

Alumni Notes

Class of 2001-2002 (PCC)



Joren Inglong - 2001-2002 PCC graduate with a CA in Business Accounting in 2001 and a CA in Office Administration. She is currently working for the National Judiciary

Class of 2002 (PCC)



Muriell Sinsak - 2001 PCC graduate with an AA degree in Liberal Arts. She is currently working for the Office of Planning and Statistics.

Great Job, you make us proud!

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

Besechel Kiuluul	October 27
Todd Ngiramengior	October 27
Jefferson Thomas	October 31
Elia Rdiall	November 1
Tchuzie Tadao	November 1
Dahlia Katosang	November 3

Happy Birthday To You!!!

Mesekiu's News
Palau Community College
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World AIDS Day

In recognition of the upcoming World AIDS Day event (December 1st) and to demonstrate care and concern about HIV and AIDS, the Ministry of Health's HIV/AIDS/STD Programs have submitted this story for our readers and encourages everyone to stop by their office located at the IA Business Center and get yourself a Red Ribbon pin in recognition of World AIDS Day. For further information, you can call Ms. Mayla D. Adolph @ 488-1757 or email: hircmoh@palaunet.com.

Light Your Candle: to break the silence

by Emosi Ratini



Emosi Ratini

I've been living with HIV for the last five years. I was diagnosed in Feb. 2000. When I was told of my HIV status, I experienced fear of imminent death, and then anger, blame, suspicion and confusion not knowing what to do. My life began to change and no longer had meaning. There was loneliness, guilt and always fear that my friends and my family may know my HIV status. It was a time in my life that never seemed to end. My plan was affected with all these feelings that I was lost. Therefore without a second thought, I fled and spent a year and six months in the bush to wait for death and also to test the power of prayer. It was a place where hardly anyone would survive, but because God is only a prayer away, I felt that there was hope at the end of the tunnel. All these changes in my life were due to my little knowledge of HIV and to my fear of passing the virus to my family, and fear of discrimination. I finally realized that I couldn't do this without my family. I needed to talk to them about it. I thank God for giving me supportive parents who accepted me. With my family support as the foundation, I went public with my HIV status. I've been on TV, newspapers and radio and I've spoken at community HIV awareness sessions to promote the lives of people living with HIV/AIDS. As I can't change what had happened, I am determined to face reality and help others to change their attitude towards AIDS. Today I look at AIDS as any other disease that's spreading around the world. And I want to encourage everybody to look at it from a positive point of view. Someone said that HIV/AIDS pushes us to be true to our call as leaders. Now, I am a member of Fiji Network of People Living with HIV/AIDS.

It's a pilot organization that looks at the needs of people living with HIV/AIDS and how we can help improve prevention and awareness in our countries. With the help of the Ministry of Health in Fiji we are able to visit HIV-positive people at their various homes, provide emergency housing assistance, etc. The work that I did with the churches last year was both challenging and inspiring. It is good to know that the solution is in the Church. All it needs is a commitment. Positive people may want to help. I appeal to you leaders, parents who are here to educate young people that AIDS is real. In this race I feel that I cannot do it alone because time is not on my side.

To enable this to happen, you and I need to work together and be good coaches in our society. So I leave today with the understanding that I have interested you enough to be players with the same aim: to break the silence and spread the knowledge on HIV. And if I die of this deadly virus, as church ministers and health workers for now and of the future, be committed and determined to change the tide of HIV. In my little corner my candle will not give light to many people. I need your support. Please light your candle to break the silence and spread the word. We need to all light our candles together, so the world will know about it.



Palau
Community
College

Palau Community College MESEKIU'S NEWS

FREE COPY



Friday, October 28, 2005

Weekly Newsletter

Volume 7, Issue 43

CE Conducts Monthly Staff Meeting to Build Teamwork



Willy Wally, Dean of Continuing Education seated (front-row, 1st left) joins AHS, TS and Library staff for group photo.

The PCC's Continuing Education (CE) office held their first monthly meeting to discuss departmental and staff issues. Staff from the Talent Search Program, Adult High School, Library and CE office met with Willy Wally, Dean of Continuing Education in the CE training room to discuss department goals and objectives, staff needs, and training issues. The discussion was in roundtable format where everyone had an opportunity to express themselves and share their ideas. In addition, the monthly meeting will also serve as an occasion to celebrate all the birthdays of employees who were born during that month. This month the CE Office celebrated the birthdays of Sharon Elbelau, Administrative Assistant for the CE's and Debra Omengbar-Neas, Learning Specialist for Adult High School. After the meeting, the CE staff were treated to delicious cake and ice-cream. This tradition is part of the CE Office's efforts to make the monthly meetings more personal, improve communication and build a stronger network among staff and management. Willy Wally, Dean of Continuing

Education said, "During these monthly meetings, we gather together in a round table format and share our concerns, ideas and needs of our respective offices. Rather than have each office head or employee submit a written report, I wanted to make it more personal by having everyone sit down face to face and discuss their work as a team. It is an open, consensus-oriented, and team building opportunity for us to build a stronger working relationship, where we are more than just workers, we are family."

Thank You Socio-Micronesia and Penthouse Hotel



(l-r) Kyle Brel, from Socio-Micronesia's Accounting Office presents a \$1000 check for PCC's Thanksgiving Fundraiser to PCC's Sydney Kemper. Thank you so much Socio Micronesia for your generous and kind donation.



(l-r) Juliet Dela Cruz from the Penthouse Hotel presents gift certificates for two (2) dinners for two (2) persons and gift certificates for two (2) night hotel stays. Thank you Penthouse for you kind and generous donation.

SSS-Project Beacon Gets New Staff

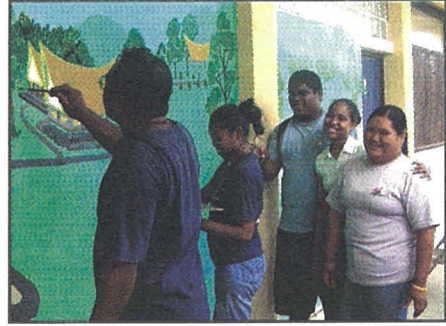


New PCC staff member Pauline Jerry.

PCC would like to welcome Pauline Jerry as our newest staff member. She has been hired as the new Secretary for the Student Support Service—Project Beacon Office. Ms. Jerry is no stranger to PCC as she is an alumna who graduated from PCC in 2001 with an Associate of Science degree in Office Administration. Prior to attending PCC, Ms. Jerry attended Meyuns Elementary School and Palau High School. During her college years, she worked various positions within the College as work study student in the Development Office and the Project Beacon Office.

She proved herself to be such a good worker that the Project Beacon Office gave her a short-term employment contract to work for the office. After she graduated from PCC she interned at the Palau Community Action Agency (PCAA) where she was later hired as an Administrative Clerk. She worked at PCAA from 2001 till September 2004. Her advice to students who are currently attending PCC is to study hard and don't give up. She said, "I think high school graduates should take advantage of the educational opportunities PCC has to offer. When you study here you learn to become more independent and you gain valuable experience and skills you will use later on in your career." Commenting on her experience so far working for PCC, Ms. Jerry said, "I really enjoy working here, I learn a lot of new things and meet new people. But most of all, I get to help students who were once like myself succeed with their college career here at PCC." The College welcomes Ms. Jerry to the PCC family and we are confident she will be a valuable asset to the College for many more years to come. Welcome aboard Pauline!

PCC Staff Paintings Brings Palauan Legends to Life



PCC's Vince I. Akiwo, painting the legend of *Ngiratumerang* of Aimeliik with PCC students giving a helping hand.

Vince I. Akiwo, an employee of PCC's Physical Plant Division, and in-house mural artist is fast at work putting color to PCC's buildings. He has been tasked to paint colorful murals along the walls of PCC buildings. His work includes beautiful paintings of Palau's marine life along the wall of the lower campus as well as paintings of PCC student life along the front of the PCC cafeteria. This time, Mr. Akiwo is bringing Palau's rich culture of Palau's traditional legends to life. His painting of the legend of the origin of the first Palauans, *Latmikaik*, is presented in splendid detail on the side wall of the Btaches building.



The legend of *Latmikaik*, the origin of the first Palauans.

He has also painted the legend of *Ngiratumerang* of Aimeliik, a warrior well known for his fierce bravery as well as his ability to charm the most beautiful of women. Mr. Akiwo's work is still on-going as he still has the rest of the College to paint. The College thanks Vince Akiwo for his hard work and for putting the beauty of Palau's culture on display for all to appreciate.

UBMS Holds Workshop on Tobacco and Alcohol Abuse

There will be a Tobacco and Alcohol Substance Abuse Workshop for Upward Bound Math and Science (UBMS) students on Saturday, November 5, 2005. The guest lecturers from the Ministry of Health are Ms. Yumi Morishita, Social Marketing Specialist, Tobacco Control Program and Mr. Michael Ongalibang, Prevention Coordinator, Bedochel Substance Abuse Center. The workshop will be held at PCC's Continuing Education Training Room at 9:00 am. All UBMS students are encouraged to attend this enlightening and worthwhile event. The purpose of the workshop is to familiarize UBMS students on the dangers of Tobacco and Alcohol abuse. In addition, students will gain a better understanding of how tobacco and alcohol use can impede their goal of achieving a healthy lifestyle and attaining academic success. UBMS is a program for selected college bound high school students (9th to 12th grades) to help strengthen their math and science skills. The program's goal is to help the participants recognize and develop their potential to excel in Math & Science and encourage them to pursue post-secondary degrees in the fields of math and science.

PSBDC Workshops a Huge Success!



Lisa Abraham, PSBDC Director conducting workshop.

Lisa Abraham, the Director of the Palau Small Business Development Center concluded a workshop earlier in the month on two business seminars which focused on "Business Plan Writing and Projected Financial Statements". These workshops were geared to give individuals the opportunity to learn the basics of successfully writing a business plans and create projected financial statements. The "Business Plan Writing" workshop was held on October 5, 2005 and the "Projected Financial Statement" workshop was held the next day on October 6, 2005. The Palau SBDC helps the local business community by assisting individuals with their Feasibility Studies, Market Research, Surveys, Business Plan Development, Loan Packaging, and Operational Assistance. In addition, the SBDC can also assist with Procurement, Manufacturing, Management, Compliance and Problem Solving. To schedule an appointment please call 488-6004 or stop by the Palau SBDC office located at PCC Campus.

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Grand Valley State University is Your Gateway to Success!

Do you wish to further pursue your college career in the U.S.A? Do you want to be able to transfer most of your credits from PCC to a 4-year university? Do want go to a university but are not sure where to go? Well now, because of articulation agreement between the Palau Community College and the Grand Valley State University (GVSU), transferring to a quality university in the United States has been made much easier. GVSU is now accepting qualified students from PCC who meet the requirements for admission. The current admission requirement for transfer students includes the completion of at least 30 college credits with at least a 2.5 grade point average. Almost all of these required courses can be taken at PCC. So if you want, rather than going straight to a university in the U.S. where you begin as a true freshmen, you can gain valuable experience at home, attain college level credits, and save money by attending PCC and eventually transferring later to GVSU as a sophomore or junior in college.

This makes total sense as it would be a cost-effective and efficient way for many Palauan students who wish to pursue a college career in the U.S. Make PCC your first step to educational success at GSVU. For more information please contact Mr. Jim Crawley, Associate Director for International Recruitment at GVSU, at crawleyj@gvsu.edu for address and other relevant information. He will have an application for admission mailed or e-mailed to those interested in applying to GVSU. The application is also available on-line through the university's web site at <http://admissions.gvsu.edu>. Any interested student explore the GVSU web site at

<http://www.gvsu.edu>.

BITS AND PIECES...

SBA to Host Pageant....

The PCC Student Body Association is hosting the College's first ever Mister and Miss PCC pageant. This fun and glitzy affair is part of the SBA's goal to encourage PCC students to not only participate as contestants for the pageant but also encourage students to participate in this wonderful social activity to have fun, meet new people and become more involved in the College's student life activities. The event will be held on December 3, 2005. All current PCC students are eligible to enter as contestants. Deadline for registration will be on November 4, 2005 with tickets being sold on the same day. For more information, please contact the PCC-SBA Office at 488-2461.

Scholarships Available....

Pacific Island Development Bank (PIDB) is again offering scholarships for school year 2005-2006. A scholarship of \$ 500.00 will be awarded to each recipient, one each from the following PIDB member nations or States: Chuuk, CNMI, Guam, Kosrae, Palau, Pohnpei and Yap. Priority consideration will be given to students majoring in economics, business, accounting and finance. How to apply?: submit a letter of interest with the following supporting documents: proof of citizen (copy of passport or birth certificate), high school or college transcript, two letters of recommendation, college acceptance letter, and a resume including a brief statement on the reason for your selected field of study, to the following address: Pacific Island Development Bank, Suite 204 GCIC Bldg.414 West Soledad Avenue Hagatna, Guam 96910. Tel. (671) 477-0047 Fax. (671) 477-0067 Email: pidbank@guam.net

Annual Report....

Once again, it is time for the College to begin preparing the Fiscal Year 2005 (FY 2005) Annual Report in accordance with Republic of Palau Public Law 4-2. All PCC departments, divisions and offices are hereby requested to begin compiling their respective reports, and submit them to the Development Office. The reports should reflect each department's/division's/office's goals and objectives as stated in the College Ten-Year Master Plan, comprehensively major accomplishments and progress made during FY 2005. Anyone who has questions or would like further information is requested to contact Armstrong Debelbot, Director of the PCC Development Office at extension 250.

SSS-Project Beacon Holds Workshop



Adora N. Andreas, Project Beacon Councilor conducts workshop.

Student Support Services—Project Beacon (PB) Conducted a "Movie Night" and "Information Workshop on the Presentation of Alcohol Abuse" this past Friday, October 21, 2005 at the PCC Dorm B Study Hall. The workshop on "Alcohol Abuse" was held from 7:00 pm till 8:00 pm and the "Movie Night" was from 8:00 till 11:30 pm with two movies being played. The students were chaperoned by Project Beacon Staff: Midori Mersai, Cynthia Malsol, Adora N. Andreas, and Pauline Jerry. The workshop on "Alcohol Abuse" was presented by Adora Andreas.

Over thirty PCC dorm students participated in the event. The purpose of the Project Beacon sponsored event was to provide a fun and relaxing activity for the students after their midterms while orienting them on the prevention of alcohol abuse.

Study Tips to Help You Make the Grade!

(Study Tips are taken from: <http://www.how-to-study.com/>)

Making an Oral Presentation:

- When making an oral presentation in class, you must know your subject well and convince your audience that they have something to gain from listening to you. Here are some things you can do to make an effective oral presentation.
- Be prepared. Research your subject to ensure that you are knowledgeable. Practice your presentation until you feel comfortable. Make sure you can present your information within whatever time limits you will have. Anticipate questions you may be asked and prepare answers to these.
- Know your audience. Tailor your presentation to your audience's level of knowledge about the subject of your presentation, what they need to know, and their interests.
- Be positive. Make it clear that you are knowledgeable and enthusiastic about your subject. Don't read your presentation. Talk to your audience. Use your notes as prompts as needed. Provide examples. Try to make your presentation as concrete and "down to earth" as possible. Add appropriate anecdotes and humor to drive home a point. Use visual aids. Supplement what you say with visual aids such as handouts, charts, transparencies, and slides. Make sure that everyone can easily see the visual aids. Don't use visual aids that are so complex that the audience will spend its time trying to read them instead of listening to you. Visual aids are supplements to what you say, not replacements for what you say.
- Maintain eye contact. Shift your eye contact around the room so that everyone feels that you are talking to them. Actively involve your audience. People can only listen so long without their attention wandering. Making your presentation interesting will help you to capture and keep your audience's attention for a while, but you must do more. Build in some simple and quick activities for your audience so that they are actively involved in your presentation.
- Ask questions that you are confident your audience will be able to answer. Use your voice effectively. Vary the tone of your voice and be careful not to talk too quickly. And on a high note, leave your audience feeling upbeat about what they have just heard.