

An underwater photograph of a coral reef. In the foreground, there is a large, branching, reddish-pink coral structure. To its left, a more textured, brownish-orange coral formation is visible. The background shows a clear blue water column with some distant coral and a small, reddish fish swimming near the top center.

What's Happening

free

Spring 2014 | Volume 20, issue 1

Tourism Information for North Sulawesi

To Our Guests,

It has been quite a while since we published our magazine and many things have changed, some for the better and some not as good as they should be. I take this opportunity to mention some of the positives - The ex-Sedona Resort evolved into Manado Tateli Beach Resort (soon to become a Mecure (Accor) property, Thalassa Dive Center moved their operation (from the hotel once known as Santika) to their own resort (Thalassa Dive Resort formerly Barracuda Dive Resort) only a short distance from town and the airport, and Eco Divers are now the sole dive services provider at Minahasa Lagoon and also have taken over the management and operation of the dive center at NDC, the first dive resort in Manado, which opened 40 years ago. I have seen the path at Mt Mahawu modernized to make it more accessible by adding cement stairs and a railing, and as we cannot stop progress, we can support it, if in fact it is sustainable.

North Sulawesi is forever trying to rediscover its direction- is it going the way of non-sustainable growth providing few jobs and destroying the environment in the area of mining or other such non-sustainable industries or will it choose the high road and select community based eco-tourism projects. There are indications that CBET (community based eco tourism) might win out. The two indicators are an upcoming project on Manado Tua which will involve the community and building a trekking path to the top of the peak. The second is the Supreme Court decision where a Chinese mining company and Bupati's request for mining on the small Island of Bangka was rejected and the people from the island won the case.

Keeping all of this in mind, you our guests are an important part of the process and we need your input in order to try and influence the powers that be. So drop us a line at, jeremy@manadosafaris.com and tell us and our government how you feel about the way you see Manado and the surrounding areas.

Sampai Jumpa Lagi (see you again)

Best regards,

Jeremy H Barnes

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Cover Photo:

The photo is a Rhinopias aphanes scorpionfish, taken 11 November 2013 on a muck dive off the tip of Flores heading to Alor on the Komodo Dancer, this was the first day of diving, second dive of the day.

Cannon Power Shot G12, micro setting, at about 18 to 20 meters.

In Memorium

We would like to extend our deepest condolences to the family of **Dr. Hansie Batuna** who passed on to the next world on May 19th, 2014. As the pioneer of diving in North Sulawesi, he was truly a legend and made considerable contributions and inroads into the development of resorts and sport diving. He was also my mentor when we went game fishing far off the coast of Manado. He leaves behind his lovely wife, two daughters and a son. "May He Rest in Peace"

Siloam Hospitals Manado

As a tourist destination, home of the world-famous Bunaken Marine Park, the city of Manado and its surrounding areas offer its unique charm and distinct personality to local and international visitors.

It dreams of becoming one of the more popular Meeting, Incentive, Convention and Exhibition (MICE) destinations in Indonesia. Before June 2012, one thing was sorely lacking as one of the requirements to support this vision: adequate and modern healthcare facilities. On 1 June 2012, Siloam Hospitals Manado (SHMN) officially opened its doors for the public. Since then it has been making continuous improvements in providing quality healthcare. Fully-equipped

with state of the art equipment, Siloam Hospitals Manado presented many firsts as a hospital in Manado. It is the first to have a 1.5 Tesla MRI, 128 Slice CT-Scan, 4D USG and a Cath Lab. Its radiology department is comparable to any modern hospital in Jakarta.



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2

Recognizing the need for speedy and timely response to medical emergencies, SHMN presents its Emergency Department, a truly International Standard Trauma Centre based on the international best practice guidelines in relation to the American College of Emergency and the Australian College of Emergency Model. Its doctors, nurses and paramedics have been specially trained to handle heart attacks, strokes and trauma. Each of its two Ambulances are not just ordinary transport vehicles, but equipped with AED (Automatic External Defibrillator to stop life threatening cardiac arrhythmias and reestablish an effective rhythm) and emergency kit ready to handle any kind of medical emergency. It is a moving hospital, so to speak.

As a comprehensive healthcare service provider, SHMN has 3 Operating Theaters, 36 Specialists' Consultation Rooms, a Chemotherapy, Hemodialysis Unit, High Care and Intensive Care Units, and Neonatal Intensive Care Unit.



What's Happening



No longer do we need to travel abroad or to Jakarta to be able to get the benefits of high-tech diagnostic medical equipment or enjoy state of the art hospital facilities. The people of Manado and its visitors who wished for warm and friendly healthcare service will not need to look far. SHMN is located in the city's Central Business District, easily accessible by any public transport.

SHMN is part of Siloam Hospitals Group (SHG), a healthcare pioneer in Indonesia and over the last 17 years a major part of many significant milestones and developments. As of April 30, 2013, Siloam operates 13 hospitals, with a total bed capacity of 3,436 beds, 1,178 doctors (including 930 specialists), and

employs 2,607 nurses and other allied health personnel. Siloam also won the "Indonesian Healthcare Services Provider of the Year: Best Practices" award from Frost & Sullivan in 2010 and 2012, and received an "Excellence" award from the Asian Hospital Management Award in 2011. To ensure Siloam's medical facilities are operated to the highest standards, it actively collaborates with international medical services providers, including Singapore Health Services Pte. Ltd.

For more information please contact:

Marketing Communication

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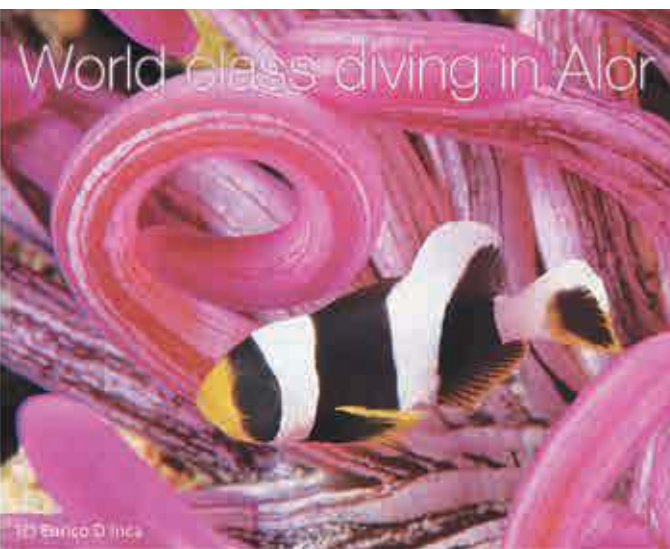
Big Mouth

They just sit there, a lumpen mass with feet, employing immobility as brilliant camouflage, appearing as a sponge would. Looking and acting like a sponge doesn't seem exciting, but frogfish are firm favorites among divers for their stoic, slightly stunned expression and interesting hunting techniques.

Divers squeal and squirm with delight on sighting these steadfast sentinels. Most muck aficionados can easily recall their first frogfish experience. These enigmatic beasts are found in all tropical seas aside from the Mediterranean, but for no known reason they seem to be most common in Indonesian waters. Since Lembeh Strait is considered The Frogfish Capital of the World, there are numerous species to search for and they are spotted by



experienced guides on virtually every dive in the strait. As is well-known, they use a "lure", known as an esca, atop a "fishing pole" called an illicium, which is actually a modified dorsal spine that can be folded back against the body when not in use. This fishing apparatus is different with each species and is an easy way to differentiate between various species. In



Virgin slopes and walls with generous coral growth, scenic underwater rock formation and pinacles, excellent fish life, critters dives. Unlimited diving on pristine house reef, seasonal passage of whales. Small intimate resort with personalized attention, stretched layout, all sea front bungalows. An ideal spot to enjoy unspoiled 'virginity' of Alor Archipelago and its marine richness.



waving around the lure - using different waving actions for different species - they attract prey, "fishing" outside a hole in the sand or more usually just angling from a rock, sponge or coral head. If a fish shows interest in the waving lure and approaches, the frogfish gulps the prey in an action as brief as six milliseconds, which is too fast for the human eye to comprehend.

The mouth cavity can expand up to twelve times its resting size and the fish is drawn in along with the surrounding water, which is expelled through the gills. They can inhale prey their own size or slightly larger in extreme cases, even resorting to cannibalism if given an opportunity. But they don't always need to "fish" for their fish. While passively passing the time, if a palatable paddler happens to swim too close, it literally disappears, so quickly in fact that if part of a school, the school remains undisturbed as they don't even realize that a member has vanished.

They differ from most fish in that they do not have gills along the side of their head. They breathe in through their mouth

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and exhale through a gill opening behind each leg, which seems odd. They usually get around by walking, using pelvic fins, but when they wish to leave the bottom and move more quickly through the water they can gulp water and jet-propel themselves without finning, but rather by just steering with their fins and relying on their exhalation to propel themselves, still relatively immobile, but tilting somewhat, listing as they seem to fly by.

In Lembah Strait I have seen eleven distinct species, with other probably different species as frogfish identification can be murky since most species have a variable appearance. Even with established species confusion often comes into play. One may see a striated or "hairy" frogfish with a pom-pom esca or an esca resembling a broom rather than the traditional wiggling worm esca, which leads to questions of taxonomy (new species?!). There is even a lembah frogfish, also known as a shaggy frogfish, which resembles the hairy frogfish (*Antennarius striatus*), which it is often confused with, even in fish

identification books.

But the lembah frogfish is smaller as an adult, has shorter "hair" (though the hairy frogfish can be "bald" in some cases) and sports an esca that resembles a moustache and when in use can be remarkably similar to a wee shrimp to the point of having a pair of "eyes". Some clown frogfish mate with painted frogfish. Are individuals with characteristics of both species the result? As new species of marine life are identified in Lembah with regularity, it would not be surprising to have a few more frogfish species coming to light. They come lumpy, smooth, hairy, striped, spotted and in an array of colors, with the ability in some species to even change their color. With so many variations in size and appearance, there's a frogfish to suit anyone's and everyone's tastes: the marine equivalent of a squishy, lumpy cuddly toy, with a huge mouth.

Bruce Moore
Black Sand Dive Retreat
www.blacksandive.com



Together We Will Save the Yaki!

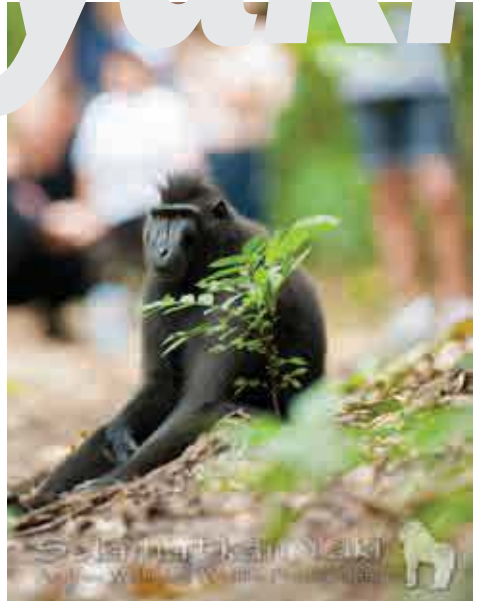
Macaca nigra conservation by Selamatkan Yaki

As Alfred Russel Wallace discovered in the 1850s, Sulawesi is characterised by exceptional species diversity, a cross-over between Asian and Australian wild life yet uniquely evolved as a result of the deep surrounding seas and a subsequent long time of isolation.

The Sulawesi crested black macaque (*Macaca nigra*) is such a species, found nowhere else on the planet. They are different from their neighbour macaques (long-tailed and pig-tailed) on Borneo. First of all in colouration as the *Macaca nigra* or locally known as yaki, are entirely black and have a distinctive Mohawk, i.e. their crest of hair. Furthermore, these animals lack the long tail of their neighbours because they spend more time on the ground due to the absence of feline predators.

Unfortunately, Sulawesi has the third largest deforestation rate of all Indonesian islands, just after Sumatra and Kalimantan. It has now lost over 80% of its forests to agriculture, logging and mining. Consequently, there are only few places left that can be inhabited by the special and unique fauna of North Sulawesi.

The main threats which endanger the yaki are habitat loss due to deforestation and hunting for consumption and pet trade.



These unique monkeys are currently struggling to survive and are experiencing a population decline of more than 80% in the past 30 years. For this reason they are now considered Critically Endangered by the International Union for the Conservation of Nature (IUCN), which is an international institute for the protection of nature and natural resources. Tangkoko Dua Saudara Batu Angus Nature Reserve in North Sulawesi is thought to hold the last viable yaki population in Sulawesi. There are now estimated to be under 2000 yaki left in Tangkoko and there are likely to be less in the other remaining forests of North Sulawesi.



Selamatkan Yaki & The Yaki Pride campaign 2013-2016

Selamatkan Yaki is a conservation, research and education programme focussing on protecting the remaining populations of the yaki. By working collaboratively with local communities and other stakeholders, we aim to reduce the threats to this species by means of protected area management, education and awareness raising, ecotourism and sustainable community development.

These charismatic macaques can be seen as “Protectors of our forests” as they play a vital role in maintaining a balanced ecosystem, e.g. by eating fruits and dispersing the seeds which allows forest regeneration. They furthermore are an important “Flagship species”: by protecting the yaki and its habitat, we protect many other unique animals that live in the forests of North Sulawesi. As we rely heavily on the natural resources that the forests bring us (e.g. fresh air, water and protection against natural

disasters like floods) this brings the circle back to us: it is our turn now to maintain the balance by protecting our yaki, the forests and the many species in them!

We cannot save the yaki without the help and support of the Minahasa communities. For this reason, we are currently facilitating a Yaki Pride Campaign. In this campaign we raise awareness and support for their conservation. Our goal is that the yaki will be recognised as a symbol of pride throughout Minahasa. This will create a sense of responsibility in all layers of the community, leading to actions to protect the wild yaki population and its native habitat for the current and future generations.



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Since last June we have connected with Universities, Nature Lovers Clubs and the North Sulawesi Institute for Art & Culture at the Minahasa Museum (Pa'Dior). We furthermore gave talks at the Church (GMIM) Teenage & Youth Camps. Last but not least, we received support from celebrities: the famous Indonesian band SLANK and the chief editor of the popular Indonesian music magazine TRAX, Andre Sumual. Please find our blog for details on these special encounters.

How can you help? Many exotic yet endangered animals can still be found in local markets. As a valued visitor to North Sulawesi, please do not buy any animal (dead or alive) as this will stimulate the hunting and there are only a few left in

the wild! Help us secure a future for the endangered wildlife of North Sulawesi, so local communities and tourists like yourself can continue to appreciate the unique beauty of this island.

Spread the message about the unique yaki in your country and support us through our website (including our donation link):

www.selamatkanyaki.com

"Liking" us on Facebook& following us on Twitter and Pinterest!

Contributed by:

Thirza Loffeld, **Selamatkan Yaki's Education and Advocacy Coordinator.**

Email: thirza@selamatkanyaki.com

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Manado International School

Having lived in half a dozen countries and visited a dozen more I can tell you that northeastern Sulawesi is indeed a unique corner of the world.

Now since I am a teacher by trade I see things from an educational perspective. I have taught in Australia, North and South America, Europe and now Asia. Presently I am teaching in Manado International School and really enjoying it. If you come to this amazing part of the world as a tourist and find yourself wanting to return to settle, be assured that if you bring children with you they can receive top class education here.

There are several very good schools both day and residential of various sizes and styles in the local area, but Manado International School has the distinction of offering the entire curriculum in English, except for the government prescribed Bahasa Indonesia language requirement.

In addition the facilities here are excellent. All classrooms are air conditioned. A new five story classroom block has recently been added to the campus. We have a well-maintained swimming pool, a soccer field and three very large indoor sports halls.






Teachers and students hail from a dozen countries. Many students graduate to find acceptance in universities in Australia, the USA, Singapore, etc and in reputable institutions locally and in Java.

Besides the normal full-orbed curriculum from kindergarten through to Grade 12, many additional programs are offered: Health Week; Science Week; Music Week; Save the Earth Week; Prayer Week; Guidance Week; Indonesian Week; Community Service Week; IT Week; the MIS Cup and Intramurals. We also have a strong ESL program and field trips and camping both locally and overseas.





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By: **Paul Macintosh**
www.mis-mdo.sch.id



Bunaken Beach Clean-Up

The weather was sunny that morning, just perfect for sailing from Manado to Bunaken Island. Marina Plaza, one of the shopping complexes in Manado which is also a dock for tamaran – a term used by local people for this style of boat- that will be heading to Bunaken, became more crowded than usual.

Many people were gathering at the dock including officials from the provincial and municipal government, private sector groups as well as teams from US Embassy. On that day, we were planning to go to Bunaken as part of Consulate General (team) of United States in Indonesia - Joaquin Monserrate - agenda for his visitation to Manado. One of the activities that we planned was a beach clean-up. Bunaken is well-known all over the world for its beautiful coral reefs and diverse species. It's not surprising that both the central & provincial governments as well as local governments of North



Sulawesi have been promoting Bunaken as a natural tourist attraction.

It took about 45 minutes to reach Bunaken. During the trip, we were looking



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at the beauty of some of the surrounding islands near Bunaken (Siladen and Manado Tua) as well as the rows of mangroves as we neared the island.

We visited several places on the island, one of them which I think is quite interesting is the Waste Bank formed by a community group called 'BRITS Bunaken' through guidance from the provincial

environmental department. Waste Bank is a place where the community can sell their trash and it is intended to teach the community about recycling and addressing garbage problems on their island. BRITS itself is an acronym for Bersih (clean), Rapih (neat), Indah (beautiful), Tertib (orderly) and Sehat (healthy). For a long time, the trash problem on the island seemed endless. In certain seasons, the



community could watched lots of garbage floating in the water brought in by the current. However, now with the presence of Waste Bank the community -ranging from children to adults- are vying to collect trash (mostly plastic). The trash is then carried to the Waste Bank and the collector is given a nominal sum of money based on the amount of trash that they bring to Waste Bank.

My colleagues and I were lucky enough to get a chance to join with team of Consul General USA Surabaya and the Governments of North Sulawesi and the City of Manado to conduct an activity that we think is in accordance with our company's commitment to the environment. We participated in the mission of preserving one of the well-known tourist attractions in North Sulawesi and at the same time,

encouraging and raising the awareness of local people about the environment. Back in Amurang, South Minahasa, regency where our copra-crushing plant is located, corporate social responsibility is part of everything we do. We've done many things related to community development and volunteerism is become part of our company's culture. Therefore, when the US Embassy contacted us to support this program, without a second thought we instantly agreed to do so.

Regardless of what becomes my daily work, I personally feel proud to have participated in this activity. As the indigenous people of North Sulawesi, I feel grateful to see that there are other people who come from outside the region (even from abroad) who are willing to take care of one of our tourist attractions in North Sulawesi.

Contributed by:
Pamela Runtu – CSR Coordinator for PT.
Cargill Indonesia, Amurang



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The Mudbath - Lake Linow

One of the main attractions in North Sulawesi is the abundance of volcanoes, calderas and other related so called 'hot' places. As it lies in the 'Ring of Fire', one inevitably will stumble across a number of active volcanoes and the hot water springs.

The natural element will indeed rejuvenate one's body as the content of the 'mineral water' and also the much needed 'mud' for your skin as it has the unexplained ingredients. During one of my visits, I headed for Lake Linow (Danau Linow).

From Manado, as usual one will take the winding road to Tomohon, enjoying the scenery along the way. Clove and coconut trees will be the standard vegetation as

North Sulawesi is well known as the main producer of coconut products ranging from virgin coconut oil to a complete house made of solid coconut tree trunk. To the local folks, a coconut tree planted is not merely for their children but also for their grandchildren as its lifespan is more than fifty years. All the while, coconut is much more favoured compared to palm oil. Occasionally, there is terraced padi field, small but elegantly maintained. The farmers were seen planting traditionally, put the machines aside. Finally after splendid scenery along the way, we made a left turn and climbed up slowly. We passed by a caldera, smoking, steam jetting out steadily. After paying a nominal fee (entrance fee) we parked the "mobil"



Caldera enroute to Lake Linow

and walked down slowly along the walkway surrounding the lake.

There were a flock of cranes, searching for food despite bubbles were present revealing the temperature of the lake. There were no other guests thus leaving us to enjoy the place by ourselves. We stopped at the restaurant located near to the infamous 'mud bathing area' and the friendly staff served us hot fried bananas, sweet cookies made of sago and local coffee (surprisingly it was included in the entrance fee!). Indeed in no time at all, the food was gone and it was time to be indulged with the healthy activity – mud bathing! Slowly we explored the area carefully as steam was all over the place, the smell of sulphur was inevitably reminding us that we were actually in the crater of a volcano.

Rain had just stopped thus the air was rather cool and indeed to soak ourselves in the lake became our main priority. We changed our clothes in the rest room



located underneath the restaurant (clean and elegantly designed), and away we headed for the white coloured rocks and mud.

After carefully browsing the area, the mud hole was discovered and the temperature was immediately measured, lucky us it was not too hot thus allowing us to straight away apply the mud to our skin. Warm and soothing, you can feel it creep into your

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Mud Bath Area

skin and penetrated deeper into one's soul! The sounds of the hot spring water flowing, the hissing of steam escaping through the many holes; all added to the excitement.

As the effect was said to be much more rewarding if we let the mud dry at least for half an hour, we kept on splashing ourselves with more mud, occasionally mixing with the ever flowing the hot

water from the ground. The hot but soothing water seeped into the skin and transformed one's mind into a state of tranquility and peace. I must say that it is a big loss if one does not take the opportunity to visit here during a trip to North Sulawesi.

The owner could add some other activities such as the 'slow boat ride' in order to further mesmerize the visitors. I was also told that several chalets are also in the pipe line thus giving the visitors options to spend the night, who knows they might want to experience the night mud bath! After nearly an hour of splashing and bathing, we decided to clean up and pay a visit to the restaurant in order to feed our hungry stomachs, most probably due to the 'treatment'. Indeed, the second time the food was no longer 'gratis' but the price was reasonable and freshly prepared.

Contributed by
Muqaddis Ahmad Radhi
(Frequent Visitor)



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A New Beginning

The start of a new year is always a good time to reflect on the past. For Thalassa Dive Center, 2013 was a year of tremendous changes. After having operated and run one of the largest Dive Centers in North Sulawesi at the Hotel Santika Manado for 16 years, it became clear that it was time for them to move on and start something new.

Thalassa moved into Barracuda a long time existing resort bringing some of their best team members and their “life” started again.

A thorough renovation was deemed necessary to “resortize” the place, which took the better of 3 months, and in May 2013, Thalassa re-launched their activities

and the resort is now called “Thalassa 5* PADI Dive Resort”.

The resort has 11 bungalows and cottages and 7 Superior/Standard rooms, all with a splendid view over the sea. Their two slogans “Come as a Guest, Leave as a Friend” and “Thalassa Goes Green” can be felt all over the resort. Their 40 highly- motivated staff members create an atmosphere where everyone, young or old feels welcome and comfortable and they make an effort to have the least possible impact on the environment. Facilities include two nice swimming pools, a small spa, a 5 * Dive Center and a main building, housing the restaurant, coffee corner, bar, souvenir shop, a pool table, a small library and reception area. There is also



free Wi-Fi available for guests to keep in touch with work or family.

The well-equipped and famous Thalassa 5* Dive Center is housed in a new building which includes a dive shop, a rental area with 14 sets of new Aqualung equipment, a tank filling station, Nitrox, a AC camera room, showers and lockers for guests and of course, a bar and a relaxing terrace.

Activities around the resort, besides diving and snorkeling include billiards, soccer, basketball cooking classes, a walk on the local beach or to the local villages as well as a day trip to the white sand beach of Siladen Island. For those who never tried but always wished they had,

Thalassa offers professional dive introductions andw courses, performed by one of the 5 PADI instructors on site.

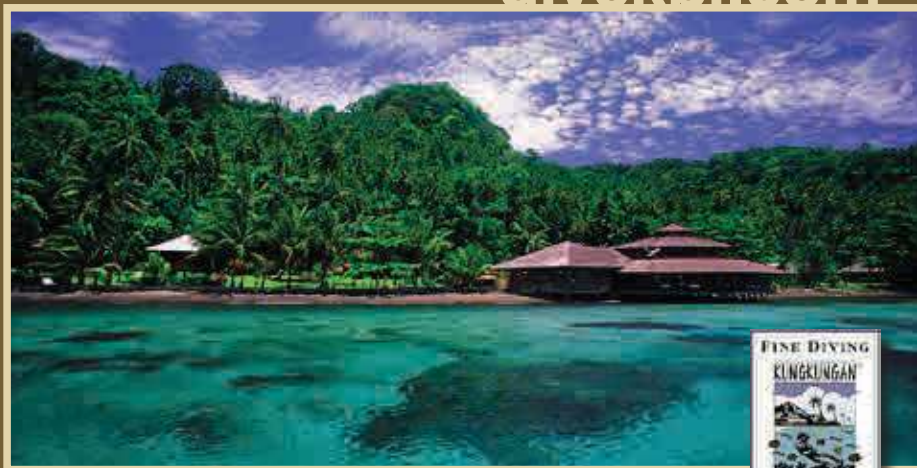
Their "Thalassa Goes Green" slogan stretches as far as teaching the local children to protect the environment, with the focus on the marine park. Thalassa organizes and hosts beach cleanups on a regular basis as well as environmental protection programs such as; Finathon a program designed to raise funds to create awareness to stop shark finning.

Submitted by:

Thalassa 5* PADI Dive Resort

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Fine Diving in the Lembah Strait

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Come for an above comparison journey

Finathon at Thalassa Dive Resort

The environmental organization AWARE, founded and supported by PADI, dedicates itself to the protection of the marine realm, more specifically the organization focuses on the protection of reefs, sharks, turtles and fights against the ever increasing amount of plastic trash in the oceans.

One of the actions AWARE has initiated named and promotes is the Finathon in which divers all over the world try to raise money by swimming long distances using mask, snorkel and fins.

Thalassa Dive Resort, a local dive resort, who has been supporting and leading the fight for environmental protection and awareness through the local schools,

organized the first Finathon in Manado on the 14th of December 2013. With 8 teams of 6 snorkelers the Finathon started at 6PM and ended 12 hours later at 6AM the next morning. Six teams came from students at the dive tourism high school, one team from the local university, marine biology department and of course one team from Thalassa Dive Center. From every team one person swam as many meters as possible for half an hour, after which he or she was changed by the next swimmer and so on. The system of fund raising was determined as follows; for every 100 meters that one of the participants swam, 1 or more donors contributed an amount between Rp. 1000 and Rp. 5000 Rupiah (between \$.10 to \$.50). Statistics: the total amount that



was collected was 8.790.000 Rupiah; about \$870 which was donated to Project Aware. The total distance - 155.8 kilometers; an enormous achievement. The ages of the swimmers ranked between 15 and 60 years old.

Thalassa Dive Resort will receive an award from project AWARE as having

conducted the best environmental event of the year 2013. Our next Finathon will be planned soon, so please join us if you can, and help to save & protect the marine environment, and especially the sharks.

For more information:

www.thalassamanado.com



"A Slice of Culinary Life"

by John Soucy (email: anijohn_123@hotmail.com)



Eggplant Lasagna

(terong/fokifoki no meat)

Stop in Tuscany, Italy for a taste of wine and some extraordinary Italian food. Eggplant Lasagna is one dish so famous and easy to cook - with all the ingredients in any Manado Supermarket....

PREPARE: OVEN 400. medium / 9x13 glass casserole baking dish. 6-8 eggplants, 6-9 uncooked lasagna sheets, 2 cans Italian Plum tomatoes, 2 onions, spices: oregano, thyme, nutmeg, tarragon, @ 10 Seldri stalks, 3 cloves garlic, oil (olive oil: 6 Tbs). 10 +- mushrooms. Salt / pepper

"Avanti!" (Let's Try it!)

- ✓ 6-8 eggplants unpeeled; sliced @ ½ cm.
Layer in a colindar lightly salted between layers.
Leave 1 hour then rinse and dry. Set aside.
- ✓ 4 +-Tbs oil heated in fry pan. Fry slices of eggplant till start turning brown.
Remove and set aside on paper (to absorb oil)
- ✓ 2 large onions (bawang Bombay) finely chopped
- ✓ ADD to fry pan .. 1+ _ Tbl oil. Cook onions 5 minutes.
- ✓ ADD 2 cans chopped (diced) Italian Plum Tomatoes (Hypermart).
- ✓ ADD 1 tsp dried oregano, thyme, tarragon, 10 chopped seldri stems, 3-4 garlic cloves (fine chopped). Pinch of nutmeg Salt and pepper.
- ✓ Bring to a boil, then (api kecil) simmer 30+ minutes not covered
- ✓ ADD(optional)... 10+ sliced mushrooms squeezed in a towel and fried in a dry pan.
- ✓ Layer in casserole dish: 1) thin layer of tomato mixture; 2) layer of eggplants;

3) layer of mushrooms; 4) layer of lasagna sheets.

REPEAT layering using all ingredients.

*Lasagna sheets are last layer before cheese sauce.

CHEESE SAUCE for final layer

NEEDED: 2 Tbs butter , 2 TBS flour, 1 ½ cups milk, (optional) ½ tsp mustard, pinch of nutmeg, 1 cup grated cheese, 1 Tbs Parmesan cheese

COOKING the sauce: 1) melt butter over LOW fire; 2) ADD flour. Cook and stir for 1-2 minutes; 3) ADD milk slowly and stir till thickened; 4) ADD cheeses, mustard ... stirring till melted. Spoon over the lasagna casserole covering ALL. Oven 400 degrees.....

✓ Bake 30 minutes

Mange tute! Enjoy the dish....

Next issued: French Chocolate Silk Tart



KASAWARI LEMBEH RESORT

BOUTIQUE DIVE RESORT

INFO@KASAWARI-LEMBEH.COM
WWW.KASAWARI-LEMBEH.COM



Plant a Tree, Save

Manado Tateli Beach Resort is proud to participate in Planet 21 Day (Earth Day) April 21, 2014. Some of you might be wondering, what is Planet 21? Stay tuned and have a read.

Planet 21 is a social event in favor of sustainable development created specially by Accor. The name Planet 21 refers to the 21 Agenda, an action plan

adopted by 173 Heads of State at the 1992 Earth Summit in Rio de Janeiro. It endorsed the urgent need to focus for the 21st century, to change our production and consumption patterns with the goal of the protection of our planet, its people and their environment.

Blue Bay Divers
sunshine

**COMBINE PARADISE
ISLAND AND LIVEABOARD
SAHAUNG ISLAND
BANGKA
NORTH SULAWESI**

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e the World

plant for the
PLANET

Planet 21 Day - 21st April



Planet 21 contains 7 pillars, 21 commitments and objectives in a total of 93 different countries. With Planet 21, Accor is moving towards sustainable hospitality as well as its future development and innovation processes. One sample of the sustainable program that have been followed by all of Accor Group Hotels, including Manado Tateli Beach Resort, is the formula of “5 towels reused = 1 tree planted”.



The principle of this unique project is to offer guests the option of reusing their towels, with half of the savings on laundry bills then allocated for tree planting projects.

On Tuesday, April 22, 2014, in accordance with Planet 21 Day & Earth Day, Manado Tateli Beach Resort took part in this sustainable program. It truly was a wonderful experience and added to everyone's individual awareness—we helped mother earth by planting a total of 50 trees/plants inside the hotel grounds.

This activity demonstrates the hotel's commitment to rally teams and guests around sustainable development. Plant a Tree, Save the World Program, had more than 50 persons, including Hotel Staff and guests and we managed to plant all of our 50 trees/plants in 1 hour. Here is but a sampling; Cinnamon, Nutmeg, Durian, Langsa, Orange, Soursop, Coconut, Eggplant

The tree planting program was warmly welcomed by Mr. A.Z. Warow, Secretary Department of Forestry and Mr. Royke Mongisidi, Head of Sub-District Mandolang District of Minahasa, who was also one of the participants.

"The program of planting 50 trees & plants opens the first phase of Manado Tateli Beach Resort care for the planet program. We will continue to carry out the next phase with



TWO FISH
Divers

TROPICAL ISLAND RESORTS

BUNAKEN & LEMBEH

PADI 5* IDC resorts • Free Wi-Fi • 24-hour electricity • running hot water showers • freshly cooked food • cafe with cold drinks



BUNAKEN **LEMBEH**

Continue your adventure & visit our resort in Bali on Nusa Lembongan or visit all three resorts with our

Indo
Dive Safari

BUNAKEN • LEMBEH • BALI

- DM Courses in all three locations
- Tec Diving and Courses
- Flight booking service to/from Bali



the planting of 100 plus trees & plants outside hotel grounds, with the target as Tateli Village as stated by Florent Michaud (GM).

This event is a donation from the hotel to our environment by preserving the environment for the good of the planet

and for future generations. Secretary Department of Forestry Minahasa and head of Sub-District Mandolang agree, and support this plan.

"Department of Forestry Minahasa will support the concept by providing 100 seedlings particularly for this program",

hotel reservation

highland tours

white water rafting

volcano trekking

Tangkoko nature reserve

Safari Tours
by TRAVEL

178 Jl. Sam Ratulangi • Manado

www.manadosafaris.com

Phone: 857637





said Mr. AC Warow.
Think for the future
Let's Plant and Save the
World

Contributed by:
Manado Tateli
Beach Resort
Florent Michaud (GM)
gm@manadotatelibeachresort.com



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brochure design
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logo - etc.

banners
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Mobile:
+62 813 400 87925
josaphat.s@gmail.com

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 what is available in North Sulawesi.

Green Garden

Jl. Sam Ratulangi
Chinese, Indonesian *BabiBakar (roasted pig)

McDonalds

Mega Mas Beachfront American fast-food, burgers, chicken nuggets, fries, coffee bar with cheesecakes—can eat outside

De'Sushi

Megamall ManadoGF 42
Sushi, sashimi, and Bento Box—ask for wasabi and ginger before you sit down

Pizza Hut

Mega Mall& Manado Town Square
OK pizza, delivery by phone

Chuan Tin Restaurant

Megamall Manado Unit GF no. 38
(Walk in to the mall from Boulevard side turn right to Pizza Hut, then follow the alley to the left--
LomieHokian(portions- s,m,l)-(one of my favorites)

Qua-li Manado Town Square

Located on the ground floor of Manado Town Square- try the Black Hokkien Noodles, a must if you like seafood

Raja Sate

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

Gardenia Country Inn – TOMOHON

(Phone: 351282) (A favorite 5*)
Located off the main road in Tomohon
outdoor setting, great for lunch, some of the best food in North Sulawesi, call first!



TRAVELLO ***
W: www.travellomanado.com
T: 0431-855999
F: 0431-844999
E: hotel@travellomanado.com
Jl. Sudirman No. 123 Manado 95122

Manado City Map



- ① To Thalassa Dive Resort
To NDC + Eco Divers
- ② Logam Jaya Gift Shop
- ③ D'Terrace Restaurant
- ④ Mega Mall
Excelso, Pizza Hut
- ⑤ Hotel Aryaduta
Matahari Dept. Store
Post Office, Internet & ATM's
- ⑥ Tikala Shiatsu
- ⑦ Green Garden Restaurant
- ⑧ Money Changer

- ⑨ Bahu Mall
- ⑩ Star Express Tour & Travel
- ⑪ Bumi Beringin B&B (under renovation)
- ⑫ Sonny's Gallery
- ⑬ **Safari Tours**
& TRAVEL
- ⑭ Garuda Airlines
- ⑮ To Murex Resort & Live-Aboards
To Celebes Diving & Mapia Resort
To Lumbalumba Diving
To Tasik Ria Resort & Tasik Divers
To Manado Tateli Beach Resort
To Minahasa Lagoon
- ⑯ Gran Puri Hotel & GPS
Multimart Supermaket
ATM's

- ⑰ To Gardenia Highland Resort
To Kali Waterfall
To Highland Resort
- ⑱ To Airport Sam Ratulangi
To Lembeh Cottages
To Kasawari-Lembeh Resort
To Kungkungan Bay Resort
To Lembeh Resort
To Novotel Manado
Museum
- ⑲ Museum
- ⑳ SilkAir
- ㉑ Manado Town Square
Hypermart
- ㉒ Quality Hotel Manado
Lion Plaza Hotel
- ㉓ Sintesa Peninsula Hotel Manado