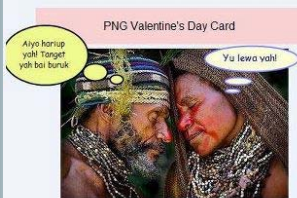




27-03-2012

Special points of interest:

- Martyn Namorong to Visit Melbourne in April



A picture is worth a thousand words!



Martyn Namorong— PNG Blogger

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WELCOME WANTOKS

Trust your 2012 year is going well. I haven't had much to report on; hence, the slow start to getting this newsletter out.

March focus was on the Moomba, where PNGAAV and the community successfully participated in the Moomba parade. Congratulations to the committee of PNGAAV and the participants for a successful event.

In April, PNG Wantoks are looking forward to welcoming PNG's first ever blogger to be given the honour of presenting a speech by the

Deakin University. His name is **Marytn Namorong**, originally from the Western Province, PNG.

PNG Wantoks will be welcoming him some time in April so will keep you all posted of the when and where. We are currently doing some chocolate fundraiser for him so if you are looking for chocolates for Easter, remember to contact the committee members listed below. We are selling them for a **\$1 each**.

On that note, here are the Wantoks **2012 Committee members**: Mansis Bandi -

0425 845 986 (Chairperson)
Linda Koerner - 0449 962 252 (Vice-Chairperson), Gorothy Whitfield -0403 437 171 (Treasurer)
Bibra Japara - 0425 733 842 (Secretary),

Committee: Julie Kep, Mathew Kombuk, Paul Whitfield, Augusta Aitum, Igomase Idau-Tau & Katayo Sagata.

Please contact any of the committee members or send us an email to (wantokgroupvic@gmail.com) if you need to contact us about anything.

Have a very Happy Easter.

Marytn Namorong's Visit to Melbourne

<http://namorong.blogspot.com.au>

Martyn is an outspoken PNG blogger and it seems he is the first ever blogger from PNG to be invited to speak on issues affecting PNG today. A lot of people have fundraised and contributed towards making his trip to Melbourne a reality.

Keith Jackson's summary of Martyn covers it all:

"From the poorest province in Papua New Guinea, Namorong was able to come to the capital, Port Moresby, to study medicine. His future seemed certain.

Instead, he dropped out of medical school and had to make his living on the street, selling betel nut.

As he sat at his small stall, he watched the urban poor fight to survive, and he

began wondering why this was so.

Since independence from Australia in 1975, the state had slowly and steadily atrophied, forcing ordinary Papuans to rely on old methods to survive: intensive food gardens in their communally owned land (which accounts for around 97 per cent of the entire country).

Widespread corruption funnelling money from mining and logging companies to the Port Moresby political classes had entrenched a sense of abandonment among the urban poor, villagers who had moved to the big city hoping to find work or forced to leave as the rural population swells.

Namorong watched all this, and wondered, and his anger grew.

He began penning missives on his blog, *The Namorong Report*, excoriating the political and economic system in PNG. His focus shifted from medical and public health issues to the wider picture."

Source: http://asopa.typepad.com/asopa_people/2011/12/martyn-namorong-papua-new-guinea-is-a-tinderbox.html

And, here is the essay that Martyn wrote last year, which won him the Crocodile prize and which may have caught people's attention showing that here is a person who is not afraid to say it like it is:

"I always thought all my life that I was destined to great things and make a difference to humanity. Today, faced with

(Continued on page 2)



PNG Cricket Team who were in Melbourne earlier this year. Here they were playing against Hawthorn Cricket Team.

Scams are on the rise

Avoid being outsmarted by scammers

If you think you have been scammed, contact the scam hotline immediately by phoning **1800 060 062** between 8.00am and 6.00pm, Monday to Friday.

You can also report suspected email scams to the ATO by forwarding the email to **ReportEmailFraud@ato.gov.au**

If you are unsure of the legitimacy of a communication you have received that claims to be from the ATO, you can check by phoning **13 28 61** between 8.00am and 6.00pm, Monday to Friday or checking **ato.gov.au/onlinesecurity** for a list of current ATO communication activities



Next time you go to the movies, munch away!

Marytn Namorong's Visit to Melbourne cont..

(Continued from page 1)

the uncertainty about the future and the hardship of living in the city, I'm more concerned with being able to survive each day. "I am more concerned about my own welfare than saving the world.

The system of education in this country is a failure trap. It is supposed to groom Papua New Guineans but all it does is it produces a lot of failures. In grade 8 ten thousands get thrown out, in grade 10 and 12 thousands more fall through the crack in the system.

This is the failure trap. Students spend much of their lives learning about ideas in arts, science and mathematics and

are not prepared for both the cash economy and the subsistence economy.

In my case, I regret going to medical school because now I am just an unskilled person. I am definitely not skilled to survive in the savannah of East TransFly nor do I have formal qualifications to be recognised in the cash economy. Thus by default I sell betel nut on the street like many other disenfranchised people.

I don't dream anymore, I am grounded in the reality. I grapple with the facts as they are. Perhaps there are too many visionaries and dreamers such that no one is

there to deal with the reality of life in Papua New Guinea.

Even a vast majority of people who are trapped like me do not wish to deal with reality. That is why fast money schemes continue to thrive and voters are gullible towards politicians."

Wantoks Group are looking forward to meeting Martyn and will hopefully be showing him some sights of Melbourne. We will also be hosting a BBQ in April for him so the community can meet him.

BBQ date and place will be announced as soon as we've organised it.

Healthy Wealthy and Wise

Popcorn has higher levels of antioxidants than fruit and vegetables

Contrary to expectations, popcorn has higher levels of antioxidant polyphenols than fruit and vegetables, scientists have reported, before labelling it "the perfect snack".

Researchers speaking at the National Meeting and Exposition of the American Chemical Society noted that polyphenols are diluted in many fruit and vegetables, which contain up to 90 percent of water, while popcorn has only 4 percent water, meaning the antioxidants are more concentrated.

Dr Joe Vinson, a researcher with the University Scranton in Pennsylvania and an expert in analysing the healthy components in foods such as chocolate and nuts, described popcorn, especially the chewy outer hulls, as "nutritional gold nuggets" that "deserve more respect".

"Popcorn may be the perfect snack food," he said. "It's the

only snack that is 100 percent unprocessed whole grain. All other grains are processed and diluted with other ingredients, and although cereals are called 'whole grain', this simply means that over 51 percent of the weight of the product is whole grain.

"One serving of popcorn will provide more than 70 percent of the daily intake of whole grain. The average person only gets about half a serving of whole grains a day, and popcorn could fill that gap in a very pleasant way."

A serving of popcorn provides around 300mg of polyphenols, which matches the amount found in a serving of nuts, and beats the 160mg found in servings of fruits. This amount is also 15 times higher than polyphenol levels in whole-grain tortilla chips.

But people should be wary of how they prepare their popcorn.

Vinson cautioned that using high levels of butter, salt or sugar increases calorie and fat counts, and could cancel out the nutritional benefits of the healthy snack.

Vinson also warned that despite the findings popcorn should not replace fruit and vegetables as part of a healthy diet, as fruit and vegetables contain many essential nutrients that are not found in the whole grain alone.

Source: <http://food.ninemsn.com.au/healthrecipes/newsandfeatures/8441321/popcorn-has-higher-levels-of-antioxidants-than-fruit-and-vegetables>

"Air-popped popcorn has the lowest number of calories, of course," he said. "Microwave popcorn has twice as many calories as air-popped, and if you pop your own with oil, this has twice as many calories as air-popped popcorn. About 43 percent of microwave popcorn is fat, compared to 28 percent if you pop the corn in oil yourself."

What's happening in Melbourne?

30/3/2012—WANTOK STORI Film Screening Fundraiser EVENT

Friday 30th of March – 7pm – 9pm

WHERE: Bluestone Church Arts Venue, 10a Hyde St, Footscray VIC

PARKING: Free parking available on site

COST: \$20 per person

This is a night to put in your calendar now! Please keep in mind that places are limited - up to 100 capacity so get in quick with your RSVPs via the booking form: <https://docs.google.com/spreadsheet/viewform?formkey=dHdxbdJCCdIhRjVXTTBPbTRZZ3Yyb0E6MQ>

Inquiries to:

EMAIL - amiebatalibasi@gmail.com OR lisa.hilli79@gmail.com

30/3/2012 – Lisa Waup's Art Exhibition:

Friday the 30th of March at 6pm

@ the Koorie Heritage Trust
295 King Street, Melbourne.

The show is entitled "A Journey's Edge" and basically is about my journey in search, and finding out about my past, and yet still I feel I haven't even touched the edge. The exhibition shows a gathering of certificates, letters, files and documents along the way, which have been evolved into art, in turn is telling a story of who I am today. It is a personal tale. "A Journey's Edge"

It would be wonderful if you could come on the night, the support would be welcomed greatly.

If you are unable to attend the opening night the exhibition is running through until June 24th.

Wed 28 Mar 2012 to Sun 01 Apr 2012—Melbourne International Flower and Garden Show

The annual Melbourne International Flower and Garden Show returns to the Royal Exhibition Building and Carlton Gardens.

Wed 28 Mar 2012 to Sun 22 Apr 2012—Melbourne International Comedy Festival

30th of March - 1st April— The Baby and Toddler Show

Melbourne Exhibition Centre, South Wharf

APRIL

DATE & Venue: TBA—BBQ with Martyn Namorong

APRIL 8th (Easter Sunday) - Ex-Sogeri Get Together— Email me ([bibraj@gmail.com](mailto:bibraaj@gmail.com)) for details.



Check out the Unique of Sculptage by Verne Krastins



Website: <http://www.sculptage.com.au/sculptage-at-digital-eyes.html>

Titbit: Longest name in Australia

Mamungkukupurangkuntjunya

Hill is a hill in South Australia. The name means "where the devil ur-



Smile for the camera boys



If you were around in 1919 and came upon the following poster, would it just make you want to drink? LOL

By Peter M

Announcements

3rd March 2012—Happy Birthday to Eugene

22nd March 2012—Happy 16th Birthday to Samantha Kep.

28th March 2012— Happy Birthday Laura.

1st of April 2012— Happy Birthday Verne! Pssst... I heard it's a big one this year. Many many happy returns.



Samantha blowing her candles out!



Joni and Wanelli enjoying Samantha's party with aunty Linda

RIP

RIP our sister Delta Poke

I would like us to take a moment to remember our sister Delta Poke who sadly passed away last year, 18th of December 2011. Late Delta was a high-achiever, and a strong woman, who was passionate about PNG's progress & development. She was a student at Kagan Tafe and was on the verge of graduating when she passed away. She is survived by her husband Stanley and her children. Thanks to all the Wantoks

who came out and supported the family in their hour of need.

RIP for all those who were lost in the seas in PNG's worst ever Maritime disaster, when the Rabaul Shipping vessel, MV Rabaul Queen sank in February this year. Lets take a moment to remember everyone who was lost, especially the young ones, whose lives were taken through no fault of their own. RIP.

RIP Mr Elliot

Those that went to Sogeri National High School in PNG, would have known or have heard of Mr Brian Elliot, fondly known as "Evil", who sadly passed away on the 26th of Feb 2012, aged 80. His funeral was on the 12th of March followed by cremation service. His memory will leave on. RIP Mr Elliot!



Mobile Phones in PNG are taking banking into a totally new era. Just imagine being in the garden in a rural village cut-off from the hustle and bustle of cities, and yet these villagers can be able to see their bank accounts, etc.

Wow, is all I can say!

Our donation monies at work on the Kokoda Track

Australians Light up the Kokoda Track

The Kokoda Track Foundation, is commemorating the 70th Anniversary of the WWII Kokoda campaign by providing 3500 solar lights to the descendants of the legendary Fuzzy Wuzzy Angels. The KTF aims to give a solar-powered LED light to every villager along the Kokoda Track, an area without access to electricity.

Check the website to read more.

<http://www.kokodatrackfoundation.org/LatestNews.aspx?id=57>

Source: <https://docs.google.com/viewer?a=v&pid=gmail&attid=0.1&thid=134c07fcc6d7ffc6&mt=application/pdf&url=https://mail.google.com/mail/?ui%3D2%26ik%3Dd402a415ba%26view%3Datt%26th%3D134c07fcc6d7ffc6%26attid%3D0.1%26disp%3Dsafe%26zw&sig=AHIEtbQB0loMSLuvgehqt7xmfO2m67dNqw&pli=1>

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