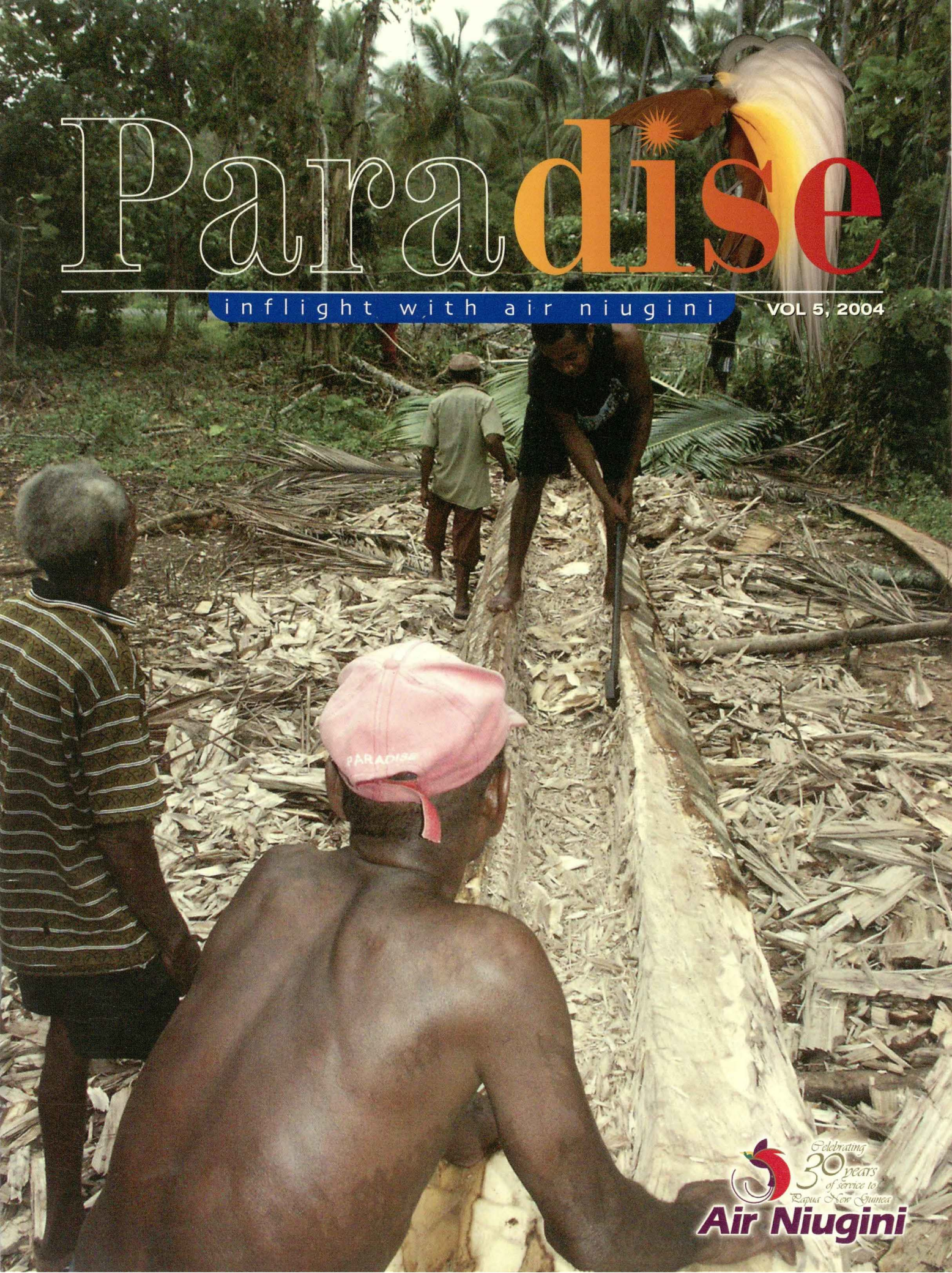


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VOL 5, 2004



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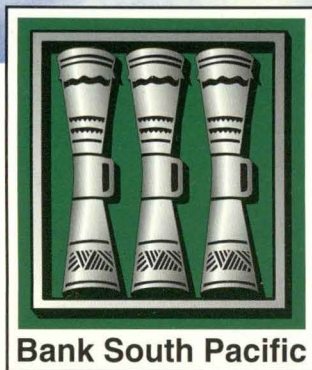
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Joseph Tauvasa
Chairman

Chairman's Message

I have pleasure in welcoming you aboard our Air Niugini service.

Air Niugini's efforts in promoting our wonderful country as a "must see" destination in our overseas and domestic markets have resulted in a steady growth of passengers this year compared to last year.

This positive upturn in passenger numbers can be attributed to a continuing recovery in the country's domestic economy and the ongoing improvement in our Asian services, which reflects Air Niugini's initiatives with the Tourism Promotion Authority, particularly in the Japanese market. The increase in the Asian business travel to Papua New Guinea is positive evidence of recovering economies in the Asian region.

International passengers coming into the country as tourists have also contributed to the increase in domestic passenger uplift. Air Niugini offices in Europe, in particular Stockholm, Frankfurt and London, as well as Asia, are developing strong business and tourism travel to Papua New Guinea from their respective markets. The recovery in the United States long-haul travel market has provided Papua New Guinea with more American visitors.

Air Niugini offices in Australia have achieved enormous growth in developing wholesale tourism business with a 15% increase over last year. The Air Niugini Holiday programme for 2004/2005 launched earlier this year has shown outstanding results in attracting Australian tourists to our country. With seven wholesalers now selling Papua New Guinea, the prospects for future tourism growth is positive.

The introduction of the Fokker 100 service between Port Moresby, Lae and Cairns has provided additional capacity on these routes. The Fokker 100 has proved to be a very popular aircraft with our travelling passengers on the Lae and Cairns services as well as improving freight uplift, particularly tuna, on the Lae/Port Moresby route.

Once again our inflight magazine *PARADISE* gives you a glimpse of the varieties of attractions in our country—both for visitors as well as residents of Papua New Guinea.

During your flight with us, I encourage you to read about the many wonderful places in our country. Read about the beauty of Milne Bay and learn of its history, Mt Wilhelm - the country's highest mountain with its towering rugged peaks. At the base of the mountain, you will find a delightful lodge and a trout farm. Find out about Kavieng and its tropical islands with reefs teeming with diverse marine life and where you can dive and have an encounter with silvertip sharks.

Enjoy your flight!

A handwritten signature in blue ink, appearing to read "Joseph Tauvasa". The signature is written in a cursive style with a large initial "J" and a long horizontal stroke.

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CONTENTS

Milne Bay Setting sail for the future	14-19
Battle of Milne Bay Fierce, desperate and significant	20-22
Alotau's Reef Resort Jewel of PNG's dive resort scene	24-26
The Abels of Kwato Island	27
Mt Wilhelm Climbing PNG's highest mountain	28-30
Kavieng An exceptional diving destination	35-42



Empowering Youth

From street kids to being entrepreneurs

43-44

Head Cape

Made of tapa cloth

46-47

Excitement Builds for Morobe Show

48-49

Mining Revival?

Chamber of Mines cautious but optimistic

50-53

Sweet Sugar Success

Ramu Valley a world class operation

55-56

Prospecting of a Different Kind

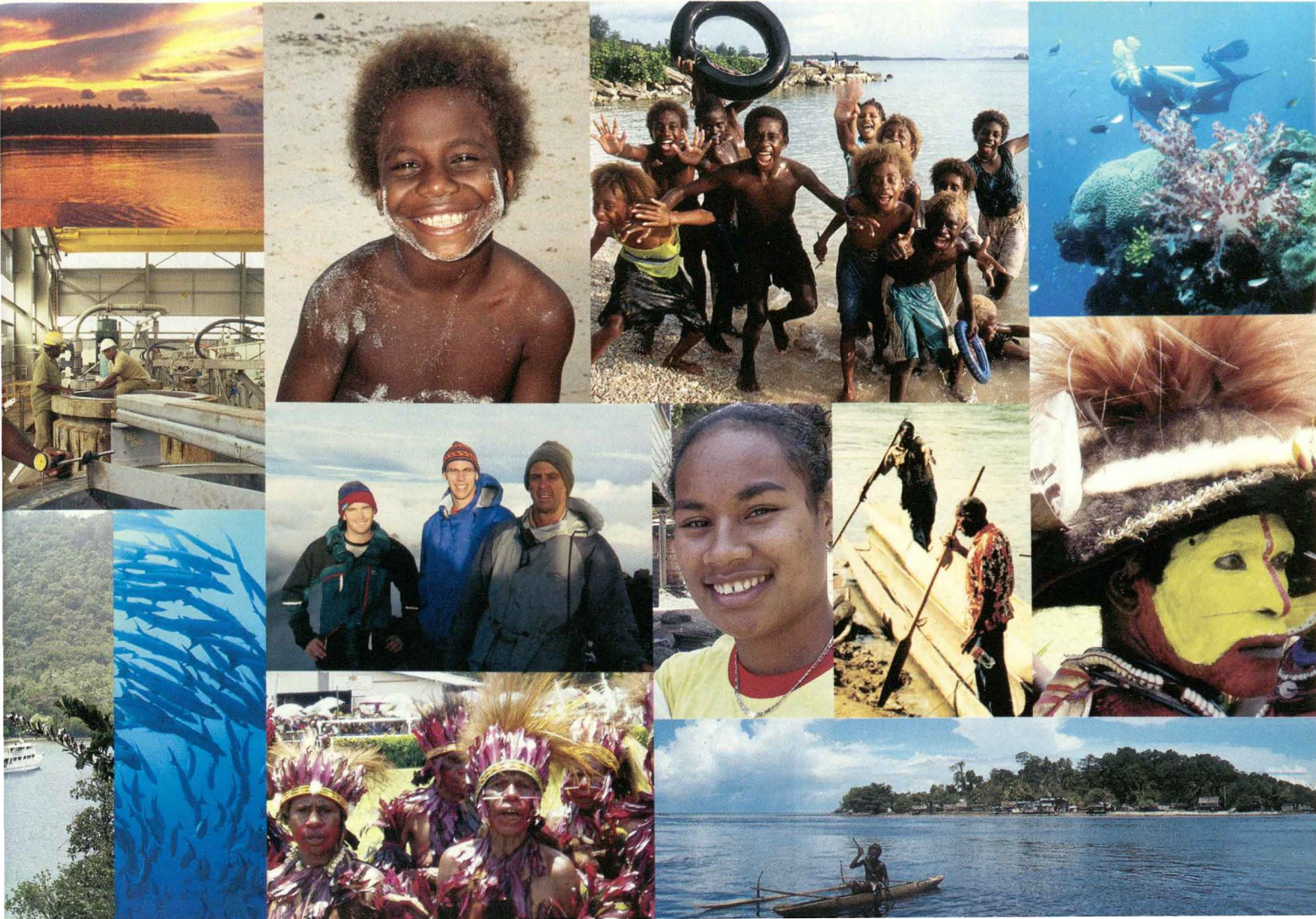
Hunting for new drugs

58-59

Weighty Thoughts

Dika Toua's 'GOLD' hopes for the future

60-61





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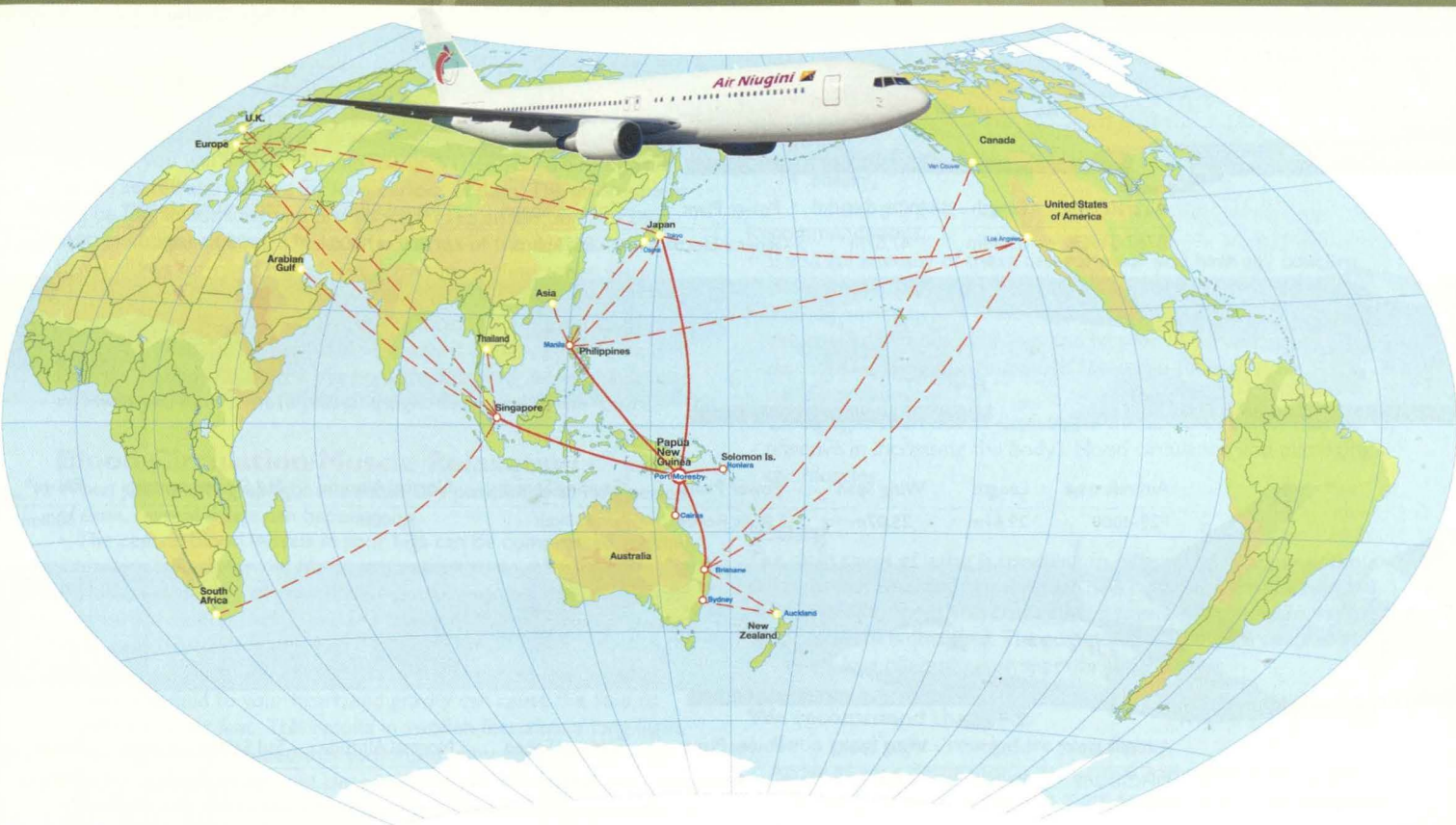
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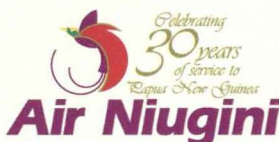
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Aircraft type	Length	Wing Span	Power Plant	Cruising Speed	Normal Altitude	Std Seating capacity	Range*
F28-4000	29.61m	25.07m	2 Rolls Royce	750kph	9,000m	74 + bags	1600km



Aircraft type	Length	Wing Span	Power Plant	Cruising Speed	Normal Altitude	Std Seating capacity	Range*
DHC-8-202	22.25m	25.89m	2 Pratt & Whitney	550kph	7600m	36 Pax + Bags	1700km

Welcome Aboard

We ask that you acquaint yourself with the following features of our service...

Takeoff and landing

Ensure that your seat is in the upright position during takeoff and landing. Folding tables must be returned to their original position in the seat back or the armrest.

Safety first

Your seatbelt must be securely fastened during takeoff and landing or whenever the seatbelt sign is on. When the seatbelt sign is off you may move about the cabin as necessary. However, while seated, keep your seatbelt fastened securely in case of unexpected turbulence.

Smoking

Smoking is not permitted on any Air Niugini flight.

Before you leave

Please check your seat pocket before you disembark to ensure you have not left any items of value.

Entertainment

A movie and a selection of music including classical, modern, country and local are available on international services. Programmes can be found in the inflight entertainment section of this magazine.

Hand luggage

Please ensure that your luggage is placed in the overhead locker or under the seat in front of you.

Pillows and blankets

On international flights, pillows and blankets are available on request from cabin attendants.

Children and babies

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

Electronic equipment

Cellular telephones, TV receivers or radio controlled devices are not to be used at any time on board an aircraft. Electronic devices such as portable computers, compact discs or cassette players and video games can be used only when the seatbelt sign is switched off.



Medical information

In Flight 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.

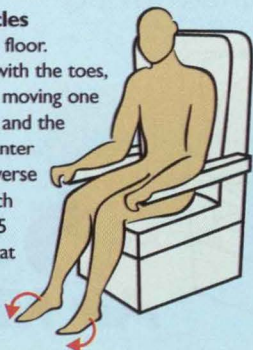
On longer stays, try to prepare in advance for your destination with its different time zone; adjust your meal and rest times to be closer to those of your destination.

In Flight 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

In Flight Health Tips and Exercises

- 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.

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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MILNE BAY

Setting sail for the future

By Robert Keith-Reid

"It's my ambition," says Amy Ligoleno, "to see the bay filled with sails."

In November, from the 5th to the 7th, and hopefully each year after then, she'll have the bay so filled. Milne Bay, at the east end of Papua New Guinea mainland, is a big bay, about 15 kilometres wide and 65 kilometres long.

Milne Bay is launching a great annual canoe festival as an attraction intended to worry the Goroka, Hagen, Morobe and other vibrant custom dance shows, not to mention Port Moresby's Hiri Moale Festival.

Ligoleno runs the Milne Bay tourism promotion office, which gets along on a 50,000 Kina annual grant from the provincial government.

Tourism into Milne Bay is just a trickle, one depending mainly on divers intent on exploring one of the

world's great coral diving grounds.

Ligoleno, who once worked for the PNG Tourism Promotion Authority, wants the trickle to become more than a steady stream.

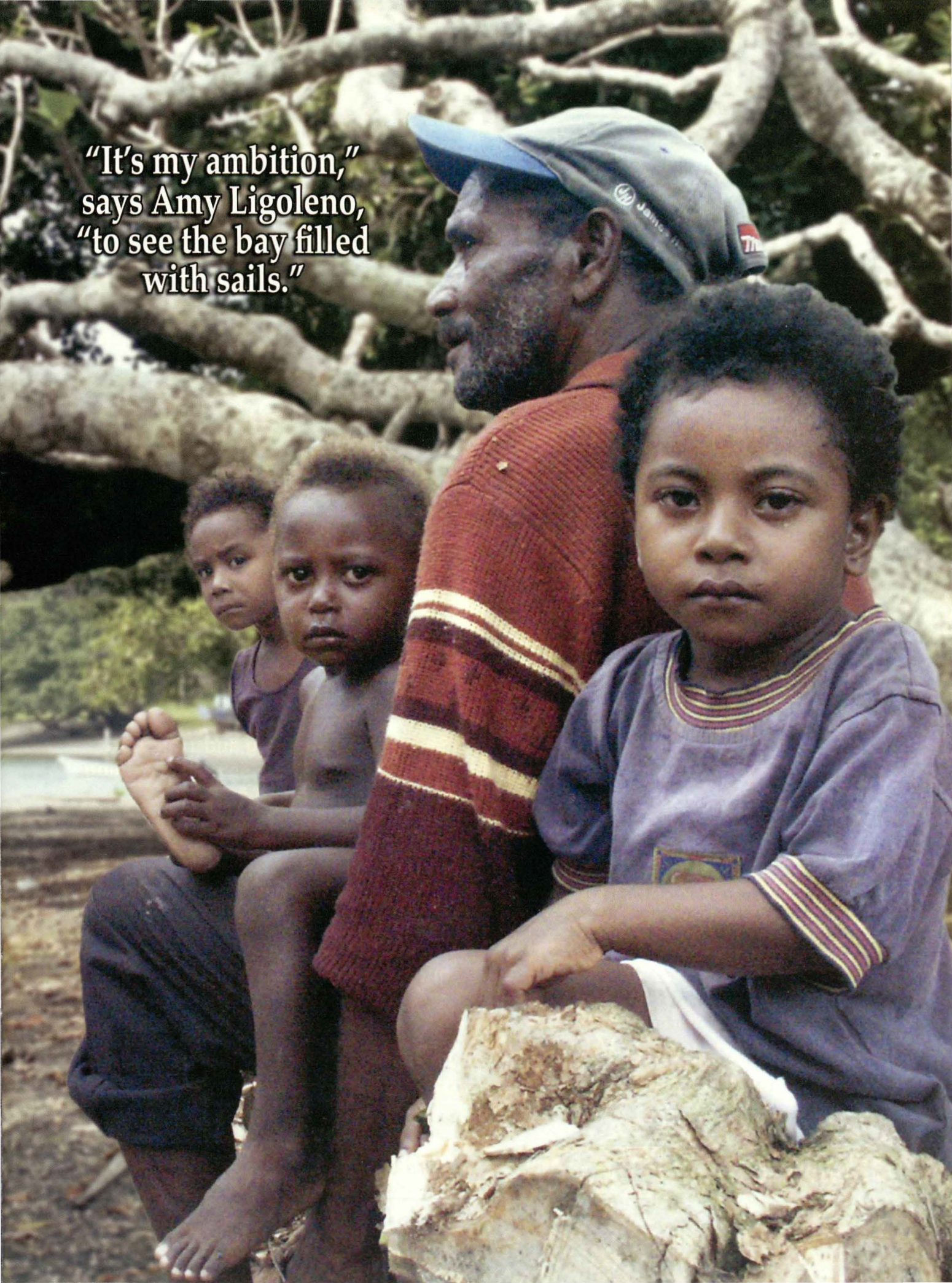
Easily reached in under an hour daily from Port Moresby by Air Niugini's Fokker 28 jets, Alotau, the provincial centre, can comfortably accommodate a couple of hundred visitors nightly, and is about to be embellished by a luxury dive lodge, about 45 kilometres up the East Cape coast.

Milne Bay isn't just Milne Bay, a spot of geography named after a past Lord of the British admiralty.

Milne Bay is the 33,600 square kilometres of Milne Bay Province, including hundreds of islands and islets set in clusters to the east and north of the mainland.

The names of these islands are alluring. A lot of people will have heard of the Trobriands, to the north, the

*"It's my ambition,"
says Amy Ligoleno,
"to see the bay filled
with sails."*





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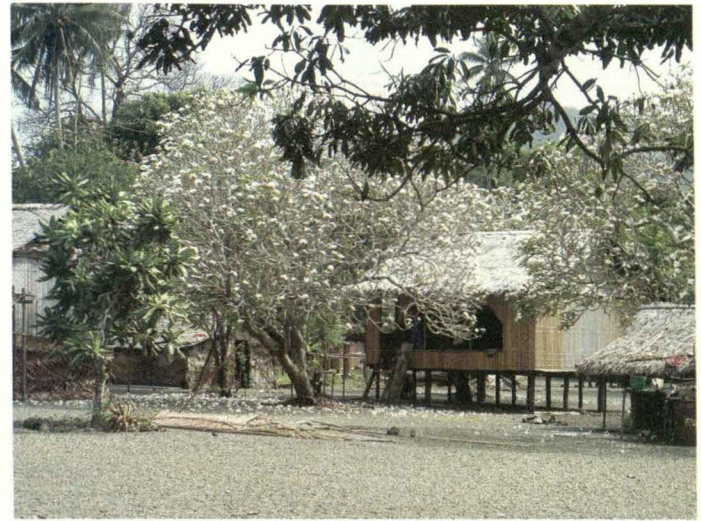


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home of the yam festival.

Woodlark Island, way out, was the scene of one of the first Papua New Guinea gold rushes. A modern gold mine at Misima Island is nearly worked out and is closing.

The Louisiades are named after a European navigator who sailed through them 400 years ago.

From Alotau, you can't miss Goodenough Island, a massive 2400-metre high blue mass on the horizon.

The island archipelagos of Milne Bay make the province a seafaring one with outrigger sailing canoes darting between islands and, 150 years ago, long war canoes setting out on grim purposes.

This sailing heritage is being captured for the canoe festival. The organising committee has been really busy. Different types of craft will race

to Alotau from around East Cape under sail and paddlers of one-man crafts will hug the coast towards the town. A fleet of 22-man war canoes is under construction.

Milne Bay boat racing is serious business. "There are 36 racing canoe associations," says Ligoleno.

"Racing is on and off, depending on the mood of the community at a given time. Some sail every two weeks.

"The TPA came here in June and ran a workshop that gave us the idea of a canoe festival."

There will be more than canoe racing. There will be a bicycle race along the road from East Cape and soccer matches.

"We will have 30 Trobriand dancers and it won't be the rude kind," promises Ligoleno, referring to a

certain style of dance famous for bawdiness and the delivery of insults.

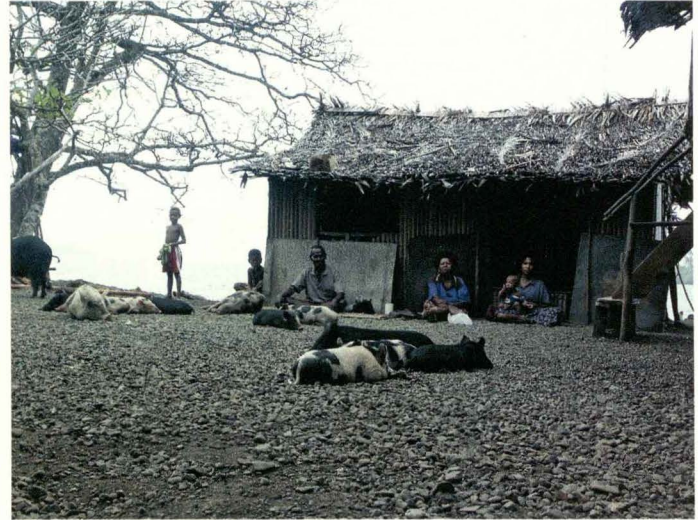
"We're going to build a cultural village of about 13 foleha houses for feasting and celebrating."

In November, Alotau will buzz for a while and then return not entirely to sleep, but to its normal year-round calm.

The town is only 40 years old, established in the 1960s as a replacement for the old administrative centre on the 24-acre Samarai Island, on the far side of the bay's western arm.

Samarai is historic and has been described as "one of the most beautiful places in the South Seas."

Came World War II and it was destroyed, not by the Japanese but by the allies who burned it so that



it couldn't be used by the Japanese, says Chris Abel, whose family settled as missionaries on nearby Kwato Island in 1891.

After the war, Samarai simply became too small for the administrative functions performed there, and so the move to Alotau.

The township is a pretty place with sealed roads, green suburbs, fronted by the bay and backdropped by jungle-shrouded hills. It is imbued with a strong sense of community. People have the comfort of knowing each other.

The picturesque small boat harbour is a terminus for dozens of daily comings and goings of ferry and cargo and fishing boats moving the province's people and produce.

Coastal roads run for 60 or 70 kilometres from the town, then end. There's no road deep inland. Access

to the province is only by air or sea.

Milne Bay is cut off from the rest of the mainland by 300 to 400 kilometres of jungle, razor-backed ridges and innumerable rivers, gullies and streams.

About 150,000 people populate the province. Of the total population, about 150 or 200 are expatriates, many are missionaries with the 14 or 15 church denominations active in the region.

It may be isolated, confined between the horizons of the many surrounding mountains, it obviously has its limitations. But if there is anyone who doesn't like living at Milne Bay, then they are not easily found.

Everyone else is there because it suits them nicely. "It's a community that helps each other," explained two rugged individuals over an endless procession of beers at the salubrious

bar of the three-year-old stylish Napatana Lodge. "When the fire brigade broke down a few years back everyone turned out to help put the fire out."

Timothy Seeto is general manager of Alotau Enterprise, a family-owned Wewak-headquartered wholesale business. He's lived at Alotau for 12 years and he'll leave only when its time to fit his three-year-old daughter into the kind of school he wants her to attend.

"It's the lifestyle here," he says. He's echoed by Tas Silcock, who runs the only shore-based dive outfit in town. He's from Melbourne and has been at Alotau since 1995. "I've lived in a lot of places in PNG and Milne Bay seems to be more relaxed and have less problems than other towns here."

New Zealanders Wayne and Lee Thompson agree with him. They



moved their charter boat to Alotau from Queensland and don't regret that decision. The dive business hasn't recovered from the post-SARS outbreak slump. But the Thompsons are moving more into the field of operating their craft for research and eco-tourism purposes.

Milne Bay swarms with fish. Actually, it is classed scientifically as being one of the world's richest known biodiversity grounds with around 430 species of corals, more than 1100 species of fish and 950 species of molluscs. It has 13,000 square kilometres of coral reefs.

Is it a surprise that the Alotau Fishing Club is a very active one? Take a boat and you'll be unlucky to return home with under 300 kilogrammes of fish. The club has a standing offer of a 5000 Kina prize for the first 100-kilogramme billfish caught under international rules. Someone did catch a 100-

kilogramme plus specimen with a handline from a small canoe. He landed it, but not under those rules.

Flying in and out of Gurney Airport, a former World War II fighter strip, is to view a huge spread of oil palm plantations around the airport and flanking each side of the road a third of the way to town.

Someone thought there were 6000 or 7000 hectares of the palms; someone else thought it was 13,000 or 14,000 hectares, with the plantation company looking for more land. The plantations employ around 1800 hands plus smallholders who grow under contract to the company.

Otherwise, Milne Bay economically is not so much lethargic as lacking means to fully exploit what it has to offer. Copra was once the

main source of wealth but died of neglect.

"The demise of the copra industry is a terrible shame," says Abel, and blames the industry's administration.

Would a local copra mill help, perhaps? "That would be a good idea." Milne Bay gets along on beche-de-mer, shark fin, trochus shells and a little bit of blacklip pearl shells, he says.

"That's all worth about 10 million Kina to the people. The outer islands make a bit from small logging businesses, which is good for them since the timber areas are too small for a big logger to bother with."

So Milne Bay gets by, but a trickle of tourism that became a steady stream would be a help. Now, about those canoe races. If you can't make them this year, how about 2005?



BATTLE OF MILNE BAY

Fierce, desperate and significant



BATTLE OF MILNE BAY 1942

This Memorial is in remembrance of those Australians, Papua New Guineans and their Allies who fought in and supported the Battle of Milne Bay 1942.

The Memorial was constructed to mark the 60th anniversary of the Milne Bay campaign, with funding by the Australian Government on land set aside by the Milne Bay Provincial Government.

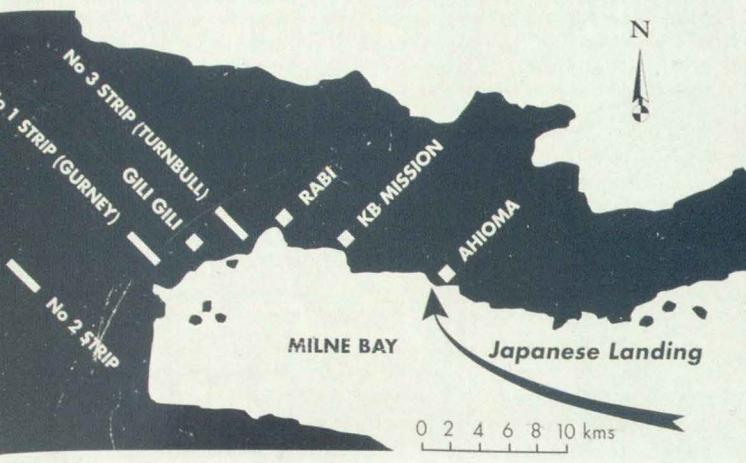
Fierce fighting took place in this vicinity. Japanese land forces advanced to the west over this site prior to their eventual defeat and withdrawal.

The Memorial was dedicated on 1 November 2002 in the presence of Australia's Minister for Veterans' Affairs, the Hon Danna Vale MP, the Governor of Milne Bay Province, the Hon Timothy Neville MP, and veteran representatives who served in the campaign.



Produced by the Office of Australian War Graves,
Department of Veterans' Affairs, Canberra





By Robert Keith-Reid

At lot of people believe that it first happened at Guadalcanal, the island of the seat of government of the Solomon Islands. But it didn't.

It happened a few weeks before on the coast of Milne Bay, partly in the area where Alotau town is located, and between Gurney Airport, 14 kilometres distant, between August 5 and September 7, 1942.

It wasn't one of the great battles of the great Pacific War, but it was fierce and desperate and significant.

It was significant because it marked the first defeat on land suffered by the imperial forces of Japan as they advanced on their planned conquest of the Pacific.

It was significant because a fierce fight at what was the Turnbull fighter strip, about a third of the way along the road to Alotau from Gurney, was the southern most point reached in the region by Japan on a campaign aimed ultimately at the invasion of Australia and New Zealand. A memorial marks the now vanished strip's location.

Yet, as some of the grizzled veterans of the Battle of Milne Bay grumbled, it is a campaign that has been almost forgotten, overshadowed by the epic battle along the Kokoda Trail, by the Guadalcanal campaign, and by all the numerous bloody battles that followed as the Allies battle their foe, island by island.

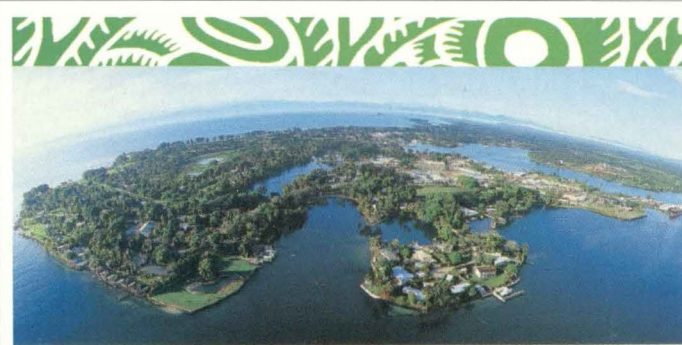


A stark memorial to those who died in the Milne Bay Battle was opened by Australia a few years ago on the Alotau shore, near the Alotau International Hotel. Alotau, ironically, means 'peaceful bay.'

On August 25, 1942, 1200 Japanese marines supported by tanks and by air and warship bombardment landed at Milne Bay to protect the flank of Japanese troops engaged in the Kokoda fighting, 340 kilometres away.

They were doomed to failure because of faulty intelligence, swamps that became natural traps and the fact that they were outnumbered by nearly eight to one.

Australian troops and American army engineers had moved into Milne Bay on July 22 to construct roads,



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wharfs and three airstrips. The RAAF (Royal Australian Air Force) was flying from the first airstrip in just three days.

The Japanese marines drove to the perimeter of Turnbull before being turned back. RAAF Kittyhawk fighters engaged them literally from the first few seconds of takeoff and attacked Japanese transport and supply craft in the bay.

On August 31, Australian reinforcements arrived. Having run out of supplies and reserves, the Japanese marines began a retreat that culminated in their evacuation on September 7. The airstrip remained in service until 1945.

Milne Bay became a major advance base for the launching of attacks on the Japanese.

Turnbull is named after Squadron Leader, Peter St George Turnbull, from Armidale, New South Wales, killed on a strafing run on August 28.

Gurney, former Number One strip, is named after Squadron Leader, Bob Gurney, who first flew for New Guinea Airways in 1929 and later for Qantas. He was killed in action on May 2, 1942.

At the war memorial, one reads of a Corporal John French, of Crow's Nest, Queensland, who was awarded a posthumous Victoria Cross for his single-handed attacks on machine gun posts.

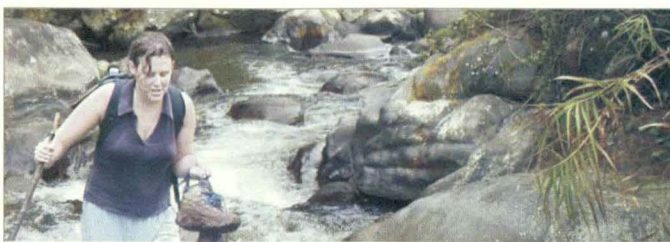
And of Maiogura, a Papua New Guinea nurse, decorated for saving the life of a downed Australian airman by hiding him under an overturned boat. Asked to list what she wanted, she requested a bicycle, a pair of sunglasses, a carton of aspirin tablets and seven yards of cloth for making ramis, a customary skirt worn by Milne Bay women.

The battle cost 156 Australian troops dead, 203 wounded and 2 missing; 11 RAAF dead, 3 wounded and 3 missing; 14 US engineer corps dead; and about 311 Japanese marines dead, 535 wounded, 301 missing; and nine taken as prisoners of war.

In August, a small remembrance museum opened at Alotau, preceded by a dawn service attended by five veterans of the battle.



Maiogura...PNG hero.



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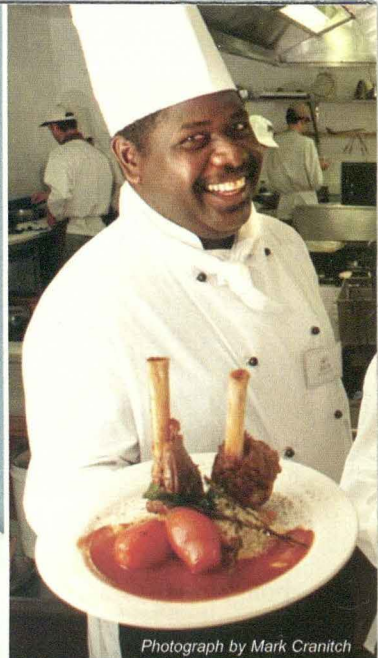
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On a cliff on the west side of the Milne Bay's East Cape, they're polishing the final facets of what surely will be hailed as one of the jewels of Papua New Guinea's dive resort scene.

Since May 2001 the building of the Reef Resort has been a labour of love for veteran charter boat skipper, Robert Van de Loos, and his wife Peo.

As she led *Paradise* Magazine on an inspection tour of the resort in September, Peo said the opening day target was October 1.

Five bungalows, each with two rooms, were complete and furnished, along with the lounge, reception, dining and verandah areas. So was a dive master's house, a compressor facility for charging air tanks and a research lab.

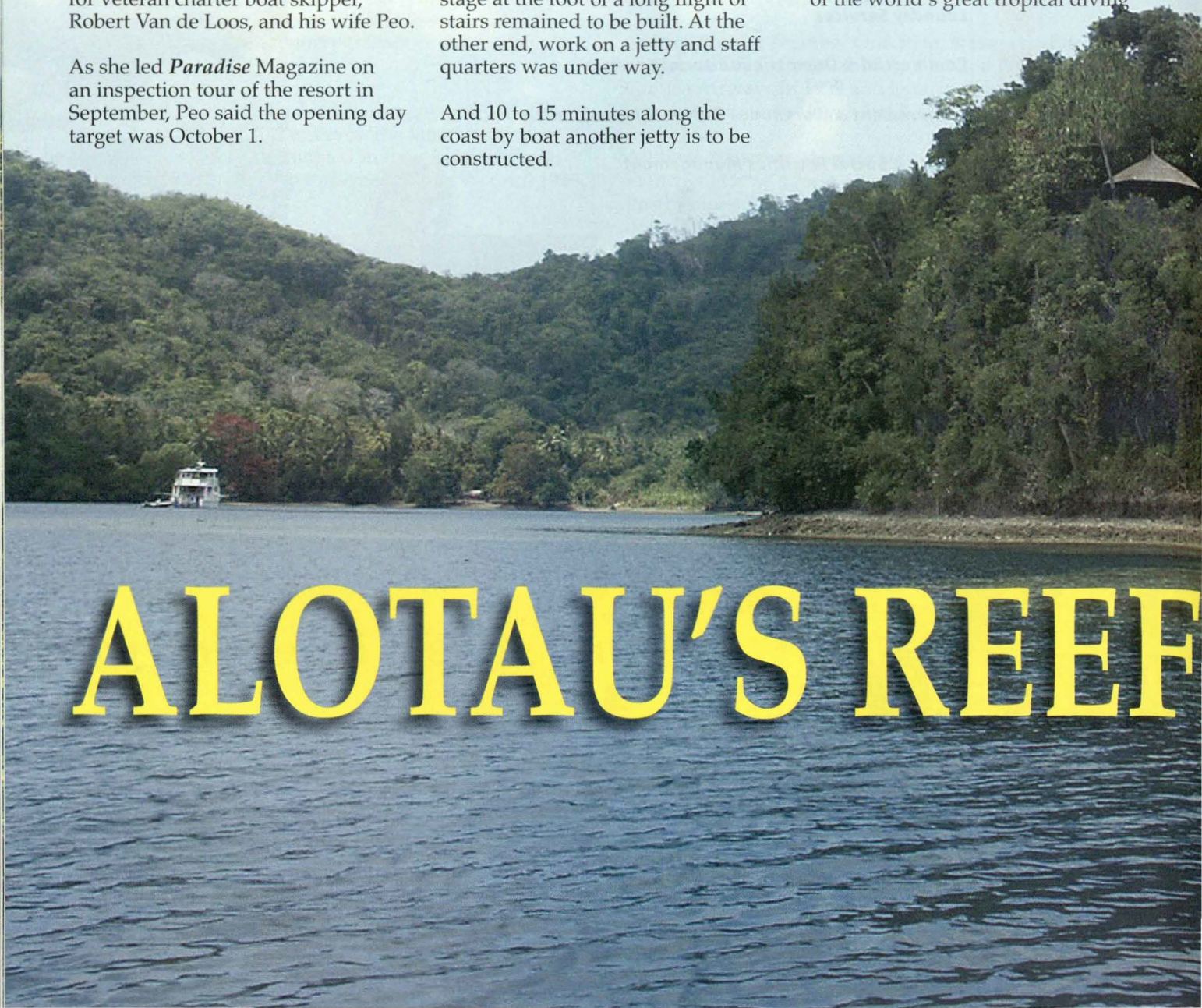
At one end of the resort a landing stage at the foot of a long flight of stairs remained to be built. At the other end, work on a jetty and staff quarters was under way.

And 10 to 15 minutes along the coast by boat another jetty is to be constructed.

The only access to the resort is by sea, unless you're prepared to make a daredevil hit-or-miss descent by parachute. Perhaps a helicopter could squeeze into a spot on the resort's five-acre location.

Isolation, privacy, magnificent coastal scenery, luxury, the doorway to one of the world's great tropical diving

ALOTAU'S REEF





areas, and an absolutely pristine one at that. Is there much more to ask for?

An array of bottles encased in glass separates the lounge and dining areas.

All are old and some are quite quaint. They were recovered as souvenirs

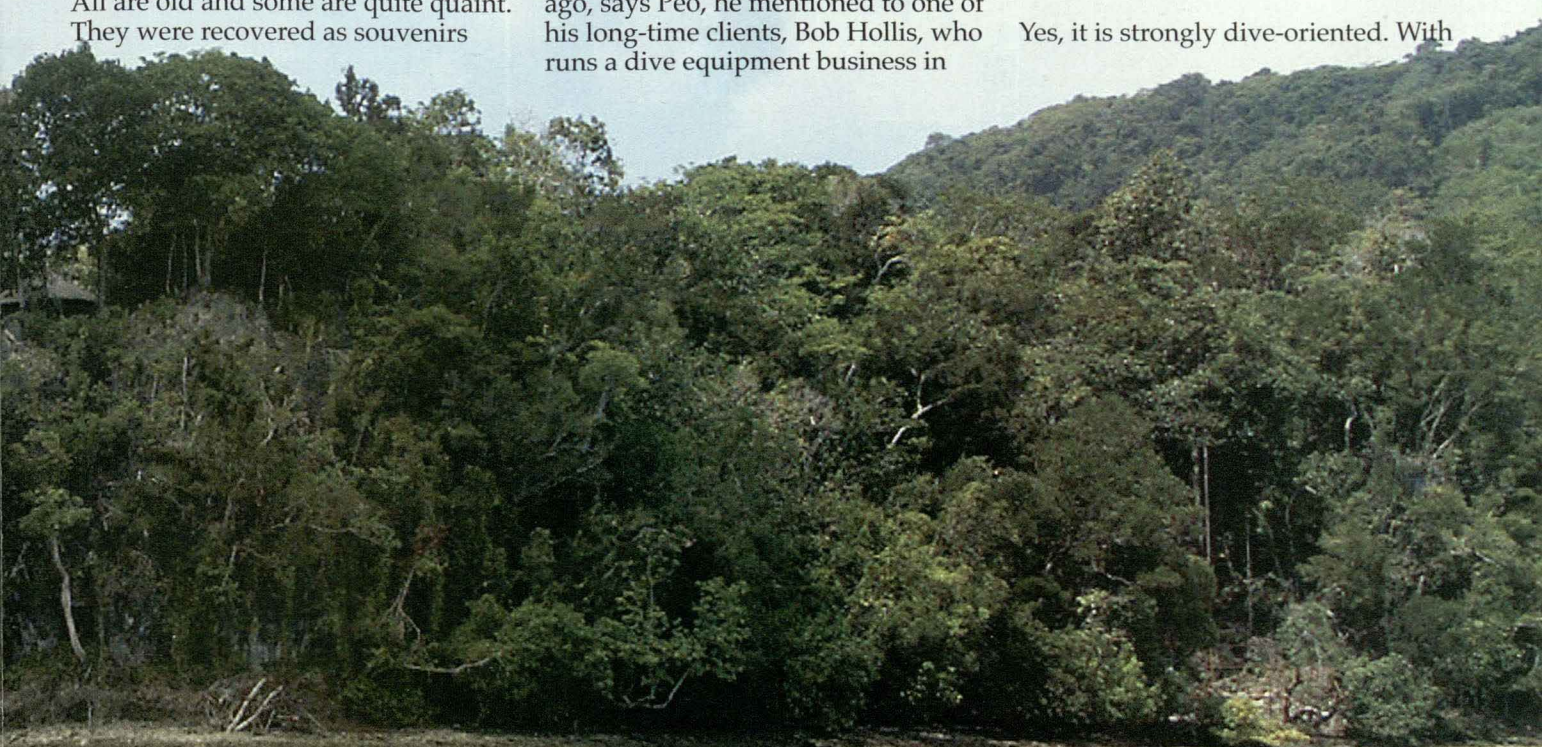
from off Samarai Island, where they were tossed into the sea as junk a century or more ago.

Van de Loos was away on his charter craft, Chertan. He's been around for a quarter of a century. A few years ago, says Peo, he mentioned to one of his long-time clients, Bob Hollis, who runs a dive equipment business in

America, that he had a hankering to open a resort.

"Are you serious?" asked Hollis. So he, Van de Loos and Milne Bay businessman Julius Valouris, are now partners behind the resort.

Yes, it is strongly dive-oriented. With



RESORT

Jewel of PNG's dive resort scene

the first of innumerable dive spots just three to five minutes away, what else?

But if by any chance you have qualms about going underwater, the Reef remains a magnificent spot for retreat and meditation.

You can be taken on bush and skull cave walks and visits to local villages. Or you can hole up in the resort's

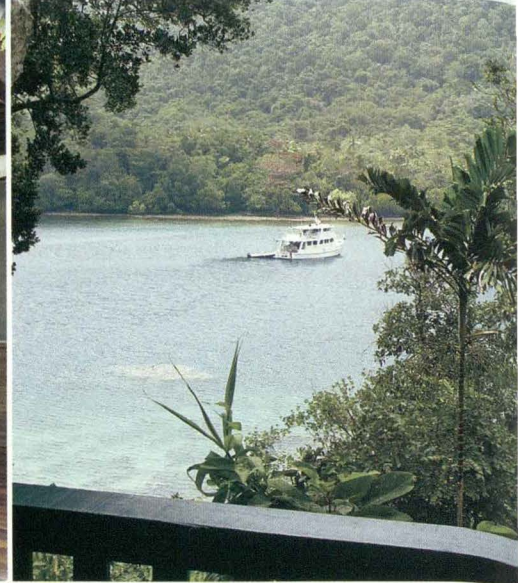
computer-equipped library. Practically, the entire resort has been hewn from local timber and carved and assembled into shape by local village craftsmen.

Peo says a staff of 25 to 30 will be needed, with initially four girls under training. The coastal vicinity is lightly populated.

The people of the area are self-

sufficient. "They eat a lot of fish and have their own food gardens." Situated at the eastern end of the Papua New Guinea mainland, the resort's isolation and calm offers that million-miles-away-from-it-all environment.

From Alotau, its location is a drive of about 45 kilometres along a good gravel road, and then that short boat trip.



Just Another Day in Paradise...



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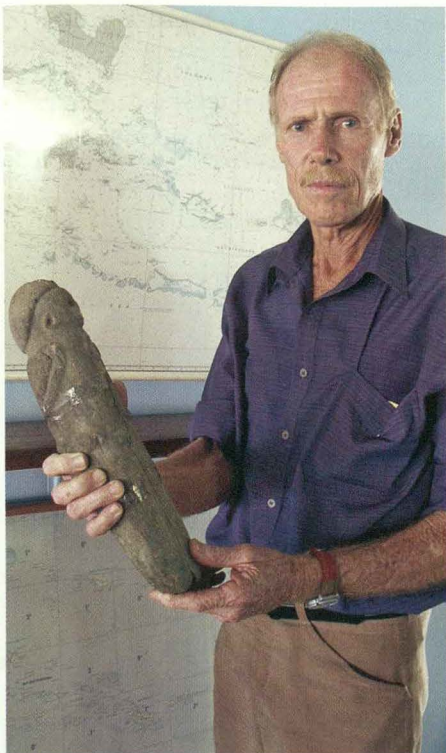
THE ABELS OF KWATO ISLAND

If you want to know about Milne Bay, you really should go and see Chris Abel. His family's been around for donkey's years.

That piece of advice will be offered at a lot of places around Alotau. It is good advice.

Chris Abel's grandfather, Charles, moved from England to New Zealand in the 1880s, felt a call to become a missionary, arrived at Port Moresby in 1890 and on to Kwato Island, near Samarai Island, in 1891.

He was an extraordinary character who broke with the London Missionary Society to found the independent Kwato Church, an institution engaged in such practical industry training activities as shipbuilding as much as religion. It retains the loyalty of around 15,000 people, including a large community in Port Moresby.



"Grandfather died in a car accident in England in 1930, which was ironic, since a lot of Papua New Guineans wanted to kill him," Chris related. The ashes were brought back to Kwato."

Chris' father, Russell, carried on the mission until his death in 1965.

When war broke out, the family moved from Kwato to avoid the risk of invasion, and returned in 1946.

"For a small boy like me, it was absolutely idyllic. Although it was pretty isolated, we had a big school there."

Chris trained as an agricultural officer, joined the PNG agricultural department and resigned in 1975 to set up Masurina Ltd as a public company.

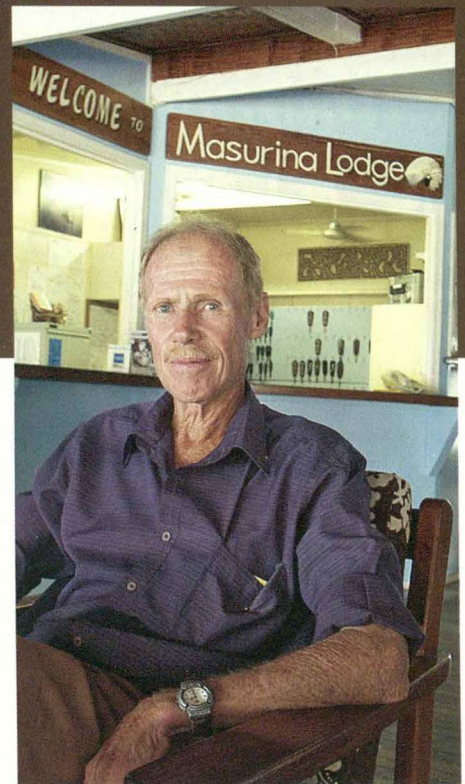
"We formed it to open up to Milne Bay people who wanted to get involved in the local economy, because at the time, apart from copra, there was no local ownership in anything substantial."

The company has the Masurina Lodge, an unassuming comfortable hotel, up on a hill near the hospital, overlooking Alotau town. "It's a higgledy piggledy place that just grew."

It is also usually full because guests like to go back to it.

On a wall near the reception is a case of ancient Milne Bay carvings Chris recovered for the region by buying them at a London auction. Another relic is a mysterious stone carving given to his grandfather by a village chief.

It is old, very, very old. No one really knows what its purpose was. "It's



Chris Abel...at his Masurina Lodge and below with the mysterious stone carving.

pre-Melanesian. They are still around and used as boundary markers."

The company still operates quite profitably, Chris says. It sold a hardware business but retains several other investments. It has 80 to 90 local shareholders, many now being staff.

"I've got a missionary, a socialist and public service background, so I've never been keen on ownership myself."

Chris' brother, Murray, works for a local marine produce business. A sister, Elizabeth, looks after his mother in Australia. One of his sons, Owen, a civil engineer, has just moved to Australia to find work after completing an aid-funded project at Milne Bay. His married daughter, Marjorie, works in the Northern Territory hotel trade.

Life in Milne Bay is placid, Chris says, partly because promises of a road to link the province with Port Moresby haven't come to fruition.

If he leaves you with the impression that perhaps that has turned out to be a blessing, you could be correct.



Climbing PNG's highest mountain

MT WILHELM

By Pam Christie

In Papua New Guinea, we have this cheeky little mountain located in Simbu Province in the highlands at 4509 metres (14793 feet).

Mt Wilhelm is the highest mountain in Papua New Guinea. It has rugged peaks with a well-formed trail leading to its summit. The ascent crosses diverse and beautiful terrain with open grassland on the slopes and granite predominant at higher levels.

It is not a difficult mountain to climb and the round trip takes three to four days. There are no ropes involved or high altitude gears and equipment required. But you will feel the effects of altitude on Mt Wilhelm.

Mt Wilhelm can be climbed all year round, although the best months to climb are from April to November. The weather is warm during the day but can become quite cool in the evenings. On the mountain, it can get down to as cold as -5°C . With wind chill factor, it can get down to -15°C .

For those of you who have never climbed a mountain, this is the perfect peak to start your climbing adventures. It is high enough to get the adrenaline pumping and high enough to experience altitude. You will need a lot of determination to climb for 5-6 hours to the summit.

Over Easter, PNG Trekking Adventures led by Pam Christie took 6 hardy souls - a combination of long-term PNG residents, new boys on the block and tourists - up the mountain. From the time we left Port Moresby on Good Friday until the end of our journey, the highlands and the mountain put on a wonderful display. The sun shone, it was delightfully cool, and the beauty of the highlands people and scenery was appreciated by us all.

We left Port Moresby on Friday morning and arrived at Goroka on schedule. We were met by our transport and also to our delight by Betty Higgins. Betty owns the trout farm and lodge at Kegsegal, which is the village at the base of the mountain at 8000ft. With our packs, food and Betty's gear, it was bit of a tight squeeze in the twin cab ute. But hey, this is an adventure guys, squeeze in and listen and learn from the running commentary from Betty for the next 5 hours.

We arrive at Betty's Lodge mid-afternoon, and it's time



for a brew and look around. Betty and Thomas, her faithful cook cum chef, prepare the three-course dinner that the lodge is famous for. There is a minimum of five different fresh veges on our plates, plus a plate-sized trout caught half an hour ago, followed by fresh strawberries. Nothing gets as fresh or more organic than this.

We get up around 7am and have a fully cooked breakfast. Then it's a leisurely three-hour stroll up to the base camp. This walk has to be seen to be appreciated. We start off through the rainforest and then out to the savannah with views back down the valley to Kegsegal. It is a breathtakingly beautiful terrain with the odd raging waterfall thrown in.

We rock into the base camp around lunch-time. The huts are quite basic but each time I go up the owner is adding that extra touch that makes life easier. In the old days it was baked beans in the can heated on the open fire outside. Now we can cook a reasonable meal over the gas stoves inside the huts. We are now at 11,000ft.

If it is cold, which it was when we arrived, you usually mooch around inside chewing the fat, brewing up or lying in the sleeping bag reading. This is all good for acclimatisation. If it's warm, we lie outside in the sun beside Lake Pundi, one of two lakes which feed off Mt Wilhelm river. Often, we take a walk up to the second lake, which is again good for acclimatising our bodies.

Dinner is on about 4:30pm, some eat heartily and some are struggling with every mouthful. I'm hoping it

wasn't the amount of garlic in the bolognaise. Lack of appetite is a classic sign of the effects of altitude. Nobody knows how he or she is going to be affected.

It can affect the fittest in the group. So the theory that the fitter you are the less chance you will be affected by altitude is just that, a theory. Brian, our oldest member of the group, was showing obvious and classic signs of altitude sickness. He had a headache, lack of appetite and lethargic progress from 8000 metres to 11,000 metres. Unfortunately, these combined signs were telling me that he would not be attempting the summit. Brian realised his chances were minimal and pulled out of the summit attempt on his own accord. We always give everybody the opportunity to start out and 'have a go'. But unfortunately our body genetics at high altitudes sometimes just don't allow us to go any further. We are always very sympathetic to anyone in this position.

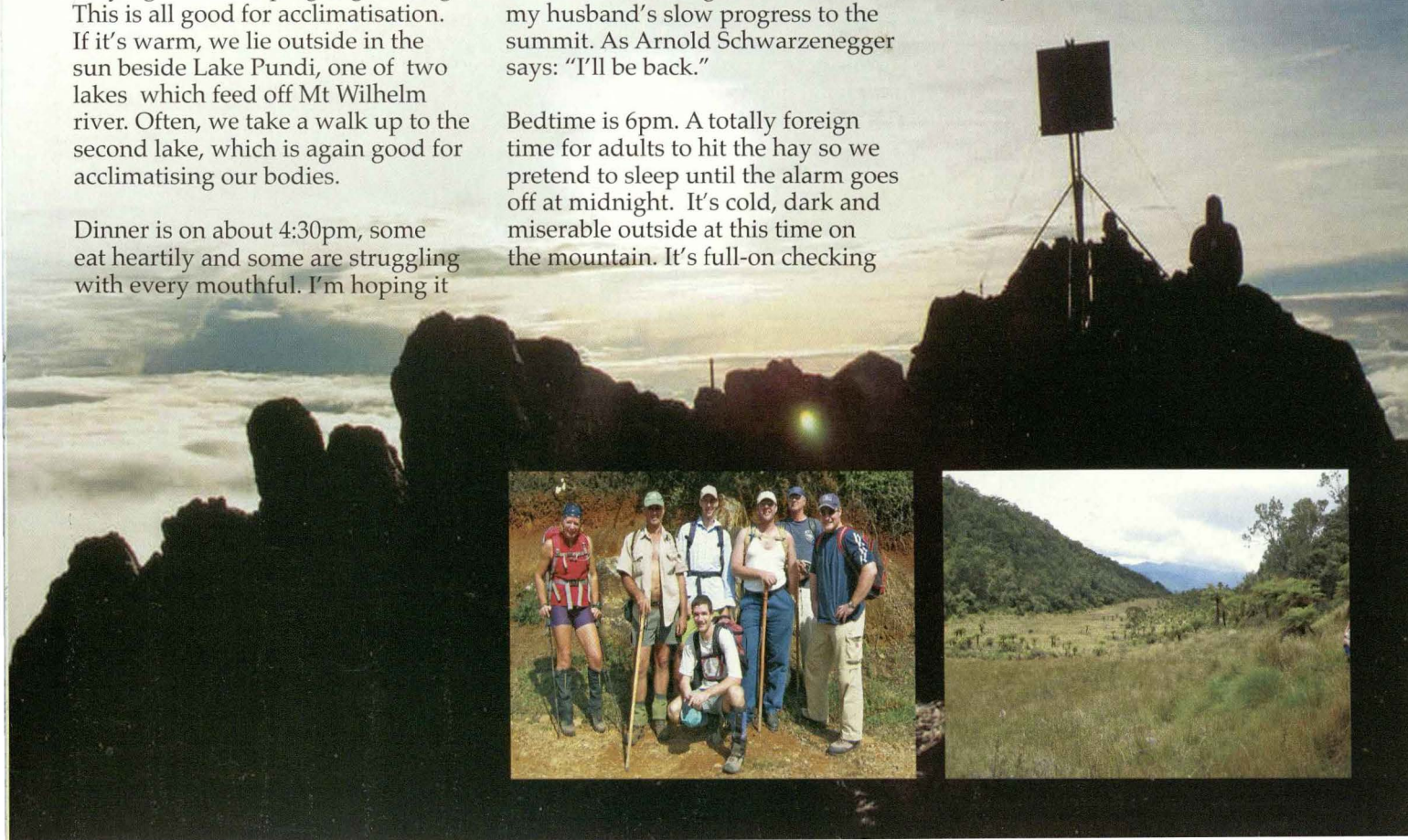
I never forget the time I climbed a mountain in South America for 18 days and was not able to even get to the summit on our last day up. My body just did not have the fuel to get me up the final 2000 metres. I spent the day bubbling my eyes out in our tent listening on the radio to my husband's slow progress to the summit. As Arnold Schwarzenegger says: "I'll be back."

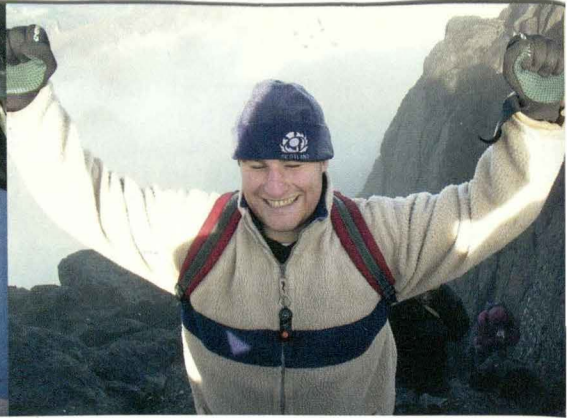
Bedtime is 6pm. A totally foreign time for adults to hit the hay so we pretend to sleep until the alarm goes off at midnight. It's cold, dark and miserable outside at this time on the mountain. It's full-on checking

our equipment, a small thing like not enough spare batteries for our head torches can stop someone for progressing with the climb. We make sure we have all our layers on. Brew up and try to force down some cereal.

We are on the mountain by 1am. Like a small trail of ants with headlights heading up, up, up. This is a mountain so there is no choice but to keep climbing. Your enemy is dehydration and climbing too fast. It's hard to keep everybody at a steady pace. Half the group wants to forge ahead. Finally, the decision is made to let them go. Carl is an experienced climber, so I put him in charge. Fred, who is a non-stop chatterer, stops talking. Not a good sign for Fred. Tim from Brisbane is doing okay but feeling the effects of altitude.

I stay back with Tim from Lae and Tom, a Scottish lad on contract in PNG for a couple of years. We slow the pace right back. These two boys have huge hearts and there is absolutely no talk about them not making it to the top. The sun comes up and that improves everyone's mood. At least it's not depressingly black around us now. The cloud is drifting in and out and we are getting glimpses of amazing views. Finally, the summit comes into view.





You only see this at the very last 10 minutes of the climb. The front group is sitting on the top. Fred is still not good. He has been sick and obviously suffering a lot from the lack of oxygen. Tim and Carl are going well.

We scramble up the final rocky outcrop to the top and the boys are elated. Not much juice left in the engines though and we still need to get back. As the air gets thicker on the way down their energy levels will improve.

It's 7am and the views are great, no wind and it's just awesome sitting there in the cold savoring the moment watching everyone just enjoy and take in their achievement. Tom rings his mum and dad in Scotland on the satellite phone. Tim, much to my horror, produces a bottle of Port. This was definitely not on the equipment list. Mind you, a couple of slurps tasted not too bad at all.

The long hard grind down starts. This is definitely harder than going up. It's wet, and again relentless. We

get back to Lake Pundi at 1pm. The forward groups are all safely back and Fred is chattering away again. Time for a quick brew, a cup of soup, a couple of glasses of staminade and it's off for the final trek back to Betty's Lodge.

The boys head down and away, the air is getting thicker, their energy is returning and that hot shower and warm bed is beckoning.

It's such a great feeling to climb over the sty in Betty's yard at the end. We are home and feeling pretty good about life. It's been a huge day.

This is only a pimple of a mountain compared to what else is out there. It is a fantastic experience for people who have never had a taste of what it takes to climb solidly for 5-6 hours.

Our mantra is: THE DESTINATION WILL NEVER BE AS IMPORTANT AS THE JOURNEY.

The boys are all very tired, not much

interest shown in a celebrity wine and hors d'oeuvre I carted all the way from Port Moresby.

Some make an appearance for dinner and go through the motion of eating. Some are in bed sleeping like babies.

Everybody is up and running the next morning. The day is beautiful and we have a great trip back to Goroka. Pizza at the Bird of Paradise and a couple of beers go down very well.

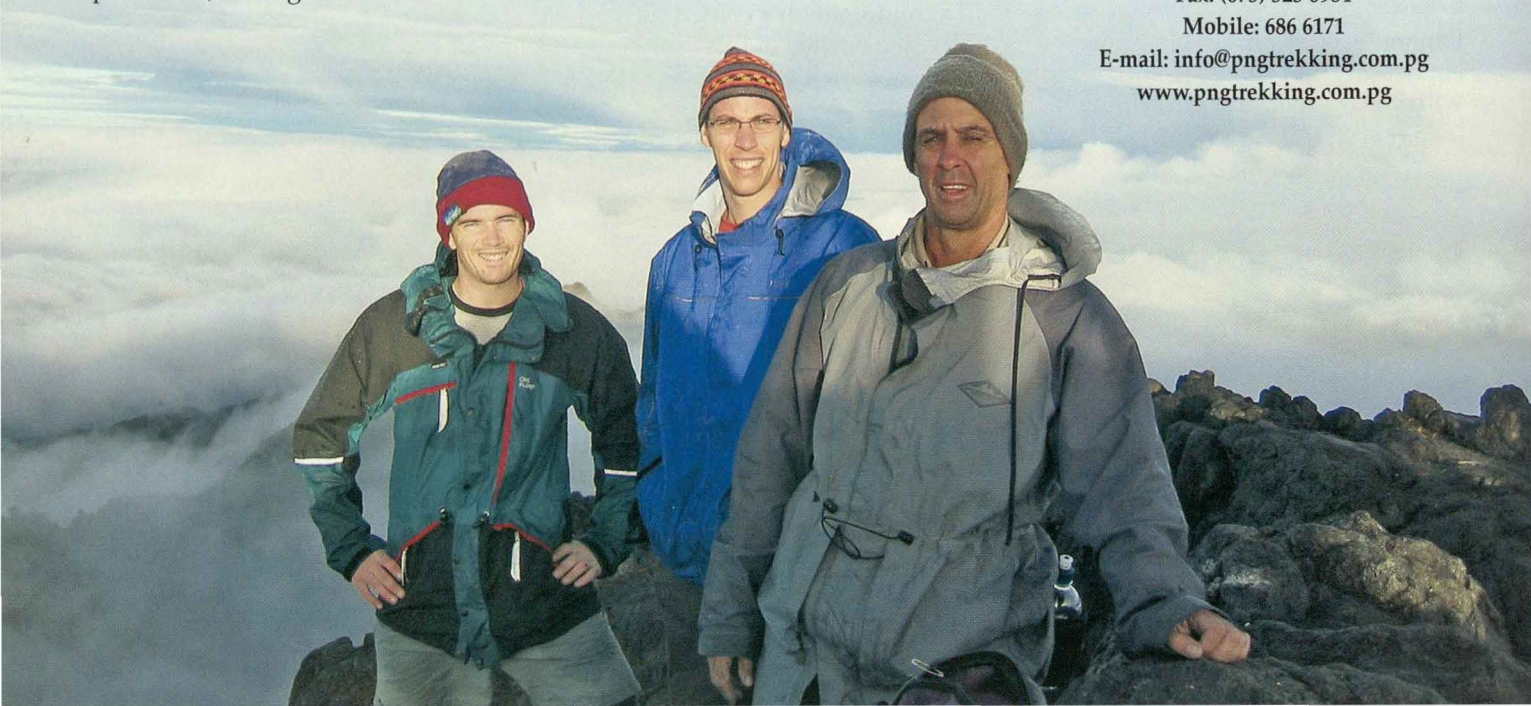
My husband meets us off the plane at Port Moresby and his rating of a good trip is the smiles on everybody's faces. Everybody had tired grins from ear to ear.

We are leading an expedition to Kilimanjaro next year and it looks at though we have a couple of definites from this group joining us.



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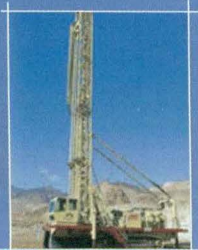
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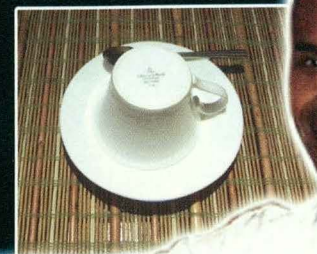
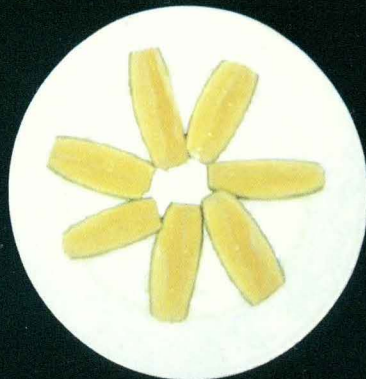
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KAVIENG

An exceptional diving destination



By Tony Karacsonyi

It is just another day of scuba diving in New Ireland for Dietmar Amon, of Lissenung Island Resort, except today he has a visitor from Israel.

Gadi told Dietmar he wanted to see big sharks as there weren't any in the Red Sea. "I'll take you to see the silvertip sharks at Silvertip Reef," said Dietmar excitedly.

They were soon scuba diving with six sleek and graceful silvertip sharks, two to three metres long, approaching within touching distance. Suddenly, the silvertips were gone. "This is unusual," I thought, then I saw a shark approaching. I drew Gadi's attention to the shark and as it drew closer, it was a great hammerhead shark, over four metres long - the mother of all hammerheads. Its sheer size scared the hell out of me!

"But it scared Gadi even more and as I hid behind a coral head, he hid behind me. He couldn't have got closer to me if he tried," said Dietmar.

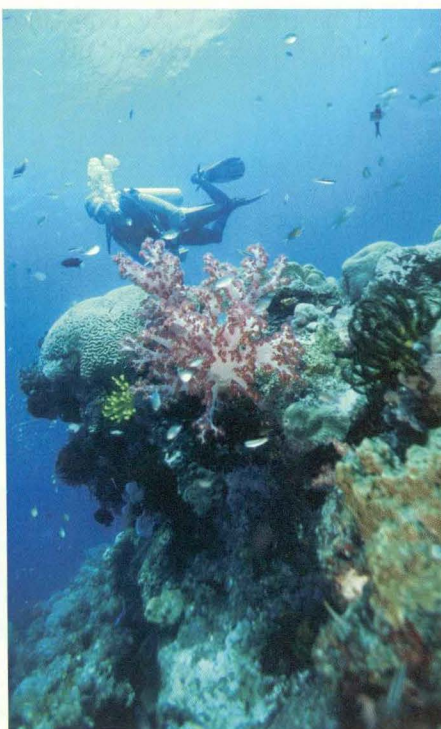
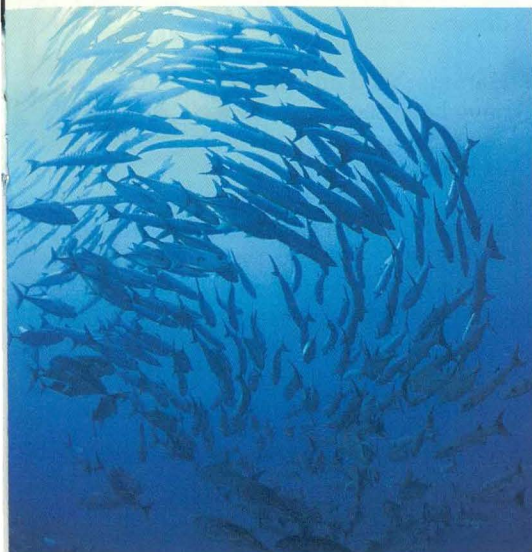
The hammerhead came to within touching distance, arched its back a little and was gone. The silvertips returned in the good knowledge that the great hammerhead was gone and it was diving as usual.

Spotting high orca-like dorsal fins and superior manoeuvrability, great hammerheads mainly eat stingrays. They're not usually aggressive but can make close and very unnerving passes at scuba divers as Dietmar and Gadi found. Silvertip Reef is

also called Valerie's Reef, in honour of an Australian shark diver and underwater photographer - Valerie Taylor.

Another day, Dietmar's divemaster, Andy Baldauf, was guiding a British fellow and a Japanese girl on Helmut's Reef. The gang of two-metre grey reef sharks were there and soon after the same thing happened, they disappeared and a great hammerhead appeared.

The British fellow swam out into the blue to photograph the hammerhead, which started arching its back, a rather aggressive form of shark behaviour. Andy swam out and grabbed the over-eager Brit who was unaware of the danger, and dragged





him back to the reef. "I'd love to see his video footage some day," says Dietmar.

Great hammerhead sightings at Kavieng are uncommon but Dietmar's sighting was one of the highlights of six years of scuba diving in New Ireland. "I love diving with sharks, especially the grey reef sharks at Helmut's Reef. These days it's the tiny marine animals that excite me. I really enjoy showing our visitors the tiny pygmy seahorses and allied cowries at Albatross Passage and dwarf pipehorses at Ral Island. It's a clear water muck dive. (A 'muck dive' is generally a sandy/silty seabed where one can see bizarre yet beautiful marine creatures).

There's heaps of shrimp gobies and a large patch of garden eels. You can get close to them by hugging the sandy bottom and holding your breath. Andy has seen a pegasus sea moth (fish) at Ral Island too. He said it looked like a 'chicken carcass with wings', says Dietmar.

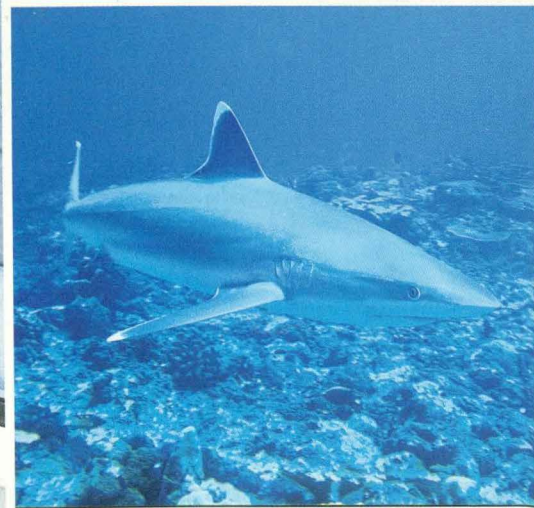
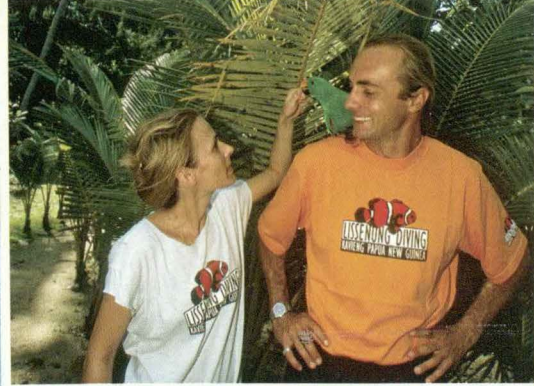
Dietmar and I were soon diving at the fabled hammerhead spot - Helmut's Reef. The usual gang of grey reef sharks were there and a strong current swept over the mound-shaped coral reef that extends from five to thirty odd metres. We swam to the front of Helmut's where the current has the least effect at 30



metres. The reef is adorned with large sea fans, sponges and some soft corals. Redtooth triggerfish swarmed in their hundreds and fusiliers filled the sea. Several grey reef sharks patrolled the schooling fusiliers and a pair of enormous dogtooth tuna cruised past. Anthias (brightly coloured tropical fishes) hovered around the green tree-like corals and a blue-faced angelfish caught my attention.

An explosive bang on the surface saw the grey reef sharks shot to the surface like shiny grey missiles. I was surprised at the speed with which they dashed to the surface. One had caught a spanish mackerel near the surface - none of the pack wanted to miss out on the feed. They soon returned to 20 metres, where for a short time, a dozen excited sharks milled around like a pack of ravenous timber wolves.

Albatross Passage is another spectacular dive. It's an underwater wall that extends from 8 to 30 metres, to a sandy ledge, then dropping into the indigo blue abyss. When the current is incoming, this place is a magnet for sharks, pelagics and



every conceivable reef fish species living in New Ireland.

The wall is beautifully undercut with many caves and some exciting swim-throughs, framed with black coral trees, nestled among which were lionfish, bannerfish, angelfish, glasseyes, purple queens and long-nosed hawkfish.

At least two sea fans are home to pygmy seahorses. Dietmar excitedly showed me one, with a bulbous little belly which we decided was pregnant. Dietmar knows where they live, together with spindle cowries, and is happy to show visiting scuba divers.

Hammerhead and silvertip sharks have been seen here, as well as squadrons of 20 or 30 'mobula' rays - a small kind of manta ray.

Elegant dartfish twitched their dorsal fins, grey reef sharks patrolled and a school of blue-striped sweetlips set against the deep blue, made for a classic fish shot. A majestic double-headed maori wrasse and a dozen lyre-tail dart gobies kept us company at five metres.

Not far from Albatross Passage, in Steffen Strait, is a coral reef called

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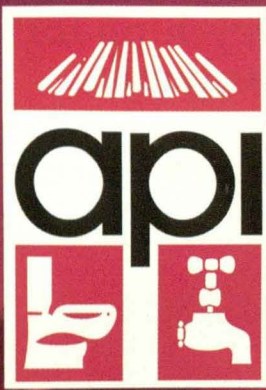
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Peters Patch. It's like an underwater ridge and is best dived on the incoming tide, as with Albatross.

The reef at 15 to 20 metres is absolutely covered in soft and hard corals, anthias, pelagic and scribbled leatherjacket, sweetlips, regal angelfish, diamond trevally and a few grey reef sharks thrown in for good measure.

"The fish life is so intense here, that it's like fish soup. Two beautiful golden cowries were seen here by Telita," says Dietmar. (Golden cowries are extremely rare and

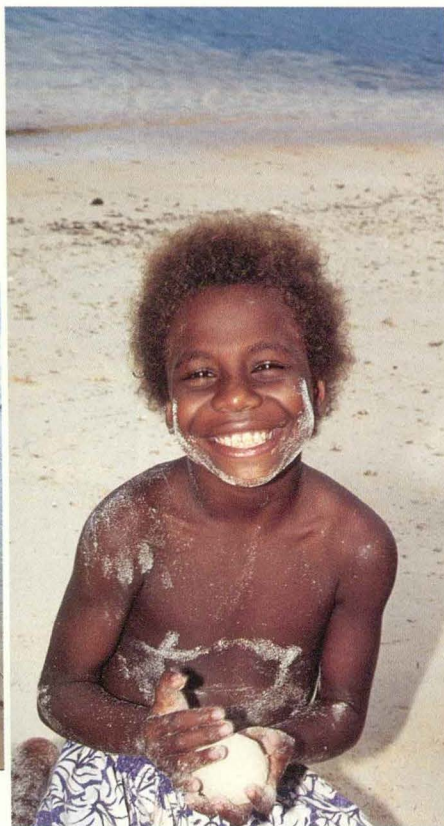


valuable).

An eagle ray searched for food among the corals and a green turtle foraged too. To see large marine animals feeding in the wild, is for me, one of life's greatest experiences. Peter's Patch was my final dive and as I was swam along the ridge, enjoying the last few minutes, fish parted in front of me as a chunky grey reef shark flew over the crest. Well, I don't know who got the

bigger fright, me or the shark?

This, together with simply watching thousands of lovely tropical reef fish such as fire gobies, blue-spotted stingrays and anemone fish, made for a fine end to nine days in Kavieng.



Another thing that greatly inspired me about Kavieng, besides Dietmar and Edith's hospitality, was the wonderful friendliness of the local people. No matter where we went in Kavieng and who we met, the villagers were warm and welcoming.

Oh, I must also mention an amazing muck dive called the Bottle Shop. Here beneath an old jetty at Kavieng,

living on the sand and ribbon weed bed lurks the bizarre and the ugly, a macro-photographer's paradise. Dietmar showed us shrimpfish, green filefish, panda clownfish, nudibranches, yellow shrimp gobies and red firefish, living in an old truck tyre.

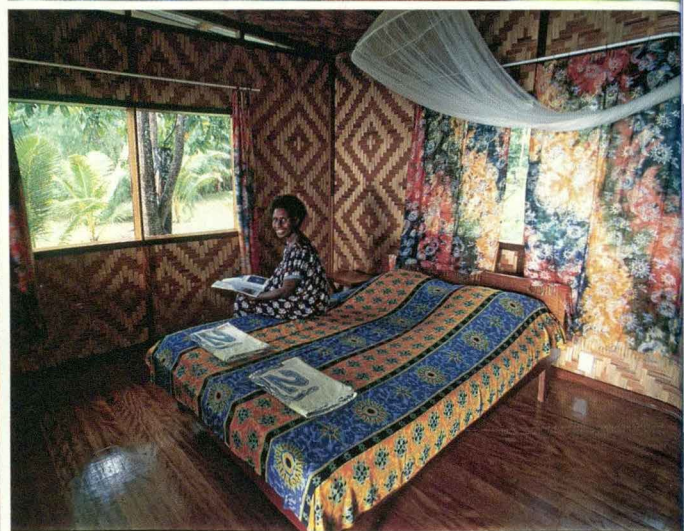
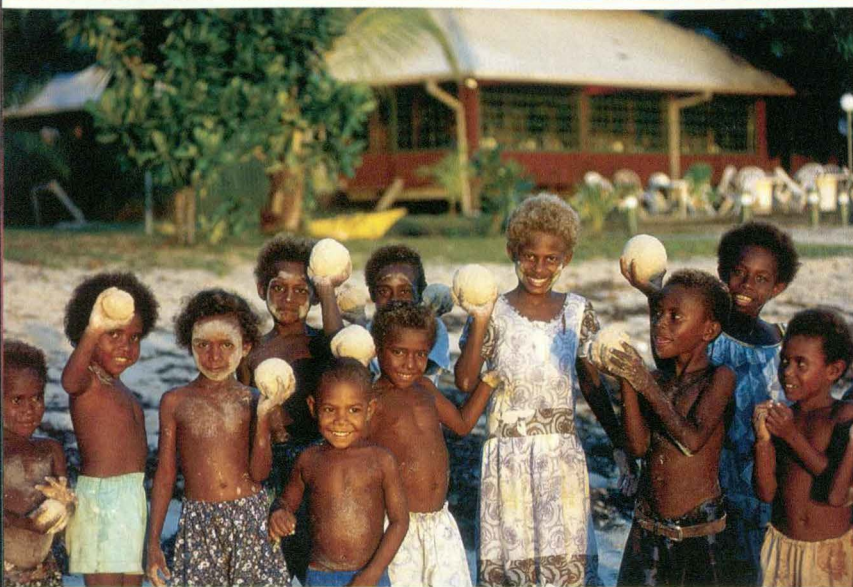


Lissenung Island Resort is a small private island two degrees south of the equator, North-West of New Ireland, and fifteen minutes banana boat ride from Kavieng. The divers' accommodation is very comfortable with large spacious bungalows and large decks. It's best to leave your dive gear at Dietmar's dive shack, between dives. The day's routine is to roll up for breakfast at 8am, then collect your dive gear from the dive

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shack, leaving the beach at 9am. Dietmar usually runs two morning dives to 25 or 30 metres, returning to Lissening at 2pm for lunch. Then there's another dive after lunch.

Edith is an extraordinary cook and knows how to feed her guests. "We know how important food is for divers and no one goes hungry here," says Edith, as she serves another plate filled with Austrian home-made noodles, chicken and salad.

"This is good diving food," says New Zealander Rod Budd. Another night we had chilli mud crab, roast pork and if you're lucky, Edith might offer you Manne Island wild boar. Lissening Resort buys all its fish, wild boar, crabs and lobsters from local fishermen.

Another positive aspect of Lissening as with all Kavieng dive operators who use the reefs is that they pay reef fees to the local villages which go directly to the villagers.

There's a lot to be said for scuba

diving live-aboards and their ease of diving, but there's a certain pleasure in setting foot on a tropical isle for lunch and dinner and burying your toes in the sand, while enjoying drinks with new found buddies, like Aussies' Michelle Singleton and Fiona Carnie. Another pleasant aspect of Kavieng, is the spectacular scenery. Kavieng is largely an archipelago of islands, although the New Ireland land mass, shaped like a great rib, extends for some 360 kilometres. Many of the islands have clear water mangroves and the channels, Steffen and Byron Straits, open to the Bismark Sea.

There's the classic Pacific scenery of Tsoi Island where the silvertips live and big fish reefs aren't far away. "Big fish reef has swarms of batfish, big-eye trevally, barracuda and eagle rays are common."

It's one of the best dive sites in Papua New Guinea. Blacktip reef and bull sharks have been seen here but strangely, rarely a grey reef shark," says Dietmar.

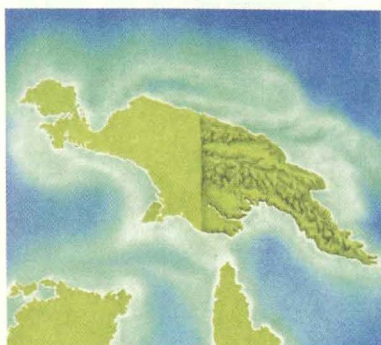
Dietmar and Edith host divers from all over the world, particularly from Europe - Switzerland, Italy, France and Germany. They recently had a group from Hong Kong and often see divers from Australia, New Zealand and Japan.

In short, the variety of marine life in Kavieng is absolutely amazing. Where else can you see sharks on every dive, together with fire gobies, pygmy seahorses, allied cowries, even pavo razorfish and waspfish on the same dives?





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Fly with Air Niugini from your capital city to Port Moresby, then to Kavieng.

WHAT TO TAKE

Your photography gear, lots of film, anti-malarials, light clothing, Lissenung's generator goes off at 11pm, so charge your batteries

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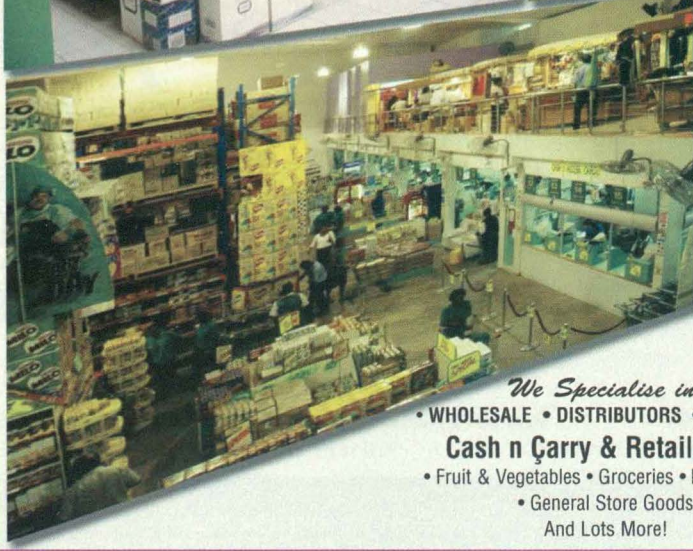
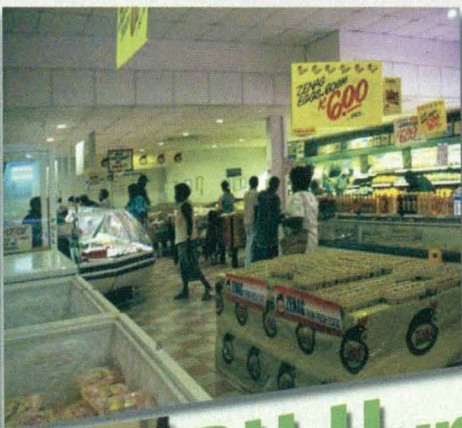
OTHER THINGS TO DO

Buffet dinner at the Kavieng Hotel (Friday nights), Malagan Beach Resort BBQ (Sunday nights) sailing (located next to the Nusa Island Retreat), surfing - famous breaks in season, Kavieng markets (Saturday early morning

visits are best), snorkelling and cycling from Kavieng.

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Street kids...their story of hope.

EMPOWERING YOUTH

From street kids to being entrepreneurs

By Malum Nalu

A little ray of sunshine has emerged in Port Moresby, capital of Papua New Guinea.

Seven street kids, on skid row a little over a year ago, now do some of the best textile designing in the country.

Leading hotels and resorts, overseas diplomatic missions, business houses and individuals are now plucking up their t-shirts, tea towels, laplaps, sarongs and bags like hot cakes.

Theirs is a story of hope, and shows that amidst the unemployment and social problems in the city, there is still a silver lining to the dark cloud.

Earlier this year, the seven young men - Kingston Waki, Orim Watika, Joe Koa, Julius Ume, Mark Siari, Mark Joe and Houty Hearo - were part of a group of derelicts undergoing rehabilitation at the City Mission's Mirigida Farm, outside Port Moresby.

About the same time, an Australian couple - Jack and Margaret Fenton - decided to come back to PNG and pass on their textile designing skills to those who need them more.

Jack and Margaret (who are both photo shy) taught in PNG for 16 years, and when they completed their contracts in 1991, ran their own textile designing business.

Jack, many Lae's University of Technology students would recall, was dean of students there from 1975 to 1984.

He later taught English at Kimbe High School, Passam National High School, outside Wewak, and Kerevat National High School, outside Rabaul.

Margaret taught expressive arts at Bugandi High School in Lae, Ponini Vocational Centre in Kimbe and Passam National High School.

In the 1970s and 80s, when Margaret was an expressive arts teacher in Lae,

the teaching of traditional designs was a regular part of the school curriculum.

This syllabus continues today, although lack of materials and skilled teachers have gradually eroded it.

Working behind their home in Kuranda, North Queensland, the Fentons designed t-shirts, tea towels, laplaps, sarongs and bags for leading hotels like Madang Resort, Walindi Beach Resort and Loloata Island Resort.

Jack, 77, and Margaret, 75, however, decided to forego this to return to PNG and pass on their skills.

"We've been trying to do something like this for a long time," Jack says.

"Finally, last year, we contacted Lady Carol Kidu who passed us on to Larry George (City Mission director). He (George) offered his place for the project.

"The Mission applied for funding for

the project through the Community Development Service (CDS) of AusAID.

"In February this year, we came over and started. This group of boys were living down at the (Mirigida) farm.

"They were more or less asked if they wanted to join us, and they came and joined us.

"None of them had anything really in the way of formal art training. They started from nothing."

After two weeks, the boys were able to design and print laplaps in three colours.

All work is done by hand.

Stencils are hand cut so that, on leaving the mission, a trainee will have the skills and knowledge to carry on similar work in a village situation without having to rely on modern technology.

Not only are the boys trained in the art of screen-printing, they are also shown how to ensure that what they produce is of high quality with emphasis on the importance of presentation and packaging.

All designs have a PNG content and most have been adapted from traditional designs as a result of visits to the National Museum and guidance by their volunteer trainers.

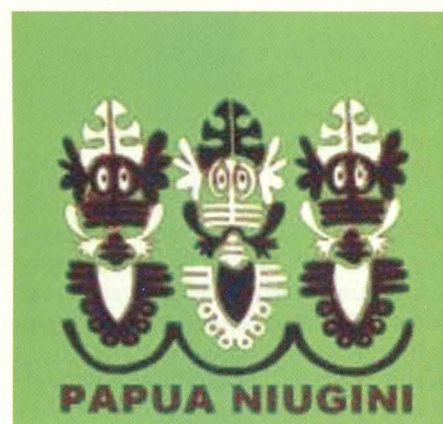
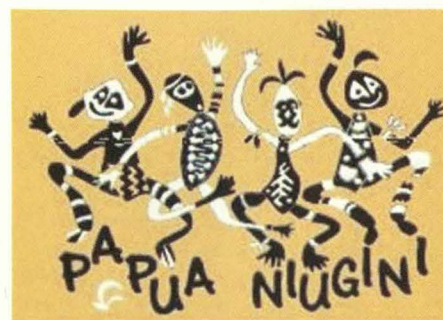
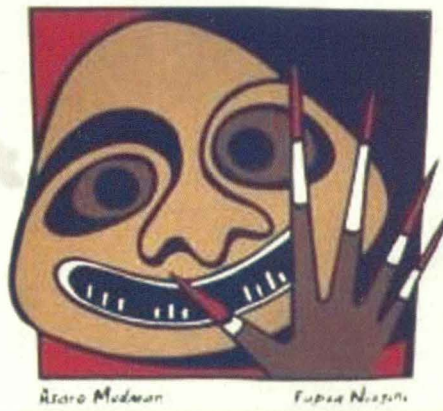
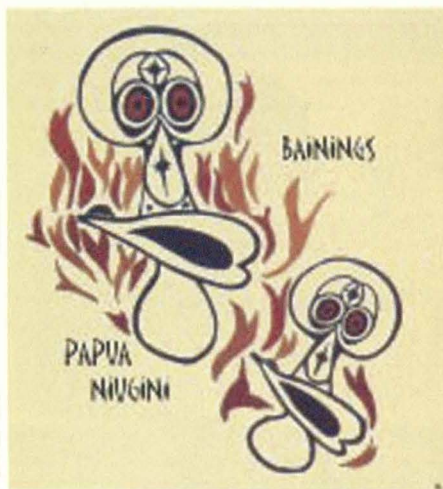
Most visitors to PNG know about Sepik masks but there is an abundant source of other design units on shields, drums, carved figures, face paint and body decorations which can and do provide inspiration for Malolo's products.

"From then on we developed on to other things.

"The market we're targeting is the expatriate community, the well-paid consultants of which there are thousands in PNG and the better-paid Papua New Guineans.

"We import good quality t-shirts and fabrics from Australia.

"We're trying to produce five-star quality products. However, we don't want to interfere with the local



screen-printing market.

"We're doing quite well."

Items can be purchased at the Ela Beach craft market and the Port Moresby Grammar School craft market, or direct from the workshop at City Mission in Koki.

High quality laplaps are going for K32, adult t-shirts K35, children's t-shirts K30, tea towels K25, shoulder bags K35, kaukau print bags K20, cushion covers K25 and sarongs K40.

Proceeds from the sales are returned to the mission to help with literacy programmes, feeding of street children, and other worthwhile enterprises.

Mark Siari, 19, from Kerema in the Gulf Province, said they were indebted to the Fentons for teaching them things they didn't know.

"We have learned a lot from the couple, including computer designing," he says.

"They are very good people.

"We are indebted to them for teaching us things we didn't know.


"We have learned many skills.

"We now know how to cut timber and make screens, use cutters to cut designs, mix paints and inks, measurements for stoppers and how to sell and market our products.

"Over the last three months, we have made a lot of sales at the Ela Beach craft mart, the Grammar School craft mart, Airways Motel, the duty free shop at Seven-Mile, as well as to interested customers.

"When we leave, we will continue with whatever skills they have taught us, with the support of the mission."

Mark concludes: "Through God, we now see a purpose in our life.

"We are now happy with the kind of life we lead." 

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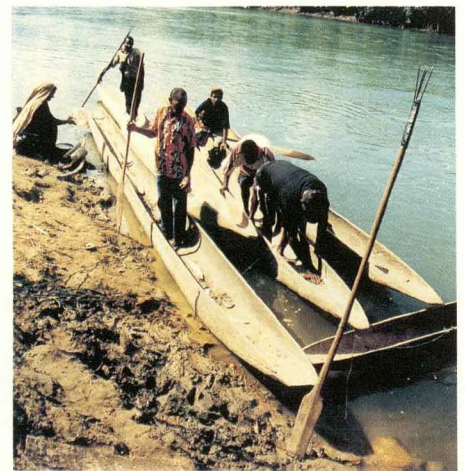
Made of tapa cloth

By Keith Briggs

Time seems to have stopped in some villages in the Southern Highlands Province. Fellows still sit and yarn on the verandah of the men's long house, the design of which has remained unchanged, flanked by the houses of their wives and children. They still fish from their distinctive canoes, propelled by the unique, heavy pointed paddles.

Women still trudge in from the bush, bent under loads of firewood, sago and bundles of thin walled bamboo used for carrying and storing water, and the cooking of their traditional snake-like rubbery sago. Because of such loads, a baby is often suspended down the front in a bilum hanging from the mother's neck. Visible among the load she carries is a typical woman's tapa cloth head cape.

Although receiving healthy oil royalty cash payments, life seems not to have changed much for these Foe



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speaking people.

A clack-clack, clack-clack sound is often heard echoing from the bush. Investigation reveals women beating folded pinkish sheets of bark over a log with wooden mallets. They are making traditional head capes as they have done for centuries. These capes are still worn by many women in parts of the Southern Highlands and lower Highlands.

When worn, they are shaped and tied to form a cowl over the head and a cape that covers the whole of the back, falling to below the knees. Traditional string skirts of the Foe and Bosavi women were quite short and exposed the backs of their thighs almost to the buttocks when bending over and working in the gardens. The capes provide the required modesty in such situations. They serve to shield the wearers from the sun while working or fishing, and give some protection from light rain. If certain relatives, whom the women were not permitted to look at came in sight, they would draw the sides together to cover their faces. At night they serve as blankets, forming warm nests and coverings for women and children.

Imported cotton cloth has replaced the tapa bark in many other groups. Although having money with which they could buy cotton cloth, the Foe women have retained this traditional bark covering, and spend much time and energy making it. On Lake Kutubu, people tend to buy their tapa cloth from women who make it in places like Kafa and other villages along the Mubi River.

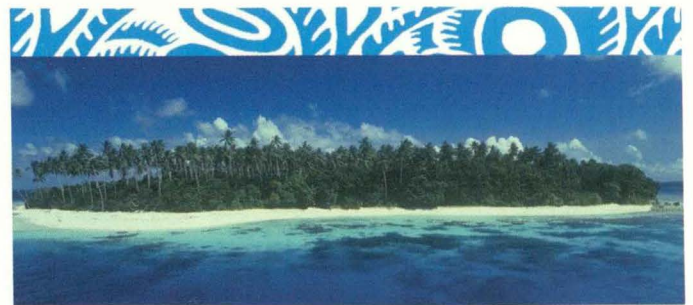
Only a few types of trees are suitable for making tapa cloth. Selecting a tree about 150mm in diameter, the women cut the bark at the required size and peel it off. Heating it over a brisk fire softens the outer skin which enables her to pare and scrape it off with a bush knife. It is very tough and takes quite some time, skill and effort to thoroughly remove it. If not completely taken off, it would disfigure the cloth when stretched and the resulting broken bark would be rough, unsightly and uncomfortable.

Having skinned the piece, the women lay it over a log or hard sapling on the ground and beat it with a narrow black palm mallet first, which seems to speed up the initial separation and spreading of the fibres. This is followed by beating the folded bark at all angles with

the fluted mallet, which causes it to spread to maybe five times its original size. A typical piece would be beaten constantly for an hour or more.

Sometimes water is dribbled onto the bark to keep it soft as it spreads. Excess moisture is wrung from it at the completion of beating. If kept from contact with the ground while working it, a nice piece of cloth is almost white with a pinkish tinge when finished. It is hung to dry for a day or so, after which it is ready to wear. Its appearance reminds one somewhat of chamois leather.

The production and use of tapa cloth is one more example of the ingenuity and skill of the people of PNG in utilising the natural resources available to them.



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Excitement builds for MOROBE SHOW

Lae will once again host the annual Morobe Show in October. This annual event has been running since 1958 and continues to grow and prosper whilst other similar events have fallen by the wayside. The show has many attractions including cultural displays, agricultural exhibits and crop demonstrations, farm animals, equestrian events including the very popular Markham & Ramu Valley Cowboys, as well as community, school and commercial exhibits. All the usual attractions of a show are available to show patrons - show bags, games, prizes, ring events, food and drinks.

Undoubtedly, the highlight of the show for visitors and tourists alike is the traditional sing sing performance held on the second day (Sunday). Sing sing participants will gather outside the showground in the early hours of the morning to put the finishing touches to their costumes. Preparations include the application of intricate and brilliant face and body paint; wigs and headdresses made from beautiful plumes of feathers; grass, woven or bark skirts with the use of pigs' tusks and shells in bands and necklaces to add individuality.

The air of excitement around this event will be palpable. The sounds of chanting and beating of the many kundu drums will precede the groups, the crowds will part



and the expected 1500 dancers will enter the main arena where they will perform for the next two hours.

Groups from as far as the Sepik, Madang, Chimbu, Enga, Western and Eastern Highlands, and New Britain will join the many Morobe groups to make this a truly memorable event.

The 2004 Morobe Show will be held on October 30th & 31st at the Lae showground, located in the centre of town.

For information regarding entry and ticket sales, contact the Morobe Tourism Bureau (675) 472 7823 or the Show Office (675) 472 2887.

- Story & photographs provided courtesy of the Morobe Tourism Bureau Suite (2.8a) IPI Building, 2nd Street, Lae.
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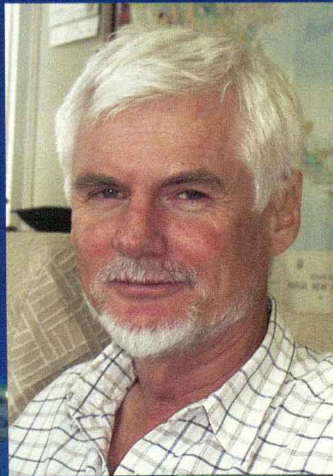
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MINING REVIVAL?

Chamber of Mines and Petroleum optimistic



Greg Anderson...cautiously optimistic.

By Robert Keith-Reid

Greg Anderson is cautiously optimistic. The executive director of the PNG Chamber of Mines and Petroleum doesn't rate it as the beginning of a boom but certainly a definite upturn for Papua New Guinea's gold, silver and copper mining business.

And now cobalt and nickel are to be added to the range of metals delivered by Papua New Guinea to world markets.

The upturn follows a definite crash of exploration and mining development activity from 1997, a trend due partly to what miners regard as an unfair extra profits tax.

It sank to a level at which a drilling company and two world class laboratories closed shop, with the loss of hundreds of jobs, because they just ran out of business.



An advertisement for Scuba Ventures. The top text reads "KAVIENG • PAPUA NEW GUINEA". Below that, "Scuba Ventures" is written in a large, stylized font, with "Adventure diving at its best" underneath. The central image shows a scuba diver underwater, surrounded by a large school of blue fish. At the bottom, it says "DISCOVER MORE WITH SCUBA VENTURES visit www.scubakavieng.com Phone 984 1244". The entire ad is framed with a decorative border.

The future was clouded darker by the fact that three of Papua New Guinea's most important mines - Misima, Porgera and Ok Tedi - were on the downward path to eventual closure.

That was a bleak outlook for a country dependent on mining for up to 80 percent of its export revenue.

But now Canadian and South African companies are moving in to replace departing Australian and American companies.

A Chinese company is preparing to sink US\$650 million into cobalt and nickel mining. The greatest hope is for exports of gas to Australia.

In May, a big American company, Exxon, was expected to make a final decision about whether to proceed with Papua New Guinea's Oil Search Company with a US\$3.5 billion investment to pipe gas to Queensland and perhaps also South Australia.

"We've got several smaller fields we hope will be additions this year, but they will not replace the ones that are closing. We were hoping for another major discovery but we haven't had that yet," Anderson says.

"The big hope for the long-term future is the need to export our gas. We have very large reserves and the project worked on for quite a few years is to export to Queensland and probably southeast Australia as well.

"It would be a US\$3.5 billion project. It would be fantastic for PNG since it would underwrite the long-term hydrocarbon sector and underwrite the economy in many respects because you would have a set income for probably 50 years.

"The other exciting thing about it is that once we've got that export pipeline in place, it promotes substantially the chances of another domestic onshore industry. There could be a spur pipeline very easily run to Port Moresby for downstream production for all sorts of domestic usages. It could be a catalyst for a lot of things.

"You have associated LPGs which could be shifted around the country; small petro-chemical developments."

Opened in the mid-1980s, when exploration companies were striking it rich for gold and copper, the Chamber of Mines and Petroleum is the industry's multi-purpose co-operative mining promotion and support agency. Anderson was once the PNG government's chief geologist.

are hard in the exploration world to go out there into a highly competitive situation. We've got the geological potential, but the first thing people look at is the tax regime.

"The great break for mining was the abolition of an additional profit tax that required miners to pay higher taxes the higher their profitability went. It was just nonsense when other businesses around town were making much larger profits.

"We've got a number of positive things which are actually incentives to exploration," Anderson says.

"We've been promoting very hard with the state and have managed to have a revival. A number of small juniors have come in on the petroleum. We've got some new tenements taken up and on the mining side, we've got not only a variety of new juniors mainly out of Canada, but we've also attracted several majors out of South Africa. The upturn got going half way through 2003. Before that, it was very gradual and then started to move faster."

Of Papua New Guinea's established mines, the Ok Tedi gold and copper is due to close in 2010, although it might go on for a few extra years, Anderson says.

Mining began to roar, building up to become the country's primary export industry with earnings of more than a billion kina, at old kina value, a year.

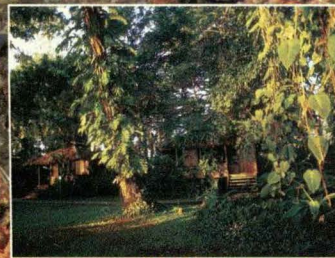
But by the mid-1990s "we were becoming more and more uncompetitive," Anderson related. "Some creeping additional taxes were brought in and not only that, the government was changing its mining policy from time to time.

"When the new government came in, they did appreciate the problem because at last we got across the message that oil production was on the decline and that mines had a finite life. Misima was close to its end and Porgera and Ok Tedi were coming to maturity. If we didn't get some new projects in the pipeline, there'd be a substantial cut of revenue."

A new package of mining tax incentives was launched at the beginning of 2003 at the same time that commodity price began rising.

"It gave us the ammunition to promote PNG internationally," Anderson says. "We have been promoting hard for four or five years, but it is very difficult at times of low commodity prices when things

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The Misima gold mine has closed and the processing of low-grade ore will be completed this year.

The Porgera open cut mine will probably close about 2006/2007, although the milling of low-grade stock and underground mining will continue probably to about 2012/2014.

The Tolokuma gold mine, north of Port Moresby, has probably got five years mine life left. But Anderson says it's one of those small mines, which tend to keep going. "They are doing a lot of drilling, so we expect it to last because there is enormous potential for associated deposits there.



"The huge Lihir Island mine is a young mine. It's got 30 years plus and they found substantially more reserves since it started," Anderson says.

"We have three gold mines in the pipeline and one nickel/cobalt mine. Kainantu mine in the Eastern Highlands is a Tolokuma-sized mine with similar deposits. Construction has started. They are building their access roads and underground work has also started. It will produce about 100,000 ounces of gold annually. It's small by our standards but

by Australian standards it's quite significant.

"Hidden Valley, near the old gold mining centre of Wau, has just had a mining feasibility study submitted by a company called Abell, now owned by Harmony of South Africa. There's the small Simberi deposit in the island group north of Lihir. It's a small open cut operation.

"The US\$650 million Ramu nickel/cobalt mine is totally licensed, so all the Chinese have to do is their due diligence and they are right into it. Provided everything is all right, they've signed what is called a framework agreement, an overarching agreement, and then the nitty-gritty joint venture agreement has to be signed.

"I think it's the first big Chinese mining venture in the western world. The company operates several projects in Pakistan. They are essentially a construction company but they do have mining experience.

"It's a huge resource there. You are looking at a 50-year project. It's doubly exciting because we've been a copper/gold/silver producer and that will widen our commodity base to include nickel and cobalt. We have tremendous potential for other nickel exploration."

Anderson says the chamber is excited by the number of new arriving junior exploration companies.

"They are mainly Canadian based but a few Australians too. Canada these days is the centre of risk money and their stock exchange seems to be more welcoming to the juniors.

"We've had this problem with Australia where we tend to get bad publicity. We've been trying to overcome that. But the unfortunate thing is that a lot of bad publicity come from the press. It surprises me because Australians are all over Africa and South America, yet they judge this country in a different light. I find it difficult to understand, especially in Western Australia, where you get comments from people that, "Oh, we will never go there". They've got no idea about PNG. It's all based on hearsay and what they read in the papers. I



constantly get disappointed about the double standard Australians apply to Papua New Guinea."

Despite nearly three decades of fairly intensive prospecting, much of Papua New Guinea is still unexplored or little known to miners, Anderson says.


"Our geology rates very highly in potential. That's not the problem. The costs are higher here because infrastructure is lacking, the topography is very difficult, the high rainfall and associated difficulties; generally speaking, exploration is more expensive than in the West Australian desert.

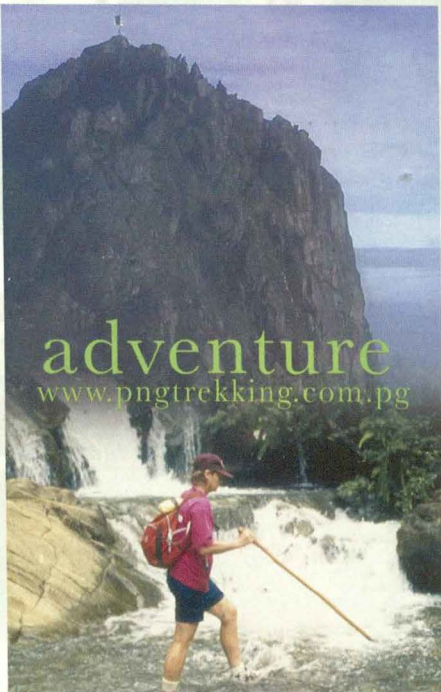
"The thing about exploration is that it is right at the grassroots because tenements are all over the country. Just one geologist might employ half a dozen people so the money goes straight to the rural areas. With seismic work you can be employing hundreds of people. It might last two months, but those people get a couple of hundred bucks for school fees and clothes."

What of Bougainville and the great

copper mine at Panguna, closed by years of civil strife?

"There are two aspects. The social side of it has to be settled. I think there are quite a few thinking Bougainvilleans who see the possibility of redeveloping some sort of mine," Anderson says.


"Bougainville is going to need an economy. If the social system is right, then you have the geological and economic problem. I don't believe anyone would reopen that mine. It's got 12 to 15 years left with relatively low-grade ore. However, the overrider is that there are some very exciting prospects within the vicinity of the mine that have been known for a long time and have never been looked at. If you find an associated high-grade deposit of 50 or 100 million tons at two percent, then that changes the whole picture. Apart from Panguna, Bougainville is a very exciting prospecting target. It is sort of a unique situation. Nobody has explored this since the 1960s, so it's been locked in time for 40 years. So virtually no modern technical appraisal has been made there." 



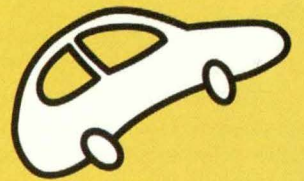
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SWEET SUGAR SUCCESS

Ramu Valley a world class operation

By Malum Nalu

Ramu Sugar which made a Kina 14.7 million profit last year - its 25th year of operation - runs a world class cane and milling operation that the whole of Papua New Guinea can be proud of.

Some 20 years ago, the part of the country in which Ramu Sugar is located, was one of the least developed in PNG.

Today, a sugar factory whose replacement cost would be Kina 150 million, is the pride of Ramu Valley.

What was once a rural backwater is now a thriving community. Ramu township is home to 10,000 people. It has two supermarkets (PNG-owned), three small shops (PNG-owned), three takeaway food outlets (PNG-owned), a post office, a district and village court.

There is a flourishing fresh fruit and vegetable market with produce supplied from as far away as Mount Hagen.

It's no secret too, that Ramu Sugar is investigating the possibility of venturing into oil palm, involving local outgrowers as well as estate production.

Ramu Sugar's workforce spends around Kina 1.5 million on this produce annually.

Employees enjoy free medical services, water, electricity, garbage disposal and general maintenance.

Children of management staff attend a company-owned primary school, while there is another primary school managed by government on the estate.

Ramu Sugar is a major source of income for the local economy, with permanent employees numbering 700 and temporary/seasonal workers reaching 1000 at certain times of the year.

Payments to employees, outgrowers and subcontractors amount to Kina 18 million annually. Over Kina 10 million is paid to businesses in Lae each year.

Some 150 independent cane farmers or outgrowers supply Ramu with about 120,000 tonnes of cane, around 25 percent of the total. These farmers receive over Kina 1 million each year.

Ramu Sugar estimates there are some 12,000 to 15,000 people in

Madang and Morobe provinces that are directly dependent on it for their livelihood.

The government decided in 1979, following the completion of a feasibility study, to establish a sugar industry to meet PNG's sugar needs with the objectives of—

- Saving foreign exchange and achieving food self-sufficiency through import replacement;
- Generating employment, providing infrastructure and services and generally bringing development to an undeveloped and underpopulated area;
- Creating a focus for participative, entrepreneurial agriculture-based business activity;
- Training Papua New Guineans in skills highly relevant to nation-building; and
- Generating tax revenue for government and a source of income for other businesses upstream and downstream.

Sugar production started in 1982 with the output of 10,000 tonnes. Output increased rapidly until 1986 when Ramu cane was ravaged by a disease unknown to science, which

Mechanised...harvester at work at Ramu.





Visitors check out the harvester at Ramu.



Soil tiller at work.



Cane harvesting.



Visitors getting first hand information.



Cattle grazing at Ramu Sugar.

became known as "Ramu Stunt".

This nearly put the company out of business but through a loan rescheduling and hard work, it recovered.

More pests and drought in 1993 and 1997/98 afflicted Ramu Sugar but each time, it recovered. Today, its cane crop is in a very good shape.

Over the years, the company has developed a fine agronomic research capability led and staffed by PNG scientists - now highly regarded in the world.

In light of this, Ramu Sugar chairman Peter Colton, a champion of agriculture and rural development, urged the government not to turn its back on large-scale agricultural developments, particularly those that develop both farming and industrial skills.

"Papua New Guinea should be careful not to turn its back on large scale agricultural developments, particularly those which develop both farming and industrial skills," he said.

"Otherwise, its people could be condemned to being 'hewers of wood and drawers of water', to use a phrase, for the rest of the world.

"In other words, what happens to the people of the local area, the employees and the infrastructure when the mines and oil wells run out?"

Major investors in Ramu Sugar include Nasfund, PEA Superfund, PNG Teachers Savings & Loans Society, Mineral Resources Development Corporation, Motor Vehicle Insurance Limited and Kina Securities.

Colton said that in recent years, so-called "development" has tended to concentrate on non-renewable resource exploitation such as minerals and petroleum.

"The way timber stands are being exploited in many parts of the country effectively puts them in the non-renewable category too," he said.

"While they have their place, these activities have finite lives. In contrast,

Ramu Sugar is here for the long-haul. "Each year, we regenerate cane and convert it into sugar in a largely environmentally-friendly process.

"In other words, we are totally unlike mines and oil exploration business in that we are not exhausting the nation's natural resources.

"Ramu Sugar will be here 100 years from now.

"How many of the existing mining, petroleum operations can say this?"

Ramu Sugar is an integrated agri-industrial project that apart from sugar produces molasses, potable grade alcohol and ethanol, has beef cattle operations, an abattoir, and is involved in meat boning and packaging, and manufacture of blood and bone meal, which is used as a feed supplement in the pig industry.

The company is capable of producing 50,000-plus tonnes of sugar from 500,000-plus tonnes of cane grown on 800 hectares.

It supplies the entire domestic market with sugar and exports over 8000 tonnes each year to the United States and the Pacific islands.

It exports 2.5 million litres of potable alcohol and supplies the domestic market - replacing the import of around 500,000 litres a year.

Colton made no secret that Ramu Sugar was investigating the possibility of venturing into oil palm, involving local outgrowers as well as estate production.

"The cost of such development will be a lot less because of the existence of Ramu Sugar," he said.

"We are also investigating the possibility of diversifying into peanuts."

Colton said that 20 years ago, the part of the country in which Ramu Sugar is located was regarded as one of the least developed in PNG.

"With foresight and good management planning, imagine how far we can travel in the next 100 years."



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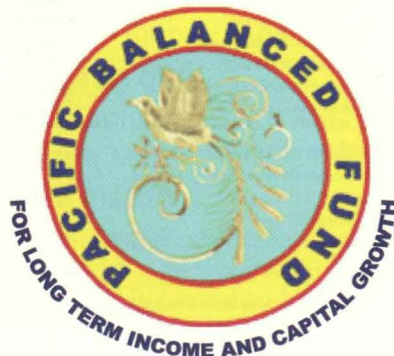
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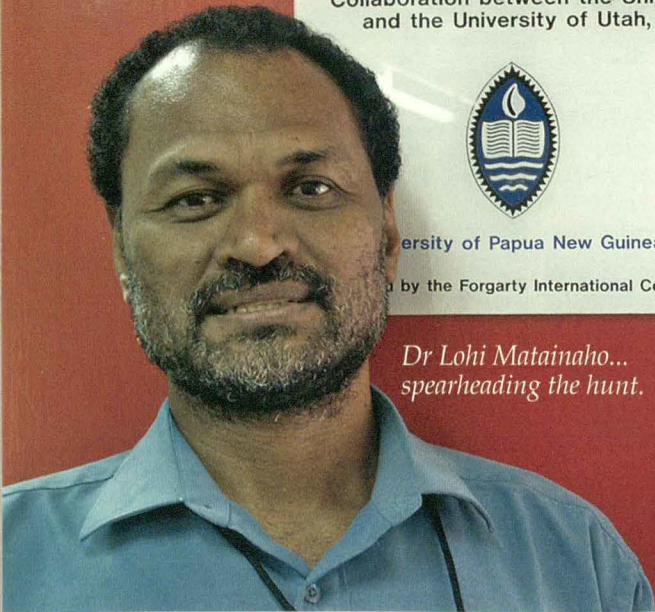


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Dr Lohi Matainaho... spearheading the hunt.

“Our focus is to discover new drugs for the treatment of HIV-AIDS, cancer, tuberculosis and malaria.”

PROSPECTING OF A DIFFERENT KIND

Hunting for new drugs

By Robert Keith-Reid

A new era of prospecting is opening up in Papua New Guinea, but the hunt is not one for minerals.

Gold and copper prospectors have struck it rich to the tune of billions of dollars.

Another form of prospecting could become hugely more important to Papua New Guinea and the rest of the world. It could yield treatments for some of the worst of killer diseases.

“Our focus is to discover new drugs for the treatment of HIV-AIDS, cancer, tuberculosis and malaria,”

says Dr Lohi Matainaho, head of pharmacology at the University of Papua New Guinea’s (UPNG) medical school.

“More people die from malaria than from AIDS. Coupled with the fact that some drugs are becoming less effective because diseases are

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becoming resistant to them, it is important to look for new drugs."

UPNG has joined the University of Utah and several other overseas institutions for a US\$4 million (K13-million) five-year research project to record and analyse plant and marine species that could yield new drugs. A laboratory for molecular, biodiscovery and biomedical research has begun operating at the UPNG medical school at Taurama.

With more than 34 million hectares of tropical forests, Papua New Guinea ranks ninth among the world's most forested tropical countries.

If the search, now beginning, strikes it rich by identifying plants that can yield new drugs, the ground could be laid for the commercial production of plants as a steady cash earner for rural communities.

Another object of the research is to locate areas that deserve protection from logging, mining and other exploitation by being classified as reservoirs of plants of medicinal importance.

Dr Matainaho says lack of finance makes it difficult to carry out extensive scientific research in Papua New Guinea.

"Much of what we have to do is really to document the use of plants in traditional medicine.

"The starting point is just to record the knowledge that people have. There have been past efforts by UPNG researchers and other institutions in the country and by many foreign researchers. There has been quite a lot of documentation by anthropologists and missionaries dating back 50 or 60 years ago, and by some early explorers and botanists way back."

Since more than 70 percent of Papua New Guinea's people don't have easy access to hospitals or clinics and can't afford the cost of drugs, many people still rely on traditional medicines, he says. "Unlike in the past, we are now confronted with many diseases. Fifty or 60 years ago, people were exposed to fewer infections and were more reliant on nutritious local food.

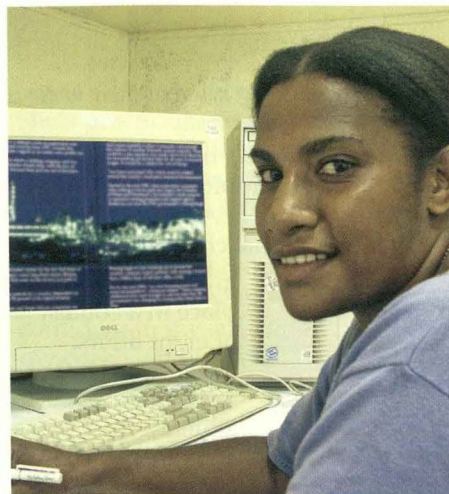
"In the Mortlocks, my islands, there

were hardly any serious diseases in the early 1960s and even in the early 1970s, apart from the odd outbreaks of influenza. In those colonial days, people who wanted to go to the Mortlocks had to undergo a complete medical examination to ensure they didn't expose susceptible people to infections. Now people move back and forth and take in malaria."

Dr Matainaho says it is difficult to put a finger on what traditional medical treatments work.

"It differs from people to people. I would not necessarily put my finger on a plant and say that this is effective. Most of what we know is based on anecdotal evidence. There are traditional medicines that are relevant in the context of where you come from.

"The need to carry out a systematic



inventory is very, very crucial, coupled with the need to screen and do scientific research to identify the potential use of biodiversity. PNG, like any developing country, is now confronted with enormous health problems - AIDS, malaria, tuberculosis and emerging diseases.

There is the new burden of drug resistant diseases. There is a compelling need to look at alternative sources of medicine. Another driver is the fact that medicines are becoming very expensive."

UPNG medical students will be out in the field to gather traditional medical lore and botanical and marine specimens for the next five years.

Dr Matainaho says that with an

unparalleled high biodiversity and cultural diversity, PNG is a promising ground for discovering new drugs.

"We have extensive undocumented traditional knowledge and probably over 1000 documented traditional medicinal plants - that gives us a start.

"It is a needle in the haystack, so to speak. We don't know what we will find, which is what makes it exciting."

The University of Utah will assist with research work UPNG can't carry out.

Some substances will be extracted at the Taurama bio-assay laboratory.

"We will probably start a search for possible AIDS and tuberculosis treatments, and work like anti-cancer and anti-malarial will be done at the University of Utah.

"We are mindful of issues of intellectual property. Our effort is to look at what has been published in the public domain, while at the same time ensuring that the flow of benefits goes to the people of this country. We will work with the local people because this knowledge belongs to them and we will only do investigative studies when the local people give us their consent.

"There may have been work done in the past, but frankly people have come and done research but not added anything to local scientific capacity by training local scientists. This project will train local scientists and increase local awareness of the value of resources and the need to conserve them."

Two UPNG students, Emma Powan, of Manus, and Mannah Dindi, of Morobe, have just spent four to five weeks working at the University of Utah.

Others engaged in the project are UPNG botanists, the Port Moresby Herbarium, the National Herbarium at the National Forestry Research Institute at Lae, and several overseas institutions including Brigham Young University, The Nature Conservancy, the Smithsonian Institute, the Natural History Museum in London and the US Fogarty International Centre/ National Institute of Health.

WEIGHTY THOUGHTS

Dika Toua's hopes for a golden future

By Robert Keith-Reid

Meet Dika Toua, a cheerful, confident pretty girl, to be found at her family home at Hanuabada village, Port Moresby.

It's a big village. How do I find her?

"Just ask," is the advice you'll hear. "Everyone knows where she lives."

Yes, absolutely.

"Where do I find Dika Toua?"

"Just go up there, she's there," every villager will reply and point the same way.

Everyone knows where she lives because she's the pride of the village.

Dika, 20 years old last June, is tipped to lift her way to possibly become

the first Pacific Islander to snatch an Olympic gold medal. She's a probable winner of a gold at the 2000 Commonwealth Games at Melbourne.



Dika Toua (right) and mum at their home in Hanuabada.

She's a regional and national weightlifting champion who at the Athens Olympics in August beat the French national champion in her

grade to win sixth place in a contest of eight lifters. She's gone further in Olympic class athletics than any other Pacific Islander.

Is she squat, rippling with muscles, set on tree trunk legs?

She giggles. She's certainly fit. But lifting great circular lumps of metal attached to each end of a steel bar isn't just a matter of mighty muscles, she'll explain. Just as important, perhaps more so, is the technique and mental attitude.

Ask to flex her arm and you'll spot a

ripple or two. But Dika looks like a typical high school girl, which she was until 2000.

Aged 10, she was a killer netball player at school and for a village team. "My aunt, Kaia Lou, was a weightlifter and after school I would go to the gym to see what they were doing," Dika recalls.

"She represented PNG at the South Pacific Games, the mini South Pacific Games in Samoa and Oceania Games in New Zealand.

"I began playing around with weights and when I was 11 or 12, I got serious about weightlifting. I competed in local competition but the minimum age limit for international competition was 13.

"I competed in the 1999 Guam South Pacific Games and won in the 48-kg grade."

There are seven competitive grades for women weightlifters: 48 kg, 53 kg, 63 kg, 69 kg, 75 kg and above 76 kg. And there are two styles of lifting: clean and snatch, and jerk.

At the Athens' Olympics, using both methods, Dika lifted a total of 102.5 kg, including 75kg to 80 kg with the snatch and jerk techniques.

In training, she weighs around 51-52 kg and goes up by a couple of kilos when she's taking a rest between training regime periods and competitions.

"I train for two or three hours in the morning (about 10 to 12 or 1), and in the evenings from 5 to 7 or 8 pm every day except Sunday.

"It takes three or four months to prepare for a major competition and then I take a week off before going back to training."

Training calls for swimming, sit-ups, jumping, balancing exercises, a variety of exercises and, of course, works with



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her local trainer.

Her local trainer is Iwila Jacobs, while Paul Coffey, the Australian secretary of the Oceania Sports Federation, trains her for several months of the year at the Oceania Weightlifting Institute at Sigatoka, in Fiji, with 20 or 30 other weightlifters from around the region.

Diet? "Rice, I eat what everyone in the village eats. A lot of fish, vegetables and fruits. I don't take vitamins because if you get used to them you become more reliant on them."

Heave, ho, and HUP those weights rise. But it's not just muscle power.

"We think before we lift. It is physical and mental support. If your mind is not strong, your body will not be strong. It has to be both strong and at the same time balanced. We have to think how to lift when it is a large lift.

"We have to hold it for three seconds; stance is important. We must put our legs in line.

"Our coach knows exactly what we can lift. I start at 5 kg below my best to keep safe from bombing out. If you miss three, you are out of the competition. My coach will say go up 2.5 kg or 5 kg; he knows what I can do. If he decides to make it 10 kg more, it is up to him, we do three snatches and three clean and jerk lifts and the points are the total of the best two lifts.

"Sometimes it is easy and sometimes it is pretty hard. But when you get the technique right it is very easy. Sometimes, if the techniques are a bit off, it is hard to control the weight and it might cause injury."

Dika's first international contest was at Christchurch, New Zealand. "I was 16 years old and I was nervous

because I was the first woman to lift; I missed the first and came out again and did okay."

Working with weights can become a little boring, she concedes. "For championships, our bodies need to work every day. We don't get a day off, but there is no reason to feel tired and lazy after a night's rest.

Dika is the eldest of five children. Two brothers and two sisters are at school.

Her grandfather, John Maragae, was the first Papua New Guinean to play with European rugby teams, she says, and another relative plays for a Brisbane club.

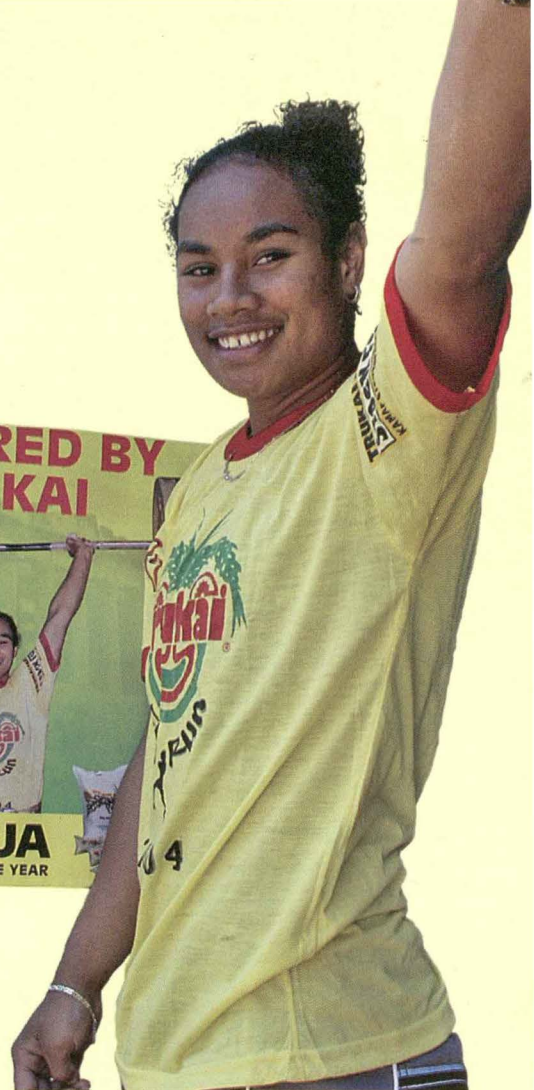
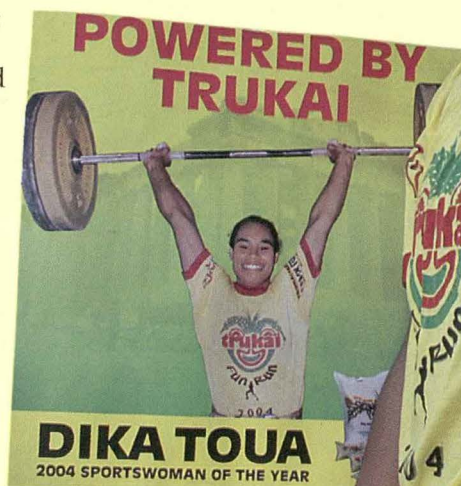
She's practically a full-time athlete, supported by Trukai, the PNG rice packing and sales company that employs her as a sales representative.

At Athens, the nervousness she'd felt at Christchurch evaporated. "I was confident in myself, confident with my coach, and I knew I would do well."

She looks forward now to the 2008 Olympics in China, the 2006 Commonwealth Games in Melbourne, a world championship contest in 2005, and the next South Pacific Games.

Outside of weightlifting, she sings with a United Church choir and "enjoys being home."

International cricketer Navara Tamasi is her current beau. "He sees me at



the weekends and he is proud of me; I think it is because he is a sportsman as well; he understands me being in sport.

"In PNG, there are some girls who are trying hard to catch up with me. I am not sure whether they are lifting because most of them are at school and I don't train with them.

"My rival in the region is a girl from Nauru, but she is married now and I don't think she is training. I don't think I've got a big rival just now."

Morobe Show – bringing together the diversity of PNG's rich cultural heritage

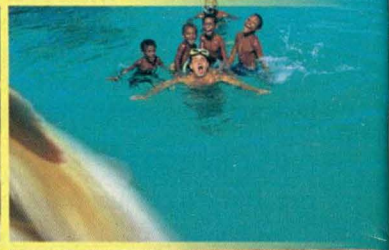
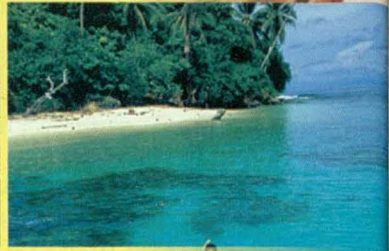
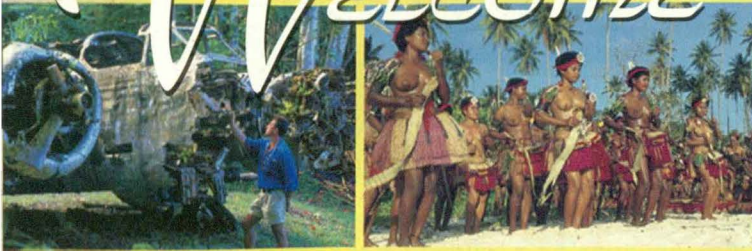


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Welcome



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 3409
Reservations and Confirmation	327 3555 (domestic)
Reservations and 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 Fridays. 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 Polis motu is common in the Southern region.

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 centres. Public phones are available in the major centres. Phone cards and Telikads can be used in the major centres. Some rural areas have radio phones while others use high frequency radios.

Driving

Drivers licenses 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 4 weeks after departure. Use insect repellent and wear long-sleeved shirts, trousers and shoes in the evening. Dentist, 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. Rubber 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 restaurant. Some hotels especially in the provinces serve 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 Sundays. Artisans sell their craft beside the roads or markets. All markets sell a wide range of fruits and vegetables.

Cultural events

Celebrations of traditional culture include:

- September** - Hiri Moale Festival, Port Moresby, Goroka show, Goroka
- October** - Morobe show, Lae
- November** - Canoe festival, Alotau

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.

Papua New Guinea Tourism Promotion Authority

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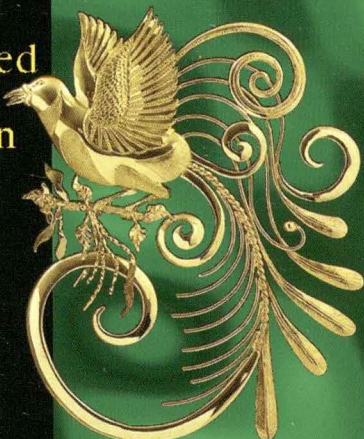


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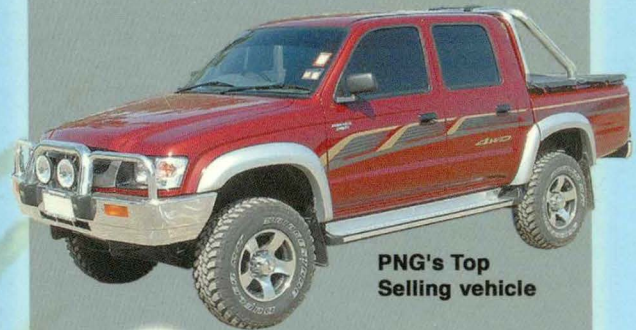


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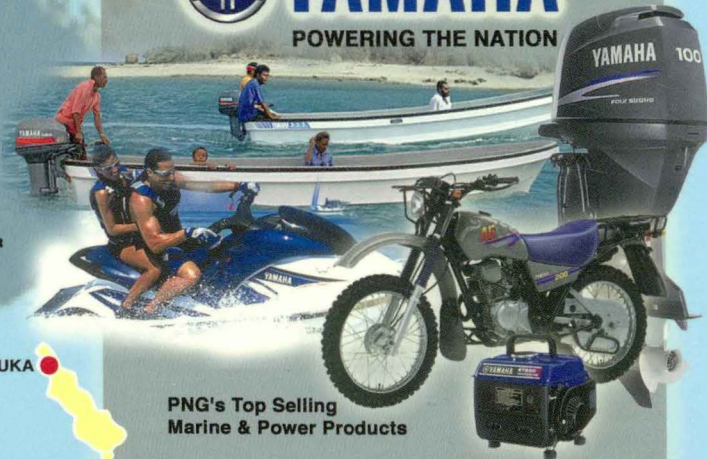
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