

## PAU plans 25th anniversary celebrations

PAU will mark its 25 years of existence with a reunion of former staff and students from across the Pacific on the weekend of August 28th - 30th, 2009.

Sir Michael Somare, current Prime Minister of Papua New Guinea officially opened PAC then in 1984. It is hoped that he will be one of our dignitaries during the anniversary celebrations.

It is also anticipated that we will have a lot of our former staff and students make their way to PAU during this weekend to celebrate with us the Silver Jubilee of PAU.

For those planning to travel from outside of Port Moresby, don't waste anymore time, get to your nearest airline and book your flights NOW!

Keep your ears peeled and your eyes opened for updates in this column and also on the PAU website: [www.pau.ac.pg](http://www.pau.ac.pg)

**25** years  
**PACIFIC ADVENTIST UNIVERSITY**  
Educate to Serve

PAU invites all former students, staff and university community members to our

### 25th Anniversary Celebrations

Pacific Adventist University, Koiari Park Campus, Port Moresby, Friday August 28th to Sunday August 30th.

**Come and be part of our special dedication**

**Book your flights NOW!!!**

For more details contact [celebration@pau.ac.pg](mailto:celebration@pau.ac.pg)  
Tel: (675) 328 0200

# 'NEWSTART' - The way to live



Sonya Luvi starts her day off fresh by asking for God's guidance from his word.

By Chucha Posman

A group of third-year Education students, under the leadership of two of their lecturers, Mr Jones Taos and Miss Beverly Kaleva, led out in week's PAU Assembly on the last day of March. The group presented a program based on the acronym "NEWSTART" (Nutrition, Exercise, Water, Sunshine, Temperance, Air, Rest, and Trust in God) which they contextualized to the PAU setting. It was also in line with PAU's mission to prepare the "BEST" graduates possible, and it emphasized a holistic approach to life.

Miss Kaleva, in her introductory remarks, posed the question "What lifestyle do you live today that determines what you will be tomorrow?" She added that "What we eat, what we look at, how we live, how

we handle issues, how we behave in our relationship with others, all go to make up our lifestyle."

The student presenters spoke on the importance of nutrition, exercise, sunshine, temperance, air, rest and most importantly, trusting in God. Attendees thought they learnt something worthwhile. Ruthia Tarutia, a third-year business student said she really enjoyed the presentations and that she learnt vital insights.

Mr Jones Taos reflected on the presentations by saying, 'If we do not see the value of these things, and consider them small and unimportant, we are likely to develop problems that will be detrimental to our health.' He said if nutrition, exercise, water, sunshine, temperance, air, and trusting in God are taken lightly, in the long run, this

# 'Discouragement' the Devil's rusty tool



**By: Betty Francis**

Joshua 1:9 "Have I not commanded you? Be strong and courageous. Do not be discouraged; do not be terrified; for the Lord your God will be with you wherever you go." (NIV)

Moses was dead, and Joshua may have been devastated. The figure he looked up to as a father, mentor, leader, and a close friend was gone, and it was obvious that the leadership was going to fall on him and he must have been very afraid to lead. He must have thought: "How can I do this? Moses was not just another leader. He talked with God face to face". These thoughts must have bothered Joshua but God told him not to be discouraged but to be strong and courageous.

Discouragement is the Devil's most used tool, and he succeeds most times when he uses it.

## Devil's Garage sale

There is a story told of the old Devil doing a garage sale. He cleaned up his tools and lined and hung them up attractively in his garage ready for the sale. The day came for the sale and the customers looked and saw "Gossiping" hanging in one corner. It looked old and used. In another corner hung "Stealing" and it looked attractive. Then there was "Pride", "Anger", "Jealousy", "Fighting", etc. They were all arranged neatly, ready to be sold. In front of the

counter was "Discouragement". It looked well-used; it was well-maintained and still working very well and it had a high price. A customer came around and asked the Devil, "Why is 'Discouragement' priced so high? The Devil said, "Oh, yes, you see, many people do not know that it is one of my best tools. Every time I use it, I get good results, and it still works very well today".

Discouragement numbs our senses, blinds our eyes, and when it comes in, we quickly lose focus. It gets into our innermost soul and weakens all aspects of our lives. Let us not give in to discouragement or we become one of the devil's victims. As the Lord encouraged Joshua, He gives us the same promise that He will be with us wherever we go. ¶



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will definitely have a negative impact on us and our future goals and dreams.

The presenters wrapped up the program by singing the "NEWSTART" song to reinforce the insights shared. It was a novel experience for some of them to stand in front of a large audience but the teacher trainees showed very few signs of nervousness. They presented to the best of their ability and received positive comments afterwards. ¶

## Wake Up! Wake Up!

**By: Anil Singh**

Who is it? Why are you making noise early this morning?

Wake up, wake up - it's time to have breakfast on the word of God-the bread of life.

Week 5 was an inspirational week for the Indoor mens' residence as they feasted on the word of God each day.

Before the semester began week 5 was specifically allocated for fellowship and feasting on the word of God in the mens' dormitories.

The inspirational messages were presented by the student ministers who are preparing themselves to save soul and bring them closer to their GOD.

It was a very encouraging to see all the men sharing and praying together. The messages each morning made the day sweeter and joyful reminded us to start the new day with a new page. ¶

Better to hunt in fields, for health unbought,  
Than fee the doctor for a nauseous draught,  
The wise, for cure, on exercise depend;  
God never made his work for man to mend. ¶

**-John Dryden**

## Touch Footy Begins

By Chucha Posman



The PAU Touch Footy has started its proper season games with the Bestas and Cowboys sailing to victory in their respective matches at the PAU main oval. The turnout to the opening match on that afternoon of Tuesday 31st March was favorable.

Under the leadership of Danny Loaint, a second-year Business student, as captain, the Bestas thrashed the Memkid Brothers 10 points to 4. The Bestas had the privilege of placing the ball on the try-line in the first half but missed the conversion; the Memkid Brothers' attempts were to no avail. The Bestas came good in the second half and scored their second try with a successful conversion. The Memkid Brothers regained their brotherly spirit during half time and finally broke into the Bestas' defense on the dying minutes of the game with a try but had an unsuccessful conversion.

In the other match, Johnny Maui and John Hiwi lifted the Cowboys to victory with two tries with successful conversions. That did not upset the Cast-outs as they did their best and scored two tries but had one of their conversions unsuccessful. The game ended with the Cowboys collecting 12 points with the Cast-outs two points behind.

The PAU Touch Footy president Alwin Sandau, a third-year health science student, said the overall aim of the game is for students to socialize, interact and understand the different cultures at PAU. He added that the games should help students realize their playing potentials and stay fit at the same time. ¶

## PAU Fun Run

PAU students, staff, faculty and even the children woke up as early as 5:00 am on Sunday 5th of April and took part in this year's five and ten kilometre marathon under the men's, women's and children's category. The ten kilometre had only the men's category whilst the five kilometre had the men's, women's and the children's category. Dr Lester Ross and his wife were in attendance for anyone who required first aid or wanted their pulse taken. The event was sponsored by Dr. Rodger Jones, Dean, School of Science & Technology, Director of Student Service department, the Promotions department, Digicel and some faculty members.

The event started with a short message and prayer by Dr. Rodger Jones. The ten kilometre runners began the run followed by the five kilometre runners. The runners enjoyed the morning breeze, the majestic sounds of the birds and the sun's morning rays as they battled it out in their respective running distances. Marshals bedecked in red donated Digicel tee shirts were in prominent positions at 6:15am, directing the runners and providing drinks.

Elisha Rario, a fourth-year health science student who was the winner last year ran to victory in a time of 45 minutes, 24 seconds and was the winner of the ten kilometre category. Pisi Joshua another fourth year health science student was the runner up last year and claimed the second spot this year again. Dr. Rodger Jones settled on the third spot. In the 5km men's division Jeremiah Yupae, a first-year Science student proved too good and claimed the winner's title. Michael Lango, a business student came second while another business student Moses Damungu, settled on the third spot. In the women's category, Agu Meuro grabbed the winner's title, with Marjorie Babia and Baii Opasa claiming the second and third places respectively. In the children's category, Jonathan Derrick turned out victorious while brothers Sammy and Timothy Pano settled on second and third places respectively.

The marathon ended with the awarding of prizes. Instead of letting only the winners walk away with prizes, all who took part had something in hand, courtesy of the sponsors. Dr. Rodger Jones commended the participants and the sponsors. He added that the event aims to keep the PAU community healthy. ¶



Winner of 5 km race- Jeremiah Yupae makes it to the finishing line



A female runner in the 5k makes it to the finishing line. Insert: one of our young runners-Shane Faisi makes it home in style.

### IN BRIEF

The fourth-year nursing students conducted a school assessment program at the Laloki Primary School yesterday.

The nurses did a physical assessment which included eye test, ear check and dental check on all the grade six students.



student, Elsie Taula, checking one of the children at Laloki

They also gave the children immunisation and dewormed them.

Grades 7 and 8 at the Koiari Park Primary school had an open day this week. The purpose of the open day was to meet with the parents and discuss the strengths and the weaknesses of their children and also to create a relationship between the teachers and the parents.



## EVENTS CALENDAR

FRIDAY, APRIL 10  
**Worship-Dr Glynn Galo**  
 6:45pm @ PAU Church

SATURDAY, APRIL 11

**Women's Ministry**  
 6am @ PAU Church

**Sabbath School**  
**S/S Officers**  
 9am @ PAU Church

**Divine Service**  
**Dr Kuresa Taga'i**  
 10.45am @ PAU Church

**AY**  
**Manus Community**  
 4.30pm @ PAU Church

WEDNESDAY, APRIL 15  
**Prayer Meeting**  
 7.00pm @ PAU Church

FRIDAY, APRIL 17  
**Jesus Saves -Final Day**  
 6.45pm @ Amphitheatre

SATURDAY, APRIL 18  
**Women's Ministry**  
 6am @ PAU Church

**Sabbath School**  
**S/S Officers**  
 9am @ PAU Church

**Divine Service**  
**Dr Scott Charlesworth**  
 10.45am @ PAU Church

**AY**  
**Judge Mark Sevua**  
 4.30pm @ PAU Church



## ANNOUNCEMENTS

**Field Trip:**  
 The Human Geography class planned Field Trip will be on Monday 13th April.

The pick up point is in the front of the library at 8am. A total of 8 sites to visit.

**Academic Office:**  
 The mid-semester break commences on Friday, April 10 until Sunday, April 19.

Classes resume at 8.00 am on Monday, April 20.

Students, the mid-semester break is for you to catch up with your assignments and study so please use your time wisely.

**DAY STUDENTS** - the buses will still transport you to and from PAU next week commencing Tuesday, April 14

## JESUS SAVES CRUSADE

**CAMPUS MINISTRY PRESENTS**

WHY I AM, WHAT I AM.

COME AND LISTEN TO A POWERPOINT VISUAL PRESENTATION ON THE FOLLOWING TOPICS:

<b>SUNDAY</b>	HOW TO KNOW THE FUTURE
<b>MONDAY</b>	SIGNS THAT YOU CAN NOT IGNORE
<b>TUESDAY</b>	BORN TO LIVE FOREVER
<b>WEDNESDAY</b>	CREATED FOR SOMETHING BETTER
<b>THURSDAY</b>	AN INVESTMENT YOU CAN'T LOSE
<b>FRIDAY</b>	THE BEST IS YET TO COME

17TH APRIL, 09

DAY: SUNDAY - FRIDAY

TIME: 6:45PM

VENUE: AMPHITHEATER

PRESENTER: JEFFREY PAUL

**6<sup>super</sup> Easter International Cup**

**IT'S ON THIS WEEKEND!**

**PLUS! Footy show This Saturday night.**

Great fun  
 Great prizes to be won  
 Great game

7:30PM - 9:00PM @ T5

Tap Pass  
 Catch Run SIMPLE