



**Bird of Paradise  
hosts Digicel Stars 3**

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**Highlands Blues  
walks away with  
MD's Shield  
Pg 10**



October 10, 2012

Issue No. 10

# TOK STEAMIES

News for Staff and Friends of Steamships Trading Company

## The Red Shield Appeal Charity Golf a Success



Winners of the Red Shield Appeal Charity Golf, Heli Solutions.

The Salvation Army Red Shield Appeal Charity Golf was a success with 36 teams participating in the tournament and about K120,000 raised from the tournament.

Teams that participated were, KKKingston, Melanesian Trustee Services, Pacific MMI, QBE, Hanjung Power Ltd, Bank South Pacific, Westpac, Ela Beach Brassiere, Mapai Transport, QPRI Road Stoa Ltd, Heli Solutions, RH Hypermart, EWT, Laga Industries, TropicAir, Pacific Palms Property, Bank of PNG, SP Brewery, Kina Securities, ANZ, STC Head Office, G4S, Remington Tehcnologies, Oil Search, ANL, Rotary Club of Boroko, American Home Assurance, Nasfund, Niu Ford/PNG Motors, Mirupasi Lawyers, Starland Freezer, PWC, Coral Sea Hotels and Steamships Shipping.

The winners of the charity competition was Heli Solutions.

Owner of Heli Solutions, Phil Emeck was very pleased saying it was his first attempt in putting a team and the win is encouraging.

He thanked Steamships for organising the charity competition and also commended the Salvation Army for the good work they were doing within the communities.

He said the game was for a good cause so he was happy to have put up a team.



Team BSP



The only Female team

## Participating Teams



Team PWC



RH Hypermart



Mirupasi Lawyers



Starland Freezers

# Consort supports Junior Hockey Tournament

Consort Express Lines (CEL) maintains that supporting Youth and Junior Development through sports is an integral part of community empowerment.

CEL constantly seeks to support programs that will give tangible benefits to their communities and in turn mould the children into good and disciplined individuals.

Over the Independence weekend, a Hockey championship was organised which saw six boys teams compete for the 2012 championship.

Consort sponsored three teams, the Under 18 boys, the Under 18 girls category and the under 12 girls team.

The championship saw Consort's under 18 boys team take out the championship title.

*BELOW: Winners of the Under 18 Boys Hockey Championship sponsored by Consort Express Lines (CEL). BELOW LEFT: The Under 18 girls Hockey Team and RIGHT: The boys under 12 Hockey team.*



# Highlander Hotel gives to Orphanage

Following the renovation and upgrade of the Highlander Hotel, the management donated blankets, bedspreads, chairs and cooking utensils to the Bible Faith Orphanage

The Bible Faith Orphanage in Mt Hagen houses over 100 children who rely on the generosity of the local community.

Aunty Rosa and her husband have been running this orphanage for the last three years and has seen an increase in orphans coming to them.

Aunty Rosa expressed her gratitude saying they were extremely grateful for the donations and said this would greatly benefit the children.



Essau Maddex Assistant Manager and Christine Philsco Head Housekeeper with some of the Highlander staff with Aunty Rosa her husband and some of the children.



# Steamships supports PNG's upcoming writers in Crocodile Prize

Corporate Development Manager, Darren Young standing alongside the winner of the Steamships sponsored Essay Award Winner during the Crocodile Prize Awards at the Australian High Commission.

## Susana Germino is Steamships Shipping's new General Manager

By William Arblaster

Susana studied Naval Engineering in Portugal, where she is originally from and spent the first years of her career working in Shipyards in her home country.

Afterwards, she moved to Lloyd's Register, where she worked in London, Shanghai and Hamburg.

Susana left Lloyd's Register to join a 3rd Party Technical Manager, first as the Commercial Manager and then later as Managing Director of their office in Glasgow. In this role, she was responsible for the Technical Management of 16 Handymax and Panamax bulk carriers.

Her most recent role was as Commercial Director for Thoresen Co (Bangkok), a Thai ship owner and operator, where she was in charge of Chartering, Operations and Sale and Purchase of Vessels.

When asked the main priorities in her new role, as General Manager for Steamships Shipping, Susana says "Papua New Guinea is a very exciting environment to work: there is large potential for growth but with growth there are always new challenges.

"Safety, in my opinion, is key in any business but especially in Shipping and I am sure that together we can work towards achieving international safety standards that are expected from any First Class Shipowners, and that represent the core beliefs of Steamships Shipping.

"Staff development and training is essential to achieve these objectives, and I am committed to ensure that we will invest in this part of the business."



Susana Germino

## Robin Bradshaw replaces Tom Owen as Logistics General Manager

The new General Manager for Steamships Logistics is Robin Bradshaw who joined three months ago replacing Tom Owen.

Robin is not new to the company and the country.

Robin was once working for Steamships in the 1990s.

He then left the country and was working within the Swire Group and now returns after being with Cathay Pacific in Indonesia.

Since joining Swire Group as a management trainee in 1995, Bradshaw had been involved in sales, marketing and country management for Cathay Pacific Airways and John Swire & Sons.

Prior to his assignment in Indonesia, Bradshaw worked for Cathay Pacific in the Middle East, Malaysia, Brunei and Italy.

He was born in Great Britain and holds a bachelor's degree in philosophy and theology from St Peter's College, University of Oxford.



Robin Bradshaw

## Saying farewell after more than 20 years with STC



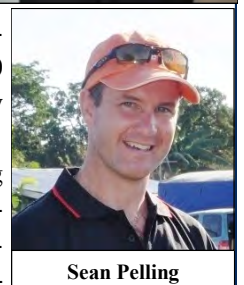
Eddie Ruha has been with the Steamships Trading Company for over 20 years and will be leaving the company at the end of this month.

Having been with the merchandising division for eight years, he was transferred to the Steamships Trading Company head office to be the Group Finance Manager and later appointed General Manager Finance in 2001. In 2008, he was appointed the Finance Director for the Group which he held until resigning this year. Originally from New Zealand, Eddie in his farewell speech thanked all the staff throughout the Steamships Group saying their support had been overwhelming throughout the 21 years he had been with company.

Replacing Eddie is Sean Pelling who joins Steamships from one of Swire's companies in Kenya, Finlays.

Sean had been with Finlays as the Finance Director for the past tens years.

Sean arrived in the country two months ago and has been working alongside Eddie.



Sean Pelling



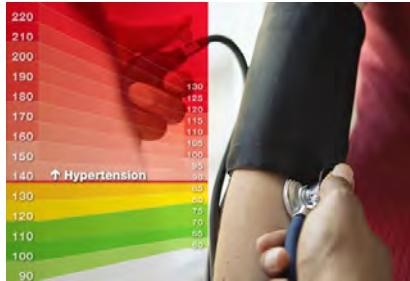
STC Finance F/A manager, Pollie Togarewa, Eddie Ruha, Eddie's wife Denise Ruha and Group systems accountant, Mary Handen.

# Hypertension and its effect on our Health

When blood exerts too much pressure on the walls of blood vessels, it's called hypertension, or high blood pressure. There usually aren't symptoms until the condition becomes severe.

Hypertension or high blood pressure, is widespread.

Hypertension occurs when the pressure inside the blood vessels is too high. When your heart pumps, it sends blood out through the arteries. The force of your blood pushing against the walls of your arteries causes pressure. Every time your heart beats, it forces more blood into the arteries, causing the pressure to rise.



## What Causes Hypertension?

The cause of hypertension is unknown for 90 to 95 percent of cases — this is called essential or primary hypertension. When the cause of hypertension is known, it's called secondary hypertension; causes include kidney and blood vessel abnormalities that can usually be corrected.

Although doctors don't know what causes hypertension most of the time, they do know a few factors that can worsen hypertension:

**Smoking** - Nicotine causes blood vessels to constrict, which raises blood pressure and makes hypertension worse.

**Obesity and being overweight** - Extra weight can put more stress on your heart. Exercise not only can help you lose weight, but physical activity has been shown to lower blood pressure on its own.

**Stress** - Though not an actual cause of hypertension, stress can trigger bad coping methods, like overeating and smoking, which can lead to high blood pressure.

**Salt** - Sodium causes your body to retain fluid, which can then increase blood pressure.

**Alcohol** - Drinking more than one or two alcoholic drinks per day may worsen hypertension for some people.

## How Does Hypertension Affect Your Health?

When your heart pumps blood, the blood travels through arteries attached to the heart and then to blood vessels that become smaller and more delicate. The tiniest blood vessels, known as capillaries, supply your body with oxygen. Increased pressure within this system requires your heart to work harder and can damage the arteries and the following organs because they're not receiving enough oxygen.

Lifestyle changes can help you control and prevent high blood pressure — even if you're taking blood pressure medication. Here's what you can do:

**Eat healthy foods.** Try the Dietary Approaches to Stop Hypertension (DASH) diet, which emphasizes fruits, vegetables, whole grains and low-fat dairy foods. Get plenty of potassium, which can help prevent and control high blood pressure. Eat less saturated fat and total fat.

**Decrease the salt in your diet.** A lower sodium level — 1,500 milligrams (mg) a day — is appropriate for people 51 years of age or older, and individuals of any age who are African-American or who have hypertension, diabetes or chronic kidney disease. Otherwise healthy people can aim for 2,300 mg a day or less. While you can reduce the amount of salt you eat by putting down the saltshaker, you should also pay attention to the amount of salt that's in the processed foods you eat, such as canned soups or frozen dinners.

**Maintain a healthy weight.** If you're overweight, losing even 5 pounds (2.3 kilograms) can lower your blood pressure.

**Increase physical activity.** Regular physical activity can help lower your blood pressure and keep your weight under control. Strive for at least 30 minutes of physical activity a day.

**Limit alcohol.** Even if you're healthy, alcohol can raise your blood pressure. If you choose to drink alcohol, do so in moderation — up to one drink a day for women and everyone older than age 65, and two drinks a day for men.

**Don't smoke.** Tobacco injures blood vessel walls and speeds up the process of hardening of the arteries. If you smoke, ask your doctor to help you quit.

**Manage stress.** Reduce stress as much as possible. Practice healthy coping techniques, such as muscle relaxation and deep breathing. Getting plenty of sleep can help, too.

**Monitor your blood pressure at home.** Home blood pressure monitoring can help you keep closer tabs on your blood pressure, show if medication is working, and even alert you and your doctor to potential complications. If your blood pressure is under control, you may be able to make fewer visits to your doctor if you monitor your blood pressure at home.

**Practice relaxation or slow, deep breathing.** Practice taking deep, slow breaths to help relax. There are some devices available that can help guide your breathing for relaxation; however, it's questionable whether these devices have a significant effect on lowering your blood pressure.

Iain Martin Blakey — e-mail: [IMBlakey@steamships.com.pg](mailto:IMBlakey@steamships.com.pg) — Tel: 322 0234

Titus Kuman — e-mail: [TKuman@steamships.com.pg](mailto:TKuman@steamships.com.pg) — Tel: 322 0342

Moresby Konge — e-mail: [MKonge@steamships.com.pg](mailto:MKonge@steamships.com.pg) — Tel: 322 0381

Illan Sevua — e-mail: [ISevua@steamships.com.pg](mailto:ISevua@steamships.com.pg) — Tel: 322 0476

# Seafarers attend Drug and Alcohol Awareness

By William Arblaster

Coastal Shipping has been conducting Drug and Alcohol awareness programs with the assistance of the PNG Department of Mental Health.

Dr Uma Ambi and her team of volunteers spent a whole day together with our company medical officer Illan Sevua, to raise awareness and education on drugs and alcohol, and how it impacts everyone's lives. The whole day session included a morning presentation followed by an afternoon discussion and break-out sessions where

participants discussed habits that cause problems, the associated factors that may promote abuse of drugs and alcohol and how to control them in the future.

To date, Coastal Shipping has run six sessions.

The awareness is being done with the aim to have all steamships seafarers attend this awareness as part of community welfare training.

We hope those who have attended this course share their experiences and ideas with all their colleagues.



## CSOA & NMSA promote Small Craft Act by donating 250 lifejackets

A total of 250 life jackets were given to the Milne Bay Provincial Government by the Coastal Ship Owners Association (CSOA) which Steamships Shipping is a member with former general manager, Andy Cummings as chairman.

The 250 life jackets will be given by the Milne Bay provincial government to small craft owners who have registered themselves with the provincial government transport department as per the Small Craft Act.

CSOA chairman Andy Cummings and NMSA Chief Executive Officer (CEO), Chris Rupen traveled to the Milne Bay Province early last month to do the presentation.

“We know that majority of people in the Coastal regions of PNG travel on Banana Boats and other small craft and that can be very dangerous.” Mr Cummings said.

CSOA is made up of the following shipping companies; Lutheran Shipping, Central Shipping, P&O Maritime (PNG), Pacific Towing, Carpenters Shipping (PNG), Consort Express Lines, Collins Shipping, OTDF / OTML, Curtain Brothers Shipping and Steamships Shipping.



NMSA Chief Executive Officer (CEO) Chris Rupen, Milne Bay provincial administrator Henry Bailasi, Emson Toboly of Pacific Towing, CSOA chairman & former Steamships Shipping General Manager, Andy Cummings & Allen Jonathan, Milne Bay Provincial Government Transport Authority standing with the children wearing the donated life jackets.

## Bird of Paradise hosts Digicel Stars 3 Audition

By Melissa Ravin

The Bird of Paradise Hotel in Goroka was flocked with people who wanted to audition for the Digicel Stars 3 which was held in Goroka recently.

Aspiring singers, families and friends from all over Eastern Highlands showed up in numbers to take part and witness the event.

The show was evidently popular in Goroka town that weekend drawing a large number of people who ambled outside the hotel's back car park since 9:30am in the morning.

The auditions commenced with 20 to 30 entrants at a time registering from the carpark of the main back gate. They then went to the Lahani Room for the pre-auditions. This was followed by the final audition in the Birdy's Bar which was recorded by the EMTV crew who were also there.

The final auditions witnessed some of the most talented contestants in Goroka who were judged by Allan Kedeo, Moses Tau and Lorna Macpherson. The highlight of the auditions was an impaired blind entrant whose song, 'Flying Without Wings' sung by West Life found an echo in the hearts of the judges and brought a tear or two in their eyes.

Not allowing his disability to deter him, the 19 year old lad showcased his talent, stealing the show as the first recipient of the gold card to travel down to Port Moresby for the Digicel 3 final auditions.

A total of 234 entrants, passed through the Bird of Paradise Hotel that Saturday being the highest in numbers to date outside of Port Moresby.

The staff and management of the Bird of Paradise Hotel were delighted to have been part of this year's Digicel Stars 3 auditioning.

Congratulations to the 6 winners from Goroka and we wish them all the best in the Digicel Finalists in Port Moresby- Go Goroka!



The judges for the Digicel Stars 3 audition (l-r) PNG artist Moses Tau, Digicel PNG's Operations Director, Lorna Macpherson and DJ Allan Kedeo or AK47



Crew members of the Digicel Stars 3 auditioning.

## Staff at Highlander Hotel undergo Induction Trainings

Recently the staff at the Highlander Hotel went through an induction training conducted by the hotel's Human Resources Supervisor, Anita Lambert. Both old and new staff underwent the training. They later underwent a "Can do Attitude" training.

Left: The Highlander Hotel staff who participated in the training.



## **EWT staff at Mt Hagen Depot gets a visitor from Altus Logistics**



**(3rd from Left) STC Logistics General Manager, Robin Bradshaw and Mike (Right) from Altus logistics (Swire) were on a fact finding mission to learn more about the logistics operations in the Highlands region.**

**During their trip they were able to meet with the Mt Hagen EWT staff and the branch manager, Gilbert Delaney.**

## **Mt Hagen Branch gives Luksave award to Thomas Raino**



Thomas Raino, a bowser/fuel attendant for East West Transport (EWT) in Mt Hagen was the proud recipient of the Luksave Award initiative.

The Luksave awards was launched this year by EWT to recognize the outstanding efforts of its staff.

Thomas Raino received his Luksave certificate and a 21 inch TV screen from EWT Mt Hagen Branch Manger, Gilbert Delaney for his commitment and service to the company.



## **Trucks Carrying Trucks**

We're used to seeing containers on the back of our trucks but this time it was different.

Loaders and Fork Lift Operators at Mt Hagen were busy doing piggy back to bring one of its trucks back down to Lae where the EWT Central workshop is located. Pictured is a 25 ton forklift at work trying to load a truck onto the other trucks trailer for the drive down to Lae.

## Self Defense Training taught



In today's fast paced world everyone should be aware of their surroundings and be reminded that they have the right and responsibility to protect themselves from harm. Nowadays, self-defense classes are a must for men, women, and children. Frankly, in this unpredictable world, self-defense is a must for everyone, because we can never know what might happen next, and it is important to stay prepared and avoid the worst case scenario.

Pacific Palms Property is proud to support all their women employees by providing the Self Defensive Training. The ongoing training has been conducted in-house by the Kassman Taekwondo Club.

The training covers primary and basic elements of self-defense in various styles like karate, wushu, taekwondo, jujutsu including tai chi.

The female staff are very thankful to their Management for this opportunity given and have been very enthusiastic towards their training.

## Dr Uma Ambi talks to Property's staff about Depression at their Tool Box Meeting

Doctor Uma Ambi from the Department of Health was invited to talk to the staff of Pacific Palms Property about Depression in their September Tool Box meeting.

There are several known types of depressions, with slightly different symptoms which require different treatments.

However, Dr Ambi talked mainly of minor depression which could last for several weeks or even months and the major (or the psychotic) depression.

The major depression (psychosis) is where the sufferer sees or hears things that are not there or talks to people, who, others in a normal state of mind do not see.

Depression is generally believed to be triggered by many things, some of which are; a loss of a loved one, loss of job, financial or marital problems, change in environment or it can be genetic.

Some signs or symptoms are: feeling down or of hopelessness or worthlessness, restless or gets agitated easily, loss of energy, less sleep or too much of it, change in appetite, keeping away from family and many more.

Records show that a lot of sufferers take to drinking (alcoholic), thinking it will help solve or wipe away the problems, which is obviously the wrong thing to do.

It is good to know that these forms of depression can be cured, so an early detection and visit to the hospital or the General Practitioner can put your mind at ease with antidepressant medication and therapy. Those in Port Moresby can visit Ward 6 of the Port Moresby General Hospital.



**Dr Uma Ambi**

## Waigani Central Project

Steamships has commenced on its Waigani Central Project which is where East West Transport office used to be based.

The project is just next to the current City Pharmacy Limited (CPL) shopping centre, Stop and Shop in Central Waigani.

The new building will be a Stop and Shop supermarket with parking space enough to cater for more than 280 vehicles.

Work is currently underway with the frames and beams being erected.

The project is expected to be completed by October next year.

This is Steamships's second new project that has commenced in Port Moresby this year.





# 37th Independence Celebrations within the STC Group



Thank you to all those who sent in their pictures to be included in the page. Please continue to contribute pictures to Tok Steamsies

# Highlander Blues are winners of the MD's Shield



2012 Winners of the STC Rugby 7s, Highlands Blues. They took away the MD's Shield



2012 Winners of General Manager's Cup Shipping Vikings



2012 Winners of Manager's shield, Hotel Pirates

The Steamships Rugby 7s for 2012 kicked off at the Bava Park on a high note with teams playing two fields unlike last year where it was held at PRL and played on one field.

The organising committee kicked off the games early and by mid morning, the games were in full swing with Highlands Blues looking tough and being tipped to make it to the finals.

From the 16 teams that participated this year, the Hotel teams from Port Moresby played against Hurricanes and beat them with a 32-0 score taking the Manager's Cup. For the General Manager's Cup, visitors from Lae, Consort played against 2010's MD's shield winner, Shipping Vikings and Vikings went home with the Cup beating the visitors with a 24-5 win. The prestigious Managing Director's Shield was played by Highlands Blues, Hagen team comprised of EWT and Hotels staff; and managed by Highlander Hotel manager, Nigel Logue. The games played by Highlands Blue and PSL was tough but Highlands Blue proved too tough to beat and won the MD's cup 24 - 12.

- Player of the Tournament – Joseph Andrew Highlands Blues**
- MD's Best & Fairest – Kela Peter Pea from Highlands Blues**
- GM's Best & Fairest – Francis Peter from Shipping Vikings**
- Manager's Best & Fairest – Billy Heni from Hotel Pirates**



Sean Pelling handing the Shield to the 2012 winners of the STC Rugby 7s



## STC 7s in Pictures



Mores pictures on the STC 7s in the next issue of Tok Steamies.

The STC Softball Tournament will be on Saturday, October 27th. So see you all at the Diamonds.





**P**AW<sup>s</sup> WALK **RSPCA**  
PAPUA NEW GUINEA

**2012**

**DO THE WALK**

For ALL creatures GREAT & SMALL

EVERYONE WELCOME  
WITH OR  
WITHOUT PETS

Ask for Catherine  
or Aiva on 325 2363 for  
more info

Date: **Sunday 14th October, 2012**  
Venue: **Sir John Guise Stadium**  
Time: **6:30am – 9:00am**

**REGISTRATION NOW OPEN**

## Make a Child Smile

Put a smile on the face of a Child this Christmas.

The staff of the STC Group will be visiting the Children's Ward at the Port Moresby General Hospital in December and if you have any toys from childhood or from your children which you'd like to donate then see your respective divisional reps.

- ♣ Shipping - Susanne Sere
- ♣ EWT - Evie Maboi
- ♣ Laga - Ludwina Philemon
- ♣ STC H/O - Wanita Wakus

**NOTE:**

- ♦ Divisions who are taking part have a box allocated for staff to donate toys.
- ♦ Each division is responsible for organising transport for pick-up and drop off for its staff on that day

**“Save this Date”**

**Date: Sat, 8th December**

**Time: 2pm**

**Venue: Children's Ward  
PMGH**




**MMI** FACILITY INSURANCE **Port Moresby Cancer** Medical Society Inc.

**Pink Ribbon Brunch**

“Promoting early prevention and detection of breast cancer can save a life.”

venue Crowne Plaza Hotel

when 24 October 2012

time 9-11am

tickets K200 p/p through POMCRS or table of 10 for K2000

contact Ascenata Asi  
tel 73272935  
admin@pomcrs.org

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