and utilitarian purposes. Once the pots were broken or otherwise became redundant, they were discarded into the water underneath the stilt houses. With the fullness of time, the village people moved to new areas and either the sea-level lowered or the islands were uplifted by tectonic activity. Today literally thousands of clay pottery sherds can be found at sites in various coastal plains throughout the Bismarck Archipelago.

Lapita Interactions collates Summerhayes' analysis of various artefact types, collected from Lapita sites, in order to gain an insight into past human behaviour. The Lapita motifs were analysed on stylistic grounds in order to determine the variety of patterns that existed. Summerhayes also describes a sophisticated compositional analysis of the tempers (inclusions in the clay designed to help with the binding process) and clays and the results are used to understand the production and distribution of the Arawe ceramics.

Elsewhere it has been suggested that because many of the Lapita motifs from a range of sites within the Bismarck Archipelago were stylistically similar, this was indicative that the pots themselves were derived from a small number, of as yet unidentified, production centres and subsequently distributed between disparate Lapita villages. Summerhayes suggests that the Arawe pots were produced locally, and argues that it was not, in fact, the pots that where being moved around but simply the motifs, as part of a greater cultural milieu transferred among the prehistoric villages.

Lapita Interactions places Summerhayes in the esteemed company of scholars such as Specht and Parkinson. While this volume was written for scholars of Melanesian prehistory it is not full of nomenclature that might otherwise put it beyond the serious amateur historian. Well worth a read.

Summerhayes, G R (2000), *Lapita Interactions*Research School of Pacific and Asian Studies
Australian National University, Canberra, ACT, Australia
244 pages
\$A45+ postage

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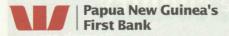
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t was an unlikely union that sparked the Ipomoean revolution. This event — so grandly titled by anthropologists — whilst not quite a civil war, had consequences that reverberated throughout the highlands and lowlands of Papua New Guinea for hundreds of years.

Sweet potato (*Ipomoea batatas*) is more commonly known by its Tok Pisin name *kaukau*. This common root crop and pigs are synonymous with village societies of the highlands today, where the care of both is carried out by the women. Bride price, compensation, disputes plus all manner of rituals and ceremonies involve the exchange and/or slaughter of pigs, as the accepted symbol of wealth and prestige. The cultural and economic importance of pigs is also celebrated nationally on the K20 bank note whilst the distinctive patchwork quilt of *kaukau* gardens is a quintessential image of the industrious, horticultural highlanders. But it wasn't always this way!

Man has lived in Papua New Guinea for tens of thousands of years, after migrating from South-east Asia almost 60,000 years ago. Excavations at Kosipe in the Eastern Highlands have unearthed axe heads up to 26,000 years old and artifacts from the Huon Peninsula in Morobe date back 40,000 years. It is assumed that people in those times lived in relatively isolated communities practising swidden or shifting agriculture. With average temperatures lower than today and extensive glaciation at higher altitudes, man perhaps did not venture up into the highland valleys until perhaps 12 or 15,000 years ago.

It appears that villagers practised agriculture based on the staples of taro, bananas, pandanus and sugar cane, supplemented by hunting and gathering. Average altitudes in the highlands of more than 2,000 metres and relatively low temperatures mean that a staple crop such as taro takes almost 24 months to mature, as opposed to maybe seven months in warmer coastal areas. Overall, environmental conditions in the highland valleys meant that population densities were very low, with people living in scattered family hamlets.

Other archaeological excavations in the highland valleys demonstrate that intensive and organised agriculture started more than 6,000 years ago in some locations. The intricate network of drainage ditches in the Wahgi Valley of the Western Highlands Province and the numerous hillside terraces at Yonki in the Eastern Highlands would have allowed the larger scale cultivation of crops such as taro. The Huli speaking people of the Southern Highlands in their legends refer to earlier eras as 'ma naga', literally taro time, reflecting the role of this root vegetable as a subsistence staple prior to the arrival of the sweet potato.

Early highland societies are a bit of an enigma. When 'discovered' early in the 20th century by the colonial field officers and missionaries they had stone artifacts such as stone mortars and pestles that were apparently not being used or even known in anything but a spiritual sense. It has been proposed that these tools could have played a role in the preparation of foods such as pandanus and other nuts in times gone by.

According to archaeological records, the South East Asian pig (Sus scrofa), has also been a part of the highlanders' diets for almost 6,000 years. However it would have to wait a few centuries before it could take part in the revolution, that is, until the sweet potato came on the scene.

Sweet potato is a native of tropical Central and South America, where it was cultivated by some of the earliest organised societies, such as those that thrived in Peru more than 8,000 years ago. The edible tuber was carried to islands of eastern Polynesia some millennia ago but there is no evidence it made it any further west into Melanesia. Although there is some academic discussion as to exactly when and where *kaukau* made its first appearance in Papua New Guinea, it was probably not more than 500 years ago. It has been suggested that Spanish and Portuguese seafarers and traders transported sweet potato to their Philippine and Indonesian colonies, from where it quickly spread to the main islands of Melanesia.

Sweet potato grows vigorously, even in higher altitudes, and importantly also has a shorter growing cycle than other vegetable staples, maturing in less than a year when grown about 2,000 metres. The introduction of *kaukau* therefore meant that the land could support more people and, importantly, many more pigs. People were able to move onto previously marginal land at higher elevations, above the steamier lowlands where debilitating malaria was more prevalent.



The impact of *kaukau* on the highland societies was rapid and dramatic. The explosion in the populations of both man and pigs 500 years ago had manifest implications for the highlanders and their neighbours.

In the space of just a few generations highland societies grew in numbers. An example is the expansion of the Huli speakers from the fertile Tari and Koroba valleys northwards and southwards into more marginal farming land such as that around Lake Kopiago and Komo. Larger numbers of pigs meant that there were more available for ceremonies and inter-regional trade, which in turn led to an increased demand for the prestige goods associated with such commerce, including shell and tobacco. Such rare and exotic trade goods could only come from the coastal lowlands.

Through the hands of innumerable middlemen in various disparate but linked trade networks, goods were funnelled through natural physical gateways to the highlands such as along the Markham, Ramu, Purari and Kikori rivers and their catchments.

It is probably no coincidence that the rapid development of the famed Hiri trade expeditions of the Motuans of Central Province with the coastal and inland people of the Gulf also occurred about 500 years ago. Although it is likely that some trade took place before this time, archaeological studies indicate the move of many Gulf villages from inland sites to, and permanent occupation of, coastal and riverine locations about this same time. This could indicate the establishment of Hiri trade related activities as an annual event, requiring a presence close to where the sea-going Motuan *lakatois* could be moored. Trade with people in the Torres Strait to the west for items such as greenstone axe heads was also stimulated.

The Hiri trade and its exchange of Motuan pots for literally tonnes of Gulf sago and other goods allowed the communities in present day Central Province to survive the rigours of the dry season. The settlement of missionaries and colonial administrators in Port Moresby and their import of 'cargo' effectively removed the nutritional need for the trade in the early decades of the 1900s.

So the humble sweet potato has a lot to answer for. The once densely forested highlands were cleared to make *kaukau* gardens, creating the grassy valleys that characterise the region today. Its introduction resulted in the huge numbers of people living in the highland valleys when first penetrated by explorers and gold prospectors in the early decades of the last century. The highlanders coveted kina and cowrie shells despite never seeing or having an understanding of the sea. These communities were previously unknown to the outside world and totalled almost one million — at that time almost a third of the population of Papua New Guinea.

So, pig and potato — the meeting of South East Asia and South America in the Papua New Guinea highlands is really an anthropological adventure story that demonstrates the unique place the country has as the crossroads of Asia, Australia and the Pacific.

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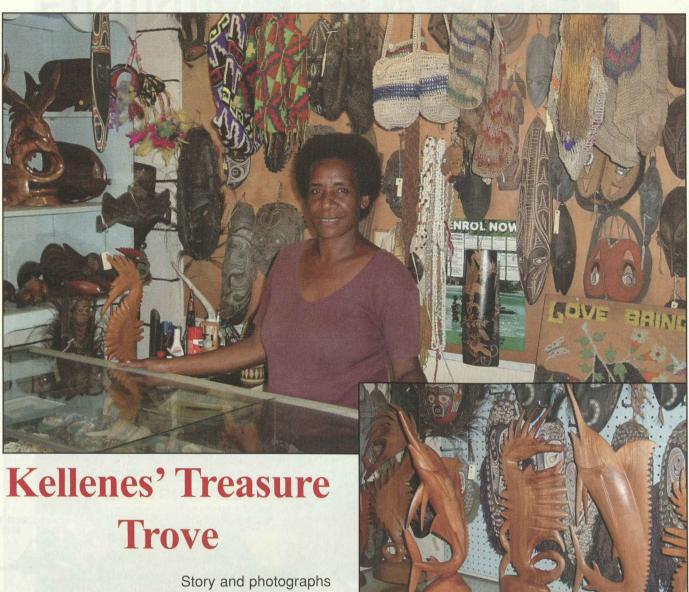
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by Céline Peter

f you are looking for exotic Melanesian traditional ornaments, gifts and artifacts while visiting Kimbe, Kellenes' shop is worth a visit. Most visitors are familiar with the main square of the town centre, overshadowed with big raintrees. It is the main meeting place and PMV stop for people who come to town to do their shopping. Just a stone's throw away from the square, next to the Kimbe Urban Council office and an inviting kaibar with a terrace, a shop sign will attract your attention — Paradise Arts and Handicrafts.

Kellenes, the shop owner, will tell you a good story about West New Britain artifacts. West New Britain is blessed with fine timber, sea shells and many other raw materials which people over time have turned into handicrafts for their daily use or for more special occasions. The carved and neatly decorated tavila (bowl) is a good example of a traditional ware that people use during ceremonies. Figures of ancient sacred images are a popular subject of wood carving. With the coming of tourists, both local and from overseas, some local carvers are venturing into modern designs of sculpture representing animals such as dolphins, seahorses and fish.

Kellenes in her store — the wooden carvings are from West New Britain Province

Before becoming the name of the national currency, the Kina shell was used a long time ago on the shores of New Britain as currency with which people used to barter or buy goods. The Kina shell used in West New Britain differs from the one used in East New Britain, and Kellenes confirmed that people are still using Kina shell today in financial transactions and bride price.

A wide range of bilums, bags and baskets are also produced using the natural fibre of pandanus and coconut leaf. The fibres are dyed with traditional colours. Woven mats and bowls, called Karuka in the local language are used for transporting produce to markets and storing personal belongings. People from West New Britain also make clay pots that are used as cooking utensils. Pottery is decorated with patterns, which depict local stories and legends.



Above: Shells in a basket Right top: Earrings, shells and combs Right bottom: Pottery on the shelves

Below: Tavila bowl

Many people know that Kimbe is also called little Papua New Guinea, for it is a place of migration for people from all over the country. People from the Highlands and Momase regions have come over the last 30 years to try their luck in the lucrative growing of oil palm and the development of the oil palm industry. Although many people from West New Britain may argue that this has also brought social disorder into an otherwise more peaceful part of the country, Kimbe has also benefited from these cultural exchanges and influences from other provincial groups which now make a big part of its population.

This is reflected in the wide range of artifacts displayed — Sepik carvings, Kina shells of New Britain, woodcarvings from the Trobriands or bilums from the Highlands. People are active all around the country in preserving their own culture by keeping traditional arts alive.







Amid the collection of masks and necklaces, pots and carved bowls, I found some handicrafts like headbands which I had not seen elsewhere. Kellenes actually made these headbands herself and other women were making new designs. She described how in other countries such as Fiji, women have developed their handicraft skills and created new styles based on locally available materials such as shells, coconut, tree barks or seeds.

Some people are eager to improvise beyond the traditional forms of art, and come up with their own style and modernised way of translating the changes occurring in PNG societies. Travelling opens one's eyes to new ideas and also helps one appreciate one own's heritage. The tourism business is no different and local tourism operators would greatly benefit from more exposure to what is being done elsewhere. It is a marveleous way to learn about one's own culture and how important it is to be proud of and nurture it. Kellenes, like many industrious women in PNG, are eager to learn and share their experiences and knowledge with others.

Medical information

Inflight health tips and excercises

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
- · 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.

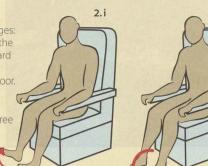
1. Ankle Circles Lift feet off the floor. Draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counter clockwise. Reverse circles. Do each direction for 15 seconds. Repeat if desired.

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 excercises

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 allment 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

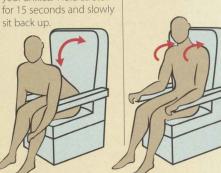
hands around the left knee and hug it to your chest. Hold stretch for 15 seconds. Keeping hands around the knee, slowly let it down. Alternate legs. Repeat 10

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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Since that beginning, the Centre in co-operation with the Edmond Rice Eye and Ear Clinic has expanded the type of help it offers to people.

A hostel for blind children

The 17 children who live at the hostel come from different outlying areas of the country. Ten attend a class exclusively for the Vision Impaired where they learn the basics of Braille and begin their education. The other seven attend Sacred Heart Primary School at Faniufa.

A Braille Resource Department

Thanks to an Australian Rotary Club donation of a modern computer, scanner and Braille Embosser, Ms Debbie Lukio, a Braille transcriber, is able to provide school text-books in Braille. These are not only for this Centre but also for blind children throughout Papua New Guinea.

A hostel for deaf children

The nine children in this hostel attend the Sacred Heart School in Faniufa. They are in a unit class together because it is difficult to integrate deaf children into normal classes in Papua New Guinea. Their school teacher is also their house mother. Their house father is deaf and through his constant assistance their communication skills are good.

The Edmond Rice Eye & Ear Clinic and Optical Workshop

Two eye-care nurses in a clinic that is part of the Goroka Hospital test people's eyes for glasses. Glasses are then ground and fitted in the Optical Workshop and sold to the patients at affordable, means-tested prices. The nurses also drive to remote areas to test eyes.

The Eye Clinic is run by a specialist ophthalmologist from Czechoslovakia, funded by Christoffel Blindenmission. He performs operations on patients each afternoon, removing cataracts and repairing other eye defects. He has restored sight to many people.

Screening for hearing defects and ear problems is also carried out, with hearing aids and treatment supplied as required.



A Rehabilitation Programme

Two trained staff villages visit around Goroka to locate children and adults with disabilities. They treat the disability and teach the children living skills, at the same time educating the parents how to care for their disabled children.











An Elementary School

Elementary schools cater for the first three years of schooling in Papua New Guinea. When they were introduced, the Catholic education authority requested the Mt Sion Centre to begin an elementary school, because it had already been teaching pre-school classes. Mt Sion accepted the responsibility and is now teaching 190 children.

Assistance for this project has come from many sources including St Patrick's College Strathfield, Australia, where the Director of the Centre, Br Keogh attended school before joining the Christian Brothers.

Mount Sion Centre for the Education and Training of Disabled Persons

Conducted by the Christian Brothers as part of the Callan Services Network for Disabled Persons in Papua New Guinea in co-operation with Christoffel Blindenmission PO Box 1068 Goroka EHP 441 PNG

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Above: Blind and deaf students at the centre with their

House Mothers and Fathers, 2001

Left: Group of Elementary School students Below: Br Keogh with some of his students



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Giving Sight

Story and photographs by Stephen A Sweetman

Persons performing essential eye surgery on people from remote areas of the country. This was made possible through the sponsorship of Christian Blind Mission International.

Dr Jan, a citizen of the Czech Republic, operated in Goroka, Wewak, and Vanimo. In Wewak he performed 260 operations and in Vanimo 50, most of which were for cataracts. Like many other tropical and developing nations, Papua New Guinea has a very high incidence of cataracts. This seems to be mainly due to the climatic conditions and poor nutrition.

Dr Jan's day began at 8.00 and often continued to 7.00 at night. First, he checked patients from the previous day, then performed a final screen on new patients before starting theatre around 10.00am.

An average of more than 20 patients were operated on each day, six days a week. Dr Jan displayed an incredible level of skill, stamina and generosity. The rewards of his labours were very evident — giving sight to the blind.

Of course with each surgery is a wonderful and magical story of new sight. A man of the Wasengla district who had been cataract-blind for years had been forced to crawl around his village on all fours. Now, he walks upright and with pride, seeing the faces of people who had previously been just voices. A six-year-old girl in Wewak had cataracts in both eyes since birth. After her surgery she saw her parents for the first time. And the old married couple of the Wewak district, who both had cataracts for more than ten years, able to see each other again after their cataracts were removed. They cried with joy and danced in each other's arms.

Many people from the Maprik area had cataracts removed from both eyes. And in Wewak a 22-year-old man, married and with a newly born child, had had double vision and a squint since childhood. He wore a patch over his right eye to prevent the double vision affecting his mobility. Dr Jan operated on both conditions. Now, after nearly 20 years of sight impairment, this young man has good vision.

Of course, as Dr Jan said many times, it was very much a team effort.

Dr Jan (right) and assistant Damian Singut operating at Wewak General Hospital



There was the original screening performed in villages by Callan staff; then the organising of bringing Dr Jan and his team to Wewak and Vanimo and providing for his surgery; the hospital executives and staff both in the wards and in the operating theatres; and finally the Callan staff who helped with the processing of patients in the hospitals.

Dr Martyn Pannekoek (VSO) from Vanimo arranged for Dr Jan to visit for a week to perform surgery there. Mention should also be made of Garamut Enterprises of Wewak who provided food for the eye patients in the Wewak hospital.

Dr Jan and other specialists come to Papua New Guinea every year to help people with severe physical disabilities. Some regain their sight and others their mobility.

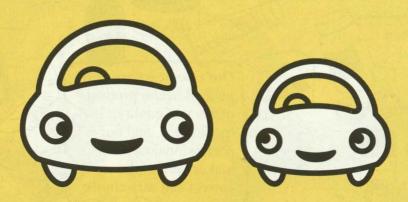
Thank you to CBMI, Dr Jan, Callan Services and the many other team members, who have contributed towards making such a dramatic improvement to the quality of life of hundreds of Papua New Guineans.



Callan Services is a non-government, national organisation, founded in 1990, which strives to bring a better standard of life to people in Papua New Guinea who have a disability. This is done primarily through training and clinics.

For more information, contact: Callan Services for Disabled Persons, P O Box 542, Wewak, ESP 531 Papua New Guinea Phone 856 1081 Fax 856 2924 Email: calserwk@global.net.pg.

A website has recently been launched: www.callanservices.org



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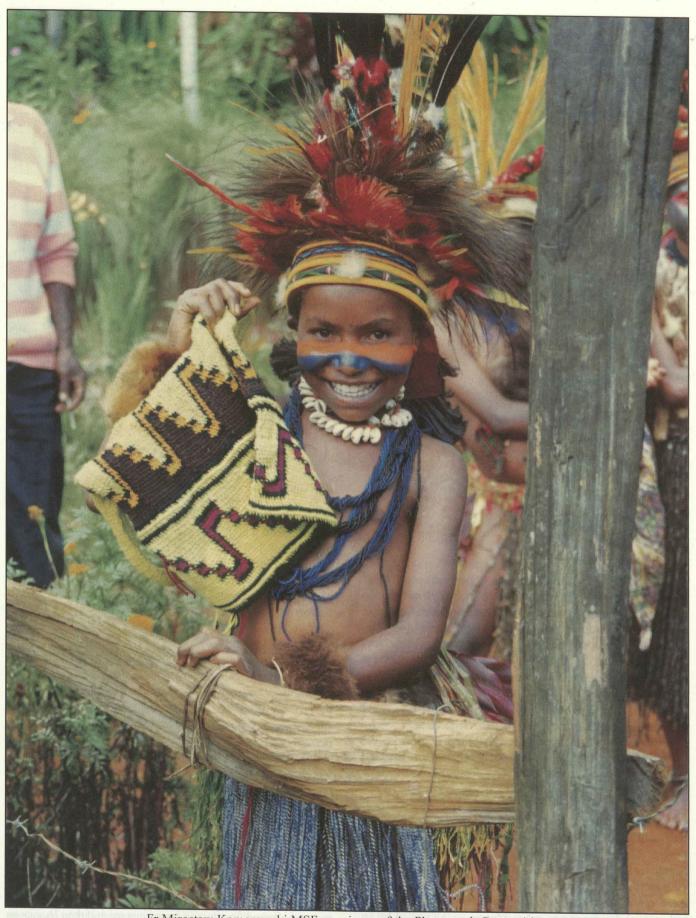
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Fr Mirostaw Komorowski MSF — winner of the Photograph Competition Bilas day



Story and photographs by Judith Beattie

The origin of that old saying 'Damned clever these Chinese' is lost in antiquity. But it does conjure up wonderful images of pukka sahibs, ceiling fans, gin slings and rattan furniture from a time when Britain boasted an Empire on which the sun never set. India was 'Inja' and Singapore was the 'crossroads of the east'. It still is. If one is talking about the Singapore Chinese, then 'damned clever' is an apt description.

To bgin with, Singapore Island is now a whole lot bigger than the one inherited from the British. After Independence Singapore was part of Malaysia, but broke away from the Federation to go it alone in 1965. Under the inspired leadership of Prime Minister Lee Kuan Yew, things began to happen.

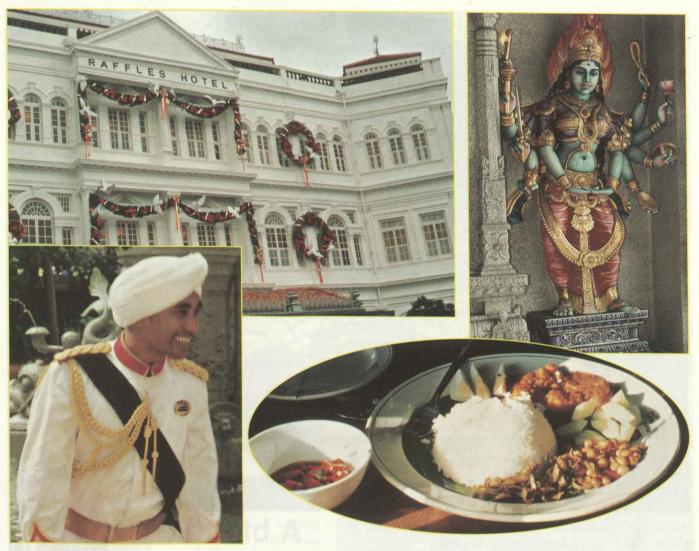
Land reclamation began at Bedok in the southeast corner of Singapore Island, but it didn't stop there. Singapore just kept on growing, economically and physically. The internationally famous Raffles Hotel used to be on the beach road. It still is but the 'beach' is now more than two kilometres away. Where the waters of Singapore Harbour once lapped the sandy shores, there now stand huge shopping centres, high-rise hotels, commercial developments and residences — all served by an ultra modern infrastructure.

For sheer foresight however, and a classic example of just how 'damned clever' the Singapore Chinese really are, one only has to drive out of Changi Airport onto a six lane highway separated by a 'nature strip' of potted trees

and shrubs — every one of which is portable. The highway is in fact an extra runway, constructed fully to jumbo jet specifications and ready to be brought into service should the need ever arise.

It is the kind of dynamism that makes Singapore pulsate with life 24 hours a day. For visitors the entire island is a real eye-opener with such a variety of things to see and do that you'd need to spend a year there to do them all. On an average 5-8 night stay you need to be selective, but don't plan every day of your holiday before leaving home.

Your travel agent is selling the world, so brochures for each individual destination are necessarily limited. When you arrive at Changi Airport you will find a host of brochures — all informative and all telling you about Singapore, so leave some unplanned free time in your itinerary and then choose an activity to meet the mood of the day.



Singapore food is legendary and sooner or later you'll find yourself eating at a hawker stall. Make it sooner and you'll save a lot of money. Hawker food is good, hygienic and less than a third of normal restaurant prices. Hawker stalls are at various locations around Singapore. Ask directions when you get there.

A short cab ride out of town there are also food markets at Paya Lebar or Pasir Penjang where eating with the locals can be a lot of fun. The Eastcoast Parkway is renowned for its seafood delicacies — try the Chilli Crab, the Black Pepper Crayfish and Buttered Prawns. Visit Little India and if you like curry, especially fish head curry, find your way to the Banana Leaf Apollo Restaurant, where they use banana leaves instead of plates. The nearby office workers eat lunch there, and that's recommendation enough.

Free maps are available from the Singapore Tourist Promotion Board, along with a host of information.

When booking your Singapore holiday make sure your package includes a half-day tour, preferably arranged for your first day to get you acquainted with the geography of the place. One highlight could be a cable car ride to Sentosa Island, three kilometres off shore. If you are fond of birds then the Jurong Bird Park is a must, and if you're curious about how many species of orchid there are, spend a couple of peaceful hours at the Mandai Orchid Gardens.

Singapore Zoological Gardens is popular thanks to two unusual features. Morning visitors can enjoy breakfast with the gentle and adorable orangutan. There is also a 'night safari' where nocturnal animals can be observed at very close range, or take a cruise on Singapore Harbour in a Chinese junk. Enjoy high tea in the Tiffin Room at Raffles Hotel. With food and service fit for royalty, you need to book ahead for this one. Haw Par Villa is an interesting tableau of life and death in Chinese mythology. It was named after Haw Par Boon, the Hong Kong millionaire who invented Tiger Balm. If you have time, take a taxi ride out to a traditional Malay village, which will give you a taste of the cultural life of Singapore.

Shopping in China town or Little India is much cheaper than in Orchard Road where there are some lovely stores, but quite expensive. However the Singapore sales will allow you to 'shop till you drop' with a wonderful 70 per cent off the marked price. Raffles City near Raffles Hotel is a good value for money shopping centre and conveniently has moneychangers inside.

Singapore has four main religions: Buddhist, Muslim, Christian and Hindu, so there are different festivals happening throughout the year. If your visit happens to coincide with one of the festivals then you are in for a very colourful time. But any time is the right time for a good time in Singapore!



Below: A sparkling podium for church meetings



A blend of African Papua New Guinean Art

Fr Frezy Tam Tsi, artist and priest

Story and photos by Scott Waide

bout three hours drive from Aitape is Holy Cross Parish AMission Station in Rome village.

From hearsay Holy Cross is not much different from any other Catholic mission station. Among other things, it has its church, school and priest's residence. Franciscan missionaries established the station a little over 50 years ago.

What makes this place special is its beautification plan. Many of the buildings are made of second-hand corrugated roofing iron. The sago-thatched roofs are neatly trimmed. But the neat surroundings seem only to enhance the striking murals painted on its many corrugated iron walls.

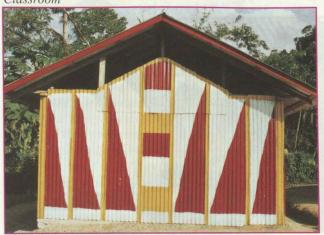


When I travelled to Rome as part of a research team from the National Research Institute, we stopped and admired the work. On the western end of the yard, a large concrete cross stands silhouetted against the setting sun. It faces a perfectly symmetrical classroom upon which is painted an interchanging pattern of orange and white scalene triangles set behind the foreground of a wide green turf.

The parish priest, Fr Frezy Tam Tsi, a Madagascan who has lived and worked in the area for six years, is the artist. The *haus wins* placed around the grounds of the school show more of this colourful artist's character and his creative ability to make good use of waste building material. Although Fr Frezy had returned to his home country two days before we arrived, the local community told the story of a priest as colourful as the buildings he painted and as disciplined as the neatly trimmed hedges and close cropped lawns.

Local catechist, Primus Sanga, described Fr Frezy as a man of great spiritual and physical energy. He would work from 6am to 7pm. He is always trying to find ways to help people improve their way of life.







Above: Rest house (haus win) with its neatly trimmed sago thatch Left: Bold colours and simple patterns Below: Even the windows are highly decorative





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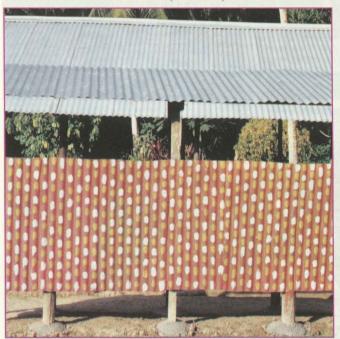




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Above & below: A rest house (haus win)



Right: Receiving communion at the Holy Cross Parish, Rome

Below: Catechists Alois Moye and Primus Sanga



It was also under the priest's direction that the local community began literacy classes and subsequently a community school for its many children. Elias Hoi, the school's first teacher, explained that the going has not been easy but they have made it. We began with literacy classes and later included prep classes in the Onele language, which had already been written by the people at SIL.

Perhaps the most distinctive feature of the mission station is the double storey *Kalela* (insect house). Its name comes from its slight resemblance to the multicoloured wide-eyed insect.

The murals are an example of the richness one can achieve when creating a fusion of African art and Papua New Guinean architecture.



Above: NRI research team member Lui Koeba and team leader Ignatius Wunum

Below: Elias Hoi with headmaster Mark Mervei





Tales from the Goldfields

Before, during, and after World War 2 Ion Llewellyn Idriess was one of three major travel and bush-adventure writers in Australia. Born in 1889 in Sydney, he moved with his parents to the New England district of New South Wales for a number of years, before settling in Broken Hill. In 1905 he got his first job, as a junior in the BHP Assay Office. This led to a life-long interest in gold, gold mining and mineral exploration in general. His book *Prospecting for Gold* (1931) is regarded as the Bible for fossickers in Australia.

As a young man his life was full of adventure. In 1908, sick of the dry deserts of Broken Hill, he tried life as a coastal seaman. He soon lost interest in this and returned to Sydney for a short period before heading for the outback.

Tales from the rich opal fields of Lightning Ridge attracted him and his first taste of mining took place here. Nine months later, with no success in finding opals, he gave up and started to earn a living by shearing and shooting wild dogs. But Lightning Ridge beckoned again — this time with some success. He also had success in a new field, writing, and his first article was published in Australia's leading magazine *The Bulletin* in 1910.

The next period of his life was devoted to mining in northern Queensland. He commenced tin mining near Cairns in 1911, working both for established companies, and on his own. His prospecting led him to Cape York in 1913, where he met his first full-blooded aboriginals, living their lives as they had for thousands of years. He soon learned their language and became familiar with their distinctive customs, so different from anything he had previously experienced.

But 1914 came and WW1 intervened. Idriess travelled to Townsville and enlisted in the 5th Australian Light Horse Regiment. He served at Gallipoli, at Sinai and in Palestine, before being repatriated, sick, in 1918. In 1920 he returned to north Queensland and once again stored away in his mind events and happenings, which became the valuable resource upon which he based his books.

His books break into a number of categories. The first category — New Guinea, Torres Strait and northern Australian coastal regions — includes Gold Dust and Ashes (1933), Drums of Mer (1933), Forty Fathoms Deep (1939), Headhunters of the Coral Sea (1944), The Wild White Man of Badu (1950), and Coral Sea Calling (1957). His war manuals include Guerilla Tactics (1942), Shoot to Kill (1942), The Scout (1943) and others — all still useful in military training to the present day. His mining books Prospecting for Gold (1931), Cyaniding for Gold (1960s), Opals and Sapphires (1960s) are currently considered by the prospecting community as equal to anything published since.

by Eric Lindgren

In all, between 1927 and 1969, Idriess wrote 52 books — an average of one each ten months. Most were written in the basement of Angus & Robertson's publishing house in Sydney. Here his lonely figure turned out adventures in the remote outback of Australia from a windowless room in the bowels of the building. He corresponded with the men and women who were involved in the events he documented.

Gold Dust and Ashes, from which the following snippets are taken, was based on letters and discussions with prospectors Frank Pryke, George Arnold, Joe Stone, fliers Ray Parer, Pard Mustar, entrepreneur CJ Levien and the ex-Governor of German New Guinea Dr Albert Hahl. These men were still alive and, among a multitude of others, contributed to Idriess's fascinating yarn of this time: a unique and authentic tale of the trials and tribulations which brought the fields to life. Ion Idriess died in 1989, aged 90 years.



Top: Edie Creek

Middle: Papua New Guineans box-sluicing, Koranga Creek

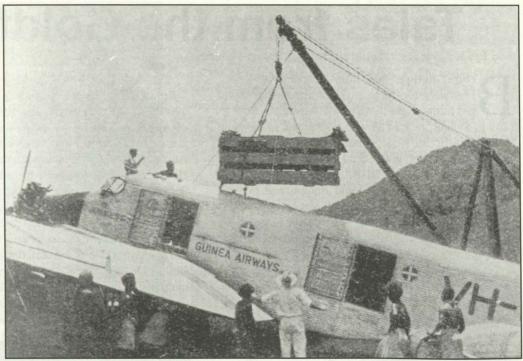
Bottom: Hydraulic sluicing, Koranga Creek

The tales which follow are of the Salamaua, Edie Creek, Wau and Bulolo goldfields in the early days.

Note: the Tok Pisin quotations are from the original and are not always correct.

The Tale of the Pig

Ray Parer (see Paradise 152) was flying freight from Lae to the goldfields at Wau. On this occasion his passenger was Joe Bourke. well-known prospector. When Joe reached the plane he found another passenger was booked aboard too — a big old boar weighing over 90kg. Its legs were securely tied, and it was trussed up in three hessian bags. But it still took three villagers to get it into the aircraft.



Even cattle 'fly' in New Guinea

'Are you taking that thing?' asked Bourke.

'Yes,' said Parer. 'His passage is paid for. He belongs to Normy Neale.'

Bourke sat in the front seat next to Parer, and the boar was settled in behind them. The DH9 took to the air reluctantly but soon was winging its way over The Gap, in the hills inland from Salamaua. Suddenly an unusual vibration shook the plane, then quiet resumed. Again the aircraft shook. Parer glanced behind, at the boar, and found that it had freed its legs and was wriggling its way out of the hessian bags. At last it was free! Now began a protest like no other pig-protests. The beast snorted and bucked, reared and grumbled. It tried to jump overboard and Bourke wished it God-speed. Finally the boar let out an almighty roar and reared up and beat its legs upon the floor of the plane. Something had to give, and it did.

When Parer inspected the fuselage upon landing he found one hoof from the boar protruding through the plywood floor of the cargo compartment!

'I'll never ride with a pig again!' shouted Bourke.

'Neither will I!' replied Parer. But on the very next flight Parer carried a sow and two suckers on the front seat, and another even bigger sow behind!

The Tale of the Golden Coffin

Roger X, an old miner, was found dead of exhaustion outside his tent, which necessitated a hurried burial. They carried him to the only level patch of ground near the river and saw the dead man's sluice box, with ripples set into the bottom, neatly set and ready for gold-saving.

Now sluice boxes were scarce, but so were coffins. They had just finished planting him when the man who owned the claim

hurried in. 'Hey! Where's my sluice box?' 'Had to make a coffin, old man.'

'What! And left the ripples in!'

'Struth, do you think the angels are going to get any gold out of old Roger?'

Luckily Roger lay in peace.

Not so Blister, who also succumbed on the 'fields. They planted him in golden ground and the miners wanted the alluvial gold.

'It's not the decent thing to move a grave,' protested Blister's friend.

'Too right it is,' answered Ned vigorously. 'The old cow never bought a drink for man or dog in his life. Can't see why he wants to hang onto good thirst-quenching ounces now! Put your pick in, Grady; let old Blister shout for the crowd for once in his death-time.'

Blister's ground yielded seven ounces of gold dust, and many fine shouts!



Many graves in Salamaua show that death was from blackwater fever.



A Tale of Tragedy!

Chris Holleris had battled up to the 'fields and started a little business. It was going well and the future looked rosy. He decided to write to his sweetheart in Sydney and tell her to come up.

He flew to Salamaua to meet the *Montoro* and his bride-tobe. He enjoyed afternoon tea at Mrs Hendry's; was in the little Salamaua hospital by evening with blackwater fever; and died a few hours later.

His girl arrived in time to place a cross on his grave.

The Tale of The Race to be First

In Adelaide Levien and Wells had raised capital for a new enterprise — 'Guinea Gold, No Liability' — and now needed an aeroplane to make the Wau goldfields workable.

Parer had an old warbird — a DH4 — and he had booked space on the *Marsina* to transport it to Rabaul. Parer needed money to pay the freight costs on the *Marsina*. He dashed to the ship but they wouldn't load his DH4 without payment. He missed out. But he managed to book the last space on the *Melusia*.

Mustar had a DH37 and wanted to book space on the *Melusia*. He had the money but space on the *Melusia* was booked out.

Finally Parer raised finance, and the 'Bulolo Goldfields Aeroplane Service' came into being. But it was too late — his plane had been offloaded from *Melusia* and the rival DH37 took its place.

Levien hurried to Lae and started to build an airstrip. One hundred and fifty labourers were recruited; trees were felled; the ground was levelled; hangars were built; and the 'drome was ready!

The *Melusia* sailed north. At Townsville it loaded 33 donkeys, 33 pack-saddles, 3 donkey foals and 6 horses.

'Planes and 'donks,' growled the skipper. 'Why don't they send me white mice! It's enough to make the sea sick.'

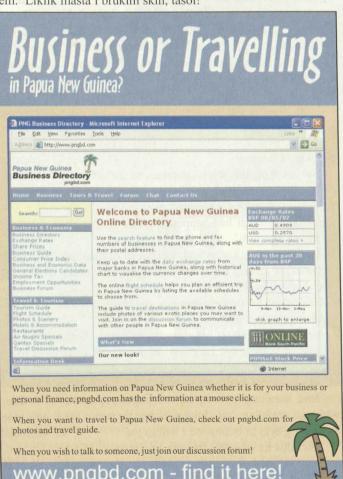
But storms intervened. The cables around the great crate housing the DH37 loosened, panic was in the air. A cyclone struck the flimsy vessel and all prayed that it would go away. When dawn came the crew lashed the cables tighter and hoped against hope that the plane inside had not been damaged.

Three weeks after *Melusia* sailed, Parer and his plane left Sydney on the *Marsina*. Six weeks later they steamed into Rabaul Harbour, the nearest airfield to the goldfields until Levien finished Lae.

Parer unloaded his DH4, and ran into Mustar, already at work repairing a storm-damaged fuselage on the DH37. Parer assembled the pieces of his plane into one whole craft, swung the prop and took off to test the DH4. Success! He was going to be first to the 'fields!

He set the plane down gently, running across the ground towards home. Bump! A wheel caught in a hole where a tree had been removed. The plane somersaulted and Parer lost his chance of being first.

'Masta! Masta!' shouted a labourer. 'Bigpela balus bilong waitman i dai pinis. Bigpela masta mi ting i brukim bon bilong em. Liklik masta i brukim skin, tasol!'



Parer spent a day in hospital and the plane was a wreck. Mustar took off into the sky for Lae, and landed on that strip Levien had prepared just in time.

So, very happily, ended the first flight in the Mandated Territory of New Guinea — Rabaul to Lae, 700km, and with no emergency grounds.

The Tale of the Eye That Saw All Things

There was keen competition among the miners to have the best labour-line.

Joe Darling knew that when he left to work an upstream claim his men began to slacken, and gold finds would diminish.

'Masta i go,' cried the boss man of the line, as Joe disappeared down the track. 'Masta i kam,' he shouted when Joe re-appeared in the afternoon.

Joe noticed that his daily gold totals were declining. Next morning he decided to fix it once and for all. He glared ominously at the bared backs of the bent labourers, called their attention, put his hand to his face — and pulled out his eye!

'Dispela eye bilong mi, i strong tumas. Nau mipela go antap. Sapos you no wok gut, dispela eye i lukim yu. Baim i toktok long mi, na talim mipela Boi i no wok. Boi i sindaun nating. Mipela kranki tumas! Mipela kikim baksait bilong yu!'

He walked to a stump and set the glass eye on top. Then he left for his daily tasks upstream.

'Eye bilong masta, i lukim mipela,' shouted the bossman. The labourers bent their backs and for three weeks output of alluvial gold was as never before.

But one morning the bossman had a brainwave. As Joe Darling walked off he tiptoed up to the eye, at the back, and dropped an old felt hat over it.

'Nau i no lukim yupela!' he said. 'Nau ol i sindaun nating.'

Those who have heard this story before will chuckle. Cunning!

But, in fact, the story continues to an amusing conclusion:

That evening Joe examined the contents of the sluice-box. 'What had happened today? Ah well, let's see tomorrow.'

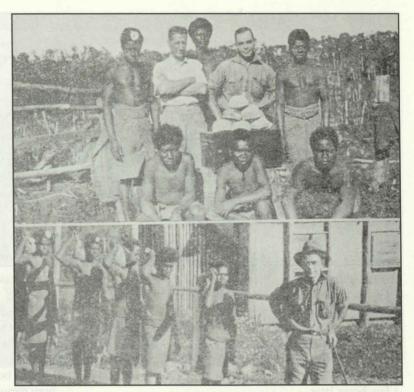
Tomorrow was just as bad, so instead of tracking up the creek on day three, Joe started off as normal, then doubled back.

He saw the hat on the glass-eye, and realised what was happening. 'Well, we'll see,' he thought.

Next morning he set his glass-eye as usual. With his one remaining eye he glared at the labour line. Slowly he put his hand up to his face, put it between his lips — and pulled out his teeth!

'Nau, tit bilong mi i sarp tumas! Sapos yupela no wok gut, eye bilong mi i lukim. Sapos yu putim hat antap long eye, tit bilong me i baitim yu.'

After this he was able to work upstream and find a heavy sluice-box waiting for him at the end of each day!



Top: Gold (10,000 pounds) from Day Dawn mine Bottom: Wally Digby with gold for shipment

The Tale of the Cool Cross

When Peter Ready died the pub went into mourning with free drinks. Everybody liked old Peter, especially Joe Fanning. He was the chief performer at the 'planting'. Several men were weeping — with spirit — as Joe declared feelingly that his old mate had gone to the place where real men go.

When Joe died of blackwater five days later, the pub was just recovering, and owing to the relapse, Joe's interment was somewhat delayed and blurred.

The villagers were ordered to make a cross because all the other men were indisposed. Old Peter's cross was a fine monument of hardwood, painted white. But Joe's was a packing case with one arm of the cross pointing skyward. On it was stencilled: 'Keep in a cool place'.

A Tale of the Reluctant Friend

Down at Salamaua they pushed the little wooden-wheeled handcart to a sleeping place. It was decked with tropical flowers; several mourners wore flamboyant dressing-gowns; all carried bottles of champagne — more or less empty. No one knew the burial service, so they just stood around and sang his favourite songs. Then they sprinkled him with his last drink and lowered him in.

But one of his friends fell in with him. 'Steady, old mate,' he cried, 'I'm not coming with you yet!'

He crawled out and had another one.

There are more stories in this book, and insights into the history of the development of the Morobe goldfields. Well worth a look for students of colonial history.

Gold Dust and Ashes, The Romantic Story of the New Guinea Goldfields, Angus and Robertson, Sydney, 1933



Airways Hotel & Apartments

Jacksons Parade, Port Moresby

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Alotau International Hotel
Milne Bay

Kimbe Bay Hotel Kimbe, WNB



No matter whether it's business or pleasure, we're sure you'll find what your looking for, staying at one of our three great hotels. Each offering guests the very best of what Papau New Guinea has to offer. In Port Moresby stay at the Airways Hotel, adjacent to Jackson International Airport with I 81 rooms providing first class luxury without compromise, natural timbers, light pastel colours, spacious rooms, modern amenities. The Alotau International Hotel at glorious Milne Bay, offers you the best of both world's, luxury accommodation and the ultimate diving adventure. And at Kimbe in West New Britain Province, the Kimbe Bay Hotel offers guests excellent accommodation and conference facilties in a convenient location. No matter whether it's business or pleasure in Papua New Guinea, we have all the facilities to meet all tastes so why not treat yourself.

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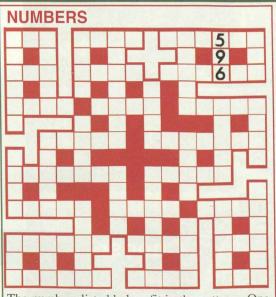


Artistic Eyes from the Pini Collection



Puzzles

Answers on page 59



The numbers listed below fit in the pattern. One number has been inserted to give you a start.

١	187	1040	6913	13588	437561
	205	2887	7061	39044	508657
I	359	3128	7447	41139	633527
I	596	4451	8880	42792	789639
	647	4612	8962	57098	849968
	714	4737	9420	57769	901435
	838	5190	9905	60628	1390459
	974	5384		77869	2072590
		6732		85421	6160170
				95263	8605745
1					

FROM A to B

Start at A and go to B by the shortest route.



SHARE

Ann, Bega and Kila have to share 23 K1 coins between them so that:

- 1) Ann gets half of the total
- 2) Bega gets a third, and
- 3) Kila receives an eighth.

"That's impossible to do with these coins,' said Ann.

'Not if Daddy lends us something,' said Kila.

What did their father lend the children?

How much did they each receive?

UNFINISHED 1 2 3 4 E E E Can you complete this crossword using six valid English words? 5 E E E 6 E E

SPACE SEARCH

Find the words below in the cloud of letters.

COMET METEOR SATURN URANUS
EARTH MOON SPACE VENUS
GALAXY ORBIT STAR WORLD
JUPITER PLUTO SUN
MARS SATELLITE UNIVERSE



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- Pool Chemicals
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 - Malaria Control Products

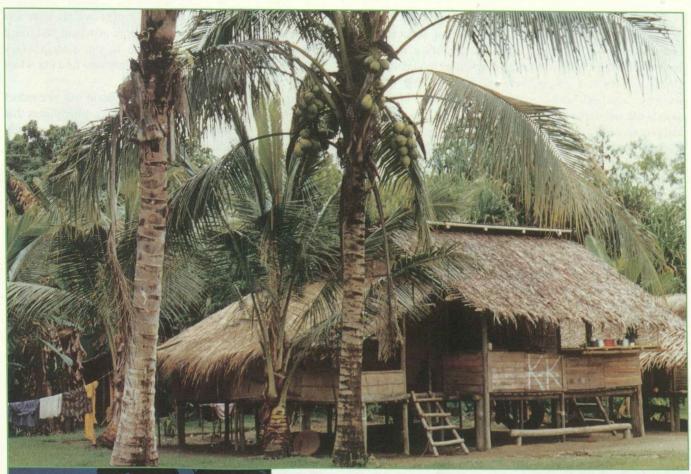


Sapos yu laikim gutpela samting Bilong ol Didiman



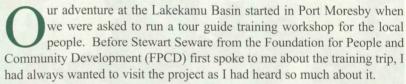
- Pikinini KakarukStock Feeds Marasin bilong didiman
 - Fetaliza bilong graunSids
 - Liklik hardware





The Magic of Lakekamu

Story by Steven Mago Photographs by Stewart Serawe FPCD



I was more excited about the trip when we were told we were flying to Wau in Morobe Province first, since it was the only way to get there. Without much information on hand, I knew this was a place that would be perfect for tourism development — off the beaten track and having everything in store for ecotourists.

If it weren't serious, it would have been funny — flying into Wau first to get to the Lakekamu Basin in Gulf Province. The reason — Lakekamu is much closer to Wau than to Kerema. Also, there is no air service direct from Kerema to Lakekamu Basin's Kakoro Airstrip.

For those who have not been there, Lakekamu Basin is a 2,500 square kilometre expanse of pristine alluvial rainforest that takes in the inland mountains of Morobe Province and lowlands and swampy plains of Gulf Province.

Top: A typical Lakekamu village

Left: Early morning market at Kakoro village



It indeed is a hotspot of unique biological diversity. When you get there, there is a somewhat mixed feeling about the true characteristics of the place. You will feel it's a mountain region given the high altitude, high intervening mountains, fast flowing rivers and gorges, yet you are also able to find swampy grassland plains, teeming with lowland birds and animal life and staple foods like sago, banana, aibika, coconuts and pineapples.

According to the Foundation for People and Community Development, Lakekamu Basin serves as a refuge for numerous threatened and endemic species of plants and animals. Some of these include the Great Southern Cassowary, Gurney's Eagle, Lowland Wallaby, Buff-faced Pigmy parrots, the Great-billed heron and the Clinging Goby.

This conservation project is managed by FPCD as an Integrated Conservation and Development programme in collaboration with Conservation International. The main thrust of the project is to link sustainable socio-economic opportunities while conserving the natural resources of the people.

The team to Lakekamu was made up of myself, tourism project development officer Nathan Kumin and FPCD field officer and our host for one week, Stewart Seware. Our introduction to Lakekamu began on a Friday at the Islands Nationair terminal in Port Moresby where we caught a North Coast Aviation Britten Norman Islander for the one-hour flight to Wau. We had to overnight in Wau, at a well-furnished guesthouse at Wau Ecology Institute, a perfect reminder of the cool climate of the Highlands.

Arriving at the Kakoro airstrip the next day, we were met by nearly a hundred local people, some of whom had heard of our visit and others who come to the airstrip every Saturday and Wednesday to see the plane and find out who's coming and going.

The purpose of our trip to Lakekamu Basin was to conduct a training workshop for tour guides. Unlike other places that I had been to, the interest shown by participants was so high, we had about 60 participants when we were supposed to only have 20. Among the group were eight women, a first in the history of TPA's nationwide tour guide training.

The local people also cooperated well. Every day, they would bring food to us at the Kakoro Guest House, one of two in the Basin. These houses, which have mainly catered for students and researchers, are built from bush materials and equipped with basic furniture, lamps, mosquito nets and mats and give the weary traveller the ultimate village experience.

The delicious meals prepared by local hosts included the local staple diet of saksak (sago), greens, cassava, kaukau, taro, banana and yams. A mumu can be arranged for those who want to witness how local food is prepared traditionally in earth ovens.

There's so much to see in the Basin's collection of fascinating natural beauty and cultural lifestyles barely touched by Western influence. Those culturally oriented will witness the unique cultures of the four distinct language groups, their traditional dances and *bilas* (decorations), elaborate artifacts and legends or take guided tours to sacred sites.

Lakekamu Basin tour guide workshop participants



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 43, 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.



Local people from the basin increase their income by small scale alluvial mining.

The conservation project has a research station at Ivimka, which is situated approximately four hours walk north from Kakoro. Constructed in 1996, it is used as a base for field training of natural history students and facilitates new field research and long term small monitoring programmes. It is well equipped with a reference library, comfortable lodging, work area and a guesthouse.

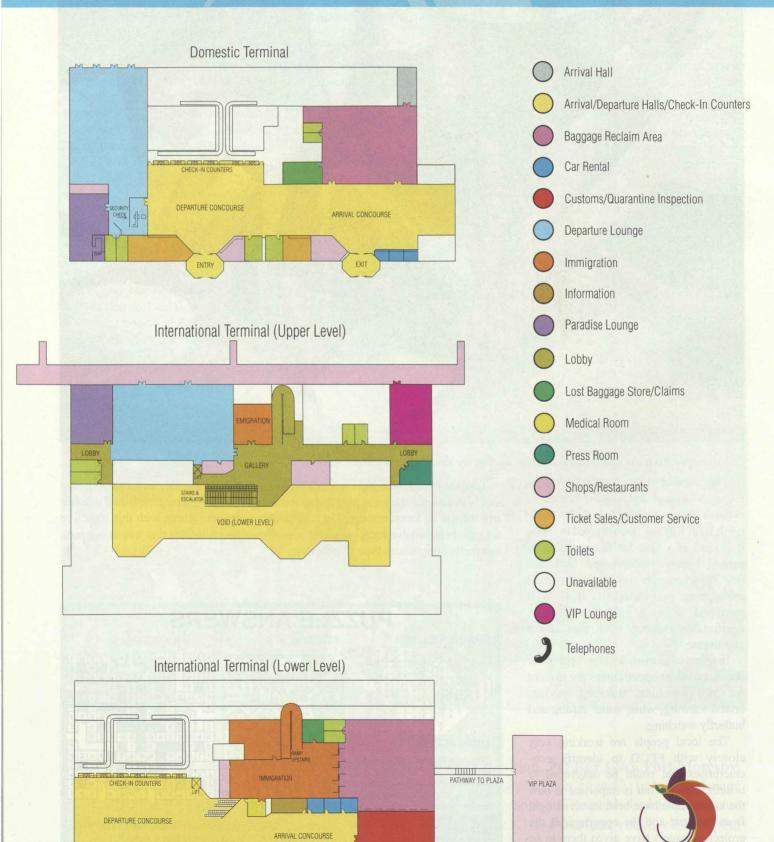
In terms of tourism development in the Basin, excellent opportunities are in store for bird watching, trekking, caving, orchid viewing, white water rafting and butterfly watching.

The local people are working very closely with FPCD to identify ecoenterprises that could be developed to benefit them. What is important is how the local people have been involved right from the start and the opportunities the project managers have given them to be part of all decision-making processes.

Like the Crater Mountain Wildlife Management Project in Eastern Highlands, the aim is to educate the local people about the importance of their forests and wildlife and the use of forest resources in a sustainable manner. Along with this objective are efforts to involve local people in socio-economic activities that would generate income to supplement their livelihood.

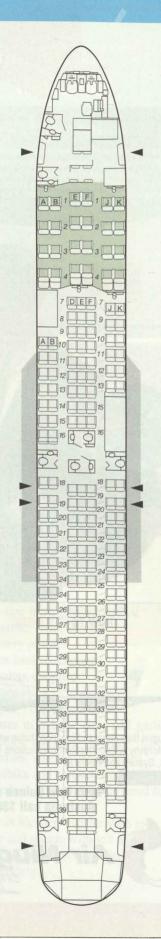
Airport Terminal

Map of Jacksons Airport



Aircraft Information

Map of Boeing 767-300





Boeing 767-319ER

CONFIGURATION

J - Business Class rows 1 to 4 (24 seats)

Y - Economy Class rows 7 to 40 (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"

KEY

Emergency Exits ► Toilet ○ Bassinets 🕞



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> Singapore offers a whole world of shopping in one fabulous city.



In this crowded colourful network of streets & alleyways, Chinese merchants trade traditional delicacies such sea cucumber

ARAB STREET

The real glory is the textiles, but you can haggle to your hearts content and come away with delight bargains.

LITTLE INDIA

From handicrafts & Kashmir silk to peacock feathers and flower garlands. Serangoon Rd is where the locals shop

ORCHARD ROAD

Contemporary shopping complexes captivate visitors for hours with their dazzling international selections. comparable to Fifth Ave & Champs-Elysees.



SHOPPING TIPS

Be firm but polite when haggling on price Check that guarantees on electrical equipment covers your country

Keep your fluids up. Drink plenty of bottled water

Shop around for the best exchange rate

Always try shoes before you but and don't forget clean socks

Remember that you will be charged for excess baggage on your return

FOOD GLORIOUS FOOD

Singapore is famous for fabulous food. Visitors with a stomach for it can eat all day, enjoying meals from top class hotels or even from street hawkers

In the restaurants you are able to have anything from sushi to sauerkraut. But the best place to savour Singapore's flavours is in the hawkers markets. Singapore street food is safe, delicious and cheap







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.

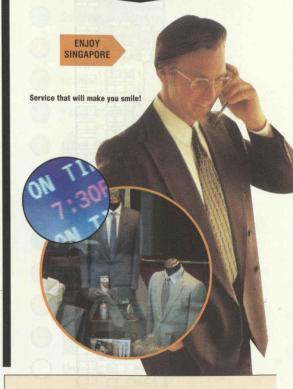
Singapore Zoological Gardens is always a top tourist attraction. It is an open concept zoo which is home to more than 2000 animals. Next to the zoo is the Night Safari, built to view animals at

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.

BUSINESS AND PLEASURE

Asia's top international meetings destination, vibrant business center and telecommunication hub has everything you'll need to plan a meeting that will be a success beyond your participants' expectations and yours. Enjoy all that Singapore has to offer after the long days of Business.



HOW TO GET THERE

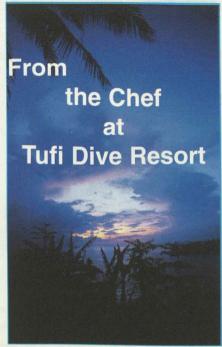


Air Niugini flies direct to Singapore twice weekly from Port Moresby with convenient connections from Brisbane, Cairns, Sydney and Honiara.

Papua New Guinea call 327 3444 Australia call 1300 361 380



Delicious local food





Curried Aibika Soup (serves 4)

10 aibika leaves 2 leek (optional) 30g butter

1 thumb-size fresh ginger, crushed

1 clove garlic, crushed

1½ tbsp curry powder

2 medium kaukau, chopped

1 large onion, chopped

1ltr chicken stock

salt, pepper, ¹/₃ cup cream

Melt butter in a large pan, add garlic, ginger, onion and curry powder. Cook for 5 minutes, stirring occasionally.

Add aibika and chicken stock. Bring to boil, reduce heat, simmer covered for 30 minutes.

Puree in blender. Return soup to saucepan and season with salt and pepper. Stir in cream and reheat without boiling.





Aibika in Coconut Milk

1 handful aibika

2 cups coconut milk

2 chilli, some ginger,

½ tbsp chicken stock

12 cherry tomatoes

Boil water and put aibika in for 2 minutes. Drain the aibika and put aside. Slowly heat coconut milk, ginger, chilli and chicken stock.

Before serving the meal, put aibika back into the pot with all the other ingredients and bring to boil.

Garnish with quartered cherry tomatoes.



500gr grubs (sugar or mangrove) Marinade:

garlic, oil, chilli, coconut milk, salt Marinate the grubs for 4 hours. Fry marinated grubs and serve. Grubs may sound ghastly but taste delicious!

For more information:

Phone: +675 641 1438 Email: info@tufidive.com Website:www.tufitelita.com



Melcome

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 GTM, 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.



PAPUA NEW GUINEA

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:

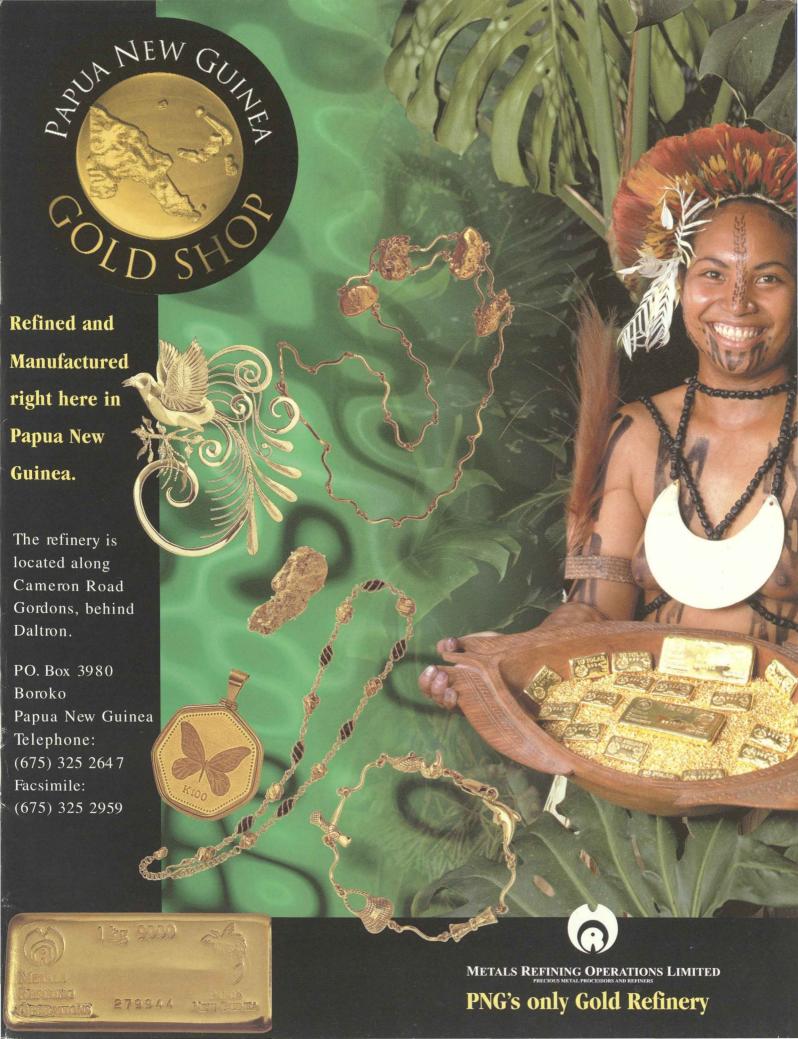
August - Mt Hagen Show, September - Hiri Moale Festival Port Moresby, Goroka Show, October - Maborasa Festival Madang, Morobe Show

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.

aipikavtpa2/02

Tourism Promotion Authority, PO Box 1291, Port Moresby, Papua New Guinea Phone: (675) 320 0211 Fax: (675) 320 0223 Email: info@pngtourism.org.pg



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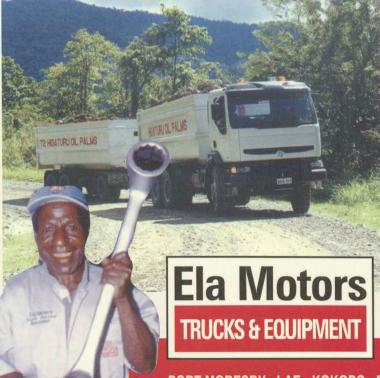


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