

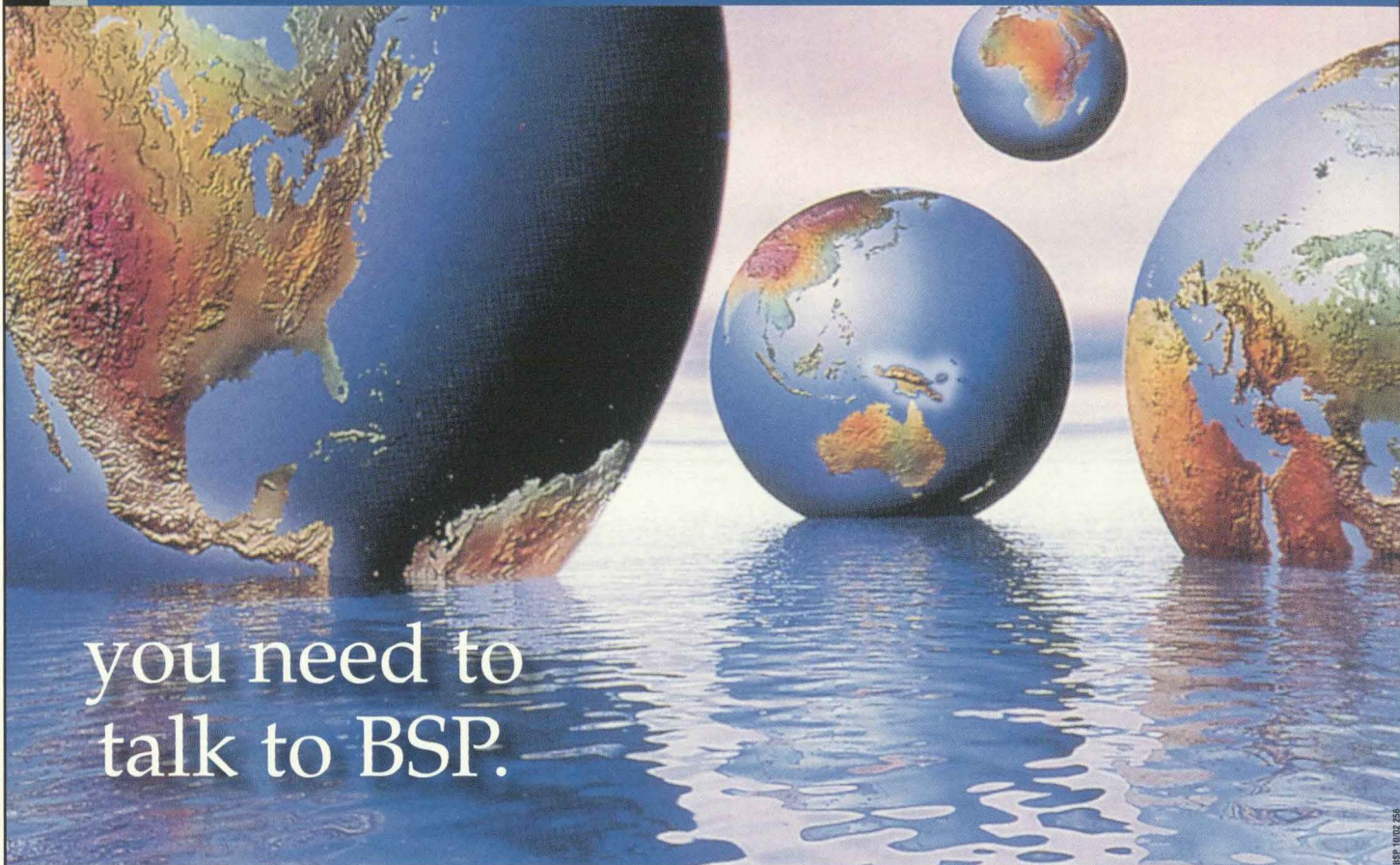
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Photographs by Richard Delman
courtesy of SP Brewery

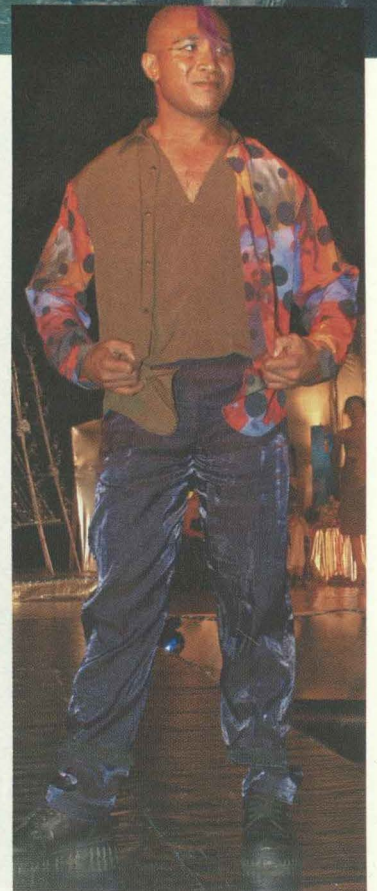


In August 2002 a spectacular night of contemporary fashion and music illustrated the creative inspiration, passion and sophistication of talented Papua New Guinean designers. The Ice Fashion Awards provided the platform for many new designers, both professional and amateur to showcase their works of art. There were three main categories — club/dance, career and wearable art.

Resident designers were invited to enter. The brief was that all items of clothing must be original and created especially for the Ice Fashion Awards. The response was overwhelming with 34 designers registering, 30 of whom were amateurs.

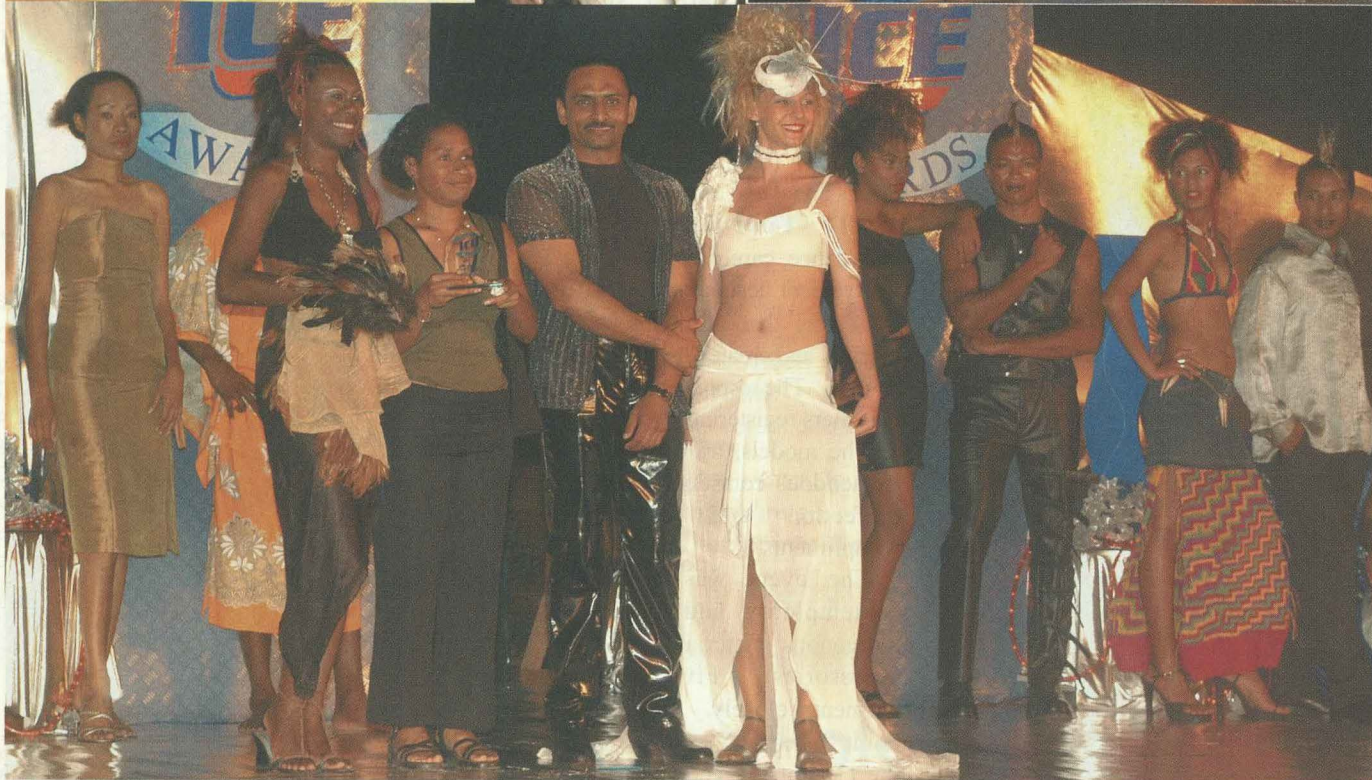
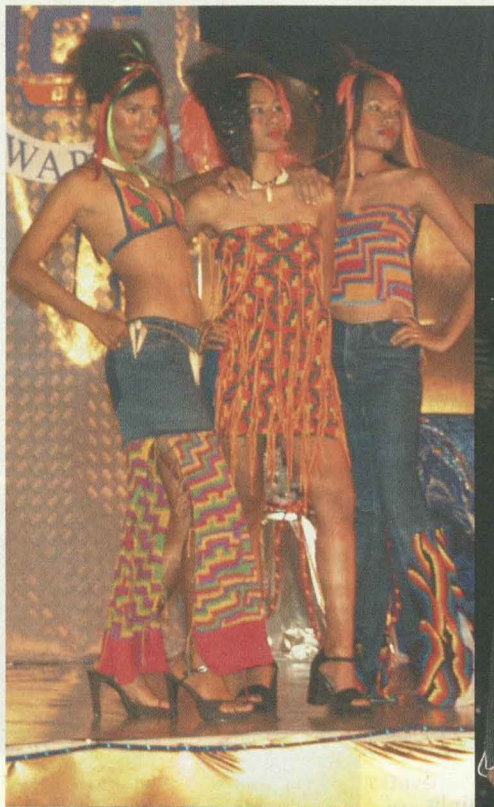
The models, trained by SP Brewery, gained tremendous confidence and self-esteem. Their perfection and grace received many compliments.

The event was a blend of traditional, contemporary and fantasy concepts using indigenous material and modern fabrics and accessories. Five judges examined the garments closely. Rating each item using a point system, 45 were selected as finalists from the 110 entries received.



The creative aspects of the garments were outstanding. Many blended traditional PNG culture with prevailing modern tones. Others were ultra modern and daring. The Wearable Art category was popular with the designers who thought outside the square of conservative design.

Amateur designer Tanya Bezenyi submitted the overall winning design, which also won the best theme presentation in the 'wearable art' category. These two outfits modelled by Nicolaas Joku and Muraka Daroa are on the cover of this magazine. The male outfit featured a fully lined kilt made from tapa cloth. The bamboo breastplate, facemask, leg and armbands were carefully wired together. The female garment was also fully lined and made from tapa cloth. It featured shells sewn into the bra cup. A bamboo choker and headpiece made from bird of paradise feathers completed this ensemble.





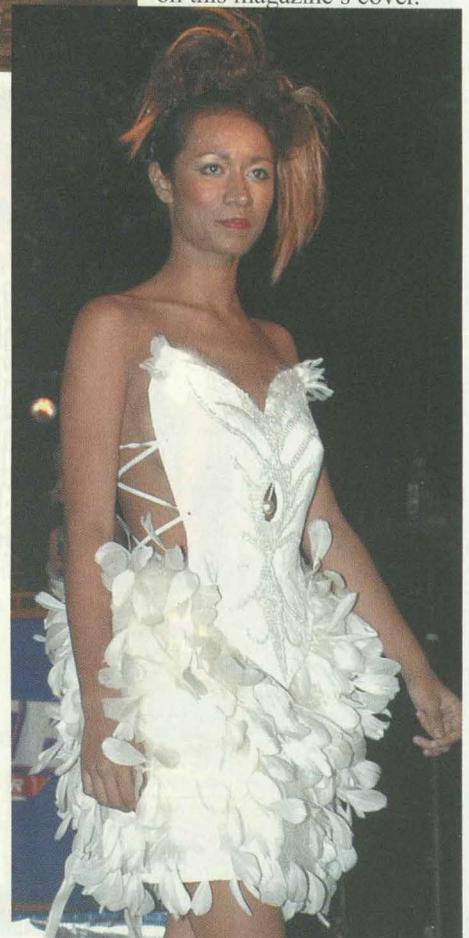
(Above) *Best theme presentation — club/dance*
 Winner: **Esther Nombri** Model: Esther Usurup
 This garment featured a cape made from cassowary and chicken feathers.



Best theme presentation — career
 Winner: **Shane Wong**
 Model: Tania Mairi
 The fresh vibrant colours of this floral dress with lime green jacket take the wearer from the busy corporate boardroom to an evening cocktail party, just by removing the jacket.



This bodysuit of wearable art illustrated the artistic talent of the designer, but the winner was the design shown on this magazine's cover.



(Right) *Best technical design — wearable art*
 Winner: **Shane Wong** Model: Samantha Kassman
 A Balimo face mask design was the inspiration for this wedding dress. The bustier is made from papier-maché highlighted with sequins and a pearl drop feature. The skirt is made from chicken and ostrich feathers. This garment took two months to make.



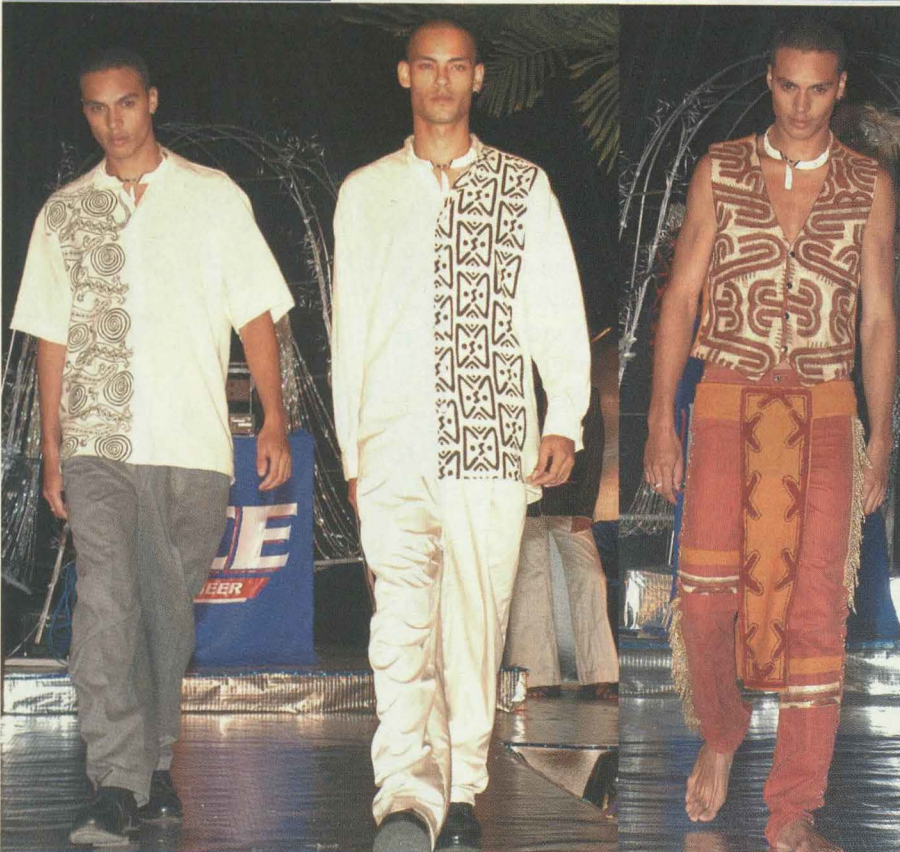
(Left)
Audience favourite
 Winner:
Uwato Ema
 Model:
 Meriba Igara
 This radiant creation uses the design of traditional tapa cloth highlighted with cassowary feathers.



(Right)
Best amateur design
 Winner:
Jude Paisawa
 Model:
 Sylvia Haminan
 Rainforest seeds, shells and the bark of a coconut tree create an outfit that represents the beauty of Papua New Guinea.



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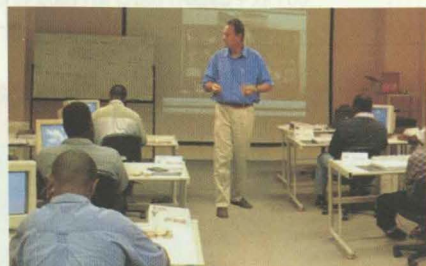
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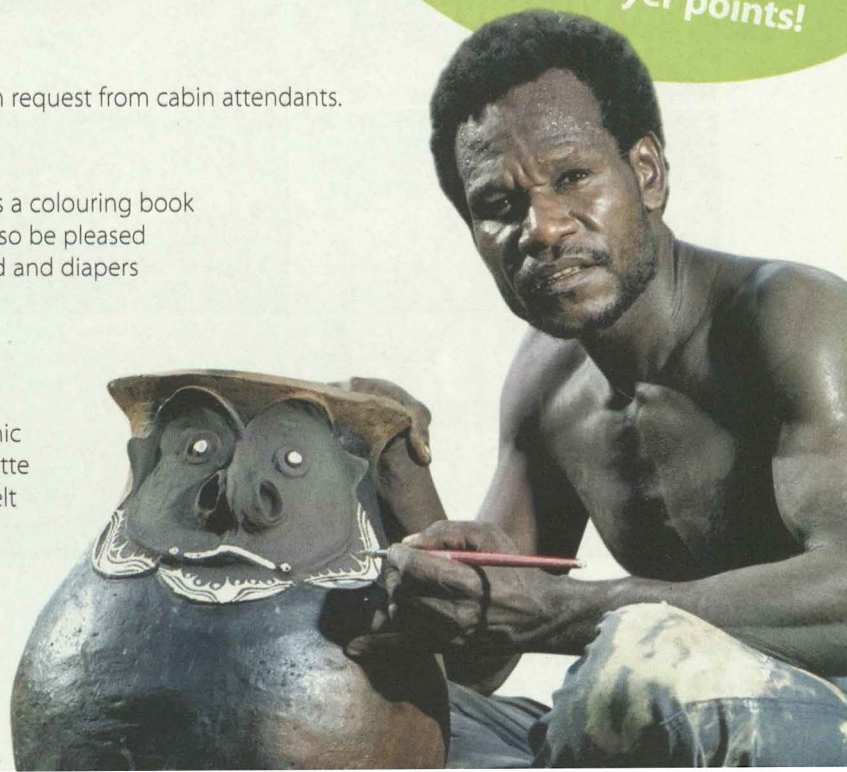
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Into the Unknown

Story and photographs
by Tim Rock and Olga Spoelstra

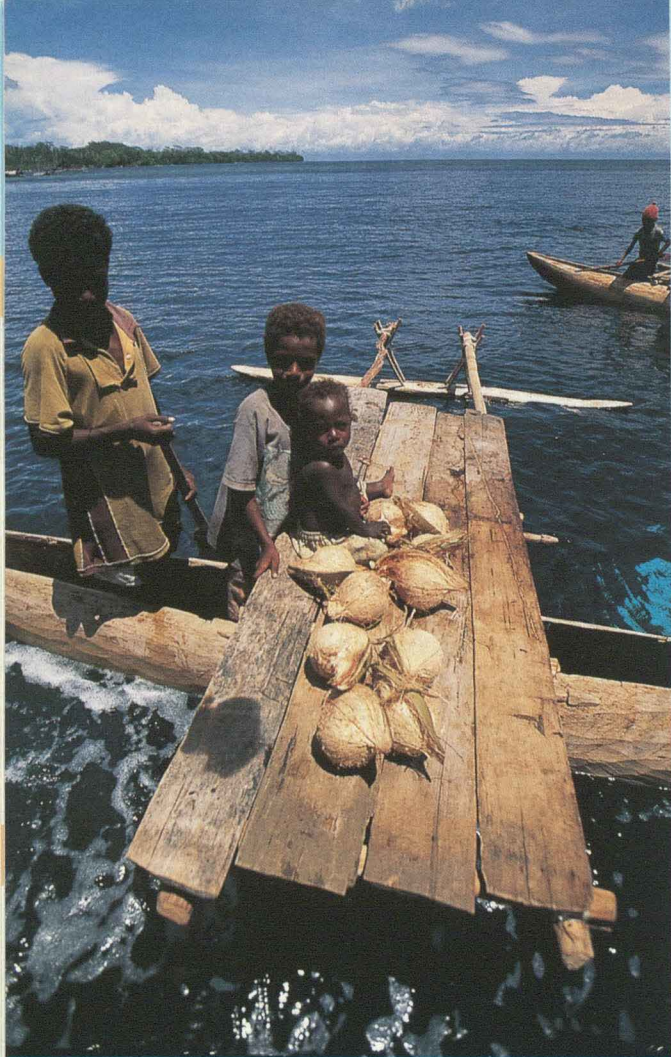
Fighting a constant current, we could see the reef structure dead ahead. The water was clear and blue and silvertip sharks came racing from the depths to greet us. Their swaying bodies turn at the last moment, the shimmering creatures both shocked and amazed us with their approach speed. A large ball appeared in the distance and soon we were engulfed in a school of swirling barracuda. An eagle ray swept past, then hovered in the navy abyss. Then the sight of hundreds of heads and big eyes, as silvery jacks came straight toward us and then surrounded us. Below, the reef cooked with activity as tropical fish, snapper schools and colored sea fans fed on the nutrient rich currents.

This was Papua New Guinea diving at its finest. In the open sea in the shadow of still smoking volcanoes and palm-fringed beaches, we charted a course of exploration.

The ocean is often called the world's last real frontier — the black, frigid depths where man rarely penetrates. The realm of the coral reef is now thought to be well tamed. In some of the world's over-trafficked, tourist-filled locales, that may be true. But in Papua New Guinea, there are literally hundreds of thousands of square kilometres of ocean to engage, explore and document.

Our exploratory journey was intended to do all of that. The trip would encompass newly discovered sites around majestic Long Island, a night's journey northeast of Madang. The live-aboard *Golden Dawn*, with ever-adventurous Captain Craig de Witt at the helm, was the platform for this journey. The ship would then continue east, visiting the sparsely populated Tolokiwa, move on to the scenic Siassi group, then on to the fishy isles of Tami before heading out to open sea to view the submerged Star Reef chain, before moving closer to Tufi for a look at strange creatures in the muck.



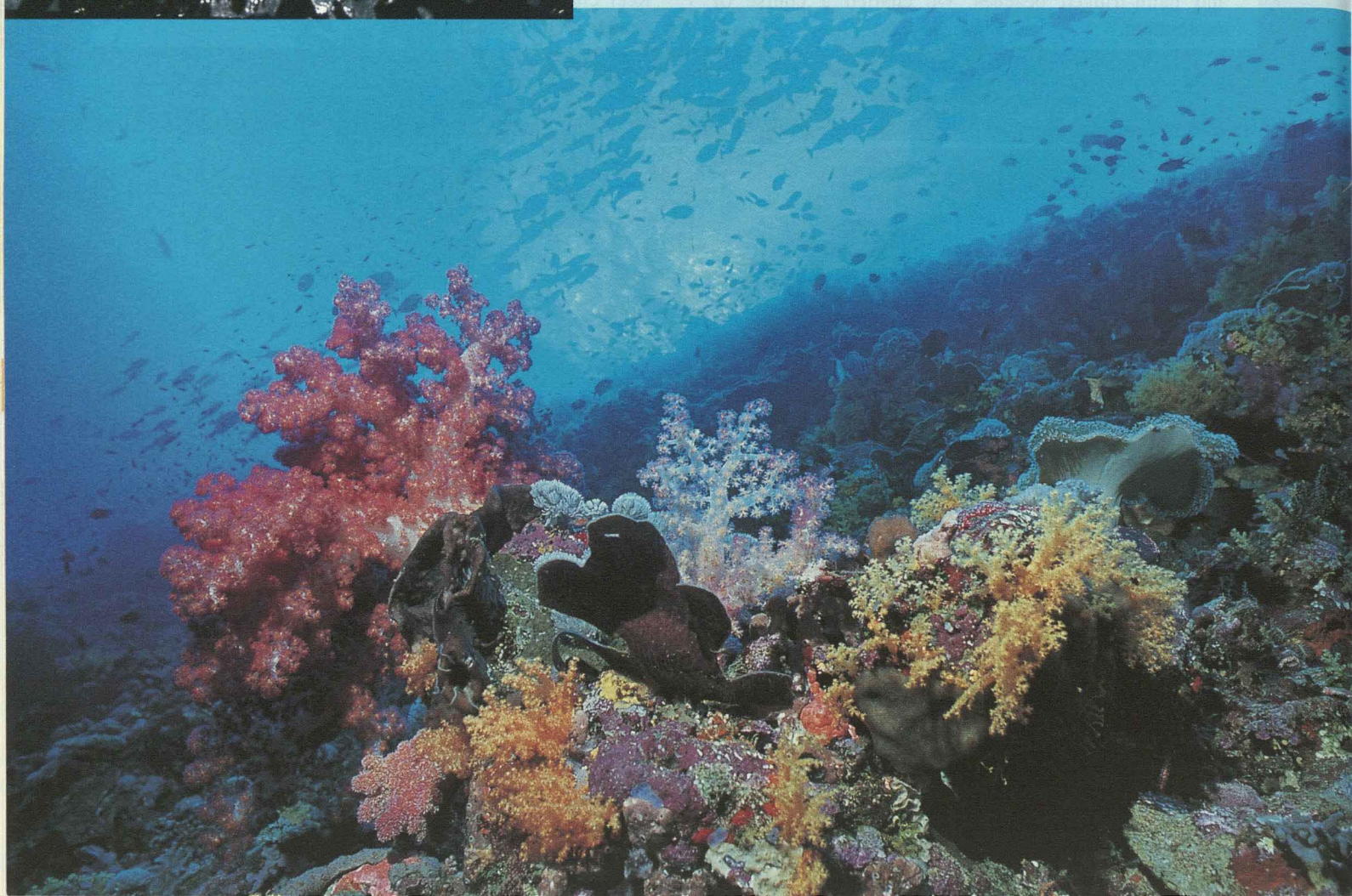


Long Island is a rugged, immense island with a 7-mile long volcanic lake in the centre of it. A few years ago, Craig found a beautiful reef here and named it after his eldest son — Julien's Reef, home to soft corals and much fish life. Diversity is the highlight of this colourful reef situated a mile off Long Island's northwest coast. Sheer drop-offs pocked with barrel sponges mark one side. A series of big coral bommies in a deep pass with schools of brilliant yellow snappers surrounding the landscaped coral heads accents another side of the reef. Another side has a series of shelves with clams, crinoids and many colourful and curious reef invertebrates. Everything from tiny dragonets to tiger sharks has been sighted in the few years it has been dived.

Afternoon and morning dives at BokBok Village were equally rewarding. At dawn, a huge female sea turtle played with us. Then the water turned milky as we watched in awe at sex in the sea. Barrel sponges spewing sperm and eggs made the water cloudy with plumes, as many would go off simultaneously.

At a place dubbed Jurassic Park, we watched the sun sink in a brilliant ball over the horizon filling the sky with shafts of orange and red. Upon darkness we slipped into water and watched with amazement as our phosphorescent trails lit up the black sea. A small slender delicate ghost pipefish was a true find. This little seahorse looking fish was not previously thought to be in Papua New Guinean waters. We emerged to a starry night with the Milky Way high overhead.

After a night of travel we found ourselves at the cone shaped Tolokiwa Island. Here, a long reef runs out with a low saddle separating some reefs. At Fan City, large concentrations of sea fans and crimson sea whips thrive on a sloping hard coral face. Along this same chain, Tolokiwa Wall brought grey reef and silvertip shark. This place was very sharky.



More uncharted dives started at Umboi Island. Our first dip into the sea brought us tonnes of fish including black snapper, dogtooth tuna, oceanic triggers and other schooling masses. Big deep-water soft coral trees and brilliant Dutch orange soft corals along the shallower walls were major colour highlights.

Moving east, at Higgin's Point we looked at unusual fish and invertebrate life. There were colourful yellow elephant ear sponges that wave in the slight currents and provide shelter for many-host gobies.

An overnight journey brought us to the Siassi Group. The white reflective sand was excellent for viewing sea life. A huge nudibranch was discovered on one dive. The species *Joruna funebris* is a brilliant white with black dots. The mutant was nearly 30cm long and looked like a small bread loaf with large flowing gills and tall rhinopores like a baby bull! Just another PNG undersea surprise.

At Tami Island, the villagers have developed uniquely designed carved bowls, canoe fronts and paddles of coconut wood but more notably rosewood and kwila. The Tami people carve fish and geometric designs into the works that are like no other designs. These artistic people also chant lilting songs.

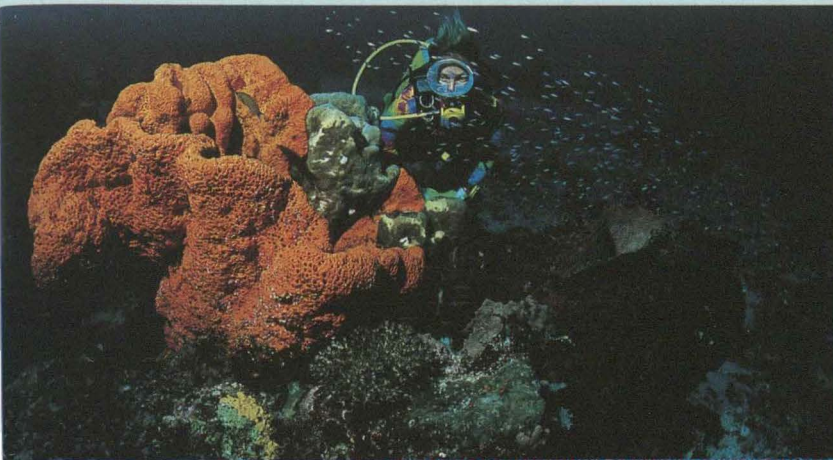
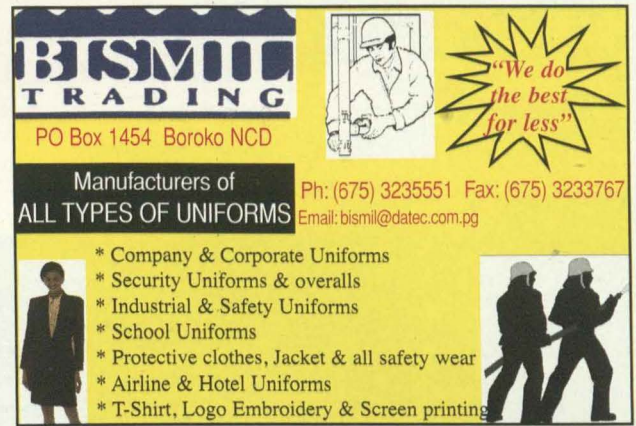
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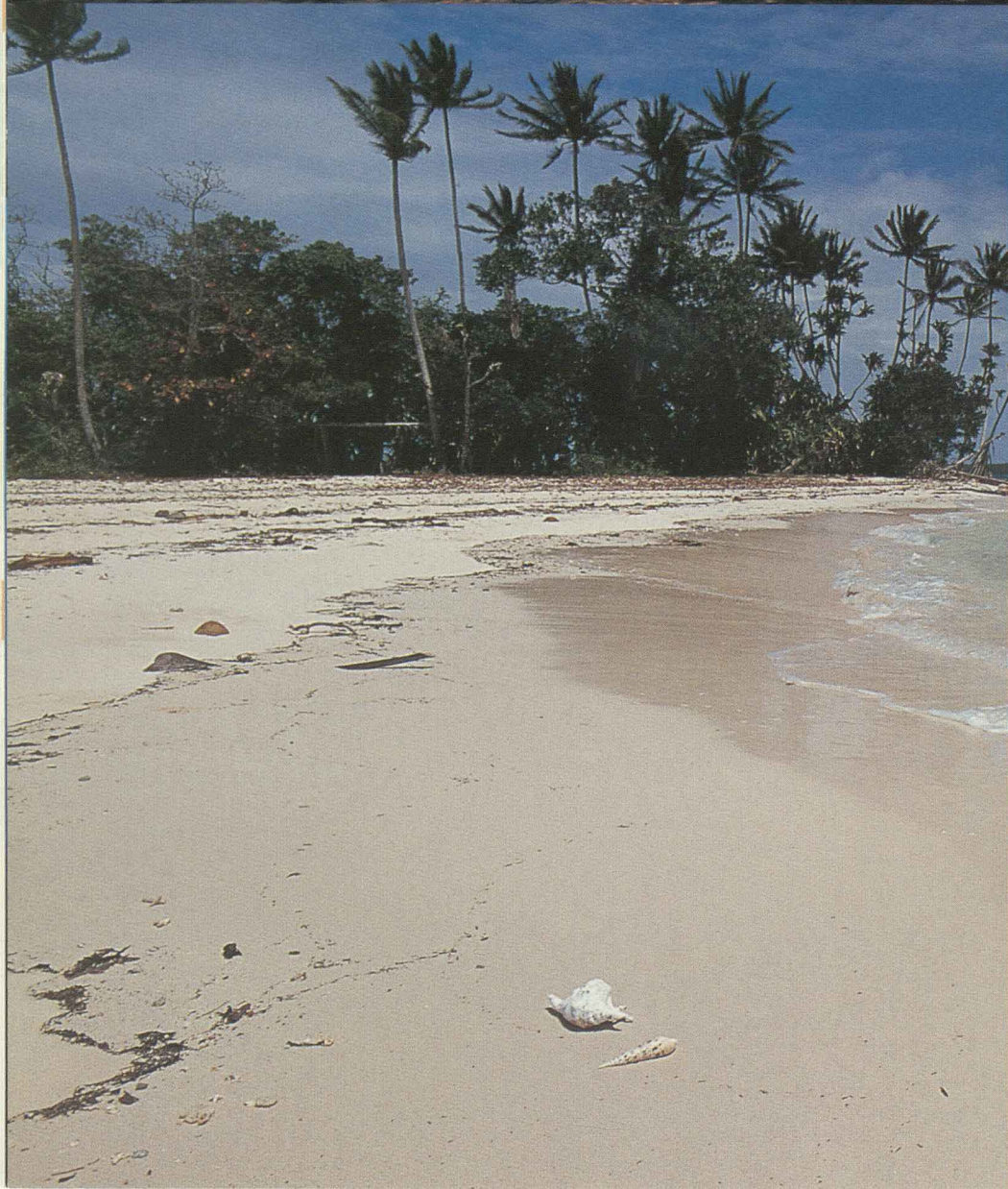
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Leaving the amazing Tami area at sunset, we were accompanied by a school of spinner dolphins through the open sea to the Star Reef System. This is a series of submerged reefs, most of which are uncharted. Using radar and good old-fashioned eyeballs, we looked for signs of a prospective reef. We found deep sloping reefs with large, curly wire corals and amazing visibility. At a current swept point the big fish action started with silvertip sharks, eagle rays, big bull jacks and a parade of dozens of dogtooth tuna in size grande.

Trip's end brought us to Tufi — a tiny outpost set up for divers in what is known as the fiords of Papua New Guinea. The Tufi Wharf is famous for its odd creatures. This treasure trove completed our trip of exploration.

Bilums

Photographs by Mahendra Blackman

Bilums, — strong string bags — are woven so they can expand to hold large loads. In one, a baby sleeps while swinging from a tree. Another filled with produce hangs from the head of its owner as she walks to sell her vegetables in the market.

Traditionally, in some cultures the bilum was used as money, and held an important place in the barter system of trading. These days, it is used as a general purpose carrying bag and is also used in home decorations.

Bilums are the universal carry-all of Papua New Guinea. They serve as purses, backpacks, grocery bags, sports bags, baby carriers and medicine bags. In the home they are used to store food, clothing, and other belongings. In a men's haus tambaran, bilums are used to store ceremonial items.

Patterns and materials differ but the bilum can be found in many areas around the country. They come in a wide variety of styles, sizes and colours, handmade by skilled women. Often, the patterns show the clan of the maker.





Traditionally, the fibre from tulip tree bark is rolled into string, although commercial twine is used as well. Bilums are woven in a continuous figure eight knotting technique. String is knotted around a guide or coconut and pandanus leaves to make sure the sizes are even. The width of these guides is the size of the stitches. Colours are added with grasses or orchid bark, as well as natural and commercial dyes.

Now, many weavers buy their materials in the local store. The string can be cotton, wool or plastic. The leaf guides have been replaced by plastic packing strips.





In some areas there are customs connected with bilums. In one province, during initiation, men copy the movements and sounds of the male birds whose feathers decorate their bilums. Among the mountain Ok people of the Western Province, a man's importance can be shown by the type of string bag he carries. If it is covered with cassowary feathers, he is very important. If it has only wildfowl feathers, he is not very important.

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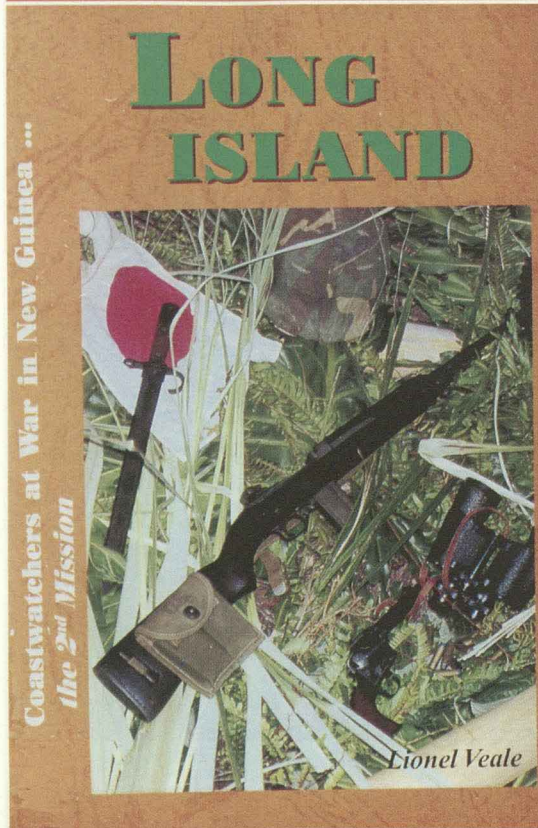
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Book Review — *The Long Island Mission*

Review by Eric Lindgren



Lionel Veale took part in six coast-watching missions in New Guinea during WW2. His earlier book, *Wewak Mission*, was set in the swamp country behind Wewak, and detailed his first covert operations observing the Japanese troops stationed there. He followed this with a novel, *And Then There Were Two* — a story of young love interwoven into a factual framework, set in the Lae-Markham area before and during WW2.

His latest book, *The Long Island Mission*, continues the story of Veale's wartime service in New Guinea. This mission is set on Long Island off Madang.

Written in the third person, as an observer, this is a detailed account of the time from Veale's return to service in Brisbane, after leave following the Wewak mission, until his departure from Long Island by US Navy PT Boat. This followed three months watching Japanese movements on the island.

Long Island has a distinctive shape. An ancient volcano collapsed upon itself and a magnificent freshwater lake — Lake Wisdom — formed in the caldera, 200m above sea level. A relatively narrow coastal plain, clothed in secondary rainforest and quickly rising to the volcano's heights surrounds the central 'decapped' mountain. Rugged terrain, thick forest and limited flat areas formed the site of Veale's reconnaissances.

Those familiar with New Guinea personalities will recognise many of the names which flow through the narrative — McCarthy, Feldt, MV Paluma, USS Sturgeon, Bill Money, Malcolm Wright and others. Those familiar with the north coast can follow Veale in the PT boat as it travels through the night to Long Island. Those familiar with Long Island can see the cliffs of Point Kiaou, where the party landed and met their first, geographical, resistance. The deeply dissected slopes, the rushing torrents of cold, pure water spilling from Lake Wisdom, the turtles nesting on the beaches, the egg-grounds of the megapodes form the Long Island experience both then and now.

But Veale's party of three soldiers and three police boys encountered many difficulties different from those of the present day traveller. It is hard to imagine traversing the difficult terrain, all the time with eyes open for the enemy; moving at night to avoid detection; establishing temporary camps almost under the enemy's noses; reporting back to POM the intelligence gathered. These were the experiences of these men-at-war, always alert, always on guard, always with their life depending upon their skills of bushmanship and survival.



This map was carried by Sgt Lionel Veale during his 1943 Coastwatcher mission.

The Veale/Hall group was one of seven established along the north coast of New Britain and in Vitiaz Strait in preparation for the Allied landings at Cape Gloucester and Arawe. The vital information they gleaned resulted in the success of these invasions — in 1943 they blocked the Japanese supply lines from Rabaul to mainland New Guinea.

Small incidents are described in detail, giving the reader the background to decisions being made by a 'higher authority'. Reception of a 'J' signal, instead of normal talk-back, alerted this party to the fact that another of the seven had been compromised — therefore BE CAREFUL! Results of observations are reported as they happened — a night-flying Catalina bombing Japanese wharves on the island within a few hours of the party's radio message going out, etc.

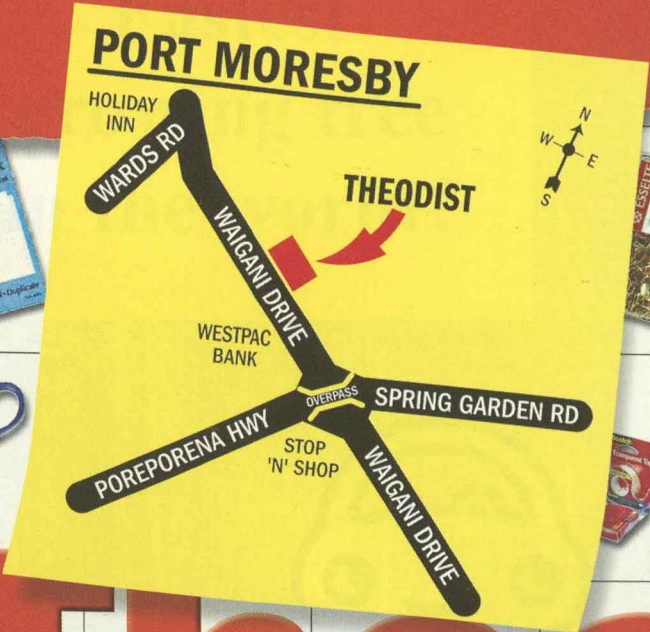
Somehow my life and Veale's have been connected though separated in time. Although I did not meet him until 1998 I too trod the soils of Long Island, in 1973, long after he did. I saw remnants of Veale's War. I saw the eggs of Point Kiaou. I experienced the torrents and the gullies of the caldera. One of life's little coincidences, perhaps? But I can better appreciate the story he has told and see the places he describes. His war had to be experienced. In a small way this book has shared those times with me. I look forward to Veale's next book!

The Long Island Mission, Coastwatchers at War in New Guinea
ISBN 0-9577385-1-X

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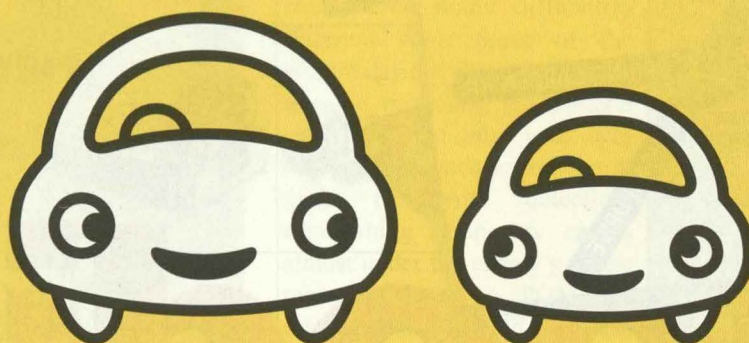
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Go with the world's #1

Balsa

**Fastest
growing tree
in the world?**



*From this — a few months old,
photo above*

*To this — three years old,
photo on left*



*Some 15 years later, slowing
down at last
photo below*

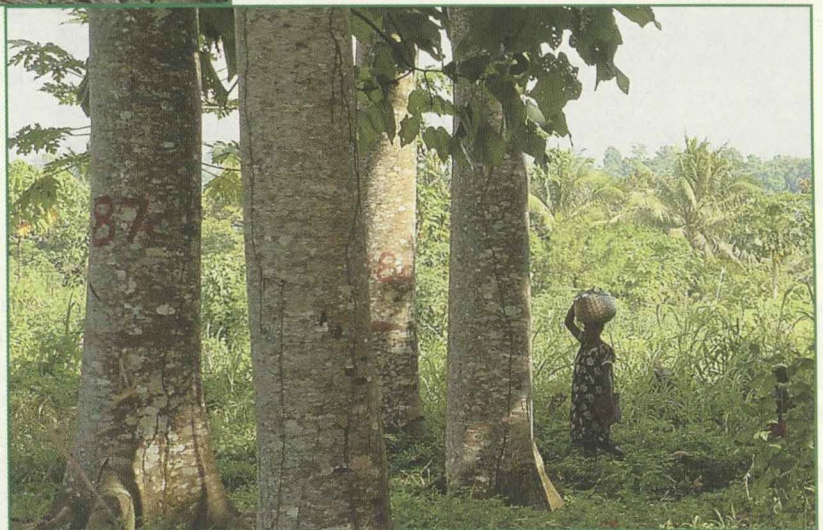
Why would you want to grow a tree which can grow so fast in East New Britain that it doesn't stop to form growth rings and produces wood with little strength and durability that is too soft for furniture?

Because it is balsa.

Most people know balsa as the wood which their hobby aeroplanes were made of when they were children. The main virtue of balsa is that it is extremely light. It is easy to cut and fashion into any shape. This makes it ideal for any hobby model builder.

If you do a web search on balsa, the result is a list of American and European model builders who use balsa. This is good news for the population of the Gazelle Peninsula of East New Britain, where the tree has been grown for years in small plantations. The growers sell it to the local sawmillers who process it and sell it on the international market.

A volcanic eruption devastated the town of Rabaul in 1994 and also severely disrupted local industry. The acidic volcanic ash defoliated trees 40 kilometres away from the eruption,



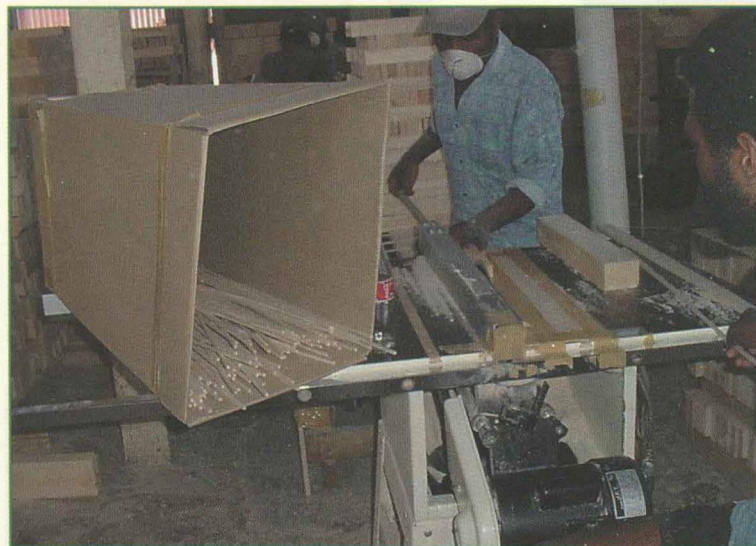
and destroyed plantations. One saviour has been the International Tropical Timber Organization (ITTO), which is dedicated to the sustainable harvesting of tropical forests.

In 1996, together with the National Forest Authority, the ITTO undertook to help assist local farmers to grow better quality balsa crops, to improve the farmer's tree growing skills better and to increase their cash return. The problem was that the balsa trees were often of poor genetic stock, resulting in bent trees with large branches.

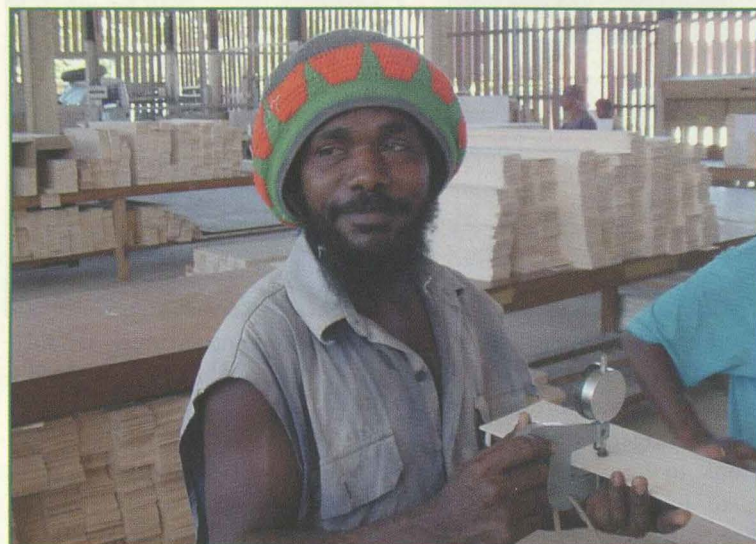
There wasn't enough balsa seed to grow sufficient trees for the industry and poor management practices led to the wrong trees being harvested, or felled too soon.



Each piece of balsa is inspected before packing for export.



Some of the sawn pieces are very small and losses through sawdust are high.



Quality control of the final product is paramount.

ITTO appointed Neville Howcroft, John Ohana and Ruth Gob to search out the best remaining balsa trees and to start a balsa nursery using local seed. With Neville as overall manager, John acts as the public face of the project to the farmers while Ruth runs the nursery.

Neville had to devise and implement a genetic improvement programme. He scoured the bush for old trees of good shape and growth and gradually built up a bank of trees from which they could breed new seedlings.

John with a safety belt and foot spikes can be found climbing the trees collecting seeds or advising farmers on how to plant the trees, when to thin them out and when to clear fall them.

With her staff, Ruth operates a nursery where the farmers can buy seedlings for a few toea each. All these seedlings are grown from genetically superior seed. This shows in the even growth of the newer plantations. The trees can grow as fast as a centimetre in diameter a month, or more. At this rate, the plantation can be cut down at age four or five. This gives the farmers a cash return without waiting for many years, as with conventional forestry.

Other winners of the project are the workers who find employment in the three local sawmills. The work is labour intensive with up to 250 workers per sawmill needed to cut and transport the trees, and saw, dry, plane, pack and export the boards. The sawmills purchase logs directly from farmers or enter in share farming arrangements with them. When the plantations are cut down, the National Forest Authority keeps a copy of the paperwork and holds payment cheques from the sawmiller to the farmer in trust, so that the harvesting operation is transparent and fair to all concerned. Prices for the logs range between 20-40 kina per cubic metre.

The key to balsa sawmilling is 'value adding' — adding value to the sawlogs by processing them from logs to a product which hobbyists can use in China, Europe or the USA. Workers saw, kiln dry, plane and sand logs of balsa to tolerances as fine as 0.1mm for export quality pieces of balsa. Competition from other countries, mainly Ecuador, is fierce and quality control is paramount. Also, recovery of sawn material from the logs is as low as seven per cent, so all staff are conscious of the need to extract every last piece from the logs. Prices for the sawn pieces vary between US\$300-370 per cubic metre, which is low considering the quality of the final product.

As with all crops, balsa is subject to global price trends, so the future is never secure. However, the Gazelle Peninsula has some of the best soil, sunshine and rain in the world for growing balsa. Perhaps the farmers, sawmillers and the ITTO researchers should be seen as three points of a commercial triangle, each with their own interests, but all determined to make the balsa industry a commercial success in Papua New Guinea.

Good luck to them!

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When Daltron first opened its doors in 1977 in a small building in Turumu Street Boroko, selling hi-fi, stereos, electronic components and test equipment, it had only two staff, some stereo equipment and a workshop where they fixed anything electronic. At the end of the day, the owner Bruce Dahlenburg and co-worker Jimmy took turns sweeping the floor.

As technology progressed Daltron diversified into the more up-market brands of stereo equipment, television sets and video recorders. One of Daltron's early successes was in the marketing of public address equipment, installing PA equipment at sports grounds and church halls.

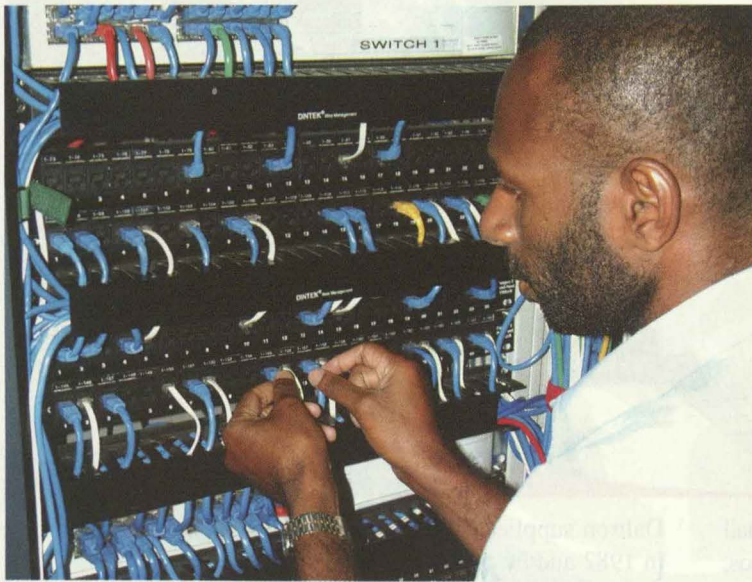
Daltron supplied the PA equipment for a visit by the Queen in 1982 and by the Pope in 1984.

While Daltron's traditional markets continued to grow, in 1982 the company signed with NEC for distribution of their personal computers and printers. The first NEC APC (Advance Personal Computer) had a price tag of K10,000 (at a time when the Kina was almost equivalent to the US dollar). Gradually the cost of computers fell, becoming affordable to small and medium sized business. Daltron made a crucial decision that changed the course of its future — to concentrate their efforts in the information processing market.





Service and field engineers



In 1986, the company entered the photocopier market, but the real success in this area began in 1991 when Daltron was appointed the PNG distributor for Xerox equipment. In March 1995 Daltron launched the NiuLogic computer, the first PC to be commercially assembled in Papua New Guinea. Assembling PCs locally allowed Daltron to dramatically reduce the cost of owning a personal computer. With spare parts and maintenance facilities available locally, the NiuLogic product has a unique advantage over other brand names in the market. NiuLogic computers set a benchmark for quality and reliability, using high quality components and following a strict quality assurance programme. NiuLogic computers are backed by a one-year warranty.

During this time the industry was experiencing a shift in preferred network operating systems. Novell had been the network platform of choice through the early 1990s. Despite its delayed launch in 1993 and its publicised early bugs, by the mid 90s Windows NT was becoming a formidable competitor. Daltron's management recognised the signs and implications of this shift and made the commitment to increase the depth and breadth of technical expertise across a range of operating platforms. They launched an aggressive internal training programme to assist their technical services staff to achieve internationally recognised industry certification such as MCSE (Microsoft Certified System Engineer) and CCNE (Cisco Certified Network Engineer).



One of the most important developments for the IT industry in the country was the establishment of on-shore internet access. Daltron became one of the first Internet Service Providers in 1997. Webtaim Prepaid Internet gives a new flexibility to purchasing internet access. Webtaim is available as 10, 20 and 40 hour cards. It offers a username, password and e-mail account. The card comes with instructions so it is easy to activate, and it gives the user total control over usage. It brings convenience to travellers, cost advantages for infrequent users and internet services for the budget conscious, the business executive or tourists visiting Papua New Guinea. As long as the user has an internet-ready computer with access to a phone line, the card can be used anywhere in the country, but phone call charges are additional.

DALTRON



Celebrating 25 years of business — September 2002





In the 25 years since Daltron was established there have been truly staggering developments in the field of communication and information technology. Daltron has always sought to push the envelope in providing cutting edge technology, products and services in Papua New Guinea. Daltron has grown up with the IT industry and with the country. The one billionth PC was shipped in April 2002. The second billion is expected to be reached in 2007 or 2008. In July 2002, 17,176 NiuLogic computers had been produced.

Daltron now employs over 150 staff in Port Moresby. The management at Daltron believes that employees are a company's greatest asset. The company's corporate philosophy of recruiting the best and investing in personal development has created interdependence between the

company and its employees, which has proven to be mutually beneficial. This philosophy promotes training and career path development. Employees are encouraged to use their talents, take advantage of the training opportunities and create careers and promotion for themselves. As a result of the company's continual striving to provide a pleasant work environment and the opportunity for career advancement, there is a relatively low staff turnover rate and approximately 25 per cent of the staff have five years or more with the company. These long-serving employees come from all of Daltron's major divisions, including sales, service, stores and administration.

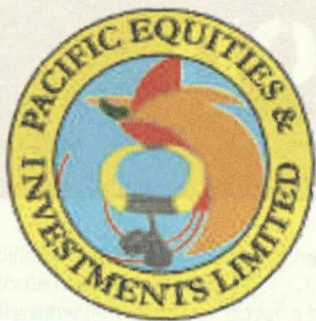
In Daltron's showroom, there is a large service desk where customer service is a priority. Daltron's original slogan was 'We Service What We Sell'. In reality, Daltron frequently services equipment that was purchased elsewhere.

Celebrating success in true PNG style



As the business and staff numbers expanded, it became necessary to change premises several times until in 1996 Daltron built its own purpose-designed showroom, service and assembly areas and large warehouse facilities building in Cameron Road.

The company celebrated its 25th anniversary in September 2002. The celebrations commenced with a Staff Traditional Dress Day held at the premises. Staff were encouraged to attend work in their traditional dress and enjoy a day full of festivities. Prizes were given for best dressed male and female, best dance and best music maker. Approximately 60 employees wore full traditional dress, many more wore meri blouses and traditional bilas. Provinces from around the country were represented, creating a diverse mixture of colour, dance and music.



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Medical information

Inflight health tips and exercises

Your Health In-Flight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful. When you are flying you can be seated and inactive for long periods of time. The environment can be low in humidity and pressurised up to an altitude of 2240 metres above sea level. Unlike other forms of transportation, air travel allows for rapid movement across many time zones, causing a disruption to the body's "biological clock." Although these unique factors do not pose a health or safety threat to most passengers, there are guidelines you can follow that will improve your comfort level, during and after a flight. We hope the following recommendations will help you have a more pleasant flight today and in the future.

Blood Circulation/Muscle Relaxation

When you're sitting upright in a stationary position for a long period of time, several things can happen:

- The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.
- The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.
- A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.
- Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility. Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:
 - increasing age above 40 years
 - pregnancy
 - former or current malignant disease
 - blood disorders leading to increased clotting tendency
 - personal or family history of DVT
 - recent major surgery or injury, especially to lower limbs or abdomen
 - oestrogen hormone therapy, including oral contraceptives

- immobilisation for a day or more
- dehydration
- heart failure
- trauma
- varicose veins
- obesity
- tobacco smoking

Recommendations:

- If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- While in-flight, move your legs and feet for three to four minutes per hour while seated and move about the cabin occasionally, if conditions allow.
- Doing light exercises as depicted in the sketches below may be effective in increasing the body's blood circulation and massaging the muscles.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed. The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

We recommend that you:

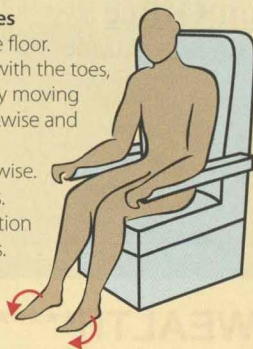
- Get a good night's rest before your flight
- Arrive at your destination a day or two early, if possible, to give your body a chance to become more acclimatised to the new time zone.
- Fly direct to minimise flight time, when possible. This allows you to relax more upon arrival.
- Leave your watch on home time if you're staying at your destination less than 48 hours. Also try to eat and sleep according to your home time.
- Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time. On longer stays, try to prepare in advance for your destination with its

Inflight Workout

These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods sitting. They may be effective in increasing the body's blood circulation and massaging the muscles. We recommend you do these exercises for three or four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or can not be done with ease.

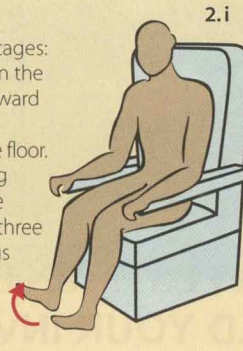
1. Ankle Circles

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



2. Foot Pumps

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



Medical information

Inflight health tips and exercises

different time zone; adjust your meal and rest times to be closer to those of your destination.

- Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.

Cabin Humidity/Dehydration

Humidity levels of less than 25 percent are common in the cabin. This is due to the extremely low humidity levels of outside air supplied to the cabin. The low humidity can cause drying of the nose, throat, eyes and it can irritate contact lens wearers.

We recommend that you:

- Drink water or juices frequently during the flight
- Drink coffee, tea and alcohol in moderation. These drinks act as diuretics, increasing the body's dehydration.
- Remove contact lenses and wear glasses if your eyes are irritated. Use a skin moisturiser to refresh the skin.

Eating and Drinking

Proper eating and drinking will enhance your comfort both during and after your flight.

We recommend that you:

- Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- Drink coffee, tea and alcohol in moderation. These drinks act as diuretics, increasing the body's dehydration.

Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health. Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could

experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent. If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold, flu or hayfever, your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes - the tiny channels between your nasal passages and your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

Recommendations:

- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalising pressure between your middle ear chamber and your throat.
- When flying with an infant, feed or give your baby a dummy during descent. Sucking and swallowing will help infants equalise the pressure in their ears.

Motion Sickness

This ailment is caused by a conflict between the body's sense of vision and its sense of equilibrium. Air turbulence increases its likelihood because it can cause movement of the fluid in the vestibular apparatus of the inner ear. If you have good visual cues (keeping your eyes fixed on a non-moving object), motion sickness is less likely to occur.

Recommendations:

- When weather is clear and you can see the ground, sea or horizon, you are less susceptible to motion sickness.
- You can buy over the counter medications but we recommend that you consult your doctor about the appropriate medications.

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

Inflight Workout

3. Knee Lifts

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



4. Neck Roll

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



5. Knee to Chest

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



6. Forward Flex

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



7. Shoulder Roll

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



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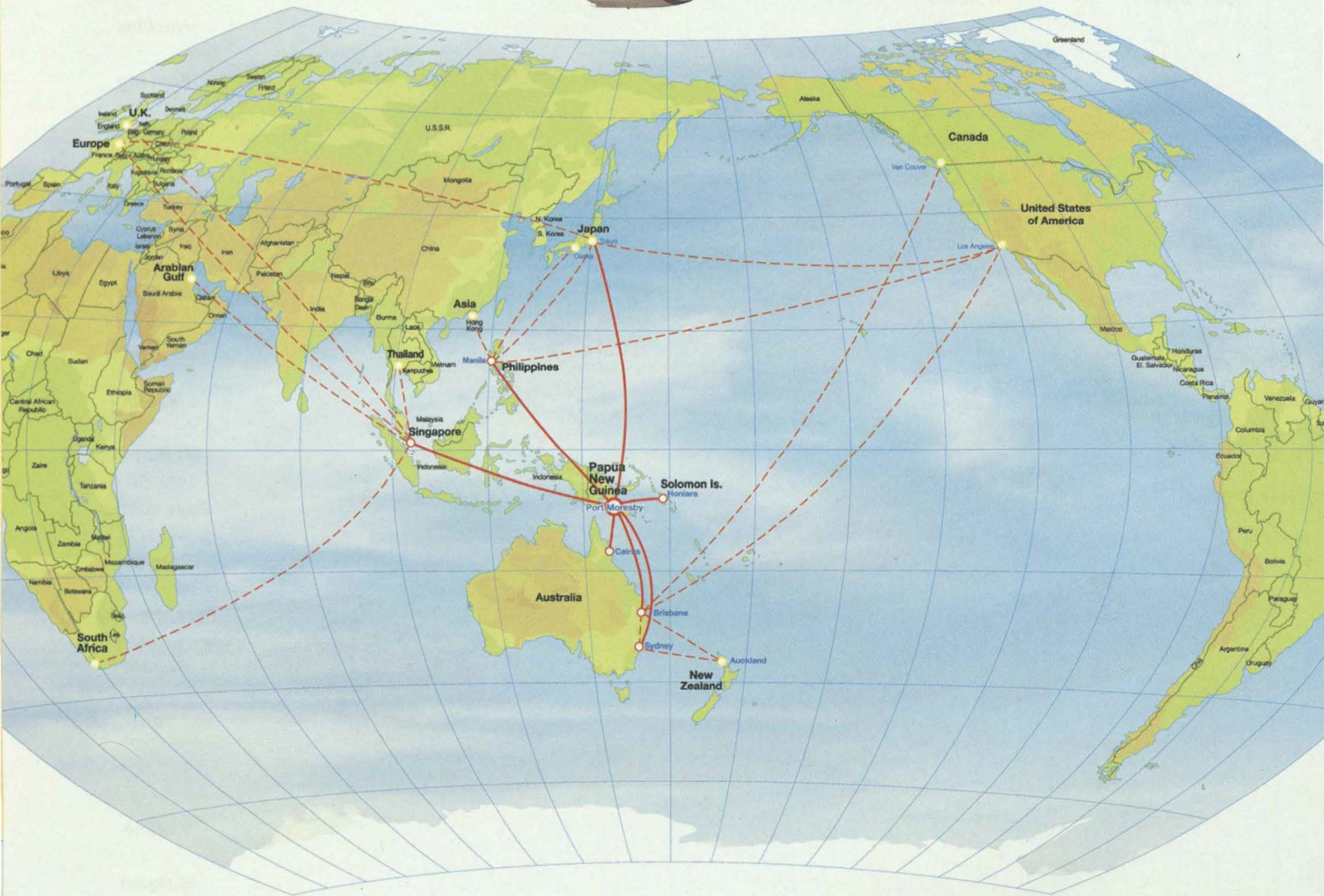
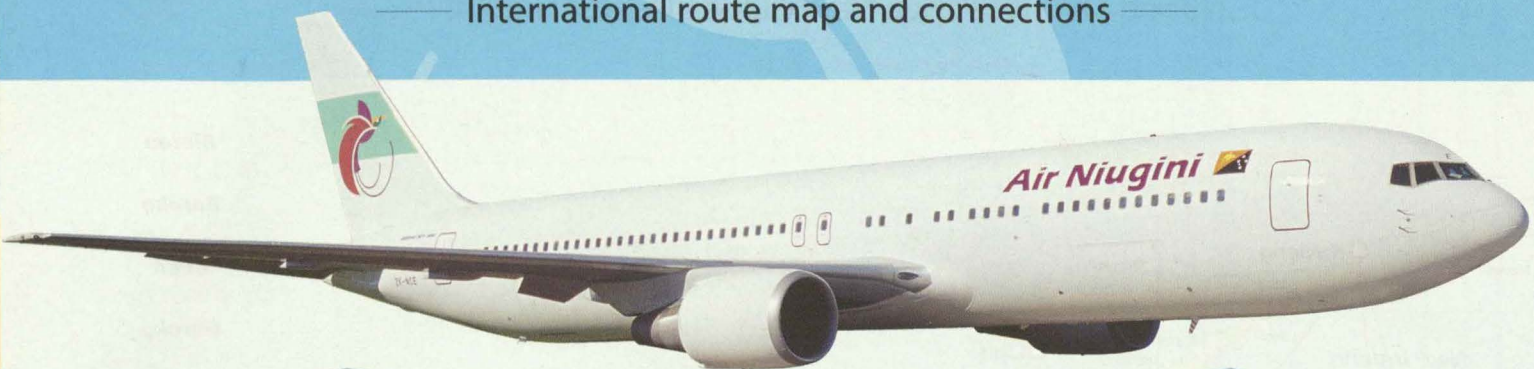
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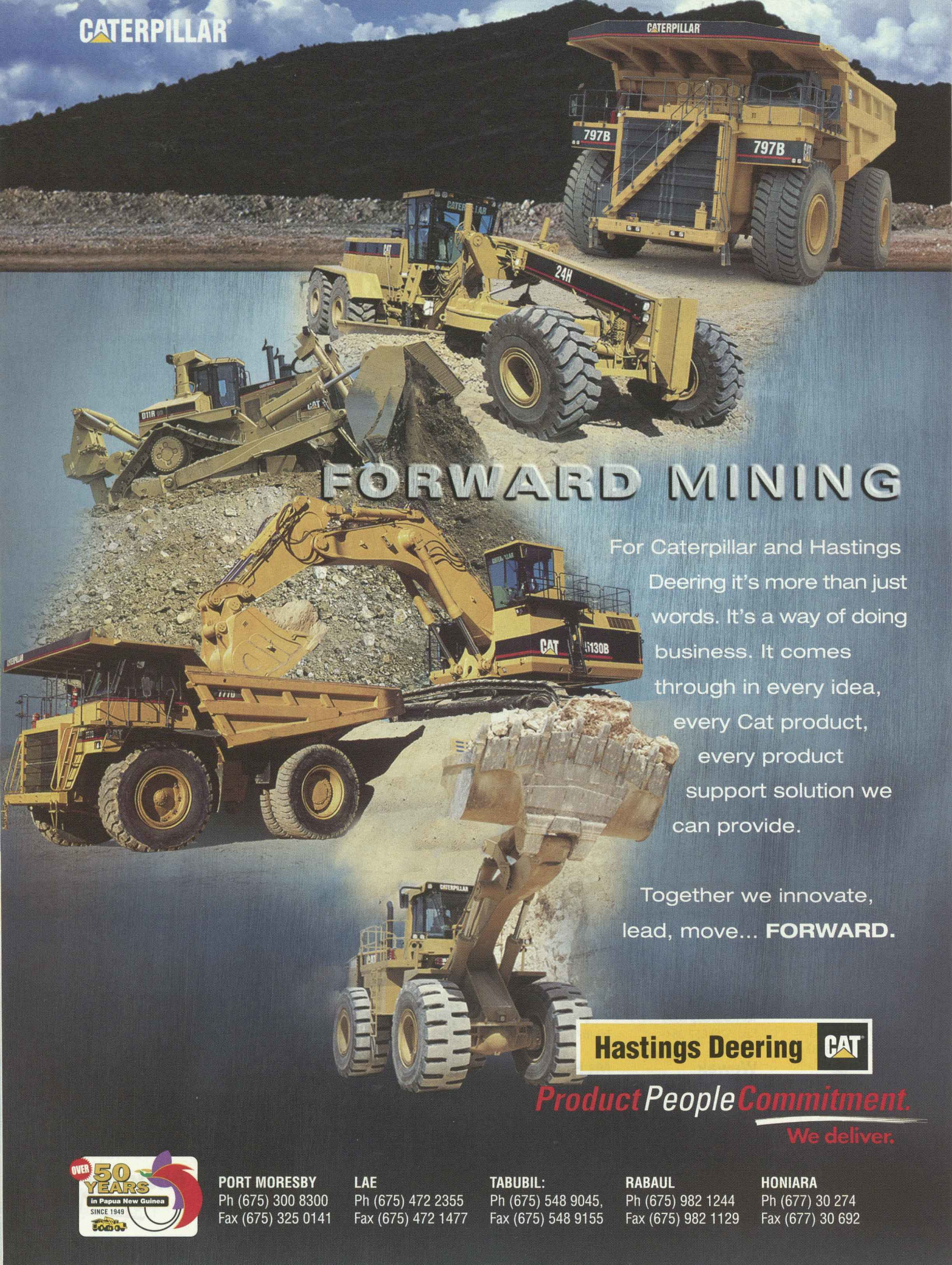
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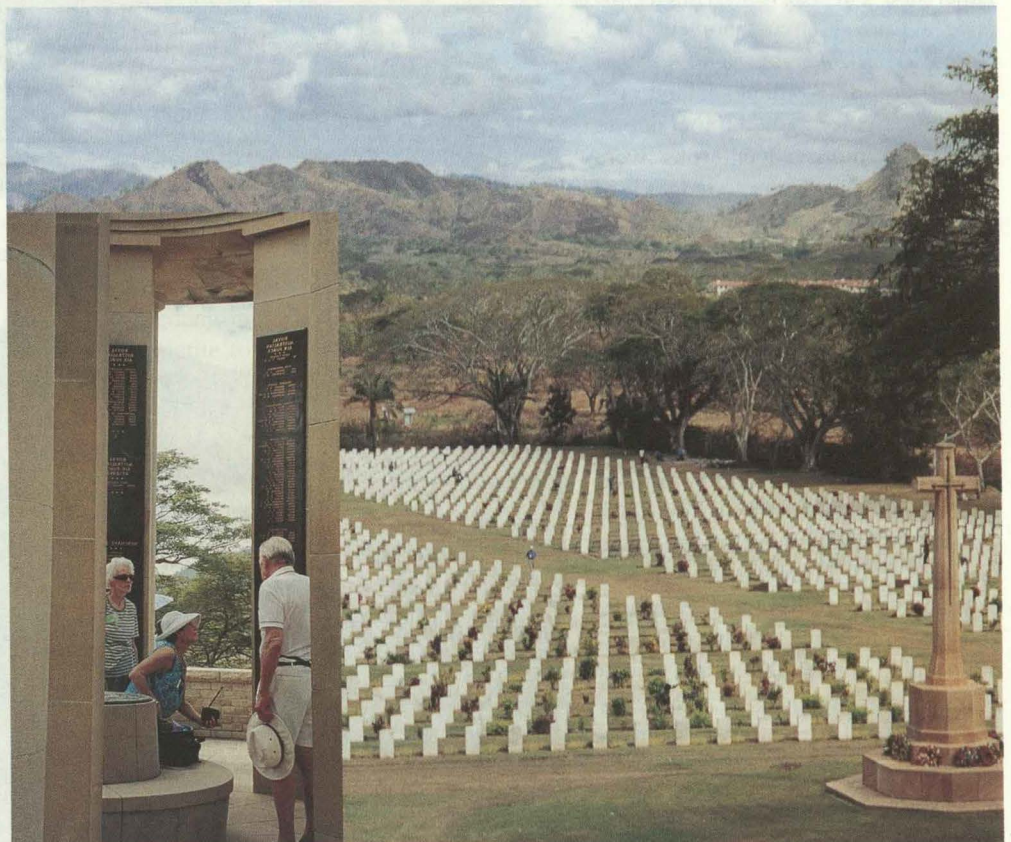


Seniors Tour Group

Photographs from group members

To many it was returning to what was home in the past, to others it was an adventure, but all had nothing but praise and laughter when they returned.

During the first days of the tour, the group, who stayed at the Gateway Hotel, saw downtown Port Moresby, magnificent Parliament House, the beautiful Botanical Gardens and the moving Bomana War Cemetery (*photo on right*). In Madang they enjoyed picnic lunches while meeting the inhabitants of the surrounding villages, and cruised to the islands in the harbour where they could snorkel and swim. The annual traditional Mask Festival was being performed in Kokopo and smoke billowed from the volcanoes surrounding Rabaul during their visit. Traditional dancing was also a feature of their entertainment in the highlands.



Alan Hooper, author of the book 'Love, War and Letters' based on his experiences in Papua New Guinea many years ago, gives his impressions of his holiday in 2002.

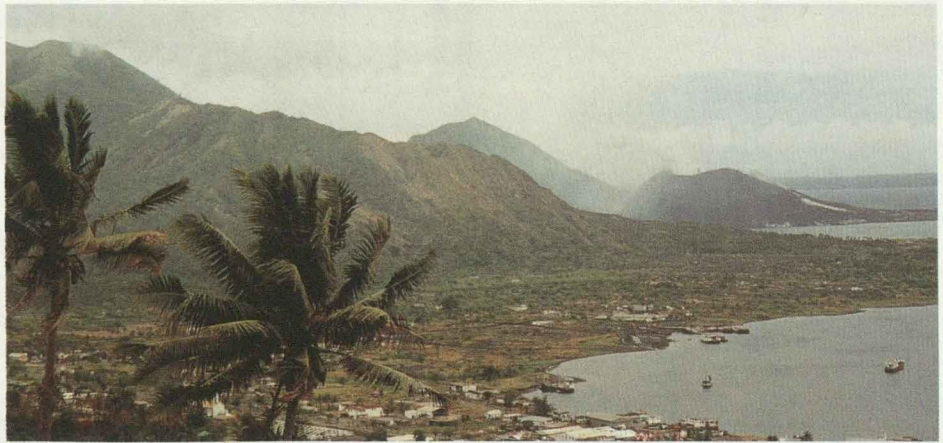
Congratulations to tour manager, Sharon Forbes, for her energetic and competent leadership. She instilled confidence, and gave reassurance whenever election mayhem called for caution. Her rapport with group members, local guides and hotel staff endeared her to all.

Splendid, diversely fascinating! This was an adventurous eight-day jaunt through towns and villages of a wonderland, which former expatriate residents regard with deep nostalgia. Our group, aged from 87 to 40 something, included Dale and Cate who were both born in Madang post WW2.

Those making their first visit seemed equally overwhelmed by endless and spontaneous welcomes and magical scenery — from cloud-piercing cordillera to orchid gardens to smoking Matupit brooding over Rabaul now lying beneath two metres of volcanic ash. Mango Avenue, which cuts its way past Hamamas Hotel and our Kaivuna Hotel, was once a tropical, tree-canopied, busy thoroughfare. (Photo top right: Rabaul.)

Earlier at Kranket Island off Madang, Sharon guided me out to where the more adventurous were snorkelling. There, ledges of multiform coral hosted myriads of multi-coloured fish, a doubly breath-taking experience.

The visit to the remote hillside village of Mindima from Poroman Lodge, outside Mt Hagen in the Western Highlands, was for me the highlight of the tour — despite potholed roads and politically inspired burning of huts nearby a few days earlier. Naur lay in full view across the creek from where we were given a re-enactment of the most primitive and awe-inspiring theatre. Many thousands worldwide have seen Mudmen performances at either one of the biennial Mt Hagen or Goroka Shows. Few, however, have witnessed the realism of a village setting as we have.



Above: Seniors enjoying the boat trip

Below: A highland house



The setting — a garden plot bordered by dense shrubs — peopled by a family at work. Skeletal white bones outlined their jet black bodies as a deterrent to surprise attack. Lurking nearby is the Masalai, a spirit with a hideous werewolf face, gorilla-like body and three metre long tail by which he is dragged from the bushes. A group of Mudmen enter — grotesque muddy-skinned apparitions with bloated heads mud-moulded into weirdly distorted features. Their legs are bent at nightmarish angles with their extended bamboo fingers clacking creepily.

Pandemonium as the wife flees screaming. The limp child victim with bloodied head is carried off to be revived with incantations so can become a Mudman. The Masalai returns and father slays him with his Hagen axe and he lies twitching.

Sir Robert Helpmann, even in the ballet 'As You Like It', never rose to such heights of mimicry as any of these unsophisticated actors. The only flaw in the performance occurred when the star performer's axe head accidentally flew off and grazed my scalp. Highlander fashion he generously compensated me with a carved face mask and stone pendant necklace inscribed with a mudman and a masalai on opposite sides — souvenirs to be treasured.

Wherever a storytelling opportunity arose to speak of Papua New Guinea's wartime past — especially the travails and casualties their people suffered whilst ousting the Japanese, people showed avid interest. Our guide Jack contacted the only Papuan Infantry Battalion WWII veterans in Port Moresby who have survived the march of time. Both met me at The Gateway on our final night for a brief but emotional reunion. Ben Moide twice crossed the Kokoda Trail before reinforcing my Company via Yule Island-Garaina-Kumusi Delta in 1942. Sari Ume served later beyond Finschhafen. This was but one of a host of memorable episodes. To Sharon a special *Thank You* for such satisfying impromptu encounters.

My perspective was that of a grassroots war veteran who had passed through hundreds of villages from Port Moresby to Madang with Papuan troops, Angau carriers or workforces. My wife, Lyle, who married in Port Moresby, bore children in Rabaul and Madang and was widowed soon after 'going finish' in 1974, returned to Madang in 2001 for a brief visit. This only whetted her appetite to return for a more extensive tour. Daughter Dale's pictures will refresh our memories of PNG Seniors Tour for years to come.

I thoroughly recommend a PNG Seniors Tour to anyone active enough and having the necessary spirit of adventure to follow in our footsteps. I qualify that, however, with the caution: Paradise PNG style is not for fault finders, the faint hearted or 2nd degree physically handicapped. Voiced time and time again were comments reflecting upon the simple humanity of the villagers and carefree joyfulness of their beautiful children.



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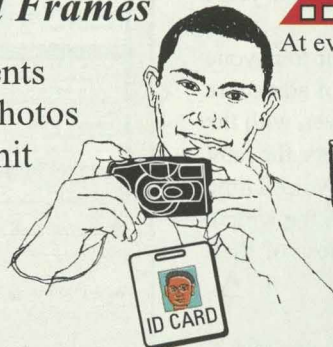
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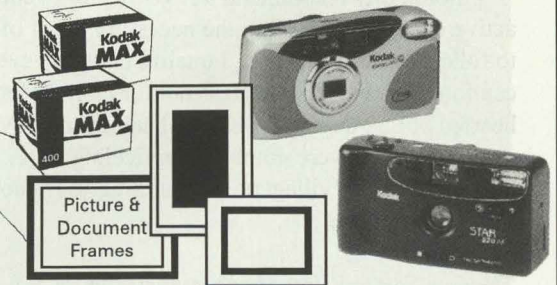
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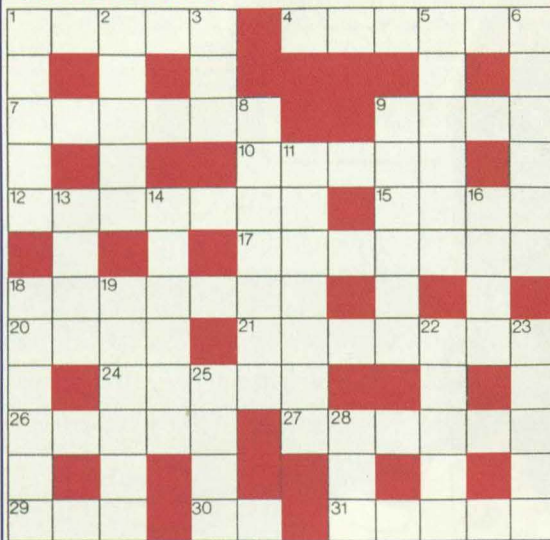


Francis Tekei — winner of the Photograph Competition
Mama with pet piglet at Ela Beach, Port Moresby

Puzzles

Answers on page 59

CROSSWORD



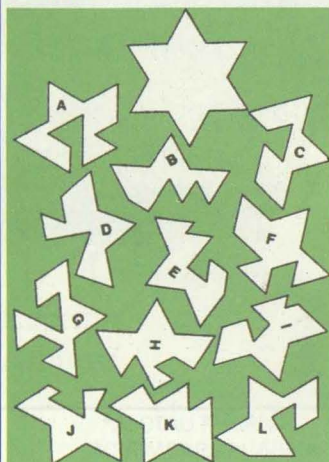
Clues across

- 1 Money carrier
- 4 Small river
- 7 Die
- 9 Ruffian
- 10 Hurried
- 12 Protect
- 15 Chocolate bar
- 17 Went over
- 18 Type of wine
- 20 At the end
- 21 Escaping
- 24 Shelter from the sun
- 26 Pepper or salt container
- 27 Unreal things
- 29 Unhappy
- 30 Not you!
- 31 Foe

Clues down

- 1 Takes a look
- 2 Indian money
- 3 Hearing organ
- 5 Wastes away
- 6 Way of doing something
- 8 Put up
- 9 Rented
- 11 Got there
- 13 Laughter
- 14 Hate
- 16 Part of a bridle
- 18 Time-pieces
- 19 Produces
- 22 Cross
- 23 Bubbly
- 25 Very small part
- 28 'Street' in Fench

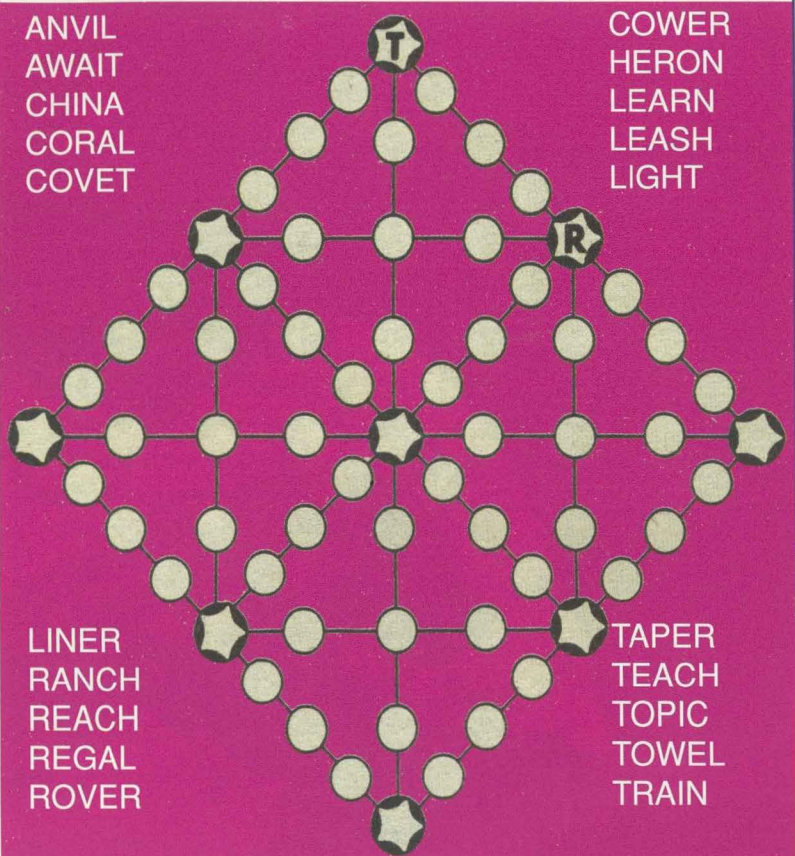
STAR



These 12 jigsaw pieces can be put together to form six 6-pointed stars like the one on the top. Using just your eye, match up the correct pieces.

TRIANGLE

The 5-letter words in the list below fit into the diagram across from left to right, vertically and diagonally from top to bottom. The words start and end in one of the star-shaped junctions.



NUMBER NAMES

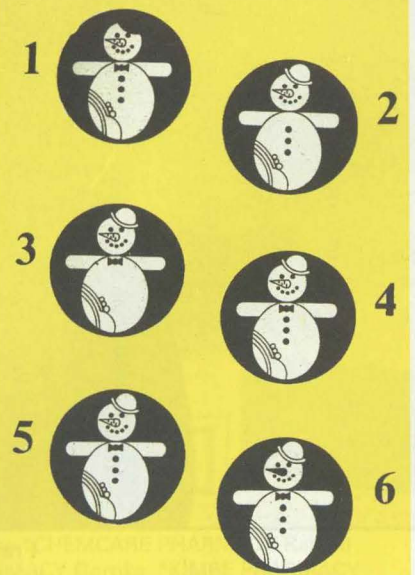
The names below are made up using SIX different letters. Each letter has a numerical value. The numbers in each name are added together to give the total beside the word. What is each letter worth? LEE = 12; LINDA = 18; DANIEL = 21; IAN = 11; ANNE = 13

PAWPAWS

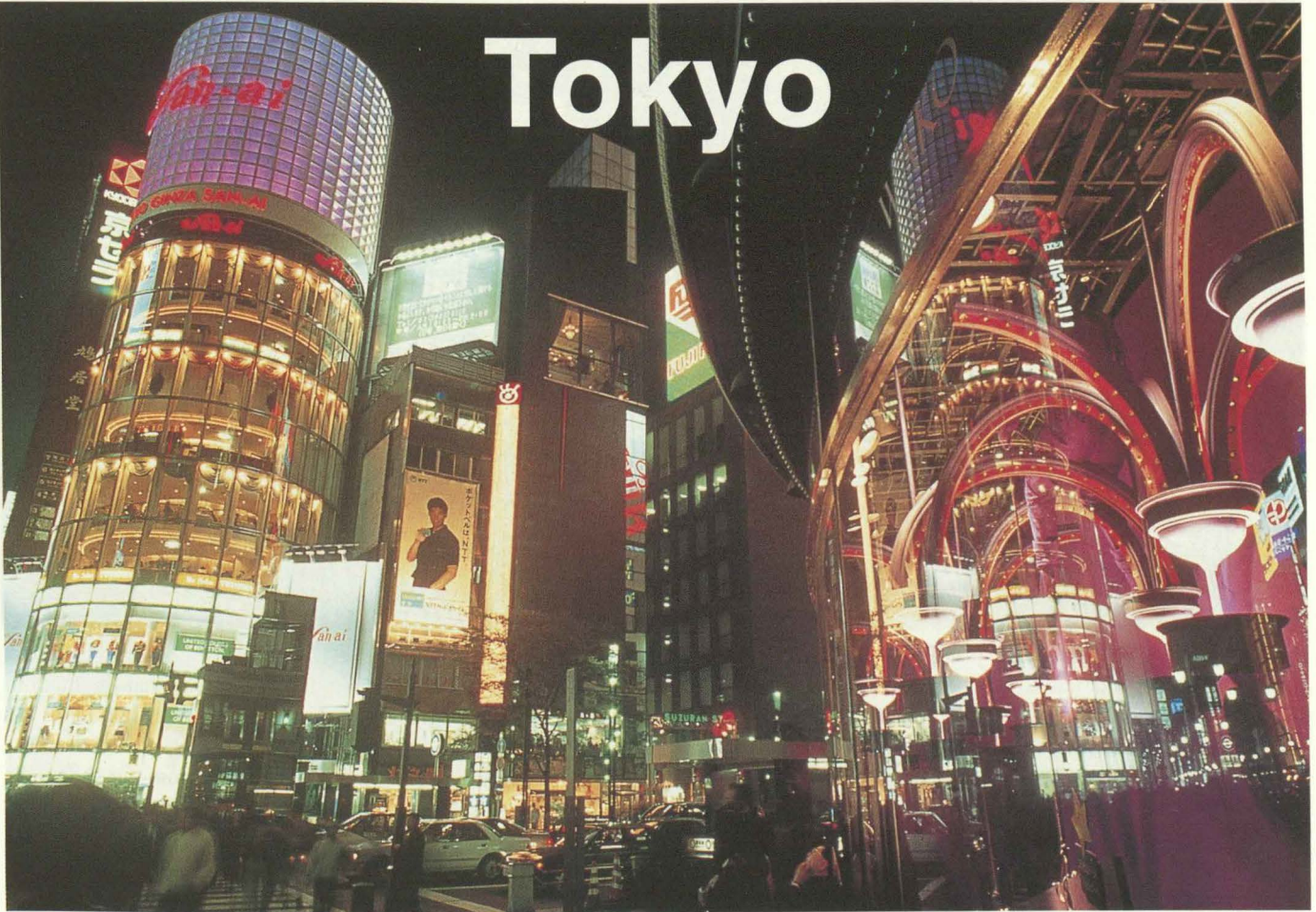
Ellie had some pawpaws to give away. She gives half her harvest plus half a pawpaw to the man next door. Next, she gives half her remaining pawpaws to her neighbour. Finally, she gives half her remaining stock plus half a pawpaw to her brother. She did this without having to cut a single plant in half. How many pawpaws did she have to start with?

SNOWMEN

Which two snowmen are identical?



Tokyo

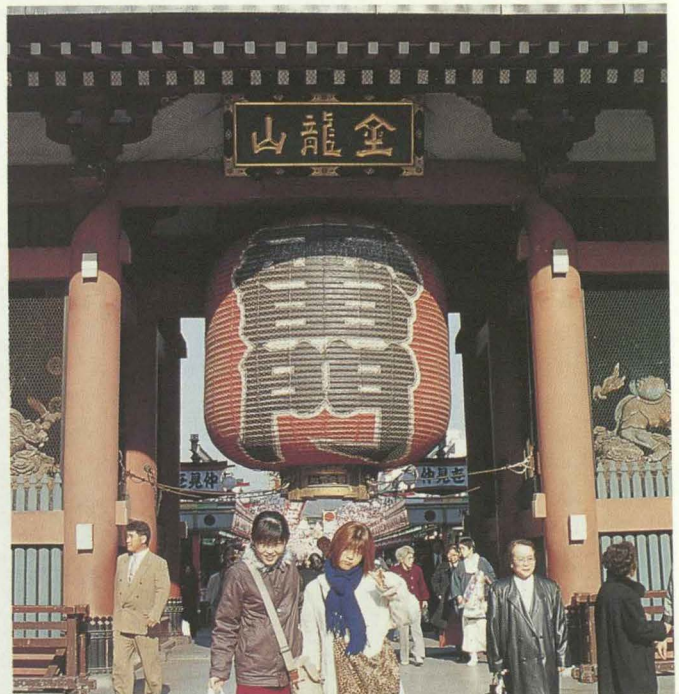


Photographs supplied by Japan National Tourist Organization (JNTO) and Tokyo Convention and Visitors Bureau (TCVB).

Approximately halfway along the long arc-shaped archipelago of Japan, spreading over the Kanto Plain and facing the Pacific Ocean is the megalopolis of Tokyo. Although a complex urban landscape, laced with layer upon layer of railways and highways with a mighty conglomeration of buildings in between, the city is well organized.

Actually, Tokyo is dozens of cities within a city. At the core is the business centre of Chiyoda Ward; to the east is the centre of the former Edo-town people's culture, Shitamachi, and to the west is the skyscraper city of Shinjuku, where the Tokyo government now resides. To the east of Tokyo Station is the ever-thriving Nihonbashi wholesale district and the famous shopping streets of Ginza. Around all the major stations are very large department stores, shopping and restaurant districts.

Tokyo holds all things new and foreign in a liberal embrace, absorbing all so that there are no obvious ethnic enclaves in the city. Commercial areas are not separated from the lives of the people. Houses are in all the backstreets forming real communities where you can walk to the local fishmonger, tofu maker and vegetable store, and where people are still in tune with nature, celebrating the seasonal changes with age-old observation. No matter where you are, you only have to step a street or two back from the main thoroughfare to discover people who believe in a helping hand and a smile. Take a chance and talk to somebody. Whether you are greeted by a big smile or an embarrassed grin, the welcome will be real.



Shrines and temples are the focus of community life. Older people rest there; children play there; festivals are held there and market stalls spring up there.



Tokyo is not all concrete— parks and gardens are everywhere and within an hour of the city centre are beaches and a green hinterland. Slightly further afield are volcanic islands with white sandy shores and deep mountains for trekking, fishing and camping.

Tokyo is clean, safe and easy to get around. It is famous for its low crime rate and the efficiency of the city's public transport. Computerised systems keep the city functioning smoothly and information from all over the world is available via printed media or on screen.

Japanese people expect perfection in workmanship, are strict in their adherence to social rules and are rather fussy about being on time. But they are generous in their acceptance of anything new, exotic, playful, artistic, witty or cute. And above politics, economics and formal religion, they are inspired by the way that nature brings such beauty with each new season. Tokyo people may be sophisticated participants in the world arena, but at home they love festivals, good food and the flowers of the season.

From its establishment in 1603 to the end of the 19th century Tokyo prospered as a castle town named Edo. Peace and stability brought to society by the Tokugawa shogunate allowed Edo to grow rapidly. By the 18th century it was the largest city in the world, with a population of over a million, exceeding London. Edo was clean and well organised and the people led a rich and colourful culture life.

In Edo, all roads led to the shogun's castle. Samurai mansions gathered by its gates. Provincial lords had residences nearby. Artisans and merchants came from Kyoto and Osaka to supply the needs of the city folk.

Vestiges of those times can be witnessed today. Not only in the former gates and stone walls of the old castle moat, but in the way that the modern city is laid out. The city's main business centre and political hub is on the periphery of the old castle, along with the important gateway to the city, Tokyo station. In 1868, when the power was taken back from the shogun to the emperor, he came from Kyoto to rule. Later, a palace was built in the castle's place. The Emperor and his family reside there now. The Imperial Palace east garden is open to the public (*photo below*).

In Korakuen Park, roller coasters whizz over the rooftops of an inner city ward. The latest theme parks include a Tokyo Disney Resort, Hello Kitty Park, 'edutainment' halls by the utilities and major companies, and fantasy parks with virtual reality rides and wide-screen adventures. For thrill-seekers of a nature-loving kind, there are excellent zoos and high-tech aquariums, some housed in the most spectacular pieces of architecture in Japan.

Tokyo people love the chance to put on their happi coats and raise their voices in a festival chant. It is said that somewhere in Tokyo a festival is going on every day.

When you visit Tokyo and its surrounding areas, you visit a traditional culture that has merged with sophisticated technology, but the heart of Japan is still its hospitable people.



Creative Crafts

Photographs by Ekar Keapu

Creative Crafts, a nationally operated enterprise, offers a fascinating range of wall hangings unexcelled for craftsmanship and originality. Company staff are dedicated to producing only the best in handicrafts — mediocrity just won't do.

The figures are moulded of papier-mâché and put in an oven heated by a hair dryer. When properly baked, they are removed from the moulds and hand painted. They are adhered to the scene also made of papier-mâché (*photos below*). Some of them are framed in decorated pitpit or framed and mounted under glass. Pitpit is also used in highland arrows.



The pig has been the 'purse' of Papua New Guinea for centuries. It was in the country long before other animals such as the cow, horse, sheep and goat arrived. Pigs are generally reserved for wedding and funeral feasts or in many areas are exchanged as 'bride price'.

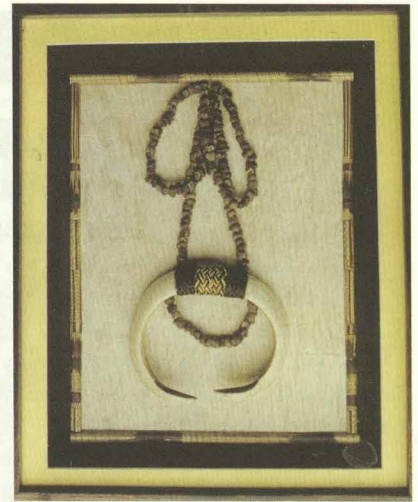




On the back of all Creative Craft wall hangings is a full and carefully researched description of what is moulded on the front.



The boar's tusks represent many years growth. Such large tusks are not to be found in the Western world where pigs are slaughtered long before their tusks reach this size. The tusks shown in Creative Crafts' wall hangings are joined by woven sections of fine strips of yellow nanda and black magi. The magi is made black by burying it in marshy ground for three weeks.



The Highlander's bow is made of black palm. His arrow is comprised of the pointed section thrust into a pitpit reed. The shaft of the arrow is smoked to produce designs as seen in the pitpit frames.

The string bag (bilum) used to cradle infants and carry garden produce is woven from the strong fibres of the asi or taggaie tree. The usual bat-wing needle is used.

Collecting and carrying firewood is the work of highland women. They transport it balanced on their heads, as is often done with large bilums bulging with sweet potatoes (kaukau), the staple diet of Highlanders.

The woman's skirt (yau) of bark from the asi tree is soaked with pig grease to keep the bark from drying out. At the time of marriage, as part of her dowry, the bride frequently wears as many as eight such skirts.

The Highlander is wearing a loloku — long cape that a male can wear after his initiation ceremony at puberty. Woven by his wife with a bat-wing needle, the loloku hangs down the back and is made of bark string dyed in natural colours. It is worn at tribal dances and other festive occasions. Under the loloku is the walimpoya made of strips of asi bark pleated by biting it.

The fence posts are sharpened at both ends so when the ends in the ground begin to rot they can be reversed and used again. The wood is taken mainly from the yari tree and fastened together by a vine-like rope known as ana.

Highland children all know how to spin the acorn top with a sliver of bamboo thrust into it and secured by tree pitch. Holes in the side of the acorn produce a musical sound when the top is spun.



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Perry Wink, the magical cowfish

Story and illustrations
by Nathalie Le Riche

In a far away land full of colours and tradition, at thirty metres below the surface on Liamo Reef off the shores of Kimbe, West New Britain, lives a magical cowfish called Perry Wink.

This box-like mischievous fish loved to play tricks with her magical spells. 'Let's see, what fun can I have today?' said the playful fish. 'I'll have a tribal day! I'll change the colours and patterns of my friends.'

'What was the spell?' She tried to remember. 'Mmm it had something to do with the towns of Papua New Guinea.'

'Boys and girls help me find some names. Look at the map on pages 32 and 33. I need the names of at least nine towns.'

.....

'Thanks so much. Here's the spell...

Daru, Tari, Wewak, Madang, I need some colours from them today.

Mix them up with Mt Hagen, Rabaul with a dash of Goroko and Lae.

The final touch least we forget, add a pinch of Kavieng, for a magnificent tribal display. Now my spell is complete, change the colours of the reef.'

Perry Wink watched and waited. 'I hope this works!'

'Oh, no!!!!!! What have I done?' She shrieked.



Instead of changing the colours and patterns of her colourful friends, Perry Wink somehow made the colours disappear. 'Oh dear,' she cried. 'What am I going to do now?'

Her sea creature friends were very upset. 'Our yellow and blues with purple and greens are now nowhere to be seen!' They all shouted loudly.

'Oops sorry,' she replied. 'I'll have this sorted in a wink.' This was the reason for her name.

'Boys and girls are you still there? I need your help once again. Please add colour to my friends on page 49 and you'll be a saviour to the end.'

'Perry Wink,' her friends all said.

'If you want tribal colours go visit the show.

There's one every year in Mt Hagen you know.

There are singsings from tribes all over the place.

Pounding drums and painted faces.

Huli Wigmen and women too,

Mudmen from Simbu, just to name a few.'

'That would be fun to visit the show,' Perry Wink said. 'I could change their colours into tropical reef ones!'

'You're not doing that again!' Her friends all shouted angrily.

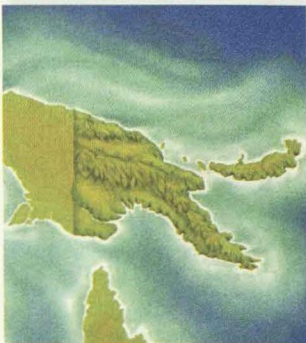
'Hee Hee, just kidding.' She said.



Nathalie Le Riche, long term resident of Kimbe, specialises in tribal and underwater subjects. Her selection of art can be viewed at www.picturetrail.com/leriche email: nat@global.net.pg



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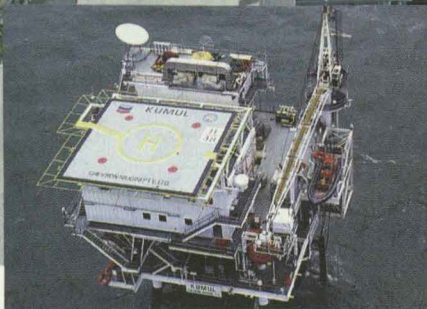
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Metal rusting on the beautiful foreshores of Kavieng has a history that no one suspects or probably cares about. 'The Free Colony of New France' (FCNF) centred at the southernmost tip of New Ireland from 1880-82 is historically significant, coming as it did before the annexation of both German New Guinea and British New Guinea (known as Papua after 1906) in 1884.

The FCNF advertised to the European dominated world of the time the 'independent and unoccupied' status of this large area of sea and land, which now forms the countries of Papua New Guinea and the Solomon Islands, and the availability for colonisation and christianisation by a European power, whether the local people agreed to it or not!

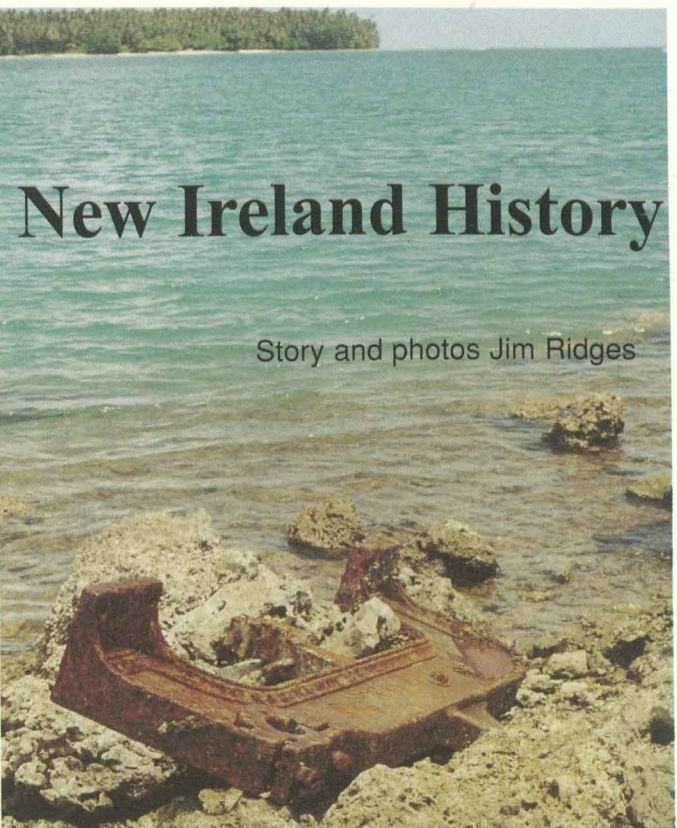
Great Britain and Germany were able to step in during 1884 because the government of France was not supporting 'New France' and it never received any international recognition.

It was in fact a huge swindle or scam, which caused hundreds of mainly small farmers, trades people, artisans and peasants from France, Germany, Italy and Belgium to sell all they possessed in return for shares and land in the new colony. It was advertised as a tropical paradise occupied by friendly natives who did not claim the 600,000 hectares of suitable land for all tropical crops.

In reality the place chosen for the colony, Port Breton near today's Lambon Island could not have been more unsuitable with minimal flat land, steep heavily forested mountains, heavy rainfall, disease and few friendly natives — as those colonists who were eaten would have testified.

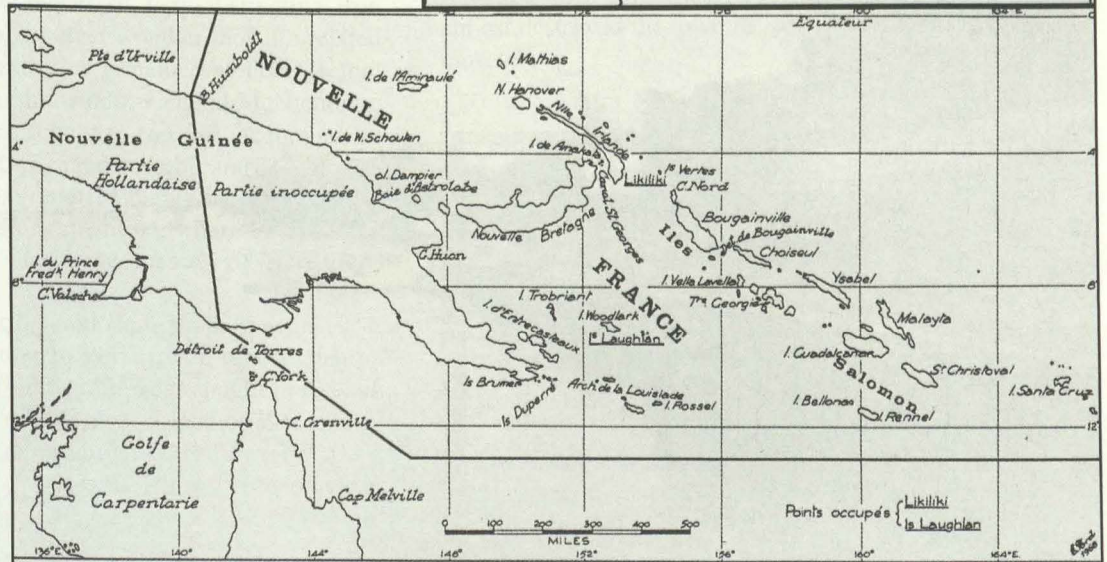
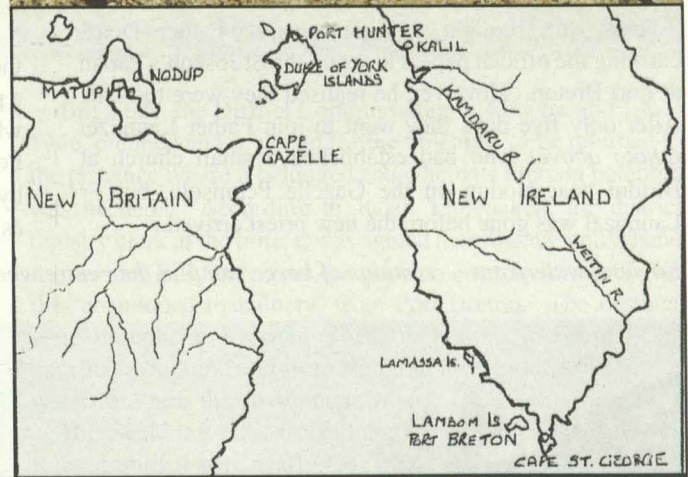
Nearly 800 people were transported from Europe on four ships — *Chandernagore* arrived at Port Breton on 16 January 1880, *Genil* in August, *India* on 25 October and the *Neu Bretagne* on 24 August 1881. The last ones arrived on 2 June 1882. Many died. A few remained to work for the traders in the Duke of York Islands and elsewhere. Many survivors went to Sydney, sadder and wiser.

One, who arrived on the *India*, and remained, albeit not for long, was Father Rene-Marie Lannuzel — the first Catholic priest in the Bismarck Archipelago. He came because the official religion of the new colony was supposed to be Catholic. Seeing the appalling conditions, he and a few others left after five weeks to seek help from Sydney. By the time he returned in early February 1881, many colonists had already departed and the *Neu Bretagne* had not yet arrived.



New Ireland History

Story and photos Jim Ridges



Right:
Map of the Free Colony of 'New France', New Ireland, 1880-82

Above:
Map of the New France area 1880-82 with local names



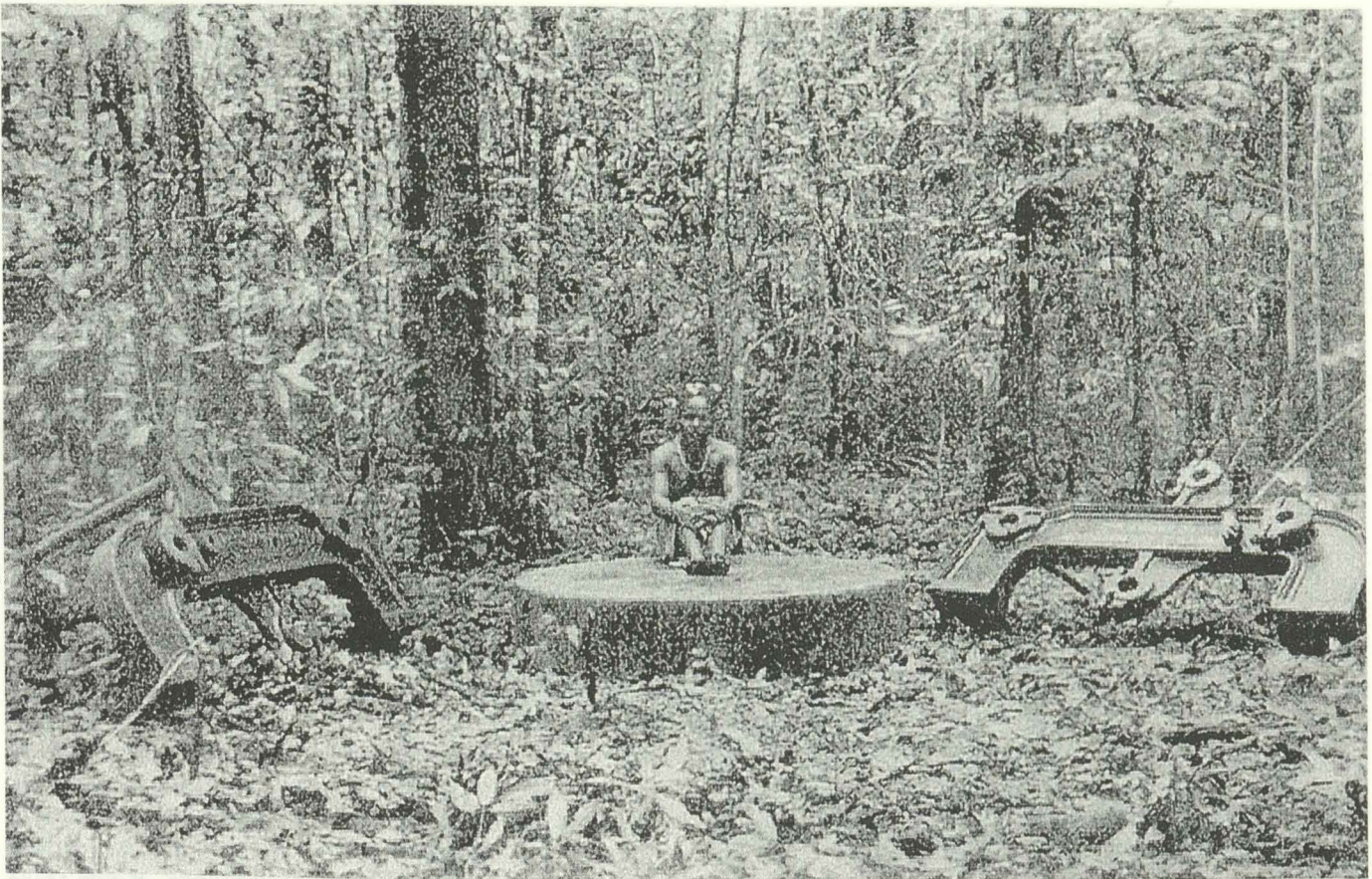
This ship brought a second priest, Father Deny, carrying the official papers to set up the St Joseph's Parish at Port Breton. However, he realised they were too late. After only five days they went to join Father Lannuzel (*photo above*) who had established a small church at Birdni near Nodup on the Gazelle Peninsula, but Fr Lannuzel was gone before the new priest arrived.



The instigator of the swindle, Charles de Breil who called himself the Marquis de Rays (*photo above*), was sent to jail for six years after a public outcry in France, mainly on the evidence of Dr A Baudouin who had travelled on the *Neu Bretagne*. His book 'L'Adventure du Port Breton et la Colonie Libre Dite Nouvelle France' was published by Dreyfus in Paris in 1885 but has not been translated into English as far as is known.

Kavieng waterfront — remains of barge ramp in the centre where one casting was found.





1932 Pioniere des Südsee ... des Herz-Jesu-Mission von Rabaul

Many of the supplies shipped to New France on the four ships were totally inappropriate. Some, like the bricks for the new cathedral, were utilised in many ways including the building of water storage cisterns. Others were traded if they had a value locally. The rest lay for years where they had been unloaded until the rainforest swallowed them.

The Pioniere der Südsee, der Herz-Jesu-Mission von Rabaul 1882-1932 has a photograph of a large millstone for grinding wheat and two pieces of very distinctive iron machinery, although it is not clear whether they are related to the millstone. The millstone remained at Port Breton. On 11 March 1935 the Administrator General McNichol on the government auxiliary schooner *Hermes*, accompanied by the Harbour Master Commander Webb and Director of Public Works Mr E Knox, reported they 'visited the site of the ill-fated De la Rey (sic) expedition, where one can still find a small cemetery and large masses of abandoned machinery'.

That visit must have triggered some thought as in 1937, the Administrator on a tour to Port Breton reports that an 'upper stone of a corn grinding mill was brought to Rabaul. It is proposed to set up this stone as a memorial to one of the earliest attempts at colonisation in this Territory'.

For many years the Marquis de Rays' millstone was mounted in Mango Avenue, Rabaul, opposite Steamships store.

Bill Seale, the District Commissioner in New Ireland 1963-1966, planned and schemed for the millstone to be returned to the province where it belonged and where its tourism potential was needed. According to Judah Tamepaken, the district registry clerk at the time, it was agreed that Rabaul would hand it over and Bill Seale sent the government trawler to recover the 'abandoned machinery' from Port Breton. The castings were brought to Kavieng where they were found to be in excellent condition and were stored in the Marine store on the waterfront near the government wharf.

Bill Seale left New Ireland and the millstone remained in Rabaul until it was nearly lost in the volcanic eruption that almost destroyed the town in 1994. It is now in the Kokopo museum.

Save on telephone expenses

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TMS is a Windows-based software that monitors and records detailed telephone usage data in an office environment. TMS provides a breakup of calls made from each extension and produces detailed reports on the duration and cost of each call. Over one hundred existing users in PNG have experienced significant improvements in efficiency and reduction in telephone costs with the help of TMS.

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Kavieng old District Office on waterfront, August 2001

So what happened to the historical machinery removed from where it had lain for over 80 years?

In 1979, the 'Lonely Planet Traveller's Guide to PNG' recorded that 'down on the shoreline a small inconspicuous workshop houses another New Ireland relic — the castings to hold the stone grinding wheel for a mill for the Marquis de Rays' ill fated project. The wheel itself is in Rabaul but the castings are in remarkably good shape with their date of manufacture 1852 clearly visible'.

In the 1980s the little workshop was cleared out to become an office, and the two castings, despite the obvious clue of the date, were dumped behind the old District Office on the waterfront open to the sea winds, salt spray and rust.

In the early 1990s a poorly funded waterfront reclamation project in Kavieng included dumping fill into the sea near the market for a makeshift barge ramp. Since then the action of the waves has steadily eroded the new sea wall and ramp.

One day in 1997, when Judah told me of Bill Seale's plan, we went searching for the oldest surviving evidence of European occupation on New Ireland and the earliest attempt at colonisation in Papua New Guinea. It didn't take us long to find one casting rusting behind the old District Office, but everyone denied all knowledge of the second which has been there, even though it would have taken about ten men to shift it.

Advice to the then Provincial Administrator and New Ireland Tourism Bureau has failed to get the relic preserved. History in any shape or form is low priority in the education system and the New Ireland Provincial Government could not even interest itself to organise in 2000 the centenary of the founding of Kavieng and the arrival of New Ireland's famous German Administrator Franz Boluminski in 1900.

In August 2001 whilst strolling along the beautiful waterfront near where the makeshift barge ramp was, and where the 'fill' is being revealed by the constant wave action, I made a discovery of the second casting. It is in the sea being covered by each high tide. The urgent recovery and restoration of the two Marquis de Rays castings should be a priority for anyone interested in our early colonial past, especially as the 125th Anniversary of the arrival of the first colonists to 'New France' is only just over two years away on 16 January 2005.

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 41, 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.

Walk of Faith

Dogura to Port Moresby

This is a story of courage, hope and love. It started in the charismatic imagination of a 59-year-old Anglican Bishop of South Seas origin. The timing was crucial for Bishop Tevita Talanoa (formerly of Tonga) as he was reaching his 60th birthday and he wanted to take his three sons — Sione, Christopher and Paulo — their peers and a group of Anglicans on a journey of discovery, adventure and spiritual fulfillment.

The 'walk of faith', as it was dubbed, began for 25 walkers (including one female) in Dogura, Milne Bay Province on 2 September 2002. It passed through some of the most treacherous, uninhabited parts of Milne Bay and Northern Provinces culminating in the crossing of the Owen Stanley Ranges via the famous Kokoda Trail to Port Moresby. When the walk ended on 22 September in Port Moresby, there were 72 finishers.

What began as a fundraising effort to restore the Cathedral of St Peter and St Paul in Dogura turned out to be a meeting of kindred spirits, a rekindling of hope for Anglicans and an appreciation for our national heritage, rich traditions and cultures, and the pristine natural environment.

In typical Oro fashion, the Northern Province people displayed their generosity and warm-heartedness with great aplomb! An Anglican stronghold, the villagers along the route received Bishop Talanoa and his group with open arms, abundant food and endless chants of *Oro, Oro* (welcome, welcome).

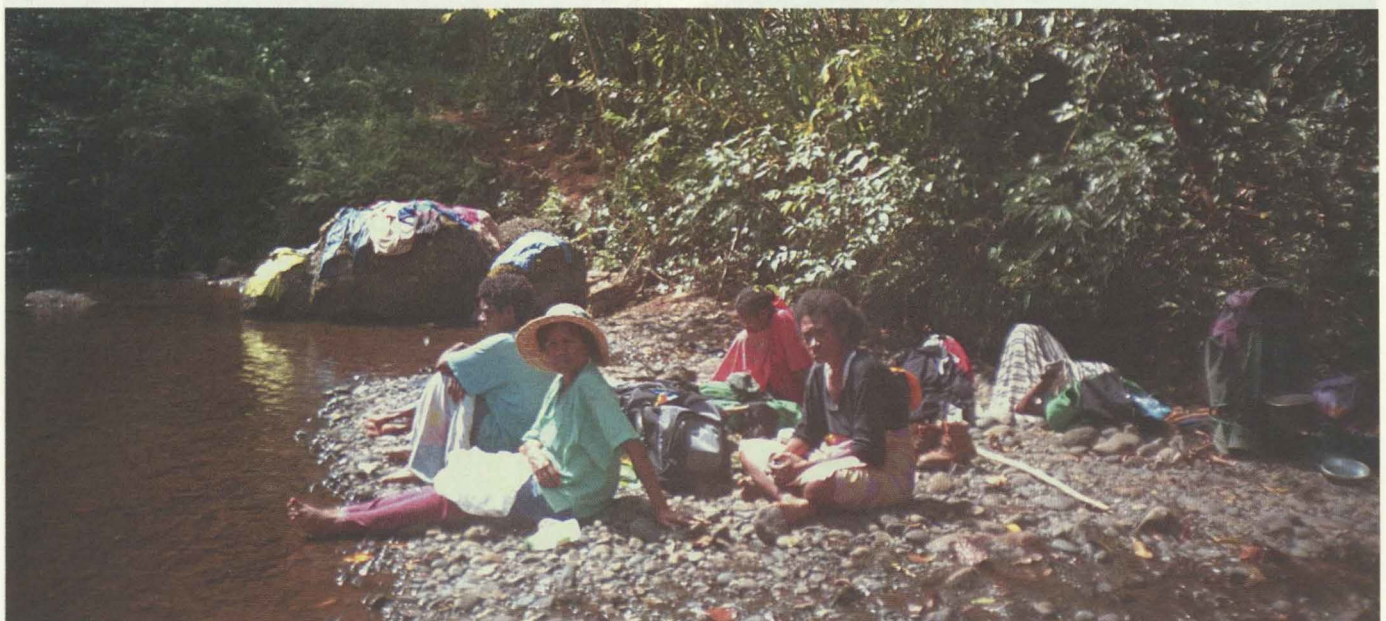




In a return gesture, the Bishop presented a branch of the *Modawa* (rosewood) tree from the original foundation post of the Dogura Chapel built in 1891. This presentation symbolised the spread of the gospel to other parts of Papua New Guinea and signified the spiritual growth and renewal of the Anglican Church. The *Modawa* cutting was planted in front of Popondetta's Resurrection Cathedral on 16 September. A similar presentation of a *Modawa* sapling was made to St John's Cathedral in Port Moresby when the walkers reached their final destination.

September 16th was also the day the Kokoda Trail leg began. Brimming with enthusiasm and great anticipation, we were ready to tackle the track. We were not disappointed. The next few days were totally exhilarating!

The 5am start invoked patriotism as we sang the national anthem. It was Independence Day and what better place to be in than in a monument to remember the allied forces and Papuans who had defended our freedom so arduously.



Spectacular views and a serene grandeur greeted us as we began a steep ascent of the first mountain. Like cheerleaders at a football match, Birds of Paradise chirped and pranced merrily in the trees to herald the challenge that lay ahead of us.

The next three days rollercoasted us through some of the most amazing terrain you could ever imagine. Looking into the deep ravines was enough to get your head spinning. Any wrong move and you could disappear into oblivion.

Sometimes the dizzy heights made you feel you were free falling. They made your knees feel so weak that it was difficult to distinguish whether you were awestruck by beauty or just plain lightheaded. Yet in some parts, the carpet of green moss and dried brown leaves felt like a walk in the park. But such contrasts are stuff of legends. Time and time again during the journey I had to remind myself that Patience is definitely a virtue.



PUZZLE ANSWERS

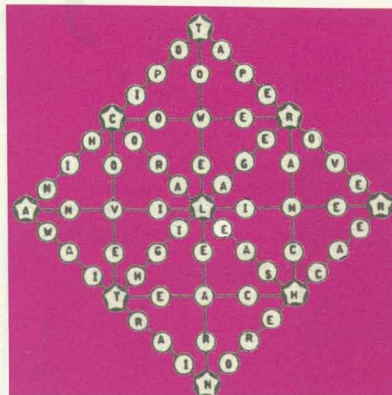
CROSSWORD

Across	Down
1 PURSE	1 PEEKS
4 STREAM	2 RUPEE
7 EXPIRE	3 EAR
9 LOUT	5 ERODES
10 RACED	6 METHOD
12 SHELTER	8 ERECTED
15 AERO	9 LEASED
17 CROSSED	11 ARRIVED
18 CHIANTI	13 HA HA
20 LAST	14 LOATHE
21 EVADING	16 REIN
24 SHADE	18 CLOCKS
26 CRUET	19 ISSUED
27 DREAMS	22 IRATE
29 SAD	23 GASSY
30 ME	25 ATOM
31 ENEMY	28 RUE

STAR

The six pairs that make a star are:
A & G; B & K; C & F; D & L, E & H; I & J

CIRCLES



NUMBER NAMES

D=1; A=2;
E=3; N=4;
I=5; L=6

SNOWMEN

4 & 5

PAWPAWS

Seven
At first he gives away four pawpaws ($3\frac{1}{2} + \frac{1}{2}$). Then he gives two pawpaws ($1\frac{1}{2} + \frac{1}{2}$). Then he gives one ($\frac{1}{2} + \frac{1}{2}$).

For many of the young people who walked, there were numerous lessons to be learnt.

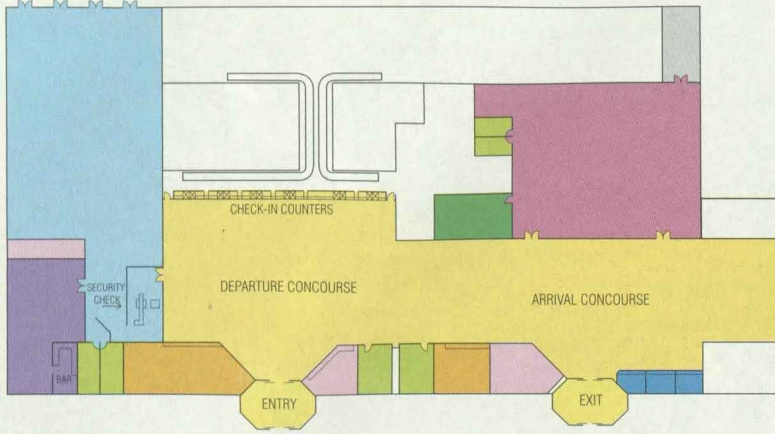
The meagre two weeks proved that in a way, the path from Dogura and particularly the Kokoda Trail, was a friend and a foe. Friend — because it enabled our inner selves to merge with the all consuming environment and let us enjoy an awesome experience. A foe — because it was a bold defiance that stretched us to the limit and tested our very physical, mental and spiritual being.

The project to restore the majestic historic Dogura Cathedral is important for the country as well as the Anglican Church. Donations may be sent to 'Dogura Restoration Appeal', c/- Bishop Talanoa, PO Box 19, Dogura, Milne Bay Province.

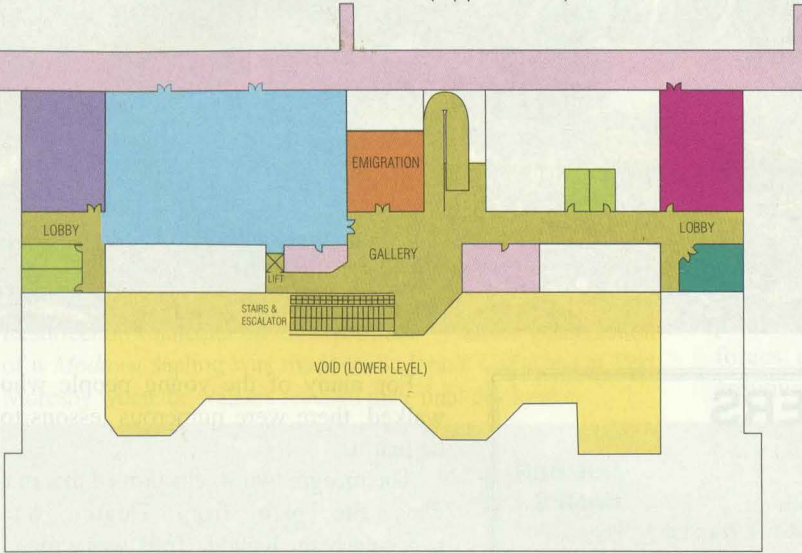
Airport Terminal

Map of Jacksons Airport

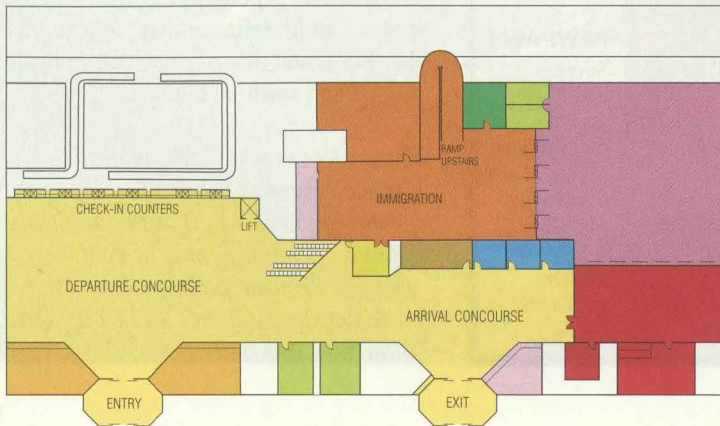
Domestic Terminal
















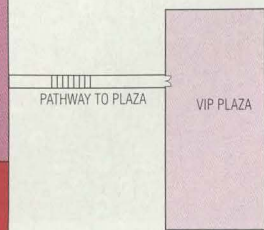
International Terminal (Upper Level)



International Terminal (Lower Level)



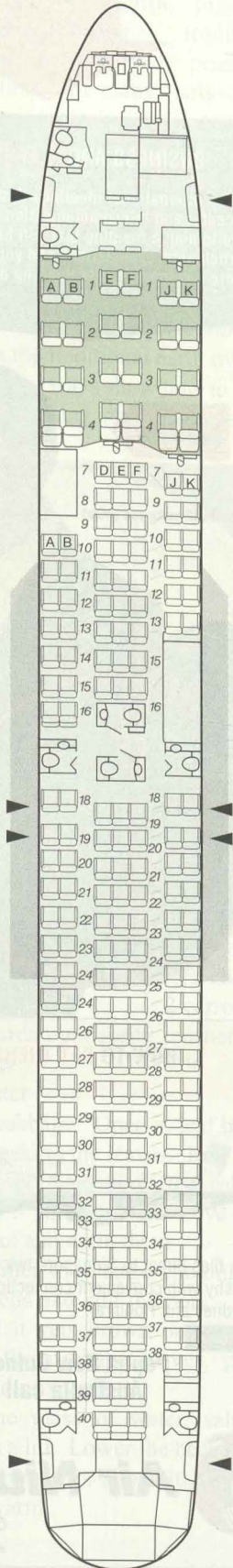
-  Arrival Hall
-  Arrival/Departure Halls/Check-In Counters
-  Baggage Reclaim Area
-  Car Rental
-  Customs/Quarantine Inspection
-  Departure Lounge
-  Immigration
-  Information
-  Paradise Lounge
-  Lobby
-  Lost Baggage Store/Claims
-  Medical Room
-  Press Room
-  Shops/Restaurants
-  Ticket Sales/Customer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



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Aircraft Information

Map of Boeing 767-300



Air Niugini
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Boeing 767-319ER

CONFIGURATION

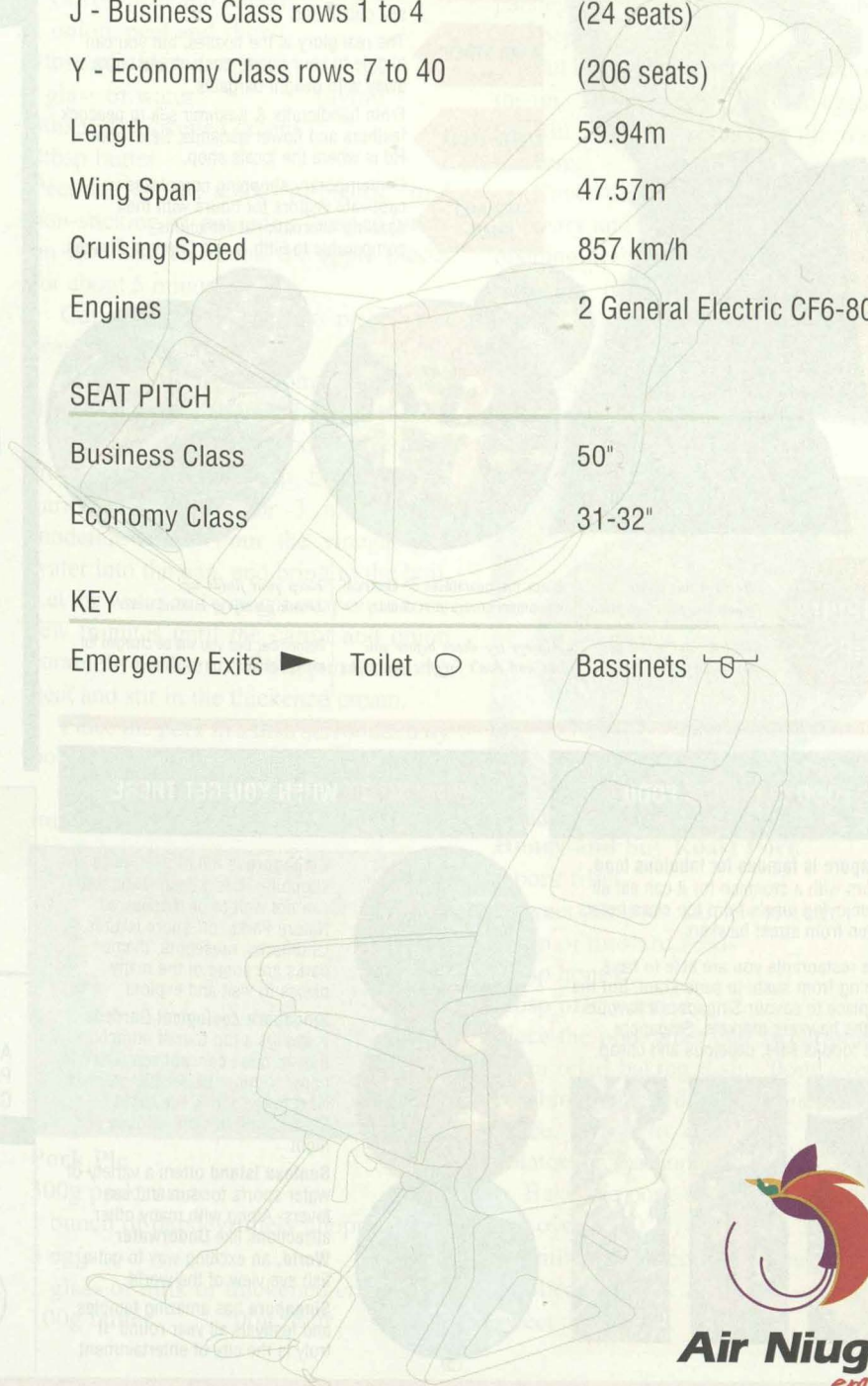
J - Business Class rows 1 to 4	(24 seats)
Y - Economy Class rows 7 to 40	(206 seats)
Length	59.94m
Wing Span	47.57m
Cruising Speed	857 km/h
Engines	2 General Electric CF6-80C2

SEAT PITCH

Business Class	50"
Economy Class	31-32"

KEY

Emergency Exits ▶ Toilet ○ Bassinets ⌘



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ARAB STREET

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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

Shop around for the best exchange rate

Check that guarantees on electrical equipment covers your country

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

Keep your fluids up! Drink plenty of bottled water

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 night.

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

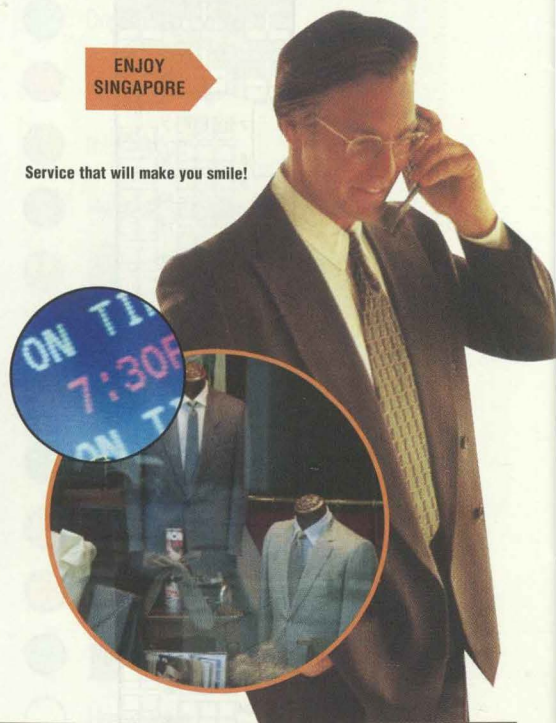
Singapore has amazing temples, and festivals all year round. It truly is the city of entertainment.

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For information

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Australia call 1300 361 380



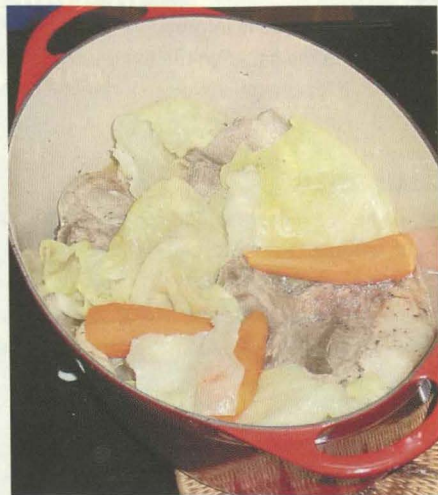
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Local Cuisine — Pork

Pigs have a very strong cultural value in Papua New Guinea. As a sign of wealth, pigs are exchanged during traditional ceremonies such as bride price and compensation. In many parts of the country pork meat is a delicacy. Pigs are raised in villages and live on sweet potato and scrap food, if they do not go and help themselves in food gardens, to the dismay of the gardeners.

A favourite Papua New Guinea way to eat pork with bananas, *kaukau* and all sorts of *kumu* (greens) is in a *mumu* — cooking in the traditional earth oven.

These other ways show how to enjoy cooking pork using various spices.



Cardamom scented pork

1 pork eye fillet or 6 lean pork chops
1 round cabbage 2 carrots
2tbsp of cardamom seeds, crushed
2tbsp butter salt
1 glass water

Wash the cabbage. Open it, leaf by leaf without breaking the leaves. Boil water in a large pot and cook the cabbage leaves for 5 minutes. Remove them from the pot and drain them.

Heat butter in a large cooking pot. Fry the seeds and add the pork. Let it cook until it gets brown on all sides, then add the cabbage leaves, peeled carrots, and mix well.

Add one glass of water, salt and cover with a lid. Lower the heat and let the pork simmer for about 30 minutes. Serve warm.



Normandy pork

2 pork fillets 2 apples
1 carrot, peel and sliced
1 onion, peel and sliced
4tbsp of cider vinegar
 $\frac{1}{2}$ glass of water thyme
3tbsp of thickened cream
3tbsp butter

Peel and cut the apples in pieces. In a non-sticking fry pan, melt 1tbsp of butter on low heat and cook the apple pieces for about 5 minutes.

Cut the pork fillets into pieces and season.

Remove the apples from the pan, add the rest of butter and fry the pork pieces.

When the pork is cooked, remove from the pan. In the pan, fry the onion, carrot and thyme for 3 minutes on moderate heat. Pour the vinegar and water into the pan, and bring to the boil. Let the water and vinegar evaporate for a few minutes until the carrot and onion caramelize. Remove the pan from the heat and stir in the thickened cream.

Place the pork in a dish surrounded by boiled potatoes and the cooked apples.

Pour the sauce on top and serve immediately.



Pork Pie

300g pork mince
1 bunch of parsley finely chopped
3 eggs
1 glass of milk or thickened cream
100g butter 200g flour

By Céline Peter

Boil 2 eggs and peel them. Let them cool.

Make dough by mixing the flour, softened butter, salt and a little water. Knead the dough quickly on a floured surface. Cut the dough into two pieces. One smaller than the other will be used for the top. Roll dough to a thin layer and cover the cake tin.

Combine the pork mince, onion, parsley and the milk. Season with salt and pepper.

Put half of the pork mince mixture in the tin. Then place the 2 boiled eggs into the tin and cover them with rest of mixture.

Cover the tin with the second piece of pastry and fold the sides. Cut a small opening in the top of the pastry.

Bake in warm oven (160°C) for about 45 minutes or until the pastry gets lightly brown.

This can be served warm or cold with green salad.



Honey and Soy Roast Pork

1 pork fillet
3 sweet potatoes, thickly sliced
1tbsp of mustard seeds
2tbsp honey
2tbsp of soy sauce

Place the pork fillet and sweet potatoes in an oiled baking dish. Pour over the combined mustard seeds, honey and soy sauce. Toss to coat pork and sweet potatoes in the honey mixture.

Bake the pork and sweet potato in a hot oven (250°C) for about 25 minutes or until they are cooked through.

Slice the pork and serve warm with sweet potatoes.

Welcome

Getting Around

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

Useful Port Moresby Numbers

Air Niugini Information **327 3480**

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

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

Police **000**

Ambulance **325 6822**

Currency

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

Customs and Quarantine

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

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

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

Languages

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

Time

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

Communication

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

Driving

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



Electricity

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

Health

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

Dress

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

Restaurants

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

Tips

Tips are neither expected nor encouraged.

Shopping

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

Cultural Events

Celebrations of traditional culture include:

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

Export Rules

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



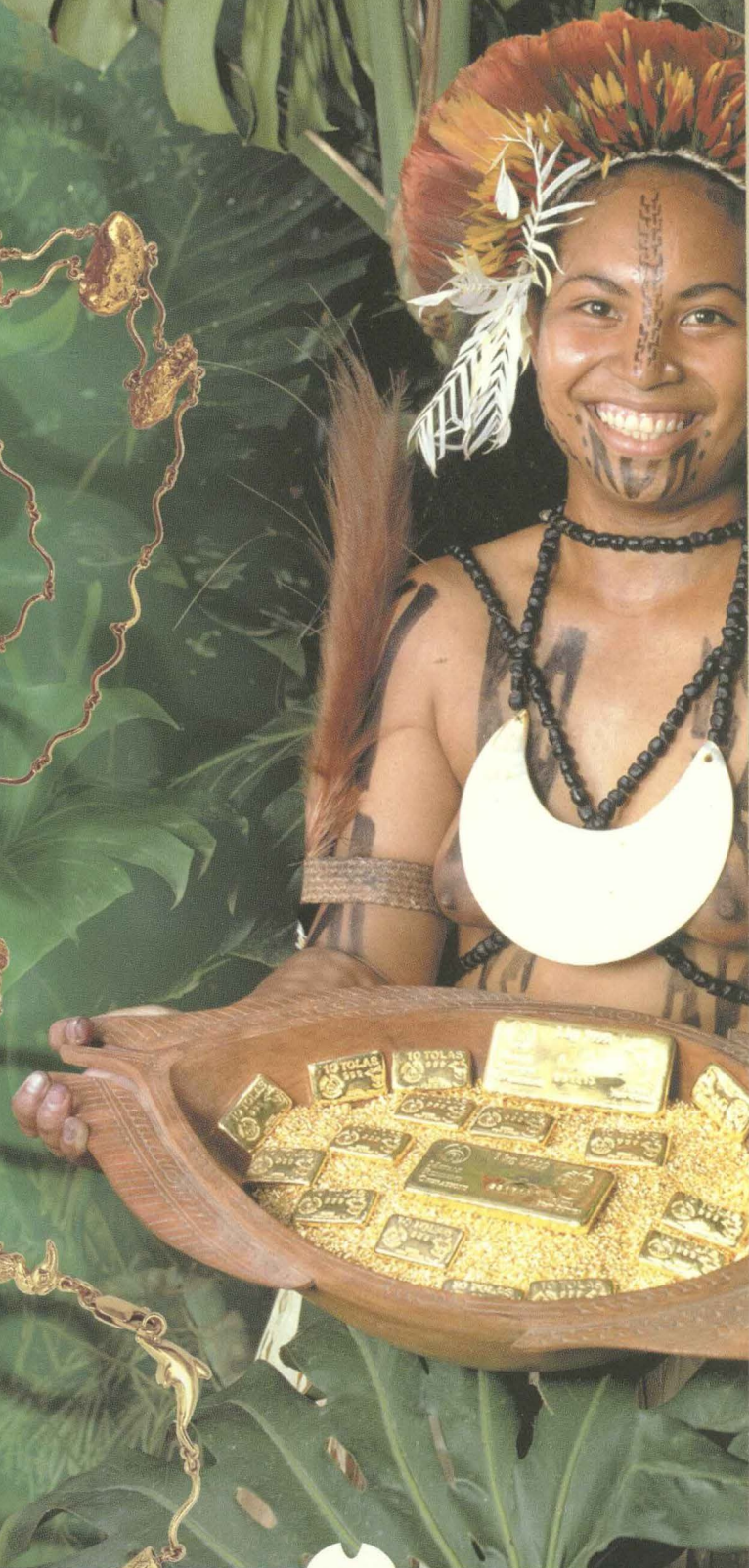
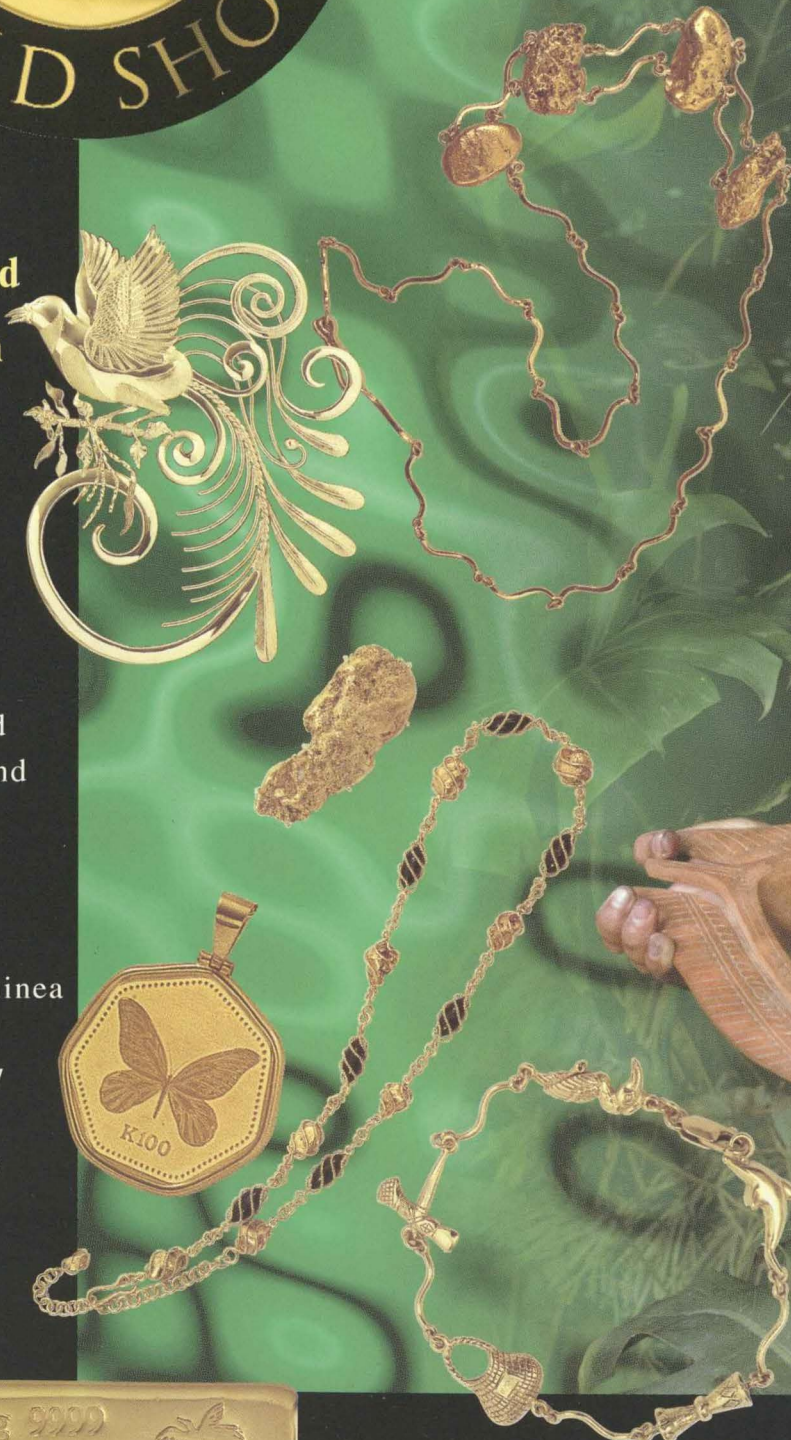
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ENT160