

# PNG Air

M A G A Z I N E

## DANCING IN THE FIRE

Men dance barefoot in a bonfire in this intriguing new East New Britain festival

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Fashion tourism first for Gulf

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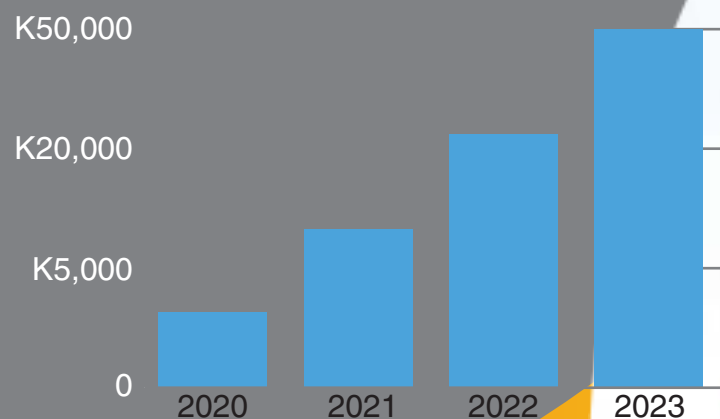


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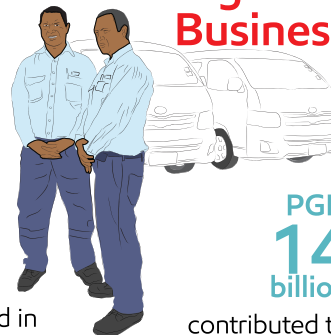


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Anthony Pereira  
Chief Executive Officer

**Cover photo**  
An initiated young man in a giant mask dances barefoot in the bonfire at the first Baining Fire Dance Festival at Gaulim village out of Kokopo, East New Britain  
"Dancing in the Fire"  
Page 8  
Photo: Elodie Van Lierde



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# Dancing in the FIRE

Elodie Van Lierde  
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(Instagram)

An initiated young Baining man in a giant mask dances barefoot in the bonfire at the first Baining Fire Dance Festival at Gaulim village out of Kokopo, East New Britain

“A small festival where the men dance barefoot through blazing fire is one I am particularly hoping will rise again from the pandemic’s ashes”

While COVID-19 has put a pause on cultural sing-sings right across PNG - with little chance of restarting until international tourists return - a small community-driven festival where the men dance barefoot through blazing fire is one I am particularly hoping will rise again from the pandemic’s ashes.

As a Belgian photographer and freelance writer based in Goroka, I was privileged to be invited to the first and so far only Baining Fire Dance Festival in Gaulim, about an hour’s drive from Kokopo, in October 2019. More intimate and immersive than world-famous festivals such as the Mt Hagen and Goroka shows,

the Baining festival featured about 60 performance groups and 1200 performers dancing to the rhythmic thumping of bamboos. It was certainly a treat for the eyes and ears. In PNG, each of more than 7000 distinct

cultural groups has its own attire and bilas (body ornaments). The Huli of Hela and the Southern Highlands are known for their sculpted wigs made from their own hair. Large round hats made of moss, plants and hair are the features of

people from Enga. The Western Highlanders take pride in towering feathered headgear and vivid body paint, and the Chimbus too are recognised by giant feathered headdresses, these from birds of paradise. The Bainings of East



If you look closely at these tapa bark-cloth Baining masks you can see the nose holes out of which the dancer can see



The Imga tribe from Eseng village honour the dog in their masks as friend, companion and guardian of all humans. Their dance is performed whenever the village feels the presence of a bad spirit





A little Tolai performer dances with older ones in elaborate ancestral and spirit masks



The Qatkatki (gecko) spirit dance is performed when there is major news (good or bad) for the village

New Britain's Gazelle Peninsula have a trademark too: their elaborately decorated masks in a diverse range of shapes,

colours and sizes. With stylised animal features representing butterflies, frogs, geckos and dogs, the Baining masks are

made of tapa (bark cloth) stretched over a split-cane frame, sewn with plant fibre and painted with natural pigments.

Driving to the small village of Gaulim, 35km from the East New Britain capital of Kokopo, involves traversing a road that zigzags through the lush green vegetation of the Gazelle Peninsula. The intense display of Baining culture on offer over the two festival days and nights was made possible by the Gazelle District Administration, Minister for Health Jelta Wong, anthropologist Dr Jacob Simet and Alan Manning, the founder of tour operator South Sea Horizons. Tribes from

**“Their elaborately decorated masks have stylised animal features representing butterflies, frogs, geckos and dogs”**

all over the Gazelle District gathered to showcase music, singing, dancing and tribal rituals that sent the sound of bamboos resounding throughout the peninsula.

TOP: The masks of the Quongongi tribe represent a female butterfly that they believe created their islands as a place to rest after flying over the sea for thousands of years; MIDDLE: Irhu dancers carry stalks of sugarcane RIGHT: A brightly decorated butterfly mask of a Quongongi dancer

The sun is hot and restless at this latitude, and so are the masked men, who don't stop their frenzied dancing in the showground, their eyes staring through their masks' tiny gaps. At one point the men act out







An Imga dancer with long bamboo fingers wears a mask with stylised dog features and shares the story of an Eseng village woman whose dogs danced to the music she played on a bamboo instrument and scared off a bad spirit

characters from local legends to make the public giggle and laugh with their blunders and silly gestures. As I photograph their comic

performance, one particularly enthusiastic dancer suddenly fixes his determined gaze upon me and jumps forward with his long



Among the rare Baining day dance groups are (left) this particularly powerful group whose well-rehearsed performers moved as one; and (right) a tribe with the biggest and heaviest masks on show, dedicated to female fertility and gardening. After they dance, the masks are discarded and left to decay in the jungle

**“A dancer jumps forward with his long bamboo fingers as if to attack, and for a second I see nothing but his crazed eyes”**

bamboo fingers as if to attack. For a second I see nothing but his crazed eyes in my lens. As the sun sets and the intensity of the day performances begins to wind down, a colossal bonfire is lit in the middle of the showground. The flames of the fire illuminate the night sky allowing me to catch a glimpse of the amazed faces of the locals arriving from the nearby Baining villages to watch the festivities. While we are all waiting for the ceremony to start, the initiated young men are getting ready for the dance. They put on skirts made of

pandanus leaves and tapa, and huge masks with big startled round eyes and a broad-billed mouth which embody the animal and bush spirits of the forest. The Baining people living in the mountain forests have a rare and unique ceremony known as the fire dances that are performed only on special occasions such as the initiation of young boys into adulthood, the commemoration of the dead, the celebration of a new harvest, the arrival of a new child or for a wedding ceremony. Fortunately, it's also performed for the occasion of this spectacular event. I am playing with my camera settings when a hypnotic and powerful beating starts rising from the darkness. Soon the thump is joined by the chants of the older tribesmen giving a signal to begin the ceremony. Of all the ceremonies



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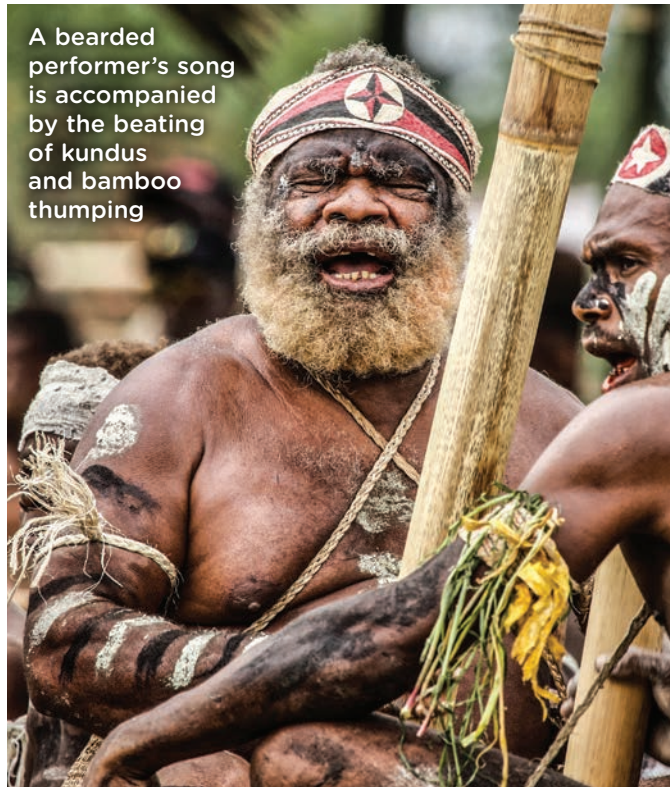
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A bearded performer's song is accompanied by the beating of kundus and bamboo thumping



A smile from a young performer

and rituals performed in PNG, I believe this one offered by the Baining people is the

most captivating. As the fire gets higher and higher, the male dancers circle the giant

bonfire in a ritual that builds to a crescendo through the night, their silhouettes illuminated

by flickering firelight. Their masks are haunting, beautiful and loom out in my dreams from the darkness, like a shamanic dream realm coming to life. As the beating and singing continue, the dancers are increasingly worked up by the drumming and chanting and begin entering the fire one by one, barefoot and kicking at the embers, seemingly entering the spirit world. This hypnotic dance goes



A comical theatrical performance gets the crowd laughing and cheering



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A fire eater captivates the audience as he consumes burning wood and charcoal

on for the first part of the night, and it is only when the fire slowly dies off that the dancers finally retire into the darkness. After it is all over and we drive back down to



One of the few female dance groups at the male-dominated festival

Kokopo, the ceremony appears just like a dream, the few ash stains on my shirt the only reminder of what I was truly lucky enough to witness.



The writer-photographer Elodie Van Lierde (front right) with filmmaker Tom Cunningham and Baining performers

**Where and when:**  
The first and so far only Baining Fire Dance Festival was held in the village of Gaulim, 35km out of Kokopo, in October 2019. Two festivals planned for 2020 (June 12-13 and October 16-17) were cancelled due to the coronavirus pandemic, but there are still hopes that the October 2021 festival will go ahead.

For more information contact Alan Manning at [www.southseahorizons.com](http://www.southseahorizons.com) or [opspng@southseahorizons.com](mailto:opspng@southseahorizons.com)

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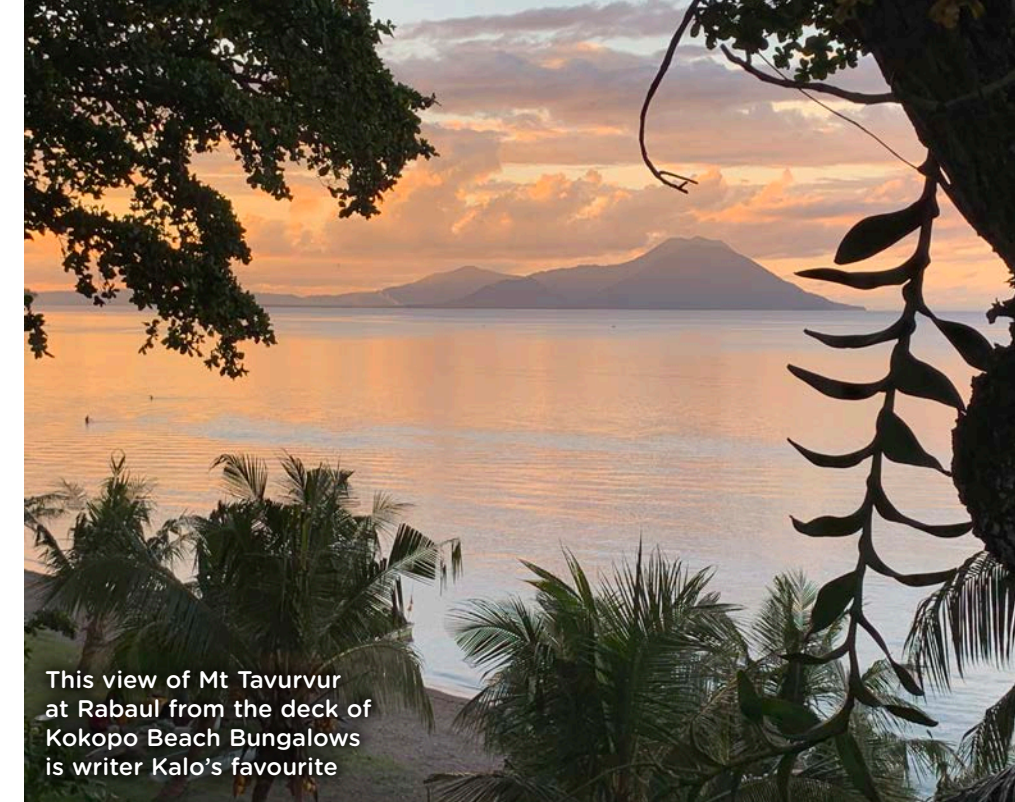
The writer Kalo at her grandparents' grave in the family's mat-mat (cemetery) at Kuradui



Marylou and Alf Uechtritz in their later years



The funeral procession of family and friends winds its way up the hill at Kuradui



This view of Mt Tavurvur at Rabaul from the deck of Kokopo Beach Bungalows is writer Kalo's favourite

# COMING HOME: Ples blo mi East New Britain

Kalolaine Fainu

My earliest memories of Lae are of the open wooden-floored house my grandparents lived in, with a tennis court off to the side that my grandfather rolled out himself, the abundance of tropical flowers in the gardens he created wherever he went, and the need to keep an eye out for puk puks (crocodiles) while swimming in the creek to cool down... and of course, Christmas. My grandparents Alf and Marylou Uechtritz loved to celebrate Christmas, never more than when their large brood of children and grandchildren were around. As a child,

it was so much fun coming together with our ever-expanding family. My mum is one of 11 children and so the house was always full of pikinini cousins running a-mock!

I think my first trip to PNG was not long after I was born, when my mother returned to Lae to introduce me to my grandparents who were at that time living out at Zifasing

Cattle Ranch in the Markham Valley where my grandfather was the bossman (station manager). I still have the black and white photos of me as a baby being held by them at

Nadzab Airport. Sometimes I find the idea of Christmas trees, Santa Clauses and all the wintry trimmings being celebrated in our hot and steamy tropical islands somewhat incongruous, but then I recall the old family photos of my grandfather as a boy, of his grandmother Phebe Parkinson and brothers Ewald and Peter by the Christmas tree, and I understand the tradition transcends

the glittery decorations and slightly nonsensical red Santa suits and represents a time when families gather under one roof. That has always been my favourite part of Christmas. I can barely remember a present I received as a child but I hold dearly the memories created with my cousins as we played and swam all day long in the summer heat, feasting endlessly on meals lovingly

prepared by my grandmother and the singing of often out-of-tune carols. Without fail, Nana would set up her nativity sets to remind us we must 'remember the reason for the season'. Even after my grandparents moved to Innisfail in Queensland, PNG remained in their hearts and could be felt in every room in their home, with collections of masks, spears and carvings, beams transported down from PNG, and the garden abloom with bougainvillea, frangipani, hibiscus and other tropical plants brought over by my grandfather. So, despite living in Australia, PNG has always felt familiar because of those early memories and stories we grandchildren grew up listening to, of adventure, family history, extraordinary beauty and culture of a

faraway land. My darling Nana died in 2018, her wish being to be buried with Grandpa back in PNG in the family mat-mat (cemetery) at Kuradui in East New Britain - the place where they met and fell in love. When my mum, aunts and uncles started discussing the logistics of bringing home my grandparents' ashes, I experienced a very strong and clear calling to connect with the land and people of this place that I had grown up hearing stories about, so I put my regular life in Sydney on hold, packed up my beloved beachside apartment and moved to ENB for three months to arrange the event. Although I knew only a handful of people, spoke only limited Tok Pisin and barely a word of the local Tolai language, I share my Nana's adventurous



Alf and Marylou Uechtritz' Rabaul wedding in 1952



Kalo on her Grandpa Alf's knee at Nadzab Airport, Lae, 1980

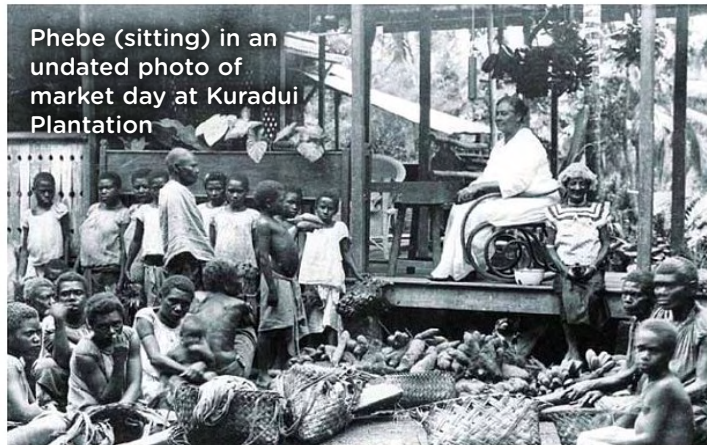


Phebe Parkinson with her grandsons Ewald (left) and Peter at Christmas in the late 1920s





Queen Emma (standing) with her younger sister Phebe Parkinson, the writer Kalo's great great grandmother



Phebe (sitting) in an undated photo of market day at Kuradui Plantation



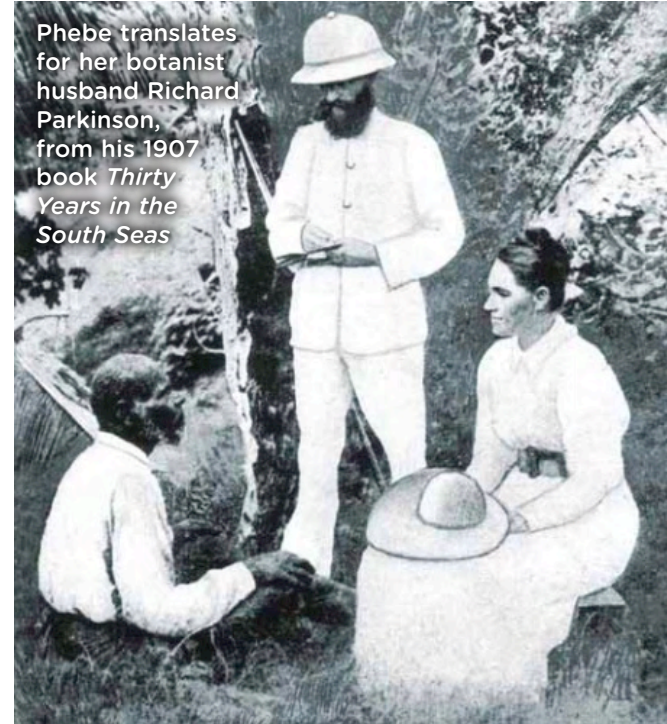
Phebe with her horses outside the family home at Kuradui Plantation circa 1915

spirit and threw myself into my responsibilities with gusto. I had a long list of people to connect with and an even longer list of tasks to oversee; including checking on the raising of pigs for our ceremonies and making sure we had enough shell money for the kastom (custom) wceremonies. In true PNG style, not everything went to plan, but in the end, it all came together thanks to a collective effort from the Kuradui community, the Tolom

clan, other members of my family and a network of new friends made on the ground in ENB. Let me rewind a little to explain how we have a family mat-mat on this island and why this 'ples' is so important to us. Our family legacy starts on the tiny island of Savaii in Samoa when my great-great-great grandfather Jonas Coe, an American, was shipwrecked there in 1838. Still only a teenager, Jonas fell in love with Samoa and

its women, taking six wives from whom 18 children were born. His first wife Leutu (also known as Joanna) Taletale, was a cousin to Samoa's royal Malietoa Laupepa. She bore eight children to Jonas, including sisters Emma and Phebe. Emma was much older than Phebe and had already sailed across the seas, married and begun building a commercial trading empire by the time she returned to Samoa to ask Phebe (only 16) and Phebe's much older husband Richard Parkinson, a botanist and the son of a Danish duke, to join her in a voyage that would take them to a new world; to a mysterious land known as 'New Guinea'. In 1882, they boarded a whaling ship and headed off into uncharted territory. I often think of what the voyage must have been like for my tumbuna, (great-great grandmother Phebe), a brown-skinned half caste woman, sailing across the ocean to an unknown land with a baby in arms and likely

very little idea of what would greet them at their destination. She must have sailed with some trepidation, but also a courageous and adventurous spirit. From the stories I've been told and literature I've read, including letters by Phebe to American author Margaret Mead, my great-great grandmother took it all in her stride. She and her sister were very close, but quite opposite in character. While Emma was an astute businesswoman and entrepreneur, focused on building one of the most successful copra empires across the Pacific at that time, Phebe spent more time among the people of ENB. It is said she became highly respected and was known for paying in tabu (shell money) for children and women taken as slaves, adopting many native children, while also learning local languages that allowed her to develop strong relationships within the community.



Phebe translates for her botanist husband Richard Parkinson, from his 1907 book *Thirty Years in the South Seas*

It was little wonder she made such an impact on my grandfather Alfred. When he spoke of his 'Gran', it was always with utmost admiration and love, for she helped raise him after his mother (Phebe's daughter Dolly) left Alf and his brothers in the middle of the night after an argument with their father Peter Uechtriz. The details of why she left are not clear, although sadly it is thought she was unable to bear the grief

of losing her middle child to blackwater fever in Australia while he was at boarding school. There are other theories too but it was without doubt a tragedy as Dolly, a highly educated and gifted woman, was never to return and is believed to have died penniless and abandoned. In time, Grandpa Alf was also sent to boarding school in Australia at a young age, as was common among the many



Four of the 11 Uechtriz children (from left) Gordon, Max, Maryann (writer Kalo's mother) and Peter with a local man at Sum-Sum Plantation in the '50s

expatriate children growing up in remote PNG. His father remained in PNG, working the family plantation at Sum-Sum on the south coast of ENB. As was also the case for many PNG boarders, school was tough and not the right fit for a kid used to walking around barefoot, running wild and free in the bush, hunting, fishing and learning from the land. After his initial introduction to it, Grandpa ran away from his Bowral boarding house and boarded a train to Sydney, going in search of his older brother Ewald who was by then boarding at Riverview College. I think he was picked

up trying to embark on a ship bound for PNG. Needless to say, I don't think Grandpa enjoyed boarding school that much. Fast forward to 1952 and this is where love at first sight struck my grandfather while attending church in Rabaul. He always claimed he never heard a word the priest said that day. Alf Uechtriz married his sweetheart Marylou Harris, my grandmother, at St Francis Xavier Catholic Church in Rabaul and immediately boarded a schooner to head back to Sum-Sum Plantation. In a TV interview in 2004, my grandfather reflected on the day by saying, "We didn't need a honeymoon, Sum-

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Sum had it all, a beautiful beach, fresh fish from the sea and tropical fruit from the gardens, it was truly a paradise.”

And it was from this paradise that they began to create their family, with the first six of their 11 children born at Namanula Hospital in Rabaul. When Nana was expecting the arrival of a new baby, she would wait for a ship to pass and take her into Rabaul. There she would wait until the baby was delivered before returning home to Sum-Sum to present the newborn to Grandpa. I always imagine this *Lion King* version of my Nana arriving by ship, being lowered into the smaller boat which was oared into the jetty, holding out the latest baby for my Grandpa and the plantation workers to see. Many of the grandchildren in my generation always thought it unusual that Nana made that journey on her own while Grandpa stayed back to work the plantation. She however thought it was strange that we expected him to go. “That’s just the way it was done!” Bless her stoic and unwavering spirit. She was small, but she was mighty! When I ask my mother to recount her memories of being a young girl at Sum-Sum she says she remembers feelings more than moments. One fond memory though is being spun around and around by the family hausboi and ‘adopted older brother’ Timmy. She told me that when she was a little girl, she really believed she would “grow up to be a man, and not just a man but a black man”. As the only girl in the first five children and surrounded by male plantation workers, I guess that was her world.

Fast forward many years and here I am today, living between two worlds, in the land where my ancestors lived and where their stories continue to be breathed in and whispered about through local folklore.

**“The journey of bringing my grandparents home became a journey of coming home for me also”**

The journey of bringing my grandparents home became a journey of coming home for me also. I’ve never lived outside Australia before or had a desire to set up anywhere else until I arrived here. After more than a year of organisation and many months of preparation, in September 2019 members of the Uechtritz family started to arrive in ENB – from places as close as Cairns in Australia and as far-flung as Dallas, Texas and the United Kingdom. And they arrived in hoards. Our family booked out one entire resort at the Kokopo Beach Bungalows and spilled over into a few of the other resorts and guesthouses across Kokopo. There were more than 90 international visitors in our contingent of family and friends, many with their own pikininis and bubus in tow, and many visiting for the first time. After a few days of last-minute preparations and some local touring of the beautiful Gazelle Peninsula: a harbour cruise swimming with the dolphins, a must-do walk up Mt Tauruvur (an active volcano), trips out to the Duke of York Islands, the Uechtritzs and the Dierckes, all descendants of Richard and Phebe Parkinson, gathered together to lay to rest our loved ones at Kuradui. Along with Alf and Marylou Uechtritz was Uncle Chris Diercke, who is also descended from Phebe, from another daughter Nellie (Dolly’s sister). After the burial, two days of ceremonial kastom took place where the families were officially adopted into the Tolom clan



Marylou on her birthday in January 2018 with granddaughter Kalo

and the men of age were invited to take part in the first level of initiation into the male-only Tumbuan secret society. As a woman, I wasn’t able to take part in this sacred initiation, but it was still one of my favourite parts of the ceremonial weekend as I watched my uncles and cousins wrap red lap-laps around their waists and remove their t-shirts to expose bright white chests, which were then painted, along with their faces, by the other male clan members. I could sense the anxiety and the excitement from my male relatives as they were about to head off into the bush and into the unknown. When they returned, they were joined by the Tumbuan who leapt and beat their feet as the men stuck out their chests and raised their arms in the air, all the while roaring out indecipherable masculine cries to the large crowd of spectators gathered at the site of the old Kuradui homestead. I remember I was in the middle of an interview for the documentary film I am making about this story when they began to arrive back from the bush, and I couldn’t help

# THE BEER YOU DESERVE







**Uechtriz men before initiation (left) and after (above)**

in a deep spiritual state. By the end of two days of ceremony, we are exhausted, but our hearts are full. The wishes of my grandparents have been fulfilled, and all the generations of our family will forever be connected to the land and the people of ENB, our new clan family and our extended Kuradui community.

but turn away from the cameraman and his questions, the sight of the returning initiates and the tribal sounds making the goosebumps rise on my skin. A huge sense of pride ran through my bones, and as I looked up, large birds circled above the grounds, and I felt our ancestors were with us in that moment and they too were proud of this occasion that bonded our many families together as one clan, a tie that had been established between our common ancestors more than 140 years ago. On the final day of kastom, our family was presented with traditional sing-sings, some that included

the names of our ancestors, the names of my grandparents and even my own name. What an honour. One of my favourites to watch was the Longoron dance. Before the ceremony, some of the male dancers are sent into the bush where they fast for weeks in preparation. When they reappear, they are in a seeming hypnotic trance. This particular dance is only performed by the Tolai people of ENB on occasions of deep significance, such as burials. The men in the trance-like state are said to be guided by the spirits. Sitting close to the dancers, I was in no doubt these men were

For many, it was only a few short days before bags were packed and planes were boarded, whisking each of us back to the familiar modern world from whence we'd come. But for me, the feeling of home had changed. Something within me had changed. A long-submerged sense of belonging was starting to run through my veins, and although one chapter of this story had just been completed, for me, this was just the beginning of something entirely life-changing. I was called home for a reason. I know it. I feel it. Disela ples, em asples blo mi. Mi wanpela tolai meri

**“When they returned, they were joined by the Tumbuans who leapt and beat their feet as the men stuck out their chests and raised their arms in the air, all the while roaring out indecipherable masculine cries”**

stret! (This place, is my home. I am a Tolai woman!) After landing back in Sydney, I found myself feeling oddly lost walking around beneath the shadows of skyscrapers, the whirr of traffic blitzing past me on concrete freeways, and commuter trains of people glued to their phones. Although scheduled to get back to my media production freelance work and part-ownership of a city gym, within less than two weeks I was back on a plane bound for PNG, throwing myself into the exploration of a new life path; one that is found among the cocoa plantations and kokonas (coconut) trees, in a land where ancient spirits stir and call your name, where new feelings blossom and vision lengthens with the evening light, where the sight of the



**Uechtriz and Diercke cousins and aunties stand with members of their new clan family after being adopted into the Kuradui community**

volcano across Blanche Bay brings comfort and the quiet rumble

of a guria (earthquake) that shakes me awake in the middle of the

night reminds me to be grateful for every day I get to live and

discover the magic and the mystery of this ples blo mi. Note: Kalo's journey is also part of an independent documentary she is currently directing and producing, although this has been held up during the past year due to COVID-related travel disruptions. You can follow her blog at: [www.achildofoceania.com/](http://www.achildofoceania.com/)

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# POSTCARDS FROM PNG

An online amateur photo competition gets a viral response

Milne Bay

**Justin Kuradal, 42, Karawara Is, Duke of York Islands, Milne Bay**  
 This mother is Matuana Ezekiel from Karawara Island in the Duke of York Islands who is paddling back from her garden on the other island of Ulu. This was taken at Pangpang (Unurum) Paradise Island (a sandbank that has become a popular tourist spot run by Open Lane Tours for Mauke Island Retreat). The sea is shallow there and easy to cross between the islands. To me this reflects the real everyday village life on the island where people travel to and from their garden to work and collect food for their families.



Madang

**Holitha Yalamu, 25, Madang**  
 Baya Waterfall is at my father's village, Malalamai, along the Rai coastline towards the border of Morobe and Madang. It's not on Google Maps and I don't know why - I'm sure other people around the country and maybe a lot of people here in Madang haven't visited it. It is so quiet there. The only thing you'll hear are the birds chirping and the water crashing on the rocks. I go whenever I am home for Christmas or holidays.

When Papua New Guineans are asked what "my favourite" means in photo form, for many it is their ples (home) that immediately comes to mind. Hundreds of photos - from villages in misty

mountains to endless plains of rippling grasslands, waterfalls, and waves crashing on remote beaches - have flooded the inbox of PNG women's magazine *Lily* since the launch of its #MyFavourite online photo competition in

early March. There are also flowers in gardens, pets, wildlife, beloved babies and bubus (grandparents), and a

few special photos to honour the late Great Grand Chief Sir Michael Somare amid PNG's time of mourning.

Although the winner won't be revealed until the next *Lily* is released in mid-2021 (the prize is a K100 gift hamper of Lux soap and cleaning products from BNG Trading), the photos are such a testimony to the pride our people

feel for their home and country that a selection has been chosen to share here. In this time of COVID-19 fear and uncertainty, we hope you will take heart in the love that flows from every frame.

**Lee Sinemaue, 36, Port Moresby**  
 My friend Wamna Agi and I are from Simbu and this is us at Three Brothers Lake on our way up to Mt Wilhelm in November last year during my annual leave. This lake is unknown to many Papua New Guineans and not even the surrounding locals in Gembolg District know it or have heard of it. We discovered this place of beauty right in the heart of Mt Wilhelm at 2000m above sea level and 120m away from the summit. I love how the mountains and lakes are beautifully blended together - it reminds me how wonderful God is.



Simbu

VOLUME 27 2021

**Betsy Hamao, 36, Biella, West New Britain**  
 That's from the top of our cliff 2-3km down to the beach at Mapiri village, Tohatsi, Buka, AROB, taken early January when I went home for Christmas. I go and sit there to relax and cool off on a hot sunny day.



Bougainville

VOLUME 27 2021





## National Capital District

**Rolland Mell, 29, Port Moresby**  
I took this just as the waves were crashing on to the shore (at Ela Beach) and the sun's afternoon rays were reflecting off it.



## Enga

**Ephraim Kove, 25, Mt Hagen**  
I love everything about this portrait taken during the 2019 Mt Hagen Cultural Show - it became my phone's wallpaper till today! The boy is Ishmael Kando, 14, from Kompiam Ambum in Enga.

**Freddy Pomat, 30, Kulangit village, Kavieng**  
This is from the Vanda coerulea orchid species which comes in shades of purple. It's growing in an orchid patch by the New Ireland Provincial Administration carpark. I like taking photos of nature, capturing the full splendour and beauty of God's creations. Makes one appreciate the little things.

**Stephanie Kolohei, 41, Goilanai, Milne Bay**  
This is my niece Delmae Frank, looking through a hole in the leaf of a giant taro at our village Naura in the Milne Bay Province.

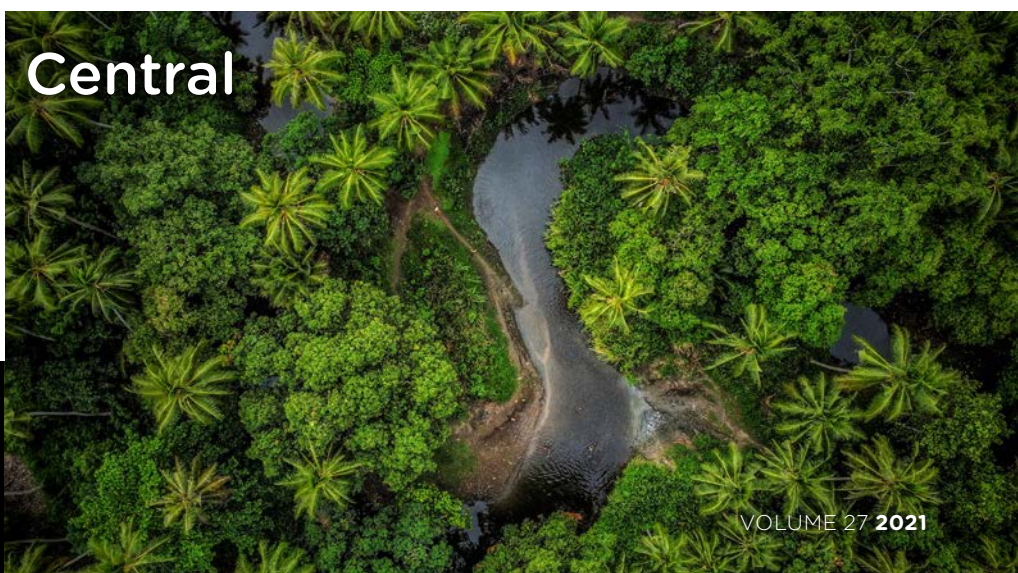


## Milne Bay

**Sheppard Donics, 24, Edevu, Hiri, Central**  
I took this during my Christmas trip, my first time along the famous Kokoda Track. Looking down at Seregina (Boridi) village, it was amazing to see the beauty of the village and the valley with the clouds.



## Central



## Central

**Philip Naru, 36, Port Moresby**  
A simple bird's eye view of a beautiful creek that runs through Matairuka village in Central Province.



## New Ireland



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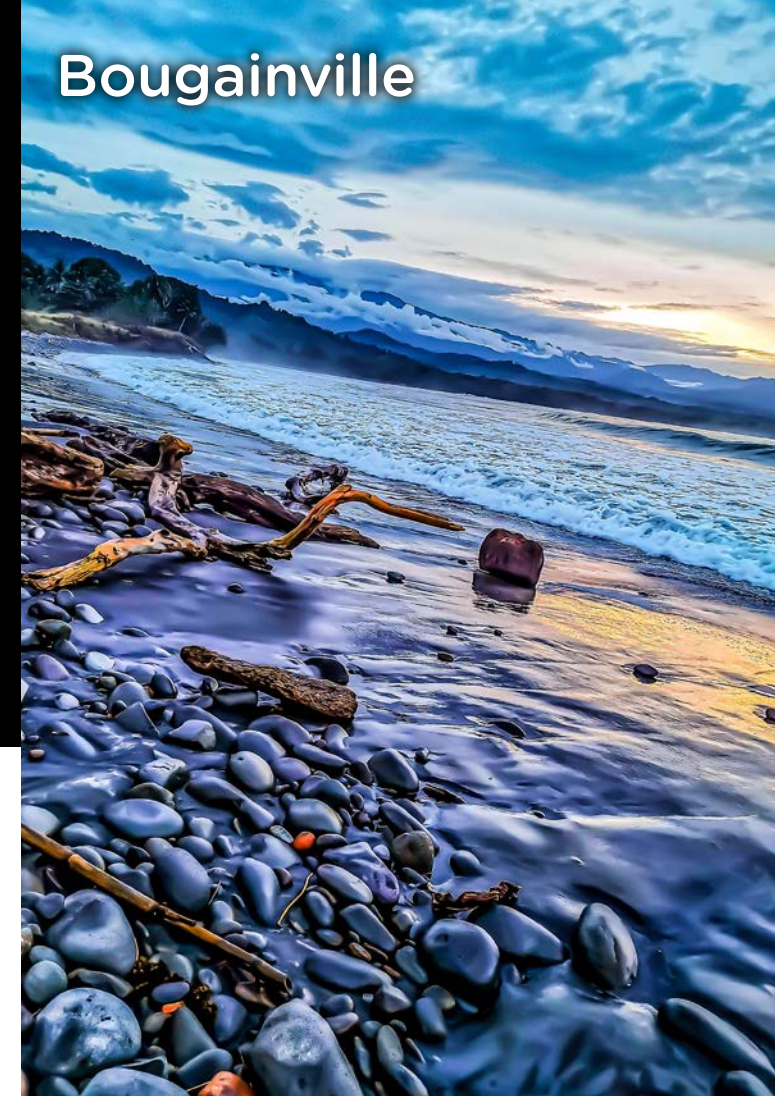


# Central



**Jude Yara, 25, Port Moresby**  
This is me (jumping) and my small cousin sister Faithy having fun and enjoying the view at Sunset Lodge, Lealea village. There's nothing like a beautiful sunset to end a healthy day. It was taken by Faithy's father Cornelius Yara.

# Bougainville



**John Laule, 42, Port Moresby**  
I took this in February at Wakunai, Central Bougainville, driving between Buka and Arawa on government business after noticing line after line of waves breaking against smooth and nicely rounded rocks and pebbles perfectly arrayed on a long sandy beach. To me the foam of the waves resembled the purity of the Himalayan glaciers. It was surprising to note the lack of human presence and no plastics or pollution – refreshing after years of living in an overpopulated and noisy urban environment like Port Moresby.

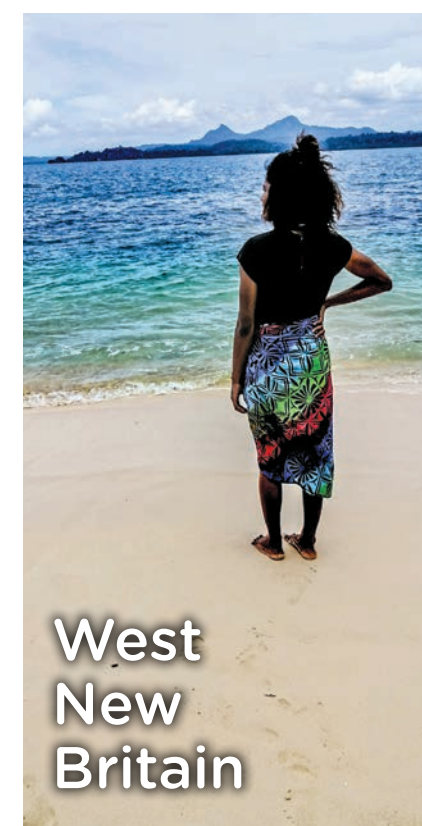
I've learned that the name of the place is Koikoi near the Numa Numa Plantation, and my cousin told me, at that very point in 1980, my father met his brother Bevan Uliap, who was brought in from Simbai in Madang Province as a "niu boi" (newly recruited plantation labourer). My father was 25 and already working there at Koikoi Plantation while my Uncle Bevan was just 18. My father went home two years later, but Uncle Bevan stayed on, and married my aunt who is from South Bougainville. I was very proud to have stepped into the footprints of my fathers who contributed to the economy of AROB at that very location in their youth. I didn't know this when I was taking the photo.

**Malum Yuasikai, 24, Port Moresby**

This photo of my girlfriend Lisa Tounie and me at Lion Island (near POM) is my favourite because it's so stunning, like in the movies! We both love the beach and this was taken on our first Valentine's Day together (February 14), which was also the day Lisa met my mum and siblings.



# Central



# West New Britain

**Carole Gori, 23, Port Moresby**  
This was my first time to go to Talasea Island, West New Britain, which overlooks the island where my late sister Melissa would go to practise walking because her legs were paralysed. She died a few years back. We still call it Melissa's Island, I'm not sure of the proper name.

# Morobe

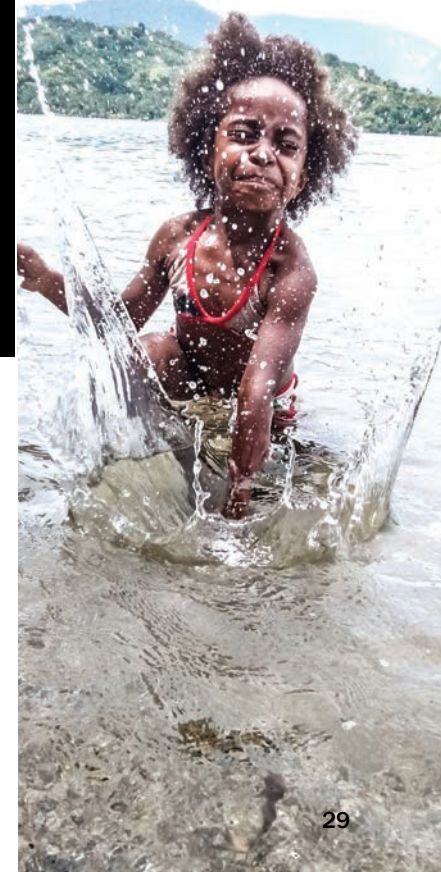


**Hubert O'oru, 38, Lae**  
My twins Sio (Simon) – on left – and Leo (Leonard) asked me to take their photo before they joined their mummy for Sunday mass here in Lae. They're five. I was telling them to be still but they kept moving and moving so I just took a continuous shoot of them and picked this. I was actually yelling, "Oi, sanap isi, sanap isi [stand still]" but the energetic kids never heeded haha.

**KayLynne Jay Yambu, 33, Lae**

This is my four-year-old daughter Shauntelle Delphy taken during a vacation in January at the beautiful white beach of Salamaua, Laugui village. Shantelle not only enjoys the sea, she is training herself to swim.

# Morobe



**Brenda Bonou, 32, Port Moresby**

A sunflower at its early stage of blooming, taken in my backyard at Gerehu. It's not something we see every day and it also makes me appreciate the beauty of nature.



**Kari Totona, 35, Port Moresby**

My precious boy 'Amo' (Ethan Loi), 3, during a magical sunset on Christmas Day 2020 at Sunset Lodge, Lealea village.



# Central

# West New Britain



**Eddie Kantomu, 32, Port Moresby**

The beautiful woman posing with the view is my wife Samantha. I took this on our Christmas holiday last year at my home village on Vitu Island, West New Britain.



# Simbu

**Margaret Sual, 38, Lorengau, Manus**  
Simbu Highlands Highway. I love the mountains and valleys.



**Jolanda Kaluvia, 25, West New Britain**

This shows how magnificent the Mt Wilhelm view is when the dawn appears. Capturing that moment was magical when 'angras' ('brothers' in Simbu/Kuman language) show their excitement.



# Simbu

**Nigel Namayo, 39, Kavieng, New Ireland**

Local kids run on the white sandy beach of small Puaskanai Island, a paddle away from the main Tsoilik Islands. No inhabitants, just for picnics, snorkelling, diving, fishing or splashing in the clear cool waters. I've been working in Kavieng for three years and finally got the chance to visit last Christmas when invited by my friends from there.



# New Ireland

**Charmaine Ngih, 25, Warangoi, Pomio, East New Britain**

This is my son Gerard, eight months, and his father Don. We are both teachers so juggle teaching duties and being parents. This speaks volumes of the peace, love and joy that a child can bring. At the end of a stressful day at school, this is what I want to come home to, a happy boy!



# East New Britain



# New Ireland

**Samson Tokiala, 37, Port Moresby**

My five-year-old niece Rayleen Pachasup at Balei 'wara' (waterhole), Fissoa village, New Ireland. I love the natural beauty of our island home, the background 'lip saksak' (sago leaf) hauswin (shelter) and the crystal-clear water - the true beauty of Kavieng 'bilas peles' (beautiful place).

# Eastern Highlands



**Lasine Ahose, 28, Goroka**

These are my very good friends for a long time, Kokoe Nelson and Natasha James, and it is beautiful to watch them fall in love. This was taken at Skypundaun (village), Henganofi District.

# Gulf



**Gideon Laho, 28, Port Moresby (Aufa Tora Media)**

Sunset at Miaru, Gulf Province. I kind of risked my phone just to take this shot by turning it upside down, placing it right above the wet sand and waiting for the waves to crash against the sand. The bubbles are actually the mini waves after the crash.

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Morobe

**Annabelle Walimu, 30, Lae**

My nephew Aidan, just two months old when I took this in June 2020. He's a very special boy, my sweet cheeks. I witnessed his birth. The emotion of actually witnessing a life come into the world is entirely different to one you watch on television. My sister wanted him to have his own bilum just like she did, so this is a gift from our mother.

**Densiut Toboga, 23, Gaulim Teacher's College, East New Britain**

We stopped for a break and a wash at this river (Toriu) in Alakasam village in the middle of New Britain Highway in January when we came back from our mission trip to Open Bay with LIG Band (gospel music) to spread the gospel of Christ and bring positivity to the people. When I come across such beauty from the Creator I'm thankful to be from Papua New Guinea because we are so blessed with our natural environment.



East New Britain



Central

**Kaylene Homerang, 44, Port Moresby**

This has a lot of significance. It was taken on my recent holiday at my mother's birthplace, Piliva village, Djaul Island, New Ireland, on New Year's Day, 2021. It was the first time in eight years that we'd all been together on the island with our parents and families. On the boat is my brother Leonard and nephew Robinson - Leonard was heading out fishing in the bay to calm himself down as he was upset with our older cousin who was supposed to help him get the pig for a family feast the next day but had gone drinking the night before and was too drunk. I took this on the beach watching him ride out into the sea, it was raining and I was very worried, but when I saw how calm the sea was and the rays of the sunset breaking through the clouds I felt it was God telling me, "Everything will be ok." My brother didn't catch any fish that night, another nephew got the pig and we had great weather for our feast, but most importantly Leonard and Robinson came home safely.



New Ireland

**Jeromy Mado, 30, Port Moresby**

This was taken about 8am while paddling through the fishing village of Kapari-Viriolo, Abau, Central, on December 28. I'm from the neighbouring village Apaiva but I'd gone to Kapari during a road trip along the Magi Highway.

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# FASHION TOURISM FIRST for Gulf village

Photos: Silversoul Studios

PNG Fashion Week model manager Joylene Tanfa in one of a series of photos taken on location in the Gulf in February



Excited local children of Kukipi, near Kerema in the Gulf, follow the visiting models and technical crew everywhere

A picturesque but little-known coastal village in Gulf Province had its first taste of 'fashion tourism' when a team from PNG Fashion Week travelled out to the remote location from Port Moresby in February to conduct a concept modelling shoot. The 18 members of the group – including male and female models, costume, makeup, creative

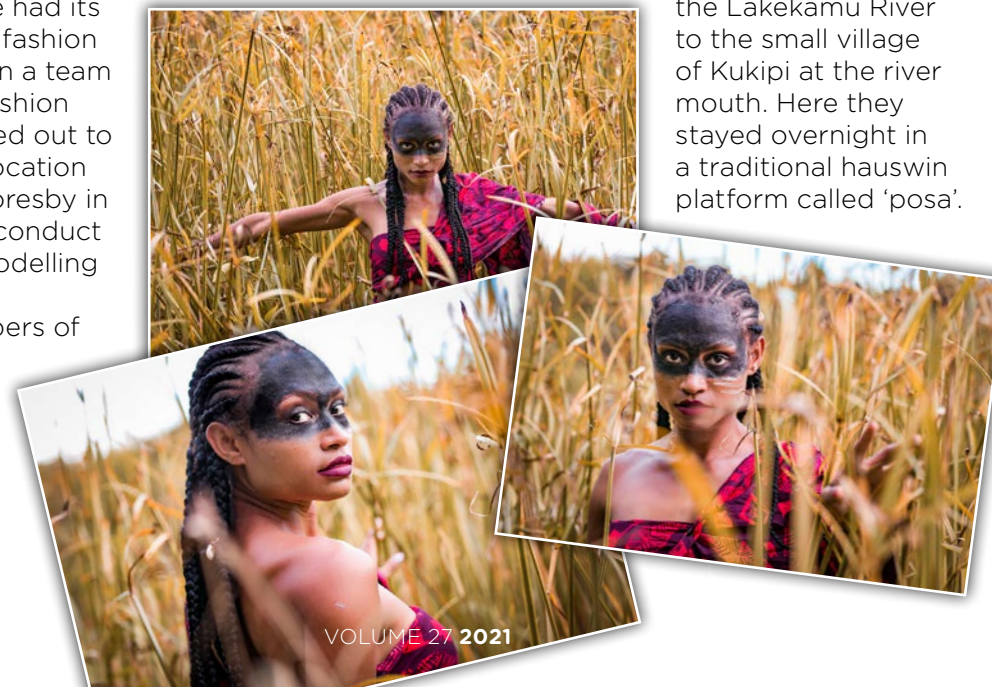
director and other technical advisers - travelled by mini-bus

from Port Moresby to Iosipi, then by dinghy for a further hour down the Lakekamu River to the small village of Kukipi at the river mouth. Here they stayed overnight in a traditional hauswin platform called 'posa'.

Kukipi – best-known as the home of former Prime Minister, the late Sir Mekere Morautu – was chosen because it is also the home of the group's partner tour operator Christopher Korearu of #600 GetAway. "I visited the village earlier and loved it," PNG Fashion Week managing director Philma Kelegai said. "Christopher has family there so it made it easier to organise." The models were photographed on the beach, in canoes on the river, standing

amid sago palms and in the swamps where the local women collect reeds for their distinctive woven mats.

**"The small Gulf village of Kukipi near the mouth of the Lakekamu River is best-known as the home of former Prime Minister, the late Sir Mekere Morautu"**







Models for PNG Fashion Week – including Amerlyn Aro at the centre front – pose on the beach at Kukipi with bottles of Mosin Hills wine in a marketing campaign for their platinum sponsor. Headpieces on loan from Metasha Sode



Model Rosa Kila



Model Vai Unatah

“The concept was a campaign for PNGFW’s platinum partner Mosin Hills so we focused on promoting bottles of their major wine sellers such as Isabella Dry, Kagor and Lidia in different locations and with different models,” Philma said. “These (images) will be used to push PNG Fashion Week and Mosin Hills. Everything the models wore was from Mosin Plaza at Gerehu – the girls wore fabric as wraps and the men had trousers, shirts and ties.”

Explaining the term ‘fashion tourism’, Philma said it was about using the drawcard of fashion to market destinations and boost their tourist appeal. “When we decided to shoot on location, we created a tourism product instantaneously,” she said. “This product showcased the local areas we were visiting, their food, the people’s lives and we rebranded the village and Gulf as a viable holiday destination. The idea was for our models

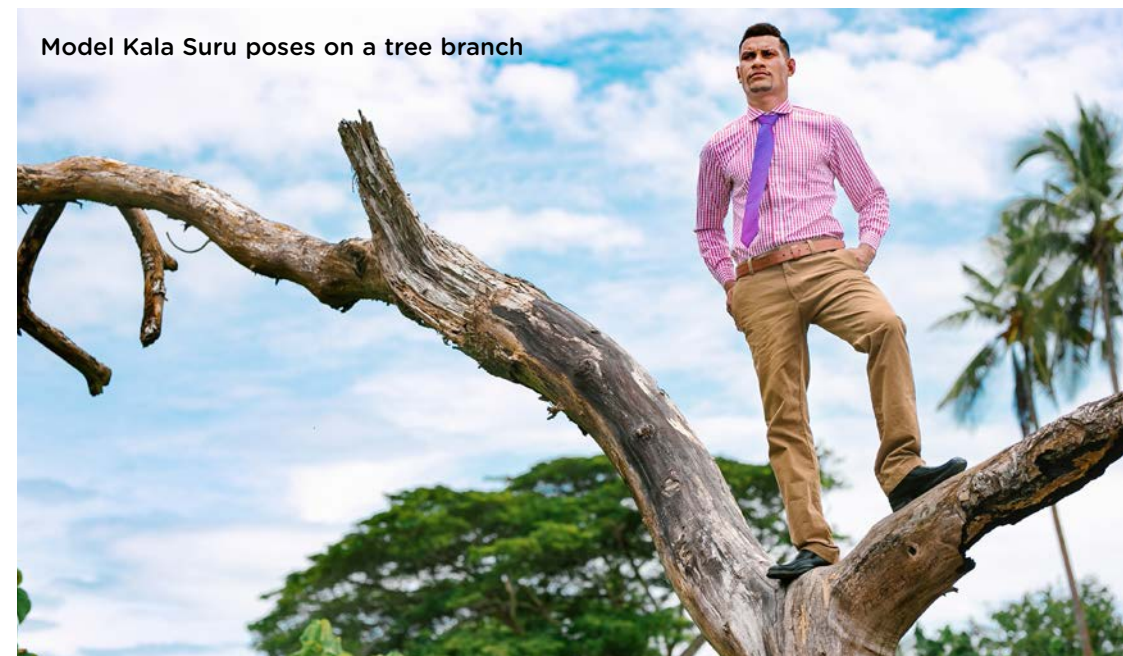


Model Samuel Tupou on a traditional boat on the river

to promote their experiences online, post pics on social media etc. “Fashion has the power to transform

economies as well – even though we were only there for one weekend, many of our group spent big on local produce. We are

hoping to replicate this in other areas of the country as well.” Popular posts on Facebook, Instagram and TikTok showed



Model Kala Suru poses on a tree branch

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Model Adellia Gioboon



Model Vai Unatah



Model Mafuwa Lansana



Model Rosa Kila

the team members interacting with the locals, buying catfish, barramundi and mudcrabs, eating long doughnuts called saksak (made with sago and coconut milk – and sometimes filled with mussels – and cooked on the fire), admiring woven mats, fans, baskets and the local tapa (bark cloth), and swimming in the Papuan Gulf.

A floating market at the river entrance to Kukipi, where fresh fruit and vegetables will be displayed in canoes out from the river bank, is also being created in time for the arrival of visitors for the Queen’s Birthday long weekend in June. “All the local produce will be the first thing you see as you come round the bend of the meisapoi (river). They are calling it Meisapoi Markets, PNG’s first floating markets,” Philma said. “It’s not been done before, but using the natural environment as a prop to showcase the food will hopefully elevate the visitor experience.”

#600 GetAway owner Christopher says he is trying to “change the narrative” for the Gulf, which in recent years has been classed as a forgotten and neglected province. He is determined to promote beautiful



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Models Christopher Korearu (top), Samuel Tupou (left) and Kala Suru

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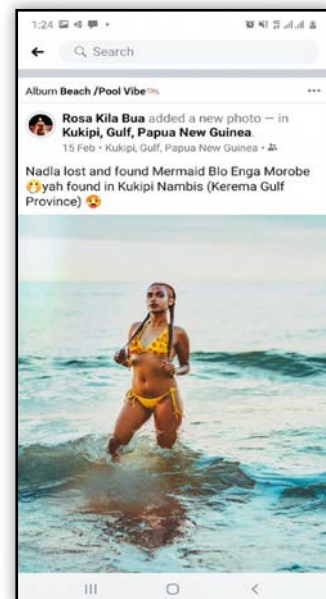


Guided river trips on traditional canoes such as these are among the activities to be offered to tourists

**“I want to change the narrative for the Gulf, which in recent years has been classed as a forgotten and neglected province”**

tourism destinations such as Kukipi village that are unknown

**Below: Examples of some of the social media posts the team shared with followers**



to most Papua New Guineans in order to create opportunities for the local communities and raise their living standards. With “untouched virgin environments bustling with vibrant marine life, beautiful beaches and captivating river canal systems”, Christopher says the Gulf is a must-visit destination for anybody into outdoor adventuring as well as lovers of the ocean. “No one will return disappointed as there is always something for everyone!” After partnering with PNG Fashion Week to kickstart a positive Gulf tourism message, Christopher has his

sights set on the Queen’s Birthday long weekend (June 5-7) as the first of a series of holiday packages on offer. The package includes mini-bus transport between Port Moresby and Kukipi, two nights of traditional ‘posa’ accommodation (BYO mosquito net, repellent, mattress, pillow and

bedding) and daily breakfast and dinner (BYO plate, cup and cutlery) at a cost of K250 for singles, K500 for couples and K850 for a family of four. Visitors can also

**Below: Photos of Gulf delicacies – such as saksak (sago doughnuts) shown here before and after cooking – were used by the PNG Fashion Week team to promote their visit to Kukipi**



The best storytellers among the mat weavers of Kukipi will give instruction at the first master mat-weaving workshops



The PNG Fashion Week team gather for a break on Kukipi’s beach after the first day of shooting

arrange to learn from the masters in the village’s first sago and mat-making workshops or take a guided traditional canoe trip on the river, all for K5 per head. (More details at [sixhundredpng@gmail.com](mailto:sixhundredpng@gmail.com)). A highlight of the weekend will be

the first Korearu Cup, a community-owned and run rugby league nines tournament in which Christopher already has 10 men’s teams signed up to compete for a K5000 grand cash prize. “As we go along, we will be introducing

more getaway packages and we hope that through these visits, we can boost tourism for the province,” he said. The young entrepreneur has also launched a line of shirts, caps and, later this year, sportswear under his #600 label,

which is sold at the Miss PNG shop on level one, Vision City. Two sets of dates have been scheduled for PNG Fashion Week runway shows in Port Moresby this year, the first from April 22 to May 1, and the second from October 7 to 16.▲



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# PNG Air NEWS



**Port Moresby winner Yombi Kep (centre) receives her prize from PNG Air's Vision City reservations manager Jennifer Odendaal (right) and another staff member**

because not only is he my partner, he is also my best friend," wrote Kieta winner Adriana Sowe. "We were best friends for three years before we started dating. Recently he moved back to our home province, Bougainville, not only to work, but to build a house for us since my overly protective Sepik father won't let me be with someone who is not properly settled down - haha. It would be lovely to surprise him with a Valentine's Day gift." Sashazimah Veneo of Madang described her best friend, lover, husband and soulmate as "the kindest, funniest, weirdest and craziest person I know. He challenges me for



**Madang winner Sashazimah Veneo (left with her partner) received this special delivery of a Queen Emma Chocolates gift pack and fresh bouquet of flowers (pictured above on the POM tarmac) in time for Valentine's Day**

"Much love PNG Air. Keep on keeping on," Renzo Kaki of Port Moresby wrote in her entry. All five received a chocolate gift basket and fresh flower bouquet, three collected by the Port Moresby winners from the Vision City ticket office, the others flown to the recipients in Kieta, Bougainville, and Madang. Valentine's Day is celebrated on February 14 as a day of romance by lovers around the world and PNG entrants were invited to write about their own special Valentines. "My Valentine is special

## PNG Air and Queen Emma Chocolates share the love for Valentine's Day

Five lucky women shared the love this Valentine's Day as winners of an online competition. Four of the women wrote in about the special men in their lives - while the fifth didn't have a partner but wrote of her admiration for PNG Air for continuing to fly through the COVID-19 crisis while airlines around the world had shut down.



**Port Moresby winner Ziporah Kuimbakul**



**Port Moresby winner Renzo Kaki**

the better not through his words but his actions". In particular she was inspired by his worship of God that made her want to worship too. "I fell in love with the way he loves God," she wrote. Port Moresby winner Ziporah Kuimbakul thanked her partner for all he did for her and her two children, even though they were not his own. "You've always been a blessing to us,

filling up the vacuum in our lives and I just wanted to take this time to tell you," she wrote. "With you by our side we know we can conquer anything." Another Port Moresby winner Yombi Kep also spoke of loving her partner Ade Kawa "to the moon and back" for all he did for her and their son Ade Kawa Jnr, pointing out that she could be very talkative, tiring and "a tough case to deal with!" She wrote that although they had their share of pain, heartbreak, struggles and happiness like every other human, "getting through those

## Port Moresby school students read PNG Air Magazine

School students across Port Moresby have been given a window into the world around them with free PNG Air Magazines to encourage them to read. PNG Air donated 50 boxes of inflight magazines to four Port Moresby schools in February to provide a supply of fresh and much-needed reading material. The primary and secondary schools included Jubilee Secondary, Sacred Heart Primary, St Peter Chanel Primary and New Erima Primary, with more schools earmarked for donations in coming months.

together is what I love about him as we try to learn to live life to the fullest". Thrilled to receive her special delivery in person in Madang, Sashazimah Veneo thanked the PNG Air crew and Queen Emma Chocolates "for making this Valentine special for me and my partner". PNG Air was proud to partner with our good friends at Queen Emma Chocolate Company in this promotion and look forward to continuing to work with them on future projects.

Students have also visited PNG Air's Jacksons Airport headquarters after school hours to collect magazines, including classes from Bavaroko Primary and Holy Rosary Primary. PNG Air's commercial department staff are proud of their initiative to arrange the school donations as a way to nurture a love of reading and help children learn. "PNG Air Magazine contains pictures and stories on people, national issues and events happening right around Papua New Guinea," one of

**St Peter Chanel Elementary prep students (from left) Rita, Winifred and Marthalyn enjoy looking through the latest magazines**



**The donated magazines are eagerly read by Grade 5 students at New Erima Primary - Rachel Phillip (left), who wants to be a doctor when she finishes school, and Jamenta Unulufo, who plans to be a teacher**

the staff said. "Such information is vital for the students as it will improve their reading and ability to learn,

and also develop their brains and provide a window into the world around them. It will help them do better in







Teachers and students of Jubilee Secondary School (left); New Erima Primary (bottom left); Sacred Heart Primary (right); and St Peter Chanel Primary (bottom right) with their donated magazines



all school subjects.” PNG Air is a strong supporter of reading as a pathway to knowledge and education, and also provides logistical support to community partner Buk bilong Pikinini so it can transport books and improve school libraries across PNG.



**our people**

“What motivates me on the job? It’s meeting different people from all walks of life, being of service to my fellow Papua New Guineans and expatriates, creating a smile on their face, making a difference in someone’s life and leaving them with a memorable experience.”

**Barbara Kaime**  
31 Years with PNG Air

follow us

## OUR PEOPLE | PNG AIR

Meet Barbara Kaime of Gembogl, Simbu/Wonoburu, Eastern Highlands, who has notched up 31 years of employment with our airline, from her first day on January 15, 1991, with Milne Bay Airlines (MBA) right through its name changes to Airlines PNG and now PNG Air. Throughout her time with the company, Barbara has been passionate about her role and the services she provides, beginning as a finance officer and now managing the Goroka

depot through her business Kaime Investment, which is contracted to operate as an agent for PNG Air. As agent, Barbara manages ground handling, sales, daily operations and aircraft marshalling for the Dash-8 fleet, and oversees the loading and unloading of both freight and passenger flights. “This was the career I chose when I was a little girl and saw a small aircraft that flew over me and my mother while working on our sweet potato garden at

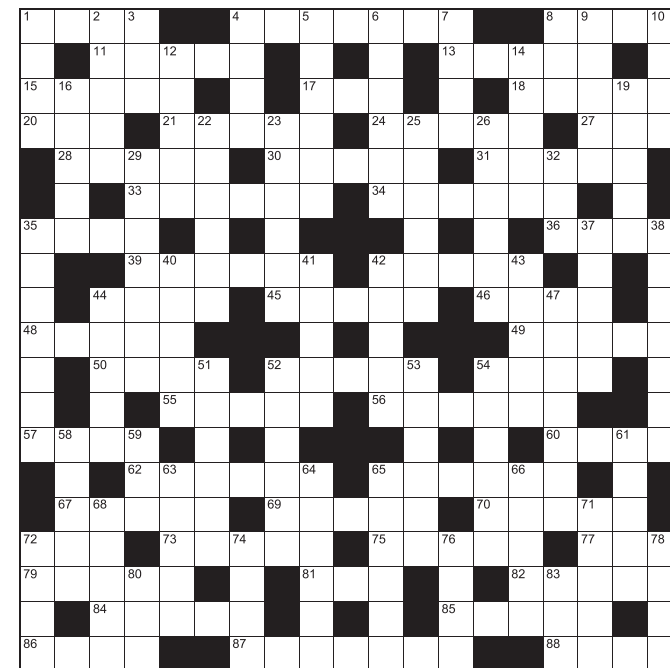
Garamauglo village,” Barbara said. “I will continue to give my best to this company for as long as I remain.”

In six years she is looking to move on from the airline to continue her real estate business, develop land and build houses, before retirement. Asked what motivates her in her job, she replies: “Meeting different people from all walks of life, being of service to my fellow Papua New Guineans and expatriates, creating a smile on their face, making a difference in someone’s life and leaving them with a memorable experience.” Her biggest aspiration is to become a role-model for and motivate young women of PNG to take up roles that are primarily occupied by men. “My favourite quote is from the Bible verse, Proverbs 3:5-6: Trust in the Lord with all your heart and lean not on your own understanding. In all your ways submit to Him, and He shall direct your path.”

Thank you Barbara for all your hard work and dedication to PNG Air, and congratulations on achieving a milestone 31 years!

## INFLIGHT GAMES

### Crossword



### Quick Clues

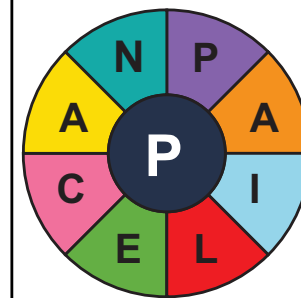
- Across**
- Bank vault
  - Clutched
  - Weather feature, EI
  - Command
  - Ignoramus
  - More agreeable
  - Tennis shot
  - From Athens
  - Gene acid (1,1,1)
  - Lead-in
  - Jewish bread roll
  - Wife’s title
  - Garlic segment
  - Painting stand
  - Pickle
  - Acting sovereign
  - Nightclubs
  - Nudge
  - Performs
  - Any of two
  - Inappropriate
  - Narrow road
  - Condemns
  - Lambs’ mothers
  - Make
  - Abrasive for polishing
  - In current state (2,2)
  - Troubled
  - Knocks sharply
  - Pungent
  - Refashion
  - Spurt
  - Ladder crossbar
  - Cap remover, bottle ...
  - White cotton cloth
  - Spiritual carving, ... pole
  - Growths
  - Hospital worker
  - Drink delicately
  - Minimum
  - Freedom fighter
  - Promos
  - Shrub
  - the line
  - Faith
  - Lariat
  - Gone up
  - Scrape
  - Ignited
  - Paint roughly

All solutions on page 47

### Down

- Beach grains
- Main issue, ... point
- Before (poetic)
- Stone particles
- On board a boat
- Moved up & down (in water)
- Ringing sound
- Neither this ... that
- Objects
- Sturdy trees
- Impetus
- Snow house
- Run up (debts)
- Construct
- Contradict
- Hired
- Straightens
- Flee
- Tribulations
- Uncle Sam (1,1,1)
- Exploring deeply
- Display cabinets
- Influencing
- Hindu land
- Enthused
- Intimate (thoughts)
- Pinch (nose)
- Perjurers
- Imperial ruler
- Plot
- Female foxes
- Cheapen
- Chasm
- Up to (that moment)
- Searing
- Requirements
- Rains heavily
- Disease-ridden
- Breakfast dish
- Religious offshoots
- Australian gems
- Finnish steam bath
- Jockey’s boot spike
- In a frenzied state
- Feathered creature
- Bang (toe)
- Brief sleep
- Scarlet

### 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.

20 Good 25 Very Good 30+ Excellent

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### Sudoku

There’s just one rule to solving this logic puzzle: each row, column and 3x3 box must contain each of the numbers 1 to 9. Remember, no number can occur more than once in any row, column or box.

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

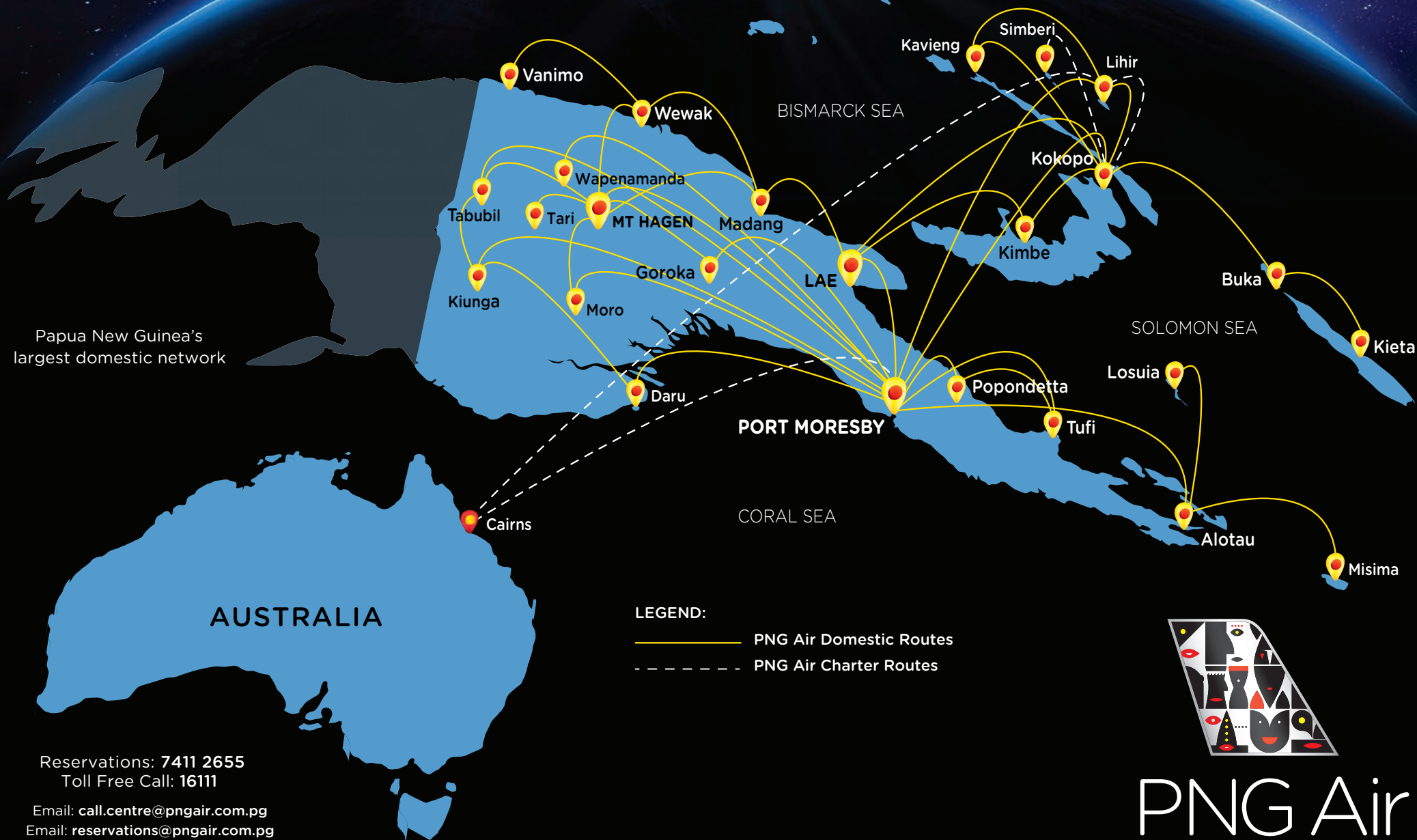
		7	4	2	9		8	
3	4		9	5	7			
6	8			9		2	1	
4			5	8			3	
1	5		6			7	4	
		5	7	8		2	6	
7		6	2	5		3		

For the benefit of other passengers, if you fill out these puzzles please take this magazine with you when you disembark.



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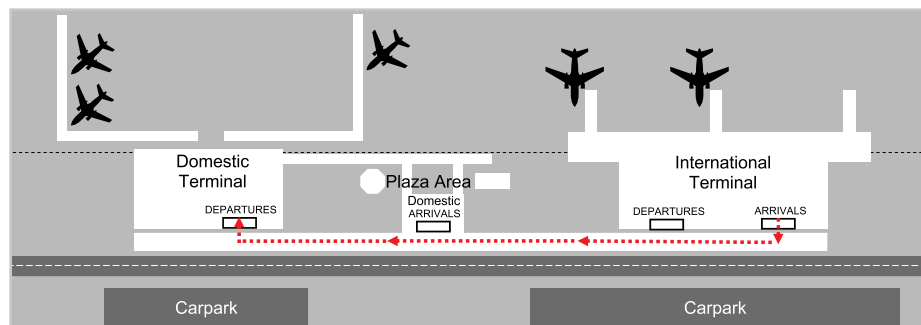
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### INFLIGHT GAMES SOLUTIONS



#### PNG Air Domestic Transfers

If you are to transfer to a PNG Air domestic flight, make your way to the arrivals exit at the front of the International Terminal and turn right. Follow the covered concourse approximately 300 metres to the Domestic Terminal departures entrance, pass through the security check-point and proceed to the check-in counters.

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LA	ORDER	FO	IDIOT	A			
NI	GER	I	LOB	N	GHEK	M	
DNA	I	TR	BAGEL	M	S		
C	LOVE	EASEL	CL	LOVE	C		
U	REGENT	D	DISCO	S			
P	ROD	A	T	G	A	ACTS	
W	EMER	A	EMER	A	W		
I	EMER	A	EMER	A	I		
N	ACRID	REMAKE	R	ACRID	REMAKE		
G	USH	X	H	R	UN		
E	OPENER	CALLOE	E	OPENER	CALLOE		
S	TOLE	ON	RE	TOLE	ON	RE	
A	LEAST	REBEL	L	LEAST	REBEL	L	
P	LAN	T	M	TOE	I	TRUST	
U	LA	SSO	E	A	R	ISE	N
D	A	V	D	A	V	D	A

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

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

Cape, clap, clip, epic, leap, nape, neap, pace, pall, pain, pale, pane, papa, peal, pile, pine, pipe, plan, plea, pease, apian, apple, pecan, paeen, panel, panic, papal, peaan, pearn, place, plain, plane, alpine, apical, appeal, canape, nipple, palace, pencil, pineal, plaise, particle, pelican.

Nine-letter word: APPLIANCE



## INFLIGHT COMFORT

### We want to ensure you are safe and comfortable during all of your PNG Air flights.

During your flight please ensure your seat belt is fastened any time that the seatbelt sign is illuminated and whenever you are in your seat, just in case we do come across any unexpected turbulence. If you do wish to have a stretch or go for a walk around the cabin, please ensure the seatbelt sign is off, and check with cabin crew it is safe to do so.

Always drink plenty of water, juice or soft drinks on your flights as it can be easy to become dehydrated when flying. Try to avoid too much coffee, tea or alcohol, as these are diuretics and will only dehydrate you further.

### Blocked ears and popping

During your flight you may feel some small discomfort with your ears 'popping' as the cabin pressure adjusts to correct altitude during ascent (take-off) and descent (landing). To help alleviate this, yawning or swallowing will usually clear it. For an easy counter-measure, simply chew some gum or eat a lolly.

### DVT (Deep Vein Thrombosis)

DVT is blood clotting in a major vein, most commonly in the legs or lower body, where blood flow has been slowed due to a period of prolonged inactivity. Medical practitioners advise that certain people may be more susceptible to developing

DVT. These include people who are immobile for periods of time, those with a personal or family history of DVT, people with certain blood disorders or who have recently undergone major surgery, smokers and people with heart disease, pregnant women and the elderly.

### We suggest you:

- Drink plenty of water and other fluids during and after the flight, limiting alcohol, tea and coffee;
- Take regular walks around the aircraft when the seatbelt sign is off, stretch, move your arms and legs at regular intervals;
- Avoid crossing your legs when seated;

- Massage your calves and thighs and regularly move your ankles by circling and gently shaking your feet;
- If you experience abnormal swelling, tenderness or pain after your flight, we strongly recommend you see your doctor.

This is not a comprehensive list. If you have any doubts about your particular health risks, you should talk to your medical practitioner before flying.

## INFLIGHT EXERCISE

The following simple exercises can be practised for three to five minutes every hour of your flight for optimum inflight comfort. They will also help boost your circulation and ease cramped or tired muscles.

### 1. FOOT PUMPS

Foot motion is in three stages.

- Start with both heels on the floor and point feet upward as high as you can.
- Put both feet flat on the floor.
- Lift heels high, keeping balls of feet on the floor.

Repeat these three stages in a continuous motion and at 30-second intervals.



### 2. ANKLE CIRCLES

Lift feet off the floor. Draw a circle with the toes, simultaneously moving one foot clockwise and the other foot counterclockwise. Reverse circles. Rotate in each direction for 15 seconds. Repeat if desired.

### 3. KNEE LIFTS

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

### 4. NECK ROLL

With shoulders relaxed, drop ear to shoulder and gently roll neck forward and back, holding each position about five seconds. Repeat five times.

### 5. SHOULDER ROLL

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



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