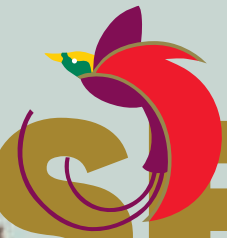


THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 4 JULY - AUGUST 2017



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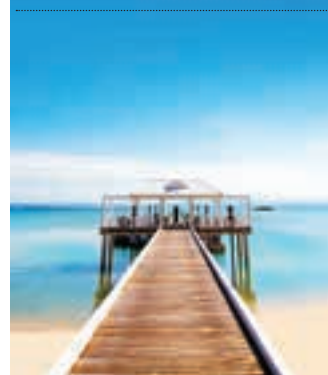


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Cover photo: Private George Whittington, an Aussie soldier in the Kokoda Campaign, is helped by fuzzy wuzzy angel Raphael Oimbari near Buna in 1942. PICTURE: AUSTRALIAN WAR MEMORIAL
See our story on page 72.



PARADISE



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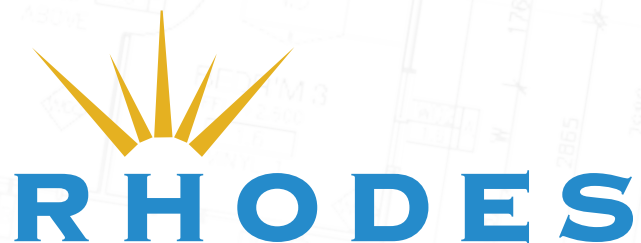
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Message from the Chairman

Welcome aboard



As we enter the second half of a busy year for Air Niugini, I welcome the opportunity to update our valued passengers and business partners on three key areas that the board and management are focused on delivering.

Air Niugini has now taken delivery of all nine Fokker 70 (F70) aircraft, acquired from KLM Royal Dutch Airlines. They will be fully in service in the coming months when branding,

refurbishing and installation of Wi-Fi are completed. The refurbishing includes the installation of customised business class seating.

Since we began the introduction of the F70 aircraft just over 18 months ago, we have been monitoring customer feedback, as well as carrying out our own detailed assessment of the performance of the aircraft. The response from passengers has been very positive.

The positive response matches our own assessment of the aircraft for fuel efficiency and other key factors that were influential when the management and the board decided to make the introduction of the F70 the key component of the largest fleet upgrading in Air Niugini's history.

The F70 will become the 'work horse' of the airline's main domestic services, and our regional services in the Pacific region. Its smooth introduction is a tribute to our management, and our flight crew, engineering and ground support staff.

The second major area Air Niugini is focusing on is the progressive switch to the Sabre Solutions Passenger Service System (PSS). Sabre is the world's largest PSS provider.

The changeover will take effect from October 1, and will deliver the most modern and reliable e-commerce services that are available. They will include multiple fare access, bookings, seat selection, check-in, and the whole range of other online products the Sabre system makes available to major airlines around the world.

In a competitive environment – domestically, regionally and internationally – Air Niugini is determined to provide the most reliable and efficient services for all our passengers and commercial partners.

The switch in our PSS supplier means challenges for our management and staff. I am delighted the change is happening very

smoothly and will be delivered on schedule. It will also deliver some important cost savings for Air Niugini at a time when we are focusing on reducing costs that don't compromise safety or service.

Air Niugini will conduct an extensive marketing and information campaign highlighting the modern and extended online services we will offer when Sabre is fully implemented. The campaign will build on other business customer focused initiatives we have implemented, including the new Port Moresby Business Travel Centre.

The third area Air Niugini will be focusing on, in the second half of this year, will be the introduction of direct commercial services to Shanghai, China, in December.

Having successfully introduced regular services to the Federated States of Micronesia, and Townsville in North Queensland, the direct service to China is our next priority.

Our team will be seeking to work closely with the Tourism Promotion Authority (TPA), the travel industry and business to ensure the introduction of this service is successful.

Air Niugini and the TPA will host a series of 'China Ready' workshops in the coming months to prepare our commercial partners, and other customers, for the new direct flights. There is no doubt that both the tourism and business sectors will benefit greatly. It will also further enhance the development of Port Moresby as a regional hub.

The direct service will also enhance Papua New Guinea's already strong diplomatic, trade, investment, and people-to-people links with the world's fastest-growing nation.

In conclusion, I commend to you the excellent article in this edition by the editor, titled 'Fifty reasons to love PNG'. It brings together in one article a snapshot of just how much PNG has to offer our visitors, and our own community. Air Niugini is proud of the role it plays in helping to meet the growing opportunities our tourism industry has today and in the future.

Enjoy your flight.

A handwritten signature in black ink, appearing to read 'Frederick Reiher'.

Sir Frederick Reiher, KCMG, KBE
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Namesake ... Prime Minister Peter O'Neill (second from right) at the aircraft naming ceremony with the Minister for Tourism, Tobias Kulang; Cardinal Sir John Ribat; Air Niugini chairman, Sir Frederick Reiher; Air Niugini chief executive officer, Simon Foo; and other dignitaries.

Air Niugini names plane *Kokoda*, announces special \$75 fare

One of Air Niugini's Fokker 70 aircraft has been named *Kokoda* in commemoration of the 75th anniversary of the Kokoda Trail.

Prime Minister, Peter O'Neill, who officiated at the naming ceremony at Jacksons International Airport earlier this year, thanked Air Niugini for its recognition of the Kokoda Campaign.

PICTURE: AUSTRALIAN WAR MEMORIAL



In the war zone ... 'fuzzy wuzzy angels' taking care of a World War 2 soldier.

He said the naming of the aircraft will help keep the memory of Kokoda alive, and that the campaign did not just define a battle in Papua New Guinea, but the struggle for the whole of the Pacific during World War 2.

He also said the naming of the plane is a move that encourages the growth of tourism that's specifically linked to war-time history.

Air Niugini chairman, Sir Frederick Reiher, said it is a significant gesture to remember those involved in the war, including the ex-service personnel of PNG, Australia, New Zealand, their descendants and the carriers, now immortalised by the name 'fuzzy wuzzy angels'.

Sir Frederick also announced a special \$AUD75 airfare, per sector, for passengers arriving in PNG on Air Niugini flights this year to walk the trail and visit other parts of PNG. ■

Engineers return to PNG after study

Ten young Air Niugini engineers, including two women, have returned to Papua New Guinea with their aircraft maintenance engineer (AME) certificates after completing a four-year engineering cadet program in New Zealand and Australia.

The cadets studied at the Air New Zealand Training Institute, in Christchurch, and with Aviation Australia at the Cairns Aviation Skills Centre.

They include Elena Mai, Lyndah Eremas, Kelvin Piongats, Gavin Eron, Ronald Kayoka, Raphael Vagi, Robstoan Gare Eremugo, Nathan Poy Ulastone, Damien Kadiko and Solomon Kawage.

The program was fully funded by Air Niugini, at a cost of more than PGK5 million.

Air Niugini chief executive officer, Simon Foo, congratulated the AMEs and said Air Niugini invests millions of kina towards staff training annually.

He said the achievement by the cadets is a bonus for Air Niugini because the airline is in the process of building its own maintenance, repair and overhaul facility in Port Moresby.

"Having our own hangar will allow the employees to continue their training and build their experiences here in Papua New Guinea. It also cuts down on the huge costs that we currently incur sending our planes overseas for overhauls and maintenance."

Air Niugini has 37 cadet engineers in various stages of the program, six are women. ■



Welcome back ... Air Niugini chief executive officer, Simon Foo, and his management team with the 10 aircraft maintenance engineers who studied in New Zealand and Australia.





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Airline sponsors rugby league cup

The inaugural Air Niugini Kokoda Cup was launched at the National Football Stadium in Port Moresby during a recent rugby league match between the SP PNG Hunters and the Townsville Blackhawks.

Six Air Niugini cabin crew in full uniform carried the cup on to the field and handed it to the team captains during a colourful ceremony.

“

The cup promotes sports tourism between Port Moresby and Townsville.

”

The teams will play for the cup each year and first honours went to the Hunters, who romped home 42–4 in the round 12 Queensland Intrust Cup match.

Air Niugini acting chief executive officer, Marco McConnell, said the cup recognises the airline’s recently launched Port Moresby

to Townsville direct service. It also commemorates the 75th anniversary of Kokoda, an important event in the history of Papua New Guinea and Australia.

“As an airline, Air Niugini appreciates and commemorates the importance of Kokoda, its significance and what it means to both PNG and Australia. This cup is also in appreciation of the recently launched service between Port Moresby and Townsville.”

He said the cup will be given a different name each year to commemorate important events in PNG.

Air Niugini’s general manager customers and markets, Dominic Kaumu, said the cup strengthens the sister-city relationship between Port Moresby and Townsville. It also promotes sports tourism between the cities.

He encouraged Papua New Guineans living in and around Townsville, supporters of the Blackhawks as well the business and corporate community, to make use of the event.

“Those in Port Moresby can also fly to Townsville to watch SP PNG Hunters play, visit families and friends, do business and



Triumphant ... the Kokoda Cup in the hands of the PNG Hunters after a big win over the Townsville Blackhawks.

return. And those in Townsville can come up here to do business and watch the game in our newest sports facilities.”

Air Niugini operates two direct services from Port Moresby to Townsville each week, every Monday and Friday.

PNGRFL chief executive officer, Reatau Rau, thanked Air Niugini for its continuous support of the SP PNG Hunters as well as rugby league throughout the country with discounted airfares. ■

Logo marks 50-year milestone



An Air Niugini Fokker 70 aircraft is carrying the logo of New Britain Palm Oil (NBPOL) to commemorate the company’s 50th anniversary.

The logo was unveiled during a recent ceremony at Haskins airport, attended by NBPOL, Air Niugini and the local community.

Logo lineup ... (from left) general manager of Poliamba Oil Palms, Roland Soupa; NBPOL country manager, Robert Nilkare; general manager, Harry Brock; board members Ernie Gangloff and Sir Brown Bai; and Air Niugini’s Dominic Kaumu.

NBPOL started operations in West New Britain half a century ago and its plantations now cover 83,000 hectares of oil palm in six locations: West New Britain, Ramu Valley, Milne Bay, Poliamba and Higaturu in Papua New Guinea and the Guadalcanal Province in the Solomon Islands.

Apart from oil palm, NBPOL also has sugar plantations, cattle, refineries and oil palm seeds – employing thousands of Papua New Guineans. ■





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PARADISE Q&A

RASHMII AMOAH BELL

We talk to editor of *My Walk to Equality: Essays, Stories and Poetry by Papua New Guinean Women*, the first anthology of PNG women's writing.

Q: Where did the idea for *My Walk to Equality* come from?

A: I was a guest speaker at the Brisbane Writers Festival in September 2016, and one of the questions my panel asked of the audience was: 'What would you like to read more of regarding PNG?' The overwhelming response was that people wanted to read more positive stories, particularly from Papua New Guinean women. Phil Fitzpatrick from Pukpuk Publications jumped on board with the idea and, by the end of that month, I'd put a call out for potential contributors.

Q: The journey from idea to publication happened very quickly, didn't it?

A: Yes. Submissions closed just three months later, with the finished product featuring the work of 45 Papua New Guinean women writers. The book was published in paperback and digital download in January, and we launched the book in both Australia and Papua New Guinea in March, to coincide with International Women's Day.

Q: What's the best thing about *My Walk to Equality*?

A: The book fills a void, celebrating the work of so many Papua New Guinean writers, and their commentary on PNG life. A fantastic side-effect of this has been that some of the contributors have also gained the confidence to go on and continue to express themselves creatively. Vanessa Gordon's performance poetry clips are a great example. The book's both a platform and an advocate for PNG literature and creativity.

Q: Where are you from?

A: Sio village in the Tewaii-Siasi local level government area, Morobe Province.

I was born in Lae and studied in Australia, where I now live.

Q: What got you into writing?

A: I've always loved reading, so writing was just a natural progression. I'd always read the *New York Times* online and just practise writing. Raising young children, I'd create word lists for them, and I used to have a personal blog.

After some unsuccessful attempts at publishing my work, I finally had success with Keith Jackson's *PNG Attitude* – an online platform focusing on Papua New Guinea–Australia relations, which discusses contemporary Papua New Guinean issues.

Q: Do you have any advice for beginner writers?

A: Read everything and anything, and don't be afraid to get into different genres. I'm reading a lot of science texts at the moment, which has helped to broaden my vocabulary, scope and technique. Write



PICTURES: TANIA BASIOU

for yourself. People might be offended by your work, especially if it's a critical or satirical piece, but you can't let that bother you – and it won't, if you write for yourself.

Q: What's next?

Hopefully, another anthology – I'd like to showcase Papua New Guineans' expertise in critical thinking. I'll also

be a guest speaker at this year's Brisbane Writers Festival, talking about *My Walk to Equality*. ■

My Walk to Equality: Essays, Stories and Poetry by Papua New Guinean Women is available at [amazon.com](https://www.amazon.com).

— KIRSTEN McGAVIN

PICTURE: US DEPARTMENT OF STATE



PNG WOMAN HONOURED IN US AWARDS

Women of courage ... PNG's Veronica Simogun receives her award from America's first lady Melania Trump (right); the winners of the Women of Courage awards with the first lady and under secretary Shannon Pose (above).

Papua New Guinean Veronica Simogun has been recognised in the annual International Women of Courage awards handed out by the US Department of State.

She received her award in the US from the first lady, Melania Trump. Simogun is the director of the Family for Change Association based in Wewak, East Sepik Province. She founded the association in 2012 and has been helping women affected by violence ever since, funding much of the work herself.

Simogun was born in Urip village in the Boykin/Dagua area of Wewak. She studied at the Civil Aviation Training College

and graduated with a certificate in civil aviation in 1981. She worked with the Department of Civil Aviation for six years before moving back to her home village in 1986 to assist her church and community in the promotion of safe and healthy living.

Her life-long desire has been to see strong communities, where families are happily secure and women and children live free from violence and intimidation. Risking her own safety, she has intervened to protect women experiencing gender-based violence. In the face of death threats, she has helped shelter and relocate victims many times. The International Women of Courage awards recognise women around the globe who

have demonstrated exceptional courage and leadership in advocating for peace, justice, human rights, gender equality, and women's empowerment, often at personal risk.

Since the inception of the awards in 2007, the Department of State has honoured over 100 women from 60 countries.

Awardees, alongside Simogun, this year included human rights and social activists from countries including Botswana, Colombia, Bangladesh and Iraq.

As part of the awards, the women travelled across the US to engage with Americans. They visited Atlanta, Denver, Des Moines, Minneapolis, New York, Pensacola, Pittsburgh, Portland, San Diego and Tampa. ■

Flag at half mast

The designer of Papua New Guinea's flag, Susan Huhume, passed away earlier this year.

She was a 15-year-old schoolgirl, in 1971, when she created the design that was

adopted as the country's flag at independence in 1975.

The design was sketched out in an exercise book at a Catholic Mission school she attended at Yule Island after a national call-out for flag submissions. ■

NUMBER CRUNCH

393

That's the number of airports or airstrips listed in Papua New Guinea by airport-authority.com. The list includes everything from tiny airports with grass strips right through to Port Moresby's Jacksons International Airport. However, estimates of the number of airports or airstrips in PNG vary, with encyclopedia.com saying there are 571 and our airports.com claiming 589. Air Niugini flies scheduled services to 25 airports around the country, as well as to 15 international destinations.



Rare wild dogs found in high country

For the first time in more than 50 years, researchers have confirmed the presence of New Guinea Highland wild dogs (HWD), living at high altitude at Puncak Jaya in Indonesia's Papua Province.

The HWD, similar to the New Guinea Singing Dog, is possibly one of the rarest, most ancient canids currently living, says James McIntyre, the founder/director of field research for New Guinea Highland Wild Dog Foundation, based in Florida in the US.

A canid is a lineage of carnivorans, which includes domestic dogs, wolves, foxes, jackals, dingoes, and many other extant and extinct dog-like mammals.

Mac says it is the apex predator of New Guinea and what many think is one of the most important canids in existence.

"The HWD may be the missing link species between the first early canids and the modern domestic dog.

"Discovering the dogs was pure elation," McIntyre tells *Paradise*.

"It was the culmination of over 20 years trying, countless hours of preparation, and persistence to a point of never taking no for an acceptable answer."

The researchers located tracks, two dens, a trail system used for travel, and other signs of the dogs.

Based on that evidence, along with reports from locals, trail cameras captured over



100 photographs of at least 15 dogs, including females with pups from three to five months old, living in isolated locations between 3700 and 4600 metres above sea level.

Many, if not most, indigenous New Guinea people and cultures have stories and traditions involving the HWD.

In some cultures, HWDs are highly prized hunting trophies, with their jaws and skulls displayed proudly.

"Today, the HWD is an invaluable national treasure and natural resource in its historic ecosystem and range, and we must strive to protect and conserve not only its history, but its future," says McIntyre.

The next phase of this research will occur later this year, he says.

"This time we will attempt to live-capture individuals, immobilise them, conduct complete veterinary examinations, collect samples necessary for thorough DNA analysis, radio collar selected individuals, and release.

"DNA will be sequenced back in the States while we track the selected dogs' travels learning about territories, den sites, and daily patterns – all from our computers at home." ■

—KEVIN McQUILLAN





NEW DAY SPA OPENS IN PORT MORESBY

The Zen Spa has opened at The Stanley Hotel, offering a rejuvenating and therapeutic range of massages in traditional Balinese, Chinese and Thai styles.

The spa also has a range of specialist treatments such as acupuncture, Chinese bone setting, thermal cupping and scraping (*gua sha*).

It's located on the third floor of the hotel and is open daily from 10am to midnight.

See [facebook.com/ZenSpaStanleyHotel/](https://www.facebook.com/ZenSpaStanleyHotel/)

A HERO REMEMBERED

A commemorative display for squadron leader John Francis Jackson has opened at Port Moresby's Jacksons International Airport, which is named after him.

The display, in the international departure lounge, includes a timeline with photos, uniforms, letters home and other artifacts.

Jackson was an Australian fighter ace who served in the Middle East and was awarded the distinguished flying cross, before becoming a squadron leader in Port Moresby.

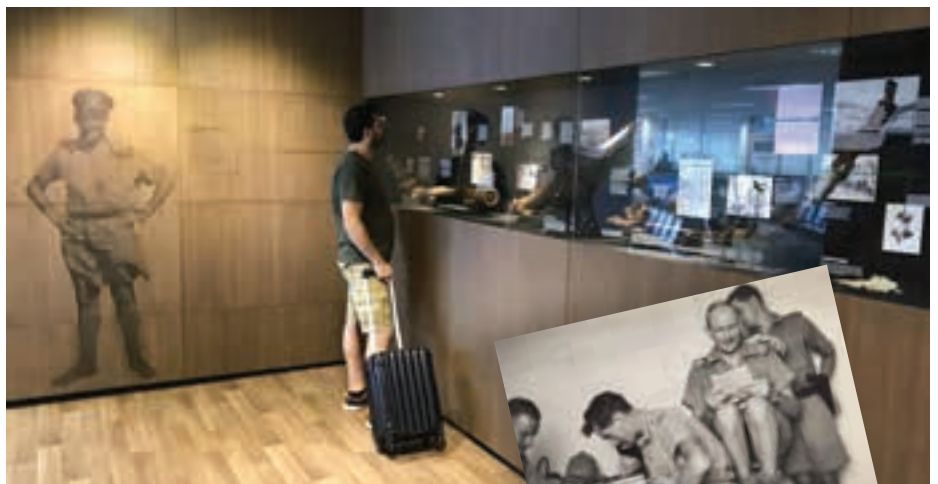
He was one of 12 pilots killed from 75 Squadron that defended Port Moresby during 44 days of Japanese air attacks, from April

to May in 1942. The attacks preceded the Japanese push along the Kokoda Trail.

The squadron was hopelessly outnumbered by the Japanese, but was successful in a number of counter-attacks on Japanese aircraft in Lae.


On one sortie, Jackson ditched into the sea after being shot by Japanese Zeros. He played dead so the Japanese would not shoot him from the air, then swam to shore and trekked through jungle back to Port Moresby.

Just one week later, he was shot down in his Kittyhawk and killed while defending Port Moresby against a Japanese bomber attack. ■



The Jackson display ... artifacts, letters and other memorabilia at Jacksons International Airport (above); Jackson with letter in hand (inset).

PICTURE: AUSTRALIAN WAR MEMORIAL






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Australian PM's first visit to PNG

The Australian Prime Minister, Malcolm Turnbull, has made his first official visit

to Papua New Guinea. The visit included the Kokoda Trail, where he went to commemorate the 75th anniversary of the New Guinea Campaign in World War 2.

"This morning in Isurava we stood on what was in 1942 the hinge of fate," Turnbull said.

He said Australia's freedom was dependent on the courage, endurance, mateship and the

sacrifice of Australians and Papua New Guineans who stood together and held back the Japanese advance.

"Without their sacrifice we would not be the free nation we are today, nor would PNG be the free nation it is today.

"This shared sacrifice, this shared heroism, this endurance, this mateship, this is what kept us free. We honour them, we thank them."

Kokoda remembered, page 72.



PNG visit ... the Australian Prime Minister, Malcom Turnbull, at Isurava.

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CATCH OF THE DAY

This Napoleon wrasse was caught on a recent fishing expedition to Pocklington Reef, on the outer reaches of Papua New Guinea's south-eastern waters.

The fish is considered endangered by the World Wildlife Fund and it's rare to catch one on a rod and reel.

John Cruz, from Sport Fishing PNG, says the fish was handled carefully and released back to the water in good health.

He says the nine-day commercial expedition, with fishermen from Japan, went to places where no one has cast a lure before.

"Fishing in an un-fished destination is special," he says. "We were met with excellent fishing and were able to catch fish after fish, including rare species like the Napoleon wrasse, giant trevally, and dogtooth tuna, along with other massive reef species that are considered rare in other parts of the world."

Sport Fishing PNG, which operates out of Port Moresby, is planning another expedition to Pocklington Reef next year.

The reef is located more than 300 kilometres from Missima Island, which is 280 kilometres from Alotau.

See sportfishingpng.net

BACK TO THE BEACH

More than 150 Whitsundays tourism operators descended on Whitehaven Beach recently to roll out their beach towels in a 'Welcome Back' message aimed at tourists, as the region recovers from Tropical Cyclone Debbie that struck earlier in the year.

Tourism Whitsundays chief executive officer, Craig Turner, says: "It's important the world knows that most hotels have opened their doors, tours are back on the water and the sun is again shining on the Whitsundays."

Air Niugini flies regularly from Port Moresby to Brisbane, Cairns and Townsville, from where you can access the Whitsundays. See airniugini.com.pg. ■



Hong Kong's new hotspot

Hong Kong's new South Island MTR line opened at the end of last year, reaching Wong Chuk Hang on the southern side of Hong Kong Island.

Not a moment too soon for the inquisitive traveller, as the former industrial district has been gradually transforming into a hotspot of art, design and food.

In the 20th century this was an area crammed with factories. The empty space became a playground for creative types.



As a result there's still a measure of grit, but also plenty of cutting-edge venues to explore.

One of Wong Chuk Hang's most interesting galleries is Spring Workshop (42 Wong Chuk Hang Rd), a non-profit experimental arts space. Its landmark bright yellow art installation, *The Industrial Forest* (pictured) references the district's name, which translates as 'yellow bamboo ditch'.

Among other galleries, Blindspot (28 Wong Chuk Hang Rd) exhibits photographic work. Plum Blossom (30 Wong Chuk Hang Rd) showcases ancient and modern Asian art. Whitestone Gallery (21 Wong Chuk Hang Rd) focuses on Japanese art.

Shoppers will want to visit Mirth (23 Wong Chuk Hang Rd), which sells homewares and other items from local designers. Casa Capriz (23 Wong Chuk Hang Rd) and Manks (30 Wong Chuk Hang Rd) are noted for their stylish furniture.

As for food, start your day with coffee at Sensory Zero (2 Heung Yip Rd). For lunch, 3/3rds (6 Heung Yip Rd) specialises in salads and pizza, with a great top-floor view. ■

—TIM RICHARDS





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REASONS TO LOVE PNG

PNG has it all, from surfing remote reef breaks, to staying in jungle lodges, watching hundreds of dolphins leap out of the water, dancing at cultural festivals, and eating fresh-caught fish cooked in a fire pit. Start choosing your own adventure with our list of 50 great things to do and places to stay.

Robert Upe reports.

PICTURES: ROBERT UPE, PNG TOURISM PROMOTION AUTHORITY, SPORTFISHING-PNG, PNGSURFARIS.COM



1 KOKODA TRAIL

This gruelling, hilly and muddy 96-kilometre trek is Papua New Guinea's most famous attraction. Trekkers follow in the footsteps of World War 2 Allied soldiers (mostly Australians) who fought the approaching Japanese. More than 30 trekking companies, based in PNG and Australia, offer fully supported tours with transfers, guides and porters.



2 SURFING AT NUSA ISLAND RETREAT

There's a laidback barefoot vibe at this small resort with overwater-thatched cottages on an island just off Kavieng, in the country's far north-east. Daily, there are short boat trips to peeling reef breaks – with no other surfers. In between surf sessions, there's snorkelling over shallow-water war wrecks, and great food, including fresh-caught reef fish. Visit the adjacent village for local culture and artifacts. nusaislandretreat.com

3 AIRWAYS HOTEL

This secure oasis of luxury, with excellent service, is very close to Port Moresby's Jacksons International Airport. There are big and luxurious rooms befitting a five-star property, a day spa, and very good eating options – none better than Bacchus restaurant, where the wagyu is tasty and tender, and where old-fashioned crepe suzettes are cooked with flair and flare at your table. airways.com.pg



4 WAR HISTORY

PNG was the site of fierce fighting during World War 2. Divers and snorkellers can explore sunken war wrecks at numerous locations. Madang has great wreck diving, along with Rabaul. If you want to explore above water, there are war cemeteries, memorials, secret tunnels used by Japanese soldiers, rusting artillery, tanks and crashed planes to be seen. The war museum at Kokopo has a wide-ranging collection of World War 2 memorabilia, while in Rabaul you can tour the bunker of Japanese commander Admiral Isoroku Yamamoto. Opposite the bunker, the New Guinea Club has an intriguing museum.



5 BLACK BASS

PNG's famed black bass is one of the biggest fighting fish going around. Black bass can reach 'monster' proportions, some up to 30 kilograms. They're mainly caught in rivers, or estuarine water, and the chase for them will take you to some of PNG's most remote areas, including Lake Murray in the Western Province. sportfishing-png.com; baiafishingpng.com; anglingadventures.net.au



6 EATING A MUMU

A *mumu* is a traditional style of preparing food. Typically fish, meat or chicken is wrapped in banana leaves and cooked over coals in a fire pit. It's offered widely. Rapopo Resort in Kokopo, for example, will do it for guests on the beach, or try the excellent hotel version (done in the oven) at Mount Hagen's McRoyal Hotel.

7 NULI SAPI

This is a delight for travellers seeking affordable PNG-style accommodation. Located on remote Logeia Island, via Alotau in Milne Bay Province, there are four basic thatched overwater huts made from bush materials. Quiet nights, perhaps with a guitar in the communal kitchen/dining area, boat excursions, snorkelling, fresh seafood, swimming and a Saturday market at nearby Samarai Island are on the agenda. Getting there's an adventure; 90 minutes by motorised dinghy from Alotau.

facebook.com/NuliSapi/



8 VOLCANO CLIMBING

It's possible to scramble to the top of Mount Tavorvur, near Rabaul, and to peer into the smoking crater. After crossing the barren moonscape surrounding the mountain, the steep slopes provide a challenge. There's no track, just loose rock, and fissures letting out

hot steam. You should make it to the top in about 30–45 minutes from the base. Go with a guide, take plenty of water, and set off early to beat the heat. Most hotels in the region will arrange guides.

9 MOTORCYCLE TOURS NEAR LAE

Niugini Dirt Adventures takes bikers off-road on multi-day trips near Lae. The terrain is for experienced riders only, and involves river crossings that sometimes require bikes being loaded into dugout canoes.

niuginidirt.com



10 TOWN MARKETS

The markets provide a glimpse into a buzzing slice of local life, where fruit, vegetables, livestock and clothing are sold. You may feel like paparazzi at some markets, such as Mount Hagen. The locals love to have their photos taken. Their rationale is that if they can't travel abroad, they can at least have their images transported to other countries.

11 BIRD OF PARADISE

PNG's national bird has long been a favourite for bird watchers, explorers and naturalists, among them English broadcaster David Attenborough who has had a lifelong obsession with them because of their spectacular plumage and exotic courtship rituals. Attenborough has filmed them all over PNG, which has 38 of the world's 43 species. ➤



50 reasons to love PNG



12 MUD MEN

They look fearsome and ghostly, and they're meant to be. The masks, mud-smeared bodies and long bamboo finger spikes worn by Asaro Mud Men

were originally adorned to scare enemies. The Mud Men, from a village near Goroka, are one of PNG's icons. Outside their Highlands territory, they can be seen at various cultural shows.



16 KOKOPO DOLPHINS

Wake early and take an excursion in Blanche Bay, Kokopo, where spinner dolphins are regulars. Spinners are the acrobats of the dolphin family, rising out of the water and spinning on their axis. Sometimes, there are more than 100 to be seen. Local hotels will arrange tours.

17 VILLAGE HUTS STAY

Village Huts is a local tourism operator that has a range of local-style accommodation on offer, including huts, guesthouses and homestays.

villagehuts.com

18 SALAMAUA

This is a gorgeous and little-known isthmus, perfect for snorkelling, diving and fishing. It is about an hour by boat from Lae and was once the capital of Morobe Province and a base for Australians during World War 2.

19 RABAU HOTEL

Against all odds, the Rabaul Hotel survived the 1994 eruption of Mount Tavurvur, which buried the town in volcanic ash. The building was one of the few left standing and, these days, is a thriving hotel, and historic landmark, in Mango Avenue in the rebuilt town. It has about 40 modest rooms, a highly praised Asian-style restaurant (it also serves Western dishes) and an enthusiastic host/owner, Susan McGrade, who is an oracle of local history and things to do in the area.

rabaulhotel.com.pg

20 NATIONAL MUSEUM & ART GALLERY

In Port Moresby, the museum is a showcase of culture, artifacts and history.

See our story, page 66. museumpng.gov.pg

13 ARTIFACTS

Baskets, bilums, kundu drums, masks and traditional weapons are for sale across the country. You can buy them at villages direct from the makers, at town markets, or, as a last chance, at Jacksons International Airport from a shop called 'A Little Something from PNG'. The shop also sells PNG's prized chocolate and coffee.

14 MADANG RESORT

Located at the entrance to Madang Harbour, the property has almost a kilometre of water frontage, a dive shop with training facilities, swimming pools and a marina for the 30-metre *Kalibobo Spirit*, which does Sepik River and island charters. The resort's main restaurant has open dining along the waterfront.

madangresort.com

15 CRYSTAL RAPIDS

These cascades, at Sogeri, about 30 minutes' drive from Port Moresby, provide welcome respite from the Moresby heat. There are grassed picnic areas on the riverbanks. Popular with locals.

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Website: crossroadstransithotel.com



50 reasons to love PNG



21 COROKA SHOW
More than 100 tribes gather at this annual cultural show, one of the best in PNG. The show celebrates its 50th anniversary this year, on September 16–17.

23 TUFI DIVE RESORT
Another of PNG's star dive resorts, remote Tufi in Oro Province is hot for reef and wreck diving, including the World War 2 US bomber, Black Jack. But there's more than diving and snorkelling: take your pick from kayaking, fishing, cultural tours, bird watching and immersing yourself in nature and rainforests where you can see orchids and the world's largest butterfly, the Queen Alexandra Bird Wing. tufidive.com

24 SEPIK RIVER
Venture into jungle and to isolated villages along PNG's longest river and its tributaries. There are no roads, so all travel is by water. The Sepik Spirit is one boat that offers comfortable tours. pngtours.com



25 CROCODILE FESTIVAL
Held annually at Ambunti, this festival brings Sepik River communities together to celebrate the cultural significance of the crocodile. There's dancing and singing, as well as villagers with crocodiles. You'll also see men with crocodile scarification, where their skin has been cut so that the scars resemble the back of a crocodile. The festival is on August 5–7.



26 KENU AND KUNDU FESTIVAL
The annual festival in Alotau is on November 4 and 5 this year and includes canoe racing, kundu drums, dancing groups, art, craft and drama performances.

27 HIRI MOALE FESTIVAL
This Port Moresby festival coincides with PNG's independence anniversary on September 16, and includes the Miss Hiri Queen contest. **See our story, page 34.** ➤



22 WALINDI PLANTATION RESORT
In Kimbe Bay on New Britain Island, this is one of PNG's top dive resorts, with rooms and bungalows in tropical garden settings, as well

as a live-aboard dive boat, the MV *Febrina*. Village visits, volcano walks and birdwatching are part of the offering. walindifebrina.com

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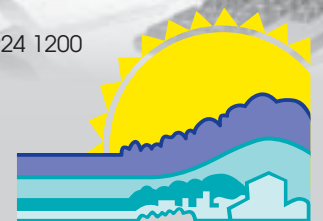
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50 reasons to love PNG



28 HULI WIGMEN
 One of PNG's most accessible and spectacular waterfalls is the Makara Falls, in the heart of Huli Wigman country in Hela Province. Off the Highlands Highway, it's a five-minute walk along a bush track to the falls, which are close to Ambua Lodge, part of the stable of properties owned and operated by Trans Niugini Tours. The Huli are a colourful warrior clan, known for their red, yellow and white-painted faces, as well as their elaborate wigs made from human hair. Despite their warrior status, they warmly welcome visitors and enthusiastically perform *sing-sings* and dances. The small town of Tari is the gateway to the Huli.

pngtours.com



29 MOUNT HAGEN CULTURAL SHOW
 Held annually in August, the tourist-friendly show is one of the largest tribal gatherings in the country, with more than 100 tribes displaying their cultural traditions through song, dance and costumes. The show is on August 19–20 this year.



30 DRIFTWOOD
 The setting for Driftwood is idyllic – it's in rainforest on absolute waterfront, near Alotau, the gateway town to beautiful Milne Bay. There are just 11 cute white bungalows, and a jetty with restaurant and bar. It's hard to think of a more perfect spot to have outdoor dinner and drinks on a warm night.

driftwoodresortpng.com ➤

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31 DOINI ISLAND PLANTATION RESORT

After checking out of Driftwood, (No. 30) hop aboard a motorised open boat at Alotau for a two-and-a-half hour journey to the island, where you're greeted with beachfront bungalows and a castaway vibe. Visit skull caves, kayak, swim, bushwalk and fish. Like most PNG lodges, this isn't so much a 'sit-by-the-pool with a cocktail' destination (there's actually no pool), but it's more a place for the soft adventurer. doiniisland.com

32 SNORKEL WITH MANTA RAYS

Snorkel with manta rays at Gona Bara Bara Island at Milne Bay. The rays are attracted to the island, where a section of fringing reef has been dubbed as a 'manta ray cleaning station'. The graceful creatures are cleaned of parasites here by cleaner fish. Tour operators run half-day trips to the small island, or you could stay stay for several weeks and live alongside the tiny local community as a volunteer for Manta Watch Camp. If you're staying at Doini Island (No. 31), they'll take you across to the mantas for a few hours.

mantawatchcamp.org



33 MOUNT WILHELM

PNG's highest mountain provides a formidable hiking challenge. It takes three or four days to reach the 4509-metre summit along a well-defined track. The rewards include glacial lakes and valleys, high-elevation rainforests and moss-coated forests, not to mention the views from the top. Several companies provide guided tours.

escapetrekkingadventures.com.au; pngtrekkingadventures.com

34 TUPIRA SURF CLUB

In Ulingan Bay, 180 kilometres north of Madang, the club provides accommodation for about a dozen surfers who can access five quality breaks. Surfer numbers are capped at 20, ensuring uncrowded waves. The club hosted the recent World Longboard Championships.

[facebook.com/Tupira-Surf-Club-158686431496/](https://www.facebook.com/Tupira-Surf-Club-158686431496/)

35 STANLEY HOTEL

Port Moresby's largest and newest hotel has stylish rooms, multiple dining choices and connection to the Vision City Mega Mall where there are more food options, cinemas and a nightclub.

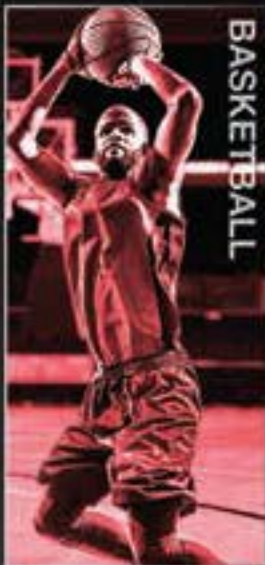
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36 RONDON RIDGE LODGE

Rolling Stone Mick Jagger stayed here, in the hills overlooking Mount Hagen. It's all very stylish and includes apartment-style accommodation, bird-watching excursions, and tours to see Mount Hagen tribesmen in traditional dress, as well as PNG's famous Mud Men. The lodge is part of the portfolio of properties owned and operated by Trans Niugini Tours.

pngtours.com

37 CONNECTIVITY

You'll feel totally isolated in many parts of PNG, especially staying at remote lodges, or exploring the Sepik River region. But that doesn't mean you need to be out of touch. Mobile phone reception and internet connectivity is available across most parts of the country. Pick up a local sim card at Jacksons International Airport.

38 BOUGAINVILLE

Largely undiscovered by tourists, it's only now that Bougainville is getting some serious tourist activities up and running. Trek to waterfalls, stay in villages and travel out to sandy atolls.

See our story, page 64.
rotokas.ecotourism@gmail.com



39 PORT MORESBY NATURE PARK

More than 150 animals – birds of paradise, tree kangaroos, hornbills and cassowaries among them – live at this park. You'll also find native gardens with 11,000 orchids, gingers, and picnic areas. [facebook.com/portmoresbynaturepark](https://www.facebook.com/portmoresbynaturepark)

40 KOKOPO BEACH BUNGALOW RESORT

You can see it all from here: volcanoes, islands and a stunning bay where spinner dolphins frolic (see No. 16). There's good food in a traditional semi-open haus-win setting with local timber poles and a sago roof, and comfortable accommodation, but in the resort's range of tours, it also offers home stays, for a night or two, at Maira village on Mioko Island. It takes about two hours by boat to get to the island where you'll be greeted by a posse of friendly and excited children. kbb.com.pg

41 RAPOPO PLANTATION RESORT

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50 reasons to love PNG

across Simpson Harbour put this resort right up there with the best places to stay if you're visiting Kokopo and/or Rabaul. There's a dive school and a good range of land tours. rapopo.com



42 SWIMMING Be sure to take a dip in the warm turquoise waters of PNG, with idyllic palm-fringed beaches. You'll often be joined by the locals.

43 COFFEE AT DUFFY'S PNG is known for its great coffee, and one of the country's hippest cafes and specialty coffee roasters is Duffy's, which has outlets in town, Waigani and at the airport at Port Moresby. Try local blends such as 'Kissed by a Highlander' and 'Fuzzy Wuzzy'.

44 LISSENUMG ISLAND RESORT The resort is 20 minutes by boat from Kavieng, in New Ireland Province. You can walk around the island in about 15 minutes and there are eight ocean-front rooms. Diving, surfing, fishing, snorkelling and village visits are offered. lissenungisland.com

45 TAWALI RESORT Set high in the jungle on a bluff overlooking the sea,

Tawali may have one of the best verandahs in PNG for sunset drinks. Guest bungalows also enjoy the sea vistas. This is first and foremost a divers' paradise, but there are land tours (to waterfalls and skull caves) to keep non-divers interested. Part of the allure is the remote location in Milne Bay, reached by a long and bumpy road trip and then boat transfer. tawali.com



46 BAINING FIRE DANCE See this spectacular dance at the Rabaul Mask Festival, every July. Masked young men perform it around a big bonfire as an initiation into adulthood.

47 PORT MORESBY DINING If you haven't eaten in Port Moresby in recent times, you may be in for a surprise. The nation's capital is rapidly coming on in development terms, with hotels and restaurants springing up for the 2018 APEC summit. The legacy will be a great crop of new places to eat, some of which are already trading. More than 20 have opened in the past year, among them Asian, Italian, Indian and Japanese places. Ask at your hotel for recommendations.

48 PANASESA RESORT The handful of beachfront bungalows at this Conflicts Islands resort can be booked exclusively for one group. There's also a clubhouse and sunset beach cocktail bar, plus chef, dive and resort staff.

Swimming off white-sand beaches, snorkelling and big-game fishing are among the activities. Or just be a castaway and loll in a hammock with a book. conflictislands.com



49 TROBRIAND ISLANDS This remote Papua New Guinean archipelago, in the Solomon Sea, is a favourite stopping point for cruise ships where locals (many in traditional dress and with face paint) sell carvings and beads, and play beach cricket with visitors. The scenery is clichéd – in the best possible way – with blue water and palm-lined beaches.



50 LIVE-ABOARD SURFING The *PNG Explorer*, a 23-metre steel ship for 10 guests, cruises out of Kavieng on a variety of surf adventures from October to May. Most charters on board the mid-level luxury vessel are for 10 nights. The company has recently purchased a second vessel, the ultra-luxury *Ultimate 1*. If you're not surfing, there are also diving and fishing trips, and plans to expand into general tourism and visit cultural events such as the Yam Festival in the Trobriand Islands. pngsurfing.com

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GOING WITH THE BREEZE

Grace Maribu explains the tradition behind Port Moresby's annual Hiri Moale Festival.



A cry goes up. Sails have been sighted. A runner is dispatched to confirm the identity of the sailing canoe, called a *lagatoi*, and after confirmation is made the village springs into action.

Kundu drums are fetched, headdresses brought out, faces painted. Women, adorned in traditional costume, get ready to greet the *lagatoi* with fanfare and celebration when it reaches shore.

In years gone by, this would have been the scene at the end of every Hiri trade voyage, customary along the shores of the Motuan coastline.

Today, the scene is played out at the Hiri Moale Festival in Port Moresby. The festival pays tribute to the traditional Hiri expeditions.

Hiri researchers say that the voyages significantly shaped the lives of the local people of Port Moresby, because without them "the Motuans would not have subsisted" because of frequent droughts in the area.

According to F.R. Barton, who published a detailed account of the Hiri in 1910, the institution had existed for many generations, as it was a feature of life when the first English missionary settled in Port Moresby in 1874.

About October or November, before the south-east trade winds die, Motuan seamen would sail their giant canoes north-west, several hundred kilometres across the Gulf of Papua, to exchange pottery made by Motuan women for sago produced in the west. In late December or January, the expedition would return, aided by the north-west monsoon.

Much planning would go into a voyage, perhaps starting a year before. A man wishing

to lead an expedition would cultivate large gardens to provide food for the feasts required during the construction of the *lagatoi*. In April or May, he would summon his relatives to a small feast at which he would announce his intention and enlist their support. This was given to him soon after, in the form of additional canoe hulls, arm shells and other traditional currencies.

“

Motuan seamen would sail their giant canoes north-west, several hundred kilometres across the Gulf of Papua, to exchange pottery for sago.

”

About June, the voyager would go public. He did this by leaving his house in the early morning and sitting by a fire in the street. He stayed there until he was joined by a deputy, a mast man and sail man, and the rest of the crew. Barton records the average number of crewmen at 29, aged between 20 and 40.

Construction of the vessel involved collecting vines and cane, assembling and binding the hulls, and stepping the masts, which were heirlooms handed from father to son.

These tasks were supported by supplies of food from the large gardens, cooked by the wives of the leaders.

Meanwhile, the village women set about making the pots. Women dug the clay, ferried it home, made and fired the pots. The pots came in three types – cooking, water storage, and bowls.

As for the *lagatoi*, its design and properties were so well thought out and built that the vessel could withstand the rigours of the sea and carry the crew for weeks.

The hull comprised dugouts, held together by vines and a network of bamboo poles. A typical *lagatoi* had four dugouts, although it has been reported that one had more than 25 dugouts, which made the vessel as wide as it was long.

The hull became the storage area for the cargo and was crammed with banana leaves to prevent water from seeping inside.

Upon the hull was placed flooring material that became the deck. Built in the middle, were two separate cabins – one for the captain, called the *baditauna*, and the other for his co-pilot, known as the *doritauna*. Between the cabins were the two masts, upon which the sails were fastened.

The area between the cabins was the *irutahuna*, the sacred place reserved only for the two expedition leaders and their errand boys.

Hiri custom dictated the inclusion of young pre-pubescent boys – usually the sons or nephews of the captains – on the trip to run errands for the leaders.

The *baditauna* and the *doritauna* were the spiritual leaders of the voyage, observing all the spiritual protocols that governed their daily routine. While the mast and sail men attended to the physical running of the vessel, the two principals took care of the spiritual needs of the expedition.





Keeping up traditions ... a *lagatoi* (sailing canoe) at the annual Hiri Moale Festival (left); the real deal (above); the Miss Hiri contest is part of the festival (right).

Upon arrival in a Gulf village, the barter occurred according to the value system designed for Hiri. The return was always a very happy occasion. Much feasting took place and debts owed were repaid to those who took care of the families of crewmen during their absence.

The Hiri flourished until 1941, when World War 2 disrupted traditional customs, although few Motuan villages tried to revive the interest after the war. But in 1958, the Australian colonial administration banned expeditions, after a returning *lagatoi* capsized outside of Port Moresby, killing everyone on board.

Motuan say the major function of Hiri was economic. They also valued the institution for its maintenance of links with partners and neighbours. Hiri also provided the opportunity for festivities, and conferred prestige on those who participated.

Today, the last surviving sailors are in their 80s and the practice of clay pot-making has died.

The Hiri Moale Festival relives the tradition by having young men schooled in *lagatoi*-construction skills and young women groomed in womanhood according to the ways of Hiri.

The festival includes a Miss Hiri contest and coincides with Papua New Guinea's independence on September 16. ■



Matt Shea checks into the luxe Orpheus Island Resort in North Queensland.

Home

The first things you notice are the photos. They line the richly rendered white walls of Orpheus Island Resort, black-and-white images clearly from a different time. In them, a startlingly pretty young

instructing him how to handle a boomerang. The images are fascinating. Blown up large and displayed in the resort's public areas and rooms, they convey a sense of the past, and of home. Of lived-in comfort.

“
There are 28 staff at Orpheus to look after the 28 guests.
”



woman poses against a variety of backdrops. One photo has her high on the island, sun hat dangling from her hand, and Orpheus's coral bays in the background. In another, she's posing with a couple of locals, sitting in a giant clamshell. A third has an indigenous man gently clutching the wrist of a young Hollywood actor, Robert Mitchum,

This, you soon realise, is Orpheus's parlour trick. From the moment your helicopter lands at the far end of the resort's expansive garden, you feel like you're being welcomed not into a hotel, but into someone's home. You don't use your key at Orpheus because you hardly need to. You don't need to swipe anything or tell anyone your

Island luxuries ... the pool bar at Orpheus Island (above); tasteful interiors (right). "You feel like your'e being welcomed *not* into a hotel, but into someone's home."



comforts

room number because just about everything – food, drinks, activities – is included. Gone are all those moments of friction that remind you that you’re staying at a hotel. It’s hard to overstate how this adjusts your mindset.

you never want for anything, it also creates a sense of equivalency between host and guest. It’s egalitarian, friendly, familiar and, most of all, comfortable.

It also means Penegar has the time to sit us down in the

straight across the garden to the bay beyond.

It’s Penegar who’ll appear again later on the beach, seemingly out of nowhere, prepping us for a paddle-boarding session. He helps us push off and we float out over

first time we take stock of the other guests. They’re couples mostly. Two 20-somethings have flown from Los Angeles for their honeymoon. Another pair has travelled from Texas for an anniversary. For a couple of Brits,



It’s in the service too. We wouldn’t know general manager Ross Penegar from the rest of his staff, except he’s there to greet us as we touch down, grabbing our bags with a couple of suntanned fists.

There are 28 staff at Orpheus to look after the 28 guests, Penegar tells us later, and while that means

lounge with a welcome drink and introduce us to chefs Daniel Main, Aileen Aguirre and Francis Dela Cruz – who check our dietary requirements and chat to us about that day’s menu – before showing us to our room, an airy, understatedly luxe villa on the northern side of the complex with views

the reef, catching the easterly breeze towards the mainland, before turning to work our way back to the beach. Orpheus’s lovely, lazy infinity pool and an open bar await us as reward.

Later, a gentle cruise out into Hazard Bay, with champagne and cocktails, doubles as a welcome for new arrivals. It’s also the

this is the luxury leg of an extended trip to Australia.

In the twilight, we watch as Penegar somehow summons white-bellied sea eagles from Orpheus’s iconic Clam Gardens, while fellow general manager Jen Fitzmaurice explains the history of the dramatic archipelago of islands that surrounds us. ➤



Home comforts

During the last ice age, it was a mountain range separating the mainland from the sea.

After dark, we freshen up before sitting down to a multi-course meal in Orpheus's expansive pavilion, tables for two facing out across the torch-lit gardens and the sea beyond.

Chef Main and his team switch up the menu daily. One night you might have Cape Grim beef tenderloin with horseradish foam; the next, pan-seared snapper with bok choy and black fungi. Everything is North Queensland fresh and full of colour, the service precise but unobtrusive.

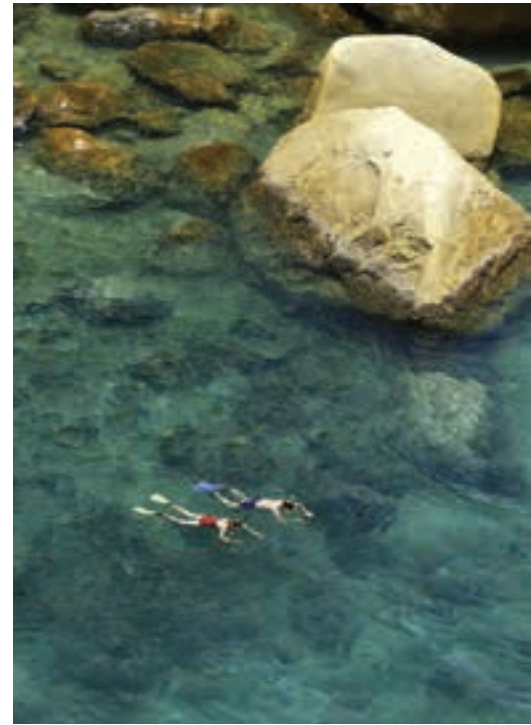
The next morning, we have a snorkelling date to attend. Fitzmaurice and her team outfit us with flippers and suits, before Orpheus's dive boat, the *Maree Ann*, powers us south, around the

tip of Orpheus towards the eastern shore of nearby Curacoa Island, where an extended stretch of reef sits particularly close to the surface. Fitzmaurice take us into the water, the high mid-morning Queensland sun shining on the coral below.

It's like entering another world. Floating along with the gentle current, we dive to inspect giant brain corals, elephant ear sponges and all sorts of bizarrely shaped anemones. Parrot fish zip this way and that, while more timid sea creatures peek at us from inside deep crevices. We team up with other guests, pointing out each and every hyper-coloured creature. When motioned back to the boat, we hardly want to leave.

That same reluctance strikes in the afternoon, when we hear the

Breathtaking ... snorkelling on a fringing reef at Orpheus Island (right); salt and pepper squid with wasabi cream, served at the pavilion where tables face out to sea (far right).



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Home comforts



blades of the helicopter cutting through the tropical air. Our time at Orpheus is almost up.

Penegar and Fitzmaurice walk us to the helipad, fast friends among the other guests waving

from their hammocks. We don't want to say goodbye but Penegar reminds us that a return visit is barely more than a flight to Townsville away. See you soon, Orpheus. ■

 **Air Niugini flies from Port Moresby to Townsville twice a week. See airniugini.com.pg**

NEED TO KNOW

STAYING THERE Rooms start from \$AUD1500 (about PGK3550) a night for two, with packages available for longer stays.

The rate includes meals, wines, beers and soft drinks, a daily nature-based activity and use of Orpheus's watercraft. Return helicopter transfers from Townsville with Nautilus Aviation cost \$AUD580 (about PGK1375).

MORE INFORMATION orpheus.com.au

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BATTLE STATIONS

Monica McInnes explores Singapore's remnants of war.

It took just eight days for Singapore to be changed forever. Eight days of punishing fighting and gun battles for the Allies to surrender to the Japanese.

It was February 1942. Japanese troops infiltrated Singapore from Malaya, now Malaysia, in the north. It was not unexpected, but British commander, lieutenant-

general Arthur Percival, ignored intelligence reports and rallied troops and resources to defend Singapore from a southern sea-based attack. Only small regiments of Australian and Indian forces protected Singapore's north.

Fast-forward 75 years and Singapore's an independent, thriving metropolis with a unique

PICTURE: AUSTRALIAN WAR MEMORIAL



blend of ancient cultures and modern-day conveniences. But remnants of the war days remain and are ready to be explored.

FORT SILOSO

Perched atop the recently built 181-metre Fort Silosos Skywalk, the fort has sweeping views past Singapore harbour’s calm waters to the mainland and across the boat-laden Singapore Straits. It’s easy to see why the fort’s location, on Sentosa Island, was an appealing strategic position.

Today, Fort Siloso is Singapore’s only preserved coastal fort. It was originally built in 1878 as part of the British Empire’s defence.

Our guide recounts stories about the fort’s tunnels, gun emplacements, munitions pulley systems, storage rooms,

and the living conditions for commanders, troops and hired civilian labour.

The fort was equipped with gun batteries and heavy armament,

was inaccurate and ineffective in halting the Japanese advance.

The final stop on the 90-minute tour provides air-conditioned relief from the tropical heat, to

“

Built in 1936, the highly secretive Battlebox was a command centre during the war. Accessible via guided tour only, the bomb-proof shelter is a labyrinth of corridors and 29 rooms.

”

but all the might and power were almost useless some 60 years later when Singapore was attacked from the north. Their minimal turning capabilities meant any barrage of bombs

view life-sized scenes of the two World War 2 surrenders – the Allies to the Japanese on February 15, 1942, and the Japanese to the Allies on September 12, 1945.

FORT CANNING

Back on the mainland, we stop at Fort Canning to see where Allied commanders made the fateful decision to surrender at the recently re-opened Battlebox.

Built in 1936, the highly secretive Battlebox was a command centre during the war, but was abandoned soon after the war’s cessation and forgotten for more than 40 years. During the Battle of Singapore, commanders sought refuge nine metres inside the belly of Fort Canning with battle-critical intelligence personnel.

Accessible via guided tour only, the bomb-proof shelter is a labyrinth of corridors and 29 rooms. Most feature mannequin soldiers conducting daily duties – deciphering and encoding ➤

Scars of war ... Singapore's waterfront buildings on fire during hostilities in 1942 (above left); Singapore Strait from Fort Siloso (below).



PICTURES: MONICA MCINNES, SINGAPORE HISTORY CONSULTANTS



Battle stations

War connections ... (from left) the telephone exchange room at Battlebox; Japanese aircraft wreckage at Fort Siloso; gun barrels at Fort Siloso.



radio transmissions, poring over maps and intelligence reports, and sleeping while 'off-duty'.

Our guide explains intelligence gathering, sorting and deciphering. Amid the chaos and overcrowding, commanders feared being overrun by an enemy twice their number, when in reality the opposite was true.

The tour culminates in a conference-like room where Percival and his commanders have looks of despair. They have decided to surrender. The meeting took just 15 minutes and was despite Percival's wish to make a counter-attack.

Later that day, Percival met with general Tomoyuki Yamashita

to sign an unconditional surrender of 80,000 Allied troops. It was the Commonwealth's greatest military defeat.

CHANGI MUSEUM

Many of the Allied soldiers were taken to Changi prison on the eastern side of the island, and later some were moved to work camps in Sandakan or Thailand.

The Changi Museum details Singapore's darkest days and features a Changi chapel replica. But out of the darkness stories of hope, ingenuity, and exceptional bravery are revealed. The audio-guide sounds in our ears, as we meander silently, pausing often to read and reflect.

We learn about courageous ➤



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Battle stations

War sites ... (from left) the underground entrance to Battlebox; the plotting room downstairs (middle); replica of an officer supervising the arrival of munitions at Fort Siloso.



everyday Singaporeans, like Mary Seah, who gambled her life by bringing food and supplies to Changi POWs, and the resourcefulness of a POW crafting a radio disguised in a broom. The risky broom-radio allowed outside information gathering and boosted POW morale.

We touch an original prison door, observe gloomy POW artworks, and feel uplifted by the notorious Changi quilts, which facilitated secret messages between camps.

KRANJI WAR CEMETERY

Standing on a former World War 2 Allied military camp and

munitions store in Singapore's north-west, is Kranji War Cemetery, the final resting place of 4461 casualties. It's a peaceful spot amidst the hustle and bustle of the city visible in the distance.

Opposite are glimpses of the Johore Strait – a poignant reminder of where Singapore's

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Battle stations

THE KEY SITES

FORT SILOSO

The fort can be seen on either a guided or self-guided tour. Entry is free, but there is a charge for a guided tour and to enter the Surrender Chambers. There are several options to access Sentosa Island – gondola, MRT and monorail, bus, taxi or by foot.

FORT CANNING'S BATTLEBOX

Wandering Fort Canning is free, but access to the Battlebox is by guided tour only. You can easily get to Fort Canning on foot from the nearby MRT and bus stops, or by taxi.

CHANGI MUSEUM

Allow about 90 minutes to travel by MRT and bus to reach the museum. Entry is free, but audio-guides and the 45-minute guided tours attract a small fee.

KRANJI WAR CEMETERY

Entry is free and the cemetery can be reached by an easy 10 to 15-minute walk from the Kranji MRT.

senseless loss of life and the atrocities of 75 years ago have contributed to their nation's identity, making it more independent and stronger. Our Fort Siloso guide agrees:

“In a strange way the war was good for Singapore – it has made us who we are and we are smarter for it”. ■

 **Air Niugini flies from Port Moresby to Singapore five times a week. See airniugini.com.pg.**



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Pitch perfect

Belinda Jackson gets in tune with the locals, above and below the water in Tonga.

“We Tongans party today, and there’s nothing on the table tomorrow,” a Tongan woman tells me as we queue at Tongatapu’s airport. It’s 2am, I haven’t even set foot in the country and already I’ve been warned that Tongans are hardened socialites.

Looking around, I realise it’s true. You’re nobody if you’re not kissing a staff member.

Customs officers, passport controllers, baggage handlers – they’re all wrapped in warm, loving embraces from the passengers from our plane, accompanied by a live ukulele band. I guess there’s a reason why Captain Cook called them the Friendly Islands.

Later that day, a far smaller plane, a little 18-seater, flies me 55 minutes north to the Vava’u archipelago, and the party continues.

Vava’u is one of the four archipelagos

that make up the Kingdom of Tonga: it’s a renowned stopping point for trans-Pacific sailors on the so-called ‘Coconut Milk Run’ from the US west coast to Australia. Skipping between the beautiful isles of Polynesia, Melanesia and Micronesia, these oceanic island hoppers pause for a week, a month or even a full season in Vavau’s aptly named Port of Refuge harbour. Its calm waters are a favourite wintering roost for sailors, who lend an international flavour to Vava’u’s main town, Neiafu.

Tapas and tacos, pizza and panini are served up beside Tongan staples of local fish cooked in banana leaves and *ota ika*, fish marinated in lemon juice with coconut milk, with the omnipresent taro and coconut appearing in entrees, mains and desserts.

On the deck at Mango Cafe, home to the Port of Refuge yacht club, sailors swap stormy stories and admire a *vaka moana*, a traditional Pacific

voyaging canoe moored by the cafe, as the sun sets to the tinkle of a hundred yachts’ rigging in the breeze.

Much, much later in the night, the music is all about bumping and grinding on the dance floor at the legendary bar Tongan Bob’s, the dancers flushed by Bob’s famed, fierce punch drink.

“Malo,” I say to the smiling breakfast staff at the Tongan Beach Resort the next morning. “Malo,” again when they bring me tea. “Malo,” I say, as I wave goodbye and leap aboard the boat waiting at the jetty for me. My Tongan, I learn, is quite exceptional. Hello, thank you, goodbye with the one word: surely this is the mono-linguistic tourist’s nirvana?

If you are looking for five-star resorts in Tonga, your quest will be fruitless. The country rolls on small family-run B&Bs and a handful of rustic resorts with beachfront fale, thatch-huts looking out to clear blue waters.

On Saturday mornings, people from the 61 islands of the archipelago head to the town’s vegetable markets where mountains of taro are loaded into plaited grass baskets, awaiting buyers. Even here, there is music, as two church choirs from opposing persuasions have a high-intensity sing-off that drowns out the buzzing motorbikes and vans.

That love of a party extends into church. Come Sunday morning, the choirs are ensconced in their respective churches – of which there are



PICTURES: BELINDA JACKSON, TOURISM TONGA



Tonga time ... (clockwise from opposite page) lonely beaches and beautiful water; up close with a whale; shooting the breeze; Haniteli Fa'anunu, founder of Ene'io Botanical Garden in Vava'u, which has over 500 plant species.

many – and utility vehicles deliver whole families to the church steps. In Neiafu's Catholic church, everyone's in their Sunday best with hats, gloves and ties, and the front pews are the preserve of the choir. The singers pour their souls into melodic worship, which floats along the warm breezes of the Tongan weekend.

Tonga is closed on Sundays: that means no flights, no cruise ships may land, no restaurants or bars open except in resorts catering for tourists. There are no dolphin cruises, no fire-eating shows, and no work for money. One of the most striking features of Tongan business is the lack of it.

I find a gentle exception: the Ene'io Botanical Garden is open to display its rich bounty of orchids, sandalwood, ferns and palms, and each Sunday, its restaurant spreads a Tongan banquet for foreign guests. The obligatory suckling pig – bright orange and glazed of eye – is surrounded by bowls of taro, shellfish, tart papaya chutneys and sweet, buttery coconut cake, while coconut juice and the local brew, Kingdom lager, go down a treat in the sultry afternoon.

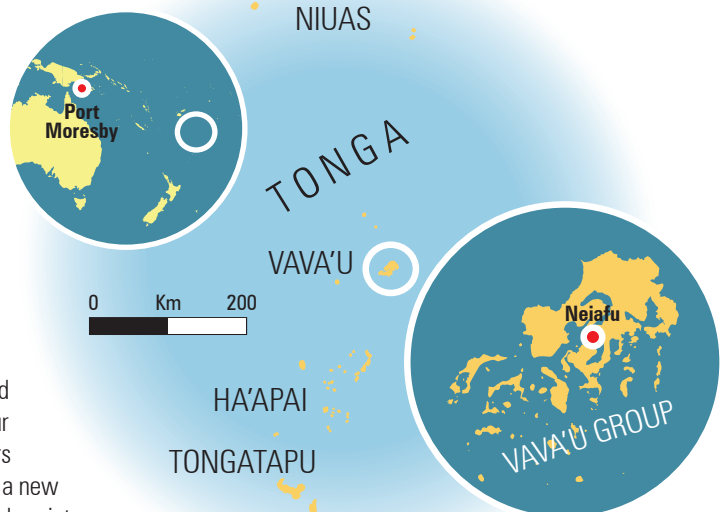
The following day, I'm submerged in the waters of Vava'u's tiny islands, dipping into the ghostly depths of its famed sea caverns. The headliners are the dramatic, bat-lined Swallows Cave and Mariner's Cave, which is entered by diving through a submerged tunnel. This time, the song is equally serene, equally beautiful. It's whale

song, and it's emanating from somewhere below my flippers.

The ocean vibrates with harmony from the humpback whales, which also like wintering in Tonga, away from their chilled homelands in Antarctica.

The Pacific kingdom is their romantic getaway and subsequent nursery for four months each year, as lovers become mothers, bringing a new generation of two-tonne calves into the world.

The song is ancient, deep and almost mournful, and reverberates through the water and into my bones. It speaks of journeys, friendship, the ocean, and life. And, like all other songs in Tonga, it's in perfect pitch. ■



NEED TO KNOW

STAYING THERE The Tongan Beach Resort in Vava'u costs from PGK660 for a double room a night, thetongan.com.

BEST TIME Humpback whales visit Tonga from July to October. Swim or watch whales, costs from PGK575, whalesongtonga.com.

MORE INFORMATION tongaholiday.com.



CULTURE FIX

Mark Andrews visits Ubud, where dance, temples and good Balinese food inspire him.

PICTURES: MARK ANDREWS



‘Do you need transport?’ reads the sign held up high by the Balinese spruiker as I leave my hotel. I shake my head and he turns the sign around. On the back, it pleadingly reads ‘Maybe for tomorrow?’

Meanwhile, a Balinese long-tailed macaque picks through one of today’s offerings before hurling it to the ground in a show of disapproval. Welcome to another morning on Ubud’s Monkey Forest Road.

While it is easy to eat, pray, love in Bali, there are also rewards from exploring the island’s cultural side. And there is no better place to do this than from Ubud.

It is still possible to visit Ketut Liyer – the Balinese medicine man who set Elizabeth Gilbert on her year-long odyssey depicted in the movie *Eat Pray Love* – for a palm reading. However, it doesn’t take an encounter with a fortune teller to feel the mystical side of Bali.

With 90 per cent of islanders practising Hinduism blended with animist beliefs, offerings are an important part of daily life. Usually consisting of

little more than a small plaited palm-leaf box, they are filled with food, and they waft the fragrance of incense and frangipani flowers.

Put out at regular intervals throughout the day to appease the gods, they line the uneven pavements that are cracked and broken.

Nights resonate with the haunting sounds of *gamelan* orchestras punctuated by the giant



“
”

Each dish is redolent with a complexity of flavours that is missing in most restaurants. Pupsa really knows how to get the tastes of Bali to dance off the plate.



Ubud moments ... the *barong* dance at Batubulan; a basket with red chillies at the Ubud produce market; a terraced rice field fringed by palm trees.

croaks of tiny frogs on lily pads. Balinese dance has its origins in the temples and local story telling, but these days there are regular tourist performances.

Legong dances, performed by two young women to the rhythmic percussion of the *gamelan*, involve intricate hand movements and swaying heads invoking the very essence of Balinese femininity.

The *barong* dance is best seen in a temple setting and represents the triumph of good over evil. Back stage in Batubulan village, the performers are relaxed as they busily apply make-up. Village folklore values balance and the dance is seen as a way of fighting black magic to restore equilibrium. Rangda is the evil witch of the forest and it is up to the *barong*, a lion-like creature, to thwart her scheming ways. At the beginning of the show, he comes on to the stage with his monkey friend and the action is interlaced with sensuous Balinese dancers.

Religion permeates the societal fabric and so it should come as no surprise that you are never far from a temple.

A constant stream of Hindu devotees come to Pura Tirta Empul (Temple of Holy Waters) to make offerings, followed by ablutions in the waters fed by a sacred spring – said to have been created by the god Indra – in a pilgrimage that has been going on for more than a millennium.

At Paon Bali (Bali Kitchen), husband and wife team Wayan and Puspa, invite you into their home and introduce typical Balinese ➤



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Culture fix



On the streets ... (from left) a basket filled with offerings; a seller at Ubud market; a Balinese artisan sculpting a stone statue; chicken sate and fish being cooked in banana leaves on a charcoal grill.

family life. As for many locals, the day starts at the Ubud market where Pupsa introduces us to ingredients and picks up a few supplies that the couple don't grow in their kitchen garden.

Just before we don aprons, there is time to introduce how families make coconut oil, the cooking oil of choice.

Then it is time to get cooking. First on the list is *base gede* (basic yellow sauce). Pupsa explains that this is the one thing you have to get right to create good Balinese food. It consists of galangal, ginger, turmeric, chillies and various other spices. After the ingredients are finally chopped, it's time for us to pound them into a paste in a huge black mortar. Finally, it is sauteed.

Soon, it is being used in *sate siap*, which unlike regular Indonesian-style sate uses minced chicken, *be siap mesanten* (chicken in coconut curry), *pepesan be pasih* (steamed fish in banana leaves), and *jukut urab* (coconut and snake bean salad). ➤

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Culture fix



A taste of Bali ... a dessert of boiled banana in palm sugar syrup, cooked at Paon Bali cooking school; a macaque at the Sacred Monkey Forest.

After a few hours of chopping, frying and steaming, we finish our food. Each dish is redolent with a complexity of flavours that is missing in most restaurants. Pupsa really knows how to get the tastes of Bali to dance off the plate. ■



 **Air Niugini flies from Port Moresby to Denpasar weekly. See airniuginiparadise.com.pg.**

NEED TO KNOW

STAYING THERE Wapa di Ume (wapadiume.com) from PGK630 a night; Komaneka (komaneka.com) from PGK765.

COOKING THERE Paon Bali (paon-bali.com) cooking classes start from about PKG79.

DANCE SHOWS Barong dances are held daily at 9.30am at Batubulan village. Tickets about PKG22.

GETTING THERE Ubud is about an hour's drive from the international airport at Denpasar.

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Famous for its endless beaches and Australia's best theme parks, there's actually much, much more to Australia's Gold Coast.

With a mountainous hinterland just half an hour's drive from the famous beach strip, a fast-emerging cultural and culinary scene, and the Commonwealth Games next year, the Gold Coast is a destination that can't be ignored.

Air Niugini passengers flying into Brisbane can hire a car and be on the Gold Coast within one hour.

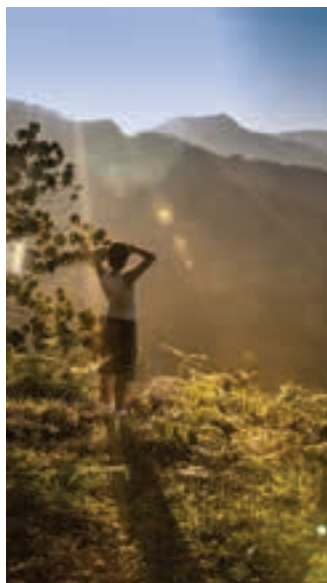
City guide:

Gold Coast

Craig Tansley explores Australia's Gold Coast, which will be in the spotlight next year when it hosts the Commonwealth Games.

GETTING AROUND

It's easy to navigate the Gold Coast if you hire a car (all major hire car options are available at Gold Coast and Brisbane airports). The Gold Coast Highway runs parallel to the beach from the southern-most point of the coast near the airport at Coolangatta to its north (past Surfers Paradise). And the biggest suburbs' streets are named the American way – First Avenue, Second Avenue and so on – which makes navigation simple. You can also take a bus with Surfside Buslines (surfside.com.au), which services the entire Gold Coast.



SIGHTS

Visit one of Australia's most picturesque headlands and beaches at Snapper Rocks, just five minutes drive from Gold Coast International Airport – home to pro surfing's first event of the year, the Quiksilver Pro (held each February or March). The wave here – the Superbank – has been proclaimed the world's best point break.

While the Gold Coast is moving away from relying on its reputation as Australia's theme park capital, it's hard to not be impressed by Sea World (Seaworld Drive, Main Beach, ➤

Board games ... the Gold Coast is famous for its beaches and surfing.





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City guide: Gold Coast



Coasting ... (from left) Justin Lane at Burleigh Heads; by the seaside; Miami Marketta; heading into the hinterland.

seaworld.com.au). Built right beside the Gold Coast Broadwater, it's Australia's premier (and original) marine mammal and theme park.

While the Gold Coast's beaches attract the lion's share of plaudits, there's 480 kilometres of rivers and streams and 774 hectares of lakes, dams and canals to explore just west of the beaches, including the stunning Gold Coast Broadwater – a mecca for boaties, paddle boarders, jet skiers and kayakers.

GOLD COAST SPECIAL

If you're after good old-fashioned value in the most mind-blowing locations on the Gold Coast, then go find a surf club or RSL club. The Gold Coast is famous for its huge offering of clubs built just a few metres from the best beaches. All you have to do is sign your name at the door, and you'll go back in time to an era of friendly locals and cheap beer and food.

CULTURE CULTURE

Listen to the best local music and check out design vendors while eating from food trucks at the Gold Coast's best cultural additions – markettas that have opened up at the Gold Coast's least likely destinations. The best two are Miami Marketta (23 Hillcrest Parade, Miami, miamimarketta.com) built near an industrial estate and Nightquarter (1 Town Centre Drive, Helensvale, nightquarter.com.au) built behind a shopping centre in unfashionable Helensvale.

The hippest street designers share their wares at the Gold Coast's original boutique fashion and lifestyle markets, the Village Markets (1750 Gold Coast Highway, Burleigh Heads, thevillagemarkets.com) on the first and third Sunday morning of each month.

Find the Coast's hippest stores, bars, cafes and bookshops on its hippest street – Burleigh Heads' James Street, just a 200-metre walk from Burleigh Point. ▶





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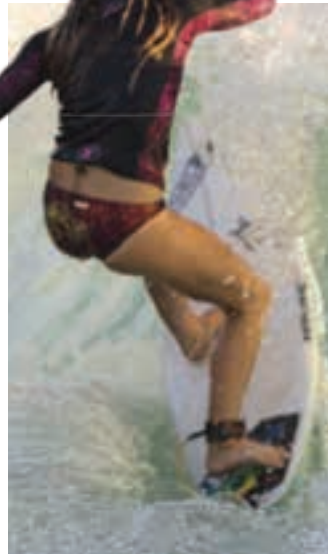
- Laga Industries
- Colgate Palmolive (PNG)



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City guide: Gold Coast



Retail therapy ... (from left) there are 350 shops at Robina; local wildlife at Currumbin Wildlife Sanctuary; catching a wave; QT Hotel; drinks at Justin Lane.

CHILD'S PLAY

The Gold Coast is every kid's fantasy destination with its world-famous theme parks –including Dreamworld (Dreamworld Parkway, Coomera, dreamworld.com.au), Movie World (Pacific Motorway, Oxenford, movieworld.com.au) and Wet'n'Wild (Pacific Motorway, Oxenford, wetnwild.com.au).

Hire bicycles and safely cycle beside the beach on bikeways that run the length of the Gold Coast from Coolangatta to Surfers Paradise.

Get close to native birds, koalas, crocs and other Aussie animals at the 70-year-old heritage-listed Currumbin Wildlife Sanctuary (28 Tomewin Street, Currumbin, cws.org.au).

RETAIL THERAPY

If shopping's your thing, the Gold Coast is your destination because this is the home of the super mall. And nothing's more super than Pacific Fair (Hooker Boulevard, Broadbeach, pacificfair.com.au) – Queensland's largest shopping

and dining destination. There are more than 400 specialty shops here. And just a little further south, Robina Town Centre (19 Robina Town Centre Road, Robina, robinatowncentre.com.au) has over 350 shops.

SPORTING LIFE

The Gold Coast is home to some of the world's best surf – and there's learn-to-surf schools at every single beach. Learn to surf with former world surfing champion, Cheyne Horan (cheynehoran.com.au).

There are 25 golf courses on the Gold Coast – all within a 50-minute drive – including some of Australia's best public-access courses. For a five-star experience, head to Sanctuary Cove Golf Club (The Parkway, Hope Island, sanctuarycovegolfclub.com.au) or, for a more laid-back hit, try the Boomerang Farm (55 Johns Road, Mudgeeraba, boomerangfarm.com.au).

The Commonwealth Games will be held from April 4 to 15 next

year, attracting 6600 athletes and officials from 70 nations, with 690,000 visitors expected to attend.

There will be 275 events, with – the opening and closing ceremonies at Metricon Stadium in Carrara. Events will be held between Coolangatta and Broadwater Parklands. Tickets cost from \$20, and can be requested at gc2018.com/tickets.

The Supercars (supercars.com/gold-coast) annually hit the streets of Surfers Paradise – reaching speeds of up to 265kmh – in one of Australia's most exciting car races, the Gold Coast 600. It will be held this year from October 20 to 22.

ESCAPE

Escape the hustle and bustle of the Gold Coast strip by driving 45 minutes to Binna Burra Lodge (Binna Burra Road, Beechmont, binnaburralodge.com.au). Choose from short strolls to day-long hikes along steep escarpments with stunning views back over the coast.

Find inner peace in the hills just behind the southern Gold Coast at the Gwinganna Lifestyle Retreat (192 Syndicate Road, Tallebudgera, gwinganna.com). Choose from two to seven-day wellness programs while surrounded by wallabies and koalas.

PILLOW TALK

Invoking the coolness of Baja California, Australian hotels don't get any hipper than QT Gold Coast (7 Staghorn Avenue, Surfers Paradise, qthotelsandresorts.com/gold-coast/).

You can't get better views of the entire Gold Coast strip than in Australia's tallest residential tower – Q1 Resort & Spa (9 Hamilton Avenue, Surfers Paradise, q1.com.au).

Go where the beautiful people stay – to one of the world's first fashion-inspired hotels, Palazzo Versace (94 Seaworld Drive, palazzoversace.com.au), with opulent Italian furnishings and a day spa that'll redefine your idea of pampering.



City guide: Gold Coast



Justin Lane (1708 Gold Coast Highway, Burleigh Heads, justinlane.com.au). Justin Lane attracts the Coast's coolest crowd with a rooftop overlooking the world-famous waves at Burleigh Point.

That you will find Balter Brewing (14 Traders Way, Currumbin, balter.com.au) in an industrial estate says a lot about how much the Gold Coast has evolved. Run by four famous pro surfers, the who's-who of world surfing congregate between boat building sheds and car detailing factories. ➤

WATERING HOLES

Once famous for big-capacity clubs, now Gold Coast bars have become intimate. And nowhere's

more intimate than The Loose Moose (Oasis Shopping Centre, 75 Surf Centre, Broadbeach, theloosemoose.com.au), styled

like a Prohibition-era speakeasy with a choice of 130 whiskeys. Nowhere epitomises the evolving Gold Coast more than

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City guide: Gold Coast



EATS

The hottest new eating spot on the Coast is also its most innovative – The Collective (1128 Gold Coast Highway, Palm Beach, thecollectivepalmbeach.com.au) is a collection of five restaurants and two bars in a stylish outdoor setting.

It's worth noting one of the trendiest restaurants on the Gold Coast is vegan. The Greenhouse Canteen & Bar

(1916 Gold Coast Highway, greenhousefactory.com.au) works on the concept – 'anything we can do, we can do vegan'.

With one of the Gold Coast's best settings, Rick Shores (Shop 4, 43 Goodwin Terrace, Burleigh Heads, rickshores.com.au) is worth booking for the views alone. But the food's actually the real star here – discover the best Asian fusion meals in Queensland.

TUCK IN

Nothing screams G-O-L-D C-O-A-S-T louder than tucking into a kilo of cooked local king prawns from the Gold Coast Fisherman's Co-operative (168 Seaworld Drive, Main Beach, freshestcatch.com.au). Locals line up to buy the freshest prawns in Queensland, caught just offshore by fleets of local trawlers, Eat them just across the road in the park. ■

Dishing it up ... The Collective is the Gold Coast's hottest new eating spot (above left); a platter of the finest at Palazzo Versace (above).

COLD COAST

POPULATION:
570,000

CURRENCY:
Australian dollar (AUD);
1 dollar = PGK2.4

TAXI FARE FROM AIRPORT:
To Surfers Paradise, about \$AUD70,
to Burleigh Heads, about \$AUD25,
to Coolangatta, about \$AUD12.

INTERNATIONAL DIALLING CODE:
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LANGUAGE:
English

POWER:
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WILD RIVERS & WATERFALLS
OUT THERE
 BOUGAINVILLE



Green belt ... the rainforest near Sisivi village (above); Togarao Waterfall (inset).

PICTURES: A SHLEE GROSS

In the back of a dusty blue Land Cruiser with a cracked windscreen, we speed our way towards the mountainous region of Rotokas in central Bougainville. As we reach the end of the road for the vehicle, it's time for three days of hiking through rainforest and crossing rivers that not many, beyond locals, get to see.

Steadily making our way up to 700 metres altitude, the occasional break in rainforest provides views across the craggy Crown Prince and Emperor ranges, as our guide, Luke, from Rotokas Ecotourism, leads us two hours up a local footpath to Sisivi, where we'll spend two-nights in a village-style house, before walking onto Togarao for a third and final night.

After a friendly welcome in Sisivi, we watch the sun disappear behind the dominant volcano, Mount Balbi, known locally as Tutie, and then head off with our torches to find a shower, courtesy of a bamboo cane that cleverly redirects water from a creek. Back at the house, a dinner of chicken, *kaukau*, banana and rice awaits; then, not long after we're bedded down in our

sleeping sacks, frogs and crickets provide a calming soundtrack.

Day two, and we're off for a six-hour walk (return) to the Ukoto Caves. We pick up an entourage of men, women, children and dogs from neighbouring hamlets. After a short distance, we plunge into the first of many rivers that we'll wade through and rock-hop along for most of the day – this isn't a walk for dry feet.

After three hours, our guide points straight up a vertical rock wall and says we've made it to the caves. He effortlessly starts to climb, and I attempt to imitate his movements, albeit with far less elegance, clutching for vines and roots with a slight air of desperation.

About four metres up, a cave mouth comes into sight. We've made it! But no, there's a second cave higher up, we're told, as our guide motions to continue climbing.

Pulling myself over the brow of the rock, I shuffle into the dark



with my torch. Bats narrowly miss our heads and red crabs hurry from our feet. As I delve deeper into the cave, it becomes

more confined and I feel

less at ease, and decide to head back to the rainforest.

We loop back towards Sisivi, and after three hours we are rewarded with a swim at Rauvereaka Falls, a lush, forest-covered waterfall that feeds a deep inviting pool. Feeling invigorated, we amble back to the village.

But the most impressive waterfall is still to come, on day three.

After an easy three-hour walk, we're welcomed to the village of Togarao, and soon taken to the nearby waterfall. Standing at the base, thick green moss coats the cliffs and impenetrable thickets of ferns surround the river, as torrents of water crash into it. But the real experience is standing at the top.

We re-approach the river from higher ground and crawl along the riverbank, clinging to bushes and fallen trees for balance. With a

leap from the bank, we're out onto the enormous boulders that span the river and create the brink of the 70-metre-high fall. Tentatively shuffling as close to the edge of the boulders as we dare, we peer over the drop-off.

Back at Togarao, we relax as night falls. Our guide pops his head around the door and asks "would you like to see Mount Bagana erupting"? In the pitch dark we watch a red glow appear in the sky – lava at the top of Bagana's volcanic cone. We stand transfixed, squinting into the distance as the red morphs, disappears and reappears, time and time again.

The Sisivi village stay can be booked with Rotokas Ecotourism (rotokas.ecotourism@gmail.com). A three-night stay, including transport to/from Buka or Arawa, accommodation, tour guide, and meals starts at PGK330 a person, depending on group size. ■

—ADAM CONSTANZA

 **Air Niugini flies from Port Moresby to Buka six times a week and once a week to Arawa. See airniugini.com.pg.**





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NATIONAL MUSEUM & ART GALLERY, PORT MORESBY, PNG

Remodelled for Papua New Guinea's 40th anniversary of independence in 2015, the museum is a portal into the country's rich natural and cultural heritage. It tells multi-layered stories about the indigenous culture, covering geography, fauna, culture, ethnography and history. As you wander through the four exhibitions, you'll discover tribal artifacts from all across the islands, including headgear with bird-of-paradise feathers, masks and other body adornments, tools, weapons, kina shell money, ceremonial drums and canoes.

SOMETHING SPECIAL

There's a collection of recovered World War 2 aircraft on the entrance lawn, including the 90-year-old Ford Trimotor 5AT-C 'Kokoda Spirit'. Originally an air ambulance that whisked wounded Australian soldiers off the Kokoda Trail, it's especially pertinent to see this year for Kokoda's 75th anniversary.

DON'T MISS

The stunning carved totem poles, used to decorate spirit houses in the Sepik region, in the Masterpiece Exhibition.

ENTRY & HOURS

By donation. Open 8.30am–3.30pm Monday–Friday; 1–3pm Sunday. Closed Saturday.

WEBSITE

museumpng.gov.pg



EDO-TOKYO MUSEUM, TOKYO, JAPAN

This cavernous museum dives into the city's 300-year transformation from Edo (Tokyo's original name) feudal city, to vibrant modern capital. Get a fascinating insight into the way Japanese people used to live from the city models (some full-size, some miniature with intricate mini people and buildings), reproductions of ancient maps and woodblock prints. There are volunteer English-speaking guides, and you'll need at least two hours to see all six floors.

SOMETHING SPECIAL

The life-sized partial replica of the original 1872 Nihonbashi bridge, which marked the centre of the flourishing Nihonbashi commercial district in the Edo period is remarkable. Standing on the bridge, visitors can look down on life-size models of tenement row houses, a kabuki theatre and more.

DON'T MISS

On Saturdays there are often free traditional cultural programs, including traditional Japanese music concerts. But you'd better hurry: the museum will be closed for renovation from October 2017 to March 2018.

ENTRY & HOURS

600 yen (PGK17). Open daily 9.30am–5.30pm, except Mondays.

WEBSITE

edo-tokyo-museum.or.jp/en



MUSEUM OF NEW ZEALAND, TE PAPA, TONGAREWA, WELLINGTON, NZ

Te Papa, New Zealand's national museum, is possibly the most hands-on way to learn about the country's history. Inside you'll find an incredible collection of Maori artifacts, Pacific and NZ history galleries, the national art collection, as well as themed hands-on 'discovery centres' for children, spread over six floors. There's also a real 495-kilogram colossal squid in a six-metre tank in the Mountains to Sea exhibit.

SOMETHING SPECIAL

Bush City is a lush, sprawling garden by the harbour, with boardwalks and a swing bridge where you can get a taste of NZ's native bush and wetlands. You can also explore a stalactite-draped glow-worm cave, dig for fossils and climb a lava flow.

DON'T MISS

The 'Gallipoli: The Scale of Our War' exhibition (open until 2018) explores NZ's role in the World War 1 Gallipoli campaign via the experiences of eight New Zealanders. The hyper-real models, made by celebrated special effects company Weta Workshop, makes it feel fascinatingly real.

ENTRY & HOURS

Free. Special tours extra. Open 10am–6pm, seven days.

WEBSITE

tepapa.govt.nz



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REVIEW: HOTEL MOROBE, LAE

hotelmorobe.com, +675 4790100

WHO STAYS? PNG government officials and expatriate businessmen are frequent guests.

HOW BIG? 38 keys.

COST Superior: PGK399, executive: PGK499, deluxe suite: 599. Price includes breakfast and Wi-Fi.

CHECK IN AND OUT 3pm/midday

NEARBY Lae Tuptown supermarkets, banks, police and petrol stations. Eriku supermarkets and department stores. Lae War Cemetery and Lae Botanic Garden.

Wi-Fi in rooms/public areas: ✓

Fee for Wi-Fi: ✗

TV: ✓

Air conditioning in room: ✓

Ceiling fan in room: ✗

Business centre: ✓

Gym: ✗

Room service: ✓

Swimming pool: ✗

Airport transfers*: ✓

Hotel arranges tours: ✓

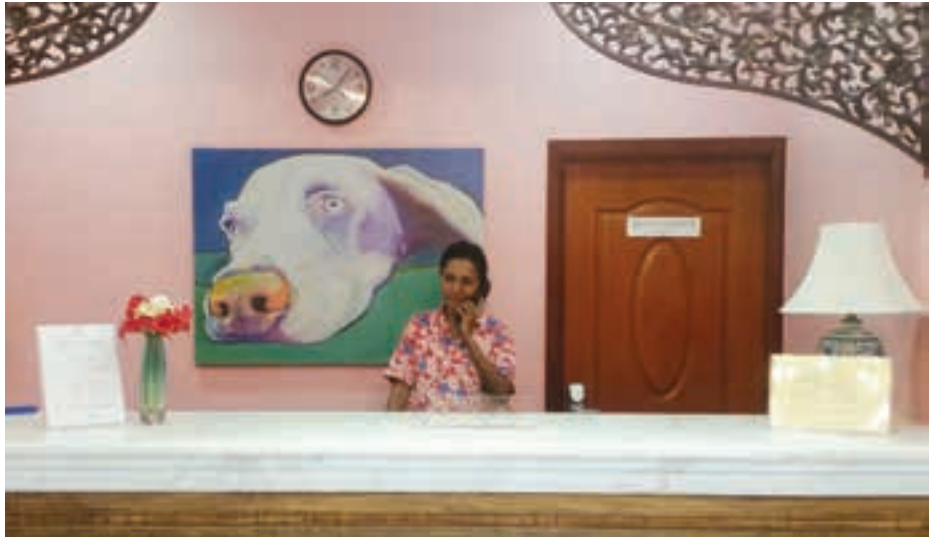
Breakfast included in room charge: ✓

*At guest expense

WHAT GUESTS LIKE

My first visit to this hotel and everything was very good. Helpful staff, a nice room and a secure, central location. The cafe is being upgraded which will be a further improvement. — TripAdvisor

The superior room I had was nice and clean with the most comfortable bed. For those who have not been to Lae before, please note there is no taxi. For safety, either drive or travel by security service (Guard Dog Security). The hotel staff will arrange. — TripAdvisor



LOCATION

Hotel Morobe is in Lae, the second-largest city in Papua New Guinea. It is a 10-minute walk from the CBD (Tuptown).

THE PLACE

The three-storey hotel was completed in 2014 and is the newest boutique hotel in Morobe. It has 38 rooms in various configurations: 24 are superior rooms, six are executive, and eight are deluxe suites. A breakfast lounge accommodates up to 20 people. A shuttle service is provided for guests wishing to dine at The City Cafe, in the restaurant of the sister hotel, Lae City Hotel. Laundry service and room service are also available. There's 24-hour security.

IN THE ROOMS

Tea and coffee-making facilities and complimentary bottled water are provided. A mini fridge, flat-screen cable TV with 60 channels, safe deposit box, shower room, and free Wi-Fi are also among the amenities. Superior and executive rooms have one queen-sized bed, while the deluxe suites have two queen-sized beds and separate living room.

FOOD AND DRINKS

The hotel is currently using Lae City Hotel's restaurant. Construction is under way on

a building at Morobe Hotel that will include two restaurants when it opens later this year. Room service is available.

HIGHLIGHTS

The hotel prides itself on its 'rough luxe' ambience. Guests are treated to a feast of colour, starting in the coral-pink lobby and the hallways, which feature vibrant and engaging animal art prints. "We have layered multiple styles and textures together to create a hospitable environment for our travel-worn guests," the hotel says. "While spontaneous and extroverted in its public spaces, we lower the color volume in the private quarters, offering rooms that shimmer softly in intimate Oriental tones, deep comfort, and charm." The 'rough luxe' comes in the form of a hand-distressed wooden reception counter, rustic Provencal-style chandelier, Asian-inspired blue-and-white porcelain lamp bases in the main lobby and weathered wood benches and countertops in the breakfast lounge.

—GRACE MARIBU

 **Air Niugini flies from Port Moresby to Lae four times daily.**
See airniugini.com.pg.



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TIME TRAVELLER

Madang, 1968

This photo shows tribesmen in the Mount Hagen branch of the Bank of New South Wales. At the time, before electronic banking, people often travelled great distances to visit their bank branch. The Bank of New South Wales was Australia's first bank, starting in 1817, and it opened for business in Papua New Guinea in 1910. Now known as Westpac, it has 17 branches across the country (including Madang), 58 ATMs and 2200 point-of-sale terminals. Westpac shares the banking landscape in PNG with other major financial institutions, including ANZ, Kina and BSP.

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KOKODA REMEMBERED

On the 75th anniversary of the Kokoda Campaign, *Dr Peter Williams* re-tells the story of one of the most famous conflicts of World War 2.

Flying out of Port Moresby to the north or east, you'll cross the Owen Stanley Range, a spine of green, jungled mountains and ridges splitting the south-eastern tail of Papua New Guinea in two. Several tracks wind between 3000-metre peaks from the southern coast to

a plain, which runs to the north coast at Buna. One of these tracks is named after a village that it passes through – Kokoda.

For the average middle-aged person, such as myself, it's a 10-day walk from Port Moresby to Kokoda. 'Walk' is probably not the right word, as you'll need your

hands to climb up a steep ridge, then make an ever so careful descent down the other side to a roaring, rocky stream, crossing it on a log. Repeat four times with a rate of progress of one kilometre per hour and that's an average day on the trail. ▶

Port Moresby

CORAL SEA



“

Each man fired eight or nine times, then Major Watson told us to run for our lives. We did.

”



Kokoda remembered



In 1942, during World War 2, a Japanese army advanced along the Kokoda Trail, intending to capture Port Moresby. They were opposed, held, then driven back by Australians and Papuans.

Look down and spare a thought for over 2000 men who died in those battles in the Owen Stanleys. Many of their bodies have never been found.

Down there somewhere still is Masanoru Honda, a carpenter from the Japanese island of Shikoku, and Des Smith, a bus driver from Deniliquin in Australia.

WHY PORT MORESBY?

Armies need a base from which to launch and sustain military operations. The base should have

a harbour, docks, airfields, storage sheds for supplies and a reliable source of fresh water.

Much of this did not exist when the Australians first arrived in Port Moresby early in 1941, but within a year the town was transformed into the only site in mainland PNG capable of supporting a large army. It was vital for the Australians to hold

Port Moresby if they were to advance northwards through the islands. Similarly, even if the Japanese did not intend to invade the east coast of Australia, holding Port Moresby allowed them to threaten to do so one day. Without Port Moresby the Japanese threat to invade Australia was a hollow one.



Kokoda remembered



At the ready ... Papuan carriers at Kokoda receiving their instructions from Australian officers (opposite page); fuzzy wuzzy angels carrying a wounded Australian across Brown River (left).

WHY DID THE JAPANESE APPROACH PORT MORESBY ALONG THE KOKODA TRAIL?

At the battle of the Coral Sea in May 1942, a Japanese attempt to capture Port Moresby by sea failed. By July, a repeat of the seaward option was rejected as hundreds of Australian and American aircraft now operating from bases in Far North Queensland could bomb Japanese ships rounding the eastern tip of New Guinea heading for Port Moresby. Instead, the Japanese decided to land on the north coast at Buna and attack Port Moresby from there, by land along the Kokoda Trail.

WHO FOUGHT IN THE KOKODA CAMPAIGN?

Australians, Papuans and Americans fought on the Allied side. The vast majority were Australian infantry, some poorly trained militia, and some from

experienced units that had returned from fighting the Italians and Germans in Africa.

The Papuans carried the supplies without which the Australians could not fight and survive in the mountains, and a small number fought as infantry; the Americans flew the majority of the aircraft. American infantry arrived towards the end of the campaign.

Most of the South Seas Force came from the Japanese island of Shikoku. One of them, Sadashige Imanishi, told me: "I thought, being from the village of Motoyama in the highlands of Shikoku, that I knew all about mountains, but I had never seen anything as rugged or forbidding as the Owen Stanley Range."

Aiding the Japanese were Papuan scouts as well as labourers and supply carriers from Taiwan and Korea, both then under Japanese rule. ➤

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Kokoda remembered

THE JAPANESE ADVANCE

On July, 22, 1942 a Japanese battalion of the 144th Infantry Regiment, 500 men, landed at Buna, 130 kilometres north-east of Port Moresby. The first opponents the Japanese encountered were Australians Tom Grahamslaw and John Chalk, of the Papuan Infantry Battalion (PIB).

The Japanese came to the front door of Sangara Mission, where the two officers were having breakfast. Grahamslaw and Chalk fled out the back door, so this cannot truly be considered the first military action of the Kokoda campaign.

That happened the following day at Awala, where 38 men of the PIB fired on the Japanese. Private

Daera Ganiga said: "Each man fired eight or nine times, then major Watson told us to run for our lives. We did."

If they stood and fought for long, the small Australian and Papuan force would be surrounded and annihilated, so a policy of delay was adopted – shoot and scoot. At, Wairopi, Gorari and Oivi, this was repeated, but at Oivi it nearly didn't work. They would have been surrounded but for corporal Sanopa of the Royal Papuan Constabulary. Sanopa found an unguarded track and led the force to safety.

The first serious attempt to halt the Japanese was made at Kokoda. It failed and the Australian commander, colonel William Owen, was killed. ➤



Shoulder to shoulder ... an Australian soldier receives assistance during the 100-kilometre trek back to Port Moresby.

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Kokoda remembered

Then, a battalion-sized Australian force arrived from Port Moresby. They briefly recaptured Kokoda on August 8, but were unable to maintain their hold on the village.

At Deniki, on the northern slopes of the Owen Stanley Range, the Australians were defeated again and driven back.

By the end of August, the main bodies of both armies were approaching one another. A veteran Australian brigade, brought from Queensland, formed the core of a 2300-strong force with which brigadier Arnold Potts was ordered to halt the Japanese drive on Port Moresby.

His opponent, general Tomitaro Horii, had been frustrated by Allied air attacks on his shipping, which delayed the arrival of his main

force. Now, however, the two forces were assembled on both sides of a steep gorge leading into the Owen Stanleys, nine kilometres south of Kokoda, near a village called Isurava.

The battle began on August 27 and continued for four days. The Japanese artillery, eight light guns, decided the outcome. Potts, with no artillery, was unable to deal with the Japanese bombardment; he fell back to Eora Creek on August 31.

By now, the extraction of the Australian wounded and sick along the trail was a serious problem. The care shown to these men by the Papuans who carried them on stretchers over the mountains saw the Papuans dubbed the 'fuzzy wuzzy angels'. ➤



Taking a breather ... exhausted Australian infantry after the battle of Gorari.

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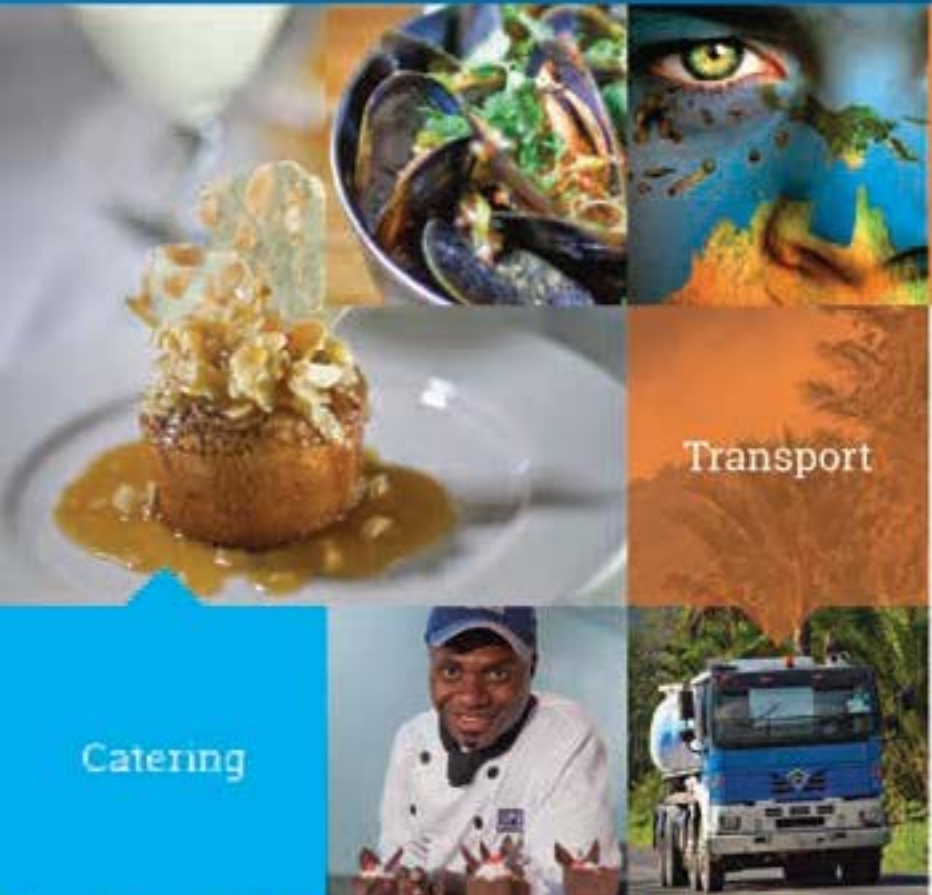
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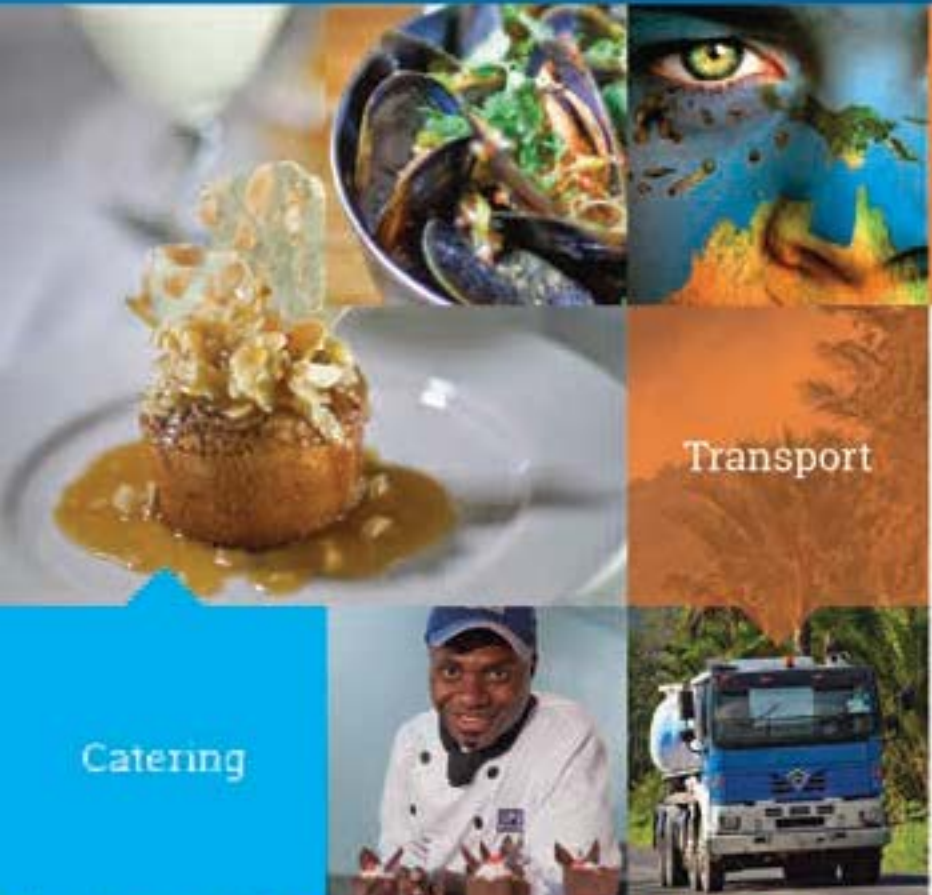
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Kokoda remembered

Falling back slowly, the Australians fought rear-guard actions at Eora and Templeton's Crossing. General Douglas MacArthur, commander of the Allied forces, continued to reinforce the Kokoda front and ordered Potts to try once again to halt the Japanese advance.

On September 8 at Efogi (Brigade Hill), Potts was defeated. The Japanese pinned his force by a frontal attack while sending a battalion of infantry to cut the trail

told Eather: "There won't be any withdrawal from the Imita position, Ken. You'll die there if necessary."

But, instead of attacking, the Japanese dug in on Ioribaiwa Ridge.

WHY DID THE JAPANESE HALT?

On August 9, 1942, the day after the Australians had briefly retaken Kokoda, US Marines captured a Japanese airfield on Guadalcanal in the Solomon Islands, 900 kilometres from the eastern tip

“

Extraction of the Australian wounded and sick was a serious problem. The care shown to these men by the Papuans who carried them on stretchers over the mountains saw the Papuans dubbed the 'fuzzy wuzzy angels'.

”

in the Australian rear. Once again, the Japanese artillery played a key role. The Australians were driven from their position in one day with heavy loss.

The final battle of the Japanese advance took place at Ioribaiwa. Potts was replaced after Efogi by brigadier Ken Eather, who planned something more than a defensive stand. He had his own 2000 fresh veterans of 25th Brigade, together with 1000 survivors of the retreat from Kokoda. As the Japanese approached, Eather intended to counter-attack.

But from September 14 to 16 the Australians, as yet unable to match the Japanese in jungle fighting, saw their plan unravel. Eather ordered a retreat. The Australians fell back to Imita Ridge, only 40 kilometres from Port Moresby. Eather's superior, general Arthur Allen,

of PNG at Milne Bay. This came as a great surprise to the Japanese, disrupting their plan to capture Port Moresby.

The first Japanese attempts to recapture their Guadalcanal airfield failed. Then a Japanese landing at Milne Bay, in early September, was repulsed by Australian infantry and the Royal Australian Air Force. It was the first time during World War 2 that a Japanese amphibious landing had been comprehensively defeated.

The Japanese realised that they hadn't the resources to continue the advance on Port Moresby as well as to recover Guadalcanal. The South Seas Force on the Kokoda Trail was ordered to stop and dig in at Ioribaiwa Ridge, while fresh troops from Rabaul attempted to retake Guadalcanal. ➤



In good hands ... a Papuan shading a wounded Australian soldier from the Kokoda sun.



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- All of our Trukai rice products are fortified!

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- Rice can be fortified using dusting, coating or extrusion.
- Extrusion is the most effective but also the most expensive method of fortifying rice. Trukai uses this method.
- This means that extruded VE pellets are added into Trukai rice products instead of powder.
- So no matter how many times you wash your Trukai rice, it won't lose its efficacy or nutritional value!

Trukai produces rice with world-leading nutritional value.

Kokoda remembered



Now and then ... modern trekkers crossing a creek on a log bridge on the Kokoda Trail; general Tomitaro Horii (front left) with his men.

THE AUSTRALIAN COUNTER-ATTACK

On September 27, the Australian counter-offensive began when 4600 men assaulted Ioribaiwa Ridge – to find that the Japanese had retreated the previous night. The Japanese had pulled back 30 kilometres along the Kokoda Trail to a stronger position.

From October 13, the Australians battered their way through continuous bunkers and trenches from Templeton's Crossing to Eora Creek. Australian losses were heavy and progress slow, but after two weeks the Japanese, conceding defeat, retreated from the Owen Stanley Range and fell back to Oivi, 10 kilometres east of Kokoda village on the trail across the plains leading to Buna.

In early November, the Australians, having learned many lessons from their reverses, outmanoeuvred and soundly defeated the South Seas Force at Oivi. To general MacArthur the way to Buna seemed open. A rapid advance might capture the Japanese base and end the enemy invasion of Papua at a stroke.

THE BATTLE OF BUNA-GONA

MacArthur planned a two-pronged move: the Australian 7th Division, victors at Oivi, advanced east from Kokoda along the Kokoda-Sanananda Trail. At the same time the United States 32nd Division, now deemed sufficiently well trained for battle, struck north-west from Milne Bay along the coast towards Buna. However, the opportunity MacArthur saw to capture Buna quickly did not exist.

Since July, the Japanese had constructed an elaborate fortress of coconut tree log and concrete bunkers and trenches, which stretched for eight kilometres along the coast from Gona to Buna. Recent reinforcements from Rabaul also brought the garrison's strength up to 11,000, half the number of the Allies who opposed them.

From November 19, repeated Allied infantry assaults, without artillery support, found the Buna nut impossible to crack. Neither the veteran but tired Australians who had fought their way along the Kokoda Trail, nor the fresh but inexperienced Americans, could make any headway.

Realising a prolonged effort was required, the Allies brought up artillery and tanks by air and sea. Additional bomber squadrons were deployed to Port Moresby.

When the Australians captured Gona on December 9, the Japanese supply line – now reduced to small ships landing supplies at night along the coast north of Gona – was cut. The Japanese began to run out of food and medical supplies.

At the end of December 1942, Australian infantry and tanks reinforced the US 32nd Division, breaking the deadlock in the south at Buna village, which fell on January 2, 1943. The Japanese could see the writing on the wall and ordered a breakout from the Buna perimeter. Abandoning their weapons and equipment, 3000 of them escaped through the jungle. By the end of January 1943, all organised Japanese resistance in Papua had ceased.

AFTER THE BATTLE

From July 1942 to January 1943, 17,000 lives were lost in the fighting along the Kokoda Trail, at Milne Bay, and at Buna. Almost 13,000 were Japanese;

the rest were Australians, Americans and Papuans.

The six-month Japanese invasion of Papua was over. Australia no longer needed to fear an invasion and the Allies could now turn their attention to recovering the rest of New Guinea.

Now, few who remember the campaign remain. For Des Moran of Yeppoon: "It was the greatest disaster and tragedy of my life."

Yukiko Tsukamoto, wife of a Japanese survivor, told me: "My husband is still frightened by the sound of thunder. It makes him remember the enemy and the artillery. He still wakes me up at night." ■

Peter Williams is a military historian in Canberra, Australia. He has visited the battlefields in PNG, interviewed Australian, Papuan and Japanese veterans and researched in all three countries. He has written books, websites and articles on World War 2 in PNG. His books include The Kokoda Campaign 1942: Myth and Reality, and Kokoda for Dummies.





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Some like it **HOT**

“

If I can get something that's really good, really out of the box, that's what I'll put in my (spice) range.

”

It's no wonder Ian Hemphill has a nose for a good spice. Australia's foremost spice merchant grew up on a herb farm and has been refining his sense of smell since he was a child.

After 45 years in business, the spice expert is very fussy about the ingredients that he adds to his well-known Herbie's Spices range.

On a recent visit to Papua New Guinea, he was so impressed by local spices that he decided to immediately stock three of them: hot birdseye chilli powder, green chilli powder and Sogeri wild hot ginger.

"If I can get something that's really good, really out of the box, that's what I'll put in my range," Hemphill says. "It's definitely the flavour and the quality that make these spices so good."

Author of *The Spice and Herb Bible*, TV presenter and *Sydney Morning Herald* Food Hall of Fame winner, Hemphill is following in the footsteps of his parents, herb pioneers John and Rosemary Hemphill, of Somerset Cottage, who commercially introduced herbs and spices to Australia in the 1950s.

After working for 10 years in the corporate world, Hemphill set up Herbie's Spices with his wife, Liz, in 1997. The family business expanded, with daughter and chef Kate recently joining them to work on recipes.

Hemphill had a shop in Sydney for 20 years but now concentrates on running his factory on the NSW Central Coast and an online store, which stocks more than 100 spices from around the world.

He travelled to PNG for the first time last November as an advisory consultant to Paradise Spices in Port Moresby. He was impressed by the company's processing techniques and he visited the Rigo District to talk to chilli farmers.

Ian Hemphill ... impressed by the flavour and quality of PNG spices.



Spice guru Ian Hemphill discovers some unusual chillies in PNG, writes *Mary O'Brien*.

The farming methods are a cross between wild gathering and ordered cultivation, he says. Instead of ordered rows, the plants self-seed and grow in a haphazard way. The farmers clear areas between the plants and then harvest the chilli.

The birdseye chilli is very hot, with a beautiful flavour profile. It is a bright orange-red colour with rich caramel notes and scores a 10 out of 10 on the heat-level gauge.

"A light sprinkle on my breakfast eggs sets me up for the day," Hemphill says.

He was also excited to discover green chilli powder in PNG, as it's difficult to source. Most of the world's chillies are harvested when ripe (red).

This has a fresh green flavour profile without the high sugar levels of red chilli.

Paradise Spices slice the fresh green chillies and place them in a dehydrator to dry them under controlled conditions.

"Going to see the

farmers in Sogeri was fabulous," Hemphill says. "The farmers do everything by hand. They're not using any chemicals because they can't afford them. They could be certified organic but the cost of getting certification would be ridiculous."

The Sogeri ginger is unique to the area and has a beautiful aroma. Most gingers are sweet but this hot one is ideal for curries and Asian dishes, Hemphill says. ➤



Some like it hot



"I've found that a quarter teaspoon in a cup of boiling water with honey makes a lovely head-clearing drink."

The spice merchant says the mix of soil, farming methods and processing techniques all contribute to a quality spice. "The post-harvesting handling and processing are absolutely critical," he says.

He says Paradise Spices has sophisticated methods of quality control, processing and managing allergens. Because it is producing things on a small scale, the spices are really fresh.

The PNG spices have been available in



Australia since January and the response is already very good. Herbies Spices are stocked in 400 specialty shops around Australia and used by top Australian chefs including Neil Perry, Tetsuya Wakuda and Peter Gilmore.

Home cooks need to develop a spice memory, Hemphill says. "When you're cooking, smell your spices every time you use them. If you sniff them you will recognise whether they are as fresh as they should be and you will develop a better understanding of how to use the spices." ■

Home grown ... PNG ginger, perfect for curries and Asian dishes.



SPICE NOTES

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KPHL is now the legislated to be the exclusive nominee for the State for its participation in any petroleum development; no other entity can be nominated in its place. This is good for all involved - the developers, sub-national levels of government as well as the petroleum project affected landowners.

The legislation makes it clear that KPHL has the right to be present in all technical and commercial meetings between the State and a Developer in the course of negotiation of a development and associated oil or gas agreement. This is important for KPHL's future relationship with the partners in a particular development, as it allows understanding them to participate in these discussions rather than passively entering the project only once the development has been decided.

SHELLING OUT

Meghan Blackstock reports on the making of a shell money wheel that is now displayed at the National Gallery of Australia.

Melanesian masterpiece ... National Gallery of Australia curator Crispin Howarth with the money wheel.

Earlier this year, a Melanesian masterpiece was unveiled at the National Gallery of Australia (NGA) in Canberra. It is a *tutana* shell money wheel from the Tolai people of East New Britain Province.

This *tutana* was created when Richard Aldridge, an expert in tribal art, directed and produced a documentary, *Tutana – Creation of a Tolai Money Wheel*. The documentary was made in collaboration with Tolai chief, Vin 'Tata' Lote.

Aldridge says: "When you can see an artwork with a short film, documenting its creation and purpose, that artwork has the ability to lead to a greater understanding between cultures".

A *tutana*, in Tolai culture, is a money wheel that contains a thousand params of shell money (one param is a unit of currency and is an armspan in length – in nautical terms, a fathom). A *tutana* contains 200,000 shells and nowhere else in the world is such a large sculpture made from shell money.

The Tolai are one of the only cultures in the world that continue to value their shell money. Tolai without money can still buy rice at the local shop for two params.

The preparatory measures to enable the artist, Vaniara, to produce his creation, took Aldridge and cameraman Thomas Betson on a journey to the bush to watch the locals collect ferns and climb trees to cut the cane from the tree tops, and to the mudflats where girls collected *tabu* shells. They visited the women as they sat around the fire shaving the cane to just the right thickness, and watched as they threaded the shells with skill and accuracy.

In the documentary, Tolai chief Daniel Titi says that any man who owns a *tutana* has enhanced status within Tolai society.

Shell money is vital to the Tolai culture for many reasons, but most importantly it is needed for a unique Tolai funeral custom. With permission organised by Lote, the documentary includes footage from a traditional funeral ceremony in a *tumbuwan* enclosure.

Aldridge says a highlight of the documentary is this dawn Kinavai ceremony. It is held annually by the Tolai to honour their ancestors.

He went on to say: "After the Kinavai the crowd gathers so that the *tumbuwan* owners can be paid. We brought out the *tutana* and stripped the outer layers so that it could be distributed to them as thanks for their support during the making of the film".

Afterwards, Vaniara restored the *tutana* to its original size for display at the NGA.

“
The *tutana* is an appealing object that is all the more remarkable for being created masterly from so many tiny shells to become a great sculptural form.”



Crispin Howarth, the curator at the NGA, says: "The National Gallery of Australia has been committed to presenting the impressive arts of Papua New Guinea for many years.

"The *tutana* is an appealing object that is all the more remarkable for being created masterly from so many tiny shells to become a great sculptural form. Many visitors to the National Gallery of Australia may be surprised to learn that, in this age of global technology, money rings are part of an active economy." ■

The documentary, *Tutana – Creation of a Tolai Money Wheel*, can be seen at [youtube.com/watch?v=neUCYlajyKA](https://www.youtube.com/watch?v=neUCYlajyKA).





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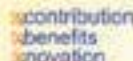


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A PIECE OF PNG: BASKETS

TRADITIONALLY SPEAKING

Baskets made from rattan cane, coconut, bamboo and other fibres were traditionally made for a variety of purposes, including food gathering and storage, furnishings, garments and ceremonial uses. While it is an old craft, basketry is a tradition that continues to thrive as an art form, which often combines both utilitarian and aesthetic qualities.

A CULTURAL AND FASHION STATEMENT

Baskets can play a significant role in maintaining cultural traditions and tribal/group identities. For example, in East New Britain and

New Ireland, their distinctive coconut baskets differentiate village identities – simply by noticing a basket and the way it is carried, one can infer the village of the owner. These coconut-frond baskets were often made for short-term use to carry food, and today are also seen on the streets of places like Kokopo as a ‘style’ accessory to carry betel nut, cigarettes and other items.

WHERE ARE BASKETS MADE?

Baskets are made all over the country, but those most commonly seen in craft shops in Port Moresby, other main centres



and on display on road sides outside the main city hotels are predominantly from the lalibu area of the Southern Highlands Province.

WHY ARE THERE SO MANY DIFFERENT SHAPES AND SIZES?

They vary because they are made for specific purposes. Shapes differ, for example, for baskets made for collecting shellfish or crabs; storage for dried, cooked or freshly caught fish, vegetables; and containers for clothes.

WHO MAKES BASKETS?

Throughout the Pacific region, basket making has been the domain of women, who spend a good part of their day working with fibres, weaving and plaiting floor coverings, food wrappers, cooking containers, storage and carrying baskets, as well as special baskets for ceremonial events.

HOW ARE THEY DECORATED?

Geometric patterns are most commonly used throughout Melanesia because of the nature of weaving itself, but villagers have been very adept at creating a multitude of designs by using different plaiting techniques. Ceremonial baskets generally showcase the more intricate geometric or openwork patterns that belong to specific tribes, clans or island groups. Different types of pandanus – with their varying

colours, sizes and leaf shapes – produce distinctive colours and textures when woven into mats, baskets and other goods.

HOW DO THEY GET THEIR COLOUR?

Some societies are known for their use of colour – for example distinctive red and purple natural pigments and variations in colour produced from the local berries, roots, bark or minerals. More recently, the introduction and use of modern commercial dyes, which provide more vivid colours, has transformed the palette and creativity of the fibre arts along with the use of new synthetic materials, including packaging tape and raffia.

WHERE TO BUY THEM?

Apart from retail outlets, you will find mats and baskets for sale at cultural events held around the country, such as the Mount Hagen, Goroka and Morobe shows. To appeal to tourists, the range of woven items has expanded to include place mats and trays.

WHY BUY THEM?

Expressing your support for this traditional craft by buying and, importantly, using, a woven mat or basket boosts national tourism initiatives and, who knows, may even reduce the number of plastic bags. ■

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A WHEELCHAIR ODYSSEY THROUGH PNG

BBC journalist Frank Gardner was shot and crippled by terrorists in the Middle East, but he has fulfilled a lifelong ambition to visit PNG and see the bird of paradise. *Richard Andrews reports.*

On location ... the wood and rattan chair on poles that allowed Frank Gardner to undertake his journey in Papua New Guinea; Gardner with a villager (opposite page).



“

I found the people in PNG very friendly, helpful and charming, whether it was the flight crew on Air Niugini flights or villages along the way.

”

Frank Gardner was on assignment in Saudi Arabia when he was shot six times by Al-Qaeda terrorists and left for dead.

Gardner's cameraman was killed in the 2004 ambush, which left the BBC correspondent paralysed from the waist down.

I've always wanted to go to, one of the most distant, remote, exotic and difficult places, has always been Papua New Guinea." Gardner's fascination with the country began at the age of eight when he was given a deck of playing cards with colourful images of birds of paradise on the back.

Benedict Allen resurrected the idea. In his 20s, Allen had lived with the Niowra people on the Sepik River for six months and undergone the crocodile man initiation ceremony.

"I'm your man," he said, when Gardner spoke of his unfulfilled dream.



After 14 operations and almost a year in hospital, Gardner returned to work. He's since been embedded four times with the military in Afghanistan and travelled to Colombia, Borneo and the Arctic.

Just as significantly, his injuries didn't stop him pursuing a childhood dream last year: to see a bird of paradise in the wild.

"I ski and scuba dive," says Gardner, 55. "But the one country

"I asked my mum whether these birds actually existed. When she told me where they lived, I said: 'Can I go there?' My dad promised to take me to PNG one day, but unfortunately he died before it could happen.

It was my great regret I didn't go when I still had the use of my legs and I thought my dream had also died."

However, a chance encounter with British writer-adventurer

The expedition started unceremoniously in Wewak, when Gardner and his team had to evacuate their guesthouse after a new TV set imploded and covered the place in smoke.

The team then headed south, stayed in Yanchimangwa village, and spent time exploring the Chambri Lakes region in East Sepik Province.

For Allen, the trip was also a nostalgic return to Kandingai, ►



A wheelchair odyssey through PNG

in the Middle Sepik, a village renowned for its intricately carved spirit masks.

And just to make the trip even more challenging, the team continued on to the remote Hansemann Mountains in Madang Province.

"I found the people in PNG very friendly, helpful and charming, whether it was the flight crew on Air Niugini flights or villages along the way.

"I'm particularly grateful to Felix, my local companion, a master carpenter, who looked after my safety and comfort. He made the difference between a tough time and a hard time."

As most of the terrain was too rugged for wheelchair access, Felix designed a wood and rattan chair

Sepik snapshots ... villagers along the Sepik River (this page); a bird of paradise (opposite page).



PICTURE: FRANK GARDNER

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with poles, which was shouldered by four people. Gardner was then carried in relays by hired locals as he passed through the territory of different clans.

"This was quite dangerous as we were going along very narrow hill trails with sheer drops," he says. "If any of those guys had missed their footing I would have tumbled down and probably broken my neck. They took huge care, never missed their footing once and never complained."

Narrow mountain trails and sheer drops were not the greatest dangers Gardner faced. Something that seemed much more innocuous disrupted the dream.

Halfway through the expedition, he discovered two pressure sores. Looking at the picture, medics considered the lesions life-threatening and urged Gardner to seek immediate treatment.

"I really fought against the advice at first and said I was clinically fine," he says. "To prove it, I did 10

pull-ups on a beam in our hut, but finally accepted that leaving was the right decision."

Gardner was evacuated by helicopter to Port Moresby and then flown to Brisbane, where he spent five days in St Andrews War Memorial hospital.

Gardner returned home, very disappointed, to recover in London. But the dream was now too strong and he returned to PNG four months later with Allen. This time they flew from Port Moresby to Tari and Gardner was carried through forests in the Southern Highlands.

Finally, he got to see a bird of paradise.

"The first time was frustrating. I could hear the birds calling to each other, but couldn't see them because I was stuck in a wheelchair. But eventually I caught glimpse of this amazing cascade of golden feathers and chocolate brown plumage.

"The first-ever glimpse of a bird of paradise in the wild is a



A wheelchair odyssey through PNG

PICTURES: PNG TOURISM PROMOTION AUTHORITY



“

The first-ever glimpse of a bird of paradise in the wild is a moment you never forget.

It's a glimpse of paradise itself.

”

moment you never forget. It's a glimpse of paradise itself.”

Gardner also rhapsodises about camping in the Highlands and waking to hear “the magical, mystical call from somewhere in the dawn mist”.

“There was nothing but birds, fish and sky. It felt like heaven.”

Another highlight was a river trip, with the expedition greeted by villagers in two large canoes.

“They came out beating their drums in unison and displaying elaborate headdresses and necklaces made with feathers from the very birds of paradise I was hoping to see.”

Gardner's odyssey was recently screened by the BBC as a two-part documentary called *Birds of Paradise: The Ultimate Quest*.

For Gardner, seeing the birds of his childhood dream, offered “a form of closure” to his injuries.

“In a country that's largely inaccessible to the disabled, the good nature and resourcefulness of its people meant that, with a bit of determination, somebody who can't walk can still visit one of the remotest places on the planet and see one of the most beautiful creatures in nature.

“In travel terms it's the holy grail.” ■



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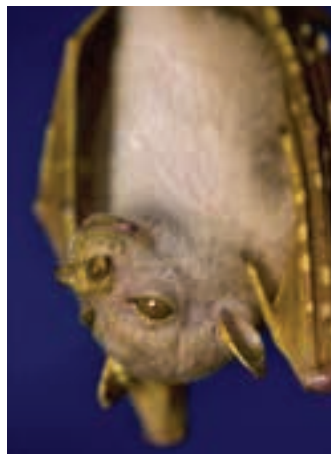
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Animal kingdom

PNG is the land of dreams for biologists, with more chance of discovering new species than almost anywhere else on the planet. *Brian Johnston* reports.



PICTURES: WORLD WIDE FUND FOR NATURE

If scientists go down in the woods today, they're sure of a big surprise. More than one, in fact. In Papua New Guinea, it seems researchers can hardly poke a stick, turn over a leaf, look under a rock or climb a tree without encountering the truly remarkable: animals unknown to science. For those in the business, it's like being the proverbial kid in a candy store so unusual you don't know what you'll be encountering next.

Some years ago, the Wildlife Conservation Society carried out a survey in just one tiny part of PNG, a series of limestone cliffs known as the Hindenburg Wall in the Star Mountains of Western Province. Its researchers returned with 89 plant and animal species hitherto unknown to science. A separate expedition in the same area by Conservation International documented 600 species, of which an astonishing 50 were new, including three kinds of frogs, several spiders and a gecko of a type never before seen in dense rainforest habitat.

Even more striking, has been the discovery of entire new genera, a taxonomic ranking that groups related species together (such as the genus *canis* for dogs, coyotes and wolves).

Three new genera of jumping spiders were among the remarkable finds on the Hindenburg Wall.



PNG's 'new' creatures ... (from left) the tree-climbing *Iltoria* frog; a tube-nosed fruit bat; a feather-tailed possum; the grasshopper with pink eyes and a penchant for eating flowers; a yellow-spotted frog; a rainbow fish; and a monitor lizard.

"They're strikingly distinctive evolutionary lineages unknown before, with a group that is already very distinctive on the evolutionary tree of jumping spiders," explains Wayne Maddison, a scientist from the University of British Columbia. "Their key position on the evolutionary tree will help us understand how this unique group of jumping spiders has evolved."

The startling returns on such relatively modest expeditions point to how little we know, as yet, about the rich biodiversity of PNG. According to the World Wide Fund for Nature (WWF), a total of 1060 new species was recorded in PNG in the decade from 1998 to 2008, ranging from a brightly coloured rainbow fish to a cuscus – a marsupial about the size of a cat – and a freshwater shark measuring 2.5 metres.



“

Scientists found an average of two new species each week from 1998 to 2008, nearly unheard of in this day and age. In the years since, however, things have only hotted up.

”

“If you look at New Guinea in terms of biological diversity, it’s much more like a continent than an island,” says WWF Western Melanesia’s Dr Neil Stronach. “Scientists found an average of two new species each week from 1998 to 2008, nearly unheard of in this day and age.”
In the years since, however, things have only hotted up. When Conservation International launched another species-hunting expedition, this time into the Muller Mountains, it returned with 200 unknown



species including a tiny long-nosed frog, a bright orange spider and an extraordinary katydid (grasshopper) with pink eyes and a penchant for eating flowers.

Program director, entomologist Dr Leeanne Alonso, picked up 42 individual katydids and was stunned to find that the sample contained 20 new species. In all, nearly 100 new species and several new genera of insects were recorded.

Among 20 new frogs was a yellow-spotted variety (*platymantis* sp. nov.) that lives in dense, high-altitude bamboo thickets, and which lays eggs on land, which hatch directly into froglets without a tadpole stage.

Another new species (*litoria* sp. nov.) lives high in the forest canopy. Although they could constantly be heard, only one was captured by one of the research scientists bold enough to climb a tree.

The research team was also able to scientifically describe some species that, while not entirely new, had never been properly documented, including a type of feather-tailed possum and a tube-nosed fruit bat. ➤

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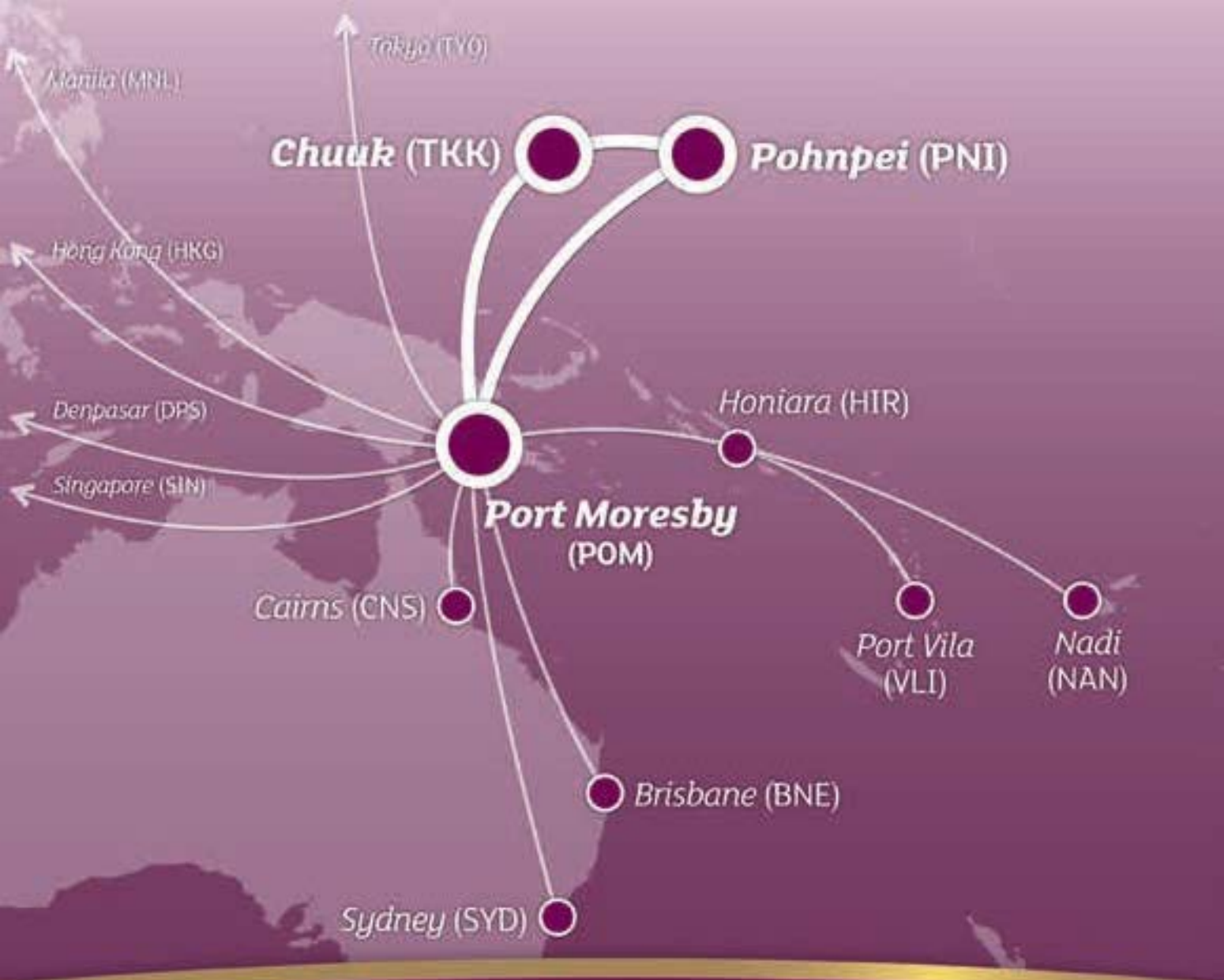
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Animal kingdom



This is a joy for scientists, but even better is the rediscovery of a species thought to be extinct. A decade ago two student researchers from the University of Queensland were on a field expedition in Abau in Central Province when they caught a New Guinea big-eared bat (*pharotis imogene*), which hadn't been sighted since specimens were first collected in 1890.

Perhaps none of this is entirely surprising. PNG's rugged, remote terrain and offshore reefs are difficult to access and have been little studied by science.

What we do know is that PNG is one of the world's biodiversity hotspots, making up just half a per cent of the Earth's surface but home to seven per cent of its known species. Two-thirds of these are found nowhere else, so we can reasonably conclude that there are many more unique creatures.

For the moment, PNG claims some 740 bird species, 640 amphibians and reptiles, 300 fish and 280 species of mammal.

That tally continues to increase, much to the excitement of the scientific community. In 2014, ecologist Euan Ritchie from Melbourne's Deakin University, set up camera traps in the Torricelli Mountains of ➤

A new kid on the block ... Dr Leeanne Alonso, an entomologist who collected 42 individual grasshoppers in PNG and was stunned to identify 20 new species.

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Animal kingdom

north-western PNG, intending to study the highly endangered tenkile, a variety of tree kangaroo. What he captured on camera instead were several new mammal species, including various rodents and bandicoots and a remarkable *dorcopsulus* wallaby the size of a small dog.

In 2015, attention turned to Manus and Mussau islands in northern PNG, where researchers quickly discovered new species of frogs, damselflies, leaf-nosed and tube-nosed bats, giant geckos and a tree-climbing dragon lizard with elongated toes.

Last year, scientists produced a new freshwater turtle species (*elseya rhodini*) – though not at all new to local islanders, for which it is a food source.

Recently, a new ant with dragon-like spines caused a rumble in the media when Japanese scientists – in a clever PR stunt – named it *phidole dragon* after the largest and most fearsome of the dragons in *Game of Thrones*. Yet there’s no fantasy series quite like PNG biology, in which every turn of the page reveals another scientific surprise. ■



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Jumping for joy

This Papua New Guinean has athletic ambitions bigger than Texas, *Kevin McQuillan* reports.

Athlete Rellie Kaputin hopes to compete in the 2018 Commonwealth Games, the 2019 Pacific Games and the 2020 Olympics. She's well on her way, if her successes this year at West Texas A&M University are any guide.

In February, Kaputin led her university team to its fourth consecutive Lone Star Conference Indoor Championships, winning all three jumping events and setting two Papua New Guinea national records.

A month later, she won the triple jump with yet another PNG national record of 13.09 metres, came second in the long jump and was placed sixth in a tightly contested high-jump competition.

As a result, she was named Indoor Field Event Athlete of the Year (division two) by the USA Track and Field Coaches Association, and was given the award for Outstanding Female Field Athlete of the Lone Star Conference Championships.

"I have been working very hard to achieve my goals in all my competitions," she says.

"Coming here is like a dream come true and I enjoy being in the classroom working hard every single day to get my degree (general studies, specialising in accountancy), I am also blessed to be part of the best track and field team. They are like family to me, while I am far from home."



Rellie Kaputin ... "I am blessed to be part of the best track and field team. They are like family to me."

Her head coach, Darren Flowers, says he's proud of the way Kaputin competes for the school, adding, "her achievements are an example of where hard work and humility can take you".

"Rellie is one of the best competitors that I have ever seen or coached," says Flowers. "She had the most consistent set of jumps of anyone in the competition and had her biggest jump when it mattered most."

Kaputin is the PNG national record holder in the triple and long jump, and regarded as the best in the region, after winning three gold medals at the 2015 Pacific Games, all with record-breaking performances.

She's one of 11 PNG athletes who are studying and competing in the US this year. Among them are Poro Gahekave, Shirley Vunatup and Naomi Kerari, who are at South Plains College in Texas, Adrine Monagi and Peniel Richard, who are at Angelo State University in Texas, and sprinter/hurdler Afure Adah, who is at Minnesota State University.

Born in Tingalom village, just outside Kokopo in East New Britain, Kaputin won a scholarship to study at North Iowa Area Community College after finishing her schooling at Kokopo Secondary in 2012.

In Iowa, she earned All-American honours in the triple jump, high jump and long jump at the 2015 National Junior College Championships.

When her scholarship finished, she was picked up by West Texas and again won All-American honours in three different events at the same championships in 2016. Her 14 points at the championships is the most by any West Texas athlete. ■



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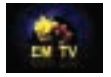
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Tackling diabetes

Diabetes is one of the biggest health problems facing not only Papua New Guinea, but many South Pacific nations, as well as South-East Asia.

Virtually unheard of across these regions just over 50 years ago, type 2 diabetes, the form caused by lifestyle factors, is now rife.

In Tonga, for instance, diabetes has doubled since 1973. Among the 22 nations that make up the Pacific islands, one in every four people has diabetes. And across South-East Asia, 25 million people have been diagnosed with the disease, an affliction that can lead to major health complications such as blindness and heart failure when left unmanaged.

In PNG, the International Diabetes Association predicts that between 2010 and 2030 type 2 diabetes will increase by as much as 140 per cent, (from 76,709 in 2010 to 172,000 in 2030).

The influx of Western-style processed food and declining physical activity are largely to blame.

Local diets, once based on fresh fish, vegetables and fruit, have steadily been usurped by Western convenience foods. The problem is that the high fat, sugar and salt in these foods play havoc with the body and contribute directly to type 2 diabetes.

That's why it makes so much sense to get back to food basics.

The key to avoiding type 2 diabetes is following a diet based on vegetables, legumes, fruit, low-fat dairy products and whole grains while eschewing saturated fats and processed goods for healthy oils from natural foods such as avocados and nuts.

Just a few tweaks to your diet can make a huge difference, as can finding a few recipes such as this one to make the transition to healthier eating as simple as possible.

This nutrition-packed recipe is from the Fijian Ministry of Health's Wellness Unit.

It can be made with seasonal vegetables from the local market and is ideal for a tasty breakfast or lunch.

Vegetable and egg bake

Serves 8

Ingredients

1 onion, finely chopped; 3 cloves garlic, finely chopped; 2 cups seasonal vegetables, finely sliced or chopped; ½ cup low-fat cheese, grated; 4 eggs; 1½ cups low-fat milk; ¾ cup self-raising flour; freshly ground black pepper (to taste); ½ tsp cooking oil (enough to lightly grease pie dish).

Step 1

Preheat oven to 200°C. Grease a dish with a little oil/butter.

Step 2

Place onion, garlic and other vegetables into dish. Sprinkle over cheese.

Step 3

Lightly beat eggs and milk together with a fork. Add self-raising flour and mix well (making sure there are no lumps).

Step 4

Pour egg mixture over vegetables. Sprinkle over black pepper. Bake for about 30 minutes, or until golden brown, and set in the middle. Serve hot or cold.





SOAKING UP THE SCENERY

A new and healthy way to absorb the tranquillity surrounding Mount Fuji has arrived with the opening, in April, of the hot spring (*onsen*) resort Hakone Kowakien Ten-yu. All 150 Japanese-style rooms come with a private open-air hot spring bath facing Japan's most famous dormant volcano.

Resort facilities include a spa, restaurant and bar/lounge plus two large hot-spring facilities, one of which has an open-air infinity bath. When it's time to dine, choose from a soba noodle restaurant or a teppanyaki high-end Japanese steakhouse.

See hakone-tenyu.com.

BALI SPA SET TO OPEN

Bali's newest luxury destination, the Movenpick Resort & Spa Jimbaran Hotel, will open its eagerly awaited spa and wellness centre in August. The spa will offer a range of treatments and products highlighting Balinese and Indonesian spa and beauty culture. Meanwhile health-conscious guests can avail themselves of several upscale facilities. The glamorous hotel has a 24-hour gym full of the latest machines, and offers yoga classes. Most impressive, however, is the large lap pool. For runners, the sands of Jimbaran Bay are just 100 metres away.

See movenpick.com.



MOVE THOSE MUSCLES

A Singapore gym has brought a new meaning to the term switching on your muscles. VisionGym is the first in Singapore to offer Electro Muscle Stimulation (EMS) training, the name for using electrical impulse currents to stimulate your muscles. These currents send contractions down into deep muscle tissues in a process promoted as 18 times more effective than weight training.

Participants must wear a special PowerSuit connected to an app controlled by a trainer who monitors exercise progress and intensity on an iPad.

VisionGym has drop-in rates for travellers. See visionbodyasia.com.

BODY TEMPLES:

Five of Macau's best hotel spas

1 St Regis Macau: The 38th-floor Iridium Spa is the highest in the city. Guests are treated to sweeping views and a chic interior with seven treatment rooms and a Thai massage room for the spa's signature 80-minute treatment.

2 Conrad Macau: The Bodhi Spa is Macau's only spa offering Indian Ayurvedic treatments. Beautiful oils are used to balance the body, mind and spirit through a range of treatments and massages based on body type as determined by Ayurvedic principles.

3 Wynn Macau: The richly decorated Spa at Encore pampers clients not just in one room but an entire private suite where they enjoy a steam room, sauna and hydrotherapy bath as well as their treatment. The ultimate is the Encore Signature Treatment, including a six-hand massage by three therapists.



4 Galaxy Macau: The Banyan Tree Spa (pictured) is lauded as Macau's most luxurious. A traditional Asian-style interior of warm woods, bamboo and stone is the setting for its famous rain-mist showers and steam baths, which precede the blissful body treatments.

5 Ritz Carlton Macau: Opened in 2015, the Espa is among Macau's newest spas. Wow factor is provided by the expert pampering and modern decor based on Chinese and Portuguese architecture.



Gadgets and travel accessories



Film camera

There's no denying the ease of use and high image quality of digital cameras, but for anyone wanting to get back into old-school 35mm photography, the fully manual Pentax K1000 is the way to go. With all the basics and no intimidating extras, it's super easy to use and also virtually indestructible.

From about PGK262; ebay.com.



Anti-crease shirt shuttle

Ironing while on the road has to be on every traveller's list of their least favourite travel chores. So why not pack a few Patrona shirt shuttles with you? The inner folding board with its curved edges means that your shirt comes out sans creases, so you can go straight from on board, to the boardroom, looking like the consummate professional.

About PGK124; patrona.com.

Silent mouse

You've got a mountain of work to get through on the plane, but you don't want to annoy your seat neighbour with constant clicking. Enter Logitech's M330 Silent Plus mouse, which is 90 per cent quieter than most. It has high-performance feet that slide quietly over the desktop, plus the smooth scroll wheel.



Smart sunnies

Handmade in Italy, SEE eyewear has become hot property around the world, because of its lack of ostentatious branding, reasonable price and great design. The retro 4839 Sun model, with its square style and UV-protected sun lenses, could be the pick of the bunch. Available in a range of lens gradients and frame colours. *About PGK317; seeeyewear.com.*



Heated insoles

ThermaCELL has dreamt up these innovative remote-controlled heated insoles. Whether you're hiking, hunting, exploring or working, the thermostat-driven control system and water-resistant fabric liner will keep your feet toasty warm and dry. They last for up to five hours, recharge in four, and can be recharged at least 500 times. *From about PGK429; heat.thermacell.com.*



Stylish bandana

Whether you wrap it around your wrist, tie it around your neck, or drape it over your nose and mouth, a bandana is the ultimate in good-looking hiking accessories. This 100 per cent cotton one from US outdoor clothing and accessory brand Filson is silk-screened by hand. Machine washable. *About PGK102; filson.com.*



Bike compass

Clip the Beeline on to your bike's handlebars, pair it up with the free app on your mobile phone, then simply follow the arrow that's always pointing towards your destination while also telling you the distance remaining. Like an old-school compass rather than a sat-nav, it gives you the freedom to choose your own path, and helps you explore as well as navigate. Available in red, blue and black. *About PGK408; beeline.co.*



Deft duffel

Perfect for quick work trips where you don't want to check-in luggage, the Ted Baker Kray duffel bag seamlessly combines durability and swankiness. Made from faux leather that looks almost better than the real thing, it's available in chocolate or black, with an eye-catching red or blue stripe. *About PGK525; shop.nordstrom.com.*

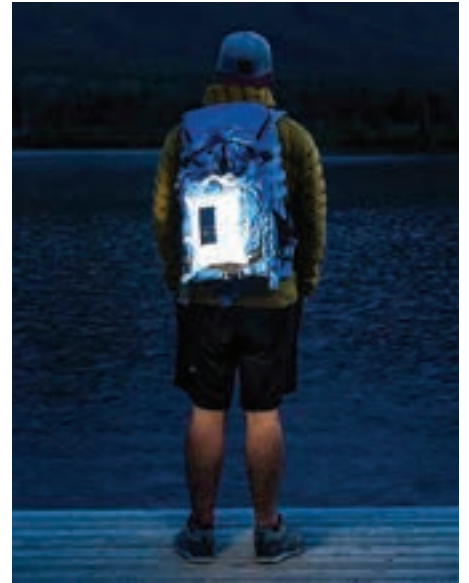


Anti-motion sickness band

For anyone who suffers from motion sickness, the sheen can be rubbed off travel pretty quickly. Thank goodness, then, for the Reliefband. Clinically proven and FDA-cleared, the watch-like band uses the body's neural pathways, via the delivery of gentle pulses to the nerves on the underside of the wrist, to switch motion sickness-related nausea off. *About PGK303; reliefband.com.*

Portable light

Possibly the smartest, most sustainable light source for your next outdoor adventure, the LuminAID PackLight 16 inflatable lamp produces up to 30 hours of LED light after charging in the sun. Obviously it's portable – it folds up and can then be clipped to your backpack – but it's also made from a durable and weather-resistant PVC-free plastic, and only weighs 56 grams. *About PGK64; luminaid.com.*



Celebrity gumboots

There are gumboots ... and then there are the iconic Hunter gumboots. Handcrafted from lightweight natural rubber and the footwear of choice for celebrities and fashionistas, the waterproof pull-tab British boots, with elastic side gussets, are so handsome, practical and comfortable that you'll want to wear them even when there isn't a cloud in the sky. *About PGK412; world.hunterboots.com.*





Paris Can Wait

Alec Baldwin is one of the stars of this movie. Given the publicity he's garnered sending up an American president, the timing of this film may even trump his impersonations.

Diane Lane, who played Martha Kent in *Batman v Superman*, and French actor Arnaud Viard star in this romance/comedy along with Baldwin.

Lane's character, Anne, is at a crossroads in her life. Married to a successful but inattentive movie producer played by Baldwin, she unexpectedly finds herself taking a car trip from Cannes to Paris with her husband's business associate.

What should be a seven-hour drive turns into a carefree two-day adventure with an over-sized suitcase load of diversions involving sightseeing at places of renown, food and wine, humour, wisdom and romance.

For Anne, the journey with her husband's colleague has significant consequences. The trip reawakens her more than caffeine ever will, and she finds a new lust for life.

Director Eleanor Coppola, a documentary film-maker, artist, and writer, is the wife of director Francis Ford Coppola.



A Ghost Story

Acclaimed director David Lowery explores loss, human longing and connection in a film starring Academy Award winner Casey Affleck (*Manchester by the Sea*) and Rooney Mara, who played Lucy in *Lion* and Lisbeth in *The Girl with the Dragon Tattoo*.

Compared to some of the big budget films Lowery has worked on (*Pete's Dragon*), *A Ghost Story* cost coconuts to make. Affleck spends much of his time wearing a white bed sheet. Yet this only reinforces the sense that this is a story of meaning rather than thrill.

Affleck—his character's name is never mentioned on screen—dies in a car accident at the beginning of the film and his ghost returns to the family home to console his wife. Mostly, this bed-sheeted ghost is a passive watcher of his wife's dealings with grief.

Of the film, a critic for the BBC wrote: "The movie is pushing toward something simple and pure, almost elemental in the way that spaces are haunted by the memories they contain, and how we may leave those spaces but they never leave us".



20th Century Women

Just as he did in his Oscar-winning film *Beginners*, director Mike Mills again explores the bond between parent and child. In this film, described as a 1970s cultural odyssey, the wonderful Annette Bening plays a gregarious, open-minded single mother, Dorothea.

Her child, Jamie (Lucas Jade Zumann from Netflix's *Sense8*), is her teenage son. Dorothea isn't quite sure she can guide him on his path to becoming a man.

Giving plenty of credence to women power, Dorothea recruits the help of two women to help raise Jamie. Her housemate, Abbie, is a photographer whose energy is fuelled by anger and the new-wave scene.

Julie, another friend of Dorothea and Jamie, played by Elle Fanning, is also conscripted into a version of parenthood. She's oblivious to the fact that Jamie is in love with her.

Men aren't excluded from Jamie's life though. Billy Crudup plays a handyman who is also called on for guidance.

Mills's film weaves social, cultural and political threads into a tapestry of late 1970s life in the US.

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

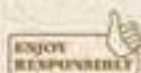


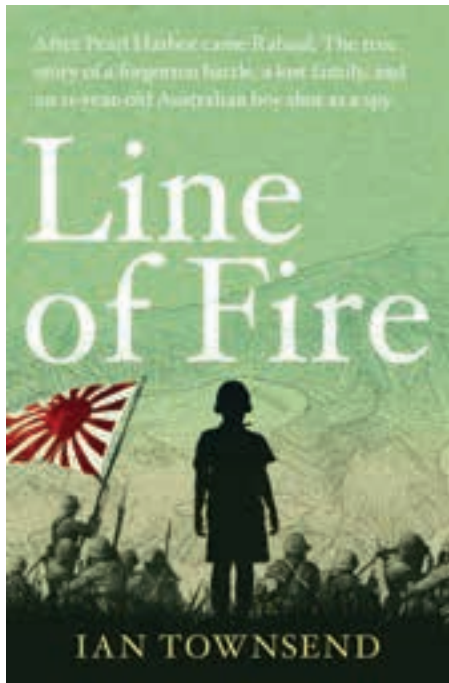
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***Line of Fire* (Fourth Estate), by Ian Townsend**

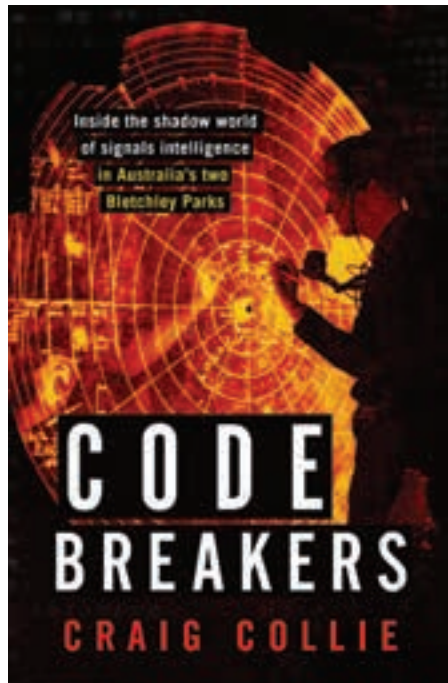
'On the afternoon of Monday 18 May 1942, Richard Manson sat in the back of an uncovered utility truck belonging to the Japanese Navy and watched the river of dust swirl and tumble behind him.

He might have imagined, as 11-year-old boys sometimes do, that the road was moving and he was not, and that if he jumped it would carry him away to the mountains, where no one would find him. Last chance, then, for this story to end differently.'

This is the beautifully written opening to a tragic story. In May 1942, in Rabaul, five Australian civilians were taken by Japanese soldiers to a pit at the base of a volcano and executed as spies. A mother, her brother, her husband and her friend. And her 11-year-old son.

Who were these people and what had led them to this terrible end?

This is a narrative of history, military conflict and, yes, volcanology. All of it is woven together within the story of one ordinary but doomed family.



***Code Breakers* (Allen and Unwin), by Craig Collie**

During World War 2, when the Japanese threatened to dominate Papua New Guinea, two secret Australia-based organisations worked to break Japan's military codes.

This, according to the publisher, is the largely untold story of the people who cracked the codes. These brilliant and idiosyncratic cryptographers came with not unexpected notable achievements in mathematics, but some were experts in classic literature and others had lived in Japan. They patiently unravelled the codes in the Japanese signals and ultimately played crucial roles in the battles of Midway and the Coral Sea, as well as general Douglas MacArthur's push into the Philippines.

An intercept station in Queensland brought about the end of Admiral Isoroku Yamamoto, the commander-in-chief of the Japanese fleet in the Pacific.

The code breakers deciphered information about Yamamoto's travels, and his plane was shot down.

Collie is also the author of the highly acclaimed *The Path of Infinite Sorrow: The Japanese on the Kokoda Track*.



***Kingdom Cons* (Text Publishing), by Yuri Herrera**

Yuri Herrera is a celebrated Mexican and Latin American novelist. In *Kingdom Cons*, Herrera, a political scientist, magazine editor and possessing a PhD in literature, may well mine the expertise of his diverse careers.

This is the story of an artist who becomes beloved by his kingdom and begins to question the inexorable power of a king. The story combines elements of hardboiled crime, myth and allegory and has won a prominent Spanish literary award.

It may yet win as much acclaim as his second book – *Signs Preceding the End of the World* – which has been described as a masterpiece. Published in 2015, this novel about the border between Mexico and the US and those who cross it, may have been written with enviable insightfulness given the coming of Donald Trump.

Herrera explores the crossings and translations people make in the minds and language as they move from one country to another, especially when there's no going back.

Herrera's novels may be Latin American in origin, but, as with much fine writing, there is relevance for all.



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Currency for the future



Kevin McQuillan speaks to a Papua New Guinean entrepreneur who is keen for the virtual currency Bitcoin to be adopted in PNG.

A young Papua New Guinean entrepreneur is bringing Silicon Valley to Papua New Guinea to help boost financial inclusion in the country.

Shane Ninai, managing partner of Day One Investments, is encouraging the use of the virtual currency, Bitcoin. "For the first time in history, we have the technology to bank the unbanked," 25-year old Ninai says.

With only 20 per cent of the country holding bank accounts, PNG is an ideal place to create an alternative low-cost banking system, he says, but notes it is likely to take up to 10 years before the technology will become fully mainstream in PNG.

That technology is built on two emerging, internet-based platforms: the Bitcoin virtual currency and Blockchain, which manages online transactions (see definitions next page).

"The first step (in PNG) is to create all the regulatory 'sand-boxes,'" says Ninai, "which involves having the Bank of Papua New Guinea experiment with this new technology."

THREE THINGS TO KNOW ABOUT BITCOIN

1. The supply of Bitcoin is limited to 21 million Bitcoins and that can never be changed.
2. Bitcoin was released in 2009, developed by a programmer, or a group of programmers, named Satoshi Nakamoto.
3. Subway, Virgin Galactic, Dell and Expedia.com are among the large companies reported to accept Bitcoin.

According to ABC reports, the Bank of PNG and an Australian aid contractor are looking at how Blockchain could dramatically improve PNG's low rate of financial inclusion. The Australian Government has allocated \$AUD200,000 to help the bank investigate the possible applications of Blockchain technology.

In emerging markets, Ninai told a Blockchain conference in London in January, a regulator-led model is the only way to ensure that these systems have value and are transacted

at scale. The regulators' appreciation of this innovation and a willingness to experiment is key.

Ninai points out that PNG is a country dependent on close human relationships – where \$5000 dollars in cash may not mean as much as three pigs and a shell necklace.

"Informal and alternative economies and governance systems ... are deeply ingrained in our culture and are still alive and well; and the Blockchain allows us for the first time to capture this activity."

"Instead of trying to fit the unbanked into a narrow financial system, Blockchain allows us to create and capture these alternative economic systems that bypass normal markets."

Ninai says that while this technology has taken off in the US and Europe, the real value is to figure out how to get it to scale in developing nations, where people are most excluded from formal financial systems.

In 2015, Ninai participated in the Kumul Game Changers entrepreneurship program, where he was selected for the highly competitive Silicon Valley entrepreneurial



WHAT ARE BITCOIN AND BLOCKCHAIN?

Bitcoin is a virtual currency and payment system, which uses a software program to record and pay for things without a third-party broker, like a bank or government.

Users install a Bitcoin wallet app on their phone or computer, and buy the virtual currency from a Bitcoin exchange.

Its promoters say Bitcoin is ideal for people in developing countries, who might have mobile phones but not bank accounts.

Blockchain simply refers to a bookkeeping method that chains together entries so that they are very difficult to modify later. Among the world's leading companies now using Bitcoin and Blockchain technology are IBM, Expedia, Maersk and Dell.

For more information, see bitcoin.com.

accelerator program at Draper University. After graduating, Ninai joined Draper University staff as an entrepreneur-in-residence, mentoring some 170 innovative companies.

“East New Britain Province, where shell money is a form of accepted currency, is a potential pilot province.”

Co-founder of Day One Investments, a Silicon Valley-based venture capital fund investing in Blockchain technology companies, Ninai's partner is Tim Draper. His company, Draper Associates, aims to transform industries with new technologies,

and to build platforms for extraordinary growth, jobs, and wealth creation.

Ninai says Day One Investments is scheduled to close its fundraising soon, having secured capital commitments from a reputable anchor PNG investor, along with international investors.

He says he has identified East New Britain Province, where shell money is a form of accepted currency, as a potential pilot province.

“To this day, micro-finance institutions and savings and loans societies are willing to provide loans against this shell money because they recognise it as currency,” he says.

“For micro-finance institutions, this technology has a lot of potential and that's where we're seeing the most interest.” ■

Shane Ninai will be a guest speaker at the 2017 Business Advantage Papua New Guinea Investment Conference on September 7 and 8 in Sydney. See pnginvestmentconference.com.

PICTURE: ILLAN KAPRANGI



Shane Ninai ... “PNG is an ideal place to create an alternative low-cost banking system.”

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.



Laying solid foundations

David James speaks to the managing director of a building company that is making its mark across PNG.

Rhodes is a pre-fabricated buildings company focused on the Papua New Guinea market. Managing director, Emanuel Papas, says the best way to describe the company is as a designer, supplier and provider of prefabricated buildings.

“The vertical integration (of design, supply and delivery) allows us to deliver buildings at very competitive pricing, whether it is tenders or just the supply of materials and kits on their own,” he says.

PNG is the company’s main market, but it is also registered in Fiji. Rhodes is also currently diversifying into other countries in the Pacific.

Papas believes the barriers to entry in PNG are high, which means that once a company is established it is in a position of advantage.

“It takes a while to set up, it takes a while to get your feet on the ground and the right local people in place. It is quite difficult to do business sometimes.

“Logistically, there are some very remote areas in PNG, which makes it tough to deliver



Building up ... Emanuel Papas and one of his company's prefabricated buildings (right).



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on your contracts. You certainly have to keep working at that.”

He says the company has operations across PNG. “The main facility for our manufacturing and logistics plant is in Port Moresby, and there are also regional lay down yards in Wabag, Alotau and Arawa to support various provinces. Then there are the individual project offices.”

Papas says one of the company’s main focuses is on Overseas Development Assistance projects.

“School buildings we provide are funded mostly by DFAT (the Australian Department of Foreign Affairs and Trade). And then we do health centres, which are funded by the ADB (the Asian Development Bank).

We do have some housing projects with the likes of Nambawan Super. We are also in discussions with various housing authorities in the Pacific in order to provide affordable housing for the demand that exists.”

Rhodes may have a regional back-office structure (a procurement and manufacturing



operation in China, a back-end design office in the Philippines, a head office in Australia), but Papas says the operations are very localised.

“I would estimate that about 95 per cent of our labour force in PNG is national. And I don’t just mean our own local staff out of our head office in PNG. I mean local as in the local villages where our projects are.

“Our typical project structure will be a supervisor and a leading hand and they will act as supervisors and instructors for the local village’s mostly unskilled labour force. Which, based on our system, means it doesn’t take long for people to become familiar with how it all gets installed.

“We are having some good success in training local people who can then utilise these newly acquired building skills for other projects, or for themselves in their own capacity. It is quite a satisfying outcome at the end of each project.”

Papas believes that PNG is transforming into a country with a burgeoning middle class. “There are skills, there are growth opportunities, and there are job opportunities.

“They (Papua New Guineans) aspire to get quality housing and a better-quality lifestyle and that is where our investment is, in terms of providing housing and social infrastructure – to support growing and improving communities.” ■

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STAYING BUOYANT

Where to now for the Solomon Islands economy?



Business ties are strong between Papua New Guinea and the Solomon Islands. In this special eight-page section, *David James* looks at the economy of PNG's nearest neighbour and talks to the experts about future opportunities. There are also tips for business travellers: where to stay, visa requirements and more.

Making a splash ... tourism is one sector that can help future-proof the economy of the Solomon Islands.



The Solomon Islands' economy grew by three and a half times between 2003 and 2016. But, according to the Asian Development Bank, logging has been the most significant source of government revenue over the past decade, accounting for about half the government's export earnings. That is expected to decline, meaning the country must find ways to diversify its industry base.

Jay Bartlett, chair of the Solomon Islands' Chamber of Commerce and Industry, identifies agribusiness, mining and tourism as three sectors with potential.

"With agribusiness, there is a lot of scope and a lot of opportunity. Much of the population is rural and a lot of the population is already engaged in the informal sector in agriculture.

"So, we could possibly look at ways where we can value-add; look at the supply chains and make markets more accessible – domestic markets and maybe also regional and international markets. There is a lot of scope to directly impact people working in the rural and informal sectors."

At the moment, Bartlett says, the Solomon Islands' biggest agricultural export is palm oil. The main player is Guadalcanal Plains Palm Oil, which is majority owned by New Britain

Palm Oil (itself owned by Malaysia's Sime Darby).

"They are looking at a significant program to expand over the next five to 10 years in the Guadalcanal plains, which will likely triple the production.

"We should be exploring and driving innovation in some of the niche products. That has a lot of scope to improve our export sector and create a lot of jobs for the community and the economy.

“
Agribusiness,
mining and tourism
are three sectors with
potential.

”

"There is also opportunity with other crops such as coconut oil, taro, cassava and kava," notes Bartlett. "Those are obviously not going to be huge volumes. They are done on a more small-holder scale. But I think that has a lot of opportunity."

Seva Payevskiy, the resident representative, Solomon Islands, for the International Finance Corporation, says the economy's weaknesses stem from its smallness, remoteness and dispersed population.

"This increases the costs of public service delivery, constrains the reach of infrastructure and reduces the range of opportunities for private sector development.

"Remoteness inflates transport costs for all traded inputs and products, which, together with lack of economies of scale in the provision of basic infrastructure required for economic activity, pushes up the total cost of goods and services.

"The upside, however, is a relatively rich resource base in agriculture, including fisheries, and also untapped wealth of natural resources."

Mining policy reform, says Payevskiy, is also of considerable importance because the sector is one of the few major alternative sources of growth.

Bartlett believes the biggest challenge is access into markets. "That is probably a bigger challenge than the actual physical logistics of it: getting the right certification in place to enable some of our crops to go into some of the bigger markets, like Australia and New Zealand." ►

PNG COMPANIES WITH A Foothold IN THE SOLOMON ISLANDS

Many PNG companies are already in the Solomons, confirming commonality in the two Melanesian economies. In many areas, the two nations are at a similar level of development and face similar cultural and business challenges.

According to the PNG High Commission in Honiara, there are 52 PNG companies operating in the Solomons, among them Bank South Pacific, New Britain Palm Oil, Credit Corporation, Kramer Ausenco and Bmobile-Vodafone, representing an \$SBD2 billion investment portfolio and employing more than 5000 Solomon islanders.

The Solomon Islands is currently going through a period of economic consolidation after experiencing a strong period of economic growth over the past decade.

According to the Australian Department of Foreign Affairs and Trade (DFAT), growth accelerated in 2016 to 3.2 per cent. DFAT expects it to moderate to 3 per cent in 2017 and fall to 2.8 per cent in 2018 "as the short-term benefits of expansionary fiscal policy and unsustainable logging dissipate".

Although smaller, the country has many parallels with neighbouring Papua New Guinea. According to the Asian Development Bank (ADB), the majority of the population, which is growing at about 3 per cent a year, is involved in subsistence or cash crop agriculture. Less than a quarter of the population is involved in paid work.

The Solomon Islands has significant infrastructure challenges. Unlike PNG, there is no undersea telecommunications cable to provide international connectivity. Distances

between its six major islands, and 900 smaller islands, increase the difficulty of transporting goods and equipment.

There have been political issues, especially over land alienation controversies, some of which date back to colonial times. In 2003, this broke out into open conflict, leading to the Regional Assistance Mission to Solomon Islands (RAMSI) being invited in. RAMSI is scheduled to complete its mission on June 30.

There are also physical challenges. According to the World Bank, population density, at 20 people per square kilometre, is among the lowest in the world. The World Bank says significant funds are spent on small and medium-sized capital expenditures, but there are limited systems of financing for recurrent costs and ongoing maintenance.



Staying buoyant

Tax policy is considered an important issue by businesses.

“Businesses in Honiara often report the relatively high burden of taxation falling on compliant businesses, the scarcity of urban land for business expansion,” says Payevskiy.

Bartlett says the Solomons Chamber has been talking to government about broadening the tax base and diversifying the economy. “At the moment, the tax system is quite complicated. If it could be simplified, made easier, it would catch a lot more and contribute more into the government’s revenue.

“The other big fundamental issue that is ongoing is the land issue, which needs to be addressed. There needs to be more effort put into mechanisms that allow ownership structures to be put in place for customary land in order to open it up for development and investment.”

Bartlett says some processes where local landowners can address land issues, are required. He points to the need for

mechanisms “where we can formally register customary land through landowner groups or associations”. He believes it is a long-term challenge.

“We need to allocate resources today to enable that to be dealt with. In Melanesia, land can be a quite complex and sensitive issue and there is not one solution, due to the different island and cultural differences.”

Tourism has great potential, according to the chief executive of Solomon Islands Visitors Bureau, Josefa Tuamoto. He says international visitation in 2016 increased by 7.3 per cent on the previous year. It was the third year in a row that numbers have risen.

“One of our biggest opportunities lies in the fact the Solomon Islands holds strong appeal for international travellers looking for something different,” he says. “It is a unique ‘living’ culture with World War 2 history, diving, fishing, surfing, trekking and yachting.

“We ideally want to grow our leisure market, which currently sits on 30 per cent

of our overall international visitation. With new operators coming online in both our traditional and developing source markets, we are confident this growth will be achieved.”

The most high-profile tourist and business accommodation venue is the Heritage Park Hotel in Honiara. General manager Sanjay Bhargava says it is a tough market to operate in. “It is basically for business travellers. We haven’t really been exposed so much to the world. We are in the process of doing it.

“The economy of the Solomon Islands isn’t so very strong that it can withstand many shocks. A lot of exterior forces are there which affect whether or not there is a good occupancy in the hotel.”

Bhargava says tourism is held back by cost considerations. “It is beautiful, but as a destination it is not very cheap.” Growth has nevertheless been strong and Bhargava expects that to continue. “It will take time; it is a very young country.” ■



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BSP backs Solomon Islands

David Anderson, Bank South Pacific's country manager in the Solomon Islands, shares an overview of the country's economy.



David Anderson ... "There is plenty of money around for people to do things."

"The Solomon Islands is a very liquid economy at the moment," notes David Anderson, Bank South Pacific's (BSP) country manager in the Solomon Islands.

"There is plenty of money around for people to do things. Officially, there was a 3.2 per cent rise in GDP in 2016 and that has been pretty consistent for the last couple of years.

"The forecast for 2017 is about 3.3 per cent. It's been good, steady growth. BSP is looking to grow here. We have confidence in the country."

Anderson says the Solomon Islands relies heavily on logging, which accounts for 60–70 per cent of its exports. But he believes the government has to plan for the logging to eventually cease.

"In 1996, when I was working in the country previously for Westpac, the general expectation was for logging to end in approximately five years.

"In 2013, when I came back, people were still saying another five years.

"When will it end? I don't know. However, contacts in the logging industry expect it to last longer than five years."

Anderson says there may be plenty of trees left in the Solomon Islands, but the environmental pressures grow stronger every year.

"There is a lot of economic growth in the Solomon Islands beyond the forests, however, especially in Honiara," he says.

"The economy in Honiara is fairly strong. There is a lot of construction going on. Some of it is coming from funds from the Chinese and most of the Chinese are investing into property.

“

Tourism has a big future for the Solomon Islands.

Over recent years, it's certainly improved.

”

"The return on it here can be very good; in some cases, between eight and 12 per cent. And there's not much empty commercial or industrial property in Honiara.

"If you drive from Henderson Airport into Honiara, there is hardly a vacant commercial space anywhere. There is a lot of building going on."

Anderson says a lot of the industrial land in Honiara is just about built out. As a

consequence, people are looking for more space to build.

"As soon as a property does come up it is quickly leased. The quality of buildings is certainly a lot better (than when I was last living here)."

Such interest in property bodes well for the post-logging future, says Anderson.

"Tourism has a big future for the Solomon Islands. Over recent years, it's certainly improved.

"The Western Province is the jewel of the country. Unfortunately, a lot of people in nearby countries, including New Zealand and Australia, don't know that.

"The Solomon Islands just has to keep moving forward (on tourism) and come to an arrangement with people in New Zealand, Australia and elsewhere to try and sell the country better."

BSP purchased the National Bank of the Solomon Islands 10 years ago this year.

Anderson says BSP is now the largest bank in the Solomon Islands. The bank has eight branches around the country—four in Honiara and four in the provinces.

With 260 staff, it has a loan book of around \$SBD930 million and has over \$SBD2 billion in deposits. ■

—GREG CLARKE



REVIEW: HERITAGE PARK HOTEL

heritageparkhotel.com.sb +677 24007

LOCATION

This waterfront hotel is 12 kilometres from Honiara International Airport, close to the city's main port and yacht club. The hotel is in Honiara's small CBD and is just a short walk to a market, bank and shops.

THE PLACE

On a verdant site that was once home to the country's governor general, the Heritage Park Hotel is one of just five premier hotels in the city. Despite being part of the CBD, the hotel was quiet during the nights I stayed. Hotel guests come for the cleanliness and safety aspects, according to the manager.

ROOMS

There are four styles. My room was



impeccably clean and perfectly cool – the tiled floors helped in this regard. The hot water can take a while to come through in the shower. William and Kate stayed in room 312. There were no complaints from them about the hot water.

FOOD AND DRINK

There are three eateries. The fine dining restaurant is in a part of the governor general's former residence. The resplendent and aged timber floors remain. The restaurant – it serves Solomon Island dishes, Indian, Western and Italian (pizza) – is known locally as GG's, but more formally as The Renaissance Restaurant.

A buffet breakfast is served from 7–10am, lunch from 11am–3pm and dinner from 6–10.30pm. Splash is the poolside bar/cafe, The Terrace is a coffee shop. A nightclub is open until 2am. Room service is 24 hours.

—GREG CLARKE

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WHO STAYS? Mostly business travellers. The Duke and Duchess of Cambridge (William and Kate) stayed in 2013.

HOW BIG? 66 keys (39 hotel rooms and 27 apartments).

COST Standard rooms from \$S1980 (about PGK800); suites from \$S3025 (about PGK1230). The executive and deluxe rooms fall between the two price ranges.

CHECK IN AND OUT 1pm/12pm

HIGHLIGHTS Every room has a water view with a private balcony. There is also a swimming pool, five conference rooms for groups between 10 and 250, three restaurants and beautiful gardens and lawns.

NEARBY The National Museum is a few minutes' walk from the hotel.

- **Wi-Fi in rooms/public areas:** ✓
- **TV:** ✓
- **Air conditioning in room:** ✓
- **Ceiling fan in room:** ✗
- **Business centre:** ✓
- **Gym:** ✓
- **Room service:** ✓
- **Swimming pool:** ✓
- **Free airport transfers:** ✗
- **Hotel arranges tours:** ✓
- **Breakfast included in room charge:** ✗

WHAT GUESTS LIKE

I visited the hotel as a prospective site for our annual business conference. The hotel is a fantastic location for a conference or a getaway. The staff are beyond hospitable, nothing is too much trouble. The resort has a very tropical oasis feel with the most incredible view from the pool bar, perfect for a sunset dinner and cocktail. I can't wait to get back to Heritage Park Hotel for our conference. – TripAdvisor

Modern, good quality room fittings. By far the best hotel in the Solomons. Staff always helpful. Free Wi-Fi which actually worked well! – Bookings.com

The hotel overall was nice, the staff in the restaurant were lovely, the rooms were clean and the sea view rooms had a great view – TripAdvisor

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Travellers' tips



VISAS

Free visas valid for 90 days are issued on arrival for most nationalities, including Commonwealth, US and European visitors. To ensure the visa is issued, visitors should have return or onward tickets.

INTERNATIONAL/ DOMESTIC FLIGHTS

International flights land at Honiara's Henderson Airport. Air Niugini flies from Port Moresby to Honiara four times weekly. See airniugini.com.pg. Solomon Airlines flies throughout the country. The domestic terminal is two kilometres from Henderson. A shuttle bus connects the airports and costs \$SBD35 each way. See sightseesolomons.com.

CURRENCY

One Solomon Islands dollar (SBD) is worth around 0.41 kina and 0.13 USD. There are ATMs in the international airport and in Honiara's small CBD.

GETTING AROUND HONIARA

Central Honiara is 12 kilometres from the international airport. A taxi from the airport to the CBD costs around \$SBD200. Major hotels can organise transfers. The country's official tourism site is a good place for travel information. See visitsolomons.com.sb.

CAR HIRE

Avis and Economy Car Rentals have a good variety of vehicles in Honiara. See avis.com.sb and economycarrentals.com.sb. Car hire and drivers can also be booked via travel agencies such as Guadalcanal Travel Services. See solomontravel.info.

BUSINESS ETIQUETTE

Meetings can seem informal – jackets and ties aren't necessary, though a degree of flexibility is. 'Island time' can mean some people don't show for appointments or, conversely, meetings can be arranged at short notice.

BUSINESS HOURS

Banking hours are 8.30am or 9am to 3pm, Monday to Friday. Commercial hours tend to be from 7.30am to midday and 1pm to 4pm, Monday to Friday, and also Saturday mornings. Government offices open from 8am to midday and from 1pm to 4.30pm, Monday to Friday.

SAFETY

The Regional Assistance Mission to the Solomon Islands (RAMSI) has brought stability to the country following 2003's social unrest. RAMSI is to withdraw in the middle of 2017. Throughout the Solomons it is safe to walk around during the day; however, as for anywhere in the world, caution should be a priority at night.

HEALTH

It is advisable to take anti-malarial tablets, even if just visiting Honiara. Consult your doctor before departure about malaria but also tetanus and vaccination for hepatitis A and B. A typhoid booster is also recommended.

ACCOMMODATION

The Heritage Park Hotel (see our review on page 120) is popular with business travellers and has a swimming pool and conference rooms. See heritageparkhotel.com.sb. The five-star Coral Sea Resort & Casino opened this year. See coral-sea-resort.com. The Solomon Kitano Mendana Hotel, next door to the Solomon Island Visitor Bureau office, has a business centre and conference rooms.

RESTAURANTS

The Heritage Park Hotel and the Coral Sea Resort have upmarket restaurants. At the Heritage, guests dine in part of the governor general's former residence. Haydn's Steakhouse at the Coral Sea Resort has modern Australian and European cuisine. There is also a restaurant, The Boardwalk, featuring South-East Asian street food at Coral Sea. There are also several options away from the hotels. Sea King is the best-known of the crop of Chinese restaurants. Taj Mahal (Sri Lankan and Indian), just across the road from the Heritage Park Hotel, has a very good

reputation. If you are after great coffee and comfort food, the Breakwater Cafe and Lime Lounge are popular expat hang-outs in the centre of town. The Bamboo Cafe, run by and directly next door to the King Solomon Hotel, is another good option.

CLIMATE

Warm and humid, with coastal day temperatures averaging 28°C. May to November tends to be drier.

TIME ZONE

11 hours ahead of GMT.

ELECTRICITY

240V AC 50Hz, using Australian-style plugs.

ENTERTAINMENT

Away from the larger hotels, many call into the Point Cruz Yacht Club for a beer after work. Visitors can sign in. The Honiara Golf Club, just out of town, is also popular.

MEDIA

The *Solomon Star* (solomonstarnews.com) and the *Island Sun* are the local daily newspapers. The *Solomon Times Online* (solomontimes.com) is the other local main news source. ■



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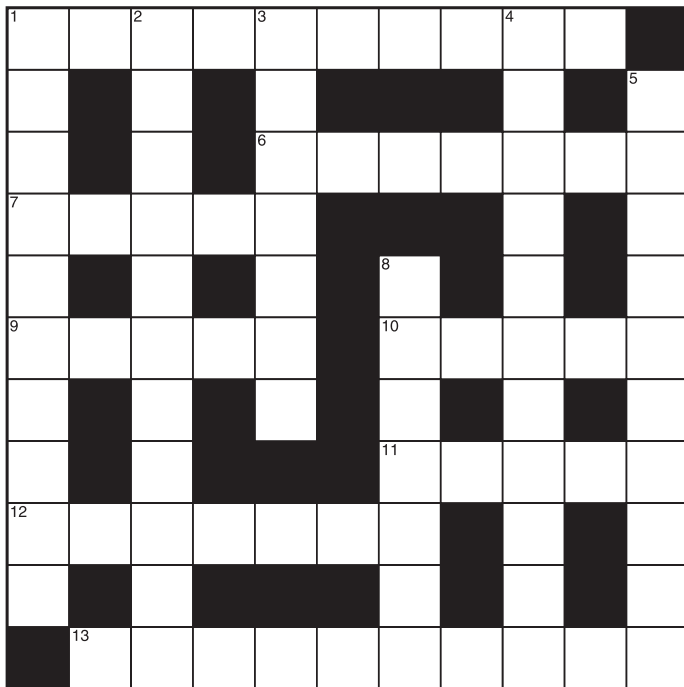


solomon islands

SO SOLOMONS, SO DIFFERENT!

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

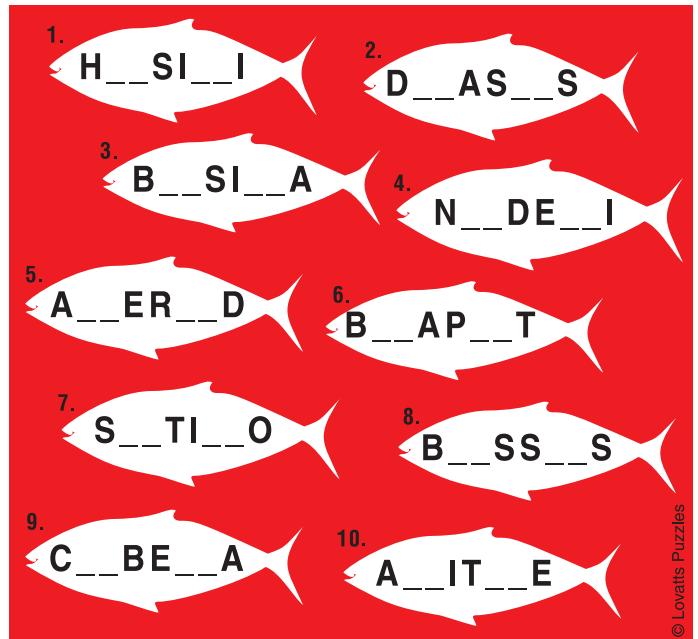
1. Pity about the direction finder I had on (10)
6. Mae, sort out the great conductor! (7)
7. Ian is returning to Egyptian desert (5)
9. Pair in second-rate contest (5)
10. Went out with old hat (5)
11. Everyone taking part in it has to sing (5)
12. Remove bumps from uniform? Unacceptable! (4,3)
13. Wide throws in TV transmissions (10)

DOWN

1. Mongrel can be a bad-tempered kind of animal (10)
2. More than just a social climber (11)
3. Looked up to public notice, covered in mud (7)
4. They are treated as casualties (11)
5. Monopoly, etc the result of company directors' antics (5,5)
8. Stupid dictator Amin had nothing but a facial twitch (7)

Red Herrings

Fill in the gaps with letters to find the names of eight capital cities. Only eight? Yes, two of the examples are red herrings and won't produce anything but frustration. All the answers have eight letters.



STRAIGHT CLUES

ACROSS

1. Sympathy (10)
6. Musical genius (7)
7. Ten Commandments mountain (5)
9. Dental wire (5)
10. Determined age of (fossil) (5)
11. *Aida* or *Tosca* (5)
12. Become more balanced (4,3)
13. Puts to air (10)

DOWN

1. Produce hybrid (10)
2. Everest tackler (11)
3. Respected (7)
4. Hospital clinic visitors (11)
5. Chess and Ludo (5,5)
8. Asinine (7)



The Paradise Quiz

HOW WELL DO YOU KNOW THE REGION?

1. Where in PNG will you see the Frangipani Festival?
2. What is the capital of Oro Province?
3. Which animal features most prominently on PNG's 20 kina note?
4. What is one-hundredth of a kina?
5. What is 'Buk bilong Pikinini'?
6. Guam is a territory of which country?
7. Which national flag is red and white, and has stars and a crescent moon?
8. Who, or what, was Fighting Harada?
9. Which South-East Asian fruit, known for its pungent smell, is nicknamed the 'king of fruits'?
10. What is the most popular sport in Fiji?

11. Where do you find Komodo dragons?
12. Where in China will Air Niugini start flying to later this year?
13. The list of world table tennis champions is dominated by China. How many points does a player have to reach to win a single game?
14. The Chinese president was one of the first major leaders to confirm his attendance at APEC in PNG next year. What is his name?
15. Where are you if you are standing in this hotel lobby (pictured)?



Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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

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R		O		D				U		B
O		U		M	A	E	S	T	R	O
S	I	N	A	I				P		A
S		T		R		I		A		R
B	R	A	C	E		D	A	T	E	D
R		I		D		I		I		G
E		N				O	P	E	R	A
E	V	E	N	O	U	T		N		M
D		E				I		T		E
	B	R	O	A	D	C	A	S	T	S

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

The Paradise Quiz

- Rabaul. The festival is on September 15 to 17 this year and celebrates the rebirth of Rabaul after the 1994 volcanic eruptions.
- Pompondetta. 3. Pig. 4. A toea. 5. An organisation that aims to increase literacy rates of children in PNG. 6. US. 7. Singapore's.
- A former world boxing champion from Japan. 9. The durian. 10. Rugby Union. 11. The big lizards live on several Indonesian islands.
- Shanghai. 13. 11 points, or by at least a two-point margin. 14. Xi Jinping. 15. At the Stanley Hotel, Port Moresby.

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Out and about

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

CLIMATE

With the exception of the Highlands, PNG 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. Although it remains costly, all the Port Moresby hotels listed in this guide provide a fast-speed internet service. In other urban centres, you may still be relying on dial-up. For those staying longer, wireless internet, via a USB modem, is available, although download speeds can vary.

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

It is much cheaper to make international calls from PNG than vice versa.

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

ELECTRICITY

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

GETTING AROUND

As a general rule in PNG, you need to plan your travel carefully.

Taxis: Recommended firms are Comfort (325 3046) and Scarlet (7220 7000).



PICTURE: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND

Car hire: Deal with one of the international names and ask them to provide a driver (around PGK400 per day). With the poor state of roads, especially in Lae, 4WDs/SUVs are recommended.

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

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 check in) online but make sure you print out a copy of your receipt to show at the check-in counter. Aircraft and helicopter charter services are available for travel to remote locations.

HEALTH

Serious medical conditions typically require treatment outside the country. Travellers should ensure they have adequate health cover (the cost of medical

evacuation alone can reach \$US30,000). Visitors should also note that malaria is prevalent in PNG and there have been cases of measles and tuberculosis in some parts of the country.

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.

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.

EATING, DRINKING, SOCIALISING IN 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, where Deli KC's serves antipasto, salads, sandwiches, milkshakes, espresso and a limited Italian menu for dinner. The Poolside Bar should not be missed for its garlic prawns. The Vue Restaurant, which has a buffet each morning and evening, as well as an a la carte menu, has stunning views. This is also the place for traditional rectangular, wood-fired Italian pizza. See airways.com.pg.

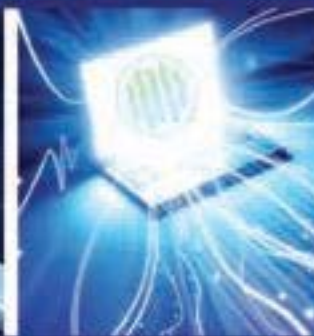
Aviat Club: The club is open for breakfast, lunch and dinner. Home-style meals include stir-fries, toasted sandwiches and salt-and-pepper prawns. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See facebook.com/pages/Aviat-Club/141553252563094.

Cafe on the Edge: There are good hamburgers here and breakfast options such as eggs benedict, avocado and crispy bacon. The servings are generous. Located under the residential buildings at Harbour City, behind the ANZ and BSP banks. See facebook.com/edgebythesea/.

Crowne Plaza Hotel: There are multiple eating options at Crowne. 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 ➤



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Rapala restaurant, where the steaks and garlic prawns are impressive. Old-fashioned crepes suzette makes an appearance here, too, and is cooked at your table.

Daikoku: The extensive Japanese menu has teppanyaki, donburi bowls and a large range of sushi. Tucked away above the SVS shopping centre in Harbour City, chefs will whip up your meal at your table. The teppanyaki menu includes several courses, so come with an empty stomach. See daikokupng.com.

Duffy Cafe, Gabaka Street: This has rapidly become popular among the expat community, with excellent coffee and homemade cafe-style food. See facebook.com/duffypng.

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. Don't miss yum cha on Sundays. See facebook.com/pages/Dynasty-Restaurant-Vision-City/148278471918956.

Fusion: This is one of the newer restaurants in the city and always seems to be doing great business. It's Asian with a fusion of flavours

from China, Thailand and Vietnam. Takeaway available.

Grand Papuan Brasserie: The funky Grand Papua Hotel bar serves up cocktails and has a decent wine list, along with some tasty tapas-style bar food. Grab a seat in one of the huge, black leather chairs or head to the Brasserie, which has a nightly buffet. The a la carte menu is good and the steaks are delicious. See grandpapuahotel.com.pg.

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

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. If it's too busy, try the Aviat Club in nearby Konedobu. 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.

Stanley Hotel and Suites: This new hotel in Waigani has several

restaurant choices, including the fine-dining Silver Leaf on the 17th floor, and the chic tapas-style Monsoon Lounge, which is great for after-work drinks on the leather-lounge seating. The casual Green Haus restaurant has all-day dining, including buffet dinners with live cooking stations. See thestanleypng.com.

Tasty Bites: An Indian restaurant tucked away in the town centre in Hunter Street near Crowne Plaza. You won't get a table unless you book. 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.

PORT MORESBY HOTELS

Airways Hotel: Airways is located within a large, secure compound next to Jacksons International Airport. An inspiring setting, luxurious rooms, excellent service and very good food options. See airways.com.pg. Tel. +675 324 5200.

Crowne Plaza: Upmarket rooms and suites in the heart of the CBD. Decent gym, business centre, undercover parking, thriving café and Mediterranean restaurant. Tel. +675 309 3329.

Ela Beach Hotel and Apartments: On the fringe of the CDB, this constantly expanding hotel/apartment complex is part of the Coral Sea Hotels group. Its main eatery is popular at lunchtime. See coralseahotels.com.pg.

Gateway Hotel: Another member of Coral Sea Hotels, this time located next to the airport. A range of amenities include Port Moresby's largest dedicated meeting space. See coralseahotels.com.pg.

Grand Papua: This premium hotel opened in late 2011 and features 156 suite rooms (short and long stay), an executive floor, gym and conference facilities. The separate restaurant and bar areas are popular venues for business meetings in town. Centrally located. See grandpapuahotel.com.pg. Tel. +675 304 0000.

Holiday Inn: Located in the government district of Waigani. Large grounds with walking track, in a tropical garden setting. Outdoor restaurant dining and bar area, business centre and gym. Included the three-star Holiday 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 ▶

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www.datec.com.pg

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.

Stanley Hotel and Suites: Port Moresby's newest hotel (opened in July, 2016) 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.

EATING, DRINKING, SOCIALISING IN LAE

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

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

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

Lae Golf Club: Whether it's after a round of golf or just an excuse to catch up with friends, the club is excellent for a few sundowners as you overlook the stunning green. Tel. +675 472 1363.

Lae Yacht Club: The perfect place for late-afternoon beers, or just as nice for a relaxing lunch.

Serves pub-style food including burgers, steaks and pizza, which goes down a treat with the surrounding views of the Huon Gulf. See laeyachtclub.com.pg. Tel. +675 472 4091.

Mountain View Restaurant: One of Lae's newest restaurants is at the Crossroads Hotel at Nine Mile. Open for breakfast, lunch and dinner, 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.

LAE HOTELS

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 transport transfers both to Lae City and Nadzab Airport. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

Lae City Hotel: One of the newest hotels in town, offering a 24-hour concierge service. Located in the main Top Town area, it also has an excellent cafe and restaurant with Western and Asian cuisine. See laecityhotel.com. Tel. +675 472 0138.

Lae International: 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. Just a few minutes from the centre of town, the inn also has conference facilities and a small restaurant serving Western and Indian cuisine. Tel. +675 479 0411.

For general information about Lae, see lcci.org.pg and rainylae.com.

FREE WI-FI AT AIRPORT

Domestic and international passengers at Port Moresby's airport can connect to free Wi-Fi.

HELPFUL WEBSITES

Air Niugini, airniugini.com.pg

Business Advantage PNG, businessadvantagepng.com ■



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Open Daily for breakfast, lunch or dinner.

Bookings: 327 8100 | coralseahotels.com.pg

TWO-MINUTE 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?*
Dispela em hamas?
- *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

- | | | | | | | | | | |
|----------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Wan | Tu | Tri | Foa | Faiv | Sikis | Seven | Et | Nain | Ten |



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Ph: 325 5111

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LAE.....472 1144
MADANG.....422 2659
MI HAGEN.....542 1933

GOROKA.....532 3552
KIMBE.....983 5035
KOKOPO.....982 8193
TABUBIL.....649 9048

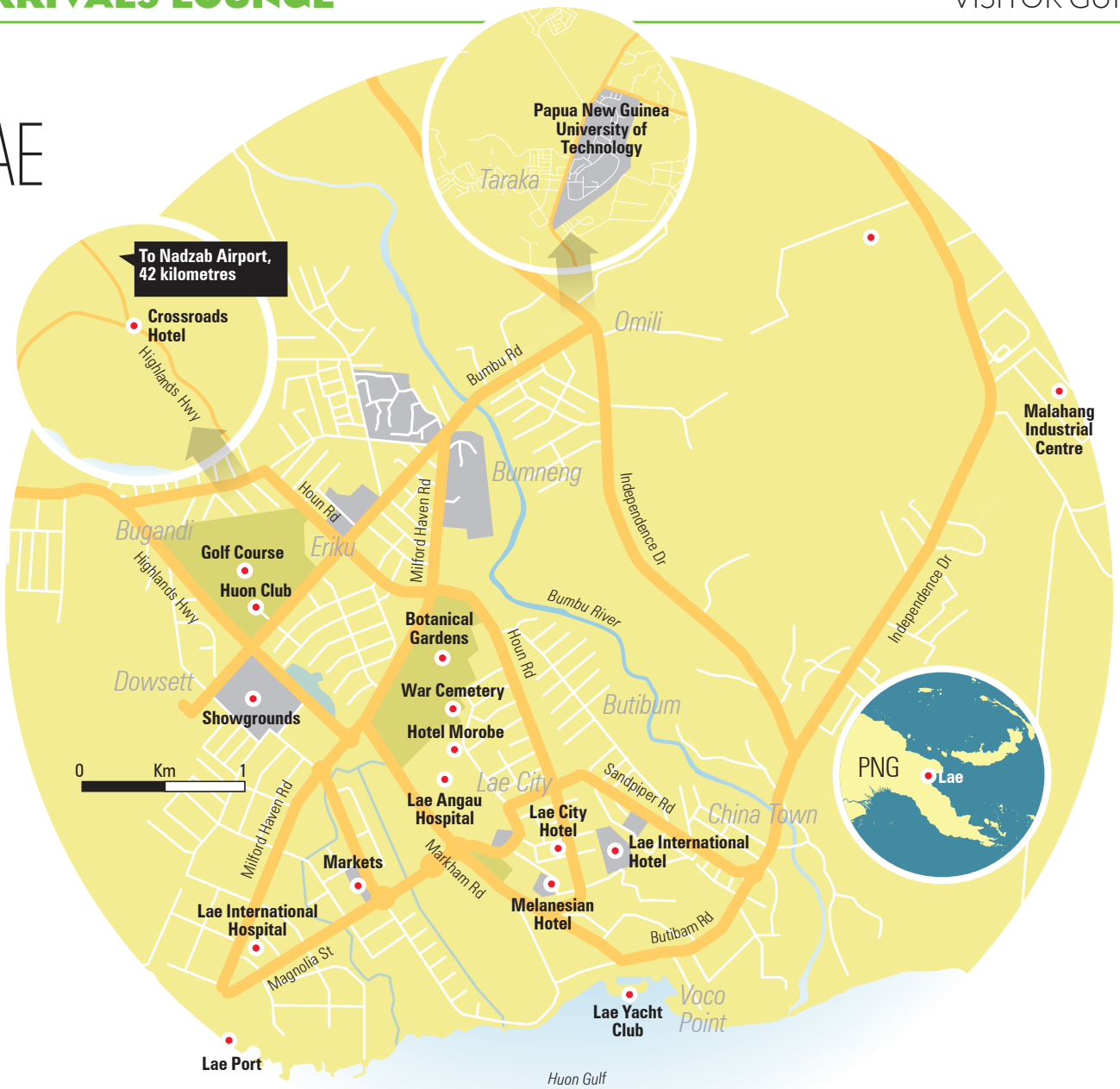
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BRAKE VALVES <small>Bendix</small>	BRAKE COMPONENTS <small>U.S. BRAKE MERITOR Bendix</small>	BEARINGS & SEALS <small>MERITOR</small>	ELECTRICAL & LIGHTING <small>MARVA 3M</small>	EXHAUSTS & INTAKES <small>Festipart</small>
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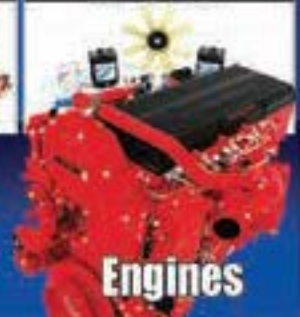


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Welcome aboard

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

In-flight entertainment

Movie, TV and music highlights available on Air Niugini flights

MOVIES



Kong: Skull Island

Genre: Action, Adventure, Fantasy

Rating: PG13

Stars: Tom Hiddleston, Samuel L. Jackson, Brie Larson

A diverse team of scientists, soldiers and adventurers unites to explore a mythical, uncharted island in the Pacific, as dangerous as it is beautiful. Cut off from everything they know, the team ventures into the domain of the mighty Kong, igniting the ultimate battle between man and nature.



Logan

Genre: Action, Drama, Sci-Fi

Rating: R

Stars: Hugh Jackman, Patrick Stewart, Dafne Keen

In the near future, a weary Logan cares for an ailing Professor X in a hideout on the Mexican border. But Logan's attempts to hide from the world and his legacy are upended when a young mutant arrives, pursued by dark forces.



Sarbjit

Genre: Drama

Rating: PG13

Stars: Aishwarya R. Bachchan, Randeep Hooda, Richa Chadha

Sarbjit is a farmer living a content life in a small village with his family. An unwitting foray into foreign land leads him to his capture by the authorities there and thrown into prison, who convict him of espionage. His sister fights for his freedom for 23 years to prove his innocence.



Table 19

Genre: Comedy, Romance

Rating: PG13

Stars: Anna Kendrick, Lisa Kudrow, Craig Robinson

Ex-maid of honour Eloise decides to attend her oldest friend's wedding. She is seated at dreaded table 19 with a group of strangers, but as their secrets are revealed, Eloise learns that friendships – and even a little romance – can happen under the most unlikely circumstances.



Lego Batman Movie

Genre: Family, Animation

Rating: PG

Stars: Will Arnett, Michael Cera, Rosario Dawson

Big changes are brewing in Gotham. If Batman wants to save the city from The Joker's hostile takeover, he may have to drop the lone vigilante thing, try to work with others and maybe, just maybe, learn to lighten up.



Honnouji Hotel

Genre: Comedy, Sci-Fi

Rating: PG13

Stars: Haruka Ayase, Shinichi Tsutsumi, Gaku Hamada

On a whim, Mayuko Kuramoto checks into the nostalgic 'Honnouji Hotel', which is tucked away on the backstreets of Kyoto. Little does she know that the hotel serves as a mysterious portal into feudal-era Japan. She finds herself transported to 1582, the Sengoku Period.



Hidden Figures

Genre: Drama, History

Rating: PG

Stars: Taraji P. Henson, Octavia Spencer, Janelle Monae

This drama recounts the vital history of an elite team of black female mathematicians at NASA who helped win the all-out space race against America's rivals in the Soviet Union and, at the same time, sent the quest for equal rights and opportunity rocketing forwards.



The Intern

Genre: Comedy, Drama

Rating: PG13

Stars: Robert De Niro, Anne Hathaway, Rene Russo

Ben Whittaker is a 70-year-old widower who has discovered that retirement isn't all it's cracked up to be. Seizing an opportunity to get back in the game, he becomes a senior intern at an online fashion site, founded and run by Jules Ostin.



Railroad Tigers

Genre: Action, Comedy

Rating: PG13

Stars: Jackie Chan, Z. Tao, Wang Kai

With his knowledge of the Chinese rail network, railroad employee Ma Yuen leads a team of fighters to derail the Japanese war effort.



Live by Night

Genre: Crime, Drama, Thriller

Rating: R

Stars: Ben Affleck, Elle Fanning, Brendan Gleeson

Taking fatherly advice is not in Joe Coughlin's nature. Instead, the World War 1 vet is a self-proclaimed anti-establishment outlaw, despite being the son of the Boston police deputy superintendent.



Dear Zindagi

Genre: Drama

Rating: PG13

Stars: Alia Bhatt, Shah Rukh Khan, Kunal Kapoor

Kaira is an up-and-coming cinematographer who is discontented with her life. She then meets Dr Jehangir, a free-spirited psychologist who helps her to gain a new perspective.



Must Be Love

Genre: Romance, Comedy

Rating: PG13

Stars: Kathryn Bernardo, Daniel Padilla

Patricia, better known as 'Patchot', starts falling in love with her childhood best friend, Ivan, who only sees her as a friend. Problems arise when another girl enters Ivan's life. Unfortunately for Patchot, it's her cousin Angel.



TV



Great Railway Journeys of Europe

Genre: Documentary, Travel

Episode: S2 E4 – Vienna to Trieste
Rating: PG

Stars: Julian Davidson

Hopping onto one of Austria's advanced Railjet passenger trains, which follows the most important trade route in the old empire, Julian Davidson is whisked high into the Alps.



Travels with the Bondi Vet

Genre: Documentary, Travel

Episode: S2 E4 – Great Barrier Reef
Rating: PG

Stars: Chris Brown

Brown explores Australia's Great Barrier Reef. The episode features sea-walking, skydiving, coral and turtles.



Big Bang Theory

Genre: Comedy

Episode: S10 E14 – The Emotion Detection Automation

Rating: PG13

Stars: Johnny Galecki, Jim Parsons, Kaley Cuoco
Sheldon beta tests an MIT invention that helps him read people's emotions. Meanwhile, Raj invites his ex-girlfriends over to give him dating advice.



Blindspot

Genre: Drama, Crime

Episode: S2 E13 – Name Not One Man
Rating: PG13

Stars: Sullivan Stapleton, Jaimie Alexander, Rob Brown

The team gets a major break in the Sandstorm case when it discovers Shepherd's true identity ... and a decade-old connection between her and Weller.



Bones

Genre: Drama, Crime

Episode: S11 E4 – The Carpals in the Coy-Wolves
Rating: PG13

Stars: Emily Deschanel, David Boreanaz, Michaela Conlin

When remains of real estate agent Justin Ross are found in the forest and appear to have been destroyed by coyote-wolf hybrids, Brennan enlists the help of a fellow brilliant forensic anthropologist, Dr Beth Mayer, to assist in the investigation.



Lethal Weapon

Genre: Drama, Crime, Action

Episode: S1 E14 – The Murtaugh File
Rating: PG13

Stars: Damon Wayans, Clayne Crawford, Keesha Sharp

A brutal car crash reveals that Cahill is the target of a murderous stalker, causing Riggs and Murtaugh to turn the tables and start asking her questions for a change.



Powerless

Genre: Comedy

Episode: S1 E4 – Emily Dates a Henchman
Rating: PG

Stars: Vanessa Hudgens, Danny Pudi, Christina Kirk

After being urged by her team, Emily sets her sights on the dating world but unknowingly falls for one of the Riddler's henchmen.



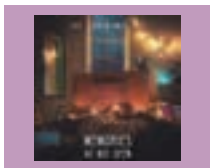
The Flintstones

Genre: Family, Animation

Episode: S1 E4 – No Help Needed
Rating: G

Stars: Alan Reed, Mel Blanc, Jean Vander Pyl
After causing Barney to get fired, Fred helps him land a job as a furniture repossessor. However, Barney's first assignment is to repossess Fred's television set.

MUSIC



The Chainsmokers Memories ... Do Not Open

Genre: Pop Rating: PG

The debut album from the hit-making EDM duo features an impressive line-up of guest artists, such as Coldplay and Jhene Aiko.



Amy Shark Night Thinker EP

Genre: Pop Rating: PG

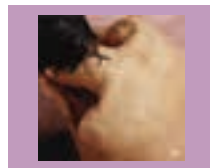
The debut EP for Gold Coast musician Amy Shark, *Night Thinker* features the new single 'Weekends', which was produced by Dann Hume (Matt Corby, Daniel Johns, Courtney Barnett).



John Mayer The Search for Everything

Genre: Easy Listening Rating: PG

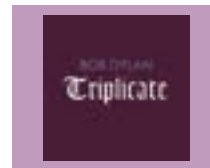
Soulful, guitar-lead rock from the American singer-songwriter. Now on his seventh studio album, *The Search for Everything* sees Mayer reflect on getting older.



Harry Styles Harry Styles

Genre: Pop Rating: PG

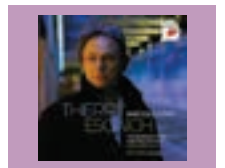
The One Direction star launches his solo career with a fantastic album featuring the global hit *Sign Of The Times*.



Bob Dylan Triplicate

Genre: Golden Hits Rating: PG

Dylan's third album of covers of classic American standards, all except one of which was previously recorded by Frank Sinatra. The two men had little in common vocally, so the songs are given a new lease of life by Dylan's enigmatic drawl.



Thierry Escaich Baroque Song

Genre: Classical Rating: G

Thierry Escaich performs some of the greatest Baroque works.

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 act as diuretics, increasing the body's dehydration.
- ◆ Remove contact lenses and wear glasses if your eyes are irritated.
- ◆ Use a skin moisturiser to refresh the skin.

Eating and Drinking

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

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 act as diuretics, increasing the body's dehydration.

Cabin Pressurisation

It is necessary to pressurise the outside air drawn into the cabin to a sufficient density for your comfort and health.

Cabins are pressurised to a maximum cabin altitude of 2440 metres. It is the same air pressure as if you were at an elevation of 2440 metres above sea level. The cabin pressure and normal rates of change in cabin pressure during climb and descent do not pose a problem for most passengers. However, if you suffer from upper respiratory or sinus infections, obstructive pulmonary diseases, anaemias or certain cardiovascular conditions, you could experience discomfort. Children and infants might experience some discomfort because of pressure change during climb and descent.

If you are suffering from nasal congestion or allergies, use nasal sprays, decongestants and antihistamines 30 minutes prior to descent to help open up your ear and sinus passages. If you have a cold or flu or 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.



Lae

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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.

<p>ANKLE CIRCLES</p> <p>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.</p>	<p>KNEE LIFTS</p> <p>Lift leg with knee bent while contracting your thigh muscle. Alternate legs. Repeat 20-30 times for each leg.</p>	<p>SHOULDER ROLL</p> <p>Hunch shoulders forward, then upward, then backward, then downward using a gentle circular motion.</p>	<p>ARM CURL</p> <p>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.</p>	<p>KNEE TO CHEST</p> <p>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.</p>	<p>FORWARD LEAN</p> <p>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.</p>
<p>OVERHEAD STRETCH</p> <p>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.</p>	<p>SHOULDER STRETCH</p> <p>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.</p>	<p>NECK ROLL</p> <p>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.</p>	<p>FOOT PUMPS</p> <p>Foot motion is in three stages.</p> <ol style="list-style-type: none"> 1. Start with both heels on the floor and point feet upwards as high as you can. 	<ol style="list-style-type: none"> 2. Put both feet flat on the floor. 	<ol style="list-style-type: none"> 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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