

FREE!!!



Palau Community College

MESEKIU'S NEWS



Friday, October 18, 2013

Weekly Newsletter

Volume 15, Issue 42

Osaka University Professor Conducts Health Lecture at PCC



Dr. Kaori Honjo lecturing about prevention lifestyle practices in Japan.

On Monday, October 07, 2013 Dr. Kaori Honjo gave a lecture about cardiovascular disease prevention at the Palau Community College (PCC) Assembly Hall. Present during the lecture were staff members of the Palau Ministry of Health as well as interested individuals from the community.

Dr. Honjo is a graduate of the Social Behavior and Health Department of Boston University as well as the Social Behavior and Health Department of Harvard University. Currently she is a specially appointed Associate Professor for the Global Collaboration Center of Osaka University.

Dr. Honjo's lecture "The Prevention of Lifestyle Related Disease: A Japanese Experience" focused on the effectiveness of declining cardiovascular diseases through public health prevention efforts in Japan. These efforts included education committees, community leaders, family support, and food and medical associations.

HEALTH LECTURE, CONTINUED ON PAGE 2



The Board of Trustees, Faculty, Staff, and Students of Palau Community College would like to wish Koror State a Happy 30th Constitutional Day!

ASPCC Holds First Meeting



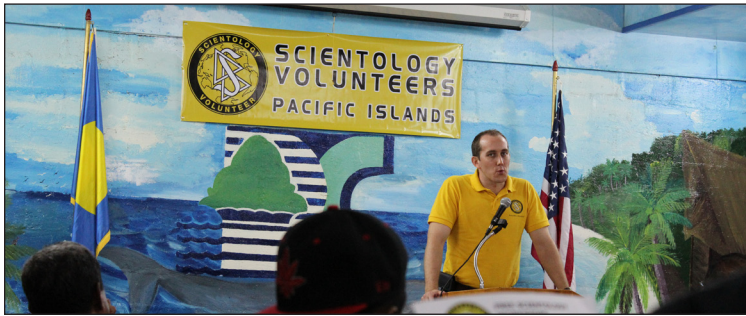
President Dr. Tellei leading a discussion about Robert's Rules of Order with ASPCC.

An orientation was held for the student leaders of the Associated Students of Palau Community College (ASPCC) on Wednesday, October 09, 2013. Present at the meeting were staff members of the Student Life division of Palau Community College (PCC) and PCC President Dr. Patrick U. Tellei. Dr. Tellei introduced the student leaders to parliamentary rules, *Robert's Rules of Order*, and described how the rules contribute to an orderly and effective meeting. He used the Senate of Olbiil Era Kelulau as an example of how the rules are applied. As part of the governance structure of the college, ASPCC is expected to offer meetings in a professional manner.

ASPCC MEETING, CONTINUED ON PAGE 3

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

CE Offers Scientology Workshops



Scientology Volunteer Matthew Andrews introducing Scientology.

The Continuing Education (CE) Department of Palau Community College (PCC) is currently offering lectures based on the teachings of Scientology. Scientology is a modern-day religion that bridges the gap between eastern and western philosophies.

The founder of Scientology was L. Ron Hubbard, a writer who spent much of his life traveling around the world. Through his experiences with different cultures and social practices, Hubbard wrote books, known as the "Basic Books" of Scientology that present guidelines for living. Each book covers topics about spirituality, steps to life success, and social relationships.

On Wednesday, October 09, 2013, an orientation for the CE Scientology Program was held at the PCC Assembly Hall. Present at the orientation were Ibedul Yukata Gibbons, Father Rusk Saburo of the Catholic Mission, and CE Dean Willy Wally. SCIENTOLOGY, CONTINUED ON PAGE 3

Health Lecture CONTINUED FROM PAGE 1

By encouraging group participation from close family or community members, a person could lower his or her chances of cardiovascular diseases. This is because the group acts as a shield between a person and the outside influences. By involving a group dynamic, research shows that diseases may declined over time.

Palau's health related risks, particularly in terms of cardiovascular diseases, is high. Encouraging public health prevention efforts could assist Palau in taking a step towards drastically improving its people's lifestyles and health.



HAPPY UNITED NATIONS DAY!

From the Board of Trustees,
Faculty, Staff, and Students of
Palau Community College

Endowment Fund Contributors

Palau Community College (PCC) would like to thank the following businesses, offices, and individuals for contributing to the PCC Endowment Fund:

Surangel & Sons, Co.



PCC Student Ahlai Kyota (center, right) receiving a \$5,000 Surangel & Sons, Co. donation from Eric Whipps (far left) and Surangel Whipps, Sr (far right).

Paul Frederick (P. F.) Kluge



PCC President Dr. Patrick U. Tellei (far left) and CRE Vice President Thomas Taro (far right) receiving a \$200 donation from writer PF Kluge (center left) and his wife, Pamela Hollie (center right).

Palasia Hotel



PCC Student Ahlai Kyota (right) receiving two (2) "Lunch Dates for Two" donations from Palasia Hotel Assistant Accounting Manager Nelia Toledo De Lina (left).

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.

TECHNIQUES MAGAZINE



"Techniques is an award-winning magazine, published eight times a year, that brings all members news about legislation affecting career and technical education, in-depth features on issues and programs, profiles of educators and other newsmakers, notices of new products, ACTE events and more."

Academic Calendar: Fall 2013

October 18 (F)

Last Day for All Withdrawals

October 24 (TH)

Holiday: United Nations Day

October 24-25 (TH-F)

Pre-Registration Spring 2014

October 18 (F)

Last Day for All Withdrawals

October 24 (TH)

Holiday: United Nations 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 dilubch@gmail.com 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.

ScIENTOLOGY CONTINUED FROM PAGE 2

The orientation began with a prayer by Father Rusk Saburo. It was followed by a dance performance by the Bonitas Dance Group of Palau. Ibedul Yukata M. Gibbons then gave his opening remarks.

In his remarks, Ibedul compared the ideals practiced in Scientology to his personal experience with military discipline. Through an outlet provided by a foreign country, he was able to learn lessons that aided his struggles during a very chaotic period in Palauan history. He commended the lessons that could be learned through Scientology for, like the disciplinary training he obtained during his military years, they may be used toward betterment of one's life.

ScIENTOLOGY volunteer Matthew Andrews introduced the lectures to be provided through the CE Department. Along with fellow Australian ScIENTOLOGY volunteer Damien N. Caddell, Mr. Andrews will be conducting the ScIENTOLOGY workshops. The lessons to be taught are not necessarily strict rules but guidelines that may help people improve their lives. For example, if a relationship is being ruined through gossip, a possible solution would be a face-to-face discussion about the rumors being spread.

After a closing dance performance by the Meyuns Men Dance Group, Dean Wally closed the orientation by encouraging interested people to sign up for the workshop. The ScIENTOLOGY lectures are free and offered all through the month of October. Interested individuals may contact the CE Department of PCC for more information at 488-6223.

ASPCC Meeting CONTINUED FROM PAGE 1

The students' tenure as officers of the student government provides an opportunity for students to develop and refine their leadership skills. Student Life Director Hilda N. Reklai and Counselor Glendalynn Ngirmeriil introduced the student leaders to the different types of leadership and corresponding responsibilities. Included in their presentation were definitions and comparisons of different leadership styles and their advantages and disadvantages.

SUPPORT THE PALAU COMMUNITY COLLEGE THANKSGIVING ENDOWMENT FUNDRAISING!

Support PCC by purchasing Tickets for the Annual Thanksgiving Endowment Fundraiser for Chances to WIN FABULOUS PRIZES!

****donations are tax deductible****

NOVEMBER 27, 2013 (WEDNESDAY)

Contact the PCC Development Office for more information:

488-2470/2471 ext. 251, 252, or 253.

ALUMNI NOTES

FILTON RDECHOR

(Class of 2009)

ASSOCIATE OF APPLIED SCIENCE - T&H: TOUR SERVICES

"Stay in school, learn as much as you can, and don't be afraid to try!"



He graduated in 2006 with an AAS Degree in Tourism. Since 2006, he's been working for Dolphins Pacific.

ZILAH DIRREMEANG OITERONG

(Class of 2008)

ASSOCIATE OF SCIENCE - ENVIRONMENTAL SCIENCE

"Don't ever stop learning."



Zilah graduated in May 2008 with an AS Degree in Environmental Science. She is an Oceanic Fishery Data Technician. In addition, she is currently completing her San Diego State University 3D Bachelor's Program facilitated through PCC.

ROMSOM REMOKET

(Class of 1999)

ASSOCIATE OF ARTS - LIBERAL ARTS

"Completing your education will help you succeed in life."



Romsom graduated in 1999 with an AA Degree in Liberal Arts. He is currently pursuing his Bachelor's Degree through the San Diego State University cohort offered at PCC. Currently, he is a teacher for George B. Harris Elementary School.



Mesekiu'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 *Mesekiu's News* issues.

PALAU COMMUNITY COLLEGE CO-ED INTRAMURAL BASKETBALL TOURNAMENT

Game Time

FRIDAY
(10/18/13)

YSO2 vs YSO1

1st Game: 7PM
2nd Game: 8PM

Monday,
Wednesday, Friday

MONDAY
(10/21/13)

Play-Off Games



WEDNESDAY
(10/23/13)

Consolation & Championship Games



Celebrating Birthdays

Samantha Bells
Kurt Ngriraked



October 21
October 24

HAPPY BIRTHDAY!

Vacancy Announcement

- (1) English Instructor
(Learning Resource Center)
Salary range: \$14,802 - \$24,647 per annum
- (2) Adjunct Instructors
(Academic Affairs Office)
Salary range: determined by class credits, educational level, and experience.
- (3) Dean of Academic Affairs
(Academic Affairs Office)
Salary range: \$21,911 - \$33,730 per annum
- (4) Twenty (20) Part-Time Tutors
(Educational Talent Search Office)
Salary range: \$400 - \$1,200 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



Palau Community College - PCC

Stamp Here