

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 1 JANUARY - FEBRUARY 2020



PARADISE



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**Loloata opens near
Port Moresby**

**GONE WITH
THE WIND
A kiteboarding
adventure in PNG's
Louisiade Archipelago**

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IN PARADISE

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LIVING

LIFESTYLE, CULTURE, SPORT, ENTERTAINMENT



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COVER PHOTO: The new Loloata Private Island Resort, 40 minutes from Port Moresby. See our story, Page 44. Picture: Aaron Chin



PARADISE



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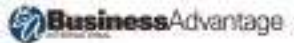
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Message from the Managing Director

Welcome aboard



Happy New Year everyone! I hope you celebrated the start of 2020 in good spirits with family, friends and loved ones. As we are now into the New Year, it's always good to look ahead and think about what this year may bring us.

Although the current financial market and economic climate is no different to last year, we are

optimistic. We do not expect a drastic turnaround, however with continuous focus on our Higher Altitudes transformation program, we are taking serious steps to further strengthen our financial performance, balance sheet and reduce our risk profile.

We have pulled out of commercially unviable routes and expanded our codeshare and ancillary revenue – more will follow in 2020.

Air Niugini has started Boeing 767 service on the expanded Cairns/Port Moresby/Hong Kong route after Cathay Pacific left in October last year. It's another revenue stream for the airline in terms of both passengers and especially cargo. The flights are integral to the \$AUD75 million export industry in the Cairns region, which includes local fresh produce and seafood destined for Hong Kong and the markets of China and the region.

Another clear example of improvement is the move by Air Niugini to become a key player in regional airline servicing with the introduction of the maintenance repair overhaul. Our first

customer airline was Solomon Airline's Dash 8 aircraft, where our engineering team did an excellent job and delivered the aircraft back to its owner on time and within budget. Word has already gone out and we are hopeful more regional airlines in Australia and the Pacific will be knocking on our door soon. The arrangement significantly contributes to the broader Papua New Guinea economy and ensures further skill enhancement for our engineering staff.

Air Niugini is also looking at fleet replacement. The priority for the next two to three years will be a replacement for our narrow-body jet aircraft, followed shortly thereafter by a replacement for our wide-bodied 767s. We are working with the various manufacturers to see what aircraft will best suit our purposes. Our objective in renewing the fleet with more efficient aircraft is to reduce costs, improve on on-time performance and reliability, lowering our operating cost-base and enabling lower airfares.

Air Niugini will continue to grow its partnership base as we believe the airline cannot achieve a full transformation alone. Partnerships will become our strength as we leverage on existing resources and facilities, and implement the strategies mentioned above.

I take this opportunity to thank you all and look forward to your support and patronage this year.

Alan Milne
Managing Director





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Air Niugini meets world safety standards

Air Niugini has successfully passed the International Air Transport Association's (IATA) operational safety audit (IOSA) again, which gives the airline validation for the next two years.

The IOSA program is an internationally recognised and accepted evaluation system designed to assess the operational management and control systems of an airline.

IOSA ensures that airlines are compliant with safety requirements and recommended practices determined by IATA.

Air Niugini's managing director, Alan Milne, says the IOSA accreditation provides continued assurance that Air Niugini meets world-class safety and security standards.

"At Air Niugini, safety is always our highest priority. It is expressed in everything we do and we are

“

At Air Niugini, safety is always our highest priority. It is expressed in everything we do.

”

pleased to be one of the few airlines audited under the IOSA program in 2007, and we remain very proud of maintaining that safety record yet again in 2019."

Under IOSA, accredited auditors assessed Air Niugini's operational management and control systems, including

the areas of corporate organisation and management, flight operations, operational control, flight dispatch, aircraft engineering and maintenance, cabin operations, aircraft ground handling, cargo operations and operational security.

According to Air Niugini general manager for quality, safety, risk and audit, Sandeep Tyagi, Air Niugini is the only operator in Papua New Guinea with an IOSA certificate. "An IOSA certificate is one of the prerequisites for codeshare agreements with other international operators," he says. ■

Tick of approval ... Elena Mai signing documents for the release of a Bombardier Dash 8-200 to service.



Female Dash 8 engineer steps up

Elena Mai has become Air Niugini's first female mechanical licensed aircraft maintenance engineer (LAME) on Dash 8 aircraft. Mai, 28, is one of four female Air Niugini LAMEs. The other three are licensed on Fokker jet aircraft.

Being a licensed engineer, Mai can give approval for the

release of Dash 8 aircraft to service following maintenance.

The first aircraft Mai released to service was a Bombardier Dash 8-200 last year. Mai has been with Air Niugini for seven years, completing four years as a cadet engineer and three years on the job. ■

Cairns to Hong Kong flights take off

Air Niugini's inaugural flight from Cairns to Hong Kong, via Port Moresby, took off on October 30 with 8.5 tonnes of live fish, fresh produce and aquarium coral on board a wide-body Boeing 767.

The flights are integral to the \$AUD75 million export industry to the Cairns region, which includes fresh produce and seafood, supporting about 180 jobs in Far North Queensland.



Heavy haulage ... cargo handlers secure the load on the first Cairns to Hong Kong flight.

Two bins of live fish, four and a half tonnes of fresh Queensland pumpkins, one tonne of live aquarium coral, and rockmelons were moved on the first flight.

Air Niugini managing director, Alan Milne, says the opportunity (to start the twice-weekly flights) is mutually beneficial to the airline and the people of Far North Queensland.

"You only have to look at all that local produce being loaded onto the plane to acknowledge how important this service is for the people of Far North Queensland. And it's great to be working with the (Queensland) State Government to provide this service, which in turn is also beneficial to Air Niugini in terms of revenue opportunity from both cargo and passenger." ■





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Air Niugini offers dangerous goods training

Air Niugini recently conducted a dangerous goods training program at the airline's training centre at 7 Mile in Port Moresby. There were 20 participants from eight organisations, among them personnel from the Papua New Guinea Defence Force air transport wing.

Air Niugini is the only organisation in the country offering dangerous goods training to external clients. Also in attendance were staff from Ok Tedi Mining Limited, Hevi-Lift PNG Limited, Central Aviation, Heli Solutions, Nacap PNG, Keris Cargo and Air Niugini.

Dangerous goods are articles that can pose hazards to health, safety, property and environment.

Air Niugini training instructor, Martin Tugano, says companies that deal with chemicals need to undergo dangerous goods training so they can safely prepare chemicals for ground and air transportation.

"We have trained many nationals and expatriates in all sectors of work, mostly targeting



On the training ground ... Air Niugini instructor Martin Tugano (in maroon T-shirt) with PNG Defence Force personnel.

“

We have trained many sectors, mostly mining, exploration, the air industry, freight forwarding and chemical manufacturing.

”

mining, exploration, the air industry, freight forwarding and chemical manufacturing," he says.

Apart from the air transport training, Air Niugini will also provide training on dangerous

goods by sea next year. For further information and bookings, phone Air Niugini on (675) 327 1481/ 7372 5101 or email ekila@airniugini.com.pg or mtugano@airniugini.com.pg.

IN BRIEF

FALCONS WIN

Air Niugini's PX Falcons have won the grand final of the 2019 Corporate Rugby 9s in Port Moresby. The Falcons won in a thriller, 28–26 against Avenell Engineering Services (AES) in hot conditions at Bava Park, Boroko.

The 2019 Corporate Rugby 9s competition in Port Moresby ran for a 10-week season, with a total of 27 teams.

FAMILY DAY

Air Niugini's 46th anniversary was celebrated late last year at the airline's family fun day at the Ela Murray International School grounds in Port Moresby.

Staff and their families took part in a range of activities and sports. Long-serving staff, who have worked with the airline for 20+ years, were also recognised on the day for their service. ■



Maree Keygan ... the new Australian airports regional manager for Air Niugini.

Australian airport boss appointed

Air Niugini has appointed Maree Keygan as the airline's Australian airports regional manager, based at Cairns Airport.

Keygan has worked with Air Niugini for 29 years, starting in January 1990 as an international travel advisor, and also working in airport operations and cargo.

She is now primarily responsible for leading and managing all airport and cargo operations throughout Australia.

"I look forward to the new challenges ahead and will continue to assist in streamlining processes, focusing on the Higher Altitude program's four key areas: cost, revenue, people

and operational customer excellence," she says.

Air Niugini uplifts 3.3 million tonnes of cargo per year, Australia wide. The main commodities are fresh fruit, vegetables, meat and dairy, along with machinery and general cargo. ■



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BEST OF PNG



LOLOATA PRIVATE ISLAND RESORT, PORT



T MORESBY, PAPUA NEW GUINEA



Alan Milne ... on the tarmac (above) and fronting the media (opposite page). He was appointed as the managing director of Air Niugini just over a year ago.

Air Niugini boss turning the airline around

Air Niugini's managing director Alan Milne has been in the job for 12 months and is guiding the national carrier out of turbulent air. *Paul Chai reports.*

With successive years of financial losses, Alan Milne's first year as Air Niugini managing director was always going to be turbulent. But 12 months later a lot has changed. The long-time aviation executive approached the role with a pilot's calm, instituting some simple fixes and turning his focus to a range of new opportunities.

department, an area he knows well from his time at Qantas. He wanted to address reliability and aircraft availability issues, but instead uncovered a potential new growth area for the airline. Milne realised that the engineering department was not being fully utilised.

8 was the first of the customer airlines to come into Air Niugini (for servicing), which was a wonderful opportunity. We delivered that aeroplane back to the customer on time, on budget and on quality, which was just an amazing outcome."

for four days to London to get heavy maintenance checks done. Milne wants them to consider Papua New Guinea as the new local option for their heavy work, praising the commitment of his engineering team and seeing it as an opportunity for local jobs growth.



“

The strategy is already showing signs of turning the business around, with the half-year financial report showing revenues on the rise ...

”



the people component of staff and customers, and operational excellence.

The strategy is already showing signs of turning the business around, with the half-year financial report showing revenues on the rise and putting the airline on track for a profit by the end of the year.

Air Niugini has pulled out of low-margin routes and looked at expanding codeshare and ancillary revenues. Some local routes, including those of low-cost subsidiary Link PNG, will run at a loss due to the necessity of air travel in PNG, but Milne says it is about being smarter about those routes. Can they be feeder routes to other destinations? Or are there other, less conventional routes that make sense to the airline?

“Cathay Pacific pulling out of Cairns was a really good example. That’s an opportunity that we’ve jumped on,” says Milne, referring to Air Niugini’s new Cairns–Hong Kong service.

The service, via Port Moresby, started on October 30 and Milne says it will benefit freight shippers and passengers, as well as agricultural businesses that depend on the route.

Milne says that Air Niugini was the only airline agile enough to offer to replace the Cathay route that has run for 25 years.

“We were down in Cairns a week after Cathay announced they were pulling out, talking to businesses, talking to the freight companies, talking to the government and trying to say ‘well what can we do to make this a win,’” he adds.

Freight also offers opportunities in PNG. “I think that there’s enormous opportunity for freight in PNG, and I don’t think Air Niugini has really maximised that opportunity just yet,” he says.

Among other challenges, Milne recently had to cancel Air Niugini’s order for four of Boeing’s troubled 737 Max aircraft, instead opting to focus on aircraft from Embraer and Airbus for the airline’s fleet-renewal program.

“You know, last year was an PGK80 million loss, the year before was PGK50 million,” says Milne. “So you need to make some pretty dramatic changes pretty quickly, which

the organisation has done. We’ve still got a few months to run on this financial year, but the words I’ve been using are ‘cautiously optimistic.’” ■

NOTES FROM THE FLIGHT DECK:

- Alan Milne took over as managing director of Air Niugini on October 22, 2018.
- He was with Qantas for 36 years. He held several senior positions, including head of fuel and environment, head of maintenance and head of integrated operations.
- He is a qualified aircraft maintenance engineer.
- He has set out to arrest Air Niugini’s losses, update the airline’s entire fleet of 25 aircraft, and to open up new business opportunities, such as servicing planes for other airlines and opening new freight routes.



PARADISE Q&A

THOR F. JENSEN



This Danish adventurer – and his two-man Papua New Guinean crew – became the first people to sail around PNG in a traditional canoe in 2017. Now, Jensen has written and illustrated a book about the 6300-kilometre adventure.

Q: What motivated you?

A: I wanted to go on a great adventure, as my Viking ancestors famously loved to do. I have always been fascinated by accounts of the diverse people and seascapes of Papua New Guinea.

Q: What was your background in sailing before the 2017 circumnavigation?

A: As a child I would often accompany my grandparents in their small yacht sailing around Denmark. Later I crossed the Atlantic in a yacht and sailed the Caribbean.

Q: What was the most challenging part of the journey?

A: The north coast of West Papua was demanding, as the northwest monsoon had started to blow hard. This meant we had to tack against the wind. Landfall was dangerous due to the constant swell and large breakers. Sailing the Gulf of Papua was also extremely dangerous, but Justin and Sanakoli John (Jensen's PNG crew) were highly skilled and got us through without capsizing or being crushed on the reef.

Q: Did you sometimes think you would not make it?

A: I had a vision before the trip that we *would* make it. But sometimes, when we were fighting to stay afloat on the open sea – such as the time the outrigger started to break off

15 kilometres off the coast – I could feel doubt come over me. If you are strong in your faith and you have friends like Justin and Sanakoli that you can rely on, you can achieve anything.

Q: What joys did the journey bring?

A: The friendship was the greatest joy. Although the beginning was hard, we got closer as a team over time and our cultural differences became an asset. This happens when people work together for a common goal. Then it was like being on a great adventure with your best friends: one 'Viking' and two Milne Bay men. Then there was the stunning natural beauty of the island and the support of locals. Everywhere we were met with smiles and respectful curiosity.

Q: How important was the help received from your PNG crew?

A: I had little prior knowledge of sailing a traditional Milne Bay *sailau* but knew I was in good hands. I was the apprentice and Justin and Sanakoli were the masters. These men are now inspiring a new generation of sailors to maintain their ancient seafaring traditions.

Q: What would you like to do in your next adventure?

A: Justin, Sanakoli and I would love to do an inspirational speaking tour of PNG. We would like to tour the cities, towns and remote communities to visit schools and

show a film and video and to explain my pen-and-ink drawings. The brothers are the best role models for the youth of PNG – they are custodians of ancient seafaring knowledge and wisdom, but they are also very much part of the modern world. The brothers are national heroes and everyone wants to meet them and hear their story.

Q: Can you tell us about your new book and the pen-and-ink drawings?

A: *Salt Water and Spear Tips* is rich in high adventure, in intriguing characters and in important illustrations that will have historical value into the future.

Q: Is drawing something you have done seriously for a long time?

In kindergarten my friend had scientific books on dinosaurs and birds of prey, and we would copy them all day. Later I went to art school. Having a craving for adventure, I dedicated myself to graphic design and filmmaking. Whether it is drawing or writing or filming, the motivation for my work is to use various media to tell stories that inspire and educate. ■

***Salt Water and Spear Tips* is published by UK-based Vanguard Press. To see more about the book, go to saltwaterandspeartips.com.**





Drawing the line ... sketches by Thor F. Jensen, showing how the crew slept under a tarpaulin on the boat, a Ridley sea turtle, and decorating the boat with carvings from villages encountered on the journey; Sanakoli John, Jensen, Justin John and Job Siyae (above); brothers Sanakoli and Justin John (above right). Siyae was part of the original crew but withdrew due to a medical condition.



Eat with the locals in Singapore

Private dining experiences are catching on in Singapore, where locals are cooking authentic Singapore cuisine in their own homes for tourists.

Among the homes open is Fatfuku, owned by food writer Annette Tan. She is one of Singapore's better-known culinary critics, but when she's not writing she shares her Peranakan family's recipes with diners in her apartment.

Chef Shen Tan has also opened her home for private dining. The chef, considered one of the pioneers of modern Singaporean cuisine, serves a seven-course dinner in an experience she calls Ownself Make Chef.

Chef Sam Wong is at the helm at Lucky House Cantonese Private Kitchen, where he uses traditional culinary methods to turn out dishes such as duck and pork roasted over charcoal fire. ■

See fatfuku.com

ownselfmakechef.com

facebook.com/LuckyHouseCantonesePrivateKitchen



Air Niugini flies from Port Moresby to Singapore five times weekly. See airniugini.com.pg.



Annette Tan ... the food writer has opened her home to diners; a dish of crispy mee siam prepared by Tan.



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PNG chemist with a winning formula

Young Papua New Guinean chemist Yalinu Poya has won an international award for her research into making sustainable synthetic fertiliser.

Poya was among 25 recipients to recently receive a Green Talent Award from Germany's Federal Ministry of Education and Research.

There were more than 837 applicants for the awards from all over the world and from many scientific disciplines.

In her research, Poya is looking to improve the process that makes ammonia, which is used to make synthetic fertiliser.



World beaters ... Papua New Guinea's Yalina Poya (front row, in pink) with other winners of the international Green Talent Awards.

She says the process to make ammonia makes up two per cent of the world's energy demand

and contributes to global warming by releasing 1.6 per cent of human-made

carbon dioxide into the atmosphere.

She aims to make ammonia synthesis more sustainable, highly efficient and applicable in small-scale plants using renewable energy sources such as wind energy.

It is the second international science award won by Poya. In May last year she was named as one of the top 118 young chemists under 40 in the world.

Poya graduated as PNG's first female Doctor of Philosophy in Chemistry at the University of Glasgow, Scotland, last December. ■



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- ◆ Our name 'Trukai' is tok pisin for "Trupela Kaikai" which means "really good food"
- ◆ We have developed the most extensive rice distribution network in PNG with 12 distribution centers and 35 sales centers nationwide to provide easy access for all our people.
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Underwater reef hotel opens

Australia's first underwater accommodation has opened at Hardy Reef, which is part of the Great Barrier Reef in Far North Queensland.

The bedrooms at Reefsuites, 40 nautical miles off Airlie Beach on the Australian mainland, have floor-to-ceiling windows that provide a view to the teeming sea life.

The Reefsuite experience includes a return cruise to the reef, dinner under the stars, drinks and marine activities such as guided snorkelling and a semi-submarine tour.

The Reefsuites, operated by Cruise Whitsundays, are part of an \$AUD8 million redevelopment of the Reefworld pontoon, which has been reconstructed after being damaged by Cyclone Debbie in 2017. ■

See cruisewhitsundays.com.



Breathtaking ... one of the bedrooms at Hardy Reef in Far North Queensland.



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PNG film premieres globally

A documentary examining the long-term impact of gold mining on the remote Misima Island has been premiered at international film festivals and is now available in Papua New Guinea via video on demand.

The film, *Misima*, is set on the island in Milne Bay Province, which was impacted by gold mining between 1990 and 2004.

The main subject of the film, Diuma Heni, portrays how the island's culture was turned on its head, due to the unexpected and sudden access men had to employment, cash and consumer goods.

Her marriage fell apart and her access to the



Diuma Heni ... a filmmaker followed her for 18 months while she fought for her land rights.

land she used for subsistence farming became tied up in a land dispute with a rival clan.

American filmmaker Bryan Pitcher followed Heni for 18 months as she fought for the recognition of her matrilineal land rights, strived to maintain her mountain garden,

and reclaimed her only daughter from her ex-husband's relatives. ■

– KEVIN McQUILLAN

For Paradise's regular movie reviews, turn to Page 114.

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BIG PICTURE

TAKEN BY TIANA REIMANN

The Langa Langa River in New Britain is lined with thousands of nypa palms and is home to the renowned Papuan black bass. The Mount Ulawun volcano steams in the background. The photographer journeyed along the river on board the luxury motor yacht *Ultimate One*, operated by Baia Sportfishing.

If you have a photo of Papua New Guinea that you'd like published in Paradise, email your submission to paradise@businessadvantageinternational.com. Photos should be at least 1.5mb and 300dpi.





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PICTURES: CHRIS PEEL

GONE WITH



“

Flat-water kiting here is ideal because there is plenty of hip-deep water with a sand bottom, and there's lots of wind.

”

THE WIND

With camera in hand, *Chris Peel* goes kiteboarding in the Louisiade Archipelago.

The small islands in Papua New Guinea's Louisiade Archipelago in Milne Bay Province are an idyllic base for kiteboarding.

There are sand cays that stretch for kilometres, vibrant coral reefs and world-

class fishing. Friendly locals wave as they sail past in their hand-crafted sailing canoes.

Flat-water kiting here is ideal because there is plenty of hip-deep water with a sand bottom, and there's lots of wind.

In between kiteboarding sessions, there's also good diving and snorkelling. Nights are spent by a fire on the beach and stargazing. ▶



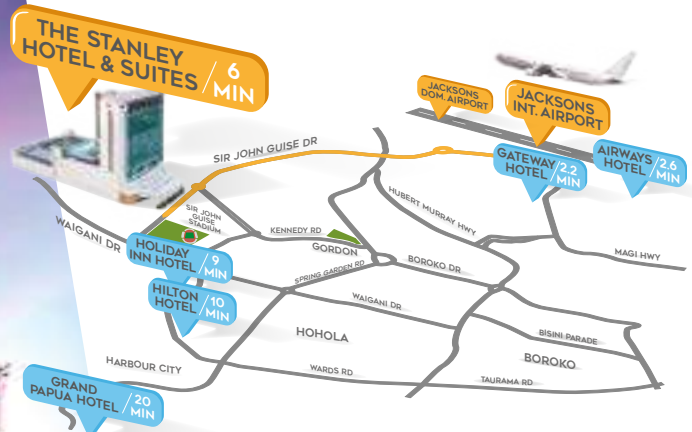
Gone with the wind

Carving it up ... kiteboarder Steph Neil cuts a fine line in the afternoon sun in the Louisiade Archipelago (this page and previous page).



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Gone with the wind

Ready to launch ... with 28-degree water and a good wind at their back the kiteboarders are eager to get going early in the morning (this page); a fishing rod in hand and basic island shelter (opposite page); the kiteboarders nicknamed these steps to the water as the 'steps to heaven' (opposite page, far right). ➤



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Gone with the wind



Water world ... snorkelling in between kiteboard sessions (opposite page left); the same reef from above (opposite page right); free diving under the mother ship used by the kiteboarders (this page). ➤

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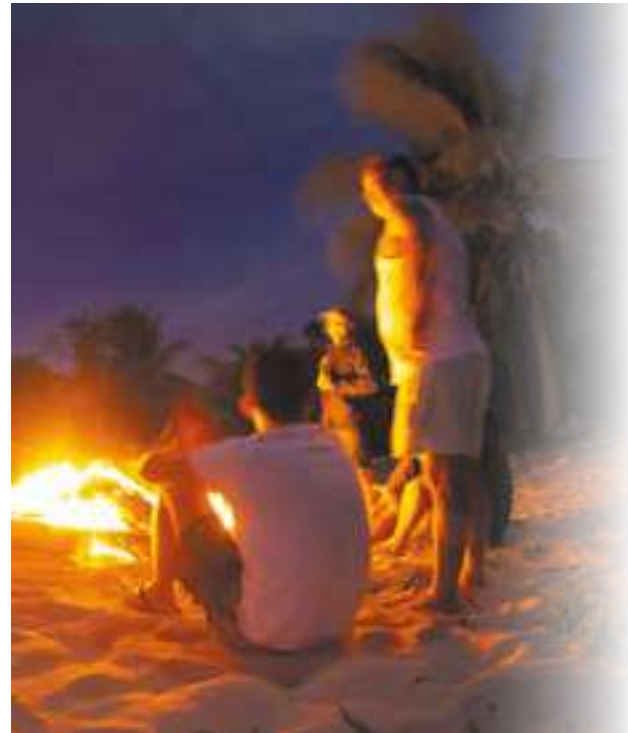
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Gone with the wind



Dinner in hand ... Reece Crowther dived to about five metres to catch these two big crayfish, which were cooked on an open fire (this page); a kiteboarder at full blast (opposite page). ■



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Gone with the wind



IF YOU WANT TO GO ...

The author travelled with Moon Tours (moontours.com.au). The company is planning another kiteboarding trip to PNG in June/July. The 11-day kiteboarding trips are on a liveaboard vessel and cost about PGK15,700, including meals.

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Escape. Explore. Enjoy



At a stretch ... the new Loloata Private Island Resort is spread out along an isthmus and has 68 rooms.

PICTURES: AARON CHIN, DAVID KIRKLAND, ANDREW WILKINS



“

Loloata's Sea Salt Spa is a quality offering. It provides a range of massage and pampering options.

”

New island resort opens in PNG

Andrew Wilkins travels to Loloata Island, near Port Moresby, where an international-standard resort is offering overwater villas, healthy food choices, spa treatments, diving and snorkelling.

Back in 2006, when I made my first visit to Loloata Island near Port Moresby, it was the site of an informal and low-key dive resort – a handful of lodgings, palm trees and mangroves gathered around a small dive shop.

Returning to the island in late 2019, I am in for a big surprise. Port Moresby now has an international-standard resort, on its doorstep.

You still reach Loloata along the Magi Highway. In the intervening years, the road has been improved greatly, so allow 20–25 minutes for the drive, with pickups provided by the resort from any of the capital's major hotels.

We depart the highway shortly after crossing from the National Capital District into Central Province, and head down to the small marine port at Tahira, where I am invited to check in at the resort's smart new check-in centre before boarding the twin-hulled ferry to the island.

After a short and picturesque cruise across the crystal clear waters of Bootless Bay, passing University of Papua New Guinea's Motupore Island research station, we arrive at the resort's signature long jetty.

While the jetty is more robust than my last visit, it is the sight at the end of it that tells me Loloata has changed remarkably.

There, set to gaze across the bay to mainland, is a smart new 68-room resort, complete with two restaurants, a swimming pool, recreational beach, spa, a conference centre and 22 eye-catching and modern overwater villas.

The development has been financed by the 555,000 members of local superannuation group Nasfund and was built by PNG's Lamana Group, which also constructed the Taumeasina Island Resort in Samoa, the Grand Pacific Hotel in Fiji and the Heritage Park Hotel in Honiara. ►



New island resort



In the lap of luxury ... the resort's pool (above); the Sea Salt Spa (below left and right).

While the new resort is much larger than the old one, it is still a sympathetic and appropriate development for a small island, not changing the island's silhouette against the rising sun.

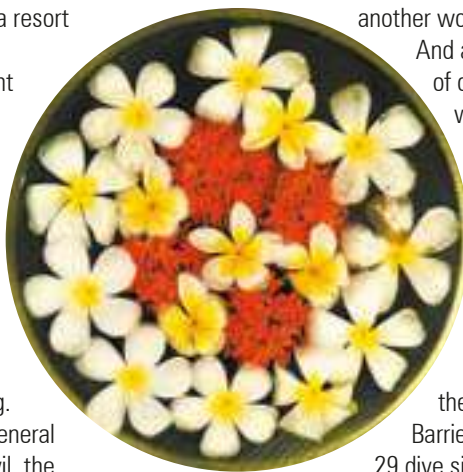
Importantly, it is also a resort that is sensitive to its surrounding environment – a marine reserve. The smoke-restricted resort produces its own water supply, the soaps and shampoos provided in its bathrooms are organic, while refuse and laundry are taken off-island for processing.

According to acting general manager Jayesh Naduvil, the resort is aiming for three markets: conferences and events during the week, local and international divers, and short getaways and day trippers at the weekend.

Its smart new conference centre has already hosted several events for up to 220 people, while the weekend sees the resort transform. As Naduvil observes, "you can now get out of Port Moresby without a flight and enter another world".

And a relaxing world it is, full of options, depending on whether you want to flop and drop in the Beach Club pool with one of the resort's signature cocktails or iced teas in your hand, or be more adventurous and energetic.

Loloata Island sits on the edge of the Papuan Barrier Reef and there are 29 dive sites around the island where experienced divers can explore its reefs, spectacular sealife, shipwrecks and even a World War 2 Boston bomber. There are also excellent snorkelling sites. ➤



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New island resort

During my visit, Loloata’s PADI-certified dive and activities centre was just about to open, so learning to dive is also now an option.

If you’re not a diver, the resort offers boat trips to nearby Lion Island, where there are some remarkable snorkelling opportunities, while paddleboards and kayaks are provided to guests free of charge on the main beach adjacent to the Beach Club. Or you can just sit in the warm shallows and enjoy the relaxing waters of the Coral Sea.

The island itself is worth exploring. A footpath along part of its shoreline takes you to the smaller, more secluded West Beach, and then up steep steps onto the ‘mountain’ – the highest point of the island – where you can walk the remainder of the island. The 2.5-kilometre round trip can be walked or jogged and certainly got my heart rate up. It’s best completed in the morning before the sun gets too hot or at sundown (the resort can provide a picnic on request). Who knows, you may spot one of the island’s resident



Styled to please ... the main building (above); pool and deckchairs (opposite page); a friendly wallaby next to the walking track.

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New island resort



wallabies or a Victoria crowned pigeon with its distinctive headdress.

Many will want to try Loloata once, and it will be the extra comforts, including food and beverage options, that will keep people coming back.



I spent some time with the resort's head chef, Neeraj Parmar, whose CV includes 13 years with Hilton Hotels in the Seychelles and Dubai. While there are options designed to appeal to all the different nationalities who visit Port Moresby, from tapas to burgers, Asian dishes, pizzas and seafood, what's most noticeable about the resort's two menus – for the Bootless Bay Restaurant and Bar and the first-floor Beach Club – is the number of healthy options and the strong use of local produce. ➤

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New island resort



On the menu ... the Beach Club restaurant's offering includes local produce and healthy options (left); local craft on sale at the resort's boutique (above left); little luxuries in the rooms (above right); water fun (opposite page).

Parmar tells me this is something a bit different for Port Moresby. The extensive salad menu makes strong use of local seafood, fruits, herbs and vegetables. Meanwhile,

you'll taste PNG's Queen Emma chocolate in the desserts and local fruit (including the distinctive red marita and tangy calamansi) in the hand-made cocktail syrups and juices.

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New island resort



There are also good options for breakfast, including an omelette station. Bread and pastries are baked on the island.

If the menu inspires, the resort runs Masterchef-style cooking classes at the Beach Club during the week.

Even the ginger tea served in the Sea Salt Spa is made from locally grown ginger. No self-respecting resort is without a spa, and Loloata's Sea Salt Spa is a quality offering. It provides a range of massage and pampering options for singles and couples, and a calm, relaxing atmosphere in which to enjoy them.

What about the rooms? You have four choices, ranging from the top-end two-bedroom overwater villas, to the 59 square-metre overwater suites, and finally the smaller ocean view rooms (45 sqm) and suites (42 sqm).

All are spacious, modern and well-appointed, with clean lines, and subtly furnished with just a hint of the tropics. ➤



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New island resort

Island getaway ... Loloata can be reached by a ferry from the mainland.

Modern conveniences like free internet, room service and TV are now expected in Port Moresby but it's impressive that you can find them on an island the size of Loloata – and a strong 4G phone signal too.

Port Moresby has been crying out for this kind of facility for years and now it's here. Loloata Private Island Resort gives tourists the opportunity to take a relaxing side-trip before or after their main PNG adventure, and will give Port Moresby residents a great option if they want to escape from the capital for a day or two.

If you're curious to try it out but are time-poor, for PGK100 per adult or PGK70 per child, you can try a day trip there, with the last ferry home leaving at 10pm. And if you fall in love with the place, you can buy an annual membership. Sounds tempting. ■

See Loloata as it was more than 50 years ago, Time Traveller, Page 74.

IF YOU WANT TO GO

STAYING THERE Ocean view rooms from PGK670 per night. Day passes PGK100 per adult, including return transfers from Port Moresby (a 40-minute journey) and use of resort pools and beaches.

WHAT TO DO Diving, snorkelling, kayaking, paddleboarding, spa treatments

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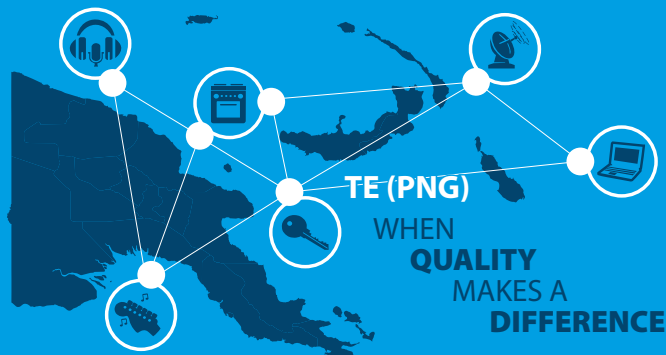


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CITY GUIDE:

MADANG

Marisa Howden reports on one of PNG's most idyllic coastal holiday destinations.



Aqua pura ... Melanesian Tourist Services' *Reef Explorer* at Tab Island for a half-day snorkel tour (above); Madang's Coastwatcher's Lighthouse (right).

Pristine waters, white sandy beaches and idyllic islands make Madang a picture-perfect holiday destination and, only a 45-minute Air Niugini flight from Port Moresby, it's no wonder it has been one of Papua New Guinea's top tourism destinations for years.

While the town has recently seen a drop in tourism, the industry is still going strong, offering everything from diving and fishing to snorkelling and surfing. And with a quarter of the country's 800 languages originating from Madang, it's a cultural hotspot worth visiting.

So if you're after a one-stop shop for your next holiday or weekend away, look no further.

GETTING AROUND

Trusted security company Guard Dog (guarddogpng.com) offers private transfers, but in this spread-out town it's nice to have your own car, which can be organised through either of the two main hotels – Madang Lodge or Madang Resort. Both hotels offer complimentary transfers from the airport. PMV buses are available Monday to Saturday.

SIGHTS

The Coastwatcher's Lighthouse, Kalibobo, is synonymous with Madang. This towering structure pays tribute to the coast watchers who aided the allies in World War 2. ➤



PICTURES: MARISA HOWDEN, DAVID KIRKLAND, MELANESIAN TOURIST SERVICES





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City guide: Madang



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In deep ... divers with Niugini Dive Adventures explore a site near Madang called Planet Rock (above); one of Madang's idyllic beaches (right); crystal-clear sulfuric water at Balek Wildlife Sanctuary and local pottery (opposite page).



MADANG SPECIAL

The best thing about Madang is the water. Crystal clear, turquoise waters fringe the coastline, offering an idyllic spot for all things aquatic. Superb diving can be found in and around the harbour, where you're likely to see the 'big stuff': schools of giant trevally and barracuda, as well as hammerhead sharks and rays. Or if you're not one for going deep, there are pristine reefs on neighbouring islands Pig and Kran-ket, where you can happily spend hours snorkelling.

Balek Wildlife Sanctuary, which featured in the 1997 production of *Robinson Crusoe*, is a small village about 30 minutes from Madang. A sulfuric creek runs from the mountains through a limestone cave to a crystal clear stream where turtles, fish and eels gather. Tours can be organised with Melanesian Tourist Services (mtspng.com). The company can also take you to Bil Bil, a quiet village along the coast where you can see traditional clay pots being made, and Alexishafen, a Catholic missionary site occupied by the Japanese during the war.

If you're keen on catching something big, game fishing is not to be missed. All water-based activities including PADI-accredited dive



City guide: Madang



tours, as well as boat, catamaran and kayak hire can be organised through the Madang Resort. If you're looking for the best place to catch waves, then head 90 minutes up the coast to Tupira Surf Club (sapng.com), host to the World Longboard Championships in 2017.



CULTURE CULTURE

With over a quarter of the country's languages, Madang is a cultural melting pot. A great way to sample the province's rich culture is at the annual Madang Festival, usually held on the June long weekend. It's here where you can view Madang customs through elaborate *sing-sings*, a series of songs and dance unique to each culture.

Located 30 kilometres from Madang, Karkar Island is a volcanic island known for its beautiful array of *bilums*. The Karkar Bilum Festival, usually held in October/November, offers a rare insight into *bilum* weaving.

DOING BUSINESS

Madang Resort (madangresort.com) offers a range of options for conferences and meetings, and has played host to many of the country's top executives. From a small get-together, to a 400-person banquet, the resort offers fully air-conditioned spaces, catering and audiovisual equipment. The Madang Star International (madangstar.com.pg) is another excellent option, perfect for your small to medium-sized events.

RETAIL THERAPY

If you're keen on cooking, then Andersons Foodland (Modilon Road) offers a premier shopping ▶

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City guide: Madang



Surf's up ... catching a wave at Tupira (above); Madang Resort (right).

experience, with quality imported products, fresh bread and local favourites. Next-door is Madang Butchery, the go-to place for choice cuts of meats, offering everything from lamb kebabs to butterflied chickens.

The Madang main market is where you will find an abundance of

fresh produce, while the streets in and around the town centre include a Brian Bell Home Centre and several second-hand clothing stores.

PILLOW TALK

Madang Resort (madangresort.com) offers a range of accommodation options, from

self-contained units, to basic hotel rooms and waterfront bungalows. There are two restaurants, as well as four swimming pools, a tennis court, dive centre and bird aviaries with tree kangaroos, cassowaries and cockatoos available for viewing. The Madang Lodge has short and long-term accommodation

options, including self-contained apartments, as well as a fully equipped gym, waterside restaurant, artefact haus, cafe, gift shop and onsite masseuse.

The Madang Star International is the town's newest hotel, offering modern rooms and serviced apartments, as well ▶

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City guide: Madang

as a swimming pool and fitness centre. Jais Aben Resort (tel. 7270 5827), about 20 minutes outside of the town centre, is a tranquil seaside resort with a beautiful white sand beach and basic bungalow-style accommodation.

EATS

The Madang Resort has themed buffet nights, and is a great spot for lunch and takeaway pizzas. For a quieter spot with gorgeous views across Astrolabe Bay, the Madang Lodge has a small menu and weekly barbecues. The Eden Restaurant at the Golf Club (422 2181) is the place to go for Chinese food.

WATERING HOLES

With gorgeous views across the harbour, the Madang Club



Sea life... children in their 'playground' at Jomba Island, near Madang.

(422 2885) is the perfect spot for sundowners, while the Madang Golf Club is where many of the

town's locals gather. Both the Madang Resort and Madang Lodge are great places to meet for a

drink in secure and comfortable surroundings. ■



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Food on the move

Air Niugini destinations Sydney, Brisbane and Cairns are enjoying a food truck boom, so we have rounded up the most delicious food you can find on wheels this summer.

Story by *Lisa Smyth*.

THE HUNGRY NOMAD (CAIRNS)

After 25 years as a chef, Damon (which is 'nomad' spelt backwards) decided to launch his own food truck so he could work for himself. Not specialising in any one cuisine, he changes his menu for every

market, event or festival, although, he says that people are loving his fish tacos. "I use either local mahi mahi or wahoo fish marinated in coriander, soy, lime, chilli and a few other secret ingredients. It's become so popular I have to include it all the time."

Find the truck every second Sunday at Holloways Beach, or to be kept up to date on weekly locations **see [facebook.com/THEHNomad](https://www.facebook.com/THEHNomad)**.



MOJO FOOD VAN (CAIRNS)

While the folks at Mojo Food Van like to be daring with their food, they went old-school when it came to the truck itself – it's a custom-built replica of a classic 1960s Viscount caravan. When they aren't catering weddings, they

like to keep things a bit funky, with dishes like Mexican tortas, tacos and poppers, as well as burgers, spring rolls and desserts.

In fact, it's their cheeseburger that people come back for again and again – a beef patty with double cheese on a homemade, toasted brioche bun with Mojo

mayo, bacon, caramelised onion and Mojo corn relish.

Sounds like a perfect match for a cold beer, so it makes sense that the truck can usually be found at Macalister Brewery once a month, or discover its next public outing at **[mojostreetfood.com.au](https://www.mojostreetfood.com.au)**.

NEW YORK WAFFLES (BRISBANE)

"On a trip to New York, my wife and I were blown away by a waffle food truck on a winter's night in Manhattan. We wanted to bring that delicious blend of

traditional Belgian waffles and USA-style toppings to Brisbane," says Todd Atwood of his inspiration for launching his food truck in November 2018.

If you have a sweet tooth you will love the top seller, the

Ferrero Waffle, a Belgian liege waffle with Ferrero Rocher gelato, Nutella, whipped cream and nuts. **Follow [@ny.waffles](https://www.instagram.com/ny.waffles) on Instagram for location updates.**



FLAVOURS OF EATALY (BRISBANE)

Being a 'gnoccholic' sounds positively delightful, and there are quite a few floating around Brisbane since Italian-born Daniela Restaldi launched her food truck in August 2017. With recipes passed

down from her grandmother, the menu changes most days to ensure that people can experience restaurant-quality, 'real' Italian food at street food prices.

Famous for the gnocchi, popular sauces include slow-cooked bolognese, a classic pesto and

the signature sauce made with gorgonzola dolce and truffle.

The truck's weekly calendar is posted on Mondays at **[facebook.com/flavoursofeataly](https://www.facebook.com/flavoursofeataly)**.





KING OF THE WINGS (BRISBANE)

Winner of the best food truck in Brisbane at the 2018 Eat Drink Awards, King of the Wings also

won second place for 'best wing sauce' at the world's biggest chicken wing festival in Buffalo, New York, in 2016. Suffice to say, if there's one chicken wing you want to try in Brisbane, it's one of theirs. Choose from six tasty flavours, including Southern Spice, Bee

Sting (honey with a hint of chilli) and the extra crunchy Portuguese Crumb. A regular at all events around town. Find the next location at [facebook.com/kingofthewingsbrisbane](https://www.facebook.com/kingofthewingsbrisbane).

DAIRY EXTRAORDINARY (SYDNEY)

While the Swiss didn't invent melted cheese, they certainly perfected it with raclette, where an entire cheese wheel is grilled and then the deliciously gooey part is scraped on to meats and vegetables. Two years ago, Dairy Extraordinary decided to merge this Swiss delicacy with burgers and fries for the perfect summer spectacle.

Their number one seller is cheesy fries with bacon, home-made relish mayo and spring onions. If you are a little more adventurous you can order the 'extreme' version with jalapenos and pork crackling. Find out where to get your next cheesy fix at [facebook.com/dairy-extraordinary](https://www.facebook.com/dairy-extraordinary).



EAT ART TRUCK (SYDNEY)

Launched in 2012, EAT ART TRUCK was one of Sydney's first food trucks, and its American barbecue street food menu still has

plenty of fervent fans, so getting to the truck early is recommended. The meat in its signature barbecue pulled pork burger is smoked for 18 hours and the barbecue sauce is made in-house, meaning you will be battling with

salivating Sydneysiders to get your hands on one. Follow @[eatartruck](https://www.instagram.com/eatartruck) on Instagram to find out where the truck will pop up next.

THE HUNGRY NOMAD (CAIRNS)

After 25 years as a chef, Damon (which is 'nomad' spelt backwards) decided to launch his own food truck so he could work for himself. Not specialising in any one cuisine, he changes his menu for every market, event or festival. Though, he says that people are loving his fish tacos. "I use either local mahi

or wahoo fish marinated in coriander, soy, lime, chilli and a few other secret ingredients. It's become so popular I have to include it all the time." The truck can be found every second Sunday at Holloways Beach, or to be kept up to date on weekly locations see [facebook.com/THEHNomad](https://www.facebook.com/THEHNomad). ■



 Air Niugini has 38 flights a week between Port Moresby and Australia. See airniugini.com.pg.





MINUTE EXPERT

MARGARET BARCA

TRAVEL INSURANCE

In the time it takes you to read this story, you'll become an expert in travel insurance.

I'M A BUSINESS TRAVELLER – WHY WOULD I NEED TRAVEL INSURANCE?

You don't have to be out hiking in the jungle or scuba diving to need travel insurance. If a flight is delayed or connecting flight cancelled and you're working, you might have to purchase expensive last-minute

flights to be at a meeting on time, or pay for additional accommodation. Luggage can be lost, stolen or damaged whether you're on a business trip or holiday. Credit cards and travel documents can go missing whether you're going to the beach or the boardroom. Just because you're on business doesn't mean natural disasters (hurricanes,

earthquakes, volcanoes) won't affect you. If there's a family emergency at home, you may need to cancel hotels, book new flights to get back home quickly.

TIP If you're travelling regularly, a multi-trip travel insurance policy can save time and money.

I'M GOING ON THE KOKODA TRAIL – DO I NEED SPECIAL INSURANCE?

In a word – yes. The Kokoda Trail is a 96-kilometre trek that takes about 10 days over a rugged mountain jungle trail in intense heat, humidity and frequent torrential rain.

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What could go wrong? Potentially plenty. Many walkers say this trip is life changing, but you want the changes to be in a positive way, not a financial burden. According to industry sources, depending on the type of injury or illness, a medevac from the trail with specialist assistance in PNG could cost PGK70,000 or more.

TIP A standard travel policy may not include hiking the Kokoda Trail. It may be listed under 'adventure activities' and you will need to pay an additional premium.

WHAT ARE THE BIGGEST MISTAKES PEOPLE MAKE WHEN BUYING TRAVEL INSURANCE?

The biggest mistake is not checking that the policy matches your travel plans.

Specific mistakes include:

- Not including all the countries you will be visiting.
- Not having enough insurance to cover expensive items such as laptop or smart phone.
- Not checking if you are covered if you ride a motorbike (driver or passenger) or undertake any high-risk sports such as skiing or scuba diving.

- Not taking out insurance soon enough. (You should take out insurance as soon as you book your trip. It won't cost any more but you will be covered if something major happens (illness, unexpected death in the family) between booking and your departure date and you have to cancel.
- Not registering if you have a pre-existing health condition. (If you don't register, the entire policy might be void.)

TIP Read the product disclosure statement. A little boring maybe, but essential.

WHAT IF I NEED TO MAKE A CLAIM?

You need to keep a record of all your costs. Have proof of the value of items you might need to claim for.

If you have a medical emergency, contact the insurance company within 24 hours.

If something is stolen or lost, get a police report from the local police station as soon as possible.

Lodge your claim within 30 days or returning.

TIP Be prepared – read what you need to do *before* you travel. ■

If you have a topic you'd like investigated, email your suggestion to paradise@businessadvantageinternational.com.



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BEST FOOT FORWARD



Sydney is celebrated for its beauty, and walking its harbour and coastline is the best way to admire its beaches, national park and dazzling views, says *Brian Johnston*.

Without its magnificent stretches of water, Sydney would be just another city. With them, it dazzles. The harbour is convoluted into innumerable bays and indentations, and if you spend time exploring the city's foreshores you'll experience Sydney at its best.

Even in suburbia, you'll find yourself with unexpected water glimpses at the end of streets, the humped back of Sydney Harbour Bridge occasionally sticking up like a dinosaur skeleton against a blue background. The city's oceanfront coastline is equally impressive.

In seaside suburbs, such as Bondi or Coogee, you can enjoy eye-squinting seascapes and raffish hangouts that seduce with coffee aromas.

Take a first walk from Sydney Harbour Bridge around the foreshore, past Circular Quay ferry terminal and towards the jewel in Sydney's crown, its fabulous Opera House. Beyond, the Royal Botanic Gardens provide ample harbour views, and are also worth exploring for their duck ponds, tropical greenhouses and displays of native Australian flora.

You do, however, get even more extravagant city and Opera House views by hopping on the ferry to Kirribilli for a stroll around bays, bushland and the suburban streets of the upmarket North Shore, where cockatoos squawk. You can wander all the way to Mosman, where another ferry will bring you back to the city.

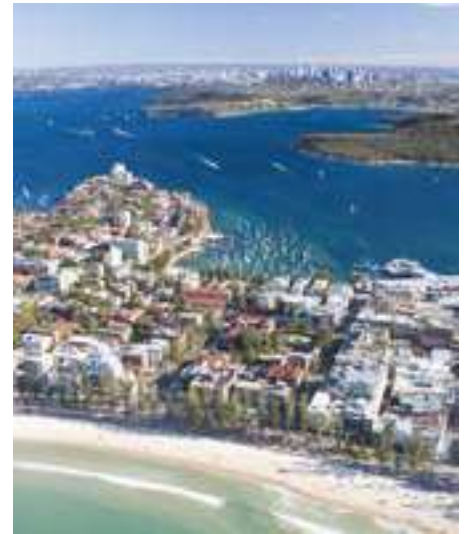
Further out from the city centre, you'll find a magnificent and much more rugged walk between Spit Bridge and Manly. You'll pass over headlands with incredible views over Middle Harbour towards the skyscrapers of the city.

Part of the trail passes through Sydney Harbour National Park, where red banksias erupt in flower, red-tailed skinks sun themselves on the rocks and the sea scintillates below high cliffs.



“
”

The walk ends at the cliffs where gobsmacking views towards the city make North Head one of Sydney’s best vantage points.



Beauty spots ... an aerial view of Sydney’s Royal Botanic Gardens and Opera House (opposite page); on a boardwalk on the North Shore (above left); cliff views at North Head (above middle); Manly (above right); wattle on trail near Manly (bottom right).

After the suburb of Balgowlah, the track turns to pavement and, still hugging the water, leads you along a flower-filled waterfront to Manly.

Manly, wedged on a peninsula between ocean and harbour, is Sydney’s best waterside suburb, and can also be reached on a 30-minute ferry ride from the city – one of the world’s most scenic public ferry rides. Before you return downtown, linger a while in Manly, which has a dozen beaches and innumerable eateries.

If you still have reserves of walking energy, head up the hill to the Old Quarantine Station, established in the 1830s to isolate immigrants suspected of harbouring infectious diseases. Guided tours give curious insights into Sydney’s immigration history, and night-time ghost tours will provide the jittery with a suitable thrill.

Further up the hill, you re-enter national park. The walk ends at the cliffs that mark the entrance to Sydney Harbour at North Head. Gobsmacking views towards the city make North Head one of Sydney’s best vantage point. Across the entrance to the harbour you’ll see South Head and the lighthouse that sits on the cliffs near that other famous Sydney suburb,

Bondi. The harbour is so convoluted – and traffic so choked – that it will take you an hour to get there from Manly, so save it for another day.

Bondi is Aboriginal for ‘tumbling waters’, which is exactly what happens when the surf booms, much to the pleasure of a multinational shoal of salty-haired surfers. Like Manly, this coastal suburb has the atmosphere of a seaside town, and is full of ice-cream parlours, fish-and-chip shops and boutiques selling the latest in surf fashion.

The grand sweep of sand and rolling breakers are often host to colourful summer surfing carnivals, and the streets are lively with markets and cafes, haunted by hip residents and backpacking Europeans and New Zealanders alike.



From Bondi, a terrific cliff-side walk leads south along the coast, starting at Bondi’s iconic swimming baths on the southern end of the sands. There are great views back towards Bondi before the path leads around to Tamarama Bay, a popular sheltered spot for sunbathing, although somewhat dangerous for swimming owing to its strong currents.

The next bay around is family-oriented Bronte, where the swimming is safer, and where a row of cafes is a favourite summer brunch spot.

Walk on up the headland and through Waverley Cemetery, the splendidly sited resting place of several famous Australians, before finishing your coastal meander at Coogee, from which you can catch a bus back into the city. This beachside suburb has a particularly local atmosphere. Tuck into lunch, wriggle your toes in the sand, plunge into the surf: that’s what Sydney by the water is all about. ■



AIRPORT REVIEW

SYDNEY

BY BRIAN JOHNSTON



The Kingsford Smith International Airport, named after an Australian aviation pioneer, started taking regular flights in 1924, making it one of the world's oldest continuously operated commercial airports. Australia's busiest, it handles over 42 million travellers a year. After years of seemingly endless renovations, its international terminal has settled to become a much-improved and more inviting space.



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✈️ **WEBSITE**
sydneyairport.com.au

✈️ **WHERE**
Located at Mascot, south of the city centre, with runways jutting into Botany Bay, where James Cook first landed in Australia in 1770.



✈️ **DISTANCE TO CBD**
15 kilometres

✈️ **TAXIS & HIRE CARS**
Taxi stands are located outside arrivals at both the international and domestic terminals. Fares are metered. The city centre is 25 minutes away and costs \$AUD45–55. Terminals also have Avis, Budget, Hertz, Europcar and other car-rental outlets.

OTHER TRANSPORT

The train (airportlink.com.au) stops at both international and domestic terminals; follow signs from arrivals. Trains run about every 10 minutes at peak times. Public buses (transportnsw.info) also operate from T1 and T3.

TERMINALS

There are three terminals, international (T1) and domestic (T2 and T3). You can walk between domestic terminals. A complimentary shuttle bus connects the international terminal.

LOUNGE ACCESS

Air Niugini's Gold Executive Club members have access to the Qantas Club International Lounge, which has a barista and bar



counter, buffet food, work stations, relaxation areas and showers.

SHOPS

International fashion and cosmetic outlets, sunglasses, watches and duty free are complemented by shops selling Australian goods, including wine, chocolates, merino-wool clothing, and boots from UGG and iconic outback company R.M. Williams.





➔ **FOOD & BEVERAGE**

The international terminal has sushi, informal cafe-style and fast food, Chinese dining, barbecued chicken and gourmet food from The Bistro by Wolfgang Puck, the celebrity Austrian-American chef.

➔ **WI-FI**

Sydney Airport has free Wi-Fi. Select 'Free SYD Wi-Fi' from your connection options and register your details to obtain access.

➔ **CLOSEST HOTELS**

Pullman Sydney Airport (pullmansydneyairport.com.au) is the only five-star hotel in the airport area and has elegant art-hung spaces, chic rooms, meeting facilities and flexible dining times. Rydges Sydney Airport (rydges.com) is right beside the international terminal and has runway views and good soundproofing. It has several dining



options, conference facilities and a gym. The surprisingly stylish Ibis Sydney Airport (ibissydneyairport.com.au) is a good economy option a kilometre from the domestic terminal, at Mascot train station.

➔ **WHAT ELSE**

You'll also find a pharmacy, meeting and conference rooms, shower facilities, prayer room and a post office. There are two interactive kids' zones with game



options and touch-screen technology.

➔ **FAVOURITE CORNER**

Hard to resist a browse at the Lonely Planet shop in the departures area at T1. There are shelves of enticing travel guides and maps, and even the odd globe or two – enough to set you dreaming of your next destination. ■



INTERNATIONAL REVIEW: BAILEY, CAIRNS

163 Abbott Street, Cairns, crystalbrookcollection.com/bailey, Tel. +61 7 4253 4000

WHO STAYS? Holiday makers and business guests looking for a stylish, modern Cairns hotel with easy access to airport, marina and city attractions.

HOW BIG? 255 guest rooms and residences

COST \$AUD199 (about PGK465) per room per night for Urban King room.

CHECK IN 2pm

CHECK OUT 11am

HIGHLIGHTS Breezy open spaces, a wall of greenery and a gently cascading waterfall keep the tropical heat at bay, while creative touches like artists and musicians add cultural interest in the open-sided foyer.

NEARBY Bailey is located within the Cairns arts precinct with Munro Martin Parklands, the Centre for Contemporary Arts and the Performing Arts Centre nearby. In the other direction, landscaped Esplanade parklands, The Lagoon, Cairns Marlin Marina and a lively restaurant strip are all a few minutes walk away – even quicker if you borrow one of Bailey’s cruiser bicycles.

- Wi-Fi:
- TV:
- Air conditioning in room:
- Swimming pool:
- Free airport transfers:
- Gym:
- Business centre:
- Hotel arranges tours:
- Breakfast included in standard room charge:



LOCATION

Cairns offers easy access to World Heritage icons the Great Barrier Reef and Daintree Rainforest. Take a boat cruise from Marlin Marina to Green Island, Fitzroy Island or one of the outer reefs. To explore the Daintree and Cape Tribulation, hire a car or take a guided tour to learn about the world’s oldest living tropical rainforest.

THE PLACE

Opened last November, Bailey is the second of three luxury Crystalbrook Collection hotels to open in Cairns. Each is graced with a distinct personality – Bailey is the innovative, arty one. Dedicated art spaces showcase (mostly) local artists and an ever-evolving program of artforms across poetry recitals, dance performance, painting, literature, sculpture, film and music feature throughout the hotel.

ROOMS

Modern and contemporary, rooms are compact in size and bathed in filtered natural light from a wall of glass that frames city, sea and mountain views. Crystalbrook Collection hotels aim for sustainable innovation, replacing disposable amenities with refillable pump bottles created with Australian native ingredients, coat hangers made from recycled cardboard, and no single-use plastics. In-room iPads replace paper compendiums, and circular discs made from recycled timber provide

electronic room access. Colourful bed throws and cushions are custom made by Bonnie and Neil and provide a colourful splash of fun to contrast with muted tones. Wi-Fi is free and fast.

FOOD AND DRINK

CC’s Bar and Grill draws inspiration from Crystalbrook’s own cattle station a few hours west of Cairns and is fashioned like an upscale New York grill with plump leather seating, subdued lighting and a menu to make a carnivore salivate. CC’s doubles as a breakfast venue too, with an extraordinary buffet to tantalise multicultural palettes. Opening early this year is Pachamama, poolside on level three with views to the mountains, which promises a sophisticated fusion of Latin flavours influenced from Barcelona to Buenos Aires, Lisbon to Lima. To satisfy sweet-toothed cravings, the Milk Bar serves up decadent multi-layered shakes, indulgent crepes, waffle cones and lolly bags in a modern take on nostalgic childhood favourites.

WHAT GUESTS LIKE

Rooms are so fresh, with huge TVs, iPad control of just about everything and the best showers. Breakfast at CC’s has chefs on hand to cook eggs anyway you like, and there are juices galore in this excellent dining room where you can eat as much as you want. Staff are efficient and friendly. – TripAdvisor

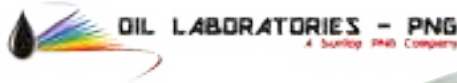




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- ▶ Supplying of bitumen, asphalt, emulsifiers
- ▶ Opening of embroidery, safety wear shop in Port Moresby



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THREE OF A KIND: FISHING CHARTERS



SPORT FISHING, PNG

Whether you regularly jump on fishing charters or have never held a rod before, there's no denying the appeal of getting out on the open water and catching your own dinner. It's the perfect combination of sport, nature and disconnection from the rest of the world. With a team of skilled guides and skippers, Sport Fishing Papua New Guinea will take you straight to the hot spots. During the wet season (December to May) the company goes to sea reefs for giant trevally and dogtooth tuna, and during the dry season (June to November) it visits remote rivers for PNG's famous black bass and barramundi.

SOMETHING SPECIAL

Sport Fishing heads to some unique areas, such as the Fly River, where you'll get an insight into the daily life of locals living off the land and the river, as well as excellent barramundi and saratoga fishing. You can visit the Aramia River, to see the giant long houses and traditional war canoes of the Gogodala people and to pull in Papuan black bass and Niugini tiger fish.

NEED TO KNOW

Sport Fishing Papua New Guinea offers seven and eight-day river and sea trips from about PGK11,280, including accommodation, all meals and non-alcoholic drinks, and airport transfers. See sportfishingpng.net.



RIPPLES BOAT CHARTERS, SOLOMON ISLANDS

With a combination of remote and unspoilt locations still undiscovered by mainstream tourism, a fascinating culture and waters teeming with fish, the Solomon Islands are the ultimate fishing holiday destination. With more than 900 coral reef-fringed islands and atolls to choose from, and good weather conditions for most of the year, fishing options in the archipelago are endless. Ripples Boat Charters will take you out for half-day trips on an 18-foot Hobie Tandem Island sailing kayak, getting you to hot spots for Spanish mackerel, mahi mahi and tuna, in the tropical waters of Iron Bottom Sound.

SOMETHING SPECIAL

The Hobie Tandem that Ripples uses is the perfect green transport choice, working with three forms of eco-propulsion: standard paddle for kayaking enthusiasts, leg-powered for when you want to go hands-free and fish at the same time, and a nine-square-metre sail for when the wind comes up.

NEED TO KNOW

Ripples Boat Charters departs and returns from the Point Cruz Yacht Club in Honiara. Four-hour cruises, including a guide, non-alcoholic drinks, Shimano reels and rods and sailing tuition, are PGK368. See ripplesboatcharter.com.



CAIRNS REEF FISHING, AUSTRALIA

As the number one base for the Great Barrier Reef, Cairns in tropical Far North Queensland is close to some of the best fishing grounds in the world. Family-owned and operated, Cairns Reef Fishing runs reef and deep-sea fishing charters aboard its three boats, which hold eight to 14 passengers. A day out with them will see you using a variety of fishing methods including trolling, bottom fishing, drift fishing and live bait fishing, and enjoying a casual lunch on board.

SOMETHING SPECIAL

You'll get to keep what you catch, which could be any of the 'big five' of the region including coral trout, nannygai, red emperor, Spanish mackerel and trevally. The deck hands will clean, ice and bag your fish for you to take home for dinner. Alternatively, head to local restaurants – including Salt House, Vivaldis and Ochre – where, for about PGK70 a head, they'll create a delicious two-course meal with your catch.

NEED TO KNOW

Cairns Reef Fishing trips leave from Cairns Marlin Marina at 6.30am, returning around 3.30pm; about PGK660 per adult. See cairnsreeffishing.com.au.





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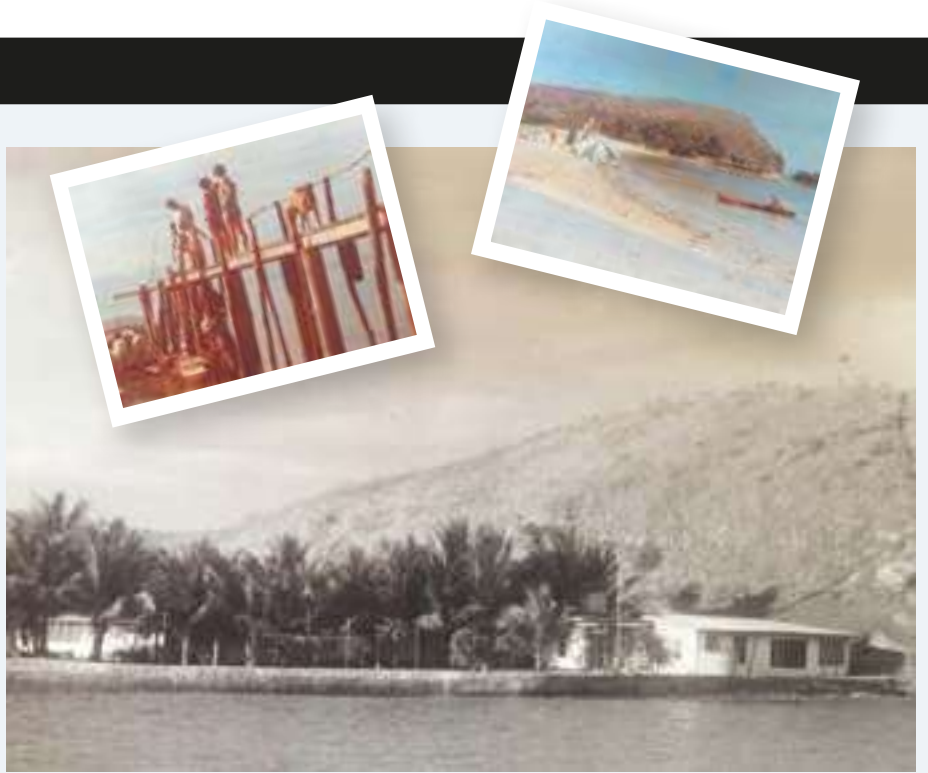
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TIME TRAVELLER

Loloata Resort, early 1968

Marguerite Fraser has supplied these photos of Loloata Resort, which she and her husband Bruce bought from PNG Motors in 1969. Marguerite says PNG Motors allowed staff to use Loloata as a retreat, but that it was very run down. "I had a vision of Loloata being a place for people to get out of Port Moresby on weekends, so we started the business as a guest house," she says. The business took off and after 12 months she gave up her insurance job in town to run the place full time, until they sold in 1977.

If you have a photo that may be suitable for Time Traveller, email paradise@businessadvantageinternational.com.



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2020

ALMANAC

It's a busy year in 2020 for events around the Air Niugini network, from *sing-sings* in PNG to the Tokyo Olympics, writes *Belinda Jackson*.

PNG FESTIVAL SEASON

Papua New Guinea is renowned for its cultural shows and festivals, with costumed dancers and *sing-sings* performed across the country. Among the most famous are the Goroka Show, the Mask Festival with the spectacular Baining fire dancers, and the Mount Hagen Cultural Show. The shows and festivals are generally from July until November, but check our almanac for the details. If you are planning on going to any of the festivals, book well ahead because accommodation is taken well in advance.

JANUARY

TOKYO Marunouchi

Illumination, until February 16

More than 220 trees in the city's financial district will be illuminated by a million eco-friendly bulbs.

gotokyo.org



SYDNEY, BRISBANE

Elton John Farewell Yellow Brick Road concerts

After more than 50 years on the road, Elton John is making a final world tour. The tour started in the US in September 2018 and there are more than 300 concerts worldwide, including Sydney on January 7, 9, 14, March 7 and Brisbane on January 16.

eltonjohn.com/tours

BRISBANE

Year of Scotland in Australia 2020, throughout 2020

A year of Scottish music, culture, food and drink is planned across Australia, with Scottish musicians, artists, chefs and distillers touring Australia's key festivals, starting at

the annual Woodford Folk Festival near Brisbane. Highlights include the National Celtic Festival in Portarlington (Victoria), Highland games and clan gatherings.

yearofscotlandaustralia2020.com

BRISBANE

International Tennis, January 6–12

This women's-only event at the Queensland Tennis Centre will be highlighted by the world's no. 1 women's player, Ash Barty, and Japan's Naomi Osaka as they prepare for the Australian Open in Melbourne starting on January 20.

brisbaneinternational.com

SINGAPORE

Disney Magic of Animation, until March 20

Artworks from *Frozen 2* will be on display at the ArtScience Museum at Marina Bay Sands resort before the release of the highly anticipated animated film in Singapore.

marinabaysands.com

SINGAPORE Chingay Parade, January 31–February 1

This is an annual colourful street parade to celebrate the Lunar New Year. More than 5000 volunteer performers take part, there are cultural performances, elaborately decorated floats and fireworks.

chingay.org.sg ➤



2020 almanac

FEBRUARY

BRISBANE BrisAsia, February 1–29

The city's Asian culture scene explodes with street food, performances by traditional singers and dancers. brisbane.qld.gov.au



SYDNEY HSBC Sydney 7s, February 1–2

Sixteen men's and 12 women's national sevens teams battle it out across the globe in 10 tournaments, as Fiji and New Zealand fight to retain their respective World Series crowns. The Sydney leg blends top rugby with a festival of live music and entertainment. sydney7s.com.au

MARCH

PHILIPPINES International Malasimbo Music & Arts Festival, February 29–March 1

Celebrating its 10th anniversary in 2020, this annual new music festival takes place outdoors, in a jungle setting beneath the starry skies outside Quezon City. Experience its silent disco, kids' program, pool parties and, on the side, a music business conference. malasimbo.com



MICRONESIA Yap Day, March 1

The biggest celebration on Yap sees Yapese dances performed, along with coconut husking, target shooting and basket weaving, aimed at preserving the Micronesian island's traditions. visityap.com

TOKYO Sakura Festival, late March–early April

The Chiyoda Sakura (Cherry Blossom) Festival is held each year along the 700-metre-long Chidorigafuchi-ryokudo Walkway,



renowned for its magnificent trees that are illuminated at dusk. Take a boat out so you can view the blossoms from the water. gotokyo.org

PNG World Longboard Championship, March 18–25

When *Paradise* went to press this surfing event was still in the process of being organised by the World Surf League and the Surfing Association of PNG. If it goes ahead, the plan is to stage a round of the championship at

Nago Island, near Kavieng. sapng.com

BRISBANE NRL, March 20

The Brisbane Broncos play their first home match of the season during round two at Suncorp Stadium against the Rabbitohs. nrl.com

BRISBANE AFL, March 28

Brisbane plays its first home match of the season during round two at the Gabba against North Melbourne. afl.com.au ➤





Investing in skills to build capacity

ExxonMobil PNG, operator of PNG LNG Project, is committed to building a world class resource whilst also developing its Papua New Guinean workforce with technical and professional skills that they can grow throughout their working life.

“Being new to the LNG industry, the experience, support and guidance given by the mentors and the team here at ExxonMobil PNG is second to none. It contributed to building my LNG competence resulting in me being able to handle my tasks unsupervised,”

Nonnie Eri, Marine Lead / Loading Master, based at LNG Plant outside Port Moresby.

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exxonmobil.com/pngpartnership

pnglng.com  [ExxonMobilPNG1](https://www.facebook.com/ExxonMobilPNG1)  [@exxonmobil_png](https://twitter.com/exxonmobil_png)



ExxonMobil

SYDNEY
9 to 5 The Musical, from April
 Sing along to the hit tunes of country music star Dolly Parton. From the 1980 movie of the same name, the story follows three secretaries getting revenge on their sexist boss.
sydneylyric.com.au



VANUATU Naghol (land diving), every Saturday, April to June
 Pentecost Island's ancient ritual sees men leap from towers up to 30 metres high, and plummet

toward the ground. A good dive ensures a bountiful yam season, and it's also a rite of passage for the island's boys.
vanuatu.travel
PNG National Game Fishing Titles, April 3-13
 The waters around the Rabaul-Kokopo region of New Britain Island are renowned for game fish such as wahoo, Spanish mackerel, trevally, blue marlin and the dramatic sailfish. This is the 45th year of the hotly contested titles, the largest annual sporting event in PNG.
gfa.com.pg, papuanewguinea.travel

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MAY

BRISBANE NRL Magic Round, May 1–3

If you're thinking of travelling from PNG to Brisbane to watch some rugby league, this could be the weekend to do it. Every NRL rugby league game for round eight of the season will be played at Suncorp Stadium. nrl.com

NOOSA Noosa Eat & Drink Festival, May 14–17

The four days of great food, wine and entertainment includes breakfast brunches, celebrity chefs and dinners under the stars. noosaeatdrink.com.au

CAIRNS PBR (Professional Bull Riders) Invitational, May 23

Described as the toughest sport on dirt, bull riders stay on the backs

of bulls for up to eight seconds. The thrills are choreographed with pyrotechnics and lasers, and there are mega-screen replays.

pbraustralia.com.au

FIJI Fiji Fashion Week, May 21–30

Now in its 13th year, the best new tropical fashion trends make their debut at the Vodafone Arena in Laucala Bay, Suva. The week culminates in the Bula Ball, with proceeds going toward education, trade and development opportunities for young designers. [facebook.com/FijiFashionWeek](https://www.facebook.com/FijiFashionWeek)



JUNE

PNG Madang Festival, June 6–7

This colourful cultural event is on the Queen's Birthday weekend each year. The Bilum Festival on Karkar Island is held the week before, on May 29–31.

PNG Tri-Nation Cricket Series, June 9–16

A series of one-day matches will be played in Port Moresby between PNG, Nepal and the United Arab Emirates.

icc-cricket.com >



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2020 almanac

JULY

PNG Sel Kambang Festival, June

Traditional performances and costumes are part of this small and authentic festival at Kiunga, in the Western Province. Check closer to the time for exact date.
selkambangfestival.com

HONG KONG Hong Kong Dragon Boat Carnival, June 25

From humble beginnings in 1972, this ancient Chinese ritual is now an international sporting festival. The dragon boats are more than 12-metres long, with up to 20 paddlers and a drummer holding the beat.
discoverhongkong.com



SOLOMON ISLANDS Wagosia Festival, June

A traditional spear hunting and yam harvesting festival, this event

enshrines the culture practised by the people of East Makira. The festival is held each year in Santa Catalina.

Check closer to the time for exact date.
visitsolomons.com.sb

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PNG National Mask & Warwagira Festival, July 8–12

Festivities start on dawn of the first day with the Kinavai – the arrival by boat of elaborately costumed Tolai *tubuans* and *duk-duks* on the beach at Kokopo. Baining fire dancers are another highlight and there are days of cultural performances and *sing-sings* at the showgrounds. papuanewguinea.travel



SINGAPORE Singapore Food Festival, throughout July

Food-obsessed Singaporeans have an excuse to eat and to talk about eating during this month-long food festival. There are pop-up food events, food trucks, food

walks and workshops, from kaya toast to Nonya cuisine, sticky Hainanese sweets and the best fried Indian breads.

visitsingapore.com

CAIRNS Laura Dance Festival, July 3–5

Held near rock art sites, this year's festival aligns with the Cooktown 250th celebration of the landing of James Cook. More than 20 indigenous communities from the Cape York Peninsula dance, sing and play music.

anggnarra.org.au/laura-dance-festival-2020



PNG National Remembrance Day, July 23

Each year, PNG pauses to remember those who lost their lives during the world wars and other military events. The RSL Cenotaph at Rabaul, which was

the capital of German New Guinea until 1919, is the focus of East New Britain's commemoration ceremony.

papuanewguinea.travel

TOKYO 2020 Olympic & Paralympic Games, July 24–August 9. Some preliminary events begin on July 22

Olympic fever takes over Japan with five new sports debuting in 2020, including skateboarding and surfing. PNG first competed in Montreal in 1976, but has not yet won a medal.

olympic.org/tokyo-2020 ➤



2020 almanac

AUGUST



SOLOMON ISLANDS

Shell Money Festival

The traditional currency of the Malaita Province is used for bride prices, its barter system, gifts and settling of disputes. The people of Langa Langa Lagoon demonstrate its use and entertainment in Busu village during this annual event. Check closer to the time for exact date.

visitsolomons.com.sb



PNG Sepik River Crocodile Festival,

August 5–7

The Sepike River is home to large populations of fresh and saltwater crocodiles, and the strength and power of these cunning hunters is celebrated, including the initiation rituals that local men undertake to scar their bodies in mimicry of the crocodiles' skin. The festival takes place at Ambunti in East Sepik Province.

papuanewguinea.travel



PNG Enga Cultural Show, August 7–9

Thousands of people from tribes across the remote Highlands gather to chant and dance, enact their rituals and demonstrate their skills at this *sing-sing* held off the beaten track, in Enga Province's capital, Wabag.

engashow.com



VANUATU Back to My Roots Festival, August 12–14

The Rom custom dance is the highlight and identity of Ambrym Island, where this festival is held. Witness *tam-tam* drumming, magic shows and a Namangi ceremony at the festival, in Olal village.

vanuatu.travel



PNG Mount Hagen Cultural Show, August 15–16

More than 80 highland tribes meet at one of PNG's best-known *sing-sings* in the Western Highlands. First staged in 1961 in a bid to smooth tribal animosities, it has become an essential on the country's tourist trail.

papuanewguinea.travel

SEPTEMBER



PNG Rabaul Frangipani Festival,

September 18–20

Celebrating the town of Rabaul's re-emergence after it was destroyed by the simultaneous eruptions of the Vulcan and Tavurvur volcanoes in 1994, the fragrant frangipani was the first blossom to emerge from the ash. The festival, held annually during the Independence weekend, includes a float parade, drum bands and a spirited canoe race.

papuanewguinea.travel

BRISBANE Brisbane Festival, throughout September

More than a million people flock to this month-long cultural event, with live music in the streets and on the stages, which culminates in the Sunsuper Riverfire fireworks display.

brisbanefestival.com.au



PNG Paiya Mini Cultural Show, September 14

A warm-up to the Mount Hagen Cultural Show, Paiya village is 20 kilometres from the main township, and visitors can meet the village chief and enjoy a *mumu* (feast cooked in an underground oven). It's also a chance to see performers preparing for the much larger Mount Hagen show.

papuanewguinea.travel



PNG Amazing Port Moresby Independence Festival

Fireworks, an arts and culture street parade, and a sports carnival are all drawcards to the capital's three-day independence festival, which celebrates PNG's independence from Australia on September 16, 1975.

amazingportmoresby.com



SINGAPORE Formula One Grand Prix, September 18–20

Speedsters and celebrities hit the track for a high-octane rush. The celebrations extend to the city, with blockbuster concerts, star-studded parties and pop-up stores to lure partygoers.

singaporegp.sg



PNG Goroka Show, September 19–20

One of PNG's premier cultural drawcards, the capital of the East Highlands has been coming alive to the sound of the *kundu* (drums) since 1957, with more than 1000 people from over 80 tribes, including the distinctive Asaro Mudmen meeting for the *sing-sing*.

papuanewguinea.travel



PNG Kalam Festival, September 23–24

Vivid green headdresses made from beetle carapaces make a spectacular display at this local festival, which deals with such life events as initiation rites and bride prices. Taking place in Simbai, in central Madang Province, it is held just after the Goroka Show.

papuanewguinea.travel



2020 almanac

SEPTEMBER

 **PNG Hiri Moale Festival, September**

This three-day festival in Port Moresby celebrates the traditions of the region's Motu and Koitabu peoples. The highlights including the enactment of the return of the *hiri* (trade voyages) where men, who had been sailing for months at a time, were welcomed back home by their families.

papuanewguinea.travel

 **PNG Kutubu Kundu & Digaso Festival, September 24–26**

The culture of PNG's Southern Highlands is the focus of this festival, which takes place in Daga Village and Tugiri, on the shores of Lake Kutubu. Highlighted are the use of *kundu* (drums) and the rich,

healing oil from the digaso tree. papuanewguinea.travel

MICRONESIA Kosrae Annual Liberation Day, September 8

Celebrating the US victory over Japan during World War 2, the island of Kosrae celebrates with a market day across its four villages, followed by athletics games within the community. In the evening, villagers release lanterns into the sky, in remembrance of their liberation.

visitosrae.com

SOLOMON ISLANDS Dive Festival, September

The annual Dive Festival puts Honiara and the Guadalcanal Province on show, featuring the Solomons' spectacular coral pastures, with excursions,



photography competitions and cultural and conservation activities. Check closer to the time for exact date.

visitsolomons.com.sb

 **PNG Huhu War Canoe Festival, September**

The culture of the Huhu people, from the Milne Bay Province, is on

display around Alotau. Villagers enact stories of their ancestor warriors conducting raids by canoe. Check closer to the time for exact date.

huhuwarcanoefestival.wordpress.com >

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OCTOBER



BRISBANE Brisbane Fashion Month, October 1–31

Queensland designers are out in force at this month of fabulous fashion. Visit pop-up fashion shops, take a sustainable fashion tour through the city or an illustrations class and watch the latest styles paraded on catwalks around the city.

brisbanefashionmonth.com.au



FIJI Denarau Food, Wine and Music Festival, October 3

Fiji's top chefs and wine suppliers mix with art and local live performances of dance and music at the Denarau Golf and Racquet Club. The family friendly event includes a kids' zone and food stalls.

denaraumarina.com

CAIRNS Reef Feast Palm Cove, October 4–6

Reef Feast returns to celebrate the Cairns and Great Barrier Reef region's fresh produce, live music and lifestyle. Enjoy the Longest Lunch on Friday, feast and dance under the stars on Saturday and come back for more great food and the markets on Sunday.

reeffeast.com.au



GEELONG T20 World Cup, October 18, 20, 22

PNG's men's cricket team will play against Oman, Sri Lanka and Ireland in the first round of group A matches. Geelong is about a 70-minute drive from Melbourne. From PNG you can fly to Sydney and then connect to Melbourne Airport or Avalon Airport.

icc-cricket.com



SYDNEY Pacific Runway, October 23

Distinctive and exotic, fashion from the Pacific struts the catwalk in this annual fashion parade founded by Maori Samoan woman Jannike Seiuli. Features established and upcoming labels, from street wear to special occasion, including those with a PNG connection, such as Lumai and Kapilou.

pacificrunway.com.au

PNG Morobe Show, October 31–Nov 1

Running since 1959, this annual agricultural show is held in Lae. Among the fireworks displays, the judging of the show queen, cowboy and motorbike action, is the Sunday morning *sing-sing*.

morobeshow.org.pg >

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“ We are focused on consolidating our position as the State's nominee in all future oil and gas developments, including the expansion of the PNG LNG Project; the Papua LNG project, operated by Total SA and Pasca A, the first offshore project operated by Twinza Oil. ”

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NOVEMBER

**HONG KONG Great November Feast, throughout November**

Hong Kong's stomach rumbles this month, with themed and discounted menus offered by about 600 restaurants and merchants. Take a gourmet walk through the city's neighbourhoods.

discoverhongkong.com

PNG National Kenu and Kundu Festival, November 6–8

Described as a bridge between contemporary culture and the sacred routes taken by their ancestors, this festival showcases the cultures of Milne Bay and other provinces, held at Alotau. Traditional canoes (*kenu*) and drums (*kundu*) are a big part of the festival.

nationalkenukundu.com

FIJI Uprising Dance Festival, November 7

Prepare for 12 hours of non-stop music and dance to local and international artists performing at Uprising Beach Resort in Pacific Harbour, on Fiji's south coast, with a chilled vibe.

uprisingbeachresort.com [facebook.com/UprisingMusicFestival](https://www.facebook.com/UprisingMusicFestival)

PNG Tufi Tapa and Tattoo Festival, November 14–15

Held in Tufi village on Cape Nelson in Oro Province, the festival centres around *tapa* cloth and facial tattoos, which are intrinsic to traditional Tufi culture, identifying tribes and lineage.

[facebook.com/tufitapa](https://www.facebook.com/tufitapa)

**MACAU Macau Grand Prix, November 14–17**

First held as a car race in 1954, the Macau Grand Prix is now in its 66th year, with cars and motorbikes providing the action on the street circuit, with the highlight being the demanding Formula Three race.

macau.grandprix.gov.mo

SINGAPORE Deepavali, November 14

Celebrated worldwide, the Hindu festival of Deepavali sees the Singapore suburb of Little India glow as part of the Deepavali Light Up Festival, with night markets and concerts, as Hindus celebrate the triumph of good over evil, and light over darkness.

visitsingapore.com

**PNG Karimui Show, November 18–20**

At one of PNG's newest festivals, the Karimui people of Simbu Province present around 160 different groups and performers to show the huge culture and biodiversity of Mount Karimui, and its forest conservation and ecotourism initiatives.

papunewguinea.travel

DECEMBER

**MACAU Macau Light Festival, December 1–31**

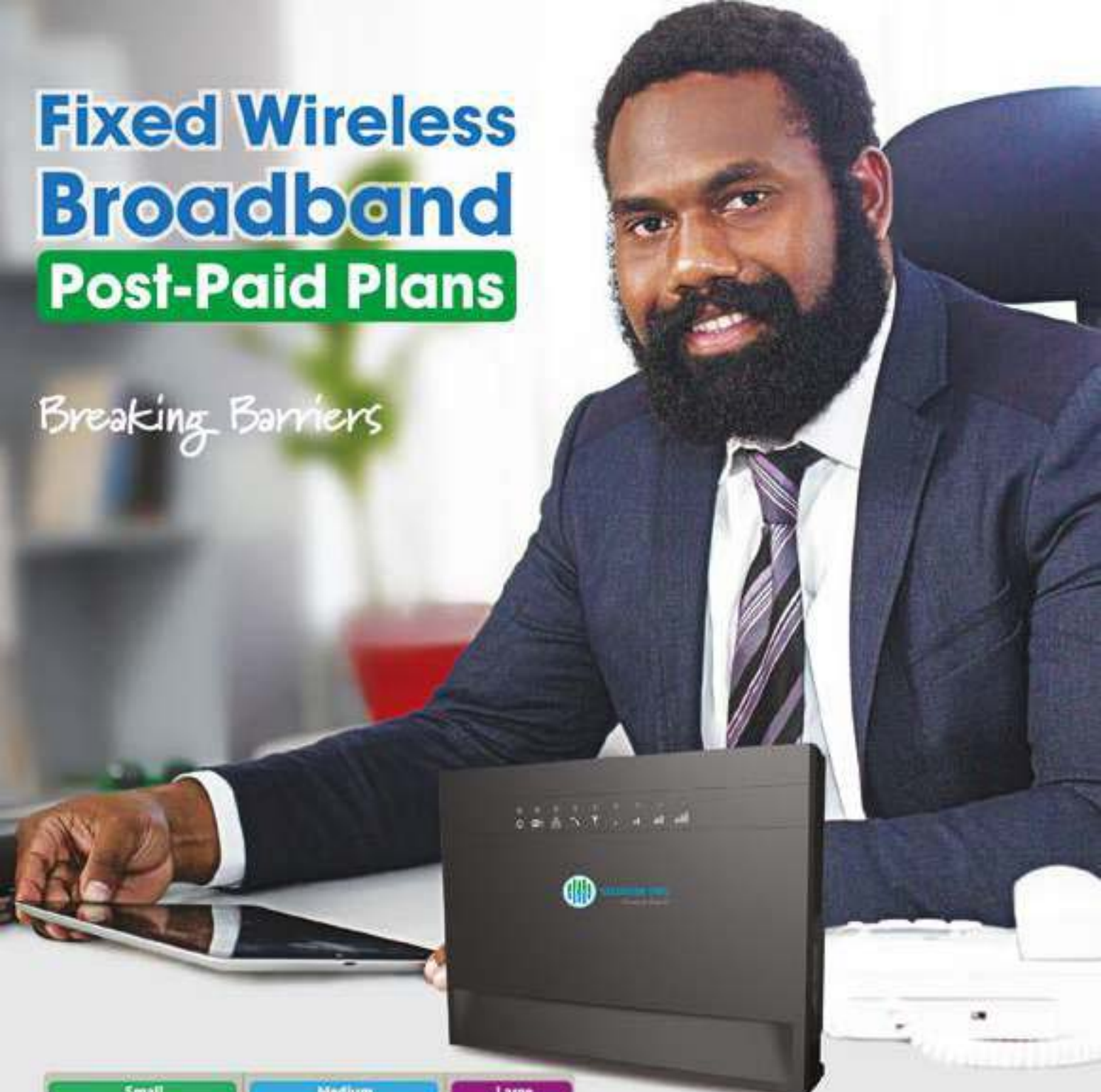
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PNG duo impresses at fashion show

Pacific-origin designers showed off their creative excellence, cultural influence and flair at Pacific Runway in Australia late last year.

The key fashion event for designers from the Pacific is in its eighth year and was at Sydney's Carriageworks. The show sold out almost as soon as tickets were released last year and has become a Sydney 'must-do' for the fashion industry and fashion lovers.

Two of the most popular designers of the 2019 show – Andrew (Dru) Douglas and Cathy Currey – hail from PNG.

Rabaul-born and New Zealand-based Douglas launched his first capsule collection*, Kolos, at Pacific Runway in 2017 and last year presented his second capsule collection, Auru.

"I continued the themes from the first collection which encompassed ideas of comfort and security," he says. "This collection, though, had an underlying vulnerability and felt a bit more freeing. I didn't want to over think this collection, so it came together rather organically," says Douglas.

"After showing for the first time two years ago at Pacific Runway I had more clarity and experience this time around. I knew how I wanted the models to be styled and what the music was going to be.





On the runway ... Cathy Currey and some of her outfits (opposite page); models parade Dru Douglas designs (this page).

Dusk Devi reports on Pacific Runway, where two PNG fashion designers showed their latest collections.

"The response and feedback to the collection after the show was great. I love how Pacific Runway is a celebration of people of colour for people of colour, there is nothing like it."

Douglas works full-time for the Auckland City Mission, which is a charity that helps people in need. "Being a self-funded designer means having to work full-time and save up for Lumai (his fashion label). On my days off and after my day job I am trying to complete pre-orders. It's a lot for one person but I'm grateful to have customers who understand my situation and don't mind the wait."

Douglas says storytelling compels him to design. "I have always loved the idea of being able to communicate ideas and stories through garments. Everything I create has intention and purpose behind it.

My creative expression helps honour who I am and how I see myself in the world.

"After releasing the first capsule collection for Lumai I took a year off and had to redefine what success meant for me. After I did that, I was able to come back to Lumai with clarity and less pressure." ➤

PICTURES: DUSK DEVI



PNG duo impresses

“

Fashion labels have a responsibility to the planet, the environment and the people to be more responsible with the life cycle of the garments they create.

”



Snapshot ... PNG designs on show at the Pacific Runway fashion show in Sydney, Australia.

So what is success to him? “Success for me is having the resources, space and time to creatively express myself. If people connect with what I do with Lumai then that is an added bonus. My cultural heritage is inherent to Lumai’s success.”

Douglas works with natural fibres. Silks, cottons and linens are among his favourites to sew with. “I try and stick with natural fibres as much as I can and if I do use a synthetic it tends to be deadstock fabric.

“I have also, for the most part, eliminated the toiling process by incorporating technology into my design process. I now design, draft

patterns and develop using software which creates minimal to no waste during the development phase.”

He says sustainability and ethical practices are important to the Lumai ethos.

“Fashion labels have a responsibility to the planet, the environment and the people to be more responsible with the life cycle of the garments they create,” he says.

“Massive fast fashion giants are doing the most damage, so we need to put more pressure on these corporations. ➤





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PNG duo impresses

“

I wanted to put the stories of our traditional dances and culture on to fabrics so that they can stay alive, and educate people outside of PNG about our ways, our life, and our culture.

”



The designers ... Cathy Currey (left) and Dru Douglas (right).

“Being an emerging designer means you can make your own rules and not follow the norm of the established fashion cycle. At Lumai, for example, we only make to order, meaning we don’t have any excess stock on hand and only make what is needed. We buy deadstock fabric and only release a collection when we have something of value to say.”

Cathy Currey is originally from Manus Island and now lives in Brisbane. In 2014, she started a small business called Kapilou Products, specialising in growing fresh, organic PNG and Pacific Islands food.

Currey is also a dressmaker and she branched out as a designer, launching her first collection in 2017 in Brisbane. Since then, she has also showcased a collection in PNG, in Brisbane for a second time, and now is a part of the Pacific Runway legend.

Currey’s Pacific Runway collection is called Summer Sih II. It’s a collaboration with Malolo Fabrics, designed by Jack and Margaret

Fenton, which depicts traditional motifs from PNG and around the Pacific.

“Designing traditional costumes inspired me to create a vibrant everyday collection that can be worn by the young and the young at heart,” Currey says.

“I wanted to put the stories of our traditional dances and culture on to fabrics so that they can stay alive, and educate people outside of PNG about our ways, our life, and our culture.

I respect my strong PNG culture very much and wanted to show its beauty.” ■

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*A ‘capsule collection’ is a wardrobe of essential items that won’t go out of fashion, including skirts and pants.





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Newspapers (in PNG) published *Phantom* comic strips during the 1970s and some of his derring-do exploits appeared in Tok Pisin.

”

The superhero who transfixed PNG

The Phantom has left his mark in PNG. *Richard Andrews* reports on the cult figure's influence in the country.

How did a costumed superhero fighting foes in the fictional African country of Bangalla end up fronting real-life battles in the Papua New Guinea Highlands and help develop PNG's film industry in the process?

The answer lies with Lee Falk's 1936 creation, *The Phantom*. This masked avenger, resplendent in a purple body suit, was a big hit in newspaper comic strips, comic books, novels and movies.

Art historians believe that *The Phantom* comic books were first brought to PNG by US troops during World War 2. During that time, Falk also worked as a US propagandist and wrote *The Ghost Who Walks*, in which the superhero leads an allied defence of jungle people against the invading Japanese.



The Ghost Who Walks captured the local imagination in PNG. Newspapers published *Phantom* comic strips during the 1970s and some of his derring-do exploits appeared in Tok Pisin. One adventure shows the Phantom strictly warned not to *bagarap* (ruin) a dangerous mission.

Falk depicted the first Phantom as a 16th-century English nobleman whose ship was attacked by oriental pirates. Washed ashore, he was found and cared for by natives who had never seen a white man before. The young survivor swore an oath to fight injustice.

US filmmaker, Mark Eby, believes the Phantom became popular in PNG "largely because he befriended the indigenous people of Bangalla and lived among them, rather than inhabiting the large cities other superheroes call home."





On location ...US filmmaker Mark Eby making *Aliko and Ambai* (above); a *Phantom* comic in Tok Pisin (right); *Phantom* shields (opposite page).



PICTURES: LABA KENNY, KING FEATURES, FREW PUBLICATIONS

In addition, he vanquishes enemies with his “strength, intelligence, and fearsome reputation” rather than super powers.

Eby agrees with anthropologists who theorise these qualities help explain why Wahgi warriors displayed Phantom images on ceremonial war shields carried into battle during clan conflicts in the 1980s.

Galleries, museums and private collectors around the world now display these shields, spurring renewed interest in a short documentary Eby made about them in 2008.

“I grew up in the Highlands with *Phantom* comics,” he says. “My parents were missionaries and took me there at the age of two. I returned to the US to attend college and pursue a career in film production, but never got over the experience of growing up in PNG.”

As a result, Eby jumped at the opportunity, years later, to make a documentary for San Francisco’s de Young Museum about the origin of *Phantom* shields – part of the extensive Jolika Collection of New Guinea art.

“I tracked down and filmed the (shield) artist, Kaipel Ka, who had a sign-writing business by the side of the road in Banz, Western Highlands Province,” says Eby. “Sadly, he passed away three months after I made my documentary, *The Man Who Cannot Die*.

“I really liked reading comic books,” says Ka on camera. “It quickly occurred to me that the leaders of the battle should be carrying these symbols. Those that led the battle were the toughest fighters, just like the Phantom. I combined the ideas of the white man with the man in the village.”

The visit to PNG rekindled Eby’s love of the country and he returned to teach film production at the University of Goroka until 2015. He then joined RMIT University in Melbourne, Australia, to research ways he could help PNG develop its own community based film industry.

With support from Canberra and the Australian Broadcasting Corporation, Eby’s first movie,

Aliko and Ambai, premiered in 2017. Co-directed with Diane Anton, the coming-of-age feature about two young village women is currently doing the rounds of international film festivals.

Eby has no plans to make a Phantom movie, but says he’ll continue to focus on “PNG’s own stories and social issues.”

Meanwhile, Lee Falk’s creation has achieved its own immortality since he died in 1999. Publishers say the Kaipel Ka story has renewed interest in the Phantom, and a book about the warrior shields is in the works. ■

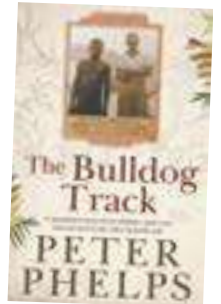
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A daring wartime escape

A book by Australian actor Peter Phelps recounts a harrowing journey by his grandfather, Tom, a miner who had to flee from advancing Japanese forces in PNG during World War 2.

Roderick Eime reports.



The great escape ... Tom Phelps and the miners in front of a dredge at Edie Creek (above); the men making their escape on a raft in 1942 (opposite page above); Tom Phelps with friend Una Beel before they fled the Japanese.

Australian film and television actor Peter Phelps has written a book that tells the story of his grandfather, Tom, who was too old to enlist in the army during World War 2 but was caught up in the Japanese invasion of Papua New Guinea.

Tom was among 200 civilian employees of the Bulolo Gold Dredging Company who had to flee from the advancing Japanese forces.

The men hurriedly abandoned their mining site at Edie Creek, about 50 kilometres southwest of Lae, at 11pm on March 4, 1942, destroying everything they could. They made their way south, over the treacherous Owen

“

The men abandoned their mining site and made their way over the Owen Stanley Ranges on a rough path that became known as the Bulldog Track.

”

Stanley Ranges, on a rough path that became known as the Bulldog Track.

The track was later described by the author, spy and newspaper journalist Peter Ryan as “longer, higher, steeper, wetter, colder and rougher than Kokoda.”

“They were civilians; gold miners, carpenters and all sorts of trades. So there was nothing documented about these guys,” Peter Phelps writes in his book *The Bulldog Track* (Hachette). “It was such a time of war that a couple of hundred miners’ story would just not be considered because it wasn’t part of the war effort. But they were as brave as any soldier.”





THE LETTER

Tom Phelps's letter to the editor, published in *The Sydney Morning Herald* on May 29, 1944

Sir,

The article by Edward Axford (SMH, 20/5/44), on the building of the Bulldog Road, made known the part played by the men who blazed the trail from Wau and Edie Creek to the Papuan coast by way of Bulldog and the Lakekamu River.

Being one of the original party who left Edie Creek at 11 pm on March 4, 1942, I can fully substantiate all he says in regard to the hardships endured.

I was working on the Bulolo goldfields when the Japanese attacked New Guinea by air on January 21. They destroyed our company's three planes on the ground at Bulolo, making our evacuation by air impossible. Two days later we proceeded by road to Wau in the hope of being evacuated by air. Again our hopes were dashed by being bombed twice in a week.

Now hopelessly cut off from Port Moresby and our own people, we moved up the mountain to Edie Creek. It was from this place that we hatched our plans to go overland by this unknown trail in the hope of reaching the coast of Papua.

So we set out a few nights later with very little food and a few of the natives, to whom most of us owe our lives. I should also like to express my gratitude to Dr Giblin, an elderly man, who did everything possible, under terrible conditions, for the sick and injured.

We eventually reached the coast very much the worse for wear, I having lost four stone on the journey. We then walked 60 miles down the beach to Yule Island, and later by schooner to Port Moresby, where we gave all the necessary information to the authorities, which probably prompted them to build the road.

The task they performed can only be appreciated by those who travelled the trail through this country.

Thomas Phelps,
Punchbowl, Sydney

Researching the book was not easy because very few records of the escape exist. But one unlikely source came from his grandfather's battered pith helmet.

During the escape, Tom had scrawled notes and a rudimentary map on baking paper and had hidden it away in his helmet. He recorded dates and locations, including where his dead companions were buried. That, and a letter Tom wrote to the editor of *The Sydney Morning Herald* newspaper in 1944, constitute the entire first-hand history of the Bulldog Track.

Tom passed his information on to the authorities when he finally reached Port Moresby and a vital supply road was built along the path he had surveyed. The road took eight months to complete and was hailed at the time as one of the greatest feats of military engineering.

The chief engineer, W. J. Reinhold, later wrote: "Every foot of progress made on this road exacted the ultimate in courage, endurance, skill and toil. Its construction took a toll from surveyor, engineer, labourer and native carrier alike."

During one five-month period of construction, more than two-thirds of the

crew contracted malaria and it wasn't until September 1943 that the first vehicles were able to make a clumsy passage along the perilous route.

Tom was also lavish in his praise for the native 'bois' who had guided them along the way, doubtlessly a vital part of their success and survival.

"This book is not a work of fiction," writes Peter Phelps. "It is a tribute to the resilience and strength that saw my grandfather survive, and his family hold together while he was gone. It is a tribute to all those who survived the Bulldog Track." ■



MY PNG BY DANIEL KUMBON

Reminders of the past

Authentic PNG cultural practices can be seen at the Enga Show.

When I was at the Enga Cultural Show in Wabag recently, I was intrigued by a woman covered from head to foot in white clay (pictured). She was also wearing many white necklaces made with ripe seeds – what we

call 'Job's Tears' – harvested from a plant called *waku* that grows wild.

In our culture, this is how women have traditionally expressed deep sorrow when they have lost a loved one.

The mourning woman brought back vivid memories of my own mother daubed in white clay when my baby brother, Nuamb, died nearly 60 years ago.

My mother had turned into what I thought was a white ghost. "Don't be afraid, my son, it is only me, your mum," she told me reassuringly.

Friends and relatives brought firewood, food and Job's Tears for my mother to wear. As the days of mourning went by, my mother kept applying mud on her body and continued to wear the necklaces.

She must have wept for me because I was too young to understand that I had lost a brother



with whom I could have formed a pair in adult life. Two close men to support each other and to defend clan territory.

I recalled all this as I watched the woman at the show.

Nowadays, it is more common to see mourning women dressed in a black blouse and matching skirt.

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Four women with the woman in mourning had just completed some Job's Tears necklaces, and they had two gourds filled with fresh drinking water, cooked sweet potatoes, wooden digging sticks and other reminders of the past.

These days, people still contribute something traditional at a *hauskrai* (place of mourning) but lots of cash and cartons of Coke are also involved.

Even so, it was encouraging to see people at the show still embracing and keeping alive aspects of traditional culture.

I also saw a woman at the show making a traditional umbrella using young leaves harvested from a pandanus nut tree, another assembling grass skirts, while a third was making string from bush vines to make a *bilum*.

At another part of the showgrounds, two men chopped a log using stone axes, demonstrating the effectiveness of the stone. Other men built

“
The mourning woman
brought back vivid
memories of my own
mother daubed in
white clay.
”

model homes, erected fences and made stone axes and human hair wigs.

A popular attraction in this area is the Yokonda ancestral salt ponds near Sirunki, 2000 metres above sea level.

Visitors go there by the busload to see the ingenious traditional salt extraction methods and to sprinkle the rare salt on food cooked for them in a *mumu*.

When I was a child, my father twice travelled along bush tracks all the way from Kandep to Yokonda to bring back a couple of round parcels of salt wrapped in pandanus leaves.

He went with other men from my tribe, taking with them trade items like pigs, kina shells and tree oil.

To re-establish this ancient trade link, a cultural group from Enga went to Lake Kutubu in 2018 to take part in the Kutubu Kundu and Digaso Festival.

The Enga Show reminded me that authentic cultural practices are still alive, but we must be careful that they are not forgotten. ■

'My PNG' is a column in which Papua New Guineans write about where they live, or about a part of the country they know and love. If you wish to contribute, email paradise@businessadvantageinternational.com.

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Life on the high seas

Kevin McQuillan meets a globetrotting cruise line officer, Papua New Guinean Christina Aule.

Christina Aule ... her one-year plan to work on a cruise ship has turned into six years.



Cruise line officer Christina Aule is on board a ship on its way to Jamaica as she tells *Paradise* about her childhood growing up on the 28-hectare Samarai Island in Milne Bay Province.

Near Alotau, the island is tiny, beautiful and peaceful, she says.

“As a child growing up, I would sit and gaze out to sea when the old-time cruise ships would sail in, the *Fairstar* and *Crown Monarch* for example,” she says.

“My mother had a traditional thatched canteen made out of sago walls and a tinned iron roof. Whenever cruise ships sailed in, she would sell out her fresh pawpaw or the famous local *tala’utu* (a mix of pineapple and coconut), while Jimmy Buffet or local Milne Bay music played in the background.”

By the age of 16, Aule was working part-time on dive boats for pocket money and was introduced to the hospitality business through the locally owned Masurina Lodge.

“It was great as you could own shares with the company then. I sold my shares to pay for a few distance learning courses, including an international Diploma for Tourism and Travel Agency Management.”

Aule then won an AusAid-funded scholarship for a six-month course in tourism operations in Vanuatu. She moved back to Milne Bay briefly before winning a European Union scholarship to study tourism and hotel management in Austria. She learnt German at the University of Salzburg, but ended up leaving Austria for the US.

“European winters weren’t for me,” she says. She planned to return home but then the urge to travel and discover the world set in. She ended up working as an intern for a year at a casino in Mississippi. “I lived 30 minutes away from Graceland in Memphis, the home of Elvis Presley.”

Towards the end of her casino contract, she saw a Canadian recruitment agency advertisement for shipboard positions for purser/guest relations jobs and applied.

“Next thing I knew, I was planning a flight to Chicago to have an interview. I got offered the job right away. There were 27 Americans at the interview and I was the only Papua New Guinean.”

Her one-year plan is now in its sixth year. She’s part of the management team on board the *Carnival Glory*, holding a supervisory level and leading a team of up to 12.

Her onboard status is that of an officer and a key role is that of evacuation officer, which means in an emergency she would be in ➤



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Life on the high seas

“
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The destinations are beautiful. It's a privilege to travel while working onboard – no rent, no traffic jams.

charge and responsible for about 400–500 guests and crew.

“We do a lot of training and regular boat drills,” she says.

Her travels have included England, Germany, Canada, Bermuda, St Kitts, Antigua, Jamaica, Honduras, Belize, Mexico, Hawaii, the Bahamas, Alaska, New Zealand, Australia and South Pacific islands including New Caledonia, Vanuatu, Fiji and French Polynesia.

“The people you meet are from different walks of life. The destinations are beautiful. It's a privilege to travel while working with all expenses paid onboard – no rent, no traffic jams.

“We include fun in everything we do, despite times where it can be challenging especially with bad weather or sudden medical emergencies. I love a challenge and the nautical world gives me that.

“I think each and every port has its own unique setting, but I love Key West in Florida. It reminds me of growing up on Samarai. It's laidback, historic and peaceful. You even see chickens walking around town.”

Aule is the first and – so far – the only Papua New Guinean with Carnival Cruise Lines, which has about 26 ships in its fleet.

“I do sometimes think of working on a cruise ship that takes me home, but let's see where life takes me. I've done some super yacht training as well, hoping to move to luxury super yachts in the near future. They have a small clientele and take you to smaller untouched destinations.”

Aule goes home every six months for a holiday.

“I do miss land life sometimes, family, my culture and people, plus local PNG food. I do hope that after all these experiences gained, I can settle back on land, maybe back in my hometown and develop something as a local entrepreneur focusing on tourism.” ■

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PHOENIX ROOM, RABAU HOTEL PNG REVIEW

There must be 100 dishes on the Asian-heavy menu at this character-filled restaurant at Rabaul Hotel. Most of the dishes are classics (such as beef with black bean sauce), but there's also an international menu, a vegetarian menu, and a pizza menu. Ordinarily, you'd think there's too much going on to allow the kitchen to do anything well, but the Phoenix Room has bucked the trend and is turning out some very good food judging by the dishes we have tasted over three visits.

The restaurant's most popular dish is combination chow mein, but also choose from the likes of crispy skin chicken, prawns with coconut curry sauce, or a chilli Tavurvur burger (Tavurvur is the name of the nearby volcano). Our favourite is the stuffed eggplant with prawns (also available with pork).

The Phoenix waitresses are friendly and they go about their business efficiently.

Be sure to have a chat to the livewire owner Miss Susie (Susie McGrade, pictured right) if she's in the house. She was born in Rabaul and has fascinating stories about the town, which has survived war and volcanoes.

In fact, the Phoenix Room is so named because it rose from the ashes after Rabaul's volcanic eruptions in 1994.

The Phoenix Room is decorated with collectibles from Papua New Guinea, China, Taiwan and Hong Kong, giving it a museum-like feel.

The most stunning piece is a *tabu* wheel that hangs from the ceiling. It is made up of shell money, which was once the dominant currency in the area.

Shell money was traditionally stored in a *tabu* wheel no larger in diameter than 1.5 metres, however the wheel in the Phoenix Room is a whopping three metres and, according to local knowledge, is the biggest in living memory. It is worth about PGK20,000.

The *tabu* wheel is almost as secure as Fort Knox. To get it inside, Miss Susie had to remove all the windows on the restaurant's poolside. And it's also bolted to the ceiling. ■

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STYLE:
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PRICE:
Soups PGK18–40, mains PGK 35–55, fried rice PGK26–32, steamed rice PGK8–12.

OUR FAVOURITE DISH:
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IN A WORD OR TWO:
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REVIEW:

MAZDA BT-50 HIGH SPEC 3.2

DEPENDABLE WORKHORSE

Mazda's BT-50 may not have the heritage of its dual-cab pickup rivals – especially Toyota's venerable Hilux – but it lacks nothing for dependable DNA.

The workhorse of the Mazda lineup shares its core mechanical components with the Ford Ranger, right down to the engine and chassis.

That means a trusty motor that displaces 3.2 litres, more than most rivals. With five cylinders, the engine is also unusual in its configuration.

While the BT-50 is also available with a less powerful 2.2-litre four-cylinder turbo diesel, it's the 3.2 five-pot that is more enticing.

It responds swiftly to any prod of the throttle, the hearty 470Nm of torque swiftly on offer. While it's happy to rev out and tap into the 147kW power peak, the engine works best in its middle revs, the six-speed auto doing a thoroughly respectable job of choosing the right ratio.

As in the Ford, though, you're constantly aware the engine is working courtesy of its noise. Even when driven gently there's

The current BT-50 was developed in conjunction with the Ford Ranger, the two sharing the same chassis, engine and production line. But that relationship is set to end, with Mazda instead turning to Isuzu as a partner for the next BT-50, a car expected around 2021.

a constant gurgling that, if anything, is a reminder of the age of the engine.

In some ways that gruffness suits the character of what is a tough and capable workhorse. But on long journeys the novelty can wear off.

Underneath is a familiar ladder frame chassis that houses rugged leaf springs in the rear. Whereas some pick-ups can strain over rough surfaces when loaded with gear, the BT-50

does a terrific job of dealing with the pressure. It's the sort of truck that can be heavily laden but still behave respectfully.

Independent front suspension is also up to the rough road challenge and the BT-50 asserts itself as a tough machine. Good ground clearance and a simple but effective four-wheel drive system ensure plenty of capability when driving off-road.

Plus there is a cabin that is basic in its presentation but accommodating. Rear seat space, in particular, is well suited to adults.

For its PGK155,940 ask the BT-50 High Spec is also respectably equipped, with dual-zone ventilation, auto headlights and a reversing camera included in the deal. Some splashes of chrome and stylish 17-inch alloy wheels add class outside.

Despite the mechanical similarities between BT-50 and Ranger, the Ford and Mazda have distinctive designs, Mazda opting for more curves and sweeps.

All of this adds to the appeal of a pick-up with proven bones but a unique character. ■



DETAILS/SPECIFICATIONS – MAZDA BT-50 HIGH SPEC 3.2-LITRE

Price: PGK155,940 drive-away

Engine/drivetrain: 3.2-litre 5-cylinder turbo diesel

Transmission: 6-speed auto four-wheel drive

Power/torque: 147kW/470Nm

Wheels/tyres: 17-inch alloys, 265/65 tyres





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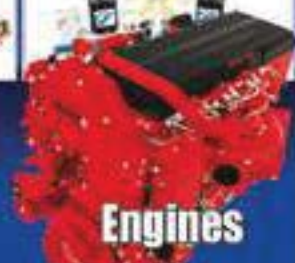
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Engines

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BY BRONWEN GORA

ALLERGY ALERT

Sniffing and sneezing for no apparent reason? It could be an allergic reaction to something in the air around you or the food you recently ate. Despite the notion food allergy is less prevalent in Asia, the most recent comprehensive study on the issue carried out by the Asia Pacific Association of Allergy, Asthma and Clinical Immunology (APAAACI) found its overall prevalence comparable to the West.



Now that allergies are on the rise in Asia Pacific regions, especially as diets and living styles become more Westernised, it pays to be aware of the main culprits and what they can do.

Allergic reactions can be triggered by dozens of things.

In Asia, these are most commonly insect bites or stings, eggs, shellfish, cow milk, nuts, medications – mostly aspirin, penicillin or painkillers frequently prescribed following surgery – as well as mould in buildings.

Shellfish is by far the most common food allergen in Asia. An allergic reaction to shellfish causes symptoms varying from oral irritation to anaphylaxis (an

acute, fast onset allergic reaction ranging from rash to shortness of breath or low blood pressure). In Westernised nations, peanuts are the worst offenders and cause a similar range of symptoms.

Eggs and cow's milk are two common allergy-causing foods for children in Asia and the West.

Prawns are the most problematic shellfish and the main allergen for adults and children across Asia. The main symptoms caused by an

allergic reaction by these tasty morsels are itchy or swollen lips.

Unfortunately, not a whole lot can be done to 'cure' an allergy. A mild allergy can be treated with antihistamines or low-dose corticosteroids. Sometimes allergies can be outgrown, while in other cases they may stay with people for life, resulting in a doctor simply recommending a person avoid the offending source.

Severe allergies may require the need to carry an EpiPen, so the sufferer can self-administer a



dose of a preventative substance should they mistakenly ingest an allergen, and give themselves time to reach a hospital for more serious treatment, if required.

Want the good news? The Papua New Guinea diet is full of healthy natural foods that protect the immune system from developing allergies.

Sweet potatoes, one of PNG's favourite and most popular vegetables, are at the top of anti-allergy food lists. Full of vitamin C and specific root proteins that have anti-oxidant properties, sweet potatoes are so unlikely to cause allergic reactions that they are often recommended for babies.

Tropical fruits – especially guavas, bananas, papayas, grapefruit, and avocado – are all high in magnesium. Among the many good things magnesium does for the body is that it acts as a bronchodilator and antihistamine, thus making it an enormously effective allergy fighter.



Garlic has properties that inhibit inflammatory enzymes, while dandelions are jam-packed with dozens of allergy-fighting nutrients. Popular in PNG, dandelions are mostly found in the form of herbal tea. The leaves can also be eaten in salads and are even found in a PNG-produced line of gourmet chocolate.

Apples are a fabulous anti-allergy food for their high content of quercetin, a flavonoid proven to protect against allergic reactions by stabilising histamine-producing cells.



WELLNESS CENTRAL



Asia Pacific is officially the most popular destination for people seeking healthy holidays, bookings increasing about 15 per cent annually. This means we'll see more enticing places popping up, along the lines of new wellness havens The Palm House in Vanuatu, Gaiatree Sanctuary in Fiji and Elite Havens' Balinese villas, which come with the option of your own personal trainer or yoga teacher.

The Palm House in Vanuatu is only 45 minutes from Port Vila, comprises a main house and four villas overlooking the ocean, all set alongside



a 3800-hectare organic farm teeming with healthy produce from coconut oil to prawns used by the resident chef.

thepalmhousevanuatu.com

The Gaiatree, located on Fiji's garden island Taveuni, offers guests a choice of super healthy curated foodie experiences, from tours of the organic hilltop garden abundant with fruit trees, herbs and super foods, to myriad ways of enjoying the gourmet vegetarian produce.

gaiatreesanctuary.com



Elite Havens has over 250 villas across Asia, including Bali and Lombok in Indonesia, Koh Samui and Phuket in Thailand, and in Japan, that come with the benefit of being able to dial up an exercise instructor. Like swimming? Noku Beach House in Seminyak has a 27-metre pool on the property, one of Bali's largest within a private setting.

elitehavens.com

RUNAWAY SUCCESS

Asia is the world leader in road running races with a whopping 170 per cent increase in participation in the past five years – and running a marathon (42 kilometres) is seen as the ultimate goal.

Researchers Jakob Anderson, founder of website RunRepeat.com, and members of the International Association of Athletics Federations attribute the soaring popularity of running races in Asia to the fact the market is relatively young. For amateur runners, the more accessible running races in Asia this year include Singapore's Safari Zoo Run which offers two, four and 12-kilometre courses from Singapore Zoo, and the Burung Hantu Night Run in Kuala Lumpur in September, which has three, six and 10-kilometre courses. The more ambitious (read fitter) can aim for the Bali Marathon, also in September, the Tokyo Marathon in March and the famous Beijing International Marathon in November.

FITNESS ON THE GO



Among the latest travel products are the high-tech Tangram Jump Rope and the AirPods Pro ear buds. The futuristic skipping rope is fitted with 23 LEDs connected to magnetic sensors that allow you to see your fitness data in mid-air as you jump. It can also be paired with your iPhone and other devices.

The sweat and splash-resistant wireless AirPods Pro are the latest of their type. They use two microphones to cancel out unwanted noise yet come with a 'transparency mode' for listening to your surroundings. Skip away while listening to the latest news or voice mails from your boss while working up sweat. ■

apple.com



Sunglasses with headphones

Sunglasses with inbuilt headphones? Only Bose could get this right. Bose's stylish Frames have tiny open-ear speakers built into each arm, that are loud enough to make you feel like you're wearing earbuds, but are positioned so that those around you can't hear your music, podcasts or calls. Available in two styles (the Alto pictured here) with a variety of replaceable tinted lenses. About PGK698; bose.com.



Reusable razor

We're all feeling that push to make our travels more sustainable. Taking less plastic along for the journey is a start, making a Leaf Shave metal razor a good investment. You replace the double-edged blades, rather than tossing an entire plastic razor away. Considering one unit could last for decades, it's much more cost-effective, too. From about PGK184 for the razor and a pack of 20 blades; leafshave.com.



Sustainable sneakers

With a sole made from wild rubber sourced from the Amazon, and organic cotton lining and insoles, these V-10 sneakers from French brand Veja are as stylish as they are eco-friendly. Veja has a whole range of running and hiking shoes, but it's hard to go past these classic white sneakers, with that little French pop of red and navy, for taking you from the boardroom to the dining room. About PGK473; veja-store.com/en..



Skin care

When you're spending a lot of time in the air and out in the elements, your skin starts needing some extra TLC. Skin Food – a product the natural and organic German brand Weleda has been producing for over 90 years – is intensely rich, created especially for dry skin using a blend of plant oils, lanolin, beeswax and calming extracts of chamomile and calendula. About PGK58 for 75ml; weleda.com.



Smart pen

Use the Moleskine Pen+ Ellipse like a regular pen, jotting down notes, graphs and drawings during meetings or flights, and Moleskine's Notes app will instantly transfer them to your laptop, tablet or phone. The Pen+ Ellipse also works when you're offline, storing your scribbles until you reconnect. Comes with a USB charging cable, one ink refill and a starter journal. About PGK609; moleskine.com.



Duffel bag

Whether you're heading into the harsh conditions this duffel was designed for, or are just looking for tough luggage that will last, Patagonia's Black Hole is a good choice. Made from recycled polyester ripstop material that's highly durable and water repellent, it has two mesh pockets inside and straps to compress your luggage, and external daisy chains so you can lash additional gear to it. The best feature? The removable shoulder straps, so you can carry it as a backpack, over one shoulder, or by hand using the reinforced handles. About PGK466; patagonia.com.



Denim jacket

A good denim jacket should be in every frequent flyer's wardrobe – perfect for cosying up in style on the plane, or for pairing with almost any outfit for a sharp, yet relaxed look. The classic Jerry jacket from Australian company Nudie Jeans is made from organic cotton, and has a worn-in look that gives it a slightly vintage feel. About PGK650; nudiejeans.com.



Streaming device

If the thought of missing the latest episode of your favourite TV show makes your blood run cold, consider bringing the Chromecast Ultra along on your next trip. Just connect your phone to the hotel's Wi-Fi, plug the small black device into the HDMI port of any television, and you can quickly and smoothly stream 4K video content from sites like Netflix, Hulu and YouTube. From about PGK337; store.google.com.

Compact camera

Slim, lightweight and pocket-sized: Canon's PowerShot G7 X Mark III offers the triple threat we're all after in a travel camera. Extra points for its ability to shoot top-quality 4K, full HD movies that can be streamed live onto YouTube, and for its great zoom function. An impressive continuous shooting mode that captures 20 frames a second also means you'll get excellent quality travel snaps, every time, that can be uploaded immediately to your smartphone. Choose black or silver, for about PGK2819; canon.com.



High-performance finder

Worried about losing your hotel keys or bag while you're on the road? The Tile Pro might help ease your mind. Attach it to your keyring or bag, or slip it into your wallet or laptop case, then you can track the missing item using Bluetooth, either by chasing it on a map or listening for the Tile's sound (provided the item is within its 120-metre range). Choose black or white, for about PGK119; thetileapp.com.



Little Women

Cast: Saoirse Ronan, Laura Dern, Emma Watson

Another new adaptation of the famous Louisa May Alcott novel *Little Women* is not necessary – there have already been a dozen versions including classics starring names like Katharine Hepburn in 1933, Elizabeth Taylor in 1949, and Winona Ryder in 1994.

However, thanks to the contemporary guiding hand of director Greta Gerwig and a big-name cast, this new addition can easily sit alongside those earlier classics.

Much like she did with her Oscar-nominated *Lady Bird*, Gerwig has brought a much-needed youthfulness to the story of these women coming of age in the aftermath of the civil war. Older audiences will no doubt relish the ever-wonderful dialogue and performances by acting legends Laura Dern, Meryl Streep and *Better Cauld Saul's* Bob Odenkirk. Younger audiences will go weak over a who's who of under 30 superstars including Saoirse Ronan, Emma Watson, as well as *Call Me By Your Name's* Timothee Chalamet and breakout star of *Midsommar*, Florence Pugh.



Bombshell

Cast: Charlize Theron, Nicole Kidman, Margot Robbie

Fox News is a conservative news outlet in the US that was rocked by sexual misconduct allegations against its leader and the toxic and sexist atmosphere that he presided over. Charlize Theron stars as real-life journalist Megyn Kelly, her face altered with subtle prosthetics that create an eerily uncanny likeness to the real woman she is portraying.

Her character teams up with Nicole Kidman's Gretchen Carlson, also a real figure, and Margot Robbie's Kayla, an invention of a character who represents many other women in the

Fox News offices who found themselves in difficult situations with their boss (played by John Lithgow in heavy make-up).

More or less ignoring the day-to-day politics of its subjects, *Bombshell* is the story of a high profile #metoo story that audiences outside of the US may have missed. Directed by

Jay Roach who made the popular HBO dramas *Recount* and *Game Change*, *Bombshell* is another powerful indictment of America.

1917

Cast: George MacKay, Benedict Cumberbatch, Richard Madden

Audiences may be forgiven for thinking the story of *1917* sounds familiar. After all, it is similar to that of the extraordinary Australian World War 1 movie *Gallipoli* with Mel Gibson.

Deep in the French enemy territory during World War 1, private Schofield and private Blake from the British Army are tasked with delivering a message to 1600 soldiers who are about to walk directly into a deadly trap. The gimmick here is that the movie looks as if it has been filmed in one take.

Director Sam Mendes (*American Beauty* and *Skyfall*) and 14-time Oscar-nominated cinematographer Roger Deakins have choreographed a stunning achievement of cinema, highlighting the barbaric nature of war and the toll it took on a generation.

With a cast made up of popular actors and newcomers, *1917* is a movie that, like Christopher Nolan's *Dunkirk*, demands to be experienced on a big screen.



Dark Waters

Cast: Mark Ruffalo, Anne Hathaway, Tim Robbins

Director Todd Haynes made a name for himself making flamboyant musicals and classic melodramas like *Far from Heaven* and *Carol*. What he is less known for are serious social issue movies like *Dark Waters*.

Mark Ruffalo, stars as morally questionable corporate defence attorney Robert Bilott who gets roped into helping the residents of his parents' small home town fight for compensation from a chemical company that has poisoned the townspeople.

In doing so he comes up against his own law firm as the truth unfolds and the company's lengthy history of pollution comes to light.

Based on a true story from the 1990s, *Dark Waters* is like a grittier version of *Erin Brockovich*, with Ruffalo setting out to get the everyday folks what they deserve. ■

Port Moresby's Paradise Cinema screens many of our previewed movies. For screening dates and session times, see paradisecinemaspng.com.





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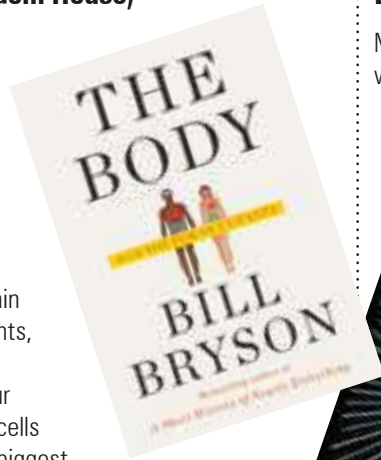


The Body**By Bill Bryson (Penguin Random House)**

This best-selling author made his name in travel writing and his keen observations and singular humour take us on another journey – this time as he guides us through the human body, how it functions, its remarkable ability to heal itself, and the ways it can fail.

While Bryson's trademark wit again reveals itself at unexpected moments, his latest work is also stacked with extraordinary details, including: your body has made a million red blood cells since you started reading this; the biggest component in any human, filling 61 per cent of available space, is oxygen; the amount of electricity going on within your cells is a thousand times greater than within your house.

Bryson's memorable anecdotes and generous doses of wonder may lead you to a deeper understanding of the miracle that is your life.

**Cold Fear****By Mads Peder Nordbo, translated by Charlotte Barslund (Text Publishing)**

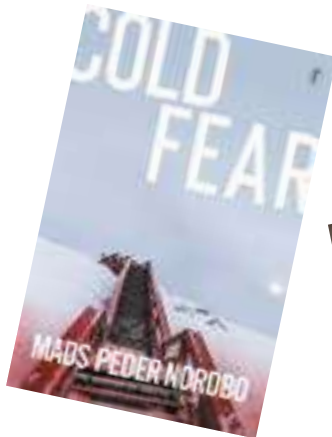
This Danish author, who once lived in Greenland and worked at the town hall in the capital, Nuuk, has been described as the master of Arctic crime.

In this thriller, journalist Matthew Cave investigates the disappearance of his half-sister Arnaq. A trail of blood is the only initial clue but Cave realises both he and Arnaq may be pawns in a game of life and death.

Their father, as a young US soldier stationed in Greenland, took part in a secret experiment, was accused of murder, forced into hiding, and disappeared.

Desperate to discover if there is a link between the two disappearances, Cave is joined by Tupaarnaq, a young Inuit woman, who returns to Nuuk to help her only friend – and to settle a few scores of her own.

As things begin to unravel, Cave begins to wonder if the father he has been searching for his entire life might actually be a murderer. And is Tupaarnaq really who he thinks she is?

**The End of the Ocean****By Maja Lunde (Simon & Schuster)**

Maja Lunde is one of Norway's most successful authors. She has written 10 children's and young adult novels and her first novel for adults, *The History of Bees*, a story about climate change and worldwide water shortage, was an international best seller.

The End of the Ocean is about climate, people and nature, too.

In 2041, a man (David) and his young daughter (Lou) flee a war-torn Southern Europe plagued by drought. While searching for the rest of their family they find an abandoned sailboat in a parched French garden, miles from the nearest shore.

In 2019, 70-year-old activist, Signe, had set out on a voyage with one of the world's most precious resources as her cargo. As David and Lou discover personal effects from Signe's travels their journey of survival and hope weaves together with Signe's.

By turns heartbreaking and inspiring, this is a story that blends the considerable powers of nature and human spirit.

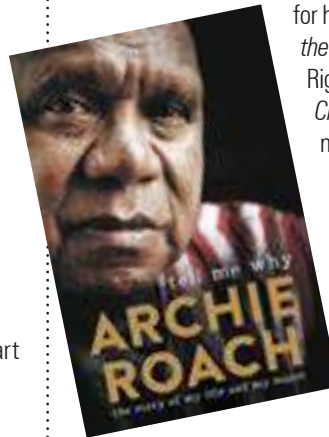
**Tell Me Why****By Archie Roach (Simon & Schuster)**

Indigenous Australian Archie Roach is renowned for his music and song. His acclaimed song, *Took the Children Away*, won an International Human Rights Achievement Award and his first album, *Charcoal Lane*, featured in US *Rolling Stone* magazine's top 50 in 1992.

His memoir has been much anticipated. Roach's story is an extraordinary odyssey through love and heartbreak, family and community, survival and renewal. His journey is inextricably linked to the healing power of music and within the pages of his book he gives voice to joy and pain, and the hope he found on his fractured path to becoming a

legendary singer-songwriter and storyteller.

Tell Me Why may be an account of a celebrated Australian, but it is also a story of incredible strength, for it took Roach almost a lifetime to find out who he really is. ■





FROM RICH COAST TO CHOICE CUISINE: WE'RE GIVING PAPUA NEW GUINEA'S TUNA BOUNTIES A FIRST CLASS JOURNEY.

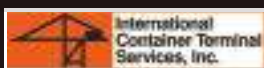
South Pacific International Container Terminal supports Papua New Guinea's flourishing tuna fishing and production—helping ensure the top-ranking skipjack, bigeye, yellowfin, and albacore tunas enjoy a first-class journey: from ocean catch to the strict standards of the world's most discerning chefs.



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THE INNOVATORS

Two of the most innovative projects in PNG have been recognised at the inaugural Innovation PNG Awards.

The inaugural Innovation PNG Awards were presented late last year at the Innovation PNG conference at the Stanley Hotel in Port Moresby.

The conference and awards were an initiative of the Port Moresby Chamber of Commerce and Industry and Business Advantage International (publisher of this magazine).

The awards were created to celebrate and encourage innovation in PNG business, government and organisations.

There were 33 entries from 29 organisations covering industries as diverse as agribusiness, manufacturing, telecommunications, tourism, education, technology, mining, infrastructure, engineering and financial services.

After much discussion and deliberation, the judging panel, chaired by Peter Williams, a thought leader and practitioner of innovation at the Deloitte Centre for The Edge, decided on SP Brewery's cassava project as the winner in the large organisation category (over 10 employees) and Sustainable Alluvial Mining Services as the winner in the small organisation category (less than 10 employees).

SP Brewery's project includes the production of cassava for its new alcoholic beverage, Pawa Punch, which is being manufactured at its cassava factory at Erap in the Markham Valley.

The judges noted that the cassava project has a massive scope and innovates both in agribusiness and product development.

"This imaginative and complex program is the first cassava project in the country and



Making his point ... thought leader and judge at the innovation awards, Peter Williams (above); Immaculate Javia accepted the award on behalf of Sustainable Alluvial Mining Services (above right); Nancy Gah accepted the award for SP Brewery from the Governor of Port Moresby, Powes Parkop.

has the potential to encourage others to replace imports with locally grown produce, delivering a positive economic impact," the judges said.

Sustainable Alluvial Mining Services won for its support program for alluvial miners.

It is a non-profit organisation established to assist artisanal small-scale miners in conducting their activities responsibly,

to help government organisations with technical advice to understand the sector to develop policies applicable to the industry, and to ensure the sector can be a driver for sustainable rural development.

The judges noted "the project shows potential to help advance a sector unique to PNG that hasn't received the attention and resources it deserves".





They included:

TIPA Innovations from the Trobriand Islands, for its Smart Bricks, which are made from cheap, locally-available materials.

Siale Travel and Tours, for its reservations and ticketing system for small travel agents.

Rural Tech Development, for its Internet of Things ecosystem in Port Moresby and robotics program.

D'jest Investment Ltd trading as Tumbuna TV, for its mobile TV app.

In addition, the judges said the following projects merited special commendation:

Outspan PNG, for its deployment of a tech-driven system to collect and analyse information on PNG's smallholder farmers.

ICTSI South Pacific Ltd, for its digital transformation project, which has the potential to greatly improve terminal operations in PNG.

Huon Birding, for its innovative birdwatching camp on the Huon Peninsula in Morobe Province, which collapses into a shipping container when not in use.

The innovation conference was opened by the Prime Minister, James Marape, and featured a variety of talks, discussions and activities aimed at inspiring, informing and entertaining attendees.

Keynote presentations from international experts included Williams, Hewlett Packard's Megatrends ambassador Paul Burman, and PwC's Telecom, Media and Technology sector leader, Mohammad Chowdhury.

There were practical workshops for organisations on skills and insights needed for innovation, on low and no-cost tools to make organisations more productive, and how to handle cyber security in the digital era.

There was also an expo featuring some of PNG's most innovative companies. They included products and services such as software, apps, drones, robots, ecommerce, eGovernment and digital banking. ■

Next page, the conference in photos.

The stories in our 'Strictly Business' section were first published in PNG's online business magazine, businessadvantagepng.com, and are re-published by arrangement with Business Advantage International.



If properly encouraged, they said, the project has the potential to help in the development of small-to-medium enterprises across the country.

Williams said the judges were "blown away" by the entries, which covered all kinds of innovation, from the development of new products, services and software, to ingenious marketing ideas and the adaptation of offshore solutions to PNG conditions.

The judges said that several entries showed sufficient promise and potential to be considered 'ones to watch'.



The innovators, in pictures



PICTURES: ROCKY ROE



Conference day ... (clockwise from top) Paul Burman from Hewlett Packard; delegates seated in the main conference room; a workshop in progress; head judge Paul Williams with co-hosts of the conference from the Port Moresby Chamber of Commerce and Business Advantage International; PwC's Mohammad Chowdhury; a panel discussion; Air Niugini's stand at the expo; the Prime Minister, James Marape, visits the expo.





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SUPPLY CHAIN SOLUTIONS ■ TRANSPORT LOGISTICS



EastWest Transport (EWT) is one of Papua New Guinea's largest multifaceted transport and logistics companies. Based in Port Moresby, with a significant presence in Lae, Wewak, Madang, Rabaul, Kavieng, Kimbe and Alotau. EWT operates across a wide spectrum of transport-related activities including bulk fuel, containerised freight, break bulk cargo and offers depot services such as equipment hire, warehousing and yard storage. EWT also offers a licensed customs cargo clearance service in Lae and Port Moresby. The company makes use of its close relationships with sister companies in shipping and stevedoring and offers specialised project solutions for the mining, oil and gas sectors.



AREAS OF OPERATION



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VANILLA AND SPICE

Prospects are looking up for two of PNG's agricultural sectors. *Gabriella Munoz and Kevin McQuillan report.*

Papua New Guinea company Native Vanilla, under the watchful eye of chief executive officer and founder Dan Edmiston, has had exponential growth recently because of world demand for top-quality vanilla.

Edmiston's family moved to East Sepik Province in 1983. As a child, he paddled in his dugout canoe, swam in the Karawari River, ate *sak-sak* and spent time with his friends while his father, an anthropologist and linguist, conducted research. But when the project his father was working on ended, they moved back to the US.

In 2014, however, Edmiston went back to PNG and met with his childhood friends, who were growing vanilla. They knew they weren't receiving competitive or fair prices, and asked Edmiston for help.

"I couldn't wait to get started and founded Native Vanilla," he says.

The company works with East Sepik villages to establish cooperatives run by local farmers. The cooperative, says Edmiston, enables Native Vanilla to provide training and resources to the farmers.

Edmiston and his team do roadshows and speak with farmers to understand their needs, and together try to find solutions.

Native Vanilla supports about 2000 farmers in East Sepik and has expanded to Western Province, where 100 vanilla growers were paid recently for the first time.



“

We believe that vanilla can continue to support farmers for a long time to come.

”

"Agriculture is their livelihood, and vanilla supports their families, schooling and medical needs. They want to make sure they are getting a fair price and want to know what they can do to achieve that," he says.

Through Native Vanilla, PNG farmers involved in the project are getting training to achieve higher and more consistent quality. Edmiston believes that the company can help to improve the quality of vanilla and grow the demand for PNG vanilla.

Native Vanilla, which is exporting around eight to nine tonnes of vanilla a year, is up against big global exporters that have backing from their governments. Despite the challenge, the company has grown about 40 per cent in one year and

is currently exporting Papuan vanilla to the US, Canada, the United Kingdom, Australia, Spain, Italy and South Africa.

"We exclusively sell PNG vanilla and have created our own PNG branded beans that we export. There is more demand than supply, so we believe that vanilla can continue to support farmers for a long time to come."

Meanwhile, Paradise Spices is back in the hands of GTM Distributors' general manager Max Puritau, who is planning more products, staff and investment.

Puritau sold Paradise Spices in 2013 to Paradise Foods, and joined Rhicornese Holdings, a group of companies delivering services to rural and remote PNG. In October, Rhicornese acquired Paradise Spices for PGK180,000. The company now operates under a new brand called Besti.

While general manager of Rhicornese's subsidiary company GTM Distributors, Puritau has dealt in spices and vanilla products, coffee, cocoa and water. Turnover is PGK5 million per annum.

"Our plans (for Paradise Spices) for next year will see more investment in machinery to improve the current supply chain." Puritau says the company will also be working on marketing and there will be new products on the shelves. ■



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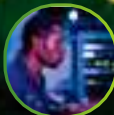
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BUSINESS Q&A ED WEGGEMANS

There's been a change at the top at PNG's largest brewery. *Paradise* catches up with the new managing director of Heineken-owned SP Brewery.

Q: You've had a lot of experience with Heineken (SP Brewery's owner) in developing markets. What attracted you to this role?

A: It was presented to me as the next logical step in my career development. Before coming to Papua New Guinea, I was in Suriname in South America for three and a half years. Before that, I was in Nigeria for three years, in Dubai for three years, and in Taiwan also for three years – with various other jobs working from Amsterdam in between some of these expat postings.

Heineken has four global regions: Europe, Africa/Middle East, North and South America and the Asia-Pacific with regional headquarters in Singapore. I'm one of the few people in the company who has worked in every Heineken region.

Q: Heineken is a massive company. Where does PNG fit in the overall organisation and how important is it to the regional group?

A: Heineken is the number two brewery in the world. It has mega operations in big markets like Nigeria, the UK, France, Spain and Brazil, among others. At the same time, it operates very successfully in smaller countries, with smaller operations. SP Brewery would be in that second group, even though – with two breweries – it is not a small operation within the region. Business-wise, we've been delivering the numbers in the past years and the region is depending on our good performance.

Q: What is distinctive about the PNG market?

A: Everybody's so convinced about the SP brand that other brands find it difficult. When I meet Australians and they taste SP Lager, they stick with it because of its recipe and taste; it is in that sweet spot of having full taste and not being too bitter.

Q: What does SP do to ensure the brand is positioned correctly with the public and gives back to the community?

A: We have a marketing code, which basically states we promote responsible consumption. It also states that we do not engage in activities that may suggest the opposite: we don't get involved in drinking games, we don't sponsor any irresponsible combination of alcohol and events, and we don't target people under the legal drinking age. We don't communicate to children. When people reach the legal drinking age, then they will find the brands that fit with them and their tastes.

We have also committed to another three-year contract with the SP Hunters. This has been a very successful partnership and we see no reason to reconsider it. In terms of equity and brand positioning, the partnership fits with the two brands. SP Hunters is about national pride – it's the team of the nation, as SP Lager is the beer of the nation.

Q: Will there be any new offerings in PNG over the coming years?

A: We have launched recently an innovative product, a cassava-based drink called Pawa Punch. It's made from locally grown cassava and doesn't have hops, but it is fermented, so it has alcohol. It's a unique PNG recipe. It is a lower-priced product, so it's more accessible. Sales have been beyond expectations for the first year, which means that we have a big challenge not to go out of stock. ■

Ed Weggemans ... the new SP Brewery boss says the company has committed to sponsoring the SP Hunters rugby league team for another three years.





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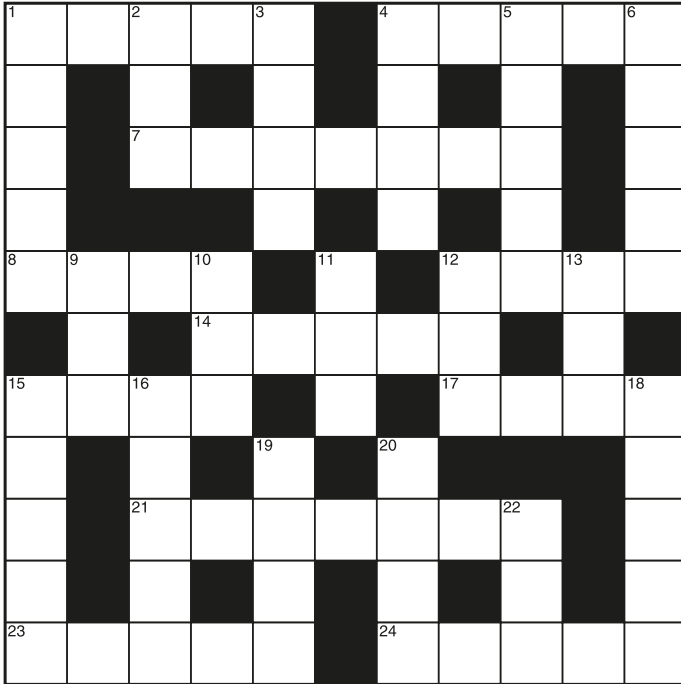
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DoubleTake

Tackle either set of these clues – you can even mix and match them, because the solutions are the same for both sets.



CRYPTIC CLUES

ACROSS

1. Gather together a large quantity (5)
4. Be quiet at the back of boat, Ray! (5)
7. Get a cot made for rural home (7)
8. Head of state has twisted dress ribbon (4)
12. Some fearsome listeners (4)
14. Haunts headless relatives (5)
15. Experiment with a cricket series (4)
17. Opening of play? It's the coal mines (4)
21. Plaque Kate said would appease (7)
23. Relative magnitude of climb (5)
24. Refrain from killing time, or ribs (5)

DOWN

1. Range used by Lapland escapees (5)
2. Curved line in Africa, oddly enough (3)
3. Tess arranges hair (4)
4. Stretch across Hispanic centre (4)
5. Stadium in Kildare, naturally (5)
6. Works hard on oil in back street (5)

9. Fear of seedless seaweed (3)
10. When it's old, it's definitely passe (3)
11. Finish in sudden death (3)
12. Thespians have psychic ability (1,1,1)
13. Rough and tumble beginnings for deserter (3)
15. Names conditions (5)
16. See pier mentioned in old photo shade (5)
18. Lisa breaks part of sword (5)
19. Change of pace for a sleeveless cloak (4)
20. Always Al left directions (4)
22. Period of time, in general (3)

STRAIGHT CLUES

ACROSS

1. Accumulate (5)
4. Part of golf club (5)
7. Low-fat food, ... cheese (7)
8. Silk band (4)
12. Heads of wheat (4)
14. Uncles & ... (5)

Wordsearch

Find all the words listed hidden in the grid of letters. They can be found in straight lines up, down, forwards, backwards or even diagonally.



15. Exam (4)
17. Racetrack service area (4)
21. Assuage (7)
23. Clean (fish) (5)
24. Surplus (5)

DOWN

1. Peruvian mountains (5)
2. Paris landmark, ... de Triomphe (3)
3. Movie filming areas (4)
4. Clean, spick & ... (4)
5. Amphitheatre centre (5)
6. Labours (5)
9. Wonderment (3)
10. Trilby or bowler (3)
11. Become, ... up (3)
12. Sixth sense (1,1,1)
13. Rodent (3)
15. School year parts (5)
16. Cuttlefish pigment (5)
18. Cavalry weapon (5)
19. Headland (4)
20. Methods (4)
22. Historical age (3)

Theme: FISH FACE

- ANGELFISH
- AQUARIUM
- AXOLOTL
- CHARCOAL
- FILTER
- GLASS
- GRAVEL
- GUPPIES
- HEATER
- LIGHT
- NEONS
- PICTURE
- PLANTS
- ROCKS
- STAND
- TADPOLE
- WATER



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. The hooded pitohui is a poisonous bird that is native to Papua New Guinea, true or false?
2. Does it snow in PNG?
3. Who is Port Moresby named after?
4. Where are you if you are driving along Bumbu Road?
5. Which PNG politician has a middle name of 'Quiz'?
6. What is the national bird of Australia?
7. In which city are you if you are in Yu Gardens?
8. In which year was Kuala Lumpur first recognised as a city: 1931, 1950, 1972?
9. Obed Moses Tallis is the president of which Pacific country?

10. Where was General Douglas MacArthur leaving in World War 2 when he uttered his now famous words, "I shall return"?
11. Which country is building the Green Great Wall?
12. In which country can you see a sika deer?
13. Which country does manuka honey come from?
14. Hong Kong has more Ferrari cars per person than any other city in the world, true or false?
15. Which tribe is pictured and why do they dress this way?



Sudoku

Fill the grid so that every column, every row and every 3x3 box contains the numbers 1 to 9.

Rating: ★ ★ ☆ ☆ ☆

					6	5		1
	7				2			3
			9	1	3		4	7
4				3		7		8
	3			8			6	
8		5		9				4
7	2		4	6	9			
9			3				7	
6		8	1					



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	W		A	U	N	T	S		A	
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S	C	A	L	E		S	P	A	R	E

WORDSEARCH

V	S	D	M	A	K	L	T	O	L	O	X	A
A	Q	U	A	R	I	U	M	D	A	W	E	Q
L	S	A	D	A	F	S	T	N	A	L	P	B
I	F	D	A	S	N	E	W	E	D	S	Q	W
G	L	A	S	S	R	G	A	G	T	P	H	U
H	Q	R	G	U	C	N	E	A	F	E	H	R
T	S	O	T	R	H	E	N	L	A	G	E	H
A	E	C	S	R	A	D	L	T	F	T	C	W
E	I	K	Q	E	R	V	E	Q	A	I	P	L
P	P	S	A	T	C	R	E	W	P	O	S	K
I	P	F	D	L	O	U	R	L	K	D	B	H
V	U	R	E	I	A	P	L	Y	N	I	A	W
A	G	G	F	F	L	R	N	E	O	N	S	T

SUDOKU

3	9	2	7	4	6	5	8	1
1	7	4	8	5	2	6	9	3
5	8	6	9	1	3	2	4	7
4	6	9	2	3	1	7	5	8
2	3	7	5	8	4	1	6	9
8	1	5	6	9	7	3	2	4
7	2	3	4	6	9	8	1	5
9	5	1	3	2	8	4	7	6
6	4	8	1	7	5	9	3	2

The Paradise Quiz

1. True.
2. Yes.
3. Captain John Moresby.
4. Lae.
5. Manasseh Quiz Makiba.
6. Emu.
7. Shanghai, China.
8. 1972.
9. The president of Vanuatu.
10. The Philippine islands, which were being overtaken by Japanese forces in 1942. MacArthur returned in 1944 to liberate the islands.
11. China. The wall will stretch 4800 kilometres across the north of China and will have 88 billion trees to form a barrier to the Gobi Desert.
12. Japan.
13. New Zealand.
14. False, it has more Rolls Royce vehicles per person than any other city in the world.
15. Asaro Mudmen; to scare away enemies.



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PAPUA NEW GUINEA VISITOR GUIDE

Out and about

A quick guide to Papua New Guinea, from catching a taxi to making a phone call.



PICTURE: RICHARD SILAKAU

Port Moresby from the air ...
the capital city has a population
of almost 365,000 people.

CLIMATE

With the exception of the Highlands, Papua New Guinea has a warm tropical climate. The wet season in Port Moresby is from December to April.

COMMUNICATIONS

Internet: Web access in Port Moresby has improved immensely in recent years. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem,

is available. Complimentary Wi-Fi is becoming more common at hotels, and is also available at Jacksons International Airport.

Phone: International mobile phone roaming is possible in PNG but it can be costly. A cheaper option is to buy a local SIM card and pre-paid credit (including data packs for smartphones).

ELECTRICITY

The current in PNG is 240V AC 50Hz, using Australian-style plugs.

GETTING AROUND

Airport transfers: For arrival/ departure in Port Moresby, any of the hotels listed in this guide will provide a complimentary transfer.

Car hire: Deal with one of the international names and ask them to provide a driver (PGK450+ per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

Taxis: Recommended firms are City Loop (1800 000), Comfort (325 3046) and Scarlet (7220 7000).

Domestic flights: Travelling within PNG often means taking an internal flight (for instance, you cannot drive between Port Moresby and Lae). Air Niugini offers passengers the chance to book (and for some flights, also to check in) online, but make sure you print out a copy of your receipt to show at check-in. ➤



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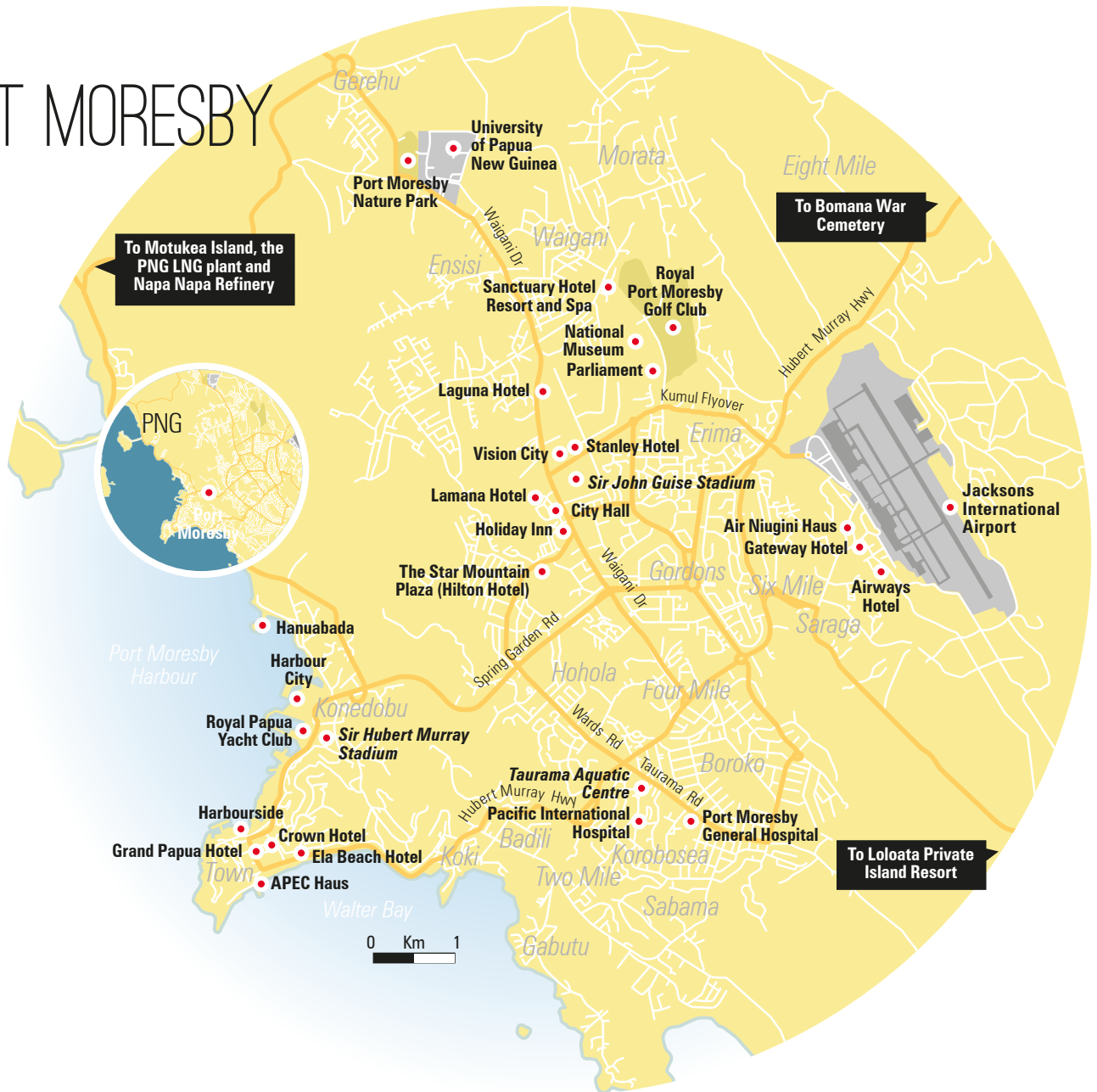


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PORT MORESBY



Aircraft and helicopter charters are available for travel to remote locations.

HEALTH

Serious medical conditions can be treated in Port Moresby at Pacific International Hospital and the Government Hospital, which have 24-hour emergency and critical care services. Some conditions may require treatment outside the country. Travellers should ensure they

have adequate health cover (the cost of medical evacuation can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis.

MEDICAL EMERGENCY

For St John Ambulance phone 111 or 7111 1234. St John provides 24-hour ambulance service in Port Moresby.

MONEY

PNG's currency is the kina (PGK). ANZ and Bank of South Pacific (BSP) have branches at Port Moresby's international airport. ATMs are located around Port Moresby, Lae and other urban centres.

PUBLIC HOLIDAYS

PNG observes a number of public holidays unique to the country. In 2019, they include National Remembrance Day on Tuesday,

July 23; National Repentance Day on Monday, August 26; and Independence Day on Monday, September 16.

SAFETY

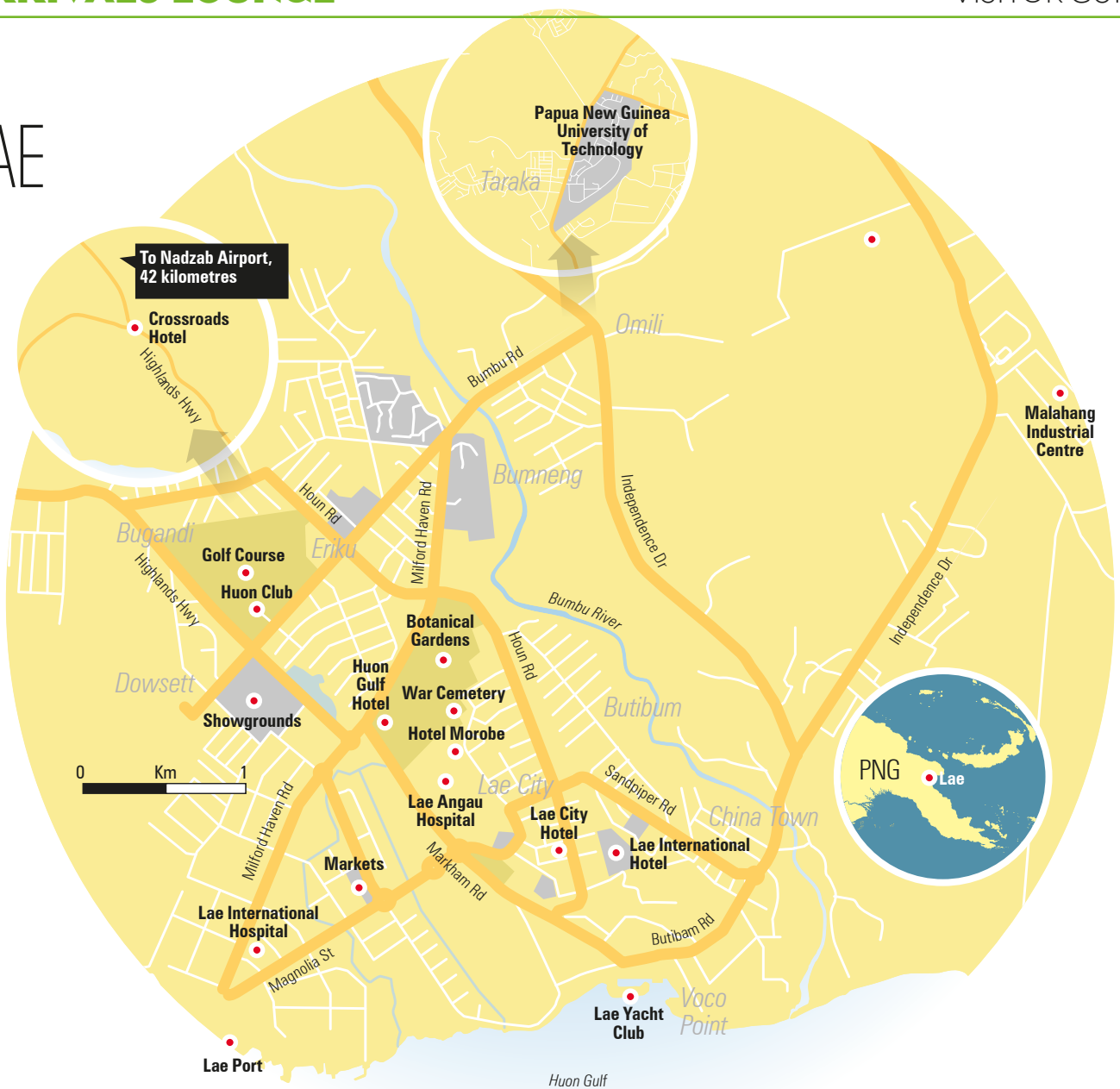
While the situation is not as bad as portrayed by some international media, you should always take precautions, especially at night.

TIME ZONE

PNG has a single time zone, 10 hours ahead of UTC/GMT.



LAE



EATING OUT

PORT MORESBY

Airways Hotel: Port Moresby's ritziest hotel has several places to eat. If you're after fine dining, Bacchus is the place to go. For something more casual, go poolside to Deli KC. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. See airways.com.pg.

Asia Aromas: Offering Chinese and Thai food by the water at Harbourside, this eatery has consistently good reviews on social media. Outdoor seating is available. A good spot for sunset drinks. Tel. +675 321 4780.

Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime

under the shady mango trees, or in the air-conditioned bar. See facebook.com/pages/Aviat-Club/141553252563094.

Bel Cibo: A casual and affordable family style restaurant serving Italian-American at Vision City. See belcibopng.com.

Crown Hotel: There are multiple eating options at Crown. The in-house restaurant includes a buffet for breakfast (eggs cooked to order), as well as lunch and dinner.

It's one of the few restaurants in Port Moresby with gluten-free choices. The hotel also has fine dining at the Rapala restaurant. See ihg.com.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the Stop n Shop shopping centre in Harbour City, chefs will whip up your meal at your table. See daikokupng.com. ➤



Duffy Cafe: Known for excellent coffee and homemade cafe-style food and bakery items, Duffy has three locations – at Harbourside, Gordons and Jacksons International Airport. See duffypng.com.

Dynasty at Vision City: This may be the biggest restaurant in Port Moresby. Its size, its chandeliers and its gold decor make it a favourite for balls, dinners and parties. The menu is huge, too, with pages of Asian dishes. See facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956.

Edge by the Sea: The 'Edge' cafe was renovated in 2017 and has alfresco dining with a wonderful marina outlook from the ground floor at the Edge Apartments in Harbour City. Eggs benedict, burrito bowls, pork burgers and grilled snapper are among the breakfast and lunch menu favourites. There's a mist water system in the alfresco area that can reduce the ambient air temperature by up to 10 degrees ... perfect for those blistering-hot days. Tel. +675 7995 5263.

Ela Beach Hotel: The Beachside Brasserie aims to be one of Port Moresby's best value-for-money restaurants, offering seafood and other dishes from the Pacific Rim, curry, pastas, and a classic grill menu. It's located next to the pool, set in Italian gardens. See coralseahotels.com.pg.

Element Bar and Restaurant: One of Port Moresby's newest restaurants, Element offers Asian fusion with excellent service. On Champion Parade, on the first level of MRDC Haus, it has modern decor and a huge balcony. Tel. +675 7252 8778.



The Mumu restaurant ... the casual and elegant eatery at Port Moresby's Hilton Hotel offers traditional PNG-style cooking (above); freshly baked treats from Duffy Cafe (top).

Fusion: This is one of the city's busiest restaurants. It's a fusion of flavours from China, Thailand and Vietnam. Takeaway available. There's also a sister restaurant, Fusion 2, in the far corner of the ANZ Bank Compound in Waigani. Tel. +675 7196 6666.

Gateway Hotel: The hotel's dining options include Jackson's Gaming—Restaurant—Bar, which has a rooftop bar with views of the airport, as well as claims to the best lamb rack in town. Sizzler's Family Restaurant offers value dining, while Enzo's Express does quick lunches, coffee and pizza. The hotel's Departure Bar, next to the hotel lobby, is a

comfortable and air-conditioned space to while away some transit hours in between flights. See coralseahotels.com.pg.

Grand Papua Hotel: The elegant Grand Brasserie has an a la carte menu of modern European cuisine, as well as buffet options. The Grand Cafe, on Douglas Street, has barista-made Goroka coffee, fruit juices, freshly made salads and sandwiches. The Grand Bar – with stylish marble, high ceilings, timber floors and window shutters – has a light menu and is a popular place to wind down after work. See grandpapuahotel.com.pg.

Hilton Port Moresby: The hotel has five eating areas including Mumu, which is named after the traditional earthen oven of PNG and serves traditionally inspired dishes. There's also a top-floor lounge bar called Summit, cafe-style dining in Copper on the lobby level, all-day dining and a breakfast buffet at Feast, and quick bites, such as sandwiches and coffee, at Halo in the convention centre foyer. See www3.hilton.com. Tel. +675 750 1800.

Hosi Ramen: As the name suggests, this Japanese restaurant at Vision City specialises in ramen (noodles served in broth with meat and vegetables). See facebook.com/pages/Hosi-Ramen/565779996932557.

Korean Garden: An affordable menu at Vision City that includes a do-it-yourself barbecue, as well as traditional favourites such as kimchi and gimbab. See facebook.com/pages/Korean-Garden/595454767289525.

Lamana Hotel: You're spoilt for choice here with Spices (Indian), the Italian Restaurant, Rio's at the Temple (Brazilian), Cafe Palazzo, Lanes Ten Pin Bowling, and PNG's biggest nightclub, The Gold Club. See lamanahotel.com.pg.

Magi Seafood Restaurant: A local secret on Spring Garden Road (same side as SP Brewery) with excellent Asian food, but specifically the best mud crab in town, which needs to be ordered 24 hours in advance. Tel. +675 323 3918.

Mojo Social: This casual Mediterranean-inspired bar and restaurant is on the ground floor of PWC Haus at Harbour City. ➤





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Tapas-style dishes, risotto and pizza are among the offerings. See mojosocialpng.com.

Naked Fish: A seafood and steak restaurant at Harbourside. Great spot for sunsets and the water views. Tel. +675 320 2293.

Royal Papua Yacht Club: Relaxed, spacious and open to non-members. Comfort food, draught beer and an open-plan bar area showing sport on large screens. See rpyc.com.pg.

Seoul House: This restaurant specialises in Korean and Thai food, cooked on the hot plate right in front of you. Seoul House is tucked away in a garden oasis compound in Five Mile. Tel. +675 325 2231.

Shady Rest Hotel: The Indian dishes at the hotel's Cellar Restaurant draw high praise from reviewers on TripAdvisor, which has awarded the restaurant a certificate of excellence for five years in a row. There's an all-you-can-eat buffet on Tuesday and Friday nights. The restaurant also prides itself in its steaks. Mr Mike's Pizza Company is a takeaway located at the hotel and has classic pizzas, such as Hawaiian and margarita, as well as gourmet pizzas such as the Mediterranean, which is packed



Gourmet offering... a Mr Mike's Pizza at Shady Rest Hotel.



Airways Hotel ... the Vue Restaurant and Lounge Bar has a relaxed atmosphere and one of the best buffets in Port Moresby.

with feta, olives, mushrooms and more. See shadyrest.com.pg. Tel. +675 323 0000.

Sogno: This is a traditional Italian restaurant with pastas, risottos and pizzas served out of a stone oven at Harbourside. Tel. +675 320 0001.

Stanley Hotel and Suites: This Waigani hotel has several restaurant choices, including the fine-dining Silver Leaf and the chic tapas-style Monsoon Lounge. Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. See thestanleypng.com.

Tandoor on the Harbour: Come here for a curry with great bay views. See facebook.com/tandoorontheharbour.

Tasty Bites: This Indian restaurant is tucked away in the town centre in Hunter Street near Crowne Plaza. Bookings recommended. Tel. +675 321 2222.

Vision City: PNG's first major shopping mall houses an increasing array of eateries. The cavernous Dynasty (Chinese) and the Ten (Japanese) are stand-outs. See visioncity.com.pg.

LAE

Bunga Raya: This local favourite, serving Malaysian-style Chinese, is located next door to the Lae Golf Club. Be sure to try the stuffed lettuce cups, laksa and claypot tofu. Tel. +675 472 7177.

Cafe 411: There's a cosy atmosphere at this casual cafe next to Hotel Morobe on Coronation Drive. The Western-style menu includes finger foods and PNG coffee. Tel. +675 479 0100.

Chigi's Cafe: This delightful place inside the temporary Brian Bell store near the Lae main markets serves good coffee, milkshakes, sandwiches, cakes and salads. Tel. +675 7217 1966.

Golden Aviat: A good option for Chinese, located on Huon Road in Eriku. Open for lunch and dinner, and yum cha on Sundays. Tel. +675 472 0486.

Huon Club: This private members' club offers air-conditioned facilities, comfortable lounge chairs, an expansive deck overlooking the Lae Golf Club, a fully stocked bar and Foxtel to preview all the racing and sporting events. Tel. +675 7347 1058.

Lae City Cafe: Located in the Lae City Hotel on 3rd street, the cafe serves Western and Asian cuisine. The signature dishes include ribs and Nasi Goreng. Tel. +675 472 0138.

Lae Garden Restaurant: The Asian menu includes staples such as crispy chicken and butter prawns. The elegant restaurant, inside Hotel Morobe on Coronation Drive, offers breathtaking views of the city from its balcony. Tel. +675 479 0100.

Lae Golf Club: The club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae International Hotel: Home to three restaurants – Lulua's Italian Pizza, Vanda and Kokomo – which serve an array of international cuisine, including Indian and seafood buffets. The Sportsman's Bar (aka Jack's Bar) is a good place for a nightcap. See laeinterhotel.com. Tel. +675 472 7000.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing lunch. Serves pub-style food. See laeyachtclub.com.pg. Tel. +675 472 4091.

Mountain View Restaurant: Located at the Crossroads Hotel at Nine Mile. Be sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See hornibrook.com.pg/crossroads. Tel. +675 475 1124.

HOTELS

PORT MORESBY

Airways Hotel: Airways is within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious ➤



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rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.

Citi Boutique Hotel: The Citi Boutique Hotel is in Boroko, a quiet residential area with shopping centres and sporting facilities. It has 60 deluxe queen and twin rooms, a business centre, cable TV and free Wi-Fi. There's also a day spa and beauty salon, restaurant, bar, karaoke room, and a rooftop terrace. The hotel provides free airport transfers. See citiboutiquehotel.com. Tel. +675 300 1300

Citi Serviced Apartments and Motel: There are two Citi Serviced Apartments and Motel properties, one block located at East Boroko and the

other at Manu. They are set in safe and secure grounds. The apartments are fully kitted out. They include cable TV, free Wi-Fi, washing machines, dryers, fridges, fans and air conditioning. Housekeeping is also provided. See citiboutiquehotel.com. Tel. +675 300 1300.

Crown Hotel: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving cafe and Mediterranean restaurant. See ihg.com. Tel. +675 309 3329.

Ela Beach Hotel and Apartments: On the fringe of the CBD, this constantly expanding hotel/apartment complex is part of the Coral Sea

Hotels group. See coralseahotels.com.pg. Tel. +675 321 2100.

Gateway Hotel: Conveniently located just minutes from Jacksons International Airport, the hotel has a range of dining options, conference facilities, modern gym and two swimming pools. Free airport shuttles are available for guests. See coralseahotels.com.pg. Tel. +675 327 8100.

Grand Papua: This premium hotel features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular for business meetings. Centrally located. See grandpapaahotel.com.pg. Tel. +675 304 0000.

Hilton Port Moresby: The capital city's newest luxury hotel opened in late 2018 and is in the government district 10 minutes from the airport. There are five restaurants, an executive lounge, six meeting rooms, a convention centre, swimming pool and fitness centre. All rooms in the 15-storey hotel include floor-to-ceiling windows. The accommodation includes standard rooms, executive rooms and suites. See www3.hilton.com. Tel. +675 750 18000.

Holiday Inn: Located in Waigani, the large grounds include a walking track in a tropical garden setting, outdoor restaurant and bar area, business centre and gym. Includes three-star Holiday



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Inn Express hotel. See ihg.com. Tel. +675 303 2000.

Laguna Hotel: The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi and free buffet breakfast. See lagunahotelpng.com. Tel. +675 323 9333.

Lamana Hotel: In Waigani, the hotel has 24-hour free airport transfers, free in-room Wi-Fi, a conference centre, restaurants, and the famous Gold Club. See lamanahotel.com.pg. Tel. +675 323 2333.

Loloata Private Island Retreat: This island resort, 40 minutes from Port Moresby, opened in late 2019. There are 68 rooms (including some overwater suites and villas), a day spa and two restaurants. Day passes are available for visitors who aren't staying overnight, and shuttles are provided from Port Moresby. The island is perfect for swimming, snorkelling, diving, walking or just lounging beside the pool. See loloataislandresort.com. Tel. +675 7108 8000.

Sanctuary Hotel Resort & Spa: The hotel is an oasis in the city, located 10 minutes from



Lae International Hotel ... deluxe rooms and apartments are available.

the airport in North Waigani. There is a lot of greenery in the hotel grounds and a large aviary, which includes the bird of paradise. The hotel, close to government offices, has a business centre, a day spa, swimming pool and a restaurant with a traditional PNG menu with a contemporary edge. It also has rooms and facilities with ramps for people with disabilities. Tel. +675 303 7400

Shady Rest Hotel: Located at Three Mile, seven minutes from the airport, this affordable hotel has 74 rooms, including newly built executive rooms, conference facilities, a day

spa and salon, a small gaming lounge, a tapas lounge, the Indian-inspired Cellar Restaurant and Mr Mike's Pizza Company. See shadyrest.com.pg. Tel. +675 323 0000.

Stanley Hotel and Suites: One of Port Moresby's newest hotels, this is a luxurious 429-room property in Waigani, close to government offices and embassies. It has 95 long-stay apartments, gym, pool, cafe, restaurants and an executive lounge. Connected to Vision City Mega Mall. See thestanleypng.com. Tel. + 675 302 8888.

LAE

Crossroads Hotel: A 45-room facility at Nine Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, Wi-Fi and complimentary transfers to both Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads. Tel. +675 475 1124.


Hotel Morobe: A centrally located 38-room boutique property built in 2014. See hotelmorobe.com. Tel. +675 4790 100.

Lae City Hotel: Located in the main Top Town area, this hotel has 24-hour concierge and an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel.com. Tel. +675 472 0138.

Lae International Hotel: The city's premier hotel has recently renovated rooms, full bar service, conference and banquet halls, a gym and pool. See laeinterhotel.com. Tel. +675 472 2000.

Lae Travellers Inn: An affordable option, offering clean and comfortable rooms. Tel. +675 479 0411. ■








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MINI GUIDE TO TOK PISIN WORDS/PHRASES

Papua New Guinea has more than 800 languages, but the three official languages are Tok Pisin, English and Motu. Here, we outline some Tok Pisin, which is the largest *lingua franca* of PNG.

- *Where do I find a taxi?*
Bai mi painim taxi long we?
- *One coffee with milk, please.*
Wanpela kap kopi wantaim milk plis.
- *Where is the toilet?*
Toilet istap we?

- *How much is this?*
Hamas long dispela?
- *Thank you very much.*
Tenkiu tru.
- *You understand English?*
Yu save long tok Inglis?
- *Where is my bag?*
Bag bilong mi istap we?
- *Where can I change my money?*
Wanem hap bai mi ken senisim moni bilong mi?

- *One beer, please.*
Wanpela bia plis.
- *Why? Bilong wanem?*
- *How many children do you have?*
Yu gat hamaspla pikinini?
- *Where are you from?*
Yu bilong wanem hap?
- *I don't know. Mi no save.*
- *What do you want?*
Yu laikim wanem samting?

- *Restaurant*
Ples bilong kaikai
- *Goodbye*
Gutbai
- *Hello*
Halo
- *Water*
Wara
- *Baggage*
Kago
- *Airport*
Ples balus
- *Place*
Ples
- *Fish*
Pis

NUMBERS

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|-----------------|----------------|-----------------|-----------------|------------------|-------------------|-------------------|----------------|------------------|------------------|
| 1
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Tu | 3
Tri | 4
Foa | 5
Faiv | 6
Sikis | 7
Seven | 8
Et | 9
Nain | 10
Ten |
|-----------------|----------------|-----------------|-----------------|------------------|-------------------|-------------------|----------------|------------------|------------------|



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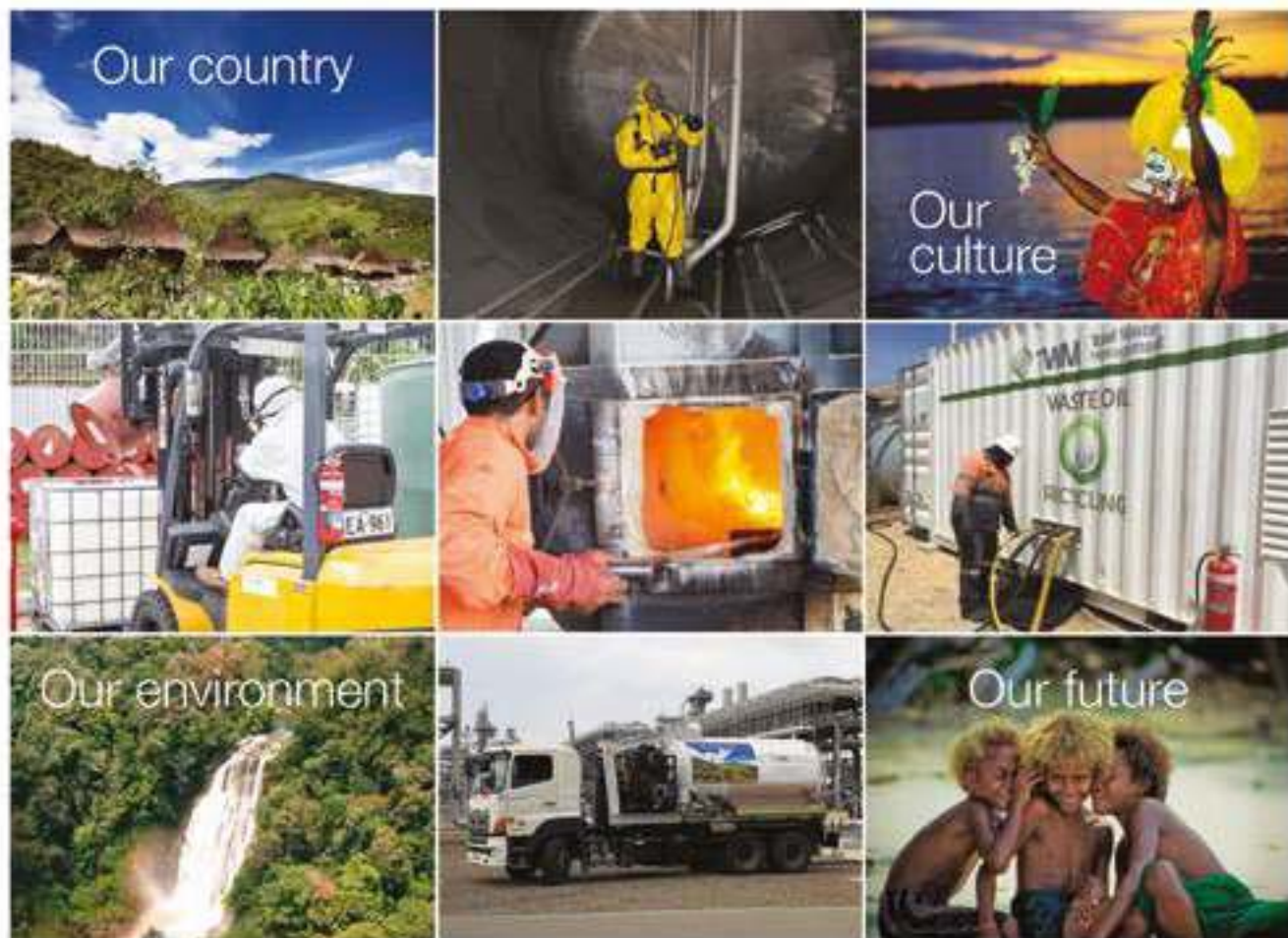
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www.twm.com.pg



Welcome aboard

Enjoy our Bird of Paradise in-flight service

Please ask us

If there is anything our cabin crew can assist you with during your flight, please do not hesitate to ask them.

Hand luggage

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

Takeoff and landing

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

Safety first

Your seat belt must be securely fastened during take off and landing or whenever the seat belt sign is on. When the seat belt sign is off you may move about the cabin as necessary. However while seated, keep your seat belt 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 seat belt 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

Smoking is not permitted on any Air Niugini flight.

Entertainment

A selection of movies and music including classical, modern, country and local are available on international services.

Pillows and blankets

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

Cuisine

Our in-flight* meals have been specially prepared for your enjoyment. If you require a vegetarian meal or you are on a special diet, child or baby food, please inform us when making your reservation.

In-flight Duty Free

During the flight take some time to look through our In-flight Duty Free brochure located in your seat pocket. Duty free purchases can be made after Meal Service. All major credit cards are accepted.

Immigration and Customs Forms

During your flight, our cabin crew will distribute Immigration and Custom forms before each landing point. Ensure that you carefully read and complete these documents and have them ready for inspection with your passport at the Immigration and Customs arrival counters.

Before you leave

Please check your seat pocket and overhead lockers before you disembark to ensure you have not left any items of value. We look forward to seeing you when you next fly with us on our Bird of Paradise Service.



Air Niugini fleet



B767-300ER - Boeing

Length: 59.94m
Wing span: 47.57m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x PW4000

Normal altitude: 11000 - 12000m
Standard seating capacity: 188
Business class: 28
Economy class: 160
Number of aircraft in fleet: 2



F70 - Fokker

Length: 30.91m
Wing span: 28.08m
Range: 3410km
Cruising speed: 743kph
Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines

Normal altitude: 11000m
Standard seating capacity: 76
Business class: 6
Economy class: 70
Number of aircraft in fleet: 5



B737-800 - Boeing

Length: 39.5m
Wing span: 35.79m
Range: 8100km
Cruising speed: 857kph
Power plant: 2 x CFM56 - 7B26

Normal altitude: 11300m
Standard seating capacity: 144
Business class: 16
Economy class: 128
Number of aircraft in fleet: 2



DASH 8-Q315 - Bombardier

Length: 25.7m
Wing span: 24.4m
Range: 1700km
Cruising speed: 510kph

Power plant: 2 x Pratt & Whitney PW123E
Normal altitude: 7500m
Standard seating capacity: 50
Number of aircraft in fleet: 3



B737-700 - Boeing

Length: 33.6m
Wing span: 35.79m
Range: 6370km
Cruising speed: 830kph
Power plant: 2 x CFM56 - 7B22

Normal altitude: 11300m
Standard seating capacity: 116
Business class: 12
Economy class: 104
Number of aircraft in fleet: 1



DHC-8-202 - Bombardier

Length: 22.25m
Wing span: 25.89m
Range: 1800km
Cruising speed: 550kph

Power plant: 2 x Pratt & Whitney PW123D
Normal altitude: 7600m
Standard seating capacity: 36
Number of aircraft in fleet: 2



F100 - Fokker

Length: 35.528m
Wing span: 28.076m
Range: 3000km
Cruising speed: 780kph
Power plant: 2 x Rolls Royce Tay 650

Normal altitude: 11000m
Standard seating capacity: 101
Business class: 8
Economy class: 93
Number of aircraft in fleet: 7



Falcon 900EX - Dassault

Length: 20.21m
Wing span: 19.33m
Range: 4500nm
Cruising speed: 650mph

Power plant: 3 x Honeywell TFE731
Maximum altitude: 51000ft
Standard seating capacity: 12
Number of aircraft in fleet: 1

Inflight entertainment

Movie, TV and music highlights available on Air Niugini flights

MOVIES



AD Astra

Genre: Drama, Sci-Fi

Rating: M

Stars: Brad Pitt, Tommy Lee Jones, Liv Tyler
Astronaut Roy McBride travels to the outer edges of the solar system to find his missing father and unravel a mystery that threatens the survival of our planet.



Blinded by the Light

Genre: Comedy, Drama

Rating: PG

Stars: Viveik Kalra, Kulvinder Ghir, Meera Ganatra
Javed is a teen of Pakistani descent growing up in England in 1987. When a classmate introduces him to Bruce Springsteen, Javed sees parallels to his life in the lyrics.



Edward Scissorhands

Genre: Drama, Fantasy, Romance

Rating: PG

Stars: Johnny Depp, Winona Ryder, Dianne Wiest
A tale shorn out of ordinary suburbia about a man named Edward Scissorhands whose hands were cold, but whose heart was warm.



Home Alone

Genre: Comedy

Rating: PG

Stars: Macaulay Culkin, Joe Pesci, Daniel Stern
When little Kevin McCallister is accidentally left behind when his family dashes off on a Christmas trip, he is left to defend his family's home from two bumbling burglars.



Gold: The Dream That United Our Nation

Genre: Drama

Rating: PG

Stars: Sushant Singh Rajput, Sara Ali Khan
This is the journey of a man who was instrumental in making India win its first Olympic gold medal as a free nation.



Kakegurui the Movie

Genre: Drama

Stars: Minami Hamabe, Mahiro Takasugi, Aoi Morikawa

At an elite school for the rich, gambling is the focus. A student and compulsive gambler finds herself in an intense gambling battle to win a place on the student council.



Chasing the Dragon II: Wild Wild Bunch

Genre: Action

Rating: MA15+

Stars: Tony Leung Ka-fai, Louis Koo
In 1990's Hong Kong, an undercover agent is sent to infiltrate a kidnapping gang and take down a notorious criminal genius.



The Martian

Genre: Adventure, Drama, Sci-Fi

Rating: M

Stars: Matt Damon, Jessica Chastain, Kristen Wiig
During a manned mission to Mars, astronaut Mark Watney is presumed dead after a storm and left behind by his crew. But Watney has survived and finds himself stranded and alone on the hostile planet.



Last Fool Show

Genre: Romance, Comedy

Rating: M

Stars: Arci Munoz, JM de Guzman, Snooky Serna
Film director Mayessa turns her personal heartbreak into a movie. While making the film, she crosses paths with her ex and finds herself making new memories with him while trying to stop herself from falling for him again.



Simmba

Genre: Action, Comedy

Rating: M

Stars: Ranveer Singh, Sara Ali Khan, Sonu Sood
Unscrupulous cop Bhalerao doesn't let morals get in the way of his unethical methods. But when struck by a personal tragedy, he undergoes a change and decides to follow the path of righteousness.



Bento Harassment

Genre: Drama, Family

Rating: M

Stars: Ryoko Shinohara, Kyoko Yoshine
Hachijojima, a small Japanese island with beautiful blue waters and lush green mountains, is home to a single mother and her high school daughter who is going through a rebellious phase.



Bodies at Rest

Genre: Action

Rating: M

Stars: Nick Cheung, Richie Jen, Yang Zi
On Christmas Eve, a group of armed criminals bursts into a Hong Kong mortuary demanding a forensic doctor hand over a bullet lodged inside a corpse.



TV



Billy Connolly's Great American Trail

Genre: Documentary, Travel

Episode: Episode 1

Stars: Billy Connolly

Billy embarks on his great American trail as he opens the New York Tartan Day Parade to a 30,000 strong crowd. He heads to Plymouth, Massachusetts, where the pilgrims first landed.



Hostile Planet

Genre: Documentary, Travel

Episode: Jungles

Stars: Bear Grylls

From orangutans to jaguars, from hummingbirds to gibbons, survival for the animals living in this crowded and competitive world has never been tougher.



Animal Kingdom

Genre: Drama

Episode: Janine

Stars: Ellen Barkin, Shawn Hatosy, Ben Robson

The Codys pull off a risky robbery that results in a big realisation for Craig. The relationship between Smurf and Pope remains rocky even as Pope tries out a new outlet for his anger.



The Big Bang Theory

Genre: Comedy

Episode: The Plagiarism Schism

Stars: Johnny Galecki, Jim Parsons, Kaley Cuoco

When Barry Kripke finds proof that Dr Pemberton plagiarised his thesis in college, Sheldon and Amy aren't sure if they should turn him in or not.



Doom Patrol

Genre: Drama

Episode: Jane Patrol

Stars: Diane Guerrero, April Bowlby, Alan Tudyk

As a result of the team's previous group therapy session, Jane retreats to The Underground, a treacherous place deep within her mind space. There, she encounters the facets of her many personas.



Lethal Weapon

Genre: Drama

Episode: There Will Be Bud

Stars: Damon Wayans, Seann William Scott, Keesha Sharp

Cole finds himself on the rebound after Natalie's engagement, and his new romantic interest, Julie, has an unexpected connection to Erica, complicating things at work.



You

Genre: Drama

Episode: Pilot

Stars: Penn Badgley, Ambyr Childers, Elizabeth Lail

Joe, a bookstore manager, meets aspiring writer, Beck, and immediately falls in love. Using the internet and social media as his tools, he gathers intimate details about her life to get close to her.



Young Sheldon

Genre: Comedy

Episode: A Loaf of Bread and a Grand Old Flag

Stars: Iain Armitage, Zoe Perry, Lance Barber

Things spiral out of control when Sheldon boycotts his favourite bread company and ends up on the local news. Georgie offers Veronica a shoulder to cry on when she's dumped by her boyfriend.

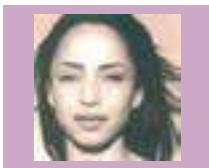
MUSIC



James Arthur You

Genre: Pop

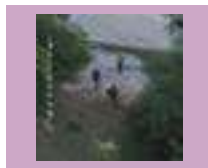
The third studio album from the British-born *X-Factor* artist who has risen to fame with addictive bops. On this album he collaborates with Ty Dolla \$ign and UK rapper Shotty Horroh.



Sade The Best of Sade

Genre: Chill

This is the band's first greatest hits album and captures its timeless sound, class and sheer '80s cool.



GAC Resonance

Genre: World

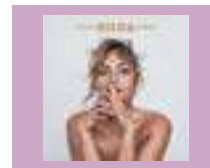
GAC is a three-person Indonesian vocal group that shot to fame after being discovered on YouTube.



Aimer Sundance & Penny Rain

Genre: Japanese

J-pop singer Aimer presents a two-album set. The songs are divided by themes in the natural world and expressed in the titles: 'sun dance' draws inspiration from the sun and 'penny rain' from rain.



Jessica Mauboy Hilda

Genre: Pop

Australian singer Jessica Mauboy's albums have all been extremely personal and this album shows her, now at 30, reflecting on family, hope and spirit.



Jonas Kaufmann Wien

Genre: Classical

Jonas Kaufmann's new album is a tribute to the world-famous melodies from Vienna, the birthplace of waltz and operetta. The Vienna Philharmonic is a natural fit for these evergreen hits.



Your health inflight

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:

- Former or current malignant disease
- Blood disorders leading to increased clotting tendency
- Personal or family history of DVT

- Immobilisation for a day or more
- Increasing age above 40 years
- Pregnancy
- Recent major surgery or injury, especially to lower limbs or abdomen
- Oestrogen hormone therapy, including oral contraceptives
- 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 exercises programme.

Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

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.
- Leave your watch on home time if you're staying at a 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 can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed.
- Fly direct to minimise flight time. This allows you to relax more upon arrival.

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.

Recommendations

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

Recommendations

- 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 acts 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 hay fever 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 travelling.
- To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your 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 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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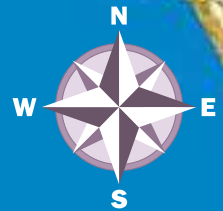
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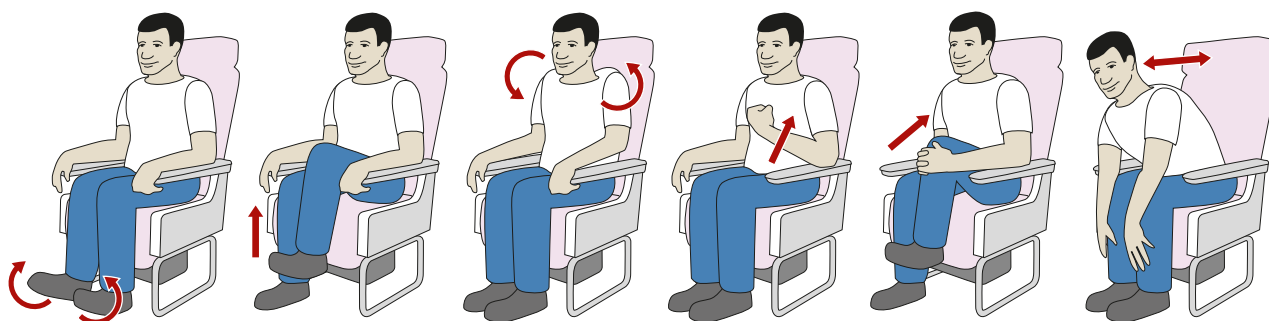
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Your wellbeing



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.



ANKLE CIRCLES

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

KNEE LIFTS

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 CURL

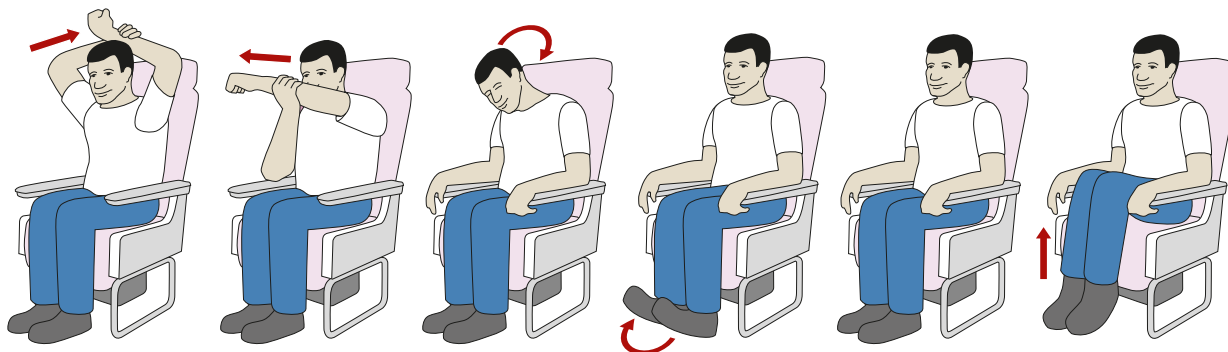
Start with arms held high at 90° angle - elbows down, hands out in front. Raise hands up to chest and back down alternating arms. Do these exercises in 30 second intervals.

KNEE TO CHEST

Bend 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.

FORWARD FLEX

With both feet on the floor and stomach held in slowly, bend forward to 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 towards shoulder. Hold stretch for 15 seconds. Repeat other side.

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.

FOOT PUMPS

Foot motion is in three stages.
1. Start with both heels on the floor and point feet upwards as high as you can.

2. Put both feet flat on the floor.

3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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The logo for CPL Group, featuring the letters 'CPL' in a large, bold, white font above the word 'GROUP' in a smaller, white font. To the right of the text is a stylized graphic of a flame or leaf in red, orange, and yellow colors.

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And in all these years, Lucas has grown his business with us, our association with him has helped him upgrade his house from a kunai shack to a timber home, put his kids through school, increase the land he farms on and even have his own canteen.

Follow Lucas's story on

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