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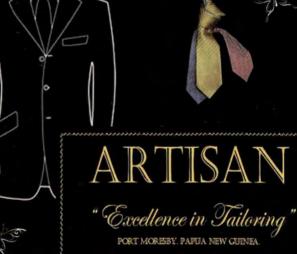




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Chairman's Message

Welcome aboard your Bird of Paradise Flight.

Air Niugini looks forward to 2008 with much vitality and confidence to face the challenges; introduce new initiatives; and implement plans to strengthen its operation and growth domestically and internationally.

Between the second half of 2006 and the end of 2007, five F100 jets, three additional Dash Q300 series and two wet leases have been introduced into the fleet. It has been a mammoth task to introduce 10 aircraft to the fleet within such a short period of time.

The fleet enhancement will provide adequate redundancy to offer better customer service to the growing market demand within the country. A further two Dash 8s will be added, one a passenger aircraft and another a dedicated freighter on the domestic network to meet the airline's customer obligations.

Once the plans are fully implemented, the fleet comprising six F100, eight DHC8, one wide body and one narrow body long range aircraft will enable the airline to increase frequency to current domestic and international destinations, as well as introduce new domestic schedules to Daru and Kiunga in the Western Province.

The tough aviation environment impacted by declining operating conditions including rising fuel prices, an acute shortage of pilots and technical staff, wage costs and entry of low cost carriers with increasing competition remain among the major challenges confronting Air Niugini's operations.

I am pleased to say however, that despite the operating conditions Air Niugini experienced during the latter part of 2007, the airline still managed an exceptional performance with traffic growth on its domestic and international routes particularly its Asian destinations.

With the delay in the delivery of the replacement wide body flagship, Air Niugini has wet-leased an A310 to operate the international schedule to Asia while the B757 is flying to Brisbane and Sydney. The Honiara and Nadi route at this stage will continue to be serviced by the F100.

Since its inception, the airline has played a vital role in the country's development before and since independence. We believe Air Niugini will continue to be an important stakeholder in PNG's growth and progress. As the country continues on an accelerated resource boom and international investors are registering their interest in PNG's riches beneath its soil, Air Niugini is well positioned to take a partnership role in the mining and petroleum sectors as one of the leading service providers.

2008 will also see Air Niugini celebrate its 35th year as the national airline providing services throughout 20 domestic ports and to international destinations of Sydney, Brisbane, Cairns, Manila, Singapore, Tokyo, Hong Kong, Honiara and Nadi.

It is with a great deal of pride that we look forward to celebrating this momentous achievement on November 1 with a range of activities and promotions that will commence around the first quarter of this year.

Throughout the year there are many cultural events in the tourism calendar and these events which will showcase the diverse cultures and spectacular flora and fauna of the country will be published in the inflight magazine. Read the general information on page 90 which gives a summary of the many activities the country has to offer.

The shareholder and board are confident the national airline will continue to improve its performance in all areas of its operations and we look forward to a very successful 2008.

Thank you for your continued patronage and a very Happy New Year.

Sir James N. Tjoeng KBE Chairman



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Volume 1, 2008

Paradise is the complimentary inflight magazine of Air Niugini, Papua New Guinea's international airline. It is published six times a year by Islands Business International.

> Publisher/Managing Director Godfrey Scoullar

> > Group Editor-in-Chief Laisa Taga

> > > Design Stanley Prasad

Editorial Consultant Eva Arni

Advertising & Marketing Manager Sharron Stretton

Islands Business International GPO Box 12718, Suva, Fiji Islands Tel: +679 330 3108 Fax: +679 330 1423 E-mail: advert@ibi.com.fj

Correspondence to the airline to: The Chief Executive Officer Air Niugini PO Box 7186 Boroko, NCD, Papua New Guinea Tel: +675 327 3458 Fax: +675 327 3350

Editorial correspondence to: Paradise Inflight Magazine PO Box 12718, Suva, Fiji Islands Tel: +679 3303 108 Fax: +679 3301 423 E-mail: editor@ibi.com.fj

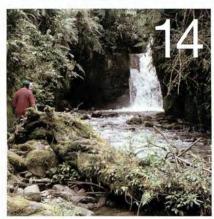
Printing Craft Inprint Pty Limited Cnr Bilsen & Zillmere Roads Boondall, Queensland, 4034 Australia

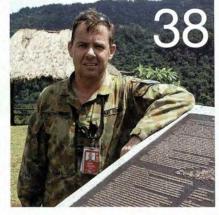
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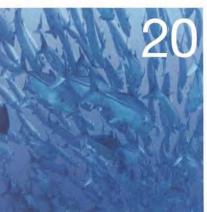


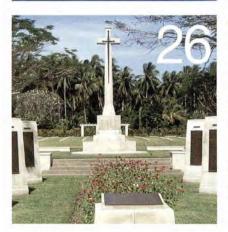
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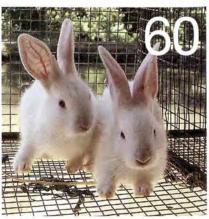


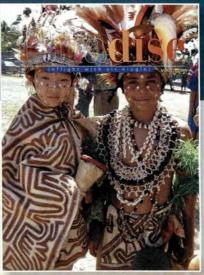










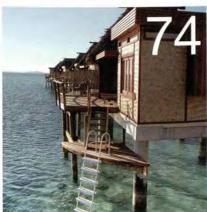


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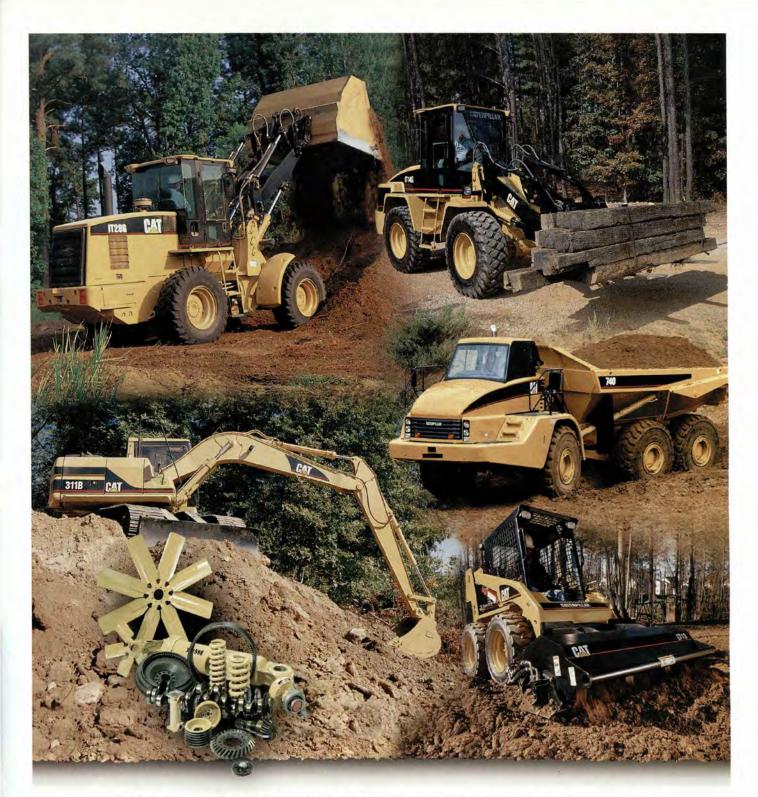
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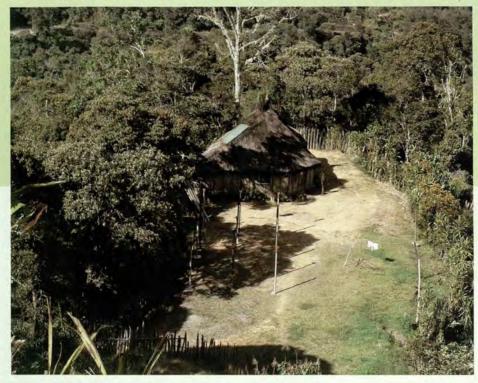


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NOKONDIE EXCURSION

But just don't expect a luxury limousine!



Goroka, capital of Eastern Highlands Province, is a definite must for a flavour of Papua New Guinea's heartlands. The airport and runway are virtually in town, with the clean and modern Bird of Paradise Hotel within a short walk. Safe and clean, neatly laid out with mowed parks, tree-lined side streets and a spectacular ring of mountains as the backdrop, Goroka has huge tourism potential as DIANA McMANUS writes.

A lthough there are a couple of established tourism companies, some wonderful experiences may be had by joining forces with individuals who are struggling to compete and bring extra income to their communities.

One of these is Kay Nupore, a private tour guide from Akameku village, about 20 kilometres from town. We chose to go on a day trip with Kay because his tour compared more favourably with what seemed to be on offer at the official tourism office a few doors away.

When the Hilux twin-cab rocked up the next morning, complete with birds' wings jammed on to the radio aerial and another one dangling from the rear vision mirror and doors and windows which wouldn't open from the inside, I must admit we briefly thought we'd made a mistake.

However, as we got underway, Kay's gentle and informative ways and the friendliness of his driver, Koksi, dispelled our doubts. The tray of the



Hilux was filled with an ever changing array of people from start to finish.

The central focus of the day was a visit to Kay's village with a traditional mumu lunch cooked by his wife in their home.

So to start the day, a visit to the markets to acquire the necessary food items which were then spirited away to his village for cooking, while we explored the local area.

I should say markets really, because after the mouth-watering vegetable market with all its tempting fresh produce, we went down to the poultry market for a chicken, which was beside the 'fuel' market selling firewood and across the road from the betel nut market. All these places were alive with activities.

After a quick visit to the attractive hilltop campus of Goroka University, we headed along the highway to the Provincial National Park, which was steep, muddy and stony. But the end result was a glimpse of the rainforest with pretty little streams and lovely plants.







We walked the last bit because the radiator was having a hard time. But it was worth it. The views from the top of the road were great.

Later, at a different turnoff to Akameku, we dropped off Koksi's wife and picked up a few lads making their way to a football game.

Coffee plantations lined the picket-fenced road and the fencing wire often went straight through the huge eucalyptus trees which must once have been used for fence posts.

















Dropping our sportsmen off, we bumped our way up through dozens of hillside hamlets with their low, round, thatched-roof and windowless houses.

Fertile black soil gave rise to virile vegetable gardens and sacks of produce lay along the way waiting to be collected by trucks heading for the market.

Women with sacks of coffee on their heads made their way to the coffee agencies with their weighing stations and big scales.

Down by a river, we came across a road crew attempting to move a huge rock which had blocked a bridge access.

A huge fire underneath was weakening the rock while various men hammered and pounded it gradually into pieces.

Lunch at Akameku, mumu style, was delicious. Kay's house was architecturally quite different from other houses, with a wonderful flower garden which was his personal hobby.

His wife cooked the food traditional-style, pushed into the hollow of a large bamboo segment plugged with banana leaves and heated on the coals. The chicken and vegetables steamed and stewed in their own juices. Along with roasted corn and kaukau we were soon replete.

The afternoon was spent driving up the Daulo Pass along the main Highway which links Goroka to Mt Hagen in the east and Lae on the coast. There, we could see for miles across to the neighbouring Simbu Province and back across the three river systems whose valleys make up Goroka's surrounds.

Down below, in the Asaro valley, we visited the village of Komunive, where we were entertained briefly by the appearance of a couple of Mudmen, for which the area is famous.

Their eerie, slow motion battle movements, ghostly, clay body paint and hideous masks are enough to make any warrior, let alone woman, want to turn tail and run.

The day was over and we returned to Goroka passing villages, coffee plantations, gardens and friendly, waving bystanders in a spirit of joviality, having connected with lots of people and enjoyed the Highlands' hospitality.

Kay showed us a lot of great things and we compared our excursion with another hotel guest on our return who had booked through a tour company. I believe we got better value for our money in terms of the variety of experiences. And he said his vehicle was a bomb too, so there you go!

If you want to go with Kay, the hotel vouches for his security, and he can often be found at

the hotel approaching new guests for their business. Just ask at the desk, or phone him direct on his Mobile: (675) 689 1138.

He organises short or long distance bushwalks, even with sea links as well, and the cashflow to the villagers is uninterrupted by the middle man.

A visit to the Kaveve Wildlife Conservation and Ecotourism project, a mere six kilometres from Goroka, is a must.

Zuzai Hizoke would have to be a model of versatility and selflessness. He is the driving force behind this project.







A university geology graduate from Pacific Adventist University (Port Moresby), a trained theologian and pastor, ex-primary school teacher and Goroka University teacher, Zuzai has thrown himself into establishing this project as a means of assisting his community to add interest and income to their largely agriculture-based lives and preserve the purity of Goroka's main water catchment area.

Under his guidance and a lot of personal sacrifice, the community has built a thatched roof guesthouse with woven bamboo walls in traditional style on the banks of the crystal clear bubbling river which provides water to Goroka town.

With comfortable rooms containing double beds, the complex also has a separate outdoor toilet, pit style but with a sit-down loo, and an outdoor shower room which is still being plumbed for hot water at this stage.

Gorgeous flowering gardens lead to the complex and further on to the conference room, also built from traditional materials.

Kaveve is a wonderful place to spend some time relaxing, or for varying day trips beyond. Above the guesthouse looms Mt Otto, the second highest mountain in the Eastern Highlands and a repository of pristine rainforest with its plethora of plants and wild animals such as tree kangaroos, cuscus, cassowaries and birds of paradise.

A number of European nature-lovers have come to stay a couple of days and be guided





on bushwalks to the top, which is about a seven-hour round trip depending on fitness levels.

However, if you love the rainforest and aren't up for that sort of exertion, a morning/ afternoon trip to Kaveve can be just as interesting and delightful.

The area is home to the legendary Nokondie, the half man, whose emblem occupies a central place on the Eastern Highlands Provincial flag. Legend has it that this mythical being came to the area long ago.

He occupied a large cave in the area during the nights and was responsible for a giant split rock (Nokotilimo Gehani Izepo'ulamo) by the river, and by sharpening his personal "spear", gouging a huge depression in another rock known as Nokotilimo Amo Gugusimalamo.

This area is so revered by locals that no gathering or gardening activities are allowed in the vicinity of the cave and rocks. This is quite obvious when trekking up to the Sinizaukalo Falls, three kilometres from the guesthouse.

The gardens stop abruptly and the cover changes immediately to pristine rainforest. Several footbridges span the shallow, bubbling creek below. Bends are marked by moist walls of moss and ferns and the coolness of the air is refreshing.

Nokondie's cave is, in fact, a large mossy rock overhang, though Zuzai assured us that if we were smaller and fitter, we could enter the lair



and crawl some distance through a tunnel to emerge higher on the hillside.

From the cave onwards, the rushing water of the falls can be heard and then, there they are in their moderate magnificence.

Not huge, but extremely pretty, the falls plunge five or six metres into a dark clear pool and is a favourite picnic spot for locals in the dry season.

Above the falls, trout abound. Below, they have been progressively wiped out by a predatory imported species of fish. Here, the water is incredibly pure with not a speck of foreign matter. Colourful butterflies flit through the shadows cast by the canopy.

If this wasn't enough of a lure for a bush walk, Zuzai and his two helpers, Cliff and Danny, were only too eager to show us traditional bush foods and plants along the way.

The wild tree tomatoes tasted, in fact, more like ripe blackberries. Sugarfruit, like big yellow passionfruit with a lot more seeds, were well named. Bright pink, leafy plants were used for traditional dyes, as demonstrated by Cliff, who also showed us the remains of the lau lau fruit plant. We also felt the soft, furry leaves of the plant used instead of a diaper.

Lots of colourful, 'impatience' flowers splash the hillsides with colour here and there. Apparently there are sixteen different varieties and they each play their part in traditional medicines for say, stomach upsets.



One variety used to be burnt with pit pit grass to mark the end of young women's initiation rites and apparently to bring them great beauty. Enjoyable and informative is the only way to describe our experience

Day-trippers are also encouraged to come out to the project for a picnic or BBQ beside the river and have a swim. Enormous rocks from some distant past adorn the river, creating natural, shallow pools and a truly picturesque setting.

This whole project is really worthwhile and offers a stunningly beautiful experience which

can be enjoyed on so many different levels.

Six kilometres from town sounds so close, but the road is rough and steep and painstakingly slow. In fact our vehicle overheated and we spent some nice downtime by the river and near a pretty village while the boys filled the radiator.

By the time you reach Kaveve, it feels quite remote and is decidedly a Highlands' experience.

The Kaveve project and guesthouse definitely deserve a visit for a morning, a day, a few days, whatever. It's better to try and

arrange an excursion through Zuzai himself on z_hizoke@yahoo.com or phone (675) 7321460; Digicel: (675) 72742754, as the same arrangement through a formal trekking company will only funnel 25% of the takings back to the people. Otherwise, the brochure and phone details are also available at the Bird of Paradise Hotel desk.

Visit the gorgeous Eastern Highlands and experience for yourself the delightful villages and spectacular scenery, and the warmth and friendliness of its people. Give the aspiring local businesses a go...just don't expect a luxury limousine!





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DIVER'S PARADISE!

Madang to Hansa Bay

WORDS & PHOTOGRAPHY TONY KARACSONYI

RIsland, we drift down the steep coral walls. There are fish everywhere: fusiliers, barracuda and big-eye trevally.

A school of sweetlips line the sandy bottom, all facing the same direction. I hug the bottom to catch this magical shot. We glide along with the incoming current. Huge barrel sponges loom from the 30-metre depths as do impressive sea fans and green coral trees. The marine life is just so rich!

A 2.5-metre grey whaler shark gives us a close

look and darts off in search of lunch. The sight of a decent sized shark chasing fish is a little unnerving but makes for a wonderful adrenalin rush. Magic Passage was certainly turning on the action. Magic Passage comes alive on an incoming tide when currents flow in from the open sea.

Each day brought new adventures such as swimming with immense schools of barracuda and trevally at Barracuda Point, exploring a B25 Mitchell Bomber and shipwreck diving on the Henry Leith, USS Boston and Coral Queen. Madang is often overlooked as divers step onto liveaboards in Port Moresby and Alotau.

If you are visiting Madang, it is well worth spending a few days diving in Madang. There are superb dives up the coast, some which can be dived from the shore.

Depending on time, you could book on the DMV Kamai and spend a few days diving off Hansa Bay - famous for World War Two wrecks.

One of our best dives was the USS Boston, which sunk during mine clearing operations just after World War Two. The ship is 70









metres long by 25 metres wide. The propellers, which have been salvaged, became tangled in the clearing wires when she was wrecked. The ship lies upright but sloping downwards with the deck at 30 to 40 metres. Its hold is filled with crates of typewriters, wine bottles and crockery.

The sea was muddy on top, but we were told it would be clear below. Alas, it was an impressive 30 to 40 metres visibility below.

The bow of the USS Boston appeared. Green coral trees grew from her steel hull, surrounded by dainty orange anthias. With the northward current, we took shelter on the lee side of the wreck and swam up to the bridge. My dive buddy Helen took the helm, while I took some wide angle shots through the now glassless windows.

The USS Boston is one of many excellent dive sites, north of Madang. Day trips can be made up the North Coast Road to Cape Croissilles for shore dives.

The best shore dives are the Waterhole, Blowhole and Quarry. Watch out for sharp rocks on your exits and strong currents running along the shore.

The Henry Leith is another of Madang's



shipwrecks. An iron sailing ship converted for use in World War Two, she was last used as a flag ship of the Pimpco Shipping Company for coastal freight services before being sunk with some help at Wongat Island.

On the shipwreck's bow, tropical fish hover over the ship's winch gear like terrestrial butterflies. Dozens of fairy basslets, batfish, long-finned bannerfish, three-spot dascyllus and blue-finned trevally, swarm over the wreck. Multi-coloured soft corals which look like broccoli branches festoon the shipwreck.

We check out the propeller shaft where a scribbled toadfish lurks among more soft









corals. Swimming up to the deck, we spot several butterfly cods. Along the deck, almost every tropical fish that lives in Papua New Guinea can be seen. There are moon wrasse, purple anthias, six-banded angelfish and many chaetadons - butterflyfish'

Madang's most famous dive site is Planet Rock - a sea mount rising from deep water to four metres. Located between Lighthouse Point and Bilbil Island, the reef is a magnet for large pelagic fish like dogtooth tuna, barracuda and the occasional super-sized hammerhead shark. You can finish the dive in the shallow coral reef, where there are anemones, clownfish and bizarre shrimp - fantastic for underwater photography. There is no finer dive than awakening at 30 metres on a dawn dive, surrounded by giant dogtooth tuna.

Malolo Plantation Lodge is located 42 kilometres north of Madang. It belongs to Trans-Nugini Tours, one of Papua New Guinea's longest established tour operators.

A redeveloped former coconut plantation, the lodge overlooks the Bismark Sea and Karkar Island - an active volcano. The lodge no longer conducts scuba diving but still takes guests sea kayaking, snorkelling, and nature/cultural tours. It runs day-trips to KarKar and Tadwai Islands for snorkelling.

Madang Resort Hotel operates Niugini Diving Adventures which belongs to Melanesian Tourist Services, another long established tour operator. The resort has an open dining room overlooking the ocean. The Kalibobo Village Resort is a new five-star resort, also owned by Melanesian Tourist Services, and located along Dallman Passage.

There are many tours in Madang, such as



harbour cruises, Balek Wildlife Sanctuary, Ohu Butterfly Conservation area, chewing buai (betel nut) - for adults. Others include the Coastwatcher's Lighthouse, Madang Haus Tumbuna (Museum), Alexishafen Mission Station and Bilbil Village - where local women make clay pots using traditional methods, fired in village hearths.

September is a good time to visit Madang as the Madang Cultural Festival hosts talented singsing groups. When performing, the island/ coastal men dress with pig tusks and/or 'tabu' shell necklaces, head-dresses, armbands and



tapa cloth. The women wear long sea shell necklaces over bare breasts and colourful 'sago palm' grass skirts. Both the men and women paint their bodies.

The coral reefs in Madang lagoon offer divers fascinating marine life, while the outer barrier reef has spectacular reef passes. Most of the scuba diving takes place on these reef passes at sites like Mililiat Passage, Rasch Passage, Barracuda Point and Magic Passage. These passages come alive on an incoming tide when currents flow in from the open sea.

Divers have seen whale sharks at Barracuda Point and Planet Rock. Mililiat Passage is shallower than Magic Passage at 18 metres deep. But every diver we have taken there has been thrilled. "There is lots of schooling fish life, white-tip reef sharks and nudibranches" says Leslie Scoon of Aqua Ventures, based at the Jais Aben Resort. "Even diving off the dock at Jais Aben Resort is very rewarding. You can see mandarin fish, ghost pipefish, mantis shrimp and our 'little Cessna' aircraft wreck," says Leslie.

Leslie and her partner Tim Rowland, have been running Aqua Ventures for about eight years. Aqua Ventures is the only PADI Gold Palm Instructor Development Centre in Papua New Guinea. They also operate the 14-metre long liveaboard DMV Kamai, which takes eight passengers.

Hansa Bay is a wreck diver's paradise. It's about nine hours boat ride from Madang. During World War Two, Japanese freighters were caught and bombed by American forces. There are 34 ship and aircraft wrecks, including an Air Cobra, in Hansa Bay.

Underwater visibility can vary in the bay, depending on rainfall and seasonal currents. The best time to dive Hansa Bay is from May

to November.

If you are travelling to Papua New Guinea for the first time, I would suggest combining your dive trip with one of the cultural festivals like the Mt Hagen Show - in August, or Goroka Show - in September. This way you can experience some PNG culture, as well as its diving and fishing.

There are many resorts and lodges throughout PNG, such as the Ambua Lodge in Tari - Southern Highlands. There are excellent liveaboard cruises on the Sepik River dubbed the Amazon of PNG - where you can visit remote villages along the river.

On one expedition up the Mary River, the



natives were so unused to seeing visitors, they just fled into the rainforest.

There is a highly active volcano on Manum Island - 15 kilometres off Hansa Bay. This has been the first year in several that it has behaved itself. Trips to Manum Island are banned at this time, due to volcanic instability.

A popular shipwreck dived in Hansa Bay is the Shishi Maru. Sixty metres in length and weighing 5000 tons, the large freighter rests about 500 metres offshore. Its hold still carries fire engines, trucks and thousands of saki bottles. Her anti-aircraft guns still point skyward and brass shell-casings litter the deck. There is plenty of marine life at six to 24 metres.

Laing Island, located in Hansa Bay, has excellent diving around the island's coral reefs, especially on the eastern side where the reef drops into very deep water. The King Leopold 3rd Biological Research Station, is on this island.

The Encounter Reefs offer magnificent reef dives on a series of sea mounts. The closest one is four kilometres north-east of Hansa Point. On the north-eastern side, the reef plunges from, five metres to beyond sport diving limits. These reefs are home to supersized pelagic fish and healthy tiger sharks. Other extraordinary dive sites are Crown, KarKar and Bagabag Islands. The coral reefs at Crown Island, eight hours from Madang, are



undamaged with giant dogtooth tuna, sharks and sea whip/sea fan gardens. Another is Hanikow Reef - a volcanic seamount between Bagabag and Crown Islands.

The diving at KarKar and Bagabag Islands is stunning, with endless walls of sea fans, undamaged corals, pelagic fish and spinner dolphins. On one trip, divers on the DMV Kamai saw sperm whales, which came very close to their boat, says Leslie.

Dives like those at Crown, KarKar and Bagabag Islands will leave the most seasoned scuba divers with a big grin on their faces.

FACT BOX 6

- . HOW TO GET THERE: Fly to Madang
- via Port Moresby, with Air Niugini. They .
- have direct flights to Port Moresby 0
- from Cairns, Brisbane and Sydney in 0
- Australia, Fiji, Singapore, Hong Kong, .
- Japan and the Philippines. -

. WHAT TO TAKE: Cameras, sunscreen, . light clothing, malaria medication and 0 basic scuba diving gear. .

OTHER LAND-BASED DIVE 0

RESORTS: Lissenung Island Resort/ 1 Scuba Ventures - Kavieng, Walindi . Resort - Kimbe, Tawali Resort - Alotau, 0 Loloata Island Resort - Port Moresby, 1 Tufi Dive Resort - Tufi, Kabaira Dive -- Rabaul, Dive PNG Manus - Manus 0 Island. For a full list of diving resorts and boats, go to www.pngdive.com

OTHER ACTIVITIES: Game fishing via Madang Resort Hotel, Sea kayaking and day trips to Karkar/Tadwai Islands - Malolo Plantation Lodge. Singsings - Madang Cultural Festival (September), pottery making - Bilbil Village, Balek Wildlife Sanctuary, Ohu Butterfly Conservation area, 'Bird of Paradise' spotting - via Madang Resort Hotel, Shopping - Madang market. HEALTH AND TRAVEL: Take care when you travel, especially in big towns

like Port Moresby. Most resorts have taxis or shuttle buses. Visitors are well looked after by tour operators. Use your malaria medication.

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The Cross of Sacrifice is a standard feature of all British Commonwealth War Cemeteries throughout the world. It was designed shortly after the World War One.

The resting grounds of our war heroes BITAPAKA CEMETERY

WORDS & PHOTOGRAPHY ANNETTE SETE



At Bitapaka War Cemetery, 25 service men's remains are buried there together with those who lost their lives during World War Two.

The morning sun shines bright on the white headstones and panels neatly line the mowed green grass boarded by rows of beautifully coloured flowers.

As one walks in through the gates whose designs seemed to match those on the headstones, a plaque at the entrance reads: "The land on which this cemetery stands is the gift of the people of this country for the perpetual resting place of the sailors, soldiers and the airmen who are honoured here."

The Bitapaka War Cemetery was established in 1945 immediately after the Japanese surrender of Rabaul.

Here lies many of those who died attempting to ward off Japanese soldiers in January 1942 and those who died subsequently as prisoners of war, in bomb raids and those who fought for the liberation of New Britain.

The Imperial War Graves Commission assumed responsibility of Bitapaka in October 1947 and since then it has developed the grounds to provide a scene of dignity and beauty which has won praise from those who have paid their respects here.

The Cross of Sacrifice which catches one's eye as you enter the cemetery stands towering over the headstones in the middle of the yard.

It is a standard feature of all British Commonwealth War cemeteries throughout the world and was designed shortly after World War One.

An avenue of honour leads to the Cross of Sacrifice with a memorial recording the names of those lost prisoners whose last resting places are unknown.



The memorial also honours lost prisoners of war and civilians lost on the ill-fated Montevideo Maru on their way to internment in Japan, and those Australian sailors never to return when their submarine AE1 mysteriously disappeared in September 1914.



Panels erected to show the names and ranks of all service men, many of them Australians and a few Papua New Guineans who were lost during World War II.

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A cemetery worker, Alois Joanes, who had been a cemetery attendant for many years, said the panels listed names of all those who lost their lives and died in the island provinces. He said when the remains of a service man are found in any part of the New Guinea Islands region, they would be collected and sent to Australia to be identified.

He said the remains would then be sent back and buried at the cemetery where a headstone would be erected in honour of this person's contribution in fighting the Japanese during World War Two. The cemetery contains remains of some soldiers from the World War One and many from World War Two. Many of the remains belong to Australian service men, some Fijians and Samoans.

There are also remains of Indian prisoners of war who died in New Britain in prison ships which were blown up at the docks and in work parties digging miles and miles of tunnels that run through New Britain.

The cemetery attracts thousands of tourists every year not only from the Allies (during World War Two) but Japanese tourists as well. As one leaves the cemetery, the understanding truly sets in as to the enormous burden these men bore to ensure the freedom we enjoy today. And at Bitapaka War Cemetery, one appreciates more the fact that the cemetery and its beautiful gardens are a fitting resting place for our beloved war heroes.



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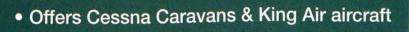
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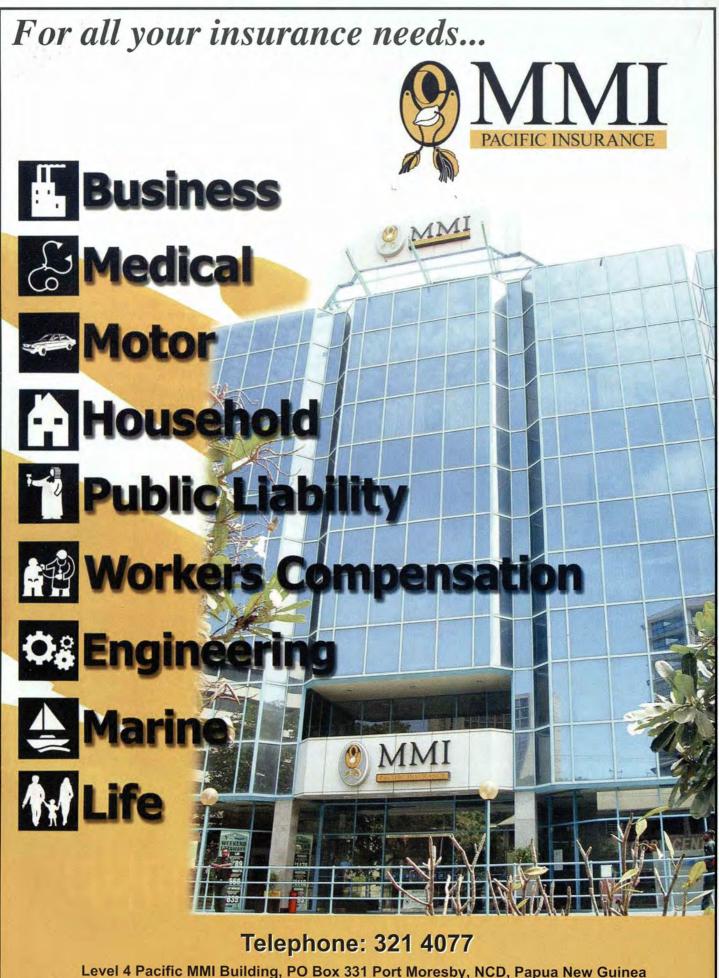
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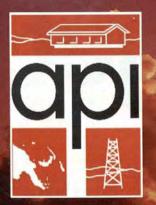
Cessna Caravans at the Kokoda Airstrip

King Air at Lihir Island





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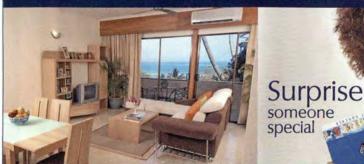
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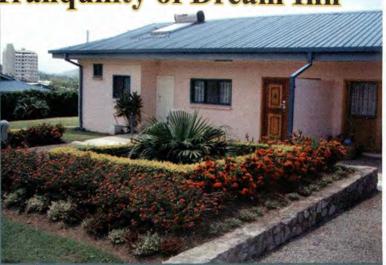
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PRESERVING KOKODA An opportunity for self-learning

WORDS & PHOTOGRAPHY NICHOLAS O'CONNOR

B listering sunshine, pounding rain and unbearable levels of humidity - these are climatic conditions travel agents don't mention to the thousands of adventurers who sign-up each year to undertake what is fast becoming an Australian cultural rite of passage.

Most visitors to the Kokoda Track make the pilgrimage to Papua New Guinea with the allusions of walking in the footsteps of brave Australians who fought in the infamous Kokoda Campaign.

For most, it is an opportunity to experience just some of the physical and mental challenges that confronted the Australian Armed Forces during World War II. For others, it is a journey of personal discovery, an opportunity to push your mental and physical boundaries.

While the failure rate is high, many who manage to complete the 96-kilometre journey talk of personal and spiritual growth along the track. Many finish the track with a new perspective on life.

Recently I had the pleasure of accompanying 12 Kokoda Memorial Foundation (KMF) members on a visit to the track to undertake a project to help preserve and highlight this important component of Australia's history.

The KMF is a non-profit organisation whose mission is to commemorate those who fought in World War II along the Kokoda Track. To achieve their mission, the KMF installs and maintains memorials along the track and provides the local Koiari people with basic infrastructure.

Over the past nine years the RAAF has on five occasions provided air and logistics support for KMF projects.

For this initiative, RAAF support was provided by Townsville-based 1 Airfield Operational and Support Squadron, RAAF Richmond's 87 Squadron and Air Force Headquarters.

The purpose of this KMF tour to PNG was to install two one-tonne memorials at historical locations along the track - Imita and Ioribaiwa Ridges. The memorials were designed and crafted by Melbourne-based periodontist, Dr Ross Bastiaan.

"It is vital we maintain our efforts to preserve the track and highlight important sites on the track," says KMF director and project leader, Eric Winn.

"We need to ensure those who walk it gain a better understanding of the significance of the track to us Australians.

After an arduous five hours walk through creeks, ankle-deep mud and conquering what seemed at the time to be unending steep inclines, we make it to our first checkpoint.

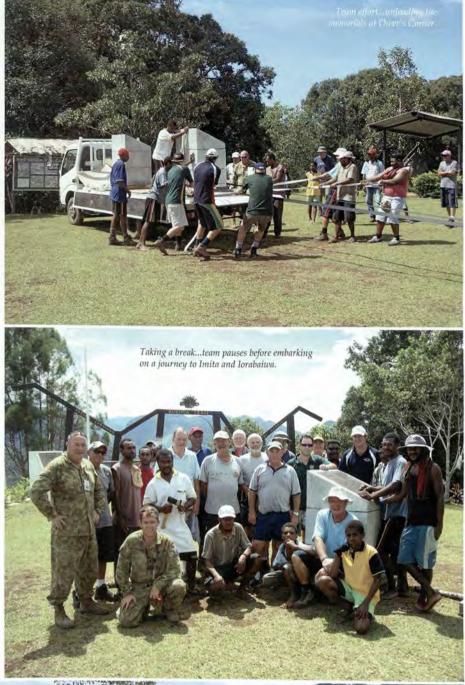
Speaking from the site where the first memorial is to be installed, Winn explains why Imita Ridge is such an important location.

"It was right here, back in September 1942 that exhausted Australian soldiers dug in to make their final stand against the advancing Japanese forces, who were making their way through to Port Moresby," the Vietnam veteran says.

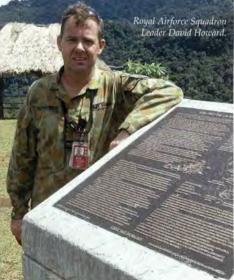
"It wasn't a great time for the Aussies. They had just been ordered to fall back from the next ridge to the north, loribaiwa Ridge, to this narrow ridge and dig in and wait for the advancing Japanese forces.

"They didn't have spades and shovels to dig with, rather they had to use their tin helmets and bayonets." *

A quick look through the jungle surrounding Imita Ridge reveals a series of hand-dug Australian bunkers, most half filled with dirt from erosion and hidden by vegetation re-growth.









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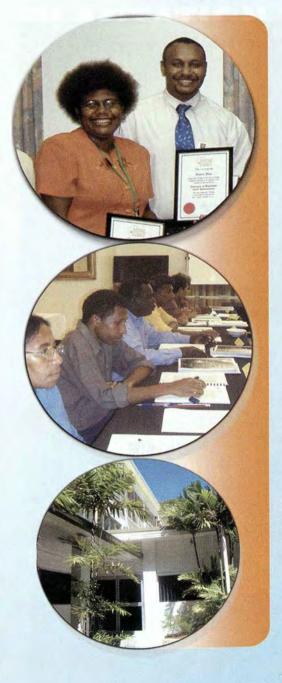
"Looking around now, it is hard to believe that at one stage there were up to 3000 Australian soldiers camped here," Winn says.

"There is hardly enough room for the 12 of us up here."

Looking north from Imita Ridge, Eric and I make out the silhouette of Ioribaiwa Ridge - the site for the second memorial to be placed.







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"Between 11 and 16 September 1942 over 700 Australian soldiers bravely withstood the advancing Japanese Army at Ioribaiwa," he says.

"Soon after the initial assault on the ridge, Australians recognised there was a significant risk of being overrun. They withdrew and took up a much stronger defensive position here at Imita."

According to the inscription on the Imita Ridge memorial, the Japanese were relieved to capture loribaiwa Ridge on September 16, 1942, but

were dismayed to find no Australian food supplies or materials there.

The Japanese dug in and waited for the re-supply. While they could see the lights of Port Moresby in the distance and victory was apparently imminent, the Japanese were hampered by a refreshed Australian enemy who embarked on repeated aggressive patrols and unleashed a tirade of mortars from the valley below and artillery from Ower's Corner, 15 kilometres to their south.

"By this stage, the Japanese are in a terrible state," Winn says.

"Their supplies are low, they are sick from hunger - they are quite literally starving as they wait for further orders."

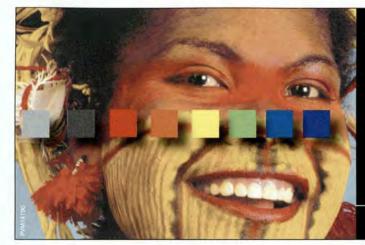


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While waiting for further advance orders, Winn says the Japanese were stunned to receive a directive from their High Command on September 24 to withdraw and defend the PNG North Coast.

"Two days later, about 2600 Australians advanced and re-took unopposed Imita Ridge," Winn says.

"They are both such fascinating stories and both need to be preserved and made available for people to read and appreciate along the track."

After some careful planning, the KMF had the two memorials airlifted from Ower's Corner and installed at the two sites.

"It is a really satisfying feeling to see both of them now in place," Winn says.

"Having the assistance from the local Koiari people to carry our supplies and help us put the memorials in place conjures up images of how the revered 'Fuzzy-Wuzzy' Angels helped Australian soldiers on the track."

After three days with KMF and a further two days meeting the beautiful people of nearby village of Veseulogo, I have developed a profound respect for the World War II efforts of the Australian soldiers and Koiari people.

Thanks to the tireless efforts of the KMF, visitors to the Kokoda Track for many years will have an opportunity for self-discovery and also gain a deeper understanding of the two significant sites which marked the turning point for the PNG Campaign.



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A UNION OF MORE THAN CULTURE

WORDS JOHN BROOKSBANK | PHOTOGRAPHY ROCKY ROE

t the Administrative College in Waigani, Mai Raka and her fellow students were warned to beware of young Australian patrol officers or kiaps, who apparently had a reputation for breaking the hearts of Papuan maidens.

This may, or may not, have had something to do with the mythical antics of an Errol Flynn who was a kiap for a brief period in his pre-Hollywood days in Papua New Guinea.

When Laurie Bragge left Melbourne High School and came to PNG as a kiap in 1961, Mai was still in primary school and they did not meet for another three decades when Mai - like all good students - chose to ignore her teachers' warning.

Also at the Administrative College with Mai was Trainee Patrol Officer Henry Veratau, whose first field posting in 1970 was to Ambunti on the Sepik River, where Laurie at the time was District Officer. Thus started an enduring friendship - one that has lasted through the decades until today.

Marriage as we all know is a legal change of status witnessed by an appropriately qualified individual. However, in PNG, the union of two people can often be grand ceremonies that



The Tolai ladies take Mai from her Motu family.

celebrate the joining of two extended families with unique traditional and colourful practices.

The recent marriage between Laurie and Mai at Vabukori village near Port Moresby was no exception. After four and a half decades in the country, Laurie remains as fascinated with the inner workings of Papua New Guinea's myriad of cultures and their relationships with Western culture as ever.

His marriage to Mai was a colourful example of a mixture of traditional cultures brought together in the spirit of friendship and respect.

After 23 years with Air Niugini, "Aunty Mai" as she is fondly known by her staff, seems to run the terminal and the airline ground operations at Jackson's Airport.

Mai's manager there - Jack Pidik immediately upon hearing of his employee's engagement and pending marriage arranged to pay her bride price.

To do this, it was necessary to adopt Laurie as a Tobello clan member. Laurie regards this as a great honour, but does not kid himself that it is Mai who Jack really wants in his clan....even at the price of 2,000 fathoms of tabu, or Tolai shell money.

Upon receiving his invitation to the wedding, Henry Veratau, now a senior officer within the Department of Provincial & Local-Level Government Affairs, confronted Jack with the fact that as he was Laurie's "long-time brother", he would also pay bride price for Mai on Laurie's behalf, following the tradition of his village, Saroa, near Rigo.

Laurie's relationship with Air Niugini



commenced in 1985 when he worked closely with the airline as an adventure tour operator in various provinces where his kiap experience allowed village friends to serve as tourism and cultural hosts to members of his tour groups.

Laurie and Mai's wedding was sealed in both traditional and church ceremonies over a period of two days, confirming the union in the eyes of the community, the church and, of course, the law.

Prior to the bride price ceremony, Laurie and his family, both by blood and adoption, were dressed for the occasion at Pidik's house. The ladies wore typical Tolai laplaps and meri blouses, all in deep purple colour, whilst the men wore distinctive red laplaps and traditional face paint.

The grooom's family before the bride price.



This male decoration took place as a "men only" activity in the secret confines of Jack's garage. Some of Laurie's relatives, including his sister, had never travelled to PNG before so all the activities, including the bride price ceremony at Vabukori village on the day before the wedding, was more than a little different from comparable events in Australia.

Whilst Laurie's male and female extended family members were busy getting attired and painted as Tolais, Mai was at her sister's house in Vabukori similarly getting dressed in Motuan costume.

Traditionally, many coastal women of marriageable age were permanently tattooed, but this practice is rarely carried out today

Laurie undergoing Tolai face painting.





Betel nut and mustard are handed out to the guests.

where beauty is displayed in different ways and Mai's tattoo-like patterns were applied with a non-permanent whiteboard marker from the local school!

The bride price took place in the middle of Vabukori, one of the 'urban villages' that sit around the outskirts of Port Moresby. As a precursor to the actual bride wealth exchange, the Motuan host clan members handed out betelnut and mustard to all the guests. Similarly, after their arrival, the Tolai guests also distributed the same items to the assembled invitees from their distinctive woven East New Britain baskets. There ends up being an enormous amount of betelnut stacked around the Raka family home!

After Mai's entry to the family compound, flanked by her singing family and clan members, a mat is laid out in front of the house before all the guests and village onlookers who were crowded around, ready for the bride price payments to be made.

Mai makes her entrance.



Although Tolai society is matrilineal, with many of the traditional practices presided over by female family members, the actual bride price transfer was on this occasion was carried out by Pidik and other male family members, albeit with much verbal encouragement from his female relatives. Two thousand fathoms of Tolai shell money were ceremoniously laid on the mat in front of the Raka family home and accepted by Hariha, Mai's brother and clan representative.

Once the bride price had been paid and accepted, the Tolai womenfolk almost forcibly grabbed Mai from under the family house and escorted her away. Her traditional Motuan grass skirts were removed and she returned to the ceremony clothed in dark purple Tolai laplap and meri blouse - symbolically signifying her adoption into Laurie's Tolai Tobello clan. The Tolai ladies then made a big deal out of giving back the Motuan grass skirts to the Raka family.

The Tolai shell money bride price is presented.



The 2000 fathoms of bride price is laid out.





Similarly, Veratau and his clan members laid foodstuff and other material goods on the same mat and handed a number of valuable traditional toea armshells and pig tusks to Hariha Raka, who accepted on behalf of the chief of Mai's Laurena clan, the payment for the loss of their daughter.

The final payment, again in strands of Tolai shell money, was to cover the cost of Mai's de-registration from her parish and local-level government records at Vabukori and her re-

Laurie and Henry Veratau.

registration in Matupit, near Rabaul, in East New Britain Province. As dusk darkened to evening the event was consummated with a feast that made a small dent in the huge amount of food that had been pledged as part of the bride price.

The following day, grass skirts and traditional dresses were replaced by more formal Western attire by members and friends of the various extended families who gathered at the Vabukori United Church. Vabu in the Motu language apparently means widow and thus the village name Vabukori literally means "widows' place", referring to a time hundreds of years ago when menfolk from this and other Motu speaking villages made perilous Hiri trading voyages across the Gulf of Papua in their double-hulled lakatoi canoes to trade clay pots and other objects of value for sago that would sustain their people through the depredations of the dry season.

Often men did not return from such trips and

Laurie presents toea shells and pig tusks to Mai's brother.





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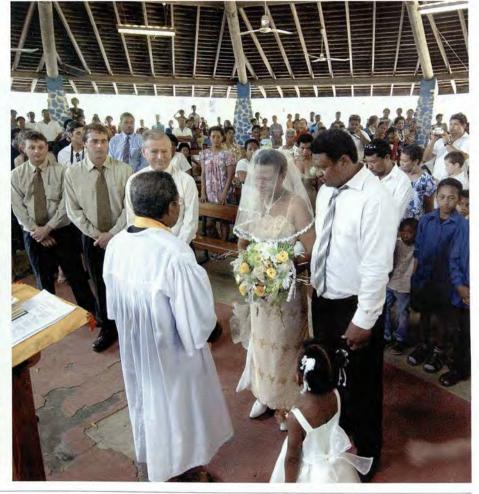
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P.O. Box 795 Lae, Morobe Province, PNG Ph: (+675) 547 8810 Fax: (+675) 547 8166 Email: iPiGroup@iPiGroup.com.pg www.iPiGroup.com.pg Vabukori was where many of the families of those lost ended up living.

Veratau also suggests that raids by his Sinaugogo people from the Rigo area on their traditional Motuan enemies and their principal village at present day Taurama Beach so devastated the population there that the survivors scattered to other nearby villages such as Gaire, Hanuabada and Kilakila, whilst many of the resultant widows moved to Vabukori.

Food galore at Mai's family home.





The wedding ceremony at Vabukori United Church.

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It was fitting that Mai, of mixed Central and Gulf Province parentage and who has been a widow for many years, was farewelled in a church ceremony by her 'squad' of village widows.

Their singing group, all dressed in identical orange-coloured outfits, sang a touching rendition of *Amazing Grace* during the wedding

The widows' group sing Amazing Grace.

service, presided over by Reverend Henry Pala.

The simple ceremony, with Mai flanked by her family bridesmaids and Laurie by his two sons, was witnessed by a small group of family and friends whilst the perimeter of the circular and open village church building was crowded with many local villagers, especially children, all eager to observe what was going on.





Outside the Church.



At the reception with MC Turahu Morea.

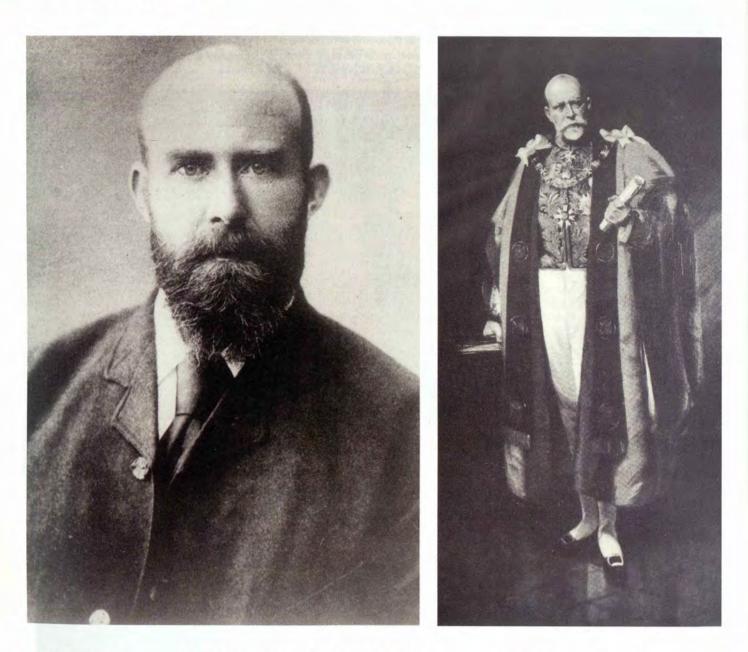
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The wedding was followed by a village feast that afternoon in the grounds of the church and a more formal event at the Crowne Plaza Hotel later that evening, an event at which Laurena clan member Turahu Morea, the well-known EMTV personality and newsreader, was master of ceremonies.

Whilst the two-day event was an enjoyable experience for all those who were involved, it was also a showcase of two of the many traditional PNG bride price practices. Kept alive by Pidik and Veratau, the application of these practices outside of a normal cultural setting is a mark of their respect for Laurie and Mai - and will hopefully ensure them a long and happy union!







SIR WILLIAM MACGREGOR SHAPING PNG'S FORTUNES

By James Sinclair

Distribution of the early colonial era, the fortunes of Papua were shaped by two distinguished governors: Sir William MacGregor from 1888 to 1898, and Sir Hubert Murray from 1907 to his death in office in February, 1940.

MacGregor was a man of formidable character and achievement. One of his field officers, C A W Monckton, memorably described him in his book *Some Experiences of a New Guinea Resident Magistrate*.

MacGregor was at the time onboard the official yacht, Merrie England, and Monckton was summoned to meet him: "We went onboard to meet, for the first time, the strongest man it has ever been my fate to look upon.

"Short, square, slightly bald, speaking with a strong Scotch accent, showing signs of over-work and the ravages of malaria, there was nothing in the first appearance of the man to stamp him as being out of the ordinary. But I had not been three minutes in his cabin before I realised that I was in the presence of a master of men – a Cromwell, a Drake, a Caesar or Napoleon – his keen grey eyes looking clean through me and knew that I was being summed and weighed. Once and only once in my life, have I felt that a man was my master in every way, a person to be blindly obeyed and one who must be right and infallible, and that was when I met Sir William MacGregor."

Sir William MacGregor (he was knighted in 1898) was born in Aberdeenshire, Scotland, in 1846. He was the eldest of the eight children of a humble crofter, John MacGregor, and his wife, Agnes.

MacGregor's life-story could have been taken from a casebook of Victorian heroic achievement: from the croft to the mansion; from poverty to wealth; from obscurity to renown - all by virtue of a superior intellect, extraordinary ability, bulldog tenacity and just the right amount of good fortune.

MacGregor spent 42 years in the British colonial service, beginning as an assistant Medical Officer in the Seychelles and finishing as Governor of Queensland. But his reputation was made in British New Guinea (from 1907, known as Papua).

He graduated from Edinburgh University with a medical degree in 1872 and after three years in the Seychelles became chief medical officer of Fiji, then under the governorship of Sir Arthur Gordon. It was to Gordon that MacGregor owed his appointment as Administrator of British New Guinea; he became Lieutenant-Governor in 1895.

British New Guinea was the least known of all the far-flung territories of the British Empire. Known to European navigators from the early years of the 16th century, the great island was still unexplored when in 1884 Great Britain reluctantly declared a Protectorate over southeastern New Guinea, in response to increasing pressure from the Australian colonies.

The affairs of British New Guinea were directed by Special Commissioners Sir Peter Scratchley until his death in office in November, 1885, and John Douglas, to 1888, pending the arrival of MacGregor.

The Special Commissioners had tried to establish basic administration in a wild new land with undefined legal powers and pitifully inadequate resources of money and men.

As Lieutenant-Governor, MacGregor was in a stronger position but he, too, faced a multitude of problems.

The Colonial Office was in faraway London, and MacGregor was forced to conduct all his official business through the Governor of Queensland, acting on behalf of the other Australian Colonies. In that time of primitive communications, months would pass before he could obtain responses to his official dispatches.

Throughout his decade of service he was always critically short of funds. He could afford but a tiny Public Service: it never exceeded 20 men at one time, of often doubtful character and ability.

When MacGregor arrived, there was no body of law being applied to British New Guinea and no means of enforcing his will. He had no means of transport to allow him to explore the vast coastline of his new domain.

He quickly decided his first priority was to establish a system of justice in British New Guinea, and an armed force for the maintenance of law and order. Even before arriving in Port Moresby - then, as now, the seat of government - MacGregor had drafted a British New Guinea Adopting Ordinance, which extended certain of the existing laws of Queensland to the Protectorate, and later introduced the Native Regulations, a simple body of law applying only to the native inhabitants.

He brought in Francis (later, Sir Francis) Winter, Attorney-General of Fiji, to be his chief judicial officer and made the first appointments of Resident Magistrates and Government Agents - officers who would be charged with putting his policies into effect at district level.

He established Executive and Legislative Councils, a Central Court and Courts of Petty Sessions. In 1889 he produced a draft Armed Constabulary Ordinance and proceeded to recruit a small body of experienced native policemen from Fiji, the nucleus of his Armed Constabulary, which in later years would become the famous Royal Papuan Constabulary.

He divided the Protectorate into the Central, Western and Eastern Divisions and established new government stations. He shaped the broad administrative framework that would remain until the outbreak of the Pacific War. He encouraged and assisted the work of the Christian Missions.

MacGregor himself thought that his "most important laws were those that dealt with land. The Land Law was drafted by me... it is the palladium of Papua." His legislation recognised that ownership of land was vested in the people of British New Guinea, not the Crown, as was the case in Australia.

In the official yacht, Merrie England - supplied by the British Government in May, 1889 - MacGregor began the endless series of journeys of exploration on land and on sea, that were the sine qua non of his administration: he spent less than a sixth of his time in Port Moresby. When he arrived,

the interior of British New Guinea was almost

completely unexplored. When he left, all of

the coast and larger rivers and many major

ranges had been examined and mapped with astronomical control.

The coastal terminations of the borders of German New Guinea and Netherlands New Guinea had been determined. MacGregor twice walked across the mainland from coast to coast and ascended several of the major peaks and all the principal rivers, including the mighty Fly, as far as he was able by small craft.

He broke the power of the dreaded Tugeri raiders from Netherlands New Guinea, who for countless years had ravaged the villages of the Western Division coastline.

Wherever he went, he was accompanied by detachments of his Armed Constabulary, in MacGregor's own view one of the finest institutions he bequeathed to British New Guinea.

When MacGregor left British New Guinea, he submitted a lengthy report on his administration to the Colonial Office. With admirable restraint, all he claimed was that "the authority of the Government has been firmly established over extensive areas, and a considerable extent of the country has been roughly examined, but only so as to give general information as to its capabilities".

This latter task can now be proceeded with deliberately and continuously. It was a task that was to be completed under the aegis of MacGregor's renowned successor, Sir Hubert Murray.

MacGregor's biographer, R B Joyce, summed up MacGregor's achievements in the following words: "For ten years, MacGregor administered New Guinea. During that time he had only sixty-four officers to help him introduce British civilisation to a million people spread over a vast and mountainous terrain.

"The fact that he attempted it on foot, by cance and by launch shows the man's dogged determination; the fact that he achieved anything is little short of a miracle."

Upon leaving New Guinea, MacGregor became Governor of Lagos, where he served until 1902.

He was Governor of Newfoundland from 1904 to 1909, meeting and overcoming a whole new set of problems. From Newfoundland he went to Queensland, where he served until 1914.

Like so many Scots keenly interested in education, he accepted the post of first Chancellor of the University of Queensland, where he played an active role in raising its standards.

MacGregor was a lonely man, living the life of a bachelor during his years in British New Guinea. His first wife had died in Fiji, and he had become estranged from his children. His second wife survived him by only a few months. After completing his term in Queensland, MacGregor returned to Scotland, where he lived until he died in 1919.



BEING A WOMAN IN PNG

By Dev Nadkarni

n the very week that Christina Kewa's first book, "Being a Woman in Papua New Guinea: From Grass Skirts and Ashes to Education and Global Changes" was launched in Mount Hagen, Papua New Guinea, a young mother-to-be was admitted into a Western Highlands Province hospital after being brutally beaten by her husband.

"That brutal incident pretty much sums up the status of women in PNG," says the former Post Courier journalist now based in Auckland.

The slender volume catalogues many of the unbelievably brutal incidents involving women that Kewa had to investigate and report as



part of her journalistic duties, which being a woman, was infinitely more heart rending.

The decision to write a book came when she was following up on a story for her newspaper about a young girl who had been gang raped and confined to solitary existence after it was found her health was rapidly deteriorating.

It later turned out the girl had contracted HIV that subsequently led to her death. "That was a turning point," she says. "I needed to write for a wider audience than what was available to a newspaper."

Speaking of her book, "it confronts and challenges issues that are currently affecting women in PNG, where the laws and society have done nothing about it down the years," she says.

At any given time in its three decades of independence, the country has had no more than one woman as Member of Parliament the present sole woman MP is the Australianborn Dame Carol Kidu.

Kewa blames the century old, unchanging traditional attitudes to women for this state of affairs.

"The girl child is still seen as a commodity that will one day be sold. And having purchased a woman for a bride price, her owner feels free to treat her as he deems fit," she says.

"It is impossible for her parents or her family to prevent her abuse or complain about it after she is married because she is now somebody else's property.

It is therefore no surprise that gang rapes have been increasing and so have been cases of HIV/AIDS. It is almost like it is OK to commit rape."

But, lest one assumes that all of PNG's men are naturally misogynists, Kewa is quick to add that most PNG men treat their women reasonably well.

"I would say eighty percent of the men are good to their women," she says. "It is the extreme brutality of the other 20 percent that gives all men a bad name."

There is, however, little doubt that the long traditional suppression of women by societal norms has deeply affected their psyche, their self-esteem and confidence.

Even today, despite many of them having a modern education and financial independence, women are still reluctant to speak out.

It is common, according to her, to see women turn up to work with black eyes, facial bruises and injuries and shrug it off as 'just one of those things' when asked.

That is what disheartens Kewa the most.

"I invited some of my women journalist friends and other professionals to write chapters for my book but most of them refused fearing reprisals from our male dominated society," she says.

Though they wholeheartedly encouraged her to write and publish, they shied away from contributing to the work.

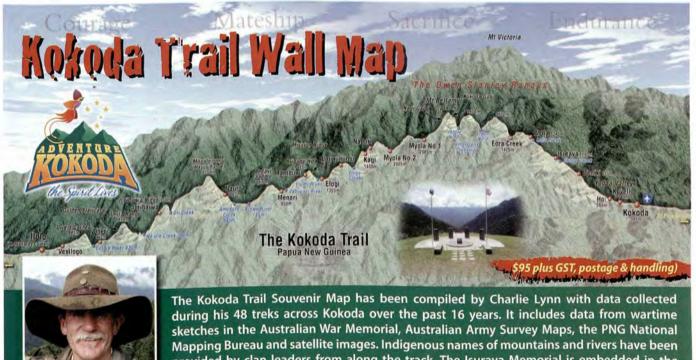
Not just lay readers but even women activists from outside PNG would find Kewa's book deeply disturbing.

They are bound to find the issues that they stand up and fight for in their own countries are a whole world different than those that confront PNG's women.

After reading the cases catalogued in the book, it may well seem there is no way out for many of the oppressed women.

Is it at all possible for these women to improve their lot, even though a modern education has failed to change attitudes?

Kewa feels PNG's women are a long way off from that goal. She feels the issue has to be



Charlie Lynn Kokoda Trek Leader PO Box 303, Camden, NSW 2570 charlielynn@veritel.com.au during his 48 treks across Kokoda over the past 16 years. It includes data from wartime sketches in the Australian War Memorial, Australian Army Survey Maps, the PNG National Mapping Bureau and satellite images. Indigenous names of mountains and rivers have been provided by clan leaders from along the track. The Isurava Memorial is embedded in the Owen Stanley Ranges and the words etched in the granite pillars of the memorial: 'Courage, Mateship, Sacrifice, Endurance' are watermarked in the sky as a solemn reminder of the qualities of our diggers, and the PNG 'fuzzy-wuzzy angels', who saved Australia from invasion during the war in the Pacific in 1942. The map measures 850mm X 300mm.

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addressed at several fundamental levels. To begin with, the nation's leaders must be seized of the problem.

But she sees a ray of hope in the country's Governor-General Sir Paulias Matane who has also written the foreword for the book.

"I had the privilege of presenting the first copy to him and he said PNG's men should do everything they can and take up the challenge to treat women as their equals."

Sir Paulias has a deep understanding of the problem women face in PNG, she says.

PNG's solo female MP, Dame Kidu has also been appreciative of the book and has encouraged her, she says. She is hopeful the nation's leaders too take up this attitude.

A few months ago, almost coinciding with her book launch, when a group of women petitioned parliament about the widespread and growing violence against them, little was done by the leaders by way of follow up. Any discussion on the petition was simply put away, says Kewa.

Born and bred in Mount Hagen, Kewa grew up to be a journalist in a devoutly Christian family. She studied journalism at the University of PNG and then went on take on a postgraduate qualification in the United Kingdom. "The book is written and presented very simply, as I use very simple English, targeting the average English speaker in PNG," she says.

"It gives a lot of insight into what goes on in ordinary women's lives in our wonderful country."

Kewa is married to a New Zealander and is a mother to four children.

Though based in New Zealand, she travels often to PNG and hopes to make a difference to the lives of ordinary women in PNG through her writing by creating awareness among women back home in PNG, as well as in the outside world.

BEING A WOMAN IN PAPUA NEW GUINEA

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AGRICULTURE









OISCA PROVIDES SKILLS TO TILL THE LAND

ISCA has been in Papua New Guinea for several years now.

It is an acronym for 'Organisation for Industrial, Spiritual and Cultural Advancement'. Industrial refers to the promotion of agriculture and other primary industries that are fundamental to our existence.

Spiritual does not denote a particular religion but rather our need to nurture such qualities as selfreliance, dedication for one's own community, international brother and sisterhood and respect for the earth's ecological integrity on which our life is grounded.

Culture represents the intent to encourage cultural diversity that has enriched human life and the

universal need to promote certain cultural patterns such as culture of peace.

Twenty years ago, the organisation was formed in the province of East New Britain and has been there ever since.

The founder and chairman of the PNG OISCA branch, the late Sir Martin Tovadek, along with other prominent leaders in the province, had recognised OISCA-International 24 years ago. They saw the potential it had in teaching effective and sustainable agricultural methods.

The teaching was overpowering to the East New Britain leaders at the time so they arranged for a meeting in Japan with OISCA-International to discuss the possibilities of starting another branch in the province.

All arrangements were successful and today OISCA has identified many industrious youth with leadership skills and have sent them to Japan to be further educated.









OISCA encourages agricultural advancement and also students to learn as much as possible and go back to their villages after their training and teach the people there.

The organisation's objectives and goals in East New Britain and Papua New Guinea are:

- to provide training of school leavers on appropriate technology;
- to provide assistance with individual members to raise their standard of living;
- to provide general education awareness to its members; and
- to facilitate the advancement of industrial, spiritual and cultural togetherness within their members.

I visited the branch in East New Britain Province and saw that the school was very well organised with a tight schedule and strict rules to follow.

The school not only teaches theory but also practical methods to assist with the training as well.

The school has rice fields, crocodiles, ducks, pigs, rabbits and fish to assist students with their practical training.

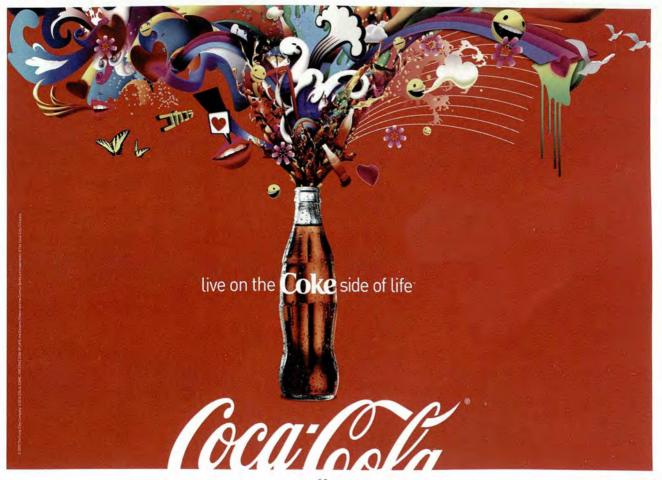
Students learn how to breed the animals and plant crops for a sustainable living.

They also learn how to look after butterflies that are kept in their school's butterfly farm.

With the school located 30 minutes out of town, students don't have the distractions that a town offers young people.













OISCA tries to encourage students to also be satisfied with the simple things in life and not try to look at the luxurious temptations of this world.

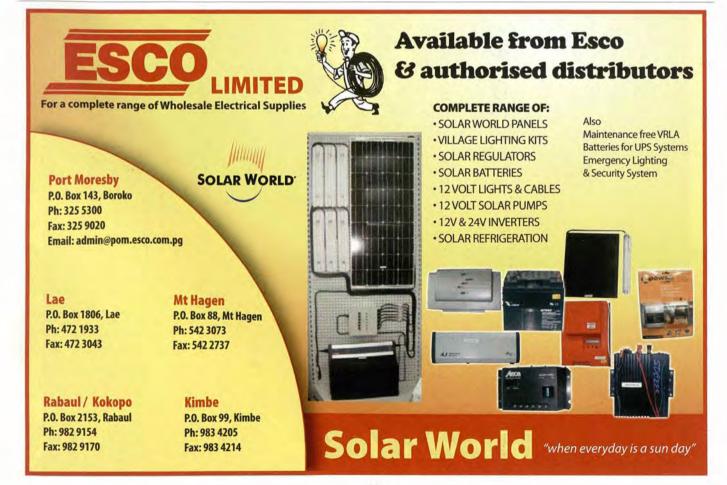
Former staff and trainees at OISCA have now gone back to their villages to teach what they have learnt to the people there.

Two years ago, a former staff member started a small centre next to Jackson's Airport in Port Moresby and has become very successful.

The organisation tries to be self-sufficient but it does need assistance from the East New Britain provincial government. It gets its funding from the Asia Development Bank (ADB) if a project needs to be undertaken.

School's director Matsuyuki Sawai wants the learning institution to produce things to sell. But at the moment the income from the farm will not be enough to cover all the school's expenses.

He encourages all staff to study more theory and practical work to try





and change the situation.

Mr Sawai said rice was a very important crop to grow and East New Britain soil is very rich and suitable for the crop.

He said OISCA grows paddy rice which yields more but "I've learnt that most people in the province prefer to grow dry rice because it is easier".

Mr Sawai said it was good that people found dry rice easier to grow but bad because as you continue to harvest your fields, the amount of rice will continue to decrease.

The school teaches students how to plant rice which produces more when harvested.

Mr Sawai said OISCA's vision is humanity, living in dignity, respecting cultural diversity, working in solidarity and co-existing in harmony with the earth's eco-system, for the well-being of the present and future generation.









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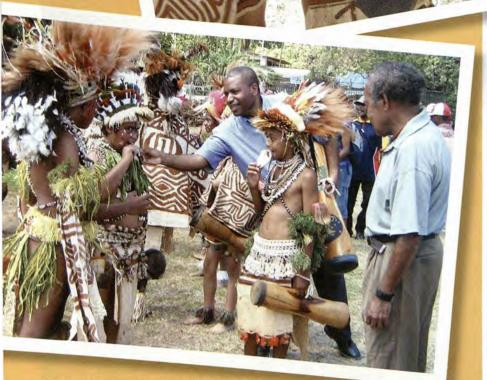
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CULTURE

TA'TAO'N THE DANCE OF THE OKARI NUT

Jen Wen Phoon and Gregory Leahy taking their places before the dance.



Helping hands from a parent and grandfather who are just doing the final touch-ups before the dance presentation.

By Euralia Paine

Ust about everyone in Papua New Guinea has a legend or folklore that is animated into a traditional dance and performed at ceremonies.

These stories, dances and ceremonies identify who we are and our uniqueness in the melting pot of urban centres where many of us now reside.

Often these dances and myths have messages or lessons that are passed down the generations through this form of oral history.

I come from an area known as Jiri'ipu which is located on the North Coast of Oro Province. This is a story and dance from my place and it is called Ta'tao'n.

The dance is highly animated and requires a group of dynamic female and male dancers who beat miniature kundu drums and shake rattles. There is no singing but the dancers are dressed in brilliantly designed tapa cloaks.

It was performed recently at the Korobosea International School by school children to celebrate Papua New Guinea's 32nd Independence anniversary. The leader of the dance group was my youngest sister and grade five teacher, Ethel Paine.

Legend has it that one morning in the beginning of time, some young Amazon virgins set off into the forest in search of handsome warriors in shinning armour.

They came upon a huge okari (terminalia kaernbachii) tree upon whose branches hung beautiful, shinning, maroon-coloured fruit.

Captured by the splendour and in wonderment, the virgins circled the tree and searched for fruit which may have fallen on the ground beneath the tree.

But alas, there were no fallen fruit! Believing that they had discovered the fruit that would produce them their handsome warriors, they decided to perform a graceful dance around the gigantic okari tree to entice the fruits to fall into their arms.

The virgins danced into a momentum of frenzy to seduce the shiny fruits to fall into their arms, albeit not one fruit fell.

The hours of dancing, and waiting and frenzy were all to no avail. The virgins were no ordinary virgins.

They were passionate and driven to find the warriors of their dreams. So they regrouped and discussed their next course of action.

As twilight set in and darkness began to veer its head, the virgins decided to abandon their mission and turn back home.

Suddenly, a gust of wind propelled through the jungle, blowing through the okari tree branches causing one coveted fruit to fall to the ground.

The delighted virgins all rushed to pick up the fruit. They could not believe their luck and looked at awe at the true beauty of the maroon fruit in their hands.

In turns, they fondled, caressed and cuddled this exquisite fruit that looked like nothing they had ever seen before.

Upon reaching their village, the virgins placed the much-adored fruit under a clay pot believing that this amazing looking fruit would transform into a handsome warrior to be wed by the virgins.

Each morning after that, the leader of the virgins would open the clay pot to check how the fruit was developing.

Many mornings went by but nothing happened. Eventually, the virgins decided to crack open the okari fruit to discover what was inside.

To their disappointment, they found no handsome warrior in shinning armour. Indeed, there was no wedding for the virgins.

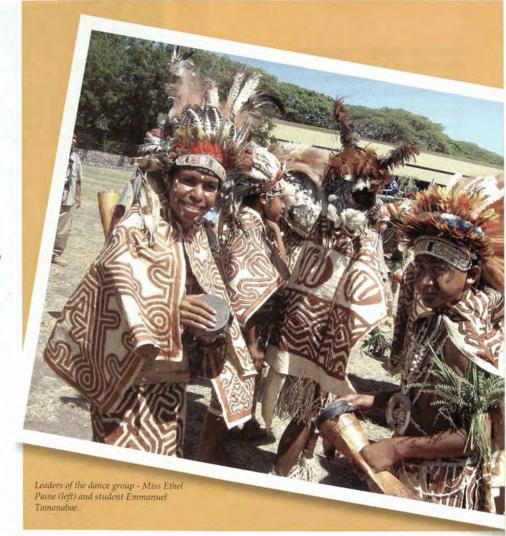
In fact, the virgins had done the forbidden - they had adored, fondled and caressed the fruit, fooled by its outer beauty.

In the modern or the present context, we are relayed several messages from this legend and dance:

- Do not be fooled by beauty;
- · Beauty is only skin deep; and
- Do not judge a book by its cover.

The word 'Tao' extracted from the name of the dance and legend is the word that describes the okari fruit or nut in my language.

Tao also means to fondle, caress and adore and also originates from the legend whereby the virgins caress the fruit.



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Even today, we still believe that when you pick up a beautiful, shiny maroon-coloured okari and hold it; do not touch the eye of the fruit. Or, you will find nothing inside when you break open the fruit.

The Ta'tao'n performed at Korobosea International School comprised a group of female and male students, including Malaysian Jen Wen Phoon.

The theme for the school's independence celebrations was "Independence for all: Lifting the barrier of gender, poverty and race".

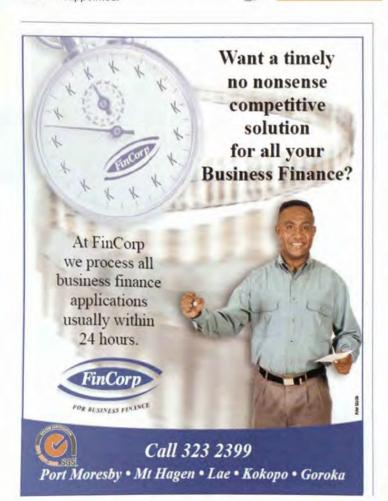
International students chose provincial groups of interest to participate with. Jen chose Oro province and he was assisted by the Oro provincial students and their families to be attired suitably.

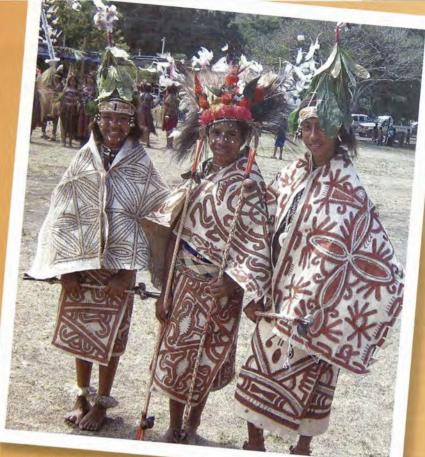
Students are encouraged to participate in their place of origin (provincial groups). Dances are either taught by teachers or volunteers from their provincial groups who have special knowledge and skills of traditional dances.

Dance practices are usually held during school hours and can take up to 6 -7 weeks of practice before they can perform. The teachers at the school take the lead in their provincial groups.

Last year, the Oro provincial group was the first to perform on celebration day, out of 18 different cultural dances.

The event which takes place on 14th September every year should be pencilled in in every Port Moresby traveller's annual calendar. You will not be disappointed.





Korobosea school students Sheryl, Ethel and Heather represent the Amazon virgins in this dance.





Platform represents the okari tree (Tao). Dancers around the tree symbolise the young virgins. Frenzied dancing to entice the okari fruit to fall to the ground from the tree

ount Bosavi and the land around it are amongst some of most remote parts of Papua New Guinea. There are no roads, no government services and the communities live an essentially subsistence lifestyle that has changed little in hundreds, perhaps thousands, of years.

Since members of the Staniforth Smith expedition of the Papua Administration first stumbled, disorganised and lost in the Fogomaiyu area in 1911, there has been little change other than that brought by the Evangelical Church of PNG - who established a mission station, VHF radio and an airstrip at Didesa on the slopes of Bosavi in recent decades.

The local people think the various governments that have come into power have forgotten about them since that time. However, nowhere in the world does time stands still and people in the area are eager to embrace any feasible development opportunity whilst at the same time accommodating their traditional practices.

Biological gold mine

Its remoteness and lack of any form of development has brought the Bosavi area to the attention of scientists and conservationists, to whom the region is a biological gold mine. This interest and that of the WWF Kikori River Programme has led to the formation of a community based organisation - the Kosuo Orogo Resource Owners Association - to facilitate a range of sustainable activities.

BOSAVI: A BIOLOGICAL GOLD MINE

By Dennis Badi and John Brooksbank



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Rhondendron flower.

The association has been the recipient of some support from American NGOs and was one of the reasons the national government had the confidence to recently declare two Wildlife Management Areas (WMAs) at Libano and Sulamesi, covering 80,000 hectares on the slopes of Mount Bosavi.

They were assured this well organised local community organisation would be able

to manage these WMAs through village committees according to the WMA rules that were endorsed as part of their establishment.

The establishment of a WMA does not however in any way preclude local communities from carrying out farming activities so long as they are compatible with the other conservation related practices that they have agreed to in the management of their land.



Dendrobium orchid.

Fogomaiyu is a lowland Kosuo and Fasuspeaking village, 200 metres above sea level, east of Mt Bosavi and one kilometre from the Hegigio River that downstream becomes the mighty Kikori River. It is also home to Heni Kuyu, once a didiman or agriculture officer with the Southern Highlands Provincial Government.

Heni Kuyu has worked closely with Henry

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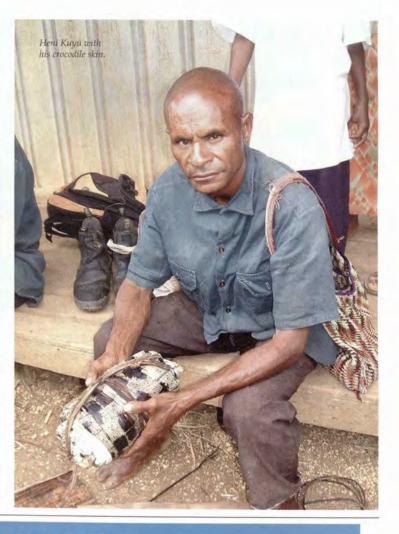
Nature's Own^{*} 2003 is a registered trademark of The Coca-Cola Company

Bamo, one of the driving forces behind Kosuo Orogo Resource Owners Association, to initiate a range of sustainable income earning activities with his fellow villagers.

Both Bamo and Kuyu have proven the dream that it is possible to exploit their wildlife sustainably, demonstrating to their people that conservation is not bad and money can be made.

Bosavi dancers.





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Dendrobium orchid.



Feline Owlet Nightjar.



From left: Henry Bamo, Heni Kuyu, Jerry Lapiu (CDI agricultural officer) and Bamo's son.

Bamo, once a community development worker who received training from WWF, and Kuyu carried out community awareness and encouraged people to work on and with their land if they wanted development.

Fogomaiyu people boast about their rich forests and wetlands but these also have great agricultural potential. The people have adapted their traditional subsistence self-reliance to cash cropping, and without government or any financial support have started to develop agricultural projects - anticipating a good market with the nearby Kutubu Oil Project communities and companies.

They have started fishponds, a crocodile pen and vanilla farming along with fruit and vegetable projects. To them, their natural resources are the fuel for development. The approach of the Fogomaiyu people is in startling contrast with their Fasu neighbours in the petroleum development licence, who

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receive large amounts of money as royalties and equity dividends. But this has unfortunately only resulted in a handout mentality and a deterioration of diet through a move to tradestore bought processed food.

Kuyu has already sold two freshwater crocodile skins to a buyer in Kikori for K254, with assistance from the CDI Foundation. His group has another



Southern Cassowary.

eight juvenile crocodiles getting fattened up in their pen ready to grow to a marketable size.

As Geoffrey Kosu, a CDI agricultural officer, says: "K254 might not seem a huge amount of money but to people in Fogomaiyu with no other source of cash income, it has a much higher value".

However, the Fogomaiyu people may not remain isolated for much longer. The Kutubu LLG Special Purpose Authority proposes to build a road from nearby Waro to the village.

Kuyu said, "We are now ready for a road link after many years of struggle, walking and crossing the Hegigio River to sell our produce and to go to school. We are now organised and ready for the development opportunities that will come with this road."

Bamo and Kuyu are change agents, who with very little assistance from NGOs such as CDI Foundation or the WWF Kikori River Programme can make a lot of difference to a much larger group of people. They realise that communities should not wait for development but to go after it. "Life is a rat race and the winners are those who avoid the trap," Bamo says.

Lowlands tree kangaroo.



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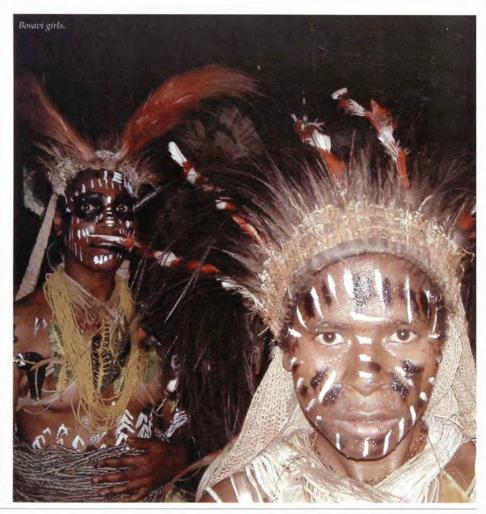
PO Box 812, Port Moresby Papua New Guinea www.allcompng.com.pg sales@allcompng.com.pg It is hoped that communities like Fogomaiyu, who have chosen to control what kind of development is right for them, will benefit from their resources for many years to come.

Bamo adds, "without our rich natural environment many of our socio-economic issues would have a far greater negative impact on our lives."

WWF Kikori River Programme has given a one-year grant to CDI Foundation to support agricultural developments in the Mt Bosavi area. Fogomaiyu village is a success story. They have two proposed WMAs - Henamo and Kosuo - that will be declared soon.

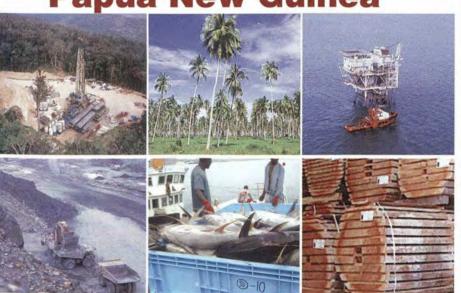
Sunset between Bona and Seani falls.





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Fiji's first over-water bungalows

WORDS & PHOTOGRAPHY RAJAN SAMI

hen the very first guests showed up at breakfast the morning after checking into Likuliku Lagoon Resort, they looked a little worse for wear.

The resort's staff, including manager Sala, assumed the worst. They thought something must have gone terribly wrong during the night. All sorts of scenarios raced through Sala's head.

It turns out, says Sala, the couple had spent the better part of their first night on the couch of their over-water bure watching the passing marine life through the looking glass on the floor. Although a little sleep deprived, they spoke excitedly at breakfast about seeing fish, turtles and baby reef sharks.

The temptation to do just that - stay up and gaze through the looking glass - is great, as my friend Sulu and I discovered when we stayed in an over-water bure some six weeks after the resort opened.

The 10 thatched bungalows suspended over the water on columns are Fiji's first and provide a novel experience.

We've both stayed in beachfront bures in our travels to resorts around Fiji. It is always a great experience with the sound of the waves and the views of the beach from your room.

But it's quite another experience altogether being on the water. For one, metal steps lead directly from the deck of your bure into the blue.

Likuliku's sheltered bay has calm waters that are a beautiful shade of aqua - making it the perfect spot for the over-water bures. Likuliku, quite literally, means calm waters in Fijian. The bures are beautifully designed and outfitted with maximum privacy in mind. After all, the high-end resort is a couples-only retreat, which does not exclude a couple of friends travelling together but strictly no kids.

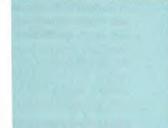
The focus here is on romance. Little wonder then that couples from around the world are choosing to wed and honeymoon at Likuliku.

From the outside, the row of bures resemble an ancient Fijian village albeit on the water with thatched roofs and bamboo walls. The rustic exterior belies a luxurious interior, where no creature comforts have been spared.

Unlike many other exclusive resorts that do away with "electronic distractions", the bures even come outfitted with sound systems, DVD players and TVs. There's a cool Café Del Mar CD in each room, the perfect sound track for your ocean stay. You've heard the expression "a room with a view". At Likuliku, you will discover a bath with views of the ocean and nearby Castaway Island. And it's also big enough for two.















In addition to the 10 over-water bures, Likuliku also has 36 deluxe beachfront bures, each featuring a spectacular open plan design that flows from the beach onto the deck (some with outdoor plunge pools) through the lounge, up into the bedroom and out again, where a spacious outdoor shower is enclosed with high stone and bamboo walls.

Each bure is a private sanctuary where you can easily forget about the rest of the

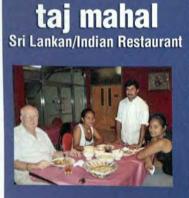
world. Like us, most couples surface at meal times. The food at Likuliku is - simply put - exceptional. With unusual pairings of the freshest ingredients and portions that are just right, three courses later, you're satiated but not stuffed.

At meal times we're tempted to order several courses each and share, if only to try out what's on offer. During one such lunch, we start with an appetiser of strawberry and sweet basil cooler and seared ocean scallops, green papaya salad, toasted shallots. This is followed by tempura of coral cod, steamed asparagus, ota fern tips, lemon, herb oil for me; while Sulu has the char-grilled reef squid, fresh chorizo sausage, wild rocket, tomato vinaigrette. Dessert is strawberry salad, black pepper sable, pineapple sorbet and warm macadamia nut brownie and toasted coconut ice cream.



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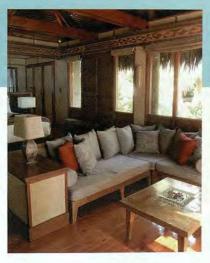
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For those serious about diet regimes and such, there's a fully outfitted gym at the resort, which Sulu and I gave a wide berth, conveniently forgetting to bring our trainers along on the trip. Of course, there are plenty of other ways to keep active. Marine activities include swimming, snorkelling, kayaking, diving, sunset cruises, fishing, island-hopping tours and motorised water sports. We took dips at high tide, right in front of our bure.

Land-based activities include walking tracks, exploring the island surrounds and the ultimate sedentary activity - enjoying an hourlong aromatic massage as we did, among other exotic treatments at the spa.

We visited Masima (Fijian for salt) Bar one evening for pre-dinner drinks and discovered flavoured Absolut Vodkas with a twist. These are flavoured with local ingredients such as kava, chillie, pineapple, mango and lemon grass. I wondered what the kava-flavoured vodka tasted like but was not game enough to try it. I opted for a refreshing lemon grass vodka and pineapple juice cocktail, instead.

As we experienced first-hand and which was later confirmed when browsing through



the guest book, above all else the friendly staff - the human element - proved to be the highlight of the Likuliku experience.

On our first day, we arrived at the resort after seven hours of travelling including a three-hour boat ride as famished as stowaways. Lunch had long finished. But the staff and kitchen hands were incredibly accommodating, serving us a three-course meal, which to us was an indicator of true luxury. In the guest book, many couples wrote they'll be back within the year. Six weeks into the operation and already there's promise of repeat visits. Our verdict? Worth losing sleep over.



Airline News

AIR NIUGINI SPONSORS PANGUNA SPORTS

ir Niugini was the proud sponsor of the first Panguna Sports Carnival which was held from December 10th - 14th 2007. The sports carnival was one of the events of the Peace Fair - a culmination of various activities undertaken to encourage and facilitate unity, reconciliation, promote human rights and peace within the communities in the three regions of the Autonomous Region of Bougainville (ABG). The airline's Business Development Manager, Gus Kraus, and Public Relations Officer Illan Kaprangi flew to Buka to present the Perpetual Shields, trophies and sporting items such as volleyball nets, volley balls and soccer balls to the ABG Division of Community Services and youth representatives from Panguna who also travelled to Buka to receive their sporting items.



Air Niugini Business Development Manager, Gus Kraus (left), presents part of the sponsored items to representatives of the Panguna Youth Sports Association (second from left and center) and an official from the Panguna District Officer (right).



WALK FOR LIFE

Air Niugini participated in the recent 2007 PricewaterhouseCoopers Corporate Challenge on November 25th with five teams - each team comprising five members. Funds raised from this worthy cause will continue to support three community charities.



A group of Air Niugini staff wore red on Friday 30 November as a gesture to mark World AIDS Day.



Air Niugini sponsors PM's golf tourney

t the recent PM's Golf Challenge in Lae on 23rd November 2007, Air Niugini through its sponsorship package to the PNG Sports Federation for 2007 handed out prizes to lucky door winners and to winning teams on the day. Mainland Holdings took out the top prize

with four business class tickets: Lae - Port Moresby return. Police Team 2 came in second with four business class tickets Lae - Rabaul return; and Mapai Transport third place, winning four business class tickets Lae - Madang return. Team Air Niugini came in fifth.



The Trukai team which won the door prize (2 tickets Port Moresby - Singapore return) gets their prize fom Air Niugini Lae manager Anton Waraki (third from left). The Trukai team from left: Stephen Hartshorn, Steven Olds, Colin Peet and Bernard Corden.



Air Niugini Lae Manager Anton Warakai set to swing.

Fiji's Young joins Air Niugini

Patrick Young has joined Air Niugini as the airline's new Airport Manager for Nadi, Fiji. Patrick joins Air Niugini with many years of experience at Nadi Airport after having worked for Air Terminal Services. His knowledge of the airport and cargo functions in Fiji will be a huge plus for the airline. Patrick will represent Air Niugini in Nadi on all matters relating to airport activities, ground handling including airport handling and customer service.

Air Niugini Domestic Transfers

For those passengers who require to transfer to an Air Niugini domestic flight, firstly clear customs and then call at our transfer counter in the Concourse area, alongside the international check-in counters. Our courteous staff will check in

your baggage and issue you with your domestic boarding pass.

When you exit the International Terminal, turn right and follow the covered walkway to the Domestic Terminal entry gate and proceed directly to the Departure Lounge.





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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.

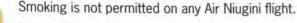
Electronic equipment

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.

Children and babies

The cabin crew will also be pleased to assist in preparing your baby's food and bottle. Baby food and diapers are also available. Please do not hesitate to ask our friendly cabin crew.

Smoking



Entertainment

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

Pillows and blankets

On International flights, pillows and blankets are available on request from our cabin crew.

Cuisine

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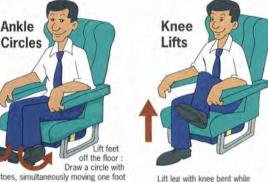




IN-FLIGHT EXERCISES

These exercises are designed to encourage a safe way to enjoy movement and stretch certain muscle groups that can become stiff as a result of long periods of sitting. They may be effective in increasing the body's circulation and massaging the muscles. We recommend you do these

exercises for three or four minutes every hour and occasionally get out of your seat and walk down the aisles if conditions allow. Each exercise should be done with minimal disturbance to other passengers. None of the following should be performed if they cause pain or cannot be done with ease.



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

Shoulder Roll

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



Arm Cur Start with

arms held at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercise in 30 second intervals.



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



Neck Roll

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and to the other side, holding each position about 5 seconds Repeat 5 times



clockwise and the other foot counter

clockwise, Reverse circles, Do each

direction for 15 seconds. Repeat if

Ankle

desired

Circles

1. Start with both heels on the floor and point feet upward as high as you can.



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 towards your ankles, Hold stretch for 15 seconds and slowly sit back up.



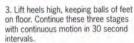


Overhead Stretch Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite

hand and gently pull to one side.

Hold stretch for 15 seconds.

Repeat other side.





Shoulder Stretch Reach right hand over left

shoulder. Place left hand behind right elbow and gently press elbow toward shoulder. Hold stretch for 15 seconds. Repeat other side



AIR NIUGINI COUNTRY





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

Blood Circulation/Muscle Relaxation

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

- The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.
- The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.
- A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.
- Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility. Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

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.
- Follow our in-flight execises programme

Jetlag

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

Recommendations

- Get a good night's rest before your flight.
- Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- Fly direct to minimise flight time. 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, adjust your meal and rest times to be closer to those of your destination.



Try some light exercise - go for a brisk walk, or do some reading if you cant 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.

- 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.

- 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 or flu or hayfever, your sinuses could be impaired. Swollen membranes in your nose could block your eustachian tubes-the tiny channels between your middle ear chamber. This can cause discomfort during changes in cabin pressure, particularly during descent.

Recommendations

- If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before traveling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing 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 equalize the pressure in their ears.

Motion Sickness

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

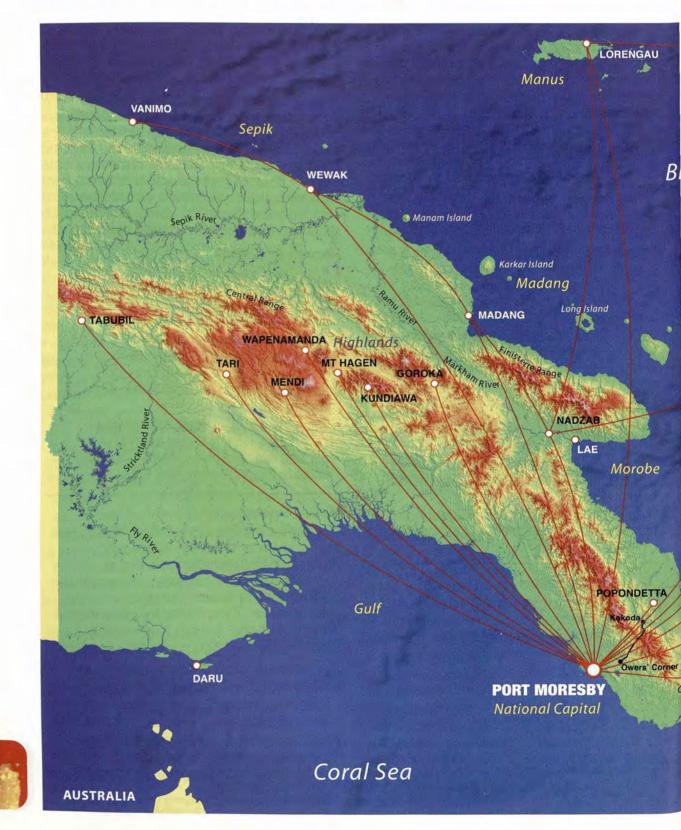
Recommendations

- 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.

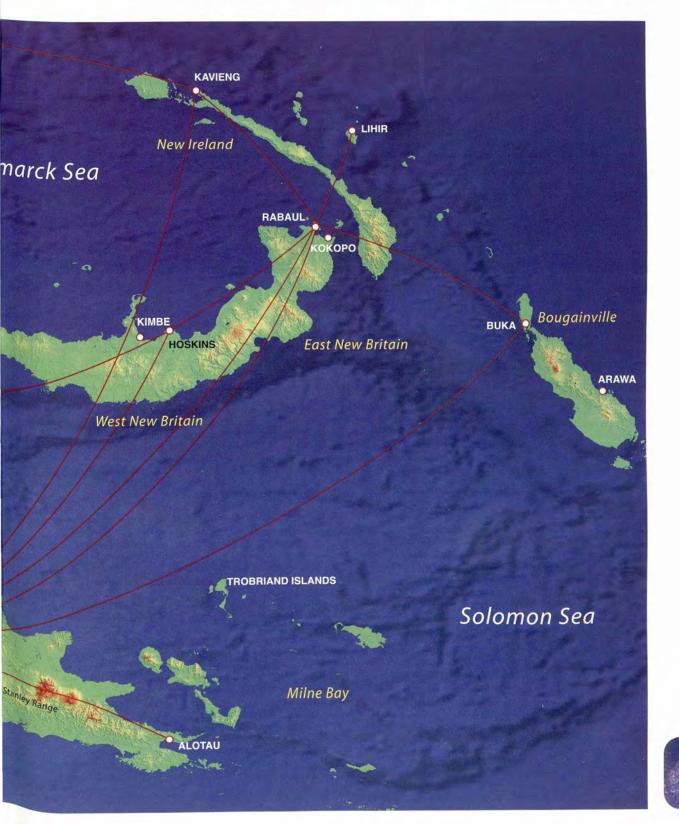
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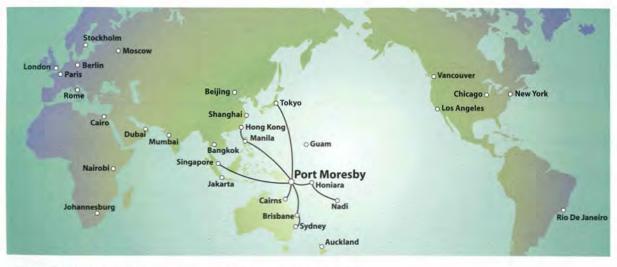








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Welcome to Papua New Guinea

General Information

Lying entirely within the tropics, barely south of the Equator and just north of the Australian continent is Papua New Guinea, the second largest island in the world. With a total land mass of 473.189sq.km it is the last of a string of Islands spilling down from South East Asia into the Pacific.

Apart from the mainland, Papua New Guinea comprises a remarkable collection of islands, atolls and coral reefs scattered around its coastline. The mainland is divided by the Owen Stanley Range-a rugged central spine with peaks over 4,000 metres high. Great rivers begin their journey to the sea from these mountains-among them, Fly and Sepik waterways. Below the mountain chain, fertile coastal plains, flooded delta regions and mangrove swamps exist alongside broad sandy beaches, sheltered bays and dense rain forests. The coastal regions are tropical however in generally the climate is warm to hot and humid all year round. Temperatures on the coast vary between 25-30 degrees throughout the year. The Highlands regions enjoy a temperate climate, ranging from 20 degrees during day to as low as 10 degrees during the evenings. Rainy season varies from province to province, however generally the country is driest from May to December.

Fully independent since September 16, 1975, the country has a freely elected democratic government. PNG became the 142nd member of the United Nations on October 10, 1975 and is also a member of the British Commonwealth.

The population is just over 5 million with over a third in the Highlands region of the country. The people are Melanesian though in appearance they are quite varied.

There are more than 800 distinct "live" languages with Melanesian pidgin and Hiri Motu being the two most widely used. English is the official language in education, business and government circles.

Papua New Guinea has a vibrant and multifaceted economy with two distinct systems operating side by side.

The vast majority of the people live a traditional, non-monetary barter economy that exited long before European colonization began. Co-existing with this is the modern economic system based on mining, petroleum, fishing, forestry and agriculture.

The main exports are gold, copper, oil, coffee, tea, copra, oil palm and forest products.

What to See and Do



Ideal Cruising Experience

The wonders of Papua New Guinea never cease to impress even the most intrepid traveller. Offering a multitude of ideal experiences, the visitors will find a country rich in culture, ethnic diversity and where little has changed over centuries. Cruising Papua New Guinea is relaxing since island life is slowpaced and informal.

Diving

This is home to some of the world's most spectacular diving, dubbed as 'underwater photographer's paradise." It is said to have twice as many species as the waters of the Red Sea, and up to five times as many as the Caribbean. The waters are a wonderland of elegant reefs, sunken wrecks, brilliantly coloured coral and marine life. The immense diversity of dive sites includes barrier reefs, coral walls (drop-offs), coral gardens, patch reef, fringing reefs, sea grass beds and coral atolls.

Trekking the rugged terrains

Trekking in Papua New Guinea is a challenge which portrays the real meaning of adventure in paradise. An extensive network of walking track covers most mountain areas, and experienced bushwalkers are well catered for. The most popular is the Kokoda Track which continues to provide challenges and experiences beyond men's imagination. Others include Mt. Wilhelm, Bulolo, Wau and Madang. The Kokoda Trail, so significant to World War II continues to grow in popularity amongst serious trekkers.

Excellent Fishing

The country's reputation for excellent fishing localities and choices of catch is fully boosted by the wonderful climate.

Surfing the waves

Experience an unforgettable wave-riding adventure in the country's wave-breaking shores. From the breath-taking coastline of Vanimo that stretches down to Madang, to the sandy beaches of New Ireland Province, where premiere breakpoints and scenic surfing sites are located.

Bird Watching

Bird watching does not only require dead silence, it provides the opportunity for watchers to take in nature's most eerie surroundings and eternal spring whether up in the Highlands or in a typical tropical weather in the coastal areas. Over 700 species of feathered fliers flutter across our island including 38 of the 43 known species of the exotic Bird of Paradise. Not all the colours of the rainbow have been reserved for our feathered friends as there is an unlimited range of hues and shades to be seen in our 2000 orchids and countless magnificent butterflies including the world's largest, the Queen Alexandra Birdwing.

World War II Relics

Relics of World War II battles are found in most parts of Papua New Guinea's land, underwater, caves and tunnels.

Astounding Volcanoes

Located along the "Pacific Ring of Fire, Papua New Guinea offers distinct views of active volcanoes that captivates a land of tranquility. There exists a number of volcanoes in certain provinces, including the latest 'basaltic statovolcano on Manam Island, Madang Province. Other recent volcanic location include Rabaul's two volcanic cones-Vulcan and Tavurvur-and West New Britain's Mt Pago.

Visitors to our country are guests and hospitality is an honour in our Melanesian culture. Tipping is neither expected nor encouraged.

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