

# PNG Air

M A G A Z I N E

## PNG AT THE OLYMPICS

A pictorial of Team PNG's proudest moments

P8

Healthy Food  
is Cool

P16

Tea Time in  
Finschhafen

P36



**Moni Plus**  
Heduru Moni Limited  
Fast, Quick & Easy  
with you always!

**FINANCIAL Freedom**  
*it's always won.*  
with our Personal Loans!

*Happy 46th Independence Day, Papua New Guinea!*

PERSONAL LOANS | SME FINANCING | ASSET FINANCE | FOREIGN EXCHANGE | TERM DEPOSITS | FINANCIERS GUARANTEE | LOAN AGAINST PROPERTY

Port Moresby: 313 2800  
pomsales@moniplus.com  
Head Office: PO Box 1748, Boroko, NCD 313 2900 323 3438/323 8458 7373 8000/77583396 info@moniplus.com www.moniplus.com

Lae: 478 2900  
laesales@moniplus.com

Mt. Hagen: 541 2900  
hagensales@moniplus.com

Alotau: 640 2900  
alotausales@moniplus.com

Kokopo: 987 2900  
kokoposales@moniplus.com

**A happy and secure retirement? It's your Choice.**

**Nambawan Super is for everyone, no matter who or where you are.**

If you're an employee of a company of less than 15 people, or a small business or local PMV operator, or a land owner in mining and LNG projects, Choice Super from Nambawan could be for you. You can contribute as much or as little as you like – the choice is yours. Find out more details today.

[nambawansuper.com.pg](http://nambawansuper.com.pg)

Call 180 1599

Download app

**Nambawan Super**  
For Everyone





# STOP

# ASF

## DO NOT MOVE PORK PRODUCTS

CALL **180 1332** TO REPORT SICK OR DEAD PIGS

DO NOT:



MOVE PORK PRODUCTS FROM A DISEASE AREA

DO NOT:



MOVE PIGS FROM A DISEASE AREA

**ASF** SIK I SAVE KILIM PIK  
**kills pigs**



AUTHORIZED BY: CHIEF STOCK INSPECTOR/CHIEF VETERINARY OFFICER, NATIONAL AGRICULTURE QUARANTINE & INSPECTION AUTHORITY (NAQIA)

African Swine Fever awareness and preparedness risk communication material is produced by the National Agriculture Quarantine and Inspection Authority (NAQIA) with support from Australia's Department of Foreign Affairs and Trade (DFAT) and New Zealand's Ministry of Foreign Affairs and Trade (MFAT) through the Pacific Horticultural & Agricultural Market Access Plus Program (PHAMA Plus).

# Unplanned expenses?

A **BSP PERSONAL LOAN** can help.

- ✓ Apply Online
- ✓ Competitive Rates
- ✓ 100% Unsecured
- ✓ Flexible Repayment

Visit a BSP Branch or download the Customer Self Service App to apply.



Terms & Conditions apply.

📞 320 1212 / 7030 1212 - 24/7

🌐 [www.bsp.com.pg](http://www.bsp.com.pg)    

Our Bank.  
Our People.

**BSP**



## Happy Independence and welcome aboard PNG Air,

We have now entered the fourth quarter of the year, and so much has happened in the past few months. While we continue to adapt to the ever-changing conditions of living in a post-COVID world, PNG Air continues to fly passengers and cargo to your destinations across our network, safely and on time.

As we resumed flights back into Enga Province and supported the Enga Cultural Show in August as part of our services, we also understand the difficulties many businesses and individuals have faced to maintain business continuity and some normalcy to everyday life. We want to assure you that we will always go above and beyond to ensure you can work, visit loved ones, attend events and be present for important moments, even with the easing of certain restrictions.

Safety remains our top priority when you travel with us – right from our operations through to ensuring your health and wellbeing onboard our flights by asking you to wear a mask and hand sanitising to protect yourself, your fellow passengers and our staff from COVID-19.

We appreciate your choice to fly PNG Air and sincerely acknowledge the support you have given, including our mine customers Newcrest Mining and St Barbara Mining.

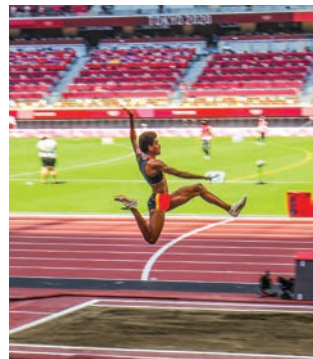
In the wake of our beautiful country celebrating its 46th Independence on September 16, we at PNG Air are grateful to be part of Papua New Guinea and will continue “connecting our people together” as one country and one people.

On behalf of the management and staff of PNG Air, we wish you all Happy Independence.

With best regards,

Stanley Stevens  
Acting CEO

**Cover photo**  
PNG long-jump champion Rellie Kaputin makes her Olympic debut in Tokyo in July, with her 6.4m jump positioning her 19th overall among the world's best athletes “PNG at the Olympics”  
Page 8



## PNG Air MAGAZINE

**PUBLISHED BY**  
Pacific Islands  
Publishing

**Editor**  
Margo Nugent  
m.nugent@moore.com.pg

**Airline Editorial Contact**  
Simon Pitt  
simon.pitt@pngair.com.pg

**Sales and Distribution**  
Grace Laka  
pipsales@moore.com.pg

**Design and Layout**  
Anthony Lingnonge  
pipart@moore.com.pg

**Correspondence to the airline:**  
Marketing Manager  
PO Box 170, Boroko,  
N.C.D. Papua New Guinea  
Ph: +675 302 3100  
Fax: +675 325 2219  
E: pngair@pngair.com.pg

**Editorial correspondence to:**  
The Editor  
Pacific Islands Publishing  
PO Box 7543, Boroko,  
N.C.D. Papua New Guinea  
Ph: +675 321 0000  
Fax: +675 321 0002  
E: m.nugent@moore.com.pg

**Printer**  
Moore Printing  
Scratchley Road, Badili  
N.C.D. Papua New Guinea  
Ph: +675 321 0000

All rights reserved. © Copyright 2021 by Pacific Islands Publishing, a division of Moore Business Systems (PNG) Limited. Reproduction in whole or in part without written permission from the publisher is strictly prohibited. Statements, opinions and view points expressed by the writers are their own and do not necessarily represent those of the publisher, editor, or the airline. Information contained in this publication is assumed to be correct only at the time it was originally obtained by the writers and may be subject to change at any time without notice. Any material accepted is subject to revision as is necessary in the publisher's sole discretion to meet the requirements of this publication. Whilst all care will be taken neither the publisher nor the airline will accept responsibility for accidental loss or damage.



**KUMUL PETROLEUM**

**Kumul Petroleum is Papua New Guinea's national oil and gas company (NOC). This is why it is our goal to maximise on the returns from our country's own resources and petroleum investments to benefit all Papua New Guineans.**

**With this goal in mind, 'Empowering a Nation' is Kumul Petroleum's corporate social responsibility vision, with a focus to empower Papua New Guineans for now, and into the future.**

Image courtesy of EXXONMOBIL PNG LTD.

## OUR COMMITMENT IS TO SUPPORT THE GOVERNMENT TO DELIVER LONG-TERM RESULTS FOR THE HEALTH SECTOR WITH THE ESTABLISHMENT OF A NATIONAL HEART CENTRE

On 19 August 2020, Kumul Petroleum signed a Memorandum of Agreement (MOA) between the Ministry of Health and Port Moresby General Hospital (PMGH) to fund the establishment of a National Heart Centre. The project, jointly funded by Kumul Petroleum and the PNG Government through the National Department of Health, has a scope of works that include the building of human resource capacity with the recruitment of a cardiologist, cardiac surgeon and cardiac anaesthetist among others, together with training and research. Also included is the purchase and supply of specialist equipment for cardiothoracic surgery and a cardiothoracic intensive care unit which includes a catheterisation laboratory. This support recently bore results with the first stenting procedure held at PMGH.



**19 AUGUST 2020**



### HEART CENTRE ESTABLISHMENT

Kumul Petroleum commits K50 million over 5 years to support the establishment of a National Heart Centre at Port Moresby General Hospital.

**21 MAY 2021**



### SPECIALIST EQUIPMENT TO CARDIAC ICU

Kumul Petroleum presents over K2 million worth of medical supplies for Port Moresby General Hospital Cardiac Intensive Care Unit.

**24 & 28 MAY 2021**



### ARRIVAL OF CARDIOLOGIST & DELIVERY OF EQUIPMENT

The recruitment of an experienced interventional cardiologist who began duties at Port Moresby General Hospital & delivery of equipment.

**22 JULY 2021**



### FIRST STENTING PROCEDURE

Port Moresby General Hospital becomes the first public hospital in PNG to carry out an invasive cardiac catheterisation.





# Contents

**08 PNG at the Olympics**  
Despite a global pandemic severely reducing competition opportunities in the leadup to the Tokyo Olympics, our eight Papua New Guinean athletes – four men and four women – valiantly put their best efforts into representing their nation on the world stage. Here we share some of Team PNG’s proudest moments from the pinnacle event on the sporting calendar.

**16 Inspiring a Generation: Healthy Food is Cool**  
A groundbreaking new TV show where Chef Julz Henao and his film crew head into the farming heartland of the nation to cook staple seasonal produce fresh from the harvest in new and flavour-packed ways is hoped to spark healthy behavioural change in the upcoming generation.

**26 A Second Chance to tick off her 100 Things**  
Surviving being shot in the face in an armed robbery three years ago changed the



**16**  
*“Inspiring a Generation: Healthy Food is Cool”*

perspective of US-trained piano teacher and vocal coach Velma Ninjipa who has already hiked to the top of Mt Giluwe – twice!, started a charity and opened her own music school as part of her new resolve to tick off ‘100 Things’.

**36 It’s Always Tea Time in Finschhafen**  
A visitor to the laidback coastal town of Finschhafen, east of Lae, finds welcoming locals with cups of

sweet burning-hot tea at the ready, a rich community life, and the picturesque Butaweng Falls where reggae singer O-Shen filmed the clip for his first major hit “Meri Lewa”.

**42 PNG Air – News**  
PNG Air news bulletin and updates.

**45 PNG Air – Inflight Games**  
Exercise the mind with Christina Lovatt’s crossword and puzzles for your enjoyment.

**46 PNG Air – Where We Fly**  
A map of Papua New Guinea and PNG Air flight routes, plus airline contact information, transfer information, and ‘Inflight Games’ puzzle solutions.

**48 PNG Air – Inflight Comfort**  
A few health tips and easy exercises to help make your PNG Air flight as comfortable as possible.



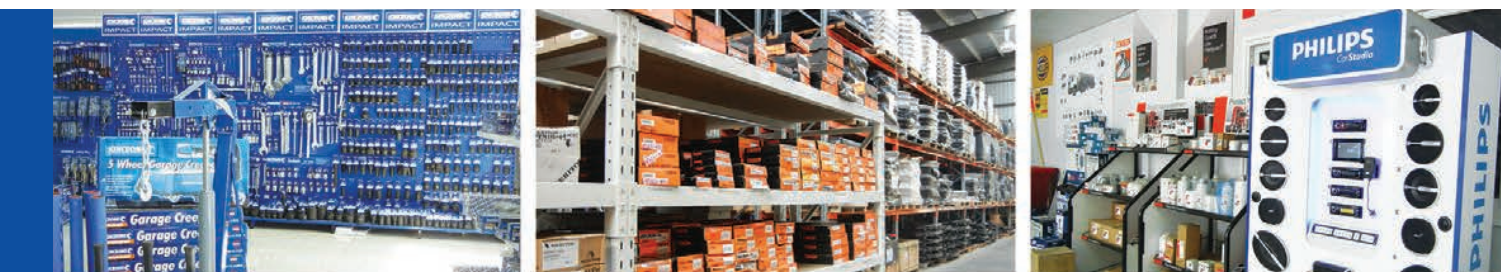
**26**  
*“A Second Chance to tick off her 100 Things”*



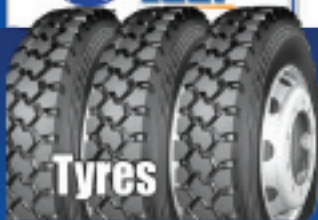
**36**  
*“It’s Always Tea Time in Finschhafen”*



## TRANSPORT EQUIPMENT SPECIALISTS



<b>DRIVELINE</b> 	<b>STEERING</b> 	<b>TRUCK SUSPENSION</b> 	<b>AXLES</b> 	<b>TRANSPORT SIGNAGE</b> 
<b>FILTERS</b> 	<b>TRANSMISSION PARTS</b> 	<b>HUB &amp; DRUM COMPONENTS</b> 	<b>CLUTCH</b> 	<b>AIR LINES &amp; FITTINGS</b> 
<b>BRAKE VALVES</b> 	<b>BRAKE COMPONENTS</b> 	<b>BEARINGS &amp; SEALS</b> 	<b>ELECTRICAL &amp; LIGHTING</b> 	<b>EXHAUSTS &amp; INTAKES</b> 
<b>TRAILER COUPLINGS</b> 	<b>LANDING LEGS</b> 	<b>TRAILER SUSPENSIONS</b> 	<b>LOAD RESTRAINTS</b> 	<b>COOLING SYSTEM</b> 



**Tyres**

**Phone: 472 4447 / 479 4447**

**Mob: 7687 6636 / 7298 1234**

**sales@transparts.com.pg / marketing@transparts.com.pg**

**Located: Malaila Street, Lae**



**Engines**



# PNG AT THE OLYMPICS



PNG weightlifter Morea Baru is jubilant after lifting 118kg in his third attempt in the 61kg division at the Tokyo Olympics. Photo shared by Oceania Weightlifting

**T**hey may not have won any medals but the eight men and women who represented PNG at the Tokyo Olympics (July 23-August 8) made history regardless. All eight – weightlifters Dika Toua, 37, and Morea Baru, 31; long-jumper Rellie Kaputin, 28; boxer John Ume, 25; sibling sailors Rose-Lee, 24, and Teariki Numa, 22; and swimmers Judith Meauri, 29, and Ryan Maskelyne, 22 – have returned to PNG as national heroes.

Their successes are many. After becoming PNG's first female weightlifter to compete

in an Olympic Games in Sydney at the tender age of 16, Dika Toua cemented her status

on that hallowed 'firsts' list by becoming our first to do it for the fifth time.

Now 37 and a mother of two, Dika beamed in Tokyo after lifting 167kg (she competed



Top: Team PNG at the opening ceremony of the Tokyo Olympics on July 23 in their walkout uniforms designed by Jack's of PNG  
Left: Long-jumper Rellie Kaputin hits the sand after one of her jumps. The first-time Olympian came 19th overall

**"After starting as the lowest ranked competitor in the long jump field of 32, Rellie Kaputin stunned everyone by taking 19th position with a 6.4m jump"**



Teariki Numa approaches the windward mark on Tokyo's Enoshima Harbour, while (below) his sister Rose-Lee races in the women's Laser Radial (small sailing dinghy) class.  
Photo credit: World Sailing



**“Rose-Lee Numa and her younger brother Teariki matched it with the world’s best sailors, competing in two races per day for five days in their Olympic debut”**

in the women’s 49kg category and placed 10th overall), then made a heart gesture with her hands at the TV camera that she said was for her kids. “You can dream of attending one Olympics, and if you’re lucky enough, you can make it to two. But I’ve made it to five Olympic Games, you don’t even dream about this!” she later told a Reuters news service reporter. Asked whether she will make it six for the next Olympics in Paris in 2024, Toua reportedly said: “I am not getting any younger... but backstage in the warmup room, all the other athletes joked: ‘See you in Paris, Dika!’” Another seasoned Olympian, teammate Morea Baru competed in the men’s 61kg category, lifting 265kg and also earning a 10th overall placement. PNG’s ‘jump queen’ Rellie Kaputin – who holds women’s national records in the long (6.27m), triple (13.28m) and high (1.77m) jumps – proved her worth at her first Olympics. After starting as

the lowest ranked competitor in the long jump field of 32, she stunned everyone by taking 19th position with a 6.4m jump. It was not enough to advance to the final, but out-performing some of the world’s most established athletes was a big win as far as Rellie and her Australian coach Phillip Newton were concerned. “This gives me a lot of confidence with being able to compete with the best and I can take this confidence into the Commonwealth Games next year (Birmingham 2022, UK),” Rellie said happily. Over at the Tokyo Aquatics Centre, PNG’s top-ranked swimmer Ryan Maskelyne was another shining star, breaking his own national record in the 200m breaststroke to finish second in his heat with a time of 02:15.33 minutes. Ryan, who is PNG-raised but based in Brisbane, Australia, started competing for Team PNG at the Port Moresby 2015 Pacific Games, progressing to win silver in the 200m



**“Promoting Diversity in PNG Cocoa Quality & Fine Flavour”**

# “The New Frontier - Simbu

Cocoa Board of Papua New Guinea Cocoa of Excellence Programme 2021



cocoaboard@cocoaboard.org.pg



www.facebook.com/PNGCoEX







Veteran Olympian Dika Toua acknowledges the audience as she prepares to depart the Olympic weightlifting platform for what may be her final appearance. Photos shared by Oceania Weightlifting

**“You can dream of attending one Olympics, and if you’re lucky enough, you can make it to two. But I’ve made it to five Olympic Games, you don’t even dream about this!”**

with a time of 27.56 seconds, bettering her London time of 27.84. “This was the best race I have ever swum in an actual meet,” the elated swimmer was quoted as saying afterwards, pointing out that due to travel restrictions at her training base in Thailand this had been only the second time she had swum competitively since the start of the pandemic. With over 150 swimmers, the 50m freestyle is the most contested event on the Olympic swimming program, with the fastest time of 23.81 seconds – a new Olympic record – set by Australian gold



breaststroke at the Samoa 2019 Pacific Games. In 2017 he was named PNG Junior Sportsman of the Year. Fellow swimmer Judith Meaurio, a second-time Olympian having raced in the London 2012 Games, won her heat in the 50m freestyle



What we do:

- Design & Documentation
- Project Management
- Construction Supervision Services
- Feasibility Study
- Testing & Other Services

Section 59 Lot 20, Corner Koani & Gabaka St, Gordons, Port Moresby, Papua New Guinea

+675 3237030  
+675 3234428  
engineering@stockspartners.com.pg



Vision City - Stanley Hotel

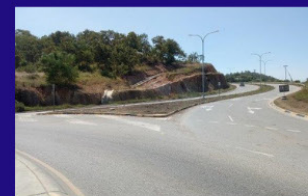


NCDC City Hall



POM Moresby Sewerage System Upgrading Project

*Happy 46th Independence Day*



Taurama Bypass



NADZAB



UVOL Wharf



**STOCKS & PARTNERS**  
**TESTING**  
**INSPECTION**  
**CONSULTING**  
**SERVICES**



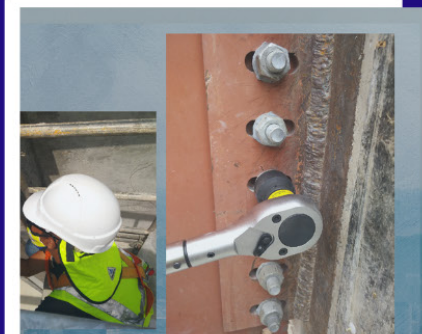
**WE SPECIALISE IN:**

- Ultrasonic Testing
- Magnetic Particle Testing
- Visual Inspection
- Sub-Surface Detection
- Torque Testing
- Schmidt Hammer Testing
- DCP Testing
- Aerial Visual Field Inspection



- Olympus OmniScan SX
- Magnaflux Y-7
- Mitech MT-1A
- CrackCheck Phoenix Eye
- Welding Visual Inspection Kit
- Hilti PS50
- Proceq Schmidt Hammer
- Controls Schmidt Hammer
- King Tony Heavy Duty Adjustable Torque Wrench & Electronic Torque Wrench
- GEO-CON DCP
- DJI Phantom 4 Pro V2.0

REGISTERED MEMBER:



**CONTACT US:**

**S & P Stocks & Partners Ltd.**  
Consulting Engineers & Project Managers

**STICS**

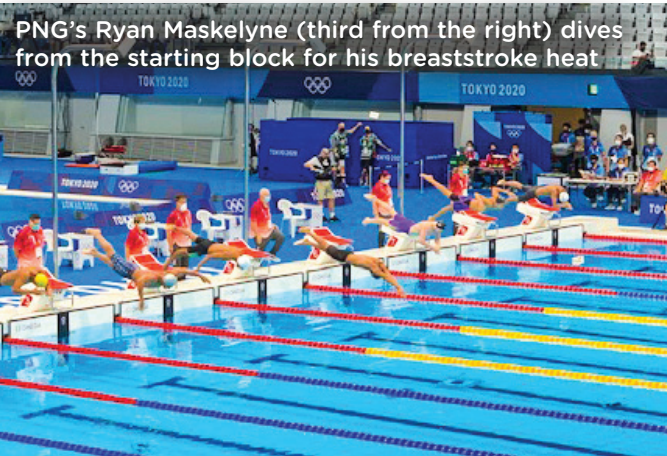
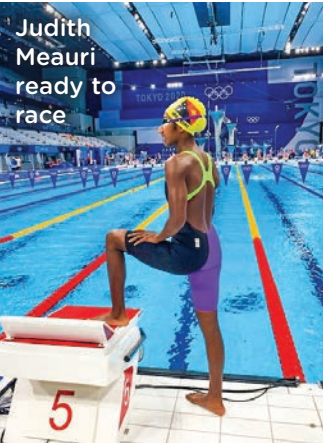
Sec. 59 Lot 20, Corner Koani & Gabaka Street, Gordons  
P.O. Box 892, Port Moresby  
+675-3237030 / +675-3234428  
stics@stockspartners.com.pg  
www.stockspartners.com.pg



medallist Emma McKeon. Meanwhile, Rose-Lee Numa and her younger brother Teariki matched it with the world's best Laser (class of one-person sailing dinghies) sailors, competing in two races per day for five days in their Olympic debut. As well as having highly trained competitors, the duo battled challenging conditions on Tokyo's Enoshima Harbour including strong winds and waves from Typhoon Nepartak sitting off the Japanese coast. The siblings were born into a family of sailors and windsurfers – their late aunt ran a sailing school at Bootless Bay, out of Port Moresby, while their father Graham Numa represented PNG in windsurfing at the 1988 and 1992 Olympics, the first PNG athlete to compete in an Olympic sailing event, and the last before his children arrived on the scene. Another to make his Olympic debut was boxer John Ume, who put up a game fight in the lightweight

**“Swimmer Judith Meaurio, a second-time Olympian having raced in the London 2012 Games, won her heat in the 50m freestyle with a time of 27.56 seconds, bettering her London time of 27.84”**

(63kg) division against the taller and more experienced Harry Garside from Australia, the reigning 2018 Commonwealth Games gold medallist. Despite the odds stacked against him, John maintained his energy and enthusiasm, landing a solid right punch at one point before losing the round. Like his teammates, John will now focus on preparing for the Birmingham Commonwealth Games in July next year. ▲



## Personal Car Loan

**We help you  
get on the  
road faster.**

## Buying a car?

A Credit Corporation Personal Car Loan can help you get behind the wheel faster.

**Simply visit or call a Credit Corporation branch to complete an application form.**

Website: [www.creditcorporation.com.pg](http://www.creditcorporation.com.pg)  
Email us: [sales@creditcorporation.com.pg](mailto:sales@creditcorporation.com.pg)  
Call us: +675 321 7066

**For quick 24 hour application turnaround... apply now!**

Terms and conditions apply.



**NEW**



**Heineken 0.0**  
**Great taste**  
**Zero alcohol**  
**Now you can**



**Great Taste. Zero Alcohol.**



# Inspiring a generation: **HEALTHY FOOD IS COOL**



On location at Brown River, Chef Julz Henao whips up mayonnaise to serve with the catfish kebabs he's just cooked on an open fire, while Eat Smart Campaign director Arjun Gyani (right) captures the moment

**“The new TV show has the power to positively influence the eating habits of the general population who tune in”**

packed local dishes cooked by high-profile PNG chef Julz Henao, aims to make healthy nutritious food cool for kids.

“Our children’s eating patterns have changed drastically in the last decade, with a shift towards processed and junk food,” said campaign co-creator Arjun Gyani of Pidgin Productions, pointing to studies that show nearly half of PNG’s children suffer stunted growth, the fourth highest rate in the world!

In addition, a staggering 76% of the deaths of PNG children under five is from malnutrition – either from not having enough to eat or not eating enough of the right food. A recent survey showed that 32% of PNG went for at least one whole day in the previous year without eating, with Western Province getting the dubious distinction as “most hungry”. (PNG Demographic & Health Survey 2016-18). Launched in July this year, the campaign includes a primetime TV cooking show,



A feast of roast pork accompanied by dishes made from fresh tomatoes and chillies from Warren Chapman’s farm at Tahira

weekly recipes, nutrition tips and farmer stories in the newspaper, a radio talkback show, social media (@eatsmartcampaign on Facebook, Instagram, Twitter or YouTube), and school visits where Chef Julz conducts cooking demos, circulates fun recipe books and interacts with 12 to 16-year-olds. Central Province farmers have been

the first to have their stories featured in the campaign (including a selection shared in the following pages), but after filming in Port Moresby wrapped in September, partner airline PNG Air came on board to fly the campaign’s film crew to capture more farmer stories in the islands of East New Britain, then East Sepik and the Highlands. Along with the ‘farm to plate’ theme, the



Farmer Warren (left) surveys the meal prepared by Chef Julz

campaign is promoting fresh produce and farmer’s markets, sustainable and organic growing practices, and explores the concept of food tourism, where

visitors come to learn and understand a destination by being introduced to the best of its local cuisine. The new Eat Smart Campaign show –

A six-month campaign that champions the farmers of PNG as the producers of the fresh organic vegetables,

fruit and meat that give us life has an ultimate goal in mind – to inspire our next generation to eat healthily. The Eat Smart

Campaign, backed by the Australian Government through the PNG-AUS Partnership and focusing on flavour-





Right: Students from nine Port Moresby schools learnt about healthy eating from Chef Julz (left) at a ‘meet and greet’ session at POM Nature Park in early October. One of the activities was guessing how many teaspoons of sugar were in a can of cola drink. “The kids thought only one or two so were shocked to find out there were 9-12 spoons!” a spokesman said.

due to be screened towards the end of 2021 – follows the successful run of Julz’ first cooking show *PNG Chef* where he showed how to prepare international dishes from 100% locally sourced produce, including homegrown versions of Vietnamese spring rolls, Malaysian beef kebabs, chicken satay and prawn curry. This time he will turn his attention to making seasonal produce “the hero of the

dish”, cooking outdoors in a series of rustic farm settings. “Produce like bananas, kaukau, aibika, pumpkin, groundnuts have been our staple for generations,” Julz said. “All we are doing now is making the same produce more exciting.” Shooting the new episodes outdoors over the past few



months has been a journey of discovery for the film crew, with the production kicking off in “corn country”, Brown River, then moving on to Hula, Rigo, Tahira and Sogeri. Being at the mercy of the weather was the biggest production challenge – the crew has withstood pelting rain, harsh sun, billowing wind and more, always with a live audience of curious villagers, proud farmers and even a rooster in one of the episodes! But the biggest discovery has come from within, as learning and respecting where food comes from has changed the way the crew perceive it. Content manager Laura Joseph said she now saw the possibilities that exist with farming and the untapped potential for agriculture in this country beyond subsistent cash cropping. Describing the upcoming show as “more than just a TV show”, Laura believes it has the power to positively influence the eating habits of the general population who tune in. “I can’t wait for the show to be launched, from what I have already seen, it is the first of its kind in PNG.” Chief camera operator Adrian Beangke, who has shot food shows before, said this one had actually been habit-changing for him. “My regular diet of energy drinks, biscuits and cup noodles

### PNG Cuisine

PNG’s rich and fertile land is home to 250 different plant species that have edible vegetable and fruit plants. They grow abundantly, both wild and in gardens. In our cuisine, food is kept simple yet flavourful by allowing the fresh produce to be the star of the dish. With the incredible biodiversity that exists here, these are some vegetables and fruits that are unique to the country.

#### Kapiak (breadfruit)

Growing primarily in the Highlands, kapiak is the fruit of a tropical fig tree which is often roasted before eating. Even the leaves of this tree are edible. When the leaves of the breadfruit tree are still young and tender, they are cooked and added to pork dishes.

#### Pitpit (a species of sugarcane)

This vegetable is used in mumus (earth oven baking) and aigirs (cooking with hot stones) or sometimes cooked in coconut milk and eaten with various meats. The diverse cooking use of this vegetable comes from its unique flavouring, which allows it to easily blend to the taste of any dish it is in, while adding a spongy, smooth texture.

#### Pandanus fruit

This is abundantly found in PNG, with over 60 species littered across the land. The main reason for this extensive propagation is owed to the strength of the seed, which can withstand drought, strong winds and even long journeys in the sea. The pandanus fruit is roasted before it can be safe to eat as it is often coated in calcium oxalate, a harmful chemical. The leaves of the pandanus tree (pandan leaves) are also used as a flavouring in many Asia-Pacific countries.



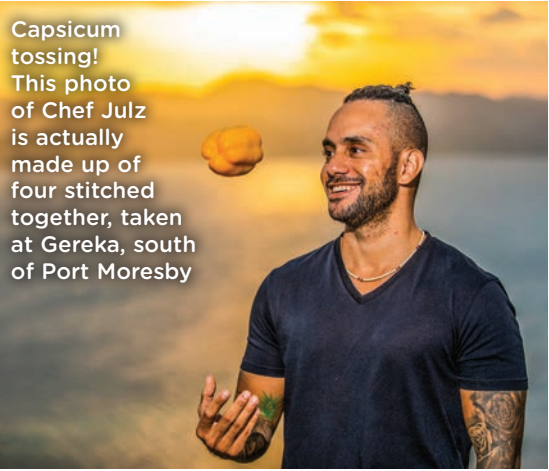
## “This time seasonal produce will be ‘the hero of the dish’, cooking outdoors in a series of rustic farm settings”

has slowly reduced. I haven’t had cup noodles in almost a year!” he said. Although PNG has many challenges that can make it difficult for people to access affordable quality food, the

bottom line of all the studies is that too many are just not eating right. For example, in coastal parts of Central Province, fish and bananas make up the staple diet, without other vitamin-rich vegetables making an appearance on a plate. In contrast, many urban households in Port Moresby prefer tin fish or rice and bully, because of the sheer ease of it, the cost factor and unreliable power that doesn’t cater for storage in fridges. The Eat Smart Campaign is a small step towards creating generational



behavioural change that will hopefully help the people of PNG reach their full health, productivity and potential. Roshni Rao, the show’s producer, said eating to maximise our health has never been more important. “We are what we eat – now, more than ever, this statement gains significance as a global pandemic has drawn the spotlight on health and immunity,” she said. “The health crisis in our country demands that we focus on the basics again.” ▲



Capsicum tossing! This photo of Chef Julz is actually made up of four stitched together, taken at Gereka, south of Port Moresby



### PERSONAL TRAINER TESTIMONIES

Ina Lesch  
(the transformer!)

I am so proud of what I have achieved in less than six months - to lose body fat, gain body strength, live a healthy lifestyle and, most of all, reverse my aging process. That is what all my friends said... This started when I changed my eating habits and the type of drinks I consumed on a daily basis, including my alcohol intake. My food portions have changed, I eat half what I used to eat and I learned the proper way to train, by attending the group classes with the assistance and under the watchful eye of the most strict, full-of-information and disciplined group instructress/trainer Mila C Nash at the Royal Papua Yacht Club Gym. I have gained no weight and my eating and drinking habits are still minimal.



After

Before

Mitsuki Sato

I was looking for an experienced and knowledgeable personal trainer specialised in women’s fitness in Port Moresby, and many people mentioned Mila’s name so I thought she must be really good. When I met her, I immediately fell in love with her cheerful personality and powerful energy. I knew I could achieve my fitness goals with her. What I learnt from her personal training sessions was more than achieving my fitness goal. She is such an inspirational woman who made me see the positive way to look at our life through fitness, guided me to break through my limiting beliefs, and helped me to find a great potential that hadn’t been awakened. After only 10 sessions with her, what I achieved and gained was way beyond my expectations and I am certain that what she has taught me through her personal training will live with me forever.



Mitsuki (left) with her trainer Mila Nash

Email: [mcnashfitness@gmail.com](mailto:mcnashfitness@gmail.com) | Facebook: RPYC Gym/MCNashFitness



# From Farm to Plate

When **Lucas Kila** contracted malaria and went blind in his 20s, he lost his steady job – but, with his wife Kone as his guide and support, started growing coconuts to educate their growing family of five children. Now, 20 years later, the couple have turned their small coconut farm at Koneka, half an hour further along the coast from Hula, into one of the biggest suppliers of coconuts to Port Moresby supermarkets. “My young family needed me to come back on my feet,” Lucas said. “I didn’t want to ask my family for help. I decided that I have to restart my life and my career so I returned to my village and my land.” From living in a small hut, the family now has a three-bedroom house

and a trade-store, with Lucas and Kone walking together on the muddy tracks to the highway – a 7km trek – with sacks of 150 coconuts piled on their shoulders. Kone leads the way quietly, guiding her husband. They take turns with their adult children to walk the route three or four times a day, through mud, to ensure their supplies get to the highway to meet the trucks that will carry them on to Port Moresby. The logistical challenges of getting their coconuts to city shop shelves are beyond belief, yet when you point this out, they smile. “My disability doesn’t stop me,” Lucas said. “Being blind doesn’t mean I sit at home and wait for handouts. My family and I have worked hard, harder

## HULA



than most people who have no disability and are perfectly capable of doing normal work.” This is starkly evident as Lucas deftly climbs a tall coconut tree with

only a rope to support him. Using his senses to guide him, he grins as he plucks off a few kulaus (sweet young coconuts) for us to drink.

### Eat Better on a Budget

It’s not true that it costs more to eat healthy food, but that’s the excuse some people give as to why they buy packaged and processed foods instead. Here are some simple ways to keep costs down:

**Plan your meals** – Write a list of your meals and the ingredients you will need a week ahead, then only buy what you will eat.

**Cook at home** – Dining out and takeaway is expensive, and if you are getting fast food it’s usually unhealthy too. A family of four can be fed at the same price as dinner for two at a restaurant. You can cook over the weekend and freeze dishes for the week, or cook small portions every day.

**Leftovers** – Avoid waste by using up leftovers in stews, salads and soups.

**Avoid highly processed food** – Food such as packet chips, soft drinks, jar sauce and bought biscuits are expensive, high in sugar and fat and don’t add to your health. Make your own snacks, desserts and juices from scratch using whole foods which will cost less, taste better and be better for your body.

**Shop for seasonal produce** – Fruit and vegetables cost less when they are in season.

**Eat more vegetables** – Adding fresh vegetables to your meat-based meals not only helps you get lots of fibre, vitamins and minerals, but your food will go further, saving you money too. You can also replace meat with other types of protein such as beans and legumes (such as peas), which are cheaper.

**Grow your own** – Even the smallest backyard, balcony space or window ledge can be converted into a garden with raised beds or potplants. It may take time and effort but this is the cheapest and healthiest way to keep you in a continuous supply of herbs, leafy greens, tomatoes, root vegetables and much more.

## BROWN RIVER

**Max Bawai**, a weathered and hard-working farmer in his 50s, is the poster-boy of a change occurring in his Yamari village that has seen the people move beyond subsistence farming to become thriving commercial growers. “When we started, we used to sell our produce in open markets and often our produce would get wasted just wilting out in the open,”



explains Max. “Now we supply fresh produce to the biggest retail stores. We use hybrid seeds, understand

crop rotation and incorporate some of the techniques being taught to us.” The 500 people who

small farming hamlet is thriving as it transitions into a key link in the fresh produce supply chain of major national supermarkets such as Stop n Shop under the CPL’s farmer development program. At Yamari, the days often start before sunrise, with men, women and even children stoically working in their little patches of farms. This area is famously known as corn country, but Yamari’s fresh produce also extends to aibika, bananas and breadfruit.

**“This area is famously known as corn country”**



live at Yamari village on the Brown River – reached along a dirt road off the Hiritano Highway just half an hour north of Port Moresby – have always been dependent on the rich land. But now the



### GOLDEN MEDALLION HOTEL, VANIMO

East Park, Section 47, Lot 25, P.O Box 41, Vanimo 551, West Sepik Province, Papua New Guinea

Tel. landline : (675) 457 1113, 457 1551  
Digicel mob. : (675) 7436 9799

Email : [info@goldenmedallionhotels.com](mailto:info@goldenmedallionhotels.com)  
Facebook : Golden Medallion Hotel  
Instagram : @medalliongolden  
WeChat : GoldenMedallionHotel

- 13 VIP Rooms
- 72 Well Equipped Deluxe Rooms
- 24 Twin Share
- Go Excite Wi-Fi Prepaid
- Restaurant
- Pokies Lounge
- Conference Room
- Complimentary Airport Shuttle
- 24 Hours Security & Car Park
- Breakfast Complimentary
- Laundry Service Charged
- Projector Equipment
- Hall for Function





# KWIKILA

Agriculture runs deep in the blood of third-generation Saroa Keina village farmer **Gabi Pepena** who is determined to show his own children that their land – not the city – is where the biggest opportunities lie.

“This land was passed on from my grandparents to my parents to me,” Gabi says, pointing to his vast plantation near Kwikila, where bananas, pumpkins, capsicum, eggplant, watermelon and aibika grow. “We have all tended to it with love since it feeds us and employs us, but will my children want to continue as farmers? There is no electricity here, the city looks like an attractive destination

to them – the land of opportunities. But actually, the opportunity lies right here in the land.” Gabi and his wife Kora have been able to apply the farming techniques they learned from studying agriculture in school as well as through CPL’s farmer development program to get the most out of the land, including growing patches of peanuts to improve the fertility of the soil as the plants convert nitrogen from the air, which enriches the next crop. Some traditional practices are also highly valued. “We wrap the banana bunches in leaves while they are still growing on the plants,” he says. “This stops insects,



birds and pests from attacking them, and creates an air-tight protective shield. Our bananas don’t get discoloured and meet the quality standards set by major retailers.” Kora helps with this time-consuming chore – there are rickety ladders placed under the trees, which are used to precariously balance on – as the banana bunches are wrapped up one by one.

Another clever practice adopted by the couple is to plant a colourful floral boundary around the plantation to attract bees for pollination. “We are serious about making agriculture mainstream,” Gabi said. “When we have partners like the CPL Group accepting our supplies regularly and giving us advice on how to grow better, we dare to dream bigger.”

# 14-MILE

In his 20s, new accountancy graduate **Willie Kaeaka** chose farming over the comforts of a nine-to-five city office

job – and he’s never regretted it. He now grows watermelons, pakchoy, aibika, beans and cucumbers at his Tabeani village farm, and is a regular supplier of fresh produce to local supermarkets. “I completed my graduation at the Pacific Adventist University and was weighing my options,” Willie said. “I was very clear that I have to create value for my community, and farming seemed the way to go. I started with four farmhands and now employ a workforce of 20. It was an experiment – a



Car Yard



Car Workshop

## SERVICE

- CAR REPAIR & MAINTENANCE
- CAR PANEL WORK
- QUALITY USED CARS
- CAR ACCESSORIES
- CAR PARTS
- TOWING SERVICE
- REGULAR CAR WASH
- DETAILING CAR WASH
- MOBILE CAR WASH



Car Accessories

Car Wash

## LOCATIONS

- VISION CITY
- GORDONS (COURTS)
- WAIGANI ISLANDER
- 8 MILE
- SAVANNAH HEIGHTS
- GORDONS (NEXT TO DIGICEL)

# PANEL SHOP



BEFORE



AFTER

Car Panel Shop

## CONTACTS

- WORKSHOP & PARTS: 3253873
- TOW TRUCK: 70000447
- CAR SALES & PANEL: 79213336
- CAR WASH: 70600555

## DISCOUNT COUPON

ONE COUPON ONLY VALID FOR ONE PURCHASE AT A TIME  
TERMS & CONDITIONS APPLY

**K5**

OFF YOUR NEXT CAR WASH

**K1000**

OFF YOUR CAR PURCHASE

**K20**

OFF ANY CAR ACCESSORIES

**K100**

OFF YOUR REGULAR SERVICE



Chef Julz tries out the farmer life on Willie's tractor



“When we talk about ‘Take back PNG’, it isn’t about waiting for things to happen... it’s making it happen yourself”

talk about ‘Take back PNG’, it isn’t about waiting for things to happen or for the government to help. It is about hard work, and making it happen yourself. We have land, now we need the drive to showcase the opportunity in agriculture.”

trial-and-error method – that’s how I learnt about agriculture and farming techniques. There were mistakes but also a great deal of

learning.” When Willie was growing up at Tabeani he would walk over 7km every day to go to school. Today his

village is connected to power and treated water thanks to his efforts to contribute back to his own community. “When we

# TAHIRA

Getting the seed variety right is the secret to cropping success, something third-generation farmer **Warren Chapman** has discovered by a process of trial and error. Over the past 20 years the self-educated Warren has experimented at his massive estate along the Magi Highway at Tahira village, about 15 minutes southeast of Port Moresby, to discover what works for the PNG coastal soils – and what doesn’t! “From my own

experience, seeds should be developed for lowlands, midlands and highlands. A lot of seeds available here are produced in Australia and New Zealand. However, weather-wise they don’t perform well in coastal regions. But in the Highlands, these seeds yield a big harvest.” Although Warren says he has been fortunate to take a few overseas trips over the years to observe various techniques, “the majority of our rural farmers are in complete darkness”. In addition to proper



nutrient management, he also uses a plastic mulching technique – a globally-applied agricultural practice known for its instant economic benefits such as higher yields, earlier harvests, improved fruit quality and increased water-use efficiency. “The plastic mulch prevents water from getting evaporated, maintaining soil moisture. It also suppresses growth of weeds by breaking the cycle of development in the soil. The technique can be used for any crop. These are the things we must learn if we want to go commercial.” Warren employs four permanent farmhands, and a casual labour force during harvest

time, sourced from the neighbouring community to pick vegetables in the field. His advice to those getting into commercial-level farming is simple: “It is critical to choose the right variety of seeds as per climatic area. Concentrate on three crops first or else you will be overwhelmed.” To the government that is prioritising the PNG agricultural sector, Warren simply says: “Let’s get basics right domestically before we talk about exports.” Warren grows capsicum, tomatoes, chillies, mangoes and watermelons, and is one of the biggest suppliers of fresh produce to local supermarkets.



Organic tomatoes from Warren’s farm in a succulent herb salad (left), and on the vine (right)



Ready to start cooking outdoors on Warren’s Tahira farm on Bootless Bay

INDUSTRIAL FACILITIES | COMMERCIAL ACCOMMODATION | HOUSING | SOCIAL INFRASTRUCTURE



STAFF HOUSING



SAGO DRY TOILET STRUCTURES



SINGLE AND DOUBLE STORY DORMITORIES



DOUBLE AND QUAD CLASSROOMS



INQUIRE TODAY FOR MORE INFORMATION AT [sales@rhodespng.com](mailto:sales@rhodespng.com) OR CALL:  +675 71448773





Piano teacher Velma Ninjipa miraculously survived being shot in the face in a terrifying carjacking in Port Moresby three years ago. Here she examines one of the nine pellets doctors surgically removed from her cheek, tongue and gums

# A SECOND CHANCE TO TICK OFF HER 100 THINGS

Theresa Patterson



from her right cheek, then the second was to remove whole pellets lodged inside her mouth and rebuilding her splintered molars. A plate was later screwed in to support her jaw. A whole pellet was removed from the lower part of Velma's tongue. "People were like, 'How are you even talking?'," she says with a laugh. Nine pellets in all were removed.



Singing is also a passion for Velma, who is a vocal coach as well as a piano teacher. Here she is pictured during one of her lessons, performing a favourite worship song, "Your Grace Still Amazes Me". Her lessons are held at the back of her sister Thelma's business, Imbonggu Baskets, in Unity Mall, Waigani

After a gun-toting raskol shot her in the face in an attempted carjacking in Port Moresby three

years ago, Velma Ninjipa's survival was described by her doctors as a medical miracle.

But the plucky 37-year-old piano teacher didn't just live to tell the tale of her ordeal, she escaped with no lasting disability and barely a physical scar. All the critical nerves in her face are untouched. For Velma, this goes beyond good luck. She puts it down to "a God thing", something that flips the natural course of life on its head. She also counts as a God thing that the Pacific International Hospital doctors who saved her were very familiar with gunshot injuries: Dr. Frank

**"It was people who we didn't know, who were touched by the story of forgiveness, who gave and made it possible for me to go through two surgeries that cost almost K15,000 each"**

Torova, a surgeon during the Bougainville crisis, has seen a lot of war wounds, while chief dental surgeon Dr Matupi Apaio wryly points out that PNG

people like to cut and punch each other so much that he is "used to reconstructing faces". Velma's first surgery involved removing shattered bits of pellet

Dr Matupi knew what to do just by touching

her. He told her, "The international doctors have to look at x-rays but for me, God has given me an instinct, a sixth sense. I know exactly what you need. I've taken bones out of people's feet and placed them in their faces. It's amazing you're alive but God has a plan for you. You'll be okay." More 'God things' followed. The bulk of about K30,000 worth of medical costs were paid for, not by family, but strangers who chipped in after



Left: Velma with her partner Thompson and their one-year-old daughter Yarah



Velma at the top of PNG's second tallest mountain, Mt Giluwe in Southern Highlands, which she climbed for the second time as part of a team-bonding weekend for Independence Day last year



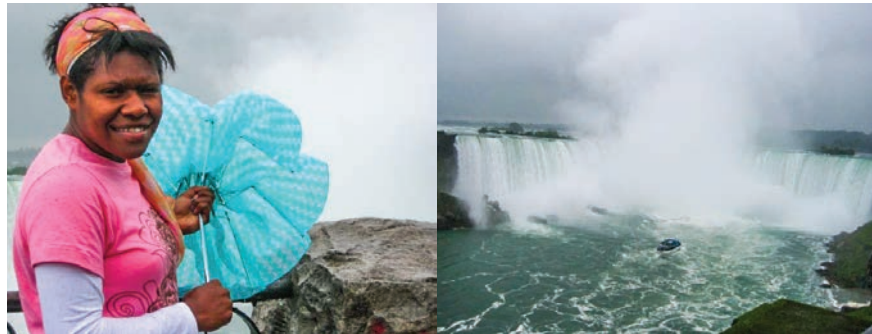


Velma (centre left) as part of the Penn View Bible Institute quartet, which travelled across the US in 2005 sharing the words of Jesus Christ through music and testimony



Above: Velma performs at a US high school banquet

Right: Velma with her piano teacher at the US bible institute, Lucas ShROUT



Above: This trip to Niagara Falls was a bucket-list tick Velma completed before she started her new 100 Things list



Performing with the Tabernacle of Prayer Choir in the US where Velma spent nine years studying music



Below: Velma in a publicity photo for the bible institute

her sister Thelma launched an online appeal. “Thelma is a communication specialist,” says Velma. “She started giving updates and writing about what happened on social media so

my family and friends in the US could know. The feedback was overwhelming from both home and abroad. BSP Boroko assisted us in setting up a medical appeal fund and my

family in the US started a Go Fund Me account. It was people who we didn’t know, but who heard about the accident and were touched by the story of forgiveness, who gave, and

made it possible for me to go through two surgeries that cost almost K15,000 each.” While still in recovery, Velma climbed Mt Giluwe in the Southern Highlands, PNG’s second highest mountain at 4367m, and went back to climb it again last year on an all-expenses-paid weekend staff trip organised through her cousin McDonald Nale’s law office where she was working as the manager. Then, in June this year, she opened her own music school at Waigani’s Unity Mall (inside Steamships Compound), a lifelong dream for the US-trained pianist and vocal coach. “Life is short and I



Children line up for a photo at a music camp run by Velma’s new charity AIDEZ Foundation at her family village of Piambil in the Southern Highlands

can’t forever be trying to please people,” she says of how her perspective has changed by what happened. “I’m the type where I don’t want

people to feel bad. I do some things just because I want to help so I stayed (working) with my cousin for seven years. But this time I was like, ‘I have

to do some things.’” The ‘things’ she is referring to are all listed on her ‘100 things bucket list’ in no particular order and with no dream too big.

WHEN IN KOKOPO FOR BUSINESS OR LEISURE, CHOOSE GAZELLE INTERNATIONAL HOTEL. FOR AN EXPERIENCE TO REMEMBER & SHARE.

**Travelers' Choice 2021**

ACCOMMODATION CONFERENCING EXCELLENT SERVICE FINE DINING

**FOR RESERVATIONS**  
 Call: 982 5600 | 7233 9131 Email: [reservations@gazelle.com.pg](mailto:reservations@gazelle.com.pg)  
[www.gazelleinterhotel.com](http://www.gazelleinterhotel.com)

**gazelle**  
International Hotel





**“It’s the going on when you don’t feel like going on that actually gets you to where you need to go”**

Velma was still in recovery from the 2018 attack when she climbed Mt Giluwe for the first time – one of the ‘100 Things’ she set herself to do

Sebastian Terry also began to evaluate what made him happy after a brush with death, in his case the loss of a close friend. “It really resonated,” says Velma. “So I came up with a lot of things I wanted to do.” Just reading through her list motivates her. “There’s no order to ticking things off but I’m just going from there. It’s the going on when you don’t feel like going on that actually gets you to where you need to go.” Starting a charity, #18 on her list, is also crossed off. “I feel like everything that I want to do in life is all spelt out in the four functions of the organisation,” says Velma, referring to the spiritual, financial, intellectual and physical help she plans to deliver through her non-profit AIDEZ Foundation. Taking its name from the French phrase ‘aidez moi’ (help me) the foundation will initially focus on Velma’s family village of Piambil in the Southern Highlands, where plans include

setting up a Sunday school curriculum, music camps, student scholarships, disaster relief and retreat centres. Although she currently has her hands full with about 42 students so far at her music school – aged from just three to a 46-year-old working mum who takes lessons during her lunch break – as soon as second semester breaks at the end of October, Velma will spend the next three months travelling into the provinces to conduct holiday classes, before school resumes again in March next year. At home with her partner Thompson and their one-year-old daughter Yarah, Velma makes sure not to get so distracted by the realities of survival that she misses the big picture. “A lot of times, we just get so bogged down,” she says. “Thinking is like a muscle – every day I have to remind myself to not get bogged down. You have to strengthen yourself and say, ‘This and this will

happen.’ Sometimes a person accomplishes one goal in life and we think they’ve made it. But that’s not true and I always want to be honest about that.” As a Christian she believes the only real ‘I have arrived’ moment is when she dies and rejoins her Maker, but in the meantime life is about perspective. “When you wake up in the morning and it rains, it all depends on how you see the rain. Do you see it as something that’ll ruin your day or as something that’ll give water to your plants?” Looking back at the night where she was shot in the face, Velma says it was her instinct to protect her reverend father Wane, who was sitting in the front seat beside her, that overrode everything else. They had just driven home to 4-Mile and were waiting for the gates to slide open, when five men, one with a pistol and the others holding machetes, burst through the darkness, encircling the car. “Somebody came and



**Made it to the top! At 4367m, Mt Giluwe is PNG’s second tallest mountain**

Starting a music school was number #92, climbing Mt Giluwe number #1. She’s also ticked off learning to play pool (number #11; she cheekily made a purpose-built game room at the law office before she left) but is yet to get a tattoo, see cherry blossoms in bloom in Japan,

ride a gondola in Venice, bungee jump, adopt a homeless child, complete a 40-day fast, and meet Hollywood actor Denzel Washington! The list came about after reading the best-selling *100 Things: What’s on Your List?* – a memoir in which Australian author



**Arthur Strachan Ltd**  
**Real Estate**

*Lae’s Premier Real Estate Agent*

Arthur Strachan Limited  
6th Street, Lae, (Lot 45 Section 2)  
PO Box 118, Lae, Morobe Province, 0411 PNG

**• Real Estate Agents**  
**• Property Sales**  
- Residential  
- Commercial  
- Industrial  
**• Auctioneers**  
**• Property Management**  
**• Valuers**

**For Property advice...**



**anywhere in PNG**

Phone: +675 472 1255 Fax: +675 472 1103  
Email: astrachan@arthurstrachan.com.pg

*“Your Partners in Real Estate & PNG - Since 1967”*  
**www.arthurstrachan.com.pg**





Photos taken during Velma's second expedition to Mt Giluwe last year  
Credit: Jerry Albianiel



hit the walls (door), saying, 'Do you know what this is? Do you know what this is?,' Velma recalls. "I turned around to see a gun pointed at me." A split-second choice had to be made: should she speed off or surrender the vehicle? "In my mind, I was thinking, 'Don't open the windows and doors.' But I also know you have to give the vehicle to these people. It's not worth your life." Her father had no such doubts. "Don't do it," he urged, so as soon as the gates opened, Velma accelerated into the drive. But the men kept pace, and in the

crowded car park she was trapped. "I didn't have enough room to turn around or do anything, and these guys were just banging on the wall. So I did a 360 (degree turn). I don't even know how I did it!" The other men jumped back, but the man holding what she thinks must have been an air pistol was undeterred, shooting straight through the glass at her head, before scurrying off with the others in their vehicle. Still high on adrenaline, Velma says her instinct to protect her father kicked in. "I was thinking, 'How am I

going to get him out of this situation?' That's all I could think. I didn't even know I was shot." Within seconds though, she was soaked in blood. "I felt something sticky on my shirt. And then I realised I was getting really hot because the pellets were in there, so I told my dad to come and drive." Panic had set in though and he couldn't function. "He was so flustered he started screaming, trying to get the phone to call people but he couldn't. He was just doing this," says Velma, demonstrating a frenzied shaking of her

hands. "I told him, 'You have to drive or I will lose blood!'" In the minutes before he took the driver's seat, Velma had the presence of mind to understand she may soon die, finding a cloth and applying pressure to stem the bleeding. Then she prayed. "God, forgive me, if there's anything in my life that's going to hinder me from seeing You. Two thousand years ago, You paid the price so by Your stripes (beatings), I'm healed. I forgive these guys (attackers)." Finally her father began to drive, but was revving the car in

# ON-NET

## FIXED TO FIXED & FIXED TO MOBILE CALLS

### U-TOKMOA | LOCAL

**1 DAY**  
**K5**

**To On-Net**  
**Unlimited**  
Fixed to Fixed  
**Unlimited**  
Fixed to Mobile [78, 77, 76, 75 Numbers]

**To Other Mobile**  
**15**  
minutes

**7 DAYS**  
**K9**

**To On-Net**  
**Unlimited**  
Fixed to Fixed  
**Unlimited**  
Fixed to Mobile [78, 77, 76, 75 Numbers]

**To Other Mobile**  
**30**  
minutes

**14 DAYS**  
**K16**

**To On-Net**  
**Unlimited**  
Fixed to Fixed  
**Unlimited**  
Fixed to Mobile [78, 77, 76, 75 Numbers]

**To Other Mobile**  
**60**  
minutes

**30 DAYS**  
**K26**

**To On-Net**  
**Unlimited**  
Fixed to Fixed  
**Unlimited**  
Fixed to Mobile [78, 77, 76, 75 Numbers]

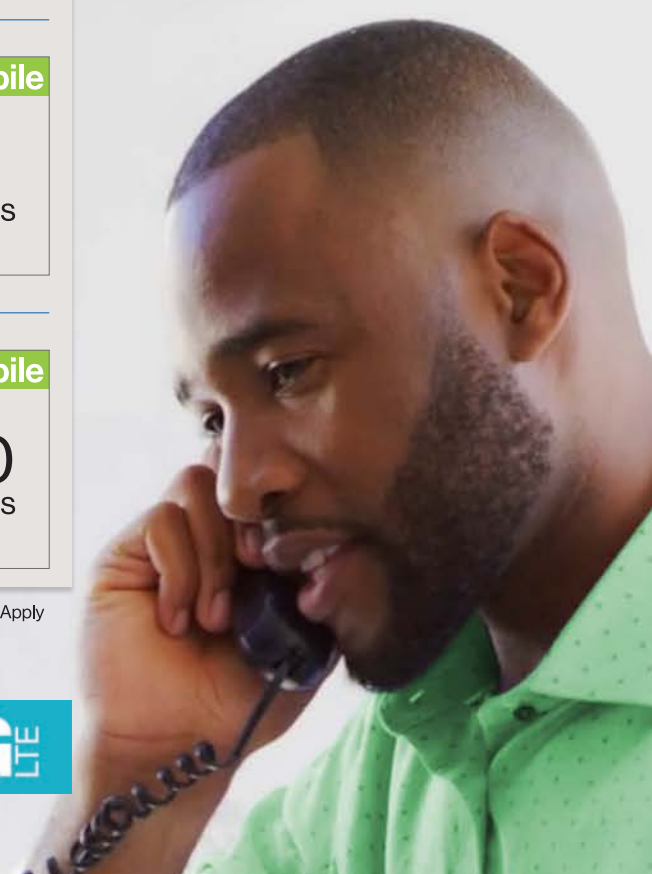
**To Other Mobile**  
**100**  
minutes

Conditions Apply

Subscribe through  
Telikom PNG Selfcare

URL Link: <https://sc.telikompng.com.pg/>

Great Voice value  
at a fixed price.







Handmade get well cards (above) were a source of support for Velma (right) as she recovered from the 2018 attack



second gear. Velma recalls with a laugh having to yell, “Daddy plis, car blo mi ba bruk!” (‘my car will break!’).” She continued to calmly direct her dad to POM General Hospital’s emergency ward, only to find the x-ray technician had gone for the night, so she finally landed in the hands of life-saving surgeons at Pacific International Hospital. After the surgery and returning to everyday life, she says she began to feel an urgency to connect with what was important and fulfilling. “My sister and her family were busy so if I didn’t go back and face my fears then who was going to help me?” she says of her recovery at another sister Sandy’s home. “I couldn’t always be a burden because they have their own issues. So I had to force myself to go back to work, and to drive again. It was really hard to drive again.” Loud noises were also triggering. Velma recalls her first New Year’s Eve party after the attack. “I was just with my partner, everyone was screaming, the

fireworks went off. I was shaking – really, really shaking – and in tears.” Any shouting while she was driving her car also plunged her right back at the scene. But she’s since learnt how to emotionally cope with the trauma. “I’m alright now. It’s gone but once in a while it does come back. So I have to calm myself down and not be completely dependent on someone else to help me cope. I tell myself, ‘It’s okay. You’ll get through this.’ I have to breathe.” Living and studying in the US for nine years – she was 16 when she left PNG in 2000 to finish high school, then went on to study piano and voice at Penn View Bible Institute, west of New York – nurtured a sense of independence that has helped her rebound. “When I was there, a lot of things I had to work out for myself. So I came to a place where I was able to handle a lot of things.” Free to be who she wanted to be and go where she wanted to go in the States gave



Enjoying family time at Rondon Ridge, Mt Hagen, during her second expedition to Mt Giluwe last year, are Velma (far right) with her sister Thelma (far left) and cousin McDonald Nale and his family. Photo: Jerry Albaniel

her confidence on her return. “Coming back to PNG, I never feared anyone and I did the same thing. If someone needed me to come and assist them at 12am or 5am, it did not matter what time it was, I had no fear and I did what I had to do.” Even while growing up with her five siblings at the formerly American-run Pabrabuk Mission Station in the Western Highlands where her parents worked for 40 years, Velma said she never felt limited by fear despite the tribal warfare that occurred in that area. “It’s in the Nebilyer Valley, one of the worst fights happened there for over 30 years. Now it’s okay, but when we were children living in the station, it was actually very frightful at times because we had to

pass that (fighting area) in order to get to Mt Hagen.” When I sit in on one of Velma’s piano classes with first-time student, 16-year-old Courtney Laka, I’m not surprised to find a gifted hands-on teacher determined not to waste a moment of her second chance to do what’s fulfilling with her life. Courtney is taking a year off school for personal reasons but thanks to Velma, is finding growth and stability in a productive new learning environment. “She’s amazingly doing great in her lessons,” Velma says when we catch up a couple of weeks later. “Only the third lesson but already reading in the staff (musical notation).” Another student is a busy high-school nurse for whom learning

piano is “something she’s wanted to do for years!” says Velma. “She didn’t know A from B but now she’s able to play the



first few songs. Her husband and children are asking her, ‘Hey, can you play this?’ and she’s like, ‘Yeah!’ and I’m like, “You just started!” [Laughs]. The 46-year-old mother learning piano in her lunchbreak is also progressing well. “She was saying, after 40 you need to do something that will challenge your brain.” During Courtney’s lesson I watch Velma waive off the K500 upfront fee usually required for her 10-lesson program, making an exception for the teen and allowing her to pay as she goes due to some financial struggles at home. She also tells me about some of her other students who she’s lent her own keyboard to as they had nothing to practice on. “I don’t like it when they don’t have keyboards at home because then my

Student Courtney Laka is introduced to the piano in her first lesson with Velma

teaching is in vain – how are they going to learn? I said I was going to pick it up but I haven’t!” she says with another laugh. For now, Velma plans to commit three years to the school before training someone else to carry the torch. “If parents can give me their children for three years then we will have some good piano players. It takes about three years to get to

a place where they can play really well. The first year is just the basics: the finger numbers, the letters of the (musical) alphabet. It’s just like grade levels. Just because you learnt how to count doesn’t mean you can do algebra.” Afterwards she will look at her 100-things list for how else to pay her God things forward.▲

**“I’m not surprised to find a gifted hands-on teacher determined not to waste a moment of her second chance to do what’s fulfilling with her life”**



**PNG Air flies from Port Moresby to Mt Hagen 19 times per week**  
**For bookings: Call + 675 74112644**



# It's always tea time in FINSCHHAFFEN

Franky Silo

Finschhafen's most famous natural attraction is Butaweng Falls, where reggae rapper O-Shen filmed his hit single "Meri Lewa" 20 years ago

**"Expect to drink tea upon waking up, whenever friends visit, during gardening, upon returning from fishing, before dinner, after dinner, and during the long hours of storytelling before you go to bed"**

When you first arrive in Finschhafen, you will be served tea. Sweet, burning-hot, welcoming tea is mandatory in the culture of this friendly port town, just 80km east of Lae at the tip of the Huon Peninsula. Tea-drinking is taken so seriously by a true Finschhafen local that it is as regularly consumed as betelnut. Expect to drink tea upon waking up, whenever friends visit, during gardening, upon returning from fishing, before dinner, after dinner, and during the long hours of storytelling before you go to bed. I arrive into Finschhafen's main settlement of Gagidu Station one late afternoon before Christmas, after a three-solid-hours boat ride from Lae's

Voco Point in a 60-horsepower dinghy. Boat is the main way in as road links have been destroyed by fast and overflowing rivers. A chartered helicopter is the only other means of access as any airstrips operational a decade or more ago are now too rundown for use. Some of my friends have never heard of this town but it is so pretty and pristine that more Papua New Guineans should educate themselves about it. 'Finsch' comes from the German scientist and explorer Otto Finsch who surveyed it in 1884, while 'hafen' in German means harbour. As we head up the coast into mighty 'karanas' (the Pidgin name for the white limestone rocks found here) territory, I am rewarded with a full view of PNG's lush

tropical northern mainland under a clear blue sky, with rushing waves breaking against the rocky basalt cliffs

as we pass. This part of PNG is remote and untouched, an escape from the hustle and bustle of the city.



Visitors can expect to be welcomed with sweet hot tea



A boy scoots up a palm tree to fetch us fresh coconut juice





A light tower marks the border between Lae and Finschhafen

You'll find the people treat each other well and are passionate about visitors. At Gagidu there's a small market where you can buy garden produce, fruit, nuts and cooked fish and only three main trading stores. Any new faces like mine are quickly spotted and I am offered handshakes of welcome wherever I go. I am staying south of Finschhafen at Nasingalatu, one of the biggest coastal villages where the local Yabem language is spoken – a reminder that PNG is incredibly made up of more than 800 such languages. The people I am visiting are like my second family as they looked after me during my studies at

Unitech in Lae and, of course, as soon as we arrive at their house, the teapot comes out! I am quickly brought up to date on the various village events being held this festive season, the highlight being an annual volleyball tournament that Nasingalatu is famous for hosting. This year will be its 30th anniversary. Many people return to the area at this time of year to spend time with family, but also to play in this popular tournament. The next day I wake to a chorus of birds and insects calling from the treetops and within the nearby forests. As I sip my first cuppa of the day, I watch the sunrise before

finding my way to the bustling shoreline. Here, the smell of the sea combines with waves crashing against the 'karanas' and I watch men and women paddling out in their canoes to fish, while others swim out in the warm sea for their morning bath, and young children collect galip and talis (sea almond) nuts that have dropped to the ground overnight as flying foxes feasted in the trees on their skins. Whoever wakes up first gets the biggest share as the nuts carpet the ground all along the shore. There is no rush to do anything at all. During the heat of the day while exploring the coastline from

Nasingalatu to Buki village, some friendly village children invite us to sit in the shade and drink sweet fresh coconut juice known in Tok Pisin as 'kulau' that they have just harvested. More children play in the water, swimming and diving, while far off on the horizon, there are drifting fishing canoes. A villager spooks us with a story of a 'masalai' (witch's) place on the beach where a hapless walker who stumbles on it will find themselves lost in the deep forest for a week! Because of this tale, children are carefully monitored every time they step on this beach. On the night before Christmas everyone

**“Some friendly village children invite us to sit in the shade and drink sweet fresh coconut juice known in Tok Pisin as ‘kulau’ that they have just harvested”**



Village boys break open coconuts for a refreshing drink during our walk



At busy Gagidu market there is a plentiful supply of taro, yam and other fresh garden produce along with fruit, nuts – including kulau (young coconut water) – cooked fish and, of course, betelnut



for a comprehensive health plan at a premium you afford that covers pharmaceuticals, opticals, dental, pregnancy, funeral benefits.

**nascare**

**health  
bilong  
yu**

**nctl**





Villagers are entertained by cultural sing-sing groups before the sports action begins



The grandstand for the annual volleyball tournament is made from local materials



King Herod's army looks the part in tinfoil helmets and pandanus-leaf armour before their Christmas performance



This little girl in traditional bilas rests during a rehearsal of her sing-sing group before the tournament

in the village gathers for an evening church service, and there are many handshakes of greeting and welcome as I arrive and take my place in the already full church. It seems all those I meet go out of their way to make me feel comfortable and share their own sense of belonging. I am introduced to young boys and girls preparing the night's entertainment, which includes hymns by the choir and Christmas plays on favourite biblical stories – from the birth of Jesus in a manger, to King Herod's massacre of male infants in

Bethlehem, his army of Roman soldiers all in homemade tinfoil helmets and shields! Despite being so remote, I am surprised at how connected I feel. The walk home afterwards, the path lit by a full moon and hearing the waves breaking against the rocks, is something I'll never forget. On Christmas morning I wake to a PA system calling everyone to gather in the big village arena for the annual volleyball tournament – called the KGB Tournament to represent the village's three main corners of Kaking, Gibomlabu

and Bolingdang. Over the years it has grown to include teams from surrounding villages as well. A colourful highlight are the traditional sing-sing groups that perform for the opening ceremony, giving newcomers like me a further sense of connectedness to the local culture and

community. After speeches from the elders and official guests, the tournament kicks off with open men's and women's teams as well as four categories for children and youth of varying ages from five up to 25, all wearing sports uniforms. With both volleyball and soccer



A boy strikes a typical pose as soon as he sees my camera



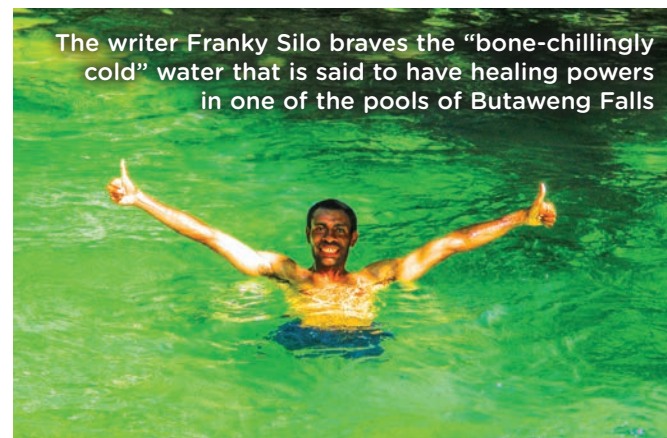
A 60m swing bridge spans the Bugumbi River that flows through Nasingalatu village and out to sea

often played in the village, I note some very good and well-practised players among them who could hold their own at a PNG Games level. In the days leading up to New Year, we fit in a visit to the area's best-known attraction, Butaweng Falls. Only 10 minutes' drive from Gagidu Station along a limestone-white (karanas) road, this series of cascading waterfalls and clear

green pools is nestled in small hills and surrounded by thick tropical rainforest. Only bird and insect sounds disturb us as we walk in along a forest track darkened by thick foliage and an abundance of green wildflowers before we spy the deep naturally-built swimming pool surrounded by boulders and rushing falls. Crystal-clear running water splashes over rocks below our

feet as we cross over a wire swing bridge. It's not hard to see why singer Jason Hershey (the American reggae artist better known as O-Shen) chose this picturesque place to paddle a canoe around in the video clip of his chart-topping 2000 hit "Meri Lewa". At the time of printing, his YouTube clip had 1.3 million views! Jason spent his childhood till the age of 15 at Butaweng village as his parents were medical missionaries at the Braun Health Centre here.

We can't resist further waterfall chasing so walk on to another falls and pool, its banks a popular picnic spot for families already set up barbecuing and eating. There are specified spots for men, women and the sick to swim, to have healing powers. Bathing here is prescribed to some patients by local doctors. The water is irresistible, so we jump in, only to discover it's bone-chillingly cold, the chills racing down your spine and dissolving all stress and mental blockages in seconds. The cold perhaps adds to the healing effects, but my warning is to not stay in too long because you might find yourself getting numb and falling off the edge of the falls! ▲



The writer Franky Silo braves the "bone-chillingly cold" water that is said to have healing powers in one of the pools of Butaweng Falls

We can't resist further waterfall chasing so walk on to another falls and pool, its banks a popular picnic spot for families already set up barbecuing and eating. There are specified spots for men, women and the sick to swim, with the water said

**PNG Air flies from Port Moresby to Lae 21 times per week**  
**For bookings: Call + 675 74112644**  




# PNG Air NEWS

## PNG Air resumes flights to Enga

On July 14, passenger services resumed to Wapenamanda Airport in Enga Province, with an ATR 72-600 aircraft full of excited passengers, media personnel and staff making the first flight from Port Moresby. Services to the Engan capital have been closed for the past two years to allow for runway repair and upgrade works by the National Airports Corporation, forcing passengers to travel by road to nearby Mt Hagen to access air services. Once these works were completed in June, PNG Air operated the first charter flights into Wapenamanda for the National Executive Council (NEC). The momentous occasion of the first flight was met with a rousing welcome from a Sili Muli sing-sing group, the Enga Cultural Show committee, and representatives from the Enga Provincial Government, with Governor Sir Peter Ipatas encouraging tourists to use the newly resumed service to attend the Enga Show in Wabag on the weekend of August 6-8. PNG Air also collaborated with the



**Top: An Engan sing-sing group welcomes PNG Air back to Wapenamanda Airport**  
**Above and right: Strawberries at Surinki and the Laiagam salt ponds were on the itinerary**  
**Below right: Dance groups converge for the Enga Cultural Show**



show in providing special 'Experience' packages to boost domestic tourism to both the event and the province, with the initiative proving to be a great success. The package included return flights, VIP tickets to the show, access to the beautiful Take Anda Cultural Centre and Museum,

guided tours of the ancient salt ponds at Laiagam as well as a Surinki strawberry and honey farm, and a traditional mumu (feast) at Yaskom Resort overlooking Lake Ivae. "We look forward to connecting

more people with our Experience packages for the 2022 show," an airline spokesman said. PNG Air flies to Wapenamanda twice weekly on Wednesdays and Saturdays on its brand new ATR-72 aircraft.

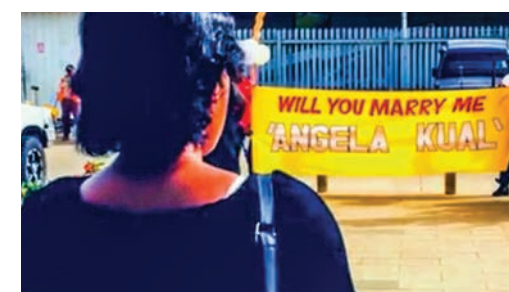
## Honeymoon gift from PNG Air after Goroka Airport proposal

When Angela Kual travelled with PNG Air from Port Moresby to Goroka in June, little did she know her boyfriend Fabian Kokoe was waiting at Goroka Airport with an important question. "Will You Marry Me Angela Kual?" were the words written on a big banner as Fabian proposed on bended knee with a ring and a bunch of flowers in front of delighted onlookers, other passengers and our aircraft crew. She said yes, of course, with the whole thing captured on video where it was shared online. When the romantic clip went viral on social media (watch at [www.youtube.com/watch?v=OiSewTg6VNc0](https://www.youtube.com/watch?v=OiSewTg6VNc0) - at the time of printing it had over 1700 views), it warmed the hearts of our airline staff too. As the wedding took place in Goroka on Sunday, July 11, PNG Air's marketing coordinator Christopher Lam flew in to surprise the couple with return tickets to an all-inclusive stay at Rapopo Plantation Resort in Kokopo, East New Britain, for their honeymoon.

"It's not every day you see a wedding proposal like this, especially coming off our flights, and so we wanted to thank them for flying with PNG Air and surprise them with this honeymoon getaway,"

Christopher said. After the wedding, the newlyweds sent a thank you note to PNG Air describing their resort stay that read: "It was really nice. We enjoyed all our honeymoon flights from Goroka-POM, POM-Lae, Lae-Kimbe-Rabaul. Thank you for treating us as VIPs on all our flights. Our hearts are with you all PNG Air staff for the warm welcome and treatment. "To the Rapopo Plantation Resort staff, you guys are the best, you got us surprised with the beautiful welcome song. And not forgetting the locals and everyone who flooded in to take pictures with us. You guys made our night a special one." Congratulations Fabian and Angela!

**Top: PNG Air's marketing coordinator Christopher Lam (right) surprises the couple at their wedding in Goroka with a honeymoon gift from the airline**  
**Right: Newlyweds Fabian and Angela Kokoe on their honeymoon flight to Kokopo, and at Rapopo Plantation Resort**  
**Below: Screenshots from Fabian's romantic proposal video taken at Goroka Airport**







**The July winners' names are drawn by** (from left) PNG Air's credit controller – finance Roselyn Kansan, media coordinator Micheal Eboa and group HR manager Anthony Woyengu

### Tickets to anywhere

Two lucky winners who bought tickets during July went into a special 'travel and win' promotional draw for the month and won free return tickets for two to anywhere of their choice in our network of over 20 destinations. Congratulations to John Obert (who bought a ticket at Post PNG, Kundiawa)

and Samuel Mau (who bought his ticket at PNG Air sales office, Kokopo). Their names were drawn in a livestream on our Facebook page by PNG Air's group HR manager Anthony Woyengu and credit controller – finance Roselyn Kansan. Keep following our social media pages for updates on fun upcoming promotions!

### PNG Air staff donate to blood bank

Blood is always in great demand at Port Moresby General Hospital's blood unit so PNG Air organised a corporate blood drive for staff at our Jacksons Airport head office in Port Moresby on July 13 – the first in several years. About 30 staff from all our departments turned up on the day to donate their precious blood, making the drive a successful one for the unit.

A PNG Air spokesman said it's important that the company participates in such voluntary initiatives as part of its corporate and social responsibilities. "We recognise that the blood unit plays a vital role in ensuring blood is available to those who need it the most. We will always do what we can to offer our support." PNG Air intends to run further staff blood drives in coming months.



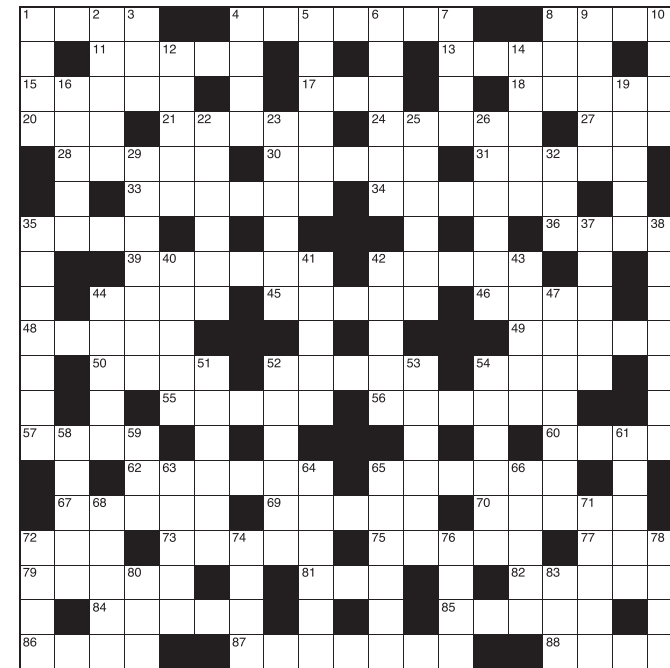
**PNG Air sales officer William Kaumu gives blood during the corporate blood drive**



**The mobile blood unit – pictured above during its visit to PNG Air's headquarters in July – is based at the Port Moresby General Hospital. For outside centres, please check your local hospital on how to arrange a blood drive for your staff**

## INFLIGHT GAMES

### Crossword



### Quick Clues

#### Across

1. Catches in the act
4. Dances (of horse)
8. Cattle sounds
11. Bicker
13. Revolve around
15. Insert (3,2)
17. Wet soil
18. Additional
20. Et cetera
21. Excel
24. Painting stand
27. Wheat spike
28. Thud
30. Components
31. Grieve
33. Inhibit
34. Spiral fasteners
35. Alcohol
36. Effortlessness
39. Delivery task
42. Minor hitches
44. Nameless author
45. Wounded by tusk
46. Apiece
48. Explorer, ... Polo

49. Ignore alarm clock (3,2)
50. Urban legend
52. Mountain tops
54. Throw
55. Lucifer
56. Noiseless
57. Ally oneself
60. Swirl
62. Served (soup)
65. Lower (of voice)
67. Charmer, ... fatale
69. Become aware
70. Knight's spear
72. Male or female
73. Squeeze
75. Showy flower
77. City, ... Vegas
79. Fall behind
81. Humpty Dumpty was one
82. Camel-like animal
84. Drink, ... de menthe
85. Tour coaches
86. Observe
87. TV popularity figures
88. Indian butter

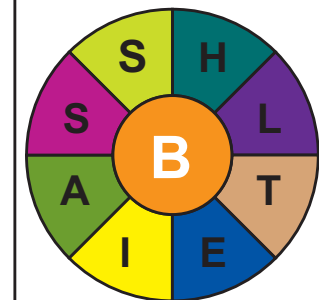
All solutions on page 47

#### Down

1. Scruff (of neck)
2. Quantity (of scones)
3. Country, ... Lanka
4. Repressed, ... up
5. Nut
6. Military trainees
7. Weeps
8. Stir
9. River mammal
10. Disfigure
12. Garden statue
14. Beneath
16. Absolute (nonsense)
19. Raves
22. Place on end
23. Throughout
25. Rise
26. Come into view
29. Immediacy
32. Application
35. Berlin natives
37. Charcoal grains
38. Saving
40. Tubers
41. A dime a ...
42. Looks for
43. Beauty parlour
44. Supplied with weapons
47. Water storage tank
51. More complicated
52. Door sections
53. Warning signals
54. Mosque
58. Conclude
59. Shady tree
61. Ideal (home)
63. Plenty
64. Go AWOL
65. Fire-breathing monster
66. High-ranking lords
68. Word-for-word
71. Differ
72. Daze
74. Washstand jug
76. Large planter pots
78. Equivalent
80. Wrath
83. Body part

### 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.

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

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

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







## 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.



1.25% INTEREST



4% INTEREST

## Choose the faster way to get to your savings goals.

Introducing the new high-interest **Kina Tomorrow Savings Account**.

Ready to start your savings journey? Get yourself on the right path with another PNG first from Kina Bank. The **Kina Tomorrow Savings Account** gives you a bonus 3% interest on top of the standard 1% if no withdrawals are made during the month. That's a total of 4% annual interest paid monthly – more than double the savings of any other bank in PNG.

Find out how fast **you** can get there with our online savings calculator at **kinabank.com.pg** or learn more at your local Kina Bank Branch.

UP TO  
**4% ANNUAL INTEREST RATE**

TWICE AS MUCH AS ANY OTHER BANK IN PNG

## 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.



kinabank

Together it's possible





## CORPORATE SERVICES

**WHATEVER  
YOUR  
BUSINESS  
NEEDS**

**We've  
got the  
solution.**

- ✓ Tailored Solutions
- ✓ Specialist Project Managers
- ✓ Warehousing & Logistics
- ✓ Access To Over 20 Million Products Worldwide
- ✓ Nationwide Warranty & Service Centres

# Introducing Corporate Services. The experts you can't do without.

**Corporate Services now available in-house.**

With our vast range of quality brands and unsurpassed industry experience, Brian Bell Corporate Services is proud to offer comprehensive, commercial business solutions to a wide spectrum of industries, regardless of their scale. Talk to our Corporate Services experts today to learn more about how we can support your enterprise.

**BEST BRANDS  
BEST RANGE  
BEST VALUE  
BEST SERVICE**

### LET'S TALK SOLUTIONS

Our superior commercial brand experience is available across PNG with Corporate Service divisions located in store at all Brian Bell Homecentres. To speak to one of our Corporate Services team members about your project requirements visit your local Brian Bell Homecentres today.

**PORT MORESBY** Call 7373 9602

**LAE** Call 472 3200

[corporate.brianbell.com.pg](http://corporate.brianbell.com.pg)



BACKED BY  
**BRIAN BELL  
WARRANTIES**  
QUALITY. SERVICE. VALUE

### SERVICE YOU CAN RELY ON.

Brian Bell Corporate Services provides Warranties on every item we sell. For over 60 years we have taken pride in providing top quality brands, exemplary customer service and ongoing support to many industries across PNG.

**Brian Bell  
HOMECENTRES**  
**CORPORATE SERVICES**  
[homecentres.brianbell.com.pg](http://homecentres.brianbell.com.pg)