

Alumni Notes

Class of 1998(PCC)



Lbong Walter-
1998 PCC graduate with a Certificate of Achievement (CA) in General Office Clerk. Walter has been with the Pacific Savings Bank for 7 years as a New Account Clerk.

Class of 2001 (PCC)



Joylynn Spis-
2001 PCC graduate with an Associate of Arts (AA) degree in Liberal Arts. Spis works for the Bureau of Revenue, Customs, and Taxation under the Ministry of Finance.

Class of 1979 (MOC)

Class of 99 & 01 (PCC)



Serelina Ridep-
1979 MOC graduate with an Associate of Science (AS) degree in Secretarial Science. In 1999 she received an Associate of Arts (AA) degree in the Liberal Arts Program and re-enrolled, receiving an Associate of Science (AS) degree in Education. She worked for many years as a business instructor at PCC before accepting a teaching position at Palau High School two years ago.

Alumni Notes showcases MOC/PCC alumni who contribute to the quality of life in their local community and are positive role models for other PCC students to emulate. If you are that alumni or know someone who is, please contact the PCC Development Office at telephone number 488-2471. We would like to feature you in future issues of the *Mesekiu's News*.

Celebrating Birthdays



Charley Lonno April 20

Happy Birthday To You!



Mesekiu's News

Palau Community College
P.O. Box 9
Koror, Palau 96940

Job Vacancy Announcement

Position: Public Relations Manager
Salary: \$16,010 to 21,911
(Depending on qualifications)

Examples of Duties

Under the direct supervision of the Director of Development, Public Relations Manager will work to create and market a positive image of Palau Community College to all sectors of government, business, specific community groups and the general public. This includes but not limited to the following:

- Organize, plan, and control the public relations activity, including monthly reports, budget etc.
- Promote and advocate high profile image of the college, its programs, services and activities. Ensure regular communication of College activities and marketing of its programs, including production of a high quality newsletter, promotional brochures, and other printed materials.
- Work closely with other College departments to ensure that the quality of information disseminated provides a positive and accurate corporate image of the College. For example, assist offices in the production of recruitment videos, standard course brochures, and other publications.
- Establish an Alumni Association throughout Micronesia to be utilized as a public relations apparatus to promote PCC in the region.
- Play key role in College fundraising activities, that is help with planning, organizing, and implementing of annual fundraising campaigns such as the College's Annual Thanksgiving Fundraising.
- Prepare script for, and Emcee College hosted events and functions such as graduations, fundraising galas, award ceremonies, luncheons, dinners, banquets, etc.
- Perform other tasks and duties as may be required by the Director of Development.

Minimum Qualifications Requirements

BA in Public Relations or related field and at least three years work experience in public relations or related areas. Has the ability to communicate effectively in English and Palauan, both written and spoken, Must be able work under tight schedules and meet strict deadlines.

Application forms can be obtained from Human Resources Division at the above address or our website at www.palau.edu. Send completed application with transcripts, resume, and verification of previous employment(s), if any, to same address. For further information, call the number above or come in and see us.



Palau Community College MESEKIU'S NEWS

FREE COPY



Friday, April 14, 2006

Weekly Newsletter

Volume 8, Issue 15

Popular PCC Instructor Laid to Rest in Melekeok



Late PCC Criminal Justice Instructor Joan Mary Phillip

It was estimated that over 500 people from all over Palau attended the funeral of Joan Mary Phillip, a popular Palau Community College (PCC) instructor and former Yap-FSM, and Palau police officer. High government officials from the Palau government joined Joan's friends, PCC colleagues and students, and family members in mourning at her family home in Melekeok.

Led by Yap governor Robert Ruecho, Joan's friends and family members from Yap were also in attendance.

Joan's colleague Marcus Hangaripai eulogized Joan, highlighting her long career with that began with the FSM National Police Force to Palau's Public Safety and culminating with her taking on the reins at the Palau Community College's Criminal Justice Program.

Joan passed away on March 25, 2006 at Belau National Hospital.

Degree in Police Science from the Micronesian Occupational College.

Joan personality is perhaps best described by these words in her eulogy: "you will be sorely missed, Joan. By your friends and colleagues at PCC. By those

whose lives you have touched, helped and enriched, and most of all ... by your loved ones ... you will always be remembered fondly for the funny, absent-minded way you spoke, for your positive manner toward others, for your pride in those

Prior to her passing, she was an instructor of Criminal Justice at PCC for fifteen years from 1991. Her prior employment included Chief of Security of Palau Pacific Resort (1990-91), Palau Police Officer (1988-89), FSM Police Officer (1984-88), and Police Officer III of Yap Public Safety (1981-84). Joan graduated from Notre Dame High School in Guam and had an associate of Arts

you taught, and for always seeing the good in others. We will say fare thee well, and not good-bye, as we will be seeing you again."

Since 1984, Joan had attended several police academies sponsored by the Alaskan Troopers in Alaska in 1984, by FBI in 1985 in Pohnpei, by U.S. Coast Guard in 1989, and by Customs in Palau in 1989. She was a recipient of several awards such as Best Supervisor in 1986, Officer of the Month in 1987, Citizenship Award at PCC, and was an outstanding and honor student during her student days.

Joan is a daughter of Kloulubak Philip (deceased) of Peleliu State and Pastora Rekewi Philip of Melekeok State. She is survived by her husband Clement Kazuma and children Philida P. Ridler, Jay Philip, Newheart Ngiramengior Rechirei, Dilmowais Dawn Rechirei, Efrechia Remeriang Kazuma, and Ngirachumerang Kazuma, eleven siblings Idip Bitlaol, Marita P. Anefal, Willy Philip, Godwin Philip, Margarette Odelomel Kumangai, Loretta Philip, Cynthia P. Ridler, Ruluked Philip, Chifnay Philip, Galindez Kiep, Allison Gayle Philip and two grandchildren.

See Pictures Inside



Joan (center with big smile) with her Mokedau.com paddling club.

Farewell Joan



PCC staff saying farewell to Joan during the funeral in Melekeok last Sunday.



Member of Mokedau.com canoe club and fellow PCC instructor Junko Kobayashi reads a farewell poem written by members of the canoe club. Joan was a devoted member of Mokedau.com canoe club.



CJ Instructors, students, Mokedau.com club members, Clement (Joan's husband) and son Ngirachumerang at Techobei cemetery in Melekeok where Joan was laid to rest.

Commencement Exercise Planning Committee Appointed

The 43rd MOC/PCC Commencement Exercise has been scheduled to take place on Friday, May 26, 2006. This is a significant college event to showcase the college's hard work and dedication through the graduating class of 2006. Because of the following staff experiences and nature of their positions, President Patrick U. Tellei have selected them to serve in the 43rd PCC Graduation Planning & Implementing Committee.

Distribution List

1. Marensia Edward
2. Alvina Timarong
3. Dahlia Katosang
4. Lesley Adachi
5. Vernice Rechebei
6. Sheman Daniel
7. Deikola Olikong
8. Vicki Maui
9. Dr. Gregory Dever
10. Soledad Garcia
11. Terry Ngirmang
12. Clement Kazuma
13. Sabra Vanoosterweyck
14. Ezra Takeo
15. Ismael Anastacio
16. Vincent Ito
17. Helene Moros

In his appointment, President Tellei said that each individual and collective participation and contribution in the committee work will ensure successful planning and implementation of the College's Commencement Exercise program this year. The President told the committee that should they see the need to recruit additional committee members they are free to do so. The Director of Student Life, Ms. Marensia Edward has been tasked to organize and call the first meeting of the organizing committee.

President Tellei thanked all committee members for taking on the additional responsibility of planning this very important College event.

BITS AND PIECES...

Billiard Tournament

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Recreation Office is conducting another billiard tournament expected to take place on April 22-23, 2006. Any interested student who wishes to participate in this tournament may register on April 22, 2006 at 9:00 a.m. at Recreation Pool Room. After registration, ground rules will be reviewed and tournament to follow. Again, cash prizes will be provided to top three winners.

Want to become a member of Writers Club?

Writers Club is soliciting interested students, faculty and staff who want to become a member of their club. The first meeting is to be held on April 21, 2005, 9:00 a.m. at Talent Search Office. Interested individual can attend this meeting. Details and further information of the club are to be discussed at the meeting.

Scholarship Opportunities!

For those students who are interested in studying in Taiwan, Australia, or New Zealand, scholarship applications for schools in those areas can be obtained from the Palau National Scholarship Board (PNSB) Office. Application forms for Japan Scholarship can be picked-up from the Embassy of Japan. For further information contact the telephone number 488-3608 (PNSB) or 488-6455 (Japan Embassy).

Message of Appreciation

I would like to extend my sincerest appreciation and heartfelt gratitude to all the PCC staff. Your support and generous contributions during my time of sorrow will not be forgotten.

Karen Mobel

EXAM WEEK STRESS RELEASE

Once again, final exam is getting near, term papers and other late school work have to be turned in. The following are some tips from *Top Health*, *The Health Promotion and Wellness Newsletter* on stress relief and good night sleep that can help minimize such tension during this hectic time of school.

Quick Hands-On Stress Relief

Got a minute? Get a message -- a self massage, that is. these moves will relieve tension around your head, neck, shoulders and hands:

1. The scalp soother. Place thumbs behind your ears and spread fingers on top of your head. Move your scalp back and forth slightly by making circles with your fingertips for 15-20 seconds.
2. The eye easier. Close your eyes and place your ring fingers directly under your eyebrows, near the bridge of your nose. Slowly increase pressure for five seconds, then gently release. Repeat 2-3 times.
3. The shoulder saver. Place your left hand on the right side of your neck by your shoulder. Press fingers firmly into the muscle while tucking your chin in toward your chest. Exhale and hold for 10 seconds, release, then repeat on the left side.
4. The palm pleaser. Lace your fingers together, leaving thumbs free. Slowly knead your left thumb into the palm of your right hand for 20-30 seconds. Then repeat on your left hand.

Sure-Fire Ways to Get a Great Night's Sleep

Are you getting enough sleep? Half of all adults aren't. Yet adequate rest is as vital to health and peak performance as exercise and good nutrition. And it can be so e-zzz:

Go To Bed and get up at the same time every day -- even on weekends. Why: You'll help regulate your body's internal clock to get the 7-8 hours sleep most adults require. Important: Avoid naps, which can affect your ability to fall asleep at night.

Establish a relaxing bedtime routine. Try: a warm bath, light reading or pleasant music. Fact: Listening to classical or New Age music at bedtime has been shown to help insomnia sufferers fall asleep. Possible reason: The music matches body rhythms and slows the heart rate.

Skip stimulants like caffeine and nicotine from late afternoon on. And don't use alcohol to induce sleep. As its effects wear off, your brain actually grows more alert. Don't rely on sleeping pills. They can disrupt your sleep/wake cycle if you depend on them too much.

Sneeze in daytime fitness. In one recent study, regular exercisers not only slept almost an hour longer than non-exercisers: they also fell asleep in half the time.

Breathe easier. People who suffer from sleep apnea-- when breathing stops periodically -- may actually awaken dozens of times during sleep and not know it. Helpful: Lie on your side, not your back ... lose any excess weight... stop smoking if you do ... talk to a doctor if problems continue.

Get Help if sleep has been disturbed often during the past month, or if sleep problems interfere with your ability to function during the day.