

Tourism Information For North Sulawesi

To our guests,

Welcome to North Sulawesi – Land of Smiling People –"Adventures Beyond Dreams"

We hope that you will begin to notice that our city and surrounding areas are starting to look a bit more spruced up, "yes, I mean cleaner!" For the last year or so the city has been trying to implement a number of initiatives that I won't bore you with and some are finally becoming apparent. Hats off to the city for beginning to show that they really do care how the city looks.

I also believe that a lot of the "caring" that we see, comes from our top leadership at the provincial level- that means our governor, Pak Sarundajang. Without direction and leadership at the top provincial levels, cities and regencies can do nothing- with a determination to raise the quality of living which includes waste management, health care and education our province will continue to offer a destination that will be considered world class for years to come.

There are certainly areas that still need considerable work, the Jenke (boat basin where boats depart to & from Bunaken) as well an upgrading of certain existing infrastructure but all in all I see light in our tunnel!!

Best regards,

Jeremy H. Barnes

Editor: What's Happening



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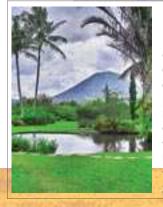
King of Sate

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Cover photo: Cover shot was taken by an expat (living in Manado) Phil Brain, while standing in the gardens of the Gardenia Country Inn. He was using a Sigma SD10, his photo site may be

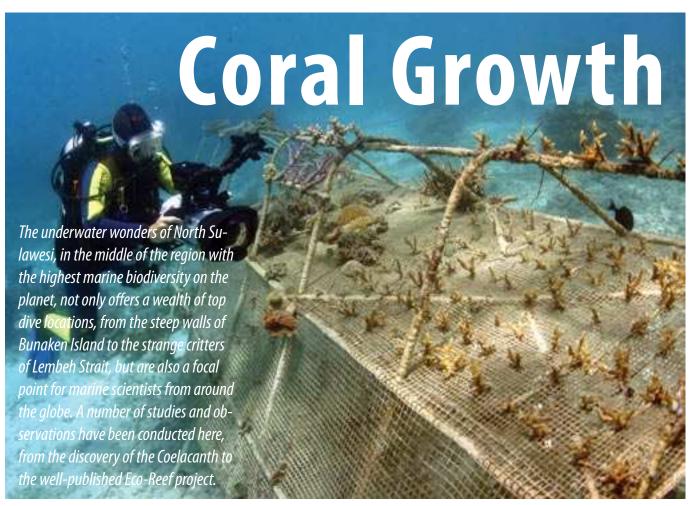
visited at:

www.pbase.com/philbrain



Special thanks to **YAYASAN LESTASI** for their support of this tourism

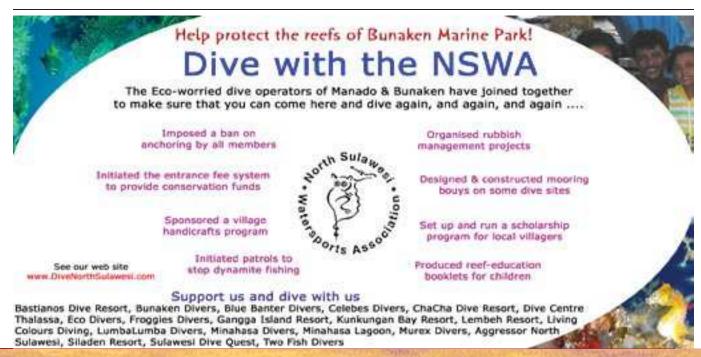
publication.



Currently, two PhD projects on coral reefs in early 2005 to begin our two-year are carried out at several points around Bunaken, Gangga Island and in the Bay of Manado in collaboration with Sam Ratulangi University Manado and the German Center for Tropical Marine Biology in Bremen (www.zmt-bremen.de). Sascha Romatzki and Larrived in Manado

studies. While Sascha is interested in the growth and reproductive cycle of corals, I am focussing on the interaction between a reef area and the fishes that live in it. Our first experiments were set up in the summer of 2005 around Gangga Island with the generous help of Gangga

Island Resort. In the shallow house reef in front of the resort, we set up a number of steel structures and attached coral fragments from the surrounding reefs to it. Two of these structures are connected to a low electrical current, leading to the deposition of calcium carbonate from the seawater (picture white rock growing







on the steel frame), while one structures serves as a control. Sascha is monitoring the growth of the coral fragments to see whether electricity can help to increase the growth performance of corals – an important question, since this technology could turn out to be a simple

and efficient tool in the restoration and preservation of damaged or threatened reefs. Simultaneously, he is deploying limestone plates at the structures that serve as a substrate for baby corals to settle on. The settlement rates on the structures are then compared to those

of natural reefs in the area to learn about the effects of electricity on coral recruit-

In order to find out more about the mechanisms in reef restoration, we selected a number of 100 m2 rubble fields in the reef (unfortunately, these are a common feature throughout many reefs - a legacy of decades of destructive fishing using explosives and poisons) and erected artificial reef structures made from concrete blocks (these serve as refuge for fishes on the otherwise flat rubble) on two fields, while one remains unchanged as a control. In addition, thousands of living fragments were transplanted into one of the structure sites. In reef restoration, both artificial structures and transplantation of coral are frequently used, and I am interested in the relative effect of both on the fishes living on the reef. To find out differences between the sites, I am counting and identifying the fishes at the three fields once a month. I am also deploying settlement plates to see whether the



presence of structures or living corals has an effect on the settlement of baby corals. After half a year, the first results look promising, the transplanted corals are growing extremely well in their new environment, and the number and biodiversity of fishes is much higher in the site with corals and structures than in the unchanged rubble field and even higher than in the field with structures alone.

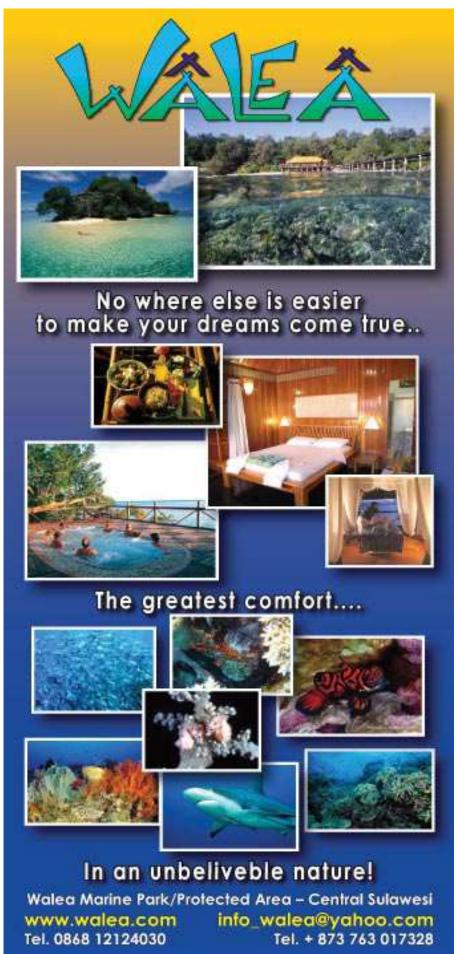


Together with students of Sam Ratulangi University Manado, we recently finished a second set of structures and transplants in the Bay of Manado, close to the village of Meras, and a third one is currently being set up on Bunaken Island with the help of Froggies Divers. While the design of the experiments is purely scientific and is not meant to represent the optimal method of reef rehabilitation, the results will hopefully help us in finding out the best suited and most economically sensible methods in dealing with the increasing threats to our beautiful coral reefs.

I am often asked why I chose North Sulawesi for my work – besides the fact that the marine diversity in this area is unparalleled, it is also the friendliness and generosity of the people here, from local students to resort staff and –owners, that make living and working here truly unique.

For further information on electric reefs, visit www.globalcoral.org. or contact us directly as follows; sebastian.ferse@zmt-bremen.de or sascha.romatzki@zmt-bremen.de

Written by: Sebastian Ferse Photos: Sascha Romatzki



Royal Family members of Holland visit Bunaken national Park

It started in 1991, when
Prince Willem Alexander, 2 of his
nephew princes and Mr. Pieter van
Vollenhoven, the brother in law
of the Queen of Holland, opened
the event "Duik Holland Schoon"
(Dive Holland Clean). This event,
organized by Simone Gerritsen,
had as a goal to "clean" all dive
sites in Holland from garbage, and
the newly certified divers from
the royal family found themselves
willing participating in the event.



During the following years, the contact was sparse but regular, until they, through an instructor student, who is also the personal doctor of Mr. van Vollenhoven, decided to visit us in North Sulawesi for a diving holiday.

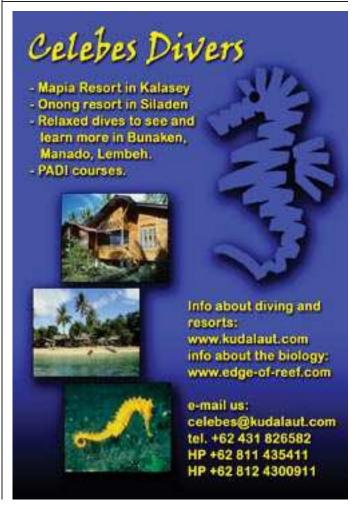
In the past years, a small group of divers had gathered around Mr. Pieter, amongst which his son Prince Pieter Christiaan. This small dive team calls themselves "de Helden" (the heroes) and travels once per year to the best dive sites in the world. This year they came to stay at Hotel Santika and dived with Dive Center Thalassa and more specifically, with Simone.

They were extremely pleased with the level of service (no more than Thalassa gives to other guests) and more over with the dive sites. This very disciplined, safety conscious and environmental aware divers were impressed with the numerous new species of animals they saw in the park and the Bangka Archipelago.

Mr. Van Vollenhoven was so impressed with the variety underwater that he, spontaneous, picked up underwater photography and proudly took his first pictures home on a CD-rom and one of the security guards even decided "on the spot" to do his Open Water Course.

The "Heroes" will be back, maybe even next year. They even talked about buying their own "Heroes place", a proof once over; Bunaken National Park is hard to beat.

By: Simone Gerritsen













Manado EXPO

Well it's that time of year again, or it was by the time you read this and the Manado Expo came and went — sponsored by the Manado City Tourism and opened by the governor, Manado Expo was a huge success. For those of you who didn't get time to go, you certainly missed an opportunity to enjoy cultural performances, perhaps buy some handicrafts and get a taste of some culinary delights from other regions in Indonesia.

Opening day is always crowded and it is difficult to get a parking spot due to all the red licensed government vehicles, but don't let this deter you!! As a foreigner living here, I was excited to see that other tourism departments (from

other regions) had decided to come to Manado to highlight their province- the traditional costumes were interesting to see! Walking through the different aisles one could browse through the ladies handicraft jewelry, ladies shoes (locally made in Java), Batik shirts for men, wooden handicrafts, some educational booths including Lestari, local businesses and banks were all represented.

Sponsored by the MANADO CITY TOUR-ISM DEPARTMENT, Manado Expo gives foreigners and local residents, alike, the opportunity to mingle together and share in the growing tourism sector in Manado, North Sulawesi- Congrats to the City for a job well done.

By: Jeremy Barnes



No Loose Threads: **Gorontalo's**

Kerawang Cloth

Gorontalo Quick Facts Population: ± 900,000 (2003) Size: 12,215,045 km2 Became a province: Feb. 16, 2001 Distance by road: \pm 400 km, 9 hours Distance by air: ± one hours

The floral pattern embroidery on her business suit is quite striking. But closer inspection reveals that the swirls of flowers are not embroidered onto the fabric — but into it. Look at its reverse side: the very threads of the cloth have been replaced to form the design. This is Gorontalo's famous kerawang cloth. Properly called "drawn threadwork," the process of removing and replacing thread to create a design is easy to envision but mindblowing to think of the painstaking work required to pull it off.

The process first begins with the design that shows the areas where the thread must be replaced to create the design. The design is drawn on something akin to graph paper that shows the position of each thread involved in the design. Based on this design, the second step is to remove the sections of thread of the background cloth that require replacing, all the while carefully tying off both

remaining ends of the thread so that it won't unravel. At the same time, certain threads must be left intact to provide a grid to which to insert the thread for the design. A pattern measuring two centimeters will typically require the removing of ten threads in each direction, depending on the material. Although many of Gorontalo's kewarang cloth is found on delicate cotton or chiffon



materials, some threads are too fine to be drawn. After all, the worker must be able to see each thread, clip it, and tie off both ends!

The third step is to replace the drawn threads with colored threads according to the design. Typically for patterns worn by men, the squares of the grid are filled with a complex cross-stitch technique using single color thread. This gives the cloth a conservative, traditional look. Women's floral patterns typically call for two-tone thread, such as red/white, yellow/white, and green/white. These threads are woven in and out of the grid. For fancier designs, multi-color metallic thread is available.

After the colored design threads are in place, there is actually a fourth step. Not all the drawn thread is replaced by design colored thread – otherwise the new pattern would simply be a box shape. Some places where the thread has been drawn still have the threads that form the grid for the design left exposed and loose. Each place where a horizontal and vertical thread meet must be tied together, so the integrity of the fabric remains. This means that each empty box of the grid must by tied off at each of its four corners.

Before the embroiderer begins, the design has been alligned on the original cloth, according to the cloth's intended use. Once the kerawang cloth is completed, it is ready for the final step at the tailor shop if it is a man's shirt or a woman's dress or business suit. Other popular products like shawls, tablecloths, pillow slips, drink holders, napkins, and fans require little to no additional sewing after the embroidery is finished.

Ironically enough, the skills required to make a piece of kerawang cloth are so different that often times a different person is required for each step. Kerawang

embroiderers are typically housewives who want to earn some extra income for the family. Often times they are from farm families

spread through Gorontalo Province. Dry season is when most embroidery is done; during rainy season there is too much work in the fields for needlework. A single 20 x 10 cm design requires about three days work.

No one really knows where such an intricate process originated. Gorontalo's provincial government obtained an Indonesian patent of this drawn thread process in October 2005. But this type of embroidery technique is also found in other places. Both neighboring Sanghir in the islands closest to the Philippines and an area of Sumatera far to the west have drawn thread embroidery. Designs in those places look the same as those found in Gorontalo in the 1970s.

All the current kerawang designs in Gorontalo are the work of one man, John Koraag. What began in the 1980s while at university as a pasttime has become a way for this painter and framemaker to support his family. The walls of his home studio show works in progress and his desk is full of kewarang designs. The traditional-looking patterns on mens' shirts turn out to be his own abstract musings. Storeowners and those who run embroidery cooperatives ask him for design variations to keep customer interest engaged. And so the process continues.

List of Kerawang Stores in Gorontalo City

Toko Aneka Kerawang Jl. Suprapto, Kel. Biawo

Toko Cahaya Kerawang Kel. Siendeng, Kec. Kota Selatan

Toko Kembang Indah Jl. Raja Eyato, Kel. Biawo

Toko Palapa Jl. Suprapto, Kel. Biawo







Critter Watch

Summer time is upon us, again in North Sulawesi. Like clockwork the cool refreshing winds again blow steady from the south bringing us blue skies and making it one of the most pleasant times of the year to be in Lembeh Strait. From July until October every year this weather change takes place and remains the same. The wind is accompanied by a predominant current from the south which seems to affect the goings on of our weird and wonderful underwater community here in Lembeh.

This time last year saw an unprecedented amount of Blue Ring Octopus in the area (Hapalochlaena lunulata).

This tiny octopus is extremely venomous and covered in iridescent blue rings which flash brightly to act as a warning to any foolhardy predators. We had daily sightings on eight different dive sites in the strait. Not only did divers have the chance to shoot some wonderful shots of this elusive, charming yet deadly cephalopod but were also given rare opportunities to study its behavior. Fighting males, courting and mating were all recorded on film and video.

2006 has been the summer of the Rhinopius. Lacy and Weedy rhinopius have been putting in appearances on five different dive sites. Two of Lembeh's less famous dive spots, Aer Prang and Critter Hunt had two of these rare critters in residence. The Rhinopius is a member of the scorpion fish family, often referred



to as 'the king of the scorpion fish'. This critter is extremely rare, comes in a variety of colors and is blessed with fantastic camouflage

making it very difficult to spot on the sea floor. From the limited information that we have on this stunning critter, it seems to prefer the deeper waters out of range of the normal scuba diver. This summer we have been finding Rhinopius in depths as shallow as 12 meters. While every summer there seems to be one of the rarer critters grabbing the spot light, "the usual suspects" are still in abundance. Sea horses and their tiny cousins, the pygmy seahorse, can be found on a lot of Lembeh's 40 dive sites.



The many varieties of Frogfish, including the much sought after hairy frogfish are plentiful at the moment. As always you guide will

be able to find you the ornate ghost pipefish and a host of different colored nudibranchs and flat worms.

Lembeh Strait can quite happily boast to being one of the most populous areas worldwide for the weird and the wonderful. New species are being discovered every





a maximum ratio of 4 divers to one dive guide and stick to a no-glove policy as well as setting a maximum number of divers 15 per dive site -including dive guides, at any given time.

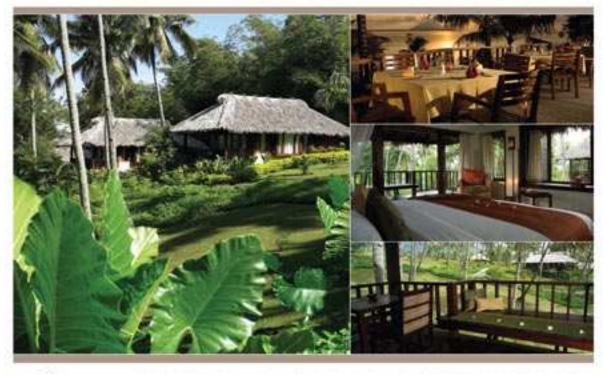
If you haven't been to this side, check it out, you will not be disappointed!!

Text and Photos by **Steve Coverdale**Kungkungan Bay Resort



A hidden paradise of romance, mystic and excitement

that's what our finds prevailing throughout EEMA RADO Report & Squ. a small functions fromtiger reserves.
 Louised in Manuals, North Aglancia, Indonesia, a destination prevailed for world class alleing and morbidity.





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Tele (65) 6-827-5688. Face (65) 6-392-0612. Emails substitutation engineering.



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Bunaken/Siladen:

Cha Cha Dive Lodge

Froggies Divers

Living Colours Diving

Siladen Resort & Spa

Two Fish Divers

Gangga:

Gangga Island Resort

Lembeh Strait:

Kungkungan Bay Resort

Lembeh Resort

Manado:

Eco Divers Manado

Lumbalumba Diving

Minahasa Lagoon

Dive Center Thalassa

Other NSWA Members:

Bastiano's Resort & Diving

Blue Banter Manado

Bunaken Divers Seabreeze Resort &

Celebes Divers

Minahasa Diver

Murex Dive Resorts

North Sulawesi Aggressor

Sulawesi Dive Quest

NSWA Shows Concern

Regarding new developments and activities of the mine under the joint management of PT. Meares Soputan Mining (MSM) and PT Tambang Tondano Nusajaya (TTN) in Toka Tindung, North Minahasa District, North Sulawesi, the North Sulawesi Watersports Association (NSWA) is concerned about the potential for significant long-term negative environmental, social and economic impacts to our industry and region. NSWA is not convinced that the process to review and make a wise and fair decision is ready and we are advocating for the Government to define and implement a fair and open process on this issue. A letter already sent by the Ministry of Environment to PT MSM/PT TTN suggests that their AMDAL might not be valid and that it is therefore in need of review.

Several of MSM's claims regarding the scientific study conducted for its AMDAL have been challenged by respected scientists:

MSM claim no. 1

tensive knowledge of the sea conditions in the Strait.

MSM claim no. 2

"The chemical analysis of the tailings discharge is in compliance with the highest environmental standard in Australia and Indonesia, so the tailings will be as clean as can be. The solid components of the tailings has a chemical content which is equivalent to samples of sea floor muds taken in the area."

The NSWA asks what exactly it is about the chemical content that matches the seafloor muds - does the amount of heavy metals and their chemical species match them? Also, what about the "liquid" component of the tailings? (If that is full of heavy metals that quickly absorb to the solids and then sink to the bottom, this negates MSM's whole premise.)

MSM claim no. 3

"Sediment won't come above 140m from the detailed modeling completed to date. The near surface currents are more complex especially near shore and hence why the tailings must be discharged at depth."

It would be logical to assume that the deep currents are also complex, unless MSM can show us that it has valid data from deep current monitoring (ie, current meters installed at 150m or 200m depth). Were the current studies accurate and are the results of these studies actually included in the modelling? Did MSM properly model the behavior of what is in essence a tailings "emulsion" (super finely ground sediment suspended in water)? Did it take into account the known upwelling in the area is this addressed at all in the model? Did it address the issue of "biological upwelling", whereby deepwater plankton could be contaminated from tailings exposure and then bring this contamination back up to the surface food chain when they do their daily vertical migration from 100's of meters depth to the surface at night?

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on Mining Project Read on

If MSM's study is shown to have been conducted in an inadequate way, then their AM-DAL is undermined and they would not be able to prove that their operation would be environmentally sustainable. In this case, the NSWA believes that a more comprehensive study of this detailed modelling would have to be conducted by an independent scientific review and we would urge the government to delay granting MSM an operating permit until that new study is completed.

The socio-economic argument against mining in North Sulawesi

MSM justifies its planned location for the STDs by saying that it is "principally a fishing area". Even if this were the case, it should be noted that fishing already contributes hundreds of billions of Rupiah each year to our economy. MSM states that "the Toka mining operation should run from between 6-8 years...", which means that the earning potential of the mine, however great, is limited. If a mine operating in North Sulawesi were to damage the marine environment, the potential for the sectors of fisheries to continue to contribute to the province's economy could be lost for generations to come, so the mine, whilst offering a short-term benefit, could harm our economy in the long-run. We know from previous experience that even a perception of a degraded marine environment will lead to catastrophic losses in the fishing community (North Sulawesi's fishing industry sustained losses of over Rp.314B between 2002 and 2003 as a direct result of the rumour that there was mercury in the fish).

But the area in question is not principally a fishing area - it is extremely rich in rare and exotic species, has already undergone tourism investment and is earmarked for further development. It has long been recognized as a province with excellent potential for development of an eco-tourism sector. If the marine environment was damaged, the ability for that sector to survive or grow would also be thwarted. Indonesia is committed to the principle of environmentally sustainable tourism, so the NSWA asks the provincial government of North Sulawesi to come to the protection of its existing investors in the tourism sector.

The environmental argument

North Sulawesi's marine environment contains many species that are on the endangered species list e.g. coelacanth. As the confirmed host of the World Ocean Summit in 2009, North Sulawesi has a responsible to the international community to protect those species.

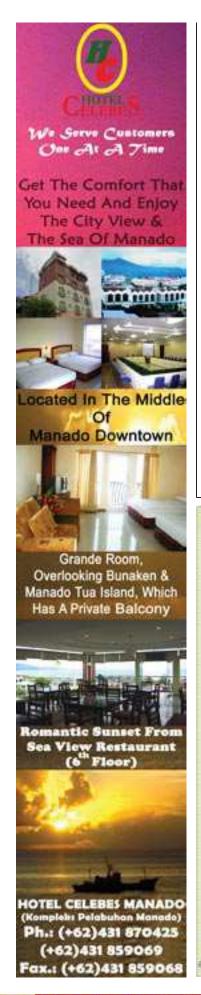
"There needs to be good work done on looking at the sustainability of the livelihood of people in this area along with preserving the reef environments." (PT Meares Soputan Mining, 08 June 2006)

What is the NSWA?

The NSWA is an association of 20 dive tourism resorts and operators who cooperate to develop tourism services, diving safety and environmentally-friendly practices in North Sulawesi and to promote the province as a tourism destination. Any licensed dive operator is welcome to join, whether foreign or Indonesian. The NSWA believes in working closely alongside the local fishing community to sustain North Sulawesi's marine environment, as both communities use the sea to gain their livelihoods. The NSWA is neither a government department nor environmental agency and, contrary to some beliefs, does not manage the Bunaken National Park.

www.divenorthsulawesi.com





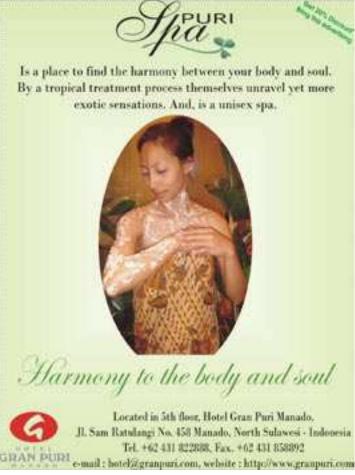
WHAT'S REALLY HAPPENING HOTEL SEDONA MANADO

When I came to Manado in June 1997, I saw that the Hotel Sedona was going to open shortly, to my surprise along with millions of others throughout SE Asia, the monetary crisis struck in July of 1997. Sedona abandoned their project until recently when they decided to target, opening its 5-star hotel in Manado in November 2006.

Fronted by a pristine private beach lagoon and resting on a 24-hectare site, the 247 room hotel is located 45 minutes from the international airport, and a 40 minute boat ride from the spectacular diving sites of Bunaken National Park.

Rooms are impeccably decorated, each has a private balcony with the majority offering spectacular views of the ocean. All the guest rooms are designed to provide guests with the ultimate experienced of comfort and convenience and are equipped with a remote-controlled color TV with satellite channels, local and IDD services, mini bar, internet access and refrigerator. With its own private beach lagoon, Hotel Sedona Manado







beckons guests with a comprehensive range of recreational and underwater activities including a free-form swimming pool, tennis court, fitness centre, children's playroom, an international spa, dive and seaports centre. Guests can also be pampered with a selection

of holistic spa treatments within the hotel premise as well.

Hotel Sedona Manado is managed by Sedona Hotels International, a Singapore-based hotel management arm of Keppel Land Limited. Established in 1994, Sedona Hotels International now actively managers more than 1.200 rooms in the region namely Indonesia, Myanmar, Singapore and Vietnam. Its portfolio consists of deluxe business hotels, integrated resorts, fully-furnished serviced apartments and corporate residences.

By: Jeremy Barnes







Chilled atmosphere on Bunbaken Island, only few minutes away from the world famous dive sites.

Red respecting skilled local guides and european PADI instructors.

Accommodation in private bungalows with sea view and western bethrooms

excellent cooks serving local and western food.





weird and wonderful critters of the Lembeh Strait, the lush reefs of the Banga area and the shear walls of Bunaken combine to make North Sulawesi a "must see "for all divers

All the comparisons from our former life as the Truk Aggressor are favorable in our new life as the North Sulawesi Aggressor. We spent many enjoyable years as Truk Aggressor but Truk was remote and at times a logistical nightmare, in comparison North Sulawesi is a dream come true, freshly stock grocery stores in Manado, skilled tradesmen in Bitung, a large and keen employee pool to hire from and an active, involved and forward looking waterports association combine to make this,

Since our arrival in North Sulawesi nine months ago we can honestly say so far, so good. Both personally and professionally our move from Micronesia has been smooth, non problematic, a good learning curve but above all a thoroughly enjoyable experience.

Our journey from Micronesia was a 2000 mile crossing without a single wave to bump the bow, from Truk Lagoon to Palau

and Palau to Manado we had flat calm seas the entire way, which we took as an omen that we were on to a good thing. Upon arriving we did a dry dock in a Bitung shipyard that made the boat feel brand new. Feeling fresh and new we set out as the North Sulawesi Aggressor and have not looked back.

Many of our guests are Aggressor repeat guests, this year Galapagos Aggressor next year Tahiti Aggressor sort of diver. We can safely say that all our divers so far consider North Sulawesi a true divers paradise, the







Newly renovated full aircon rooms, IDD & Home Direct, private bath with hot & cold shower, carpeted, refrigerator, music, karaoke. Color TV and inhouse VCD as well as satellite broadcast programs

Make the right choice, stay at" NEW QUEEN" Governor's Award for the cleanest and most moderately priced two star hotel in the city center of Manado. Our family atmosphere and hospitality are a long standing tradition in North Salewesi.



in our eyes, an easy place to do business.

We have an on going mooring project that is both practical and environmentally friendly, it is our aim to make our anchor a purely emergency device.

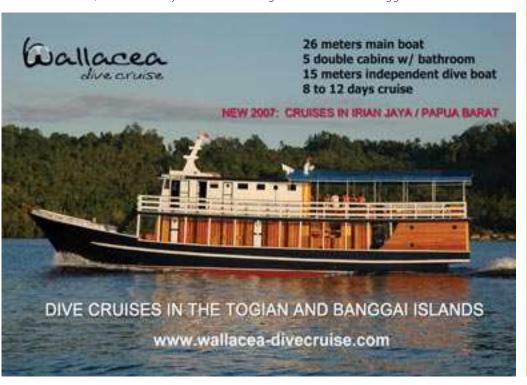
In our opinion the Live Aboard dive scene in North Sulawesi is active and vibrant. it varies in cost and product serving and covering the entire diver spectrum and we believe that we have much to learn from each other.

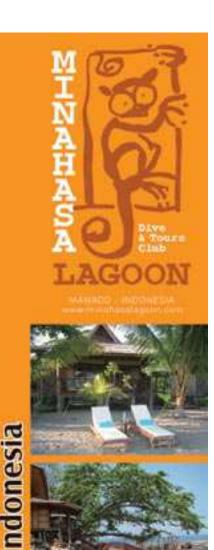
We have many people to thank for our Here to stay. smooth entry to the North Sulawesi dive arena, suffice to say we will not forget North Sulawesi Aggressor

your help and in return will promise a long commitment to this area and will do our part in keeping North Sulawesi a true divers paradise.

For us the equation can only be a winning success, a great climate more or less year round, a diverse underwater world, mouth watering cuisine and last but very, very much not least a local population that are so disarmingly friendly that leaves visitors either wanting to stay or come back at the very soonest.

Capt Niall Lawlor





We don't just want to welcome you, we want to enchant you...

MINAHASA LAGOON is composed of 15 cottages each with 2 to 4 beds, a swimming pool, 2 restaurants, a diving centre, various boats more than 10 metres long and private bases

ALMINAHASA LAGOON every comfortable and air-conditioned burgalow has its own veranda overlooking the sea so that the surrounding view can be fully appreciated: the resort is budy immersed in nature. respectfully integrating with and adapting perfectly to the characteristics of the wonderful landscape.

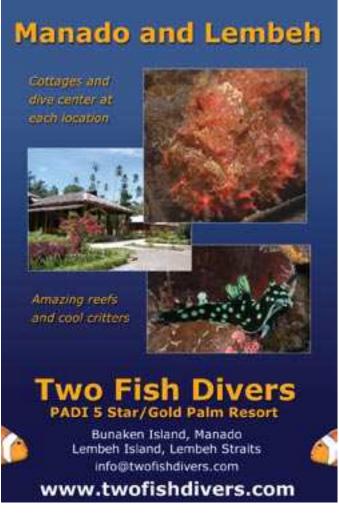
GARUDA MORNING FLIGHTS

cently opened a new route to Jakarta, via Balikpapan departs daily from Manado at 0635.

The management of Garuda Indonesia sees a strong demand in Balikpapan, as well as Jakarta for business travel as well as persons going to Jakarta to catch their international flights.

In an effort to keep ahead of the competition, Garuda has re- The return flight leaves Jakarta at 18.40 via Balikpapan and arrives in Manado at 00.05. This enables the customers from Manado or Balikpapan to go to and from Jakarta in one day.







King of Sate

No, there is no king that I met but I was pleasantly surprised (maybe that happens to easily) when I brought my 2 kids to another new restaurant that opened in Manado. Living in a small town can often play tricks on your mind but this wasn't a trick- the food was tasty, service quick and the atmosphere was pleasant both during the day and evening hours.

Raja Sate located at #39 Jl. Piere Tendean (boulevard) has a full variety of foods to choose from soups, sate, vegetables and even Ayam Kampung (local chicken not from the chicken farm).



We arrive at 7:30 PM on a weekday and we were immediately seated, I chose a seat under

a fan but you can find less breezy places if you like. The menu came immediately and we were actually served within 17 minutes of ordering- (a new record for



reminding the waitress well before the meals!

My favorite is the goat sate which is served on its own little hibachi with accompaniments of Kangkung Cha (local spinach but better) and white rice served on a top of a banana leaf with a plate of course.

We finished our meals, we thought but then the waitress graciously said sir, "please wait, here is your fruit". We finished our fruit with vows to return – we did and we were not disappointed!

By: Jeremy Barnes

Q diving guests on each Bunaken Island on each www.divefroggles.co Email: manado@divefraggles.com Phone: + 62 812 430 1356/1464 A reservation is recommended

EATERIES OF THE MONTH

Manado can be an excellent place to sample the savory flavors of Asia. If you have the time, try the following for an inexpensive sampling of truly Manadonese cooking.

Green Garden – Jl. Sam Ratulangi – Chinese, Indonesian *Babi Bakar (roasted pig)

A & W Rootbeer-Manado Town Square — American fast-food, burgers, chicken nuggets, curley fries, iced tea or rootbeer — reasonable quick service

Pizza Hut- Mega Mall Great pizza, delivery by phone

Sky Dine & Lounge — JI Achmad Yani Sario — AC, good frothy yogurt drinks with nice atmosphere, food is ok — recently expanded their seating spacethey actually have a NON-SMOKING AREA **Save The City** — Kompleks Mega Mas — try the mie seafood and pastry

Oh La La Café — Mega Mall ground floor — croquette madame, soups and cold beer- inside or outside

Excelso Café — Mega Mall 2nd floor — as you can imagine good coffee, especially the Irish Coffee

Raja Sate — Located at #39 Jl. Piere Tendean (boulevard)— Great Sate (beef, chicken, goat, squid and more), vegetables are fresh, cold beer — fast service, better than average atmosphere- owner speaks English

Manado City Map



Note from the editor:

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To Hotel Santika & Thalassa Dive Center To Kima Bajo

- 2 Logam Jaya Gift Shop
- 3 Blue Banter Sunset Cafe
- Mega Mall
 Oh La La Cafe, Pizza Hut
- 5 Ritzy Hotel Matahari Dept. Store Post Office, Internet & ATM's
- 6 Hotel New Queen
- 7 Green Garden Restaurant

LEGEND

- 8 Dolphin Donats
- Money Changer
- 10 Metropole Tour & Travel
- 11) Star Express Tour & Travel
- (12) Steiner Salon
- (13) Sonny's Gallery
- (14) Safari Tours
- 15) Garuda Indonesia Airline
- To Murex Resort & Live-Aboards
 To Celebes Diving & Mapia Resort
 To Lumbalumba Diving
 To Tasik Ria Resort & Eco Divers
- 17) Gran Puri Hotel & GPS Coco Supermaket ATM's
- To Gardenia Highland Resort
 To Kali Waterfall
 To Highland Resort
 To Onong Palace
- 19 To Kungkungan Bay Resort To Airport Sam Ratulangi To Lembeh Resort
- 20) Museum