

Alumni Notes

Class of 2005(PCC)

Ramsey Ngiraibai -



Z a n i n g

2005 PCC graduate with an Associate of Applied Science (AAS) degree in Construction Technology (CT). Ngiraibai is an Inspector with the Koror State Government Planning, Building & Commission.

Class of 2001&04 (PCC)

Shirely Odaol -



2003 PCC graduate with an Associate of Science (AS) degree in Criminal Justice, and an Associate of Science degree in Secretarial Science (SEC). Mers is an investigator for the Foreign Investment Board.

Class of 1974 (MOC)

Isaias Oiterong -



1974 MOC graduate with a Vocational Certificate of Achievement (VCA) in Carpentry (CARP). Oiterong who is the Director of the Department of Public Works for Koror State Government. He has been with the city of Koror for 23 years.

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 and all alumni in future issues of the *Mesekiu's News*.

Celebrating Birthdays

Rosendo Skang	May 2
Ephraim Ngirachitei	May 4
Soledad Garcia	May 6
Maurine Alexander	May 6



Happy Birthday To You!



MESEKIU'S NEWS

Palau Community College
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students laughing and relaxing enough to ask more questions. Just up three flights of stairs around the corner, we visited "Bai er a Melengl" which is a modern version of a traditional bai. The bai is also decorated with many paintings, ranging from a rooster with Palauan money hanging from its ears, to the story of a needle fish and a crab. The bai is used by community members for functions such as funerals, meetings, and other gatherings. From "Bai er a Melengl", we walked on the ancient platform to the traditional "Bai er a Rubak" which is located in Ordomei. The traditional bai is not in use today but it has been preserved and maintained as a valuable part of Airai history. Right in front of "Bai er a Rubak" sits "Okeuid el Bad" which literally means Seventy Stone. As Mr. Augustine explained, this Seventy Stone platform is made up of exactly 70 stones which served as a seating place for Airai god named "Medechii Belau." The students were very happy when they were given permission to enter the "Bai" as normally no one but the council chiefs may do so. After we had explored to our hearts' content, we then left and continued our expedition to an old cross-shaped Japanese building that was used as a hospital during World War II, which is located in the hamlet of Ked. There students exclaimed over the bullet holes and bomb damaged roofs and walls in the old building as Mr. Blaiyok elaborated more on the site. Our final stop was at Airai side of KB Bridge where we held a workshop entitled "Self Improvement: A Call to Action" presented by instructors Maria Joseph and Midori Mersai. We all discussed as a group how decision to take action and taking that action can be practiced daily to improve ourselves. It became quite a lively discussion as students piped in with their hilarious examples of such actions which helped make everyone understand more what was being discussed. We ended the workshop with several formed groups discussing a "Self Improvement Proverb" and then presenting their responses to everyone. Following the workshop, we all had a delicious lunch while Mr. Blaiyok and his crew, despite brisk winds and cold rain, prepared the Airai delicacy, "Sang with Coconut Milk," as part of our Airai adventure. Everyone had a chance to taste this delicious concoction and we thank Mr. Blaiyok for sharing his recipe with us. The students then had some free time to swim or just relax before the return trip back to PCC. A big thank you to Governor Vicky Kanai and her staff for arranging it so our students could explore the cultural/historical sites of Airai State, to Melson Miko of Palau Visitors Authority for his expertise and knowledge, to Vince Blaiyok and Marcellino Augustine of Airai State for the detailed and

informative explanations of the sites we visited. This was a valuable cultural immersion for both students and staff, and we learned much about Airai State. We especially want to extend our gratitude to Vince and his crew for the time and effort they took to demonstrate the art of preparing "Cheluit el Sang," it was delicious!

Swine flu Q&A

Q. How do people catch the Swine flu?
A. Public Health officials believe that swine influenza A (H1N1) virus is spreading the way that the seasonal flu spreads every year- when people infected with the flu cough or sneeze and others breathe in airborne droplets containing the virus. People may also be getting swine flu from touching surfaces such as doorknobs contaminated with the virus and then touching their face or mouth. Infected people can spread the flu before they have symptoms, as well as while they are sick.

Q. How can I protect myself and my family from Swine flu?

A. Wash your hands frequently with soap and water. Also, you should get plenty of sleep, exercise, manage your stress, eat healthy food, and drink plenty of water. Avoid close interactions with people who are sick or try not to touch surfaces that could be contaminated with the virus. Avoid touching your nose, eyes, or mouth.

Q. Does hand sanitizer work if I can't wash my hands?

A. Doctors advise using sanitizing wipes and alcohol-based gels when you do not have access to soap, water, and a sink. If you use gel, rub your hands until it dries. It's preferable to wash your hands.

Q. Should I wear a mask to keep from catching or spreading Swine flu?

A. Officials are not recommending that people wear a mask in public places in the United States at this time. Medical professionals treating people suspected to have Swine flu are being advised to take the usual precautions for treating people with infectious diseases, including wearing surgical masks.

Q. What are the symptoms of Swine flu?

A. They are similar to symptoms of the regular seasonal flu, and include fever, cough, sore throat, body aches, headaches, chills, and fatigue. Some people who have gotten the swine flu have had diarrhea, nausea, vomiting.

Q. Is it safe to eat pork?

A. Yes, as long as it is properly cooked and handled. You cannot get swine flu from eating pork products.

For the complete list of FAQ about the Swine flu, stop by the Development Office or call ext. 253.

Palau Community College

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MESEKIU'S NEWS



Friday, May 1, 2009

Weekly Newsletter

Volume 11, Issue 18

FSA Gentlemen's Gourmet Rakes In \$2000+



photo by Danka Ledgerwood

PCC Vice President Thomas Taro (standing center) who prepared a fried fish platter for the FSA Gentlemen's Gourmet fundraiser is surrounded by FSA members and other participating chefs. Jeff & Kassi Barabe of Roll-em productions (standing-left), Wayne Sugiyama of Sarah's Yum Yum Restaurant (kneeling-left), and Michael Glinski of the PRR Art Gallery were some of the VIP Chefs.

Good food, good times, and over \$2,000 for PCC student scholarships...what could bring all of these things together? The Faculty Senate Association's 1st Annual Gentlemen's Gourmet! Saturday night, Ngarachamayong, was filled with over 200 guests from around the area

ready to taste the culinary creations of some of Palau's finest local gentlemen chefs.

Twenty-five gentlemen participated in the event including PCC's own VP Thomas Taro, Michael Fedison, Tim

Mitchell, Keiden Skilang, Winfred Recheungel, Ezra Takeo, Robert Ramarui, Frutoso Tellei, and Joe Chilton. PCC President Dr. Patrick U. Tellei who was unable to attend co-prepared with brother Frutoso Tellei a Palauan style fish soup with coconut milk. Dishes for the evening also included a slow-roasted turkey (16 hours total cooking time), Palauan fruit bat soup, several more fish

See Gourmet on Page 2

Student Support Services visits Airai State

By: SSS Staff

Thirty-five (35) student participants and staff of Student Support Services went on a cultural excursion throughout the State of Airai on Friday, April 24, 2009. With much anticipation, we boarded two buses that would take us on our trek to learn more about Palau's historical and cultural sites. Our first stop was the traditional stone causeway called "Chades er a Mechorei" which

See SSS in Airai on Page 3



SSS student attentively listen to "Bai ra Rubak" history.

Swine Flu Q&A:

See Back Page

SPONSORS/DONORS for the FSA Gentlemen's Gourmet Fundraiser

Bilung Gloria G. Sallii	Islander Arts and Crafts	Abai Coffee House
Shimbros International Inc.	NECO Plaza Corporation	Joe's Bar & Restaurant
Lorenza Joseph	Carp Island Resort	Maui Fashion
Palau Royal Resort	Landmark Marina Hotel	Rainbows End
Palau Helicopter Inc.	Aqua Pure-Water Inc.	Sam's Tours
Palasia Hotel	Sakura Restaurant	Koror State Government
Rose Garden Resort	Cliffside Hotel	Jungle River Boat Cruise
Airai Viva Water Paradise	Mandara Spa	Etipson Museum
PCC-CSO Organization	Airang Restaurant	Red Rooster
Palau Pacific Resort	Belau National Museum	Palauan Dream Skin Care
Danka Ledgerwood	Rock Island Café	Neco Tabecheding Water Co.
Suns Flower Shop	CTSI/Western Union	Fish N' Fins
Sarah's Yum Yum	Emamelei Restaurant	Roll'em Productions
Melusch-Dil	Dolphins Pacific	

Gourmet, from Front Page

dishes, spaghetti, chicken curry, and so much more.

The Gentlemen's Gourmet also featured an extensive raffle drawing with over 80 prizes donated from local businesses. Some of the most coveted prizes included a helicopter ride from Palau Helicopter, a Rock Island chartered boat trip from Sam's Tours, and a Carp Island Trip for 2. OTV, a local video production company, was also on hand to keep the party rolling, with music and dancing lasting well into the evening.

The first ever Gentlemen's Gourmet was quite a success, both in terms of participation as well as the amount of money raised. Over \$2000 was raised for the Faculty Senate Association scholarship fund, and plans are already in the works to make next year's event even more spectacular! The FSA credits the success of the fundraiser to the generosity of their major sponsors of Shimbros International Incorporated which donated tons of beverages and loads of prize giveaways, and Bilung Gloria G. Salii for the making the use of the Ngarachamayong Cultural Center possible. FSA also thanks all the chefs, ticket-buyers, and volunteers for making the event a success.



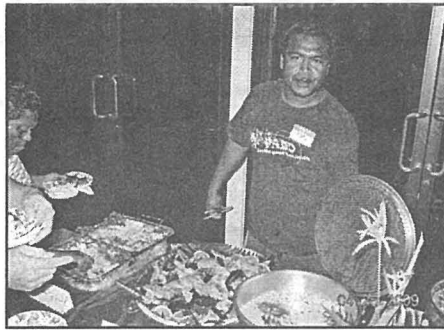
Great food with great company was the order of the evening.



Fine gourmet connoisseur Nancy Wong (l) samples Chef Phil Kelm's cooking.



Roll'em Production officers Kassi Berg and Veronica Fox with Ziske Asanuma (c).



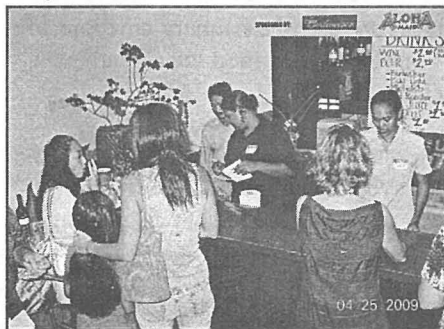
Frotoso Tellei shows off his specialty- fish soup in coconut milk.



Chef Kimball Dunsmore (l) of Australia and his fans.



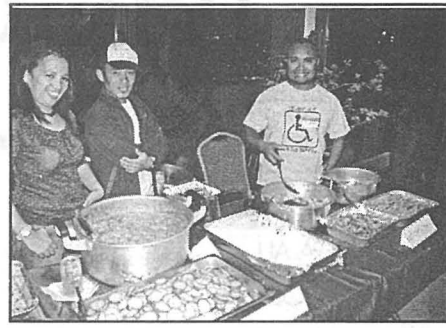
Dr. Iseborg Asang made multiple stops at Chef Tim Mitchell's table for a taste of the hickory-smoked turkey which took 16 hours to cook.



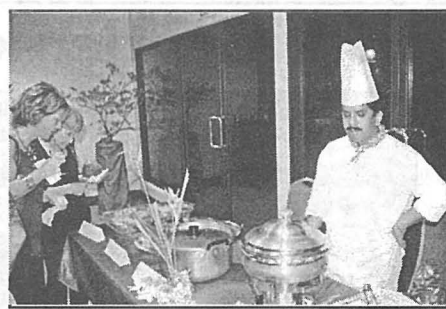
Telly Bells and Johanna Yaoch kept the traffic at the bar moving smoothly.



FSA President Vicky Maui (C) with FSA members and Roll'em production officials. Roll'em provided the evening's entertainment.



Robert Ramarui (r) prepared Fruit Bat soup and Sting Ray soup.



Indian food was one of the taster's favorite.



Dirngerkiu Tua Tmetuchl (l) and Appolonia Ngirchechol admire a Japanese Bonzai plant decor prior to the food tasting experience.



Chef Wayne Sugiyama of Sarah's Yum Yum had his table cleaned out before the night was over...it was that good.



Danka Ledgerwood, Armstrong Debelbot, and Megan Beard.

BITS AND PIECES...

LS PROGRAM

LS Emphasizes Hands-On Training...

Last Thursday, students in *LS110: Research Methods and Reference Assistance* course participated in a hands-on practicum at the PCC Library. For this practicum, the students worked for three hours at the PCC Library reference desk answering research and reference questions and practicing customer service skills. Students, faculty, and staff at PCC participated in the practicum by asking questions and filling out a short survey about their experience at the library. Without exception, all of the surveys reflected a positive experience, and most noted that the students were very courteous and located appropriate resources for their information needs. Research and reference assistance is an important aspect of librarianship, thus this practicum is an important stepping stone for the LS majors. If you would like to learn more about librarianship or the LS program, contact Megan Beard at mbeard@palaunet.com.

"GREEN" BENTOS

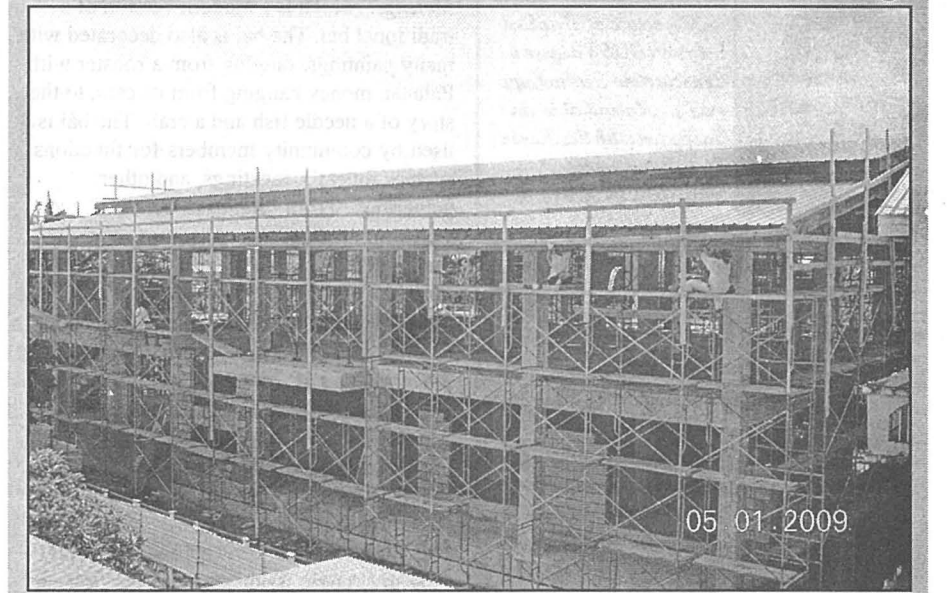
Eco-Friendly Bentos Only Please...



Starting today, the Bookstore will be implementing the "Green Bento" initiative and will only be accepting bentos packaged in biodegradable materials. PCC thanks all vendors for their compliance and asks for everyone's cooperation in making this initiative successful.

Everyone is encouraged to stop by the bookstore and see samples of "Green" bentos already on sale. It is possible.

121 Days Into 270 Days of Construction of the New PCC Library



Nearly half-way into construction workdays, the roof is already in place and the hollow blocks concrete wall are going up. PCC architect Chester Lelis says that work remains some weeks ahead of schedule.

SSS in Airai, from Front Page

connects "Mechorei," where the ancient stone platform of "Bai er a Mechorei" was located, to the island of "Tmecherur." As Melson Miko, from Palau Visitor's Authority, explained the ingenuity of Palauans from long ago who built this causeway stone by stone and by hand, we were all amazed at the

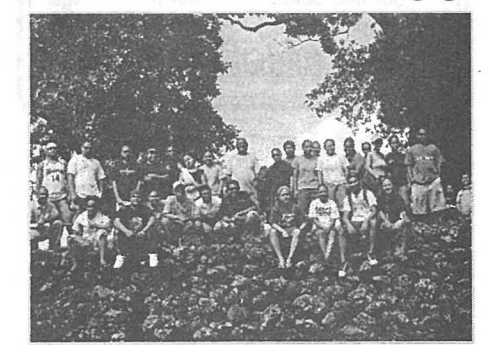


SSS student John Takisang share "Call to Action" proverb with peers.

admirable feat of these men. Melson further explained that the causeway is about 1,500 feet in length, 12-15 feet wide, and almost 3 feet above the waterline with an initial opening passage wide enough for watercrafts to go through. In addition to using it as a path to "Tmecherur," it also formed the boundary of the two hemispheres of Palau, North which is under the jurisdiction of Paramount Chief Reklai, and South, which is under Paramount

Chief Ibedul. Unlike the traditional bai er a Rubak, "Bai er a Mechorei," located near the opening passage of the causeway, was used a long time ago by warriors who served as watchmen for High Chief Ibedul. If anyone came through the opening passage of the causeway, their intent was thoroughly questioned by the watchmen before they were able to continue on with their journey. If their intent was suspicious, they'd be seized and held, sometimes for ransom. Our next stop was "Taoch er a Ordomei" where Airai Kabekel called "Kesebekuu" was stored. As students listened attentively, Vince Blaiyok and Marcellino Augustine from Airai State Office explained some of the significant paintings and carvings on the traditional canoe. They shared additional humorous anecdotes that had the

See SSS in Airai on Back Page



SSS participants standing on "Bai ra Mechorei" stone platform.