



insider

ISSUE 56

FIRST QUARTER 2024



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Raun Raun with iPi

...and much more

www.iPiGroup.com.pg



Message from the **CEO**



Peter Long
Interim Chief Executive Officer
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Dear all, I do trust you enjoy the read which follows and yes, I remain very proud of our Group's newsletter.

We are indeed pleased to bring you the 56th edition of the iPi 'insider' which highlights a few selected updates along with various accomplishments seen during the 1st quarter of 2024.

The coming of the new year is a great time to focus on refreshed growth through determined teamwork and exceptional performance. Yes, the long-awaited announcement of the Porgera mine's reopening has indeed renewed us all with professional excitement. The reopening of the Porgera mine signifies not only a positive recovery of economic activity but also a chance for the iPi Group to further strengthen our long term and much valued business partnerships of which we hope will drive sustainable growth within the region and beyond. We are working closely with the New Porgera Limited Senior Management for continued project opportunities. Building upon our successful history of trusted partnerships in Porgera, we are eager to expand our hospitality services provision and provide likewise efficient, effective transport and freight solutions.

Our highly skilled Catering team up in Porgera continue to do a phenomenal job. The festive season has always delivered a blast of varied flavours and taste delights I am amazed each and every year by the outstanding work done by our Porgera Joint Venture site based Catering teams; this especially and more so to ensure those people working during the traditional holiday period are well taken care of.

Moving forward, in this quarterly edition Trent Scott, iPi Business Development Director, kicks off our round of Business Development activities, while Henry Bayagau, iPi Catering Operations Manager wraps up some iPi Catering activities. Our IT guru Clyde Urakoko then sheds light on the importance of protecting information online in today's tech-driven world. Next, we read of Jessica Napi (from our POM Based Catering purchasing team) as she balances the demands of school, work, and motherhood to achieve her ultimate goal of graduating in her studies. This is a story of sheer determination and overcoming every day challenges.

Following this segment is our 'In the Press' feature showcasing the PNG Defence Force belated Christmas Function. We, as you all know, take pride in our ongoing and brilliant service delivery to the great people of Defence. Indulge your taste buds with this quarter's recipe for success- a delectable Swiss Roll recipe - it will leave you craving for more! This light and fluffy sponge cake rolled with a luscious filling will surely impress your friends and family. I am told that whether you're a beginner or a seasoned baker, this recipe will definitely become a favourite in your kitchen.

Next, join our iPi Transport HSSE QA Coordinator, Elizabeth Narun as she shares her firsthand insights given her attendance at the Workplace Safety Congress in Sydney, Australia. Further, Catering HR officer Joseph Raim shares with us his speech delivered during the PNGHRI conference recently. Read on to find out about his perception of personal growth. We finally end this edition of the 'insider' with some raunraun photos.

Thank you again for your outstanding work one and all - it does inspire me every day and I am unquestionably eager to see what we will accomplish together in the year ahead.

Until then...work hard, play hard but, stay safe.

Peter Long



The dedicated iPi on Airvos Housekeeping team.



iPi Group CEO, Peter Long, presents Catering Casual staff member, Gibestriger Loien, with a thoughtful gift.



A joyful Trevolta Minak smiles as he graciously receives his gift.



Peter Long presents Naime Sere with a token of appreciation.

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Raun Raun with iPi

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From the Business Development DESK...

Trent Scott
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I again want to start the year and this issue of Q1,2024 by providing a general update on the current and forecast economic conditions, this primarily as presented by Westpac PNG's Senior Economist and from the results of the CEO100 survey conducted annually.

Whilst 2023 saw non-resources sector settle back to around 3.5% in terms of economic growth the disappointing delays to PNG LNG and the re-opening of the Porgera mine leading to the contractions of total growth slowing to only 2.5%.

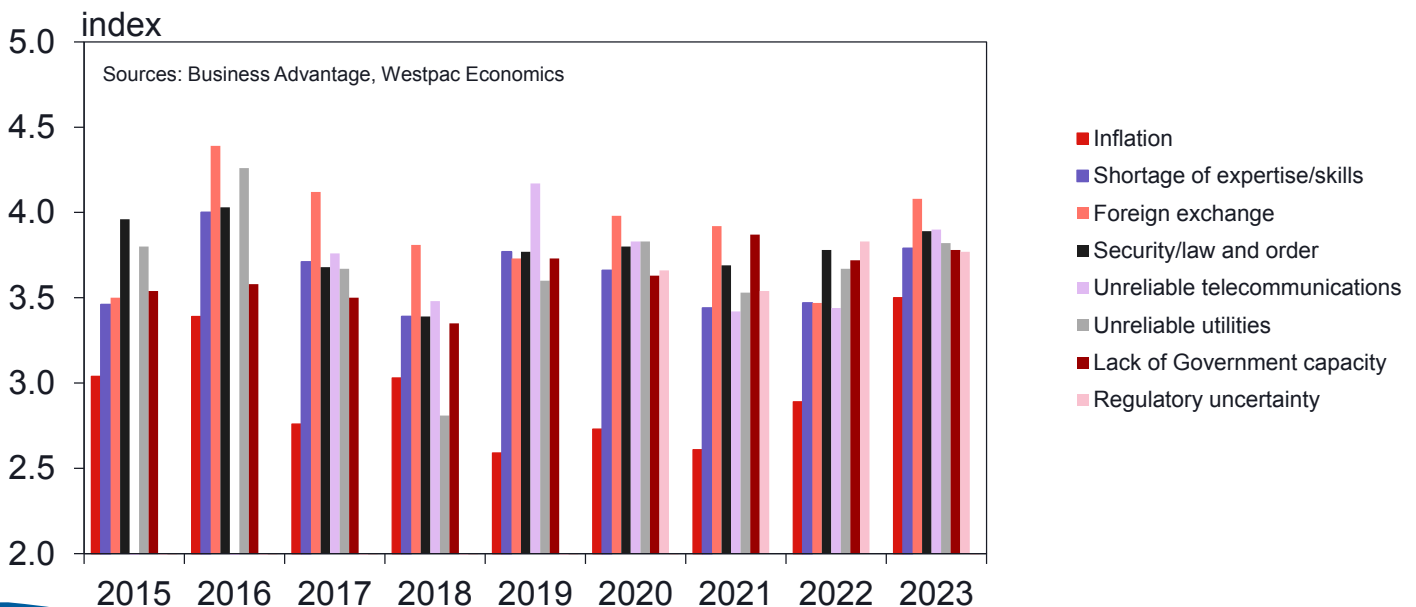
The recent political unrest at the start of this year is also expected to again hinder the forecast of growth in 2024 and move it more likely into 2025.

- > Confirmation of the Porgera Gold Mine re-opening announced at the PNGCORE conference in Sydney late last year was unexpected by many but welcomed news and we have been actively liaising and supporting the mine operators New Porgera Limited reestablish the mine out of Care and Maintenance and what is now planned to be into full production expected around Q3 of this year.

- > Across the group we are feeling impact of the managed depreciation of the PNG Kina – Since the start of the October 2023, the Kina against the USD has seen it move from 0.2730 to 0.2669.
- > The gradual depreciation of the PGK/USD is expected to continue, with a base forming around 0.2594 by Q3 this year.
- > Westpac Bank PNG is expecting the strengthening AUD/USD to continue and put pressure on the PGK/ AUD with 0.3700 predicted by the end of this year.
- > Inflation is being forecast by the likes of the ADB, BPNG, IMF and Westpac to be between 4% and 5%. (With the challenges we have already faced this year across the country my prediction is that it will be closer to 5%.)
- > PNG's forecast Growth Domestic Product (GDP) is really anyone guess with financial indicators suggesting anywhere between 2.5% and 4.6%.

Key risks and concerns raised in the 2023 CEO100 survey

FX dominate but security/law & order remained an ongoing issue & inflation was a rising concern; both are likely to be higher in 2024.





PNG Protein Park Official opening with Minister for Mining Hon. Ano Pala MP and Henry Bayagau, iPi Catering Operations Manager

- > Access to Foreign Exchange (FX) is still a leading challenge for many businesses – with a positive being the slow depreciation of the Kina to encourage an increase in FX inflow to the country and dampen the demand for FX for (importers).
- > CPI inflation, whilst down overall, the key areas that effect much of our business activities – Food and Non-alcoholic beverages was again up 6% by the end of 2023, Clothing and Footwear up 10% and Restaurants and Hotels up 11%.

With the above points highlighting the inflationary pressures we must tackle as a group it also highlights the flow on effect to households and pressures placed on families and communities.

That leads me to finish off with some positive news that came from one of our key suppliers to Catering – BNG Trading and their establishment and launch of their PNG Protein Park which is a Tropical Sheep Livestock and Agriculture project. Their aim is to produce a high-quality red meat product comparable with Export quality Lamb Carcasses, with the livestock raised on the naturally growing Leucaena shrub. All very exciting with many VIPs attending their official opening late last year. If you wish to learn more about this innovative project that will surely be a game changer for all the people of PNG, check out www.pngproteinpark.com

In the meantime, please keep your feedback, photos and events coming in and if there are any topics, or particular areas of the iPi Group you are keen to learn more about or see represented in a future issue, send them through and we will see what we can do to make it happen.

Until then, stay safe, keep smiling and always do the right thing even when no one is looking.

...Trent

Life Changing Water





CATERING CORNER

From across the Desk of the
iPi Catering- Operations Manager

Henry Bayagau

Operations Manager iPi Catering

Henry.Bayagau@ipigroup.com.pg



Our commitment at iPi Catering is centered around our clients and ensuring the continuous delivery of high-quality, timely meal services. To achieve this goal, we rely on our dedicated and trusted teams spanning various business disciplines. Fortunately, iPi Catering is privileged to boast some of the finest talent in the industry.

Our professionalism across all sectors of our business has indeed stood the time. With the recent opening of the New Porgera Limited, our guys up in Porgera have embraced the challenges and I stand to have a great amount of respect for efforts the team put in up there every day.

We take pride in our involvement with the Tolukuma Mine startup project where we have provided essential resources such as stoves, food supplies, and a chest freezer to support the maintenance team during the camp's revamp. It's important to note that in today's business landscape, success is not solely determined by price. Companies evaluate value through multiple criteria, including safety records, workplace practices, employee development, and overall quality. At iPi Catering, we prioritize these factors alongside competitive pricing to offer a comprehensive service that goes beyond mere cost considerations.

Our esteemed client, South Pacific Brewery has chosen us to cater for their facilities in Lae and Port Moresby. Recognizing the exceptional nature of their employees, the Brewery has requested our services to ensure that mid-shift meals are expertly prepared and served by iPi Catering, utilizing SPB's state-of-the-art Commercial Kitchen at both locations. We have maintained open communication with SP Brewery to enhance the meal service, including reviewing the menu and incorporating local cuisine to cater to the preferences of our target audience at the sites.

We are excited about this opportunity and remain committed to collaborating closely with the Senior Management of the

Brewery to ensure that all their requirements are met promptly and professionally, thereby fulfilling the needs of the Brewery employees. The SPB Senior Management Team has provided valuable feedback for improvements, and we are pleased to have implemented fresh and innovative ideas that have been warmly received by the SPB Team. It has been a pleasure working alongside the Brewery, adapting to their evolving internal practices and not only meeting but exceeding their expectations with compliant solutions and additional creative input.

The Brewery acknowledges the ISO 9001-2015 Quality Assurance Certification and HACCP Code 2020 Accreditation in-roads we have made on the two sites. We are delighted to extend upon our past range of adventurous dishes offered on a daily basis and that was important to the people of the Brewery. The Brewery cooperated enthusiastically in implementing equipment upgrades and food safety measures and supporting our efforts. Our brilliant Catering team received praise for their food service.

Hats off to the management and staff of our Catering PNGDF sites. Our business success, performance, and achievements are a testament to the dedication and hard work demonstrated in our daily operations. It is through the collective efforts of our teams situated across Papua New Guinea that we have been able to achieve our goals, and for this, we are truly grateful for your continued loyalty and commitment. As many of you may have noticed, the Catering PNGDF Contract has recently been put out for Tender in the papers. We are collaborating with PNGDF for a positive outcome. Your hard work and dedication have not gone unnoticed, and we are confident that together we can overcome any obstacles that may come our way.

I would like to express my sincere gratitude to the management and leadership team at iPi Transport for their unwavering support in ensuring the timely delivery of catering supplies to Porgera. Behind the scenes, there are numerous logistical challenges that need to be navigated, especially in the Highlands region. While many may not be aware of the complexities involved, the work in Porgera is indeed challenging. iPi Transport plays a vital role in promoting our brand, and without their dedication, we would not have achieved our current success.



EXECUTIVE STYLE LIVING WITH VIEWS TO MATCH



THE PROPERTY

Modern 3 bedroom apartments, located conveniently on Touaguba Hill's Airvos Avenue, providing easy access to Port Moresby's, business districts, shops and social venues. The apartments are all fully furnished with modern and quality fixtures suiting both professionals and families.

PROPERTY FEATURES

- Views of Fairfax Harbour and Burns Peak
- His & Hers master ensembles
- Open plan kitchen with SMEG appliances
- BOSE Home Theatre systems and surround sound
- Infinity edge swimming pool
- Fitness Centre
- BBQ and Entertaining Facilities
- Fully furnished and serviced daily
- Secure undercover parking and private storage bay
- Onsite manager
- 24/7 Security and back up power
- Waterfront Shopping Mall, Royal Papua Yacht Club, Ela Beach, Harbourside Cafés and Restaurants, all located within 5 minutes drive

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TECH TOK

Cybersecurity: Importance and Measures for Ensuring Online Safety

Clyde Urakoko

Application Systems Support
Analyst – iPi Catering Limited

Hi, everyone!

Welcome to the **IT Tech Tok!** In a digitally reliant world, cybersecurity is crucial for both personal and business protection. With the alarming surge in cyberattacks, safeguarding sensitive data has become a paramount concern. This article delves into the evolving risks posed by cyber threats and offers practical tips for individuals to protect themselves in the digital world, with a special focus on securing platforms like **WhatsApp, Facebook, Instagram, LinkedIn, the internet, and email.**

Let's view our world through the lens of *The Digital Battlefield*, akin to the **Great Controversy** between good and evil. Even though we might not fight directly in this battle, we can still feel the effects. Cyberattacks have become more advanced, with attackers using many tricks to break into digital systems. From *ransomware* and *phishing scams* to *data breaches* and *identity theft*, the threats are multifaceted and ever-evolving. The consequences of a successful attack can be devastating, both personally and professionally, making cybersecurity a matter of personal and collective responsibility.

Understanding the significance of cybersecurity requires recognizing the serious threats at hand. Cybercriminals are always on the lookout for weaknesses to manipulate, whether it be in personal devices, company networks, or

government systems. Their goals range from stealing confidential information to causing chaos by disrupting services or extorting money. The aftermath of these cyberattacks can be devastating, reaching beyond just the digital sphere to impact finances, privacy, and emotional well-being.

In essence, cybersecurity is not just about protecting data; it's about safeguarding our livelihoods and security in an increasingly interconnected world. By grasping the potential repercussions of cyber threats, individuals and organizations can better appreciate the necessity of robust security measures. Taking proactive steps like using strong passwords, updating software, and educating about phishing scams strengthens cybersecurity and ensures peace of mind.



As the medical experts put it, "prevention is better than cure", hence the basic tips for you to adhere to for a robust cybersecurity:



Strong Passwords:

Ensure your passwords are complex, incorporating a combination of upper and lower-case letters, numbers, and special characters.

Examples

a) Weak password

- (i) **Abcd1234** → Contain upper and lower-case letter + numbers but NO special characters
- (ii) **november2023** → Contain lower-case letters + numbers but NO upper-case letters and special characters

b) Strong password

- (i) **Abcd@1234** → This meets the requirements of a strong password; however, you are still vulnerable to cyberattack
- (ii) **N0vember@2o23** → This is a strong password. The reason being the "zero" and the letter "O". The 'o' in November was replaced by 'zero' and 'zero' in 2023 was replaced by 'o'
- (iii) **\$@m£AsY0ur\$** → This is a complex password. The password read as "**Same as yours**", but the letters are been played along to create a complex password.



Two-Factor Authentication (2FA):

Activate 2FA wherever possible, especially on platforms like WhatsApp, Facebook, Instagram, LinkedIn, and email. This basically imply that when setting up your account, use both your email and phone number.

Implementing simple yet effective cybersecurity measures can significantly lower the chances of falling victim to cyberattacks. Whether it's protecting personal accounts or securing business data, the principles of cybersecurity apply universally.

Being prepared is not just important, but essential. Let's unite in committing to safeguard our online world, ensuring the protection of our information, the confidentiality of our privacy, and the security of our online activities. Together, we can strengthen our security strategies and combat the continuous threat of cyber risks, creating a safer and more robust digital environment for everyone.



Regular Updates:

Keep your operating system, software, and applications up-to-date to fix vulnerabilities promptly.



Beware of Phishing:

Be cautious of unsolicited emails, messages, or links, and verify the sender's identity before clicking on any links. Most times, URLs with "**https**" are legit, whereas URLs with "**http**" or "**without https**" are vulnerable and suspicious links.



Secure Your Wi-Fi:

Protect your home Wi-Fi network with a strong password and change default router credentials regularly.



Educate Yourself:

Stay informed about the latest cybersecurity threats and trends. **Knowledge is your best defense against cyberattacks.**

first in tailor-made logistics solutions in Papua New Guinea



iPi Catering

"Qualified, professional, enthusiastic catering & industry personnel"



CERTIFIED

ISO 9001:2015

Quality Management and HACCP Accreditation at multiple locations in PNG



iPi catering is one of the largest volume, industrial caterer and camp service providers in the Asia Pacific region, providing extensive food service operations to the PNG mining, resource and service sectors.

Whether your requirements are for a remote 50 person fly camp, or a 2000 strong multi facility mine site base - no matter what the location or how extreme the conditions, iPi Catering can deliver!

iPi catering successfully balances variety and taste with nutrition, consistency, reliability, food safety and value for money.

All meals are prepared with the best ingredients using the latest food handling procedures and safeguards.

Logistical support in terms of supply chain, storage and administrative assistance, all serve to promote exceptional solutions for all our valued client and partners.



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Jessica Rises Above Challenges

Balancing family responsibilities, career, and academic pursuits can be a daunting challenge, especially for mothers.



Nonetheless, Jessica has demonstrated that it is possible to overcome these challenges and succeed. Jessica Napi hails from East Sepik Province. She is part of the Supply Chain team at iPi Catering, one of the largest volume industrial caterers in Papua New Guinea, providing extensive food service operations to the PNG mining, resource and service sectors.

She started working with the company as a receptionist in 2012 and quickly made a name for herself. Within just four months, Jessica demonstrated her dedication and ability to deliver result, this enable her to be promoted to her current position.

By day, Jessica works as a purchasing officer, assisting with the procurement of necessary supplies for iPi Catering's operational locations across the country. Between 8 am to 5 pm, her duties involve ensuring that Purchase Orders are raised and approved, goods and services are received and orders are receipted in a complete, accurate and timely manner. She also conducts negotiations, and engage in supplier interviews. However, once her workday ends, her job as a mother of three Shacaf (9), Zeruah (5), and Jimmy (4) begins. With another child on the way, any parent of children under the age of 10 knows that it is another full-time job.

Despite her personal and professional responsibilities, Jessica began her studies at the Mapex Training Institute in 2023. Juggling work, late-night study sessions, and family responsibilities, was undoubtedly no easy feat.

When asked about what a typical day was like for her when she started her classes, Jessica said: "Upon receiving my study schedule, I began attending 3-hour classes each day, followed by returning to work to complete my duties. I would then clock off at 5 pm and head home.

"At home I prioritize mother duties first, once my kids are in bed by 10pm or sometimes 11pm, that's when I take out my books to study and complete assignments, I go to sleep at 2 or 3 am in the morning.

"I wake up very early at 6am the next day to get the kids ready for school, then make my way to work."

That became Jessica's normal routine for next 11 months.

"I am thankful for my very supportive partner who supported me all through this time," she proudly says.

"When I first began my studies at the beginning of the year, I had all these thoughts running through my mind, like how I would cope with work, studies and my children at the same time but one thing for sure, I had this positive mind that I can do it because nothing is impossible through God," she said.

Through determination, faith and support from her colleagues and family, she was able to overcome her doubts, and persevere through the difficulties that came with her studies.

Jessica's work ethic has earned high praise from her colleagues. According to iPi Catering general manager, Dennis Sparks, Jessica has progressed significantly.

"She is brilliant, has a sound work ethic, and shows self-discipline. Since joining, she has progressed significantly and is consistently punctual," he said.

He further added that the company's commitment to sponsoring Jessica's training showcases a forward-thinking approach to employee development that fosters individual growth and ensures a skilled and motivated workforce.

Jessica was the only student to successfully graduate with a certificate in Business Management, majoring in Logistics and Supply Chain Management from the Mapex Training Institute in December, 2023. With her acquired knowledge, she aims to improve the company's stock management system.

Jessica's journey shows perseverance, hard work and the importance of a supportive environment in driving individuals toward success. She encourages women to never let the joys of motherhood stop the pursuit for education.

"Always have that determining spirit to work towards achieving what you want in life," she said.

Insider

Stages of GROWTH

Author: Des Penny

CEO and Founder of Proteus Enterprises Pty Ltd.

“What usually happens when we set our goals and new-year resolutions is that we focus on the same things every year.”

The excitement of another year is always something that gets our creative juices going. New goals are set in all areas of our lives and HOPE reigns eternal that this year we will see amazing things happen, both personally and professionally.

Maybe this year we will have a real breakthrough in our business; maybe this year we will achieve the goals that we have set and see things that we have wanted to happen for a long time, finally come to pass. These and other questions run riot in our ‘clear slate’ minds. At this moment in time, it is a new year and anything is possible.

So why do we lose that feeling and that sense of belief so quickly? Why do we let one little set back block the pathway to our dreams and allow frustration and dismay to overpower us and then dictate our decisions?

Well, it doesn't have to be that way!

That fresh excitement we experience in the early stages of any new event, can be the motivator for a belief system that stays with us every day of our lives. However, the only way that this can happen, is if we continually have something to look forward to.

Something that makes us think.

Something that gives us purpose!

For every individual it will be something different. It might be work-related, it might be about family, it might be financial, it might even be about personal development; whatever it is, make it happen. Embrace it and bring to life an idea that could change not only your situation, but the lives and situations of others around you.

So how do we make this happen and experience the joy of new growth in our lives?

The first thing we can do is focus on something new. What usually happens when we set goals and new-year resolutions is that we focus on the same things every year. The things that we have already failed to achieve many times over. In fact, we have often failed so many times that we have developed bad patterns of behaviour and it doesn't matter how positive we might be for a week or two, deep down inside we actually know we will fail again and so we begin to prepare our internal justification speech.

Somehow we need to re-program and create new thought patterns for success. As I have already stated, this can be achieved far more easily by focusing on something new; something that will make us think outside of our normal thought processes and stretch us to learn new habits, make new decisions, make new mistakes and in turn grow.

Does this mean that we ignore all of the things that we have been trying to resolve for years? Not at all. But we do have to stop the rot and create new patterns of behaviour that we can then apply to those things that we have not been able to conquer in the past.

So how does this work in the workplace?

Having moved from Melbourne to Sydney some time ago, I thought that the Christmas break would be a good time to make those changes to the electoral roll, my drivers licence, my car registration and other things that I should have changed ages ago.

As many of you know, I fight bureaucracy with everything I have, which often brings its critics, but so be it! Life is too short to build roadblocks to every new and exciting possibility. My purpose in life is to help people find a better way and to open their minds to potential new opportunities, not to create excuses for non-achievement.

Not everyone's cup of tea I know!

So with all of my documents in hand, I proceeded to the appropriate department where some of the changes I needed to make, could take place.

To say the least, I was not prepared for the world that I walked into this day. It was as if I had stepped back fifty years, into a time warp of procrastination, bureaucracy and a 'couldn't give a damn' workplace culture.

After finally getting to the counter and being abused for not having the right information, even though I had called to check what was required, I was then told they could not proceed on a technicality etc, etc, and I was sent away to return another day.

On my return, next day, a similar situation arose, but not just with me, every second customer walked away abusing the staff, shaking their heads and in some cases very angry. And yes, I will say it again; they couldn't give a damn!

As I sat waiting on the second day, I got the giggles. I couldn't be angry anymore. It was so bad, it was funny. It reminded me of the skit on the television show Little Britain – Computer says NO!

They shuffled papers, they went on breaks after every customer, they just sat there staring until they were ready to press their button to call out your number, at which time you went to their window to be abused. It was like being at the meat counter in the supermarket, without the service.

They didn't even communicate with each other!

But the thing that struck me the most was that it was only 5th January; they had the rest of the year ahead!

How can people live and work like this? Nothing new happening, they are stuck in an abusive rut, they hate their jobs and the people they serve (I use the word 'serve' loosely) and are just waiting for knock off time.

What is sad about this is that so many individuals and organisations have their own version of the above. Maybe not to this extreme, but still stuck in a rut of just surviving.

You see, when we lose that desire to create something new, or to find a better way, the rut sets in very quickly. The exciting thing though, is that it is within our power to ensure this does not happen, but we need to be prepared to challenge ourselves over and over again.

Growth does not happen as a result of doing the same thing repeatedly, it happens when we stretch ourselves, try new things and create new patterns of behaviour.

So, if you or your organisation have been struggling with breaking through in certain areas, then create new opportunities for people to get excited about and you may find that many of the struggles will resolve themselves, or may not be as important as first thought.

You may also discover that these brand new approaches will give you a better chance of success.

So what are your plans for the next twelve months? Not your repeat plans, but the NEW GROWTH plans, the things that will challenge you and move you forward.



GOOD NEWS STORIES...

Always a welcome invitation

Hello readers the 'insider' here...

On behalf of the team can I please pass on our sincere thank you for all the contributions to this edition of the iPi Group's 'Insider' magazine.

Your stories and your photos are always embraced, and a reminder whilst we do our best to include the photos sent through it is far better that we receive high resolution shots as this does improve the overall look and quality of our publication.

Keep in mind that the iPi Group's 'insider' is your broadcast medium and we highly encourage you to use it. It is your message board and it is a wonderful means of highlighting to all in and associated with the iPi Group the things that are happening around you, your workplace, your community, your province, and your sporting interests and successes as way of example.

We warmly welcome your participation in the publication, and wish to see your happy snaps, hear about your suggestions, your favourite fashion tips, or your achievements.

We recently had the privilege of welcoming three students from Pacific Adventist University to our Catering head office in Port Moresby. They were attached to our Human Resource division for a six-week program. Here's what they had to say about their experience working with us:

Gibestriger Lloyd Loien: Working with iPi has been an enjoyable and enriching experience. The staff were awesome people who are incredible and welcoming people who are incredible and welcoming. The work space is full of professionalism working behaviour and conduct. I give this place 5 stars and would gladly come back here to work. I had fun here and enjoyed my learning experience and wouldn't hesitate to recommend iPi to future employees. Thank you for taking care of me!

Naime Sere Sinemaue: As a first-year student getting my first employment with iPi and to be introduced to a working environment, it really opened my eyes to the working industry and has exposed me to a collaborative and supportive workplace. The learning atmosphere fostered professional growth, making my tenure both educational and rewarding. Thank you iPi for this wonderful experience.

Trevolta Lloyd Calmaine Minak: Working with iPi was an exciting experience for me because it was my very first time getting to experience what it is like to work in a professional office setting. I am grateful to the company for giving me this opportunity. The staff and supervisor were very welcoming and supportive. Overall. I really enjoyed my time here.

We are thrilled that Gibestrone, Naime, and Trevolta will be continuing their academic journey at PAU for the second year. Their time with us was invaluable, and we extend our congratulations and best wishes for their continued success in their academic pursuits and future endeavours.

**Keep smiling and happy writing!
...the 'insider'**

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The three iPi Catering casual staff Gibestriger, Naime and Trevolta from left to right.



Recipe for Success: Swiss Roll



Swiss rolls are a delightful dessert that are not only delicious but also incredibly easy to make.

The combination of light sponge cake and sweet filling makes for a perfect treat that is sure to satisfy any sweet tooth. The beauty of a Swiss roll lies in its simplicity - with just a few basic ingredients and some easy-to-follow steps, even novice bakers can whip up a batch in no time. Today we prepare a Jam Swiss Roll however with endless options for filling flavours, you can customize your Swiss roll to your liking and impress your friends and family with your baking skills.

INGREDIENTS:

- Butter to grease
- 4 eggs
- 125g caster sugar
- 125g self-rising flour
- 1 tsp vanilla extract
- 4 tbsp strawberry jam (or any other flavour you prefer)
- 50g desiccated coconut
- Icing sugar, for dusting

INSTRUCTIONS:

STEP 1

Preheat the oven to 180°C (160°C fan). Grease and line a 23cm x 32cm Swiss roll tin with baking paper.

STEP 2

In a large mixing bowl, whisk the eggs and caster sugar together until light and fluffy. This should take around 5 minutes.

STEP 3

Add the vanilla extract and sift in the flour. Gently fold the flour into the egg mixture using a metal spoon until just combined.

STEP 4

Pour the mixture into the prepared tin and smooth it out evenly using a spatula. Bake in the oven for 12-15 minutes or until golden brown and springy to the touch.

STEP 5

Remove the cake from the oven and allow it to cool for a few minutes before turning it out onto a sheet of baking paper.

STEP 6

Spread the jam evenly over the cake, leaving a small border around the edge.

STEP 7

Roll the cake up tightly from one short end, using the baking paper to help you. Place the roll seam-side down on a serving plate.

STEP 8

Spread a thin layer of jam over the top of the Swiss roll and sprinkle the desiccated coconut over the jam until it's completely covered.

STEP 9

Chill the Swiss roll in the fridge for at least 30 minutes before serving. Dust with icing sugar before slicing and serving.

Serves 10

first in tailor-made logistics solutions in Papua New Guinea



Innovative



iPi Transport

Transport



iPi Transport's Heavy Vehicle Maintenance Facility, Administrative Centre and experienced Transport Logistics personnel based in Lae, provide total and comprehensive maintenance and fleet control - 24 hours a day, seven days a week, all under our ISO 9001:2015 Quality Assurance Certification.

Our advanced fleet includes Kenworth prime movers, B-Doubles, bulk fuel tankers and general container trailers, Whether your critical cartage needs are for the mining and resource sectors of PNG or for an owner operator business - your business is valued by us!

Solutions



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In the PRESS

Local Caterer Give Soldiers Well-Deserved Christmas

[Port Moresby, Papua New Guinea] – More than 500 Papua New Guinea Defence Force (PNGDF) soldiers stationed in Port Moresby were recently treated to a belated but unforgettable Christmas party in February.

Soldiers who had missed out on their traditional Christmas celebrations were surprised with a festive luncheon organized by the local catering company, iPi Catering.

The event was held on Saturday at Murray Barracks and Taurama Barracks.

iPi Catering, known for its exceptional services and a long business partnership with the PNGDF, extended their support to ensure that the soldiers felt appreciated and valued.

During the event, the Chief Executive Officer (CEO) of iPi Group addressed the soldiers, stating that the event was a gesture of goodwill.

“We are very proud of our seven-year partnership with the PNGDF.

“This event is our way to show good faith and appreciate you all for your dedicated service.

“Last year, during the Christmas period, all food services nationwide were temporarily suspended due to outstanding payments.

However, he reaffirmed iPi’s commitment to upholding exceptional food service.

“With the reinstatement of food services in January, we are committed to maintaining high standards in our food services.

“It is our professional obligation to give you Christmas that you deserve,” said Long.

“We are honoured to host events that create a sense of unity and to allow soldiers to come together and celebrate as a unit.

The event not only brought smiles to the faces of the soldiers but also highlighted the strong bond between iPi Catering and the PNGDF.



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Caterer treats PNGDF to lunch as goodwill act

A CATERING company is committed to providing the best food service to the PNG Defence Force, says a company official.

iPi chief executive officer Peter Long said more than 500 soldiers in Port Moresby were recently treated to a belated Christmas lunch this month.

“With the reinstatement of food services in January, we are highly committed to maintaining superior standards in our food services,” he said.

The event was held on Saturday at Murray Barracks and Taurama Barracks.

iPi Catering has a long business partnership with the PNGDF, with Long telling the soldiers that the lunch was a gesture of goodwill.

“We are very proud of our past seven-year partnership with the PNGDF.

“This event is our way to show good faith and appreciate you all for your dedicated service.

“Sadly, and unfortunately last year, during the Christmas period, all food services nationwide were temporarily suspended due to outstanding payments.”

He further reaffirmed iPi’s commitment to upholding an exceptional food service.

“We are honoured to host events that create a sense of unity and to allow soldiers to come together and celebrate as a unit,” Long said.



World Congress on Safety and Health at Work

iPi Transport OSHQA Coordinator Elizabeth Narun, attended the 23rd World Congress on Health and Safety at Work in November 2023, held in Sydney. In this Q&A session with the insider, Elizabeth shares her insights about the event.

1. What inspired you to attend the 23rd World Congress on Safety and Health at Work?

I was inspired to attend the Congress to see where we are in terms of Health and Safety compared to other countries. It was all about learning from other countries in their best practices and see best fit for my current role. I was also fortunate to have been selected as one of the fellows to attend the congress in partnership with Arinex & International Labour Organisation (ILO).

2. Tell us about the theme and topics that were covered during event.

The theme for the congress was “Shaping Change in a Changing World of Work”.

All the topics covered were spread out between Safety and Health with the focus on Vision Zero-Mission Possible and the innovations surrounding Health & Safety at work.

There were also great exhibition stalls set up by leading OSH Organisations like ICAM Australia, BSI, Safety Culture, Australia Institute of Health & Safety, International Labour Organisation (ILO), HIS Done safe, Talk 5, Health & Safety Index, NSW Centre for Work Health & Safety, Manage Damage Groups, and many others. The one note mentioning was ICAM Australia where their ICAM Tool is used for Puma Energy Incident Investigation Report in my line of work.

3. Were there specific speakers or sessions you were particularly excited about?

Specific speaker I was looking forward to was the Keynote speaker Candace Carnahan who is a Safety Advocate that had devastating workplace incident that resulted in the loss of her leg at the age of 21. She reflected on the incident on that fateful day that could have taken her life where the incident was completely preventable. One step changed her life. Her take-away message after sharing her life-changing story was;

- > To truly shape change, we must be prepared to do and say difficult things
- > Sometimes what feels most difficult to say is what needs to be said the most and
- > Courage is contagious- it takes courage in this life to just show up as yourself.

The other session I was excited to attend was the 3 Cs of Safety: Consultation, Communication and Collaboration and how important social dialogue is in the design and implementation of OSH legislation, policies and programmes? The session looked at how the voices of governments and workers’ and employers’ organizations can be balanced to develop effective and sustainable OSH solutions. It also addressed collaboration and communication at the workplace level, and how to tap into different perspectives to create healthier and safer workplaces.

Another topic of interest was Vision Zero: Towards a Progressive OSH Culture Through Collaboration. There are many effective approaches to safety and health at work; and there is one common denominator that unites all efforts: the vision of zero occupational accidents and diseases. Vision Zero adds value to the OSH implementation process through the integration of approaches and excellent collaboration amongst stakeholders at the workplace.

The final day of the event also had a great session that always is behind all Safety Professionals mind “Safety & Health is Good for Business: People, Planet & Profit.” Advanced business leaders now understand that Safety & Health can be fantastic drivers for overall business success whilst immature business leaders continue to see Safety & Health as just another necessary commercial cost of doing Business.

4. What safety challenges or trends were addressed at the congress?

The challenges that were addressed during the congress was the mental health around Psychosocial Hazard (aspects of the work environment and the way that work is organised that are associated with mental disorders and/or physical injury or illness) and musculoskeletal disorders (Musculoskeletal disorders (MSD) are injuries or disorders of the muscles, nerves, tendons, joints, cartilage, and spinal discs. Work-related musculoskeletal disorders (WMSD) are conditions in which: The work environment and performance of work contribute significantly to the condition; and/or the condition is made worse or persists longer due to work.

5. How will you share the knowledge and insights gained with your colleagues at iPi Transport?

Insights gained at the Congress can be shared with my colleges during Toolbox & Safety Shares that are conducted weekly. Also, the materials will be made visible after communication on Notice Boards for their awareness.

6. How does this opportunity align with iPi's commitment to safety and quality?

This opportunity is aligned with the main Goal of iPi regarding "No accidents" "No harm to people and "No damage to the environment" with the Vision Zero being the one common denominator that unites all efforts with the vision of zero occupational accidents and diseases. Vision Zero adds value to the OSH implementation process through the integration of approaches and excellent collaboration.

7. Can you share some key takeaways you gained from this event?

The valuable take-away from this event will be instrumental in shaping safer and healthier work environments from the sessions and experiences shared. Vision Zero is Mission Possible! Make it Personal! Make it Matter! Make it Safe!

8. How will you stay updated on safety and developments beyond the congress?

There is an online portal and application that all congress delegates have access to for a year after the congress for materials and assistance where needed.

9. What advice would you offer to other professionals interested in attending similar safety events in the future?

Go for it. It is all about continual improvement and you expanding your knowledge to learn from others in this field of Health & Safety. Embrace all the opportunities while you can.

10. What were the most memorable highlights from your experience at the event?

All the sessions covered were incredible and are highlights in them. Apart from the congress, the most memorable for me was the Ionic Sydney Harbour Bridge Climb which I won the ticket when I shared the post of attending this congress via LinkedIn prior to the event. It has always been on my bucket list and didn't expect that to occur sooner with expenses paid for by the Organisers of the 23rd World Congress on Safety & Health at Work.

11. Did you have the opportunity to network with safety professionals from around the world?

I had the opportunity to network with a lot of Safety Professionals around. My LinkedIn connections went up during the event. Apart from the sessions there was also networking events that occurred during the Opening Reception, Australia Gala night that was celebrated at the Sydney Harbour overlooking the Sydney Opera House with an outstanding fireworks event. One of the highlights of networking with like-minded professionals was having to be gifted a Free One Year Membership in the "Women in Safety" Network. Women in Safety is a professional community aimed to inspire, transform and empower health & safety professionals.

12. Did you encounter any innovative solutions or approaches to safety that you would like to explore further?

Yes, there were many innovative solutions that were show cased during the congress with the use of AI (Artificial Intelligence and how it is used in Developed countries to assist in identify risky task. One that captured my attention was that of Soter Analytics (a worldwide leader in safety technology solutions that offers a strategic approach to workplace safety for its partners. Soter proactively enhances safety by utilizing cutting-edge, AI-driven wearable devices, sensor-free video analysis, and a team of injury prevention specialists and data evaluation experts, leading to increased productivity, improved workplace efficiency, and more robust safety culture).



iPi on Ugava



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The iPi Group

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The Journey of Self-Development

Joseph Raim

HR Officer – iPi Catering

Dear Readers,

In November, I had the honour of presenting at the Annual National PNG HRI Conference, delivering a speech on the final day of the event. I am excited to share my speech which was centered around the journey of self-development, a journey that possesses the power to transform lives in profound ways.



Committing to self-development is essential for a life of fulfillment and success. Self-development is a lifelong process that extends beyond gaining skills and achieving goals. It's about continuously refining your character, expanding your capabilities, and nurturing your potential. It's a commitment to being a work in progress, embracing change, and seizing every opportunity for personal and professional growth.

So, how do we embark on this journey of self-development, and why is it crucial?

- > **Embrace a Growth Mindset:** Adopt a mindset that views challenges as opportunities to learn and grow. See failures not as setbacks but as stepping stones toward success. A growth mindset is the foundation of self-development.
- > **Set Clear Goals:** Define your aspirations and set clear, actionable goals. Your goals serve as a roadmap, guiding you towards the person you want to become and the achievement you want to attain.
- > **Continuous Learning:** Commit to lifelong learning. Whether through formal education, reading, or practical experiences, seek opportunities to expand your knowledge and skills. The more you learn, the more you empower yourself.
- > **Step Out of Your Comfort Zone:** Growth rarely happens within the confines of your comfort zone. Challenge yourself to try new things, take on new responsibilities, and embrace the discomfort that comes with growth.
- > **Self-Reflection:** Take time for self-reflection. Regularly assess your progress, identify areas for improvement, and celebrate your achievements. Self-reflection is a compass that keeps you on the right path.

- > **Build Resilience:** Life is full of challenges, setbacks, and uncertainties. Develop resilience to navigate tough times. Each adversity is an opportunity to strengthen your resilience.
- > **Cultivate Positive Habits:** Your habits shape your life. Identify and cultivate positive habits that contribute to your well-being and success. Small consistent actions lead to significant transformations.
- > **Surround Yourself with Inspiration:** Engage with positive people who inspire you. Whether it's mentors, role models, or a supportive community, the company you keep plays a significant role in your development.
- > **Time Management:** Manage your time effectively. Prioritize tasks, eliminate distractions, and allocate time for self-development activities. Time is a precious resource, and how you use it reflects your commitment to growth.
- > **Celebrate Progress:** Acknowledge and celebrate your achievements along the way. Recognize the progress you make, no matter how small. Celebrations fuel your motivation and reinforce your commitment to self-development.

The journey of self-development is not a destination but a continuous evolution. It's about becoming the person you aspire to be and creating a life that reflects your values and passions.

As you embark on this journey, remember that you have the power to shape your destiny. Commit to self-development with enthusiasm, courage, and a belief in your own potential. The path ahead is filled with possibilities, and the person you become through self-development is your greatest masterpiece.

iPi Transport's Driver Assessors - Certificate II Train the Trainers Program

Alex Malaibe
Driver Training Supervisor
iPi Transport

In February 2024, our highly regarded Driver Trainer / Assessors participated in the Certificate II Train the Trainer in Heavy Vehicle Training Program. This program, organized by the esteemed Front-Line Driving Academy and supported by the PNG Road Traffic Authority, marked a significant milestone in the Transportation industry. Over the course of one week, this comprehensive program not only promised but indeed succeeded in improving the standards and practices within the industry.

A Comprehensive Curriculum

During the program, our Driver Assessors engaged with a detailed curriculum aimed at refining their skills and enhancing their knowledge of heavy vehicle operations. Here's a peek at the informative modules:

1. Low-Risk Heavy Vehicle Driving Behaviours Course:

From Workplace Health and Safety (WH&S) protocols to intricate vehicle control systems, participants immersed themselves in a myriad of critical topics. They explored risk assessments, pre-start checks, road rules, and advanced driving techniques, ensuring a robust foundation in heavy vehicle operation.

2. Practical Driving: Theory seamlessly transitioned into practice as participants took to the road, applying their newfound knowledge under real-world conditions. From mastering correct seating posture to executing emergency braking techniques, every aspect of safe heavy vehicle operation was meticulously addressed.

3. Introduction to Becoming a Trainer: Beyond adept driving, participants embraced the role of educators, delving into the art and science of effective training. They learned to craft lesson plans, deliver engaging sessions, and assess trainee performance, preparing them to empower future generations of heavy vehicle operators.

4. Deliver Theory and Practical Demonstration Assessment:

The culmination of the program saw participants demonstrating their proficiency in both theoretical knowledge and practical skills. They conducted assessments and delivered comprehensive feedback, showcasing their readiness to impart their expertise to future heavy vehicle operators.

Certification

After completing a week of intensive training, our Driver Assessors have become certified trainers, ready to make a real impact in the field of heavy vehicle training. With their new knowledge, skills, and confidence, they are now key players in our organization, leading the way to higher standards and innovation in the transportation sector. Their certificates signify their excellence and readiness to drive positive change within our team and the industry as a whole.

The Certificate II Train the Trainer in Heavy Vehicle Training Program represents a significant milestone for iPi Transport's training and development efforts. It showcases our dedication to excellence, safety, and ongoing enhancement, guaranteeing that our team stays ahead in the constantly changing transportation industry.

As we celebrate this achievement, we extend our warm congratulations to Wena Boniepe and Israel Yaure, for their dedication and commitment to professional growth.



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Madang
Madang Province
(iPi Transport and iPi on Regina)

Goroka
Eastern Highlands Province
(iPi Transport)

Lae
Morobe Province
(iPi Transport Admin and Operations, SP Brewery, Erica St Warehousing and Igam Barracks)

Tolukuma
Central Province
(iPi Catering and iPi Transport)

Port Moresby
National Capital District
POM Catering Office, iPi Villas, iPi on Airvos, iPi on Ugava, SP Brewery, Murray Barracks, Goldie River Barracks, Taurama Barrack, the Air Transport Squadron and the Navy base in Port Moresby

Napa Napa
Central Province
(iPi Catering)

Porgera
Enga Province
(iPi Transport, iPi Catering, iPi Warehousing and iPi Accommodation)

Hides
Hela Province
(iPi Transport)

Kiunga
Western Province
(iPi Catering)

Loirengau
Manus Island
(iPi Catering)

The iPi Group's vertically integrated logistical operations are as varied as the needs of our many clients:

- Commercial Catering
- Fully integrated Camp Management
- Warehousing and dry goods storage
- Transportation of bulk fuels and dangerous goods
- Property development and management



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