

FREE!!!



Palau Community College

MESEKIU'S NEWS



Friday, August 16, 2013

Weekly Newsletter

Volume 15, Issue 33

Japanese Era Nurse Visits Palau Community College



(top, left to right): Executive Assistant Todd Ngiramengior and Ms. Ann Lund.
(bottom, left to right): Mr. Noboaki Nakashita, Ms. Ayako Nakashita, Ms. Teruko Yamada,
and PCC President Patrick Tellei.

Palau Community College (PCC) was visited by an old acquaintance on August 07, 2013. Teruko Gakiya Yamada, a 90-year-old Japanese woman, visited the college after years of being away. Ms. Yamada had been a nurse during the period of Japanese occupation in Palau. During that time, the building that is now the PCC Administration was being used as a byouin (hospital or medical facility).

Ms. Yamada had lived in Palau since she was eight years old. She obtained a formal Japanese education from a school on the island. She worked as a nurse until she was 22 years old. After leaving the island, she returned to Japan and continued working in the medical field until her retirement.

During her time as a nurse in Palau, Ms. Yamada formed a friendship with a Palauan nurse named Adelina "Nina" Polloi Rechesengel. She remembered Ms. Rechesengel and her brother, Franz Polloi, who worked as a pharmacist at the hospital. Unfortunately, Ms. Rechesengel and her brother are both deceased and Ms. Yamada was unable to reunite with her old friends. NURSE, CONTINUED ON PAGE 2

Fall Semester 2013 Begins!

Palau Community College (PCC) had its first day of instruction on Monday, August 12, 2013. New students and returning students moved about campus on their way to classes greeting friends returning from summer break.

During the first week of instruction, students familiarize themselves with the schedule that they had arranged with their counselors during registration week. If classes do not fit well with their personal time schedule, the first week of instruction permits students to add or drop classes. FALL TERM, CONTINUED ON PAGE 2



Students around campus during the first week of instruction.

Palau Community College is an accessible public educational institution helping to meet the technical, academic, cultural, social, and economic needs of the students and communities by promoting learning opportunities and developing personal excellence.

Food Technology: Ngaraard Ceremony

The Expanded Food Nutrition & Education Program and Food Technology Class – Ongall Group held certification ceremonies at Ngebuked, Ngaraard on August 01, 2013. Both programs are funded under the Cooperative Research & Extension (CRE) Department of Palau Community College (PCC). The Expanded Food Nutrition & Education Program teaches participants about food safety and nutrition. A part of the Family and Consumer Education (FaCE) Program, the Food Technology Class provides hands-on training in food preparation. Participants of the class learned recipes aimed to assist families in Palau in terms of health and cost.

Under each program, participants were taught about economically sufficient ways of food management for healthier lifestyles. FOOD, CONTINUED ON PAGE 4

Fall Term

CONTINUED FROM PAGE 1

In addition, students who are familiar with a class currently on their schedule are allowed to take credit by examination. Credit by examination awards students credit for a class that they have already studied; an examination is given to determine the student's level of understanding before credit is awarded.

To prepare for the new semester, the school campus underwent a routine maintenance the previous week. Staff members of the maintenance department of the college were seen around the campus trimming trees, cutting the grass, and repairing parts of the buildings. In addition, classrooms were repainted and air-conditioners were repaired.

Nurse

CONTINUED FROM PAGE 1

She was fortunate, however, to meet Ms. Rechesengel's youngest daughter, Ann Lund. Ms. Lund offered to arrange a meeting between Ms. Yamada and the children of Mr. Franz Polloi before she returned to Japan.

More than sixty years have passed since Ms. Yamada was in Palau working as a nurse. Since then, the island has development into a different place. Ms. Yamada visited the PCC Campus. Though she could not find the tennis court that had been one of her favorite places, she was able to visit the old operation room that is now the Student Services Office. Ms. Yamada holds a fondness for Palau and was happy to see again the place that had been her second home.

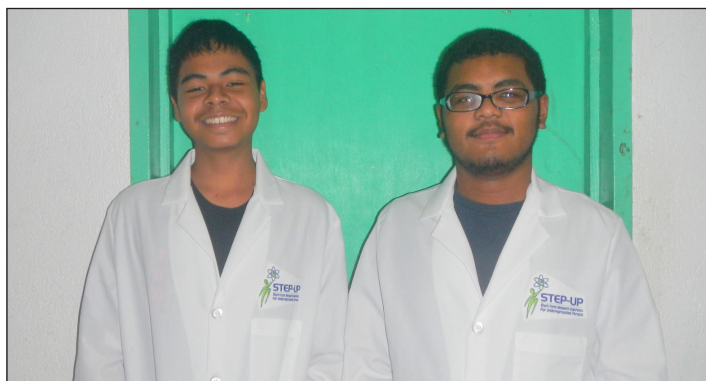
Fourth Group of Caregivers Certified



Newly certified caregivers at the CE Training Room with Senator Rukebai Inabo, Minister Gregorio Ngirmang, PCC President Patrick U. Tellei, CE Dean Willy Wally, and Dr. Sylvia Osarch.

A fourth group of caregivers was certified on August 07, 2013 at the Continuing Education (CE) Training Room of Palau Community College (PCC). Petra R. Glenn, Gloria L. Camacho, Sarina Taguba, Edna B. Dematawaran, Danilo S. Calaunan, Cheene Jane T. Arbis, Cherlita T. Arbis, Rose Ongalibang, Rebecca Liguton Crausus, and Gemma P. Sison were all awarded certificates for completing the care-giving program. Senator Rukebai Inabo and Minister of Health Gregorio Ngirmang were present to commend the caregivers alongside PCC President Patrick Tellei, CE Dean Willy Wally, and Dr. Sylvia Osarch. At present a total of 46 caregivers, divided into four groups, have been certified by this training program. CAREGIVERS, CONTINUED ON PAGE 3

STEP-UP Summer Program at PCC



(left to right): Lindon M. Kohama and Masami N. Andreas

Palau Community College (PCC), in collaboration with the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) and the University of Hawaii—Manoa, hosted a high school STEP-UP summer research program. STEP-UP is an acronym that stands for Short-Term Education Program for Underrepresented Persons. STEP-UP, CONTINUED ON PAGE 3

BITS AND PIECES...

Tan Siu Lin PCC Library

Hours of Operation

Monday to Friday 7:30AM to 7PM

Saturday 9AM to 6PM

Sunday CLOSED

For more information call
488-3540.

GUAM BUSINESS MAGAZINE



"Covering a wide variety of analytical, inspiring stories, *Guam Business Magazine* writes about the people, trends and current events affecting Micronesia's business community."

Academic Calendar: Fall 2013

August 12 (M)

First Day of Instruction

August 12-14 (M-W)

Credit by Examination

August 12-16 (M-F)

Add and Drop Period

August 16 (F)

Last Day to Change CR/NC
and AUDIT Grading Options

September 02 (M)

Holiday: Labor Day

News/Stories Wanted

MESEKIU'S NEWS welcomes stories/articles/announcements from students, faculty, and staff. Submission deadline is Tuesday at 4:30 p.m. in hard and/or electronic copies to dilubchs@palau.edu and tchuziet@gmail.com.

Articles from MOC/PCC Alumni are also welcomed.

Please call 488-2470/2471 (extensions 251, 252, or 253) for more information.

Caregivers CONTINUED FROM PAGE 2

Dr. Osarch has been a dynamic force in the development of this program. She was involved in research that surveyed the condition of bedridden patients in Palau. The research found that about 400 individuals on the island were bedridden with a majority being of old age. A training course was formed through the collaborative efforts between PCC and the Ministry of Health based on a model provided by Dr. Ritabelle Fernandes of the Geriatric Education Center at John A. Burns School of Medicine—University of Hawaii. Geriatric is a branch of medicine that focuses on the medical care of elderly individuals.

During the graduation of the fourth group, Dr. Osarch shared her vision for the program with Senator Inabo and Minister Ngirmang. She believed that caring for bedridden individuals, especially the elderly is not only a personal obligation but a cultural expectation. She believed that people who take upon care-giving duties should be compensated for their efforts, like the babysitters being compensated through the funding provided to the Palau Community Action Agency (PCAA). Senator Inabo and Minister Ngirmang expressed willingness to support the program as well as promote its continuity.

The Care-Giving Program is a free training program open to all who are interested. Classes cover topics about care-giving such as personal hygiene care for patients, food management, and personal stress management for caregivers. Professional physical therapists, registered nurses, and experienced psychiatrists are volunteering as course instructors. People interested in the training program are encouraged to join. More information can be obtained about the program from the Continuing Education Department of Palau Community College.

STEP-UP CONTINUED FROM PAGE 2

Palau falls under the STEP-UP Program provided by the University of Hawaii—Manoa. Tchuzie Tadao, Director of Development, is the coordinator for the program in Palau. During the summer, two high school students participated in the program.

Lindon M. Kohama, a student of Mindszenty High School, conducted researched about low glycemic index fruit juice production. The objective of his research was to convert fruits in Palau into crystallized forms for instant nutritious fruit juice. The fruits in Palau provided for the experiment were low in the glycemic index, a measurement of how quickly blood sugar levels rise after eating a particular food.

Masami N. Andreas, also a student of Mindszenty High School, conducted his research about childhood obesity in Palau. Obesity is a Non-communicable Disease (NCD) common in the Pacific region. His research focused on gauging the effectiveness of programs in effect to fight childhood obesity through information provided by doctors in Palau and the Ministry of Health.

Mr. Kohama and Mr. Andreas will be presenting the results of their summer researches at Maryland. During the summer, their research was conducted under the mentorship of Paul R. Cruz, BSED, and BEED.

ALUMNI NOTES

OMAR FAUSTINO

(Class of 2013)

ASSOCIATE OF SCIENCE - ELEMENTARY SCHOOL EDUCATION

*"Build a man a fire and he'll be warm all night;
light a man on fire and he'll be up the rest of his life.
Education ignite your life if you take the chance
to learn."*



Omar spent his earlier years in the US Military before becoming a school teacher. In 2013, he graduated with an AS Degree in Elementary School Education. For 3 years, he's been working as a 6th Grade Classroom Teacher for Melekeok Elementary School.

ZONALYNN ESAU JONATHAN

(Class of 2013)

ASSOCIATE OF APPLIED SCIENCE - OFFICE ADMINISTRATION

"School is the key to success! Avoid procrastination."



Zonalynn graduated in 2013 with an AAS Degree in Office Administration. Currently, she is training at Customs.

JAMES LEEROY

(Class of 2011)

ASSOCIATE OF ARTS - LIBERAL ARTS

"Education is the most powerful weapon which you can use to change the world, and deciding to join PCC is just the beginning of your journey to making a change in this world. God bless!"



James began working as an Administrative Specialist for Ngiwal State after graduating with an AA Degree in Liberal Arts. Currently, he is the Acting Coordinator for the PAN Outreach Program in Ngiwal State.



Mesekii's News

Palau Community College

P.O. Box 9 Koror, Palau 96940

ALUMNI NOTES showcases MOC & PCC alumni who are positive role models and contribute to the quality of life in their local communities.

If you are that alumnus/alumna or know someone who is, please contact the PCC Development Office at telephone numbers 488-2470/2471 (extensions 251, 252, or 253).

We would like to feature you in future *Mesekii's News* issues.

Food CONTINUED FROM PAGE 1

For example, participants in the food technology training class learned to use ingredients found in Palau to create nutritious meals. Dr. Lydia Marero and Mr. Dalton Thomas were trainers for the programs.

Present to witness the certification of the participants alongside the instructors were Ngaraard Delegate Gibson Kanai and CRE Vice President Thomas Taro. Certified participants of the Ongall Group are Tobed Klewei, Elsie Uherbelau, Nestralda Mechaet, Beluong Ngirmekur, Louisa You, Reilly Hideos, Hermine Rechesengel, Cathy Koulubak, Elvic Arkazuiz, Magario Wachi, Sheliza Ngirturong, Lory Ann Matul, Vatilda Ngiratrang, Leilani Senior, and Maria Hobson.

Celebrating Birthdays

James Norman Sato



August 23

HAPPY BIRTHDAY!

Vacancy Announcement

- (1) *English Instructor*
(Learning Resource Center)
Salary range: \$14,802 - \$24,647 per annum
- (2) *Accounting Technician, General*
(Administration Department - Business Office)
Salary range: \$9,913 - \$16,954 per annum
- (3) *Math Instructor*
(Learning Resource Center)
Salary range: \$14,802 - \$24,647 per annum
- (4) *Dean of Academic Affairs*
(Academic Affairs Office)
Salary range: \$21,911 - \$33,730 per annum
- (5) *Twenty (20) Part-Time Tutors*
(Educational Talent Search Office)
Salary range: \$400 - \$1,200 per annum
- (6) *Federal Work-study Coordinator*
(Office of Admissions & Financial Aid)
Salary range: \$12,049 - \$20,607 per annum

For application forms and information, please contact Harline Haruo at **PCC Human Resources**
Office at 488-2470/2471, extension 227.

E-mail hr@palau.edu or download forms at
<http://pcc.palau.edu>

PCC is an Equal Opportunity Employer

Endowment Fund

INVEST IN THE FUTURE OF OUR STUDENTS,
OUR COLLEGE, AND OUR NATION

To SUPPORT, CONTACT US TODAY!

P.O. BOX 9 Koror, Palau 96940

Phone: 488-2470/2471 (extensions 251/253)

e-mail: tellei@palau.edu

If you want to join the Biweekly Allotment
Program, contact us NOW!

FIND PCC ONLINE FOR MORE INFORMATION



pcc.palau.edu



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