

THE IN-FLIGHT MAGAZINE OF AIR NIUGINI VOLUME 5 SEPTEMBER - OCTOBER 2016



# PARADISE

## ALL ABOARD

8 reasons to visit beautiful Milne Bay

### SURFING'S LAST FRONTIER

A lonely coastline and perfect PNG waves

### ON YOUR BIKE

Two-wheel adrenaline off the beaten track near Lae

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# IN PARADISE

## CONTENTS

### AIRLINE NEWS

THE LATEST FROM AIR NIUGINI

|                                       |    |
|---------------------------------------|----|
| A message from Air Niugini's chairman | 8  |
| Extra flights to Australia            | 10 |
| Big safety tick for Air Niugini       | 10 |
| Micronesia on the radar               | 12 |
| China flights get green light         | 12 |

### DEPARTURE LOUNGE

NEWS, BRIEFINGS, LOCAL KNOWLEDGE

|  |    |
|--|----|
| Q&A: The man delivering dream villa holidays in Asia | 14 |
| Cyclone-proof houses a big hit                       | 15 |
| PNG medical ship provides the miracle gift of sight  | 16 |
| Vanuatu resort re-opens after cyclone                | 18 |
| A shake-up for airport food                          | 20 |
| Pearl Harbour attack, 75 years on                    | 20 |

### TRAVELLER

OUR COUNTRY, OUR REGION, OUR WORLD

#### Surfing's last frontier

Perfect PNG waves, no crowds

22



#### 8 reasons to visit Milne Bay

Islands, turquoise water and a dramatic festival

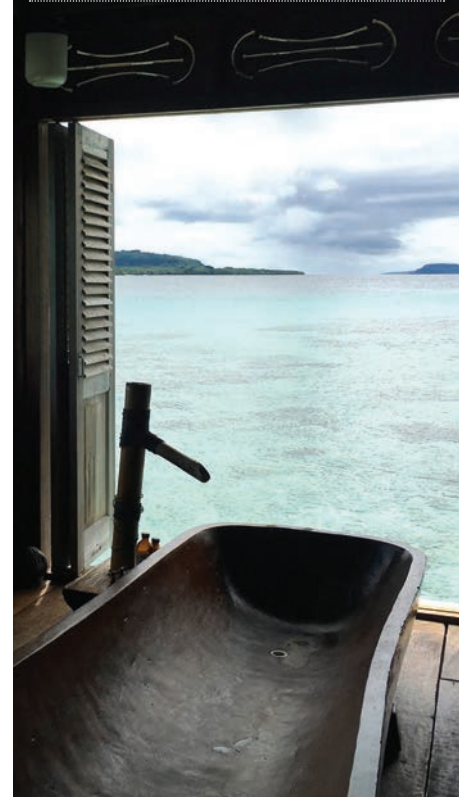
38



#### Private island isolation

Back to basics in Vanuatu

44



#### On your bike

Motorcycle adventures near Lae

34

#### City guide

Everything you need to know about Canberra

48

#### Three of a Kind

City essentials for longer stays in Port Moresby, Singapore and Honiara

56

#### Review

The new Stanley Hotel

58

#### Out There

Remote fishing in PNG

60

Time Traveller

62



**LIVING**

LIFESTYLE, CULTURE, SPORT, ENTERTAINMENT



**Born to be wild**  
Survival expert makes a PNG sojourn 64

**Pleasures of the mumu**  
A traditional feast, PNG style 72



**Brisbane by the plate**  
Food and drink guide to the Australian city 80



**U20 World Cup countdown**  
Our preview to the Port Moresby women's soccer tournament 90

**The rookie**  
The PNG rugby league player pushing into the big league 94

**Spotted in ... Canberra**  
The PNG-born anthropologist 98

**For the birds**  
Our pick of the best gear for birdwatchers 102

Gadgets and travel accessories 104

Book previews 106

Movie previews 108

**STRICTLY BUSINESS**

PEOPLE, COMPANIES, INDUSTRIES



**The beat goes on**  
The powerhouse behind PNG music 110

**The hand of friendship**  
The mining company that wants to embrace the community 114

**A taste of things to come**  
PNG food company ramping up operations 118

**The happy brewer**  
SP Brewery boss upbeat about future 120

**The gas lady**  
How a small operator has succeeded with a little help 124

**BRAIN GYM**

QUIZ, PUZZLES, CROSSWORD

How well do you know PNG and the region? Take the quiz 126

Solutions 128

**ARRIVALS LOUNGE**

PNG VISITOR GUIDE

Advice, where to eat, hotels 130

Tok Pisin words and phrases 136

Port Moresby street map 137

Lae street map 138

**AIR NIUGINI PASSENGER INFORMATION**

140



Cover photo: Setting sail in Milne Bay, photographed by DAVID KIRKLAND. See our story about Milne Bay on page 38.



# PARADISE



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# Message from the Chairman

## Welcome aboard



As we celebrate Papua New Guinea's 41 years of Independence we have much to be grateful for as a nation.

There is no doubt our nation continues to face many challenges, but I am optimistic about our future in every way. Our economy has been enduring difficult times, largely due to international commodity prices and other factors that are beyond our control.

But we are rich in the resources the world, and especially the rapidly

growing nations to our north and west, need. That means we will be better placed than many other developing nations to return to strong economic growth.

The air travel industry is generally more adversely impacted than many other sectors by tough economic conditions, domestically and internationally.

The board and management of Air Niugini have been pro-active in addressing the adverse impact of tough economic conditions on our bottom line.

We have reduced costs across our operations and we have done so without reducing air services to the key domestic centres we service. The successful establishment of our lower-cost subsidiary, Link PNG, has enabled us to protect key services to smaller and more remote communities across PNG.

The aircraft re-fleeting and upgrading program that is now well under way is aimed at ensuring our fleet is as efficient as possible – and maximises passenger comfort and safety.

When the program is completed by 2020, we will have what we believe to be the absolute maximum in efficiency, comfort and service for our domestic and international passengers.

We are also well advanced on our program, strongly supported by the National Government, to make Jacksons Airport in Port Moresby a 'hub' for the Pacific islands. This will not just benefit Air Niugini's regional operations, it will provide even better services and connections for passengers, and open up important tourism and business opportunities for Port Moresby, and all provincial centres.

This month Air Niugini will begin regular air services between Port Moresby and the Federated States of Micronesia.

The commencement of the service will coincide with the 47th Pacific Forum meeting, with Air Niugini being a major carrier for delegations.

There is another response to the challenging economic environment in which Air Niugini has to operate that deserves to be mentioned.

Air Niugini has been fortunate to have an extensive property portfolio, including undeveloped urban land, since the airline was founded just before Independence.

Maintaining a strong property portfolio, and developing it where economically sensible, has been a focus of the board and management for some years.

We will soon see the benefits of this, when the airline's new residential tower complex is completed by December. It will be occupied principally by our technical air crew and senior employees who are currently being accommodated at hotels and other rented premises at very high costs. It will include facilities for cabin crew emergency training, currently carried out overseas, and for laundry and dry cleaning, which are being contracted out – thereby resulting in a significant cost saving.

The board and management of Air Niugini are currently evaluating a number of other significant opportunities that will help secure the airline's financial future.

In meeting the challenges and opportunities ahead, we are underpinned by confirmation of our outstanding safety record over 43 years of service to the nation. I am especially proud of the recent extension of our important AOC and MOC operating certificates for another five years by the airlines safety regulator, CASA PNG.

Air Niugini joins with the nation in celebrating 41 years of Independence – and in committing ourselves to helping build our great nation into the future.

Enjoy your flight.

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

Sir Frederick Reiher KCMG KBE  
Chairman, Air Niugini Limited





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# Extra flights to Australia

**A**ir Niugini is increasing the number of flights between Papua New Guinea and Australia.

The airline's chief executive officer, Simon Foo, says the extra flights will take effect from October 30, following changes to a codeshare agreement between Air Niugini and Qantas. "With this change, Air Niugini will continue to offer a double-daily service to Brisbane, one of which will be operated by



the airline's wide-body Boeing 767 aircraft. The second service will be operated by a Qantas Boeing 737 aircraft. There will be two flights per day in each direction.

"Air Niugini also plans to increase its direct services to Sydney (pictured) from two to three flights per week."

He says the airline's services to Cairns on the Fokker 70 jet aircraft will also increase. Air Niugini will operate at least two flights a day in each direction, with larger aircraft on some departures.

"Under the revised codeshare arrangements, Air Niugini will be able to place its 'PX' code on Qantas-operated flights from Brisbane and Sydney to Melbourne and Perth, allowing its passengers to make seamless connections to these cities and to have access to a wider choice of through fares and tickets than is currently available."

Air Niugini and Qantas have agreed to continue codesharing across all three routes between PNG and Australia, subject to regulatory approval. ■



## Air Niugini safety standards get big tick

**A**ir Niugini has received an air operator's certificate (AOC) from the PNG Civil Aviation Authority, allowing it to extend its operations for another five years.

This certificate confirms that Air Niugini has again successfully met all regulatory safety standards and requirements, set by CASA PNG and the Civil Aviation Act.

Air Niugini chairman, Sir Frederick Reiher, who received the AOC certificate from PNG CASA managing director Wilson Sagati (pictured centre with other airline executives) says the certificate reflects the continued success of the airline's commitment to maintaining the highest safety standards across all the airline's operations.

"This certificate also reflects the regulator's confidence in the airline as Air Niugini implements the most significant fleet upgrading program in its 42-year history, so the airline can operate with maximum efficiency, and safety, utilising aircraft best suited to the needs of domestic, regional passengers and commercial customers."

Air Niugini operates the most extensive network of any airline in Papua New Guinea, and the Pacific islands region.

Sir Frederick says: "It is important to stress that a significant number of the routes serviced by Air Niugini are unprofitable, and these and all services are maintained without any reduction in safety standards or the quality of the service provided to passengers." ■

## A platform for the PNG economy

**W**illiam Duma MP became PNG's Minister for Public Enterprises and State

Investment at the start of this year. He is responsible for all the state-owned enterprises that fall under the newly named Kumul Consolidated Holdings (formerly the Independent Public Business Corporation) – including Air Niugini.



A former minister of petroleum and energy, Duma represents the electorate of Hagen Open in the Western Highlands Province.

"I am of the firm belief that our state-owned enterprises, by virtue of their unique positions in the industries they operate in, must provide the platform on which the PNG economy can be built upon into the next century for our children and grandchildren," Duma said recently. ■





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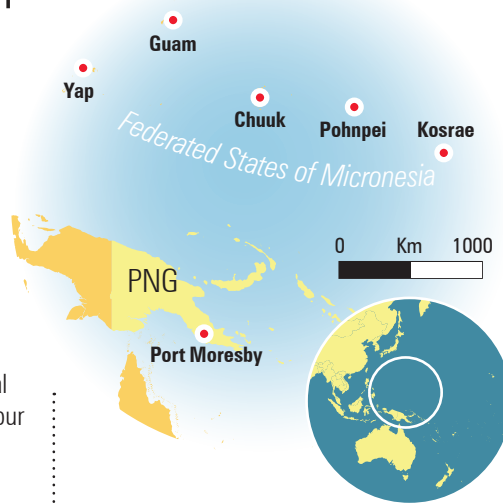
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# New route for Air Niugini

**A**ir Niugini is introducing flights to the Federated States of Micronesia (FSM) during September, coinciding with a meeting of Pacific leaders at the South Pacific Forum.

Air Niugini chief executive officer Simon Foo says there will initially be three special flights to Chuuk and Pohnpei, two of the four states in FSM. (The other states are Yap and Kosrae).

"We will (also) commence flying test tourism flights and following the evaluation



of results, Air Niugini plans to inaugurate twice-weekly regular scheduled flights from Port Moresby to Chuuk and Pohnpei, operating on Wednesdays and Saturdays.

"These flights will enable passengers between the Pacific, Australia, Indonesia, Philippines and FSM to connect through Port Moresby, saving them considerable time and opening the possibility of stop-over tourism within PNG," he says.

"The direct PNG to FSM flights will also foster closer trade links between industries, including fishing and tourism."

FSM is in the Pacific, northeast of PNG. It is one of the most remote and beautiful tourism spots in the world. It is made up of more than 600 islands, with Chuuk and Pohnpei the two most-populated states. ■



**New horizons ... Air Niugini's Simon Foo and FSM's assistant secretary for civil aviation, Massey Halbert.**

# CHINA FLIGHTS GET GREEN LIGHT

**A**ir Niugini is planning the introduction of direct air services between Papua New Guinea and China, following the recent signing of an historic air-services agreement.

The chairman of Air Niugini, Sir Frederick Reiher, says the air services agreement will enable the airline to introduce seasonal charters between Port Moresby and Shanghai during the Chinese New Year celebrations early in 2017, and for other holiday periods next year.

"It is our intention to introduce regular services from late 2017," he says.

Sir Frederick says the signing of the agreement paves the way for tourist travel to grow rapidly from China to PNG.

"When the Prime Minister (Peter O'Neill) met with President Xi Jinping in Beijing, President Xi said his government would promote Papua New Guinea as a destination for China's rapidly growing tourist numbers.

"Air Niugini believes Papua New Guinea will become a major tourist destination for Chinese citizens – with China last year having the fastest-growing number of tourists travelling overseas, compared to any other country." ■

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# DEPARTURE LOUNGE

NEWS, BRIEFINGS, LOCAL KNOWLEDGE



## Paradise Q&A: JON STONHAM



Meet the entrepreneur delivering dream villa holidays in Asia.

Bali luxury ... Villa Semarapura (main) and Taman Ahimsa (below).

**Q: There's a trend towards luxury villa accommodation throughout Asia. What are the attractions?**

A: Firstly, space and privacy. There's no sharing the hotel or resort pool, you don't have to get up early to reserve a sun-lounger, and you don't have to queue at the buffet for breakfast. Villa guests holiday to their own schedule, which is ideal for families and groups. Secondly, the staff. Every villa comes with its own manager, chef, butlers, housekeepers, gardeners and security staff.

**Q: What are the villas like?**

They are a mix of beachfront houses, cliff-top estates with 180-degree, uninterrupted ocean views, properties looking out over terraced rice-fields and heart-of-the-action homes secreted away in urban laneways. They have swimming pools, beautifully appointed and furnished interiors that showcase exquisite artifacts and artworks, manicured tropical gardens and each has its own 'wow' factor.

**Q: They sound expensive.**

A: A villa is incredibly cost effective in comparison with a hotel or resort of the same standard. A luxury villa costs \$US75 to \$US300 per bedroom a night while a similar standard hotel can set a family back between \$US225 and \$US525. Grocery shopping (by the chef), spa treatments, nanny services and drivers are all available at local pricing.

**Q: You are CEO of Elite Havens Luxury Villa Rentals, a company you have built up for years. How many villas do you have?**

A: We've curated a collection of 200 villas in Bali, Lombok, Phuket and Sri Lanka.



**Q: Who's coming?**

A: Families from all over the world, including kids – from toddlers to teenagers – and grandparents. Also groups of professional couples holidaying together, honeymooners and expats looking for long-weekend breaks. We also cater for elaborate weddings (48 of our villas cater for large events).

**Q: What's your background?**

A: I'm a 20-year veteran of the online travel sector and co-founded asia-hotels.com, pioneering the introduction of guest reviews in travel in the 1990s (four years before TripAdvisor). I then started Private Homes and Villas and then bought Elite Havens.

**Q: And you're a sailor?**

A: I did go sailing around Asia (including Papua New Guinea) for two years with my family. Technically, the trip could have been done in nine days! ■

 **Air Niugini flies from Port Moresby to Bali weekly. See [airniugini.com.pg](http://airniugini.com.pg).**



## Man wins resort with raffle ticket

Imagine buying a \$A66 raffle ticket (that's about PGK155) and winning an entire Pacific island resort. That's exactly what happened recently with the Kosrae Nautilus Resort, located on tiny Kosrae Island in Micronesia, northeast of Papua New Guinea.

Instead of selling, the owners came up with the novel idea of the raffle. They say 75,000 tickets were snapped up around the world, with the aim to put the resort in the hands of someone who was not already a millionaire.

The winning ticket belonged to an Australian man living in New South Wales. For his win, he gets the 16-room, debt-free resort, staff and a scuba-diving business.

The owners, Aussie couple Doug and Sally Beitz, say they made \$A3.75 million from the raffle, which is \$A1.25 million more than they had hoped to get on the real estate market. ■

## Free visas on arrival

Australian passport holders can now get free 30-day day tourist visas on arrival in Papua New Guinea.

The visas, announced in July, are available at Jacksons International Airport, Gurney, Mount Hagen and Tokua airports.

Last year 23,749 Australians, including cruise passengers, visited PNG for holidays. ■

### NUMBER CRUNCH

**43-7** That was Fiji's winning score over Great Britain in the Rugby 7s final at the Olympics in Rio. It was the country's first-ever gold medal and within minutes of the victory Fiji went viral on social media. The country became the No.1 trending item on Twitter and the most-searched item on Google on the day of the win.



Nev Hyman ... there is plenty of interest in his cyclone-proof houses.

# THE HOUSES THAT NEV BUILT

Surfboard shaper Nev Hyman has been in demand in the Pacific lately. But it's nothing to do with his boards.

Hyman has devised a model for affordable cyclone-proof housing, made out of recycled plastic.

He has just fulfilled a major housing order in Vanuatu, which was flattened by Cyclone Pam last March. His houses, part of Vanuatu's disaster-relief program, have gone to 12 tribes throughout the country.

Hyman's company, Nev House, has also attracted interest in other Pacific nations, including Fiji and the Solomon Islands.

There is interest in Papua New Guinea, too, with Hyman hoping to set up a factory in Port Moresby.

Hyman, and his architect mate Ken McBryde, are the main men behind Nev House.

McBryde, who has studied indigenous housing, has created a cyclone-proof design, with verandahs that provide protection from sun and rain, and louvre windows that let in the breeze.

Hyman says the modular houses can be assembled in three to five days, and cost from about PGK77,000.

He thinks there could be demand for the houses in PNG. ■



Safe houses ... verandahs provide protection from the elements and louvre windows let in cooling tropical breezes.





# Medical ship delivers miracle of sight

It was in 2013 that Bray, an active 17-year-old PNG boy, lost sight in both eyes. His brother, Dura, says: "At first we didn't believe him, we joked that he paddled his canoe like an inland man – bumping into bushes on the river bank!" But the once-capable fisherman, soccer player and student dropped out of school and other activities he loved. Bray was confined to familiar surroundings as he depended on

family to lead him around his village and to help him eat and dress. When Bray first lost his sight, his family took him to the closest hospital, in Oro Bay. Bray was given a glimmer of hope that eye specialists on board the Youth With A Mission medical ship MV YWAM PNG would be visiting soon and may be able to help. "We waited and prayed for the ship to come for three years," says Dura.

The ship did come in, just a few months ago, visiting 21 villages along the Oro coast, including Bray's village of Emo. Specialists detected cataracts in both eyes and performed a 40-minute surgery. "This presentation was something myself and other specialists onboard had sadly seen in other young cataract patients in PNG, so my team and I were not at all certain how successful the surgery would be. We didn't

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want to hold out false hope for Bray, but on the other hand, were desperate to try," says surgeon Bill Talbot.

Bray, with patches over his eyes, went home overnight and returned to the ship the next day to have them removed.

As the patches were gently peeled away, a sheepish smile emerged from Bray's face. When one of the doctors held up her hand for a high five – he high fived her back. His sight had been restored.

"Bray has a whole new life in front of him now," Dr Talbot says.

"Bray's successful surgery is the result of an incredible team effort – the volunteers, national and provincial governments, local health workers and donors have all played their part in this miracle – we rejoice in the outcome, and remain encouraged to keep going."

On her latest tour of duty, the medical ship visited 134 villages throughout the Gulf, Western, Central, Milne Bay, Oro and Morobe provinces.

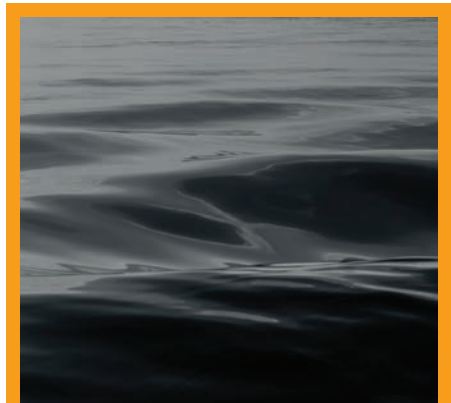
Over 27,000 patients received healthcare over five months, including 132 sight-restoring surgeries, 21,000 immunisations, 4000 dentistry procedures and professional development services for 141 local health workers.

The ship is currently back in its home port of Townsville, where it is undergoing maintenance and renovation that will allow it to operate for 11 months of the year, serving an estimated 188,000 PNG people annually.

It is staffed by volunteers and operates on donations. YWAM is a global movement of Christians. ■



Just what the doctor ordered ... the MV YWAM (opposite page); baby time, surgery on board, and Bray receiving an eye examination (this page).




## OCEAN REFLECTIONS

Photographer and artist Sonia Payes (below) took this glassy image of the ocean off the coast of Papua New Guinea. The Australian finds inspiration in PNG and has travelled there four times. "I've taken some scary trips to get the image I want ... challenging helicopter flights so I can get photographs of the earth and sea at unusual angles, and scuba diving at some very rugged locations," she says. Payes says that one



day she wants to have an exhibition of her photographic work at Parliament House in Port Moresby, but meanwhile you can read all about her at [soniapayes.com](http://soniapayes.com).

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# Vanuatu resort re-opens after cyclone



Vanuatu's 4.5 star Iririki Island Resort & Spa (left) has re-opened after a \$US18 million makeover in the wake of Cyclone Pam, which struck in March, 2015.

The redevelopment includes new rooms, restaurants, cafes, a day spa, and a casino and entertainment complex.

In a nod to the environment, Iririki has also converted to solar power and has become Vanuatu's first fully solar-powered resort, according to the owners.

The 28-hectare island getaway is a three-minute ferry ride from Port Vila. ■

 **Air Niugini flies from Port Moresby to Port Vila weekly. See [airniugini.com.pg](http://airniugini.com.pg), [iririki.com](http://iririki.com).**

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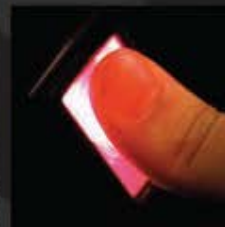


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# A shake-up for airport food



Food flair ... (from left) Luke Mangan's Coast Cafe at Sydney Airport, Wolfgang Puck, a gourmet Benny Burger, Shannon Bennett.

**A**ir Niugini passengers passing through the Sydney Airport T1 international terminal are in for a treat with the opening of two new food precincts that include restaurants by world-famous chefs.

Among the openings is The Bistro by Wolfgang Puck, who has catered the Oscars in the US for the past 21 years.

Puck's trattoria-style The Bistro, serving gourmet pasta and wood-fired pizza, is due to open during September.

Puck will be in good company with Australian celebrity chef Shannon Bennett, who has already opened Benny Burger.

Bennett's premium burgers include

Blackmore wagyu, barramundi and prawn, perhaps with firecracker mayonnaise and Vietnamese coleslaw on the side. The ingredients are organically and ethically sourced.

The restaurants are in the new City View precinct, which will also include Heineken House and Joe & The Juice, a trendy Copenhagen juice joint making its first appearance in Australia.

As *Paradise* was going to press, preparations were also being made for the opening of T1's second new food precinct, The Marketplace.

It will include The Terrace by award-winning Chinese chef Sum Wai Kwong, a halal-based

takeaway restaurant, Korean food, and sushi. Another Australian celebrity chef, Luke Mangan, has also opened the Bridge Bar and Coast Cafe + Bar.

All up, there will be 32 food and beverage choices in T1.

The T1 food makeover is part of a general upgrade of Sydney Airport, which caters to more than 40 million passengers annually.

The existing shopping precinct has also been revitalised to feature 13 global brands, including Tiffany & Co, Kate Spade New York, Max Mara, Hugo BOSS, Emporio Armani, TUMI and Michael Kors.

Some of the new restaurants and stores are opening in Australia for the first time. ■

## PEARL HARBOUR ATTACK, 75 YEARS ON

**H**awaii is a tropical paradise, but 75 years ago, on December 7, this sleepy lagoon was the violent catalyst for America's involvement in World War 2 as Japan launched its sneak attack on the US Fleet anchored at Pearl Harbour.

The first thing that surprises you about Pearl Harbour is its proximity to Honolulu Airport. Indeed, if you are short on time, you can easily catch a cab there for \$US15.

The Pacific Aviation Museum and the *USS Missouri* are among the best tours, and you

can also wander through the *USS Bowfin* submarine.

Activities at Pearl Harbour are legion, and some are free.

It's a good idea to book your day's activities in advance, especially because of the increased visitation during this year's anniversary.

See [pearlharbor75thanniversary.com](http://pearlharbor75thanniversary.com).

— DORIAN MODE



The *USS Bowfin* ... step aboard the submarine at Pearl Harbour.





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A tropical beach scene with palm trees and waves. The water is blue and calm, with a few waves breaking in the distance. The sky is clear and blue. The background shows a line of green trees and palm trees along the shore.

*Surfing's*  
**LAST  
FRONTIER**

PICTURES: STEVE ARKRAY

*Craig Tansley rides perfect waves in PNG, with no-one else on them.*



Far from the madding crowd ... a surfer with a PNG wave all to himself.

**T**he last time I was in Indonesia, I was on a surf charter boat in the Mentawis, searching hard for my perfect wave.

As boatloads of surfers from every corner of the globe arrived at each line-up, I found that most of them didn't even attempt to show they understood any of the etiquette of surfing.

Wave-crazed surfers paddled inside me with an aggression that unnerved me, and even when I found my own wave, another surfer was just as likely to cut into it, sometimes sending me to the shallow reef below to avoid a collision.

It made me question the state of surfing in the modern

world. It made me wonder what the early pioneers of surfing might make of this sorry state of events.

So, it's as much a sense of relief, than anything else, that overcomes me as I paddle into my very first Papua New Guinea surfing line-up.

There are no other surfers here.

The skipper of the surf charter boat I'm on says that in 12 years of coming here, he's never seen another surfer in the line-up. And his boat, *PNG Explorer*, is believed to be the only surf charter vessel in the country (incredible when you consider there's over 50 in the Mentawis).

I've flown to Kavieng in PNG's far north-eastern reaches, via Port Moresby. From here, we've motored ►



Surfing's last frontier



“  
 ”

As the sun sets against a coastline of coconut trees I ride perfect head-high waves until my arms can barely get me back to the tender; then I climb the ladder and grab a cold beer.

Padding around ... local children come over to the PNG Explorer for a closer look (this page); the PNG Explorer anchors offshore from a small community (opposite page).

westward overnight, along the New Ireland coastline to New Hanover. At dawn, I wake and find myself – with fresh-brewed coffee in hand – in a pristine bay surrounded by tiny islets and coconut trees.

Local villagers paddle past in flimsy wooden canoes, while tiny children play in the dazzling blue waters beside the boat.

Surf guide Chris Peel tells me I have three choices of waves in this bay. All of them, he says, are on a par with the waves I'll find a little further west in Indonesia.

PNG is surfing's very last frontier. It's as if the modern world hasn't touched this part of the country.

Territorial locals rule the waves in so many other countries, but here the only locals I share waves with are tiny children on old surfboards left behind by surfers on previous visits of the PNG Explorer.

The kids take great delight in sharing their waves with us, often high-fiving us when we make it to the end of our rides.

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BARS





Surfing's last frontier



PNG Explorer owner and skipper Andrew Rigby stumbled upon these waves by chance. Hailing from Victoria, in Australia, he was here catching crayfish for live trade when he realised the potential of the waves on offer all around him; many of which had never been surfed. He leased his father's crayfish boat and started surf charters out of Kavieng.

"I used to take time off from catching lobsters to go find waves, and just about everywhere I looked I'd find perfect empty waves," he says.

"I knew there'd be plenty of hard work ahead but I wanted to make a business around surfing those waves and sharing them with other surfers. I still love doing it every day."

Each dawn on the PNG Explorer, we gather on the back deck of the refitted crayfish trawler and discuss wave options over lattes (there are plenty of luxuries on board, including freshly caught crayfish).

On my first morning, I'm one of only two surfers who want to surf a gentle-breaking, perfect right-hand reef break. I'm taken by tender, and then dropped a few metres from the waves, where I paddle over perfectly transparent waters to the point of the bay. ➤



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Surfing's last frontier

Endless waves peel off one after another. The only company I have is a canoe that paddles past 100 metres further out to sea, the fisherman in it looking at me with great curiosity.

When I'm done riding, I paddle back to the tender anchored nearby and make it to the boat in time for a two-course breakfast. In the middle of the day I fish from the tender – a canopy blocking the severe noon sunshine – and watch marlin jump nearby while spinner dolphins ride the bow waves of the boat.

But it's the late afternoon surfs I really look forward to most.

It's when the water's dead-still as the afternoon trade wind dies off. As the sun sets against a coastline of coconut trees I ride perfect, head-high waves until my arms can barely get me back to the tender; then I climb the ladder and grab a cold beer from the Esky and watch my fellow surfers ride their last waves as the first stars come out for the night. ➤



**On for the ride ... tenders are taken out to surf breaks each day from the PNG Explorer.**




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Surfing's last frontier

Then we motor back to the *PNG Explorer* in time for fresh sashimi on the back deck as the moon rises.

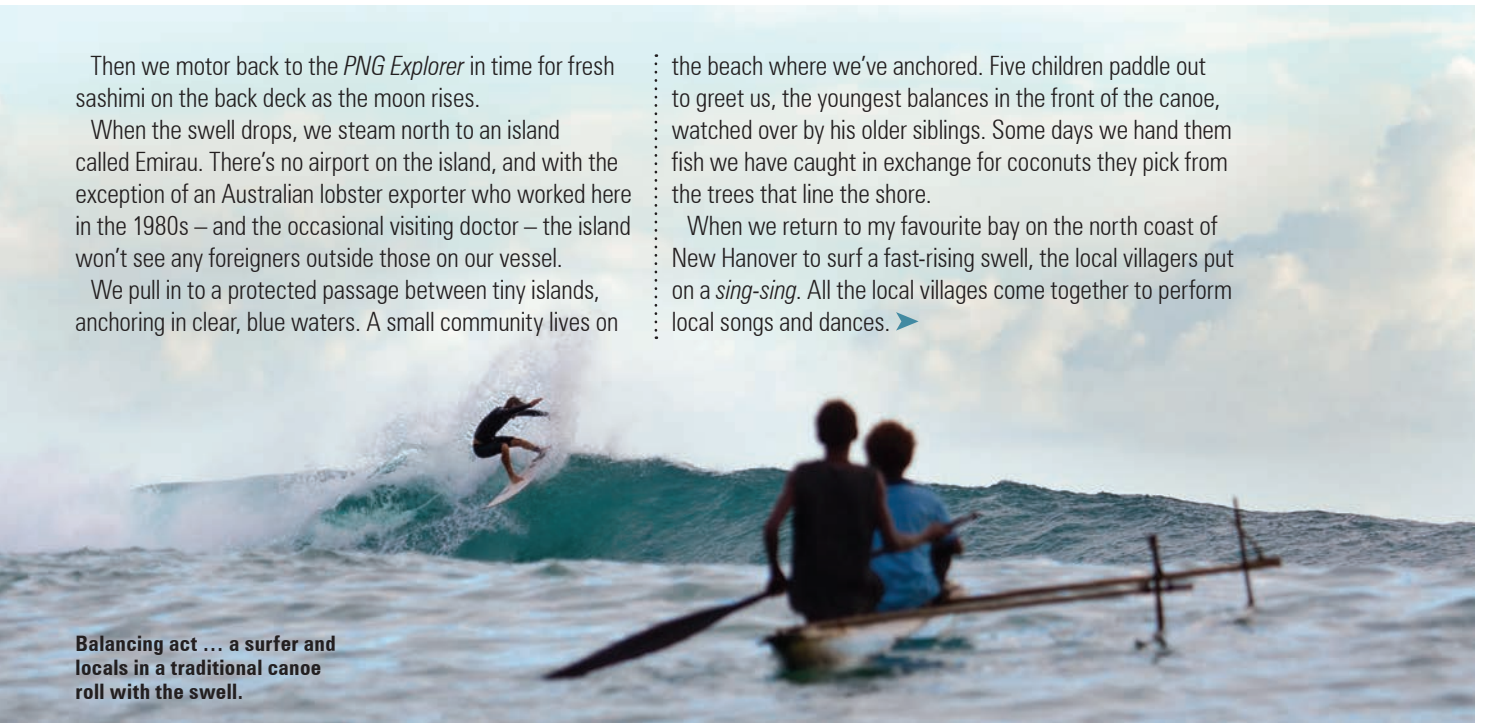
When the swell drops, we steam north to an island called Emirau. There's no airport on the island, and with the exception of an Australian lobster exporter who worked here in the 1980s – and the occasional visiting doctor – the island won't see any foreigners outside those on our vessel.

We pull in to a protected passage between tiny islands, anchoring in clear, blue waters. A small community lives on

the beach where we've anchored. Five children paddle out to greet us, the youngest balances in the front of the canoe, watched over by his older siblings. Some days we hand them fish we have caught in exchange for coconuts they pick from the trees that line the shore.

When we return to my favourite bay on the north coast of New Hanover to surf a fast-rising swell, the local villagers put on a *sing-sing*. All the local villages come together to perform local songs and dances. ➤

Balancing act ... a surfer and locals in a traditional canoe roll with the swell.



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Surfing's last frontier

Room for two ... a couple of local lads practise their board riding on flat water.



On our voyage back to Kavieng, we snorkel above Japanese World War 2 plane wrecks, and we steam close to the coast, watching the mountains roll on in an hinterland that's as wild and forbidding as any on this earth.

There's no other boats around, nor are there any hotels. If this was anywhere else on this planet, surfers would have discovered this surf paradise en masse and made their mark – opening surf camps and licensing surf-charter businesses.

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Surfing's last frontier



Emirau



0 Km 100

But PNG still manages to keep its secrets, despite its proximity to Australia and the rest of south-east Asia.

And while surf charter boats like the *PNG Explorer* continue to operate alone in a country

teeming with still unseen surf breaks, there will always be the perfect wave just waiting for you. ■

 **Air Niugini flies from Port Moresby to Kavieng daily. See [airniugini.com.pg](http://airniugini.com.pg).**

**NEED TO KNOW**

**SURFING THERE:** *PNG Explorer* has 10-day surf charters, including meals, accommodation and surf transfers, for about PGK10,750 a person. The boat is ideal for eight surfers, but can take a few more.

**MORE INFORMATION** [pngsurfaris.com](http://pngsurfaris.com)

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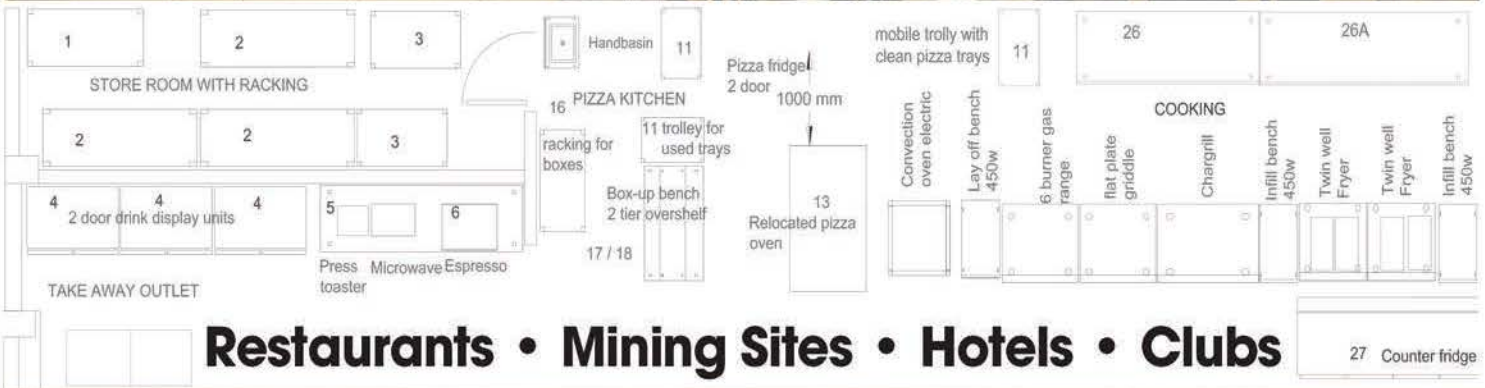
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Easy riders ... bikers take a rest at Lake Wanum (this page); and board a dugout canoe for a crossing of the Markham River (opposite page).

PICTURES: PETER BOYD

# On your bike

*Susan Gough Henly* reports on motorcycle adventures that take riders over hills, into valleys and across remote rivers near Lae.



On the 45-minute flight from Port Moresby to Lae, most first timers are stunned at the rugged and mountainous landscape outside the window. With few roads, and fewer settlements, this pristine part of the world is generally inaccessible to outsiders.

But for intrepid motorcyclists, what lies below is nirvana.

Luckily, there are some experienced guides to show the way.

In 2007, a group of expats and Papua New Guineans founded the Morobe Motorcycle Club (MMC) in Lae in order to explore the mountainous Morobe Province on 250–450cc bikes.

The club has put together an impressive list of destinations, and co-founder Peter Boyd and

“  
**You can visit plane wrecks  
 and abandoned airfields,  
 with access only via  
 dugout canoe. Not for the  
 faint hearted, the dugouts,  
 loaded with motorbikes,  
 are seriously unstable.**  
 ”

times. When the Snake River overflows, the extremely rough road, strictly for 4WD vehicles only, provides the only access to the Buang district.

In the middle of nowhere, riders arrive at tidy Bulolo township, dotted with old wooden houses on stilts. They stay at the Bulolo Country Club, which offers comfortable rooms and lively conversation with the old timers.

Adventures here include a six-hour round-trip to see the smoked bodies in Aseki. For centuries, until the arrival of the missionaries, the Anga people preserved their dead through a unique form of mummification of smoking to remove all liquids before coating the body in ochre to preserve it.

Local identity Daniel Hargreaves, one of the best bike riders in PNG who knows every nook



business partner Malcolm Gauthier recently founded Niugini Dirt Adventures to offer guided bike tours of Morobe for international bike riders.

Itineraries are many and varied, and are tailored to the group's size and riding ability.

Weather conditions often play a major part, with river riding making up a sizeable portion of many trips.

Many rides are day trips from Lae, with Singaua, Igam and the Yalu and Erap areas offering all manner of terrain in under an hour from Lae.

A variety of little-used rivers in these areas offer respite from the heat and humidity of the bush and make incredible riding.

Lengthier trips are offered in Bulolo, Ramu and the Highlands.

The Bulolo and Wau region offers a fascinating diversity of experiences. Bikes are off-loaded at Gabensis village, 40 kilometres from Lae, and from there riders traverse the Snake Valley for 50 kilometres, exiting at Mumeng.

The valley floor rises dramatically on both sides and the clear, icy cold water is crossed countless

and cranny of the region, offers accommodation in Wau. From here, riders explore parts of the Black Cat (or Jeep) Track to see a nearly intact World War 2 B17 'Flying Fortress' bomber, which crashed while bombing a Japanese convoy in the Huon Gulf.

During the return trip to Bulolo, via the Bulolo Gorge, riders see abandoned gold dredges and can still meet alluvial gold panners, even though the original gold rush took place in the 1930s.

Motorcyclists who are keen fishermen are also well catered for. Half-day charters ➤



On your bike



Swamped ... locals greet riders at Busu River, Lae (above); tough going on the Bumbu River (right).



around the Huon Gulf on the boat *Backload* offer the opportunity to fish for yellow fin tuna, mackerel and even marlin. Spear fishers can free dive the clear blue waters around the Fly Islands for coral trout.

Combining riding and the sea has taken a new twist recently, with a group riding to Salamaua from Lae. Dropped at Labu village by banana boat, the riders skirt the tideline, heading inland past Busama before arriving at Salamaua five hours later. Here, you can go snorkelling and jet skiing, sample the local crayfish and check out various World War 2 sites.

You can also visit plane wrecks and abandoned airfields in the Markham and Watut valleys, with

access only available via dugout canoe. Not for the faint hearted, the dugouts, loaded with three or four motorbikes, are seriously unstable.

Trips have been made to New Ireland and Mount Wilhelm, with the ride to Betty's Lodge (the base camp for summiting Mount Wilhelm) at 2900 metres offering stunning views of the Chimbu Gorge.

All in all, off-road riding in PNG offers memorable adventures through spectacular and challenging terrain. When riders arrive in remote communities they are swarmed with friendly villagers whose kids are eager to have a quick ride. It's all part of the unique charm of exploring in this corner of the world. ■

 **Air Niugini flies from Port Moresby to Lae daily. See [airniugini.com.pg](http://airniugini.com.pg).**



**NEED TO KNOW**

**STAYING THERE** Niugini Dirt Adventures headquarters provides accommodation for up to eight people.

**HOW MUCH** PGK970 a day.

**RIDING THERE** The hire fleet includes modern KTM 350 and 450cc bikes, and several Yamahas. All tours are led by Malcolm Gauthier, with assistance from Young Dickson.

**MORE INFORMATION** [niuginidirt.com](http://niuginidirt.com)





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# 8

## REASONS TO VISIT MILNE BAY

Turquoise waters, tropical islands, reefs and balmy evenings are part of the appeal of Milne Bay. *Robert Upe* reports.

PICTURES: DAVID KIRKLAND & ROBERT UPE



**M**ilne Bay is one of the most popular holiday destinations in Papua New Guinea, with good reason.

More than 600 islands, 160 of them inhabited, are scattered across the province in a tropical idyll in the Solomon and Coral seas.

Big cruise ships, such as those from the P&O line, regularly visit for the natural beauty and war history.

Going to Milne Bay with Air Niugini, you'll fly into Alotau. This humble port town is the provincial capital, with a population of just 18,000 people.

Most people live a simple life here. They go fishing for mackerel and red emperor, hunt for

wild pigs and grow vegetables such as taro, sweet potato and pumpkin.

There are some fascinating day trips near the town, such as the Battle of Milne Bay tour that visits war memorials and wrecks, the reminders of fierce fighting between Australian and Japanese troops during World War 2. Cooking and cultural tours are also on offer, or just wander into the town market where all those veggies are sold.

A number of local tour operators get the accolades, among them Milne Bay Magic Tours (+675 6410711, vickynev@spte.com.pg) and Reef Tours (loihai.com).

Some longer itineraries are on offer, too. Kokoda Trail Expeditions (kokodatrailexpeditions.com.au) has a six-day

Milne Bay tour that includes the Bomana war cemetery, war memorials and battle sites. PNG Trekking Adventures (pngtrekkingadventures.com) has a new six-day Milne Bay trek, kayak and paddle board trip.

If you want to travel independently anywhere in PNG, then this region is one of the best bets.

Getting to most places in the area requires boat travel, which is an adventure in its own right. Motorised longboats cost about PGK500 a day to hire. You'll find them for hire by just asking around, or going to the tourist office in Alotau. There are also public boats (like taxis) that cost a fraction of the price.

If you want things more structured, you can stay at a resort or hotel (some are





Timeless ... a traditional canoe on a beach at Milne Bay (opposite page); one of the bungalows at Driftwood Resort at Alotau (above); a call to the wild during the annual Kenu and Kundu Festival (left).

listed here) that arrange ground and water transfers, and tours.

Here are some of our top reasons to visit Milne Bay.

**1 Safety and friendliness**

Milne Bay is welcoming. Some people say its good karma is due to its isolation. The only way to get there is by air or sea. There are no roads in; theoretically keeping out bad elements. But despite this, take the usual precautions. Don't wander into isolated areas at night and lock away your valuables in your room safe.

**2 Kenu and Kundu Festival**

Beating drums, war canoes and tribal dancing are part of this colourful annual festival, staged in Alotau each

November. There are canoe and sailing races and rarely seen traditional songs and dances.

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

**3 Driftwood Resort, Alotau**

The resort's white timber bungalows provide casual, beach-style accommodation, on the water's edge. They have timber floors, ceiling fans, air-conditioning and French doors to the front deck with wicker chairs. A little TLC is needed to the interior of my bungalow, but otherwise the resort lives up to its reputation as one of the best places to stay in town. A bar and restaurant are located in a main pavilion, and there's a jetty where you can dine out on fresh crayfish. Also on the menu, I find Asian influences: tempura prawns, chicken satay

and Thai red curry. You don't need to be a guest to eat here, anyone can go for breakfast, lunch or dinner. The friendly waiter says he once served Prince Charles, but it's all a very casual shorts-and-thongs scene. One table of locals even drops some fishing lines over the side of the jetty, hoping to hook some sweetlips (a local fish) during dinner service. Some guests say they have seen dolphins here. The resort is a few minutes' drive from central Alotau.

**See [driftwoodresortpng.com](http://driftwoodresortpng.com).** ➤



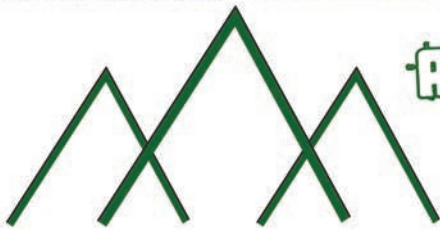
8 reasons to visit Milne Bay

**4 Tawali Leisure and Dive Resort**  
 Part of Tawali's appeal is that it is a long way from anywhere. First, there's a bumpy 90-minute road trip out of Alotau, with river crossings, and second there's a boat transfer. The resort sits on a hillside, enveloped by jungle. Divers come here for the superb reefs, corals, sea cliffs and sea life. The resort has more than 60 identified dive sites and a live-aboard dive boat. Snorkellers are welcome, too, and there are bird-watching tours, excursions into caves stacked with skulls, treks to waterfalls, village visits and day trips to hot springs at Fergusson Island. There's also a resort pool. Evenings can be spent on a timber deck with views over the sea, and dinners are a treat: crayfish tails and fish caught by villagers hours earlier. The villas are pleasant (timber floors, satellite TV, fridge, balconies and more sea views).

See [tawali.com](http://tawali.com).



Oarsome ... a war canoe on the move at the Kenu and Kundu Festival (above); the basic overwater bungalows at Nuli Sapi (opposite page, left); a curious local (opposite page, middle); and children playing on a boat at Gona Bara Bara Island where swimming with giant manta rays is an attraction (opposite page, right).



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8 reasons to visit Milne Bay



**5 Nuli Sapi, Logeia Island**  
 There are just four basic overwater bungalows here, built to traditional style with bush materials. The bungalows and a kitchen/dining area are connected by a boardwalk and have queen-size beds, bathrooms and decks overlooking China Strait. Mix with the islanders, go island hopping, or



get back to basics with a fishing excursion from a traditional canoe. **See [facebook.com/NuliSapi](https://www.facebook.com/NuliSapi).**

**6 Doini Island Plantation Resort**  
 It's just a few steps from your bungalow on to the lonely palm-lined white-sand beach at Doini Island where snorkelling, kayaking

and swimming are on the agenda. Turtle watching (in season) is also available, along with tours to see World War 2 relics, nearby Samarai Island and skull caves. The bungalows are comfortable, with decks and ceiling fans, and there's a large restaurant. The isolation is wonderful, but cruise ships stop here, so time your visit to avoid them. **See [doiniland.com](http://doiniland.com).** ➤

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8 reasons to visit Milne Bay

**7 Samarai Island.**  
 This was once the provincial capital of Milne Bay, but it was destroyed by Allied troops during World War 2 so that it would not fall into Japanese hands. Nowadays, there is a small settlement of about 100 people on the island, and you can see the ruins of buildings. Try to visit on a Saturday when a lively produce market

is conducted by villagers, who converge from surrounding islands. Pick up some fresh mussels for dinner.



War and peace ... a World War 2 memorial at Milne Bay (above right); island calm near Tawali Leisure and Dive Resort (right).



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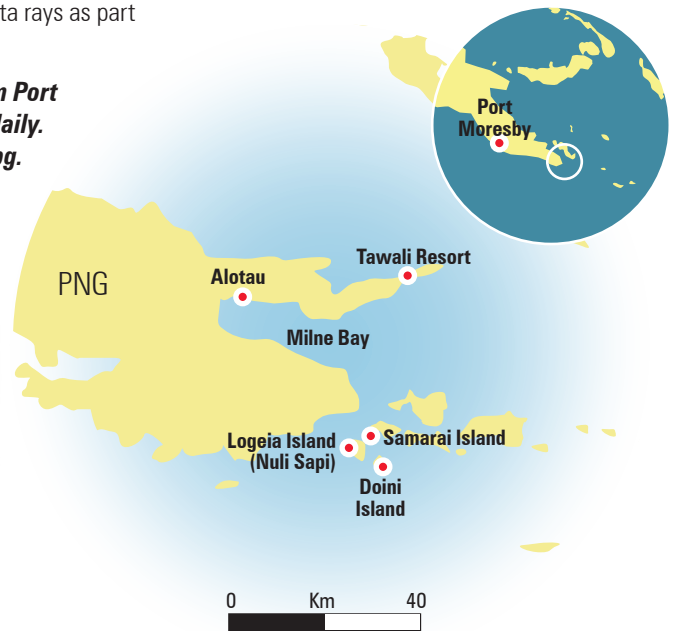


8 reasons to visit Milne Bay

**8 Swimming with manta rays**  
 Put on your snorkelling gear and take the plunge with these gentle giants just off the beach at Gona Bara Bara Island. The manta rays glide through the clear water like spaceships floating in outer space. Accommodation providers, such as Nuli Sapi

and Doini Island Plantation Resort, are nearby and will take you to the manta rays as part of their activity packages. ■

 **Air Niugini flies from Port Moresby to Alotau daily.**  
 See [airniugini.com.pg](http://airniugini.com.pg).



**NEED TO KNOW**

**GETTING THERE** If you're flying into Milne Bay you'll land at Gurney Airport, near Alotau. Flight time is about 45 minutes from Port Moresby.

**BEST TIME TO GO** It's warm all year. The dry season is November to January, which is the opposite to most other parts of PNG.



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# PRIVATE ISLAND ISOLATION

Nina Karnikowski checks in to an eco-friendly retreat that has just been voted ‘best luxury resort’ in the annual Vanuatu Tourism Awards.

PICTURES: NINA KARNIKOWSKI & RATUA PRIVATE ISLAND

It’s not exactly what I had in mind when I envisaged a luxury tropical island getaway. Sure, I’m on a horse, bareback, in a bikini. So far, so idyllic.

But it’s pouring with rain. We’re heading into the ocean. And I have absolutely no idea what to do with my horse, which I’m about to go swimming with.

“Just lean forward, grab the mane, the horse knows what to do,” our rotund and cheery horse wrangler Johnny yells back at me. I have no choice but to do what he says. Mercifully, within seconds my horse is paddling through the ocean, his powerful muscles pumping away beneath me. It feels absolutely magical.

It’s not a typical island experience, no, but that’s the thing about Ratua Private Island. This eco-friendly retreat, that sits just south of Vanuatu’s largest island Espiritu Santo, isn’t your standard island getaway.

There are no pools and no hot tubs here, the grounds aren’t perfectly manicured, and there aren’t staff buzzing around you 24/7.

Our bungalow, one of just 10 on the 60-hectare island, is a 200-year-old teak structure.

It was transported by Ratua’s French billionaire owner from Java, when he transformed the island from coconut plantation to not-for-profit eco resort (any profits Ratua makes are given to neighbouring islands for health and education) six years ago.

Inside, there’s no TV, no air-conditioning, no glass in the windows, and no locks on the doors.

What there is, however, is an abundance of style and charm, evident in our bungalow’s vaulted ceilings and canopied bed, exotic antiques, artworks of local tribespeople and artfully placed, locally woven bags.





**In the saddle ... riders take their horses into the water at Ratua Private Island (opposite page); the day spa (above).**

“

We spend our days lazing on the wooden deck, swimming and snorkelling over the coral reef, which is filled with colourful fish and patterned sea snakes. All the while we're not visited by a soul, and barely see another guest.

”

This sense of design is mimicked in the 'yacht club': three large wooden bungalows kitted out with antiques and rustic furnishings including antique masks, chunks of coral and cow hide and leather-covered wooden chairs, that forms the centerpiece of the resort and contains the restaurant, bar and lounge. It's rustic chic at its very best.

Ratua's approach is an unusual one, but one that was taken very consciously to help guests return to nature, and to themselves.

It works.

Outside the double wooden doors of our bungalow lies our very own stretch of private beach framed by two giant native trees. My husband and I spend our days lazing on the wooden deck, swimming in the shimmering sea and snorkelling over the shallow coral reef, which is filled with vibrant coral blooms, colourful fish and patterned sea snakes. All the while we're not

visited by a soul, and barely see another guest. Hot tubs and air-con be damned; to me this is the greatest luxury of all.

On our third day, we take a boat over to neighbouring Malo Island and kayak through mangrove-flanked tunnels to one of Vanuatu's famous blue holes.

There, we don't see a single other traveller – an upside to the after-effects of last year's tropical Cyclone Pam, which wreaked havoc on this Pacific archipelago.

We swim in the warm waters of the deep natural spring, surrounded by cliffs cloaked in green vines, and climb enormous native trees. When we return to Ratua, we relax over a lazy barbecue lunch of grilled fish, salad and local Tusker beer on the beach, and take a massage in Ratua's overwater treatment pavilion.

It opens out onto the swell of the sea, and is furnished with the most beautiful wooden bath I've ever laid eyes on. ➤



Private island isolation



**Rutsic Ratua ... sleeping quarters complete with mosquito netting (above); taking a plunge with the horses in front of the overwater lounge (right); a verandah where you catch the sea breeze (below).**

Our afternoons are spent cycling along the island’s pebbly dirt tracks, passing forests of towering coconut palms, lush frangipani trees, big shaggy sheep and the island’s 20 glossy horses along the way.

A couple of times, we grab one of Ratua’s paddleboards (they also offer kayaks and snorkelling gear) and push out into the endless blue, exploring the Japanese shipwreck that pokes out of the water off the northern end of the island, and spotting the giant turtles that the area is famous for flapping beneath us like huge birds.

The highlight, though, comes one night when we take a night-time dip in the ocean under the moonless sky. We find the bath-warm water speckled with phosphorescence; it stirs around our bodies and lights up with liquid sparks.

There are dozens of beautiful places we could have explored around Ratua. We could have taken a boat to Pentecost Island to see Vanuatu’s famous land diving, where village men



and boys make leaps of courage from rickety wooden towers with nothing but vines tied to their ankles, as a gift to the gods to ensure a bountiful yam harvest.

We could have headed to Tanna Island to see Mount Yasur, one of the world’s most accessible active volcanoes, where brave souls can walk right to the rim and peer down into its fiery belly.

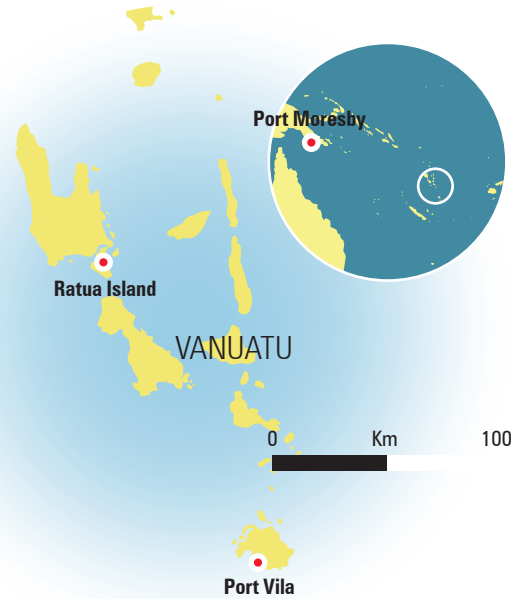
We could have gone diving at Million Dollar Point off the coast of Espiritu Santo, among hundreds of tonnes of US military equipment, including Jeeps, bulldozers, trucks and more that were dumped at the end of World War 2.



Private island isolation

But really, when you have a dreamy private island virtually all to yourself, that's an intriguing mix of sophistication and simplicity and quite unlike any luxury island getaway you've experienced before, you don't want to leave. We certainly didn't, and we don't regret a thing. ■

✈ **Air Niugini flies from Port Moresby to Port Vila weekly. See [airniugini.com.pg](http://airniugini.com.pg).**



**NEED TO KNOW**

**STAYING AND TOURING THERE**

Ratua Private Island is about a 30-minute motorboat ride from Vanuatu's main island, Espiritu Santo. Villas start from PGK1110 a night, including transfers, taxes and breakfast. Activities and tours to surrounding islands can be booked with Ratua.

**MORE INFORMATION** [ratua.com/en](http://ratua.com/en), [vanuatutavel.info](http://vanuatutavel.info)

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*Escape. Explore. Enjoy*



Lest we forget ... the Australian War Memorial gives an insight into the Anzac spirit.

# City guide: Canberra

*Brian Johnston* finds politicians, kangaroos and some good food and wine options in the Australian capital.

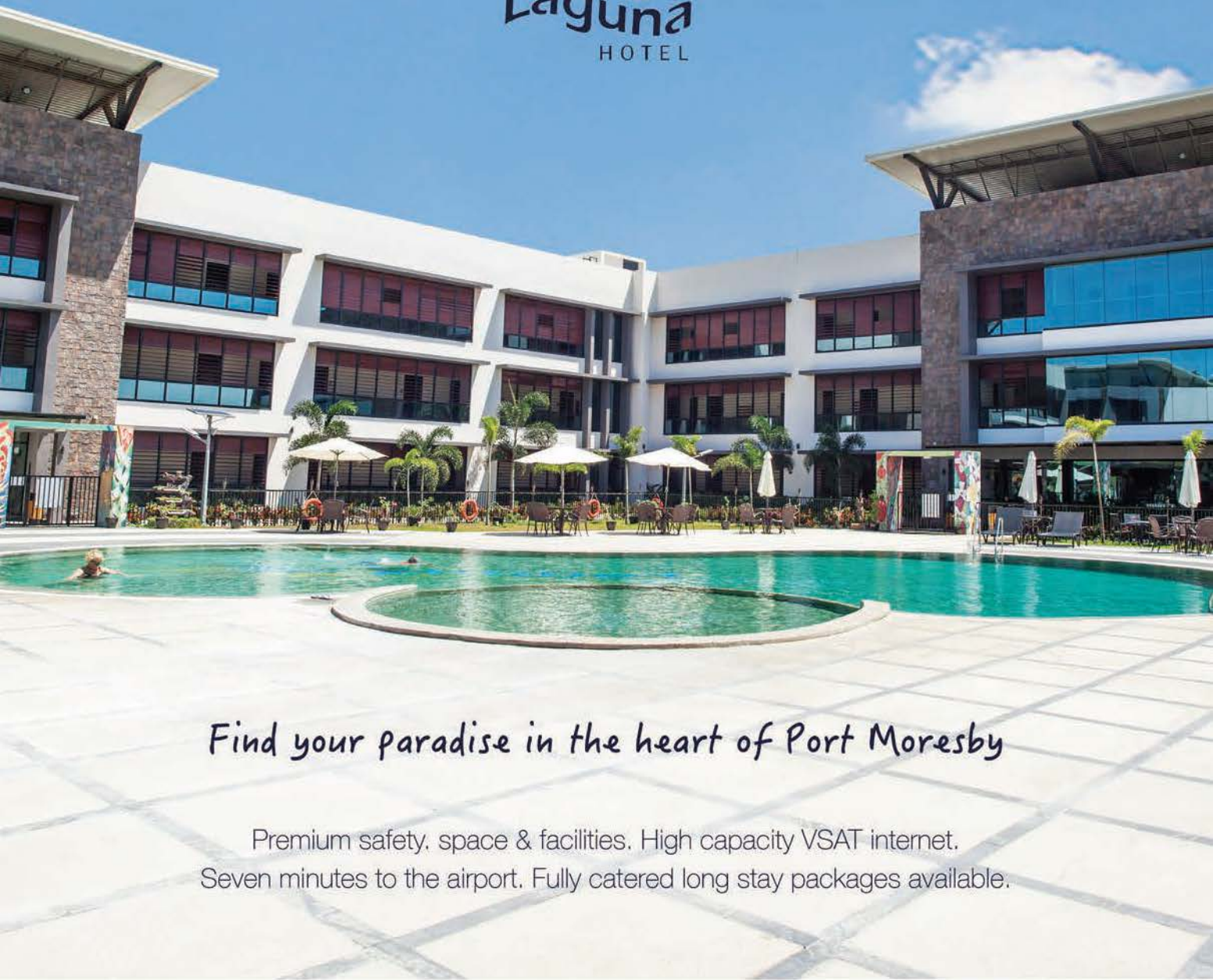
Visit Canberra and you'll find a relaxing atmosphere, agreeable sights, fine museums and beautiful surrounding countryside. True, Australians have a habit of deriding their capital city as the dull haunt of bureaucrats and politicians, but there's far more to Canberra than that. The purpose-built city has come into

its own, acquiring a buzzing dining scene, lively markets and a unique collection of visitor attractions that tell you much about what it means to be Australian.

From ancient Aboriginal art to the latest in space exploration, there's something for everyone in this delightful destination. ►







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City guide: Canberra



**GETTING AROUND**

Canberra’s lack of serious traffic, good roads and reasonable parking costs make self-driving a very viable option; several car-hire firms are located at the airport. There’s a decent bus network ([action.act.gov.au](http://action.act.gov.au)) and a hop-on hop-off sightseeing service ([canberradaytours.com.au](http://canberradaytours.com.au)). The city also has a good network of cycling paths (above).

**SIGHTS**

Parliament House ([aph.gov.au](http://aph.gov.au)) is the reason for Canberra’s existence, and is worth inspecting for its architecture and artworks. You can sit in the public gallery and view debates in the House of Representatives, especially lively during Question Time.

The Australian War Memorial ([awm.gov.au](http://awm.gov.au)) will give you an insight in the Anzac spirit, especially in its gallery devoted to the World War 2 Gallipoli campaign that helped define the Australian sense of identity.

The museum houses a midget submarine, helicopter and Lancaster bomber.

If you have an interest in astronomy, the Canberra Deep Space Communication Complex ([cdscc.nasa.gov](http://cdscc.nasa.gov), above) features astronaut suits and moon rocks, and replays pictures from Mars; its giant antenna is crucial to NASA space exploration.

**CANBERRA SPECIAL**

Spring is certainly the most colourful time to be in Canberra with the hosting of Floriade (above), the biggest floral event in the southern hemisphere. Running over 30 days from mid-September to mid-October, Floriade features 1.7 million bulb flowers in bloom, including daffodils, hyacinths, daisies, irises and massed displays of spectacular tulips. The festival is held in Commonwealth Park on Lake Burley Griffin and is free; it also features showcase gardens, a Ferris wheel, gardening events and workshops, and an evening NightFest under lights. ➤



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City guide: Canberra

**CULTURE VULTURE**

The National Museum of Australia ([nma.gov.au](http://nma.gov.au)) features everything from cricket to agricultural history, the demise of the Tasmanian tiger to the latest in Australian scientific research. The hands-on exhibits appeal to kids.

The National Portrait Gallery ([portrait.gov.au](http://portrait.gov.au), right) has familiar faces in painting and sculpture, including great sporting figures such as Don Bradman and Cathy Freeman, a wrinkled Rupert Murdoch and Russell Crowe.

For a light-hearted exploration of Australian culture, head to the National Film and Sound Archive ([nfsa.gov.au](http://nfsa.gov.au)) and listen to versions of *Waltzing Matilda*, find out about notorious bushranger Ned Kelly, and ogle costumes and memorabilia from iconic Australian movies.



**CHILD'S PLAY**

Questacon ([questacon.edu.au](http://questacon.edu.au)) at the National Science and Technology Centre has excellent hands-on displays on topics such as earthquakes and the technology of fun-park rides; there are also animatronic dinosaurs.

The National Zoo ([nationalzoo.com.au](http://nationalzoo.com.au)) has a fine collection of endangered species and the country's largest number of big cats; a behind-the-scenes program gets you up close to cheetahs.

Head with teenagers to CSIRO Discovery Centre ([csiro.au/discovery](http://csiro.au/discovery), right), where government scientists can be seen in action in laboratories, and you can find out how Australia developed woollier sheep, meatier prawns and fraud-proof plastic currency.





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City guide: Canberra

**RETAIL THERAPY**

Contemporary design store and exhibition space Craft ACT (180 London Circuit; craftact.org.au) presents the works of 150-odd local artists and craftspeople, including ceramics, glassware, textiles and jewellery.

Itrip Iskip (30 Lonsdale Street, Braddon; itripiskip.com) is the place to go for up-to-the-minute men and women's fashions with an edge.

Old Bus Depot Markets (21 Wentworth Avenue, Kingston; obdm.com.au, right) hosts a popular Sunday market with fresh food, good coffee and quality souvenirs such as handicrafts and jewellery.



**SPORTING LIFE**

Splash in the wake of Australia's most famous swimmers such as Ian Thorpe at the Australian Institute of Sport (ausport.gov.au), which opens its pool to the public when not training sportspeople.

Hot-air ballooning (balloonloftcanberra.com.au) is a popular early morning activity; balloons are often seen sailing serenely over Lake Burley Griffin. The Balloon Spectacular in March is one of the world's best ballooning festivals.

Parkland unfolds along the northern shores of Lake Burley Griffin, a great place to walk, jog or cycle through parks while admiring views of the modern architecture across the water.

**ESCAPE**

Some 140 cool-climate vineyards (canberrawines.com.au) surround Canberra, particularly around Lake George, Hall, Murrumbateman and Bungendore. Small, informal cellar doors and restaurants provide great stops on a drive through rolling countryside.

Tidbinbilla Nature Reserve (tidbinbilla.act.gov.au), 40 kilometres outside town, provides quintessential Australian countryside of hills, sheep farms and eucalyptus trees. Kangaroo and emu sightings are common from the roadside, but part of Tidbinbilla is fenced off, offering close encounters with kangaroos, wallabies, koalas and waterfowl. ➤



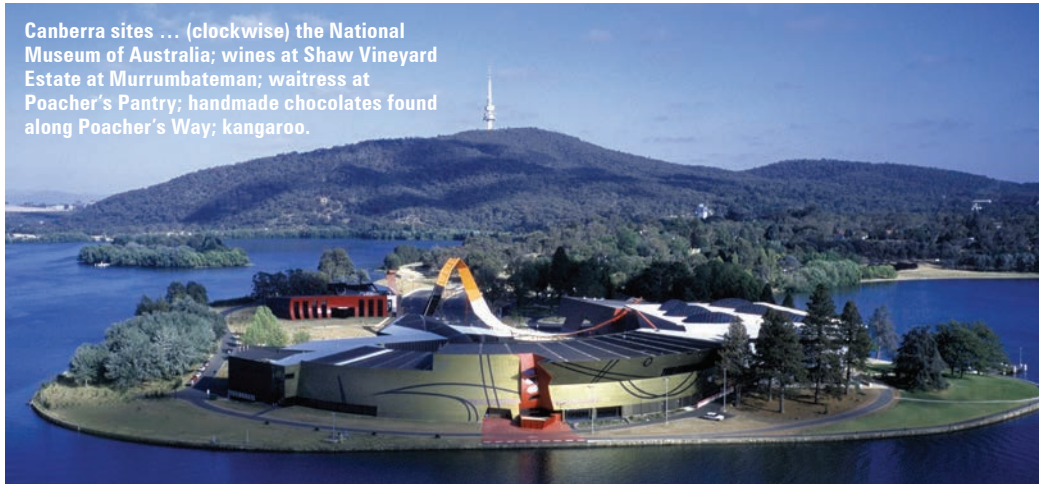
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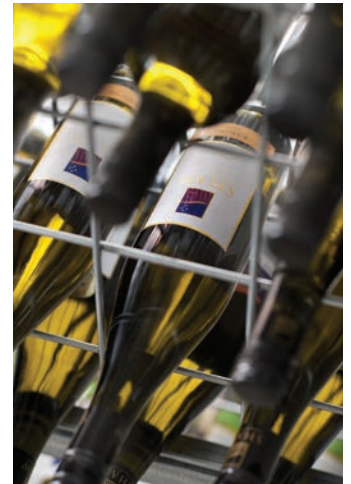
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City guide: Canberra



Canberra sites ... (clockwise) the National Museum of Australia; wines at Shaw Vineyard Estate at Murrumbateman; waitress at Poacher's Pantry; handmade chocolates found along Poacher's Way; kangaroo.



Follow tourist route The Poacher's Way ([thepoachersway.com.au](http://thepoachersway.com.au)) around Canberra's very pleasant hinterland and discover a food trail that links restaurants, craft shops and regional providers that offer everything from quality smoked meats to handmade chocolates.

**PILLOW TALK**

Diplomats and celebrities stay at Hyatt Hotel Canberra ([canberra.park.hyatt.com](http://canberra.park.hyatt.com)), long considered Canberra's top hotel, with heritage-listed art deco style, old-world decor and luxe contemporary amenities.

For upmarket style with urban edge, Diamant Hotel Canberra ([diamant.com.au](http://diamant.com.au)) features designer furnishings and head-scratching artworks. It has a great wine room and restaurant with open kitchen and communal marble table.

For something different, Ginninderry Homestead ([ginninderry.com.au](http://ginninderry.com.au)), 20 minutes northwest of town, provides



rural B&B accommodation in an antique-strewn, Georgian-style homestead surrounded by a cattle farm and countryside where kangaroos roam.

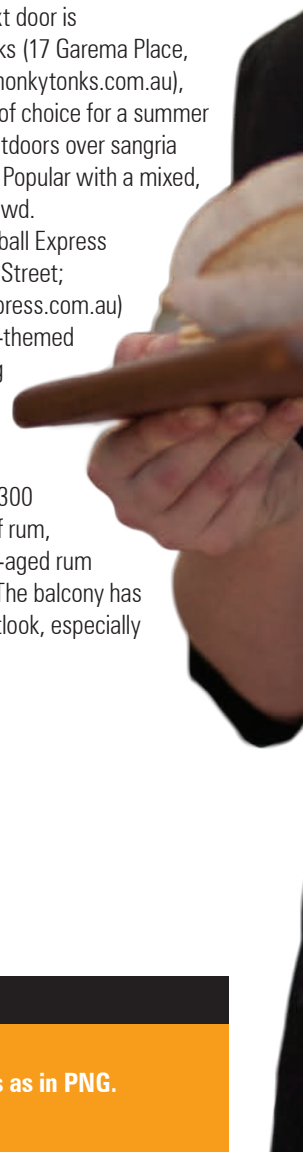
**CATERING HOLES**

Hippo (17 Garema Place, City; [hippoco.com.au](http://hippoco.com.au)) stocks 200 varieties of whiskey including very interesting, esoteric scotches, plus a wide range of cocktails. Live jazz and mood lighting also make this a great place to relax.

Right next door is Honky Tonks (17 Garema Place, City; [drinkhonkytonks.com.au](http://drinkhonkytonks.com.au)), the venue of choice for a summer evening outdoors over sangria and tacos. Popular with a mixed, voluble crowd.

The Highball Express (82 Alinga Street; [highballexpress.com.au](http://highballexpress.com.au)) is a Cuban-themed bar serving

caipirinhas and some 300 varieties of rum, plus barrel-aged rum cocktails. The balcony has a great outlook, especially at sunset.



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| <b>POPULATION:</b> 360,000                           | <b>TAXI FARE FROM AIRPORT:</b> \$25     | <b>POWER:</b>                      |
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|  | <b>LANGUAGE:</b> English                |                                    |



City guide: C



**Tuck in**  
In a country influenced by both Mediterranean and Asian cuisines, 'typical' Aussie food is difficult to define. Still, kangaroo – though not actually commonly consumed – could hardly be more local. Try kangaroo prosciutto at Poacher's Pantry

(431 Nanima Road, Hall; [poacherspantry.com.au](http://poacherspantry.com.au)), which specialises in all manner of smoked meats, including chicken, lamb, trout and slow-cooked beef ribs. The Pantry is reached on a lovely country drive and has an outdoor terrace scented with lavender and white roses.



**EATS**

Temporada (15 Moore Street, Civic; [temporada.com.au](http://temporada.com.au)) features Spanish-inspired cuisine, much of it – including fabulous oysters – cooked on the wood fire; craft beers and cocktails are excellent. Queue with locals at Silo Bakery (36 Giles Street, Kingston; [silobakery.com.au](http://silobakery.com.au)) for delicious pastries or brunches that include sourdough pizzas and scrambled egg with truffles. Courgette (54 Marcus Clarke Street; [courgette.com.au](http://courgette.com.au)) has a seasonal and creative menu that highlights the eclectic range of influences on Australian cuisine; the four-course set menu won't disappoint. ■

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# Three of a kind ... city essentials for long stays



## PORT MORESBY, PNG

### A GOOD PLACE TO STAY

The Whittaker Apartments ([coralseashotels.com.pg](http://coralseashotels.com.pg)) are regarded as being among the best serviced apartments in Port Moresby. Located at Ela Beach, south of the city, the 30 two-bedroom apartments are bright, light and spacious. All are fully furnished and self-contained with kitchens, Wi-Fi and cable TV. There are also laundries, a pool, barbecues and housekeeping service.

### CAR HIRE (+ DRIVER)

You can rent a car in Port Moresby and drive yourself, but for security reasons it's preferable for business visitors to hire a car with a driver. Firms such as Hertz and Budget offer trained local drivers and supply well-maintained vehicles ranging from sedans to 4WDs and minibuses.

### MOBILE SIM

There are two choices for mobile phone and internet services in PNG: Digicel and bmobile-Vodafone. Both offer pre-paid bundles for voice and data with seven, 14, or 30-day terms. If you are venturing outside Port Moresby, Digicel has a reputation for wider coverage in remote areas.



## HONIARA, SOLOMON ISLANDS

### A GOOD PLACE TO STAY

The King Solomon Hotel ([kingsolomonhotel.info](http://kingsolomonhotel.info)), with bay views, is a long-established landmark in Honiara. The different wings of the steep site are joined by a mini cable car. There are 73 rooms, ranging from small studios to spacious two-bedroom apartments. All contain everything needed for extended stays, and there is Wi-Fi, a gym, bars and restaurants on site.

### CAR HIRE

The first thing to know about driving in the Solomons is that you will need to get a local licence, in addition to your home country or international licence, so bring two passport-sized photos with you to file with the application. There aren't many paved roads, and even they aren't always in great condition, so a sturdy car is a must. Local firm Kosol offers hire cars and is also the Hyundai dealership, so you can be confident of a recent and well-serviced model. 4WD Hyundai Korandos are available if you're going anywhere off the main roads.

### MOBILE SIM

For medium-term business visitors, Solomon Telekom has a range of mobile phone and internet plans that will keep you in contact locally and internationally, at reasonable rates. Bmobile-Vodafone also operates in the Solomons.



## SINGAPORE

### A GOOD PLACE TO STAY

In a big city, location is everything, and Fraser Residences Singapore apartments ([orchard.fraserhospitality.com/en](http://orchard.fraserhospitality.com/en)) are in the heart of the Orchard Road district, close to commercial and retail centres and subway lines. The apartments are part of an award-winning international hotel group, designed for medium- to long-term stays. As an encouragement, the Residence offers discounts for longer stays. And if you're there for more than a month your cat or (small) dog can join you as well (if certain conditions are met).

### CAR HIRE

The consensus of advice for foreign visitors who want to drive themselves in Singapore is 'don't'. Public transport is excellent, and taxis are plentiful and comfortable. However, if you want to arrive in style, or you're part of a larger group, hiring a car with a driver is a good option.

### MOBILE SIM

There are three main mobile providers in Singapore: Singtel, Mobile One and Starhub. You can buy a prepaid SIM from shops and stalls all over the city, and top-ups can be bought via ATMs as well as in 7-Elevens and similar convenience stores. Competition between the networks is ferocious, so prices are low and coverage is good.





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# REVIEW: THE STANLEY HOTEL, PORT MORESBY

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## LOCATION

Port Moresby's newest hotel opened in July and is in central Waigani, right in the political heart of the city. It's perfectly placed for anyone coming to town for government or business meetings, conferences, seminars and conventions. Expect a full house when the Asia Pacific Economic Cooperation summit rolls around in 2018.

## THE PLACE

The five-star 19-storey hotel has a resort-style design and is one of the biggest hotels in the Southern Hemisphere. There are 429 rooms that include 95 apartments (33 are two bedrooms and 62 are one bedroom), 110 executive rooms, 88 deluxe rooms, 88 standard rooms, and 13 suites (plus the Presidential Suite on the top floor).

There are five eateries and a convenience store. Of the eateries, two are cafes, two restaurants, and one is alfresco by the swimming pool.

On the 19th floor, the Executive Lounge is attached to the Silver Leaf Restaurant, which will open for dinners only. Both the lounge and restaurant have excellent views to Boroko, Gerehu and the Owen Stanley Range.

## IN THE ROOMS

All rooms have flat-screen TVs with 32 channels and movies on demand, mini-bars, as well as

coffee and tea-making facilities. Depending on room or apartment configuration, you'll also find high-end room furnishings from Europe – king-sized beds, big leather lounges, coffee tables, desks, as well as fully equipped kitchens (for apartments) with cooktops, microwaves, fridges and dishwashers.

## FOOD AND DRINK

The Rainforest Cafe (6am to 6pm) serves cakes, pastries, toasted sandwiches, coffee, tea and milkshakes.

The Monsoon Lounge (10am to midnight) includes a tapas-style menu. There's comfortable, leather-lounge seating and large tables. A good place to relax with a drink.

The Green Haus Cafe (6am to 10pm) aims to serve quality basic hotel fare, including burgers, salads sandwiches and grilled meals such as chicken breast. Buffet and a la carte available.

The Pool Deck (10am to 10pm) is for in-house guests only. Think barbecues, fish and chips, and burgers. Ideal for a drink outside.

The Silver Leaf Restaurant (6pm till late) is a fine-dining restaurant, opening in October. Premium, dry-aged char-grilled beef will be among the offerings.

Owen's Market (7am to 10pm) is the convenience store. Prices are about the same as around town and there will be a good offering of smallgoods when it opens in October. ■

– GRACE MARIBU



PICTURE: GRACE MARIBU



## WHO STAYS?

Business travellers, with plans to expand to leisure market (a day spa is still to be built).

**HOW BIG?** 429 keys.

## COST

Standard rooms from PGK640 and weekend specials from PGK499 + GST.

## CHECK IN & OUT

2pm/11am

## HIGHLIGHTS

Attached to Vision City Shopping Mall for safe passage to shopping, cinemas and more restaurants.

Biggest conference/function room in the Southern Hemisphere, built with state-of-the-art multi-media equipment.

## NEARBY

Parliament House, high commissions, National Gallery, Sir John Guise Stadium, golf course.

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: ✓

Free airport transfers: ✓

Hotel arranges tours: ✗





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# OUT THERE



## SPORT FISHING PNG



**S**port Fishing PNG (SFPNG) is a fishing charter operator based in Port Moresby. With 26 vessels, the Papua New Guinean-owned company takes anglers to some of the country's remotest places, from desolate reefs to wild rivers.

Giant trevally, dogtooth tuna, the legendary Papuan black bass and barramundi are some of the fish on the radar.

The charters range from day trips, right through to 14-day, live-aboard expeditions.

The saltwater tours are mainly live aboard, while the company's river tours have live aboard or lodge-based accommodation.

The company's mother ship for the longer tours is *K20*, a 23-metre catamaran that carries up to 10 anglers and eight crew.

It's air-conditioned, has twin-person cabins, two staterooms, hot showers, a lounge and a cool room to store your catch.

There are two chefs on board, who work on a menu that includes steak, lamb, lobster, mud crab and, of course, freshly caught fish.

Steamed coral trout, with the meat falling off the bone, and done with garlic, onions and soy sauce, is one of the delicacies. If the day's catch includes tuna, expect to have some sashimi on your plate, as fresh as it ever can be.

On land, the company has a two-storey lodge in the Kerema region in the Gulf Province, 300 kilometres from Port Moresby. It has generator power and a fully equipped kitchen, dining room, lounge, and twin-share bedrooms that can sleep up to 12 people.

"Living aboard *K20* is regularly compared to living on a luxury cruise ship," says company spokesperson John Cruz. "What better way to end a day of hard fishing under the hot sun than in the air-conditioned mother ship, with hotel-quality food daily?"

Some of the outer reaches of PNG visited by SFPNG include the Fly River in the Western Province, where local communities have not seen many outsiders, and Portlock Reef, 150 nautical miles north west of Port Moresby.

Cruz says SFPNG is passionate about helping the local communities.

"We always carry medicine, school supplies, food and other survival essentials to distribute to the communities we pass by, utilising the manpower we have (the anglers and the crew) to distribute the goods personally, which is always well received by the villages."

Cruz says that on some occasions villagers have run away when they have sighted *K20*.

"They think the boat is a 'spaceship' sent to

kidnap the young boys in the village. It's always an adventure when you fish with us."

Snorkelling is an option on many of the trips and, Cruz says, fish and manta rays that have not seen people before will approach out of curiosity, especially at places such as Wari Reef, Long Reef and Eastern Fields.

Visiting uninhabited islands is another adventure during the fishing charters.

Tours range from PGK4365 to PGK19,400 a person and include meals, non-alcoholic drinks, accommodation, fishing vessel and professional fishing guides.



**For more information see [sportfishingpng.net](http://sportfishingpng.net).**

– ROBERT UPE

**Catch of the day ... a black bass (above right); sunrise on an isolated river (above left); anglers receive a warm welcome from a war canoe (right).**





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TIME TRAVELLER

**Rabaul, September 1994**

On September 19, the eruptions of the Tavurvur and Vulcan volcanoes on the Gazelle Peninsula in East New Britain almost completely wiped out the then provincial capital of Rabaul and nearby villages.

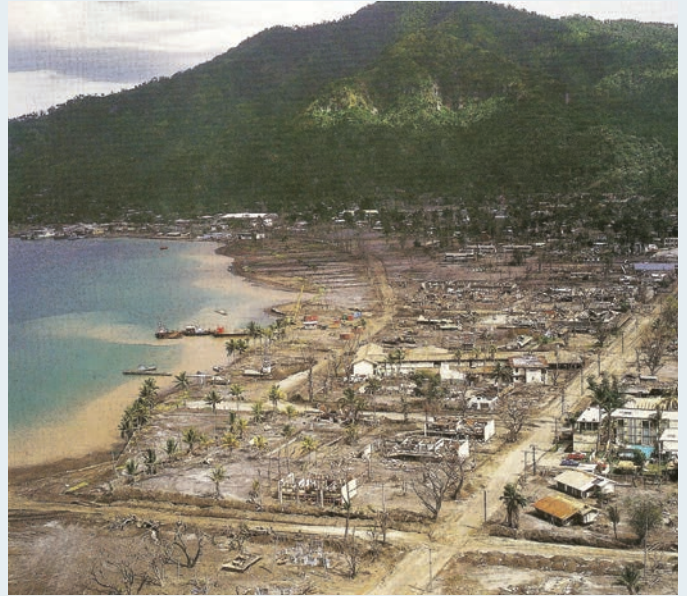
Amazingly, only five people died, because the population had been evacuated earlier.

The Lakunai airport and town area was blanketed in a thick coating of ash that caused most buildings to collapse, as shown in this photograph, taken a few days after the rumblings.

The main street of Mango Avenue can still be clearly seen and the two structures that remained more or less intact, and were surprisingly still in use years later, were the Kaivuna Resort Hotel (bottom right) and the Rabaul Travelodge (centre).

— JOHN BROOKSBANK

*If you have a photo that may be suitable for Time Traveller, email [paradise@businessadvantageinternational.com](mailto:paradise@businessadvantageinternational.com).*



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# BORN TO BE WILD

*Richard Andrews* meets an American survival expert who teaches wilderness skills and recently visited PNG for a TV documentary series.

**"P**NG's grubs and other insects are delicious," says US survival expert Tom McElroy, who recently visited New Britain to film a documentary series for the Discovery Channel.

McElroy rates the local bush tucker high on a menu that has also included monkey arm, tapir and parrot stew.

McElroy's taste for such fare stems from years spent in the jungles of Sumba, West Papua, Costa Rica and the Amazon, among others.

"Indigenous people around the world have generously taught me skills passed down over 100,000 years," he says. "I've learned how to walk into the woods, without even a knife, and make everything I need from nature."

He says he was first inspired to "shed the restrictions of society" by the writings of naturalist-philosopher John Muir, together with

Jack Kerouac's road tales of hopping freight trains and hitching around America.

"I saw survival skills as the key to freedom," says McElroy.

He pursued that dream at the age of 18 with two friends by living off the land for a year in a large forest in southern New Jersey.

The trio survived at first by eating plants and berries, then made their own bows to hunt rabbits and deer.

Looking back, McElroy admits it was not all a romantic adventure, but included periods of cold, hunger, feelings of isolation and squabbles amongst the group.

Nevertheless, McElroy was undaunted by the physical and mental challenges of life as a hunter-gatherer. He went on to study anthropology and sought out Native Americans to gain more traditional knowledge. ➤

**Hunter-gatherer ... a participant in the Wild Survival course pitches in with villagers in the Highlands of PNG. The course teaches skills such as starting a fire, trapping fish and building a shelter.**







PICTURES: BLAKE EVERSON & TOM MCELROY



## Born to be wild

**At one with the land ... a PNG hunter in camouflage at Mount Bosavi, in the Highlands.**

"I found they were keen to pass on the ancient physical skills, to complement the current interest in the spiritual aspects of their culture," he says.

For the past two decades, McElroy has travelled the world to learn from other indigenous groups by living with them.

"Particularly memorable was my time with the Huaorani, in the Amazon region of Ecuador," he says. "The remote community was 'discovered' only in the 1960s by missionaries who got killed for their troubles."

As yet another outsider, McElroy overcame initial suspicion and gained acceptance through his ability to adapt to the local environment. One way was to show he could fire curare-tipped darts from a blowgun alongside the best hunters.

“

Survival skills  
are a point of  
communication.

If you can make fire  
with two sticks or  
hunt with a spear  
it shows you're  
connected to the  
land and can be  
trusted.

”

"Despite their fierce reputation, the Huaorani are now peaceful," he says. "However the 80-year-olds still talk openly about their violent past, saying they hadn't been taught it was wrong to kill missionaries."

McElroy passes on his skills through Wild Survival – a school that runs courses for hunters, outdoor enthusiasts and elite military groups such as SEAL Team Six.

Students learn skills such as how to start a fire, trap fish, use a stone axe, make a bark canteen, build a survival shelter or paddle to ►



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Born to be wild

safety in an animal-skin kayak. One popular course involves carving a longbow that will "bring down any animal on this continent".

McElroy is also in demand as a consultant for Hollywood movies, which appropriately include *The Hunted*, as well as *The Village*, a thriller set in Pennsylvania with Sigourney Weaver, William Hurt and Adrien Brody.

"Before shooting started, we wanted to teach the actors how to walk in the woods," says McElroy. "As an awareness exercise we blindfolded them far from the camp and they had to find their way back safely, guided only by the sound of a drum. I was surprised how they really got into it and no-one peeked."

McElroy featured in *Trailblazers*, a Discovery Channel series of documentaries set in PNG, Bolivia and Ecuador. His role was to lead a

team of scientists searching for new species around Bago in East New Britain and the Lake Hargy region of West New Britain – largely undisturbed areas of rainforest, considered to have significant biological value. "I found the locals very welcoming



Off the beaten track ...Tom McElroy with children in New Britain, where he went recently to film a documentary series for the Discovery Channel (right); bridge climb near Mount Bosavi in the Highlands of PNG (middle right); an eel meal laid out on leaves near Mount Bosavi (far right).

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Born to be wild



and used my time to get to know them," he says. "Survival skills are a point of communication. If you can make fire with two sticks or hunt with a spear it shows you're connected to the land and can be trusted. While the film crew were running around in high-tech jungle boots, I made a point of walking barefoot."

However, one high-tech aspect



of the shoot struck a real chord. "We used a live feed from drones to show the forest from above. People crowded around the monitors, fascinated to see that overhead perspective of their environment for the first time."

Seeing McElroy's respect for traditional ways, local leaders in PNG have approached him to run survival courses as a way of sharing their culture and attracting eco-friendly tourism.

"Following the invitation, I'm planning excursions with my partner Blake Everson," says McElroy. "Wild Survival has visited Fogomaiy'u, Telesu and Seane Falls in the Mount Bosavi area of the Southern Highlands. They'd be great places to start."

According to McElroy, teaching survival skills encourages the next generation to see their culture as 'cool'.

"I've found that young people renew their respect for traditional knowledge when they see affluent visitors from the world of cellphones and computers seeking out the wisdom of village elders. ➤

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Born to be wild

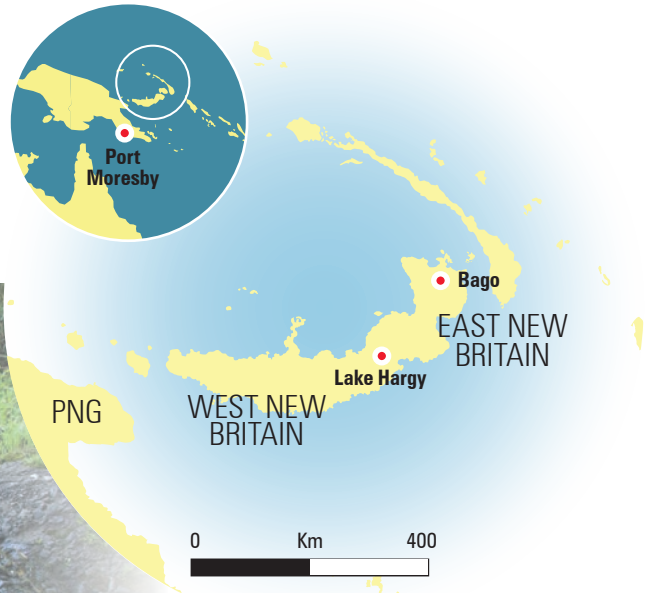
“They’re the real experts, not the people you see on TV.”

McElroy also believes survival living changes the way people approach their entire lives, because it helps them face challenges and reconnects them to the natural world.

“It’s more fun than playing with video games,” said one young boy in a children’s class.

That’s music to McElroy’s ears – played on a traditional reed flute, of course. ■

See [wildsurvivalskills.com](http://wildsurvivalskills.com).



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“  
The *mumu* has a slightly natural, smoked flavour,  
and the coconut milk has done its work in caramelising and  
fusing the vegetables.

”

# PLEASURES OF THE MUMU

*Jacqueline Fock* tucks into a mouth-watering feast,  
cooked in a pit with hot rocks.

**T**he famous French chef Marcel Boulestin once said: “Cookery is not chemistry. It is an art. It requires instinct and taste rather than exact measurements.”

This is the perfect annotation for the traditional form of cooking of Papua New Guinea, the *mumu*.

On a recent trip to Rabaul, I was fortunate to participate in the making of a *mumu*, which is an amalgamation of a few key ingredients endemic to the local area, wrapped in green leaves and cooked in the ground with heated stones. It’s like an ‘earth oven’.

The *mumu* continues to be the main form of food preparation in some remote parts of PNG, but generally it is now used more as a ceremonial method of cooking to celebrate group gatherings.

In the quest to learn more, I meet *mumu* expert Salomie.

We set up an outdoor kitchen on the beach at Rapopo Plantation Resort at Kokopo, which

overlooks Simpson Harbour and distant volcanoes.

But the first step is a trip to the market, where we see super-sized fruit and vegetables with intense colours. I’m told everything at the market is natural and organic, and the wholesome nature of the crops is due to the volcanic soil of the region.

We need to buy root vegetables, so we walk towards the section where all the *kaukau* (sweet potatoes) and bananas are selling. I can safely say that the residents of Kokopo and Rabaul are spoiled for choice. I see vibrant orange and purple *kaukau*, both of which are going into the *mumu*, along with my favourite tuber, the wholesome taro.

We buy bananas, which I like to call ‘magic’ bananas because they turn purple when they are cooked. I have never come across the purple banana in any other part of PNG. I’m not sure why it turns purple, but I am almost convinced that it’s due to the lack of oxygen and the ➤

***Mumu* time ... locally gathered food is laid on leaves, wrapped and cooked with hot rocks in the ground.**







PICTURE: DAVID KIRKLAND



## Pleasures of the mumu



slow-cooking process of the *mumu*.

*Pitpit*, a vegetable resembling grass, is also collected. I have no other vegetable to which it can be compared, but it is crumbly and spongy and neutral in flavour.

The leaves of the highly nutritious *aibika* plant are also put in our basket to provide the green element in the *mumu*, and we also buy fresh ginger root and coconuts.

Now all we need is the protein, but it will be delivered to us later. *Mumus* can include chicken and pork, but ours is going to have freshly caught crayfish and fish from the local fishermen who deliver to Rapopo Plantation Resort almost daily.

We return to the beach and dig a shallow pit, just deep enough to layer large river rocks, some local driftwood from the beach and the parcels of food.

While the rocks are being heated, we peel the vegetables and take our time to enjoy the view and the company. As the rocks heat, the driftwood starts to smoke and Salomie takes some large banana tree leaves and waves them over the heat.

The leaves will be used to wrap the food, but waving them over the smoke and heat first toughens them up and ensures the parcels do not break.

Once the leaves are ready, they are placed into large bowls and the vegetables are put on top. At this point, the *mumu* is visually coming together. ➤

**Beach feast ... *mumu* expert Salomie tends the food (left); fresh seafood delivered by canoe (right).**



# Some fish are Smarter than others.



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Pleasures of the mumu

While waiting for the seafood to arrive, we feast on sea urchins. They are collected by spear in chest-high water, where they can be easily seen.

They are cracked open live for their roe, more-ish and rich in flavour.

Soon after, the crayfish and reef fish arrive. They are prepared and placed as the top layer in the food parcels.

Salomie starts the labour-intensive task of coconut milk extraction. Fresh coconut milk comes from finely scraping the flesh of coconuts and soaking it in warm water and then squeezing the grated flesh to infuse the water with the flavour and oil.

Salomie takes handfuls of the soaked coconut and squeezes them through a gauze cloth to ➤



To market ... the 'magic' bananas bought at Kokopo turn purple when they are cooked.

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Pleasures of the mumu

Fresh and organic ... sea urchin (right); coconut milk infused with other ingredients for the *mumu* (far right); the mouth-watering result (below).



leave only the rich creamy nectar. This is done over and over until enough liquid is covering the raw ingredients. Finally, a sprinkle of salt.

The many layers of banana leaves are folded and wrapped neatly and the parcel is placed over the hot rocks. To create a heated furnace, the large bundle is covered with more hot rocks, wood and leaves.

We need to let it cook for three hours. While waiting, I reflect on the *mumu* process.

The practice is an art form in which the ingredients always vary, depending on availability. In our case, utilising and supporting local fishermen makes sense.

Dinner is a special experience, shared with some locals and resort guests, in an open-air pagoda over the water during sunset.

A colourful merging of textures and flavours is served up. The mumu has a slightly, natural smoked flavour, and the coconut milk has done its work in caramelising and fusing the vegetables. The fish and crayfish are perfectly cooked and the vegetables are soft.

Finally, those bananas. Yes, they are purple and so sweet.

In the end, the experience fuels my passion for wholesome, organic food and cooking preparation.

I'm pleased that the mumu has not been lost over the years. It brings people together from start to finish, and becomes the centre of celebration, rather than just a meal. ■

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# BRISBANE BY THE PLATE

*Matt Shea* reviews the best places to eat in the Queensland capital.



**B**risbane's dining scene is in the midst of an almighty upheaval, with a wave of high-density, inner-city residential developments seeding dozens of new eateries.

It means that for a medium-sized city, the Queensland capitals collection of dining options punches well above its weight. There's never been so much choice. Then again, while so many new operators are throwing ideas at the wall, not all of them are sticking.

So where to go after you get off your Air Niugini flight? Here's a guide the best.

### DINING FINE

Your go-to spots when you need to impress a partner, whether business or personal.



### 10 | ECCO BISTRÒ

**100 Boundary St, Brisbane**

Ecco (main photo and above) is the bellwether of Brisbane's dining scene, a restaurant so popular since opening in 1995, it only managed to squeeze in its first refurbishment just 18 months ago. The new, darkened fit-out with its signature tiling has brought the iconic corner location back to the cutting edge, a place chef and owner Philip Johnson's menus, with their minimal approach to fresh local produce, have always occupied. The friendly, unfussy service adds to the experience. ▶

“

Public is a slick eatery, a favourite among those who enjoy distinctive food – think Kentucky fried duck, emu tartare or wagyu tataki.

”



## Brisbane by the plate



## OTTO

**Level 4, 480 Queen Street, Brisbane**

It took a lot to convince Sydney restaurateur John Fink to take his family's iconic OTTO Ristorante on the road. But one look at his brand new Brisbane location and you'll see what twisted his arm. Four levels up in the 480 Queen St development, the distinctive twin peaks of the Story Bridge are your backdrop for the evening. It's a stunning view. The classy modern Italian will do the rest.



## URBANE

**181 Mary St, Brisbane**

Andy Buchanan and Drew Patten dropped out of an economics degree and a lucrative IT job respectively to open Urbane in 2001. The duo were barely in their mid-20s but the gamble paid off, their restaurant becoming renowned for thinking outside the fine dining square with its technique driven approach to produce sourced from around the world. It now also boasts a couple of sibling venues next door — The Euro bistro and Laneway bar — if you're keeping it more casual.

## CASUAL EATS

Queenslanders' mastery of relaxation extends to the dinner table.

## HAPPY BOY

**2/36 Mein St, Spring Hill**

Opening in 2014, Happy Boy latched on to a new taste for a more provincial Chinese cuisine and matched it to a short, dynamic wine list. Things can get gnarly (and a little noisy) in the backstreet, brick-walled former workshop. But in the right company and with such winning service, you'll hardly care.

## BEN'S BURGERS

**Winn Lane, 5 Winn St, Fortitude Valley**

Brisbane is in the midst of a battle over who makes the town's best burger, but right now you'd be hard pressed to go past Nick and Ben Chiu's Ben's Burgers. Their creations are simple, American-style burgers, and there are just three on the menu. No alterations are allowed, but with an offering this good you won't mind. The cute laneway setting does the rest.

## TARO'S RAMEN &amp; CAFE

**288 Edward St, Brisbane**

Taro Akimoto has finally gotten over his taste for no-frills digs, opening a new ramen joint in the snazzy 480 Queen complex. But this semi-temporary Edward Street shop is just as fun (at least until the end of the year, when it's set to close) with its ramshackle nature and people-watching opportunities. Either way, Akimoto's bowls of noodles are some of the best in Australia. His secret? A stock built from prized Bangalow pork. ➤





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Brisbane by the plate

NEW WAVE

Australia's new-world city produces plenty of new-world cuisine. Here are just a few restaurants pushing the envelope.

THE APO

690 Ann St, Fortitude Valley

The Apo is the best venue yet from Brisbane hospitality giants the Moubarak family – a lively bistro and bar set inside a heritage-listed former apothecary, marked by a lush, designer-eye attention to detail. It's food first, with an imaginative menu of roasted duck, slow cooked lamb shoulder and the like, all designed to share. Upstairs, a brightly lit bar is a more relaxed, open affair.

PUBLIC

Level 1, 400 George Street, Brisbane

Young restaurateurs Bonnie Shearston and Tom Sanceau risked everything in 2012 to throw their weight behind Public, a slick eatery and bar in a gigantic first floor glass box right in the heart of the city's court district. But the gamble paid off, the restaurant becoming a multi-award winner and a favourite among those who enjoy distinctive food – think Kentucky fried duck, emu tartare or wagyu tataki – paired with discrete, unfussy service.



ESQUIRE

145 Eagle St, Brisbane

England's loss was Brisbane's gain when chef Ryan Squires moved here in 2008. He is now the owner of twin venues, Esquire and Esq., on Eagle Street. Esquire is the fine diner of the pair – an immaculate, coolly coloured space that deals exclusively in degustations created each day from market-fresh ingredients. The views of the river seal the deal. ➤



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Brisbane by the plate

**SUBURBAN SECRETS**

Explore Brisbane’s undulating suburbs with a visit to these local secrets.

101 85 MISKIN ST

**85 Miskin St, Toowong**

Dynamic young chef Brent Farrell has been winning Toowong hearts for years. It used to be with the fine dining fare peddled at Brent’s. But that all changed with the name in 2014, 85 Miskin St introducing a more casual application of his enviable skill with French cooking. Either way, the cute, old Queensland convenience store it occupies remains a beguiling setting. ➤





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## Brisbane by the plate

## BLOCKHOUSE EAT/DRINK

**130 Ryans Rd, Nundah**

Nundah is a northern suburb that has developed so suddenly, the infamously efficient Queensland developers didn't even have time to knock down all the old buildings. Blockhouse is one of the best results. Once a bikie hangout, it's now a pristine white edifice dedicated to champagne and share plates, but without any pomp or circumstance. Also open for tasty, homely breakfasts.

## MONTRACHET

**224 Given Tce, Paddington**

Montrachet may have been passed from local icon Thierry Galichet to husband and wife team Shannon Kellam and Clare Wallace, but the perfect French menu remains. The venue itself – think deep-stained wood, red leather and marble counter tops – provides the rest of the charm, all squeezed inside an ancient shopfront in salubrious inner-suburban Paddington.

## MORNING

The sun rises early in Brisbane. It's a no-brainer, then, that the city boasts some of the best cafes in the country.

## PEARL

**28 Logan Rd, Woolloongabba**

Is Pearl the best cafe in Brisbane? There are few who would argue differently, the Woolloongabba eatery defined by its creative menu and Parisian-style charm. The location helps, too, in a heritage precinct south of the river marked by antique stores and natty boutiques. Head over Captain Cook Bridge and make a morning of it.

## KING ARTHUR

**164C Arthur St, Fortitude Valley**

Occupying one of the blister-style hangars that recall Brisbane's wartime past, King Arthur retains an unerring serenity even when overrun by the weekend cool crowds. The menu is a cut above also, with dishes such as pork hock tartine and smoked local fish. There's always a (classy) breakfast burger and exceptional coffee, if you're after something straightforward.

## BILLYKART KITCHEN

**1 Eric Cres, Annerley**

Once the Clifton Hill Store, Billykart Kitchen has taken the spirit of that ancient corner shop's bacon and eggs and created one of the best breakfast menus in town. Celebrity chef Ben O'Donoghue deals in dishes a little more experimental: smoked pork hash or maybe potato focaccia with spreadable sausage. There's also a slick West End edition, if you're keeping it closer to the city. ■

 **Air Niugini flies from Port Moresby to Brisbane four times a week. See [airniugini.com.pg](http://airniugini.com.pg).**

## DRINKS LIST

Looking to round out the night with a couple of drinks? Here's where to go.

**SUPER WHATNOT 48 Burnett Ln, Brisbane**

A clever, interleaved laneway bolthole and favourite of inner-city imbibers. Weekends go off but the service never misses a beat.

**GREEN BEACON Brewing Co.****26 Helen St, Newstead**

The on-site brewed beers are fantastic, the inner-suburban warehouse setting even better. Perfect for pre-dinner pints.

**ELEVEN ROOFTOP BAR 757 Ann St, Fortitude Valley**

The current darling among Brisbane's bright young things, Eleven boasts a jaw-dropping outlook over Brisbane city. The cocktails aren't bad either.

**MAKER Fish Ln, South Brisbane**

Hole-in-the-wall Maker is almost intimate to a fault. But the payoff is first-class service and drinks from award-winning bartender, Ed Quatermass.

**BREAKFAST CREEK HOTEL****2 Kingsford Smith Dr, Breakfast Creek**

Head straight to the charming old private bar, where iconic XXXX Bitter is served unpasteurised 'off the wood', creating a smooth, sessionable crowd pleaser.

**BLIND TIGER 8 Riddell St, Bulimba**

A darkly lit speakeasy in a buzzy suburban enclave. Grab an expertly made cocktail and watch the village life outside.

**THE END 73 Vulture St, West End**

Once Brisbane's last remaining VHS store, The End is now defined by low lights and pitchers of easy drinking cocktails.

**THE GRESHAM 308 Queen St, Brisbane**

This former city bank's sandstone facade draws you in, but the ginormous wall of whiskey will keep you there.

**CAN YOU KEEP A SECRET?****619/621 Stanley St, Woolloongabba**

Once a vintage shop, the vibe at this inner-city drinking hole, with its ancient furniture and knickknacks, is more house party than bar.

**LEFTY'S OLD TIME MUSIC HALL****15 Caxton St, Brisbane**

Formerly an infamous strip club, Lefty's is now a rambunctious, boot scooting, taxidermed haven for those who don't want the night to stop.







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“

We're trying to go from having zero experience to gaining a lot of experience in a short amount of time.

– PNG COACH

”

# WORLD CUP COUNTDOWN

Jeff Turnbull reports on preparations – and the hot teams – for the FIFA Women's Under 20 World Cup in Port Moresby from November 13.

**W**ith women's sport gaining momentum around the world, there has never been a better time for Papua New Guinea to host

the eighth FIFA Women's Under 20 World Cup.

The best young talent women's football (soccer) has got to offer will be on show in Port Moresby from November 13, when PNG takes on Brazil in the opening match under lights at the newly refurbished Sir John Guise Stadium.

PNG has earned its place in the competition because it is the host nation and will go into the competition as an underdog. The 16 teams include perennial winners Germany and the United

States, who have each won the global championship three times.

Only Korea DPR has come between them when it won in 2006 in Russia.

The young woman regarded as the world's best in her age group, Sweden's Stina Blackstenius, who shone in the UEFA Under 19 championships last year, will be there.

She dominated in the final, producing some incisive runs to score two goals and assist in the third for her team's 3–1 demolition of Spain to finish that tournament with six goals from four appearances.

Her performance triggered Spain's coach Jorge Vilda to comment that it was like playing against Cristiano Ronaldo or Lionel Messi.

"You just can't keep a player like that quiet for 90 minutes," Vilda said. "If one player is so much better than the rest, you just can't stop them."





Fans are in store for something special from Blackstenius again in November.

Sweden, making only its second appearance in the Under 20 World Cup, is in Group A along with PNG, so their match on November 16 will be one to savour.

The so-called 'pool of death' for this World Cup would appear to be Group B with Canada, Japan, Nigeria and Spain fighting it out.

Nigeria (ranked No. 4) in the world at this age level, made the finals in 2010 and 2014; Spain showed that by reaching the Under 19 UEFA final last year it will be a real threat; Canada (No. 8) was runner-up in 2002 when it hosted the tournament and a quarter-finalist in 2014; while Japan (No. 9), finished third in 2012.

Support for the tournament is quickly building in PNG, particularly from the football-mad provinces of Morobe, Madang and Milne Bay.

**Best foot forward ... Under 20 FIFA Women's World Cup action from the previous tournament two years ago (left); Susa, the mascot for the PNG event, steps out in Port Moresby (above).**

Since the successful hosting of the OFC Nations Cup and the Tri-Nations series between PNG, Japan and the US, in May, World Cup fever is on the march.

At grass roots level, FIFA recently launched legacy programs 'Live Your Goals' and 'FIFA 11 for Health' which embraces schools, trainers and the general population of Port Moresby, and will endure beyond the three weeks of the tournament.

Organisers are hoping that the players from the visiting teams can be seen as role models whose stories inspire PNG's young women and girls to excel in their respective careers.

David Chung, PNG Football Association president, says gender equality remains a significant social challenge in the country.

"We hope this tournament will create further awareness and promote change towards a more egalitarian society," he says.

PNG coach Lisa Cole says her inexperienced players gained a lot of knowledge in their matches against Japan and the US, in which they lost by 10-goal margins. ➤



World cup countdown



Winners ... the triumphant German team in 2014 (above); PNG coach Lisa Cole with her squad of players.

“We’re trying to go from having zero experience to gaining a lot of experience in a short amount of time.”  
 The team will be working hard with at least 15 matches lined up in tours of Australia and New Zealand during September and October in the lead-up to the World Cup.

Meanwhile, PNG’s national emblem, the colourful bird of paradise, is the official mascot for the World Cup, and has been nicknamed Susa, which means sister. ■  
**For the full schedule of matches and more details about the tournament see [fifa.com/u20womensworldcup/](http://fifa.com/u20womensworldcup/)**




**FIFA U20 WOMEN’S WORLD CUP AT A GLANCE**

- The FIFA U20 Women’s World Cup kick off is held every two years.
- Since the first tournament in 2002, Germany and the US have won it three times each, with only North Korea spoiling the dominance when it beat China in 2006.
- A total of 31 countries have qualified for at least one tournament.
- This year PNG and Venezuela are making their first appearances.
- PNG qualified because it is the host nation.
- The biggest overall attendance was in 2010 in Germany when 395,295 fans witnessed the matches.
- Germany holds the all-time U20 ranking with three titles and 29 wins from 40 matches.
- PNG will open this year’s tournament on November 13 against Brazil.
- The women’s World Cup trophy weighs 4.7 kilograms and is made of brass, nickel and red granite.


- THE GROUPS**
- GROUP A**  
PNG, Brazil, Sweden, Korea DPR.
  - GROUP B**  
Spain Canada, Japan, Nigeria.
  - GROUP C**  
France, US, Ghana, New Zealand.
  - GROUP D**  
Germany, Venezuela, Mexico, Korea Republic.




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# THE ROOKIE

Jeff Turnbull reports on PNG's Kato Ottia who has impressed recruiters at the Canberra Raiders rugby league side.

**H**OW far can Kato go? That's the question rugby league fans in Papua New Guinea are asking about 22-year-old Kato Ottia, plucked from the PNG-based Hunters' Queensland Cup side last year to train and trial with NRL giants Canberra Raiders.

The amazing story behind this outstanding athlete was that he had never played league before he was spotted by the Hunters last year.

His game of choice was volleyball but he

is on top of the competition's try-scoring table.

In his first six games he ran in 10 tries.

Peter Mulholland, the recruitment officer who brought Ottia to Canberra, says the rising star has been progressing well in his rugby league education.

"He is still young and is gaining experience with rugby league every week," Mulholland says.

"The Mounties have a very strong backline which makes Kato's job on the wing easier.

"His strengths are his power and athletic ability,

“

At 192 centimetres and 106 kilograms, the big winger has proven more than a handful to bring down when rampaging down the sideline.

”

was recruited after impressing in a rugby sevens tournament.

In his first 18 months of league, he has starred for the Hunters, packed up and moved to Canberra to try to break into the big-time, played for the Kumuls against Fiji and made the Raiders side that played in the Auckland Nines.

Oh, and he has been making waves for the Raiders' feeder team – the Mount Pritchard-based Mounties – which is leading the Intrust NSW Cup with

similar to many of the top wingers in the NRL."

Coach Ricky Stuart says all his physical stats show he is a great athlete.

"He's a little bit of a project and it's a good opportunity for him," Stuart says.

The club is not setting major goals for Ottia this season, instead allowing him plenty of time to settle in.

Stuart says the physical side of the game has proven a bit of a shock for the league novice but he is handling it well.

"If we can turn him into a footballer, more's the better," Stuart says.

At 192 centimetres and 106 kilograms, ➤

**Kato Ottia ... hoping to make it in the NRL with the Canberra Raiders who say they will give him plenty of time to settle in with the club.**



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The rookie

the big winger has proven more than a handful to bring down when rampaging down the sideline.

The driving force behind Ottia's urge to succeed and become a regular player in the NRL is his desire to buy his mother a house in his village of Tatana.

He was just 14 when his father passed away.

He told the ABC earlier this year that he would fight to achieve his goals and make his mother and his village proud of him.

"She looked after me when I was a kid and I'm so grateful, so I want to work hard while I'm

here and make the most of every opportunity."

PNG's most famous rugby league player is Adrian Lam, an incisive running half back, who rose to captain Queensland's state-of-origin team.

Lam also played for the Kumuls and was national coach at one stage. ■

ONE FOR THE CALENDAR

The draw for the Rugby League World Cup 2017 has been released, with three matches to be played in Port Moresby against two European qualifiers and the US.

The matches will be on October 28, November 5 and 12.

The tournament is being co-hosted by Australia, New Zealand and PNG.

The opening blockbuster game on October 27 will be in Australia, at the Melbourne Rectangular Stadium, between the Kangaroos and England.

Matches will also be played in Brisbane, Cairns, Townsville, Sydney, Canberra, Darwin,

Perth, Christchurch, Wellington and Auckland.


The tournament's former chief executive officer, Michael Brown\*, says a deliberate decision has been made to take the competition to more fans than any World Cup has done before. "The tournament draw demonstrates how far and wide we are taking matches, from established rugby league communities, to those new and emerging fan bases in all three countries," he says.

"The decision to take matches to places like Darwin, Perth, Christchurch and Port Moresby were made with the future of the sport in mind. They are matches we believe will give

profile to the sport in markets that have already shown an appetite for rugby league."

The final will be played in Brisbane on December 2.

(\*Brown has since resigned, replaced by Andrew Hill).

 **Air Niugini flies from Port Moresby to Brisbane four times a week and from Port Moresby to Cairns daily. See [airniugini.com.pg](http://airniugini.com.pg) and [nrl.com](http://nrl.com).**



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# THE WORLD AT HER FEET

*Kevin McQuillan* meets a young PNG anthropologist who has lived around the world, including Geneva, New York and Canberra.



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Joyce Onguglo's first language is French – not what you would imagine for someone born in Mount Hagen and who comes from a country with 800, or so, distinct languages.

"My father works for the UN and moved to Geneva (Switzerland) in the 1980s, so I grew up in a little town called Ferney-Voltaire, across the border in France," Onguglo says.

Languages are one of her fortes.

"I am fluent in French, which I first learnt to read and write. I am also fluent in English, Tok Pisin, Solomon Islands Pijin, Bislama (Vanuatu pidgin) and can hold conversations in Spanish and German," she says.

After completing high school at the International School of Geneva, Onguglo moved to Brisbane to complete a double degree in international relations and political science and business administration at the University of Queensland in 2005.

She then joined the international development and training company GRM International (now Palladium) as a project co-ordinator.

From there Onguglo undertook a stint at the UN in New York, where she worked as donor and partnerships

“

I really enjoy the actual field work, getting out in communities and finding out what's going on.

”

relations consultant with UN Women under the leadership of Michelle Bachelet, the then executive director and now president of Chile.

But to stay with the UN required a Masters, which Onguglo is now nearing completion at the Australian National University (ANU) in Canberra.

She will graduate with a Masters in applied anthropology and participatory development, specialising in society and environment development work in Melanesia.

Onguglo has always kept in touch with PNG.

"We used to go back from Geneva every two years, so it was easy to get to know our PNG roots and to learn Tok Pisin along the way.

"My dad is from Kerowagi (a Sirku tribe) and my mum is from Nogar (a Gena tribe) in Simbu Province. In fact, they are from enemy tribes, although my mum and dad are very close, which goes to show what love can do.

"I speak English to them, but I am more comfortable speaking French to my two brothers and sister. They all still live in Geneva."

She says she is grateful for knowing both village life and the more sophisticated Western lifestyle, which Geneva offers. ➤



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The world at her feet

“Going back to PNG gave us another perspective and taught us to appreciate everything that had been given to us. Others in our family didn’t have the opportunities that we were given,” she says.

The nature of Onguglo’s current work means she regularly visits PNG.

Since 2014, when she started her Masters, Onguglo has worked as a project manager with ANU Enterprise, the commercial wing of the Australian National University. She oversees the development and management of contract research and consultancies associated mainly with PNG.

“Some of the work has included a social mapping exercise on the Kokoda Initiative project, which involves profiling households and social structures in the Kokoda area, as well as a World Bank project examining the effect of mining on women in mining project areas.”

She is looking forward to completing her Masters so she can continue her research work in the field on a full-time basis.

“I really enjoy the actual field work, getting out in communities and finding out what’s going on.”

Family and friends preoccupy much of her non-working time, although she stays fit by running or going for short hikes. There’s little snow in Australia, unlike Switzerland, where she goes snowboarding during winter.

“I very much enjoy my cafe and croissant and chocolate though – that’s the Swiss influence!” ■



Joyce Onguglo ... grateful to have experienced village life, as well as a sophisticated Western lifestyle.



# Stori bilong mi

"One of my goals in life is to provide health services so that the people in my district benefit and have access to health care. The only way I can do this is through education.

I studied health service management at university. I was fortunate that ExxonMobil helped me complete my studies.

ExxonMobil has put their energy into education and because of that I can help my community."

**Kunsy Donnie**  
Kikori Rural Hospital  
Gulf Province



**ExxonMobil**

# FOR THE BIRDS



## The scope

There's nothing like an extreme close-up of a zootie (that's birder slang for a rare or unusual bird) in the wild. And while binoculars can get you close, if you want to make sure you can confirm the identification with detailed observations, you need a spotting scope. According to the experts, it's the fastest way to advance your birding. The Nikon Prostaff 3 Fieldscope packs incredible magnification in almost all lighting conditions, in a simple, lightweight and durable package with a water and fogproof construction, and has fantastic optical quality. Comes with a compact tripod and carry case.

About PGK1068; [nikon.com](http://nikon.com).



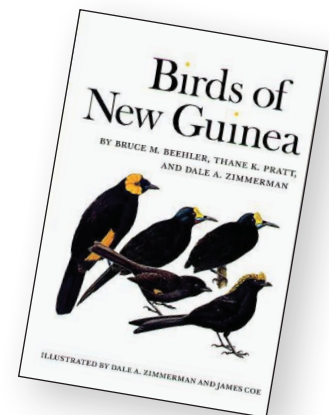
## The bag

Wood & Faulk's waxed canvas field bag – hailing all the way from Portland, Oregon, in the US – includes a luxurious, comfortable leather strap and trim, solid brass hardware, and a zipper to keep your belongings secure, so you'll be the best-looking birder going around. Easy to keep clean and to keep you camouflaged in your environment, at 28 centimetres high without handles, it's also the perfect size to fit your camera, binoculars, notebook and water bottle, all within quick and easy reach when you spot that rare find. About PGK475; [woodandfaulk.com](http://woodandfaulk.com).



## The whistle

Kaufmann Mercantile's wood and metal bird call whistle set is not only highly accurate and made from long-lasting woods and metals, but is also handcrafted by a birder in a small workshop in the French mountains. The set of six – which you can use to summon feathered friends including golden plovers, long-billed curlews and black-billed cuckoos – can be stored away in their pine box for protection between uses. Because they're that fancy. About PGK919; [kaufmann-mercantile.com](http://kaufmann-mercantile.com).



## The guide

A true delight for the bird fancier and the first definitive ornithological field guide to New Guinea, the *Birds of New Guinea* by Beehler, Pratt and Zimmerman is good for amateurs and serious bird watchers. Beginning with a detailed introduction to the region, it covers more than 700 species of birds, illustrating more than 600 of them, and covers identification, distribution, ecology, vocalisations and behaviour. Also includes sections on climate, biogeography, rainforest ecology and conservation. About PGK143; [amazon.com](http://amazon.com).





### The binoculars

You don't have to be a professional ornithologist to treat yourself to a great pair of binoculars. And when we say great, we're not talking about shelling out thousands of kina, either. These Alpen Optics Wings binoculars have super bright, sharp optics, an ergonomic lightweight design, are waterproof and fogproof, and come with a lovely case. *About PGK1267; alpenoptics.com.*



### The journal

Made from 100 per cent recyclable, all-weather paper that sheds water, dirt and grime, the Rite in the Rain birder's field notebook lets you document your birding outings no matter what the weather. Jot down notes and observations or sketches, and kiss soggy, illegible paperwork goodbye. It works with any pencil of course, but pairs particularly well with Rite in the Rain's mechanical pencil, which comes in black, red or yellow. *Journal about PGK32, pencil about PGK47; amazon.com.*

### The chair

If you're keen to just sit, soak up the serenity and wistfully watch your birds in peace for a while, this portable trail chair from LL Bean could be just the ticket. Made from a lightweight, durable material, it includes adjustable side straps so you can find just the right recline angle, and foam cushioning so you can get comfortable no matter how rough the terrain. There's even a pocket on the back to hold your birding journal and reference books when your hands are busy zooming your lens. Available in red, olive or camouflage. *About PGK100; llbean.com.*



### The camera

Unfortunately, you aren't going to go very far in birding with a standard point and shoot, or your phone's camera. But the good news is you don't have to break the bank, especially if you choose Canon's PowerShot SX50 HS. It shoots birds in flight easily in Sports Mode, has a 50x optical zoom lens that goes all the way from a wide-angle 24mm to 1200mm to capture the minute details on feathered subjects, and shoots full high-definition video – all in the form of a compact digital camera. *About PGK1362; shop.usa.canon.com.*



### The threads

Of course you can dress in any clothes you want to go birding. But if you choose the right colour palette and fabric you'll scare fewer of them away. Filson's ultra-lightweight Feather cloth shirt and durable Dry Shelter cloth pants will blend into any forest or jungle habitat. Both available in olive and tan. *From about PGK443; filson.com.*



# Gadgets and travel accessories

## A lifesaver

The Kingii is a wearable inflation device that attaches to your wrist like a watch. If you should get into trouble in the water – while surfing, swimming, boating or doing any water sports – you just need to pull the lever and a replaceable CO2 cylinder will fill the high-visibility neon floatation bag with enough air to support an adult (up to 130 kilograms) for up to 48 hours. Like an airbag for the water. *About PGK285; kingii.com.*



## Tough camera

The Olympus Tough TG-870 is nearly indestructible, whether you're going to the beach, hiking, whitewater rafting or snorkelling. It's waterproof to 15 metres, has an extra-wide 21mm angle lens, a bright 180-degree flip LCD monitor and built-in Wi-Fi and GPS. *About PGK887; getolympus.com.*



## Dual-purpose lantern

This lantern provides light and power, perfect if you're off the grid. The Black Diamond Moji Charging Station Lantern charges up to three devices via its USB port, while throwing light out over a 14-metre range. The rechargeable battery runs for 50 hours and there's a dimming switch. Comes in dark grey and bright orange, and includes a double-hook hang loop. *PGK253; blackdiamondequipment.com.*



## DSLR your phone

The Pictar basically turns your iPhone into a classic DSLR-feeling camera. It has a camera grip for your iPhone, complete with a shutter button, an exposure compensation wheel, a photo mode wheel and even a selfie button. You can connect it to real camera accessories including flashes, microphones and tripods, and it comes with a wrist strap and padded carry case. *From about PGK285; Indiegogo.com.*







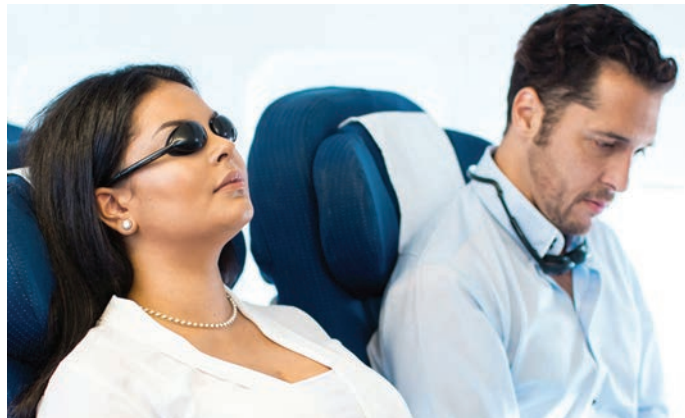
### Ergonomic backpack

When you hear that a leather craftsman, a doctor and a chiropractor have created a travel bag, you want in, right? The Healthy Back Bag is a teardrop-shaped satchel that moulds to the curve of your spine. A non-slip cross-body strap keeps it in place, and weight is distributed across the back, rather than pulling from shoulders. The bag encourages good posture, reducing the stress on your neck, shoulders and back, and making heavy loads feel lighter. Comes in a range of sizes, fabrics, colours and prints, and with exterior pockets that give easy access to cards, change, a small book or umbrella. *From about PGK63; thehealthybackbag.co.uk.*



### Safe drinking straw

If you're planning on getting off the beaten track while hiking, camping or backpacking, the LifeStraw could be a handy item. The straw will remove 99.99 per cent of waterborne bacteria including *E. coli*, *Giardia* and *Cryptosporidium* from any water source, instantly making it safe to drink. One straw is good for 1000 litres. *About PGK95, also available in steel PGK213; lifestraw.com.*



### Travel glasses

No matter how good your eye mask is, some of that annoying ambient light on planes always manages to get in. But the makers of Occles Eyewear say their goggles will keep the illumination out, and if you use them for sunbaking, they'll keep UV rays out as well. Light, durable, bridgeless and adjustable, the eye covers are padded with soft rubber for comfort. Available in white, black and aqua green. *About PGK95; occles.co.*



### Organisational pocket

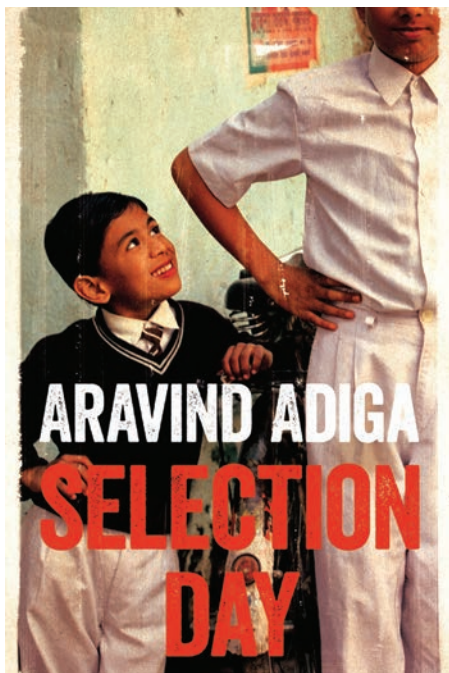
This Australian-designed slick black neoprene bag sorts your travel essentials into a neat package that fits in the seat-back pocket on planes. The wide red band across the back means it can be secured to your suitcase handle when you're on the move, and it also has a detachable and adjustable shoulder strap. *About PGK177; shop.airpocket.com.au.*



### Charging jacket

This Inspector Gadget-like travel jacket will charge your devices. Seriously. Built around a wallet that holds a credit card-thin battery by Seattle-based start-up BauBax, it's what you wish for when your phone battery's on red. The built-in charging system means your phone can charge in the pocket of a jacket or jeans, your smart watch can charge on your wrist, and your Bluetooth headphones can charge by clipping into the jacket collar. Machine washable, and comes in various styles and colours. *From about PGK440; baubax.com.*





***Selection Day* (Pan Macmillan),  
by Aravind Adiga**

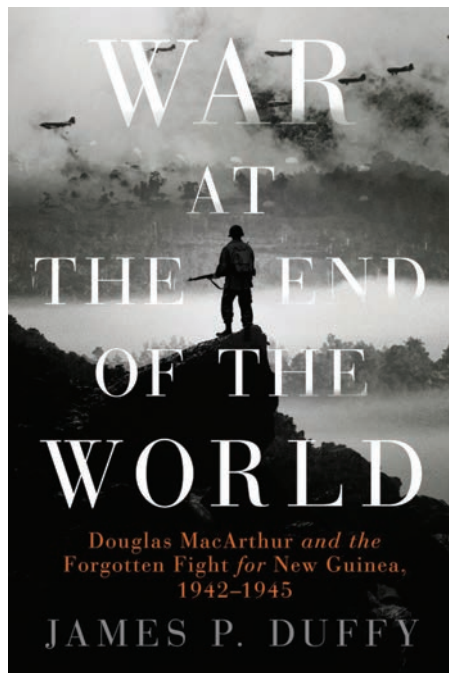
Indian writer Aravind Adiga's first novel, *The White Tiger*, won the Man Booker Prize for fiction in 2008. English newspaper columnist A.N. Wilson described Adiga as 'the most exciting novelist writing in English today'.

Adiga's latest novel is *Selection Day*. The main character, Manju, is just 14. He is good at cricket, though not as good as his elder brother Radha. He hates his domineering and cricket-obsessed father, admires his brilliantly talented brother and is fascinated by the television show *CSI* and curious scientific facts.

And while there are many things Manju knows about himself and the world, he also knows there is much he is still to discover. Yet, confusingly to Manju, everyone around him seems to have a clear idea of who he should be.

But how can they know if Manju doesn't yet know who he is?

When Manju meets Radha's great rival, a boy as privileged and confident as Manju is not, everything in Manju's world begins to change. He is faced by decisions that will challenge his sense of self and the world around him.



***War at the End of the World* (Penguin),  
by James P. Duffy**

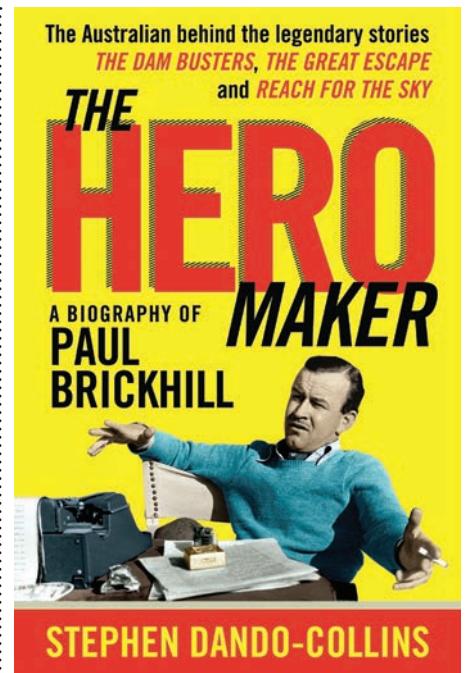
This story of American General Douglas MacArthur's World War 2 campaign in Papua New Guinea is described by Duffy as a forgotten fight.

The author has written a dozen books, many on military history, and chronicles the most ruthless combat of the Pacific War, a fight complicated by an unforgiving terrain.

Duffy, an American, draws on primary sources to fill in what, for his fellow US citizens at least, is described as a crucial gap in the history of World War 2.

The Japanese forces numbered some 600,000 men in PNG in 1942. Allied commander-in-chief MacArthur committed 340,000 Americans, as well as tens of thousands of Australian, Dutch, and New Guinea troops, to retake New Guinea at all costs. What followed was a four-year campaign that involved some of the most horrific warfare in history.

"Reaching deep into the jungles of New Guinea, James P. Duffy resurrects the spirit of MacArthur and the men who fought with rifle and bayonet for the Pacific War's pivotal island," wrote author Jonathan W. Jordan of Duffy's latest work.



***The Hero Maker* (Random House),  
by Stephen Dando-Collins**

*The Great Escape* may be one of the most renowned stories from World War 2. The book, about the escape of allied prisoners of war through tunnels under a German prisoner of war camp, was famously made into a film starring Hollywood icon Steve McQueen.

Former Australian fighter pilot Paul Brickhill wrote the book – he was a POW at the German prison – as well another book, *The Dam Busters* that also made the leap into movie world. This year marks the 100th anniversary of Brickhill's birth and 25 years since his death.

In *Hero Maker*, historian, author and biographer Stephen Dando-Collins writes of Brickhill's extraordinary story – from a youth with a debilitating stutter to Sydney journalist, to Spitfire pilot and POW, to feted author. He was the J. K. Rowling of his time in the sense that he was, around the mid 1950s, the highest-earning author in the UK.



# TIME FOR AN EXPORT.

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### ***Sunset Song***

The movie is based on a novel by Scottish writer Lewis Grassie Gibbon, the pseudonym of James Leslie Mitchell.

The book, *Sunset Song*, part of a trilogy, is widely considered the classic Scottish novel of the 20th century.

The central character is Chris Guthrie, a young woman who lives on a farm and not only battles the elements, but also tradition, change and society's expectations.

During World War 1, despite the carnage, heartbreak and pain, there are also moments of celebration. Guthrie finds her own voice, draws strength and resolve from her ancient land and somehow finds sunshine despite the gloom.

Film review website Rotten Tomatoes published this: 'Achingly lovely on both visual and narrative grounds, *Sunset Song* adds another small gem to writer-director Terence Davies' filmography'.

Agyness Deyn (*Clash of the Titans* and *Hail, Caesar!*) plays Guthrie.



### ***Pete's Dragon***

This reimagining of a cherished Disney family film tells of the adventure of an orphaned boy named Pete and his best friend Elliott, who happens to be the dragon.

Robert Redford (pictured) plays Mr Meacham, a wood carver who has for years entertained local children with his tales of a fierce dragon that lives in a nearby woodland.

For Meacham's daughter, Grace, who works as a forest ranger, these stories are little more than tall tale – until she meets Pete, a mysterious 10-year-old with no family and no home who claims to live in the woods with a giant, green dragon named Elliott.

From Pete's descriptions, Elliott seems remarkably similar to the dragon from her dad's stories. With the help of Natalie, an 11-year-old girl whose father owns the local lumber mill, Grace sets out to determine where Pete came from, where he belongs, and the truth about this dragon.



### ***A United Kingdom***

This UK-made drama and love story is based on extraordinary true events soon after the end of World War 2.

In 1947, Seretse Khama, the King of Botswana, played by Englishman David Oyelowo, fell in love with London office worker Ruth Williams.

Not surprisingly, the marriage was opposed by their respective families as well as the British and South African governments. Yet, Khama and Williams (recreated by English actor Rosamund Pike) defied not only their families but the powerful forces of apartheid and the British Empire.

The movie portrays their love triumphing over every considerable social and political obstacle. And as if defying vulgar and stifling conventions weren't enough, this united duo also managed to transform the poorest country in Africa into one of the continent's most peaceful and prosperous.

Such stories can leave you wondering why it took so long to bring them to the screen.

***Port Moresby's Paradise Cinema screens many of our reviewed movies. For screening dates and session times see [paradisecinemaspng.com](http://paradisecinemaspng.com).***





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**David James reports on the pioneering ways of Raymond Chin, chairman of the CHM Group and a driving force in the PNG music industry.**

**W**hen Raymond Chin, the managing director of the CHM Group, first delved into the music industry as a hobby as a bass guitarist in 1972, he didn't realise it would become a massive business for him.

By 1978, he had started CHM Supersound, PNG's first recording studio.

"It was a small four-track studio and we started recording (PNG musicians)," he says.

"All the groups within the Central region (including the Paramana Strangers) were under my record label. It started to evolve in time, and it was really interesting seeing the music being created and becoming big hits.

"We started recording artists in every province from Central, Gulf, Madang, Sepik, Rabaul and the Highlands."

At the same time, Chin had an electronics wholesale and retail operation, when he acquired the distributorship for the National brand from Matsushita in 1984.

"It developed into Panasonic and it became a massive business for us," he says. "That (Panasonic) was the hardware (radio cassette players) and the music was the software (cassette tapes).

The CHM Group now has five divisions: retail electronics, with six outlets; a commercial division that operates as a distributor and agent for consumer electronic, photo digital printing and home products; property leasing; energy technology/air conditioning; and the music recording label and a radio station.

The history of CHM is one of innovation, according to Chin. He says in 1983, when

local radio stations were refusing to play PNG music, he set up a PNG Top 20 and paid the stations to play it.

In 1984, he says, he started a music TV show for PNG under the name *Pepsi Fizz*. "It was so popular; it was huge. When Pepsi left, that program evolved into *CHM Supersound*, which ran for about 20 years and was rated in the top three programs on MTV."

In 1993, says Chin, he hosted PNG's first open-air concert for the Red Cross at the Sir John Guise Stadium for about 50,000 people. "The concerts packed the stadium to full capacity."

In 1995, the company began exporting PNG-made radio music programs to Vanuatu, Solomon Islands, Thursday Island and Australia (Townsville and Cairns).





**Making music ... Raymond Chin with the Paramana Strangers at the first CHM Supersound Music Awards in 1981 (above); a CHM Supersound concert in Port Moresby in 1995 (below).**

In 1996 and 1997 it launched PNG's first music internet website (cmhsupersound.com) and hosted the first South Pacific music festival in Port Moresby, bringing artists from all over the region, including Fiji, the Solomon Islands, New Zealand, Vanuatu and Samoa. In 2004 CHM acquired Pacific Gold Studio, the other big recording studio in Port Moresby.

By 2008 conditions in the music industry had worsened, however.

"The way we did business 30 years ago worked very well for those years, but technology has changed the way we do business. The music industry was suffering, and declining very fast due to rampant piracy

through the China trade stores who were also selling audio products using SD and USB drives. "We could feel it, seeing our sales dropping very rapidly each year.

"I brought in some copyright lawyers and did a workshop with the public and with some of the government sector, to educate them on copyright and what they could do. But not a lot of people understood copyright at this stage. Even the lawyers didn't understand it.

"We really had a hard time. I was watching the music business nosedive and there was nothing I could do. But I thought I'd have a last try: find out what was the best way to keep the music industry going." ➤



**The stories in our 'Strictly Business' section were first published in PNG's online business magazine, [businessadvantagepng.com](http://businessadvantagepng.com) and are re-published by arrangement with Business Advantage International.**



The beat goes on



Local talent ...  
Chanted Groove  
singer Shane Amean.

“

We have really exciting plans for what I will call a new super highway built for PNG music; a new platform that will cover not only Papua New Guinea, but the whole world.

”

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**Raymond Chin ... his music business has moved with the times.**

Chin started a radio station, 99.5 Rait FM (after the current slang, *Right man*), in the Central Province. It plays 100 per cent Papua New Guinean and South Pacific music. It forced all the other radio stations to play PNG music.

“We were the only station to create music as well as play it. We don’t borrow from other studios or people, we create our own hits and share the music with other stations.”

Chin is now also working with

other Pacific producers to create international hits.

He believes it is an exciting era in the music industry. “We have really exciting plans on the move this year for what I will call a new super highway built for PNG music; a new platform that will cover not only Papua New Guinea, but the whole world.

“We’ll be working with big international technology companies. It will change the way PNG music will reach the people. We are also working with all the mobile phone companies.

“We have to build a totally new platform to drive PNG music to a higher level.”

Chin says he will announce the details of the platform soon.

Braden Chin, the son of Raymond, is the music division manager driving the new development. “It is important to keep the industry going and to continue to support and promote the unique sounds of PNG.” ■





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# PanAust offers hand of friendship

Mining company PanAust wants to be a good neighbour to local communities in which it will operate, *David James* reports.

Diplomacy ... PanAust's Glen Connell (left) says community engagement is important to the success of the Frieda River copper-gold project.





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Frieda River Limited, the wholly owned Papua New Guinea subsidiary of PanAust, has lodged a special mining lease application with PNG's Mineral Resources Authority to develop the Frieda River copper-gold project.

Glen Connell, PanAust's general manager, government and community relations, says that developing a 'social licence' to operate is critically important for the success of the project.

With a potentially long-term operation, Connell says establishing a sound relationship with the community is fundamental.

"If you don't have the social licence to operate you won't have any longevity whatsoever. I think we have long accepted that, and it is something that we have learned in Laos.

"It put us in good stead in that country, which wasn't a mature mining investment destination when we went in. The key very much to our success in Laos has been community engagement, good environmental practices, strong safety performance, and looking after our people.

"I guess the trick is to work out how you tailor that to any given situation. Whether it is PNG, or anywhere else in the world, the same philosophy applies."





**Frieda River ... a special mining lease application has been lodged to develop a copper-gold project.**

The Frieda River joint venture is 80 per cent owned by PanAust, which is in turn owned by Guangdong Rising HK, a subsidiary of the Chinese state-owned enterprise Guangdong Rising Assets Management Company (GRAM). Highlands Pacific owns the remaining 20

per cent stake. Frieda River Limited is the manager of the joint venture.

The PNG government has a right to acquire, at cost, up to 30 per cent of the project.

The joint venture's recently released feasibility study claimed the potential mine is 'one of >

“

It is not about what today's copper or gold prices are and projecting those forward for the next six months. We are looking at a project that could operate for decades.

”



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|---|--|



Hand of friendship

“

The key to our success in Laos has been community engagement, good environmental practices, strong safety performance, and looking after our people. Whether it is PNG, or anywhere else in the world, the same philosophy applies.

”



the largest undeveloped copper-gold deposits in the world’, with an initial 17-year mine life.

Connell says there are similarities between Laos and PNG. Both nations are developing countries and in similar socio-

economic situations. But he says there are some crucial differences.

“PNG is a more mature mining destination with decades of experience,” he says. “The legislative frameworks are well

developed; the bureaucracy understands mining and is attuned to it.”

Connell says the company does not focus on short-term fluctuations in metal prices. He says that periods of weaker prices often represent the best times to be advancing and building projects.

“It is not about what today’s copper or gold prices are and projecting those forward for the next six months. We are looking at a project that could operate for decades.

“So, we look at what the longer-term outlook is and I think with copper it is safe to say that most, if not all, analysts see a good future, if not in the near term, then certainly in the medium to longer term. We share that view.”

Connell says falling interest rates in the developed world means a potentially lower cost of capital. “But the external environment will do what the external environment does. You design the most robust project you can and you seek to deliver it.

“We have been in close contact at all levels of government and other stake holders to make sure

that we secure the business licence.

“You need a little bit of tunnel vision in that regard. At the same time, we have to think about the long-term price of oil, or any given commodity, or economic factor that you have to deal with.

“It all comes down to the robustness of the design, development, implementation and your ability to operate. I think we have ticked the box on each of those in Laos and there is no reason to think we won’t do the same in PNG.”

Now that the application for a special mining lease has been lodged, Connell is not willing to speculate about how long the approval process will take. “We have been in close contact at all levels of government and other stake holders to make sure that we secure the business licence to operate as well as the social licence to operate. That process has been positive.

“But I can’t answer how long it will take. It is not a process that we can control.” ■

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# A taste of things to come

Food company Goodman Fielder is ramping up its operations in Papua New Guinea, *David James* reports.

The 100-year-old Australasian company Goodman Fielder was acquired last year by the Singapore-based edible oils company Wilmar International, and Hong-Kong based investment company First Pacific, for PGK3.02 billion. It signalled a shift to integrate the company more into the Asian region.

Jean-Michel Lejeune, general manager at Goodman Fielder PNG, who was formerly general manager of Nestle PNG, has been in the new role for nine months.

He says that the new owners of the company are taking a long-term view of the business.

The new owners appear to have the size to adopt the long view. Wilmar claims to

be the largest agribusiness group in Asia, with interests in edible oils, sugar milling and refining, grain processing and consumer foods. First Pacific owns 50 per cent of Indonesia's largest food company, Indofood.

In a counter-cyclical strategy, Wilmar has committed to a major investment in PNG, despite the current economic challenges. The company says once plans have been finalised, construction will begin on a large, modern Buhler-designed flourmill in Lae.

The multi-million kina project will increase capacity, enabling the company to produce enough high-quality flour per day to keep up with demand from PNG's growing population. A more modern stock feed mill is also planned.



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Goodman Fielder first established operations in PNG in 1975 through Associated Mills Limited, producing flour and stock feed. It currently has a flourmill in Lae and a second mill in Port Moresby, along with a bakery. The company presently produces Flame Flour,

**Jean-Michel Lejeune ... the Goodman Fielder general manager says new PNG-made products will be introduced to the company's range and a large flourmill will be built in Lae.**

Twisties and Pops Snacks, Flame Stock Feed, Bilas Bread and Cakes and Arthurs Pies in PNG.

Goodman Fielder PNG also sells other products such as Meadow Lea, Praise, Cornwells, White Wings and Meadow Fresh long-life milk, which are produced in Australia and New Zealand.

Lejeune says that some new products are being introduced this year, most of which will be produced in PNG.

"The takeover has energised Goodman Fielder PNG and our challenge now is to maintain that momentum," says Lejeune. "The company really believes in PNG and is currently increasing its management capacity by recruiting the top experts in a range of fields."

The new owners' intention (is) to take Goodman Fielder from the premier Australasian food company to a leading Asian and Pacific Islands food company. ■

## Essential reading for PNG-focused executives

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Beer central ... the Port Moresby plant of the SP Brewery, which has been in business for 65 years.

# BREWER UPBEAT

Despite some tough economic conditions, PNG's largest brewery is in good shape, the company's managing director tells *David James*.

Running a manufacturing business in Papua New Guinea is like being a farmer, according to managing director of SP Brewery, Stan Joyce.

"We had this amazing boom during the LNG construction phase and the commodity boom," he says. "Now things have slowed down but the business is still stronger than it was before."

Joyce says the lack of availability of foreign exchange is a concern. He says people remember previous crises and are trying to avoid a repeat.

Joyce says moving more to local suppliers is one way of responding to the currency difficulties. "You can shift to locals to some degree and there is no doubt we are doing that; you can do those things to mitigate it.

Joyce believes it is a myth that beer is a recession-proof industry, although there is always demand.

"People always enjoy a beer; they enjoy it a lot more when they have got money. If you are drinking because you are sorrowful it is terrible."

Papua New Guinea, says Joyce, has become "more globally connected", but many difficulties remain.

"There are always logistical challenges," he says. Some of the problems identified by Joyce include access to consistent, clean power, the state of the Highlands Highway, and the unreliability and cost of the internet.

Joyce says, operationally, the business is in good shape. "We have got all the things





“

In a manufacturing sense, you look at the country (PNG) and it has a young, urbanising population – it has got the things that the rest of the world wants.

”

under control; we are pretty well oiled after 65 years.

“Business in PNG is a bit like farming. If there is a drought there is nothing you can do. There are a couple of good years, and a couple of bad years, and the rest of it is somewhere between the two. It is cyclical, and now we are somewhere back where we were in the mid-1990s.

“We will just take a big deep breath, we will ensure our business stays fit and do the things we need to do.

“PNG has six million people, and five million of them live in villages. They are semi-subsistence; they are in and out of the economy. So life never changed very much for them during the boom and it won't change too much during the downturn.” >

**Stan Joyce ... says people always enjoy a beer but that it's a myth that beer is a recession-proof industry.**



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Brewer upbeat

“

Business in PNG is a bit like farming. If there is a drought there is nothing you can do. There are a couple of good years, and a couple of bad years, and the rest of it is somewhere between the two.

”

Joyce says the outlook for PNG’s largest brewery is “very, very positive” in the medium and long term. In particular the demographic trends are encouraging.

“In a manufacturing sense, you look at the country and it has a young, urbanising population – it has got the things that the rest of the world wants. As long as everything is kept within a reasonable tidiness: politically,

legally and everything else, there should be some brighter days up yonder.

“Short term, there are going to be a few issues; we will ride them out. We will just take a big deep breath, we will ensure our business stays fit and do the things we need to do. So when it comes good we are ready to ride that wave. We remain upbeat but it is going to be a little while.” ■



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# The gas lady

Helen Victor's gas-delivery business has flourished, helped along the way with a small business start-up package from the bank.

Helen Victor delivers LPG gas cylinders door to door to residents and businesses in Port Moresby and outlying villages. When her customers see her coming, they say: 'Here comes the gas lady.' The familiarity has been crucial.

A secondary school English and social sciences teacher by profession, she established the business – Zoenani Gas Supplies – when she relocated from Lae

to Port Moresby because of her husband's work commitments.

The business began in 2012, with Victor operating as a distributor out of her back yard. She quickly ran out of gas, however, and, realising that demand was strong, she bought a truck and a block of land near her home.

The next step was to market the business using flyers. Word of mouth also proved crucial. Victor commenced door-to-door deliveries in 2014.

"I started with about five small gas bottles," she says. To meet the high demand and buy the necessary stock, Victor opened a BSP Smart Business account in 2013 and in 2014 got a loan from BSP to fund growth.

BSP provided two EFTPOS machines, one for the home office and one for the trucks. Now, almost half her business is electronic: "The EFTPOS technology is very popular with customers because many prefer not to use cash."

Victor finds some customers prefer phone banking. "I do repeat sales because they find it more convenient than cash. All they do is sit in the convenience of their house and have the gas delivered to them."

The banking technology is not just useful for its customer convenience. It also establishes a transaction record, which can be used to facilitate a business loan.

"All the transactions that I do, the bank has a record of that. So in terms of going for

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PICTURE: BANKS SOUTH PACIFIC



Helen Victor ... started business with five small gas bottles and now supplies, hotels, apartments and residences.

a loan I don't have to get an accountant to do my books. All they do is look at the records of the transactions that I do with my Smart Business debit card."

Victor says the business has grown from selling 350 kilograms to 15 metric tonnes. "That is a significant difference," she says. The business has two trucks. Airways Residences is a customer, as well as several hotels."

There have been challenges along the way. "When I started out, I was driving the truck myself and I found that my gender was a barrier. People were more reluctant about ordering their gas cylinders from a woman," she says.

Victor believes the key is to do the little things correctly. She says the mix of EFTPOS, mobile phone banking and on-line banking has been crucial. "It is a smarter way of doing business," she says. ■

# Linking our country



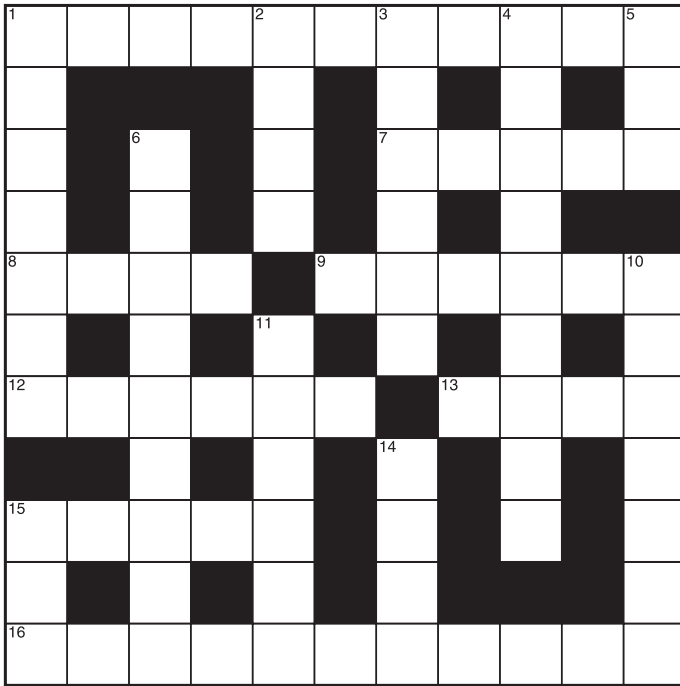
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### DoubleTake

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



### CRYPTIC CLUES

#### ACROSS

1. Private ram sign for personal assistants (11)
7. Cheers for brown bread (5)
8. Defeat slick characters without their leader (4)
9. Refusal to work in protest at tenpin score (6)
12. Dirty sword did get a mention (6)
13. The extremities of displeasure are dreadful! (4)
15. Tacit arrangement for loft (5)
16. The stern son stirred up home for wasps (6'1,4)

#### DOWN

1. Clergyman's vestment said to be too much (7)
2. Devours most treats (4)
3. Move statue? Clever (6)
4. Put a slant on piece of writing (9)
5. Be seated and pose for artist (3)
6. House painter is a speaker after December (9)
10. Graceful Glen ate out (7)

11. Cleric revolution (6)
14. Hidden microphones that stop programs running smoothly (4)
15. Fire remains as he begins (3)

### STRAIGHT CLUES

#### ACROSS

1. Correspondence clerks (11)
7. Drink the health of (5)
8. Touch with tongue (4)
9. Light (match) (6)
12. Sleazy (6)
13. Rock band, ... Straits (4)
15. Room within roof (5)
16. Potentially explosive situation (6'1,4)

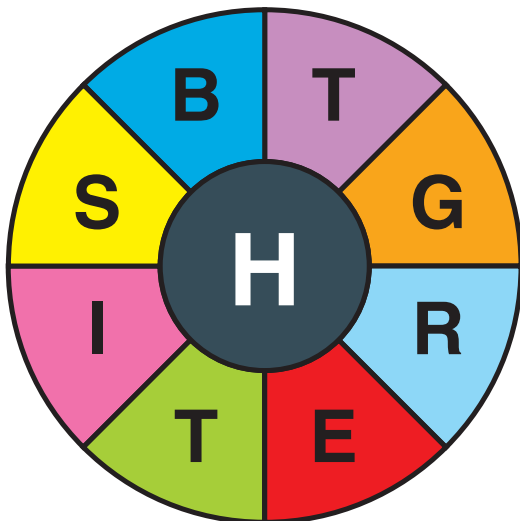
#### DOWN

1. Leftover (7)
2. Is humiliated, ... humble pie (4)
3. Perceptive (6)
4. Print with sloping letters (9)
5. Command to dog (3)
6. Interior designer (9)
10. Stylish (clothes) (7)
11. Polar region, Arctic ... (6)
14. Creepy-crawlies (4)
15. Fair-haired lady, ... blonde (3)

### Wheel Words

Create as many words of 4 letters or more using the given letters once only but always including the middle letter. Do not use proper names or plurals. See if you can find the 9-letter word using up all letters.

11 Good      17 Very Good      24+ Excellent




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# The Paradise Quiz

## HOW WELL DO YOU KNOW THE REGION?

1. Apart from being in PNG, what is the common link between Baia Lodge, Lake Murray Lodge and Lindenhafen Resort?
2. What is a PMV?
3. In which PNG town would you find Machine Gun Beach?
4. PNG is 463,000 square kilometres, comprising the mainland and, roughly, how many islands: 6, 60, 600, 6000?
5. What percentage of PNG's population lives in urban areas: 2%, 13%, 33%, 71%?
6. What is Woodford's Rail?
7. In which South Pacific country would you find Guadalcanal?
8. Why is Guadalcanal so well known?
9. What type of coin would you have in your pocket if you were in Manila?
10. French-born artist Paul Gauguin is most commonly associated with paintings from which South Pacific nation?
11. In which country would you eat a chocolate fish?
12. Who are the only people allowed to wear hats and sunglasses in Fijian villages?
13. Which Asian city was once known as Batavia?
14. Which two boxers slugged it out in the 'Thrilla in Manila' in 1975, and who won?
15. Who is the prime minister of New Zealand?

# Sudoku

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

Rating: ★ ★ ☆ ☆ ☆

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


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# Solutions

**Wheel Words**

Solution: Heir, Herb, Hers, Hire, Sigh, This, Berth, Bight, Birth, Eight, Girth, Heist, Right, Shier, Shire, Shirt, Sight, Their, Tight, Tithe, Bright, Hitter, Sigher, Theist, Thirst, Tights, Tither, Sighter, Tighter.

9-letter word: BRIGHTEST

|   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|
| S | E | C | R | E | T | A | R | I | E | S |
| U |   |   |   | A |   | S |   | T |   | I |
| R |   | D |   | T |   | T | O | A | S | T |
| P |   | E |   | S |   | U |   | L |   |   |
| L | I | C | K |   | S | T | R | I | K | E |
| U |   | O |   | C |   | E |   | C |   | L |
| S | O | R | D | I | D |   | D | I | R | E |
|   |   | A |   | R |   | B |   | S |   | G |
| A | T | T | I | C |   | U |   | E |   | A |
| S |   | O |   | L |   | G |   |   |   | N |
| H | O | R | N | E | T | S | N | E | S | T |

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

**The Paradise Quiz**

1. They are fishing lodges.
2. A minibus used for public transport (public motor vehicle).
3. Madang.
4. 600.
5. 13% (in 2015) according to the CIA World Factbook.
6. An endangered bird species in PNG and the Solomon Islands.
7. Solomon Islands.
8. It was the scene of intense fighting between the Allies and Japanese during World War 2.
9. Peso.
10. Tahiti.
11. New Zealand. It's an iconic Kiwi confectionary that is fish shaped, with chocolate on the outside and strawberry marshmallow inside.
12. The chiefs.
13. Jakarta.
14. Muhammad Ali defeated Joe Frazier.
15. John Key.

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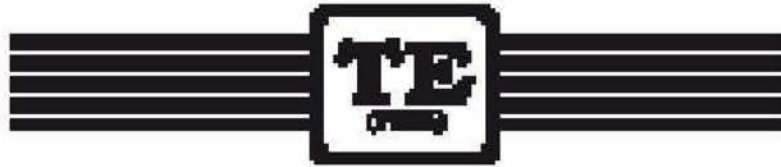

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# Out and about

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



PICTURES: PNG TOURISM PROMOTION AUTHORITY, DAVID KIRKLAND

## 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).

**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.

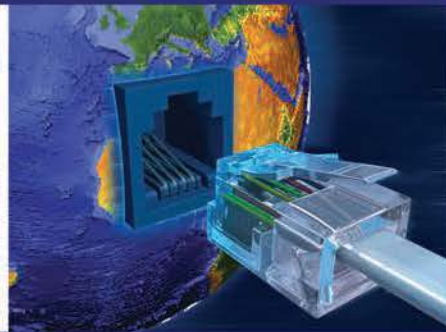
## EATING, DRINKING, SOCIALISING IN PORT MORESBY

**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 ➤





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traditional rectangular, wood-fired Italian pizza. See [airways.com.pg](http://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. The burgers and the fish and chips are spectacular. This is a great spot to sit at lunchtime under the shady mango trees, or in the air-conditioned bar. See [aviat.com.pg](http://aviat.com.pg).

**Cafe on the Edge:** There are good hamburgers here and breakfast options such as eggs benedict, avocado and the best crispy bacon. The servings are generous. It is one of the few cafes in town that opens early; you can grab your first cuppa from 6.45am. Located under the residential buildings on the new Harbour City development, down behind the ANZ and BSP bank. See [facebook.com/CafeOnTheEdge](https://facebook.com/CafeOnTheEdge).

**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 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 [ourportmoresby.co/things-to-do/archives/daikoku](http://ourportmoresby.co/things-to-do/archives/daikoku).

**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](https://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 Sunday mornings. See [ourportmoresby.co/things-to-do/archives/dynasty](http://ourportmoresby.co/things-to-do/archives/dynasty).

**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](http://grandpapuahotel.com.pg).

**Lamana Hotel:** The hotel's restaurant has a daily soup and salad buffet lunch, with your choice of main and a drink. There is an Indian buffet night on Thursdays. See [lamanahotel.com.pg](http://lamanahotel.com.pg).

**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](http://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.

**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. ►

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**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 [ourportmoresby.co/things-to-do/archives/dynasty](http://ourportmoresby.co/things-to-do/archives/dynasty).

**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](http://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](http://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](http://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](http://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. Recently expanded to include a three-star Holiday Inn Express hotel. See [ing.com](http://ing.com). Tel +675 303 2000.

**Laguna Hotel:** The Laguna is the latest hotel to open in Port Moresby, providing high-end facilities. The 60-room property is a five-minute drive from the heart of Port Moresby and features a lagoon-style pool, free airport transfers, free Wi-Fi and free buffet breakfast. Tel +675 323 9333.

**Lamana Hotel:** Also in Waigani, this modern hotel's facilities include the popular Palazzo restaurant (steaks, pizzas and Indian cuisine), business centre, conference facilities and



fashionable nightspot, the Gold Club. 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](http://thestanleypng.com). Tel. + 675 302 8888.



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EATING, DRINKING, SOCIALISING IN LAE

**Bunga Raya Restaurant:**

A local favourite, serving Malaysian-style Chinese. Located next door to the Lae Golf Club. Make 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 challenging 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. 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, make sure to try the Japanese fusion menu – it's the only place in town where you can get good sushi. See hornibrook.com.pg/crossroads/. Tel. +675 475 1124.

HOTELS

**Crossroads Hotel:** A 45-room facility at 9 Mile. The hotel has a Japanese-themed teppanyaki restaurant with Asian/Western fusion menus, full bar service, a well-equipped gym, WiFi 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.

**Melanesian Hotel:** An iconic property located in the heart of Lae. The city centre is easily accessible and the hotel has nice rooms with harbour views. A gift store and hairdresser is available on site, as well as a contemporary restaurant offering everything from pizza and steak to Asian and roast buffets. See coralseahotels.com.pg. Tel. +675 472 3744.

**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 now connect to free

Wi-Fi. The National Airports Corporation (NAC) announced the development earlier this year.

To connect, users need to present a boarding pass and ID, or passport, at the NAC information desk in the departure lounge where they will receive a username and password.

HELPFUL WEBSITES

Air Niugini, airniugini.com.pg

Business Advantage PNG, businessadvantagepng.com

PNG Tourism Promotion Authority, papuanewguinea.travel

Port Moresby Chamber of Commerce and Industry, www.pomcci.com ■

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**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 wea?**
- *One coffee with milk, please.*  
**Wanpela kap kopi wantaim milk plis.**
- *Where is the toilet?*  
**Toilet istap wea?**
- *How much is this?*  
**Dispela em haumas?**
- *Thank you very much.*  
**Tenkyu tumas.**
- *You understand English?*  
**Yu save long tok Inglis?**
- *Where is my bag?*  
**Bag bilong mi istap wea?**
- *Where can I change my money?*  
**Wanem hap bai mi senisim moni bilong mi?**
- *One beer, please.*  
**Wanpela bia plis.**
- *Why? Long wanem?*
- *How many children do you have? Yu gat haumas 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 kai kai**
- *Goodbye* **Gudbai**
- *Hello* **Halo**
- *Water* **Wara**
- *Baggage* **Kago**
- *Airport* **Ples balus**
- *Place* **Ples**
- *Fish* **Pis**

**NUMBERS**

- 1**  
Wan
- 2**  
Tu
- 3**  
Tri
- 4**  
Foa
- 5**  
Faiv
- 6**  
Sikis
- 7**  
Seven
- 8**  
Et
- 9**  
Nain
- 10**  
Ten

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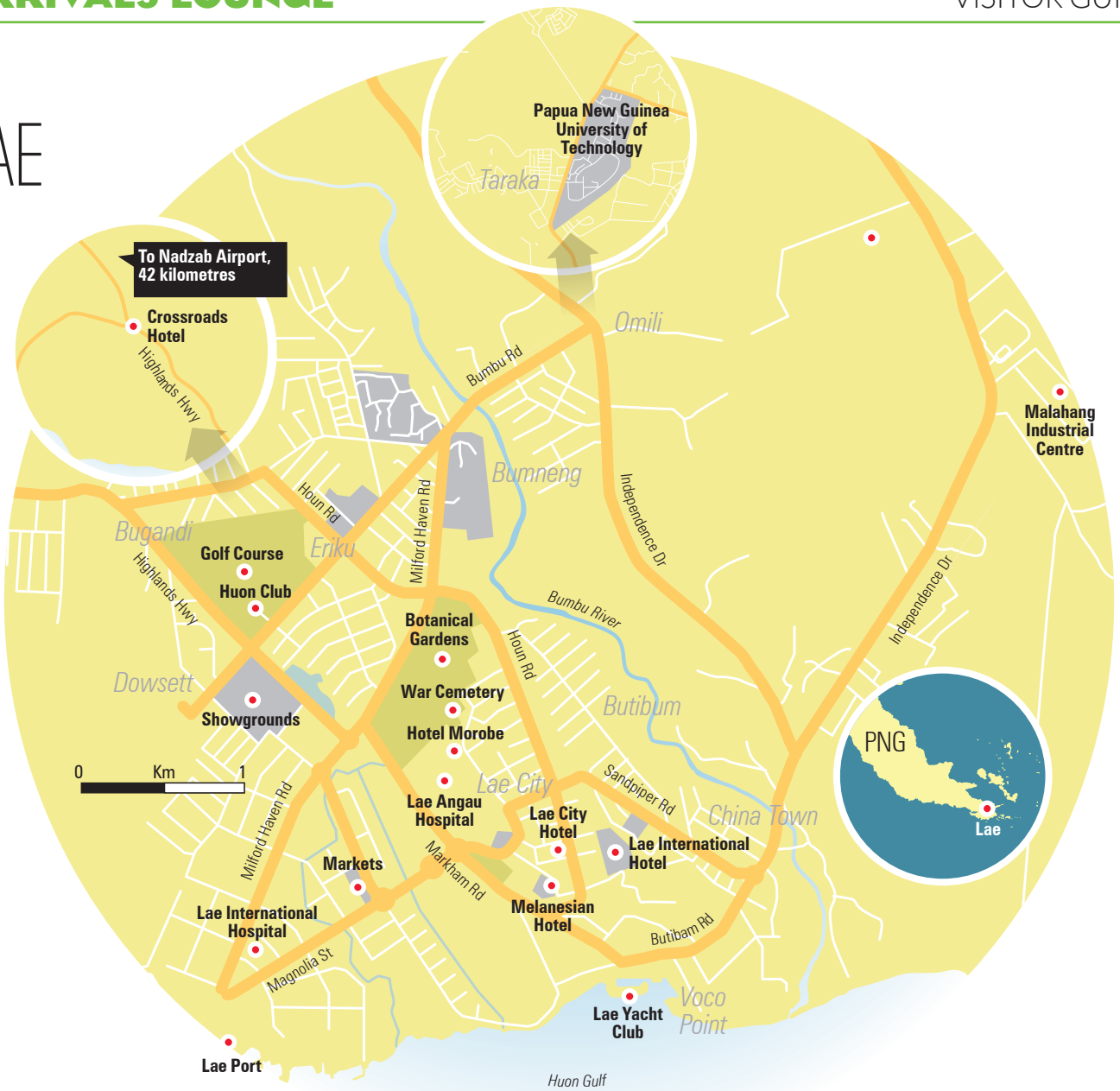
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### Please ask us

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### 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         | Power plant: 2 x PW4000         |
| Wing span: 47.57m      | Normal altitude: 11000 - 12000m |
| Range: 8100km          | Standard seating capacity: 214  |
| Cruising speed: 857kph | Number of aircraft in fleet: 2  |



### B737-800 - Boeing

|                        |                                |
|------------------------|--------------------------------|
| Length: 39.5m          | Power plant: 2 x CFM56-7B26    |
| Wing span: 35.79m      | Normal altitude: 11300m        |
| Range: 8100km          | Standard seating capacity: 158 |
| Cruising speed: 857kph | Number of aircraft in fleet: 2 |



### B737-700 - Boeing

|                        |                                |
|------------------------|--------------------------------|
| Length: 33.6m          | Power plant: 2 x CFM56-7B22    |
| Wing span: 35.79m      | Normal altitude: 11300m        |
| Range: 6370km          | Standard seating capacity: 122 |
| Cruising speed: 830kph | Number of aircraft in fleet: 1 |



### F100 - Fokker

|                        |                                      |
|------------------------|--------------------------------------|
| Length: 35.528m        | Power plant: 2 x Rolls Royce Tay 650 |
| Wing span: 28.076m     | Normal altitude: 11000m              |
| Range: 3000km          | Standard seating capacity: 98        |
| Cruising speed: 780kph | Number of aircraft in fleet: 7       |



### F70 - Fokker

|                        |   |
|------------------------|---|
| Length: 30.91m         | Power plant: 2 x Rolls Royce Tay 620-15 turbo-fan engines |
| Wing span: 28.08m      | Normal altitude: 11000m                                   |
| Range: 3410km          | Standard seating capacity: 80                             |
| Cruising speed: 743kph | Number of aircraft in fleet: 1                            |



### DASH 8-Q400 NextGen - Bombardier

|                        |   |
|------------------------|---|
| Length: 32.8m          | Power plant: 2 x Pratt & Whitney PW150A |
| Wing span: 28.4m       | Normal altitude: 7500m                  |
| Range: 3000km          | Standard seating capacity: 74           |
| Cruising speed: 670kph | Number of aircraft in fleet: 6          |



### Falcon 900EX - Dassault

|                        |                                   |
|------------------------|-----------------------------------|
| Length: 20.21m         | Power plant: 3 x Honeywell TFE731 |
| Wing span: 19.33m      | Maximum altitude: 51000ft         |
| Range: 4500nm          | Standard seating capacity: 12     |
| Cruising speed: 650mph | Number of aircraft in fleet: 1    |

# Your health inflight

At Air Niugini we care about your comfort and safety. We have included the following information about your health in-flight that we hope you will find helpful and useful.

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

## Blood Circulation/Muscle Relaxation

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

The central blood vessels in your legs can be compressed, making it more difficult for the blood to get back to your heart.

The long inactivity of your body muscles in this position can result in muscle tension, back aches or a feeling of excessive fatigue during, or even after, your flight.

A stationary position inhibits the normal body mechanism for returning fluid to your heart, and gravity can cause the fluid to collect in your feet. This results in swollen feet after a long flight.

Studies have concluded that prolonged immobility may be a risk factor in the formation of clots in the legs (DVT - deep vein thrombosis). Particular medication and medical conditions may increase the risk of formation of clots if associated with prolonged immobility.

Medical research indicates that factors which may give you an increased risk of blood clots in the legs include:

- ✦ Former or current malignant disease
- ✦ Blood disorders leading to increased clotting tendency
- ✦ Personal or family history of DVT
- ✦ Immobilisation for a day or more

- ✦ Increasing age above 40 years
- ✦ Pregnancy
- ✦ Recent major surgery or injury, especially to lower limbs or abdomen
- ✦ Oestrogen hormone therapy, including oral contraceptives
- ✦ Dehydration
- ✦ Heart failure
- ✦ Trauma
- ✦ Varicose veins
- ✦ Obesity
- ✦ Tobacco smoking

## Recommendations

- ✦ If you fall into any of these categories or you have any concern about your health and flying, Air Niugini recommends you seek medical advice before travelling.
- ✦ Follow our in-flight exercises programme.

## Jetlag

The main cause of jetlag is travelling to different time zones without giving the body a chance to adjust to new night-day cycles. In general, the more time zones you cross during your flight, the more your biological clock is disturbed.

The common symptoms are sleeplessness, tiredness, loss of appetite or appetite at odd hours.

## Recommendations

- ✦ Get a good night's rest before your flight.
- ✦ Arrive at your destination a day or two early, to give your body a chance to become more acclimatised to the new time zone.
- ✦ Leave your watch on home time if you're staying at a destination less than 48 hours. Also try to eat and sleep according to your home time.



- ◆ Change your watch to the local time if your stay is longer than 48 hours, and try to eat and sleep in accordance with the local time.
- ◆ On longer stays, try to prepare in advance, adjust your meal and rest times to be closer to those of your destination.
- ◆ Try some light exercise - go for a brisk walk, or do some reading if you can't sleep after arrival at your destination. It generally takes the body's biological clock approximately one day to adjust per time zone crossed. Fly direct to minimise flight time. This allows you to relax more upon arrival.

### Cabin Humidity/Dehydration

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

#### Recommendations

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

### Eating and Drinking

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

#### Recommendations

- ◆ Avoid overeating just prior to and during the flight. It is difficult to digest too much food when the body is inactive.
- ◆ Drink coffee, tea and alcohol in moderation. These drinks 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

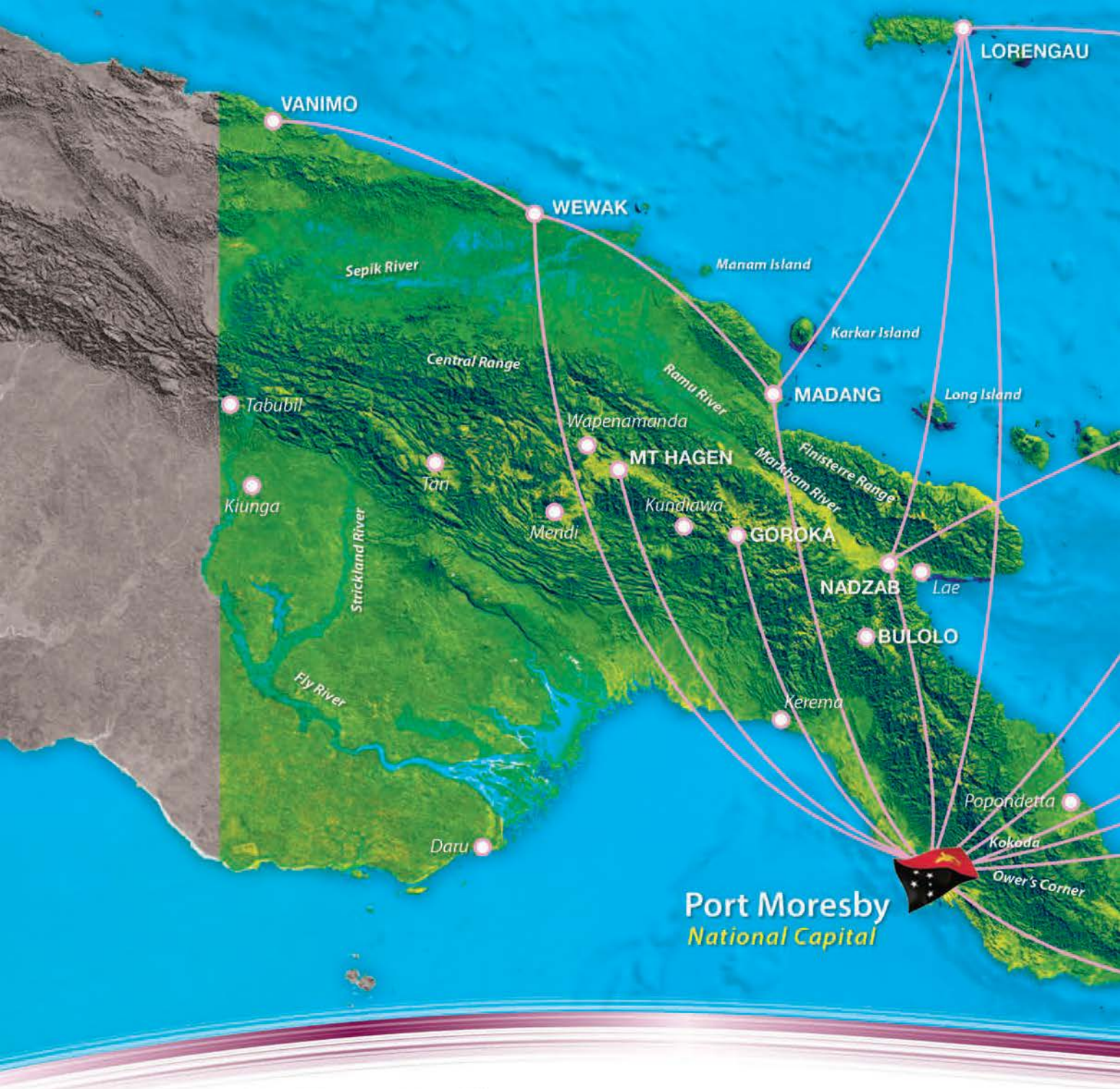
- ◆ If you have a pre-existing medical condition that warrants supplemental oxygen, you can order from us. Please give at least seven days notice before travelling.
- ◆ To "clear" your ears try swallowing and/or yawning. These actions help open your eustachian tubes, equalizing pressure between your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



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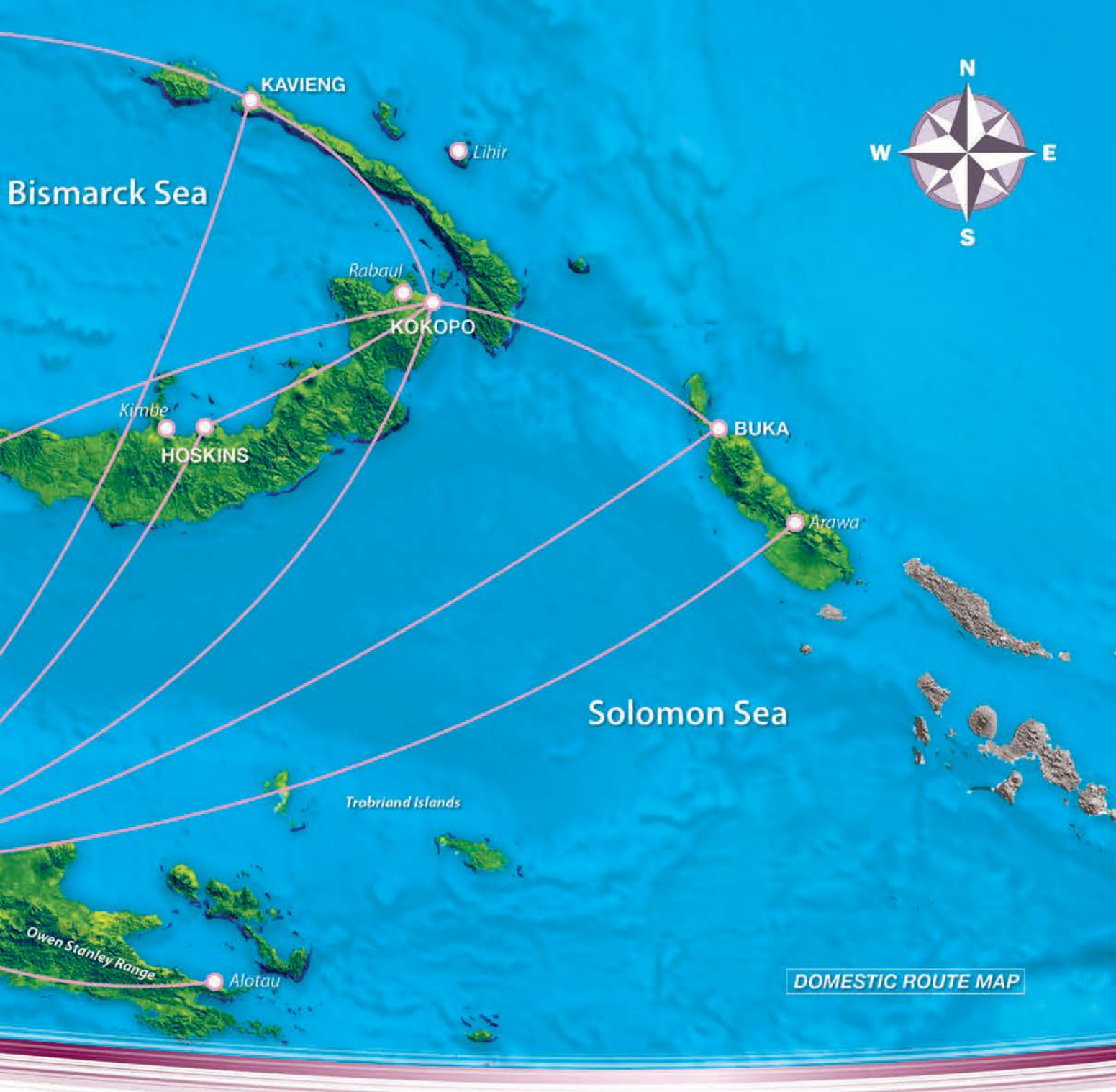
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# Your wellbeing



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

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



## ANKLE CIRCLES

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



## KNEE LIFTS

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



## SHOULDER ROLL

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



## ARM CURL

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



## KNEE TO CHEST

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



## FORWARD FLEX

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



## OVERHEAD STRETCH

Raise both arms straight up and over your head. With one hand grasp the wrist of the opposite hand and gently pull to one side. Hold stretch for 15 seconds. Repeat other side.



## SHOULDER STRETCH

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



## NECK ROLL

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



## FOOT PUMPS

Foot motion is in three stages.  
1. Start with both heels on the floor and point feet upwards as high as you can.



2. Put both feet flat on the floor.



3. Lift heels high, keeping balls of feet on floor. Continue these three stages with continuous motion in 30 second intervals.

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