

FSM rebuilding after Typhoon Maysak

Article on page 4



Photos by Brad Holland



Featured in this issue:

Cabinet member to stand trial on FSM criminal charges

Page 3

IOM responds to devastating Super-Typhoon in Micronesia

Page 6

Micronesia Registration Advisors donate to typhoon relief

Page 6

How you can help people affected by Super Typhoon Maysak

Page 7

United Nations team arrives in Micronesia to support Typhoon Maysak response

Pages 7

Pohnpei celebrates Cultural Day

Page 10

College celebrates 22nd Founding Day

Page 12

SPECIAL RECIPE: Kangkong with fish

Page 15

PCO develops disability-inclusive disaster toolkit

Page 15



vital

FSM PetroCorp

www.vitalenergy.fm

Visit our website to see:

- Job Vacancies
- Latest Project Updates
- Business Opportunities
- News and Information

For our Families. For our Communities. For our Islands.



Japanese non-profit ‘Pasifika Renaissance’ works to promote and preserve region’s heritage

By Bill Jaynes
The Kaselehlie Press

April 8, 2015

Pohnpei, FSM—“Pasifika Renaissance” was established in September of 2014 as a nonprofit organization established in Japan in order to “preserve and promote cultural and historical heritage in the Pacific Islands to revitalize their traditional cultures and empower local communities.” Dr. Takuya Nagaoka, who served as a JICA volunteer in Pohnpei, Micronesia is the organization’s Executive Director.

Yesterday Pasifika Renaissance established a new YouTube site for the organization (www.youtube.com/channel/UCnmyAfrAD0u4MpUF9jLgJag). It’s an unwieldy tag but worth checking out. Dr. Nagaoka says that after the site receives 500 fans they will be able to choose their own url.

Currently the YouTube site contains videos of performances by students at the recently held College of Micronesia-FSM Founding Day. Dr. Nagaoka says that he has also conducted interviews with elders in the community discussing history, tradition and culture. Those will be uploaded to the site as well.

The group also has a Facebook page which receives constant attention.

Though Dr. Nagaoka has spent several months in Pohnpei and soon will be heading to Yap, the organization’s purpose is not at all limited to the FSM. Pasifika Renaissance’s mission extends to the entire Pacific region.

“So much of the Pacific region’s history is stored in overseas institution,” he said. “One of our goals is to start to bring it back.”

Dr. Nagaoka said that people have been very open to his work here. There is keen interest, he said. He attributes some of that to his previous JICA work in Pohnpei and also to the fact that he speaks the language. But also, the people know that something must be done in order to preserve the tradition, culture and history of the FSM.

Though English is not the group’s first language, their brochure describes their mission and purpose best:

“Rapid modernization in post-war period has caused changes in life style and the decline of traditional cultures that had been inherited as wisdoms of people for hundreds of years in the Pacific Island nations. Accessible information on their cultures and histories by the local people are also largely limited. We believe that learning our own culture and history generates and enhances respect to one’s origin and identity and further creates the present and future culture based on the traditions.

“For the realization of such societies, Pasifika Renaissance engages in documentation and research of the cultures and histories, and also utilizing the results of those projects in education in order to contribute to Pacific Islanders’ revitalization (“renaissance”) of traditional cultures. In addition, we work for sharing various information, materials, and research results stored in overseas institutions. Furthermore, we promote preserving tangible and intangible cultural heritage that could be of invaluable tourism resources, and utilizing them for “cultural tourism” that is one of the potential sectors to lead the economy in the Pacific Island countries.

“In addition to these activities in the Pacific Islands, Pasifika Renaissance



Yoshio Samuel (Born 1936, 79 years old) at Mand, from Pingelap, 2014



Rihko Meninzor (Born 1943, 72 years old) at Sapwuahfik, 2014

aims to promote cultural exchange and friendship between Japan and the Pacific Island countries and raise awareness like a renaissance inside those Japanese people who are involved in supporting or participating in our projects.”

and annual membership fees. It has several different types of memberships available.

They can be reached by email at pasifika.renaissance@gmail.com.

The organization relies on donations

The Kaselehlie Press

Your Newspaper for Today and Tomorrow

P.O. Box 2222 Pohnpei, FM 96941
 ph:(691) 320-6547
 email: Kpress@mail.fm

Bill Jaynes
 Managing Editor

KPress is looking for dedicated correspondents in Pohnpei, Chuuk, Yap, and Kosrae. We will pay you for articles and collection of ads. Contact us at the numbers or email above.

I want to have a 26 issue subscription sent by First Class Mail to:

Pohnpei Address
 Cost includes shipping \$35 for 26 issues

Chuuk, Kosrae, Yap, or USA Address
 Cost includes shipping \$50 for 26 issues

International Address
 Cost includes shipping \$100 for 26 issues

RECIPIENT

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Email: _____

Cabinet member to stand trial on FSM criminal charges

By *Bill Jaynes*
The Kaselehlie Press

April 1, 2015

Palikir, Pohnpei- On March 27 the FSM Government filed criminal charges (CC 2015-501) against FSM Cabinet member Francis Itimai, Secretary for the Department of Transportation, Communications and Infrastructure (TC&I) who was recently suspended from service several weeks ago. The seven charges were for actions alleged to have occurred in the middle of 2013.

Itimai was called to appear before the court on April 1.

The information filed by the FSM was supported by an affidavit from Captain George E. Skilling, supervisor for the FSM Transnational Crime Unit.

Itimai is charged with Conflict of Interest, Falsification, Tampering with a witness, Theft, Attempted Theft, Criminal Mischief, and unauthorized possession or removal of property.

The information that the FSM Department of Justice filed with court says that Itimai was in Yap from April 27 to May 1, 2013, on official government business approved by the FSM President and that he had a confirmed round trip ticket. On May 1 he directed his staff to provide an amended travel authorization (TA) for an overstay until May 5 in the amount of \$982 for the President's approval.

The President did not approve the amended TA.

The information on the charges said that while Itimai was still in Yap he was told that the President had not approved the amended TA but did not say who told him.

The charges say that on May 1, Itimai sent a letter via email to the Micronesia Shipping Commission (MSC) claiming that his TA could be amended after he returned and requesting MSC to deposit that amount into his personal bank account. He told MSC that he would authorize the reimbursement of that amount once MSC provided an invoice to TC&I.

The charges allege that sometime between

Itimai's return to Pohnpei on May 6 and May 8, Itimai "went to the office of MSC, saw a world map on the wall, demanded it was his, and took it." MSC provided an invoice for the world map in the amount of \$926.

Later Itimai directed a TC&I employee to prepare a miscellaneous payment for the MSC invoice charged to the Maritime Operations Revolving Fund indicating that the payment was needed for a World Map "needed at our office urgently." The Maritime Operations Revolving Fund is for the ongoing operation and maintenance of National Government vessels.

The check was issued to MSC by the FSM Department of Finance. "The world map, 'needed at our office urgently' was hung on the wall of the office of the Defendant [Itimai] and never presented or used for the operation of the Caroline Voyager or any National Government vessel under the operational control of TC&I," the information on the charges says.

On May 24, Itimai signed a voucher for his travel to Yap that included the days that the President had not approved. The Department of Finance noticed that the extra days had not been approved and corrected the voucher before submitting it to the President for final approval.

The information on the FSM's charges against Itimai says that in mid 2013, the Office of the National Public Auditor began an investigation into the matter based on information from confidential informant. It claims that Itimai instructed his TC&I staff to say they did not know what was going on if anyone asked them about the matter regarding the TA amendment.

The government's information on the charges say that a few days after the Public Auditor interviewed the Chief Financial Officer (CFO) for MSC concerning the matter, the CFO issued a cash receipt that said that Itimai had paid MSC the \$926 he had advanced. That receipt was issued almost six months after the advance had been issued.

Based on the information that the government filed, Itimai is charged with seven crimes for which he will stand trial.

Island partners discuss increase in illegal, unregulated and unreported fishing in Micronesian States



Commander, Joint Region Marianas

ASAN, Guam (March 30, 2015) – On March 17, a multilateral conference was held on Guam regarding increasing Illegal, Unregulated and Unreported (IUU) fishing in the Federated States of Micronesia (FSM) and the Republic of Palau (ROP).

Upon reviewing case studies of increasing IUU boats from Southeast Asia and South Asia illegally fishing in the FSM and ROP economic exclusion zones, the delegations forged an understanding of IUU emerging issues and a process for collaborative short and long term solutions.

The delegations committed to expand regional partnerships in combating IUU violations in small island nations.

Participants included the U.S. Department of State, American Embassy Kolonia, American Embassy Koror, U.S. Coast Guard, U.S. military, Australian Embassy for the Micronesian Region and delegations from FSM and ROP.

The U.S. delegation was led by U.S. Ambassador Doria Rosen (FSM) and U.S. Ambassador Amy Hyatt (ROP). The Australian delegation was led by Second Secretary and Consul Nikola Pejic. The FSM delegation was led by Secretary of Foreign Affairs Lorin Robert. The ROP delegation was led by Special

Assistant to the President Mr. Keobel Sakuma.

Observers included U.S. Pacific Command staff, Federal Bureau of Investigation Guam office, Australia's Office of National Assessment, U.S. Citizenship and Immigration Services, Scripps Institution of Oceanography and Yap state government. The meeting was facilitated by the U.S. Defense Representative office for FSM and ROP.

★ with **ADVERTISE** Your **BUSINESS** Press

Each issue of the Kaselehlie Press is packed with important information your customers will want to know.

We are your businesses advertising solution!

THE NEXT ISSUE OF THE KASELEHLIE PRESS WILL BE RELEASED ON: April 27, 2015

Deadline for submission of articles or advertisements for this issue is the end of working hours on: Wednesday, April 22, 2014

TUNE IN TO Pohnpei's #1 Radio

PARADISE RADIO

FM 89.5 V6WI

FSM rebuilding after Typhoon Maysak

By Bill Jaynes
The Kaselehlie Press

April 9, 2015

Federated States of Micronesia—Typhoon Maysak, which was spawned in waters southeast of Pohnpei, slammed into Chuuk as a full blown Category 2 typhoon on March 28 and 29. It hit Chuuk's Northwest outer islands and intensified in strength before slamming into Ulithi and Fais, Yap on March 31 and April 1. By that time it was classified as a Category 5 super typhoon with winds of up to 160 miles per hour.

The Governors of Chuuk and of Yap made emergency declarations shortly after the storm arrived in their states.

President Mori also made an emergency declaration and released \$100,000 for immediate disaster relief. It also authorized OEEM to begin to seek international assistance.

The President sent FSM surveillance vessel FSM-03 to the outer islands of Chuuk, and FSM-02 to Yap's outer islands for damage assessment. Each vessel carried relief supplies and FSM personnel for the assessments.

Late this afternoon, Akapito said that FSM surveillance vessel, FSM-03 arrived in the outer islands a week ago and conducted its assessment. The vessel carried relief supplies but it didn't make a report by radio as they were expected to have done. FSM03 was due back in Weno this afternoon where crews are standing by to load supplies for a return trip to Chuuk's outer islands if they are needed.

At press time there had been no official word of the arrival of FSM-02 in the outer islands of Yap.

In order to insure that the victims of the typhoon "are not negatively impacted by those who would profit from their misery," on April 1, President Mori amended his Emergency Declaration to include a price freeze on all commodities throughout the FSM to pre-typhoon rates. That mandate will be enforced by a Task Force and the Department of Justice.

On Monday of this week, the President called a weekend special session of Congress in order to deal with issues surrounding the Typhoon Maysak disaster. The late calling of that session may make it difficult for Congress to form a quorum for that session. Before the typhoon struck, Speaker Dohsis Halbert had already called a special session that is scheduled to begin on April 13. The two sessions will be treated as back to back special sessions.

According to a report by the FSM's Office of Environment and Emergency Management (OEEM), five people died in Chuuk as a result of the storm. Businesses were damaged. Trees were downed across Weno and its nearby islands. Utilities were destroyed including power, water, sewerage, and landline telephone infrastructure.

Typhoon Maysak damaged 80 percent of the breadfruit, bananas and taro in Weno.

The storm destroyed nearly 900 homes in Weno leaving nearly 7000 people homeless.

OEEM had no report on the damage in Weno's nearby islands but Marcellus Akapito, the FSM Public Information Officer (FSMPIO) was there after the storm. He was there to document the efforts of the initial evaluation teams. This afternoon he wrote, "Other places like Tonoas, Fefen, Parem, and parts of Faichuk, they need heavy duty clearing of roads, and they have begun with limited tools, such as axes. A few chainsaws have been given out, most of which were procured by the National Government."

At press time there also was no damage report from Chuuk's Northwest outer islands but from one news report it is clear that



Photo by
Brad Holland

there was serious damage there.

Guam based Pacific Daily News published an article on April 6 based on a shortwave radio interview with Principal Mannix Episom of Northwest High School in Onoun. Episom told PDN reporter Isa Baza that damage in Onoun was very bad. He said that the food there might last until the end of April.

Water is an even bigger problem.

"Water condition is very bad, water is mixed with salt water," Episom told Baza. "Our water is mixed with salt water, we cannot drink, we have to drink the water - we don't have enough water."

The Principal told Baza that although students are in good condition and were not injured during the storm, some are experiencing headaches from drinking the salt water.

The islands of Ulithi in Yap were hit hard. Still, beyond all expectations, no injuries were reported in Yap during the super typhoon.

The damage on Fais was a little less severe than in Ulithi and a recently installed well is still functional and providing water to its residents when it has solar power, which was reinstalled last weekend. The water is not potable and needs to be boiled.

OEEM's most recent report says that Fais experienced major crop damage and that Piig suffered 60 to 70 percent damages to crops. Ulithi's crops were 100 percent damaged.

The report says that the people of Ulithi have been "forced into makeshift shelters cobbled together with bits of corrugated tin roofing."

Photographer Brad Holland has been running a successful crowd sourced fund raising project for relief in Yap's outer islands (www.fundly.com/typhoon-maysack-relief-yap-



Photo by
TR Mori

Ship on the reef in Chuuk

outer-islands) and has purchased thousands of dollars of supplies for the outer islands with the proceeds. Holland has been a big source of information in Yap's outer islands and has documented the damage and the recovery effort with his camera. He said that most of the homes in Ulithi were damaged. As many as 28 people are now living together per household. "The people have been compressed," he wrote.

The damage to housing in Yap is a problem but the long term effects of the storm aren't currently knowable and it may be several years before the items return to their previous state.

"You can give them a new house, put a roof over their head but nothing's growing," Holland told Australia Plus reporter Bethany Keats. "There's nothing that says they're going to have enough fish, and turtles and birds and stuff to live off of and sustain themselves and how long it's going to be until that ecosystem recovers and people are able to rely on it is unknown. That's the hard part.

"Right now, everyone's fine with a bunch of broken stuff, but the actual damage in the long term, the affect this is going to have on Ulithi, I don't know," he said.

In Weno, Chuuk Public Utilities Corporation has made good progress toward restoring the utilities that were seriously damaged during the storm. As of yesterday, Island power has been restored to all of the previously operating sewage lift stations. Three of Weno's wells have island power. The rest are being powered on a rotational basis by emergency generators. Nearly 40 percent of Weno's 110,305 feet of power lines have been restored. Just over 20 percent of the system is not damaged but is off for a variety of reasons including tree trimming that needs to be done. 40 percent of the lines are awaiting repair.

“Generation is ok and peak load is now 90% of pre-typhoon levels however only 20% of residential connections are back on line at the moment – lots to do,” Waite wrote.

“Pohnpei Utility Corporation sent a 4 man crew to assist CPUC in recovery of services. The Board of CPU is very grateful for this support.”

International media has chosen to give Typhoon Maysak a miss. Still, there have been relief efforts from many places and donors can choose to give money, the preferred type of donation (see US Embassy press release on page 7), to any number of charitable organizations who are doing good work to help to restore the lives of Micronesians devastated by the storm.

It would be impossible to list all of the individuals and organizations who have offered assistance so far and we will make no attempt to do so other than to offer a few highlights.

The Fourth Branch (www.tfbmicronesia.com), an online news resource run by Russell Thoulag, based in Hawaii has been doing a good job of trying to track some of those efforts and how people from outside of the FSM can help on their Maysak Relief Hub.

Pacific Missionary Aviation (PMA) pilot Amos Collins was the first to do a flyover of Ulithi and Fais two days after the typhoon struck and the first to post photos of the horrendous damage there. Since that time PMA has flown several flights each day carrying supplies from Yap’s main island to the damaged areas. The Church of Jesus Christ of Latter Day Saints (LDS) early on donated 2,000 pounds of rice and water on the first flight to the outer islands in Yap. They also donated \$5,000 to PMA to cover fuel and operating costs for their plane to transport much-needed supplies.

LDS representatives were in Pohnpei when the typhoon struck Weno and sent a representative as soon as it was possible to fly there. Stimulating the local economy, they locally purchased 1,450-50 pound bags of rice, 1200 cases of Ramen, 200 cases of

canned mackerel, and fuel for boat transport of food and supplies to islands in the lagoon. They also sent commodities from Guam. Included in their DHL shipment were tarps and rope, chainsaw, handsaw, machetes, shovels, axes, picks and other tools. Those items had been stored in the Church office building in Guam in case of such emergencies.

The Salvation Army is packing a container of food in Guam bound for Chuuk. The Ayuda Foundation is gathering materials, as is the Bank of Guam. There have been many grassroots drives for relief assistance that are simply too numerous to name.

The people of the island of Yap banded together in force to support the people of the outer islands with goods purchased on island, so much in fact, that shelves in Yap proper are bare and will be so until the next incoming container ship lands there.

The non-profit organization FUNSO which stands for Fais Ulithi Ngulu Sorol Organization has organized several relief drives. The donations from the first drive arrived in the outer islands by fishing boat a few days ago. Tomorrow, Yap’s field trip ship, the Hapilmohol is heading out from Yap proper with donations for the island.

Anthony Tareg of Yap and from FUNSO says that the ship will return outer island High School Seniors to Yap proper so that they can continue their education since the school will not reopen before June.

All of the governments with Embassies in the FSM have pledged disaster relief. The participation of the United States is outlined in a separate press release. The total in that article doesn’t fully define the extent of the pledges they have made. Australia has promised \$75,000 in relief aid through the embassy. Japan provided approximately \$92,000 in materials including water purifiers and jerry cans through the Japan International Cooperation Agency in

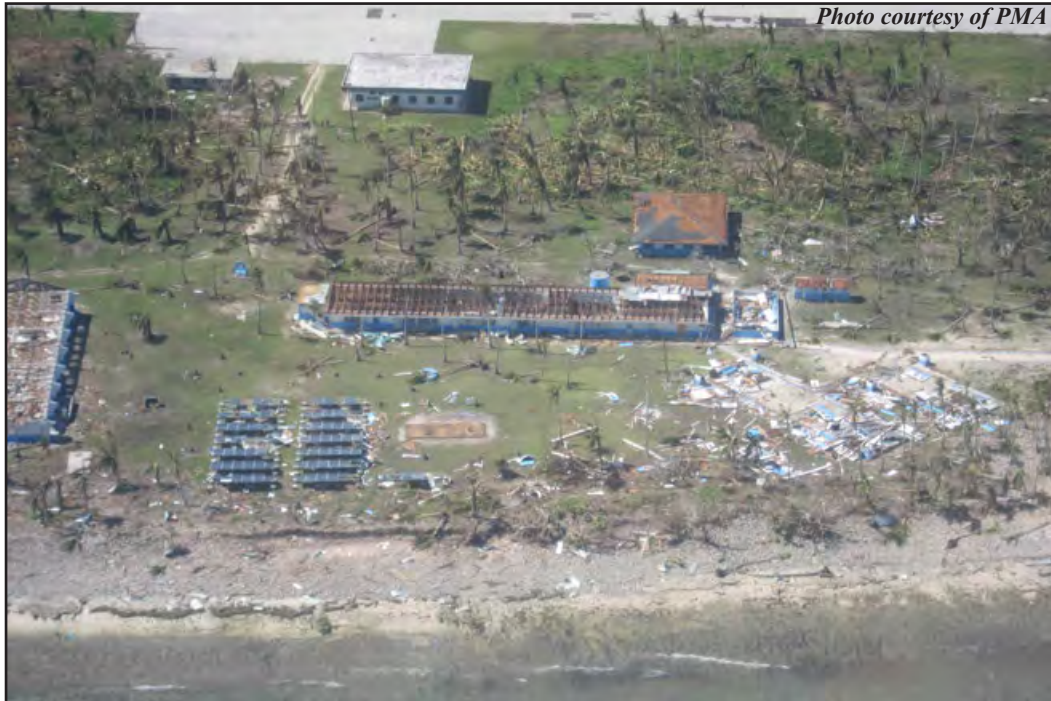


Photo courtesy of PMA



Photo by TR Mori

This massive tree uprooted during the storm in Chuuk

response to a request by the FSM. China sent a special envoy to view the disaster areas in Chuuk and met with Governor Elimo there. According to a Xinhua news item released today, China has not yet determined the extent of its assistance but has promised to assist in rebuilding as appropriate.

USAID representatives arrived in Yap and in Chuuk yesterday to perform their evaluation of the devastated islands. As we understand it, they will make their recommendations to the Government of the FSM as to whether or not they should ask U.S. President Obama to also declare the struck islands as disaster zones. If that does take place it would allow the Federal Emergency Management Agency (FEMA) to release more funds to USAID which could then be used for reconstruction purposes.

The people of the FSM have previously worked directly with FEMA and may be expecting to get checks from the organization as compensation for their property losses. That won’t be happening this time even if President Obama does issue a disaster declaration.

We are told that USAID is about mobilizing reconstruction in disaster areas. They do not provide money directly to property owners for damage that occurs during disaster. Property owners should not wait for individual property inspections if there is anything that can be done on their own to begin the cleanup process.

The United Nations has also sent a team that arrived in Chuuk today.



Photo by Brad Holland

The chief of Ulithi atoll says it is hard to know where to begin in the islands’ recovery

The International Organization for Migration has been assisting since the disaster first struck and has had personnel on the ground in Chuuk and in Yap.

Though the short term needs after the devastating typhoon seem to have been met for the time being, complete recovery will be a long process long after the “hype” of the tragedy has faded from the public’s mind.

**the Village
Travel**

*Serving the islands and abroad
since 1980!*

Providing your domestic and international
flight arrangements.

For your flights, hotels &
car rentals, please call us at
Tel: (691) 320-2777
Fax (691) 320-5375
Villagetravel@mail.fm

Mon - Fri: 8:30 am - 5:00 pm
Sat: 9:00am - 12:00pm
Sun: Closed

P.O. Box 339
Kolonia Pohnpei,
FM 96941

IOM responds to devastating Super-Typhoon in Micronesia; Philippines on standby

Micronesia - IOM staff in the Federated States of Micronesia (FSM) are responding to the devastation caused by Super Typhoon Maysak which barreled across the group of 600 Pacific islands from 28 March to 2 April.

Five people have been confirmed to have died as the result of the storm, which has also destroyed crops and contaminated many water sources. Packing wind speeds exceeding 250 kilometres per hour, Maysak smashed houses, schools, and public buildings, and also sank several fishing and dive boats.

Speaking from the capital Pohnpei earlier on Friday Stuart Simpson, IOM's Chief of Mission in FSM stressed "Our overwhelming priority in the coming hours is to ensure that we get clean water – and the means to produce it locally – to isolated island communities. Hot on the heels of that, we need to ensure that people are able to repair damaged dwellings and to quickly RESUME their daily lives".

On March 30, FSM President Manny Mori issued a Presidential Emergency Declaration, and IOM teams based in the main islands of Yap and Chuuk responded by facilitating pre-onset disaster preparedness activities in tandem with respective State Disaster Coordination Officers. They also provided technical support to post-disaster assessment and data collection efforts.

The Government deployed the FSS Independence from Pohnpei the night of March 30 to Chuuk with relief supplies, and on April 2, USAID authorized initial relief funding in order to supplement the humanitarian assistance provided by the FSM National Government.

The boat visited isolated islands which bore the brunt of typhoon Maysak, bringing cases of bottled water, medical supplies and a team of assessors, including medical personnel.

A second vessel – the FSS Micronesia –left Pohnpei this morning



IOM staff working to load FSS Micronesia with relief items to delivery to cyclone-affected populations on remote islands. © IOM/Mark Adams 2015

for Chuuk and Yap. "It is carrying bottled water, chainsaws, hand saws, tarps, ropes, nails, solar lanterns, and basic food items. We had item warehoused in Yap and Pohnpei, and took the critical items out of our Pohnpei warehouse to complement the delivery to Chuuk. We offered unique water-related items unavailable in local MARKETS – 1,000 and 5,000 litre water bladders, tap stands, jerry cans," said IOM's

Chief of Party and Manager, of the PREPARE readiness programme, speaking from Pohnpei earlier today.

IOM deployed a surge team to the Pacific archipelago of Vanuatu in min-March, to assist in the aftermath of Cyclone Pam which caused widespread damage and left 11 people dead. IOM personnel are on standby in the Philippines as Maysak threatens the eastern seaboard – it is weakening in intensity but is nonetheless expected to pack strong winds and heavy rain when it hits over the Easter weekend.

USAID and IOM are assessing Typhoon Maysak storm damage

Embassy of the United States of America Kolonia

The United States Embassy in Kolonia, assisted by USAID's Office of U.S. Foreign Disaster Assistance (OFDA), is coordinating the U.S. Government's response to Typhoon Maysak. OFDA is conducting damage assessments in Chuuk and Yap states with the International Organization for Migration (IOM), USAID's on-the-ground partner in the FSM.

providing logistics support to facilitate the movement of relief items throughout the affected areas. Under the leadership of each state's Disaster Coordination Officer (DCO) in the Emergency Operations Centers, IOM is closely coordinating response work with state-level departments, the Micronesian Red Cross Society, and local partners. The Embassy, OFDA and IOM continue to liaise with the FSM National Government, donors, and key partners in Pohnpei.

indicate extensive damage to crops, housing, and infrastructure, limited drinking water due to damage to water storage containers, and power and communications outages.

Through IOM, the U.S. maintains prepositioned relief items in the FSM. IOM is working with local officials to distribute these critical

supplies—including water containers and plastic sheeting to address emergency shelter needs. Over the next few days, U.S. Embassy and OFDA staff will continue to conduct assessments and coordinate response efforts in response to the requests of FSM government agencies and humanitarian organizations.

The FSM and State Governments are Preliminary reports from Chuuk and Yap states



Paata Weno, Chuuk

Micronesia Registration Advisors donate to typhoon relief



Kasio Kembo represented Micronesia Registration Advisors (MRA) in the presentation of a check to the International Organization of Migration in the amount of \$25,000 for Typhoon Maysak relief. He said that MRA hopes that their donation will motivate other FSM corporations to donate to typhoon relief for the thousands of victims in the FSM.

How you can help people affected by Super Typhoon Maysak

Embassy of the United States of America Kolonia

April 8, 2015

The Embassy has received several inquiries about how people can help those affected by Super Typhoon Maysak. The most effective way to support people affected by disaster events, including Super Typhoon Maysak in Micronesia, is to provide monetary donations to relief and charitable organizations working directly with affected populations. Even very small cash donations make a significant difference, thanks to relief and charitable organizations' bulk purchasing power. Monetary donations are the simplest option for donors, the most efficient for relief and charitable organizations, and the most effective for survivors, as they:

- Enable relief organizations to respond to urgent needs as they arise, which happens frequently in the early stages of an emergency response;
- Facilitate programs that material donations cannot support, including medical services, family reunification initiatives, and trauma counseling; and
- Allow the local purchase of much-needed goods, ensuring that supplies are fresh and familiar to survivors, acquired in needed quantities, and culturally, nutritionally and environmentally appropriate. These purchases in turn support local merchants and economies, which strengthens and speeds recovery.

Some community groups and civic organizations feel a strong desire to provide material donations, often in the form of clothing, canned food, bottled water, and other household items. While well-intentioned, these donations can actually delay the delivery of life-saving services and supplies to survivors and are costly and time-consuming for relief organizations to manage.

If monetary donations are not possible, prospective donors are asked to donate according to these guidelines:

- "Connect before you collect" by identifying a relief or charitable organization that has specifically requested the items before the collection begins;
- Ensure that all material donations are directed to a consignee that can receive, manage, and distribute them;
- Ensure all documentation for the shipment are in order, including customs clearance, inspections, and port fees; and
- Arrange transportation before the collection begins.

For more information on the impact of non-cash donations, go to www.cidi.org. For more information on the U.S. Government's humanitarian assistance efforts in response to Super Typhoon Maysak, visit USAID's Office of U.S. Foreign Disaster Assistance.



AUSTRALIAN AWARDS SCHOLARSHIP (AAS) INTAKE YEAR 2016

Opening Date: 01 February 2015
Closing Date: 30 April 2015

Eligible citizens of the Federated States of Micronesia, Republic of Palau and Republic of the Marshall Islands are invited to apply for awards commencing in January 2016 for full time post-graduate study in Australia. Awards cover tuition, accommodation, living expenses and airfares.

To be eligible to apply students must:

- Have completed a Bachelor's Degree or equivalent;
- Be a citizen of the Federated States of Micronesia, the Republic of Palau or the Republic of the Marshall Islands;
- Be willing to return to work in their country for no less than two years after completion of their degree.

Application instructions and guidelines are available on the Australian Embassy website: www.fsm.embassy.gov.au

All completed applications should be submitted online.

If you have any questions please contact Caroline Adams at caroline.adams@dfat.gov.au or +691 320.5448 ext. 107

United Nations team arrives in Micronesia to support Typhoon Maysak response

United Nations Nations Unies Office for the Coordination of Humanitarian Affairs

9 April 2015

Suva, Fiji - A United Nations Disaster Assessment and Coordination (UNDAC) team today arrived in the Federated States of Micronesia to support the government's response to Typhoon Maysak. The typhoon made landfall at Chuuk lagoon on Sunday 29 March and Ulithi Atoll, Yap, on 1 April, while neighboring islands within the two states also experienced damage from strong destructive winds.

The UNDAC team, comprising five disaster response experts, was deployed by the United Nations Office for the Coordination of Humanitarian Affairs (OCHA) Regional Office for the Pacific at the request of the Government of the Federated States of Micronesia. It will support the government and humanitarian partners as they continue to respond to communities on affected islands and atolls.

"We are pleased to support the Government of the Federated States of Micronesia in its response to this damaging typhoon, which has impacted

many communities living in an area spanning hundreds of kilometres," said Mr Sune Gudnitz, Head of OCHA's Regional Office for the Pacific. "While the impact of Typhoon Maysak is low by world standards in terms of the total number of people affected, all needs are equally important and all suffering deserves to be eased."

The UNDAC team will support the government and humanitarian partners, such as the International Organization for Migration and Micronesia Red Cross Society, in the delivery of food, safe drinking water, medical supplies, emergency shelter and temporary learning spaces to communities. The team will provide coordination and assessment support as well as data analysis and information management expertise.

"The typhoon destroyed homes, contaminated food and water sources, and damaged crops and infrastructure, including school buildings," said Mr



Gudnitz. "As those affected are highly reliant on subsistence farming, the damage to crops will significantly affect their ability to earn an income and grow food. The dispersed nature of the affected communities makes the humanitarian response particularly challenging."

UNDAC is part of the international emergency response system for sudden-

onset emergencies. UNDAC was created in 1993 and was designed to help the United Nations and governments of disaster-affected countries during the first phase of a sudden-onset emergency by rapidly deploying international emergency management experts. UNDAC is a neutral, international asset, provided free of cost to support government-led disaster responses.

GOOGLE NEXUS 5

\$477

with free
portable
charger



Smartbank
USB portable
charger



Google Nexus 5. The smart, new phone made to capture the moments that matter.

AUSTRALIAN AWARDS PACIFIC SCHOLARSHIP (AAPS) INTAKE YEAR 2016

OPENING DATE: 23 March 2015
CLOSING DATE: 29 May 2015

Eligible citizens of the Federated States of Micronesia, Republic of Palau and Republic of the Marshall Islands are invited to apply for awards commencing in January 2016 for full time undergraduate and post-graduate study in Fiji and Vanuatu. Awards cover tuition, accommodation, living expenses and airfares.

To be eligible to apply students must:

- Have completed an Associate Degree or equivalent, or due to complete by June 2015 with minimum GPA of 2.8, OR
- Be over 25 years old with High School GPA 2.8 or above and have a minimum of 5 years work experience related to the field of study.

Students just finishing High School are NOT eligible.

Applications are available at:
the Australian Embassy website www.fsm.embassy.gov.au

All completed applications MUST be typed unless there are extenuating circumstances that prevent the applicant from doing so.

Applications are due by the 29th of May, 2015.

If you have any questions please contact Joyce Gehr at joyce.gehr@dfat.gov.au or +691 320.5448 ext. 110

US provides \$17.5 million in compact grant assistance payments January through March, 2015

Embassy of the United States of America Kolonia

Between January 1 and March 31, 2015, the FSM Department of Finance received Compact Grant Assistance payments from the United States Government totaling almost \$17.5 Million. These payments were for Compact Sector Grants, Carry-Over Sector Grants, and Supplementary Education Grants:

Health	\$ 5,913,842
Education	\$ 5,364,300
Supplementary Education Grant	\$ 2,231,296
Public Sector Capacity Building	\$ 838,234
Private Sector Development	\$ 542,415
Environment	\$ 415,341
Infrastructure	\$ 1,817,004
Enhanced Reporting and Accountability	\$ 376,389

Total Amount \$ 17,498,821

This amount is provided to the States of the FSM as follows:

National Gov't	\$ 1,178,346
Chuuk	\$ 6,885,431
Kosrae	\$ 2,096,000
Pohnpei	\$ 4,312,898
Yap	\$ 3,026,146

New Buses for Chuuk

The Office of Insular Affairs released \$105,371 to pay for 4 School Buses and a Flatbed Truck for the Chuuk Department of Education which arrived in Chuuk in February. The buses have a 35 student capacity. They will be used to transport students living within the town limits to the high school.



Back to back special sessions to tackle national issues

Congress of the Federated States of Micronesia

PALIKIR, POHNPEI. April 9, 2015 – As called by both the Speaker and the President, the Eighteenth Congress of the Federated States of Micronesia has scheduled two special sessions to be held back to back. On April 10th, the Sixth Special Session will convene as called by the President for a three-day duration. On Monday, April 13th, the Congress will convene for its Seventh Special Session as called by the Speaker and it will be for a 5-day duration unless extended or shortened through resolution.

Meanwhile, the President has also called for another Special Session to precede Speaker's call and convene on Friday, April 10th to "take action on a number of extremely urgent items that are needed to provide effective and immediate alleviation and mitigation measures for those affected by the super typhoon." Congress sessions are open to the interested general public.



HUAWEI MEDIAPAD 7 LITE

\$216
WAS \$289
with FREE PORTABLE CHARGER

SMART AND TRENDY

Stylish and handy with amazing visual experience, the Huawei media pad Lite Android tablet offers you great features at an incredibly affordable price.

Huawei is a well-known brand. This great device also can be used to make calls and send MMS and SMS. One of the most important features is the Google Play. Google Play allows customers to download millions of applications direct in the tablet. The best brands come with this Google certification.



MCS Pohnpei
Micronesia Computer Services
320-4778/6484
Original Products, Original Prices

New Items Everyday!



Acer Aspire 14" Laptop
Intel-Core i5-4210U,
4GB RAM, 500GB HDD
Windows 8.1

\$729.99



Genius Speaker System

\$109.99



Dell 20" Touchscreen All-In-One Desktop
Intel Celeron Processor N2830, 4GB Ram, 500GB HDD, Windows 8

\$582.99



Craig 25W Portable Wireless Party Machine w/ Bluetooth

\$129.99



Skylink Complete Alarm System w/ 1 Motion Sensor, 2 Door Sensors, Dial Alert Up to 9 Phone Numbers

\$289.99



Samsung Galaxy Note 3, 32GB Android Smartphone

\$599.99



Polycom Voice Station 500 Analog with Bluetooth

\$529.99

We Have a Collection of Different Games!

Buy 2 Games & Get 1 Free!

WANT UNLIMITED SMS?
CHECK OUT OUR MOBILE PLANS!

PRICE	\$5	\$30	\$50
TALK	30 MINS	60 MINS	120 MINS
DATA	100MB	2GB	5GB
TEXT	UNLIMITED SMS FOR ALL PLANS		

\$5, Daily Package
DATA: 100 MB Data
VOICE: 30 Minutes Local/Domestic Calls
SMS: Unlimited Local/Domestic SMS
This package expires 3:50AM daily
To activate this plan, dial *GET*1# or *438*1#
Charges will be deducted from your cell account.

\$30, Monthly Package
DATA: 2 GB Data
VOICE: 60 Minutes Local/Domestic Calls
SMS: Unlimited Local/Domestic SMS
Valid for 30 days
To activate this plan, dial *GET*2# or *438*2#
Charges will be deducted from your cell account.


\$50, Monthly Package
DATA: 5 GB Data
VOICE: 120 Minutes Local/Domestic Calls
SMS: Unlimited Local/Domestic SMS
Valid for 30 days
To activate this plan, dial *GET*3# or *438*3#
Charges will be deducted from your cell account.

HOW TO ACTIVATE DATA OR 3G

Activate cellular data or 3G on your cellphone. Check if phone supports 3G. go to SETTINGS go to WIRELESS & NETWORK go to MOBILE NETWORKS APN: fsmtc

Restart mobile if necessary

Dial the number for that package. Example: Dial *GET*1# or *438*1# for Package 1.



NOTE: If you run out of voice or data on your plan before expiration, you will fall back to pay as you go rates. Pay as you go are still; Voice - local \$0.15/min; SMS - \$0.10/SMS; Data - \$0.10/Mb. For rates on domestic and international calls, call your FSM Telecom office. Once activated, packages renew automatically. To cancel automatic renewal, dial *OFF# (*633#). You can cancel renewal anytime while you are on a package or after package has expired.



Pohnpei celebrates Cultural Day

On March 31, Pohnpei celebrated its Cultural Day on the property of Nett Elementary School. Rains threatened to drown it out but the celebration would not be averted. Sokehs had a separate celebration and though this year was the third FSM Cultural Day, we could find no national celebration.

Children from ECE in Kitti recited Pohnpei's history for the audience and there were dance performances as well.





Bank of the Federated States of Micronesia

BANK OF THE FEDERATED STATES OF MICRONESIA
Statements of Condition
December 31, 2014 and 2013

ASSETS	2014	2013
Cash and due from banks	\$ 3,572,430	\$ 4,356,306
Federal funds sold	1,855,000	715,000
Interest bearing deposits in banks	41,436,290	32,538,435
Cash and Cash equivalents	46,863,720	37,609,741
Interest bearing deposits in banks	8,952,000	7,136,000
Short-term investment in money Market funds	405,930	2,988
Securities available for sale	23,984,506	21,521,459
Loans, net of allowance for loan losses	41,113,006	42,493,400
Accrued Interest Receivable	281,745	266,961
Premises and equipment, net	2,450,292	2,620,467
Prepaid expenses and other assets	445,307	507,495
	<u>\$ 124,496,506</u>	<u>\$ 112,158,511</u>
LIABILITIES AND STOCKHOLDERS' EQUITY		
Liabilities		
Deposit		
Noninterest-bearing	\$ 31,441,743	\$ 21,485,217
Interest-bearing	72,989,674	71,522,965
Total deposits	104,431,417	93,008,182
Accrued interest payable	13,072	37,206
Accrued expenses and other liabilities	638,528	872,380
Total Liabilities	105,083,017	93,917,768
Commitments and contingencies		
Stockholders' equity:		
Common stock, \$5 par value, 1,000,000 shares authorized; 934,348 shares issued and outstanding	4,671,740	4,671,740
Additional paid-in capital	4,663,576	4,663,576
Retained earnings	10,180,662	9,552,093
Accumulated other comprehensive income	(102,489)	(646,666)
Total stockholders' equity	19,413,489	18,240,743
	<u>\$ 124,496,506</u>	<u>\$ 112,158,511</u>

BANK OF THE FEDERATED STATES OF MICRONESIA
Statements of Comprehensive Income
Years Ended December 31, 2014 and 2013

	2014	2013
Interest Income:		
Loans	\$ 4,364,343	\$ 4,401,713
Investment securities and due from banks	592,096	557,761
Federal funds sold	5,833	5,934
Total interest income	4,962,272	4,965,408
Interest expense:		
Savings	105,651	126,189
Time deposits, \$1000,000 and over	65,139	76,858
Other time deposits	32,726	32,353
Total interest expense	203,516	235,400
Net interest income	4,758,756	4,730,008
Provision for loan losses	140,000	40,000
Net interest income, after loan losses	4,618,756	4,690,008
Non-interest income		
Loan fee income	251,876	186,659
Service charges on deposit accounts	208,050	195,460
Other	325,487	428,165
Total non-interest income	785,413	810,284
Non Interest Expenses:		
Salaries and wages	1,687,505	1,621,242
Occupancy	417,906	373,045
Professional Fees	313,789	305,760
Employee benefits	257,889	302,128
Furniture and equipment	199,600	253,425
Data processing	171,176	227,696
Correspondent bank fees	163,176	168,549
Gross receipts and use taxes	160,506	166,637
Telephone	150,836	154,750
Travel	125,040	111,025
Director and Shareholder	105,884	99,737
Electronic banking	86,393	95,916
Stationary and supplies	79,810	72,083
Insurance	40,371	66,068
FDIC deposit insurance	32,000	44,340
Credit and collection	26,175	18,517
Business development	17,402	17,427
Postage	12,093	13,831
Tellers and operating losses	5,012	4,321
Miscellaneous	40,963	31,683
Total non-interest expenses	4,093,526	4,148,180
Net Income	1,310,643	1,352,112
Other comprehensive loss:		
Net unrealized loss on investment securities	544,177	(915,580)
	<u>1,854,820</u>	<u>436,532</u>



College celebrates 22nd Founding Day

College of Micronesia-FSM

March 31, 2015

Kolonia, Pohnpei – The College of Micronesia-FSM celebrated the 22nd anniversary of its founding on March 30, 2015 at the Pohnpei State Track and Field. Floats and cultural performances were prepared by the student organizations representing each of the diverse cultures in the Micronesia.

The event kicked off with a parade of floats from Chuuk (ChuChok), Kosrae Students Organization (KSO), Pingelap and Mwokil (Pingmwok), Pohnpei Campus, the National Campus, the Yap Students Organization (YSO), Friends of Xavier (FOX), and Warriors of OLMCHS Leadership & Foundation (WOLF). The parade marched from the Spanish Wall in Kolonia to the Pohnpei State Track and Field where they were greeted by faculty, staff, students and the community of Pohnpei.

Board of Regents Chairman Churchill Edward gave welcoming remarks and thanked all the individuals who made the activity possible; recognizing those behind the scenes for their relentless teamwork to make a successful event.

In attendance were guests that included Governor John Ehsa, US Deputy Chief of Mission to the FSM, Mr. Hugues Ogier, COM-FSM Board of Regent Kasio Mida, and Postmaster General Ginger Mida.

Five judges were selected to critique the performances. President Daisy and Scott Snaden awarded the winners for best float at the end of the event. The KSO took first place for the best float, followed by YSO, and Pohnpei Campus coming third.



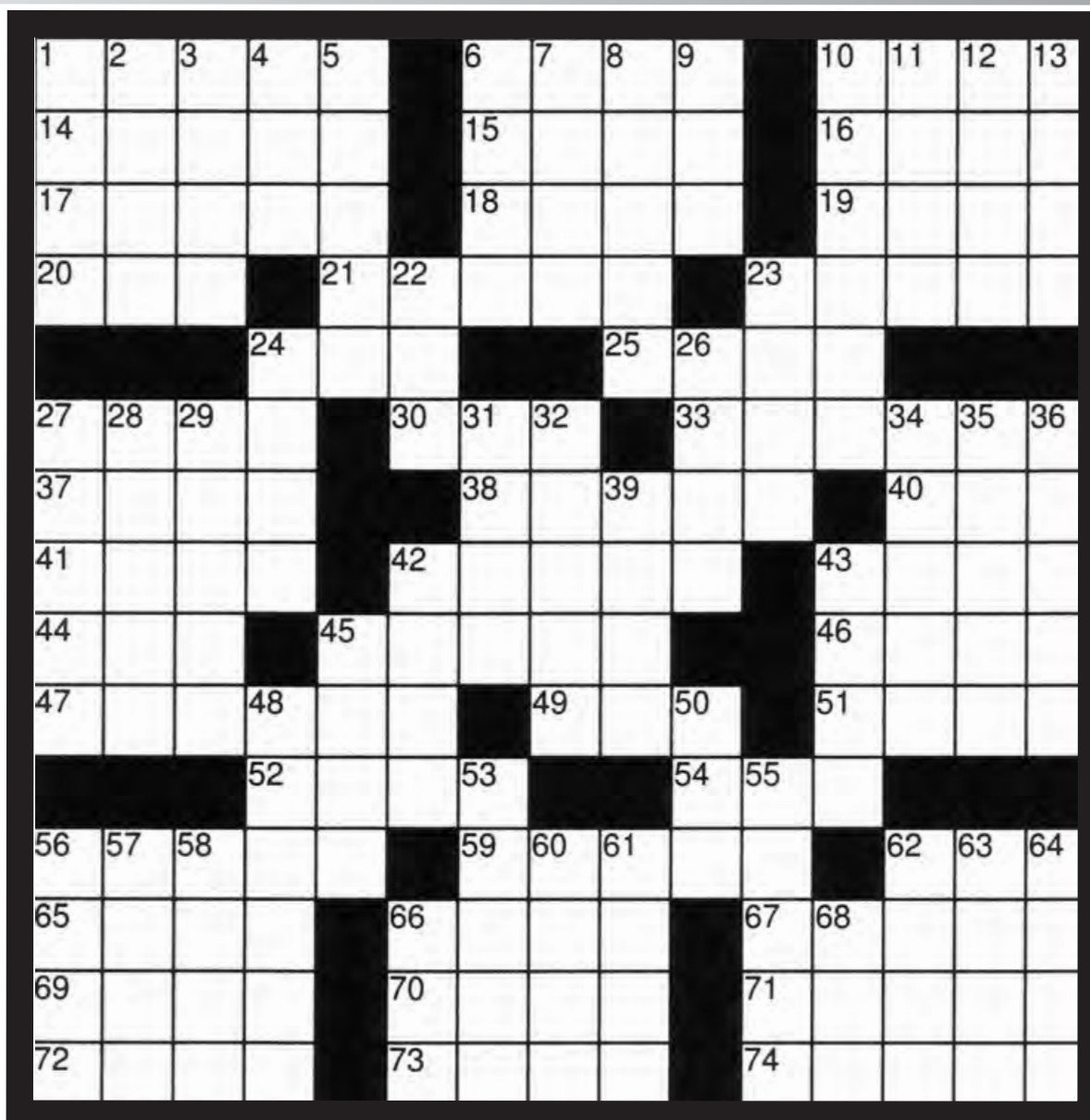
Crossword - l's... l's ... l's

ACROSS

1. Slip
6. Swing
10. Sting
14. Twirling
15. Clip
16. Fix
17. Skirmish
18. Flight bd. listings
19. Bits
20. Dig in
21. Wrists
23. Ski sticks
24. JFK listing
25. Dip
27. Kill
30. .001 inch
33. Pitch in
37. Knitting rib
38. Filmic 007
40. ___-fi
41. Limits
42. Micki & ___ (film)
43. Split
44. Scrimp
45. Insist
46. Split
47. Split
49. Till
51. This: Sp.
52. Chills
54. Ships hdg.
56. Tilt
59. Sing
62. Tint
65. Rip
66. ___ Night
67. Insipid
69. British pic digs
70. Split
71. Risk
72. Mimic
73. Bid first
74. Hits

DOWN

1. Limping
2. District
3. Hit
4. Visit
5. Pick
6. Fight
7. Twist
8. Stinging
9. Right!
10. Digs
11. Twist
12. "Vissi d' ___"
13. Plight
22. Mil. bigwig
23. Sit
24. Iris districts
26. Pink
27. Whisk
28. Sri ___
29. Birch's kin
31. "Wish ___, wish ..."
32. Nit
34. British ___
35. Whiff
36. Link
39. Whiff
42. Did
43. Drifting
45. Schism
48. Kindling
50. This: Sp.
53. GI's bills
55. Clips
56. Sp. Miss
57. Spring
58. Kick in
60. Drift
61. Sign
62. ___-kiri
63. GI gp.
64. Fish Dish
66. Siding with
68. Mint



Movies

After you've circled all the words, the unused letters, when read from left to right, starting at the top, will spell out titles of three movies starring Tom Hanks.

S E M A J E L U D O M F O R
 R W E S A H T I W N T G U M
 P S I A V S O F T H E A I D
 I N C G R V T M W O R K S W
 G L O N A A P R E J F R H F
 I L N O V R N A O D I E K E
 T E T O R E T U R N N N X V
 E V R M I R L Y L A A P A E
 Y O O E T S N B N T L U O R
 T L L H H A S T A O L X T I
 D R E T S A S I D E Y T Y S
 E I O F F O N E M G R H A H
 R I N H A I S E E G Y A W L
 F O U D O S L N E M E H T Y

BAD PLACE
 (The)
 BEASTCHILD
 BLOOD RISK
 BRUNO
 CHASE
 COLD FIRE
 COSMIC SIN
 CRIMSON WITCH
 DARKFALL
 DEMON SEED
 DRAGONFLY
 FUNHOUSE (The)
 GRAYWORLD
 HARDSHELL
 HIDEAWAY
 ICEBOUND
 INTENSITY
 INVASION

LIGHTNING
 MASK (The)
 MR. MURDER
 ODDKINS
 PHANTOMS
 SHADOWFIRES
 SHAMBOLAIN
 SNATCHER
 STARBLOOD
 STRANGERS
 SURROUNDED
 TRAPPED
 TWILIGHT EYES
 UNDERCITY (The)
 VISION (The)
 WATCHERS
 WHISPERS
 WINTER MOON



HUMAN RESOURCES OFFICER

About the Pacific Islands Forum Secretariat

The Pacific Islands Forum was founded in August 1971 and currently comprises 16 independent and self-governing states in the Pacific. Forum Leaders meet annually to develop collective responses to regional issues.

The Forum's administrative arm is the Pacific Islands Forum Secretariat, based in Suva, Fiji. It acts as the Secretariat for Forum-related events, implements decisions by the Leaders, facilitates the delivery of development assistance to member states, and undertakes the political and legal mandates of Forum meetings. The Forum Secretariat is also mandated to coordinate the implementation of the Framework for Pacific Regionalism.

The Forum Secretariat is an Equal Opportunity Employer.

About this Opportunity

An exciting opportunity exists for a Human Resources Officer to join the Corporate Services Human Resources & Administration Team. Reporting to the Team Leader Human Resources & Admin, the officer is to support the Team Leader in achieving team's strategic objectives and by acting as the HR lead on a range of different projects and responsibilities, develop the organisation's people, support whole of organisation Human Resource initiatives and manage organisational development.

Responsibilities will include (but not limited to):

- Organisational Development;
- Employee Relations; and
- HR Generalist

We're looking for candidates with a first degree in Human Resource Management, General Management/Business, Psychology, Sociology, Education or similar with excellent working knowledge of employment practices and ability to apply it practically to workplace situations.

Applicants with an experience of working in a HR department/environment in an international organisation or within a regional inter-governmental organisation would have an advantage.

About the Benefits

The appointment will carry a competitive remuneration and benefits package including medical and life insurance. The starting salary will be in the range of SDR25,408 to SDR 28,584 per annum. At the 1 January 2015 exchange rate this salary range was equivalent to FJD73,455 to FJD82,637. For non-Fijian nationals, this salary may be tax-free. Interested applicants are encouraged to apply through our website: www.forumsec.org where an information package containing the job description and remuneration details is also available.

To be eligible for this position, the applicant must be a national of a Forum member country.*

Deadline for applications is at 5pm (Fiji time), 1 May 2015.

*Member States of the Pacific Islands Forum: Australia, Cook Islands, Federated States of Micronesia, Fiji, Kiribati, Nauru, New Zealand, Niue, Palau, Papua New Guinea, Republic of the Marshall Islands, Samoa, Solomon Islands, Tonga, Tuvalu, and Vanuatu.

PicknBuy24.com

Quality Japanese Vehicles Online Shop Since 1997

Buy Quality Used Cars from Japan

It's Worth the Wait!!

Delivery time to Micronesia
5 - 8 Weeks
Inspection Done 3 Times
High Quality
Long-Lasting Used Cars
Supply Parts



Discount Coupon

\$100 OFF
Coupon Code: **FMCP0413**
Expiration Date: **31st of MAY**
Enter the coupon code in allocated box on the website when you order

Search by Google Search

 Ref.20261 PRICE: \$5,190 TOYOTA RAV4 Year 2001 AT 2,000cc PETROL Mileage 108,000km Color Red II	 Ref.20725 PRICE: \$5,270 CHRYSLER JEEP CHEROKEE Year 2000 AT 4,000cc PETROL Mileage 38,000km Color Silver	 Ref.20412 PRICE: \$4,230 FORD EXPLORER Year 2000 AT 4,000cc PETROL Mileage 29,000km Color Green II
 Ref.20338 PRICE: \$3,310 HONDA HR-V Year 2001 AT 1,600cc PETROL Mileage 76,000km Color White	 Ref.20574 PRICE: \$4,140 HONDA CR-V Year 2000 AT 1,970cc PETROL Mileage 63,000km Color Pearl	 Ref.20058 PRICE: \$3,790 MITSUBISHI PAJERO IO Year 2000 F 1,830cc PETROL Mileage 80,000km Color Silver
 Ref.19828 PRICE: \$2,370 HONDA FIT (JAZZ) Year 2004 AT 1,330cc PETROL Mileage 74,000km Color Beige	 Ref.20358 PRICE: \$5,340 NISSAN X-TRAIL Year 2003 AT 1,990cc PETROL Mileage 95,000km Color Pearl	 Ref.20617 PRICE: \$2,750 CHEVROLET CRUZE Year 2004 AT 1,320cc PETROL Mileage 98,000km Color Gray M
 Ref.20681 PRICE: \$3,080 MITSUBISHI PAJERO IO Year 1998 AT 1,800cc PETROL Mileage 73,000km Color Brown	 Ref.20087 PRICE: \$4,170 ISUZU WIZARD (RODEO) Year 2002 AT 3,200cc PETROL Mileage 82,000km Color Green	 Ref.19339 PRICE: \$4,020 MAZDA TRIBUTE Year 2001 AT 2,960cc PETROL Mileage 67,000km Color Black II
 Ref.20334 PRICE: \$3,470 TOYOTA COROLLA Year 2000 AT 1,300cc PETROL Mileage 10,000km Color Pearl	 Ref.20368 PRICE: \$3,280 TOYOTA PLATZ (YARIS) Year 2002 AT 1,500cc PETROL Mileage 16,000km Color Gold	 Ref.19817 PRICE: \$2,830 TOYOTA WILL VS Year 2002 AT 1,490cc PETROL Mileage 23,000km Color White

*Price Include Car Cost & Freight up to Pohnpei, Yap, Kosrae or Chuuk

How to Buy

1. Select a Car Online
2. Issue an Invoice
3. Print out the Invoice
4. Pay from Bank

Web: <http://www.picknbuy24.com>
Email: pboffer@picknbuy24.com

Tel: +81-3-4330-9090
Fax: +81-3-4330-9091

AGASTA CO., LTD. Address: 4-20-3 EBISU SHIBUYA-KU, TOKYO JAPAN

Kangkong with Fish

INGREDIENT 8 servings



- 3 lbs fish
- 20 kangkong tops
- 1 small onion, sliced thinly
- ½ cup soy sauce
- ¼ cup vinegar
- 1 tablespoon oil
- 2 tablespoons ginger, minced
- Pepper for taste

METHOD



- 1 Clean the fish.
 - 2 Fry the fish thoroughly. (Put the heated fish on a non-plastic surface)
- 1 Kamwakelehda mwahmw.
2 Pirainihda mwahmw oh (pwilikihdi mwahmw pohn mehkot me sohte plastic).



- 5 To make the soy sauce dressing, mix soy sauce, vinegar, oil, ginger, onion, and pepper, and bring to a boil.
 - 6 Pour the soy sauce dressing on the fish.
- 5 Doaloapene sohiu, vinegar, oil, onion, pepper oh karakarahda pwehn ekis pwoail.
6 Widediheng pohn mwahmw me tehn kangkong kan mih powe.



- 3 Dip kangkong tops in the boiling water, and stir once, then remove them from the hot water immediately.
 - 4 Cut the kangkong tops into 1 inch pieces and put them on the top of the fried fish.
- 3 Kaduhdi kupwuden tehn kangkong kan nan pihl kararar komwi ariada oh kihdahsang loale.
4 Lupukpene kupwuden kangkong kan ni uwen reirei ki ins ehu, komwi eri kiheng pohn mwahmw kan.

Limit these Nutrients		Get Enough of these Nutrients	
1 Serving		Serving in this recipe: 8	
Nutrition Facts			
Amount Per Serving			
Calories	170	Clories from Fat	88
		% Daily Value*	
Total Fat	10 g		15 %
Saturated Fat	1 g		4 %
Trans Fat	0 g		
Cholesterol	62 mg		21 %
Sodium	961 mg		40 %
Potassium	538 mg		15 %
Total Carbohydrate	3 g		1 %
Dietary Fiber	1 g		4 %
Sugars	0 g		
Protein	18 g		
		VitaminA	39 %
		Calucium	4 %
		VitaminC	9 %
		Iron	9 %
*Percent Daily Values are based on a 2,000 calorie diet. Your dietary values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

This nutrition fact is calculated by USDA National Nutrient Database and Japanese food composition.

PCO develops disability-inclusive disaster toolkit

Pohnpei Consumer Organization (PCO) guided by its strategic plan is developing a disability-inclusive disaster toolkit, which will help support Micronesians with disabilities prepare for natural disasters and the impacts of climate change. One of the key phases in this program is to conduct a consultative meeting with organizations that work with people with disabilities or in natural disaster emergency situations.

ANZAC DAY DAWN SERVICE

25th April this year commemorates the 100th anniversary of the landing of Australian and New Zealand Forces on the beaches of Gallipoli in 1915. On this day at various locations around the world and in every city and town in Australia and New Zealand, commemoration services are held at dawn, the time of the original landing by the ANZACs.

ANZAC Day however, goes beyond that particular event; it is the day on which all Australians and New Zealanders reflect on the sacrifices of so many men and women who served and died in all wars, conflicts, and peacekeeping operations.

This year's ANZAC day dawn service will commence precisely at 5:30 AM on Saturday 25 April 2014 at the Royal Australian Navy's residential compound (Kangaroo Court) located on the western bank of the Nett River, in Nantelik, and will be followed by gunfire breakfast.

This event is open to invited guests, Australian and New Zealand expatriates and travellers and in particular veterans and serving military members of any nationality.

For more information please contact Chief Petty Officer Andrew Hamilton on 320 2976 or the Australian Embassy in Pohnpei, FSM on 320 5448.



To this end, PCO held a successful consultative meeting on March 24th with key partners to discuss the development of a disability-inclusive disaster toolkit. This was made possible by the GEF Small Grants Programme being implemented by the United Nations Development Programme (UNDP), as part of its support for sustainable community development efforts in the FSM.

Attendants were from:

- Micronesian Red Cross Society
- USAID/IOM
- Kolonia Town Government
- Office of Emergency and Environment Management
- Department of Public Safety
- Secretariat of the Pacific Community
- SBOC
- FSM Substance Abuse and Mental Health
- Special Education
- United Nations Development Programme
- Pohnpei Trailways Inc.

Many important issues were raised and discussed, which will be implemented by PCO. The next step is to meet the residents with disabilities in the Kousapw that PCO will implement the pilot program in.

If you would like to know more about this project or to provide your opinion, you can contact us on 320-1619 or email our volunteer, Jen Blyth at blythjen@gmail.com

Reunion In Seattle

Former law enforcement personnel from the U.S. Government, the old Trust Territory of the Pacific Islands, and the State of Alaska who worked throughout Micronesia during the 1970s, 1980s and 1990s got together in Seattle, Wash., to catch up with each other and talk about the good old days of living and working in Micronesia.

Attending this three-day reunion, April 1-3, were Bill and Kiki Stinnett, Bryan Vila and Cynthia Morris, Phil and Carla DeLongchamps, and Mike Korhonen.

Most government leaders and officials, current and retired law enforcement officers, and local residents will remember the days of the Micronesian Public Safety Academies in Palau and Pohnpei, individual training efforts, and investigative assistance that took place throughout Micronesia from the '70s through the '90s.

A constant theme during this reunion of old friends was inquiring about specific police officers and friends they had met and known during their time in Micronesia, and to comment on the privilege of having lived and worked in Micronesia and how the experience changed their lives for the better in so many ways.

Both Bill and Bryan arrived in Micronesia in 1978. Bill still lives in Chuuk, while Bryan lived in Saipan until 1984 before accepting a job in Washington, D.C. Mike Korhonen, or "Major Mike" as he was known throughout Micronesia, spent his career with the Alaska State Troopers and was the Micronesian Public Safety Academy Commander for every academy that took place in Micronesia – 1984 through 1992. Phil DeLongchamps worked with the Department of Interior, Office of Territorial and International Affairs, in Washington, D.C., and was the government guy who moved mountains and people to get the assets and resources needed to make it possible to train police from all over Micronesia.

After Micronesia, Bryan went back to school and earned a Ph.D. from the University of California, Davis. Today, as a professor of criminal justice and criminology at Washington State University, Spokane, he continues to work within law enforcement—focusing on cross-cultural policing and police officer health and



*Mike Korhonen,
Phil DeLongchamps, Bill
Stinnett, and Bryan Vila*

safety. Bryan and his wife, Cynthia Morris, wrote the book, *Micronesian Blues*, which tells the story of his six years living and working in Micronesia. Photos and more information about the book can be found at www.MicronesianBlues.com.

Mike is fully retired but still stays in touch with the troopers he worked with over the years. He and his wife, Evelyn, take care of the farm they have in Washington State. Phil and his wife, Carla, are retired and enjoy life working on their home and grounds in Salem, Ore.

They all look back fondly on their time in Micronesia and hope to one day return to the islands that made such a positive impact on their lives . . . and all have an open invitation to come stay with Bill and Kiki at the Truk Stop.

