



# WASDOK NIUS



EYE WITHIN



## February 2011 Edition

### Working towards toll free launch



Pictured above, Senior officers from OC listening attentively as Shaun seated second from right, makes his presentation on findings.

The Ombudsman Commission was privileged to have Mr Shaun Rohrlack the Director for Public Affairs from the Commonwealth Ombudsman working together with the ISU, GBLP and Media Units providing advice in preparation for the launching of the Toll Free.

Chief Ombudsman Chronox Manek in his welcome remark said this was another successful story to have an officer from CO on placement with OCPNG. Mr Manek welcomed any criticism from Shaun adding that OCPNG is pretty flexible in terms of critics. This is helpful in order to make room for improvement in areas that are lacking.

Shaun responded that he was pleased and

more than happy to share his experience in his short stay.

The purpose of his weeklong attachment was primarily to assist with preparations leading to the public launch of our Toll Free service, however, he also took time out to meet with Members of the Council and other key management staff.

In his short meetings with each unit he pointed out areas that needed a bit more work and also suggested alternative approaches to carrying tasks.

Shaun is the first placement officer on the Twinning Program between OCPNG and CO for this year. He was so thankful for the visit and hopes to return again.

#### VISION

Fair, just and effective leadership and good governance in Papua New Guinea.

#### MISSION

Promote and foster good governance, enforce compliance with the Leadership Code and strengthen respect for the Rule of Law in accordance with Section 218 of the Constitution.

#### VALUES

The Ombudsman Commission is committed to a number of fundamental values in all its dealing with government bodies, the private sector, members of the public and the leaders.

The values we will uphold are;

- Impartiality
- Integrity
- Independence
- Accountability
- Responsiveness
- Respect

[ Ombudsman Commission Strategic Plan 2011 – 2015 ]

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## Health Watch

### Why do I Feel Hungry?

The next time you put food in your mouth, ask yourself a question. Are you REALLY hungry?

Hunger is what makes us eat. The question "why do we feel hungry?" seems to be very obvious to answer. It is because we need to get nutrients to survive. Hunger is the motivation for us to be able to know that we need to get the nutrients in our body.

Hunger comes in many forms, actually. It can be caused by a variety of things. Some type of hunger feels stronger, worse, than others. And, we find different ways to satisfy our hunger, depending on what we hunger for, what type of hunger it is, what kind of people we are, what food we have available.

#### Mind Hunger

When one has been without food for a long time, then even if one is not hungry, one feels one ought to be hungry. For instance if one has missed a meal or is on a fast, one feels one ought to be hungry. This type of hunger disappears after some time and is not real hunger.

#### Cognitive Hunger

This type is very simple to understand. The human species is different because it can get hunger signals by sensory inputs like smelling or seeing good food. The interesting part of this signal is that it can override physiological hunger. Simply stated, we can eat more food by smelling our favorite foods despite the fact that we may have eaten a complete meal. This hunger is not a real one and is the main cause of obesity.

#### Learned Hunger

This hunger is a result of our accustomed eating schedules. So if we are accustomed to eating breakfast at 7 A.M., lunch at 1 P.M. and dinner at 7 P.M., then even when we are not hungry at those times, we will think of eating because our mind is attuned to eating at those times. This is not real hunger. If for some reason, we get busy and the appointed time of eating passes, then if we were really not hungry, the hunger too passes.

#### Biological hunger

This is real hunger. This type of hunger is experienced when the stomach becomes empty. There were many experiments that tested this type of hunger. Some of these experiments linked satiety of this hunger with feeling full or stretching the stomach receptors which gave birth to the logic of high fiber diets. Others linked it with the blood glucose levels (eating when we feel low) or a high insulin level (typically associated with stress eating) or increase in fatty acids release. When one is faced with this hunger, one can eat. But if one wants to remain healthy, one should never overeat.

#### Body Hunger

This type of hunger can be dangerous and occurs when the whole body needs food because of famine or fasting. Body hunger will not dissipate with the passage of time. It persists because the body is deprived of nutrition. At such a time, if no other right food is available, one should eat glucose or honey. If no food is provided to the body, the body will draw food from within itself resulting in muscle loss.

Hunger is a primary motivation. Despite strong beliefs that hunger is caused biologically, this motivation is controlled not just by physiology, but also psychology as well. Problems like eating disorders and obesity could occur because we mistakenly keep trying to satisfy our psychological hunger by eating food. Until we recognize it is our mind, not our body which needs food, we cannot be satisfied with what we put in our mouth. Thus, hunger is not only about how the body changes physiologically, it is about how our body and mind together are well fed.

## editorial

Hi readers and welcome to the February edition of the Wasdok Newsletter. We hope you have enjoyed the last edition.

In this publication, you can read about the Commonwealth Ombudsman Public Affairs Director Mr. Shaun Rohrlack working together with the ISU, GBLP and Media Unit providing advice in preparation for the launching of the Toll free Service.

We also wish to inform you about the proposed legislation changes to your superannuation industry and the benefits.

Also, in support for the fight against HIV/AIDS pandemic, look at statistics on the impact of HIV/AIDS on Women.

Furthermore, Raymond Waingi shares with us his experience on the Island of Love!

Happy reading!



## BPNG backs bid to review Super Act

The Bank of Papua New Guinea is supporting the proposal by Nambawan Super Ltd (NSL) to review the Superannuation General Provision Act 2000, the umbrella legislation covering the operations of all super funds in Papua New Guinea.

According to NSL managing director Leon Buskens, a task force will be set up to review the Act introduced by the Mekere Government more than 10 years ago which resulted in major reforms to the superannuation industry.

“Nambawan Super is in the forefront of lobbying to enact key changes to the act to improve operational arrangements aiming to achieve more benefits for members especially in light of the economic boom expected from the PNG LNG projects”, Buskens said in a statement recently.

Changes proposed by Nambawan Super include expanding superannuation as a sensible way to preserve value from the growing economy, relieve inflationary pressure and boost members’ wealth in re-

tirement. Increasing the compulsory contribution rates by 2 per cent which would move the current employee portion of 6 per cent to 8 per cent and the employer portion from 8.4 per cent to 10.4 per cent.

Under current legislation, super funds cannot fund members’ life insurance premiums from its profit but, can do so at the election by each member and with extra contribution by them if the extra contributions are increased. The amendment will allow the Trustee to make payments to a member on compassionate grounds, such as where the member’s immediate family is critically ill and life can be prolonged with medical treatment.

Nambawan Super is in favour of introducing a new product to allow fund members to have sub-accounts for their family members which will be set up on voluntary contributions to instigate a culture of savings in society. Under the current law, members can only make withdrawals from employee contributions for housing but under the amendment a new formula will allow for members to use part of their employer contributions for this important purpose.



James Ngune was appointed as Senior Investigator (Audit), Team 2 - Leadership Division. He is seen signing his Contract Agreement while Ombudsman Sangetari looks on. James joined the Head Office from Mt. Hagen Regional office. He has been working with the Commission for four years.

### **Congratulations to the following officers on their Appointment;**

1. Miss Sharon Haihavu as Senior Legal Officer.
2. Ms Joanna Tupou as the Internal Auditor
3. Mr. Raymond Hanave as Investigator, Momase Regional office, Lae.
4. Mr. Luke Akop as Senior Investigator (Legal), Team 9 CAID.
5. Miss Jacqueline Marubu as Senior Investigator (Legal), Team 3 Leadership Division.
6. Ms. Vagi Boga as Team Leader, Team 3.
7. Ms. Brenda Oreke as Assistant Investigator, Team 9.
8. Mr. Nigel Bereka as Investigator, Autonomous Region of Bougainville.

**HIV/AIDS, WOMEN, AND HUMAN RIGHTS**



*Fellow Colleagues,*

*In this edition, I would like to remind all of us that the **AIDS** pandemic is not simply a health concern. The right to health of those at risk for HIV/AIDS and those who already suffer from it is inextricably linked to other fundamental human rights. Discrimination against women means that women lack power in society. This decreases the amount of agency women have over their bodies and in decision-making, and increases women's risk of violence. Both of these factors increase women's susceptibility to infections. Given the devastating force of HIV and AIDS, gender inequalities have become fatal.*

**Impact of HIV/AIDS on Women (UNAIDS)**

- *In 2008, globally, about 2 million people died of AIDS, 33.4 million were living with HIV and 2.7 million people were newly infected with the virus.*
- *More than 90% of people with HIV are living in the developing world.*
- *Impact of HIV/AIDS on women and girls has been particularly devastating. Women and girls now comprise 50% of those aged 15 and older living with HIV.*
- *In 2008 alone, 430 000 children under aged 15 were infected with HIV and 280, 000 died of AIDS. In addition, about 15 million children have lost one or both parents due to HIV/AIDS,*
- *2.5 million of the 200 million women who become pregnant each year are HIV positive;*
- *Of the 14, 000 new daily infections each year, more than 1600 occur during pregnancy, childbirth and the postnatal period.*

*Until next time, we will give you readers an insight on HIV/AIDS, Women and Human Rights in PNG and the Pacific....*



Faces behind ...  
 " perfect , mouth-watering and tasty sandwiches" ...  
 often we don't see who prepares these appetizing finger foods except to enjoy it!  
 From left: Vivien Forepiso, Judy Samasi, Raka Peter and Cecilia Rai

# Experience the Island of Love

“Make no mistake”, says Raymond Waingi. Kiriwina is truly an Island of Love and a natural paradise. It is surrounded with coral atolls and mangroves in abundance of marine life. It is a perfect get away destination from the hectic city life where one can enjoy the tranquillity of white sandy beaches, crystal clear sea, the golden sunsets and the seafood galore. Now this is gold!

Kiriwina is ancient with its tradition and custom and that is their lifestyle. Chiefs are equal as Prime Ministers having absolute customary authority over all matters of life and even their powers could subdue that of Administrative and Political Leaders.

People are genuinely respectful, caring and you are guaranteed to an ever-welcoming experience. The people are always proud to showcase their vibrant culture and rich heritage. Although Christianity is prevalent it is being overshadowed by the custom decree.

The Island is situated just 0.5metres above sea level and soil content is about 0.3 metres. It is evident that land is becoming infertile and scarce due to exhaustive



Friendly Kaibola Village kids share a memorable moment with Raymond Waingi on beautiful Kaibola Beach located South of Losuia Island.

farming techniques of yams year around and global warming. Vegetation has disappeared and soil has become vulnerable to erosion exposing more and more coral everywhere on the Island. Trees have almost gone and for one to build a bigger house is a mammoth task.

The people of Kiriwina grow some of the oldest indigenous species of food crops like yam, taro and banana. The ever-green tulip and aibika provided are always part of a daily meal. The local fish and crab dishes are very delicious and can tantalise your taste bud. “Bai yu lus tingting lo ples blo yu”. Government services and private business houses deliver the vital goods and services to the Island community, how-

“Bai yu lus tingting lo ples blo yu”

ever there’s the need to revitalize all government institutions and infrastructure to full capacity.

The current problem with Kiriwina is that as population expand, fertile agricultural land is depleting and food security is a growing concern, practically inevitable. Effects of global warming are extremely visible as shorelines are eroded by sea causing constant flooding of salt water inland.

Despite all these problems and difficulties, Kiriwina is just one idyllic holiday destination. At Kiriwina Lodge you wake up to find one of nature’s perfect morning treats everyday and that is the iconic waterfront property engulfed by the scenic view of the

m a n g r o v e bay. There are four house winds stunningly built over the water edge which provide an ideal relaxation to just laze and gaze across the golden horizon while being mesmerized by the gentle ocean breeze. This is a place of blinding beauty and one can always appreciate and marvel at what Kiriwina can offer.

During our stay we had the opportunity to tour the friendly Kaibola village and caught up with very excited kids who eagerly joined us for snap shots on one of Papua New Guinea’s famous tourist beaches, the Kaibola Beach. We also visited cave water called Bweka, located next to Bweka Lodge on the main island of Kiriwina. This water hole is a result of a natural phenomenon that accidentally created this amazing scenery of underground crystal clear self recycling water at freezing temperature. It is open to guests, visitors and villagers to come, relax and enjoy a refreshing cool bath. We gathered that Sunday afternoons are usually fun-filled as young people converge and turn this water hole into an amusement park of freezing cold water. It’s really the place to kick-start your experience on the Islands of Love, so ask to visit the cave next time you are in the Trobriands.



Leaving the rocky cliff shores of Losuia behind and heading out into the open sea for Kitava Island. These cliffs are a natural buffer withstanding the mighty waves from Bismarck Sea and the raging ocean wind current. Pictured are Raymond Waingi, Richard Pagen and the local dinghy skipper.



## Success comes with Determination...*Feature story*

**I**n this month's edition we meet one of our self-determined staff Mr Howard Maliso.



Howard joined the Commission in September 1989 as an Investigator at the Lae Regional Office. With only three officers plus the cleaner and the driver, Howard got promoted to Regional Manager in less than a year. He says working with few people gives one the opportunity for promotion and not only that but you have to prove your positive attitude towards work. Howard was later transferred to Mt. Hagen office as Regional Manager.

One glance at the time and the minute hand was already ticking to four o'clock. It was almost time to go home but Howard drew my attention away from that when he began to tell this story about one of his experiences.

It was a few hours after lunch when it was reported that the Lae office vehicle got stolen. Shocked by the news, Howard reported the matter to police giving details of the vehicle. Soon after, he was advised by Kainantu policemen that the vehicle was found in Kainantu with a suspect claiming he was on his way back to the Highlands and happened to jump into the vehicle after selling kaukau in Lae. Kainantu police station were satisfied with their effort and asked Howard if the suspect could be released. They told Howard that the vehicle was in good shape and they need not continue the investigation. At that stage the police were also convinced by the alleged suspect's story which he repeatedly told.

Howard wasn't convinced at all. He was determined to find the people behind the theft of the vehicle and so requested for the suspect to be brought to the Lae police station.

In Lae, the suspect was interrogated several times and without any success, police decided they should release the man. Howard still believed that there was another way around this case. This time he told the police he was going to take over the investigation. "You are an Ombudsman Investigator not a Criminal Investigator", one of the policeman told him. Howard insisted that the alleged suspect

remain in the cell. With no time to waste, Howard began his investigation by visiting all the Locksmith outlets in Lae. Amazingly one of the locksmith confirmed that an exact copy of the key he presented was cut a few days ago. Howard quickly returned to the office and looked up the vehicle logbook for that particular day. The record showed that during that time the vehicle was driven out by the driver and cleaner to get it cleaned. Astonished by these two findings, he immediately talked to police and arranged for the OC officers in Lae to go individually to the police station and see if anyone of them recognised the suspect. The receptionist was the first to be taken in. Upon seeing the suspect, she quickly turned her face away with fright. She told police he was a friend of both the office driver and the cleaner and he had come into the office on the day before the vehicle got stolen. Still terrified she told police he was a very dangerous man in their community who committed serious crime. The culprit was charged and sentenced to prison. Howard was highly praised by police for his effort and determination in finding out the truth.

**"I had to sacrifice opportunities for appointments to shape myself, build myself"**

I got buried into Howard's story that when he finished I realised I did not write down a word. I turned to my left to check the time on the computer next to me and it was half past four.

Howard also handled a similar case while managing the Mt. Hagen Office. Not long after been in Hagen, he was moved to the Head Office.

After eight years working with the Commission, Howard took up Law studies at the University of Papua New Guinea. He completed his Law Degree from the Legal Training Institute and got admitted to practice as a lawyer in 2004. In the same year, Howard's hard work and potential was seen by then Counsel David Cannings and recommended his transfer from Complaints section to Office of Counsel as lawyer.

"I had to sacrifice opportunities for appointments to shape myself, build myself", he said. He continued saying that people come to the Commission and leave the Commission but one thing that keeps him here is the job satisfaction.



## Staff Update...

### Resumption from recreational leave

Name	Comments	Date
Abigail Wariambu	Resumed duties	28.02.2011
Diho Doriga	Resumed duties	28.02.2011
Alice Kuipa	Resumed duties	28.02.2011
Cecialia Masuin	Resumed duties	14.02.2011
Vahoita Raka	Resumed duties from furlough & rec/leave	14.02.2011
Roselyn Pochelep	Resumed duties from Rec/compassionate leave	
Catherine Mamui	Will resume duties	07.03.2011

### Proceeded on Maternity Leave

Name	Comments	Date
Janet Tamaweto	Proceeded	14.02.2011
Vagi Boga	Proceeded	28.02.2011

### Twining Placement

The Secretary Mr Gabe Hekoi is on a 2 week twinning placement with the Commonwealth Ombudsman in Canberra from 28.02.2011 to 14.03.2011 and will resume duties on 15.03.2011.

*Dancers from Omarakana and Kulakaiwa villages of the Trobriand Islands.*

*The dance is about kula men going on their sea voyage to Kitava in search of the prestige arm shell. The challenges they face during the sea voyage, the wind and the rain, the magic and they sing and dance about the beauty of the islands and island girls.*

*Picture taken by Patrick Niebo at Wiya beach during the opening of Ketuna Beach Corporative Society.*



### Food for Thought The Value of Work

You say that you love me,  
but sometimes you don't show it.  
In the beginning,  
You couldn't do enough for me.  
Now you seem to take me for granted.  
Some days I even wonder  
if I mean anything to you at all.

Maybe when I'm gone,  
you'll appreciate me  
and all the things I do for you  
I'm responsible for getting food on  
your table,  
for your clean shirt,  
for the welfare of your children,  
for the hundreds of things you need.  
Why, if it were not for me,  
you wouldn't even have bus fare.

I've kept quiet  
And waited to see how long it would  
take for you to realise how much you  
really need me.

Take good care of me  
and I'll take good care of you.

Who am I?  
I am your JOB.

*Work, even school work,  
is a strange thing.  
When we have work, we complain.  
When we don't have work,  
we complain even more.  
We spend our whole life working so  
that one day we don't have to work.*

*Appreciate your JOB today.  
You won't realise how much it  
means to you until you lose it.*

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