

## “Early Birds” contribute to World Environment Day

World Environment Day, commemorated each year on June 5, is one of the principal vehicles through which the United Nations stimulates worldwide awareness of the environment and enhances political attention and action.

The World Environment Day slogan for 2008 is **Kick the Habit! Towards a Low Carbon Economy**. Recognising that climate change is becoming the defining issue of our era, the United Nations Environment Program (UNEP) is asking countries, companies and communities to focus on greenhouse gas emissions and how to reduce them.

The World Environment Day will highlight resources and initiatives that promote low carbon economies and life-styles, such as improved energy efficiency, alternative energy sources, forest conservation and eco-friendly consumption.

The main international celebrations of World Environment Day 2008 will be held in New Zealand. UNEP is honoured that the city of Wellington will be hosting this United Nations day.

The days agenda is to give a human face to environmental issues; empower people to become active agents of sustainable and equitable development; promote an understanding that communities are pivotal to changing attitudes towards environmental issues; and advocate partnership, which will ensure all nations and peoples enjoy a safer



Done at last: volunteers with the rubbish that was collected.



PAU Volunteers clean up for World Environment Day at the Main Gate.

and more prosperous future.

World Environment Day was established by the United Nations General Assembly in 1972 to mark the opening of the Stockholm Conference on the Human Environment. Another resolution, adopted by the General Assembly the same day, led to the creation of UNEP.

How can you celebrate World Environment Day? The World Environment Day Alphabet - 80 Ways to Celebrate World Environment Day suggests it can be celebrated in many ways, including street rallies, bicycles parades, green concerts, essay and poster competitions in schools, tree planting, recycling efforts, clean-up campaigns and much more. In many countries, this annual event is used to enhance political attention and action. Heads of State, Prime Ministers and Ministers of Environment deliver statements and commit themselves to care for the Earth. Serious pledges are made which lead to the establishment of permanent governmental structures dealing with environmental management and economic planning. This observance also provides an opportunity to sign or ratify international environmental conventions.

On this World Environment Day, let us examine the state of our environment. Let us consider carefully the actions which each of us must take, and then address ourselves to our common task of preserving all life on earth in a mood of sober resolution and quiet confidence.

To commemorate this day, some staff and students of Pacific Adventist University rose up as early as 6am and went to the main street of PAU to collect rubbish. Among these volunteers were two children aged 8 and 6. The group started collecting from the boom gate down to the main gate and continued along the highway between the main gate and the Kinakon gate. After the cleaning up there was a significant improvement in the way the place looked compared to a few hours before. The vendors at the market also helped clean around the market. It gave a feeling of satisfaction knowing we have contributed in a small way to this bigger cause, where millions around the world will be doing just what you did this morning. Thank you to all those who participated. PAU is planning a day sometime after the exams to commemorate this day.

# How your emotions affect your health

Republished article by Julie Aengari

## WHAT IS GOOD EMOTIONAL HEALTH?

People with good emotional health are aware of their **THOUGHTS, FEELINGS AND BEHAVIOUR**. They have learned healthy ways to cope with the stress and problems that are a normal part of life. They feel good about themselves and have healthy relationships.

However, things may happen in your life to disrupt your emotional health and lead to strong feelings of sadness, stress or anxiety. This includes year-end or semester exams, financial, friendship and family issues.

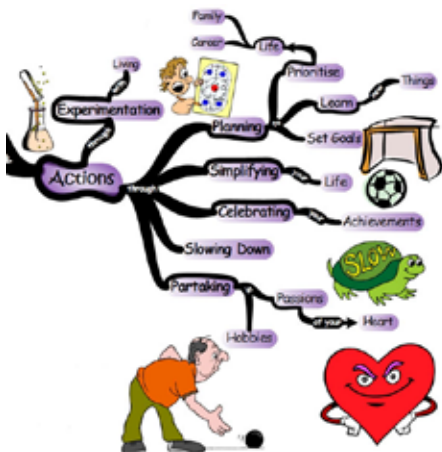
## HOW CAN YOUR EMOTIONS AFFECT YOUR HEALTH?

Your body responds to the way you think, feel and act. This is often called the “mind/body connection”. When you are stressed, anxious or upset, your body tries to tell you that something is not right.

For example, high blood pressure or a stomach ulcer might develop after a stressful event eg, death of a love one. The following are some physical signs that your emotional health is out of balance:

Back pains, change in appetite, chest pains, constipation or diarrhoea, dry mouth, extreme tiredness, general aches and pains, headaches, high blood pressure, insomnia, light headedness, palpitations, sexual problems, shortness of breath, stiff neck, sweating, upset stomach and weight gain or loss.

Poor emotional health can weaken your body’s immune system, thereby making you likely to get colds and other infections during emotionally difficult times. Also when you are stressed you may not take care of your health and may not feel



like exercising, eating nutritious food or taking medicine, so you need to be aware of how you feel.

If your negative feelings are so strong that they keep you from enjoying life, and if they don't go away, it is important for you to see a doctor or counsellor as this could lead to depression.

## HOW CAN YOU IMPROVE YOUR EMOTIONAL HEALTH?

Recognize your emotions and understand why you are having them. Identify the cause of the sadness, stress and anxiety in your life, as this will help you manage your emotional health.

### Helpful Tips :

- **Express your feelings in an appropriate ways:** tell someone you know who is interested in you - a good friend, pastor or counsellor etc.
- **Live a balanced life:** try not to be obsessed with problems at school, work or home that will lead to negative feelings. However you don't have to pretend to be happy when you feel stressed, anxious or upset. **FOCUS** on the positive things in your life, **FOCUS** on Jesus and the good things He has done for you. Keep a journal of the things that make you happy or peaceful. **MAKE** time for things you enjoy.
- **Calm your mind and body:** relaxation techniques are good, and if you meditate - think of Jesus. Do some exercising, stretching or breathing deeply to relax yourself.
- **Take care of yourself:** it's important to take care of your body by having a regular routine such as healthy meals, getting enough sleep and exercising to relieve pent-up tension. Avoid over-eating and don't abuse drugs and alcohol.

### Remember :

“Trust in the Lord with all thine heart, and lean not unto thine own understanding, in all thy works acknowledge Him and He will direct your paths”

# Indoor men entertain Indoor Ladies in style

The young Indoor ladies of PAU were flattered and amused by the entertainment the young men of PAU put on for them last Saturday night, the 24th of April. The boy's night was organized with style and chic. They aroused the ladies curiosity throughout the week with their fancy flyers, but the event proved to be much more than expected by the ladies on the night.

The ladies night, held two weeks earlier, was organized and located at the basketball court, while the men decided that they had to use the whole campus to entertain the ladies - the basket ball court, the dining hall, the student center, T5 and finally the health science auditorium.

Entertainment varied from performing hilarious skits, serving dinner, muscle fitness training, sack jumping and dancing, to revealing secret friends and giving out love and relationship tips. Jeanette Nakin, a 3rd year nursing student, reported that the night was full of excitement and was very entertaining. The bottom line was that it was a night of enjoyment and will definitely be another of those memorable PAU moments for the indoor students.

The Dean of men, Pr Simon Vetali extends his appreciation to all Indoor men and ladies and especially to the wing leaders for their support and creativity in organising this programme.



Bevan, Glennis, Jones & Linta pose for a photo.

# Teens on Dual Mission

By Lavara Haihavu

On Saturday the 17th of May, fifty-five Teens, under the leadership of Mrs Danijela Schubert and her team, along with some interested adults, left Pacific Adventist University at 7.30 am for a dual mission trip to Mt Diamond Adventist Secondary School.

The teens were to take the

preliminary Sabbath School programme and then hike to a waterfall outside of the campus. All the teens were excitedly anticipating the trip.

After the choir, a skit and a special song, the exciting hike began at Jacob's Hill. Several Mt Diamond students helped Mr Jimmy Jacob, a recent graduate of PAU currently teaching at Mt Diamond Secondary School,

lead the teens for the hike. It was so much fun walking through the grassland, climbing uphill, walking downhill and wading through four creeks.

After tracking for an hour and 40 minutes, located at the foot of some mountains around the Sogeri plateau area, was the destination - the waterfalls.



We were surprised to find several layers of waterfalls.

Many teens and adults could not resist the temptation to cool off under the falls after the long walk. While many enjoyed the cold water falls, some enjoyed the nature and yet others just relaxed beside the falls.

The teens, their teachers and the accompanying adults, praise the Lord for the blessings of the Sabbath they enjoyed together.

# Success comes by leaning on God

By Heather Sam

Last week, PNGUM students staff and faculty put together their first spiritual retreat program for 2008. The retreat started on Friday evening with a Consecration Service, followed by a pray breakfast in the early hours of Sabbath morning, and ended with a bung lunch after the Service.

Throughout the Consecration Service on Friday night, the VC, Dr Branimir Shubert pointed out that success comes by leaning or depending on God, and not on material things. For material things, though they can make life successful, have the tendency to fail or change- but God never fails and never changes.



Students being served their dessert during the PNGUM bung on Sabbath.

Towards the end of the consecration service, a candle lighting ceremony took place which saw Deans, leaders and student leaders taking the lead in lighting their candles and passing the light to the congregation, symbolizing the sharing of the gospel of Jesus to the rest of the world.

As part of the spiritual retreat, a pray breakfast was held during the early hours of the morning. Though only a few turned up, they were all blessed by a testimony of how prayer can change lives.

The retreat finally ended with Sabbath School taken by the Southern Region Students, another powerful message from God through Pastor Humble based on "having the shield of God to protect yourself from the devil" and of course who says food is not part of fellowship. 'Yes' the spiritual retreat ended with a bung lunch.



Candle lighting symbolizing the gospel to be spread throughout the world.

## ALL EX PAC/PAU GRADUATES, STAFF & COMMUNITY

What: **PAC/PAU Alumni Launching**

When: Sunday July 13, 2008

Where: Holiday Inn-Port Moresby

Who: All Ex PAC/PAU graduates

Email: [vvele@pau.ac.pg](mailto:vvele@pau.ac.pg)

Tel: (675) 328 0223

Web: [www.pau.ac.pg](http://www.pau.ac.pg)

FRIDAY JUNE 6

**Friday Night Fellowship****Mr Simon Luke**

7:00pm @ PAU Church

SATURDAY JUNE 7

**Women's Ministry**

6:00am @ PAU Church

**Sabbath SCHOOL**

9:00am @ PAU Church

**Divine Service & Baptism****Pr Jeffrey Paul**

10:45am @ PAU Church

**AY - "Warrior for Jesus"****Minister Peter Barnabas**

4:30pm @ PAU Church

SUNDAY JUNE 8

**"How to study the Bible"****Pr Jeffrey Paul**

6:30 - 7:30pm @ SOHS Auditorium

WEDNESDAY JUNE 11

**Midweek Prayer Meeting**

7:00pm @ PAU Church

## NOTICES

WEDNESDAY JUNE 11,

**Classes Finish @ 5:00pm**

THURSDAY JUNE 12 - MONDAY

JUNE 16

**Study Break****"Exam Fever"**

**Give the respect  
your friends need  
at this crucial  
time when exams  
are just around  
the corner**

The Commission for Higher Education (CHE) and its relationship with declared institutions of Higher Education, was the theme of Assembly taken by Mr. Joseph Morimai, PNG Assistant National Scholarship Director, from the Office of Higher Education (OHE).

Mr. Morimai stated that the CHE was created by the passing of the Higher Education Act by Parliament in May 1983. As defined by the Act, the Commission is established "to foster the rational development of Higher Education with regards to the needs and resources of Papua New Guinea, and the rationalization and co-ordination of Institutions of Higher Education so that the most effective use can be made of the resources available for Higher Education.

It was pointed out that a student who is awarded Academic Excellence (AES) under the Tertiary Education Study Assistance Scheme (TESAS) will contribute 3% of the total unit cost of his/her education as of 2006. A student who is awarded TESAS sponsorship under the Higher Education Contribution Assistance Scheme (HECAS) is expected to pay 7% of the total unit cost, and those that come under Self-Sponsors will pay 25% of the total unit cost.

**Some key facts to remember about Bird Flu**

- Avian influenza is not in PNG and we want to keep it that way.
- Avian influenza has occurred close to PNG in Indonesian Papua.
- There is no need for public alarm. It is safe to eat cooked eggs, meat and poultry.
- Avian influenza does not easily cause disease in humans and is not capable of human to human contact and transfer.
- There is little risk of people in PNG being affected by avian influenza through normal contact with birds.
- It is against the law to bring animal and plant products over the border with Indonesian Papua.
- You can protect your chickens by ensuring they do not mix with wild birds and protecting their water and food supply.
- Report significant numbers of dead birds to NAQIA without delay.

**Time is Running Out****By Fifth Year Business Students**

As we near the end of first semester of 2008 some students (like the 5th year Business students who will be leaving at the end of the semester), will be counting every valuable second. Obviously, they have a mixture of feelings crashing against each other deep inside them that make them feel a touch of dizziness – feelings of sorrow, uncertainty and excitement. Unanswerable questions flash across their minds – What have I learnt so far? Am I ready to face the outside world? Will I survive? Will I be able to see my friends again? What's next?

The past four years at Pacific Adventist University just seems like last year. Where has the time gone? Many have come and gone, and now it is time for the 2008 5th year Business students to face this same fate. Winfred, a 5th year Business student said, that if ever he would leave a word or two behind, it would be this; "Learn as much as you can, and importantly, accept Jesus into your life and take Him with you".

Nevertheless, because God lives, we can face tomorrow!

**To all students, best wishes in your exams.**

Gibson making his point after the 5th Yr Business Students made their final presentation at the Pidgin Church

Life  
is a coin. You  
can spend it anyway  
you wish, but you can  
spend it only  
once.