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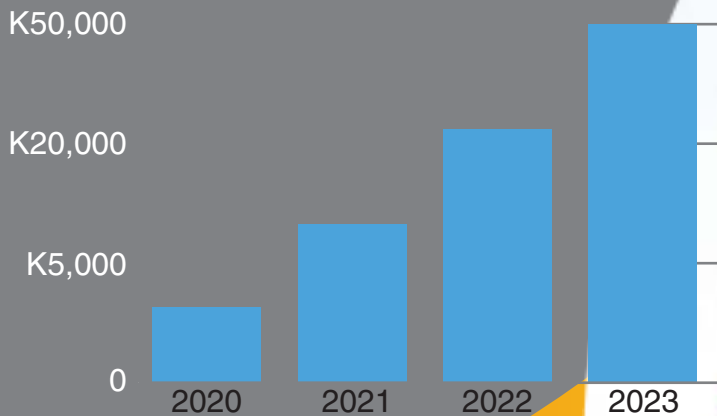


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Half of 2021 has already gone but the world continues to endure the day-to-day difficulties of living with the COVID-19 pandemic that has only shown slow signs of abating in most countries. As aviation remains the hardest-hit industry across the globe, we wonder when it will end. Sadly, that won't be soon, and countries must continue to struggle to cope with the disease, to open their borders and get their populations vaccinated.

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As always, we very much appreciate your choice to fly PNG Air. It is always a pleasure to have our regular customers on board, but we also warmly welcome those flying with us for the first time. The support we get from Newcrest and St Barbara mine customers is also not forgotten. As the acting CEO, I, along with my senior managers and staff, thank you very much for flying with us.

Please take care of yourself, your family and friends, and let's together do all we can to make our beautiful Papua New Guinea safe.

Thank you and best regards,

Stanley Stevens
Acting CEO

Cover photo

This 1930s photo of the original clubhouse of the former Port Moresby Aquatic Club (now Royal Papua Yacht Club), shows members watching sailboat races on Fairfax Harbour from the rooftop of the single-room structure that extended over the water. *"Royal Papua Yacht Club Turns 100"*
Page 8
Photo: RPYC archives



PNG Air

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Goroka's Lovely Loos
Lovely is not usually a word you associate with pit toilets, but Kalolaine Fainu, who has seen quite a few in her travels across Asia, Africa and the Pacific, did not hesitate to use it after inspecting a series of charming outhouses in villages around Goroka, where flies and foul odours have been replaced with flowers, fresh circulating air and tidy handwashing stations.
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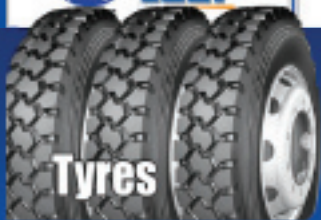
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A few health tips and easy exercises to help make your PNG Air flight as comfortable as possible.



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This 1934 pre-war photo of vanagi (canoes) lined up near today's container wharf before a racing event on Fairfax Harbour appeared in the popular Australian magazine *Walkabout*. The old house in the background was later used by the yacht club as a clubhouse after the original one was destroyed in World War II

ROYAL PAPUA YACHT CLUB TURNS 100

Compiled by Tamzin Wardley

It was too costly to bring an actual yacht to Port Moresby 100 years ago to satisfy his craving to set sail, so the founder of what later became the Royal Papua Yacht Club bought the closest thing to a sailboat he could find – a local sailing canoe.

That first outrigger “yacht” soon became part of a fleet of 16 racing canoes for the newly formed Port Moresby Aquatic Club, and was bought by the young Australian founder Arthur P. Travers for the princely sum of £3 and a bag of flour. From those very humble beginnings in 1921, the iconic RPYC has become one of the

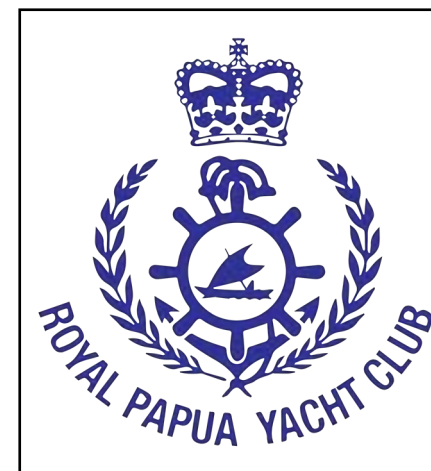
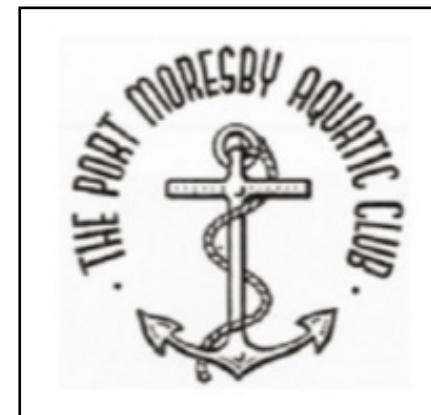
Pacific’s leading yacht clubs with over 2500 members and a spectacular 225-berth marina that plays host to visiting yachts from around the world. As the club celebrates its centenary this year, members have dug through the archives

“That first sailing canoe was bought by the young Australian founder Arthur P. Travers for the princely sum of £3 and a bag of flour”

to find classic old photos and learn what those early years were like.



Keen sailor Arthur P. Travers, the club’s founder and first commodore in 1921



Changes to the yacht club’s logo over 100 years

Although a packed schedule of anniversary celebrations has had to be put on hold due to the COVID-19 pandemic, the founding date of the club – June 2 – was marked with the burying of a time capsule beside the ship’s anchor at the front of the club, and unveiling of a celebratory plaque on the front door. The capsule contained 100 items and pieces of memorabilia – including five from each



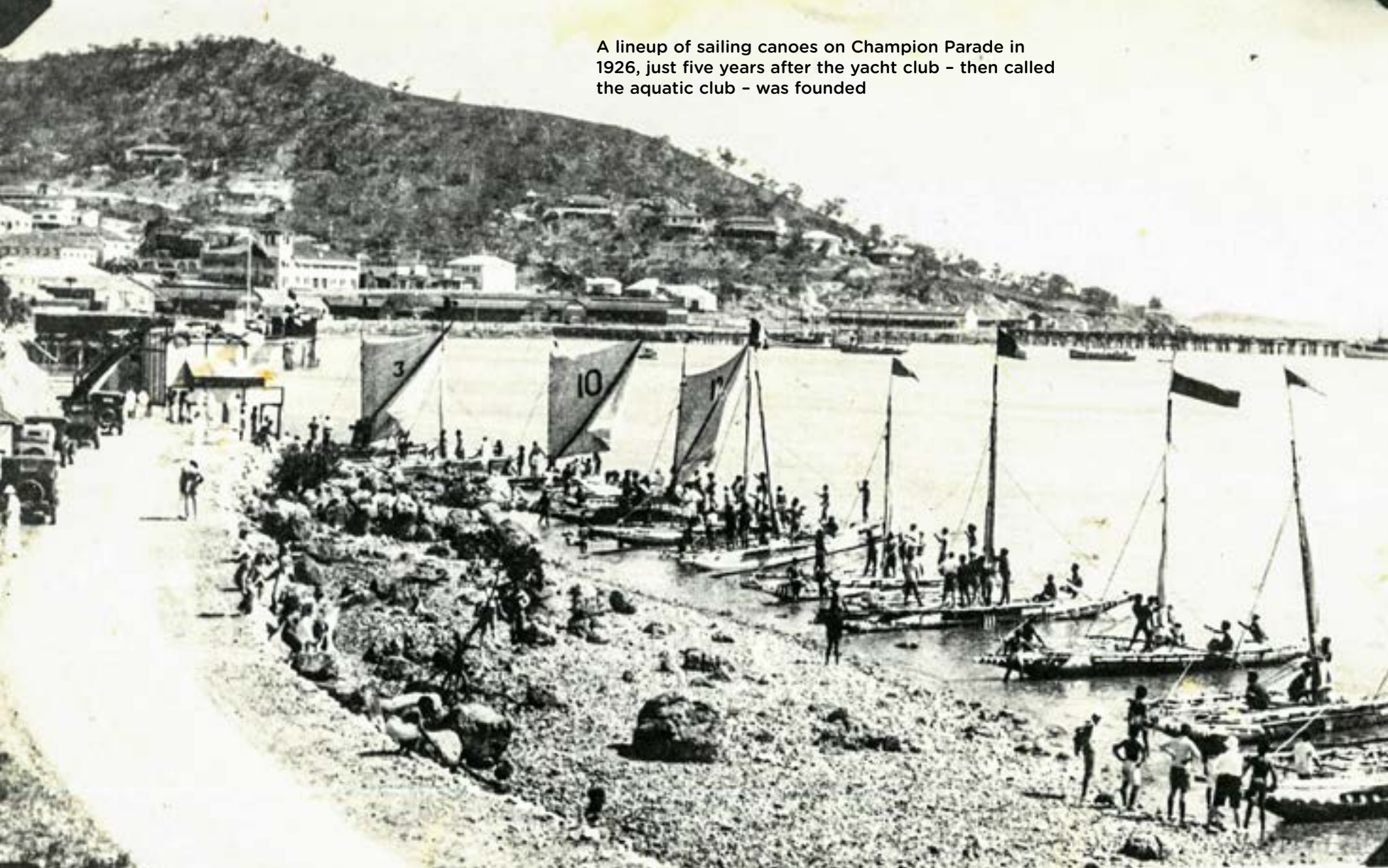
Port Moresby’s iconic RPYC has become one of the Pacific’s leading yacht clubs with over 2500 members and a spectacular 225-berth marina that plays host to visiting yachts from around the world. The club moved to its current Konedobu site opposite the Sir Hubert Murray Stadium in 1998



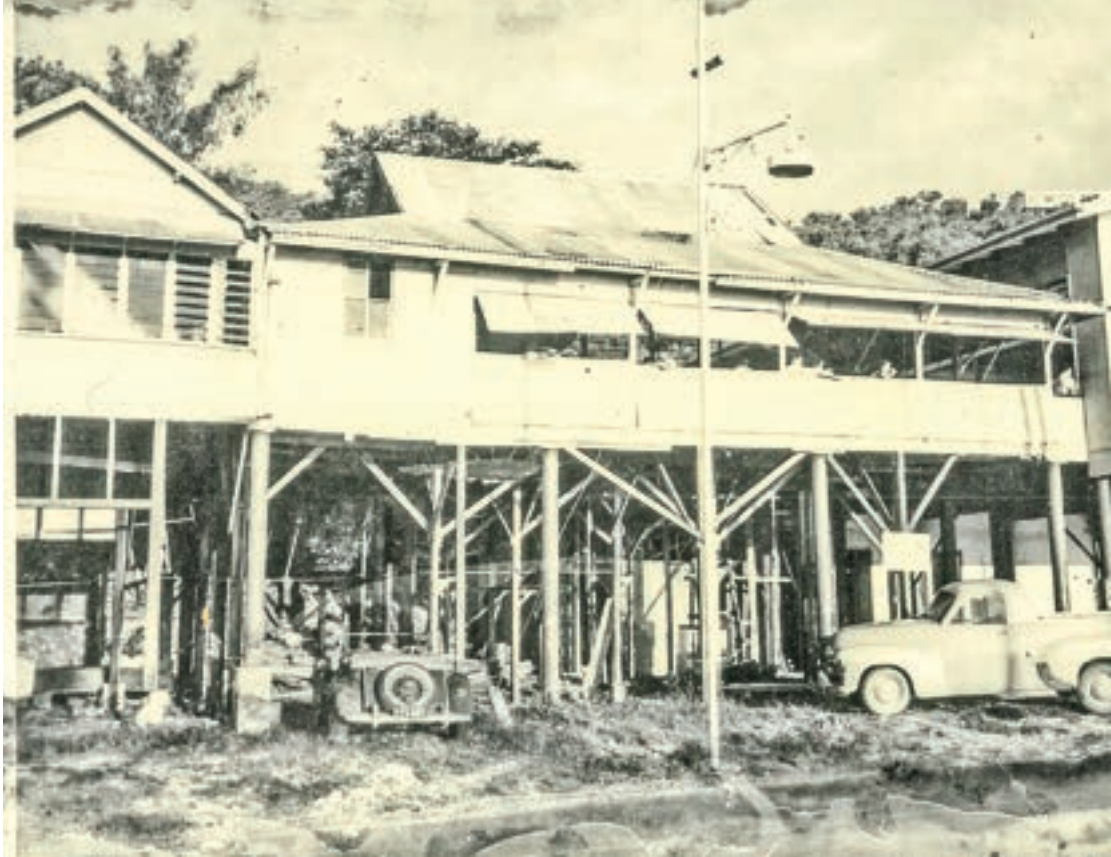
The time capsule was buried in a ceremony at the RPYC on the club’s 100th birthday on June 2, and won’t be dug up until 2121

sub-club – that reflect Port Moresby and PNG in 2021, along with important club records of achievements over the past 100 years. The clubhouse has received a facelift for this important year

with a new paint job for the exterior, a modern new foyer to showcase the club’s historical memorabilia alongside a Motuan tattoo fascia, and renovations to its infamous ‘wet bar’. In a popular initiative, all

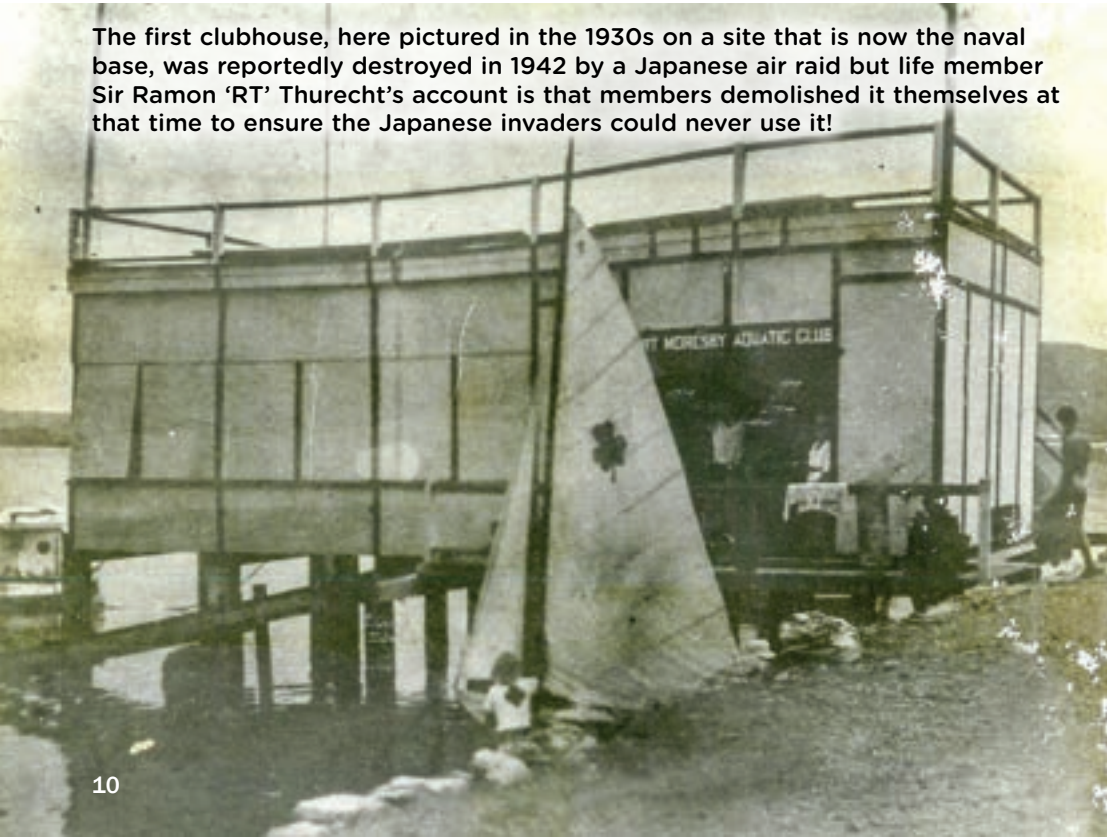


A lineup of sailing canoes on Champion Parade in 1926, just five years after the yacht club – then called the aquatic club – was founded



The second clubhouse – pictured here with life member Ron Burgess’ MG TD parked underneath – was a former private home opposite PNG Ports’ container storage location on Champion Parade. It was demolished in 1961 to make way for a purpose-built clubhouse

“Archival photos and records have been dug out of their boxes and are being digitised, with the centennial committee ensuring the stories behind the life members of the club are properly recorded and told”



The first clubhouse, here pictured in the 1930s on a site that is now the naval base, was reportedly destroyed in 1942 by a Japanese air raid but life member Sir Ramon ‘RT’ Thurecht’s account is that members demolished it themselves at that time to ensure the Japanese invaders could never use it!

members have received a special rewards card that gives them access to benefits, discounts and giveaways from suppliers and longtime friends of the club for the entire year. Over 100 corporate partners signed up for the program in an overwhelming gesture of goodwill. Unfortunately, an appreciation night to thank those partners has had to be postponed due to the pandemic but is hoped to be held towards the end of the year. Also postponed until later in the year have been

a series of events, beginning 100 days before the anniversary date with a traditional sail past officiated by PNG’s Governor-General Sir Bob Dadae, the club’s commander

in chief. This event is annually held to open the sailing season but on this occasion was planned to attract over 100 vessels from across the various divisions of the club, with members

saluting the committee boat and receiving a blessing for safe boating in our waters. A commodore’s cocktail party, a centennial ball, an historical quiz night

and flashback events remembering the last 100 years and the four different clubhouses occupied by the club are all set to be rescheduled at a later time along

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CONGRATULATIONS TO THE SOLOMON ISLANDS YACHT CLUB ON ITS 100 YEAR ANNIVERSARY

SPBS assisted with the refurbishing of the historic SPYC with the supply of Moresby Paint, scaffolding and installation of paint to the external building.



The Moresby Class of sailing dinghies was introduced in the 1950s

with the 'Great Big Birthday' party event and a weekend-long Carnivale. Sailing, fishing and va'a (canoe) sub-clubs are also arranging special events and

competitions for when required restrictions on gatherings and social distancing have eased. Only recreational boating is permitted currently. One event still able

to go ahead is a photography contest for members to record the year that is 2021, with K3500 worth of prizes on offer for land and underwater shots in adults' and children's categories. The comp was launched in May with an August 19 deadline for entries. An exhibition of the entries is planned for the end of the year. Meanwhile, archival photos and records have been dug out of their boxes and are being digitised, with the centennial committee ensuring the stories behind the life members of the club are properly recorded and told. Membership and minute books from the very start of the club are on show in a new display within the clubhouse. The archivist has even found a copy of one of the old betting books that was held behind the bar in the former clubhouse. The bets show that sporting

rivalries and rather crazy dares are nothing new to the members of the club. One of the stories they found involves life member Andrew "Fossil" Thompson and dates back to the time of the previous clubhouse on Champion Parade. Foss had been naughty and incurred a club ban for a period that covered the AGM. In those days the annual general meeting was well attended and great debates took place, with Foss determined not to miss any of this live action. Now, the top storey of the old club was completely open to allow for breezes, given the limited air conditioning of the time, so some lateral thinking, ingenuity and access to a cherry picker saw Foss park the machine in the carpark, and position himself in the bucket outside one of the top windows. It was the perfect



The third clubhouse, before (left) and after a major upgrade and extension in the late 80s. This position on Champion Parade was the last as the Papua Yacht Club and the first with the prefix 'Royal' added (in 1977), the title reflecting a 1956 visit to the club by the late Duke of Edinburgh, Prince Philip, who called in on the maiden voyage of the Royal Yacht *Britannia* as it headed to Melbourne for the opening of the Olympic Games



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*Congratulations
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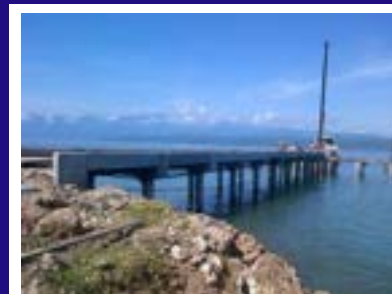
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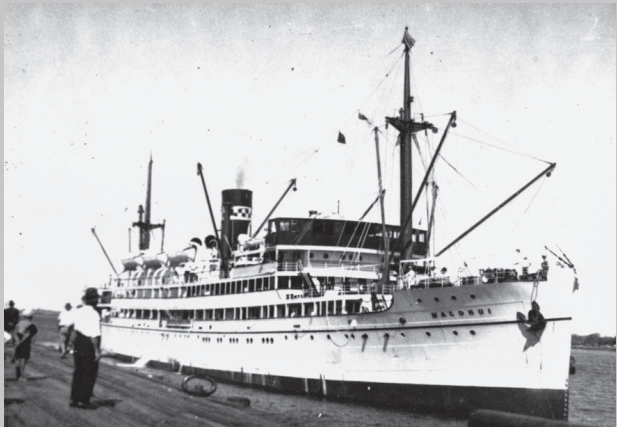
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TOL Wharf

HISTORY SNAPSHOT

The Royal Papua Yacht Club started its life as the Port Moresby Aquatic Club on June 2, 1921, founded by young Australian, Arthur P. Travers. This was less than 50 years after Captain John Moresby was the first European to sail into Fairfax Harbour aboard the HMS *Basilisk* in 1873, naming the harbour after his father Sir Fairfax Moresby. Travers, who was an enthusiastic sailor from Sydney and Cairns, bought a local outrigger canoe and competitive sailing began in Papua New Guinea waters. By the end of 1921, there were 30 club members and 16 registered racing canoes between them. The first clubhouse was built on stilts over the water but was destroyed during an air-raid in 1942.



The mast from the WWII troop carrier MV *Macdhui* (above left photo courtesy of the State Library of Qld), that was bombed in Fairfax Harbour, is now the RPYC's iconic flagpole, while the club's restaurant also took its name

World War II in Port Moresby also claimed the Burns Philp passenger vessel MV *Macdhui*, which was being used as a troop carrier. The *Macdhui* mast was salvaged and became the club's iconic flagpole. When the club reformed after the war years, a private house on Champion Parade was offered



to the club. Club activities expanded greatly in the 1950s, with our own Moresby Class of sailing dinghies in use, then powerboat racing from 1951 and water skiing from 1954.

solution to enable him to participate in the meeting without breaching his club ban! We are not sure whether he brought his own drinks or was

served via the open window but there is no doubt a solution would have been found to that problem too! A range of 100-year merchandise has

been released to commemorate this special year – from men's neck ties to gym bags, kids' beach towels, caps, scarves, shirts, rash tops and

sarongs, and of course pens, calendars and a commemorative fridge magnet. But alongside these items are some very special memorabilia.

In 1970, the Moresby Game Fishing Club started, with this sport quickly growing in popularity. Sailing grew fast over the next few decades, with RPYC sailors participating far and wide in international competitions both home and abroad. Many different sailing classes became popular including sharpies, fireballs, corsairs, lasers and the hobie 16s. Crews from Port Moresby competed regularly in Australian and New Zealand championships, world titles, and the Sydney to Hobart regattas. The RPYC has hosted many international regattas itself and been visited by many world champion sailors. In 1968 it hosted the Australian National Sharpie Titles, then many South Pacific championships after that. In 1979, the club began the Cairns-Port Moresby Yacht Race series. The club's first foray into world competition took place in 1977 when four yachts flew PNG colours in the World Half Ton Cup off Sydney – the most successful yacht was *Mekim Save*, a Farr 920 skippered by ex-Commodore John Wild which won the production boat trophy. The club obtained its royal assent in 1977. Historically the club has had a long association with royal visitors. The late Prince Philip, the Duke of Edinburgh, called into the club in 1956, the club's hospitality causing HRH to arrive rather late at a reception given in his honour later in the

day! During the pre-independence 1974 visit by Queen Elizabeth to PNG, HRH Princess Anne and Captain Mark Phillips were hosted by the club with a regatta to mark the occasion. In 1998, the club officially opened its grand new premises at Konedobu and continued its tradition of hosting national and international events with teams travelling far and wide to participate in sailing, game fishing and the newly introduced sport of va'a (canoe racing). The club hosted the Cairns-Port Moresby regatta through to 2003, when the new Australian insurance requirements (following the disastrous 1998 Sydney-Hobart Race) meant the end of the series, and again hosted sailing for the Port Moresby Pacific Games in 2015. As sailing numbers reduced, the social and family side of the club grew. The club has hosted many memorable events and functions – both glamorous and some downright grotty! Through them all, our members have contributed to all the activities as fads and changing times have changed the very face and focus of the club. Arthur P. Travers would be amazed if he could now see our spectacular marina and iconic clubhouse.

Words by Philip Spradbery with historical research by then club archivist Valerie Thornton

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A commemorative stamp set will be produced by Post PNG and a collectors' item commemorative coin issued by the Bank of PNG, alongside the traditional yacht club special - a centenary limited edition bottle of Ramu Rum, perfect for toasting this very special birthday. Happy anniversary RPYC!



A fun photo of a recent RPYC committee includes: Back, from left, Commodore Kilroy Genia, general manager Aaron Batts, Vice Commodore Mike Martin, Cameron Taylor, Jason Drews, Andre Morris and Ashish Tripathi. Front, from left, Tamzin Wardley, Ella Kasu and Alisha Esterhuizen

A LETTER TO FUTURE MEMBERS FROM SIR RAMON 'RT' THURECHT OBE

As the RPYC's longest serving member (since 1954, the last 30 years as a life member) Sir Ramon, 89, was invited to write to members 100 years in the future so his letter could be preserved in the anniversary time capsule until its intended opening in 2121

In 1921 when the club first came into being, Port Moresby was a vastly different place to what it is today and will be when this letter is opened.

The population of Port Moresby before the war was only about 350. Only the European population was counted but there were not a great many more national people then living in Hanuabada and other villages in the Port Moresby area. Then called the Port Moresby Aquatic Club, its clubhouse was similar to a garage over the water, with a flat viewing platform as the roof. There are two stories as to its demolition. It was claimed by some that

it was bombed by the Japanese during an air raid. The truth, as told by the "Befores" - that is, those who were in

members demolished it so the invading Japanese would not have the use of it! Of interest is that, as

"There are two stories as to the demolition of the first clubhouse. It was claimed by some that it was bombed by the Japanese during an air raid. The truth, as told by the 'Befores' - that is, those who were in Moresby before the war - was that the club members demolished it so the invading Japanese would not have the use of it!"

Moresby before the war - was that the club

the clubhouse was so small, the members



Sir Ramon Thurecht as he was pictured in the 1991 yearbook, the year he was awarded life membership

had to have the annual dinner at the then-Hotel Moresby, also known as the Bottom Pub to delineate it from The Papua Hotel, the Top Pub. Of further interest is that the public bar at the Hotel Moresby was in the basement and known to all and sundry as The Snake Pit. We will have to leave it to your imagination as to how

that name was derived. Racing in those days was in the local lakatoi canoes with national crews and the European "owner" being carried as supernumerary. On return to sailing after the war the lakatoi was soon replaced by the Moresby Class sailing boat, designed by Bill McMahon and built at Kwato Mission near Samarai in the Milne Bay District. In effect, the boat was a much beamier Vee Jay (Vaucluse Junior Class), utilising that boat's sail plan. Bill, by the way, was the first principal of the Idubada Technical Training College after the war. By the time I joined the club, the much

larger Vee Ess (Vaucluse Senior) had been introduced. It was on this class that I learnt to sail, winning my first club championship that very same year. About this time the club was in financial difficulties and I was asked to take over running it. I therefore became the first club manager on the magnificent wage of £5 a week, which all went back into the club in entertaining visitors. I could not have afforded that on my normal weekly wage and raise a family at the same time. The only spare time I had to do the books, load the fridges and



Sir Ramon Thurecht, 89, (second from right) cuts the 100th anniversary cake on June 2 with fellow life member Sir Dadi Toka, as RPYC Commodore Kilroy Genia (left) and PNG Governor-General Sir Bob Dadae look on

do the ordering was Saturday morning. It wasn't long before members started

coming in to see what was going on so the club started opening on Saturdays, with this

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later extended to early on Sundays so sailors could purchase their “cold tea” (rum and water) to cool their fevered brows while sailing.

The local beer had been introduced at that time and had to compete with imported beers from Australia, Europe and the USA. Two of those beers were known as “Claw and Feather”, being Adelaide Richmond Tiger and the Perth Emu beer. Up to the time when the then-new South Pacific Brewery introduced draft beer, all beer was served in one litre bottles. The stubby, as we now know it, was introduced at a later date.

Twelve months after I took over, we managed to replace the old clubhouse that was in very poor condition, with a new one. The old clubhouse had been the home of a club member who used to run a slipway just to the west of the pre-war clubhouse. That is as far as the coast road went at that time. The only way from Town,

or CBD, to Konedobu, was along Ela Beach Road, then up Lawes Road and down around Vanama Crescent, past what is now the Bankers College and then down past what

“Luckily the Duke never turned up as we were caught in a squall and I broke the rudder and consequently had a swim”

was once the original Port Moresby Golf Club. The house was sold to the club for a very good price rather than the owner return after the war. The club prospered from then on, extending the groin from the then marine base which used to house the war time Catalina flying boats and the Sandringham flying boats that used to be the international service from Sydney to Bougainville. It



An aerial photo of an opening day regatta in 1965 shows the clubhouse and marine base

wasn't long before the anchoring area was converted to a proper marina, even though quite primitive by the then-modern standards. I suppose you will be wondering how the club obtained its royal title. In 1956, Prince Philip, the Duke of

Edinburgh, visited Port Moresby on his way to the opening of the Olympic Games in Melbourne. He was on the maiden voyage of the Royal Yacht *Britannia* to the Pacific area. The club organised a special race for the day in which the Duke was



The yacht club's first marina fingers are positioned on floating pontoons out front of the old Champion Parade clubhouse in the 1980s


invited to crew on the club champion boat *Mistress*, captained by me. Luckily he never turned up as we were caught in a squall and I broke the rudder and consequently had a swim.

However, later in the day, the Duke took the ship's runabout

for a run around the harbour, ending up at the clubhouse where he indicated that all introductions be taken as given. He then indicated that he would like to catch up with the crew of the small ketch that had almost prevented him from berthing at the main

wharf. That person was my present wife Lady 'Bet' (Elizabeth), who was a crew member on the ketch *Ranganui* from Auckland to Fiji to Port Moresby with her then-husband Merv Whitten. They were becalmed without a motor and just drifted out of the way in

time. I believe that the Duke was on the bridge at the time. As Merv and Bet were members of the club, this then makes her the second longest serving member. Merv unfortunately has since passed on. As a result of the royal visit the committee



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In 2011 at the PNG Independence Day Celebration Night at the Pap Club, Deputy Commodore Megan Taureka (Andrew) and Rear Commodore Rena Lane proposed that I work as the Royal Papua Yacht Club gym manager/consultant.

On January 9, 2012, McNash Fitness & Wellbeing started managing the RPYC Gym by the grace and full kind support of the commodore, deputy commodore, rear commodore,

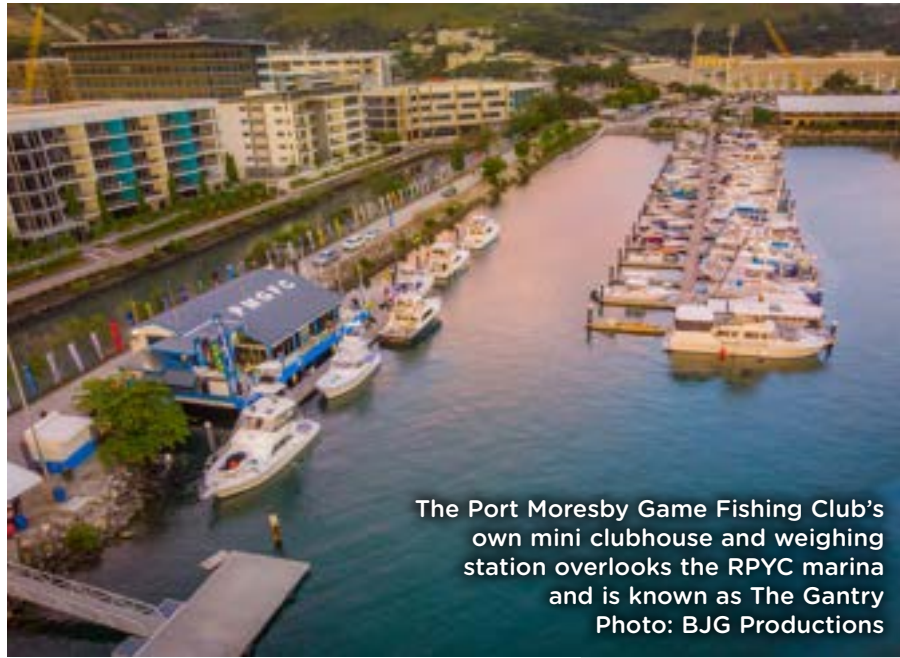
committee members and management. The RPYC opened the door to my success as a gym manager/consultant, fitness & health trainer/coach and nutrition adviser, as well as being a TV host of *Healthy Living with Mila*. I am sincerely grateful for this opportunity to enhance my life and my career.

THANK YOU and again, CONGRATULATIONS!!!

Best, Mila

Email: mcnashfitness@gmail.com | Facebook: RPYC Gym/MCNashFitness





The Port Moresby Game Fishing Club's own mini clubhouse and weighing station overlooks the RPYC marina and is known as The Gantry
Photo: BJG Productions

felt it only proper they use the prefix "Royal" in the club's title. However it was deemed improper for the words royal and aquatic to go together, which is why the club then changed its name to Papua Yacht Club. It took some years for the royal prefix to be added and that was with the help of the first Governor-General Sir John Guise shortly after the country became independent. Progress in the growth of Moresby then dictated the next expansion. The growth in the number of overseas vessels utilising the harbour necessitated a new wharf, which the port authorities dictated had to be exactly where the marina was.

After several false starts for the siting of the new clubhouse, the present site was negotiated. My involvement in this move was rewarded by the granting of a life membership, a gift I cherish to this day. To help pay for the very modern building and marina, berths were pre-sold on a 25-year lease basis. This very successful venture raised the necessary funds to build the entire new club premises and marina. With the move to the new premises the fishing club became much more active with members managing to raise funds to build their own mini clubhouse and weighing station known as The Gantry. This has then allowed that

division to host inter-club fishing championships on many occasions.

During my active years in the club I managed to become club champion for several years when the club moved up to the much faster lightweight sharpie class. As I progressed in age, so I progressed in the size of the boat, sailing for many years in various A-class yachts before handing over the reins to my sons, who then both won the club championship in the then 16-foot hobie catamaran.

As I pen this letter I realise my time has come to leave the club to the younger members of the community and the local population who are learning to sail the laser class boats to compete in the Olympic Games, having already competed successfully in the Pacific Games, a big change to the days of crewing the lakatoi. I cannot finish without a word of thanks to my wife Lady Elizabeth, who has been my partner for the last 50-odd years, crewing with us on the various Sunday picnic races and subsequently ending up with bad bouts of skin cancer. Because of that, our sailing days are now over as we cogitate over a cold SP in the world-class yacht club that we leave to the future generations of Port Moresby and Papua New Guinea. ▲



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This hungry eel at Balek Wildlife Sanctuary is about to make off with a large chunk of chicken at our feeding session

THE OTHER SIDE of Madang

Words and photos: Nigel Marsh and Helen Rose
www.nigelmarshphotography.com

Water sports are the biggest drawcard for most visitors to Madang – ourselves included – as the town sits on the edge of a large sheltered lagoon. This picturesque expanse of water is dotted with coral

reefs, palm tree-covered islands and many shipwrecks, attracting divers, snorkellers, fishers and kayakers from around the world. As keen diving enthusiasts we could easily spend all our time in, under or around the water while in Madang, but on the



Drying out with a few hours of surface time at the picturesque Madang Resort that overlooks the harbour



Madang Resort's friendly resident hornbill



Some of the Victoria crowned pigeons that make their home at Madang Resort. These distinctive birds are the largest pigeons in the world

“It is the birdlife that most impresses, especially the resident hornbill and the large flock of Victoria crowned pigeons that strut around the resort”



Madang Lagoon is dotted with beautiful palm tree-covered islands



Bilums of every colour and design are displayed on this fence at the market

handicrafts to tourists, while the next is a local market selling fruit and vegetables, betelnut, and local cooked

delicacies such as tasty pork sausages. The main undercover market in town is very busy, with stalls selling

clothes, bilums (woven bags) and a wide range of locally-grown produce. One attraction that's



Market stalls selling betelnut and mustard

rare occasion that we come up for air and dry out for a few hours, discover some fun land-based attractions definitely worth

checking out as well. First up is a stroll around the beautiful gardens of the Madang Resort where we are staying, which has an

abundance of orchids, gingers, heliconias and many other tropical plants. There is also a surprising amount of wildlife to be

seen – frogs, toads, green skinks and butterflies. However, it is the birdlife that most impresses, especially the resident hornbill and large flock of Victoria crowned pigeons that strut around the resort with their soft blue plumage, large fanlike crests and red eyes. During the war we're told these large pigeons were an important food source for protein-starved soldiers. Between dives we have a chance to explore the town, and don't have to venture far to find some colourful markets, as two are located right outside the resort. The first sells carvings, paintings and other traditional

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The clear spring water that bubbles up to a cave at Balek Wildlife Sanctuary smells strongly of sulphur

Top left: Our guide Busy Bee shows Helen through the tropical gardens at the Balek Wildlife Sanctuary
Middle left: Tasty garlic pork sausages, kau kau (sweet potato) and cooked bananas are among the market offerings
Left: Stands of popular pitpit (the edible flower of wild cane that grows rampantly in PNG and is eaten raw or fried/boiled in coconut milk) are among the fresh market produce

a must-see for all visitors is the 30m tall Coastwatchers Memorial Beacon (also known as Kalibobo Lighthouse) at the harbour entrance. Built over 60 years ago, it is dedicated to the Australian coastwatchers and their PNG helpers who stayed behind enemy lines and risked their lives to spy on Japanese ship and troop movements for

the Allies in World War II. It's hard to miss this structure that we're told remains visible up to 25km out to sea! On our last day we book an afternoon tour with the resort to see some of the other sights beyond the limits of the town. Our tour guide, the famous 'Busy Bee', is a wealth of knowledge and seems to know everyone we pass. First stop is the Madang

Museum, a small exhibit hall overflowing with local artefacts such as ceremonial costumes, pottery, stone carvings and drums. It also has a fascinating pictorial history of Madang and provides information about German colonial rule, Australian administration and the war years. For our next stop we head out of town to the Balek Wildlife Sanctuary. Pulling off

"Here is a small cave, where crystals decorate its ceiling and water bubbles out of the ground. This creek is obviously volcanic in nature as the smell of sulphur is very strong!"

the main road at a small village, we walk to a picturesque small creek with crystal clear water. Busy has brought a bag of bread and chicken scraps that he gives to a local guide who feeds the fish and one large eel, which grabs a sizeable chunk of the chicken before shooting off under the riverbank. We are then led through a pretty garden as we follow the creek to its source at the base of a towering 200m cliff overgrown with vines and other vegetation. Here is a small cave, where crystals decorate its ceiling and water bubbles out of the ground. This creek is obviously volcanic in nature as the smell of sulphur is very strong! Throwing the rest of the chicken scraps into the water brings a

dozen small tortoises out of hiding to feast on the food. Busy points out a pile of rocks in the shape of a grave and tells us a scene from the 1997 film *Robinson Crusoe*, starring Pierce Brosnan, was filmed here and that we are looking at one of the 'props' - the grave of Crusoe's companion Friday that was constructed specially for a scene. Quickly paying our respects to the empty grave, we stroll back through the garden, admiring all the tropical flowers and fruit. Our final stop is at the local village of Bilbil. Right on the seafront, this peaceful fishing village makes its own unique handmade clay pottery that is as beautiful as it is fragile. It's interesting looking around the village and seeing the different



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A pretty green skink in a tree at the Madang Resort



A shy smile from this little boy in Bilbil village



Bilbil’s distinctive handmade red pottery is as beautiful as it is fragile. Photos: Anton Selve, Madang Resort



Canoes pulled up on the foreshore at Bilbil



Left: Madang Resort’s popular tour guide ‘Busy Bee’ Kunjip – here pictured with an Asaro Mudman on a tour to Goroka. Photo supplied by Madang Resort

styles of housing, some on stilts over the water and thatched in the traditional style, others more modern, and seeing how village life is lived in this part of PNG. All too soon it’s time to leave but we’re glad to have given Madang’s topside attractions a chance this visit alongside its more famous underwater ones.▲



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GOROKA'S LOVELY LOOS

Kalolaine Fainu

Rebecca Sari stands outside her VIP toilet decorated with old number plates



A couple from Sami village stand in front of their newly built toilet

“Goroka had been a bucket-list destination of mine for a while, but I had to admit I wasn’t crazy about the idea of getting up close with the places humanity uses to excrete its waste”

I’ve travelled southeast Asia on a shoestring, trekked parts of South Africa and island-hopped my way around the South Pacific. I’ve explored Vietnam by motorbike, spent bone-crunching hours on buses and trains in Thailand, nearly went down with the ship in Tonga, and driven a rental car that should have been in the junkyard across the Namibian desert.

At times I’ve been forced to hold my nose and use squat toilets covered with poop and pee. In some villages, the only toilet available was an open pit with no ventilation or sawdust; wet and smelly and covered in flies. Some pits were just a plank of wood and a square hole where I had to be extremely careful about how I placed my weight!

Some had plastic toilet seats or bucket-like seats, and all of them required strong legs to kangaroo squat to avoid touching anything unquestionably contaminated. When I was assigned to document the progress of the PNG National WaSH (Water,

Sanitation and Hygiene) Policy in Goroka as part of a series of videos our PNG team was producing on the Klinpela Kommuniti Projek, I was both excited and a little apprehensive. My brief included photographing, inside and out, the toilets of the village communities involved in the program.

Goroka had been a bucket-list destination of mine for a while, but I had to admit I wasn’t crazy about the idea of getting up close with the places humanity uses to excrete its waste. Visions of previous travel experiences invaded my mind, tempering my adventurous zeal. The thought that people may also feel somewhat embarrassed showing me their toilets also crossed my mind, adding to my sense of unease.

Disembarking at Goroka is a breath of fresh air, literally. Cool oxygen fills my lungs and as we exit the airport gates, I discover that the airport sits inside the town centre. I hadn’t expected that. The fresh produce market outlined by a vast field of colourful umbrellas beckons to me, and I itch to jump out of the car, but I am here for work and already a day late, so we head straight to the office to meet the ground team. Valiantly named ‘Touching the Untouchables’, this team are



Villagers sometimes use soft leaves like these in the absence of toilet paper



Ihato Bery from Sukapass village is delighted to have fresh drinking water from the water pipe newly installed in her yard



A Sukapass villager carries water to her home from the community's piped water source

UNICEF's implementing partner in Goroka. The objective of the European Union-funded 'klinpela kommuniti' project is to improve access to clean and safe water and hence improve the quality of life for women, men and children. The villages we visit are on the outskirts of Goroka and from the moment I step foot in them to the moment I leave I am surrounded by wide smiles, lots of laughter and a bursting enthusiasm to show me how much has been achieved so far. Villagers vie among themselves to show me their individual and communal toilets and I very soon realise my earlier trepidation was completely unfounded. These communities have worked together to achieve ODF (open defecation

free) certification by installing VIP toilets (ventilation improved pits) with tippy taps (locally-made devices for washing hands outdoors) or other water sources to wash hands easily and effectively, plus a range of other hygienic practices. They are proud, and rightly so. Inspecting each VIP toilet becomes a real delight. Each family has designed their own toilet house themselves, often adding personal touches to adorn and embellish their outhouses. There are decorative bamboo walls, flowerpots and even a vintage-styled outhouse with old number plates on the walls! I am super impressed by these colourful, welcoming, clean outhouses and... guess what? There are no smells!

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The women in the green shirts were responsible for digging 33 pit toilets in their village



Kay Kay Ezave was awarded for building the best VIP toilet in her village

The crippling effects of poor sanitation and hygiene are well documented. They impact on nutrition and health as well as economic growth and development and, in the process, eats away at a person's sense of dignity and self-worth, contributing to an ever-present cycle of deprivation. I very quickly come to understand why every person I meet in the village is so eager for me to check out their lovely loo! I discover it is the women who are mainly responsible for pushing to improve hygiene and sanitation practices. In Kabiufa village I'm told a story about eight elderly women who dug out the pits for 33 toilets in their community. In Komegu, the story is similar, where women took charge of digging out the pits for the toilets and the children were put in charge of digging the holes for rubbish

A continuous airflow through the ventilation pipe removes odours, helps waste break down through its drying action and effectively controls flies. Brilliant! These toilets in Goroka are both clean and charming, and, when nature inevitably calls, I have zero hesitation in asking to use one. In fact, I can safely say they are the cleanest and most impressive pit toilets I've ever seen! So much for my first-world preconceptions.

“Each family has designed their own toilet house themselves, often adding personal touches such as decorative bamboo walls and flowerpots”



Rose Tata gets her fingernails cleaned and trimmed by her grand-daughter

pits and making the tippy taps. Both these communities receive their ODF certificate during my visit, with one woman from Komegu speaking passionately at the ceremony about the direct impact these changes have made on the people living in the village. “Before the program the village was filled with rubbish,” Rose Ken tells us. “Kids and mothers were sick with diarrhoea, but now everything is much cleaner and people are healthier.” The winner of the ‘best VIP toilet’ in Kabiufa village is Kay Kay Ezave for her innovation in creating separate male and female toilets by using a wall to divide her family's double pit toilet. Kay Kay also placed an



Fresh garden flowers adorn this Kabiufa village toilet

old sink on the ground to collect and carefully drain away grey water from her hand-washing station and stop it pooling into a muddy mess. The 10 steps to achieve ‘open defecation free’ status for communities include: a VIP toilet; rubbish hole with lid; beautification; dish rack or table; animal fencing; nutritional gardens; clean safe drinking water; ventilated homes; family planning; and immunisation. One of my favourite parts of this assignment is to inspect the beautification projects in each village. Tidy pathways are lined with neatly trimmed trees and bushes while flower beds bloom with the fragrant and brightly coloured dahlias for which Goroka is famous. Complementing these decorative plants are backyards full of nutritional garden produce, including the biggest bunches of broccoli I've ever seen and all varieties of leafy greens – aibika, aupa and local lettuces galore. Fruit trees are laden with tropical fruit and I'm offered succulent oranges or tart limes plucked straight off the branch to eat on the spot or take home. These are happy villages,



Iva Iso shows her sons how to use a tippy tap to wash their hands

with friendly, funny people unashamed to put their warm outgoing characters on display and are proud to work hard to better the lives of their community. The engaging and unpretentious people of Goroka remind me of the simple things in life that we should be grateful for, particularly having an adequate supply of clean, safe water to drink and wash in. How privileged most of us are to have a clean flushing toilet that we take as a given, no effort involved. This experience demonstrates the good work of PNG UNICEF and what can be achieved through community

collaboration. Kudos to the women – particularly the grandmothers – who stepped forward to drive this project, and also the men and children who played their part. Sometimes leadership is as simple as picking up a shovel and starting to dig.▲

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AMERICAN FOOTBALL comes to PNG

Photos supplied by the PNG American Football Federation

Kelep Ropa, quarterback for the North East Falcons, prepares to pass the ball to his wide receiver during Port Moresby's first flag football tournament in November



Seven years ago Timothy Jim was studying a business administration degree at Manila's Adamson University when he was introduced by his Filipino classmates to American football – known as gridiron in the US, where it culminates in the

hugely popular Super Bowl. The Western Highlander took to the fast-paced hard-tackle sport like a natural, getting his start on development team, the Philippine Punishers, before joining the Flowers Power Tigers and playing semi-professionally in the

“American football is much safer (than rugby league). You’ve got a helmet to protect your head, and also shoulder and knee pads. With rugby you’ve got none of that protection”

Philippines American Football League for three years until his return to PNG in late 2017.

“I’m quite big in size so when I used to play rugby (league) at the village level every Saturday afternoon



Premier winners Kovera Heads with their trophy after PNG's inaugural flag football tournament was held over five Saturdays last November at St Therese Primary School, Badili. On the far left is PNG American Football Federation founder and president Timothy Jim

they'd put me in as prop or forward," Timothy said. "But with American football it doesn't matter if you're big or small." Now based in Port Moresby, Timothy, 32, from Gumanch village in the Wahgi

Valley, founded the PNG American Football Federation early last year and as its president is on a mission to see his adopted sport develop throughout the country. His biggest dream is to see PNG

youths travel to the United States and be picked up by college football scouts and even progress to playing professionally overseas. In rugby-mad PNG, the obvious question for Timothy is why players

here would choose to play American football. "Because it's much safer," he replies. "You've got a helmet to protect your head, and also shoulder and knee pads. With rugby you've got none of that protection. Also,



Scenes from Port Moresby's first flag football tournament in November, clockwise from top left: Kovera Heads' wide receiver jumps for a high-pass ball; Blue Tongue's quarterback about to fire the ball; a Blue Tongue player runs through a gap in the Matirogo Dragons' defence; a Kovera Heads defensive player tries to pull the flag from the North East Falcons receiver



Tackle football players display their new jerseys and helmets during a training session at Ela Beach

you don't get so out of breath. In rugby, everyone is constantly running for the ball and tackling, in American football everyone stays in their own positions and you only run if you get the ball so that's where you need to be very fast and quick and athletic." After officially incorporating the new federation on March 17 last year and setting up an office in Badili, Timothy held the first tryouts the following month, with seven young men selected to form the first 'flag football' team. Flag football is the non-contact beginner's version of the game, where, instead of tackling players to the ground, the defensive team must remove a flag or flag belt from the ball carrier ("deflagging") to end a down. From here, players progress to full contact or 'tackle football' where they are outfitted in

protective helmets and the distinctive hulking shoulder pads that linebackers particularly have to wear to cushion the impact of a tackle. PNG's recruits from that initial April 2020 tryout soon swelled to more than 40 players, and in November last year the first flag football tournament was held over five Saturdays on a sports field at St Therese Catholic Primary School in Badili. The four teams were Blue Tongue, North East Falcons, Matirogo Dragons and ultimate winners Kovera Heads. Progress has been swift since then, with the official amateur full contact league - the Kumul Football League or KFL - launched on May 21 this year, a year and a half out from the planned start of the first six-week season in November-December 2022. The four pioneering teams of the new league, all to be based in Port Moresby,

have been named as: South Side Conquerors (blue jerseys, black helmet, black pants); Badili Colts (maroon jerseys, white helmet, silver pants); Nine Mile Ravens (white/purple jerseys, black helmet, black pants); and Gerehu Patriots (white/pink jerseys, white helmet, silver pants). Timothy said the new league owes a debt of gratitude to Texas-based church group HiS PRINT Ministries for donating three boxes of jerseys, pants, helmets and pads to equip over 120 players being recruited across the four teams. However, that's just a starting point, with a further K20,000 in cash still required from sponsors to cover venue hire, sports equipment, marketing, and allowances for officials during next year's season.

The aim is to run training sessions for match officials and coaches from January to March 2022, and player tryouts and trials from April to October before the season kicks off in the first week of November. The season will consist of five weeks of regular matches then a week of finals. "We also have plans to have school games, especially with flag football," Timothy said. "The long vision, couple of years down the line, is for young Papua New Guinean students possessing very high athletic skills to attract scouts in the United States through the National Football League (NFL) international development pathway so they can travel over to the US and play college football on scholarships. I want to see our kids make

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Ally Kuman (right) backwards passes – ‘snaps’ – the ball to Matirogo Dragons’ quarterback Weama Imari



Kovera Heads’ wide receiver catches a high ball



Blue Tongue’s wide receiver Camillos Jnr Lakae runs for open space

it through college football and into the professional league – that’s my biggest dream!” Another goal is to

send a team from PNG to compete in flag football at the World Games in Birmingham, Alabama, USA, from July 7-17, 2022. It’s also

been reported that the NFL – the world’s richest sports league – is backing a campaign for flag football to be added to the program

when the US hosts the Olympic Games in Los Angeles in 2028. “It would be great if our federation can bring a team to the Summer Olympics representing Papua New Guinea!” Timothy said. With PNG American football already recognised as an allied member of the International Federation of American Football, Timothy said PNG now has the green light to compete in any international football event hosted or recommended by this body. But that’s still in the future, with all efforts now focused on recruiting more players into PNG’s newest football code, and teaching them the rules of the game. Each week in Port Moresby, four separate tryout sessions are held around the city, each attracting about 15 returning players plus one or two new ones every time, with players mostly male and aged from 11 years through to 25. This growth is vital in order to meet the



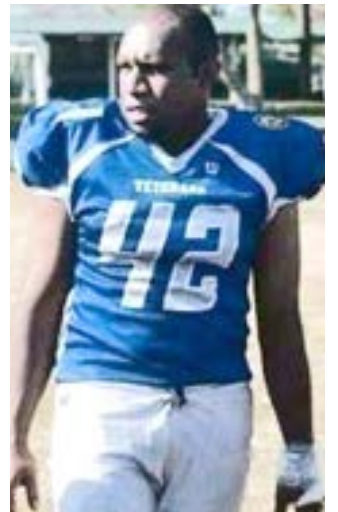
Left: Timothy Jim demonstrates the protective qualities of the American football shoulder pads during an NBC interview in May 2021

30-player minimum needed for each of the four teams. The federation also has a big following on social media, including 10,000+ on Facebook and 1000+ each on

Twitter and Instagram. Port Moresby weekly tryouts/practice sessions currently include: Saturday mornings, Ela Beach (Badili group); Saturday afternoons, sports field in Malolo Estate, 8 Mile; Monday afternoons, Debona St, Gerehu Stage 1; Friday afternoons, playing field next to the Nine Mile Cemetery. A further session is expected to start soon at Hanuabada. If you are interested in sponsoring jerseys or flag belts for the flag football tournaments



These photos were taken of Timothy when he played American football in the Philippines from 2014 to 2017, including for semi-professional team, the Flowers Power Tigers (above). Timothy is third from right in green jersey no. 57



or can contribute in any other way, please contact Timothy Jim at pngamericanfootball@gmail.com or phone 76474178 / 78354685.▲

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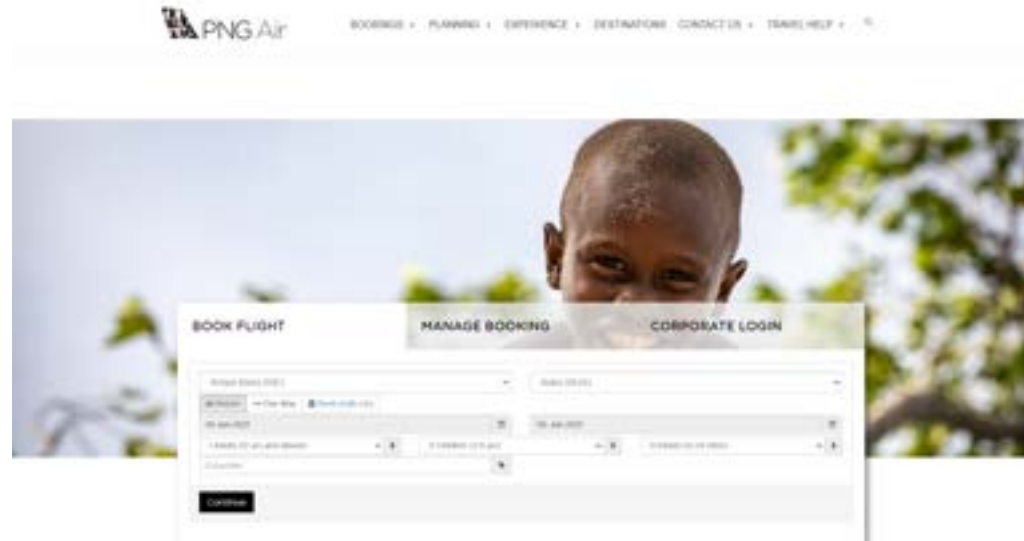
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PNG Air NEWS

New website allows direct bookings

After 12 months of hard work and dedication, PNG Air officially announced the launch of its new website www.pngair.com.pg on April 1.

The new website offers features that the airline hopes will make it more user-friendly, responsive and interactive for passenger customers. Key to its improved accessibility has been the move to one of the largest website hosting providers in the world, Bluehost, which is also one of only three providers recommended by WordPress. Bluehost has several points of presence (PoP) or access points that help



customers connect. Richard Cadet, PNG Air's general manager for information technology, said the previous website was outsourced so changes and additions required 72 hours to process, but with the shift to the new website host,



“With the shift to the new website host, changes can now be done inhouse within a couple of hours”

changes can now be done inhouse within a couple of hours. “We will be constantly updating our content with new promotions, customer care information, media releases, newsletters, company announcements and client successes in the blog section,” Mr Cadet said. “We hope customers will enjoy the new layout that gives them easy access to our information.” He said PNG Air staff were being trained to build and publish the website themselves, and these skills

PNG Fashion & Design Week partners with PNG Air

PNG Air became the official carrier for PNG Fashion & Design Week on June 2 in a new partnership that will involve flying the fashion event's production team around the country to film segments for its upcoming Virtual Runway. The Virtual Runway film will premiere in all three theatres at Paradise Cinemas in



Meet our website designers: Lorna Simatab (left) and Michael Evoa

would continue to be developed to provide a better web service for customers and enhanced IT growth and skill levels within PNG. A special thanks to Michael Evoa from PNG Air's commercial department, and Lorna Simatab and the rest of the team from the IT department, who donated their time and energy to produce the new website. Visitors to the

website can now easily learn about passenger, charter and freight services or access the newly designed booking panel and other web pages. Current and prospective clients of PNG Air's domestic ticketing system solution VARS will also find useful information about airline services on the website homepage. The portfolio highlights airline operations and

outlines the value created for customers and clients as a result. VARS is designed to be installed within business houses with real-time access to PNG Air's reservations through internet connectivity. With the installation of VARS, clients have the ability to issue tickets from the comfort of their own office and monitor their expenditure through live reporting at their fingertips.

Port Moresby on July 21, with a follow-up public screening on official broadcaster TVWan at a date to be announced. Tickets for the premiere, called 'Strongim Kastom Wokabaut', range from K100 up to K200 for a premium seat. As PNG's people's choice airline, PNG Air was an obvious choice to become the carrier for the event as it flies to more than 20 destinations around the country, connecting



PNG Air's chief commercial officer Nancy Nakikus (second from left) and PNGFDW founder Janet Sios sign the new partnership

people, business and industries and supporting the growth

of the economy. With a dedicated fleet of new ATR-72



PNG Air's Nancy Nakikus (top) with PNGFDW founder Janet Sios, emerging designer Elanie Akua Kila and model Christopher Bacca

PNG Air resumes flights to Misima Island, Milne Bay

(Story by Frank Rai, *Post-Courier*)

PNG Air has resumed its Dash-8 flights to Misima Island in the Samarai Murua District of Milne Bay after the airport was closed for three months.

The airport was closed early this year due to wear and tear of the runway surface, with all flights into Misima suspended awaiting maintenance work.

Local MP and Minister for Tourism, Arts and Culture Isi Henry Leonard, with the help of the Milne Bay Provincial Works Unit, engaged a local contractor on the island to carry out maintenance work.

After completion, inspection was carried out by Mr Leonard, the National Airport Corporation, Works Department and PNG Air's chief pilot on April 20 to allow flights to resume to Misima Island.

PNG Air flight CG 1642 touched down on the limestone runway on Saturday, April 24, to resume its three-flights-a-week schedule to the Islands of Love.

and Dash-8 aircraft, PNG Air operates regular passenger transportation (RPT) along with charters, and cargo services using a dedicated freighter aircraft.

At the signing of the partnership, PNG Air's chief commercial officer Nancy Nakikus said the airline recognises the role that PNG Fashion & Design Week plays in providing opportunities to Papua New Guineans, especially in the rich and vibrant arts, culture and textiles space. "We recognise that who we are as Papua New Guineans is tied to our culture, and always seek to promote this to all who come to our country to experience it," Ms Nakikus said. PNG Air will also fly PNGFDW

attendees to and from a series of fashion designer workshops that will be rolled out later in the year and provide opportunities for further collaborations with designers and models.

PNG Air's support to the platform is not new, previously sponsoring flights for the 2019 Kokopo Runway Show in Kokopo, East New Britain, where emerging designers debuted their collections.

The latest one-year partnership took effect immediately, with the second round of filming for the Virtual Runway show now under way in Kokopo and Kavieng after the initial round wrapped in Central. The team will then move on with PNG Air to Popondetta, Gurney (Alotau), Goroka and Kundiawa.

Local Milne Bay daughter, captain Chantilly Padigaga, first officer Sosola Gaegae and flight attendant Theresia Mautu flew 10 passengers including Mr Leonard to Misima.

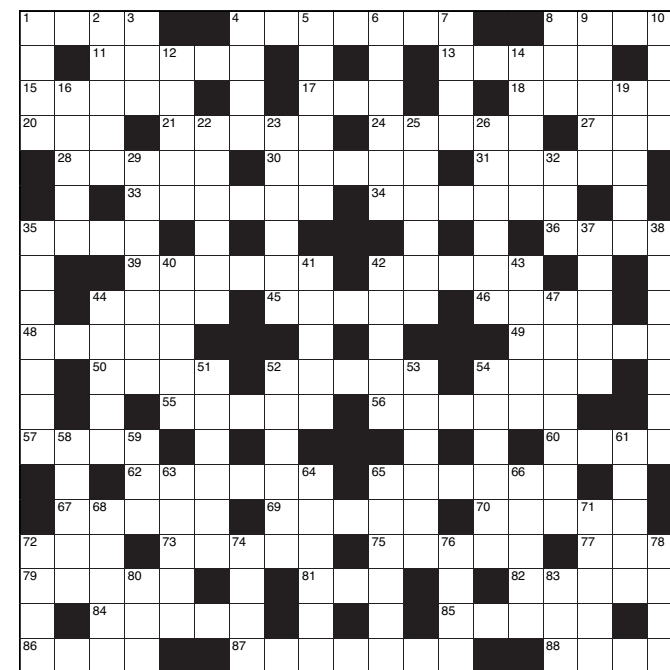
PNG Air's assistant regional airport manager Billy Moyona and national sales manager Daera Simoi were also on the flight to officially reopen operations on the island.



Pictured from left are: first officer Sosola Gaegae, flight attendant Theresia Mautu, PNG Air national sales manager Daera Simoi, PNG Air assistant airport manager Billy Moyona, captain Chantilly Padigaga, MP and Tourism Minister Isi Henry Leonard and PNG Party executive officer Willie Gagma after landing at the reopened Misima Island runway on April 24

INFLIGHT GAMES

Crossword



Quick Clues

Across

1. Multiple-birth child
4. Socialises
8. Vessel
11. Playwright, Oscar ...
13. Fossil resin
15. Visual representation
17. Jet-bath
18. Royal
20. Asphalt
21. Underway
24. Copy outline of
27. Alphabet (1,1,1)
28. African striped beast
30. First Greek letter
31. Hair colour rinse
33. Rickety
34. Translate into cipher
35. Hand-me-down
36. Deer
39. Lubrication
42. Helped
44. Swamp grass
45. Detected sound
46. Aquatic performer
48. Composed

49. Stacked
50. Inquires
52. Dwelt
54. Appetiser, ... d'oeuvre
55. Precious fur
56. Fingers & toes
57. Duty
60. Leader
62. Riddle
65. Sexual drive
67. Infidel
69. Pungent
70. Gossipy
72. Morose
73. Popular brand of cola
75. Fawn
77. Hallucinogenic drug (1,1,1)
79. Vice
81. Colorant
82. Timid rodent
84. Possibly
85. Speaks with impediment
86. Closest pal, ... friend
87. Waylays
88. Dull crash

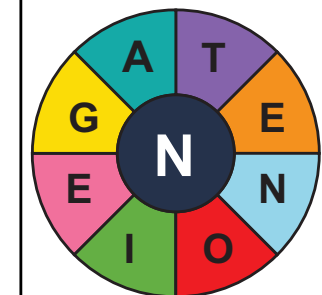
All solutions on page 47

Down

1. Resign
2. Mindful
3. Gibe
4. Reminder note
5. Huddle cosily
6. Despise
7. Long tale
8. Busy insect
9. Bellows instrument
10. Dusting powder
12. Understand
14. Reproduce
16. Labyrinths
19. Surprised, taken ...
22. Went hungry
23. Boorish
25. Rank-smelling
26. Gags
29. Plans (finances)
32. Formerly named
35. Remove (screw cap)
37. Lounges about
38. Restrained
40. Smells foul
41. Hauntingly frightening
42. Gave weapons to
43. Storehouse
44. Thunders
47. Aerobatics display
51. Salt/water mix
52. South American animals
53. Separate
54. Renting
58. Horrify
59. Wooden barrel
61. Yawning gulf
63. Baby's skin problem, ... rash
64. Sharp-tasting
65. Defames
66. Judges
68. Throat projection, ... apple (4'1)
71. Melting snow
72. Picket-line crosser
74. Defendant's statement
76. Woes
78. Deceased
80. Rug
83. Choose

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.



15 Good 20 Very Good 30+ Excellent

Sudoku

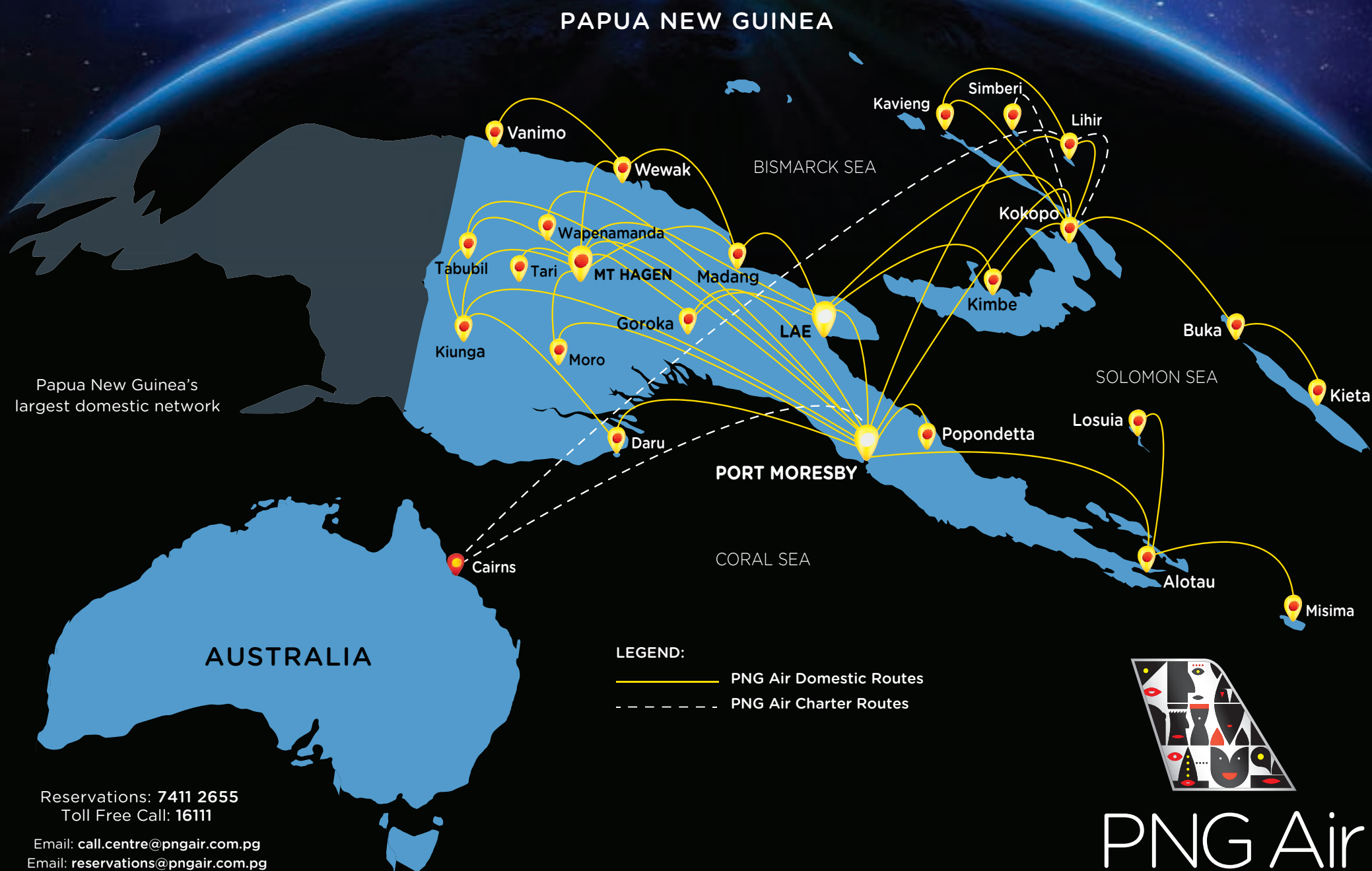
There's just one rule to solving this logic puzzle: each row, column and 3x3 box must contain each of the numbers 1 to 9. Remember, no number can occur more than once in any row, column or box.

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

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

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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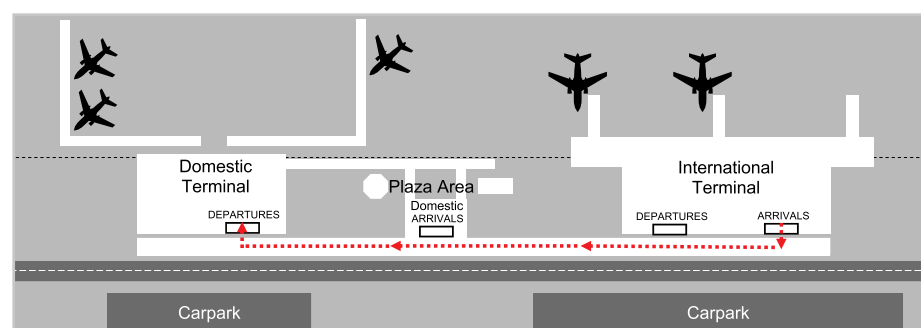
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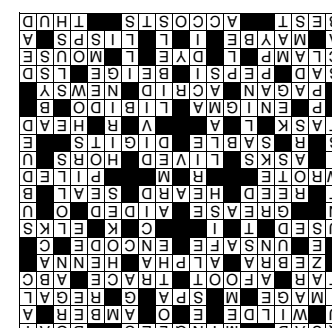
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PNG Air Domestic Transfers

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.



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

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

Nine-letter word: NEGOTIATE

INFLIGHT GAMES SOLUTIONS

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.



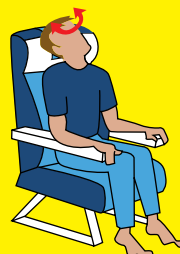
3. KNEE LIFTS

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



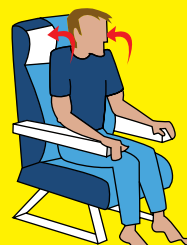
4. NECK ROLL

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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