

Fallen soldiers honored during Memorial Day commemoration

Featured in this issue:

Pacific Islands Leaders Meeting completed in Fukushima, Japan

Page 2

Violence against Women quantified for the first time in FSM Family Health and Safety Study

Page 3

Candidates for the July 1, 2015 Special Election, Pohnpei State and Kosrae State

Page 4

OLMCHS wins Pohnpei State debate again

Page 6

U celebrates 30th Constitution Day

Page 8

Inauguration of Nation's leadership set for July 10

Page 10

Some anglers land big fish during Pohnpei Fishing Club's Annual Tournament

Page 13



U.S. Ambassador Doria Rosen

Benito Cantero, President, FSM Veteran's Association

FSM Senator Isaac V. Figir

By **Bill Jaynes**
The Kaselehlie Press

May 25, 2015

Pohnpei, FSM—At 10:00 this morning, the United States Embassy hosted a well attended and emotionally charged Memorial Day commemoration at the Pohnpei International Airport as the photos of FSM's fallen soldiers appeared to look on from above.

Speaker Wesley Simina postponed the FSM Congress' morning session so that Senators could attend the event. Vice President Yosiwo George also attended along with several FSM cabinet members and Pohnpei State legislators.

Mr. William Cook, Economic/Consular Officer of the U.S. Embassy in the FSM served as master of ceremonies. The Reverend Eden Skilling of the Kosrae-Kolonia Congregational Church gave the invocation.

The magnificent "Youth 4 Change" Choir sang wonderful acapella versions of both the FSM and U.S. National Anthems blending their harmonies in creative and often times, hair raising ways.

Acting Secretary for FSM Department of Foreign Affairs, Samson Pretrick gave remarks on behalf of the FSM government. Governor John Ehsa gave remarks on behalf of Pohnpei State. U.S. Ambassador Doria Rosen gave an impassioned speech and described her experience as a young child through adulthood as she came to understand what Memorial Day means and thanked FSM citizens for their service in the U.S. Armed Forces.

Benito Cantero, President of the FSM Veterans Association gave his remarks last. Taking advantage of the presence of the Senators from the FSM Congress, Cantero challenged the government to establish a liaison for veterans affairs at the FSM National Government and also challenged them to establish Memorial Day as an FSM holiday. He said that while the FSM does have a Veteran's of Foreign Wars day the country has nothing to specifically honor FSM citizens who have paid the ultimate sacrifice of their life as the 10 veterans whose photos are on the walls of each airport in the FSM had done.

See "Memorial Day" on page 5



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Pacific Islands Leaders Meeting completed in Fukushima, Japan

Embassy of Japan to the FSM

Newly elected President of the FSM, H.E. Peter M. Christian, participated in the Seventh Pacific Islands Leaders Meeting (PALM7) held on 22 and 23 May 2015 in Iwaki-city, Fukushima, Japan. This was his first overseas visit soon after taking office as the 8th President of the Federated States of Micronesia on 11 May.

While in Tokyo, President Christian and representative of PIF countries were invited to an afternoon tea with Their Majesties, the Emperor and Empress along with members of the Imperial Family. A welcoming reception was also hosted by the Minister of Foreign Affairs.

In Fukushima, President Christian and the other leaders received heartfelt welcome by local people; President Christian enjoyed friendly interactions with many school children who lined up along the street to greet the leaders.

President Christian also held a bilateral meeting with the Prime Minister of Japan, H.E. Shinzo Abe to discuss important issues of the two countries.

In his keynote speech during the opening session of the PALM7, the Prime Minister Abe said "we will be able to grow an awareness that we are Pacific citizens and are on the same boat".

Co-chair of the PALM7, H.E. Tommy Remengesau, Jr., President of Palau, responded in his opening address, "the PALM process is important in progressing our regional relationship with Japan, who is a long-time friend of the Pacific region."

Disaster risk reduction was high on the agenda for Forum Leaders in their discussions with the Prime Minister Abe. Leaders and Prime Minister Abe shared their experiences of responding to and recovering from natural disasters, including the recent events of Cyclone Pam and Typhoon Maysak and the 2011 earthquake and tsunami in Japan.

Forum Leaders offered their support to Prime Minister Abe's proposal to establish World Tsunami Day on 5 November 2015 and welcomed Japan's offer of support for Forum Island Countries' national, sub-regional and regional efforts to strengthen disaster risk reduction.

Leaders emphasized the importance of ensuring the sustainable use of the ocean in accordance with regional frameworks including the Palau Declaration on The Ocean: Life and Future. As a major fishing nation in the Pacific Ocean, Japan undertook to further cooperate with countries and regional fisheries organizations to promote sustainable fisheries, including in the high seas.

Prime Minister Abe announced a 55 billion yen package (approximately USD452 million) of development assistance to the Forum Island Countries over the next three years, which will focus on the areas of: disaster risk reduction; climate change; environment; people-to-people exchanges; sustainable development (including human resource development); oceans, maritime issues and fisheries; and trade, investment and tourism.



President Christian at Tsunami affected area



President Christian being welcomed by Iwaki children

NORMA in-house workshop on tuna and coastal data

On the 6th of May, the National Oceanic Resource Management Authority (NORMA) with the Secretariat of the Pacific Community (SPC) invited FSM Department of Resource and Development (FSMRD), Pohnpei State Office of Fisheries and Aquaculture (OFA) and the Conservation Society of Pohnpei (CSP) for a one day in-house workshop on tuna and coastal data at the Western Central Pacific Fisheries Commission (WCPFC) headquarters. The workshop was opened by Mr. Patrick Mackenzie, NORMA Executive

Director. He welcomed all workshop participants and in his opening remarks he noted: The timing of the workshops coincides with World Tuna Day, 2nd of May 2015. Which has been celebrated for the past three years since the Parties of the Nauru Agreement (PNA) declared World Tuna day in 2011.

The workshop participants received vital information about the importance of tuna data collection methods for national and regional

reporting obligations, database software, electronic technology and discussed areas of possible future collaboration especially in artisanal data. SPC reiterated the importance of why we need to collect data for national and regional reporting obligations that FSM ratified; the 1982 United Nations Convention of the Law of the Sea, 1995 United Nations Conventions of Fish Stock Agreements and WCPFC convention text.

Workshop participants agreed that this was

a very useful exercise and recognized the valuable opportunity that this workshop provided for sharing information on data base systems and emerging electronic technologies. It was hoped that this continued in the future with the other FSM states given the importance of the workshop issues.

NORMA would like to acknowledged these donor agencies: Japan Trust Fund (JTF) administered by the Western Central Pacific Fisheries Commission (WCPFC), Australian Aid, WCPFC for their workshop facilities and SPC for providing technical staff support.



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Violence against Women quantified for the first time in FSM Family Health and Safety Study

By Bill Jaynes
The Kaselehlie Press

June 3, 2015

Federated States of Micronesia—A lengthy report commissioned by and partially carried out by the FSM Department of Health (<http://countryoffice.unfpa.org/pacific/drive/FSMFHSSReportweb.pdf>) has for the first time attempted to gather comprehensive information about the prevalence of violence against women in the FSM. The FSM Family Health and Safety Study (FSM FHSS) spans 202 pages.

Before the report was released, policy makers had only anecdotal data to rely on as they considered legislation that could potentially curb the problem that nearly everyone in the FSM knows about but that only a few are willing to openly discuss. Even the 1,006 women aged 15 to 64 years randomly selected for the statistical sample for the survey discussed their experiences only under carefully guarded circumstances.

“Violence against women and girls is unacceptable anytime, anywhere,” wrote the former Australian Ambassador to the FSM in his message on the report. He reiterated Australia’s support of gender equality, women’s empowerment, and ending violence against women.

“Violence against women can have adverse consequences on a woman’s physical, mental, sexual, and reproductive health. This violence affects women across the world, including women in the Federated States of Micronesia,” Dr. Vita Skilling, Secretary for FSM’s Department of Health and Social Affairs wrote in her foreword to the report.

“Regionally, prevalence figures of lifetime physical and/or sexual partner violence were over 50% in some FSM States. In the case of non-partner violence, the study shows that about 14% of interviewed women experienced child sexual abuse and the most common perpetrators were family members,” Skilling continued.

“The study used an expanded definition of ‘partnership’ in which the term ‘ever-partnered’ refers to women who had a relationship with a man regardless of whether they were married, therefore including women in cohabitating relationships, separated or divorced, and widowed,” the Executive Summary on the report said.

It also utilized two main reference periods to estimate prevalence of violence in a woman’s life. “Lifetime violence” refers to the violence experienced in a woman’s life even if it only happened once. “Current violence” refers to the violence experienced by a woman in the 12 months preceding the interview.

Questions regarding violence by partners were asked only to “ever-partnered” women (898 of the random sample). Questions related to violence by non-partners were asked of all 1,006 women.

The Executive Summary of the report lists the following as the “Major Findings” for the FSM.

Physical and/or sexual violence by partners:

- Almost one in three ever-partnered women in the FSM (32.8%) have experienced physical and/or sexual violence by a partner at least once in their life.
- Nearly one in four ever-partnered women (24.1%) experienced physical and/or sexual violence by a partner in the 12 months preceding the interview. This figure was the highest among women aged 15-24 (34.7%).
- Nearly 29% of ever-partnered women have experienced physical violence by a partner in their lifetime. The

most common acts of physical violence were being slapped or having something thrown at them.

- 6.3% of ever-partnered women experienced physical partner violence in pregnancy and in almost half of the cases women were punched in the abdomen.
- Slightly over 18% of ever-partnered women have experienced sexual violence by a partner in their lifetime and the most common act of sexual violence was being forced to have sexual intercourse.

Impact of partner violence on women’s health:

- Two in five women who ever experienced partner violence (41%) were injured at least once in their lifetime due to the violence.
- About 11% of ever-abused women lost consciousness at least once and almost 9% were hurt enough to need health care.
- The most common injuries from partner violence were: scratches, abrasions, bruises (77%); cuts, punctures, bites (47%); and broken eardrums and eye injuries (22%).
- The proportion of attempted suicide was more than double among women who experienced partner violence (14%) than among women who never experienced partner violence (6%).

Impact of partner violence on children’s wellbeing and intergenerational violence:

- Children of women who experienced partner violence were more likely to have behavioral problems, such as nightmares, bedwetting, and aggressiveness, than children of women who never experienced partner violence.
- Children of women who experienced partner violence were almost three times more likely to have stopped or dropped out of school than children of women who never experienced partner violence.
- Women who experienced partner violence were more likely to report that their mother was abused by a partner, that their partner’s mother experienced partner violence, and that their partner experienced physical abuse in childhood.

Women’s responses to violence:

- More than one in three ever-abused women (35%) never told anyone about the violence. Those who did disclose it mostly confided in family members and friends.
- 89% of ever-abused women never went to formal services or authorities, such as health centers or police, for support.
- The most common reason for not seeking support from formal services or authorities was that respondents thought the violence was normal or not serious. The most common reason for seeking support was the severity of the violence.
- Almost two in three ever-abused women (64%) never left home despite the violence, mostly because they did not want to leave their children.
- More than half of abused women (51%) who did leave the home at least once because of partner violence said they left because they could not endure more violence.

Physical and/or sexual violence by non-partners

- Almost 10% of all interviewed women experienced physical violence by a non-partner and the most common perpetrators were parents and other relatives.
- 8% of all interviewed women experienced sexual abuse by a non-partner at least once since age 15 and the most common perpetrators were male relatives and male friends.

- About 14% of all interviewed women experienced sexual abuse in childhood (before age 15) and the most common perpetrators were male relatives and male friends.

The massive report included a number of recommendations including adoption of Family Protection legislation. So far, Kosrae is the only state that has adopted legislation to prosecute domestic violence. The report urges to Chuuk, Pohnpei, and Yap to follow suit.

The Pohnpei Women’s Council has a domestic violence shelter and has been advocating for prevention of gender violence. The members are often seen in t-shirts they had printed that say, “Violence is not my culture”. They have been outspoken proponents of gender violence legislation at the Pohnpei Legislature but so far that body has not passed a bill to help prevent it.

The Chuuk Women’s Council has also been outspoken on the issue of gender violence.

Dana Lee Ling teaches a statistics course at the College of Micronesia FSM. Concerned that some people in the FSM would write off the report as being statistically inaccurate, we asked him if he felt that the statistical methods used were sufficient. He talked about “p-values”, “confidence intervals”, and issues of potential bias that were covered in the report but that he had not yet had time to fully digest.

He wrote, “I am no research methods expert, but the design appears to be fairly carefully crafted. The study does note that a number of outer islands were not included in the study and thus the results cannot be extrapolated to those populations. The study claims that the results can be extrapolated to the 71% of the women in the FSM from which the sample was drawn. Randomization procedures were in place as detailed on that page.”

“I think the take home message is not (necessarily) the specifics of the statistical results but that the FSM has issues of violence against women. By that I mean, whether the rate is 60% or 40%, one beaten woman is one too many. The story is in the individual stories of broken women, lost dreams,” he wrote.

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advertisements for this issue is the end of working
hours on:
Wednesday, June 17, 2014**

Four Pacific countries default ACP dues, barred from participating in ACP related activities

By Makereta Komai in Brussels, Belgium

Four Pacific Island Countries are among the list of states under sanction by the African, Caribbean and Pacific (ACP) Group for defaulting on payments of their membership for more than three years.

Federated States of Micronesia, Marshall Islands, Nauru and Palau are among nine countries that are in arrears of their membership fee to the Brussels based ACP Secretariat.

The list of states under sanction was submitted to the 101st ACP Council of Ministers Meeting in Brussels last week.

Documents obtained by PACNEWS say the nine ACP members, mostly from the Caribbean and the Pacific will from 25 May not benefit from ACP activities.

“These countries shall not receive any ACP documents, not be members of the Bureau of the Council of Ministers and Bureau of the Committee of Ambassadors. They will not be eligible for the Presidency of

See “ACP Dues” Continued on page 7

Candidates for the July 1, 2015 Special Election, Pohnpei State and Kosrae State

FSMIS

May 27, 2015

This list of candidates for the special Congressional Election slated for July 1st is shown hereunder. The States will elect their At-large representatives in the Congress of the Federated States of Micronesia as vacancies were created after the election of the new FSM President and Vice President on May 11, 2015.

Pohnpei State

1. Churchill B. Edward
2. David W. Panuelo
3. Dion G. Neth
4. Dionision (Dionis) E. Saimon
5. Ginger P. Mida
6. Jack E. Yakana
7. John Ehsa
8. Magdalena A. Walter
9. Selestino L. Marquez

Kosrae State

1. Alik L. Alik
2. Bob H. Skilling
3. Gibson T. Siba
4. Kenye H. Livae
5. Steven L. George

Fisheries Observer Electronic Technology Training

The National Oceanic Resource Management Authority (NORMA) in coordination with the Parties of the Nauru Agreement (PNA) convened an electronic reporting (ER), and monitoring (EM) training workshop on the 27th to 29th May for 15 FSM fisheries observers at the Secretariat of the Pacific Community (SPC) North Rep Building.

This training is part of a PNA driven ER/EM technology pilot project with the latest Samsung tablets and DELORME InReach hand held satellite devices. The traditional way for tuna data collection is pen and paper. “This new technology makes it easier and better for observers to do their work on vessels”, commented one observer.

NORMA would like to thank the trainers, Herman Kisokau and Michael McLaughlan with the following donors and partner agencies; The Pew Charitable Trusts, World Wide Fund for Nature (WWF), SPC-Northern Region Office, PNA and Quick Access Computing (QAC) for their support in making this training a success.



WORLD BANK PACIFIC REGIONAL OCEANSCAPE PROGRAM NATIONAL OCEANIC RESOURCE MANAGEMENT AUTHORITY



Expression of interest

The Government of the Federated States of Micronesia has received financing from the World Bank toward the cost of the Pacific Regional Oceanscape Program, and intends to apply part of the proceeds for a National Project Coordinator (NPC). The NPC services include:

General Scope of Work

- Overall oversight and responsibility for implementation of the PROP's national project activities and deliverables in the FSM;
- Collection and tracking of data on PROP implementation, in order to monitor and report on the progress of the PROP national project in the FSM towards achieving the intended results and targets;
- Report to NORMA on PROP implementation progress, as well as to the World Bank.

Qualifications

- Minimum of Undergraduate degree in the area of economics, development studies, resource management, ocean governance or project management or other relevant field. Post-graduate degree level is desirable;
- Minimum 5 years relevant work experience;
- Previous experience in project management with proven ability to coordinate and manage project work;
- Experience in recruiting, managing, guiding, motivating and monitoring staff members and consultants;
- Experience in report writing, monitoring and evaluation of projects;
- Ability to communicate in English both verbally and in writing;
- Proven ability to collaborate well and to deliver work in a timely manner; and
- Excellent computer skills, word, excel and email.

Desirable Qualifications

- Knowledge of fisheries management measures at regional, sub-regional and national level with a focus on strengthening of fisheries management is highly desirable;
- Previous experience working with regional bodies and/or other organizations.

Remuneration

- Salary will be based on the Local Labour Market Payscale and/or depending on qualifications.
- Contract subject to annual renewal based on performance.

Opening Date: 6/08/15

Closing Date: 7/10/15

A consultant will be selected in accordance with the procedures set out in the World Bank's Guidelines: Selection and Employment of Consultants by World Bank Borrowers (January 2011 edition).

The FSM National Oceanic Resource Management Authority now invites interested consultants to indicate their interest in providing the above mentioned services. Interested consultant must provide electronic copies of CV, support Degrees/Certificates and 3 reference letters in addition to hard copies to the following no later than July 10, 2015:

NORMA, FSM National Government
Attn: Limanman Helgenberger, Chief Management & Development Division
POB 122
Pohnpei, FM 96941
Office Telephone: 691-320-2700/5181
Email: liman.h@norma.fm

CPUC and MRCS hold charity walk for Maysak

CPUC in cooperation with Micronesia Red Cross Society organized a charity walk in Weno on Saturday 23rd May.

Governor Johnson Elimo pictured here gave an opening address before setting the walkers off on the 3.5 mile walk.

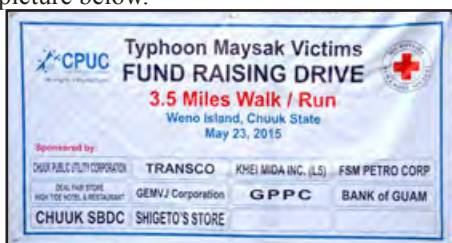


The walk starting at 7.00 a.m. covered the recently and so far to date paved road route in Weno. Starting and ending at Anderson field the routew went to Downtown, up to Nantaku, around and along to Telecom and finally back to Anderson Field.

A total of US\$4,500 was raised from the sponsorship and donations; the picture below shows CPUC Chairman, Eliseus Akapito handing over the a cheque for the proceeds to the Chairman of the MRCS Chuuk Chapter, Mr. Myron Hasiguchi.



Sponsors for the event are those names included on the banner picture below.



CPUC would like to express their deep appreciation to everyone who supported and took part in the event.



Walkers and runners from OIA and SBOC with Chuuk State First Lady – Ryan Edgar 9far right) was first home in 21 minutes!



Walkers starting out from Anderson Field

...Memorial Day

Continued from front page


In the most emotional moment of the ceremony, people significant in the lives of the 10 fallen soldiers placed wreaths for U.S. Army Sergeant Skipper Soram, U.S. Army Staff Sergeant Steven G. Bayow, U.S. Army Specialist Darence J. Weilbacher Jack, U.S. Army Private First Class Henry Paul, U.S. Army Sergeant Iosiwo Uruo, S.S. Army National Guard Specialist Cwislyn K. Walter, U.S. Army Sergeat Youvert Loney, U.S. Army Specialist Eric M. Finniginam, U.S. Army Sergeant Jerome Firtamag, and U.S. Army Sapuro B. Nena, each of whom gave their lives in combat situations on behalf of the freedoms we enjoy in the FSM.

It was a somber moment and tears were shed as Taps was sounded.

Mr. Steward Peter, Lay-Minister of the Kepinle Protestant Church pronounced the benediction.

FSM citizens enlist in the U.S. Armed Forces at a higher per capita rate than do U.S. citizens.

INVITATION TO BID




Request for Proposal: Technology Modernization and Server Virtualization Project

The FSM Development Bank is soliciting proposals to supply the required technology equipment and systems, provide the professional services, and including training and maintenance support for a server virtualization and technology infrastructure modernization solution for FSMDB.

Full details of the Request for Proposal (RFP) document and other related information can be electronically attained from the FSMDB website at: http://www.fsmdb.fm/?page_id=1220.

Bidders are requested to periodically monitor the website for any potential updates. Proposals submitted in response to the Request for Proposal shall be submitted on or before 3:00pm (GMT+11), Friday, July 10, 2015. Proposals received after this time will be treated as late and will not be evaluated for award.



Website: <http://www.fsmdb.fm>
 Telephone: (691) 320-2480/5300/2419
 Email: rfp@fsmdb.fm
 Corporate Office: Town Plaza Building, Kolonia, Pohnpei, Micronesia 96941

OLMCHS wins Pohnpei State debate again



Our Lady of Mercy Catholic High School (OLMCHS) again bagged the championship crown for the Pohnpei State Debate last May 26, 2015 held at the Pohnpei State Legislature. The State Debate is a yearly competition among the high schools in Pohnpei to determine who will represent Pohnpei State in the FSM National Law Day Debate which is scheduled on July 9, 2015 in Palikir, Pohnpei, FSM. The topic for the 2015 State Debate is "BE IT RESOLVED that Title 53, subtitle II, of the FSM Code is AMENDED, to allow individuals 60 or older, who have vested in the FSM Social Security system, to receive 100% of their social security benefits, and the wage earner's contribution shall be raised accordingly to provide the additional revenue needed to accommodate the change in the law."

A total of six high schools participated in this year's debate, namely: Pohnpei Island Centrals School (PICS), Calvary Christian Academy (CCA), Nanpei Memorial High School (NMHS), Madolenihmw High School (MHS), Seventh Day Adventist (SDA), and OLMCHS. Aside doing extensive research and conductive interviews, each school's debate team thoroughly and exhaustively discussed both sides of the argument. In the end, OLMCHS emerged as the runaway winner. The OLMCHS Debate Team is composed of Maylani Pelep and Derick Perman as main debaters; Tronica Joab and Carisma Jano as alternates; and the team's coach is Mr. Russell Figueras. This is OLMCHS' third crown as Pohnpei State Debate Champions. Way back in 2011 and 2013, OLMCHS won both the State Debates and National Debates.

President Christian attended the 7th Pacific Leaders Summit (PALM7) in Fukushima Prefecture

FSM Information Services

May 29, 2015

President Peter M. Christian visited Japan from 20th to 23rd of May to attend the 7th Japan-Pacific Islands Leaders' Summit (PALM 7) along with other leaders and representatives of the Pacific Island Forum (PIF) countries. This was his first overseas visit soon after taking office as the 8th President of the Federated States of Micronesia.

At the PALM 7, co-chaired by Japan and the Republic of Palau, the leaders reaffirmed their continued commitment and cooperation to strengthen the mutual trust and friendship which have been nurtured particularly through the summit arrangements since it started in 1997.

Under the PALM 7, the "Fukushima Iwaki Declaration", outlined seven priority areas as the basis for implementing and enhancing cooperation for the next three years. Japan pledged over 55 billion yen worth of assistance to address these seven priority areas outlined in the declaration which are: 1) disaster risk reduction; 2) climate change; 3) environment; 4) people-to-people exchanges; 5) sustainable development which includes human resource development; 6) oceans, maritime issues and fisheries; 7) trade, investment and tourism. In addition, Japan will also provide assistance for human resource development and people-to-people exchange of 4,000 people between the Forum Island Countries and Japan over the next three years.

At the end of the two-day Summit meeting

in Fukushima, Prime Minister Abe Shinzo expressed his commitment to pursuing a new vision of Japan's diplomacy toward the Pacific island countries, "A Beacon for Diplomacy toward the PICs". A commitment based on shared values and rule of law through interactive partnership with aim of ensuring peace and prosperity in the Pacific region.

At Iwaki City of Fukushima Prefecture the President held a bilateral meeting with Prime Minister Shinzo Abe to discuss important issues of the two countries.

As part of the Summit programs, delegates from PIF countries also participated in the official opening of the PIF Exhibition organized by Japan External Trade Organization

(JETRO) and the Pacific Island Centre (PIC) at JETRO Headquarter where other side events and symposiums were held.

While in Tokyo, the President and representative of PIF countries were invited to an afternoon tea with Their Majesties, the Emperor and Empress along with members of the Imperial Family. A welcoming reception was also hosted by the Minister of Foreign Affairs.

The President's delegation to PALM 7 comprised of Mr. Lorin Robert Secretary of Foreign Affairs, Mr. Andrew Yatilman Director of the Office of Environment and Emergency Management, Mr. Ricky Carl of The Nature Conservancy, and Ambassador John Fritz and Attaché Kunio Suenaga from the FSM Embassy in Japan.



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2015 Summer Reading Program Every Hero Has A Story

Readers of all ages will explore all things underground this summer as Pohnpei Public Library presents "Every Hero Has a Story" during their summer library program. Activities may include costume creation, group names, physical challenges, art projects, science and engineering experiments, and more.

The 2015 Summer Reading Program is open to young people, preschool through 8th graders, with programs, prize drawings, storytimes, a reading club, and more. Families are invited to join the Read-to-Me portion of the program. Summer Reading begins on June 22 and ends on July 22 with a limited of 200 kids. Registration for "Every Hero Has A Story" begins on June 1, 2015. No registration fee for this summer, you just need to obtain a library membership card.

President Christian declares a State of Emergency for Pohnpei State

FSMIS

June 01, 2015

Today, Federated States of Micronesia President Peter M. Christian declares a State of Emergency for the State of Pohnpei, following a declaration made by Governor John Ehsa on the 29th of May.

The Declaration specifies the National Government's tasks in addressing disaster responses to support affected communities in the State of Pohnpei as a result of Typhoon Dolphin, which passed through the area earlier last month.

The FSM Office of Environment and Emergency Management has been directed to coordinate a Disaster Taskforce with assistance from all Departments.

...ACP Dues

Continued from page 4

the Council Ministers or chairmanship of the Committee of Ambassadors, said the document presented to the Council of Ministers meeting.

In addition, the nine countries are not allowed to take the floor at any ACP Group

meeting and will not benefit from financial assistance accorded to Member States.

The ACP Secretariat will no longer hire nationals from these countries and their representatives will be debarred from participating in any meetings of the ACP Group, including the Council sessions.

PACNEWS was unable to determine how much the Pacific countries owe in membership fees to the ACP.



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Friday, June 26, 2015 at 5:00pm**

**Examinations:
Saturday, July 4, 2014 at
8:30am - 4pm**

***schedule will vary depending on
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**Place: 2F Development Center,
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**For further inquiries, please call:
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U celebrates 30th Constitution Day

On May 26, 2015 residents of U in Pohnpei celebrated the 30th anniversary of their Constitution with music, dancing, and plenty of food. Members of the Mwoalen Wahu were present and Iso Nahnken of U, Ihlen Joseph addressed the crowd.

Chief Minister Patricio Ramirez presented flash drives to the Principals of Saladak and Awak Elementary Schools for presentation to the honor roll members of those schools.

Dancers from Districts 2,3, and 4 entertained the crowd with both traditional and non-traditional dances in the blazing heat of that day.





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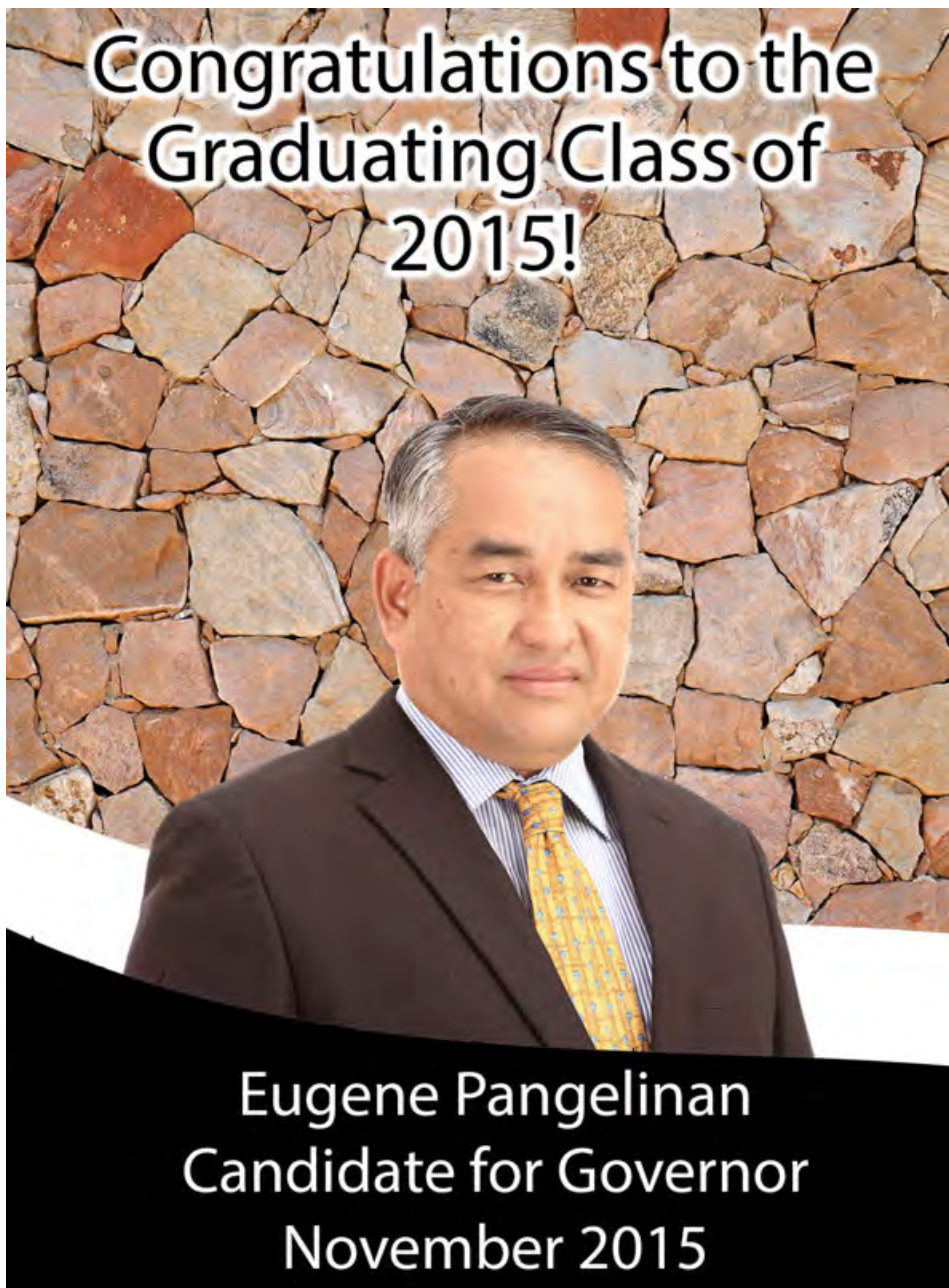
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Congratulations to the Graduating Class of 2015!

**Eugene Pangelinan
Candidate for Governor
November 2015**

Inauguration of Nation's leadership set for July 10

Speaker Wesley W. Simina has received a letter from President Peter M. Christian informing the Congress of his wish for a Joint National Inauguration on July 10, 2015 for the Nation's newly seated leadership.

The Speaker was further informed of the President's selection of Peter Sitan to Chair the Committee on the Joint National Inauguration with members of the committee to comprise of representatives from all three branches of the National Government along with representatives from its various departments, agencies and offices.

Following consultations between the Speaker and the President, it was agreed that the Inauguration Ceremony would be held at the National Government Complex in Palikir, specifically in front of the Congress Chamber. The current scheduled of activities would be from July 9th through 10th and begins with an interdenominational mass, the inauguration ceremony and would conclude with an inaugural reception.

The inauguration ceremonies would officially celebrate the seating of the Nation's Eighth President and its Vice President along with the Leadership and Members of the Nineteenth Congress of the Federated States of Micronesia.

The details of inauguration ceremonies are being finalized for announcement and dissemination to the general public.

A grant assistance of up to \$5 Million for solar project in Pohnpei State, and other grants

FSMIS

On May 30th, the Congress of the Federated States of Micronesia adopted a submitted resolution from the Executive Branch, requesting approval of a grant from the United Arab Emirates (UAE)-Pacific Partnership Fund in the amount of up to \$ 5,000,000.

Access to the grant is made possible to the FSM as a member state in the International Renewable Energy Agency (IRENA).

The resolution states that "the UAE Pacific Partnership Fund Steering Committee reviewed a 600kw Solar PV Project for Pohnpei State and determined that it is in line with the Fund's objectives and criteria as other Pacific countries participating in the Fund".

Section 210(2) of Title 55 of the FSM Code requires Congressional approval by resolution over grant assistance such as this in order to be valid.

On the same day, Congress also adopted a grant assistance in the amount of \$6,687 from the United Nations Environmental Program (UNEP) for implementation of the Montreal Protocol as well as a grant from the United States Department of Health and Human Services in the amount of \$389,660 to fund capacity building for epidemiology and laboratory capacity for infectious diseases.



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Congress adjourns and confirms Henry, Yatilman, Mauricio and Gallen

The Nineteenth Congress of the Federated States of Micronesia adjourned its First Regular Session on 30th of May 2015, and confirmed the first group of nominations from President Peter M. Christian.

On the final day of its First Regular Session, the Nineteenth Congress adopted the President's first batch of nominees proposed to head the National Government's departments, agencies and offices, and they included:

1. Congressional Resolution (CR) 19-17, confirmed the nomination of Marion Henry to the position of Secretary for the National Department of Resources and Development. Henry had served in the same capacity during recently concluded Mori-Alik Administration.
2. CR 19-19, confirmed the nomination of Andrew Yatilman as Director of the FSM Office of Environment and Emergency Management (OEEM), a post held by Yatilman during the previous Administration.
3. CR 19-20, confirmed the nomination of Dr. Rufino Mauricio as Director of the National Archives, Historic and Cultural Preservation Office. While Mauricio served the previous Administration as Secretary of the Department of Education, his passion remained with his field of expertise. Dr. Mauricio holds a Ph.D. in Anthropology from University of Oregon.
4. CR 19-27, confirmed the nomination of Joses R. Gallen, Esq. to the post of Secretary of the Department of Justice. Gallen had served as an attorney in various government capacities over the years including the post of Attorney General for the State of Chuuk. During the previous Administration, Gallen served the National Department of Justice as an Assistant Attorney General.

President Christian nominates Dennis K. Yamase, FSM Supreme Court Chief Justice

FSMIS

May 27, 2015

Federated States of Micronesia President Peter M. Christian has submitted to Congress the nomination of Mr. Dennis K. Yamase to be the Chief Justice of the Supreme Court of the Federated States of Micronesia.

Mr. Yamase has held profound legal and professional careers in the region of Micronesia since 1987 starting when he became the legislative counsel for the Congress of the FSM, a post he held for six years before serving as the legal counsel for the Office of the Vice President in the Republic of Palau starting in 1993. Most notable among his streak of high profile legal careers is his nearly 12-year service as an Associate Justice at the Supreme Court of the Federated States of Micronesia. He resigned from the post in April 2014.

In his nomination correspondence with Congress, President Christian underscores that "Mr. Yamase has committed his career to the legal profession". He goes on saying that Mr. Yamase "is well versed in all areas of the law, and he understands the importance of the Judiciary to this Nation".

"I am confident that he (Mr. Yamase) is qualified to become the next Chief Justice of the Federated States of Micronesia Supreme Court".

President Christian is urging Congress to "favorably consider" his nomination during the ongoing regular session.

Mr. Yamase is currently residing in Pearl City, in the State of Hawaii.

President Christian received H.E. Li Jie, Ambassador of the People's Republic of China

FSM Information Services

On May 27, 2015, His Excellency Li Jie, Ambassador of the People's Republic of China paid his first courtesy call on H.E. Peter M. Christian, President of the Federated States of Micronesia in his conference room. During the courtesy call on the President in Palikir, Ambassador Li presented a congratulatory message from Chinese President Xi Jinping to H.E. Christian as the 8th President of the Federated States of Micronesia.

Ambassador Li also extended his own congratulations to President Christian and thanked him for making the time to meet with him. Ambassador Li indicated the Chinese Government's enthusiasm to working with the FSM's new leadership to further strengthening the strong relation between the FSM and the PCR.

President Christian expressed his appreciation to the Ambassador and thanked the Chinese Government for the congratulatory messages. The President indicated his desire to strengthen and improve the official development assistance process with the Chinese Government. The President also reiterated the FSM's desire to seek assistance from the Chinese Government to contribute to the FSM Trust Fund. He expressed the FSM's appreciation for all assistance provided by the Chinese Government and expressed his desire that more support and assistance is directed to FSM communities at the grassroots level.

President Christian expressed and emphasized his wish to maintain close communication with the Chinese Government on major issues concerning bilateral relations and friendly cooperation on various regional and international issues.

President Christian concluded his meeting with Ambassador Li by thanking him again and expressed his desire to meet with him in the near future to discuss more ways to strengthen Chinese Aid to the FSM. Joining President Christian in the meeting were the Secretary of Foreign Affairs, Mr. Lorin S. Robert, the Chief of Staff, Mr. Leo Falcam Jr. and staff from the Department of Foreign Affairs.

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KPress Perspective

Pohnpei code not designed to protect local private sector employees

In my humble opinion, it is far past time that FSM employees working for private businesses were at least as protected as government employees are.

That's probably overstated. Let me rephrase.

Private sector employees should have at least some employment protection for the jobs they count on, but there seems to be very little protection for private sector employees as compared to public sector employees.

Government employees seem to be so well protected that very little that they do, including not showing up for work without notice, will result in the termination of their employment. It is very difficult to terminate the employment of a public service employee once they are hired, and if their employment is terminated, the government could face legal action and it often does.

Before I go completely off on private sector employers, let me first say that I know that it is difficult to hire employees who are both trustworthy and reliable. I know that some employees habitually show up late to work if they show up at all. I know that some employees steal whether that theft is time, money, or materials. I get it.

Still, some private sector employers have a knack for hiring employees who faithfully serve their employers for years. They treat their employees well and the employees show up and consistently do their job honestly. Those employers are team builders.

Other employers can't hold employees for more than a few weeks at most and are quite often heard to say things like, "Well, if you don't like it, there are a thousand other people out there waiting for your job."

Some employers enforce discipline amongst their staff through the paycheck. So many people over the years have told me that after working for two weeks they received no paycheck because of deductions and fines.

I'm not going to name business names here but one place I know of in Pohnpei fines their minimum wage employees \$5 if they are 15 minutes late for their shift even knowing that some of their employees have to rely on taxis for transportation. That fine is equivalent to 2.86 hours of their pay. If an employee doesn't show up for their shift they are fined \$20 along with the lost wages for the day even if they called in sick. That's 11.42 hours of pay at Pohnpei's minimum wage.

Some employers throw their staff members under the bus by neglecting to train them and then charging them if they make a mistake, especially employees who handle cash.

In some restaurants, if a customer pays with a check and writes the check for over the amount of the dinner tab in order to accommodate a tip for the waiter or waitress, that employee never sees it.

Employees who work in that type of environment don't develop loyalty. They develop resentment and they feel that they have no recourse other than to quit. They do and the employer hires another employee from the thousands in the job pool who are looking for job openings and the cycle begins again.

And the thing is, there doesn't seem to be one thing that an employee can do about it other than to simply choose to be unemployed. The law is silent on these types of employee mistreatment.

Apparently, there is significant law in Pohnpei's code to protect the rights of government employees. There is also significant law to protect the rights of foreign workers. For local employees there's almost nothing. The code was adopted straight from the Trust Territory days and a large portion of that section of the code simply says, "reserved". That was explained to me to mean, "We know that we need to develop laws for this particular

section but we haven't done it yet."

Pohnpei has a labor office but there doesn't seem to be any law for them to enforce. It took me three days to reach the person who deals with complaints at the Labor Office. When I told him about the scenarios above he clucked his tongue and said that should not be happening.

I asked him if an employee who feels they have been mistreated can report the situation to the labor office. He said that one of the functions of his office was to investigate claims just like the ones above. I asked if his office would protect the identity of the person who makes a report. He said that it would but then proceeded to tell me that his office doesn't handle a lot of complaints in the private sector because employees are afraid to go on the record as having made a report for fear of reprisals.

The Director for Micronesia Legal Services was not on island when we called. A representative though said that he didn't think that MLS handled very many legal complaints for employees working in the Private Sector if any.

Perhaps it is time for Pohnpei's legislature to consider filling in those "reserved" sections in the code so that both employees AND employers can be protected.

Bill Jaynes
Managing Editor

NOTICE OF LAND SALE BY AUCTION

Pursuant to the order of the FSM Supreme Court entered on May 25, 2015, public notice is hereby given that the parcels described below will be sold by auction to the highest bidder under the following terms:

Parcel no. 009-F-01, land known as "Pe'meerur", situated in Keng, Weloy Municipality, with an approximate area of 373 square meters, as shown on the certificate of title issued March 10, 1992 and cadastral plat no. 009-F-00 filed in the Yap State Land Registry, together with all buildings, fixtures and other improvements thereon; and

Parcel no. 013-D-02, land known as "Aedik", situated in Tomil Municipality with an approximate area of 2,905 square meters, as shown on the certificate of title issued March 10, 1992 and cadastral plat no. 013-D-00, filed in the Yap State Land Registry, together with all buildings, fixtures and other improvements situated thereon.

- There is no minimum bid amount. Bids may be submitted for one or both parcels.
- Bids shall be submitted in a sealed envelope marked "July 30, 2015 Land Auction" by personal delivery to Ms Trudy Munggol at the front entrance area of the FSM Supreme Court courthouse in Colonia, Yap on Thursday, July 30, 2015 between 2 p.m. and 4 p.m. The deadline for submitting bids will be 4:00 p.m. on Thursday, July 30, 2015.
- All bid submissions must state the full name, mailing address, phone or fax numbers, e-mail address or other valid contact information for the bidder.
- All bid submissions must clearly state the bid amount for each parcel.
- All bid submissions must include a deposit of 5 % of the total bid amount by cashier's check. If the bid submission does not include the 5 % deposit, the bid is immediately disqualified.
- Winning bidders shall be notified in writing and payment of the remaining balance of the bid must be paid to the FSM Development Bank no later than ten (10) calendar days after notice of award is given. If the winning bidder fails to pay the remaining balance of the bid within the required time, the deposit shall be forfeited to the Bank.
- Upon qualification and full payment of winning bids, the non-winning bidders shall have their 5% deposit returned to them within two (2) business days.
- The winning bidders shall be conveyed title through a duly issued Court order transferring title to the land, including all buildings, fixtures and other improvements on the land.
- Winning bidders must be eligible to hold title to land in the Federated States of Micronesia.
- If the winning bidder who has been provided notice of award by the Bank fails to remit payment within the required time, his/her deposit is forfeited to the Bank and the notice of award will be granted to the next highest bidder, and the same conditions will apply.
- The parcels are offered for sale "as-is" with no guarantees or warranties as to their condition whatsoever.

Questions concerning this auction may be directed to Nora E Sigrav, Legal Counsel, email: noras@fsmdb.fm, FSM Development Bank, PO Box M, Pohnpei, FM 96941, phone no. 691-320-2840, fax no. 691-320-6533, website: www.fsmdb.fm

Some anglers land big fish during Pohnpei Fishing Club's Annual Tournament

Pohnpei Fishing Club

Pohnpei Fishing Club's two day Annual Tournament was supposed to have been held during the weekend during which Tropical Storm Dolphin struck. They wisely postponed until the following weekend and held their Annual Banquet on the weekend after that.

20 boats registered for the tournament. Each boat that registered received a case of Budweiser and free t-shirts from Ambros, Inc.

Anglers vied for \$3,000.00 in cash and prizes provided by Budweiser/Ambros/Shimbros, Luen Thai Fishing Venture, Ltd., MRAG, NFC, Lyon Associates, Best Buy, Ace Hardware, Pohnpei Napa Auto Parts, Ace Office Supplies, Etscheit Enterprises, Club Cupid, Ocean View West Wing, Pohnpei Surf Club, Blue Nile, Panuelo Gas, Bank of Guam, Bank of the FSM, Caroline Island Airways, FSM Telecom, and Pohnpei LP Gas

The two day tournament was a points tournament for the big prizes. Points were awarded for the fish above the following weights:

Marlin 100 pounds, Sailfish 50 pounds, Yellow fin and other tuna 20 pounds, Skip jack tuna 15 pounds, Wahoo 20 pounds, Barracuda 20 pounds, Giant Trevally 20 pounds, Mahi Mahi 15 pounds, Rainbow Runner 8 pounds. Once anglers reached the qualifying weight, each pound was a point. The awards were for anglers on the boat with the most point fish points.

Our generous sponsors contributed lots of cash for these prizes, and some big yellow fins bumped up the weights.

The winners are listed as follows:

Boat	Captain	Points	Prize
1. Happy Hookers	Kumer Panuelo	675	\$1,000.00
2. Miss Yirwor	Alex Tretnoff	380	\$ 600.00
3. Poawoawoa	Welber David	225	\$ 400.00
4. Lady Aki Aki	Gerald Zakios	97.5	\$ 300.00
5. Salt Addiction	Willy Hawley	54	\$ 200.00

In sixth place was the John Marrington, with nothing but barracuda.

We also had a lot of individual prizes.

Lady angler was won by one lady.

1. Mary Tretnoff 75 pound Yellow Fin Ace H. \$50.00 GC, Napa Auto \$30.00

2. Mary Tretnoff 66.5 pound Yellow Fin Blue Nile \$25.00 GC, 2 lures

3. Mary Tretnoff 61 pound Yellow Panuelo Gas \$25.00 GC

Junior Angler

1. Misha Spegal 40 pound Yellow Fin Cell Phone, FSMTC; Blue Nile \$25.00 GC, T-shirt Pohnpei Surf Club

2. Dane Nighswander 13.5 pound Barracuda 2 lures, Blue Nile \$25.00 GC

3. Dane Nighswander 9.0 pound Barracuda Panuelo Gas \$25.00 GC

There were also prizes for big fish in the following categories, Yellow Fin, Wahoo, Skip Jack, Barracuda and Mahi Mahi

The big fish were in the Yellow Fin category

YF

1. Gerald Zakios 97.5 pounds Ace Hardware \$50.00 GC, Ace Commercial \$20.00 GC

2. Yoma Edward 79.5 pounds 2 lures, Blue Nile \$25.00 GC

3. Marty Sanel 76.5 pounds Panuelo Gas \$25.00 GC

Skip Jack

1. Welber David 15 pounds Ace Comm. \$20.00 GC, Lures from Pohnpei Surf Club

2. Valentina B. 13.5 pounds 2 lures, Blue Nile \$25.00 GC



3. Welber David 13 pounds Panuelo Gas \$25.00 GC
3. Erick D 13 pounds Panuelo Gas \$25.00 GC

Mahi Mahi

1. Yoma Edward 26 pounds Ace Hardware \$50.00 GC, Ace Commercial \$20.00 GC

2. Erick D 21 pounds 2 lures, Blue Nile \$25.00 GC

3. Marty Sanel 20 pounds Panuelo Gas \$25.00 GC

Wahoo

1. Steve Finnen 16.5 pounds Ace Hardware \$50.00 GC, Ace Commercial \$20.00 GC

2. Allois Malfitani 9.5 pounds 2 lures, Blue Nile \$25.00 GC

And last but not least the all important barracuda prize.

Barracuda

1. Dane Nighswander 29 pounds Ace Hardware \$50.00 GC, Cell phone FSMTC

2. Lara Studzinski 22 pounds 2 lures, Blue Nile \$25.00 GC and t-shirt Pohnpei Surf Club

3. Konrad Englberger 18.5 pounds Panuelo Gas \$25.00 GC

3. Tony Mix 18.5 pounds Panuelo Gas \$25.00 GC

The awards ceremony was held at Mangrove Bay on Saturday May 27, with a big spread of food provided by the club.

The party raged into the wee hours. Many thanks to Bill, Paul, Tina, and all the other helpers with the weigh-in. We can't do it without you. A raffle raised some money for renovation of Lidikihka that was hit by the tropical storm.

The next Pohnpei Fishing Club tournament is Petrocorp on June 20 followed by the LP Gas tournament that will be held in Ahnd on July 4.

Letter to the Editor:

Dear Editor,

I read with utter disgust the article in the last issue where President Mori pardoned ten FSM citizens (all Chuukese). The convictions were obtained during my tenure as the Secretary of Justice so I am compelled to express my concerns over this blatant disregard to sound public policy and national well being just for election support. The Justice Department spent well over \$100,000 in pursuing the prosecutions in Court. I'm sure the Court and the Public Defender spent just about the same amount. So overall, the litigations cost the government an aggregate of over a quarter of a million dollars. To our departments of health and education, that's a lot of money.

The charges against those pardoned individuals involved over a million dollars in money laundering activities, and not one penny involved in these criminal activities were repatriated to the FSM Government...and yet, with the simple stroke of a pen, it's all good. Most of these guys didn't even spend much time behind bars-some never even got close to the jail grounds because their sentences were suspended.

In fact, all of them were enjoying their freedom prior to the grant of the pardon. None of them were in jail facing a death sentence or imminent death from illness or other causes. Why then was it so necessary to grant pardons to them at this time? The timing is extremely tasteless given the increasing number of Chuukese inmates in the Guam jail, and the bad publicity this is giving FSM. No wonder if at home, the manner in which we respect the rule of law is actually to breed criminal culpability. Even if the ten individuals have done extremely well in their communities and have fully rehabilitated, they were public officials to begin with and were held to a higher standard simply because THEY KNEW BETTER. They should have been the last on the list of pardons to be granted, if any. Why didn't the Mori administration go after the recovery of the funds so then it would have made more sense to have forgiven them?

My fellow citizens, its time to amend our Constitution to restrict the pardon power of the President so that it is exercised with utmost care and given the honor and integrity it deserves. It cannot be used to advance personal interest especially given the magnitude of the offense involved.

And unfortunately, over obligation and mismanagement of Congressional appropriation is still rampant as last reported by the FSM Public Auditor in his report no. 2015-04. So if we don't rise up and do this ourselves, we might as well change the laws so that our public officials are beyond the reach of our penal code and that way, we don't waste resources in prosecutions and re-direct the litigation cost to much needed activities like procurement of ultra sound machines, MRIs and CAT scan equipment, state of the art forensics laboratory, wind or solar farms, etc. etc and the list is endless.

Marstella Jack

Boys learn and play at 'Camp Boyz II Men'

On Friday, April 24, 47 8th-grade boys filed onto the bus taking them to PATS for Camp Boyz II Men. The boys were excited to spend the weekend meeting new people, learning about leadership, and also having some fun playing basketball and volleyball with each other. Camp Boyz II Men took place on Pohnpei for the first time in 2014. This year, seven Peace Corps Volunteers, along with seven Pohnpeian counterparts, made some changes so that more boys could attend and learn about the Five Pillars: Respect, Community Service, Ambition, Teamwork and Leadership. Counterparts from each school, Pehleng, Seinwar, Rohi and Lukop, led the Five Pillar sessions, engaging with the boys to show how each pillar is important in daily life.

In addition to learning about the Five Pillars, guest speakers came to teach the boys about important health topics. Representatives from the International Office of Migration (IOM), Public Health, Youth For Change and the United States Department of Agriculture (USDA) came to teach boys about natural disasters, drugs, leprosy, HIV/AIDS, and gardening on Pohnpei.

Last but not least, the boys had a chance to have some fun. There was a basketball and volleyball competition, as well as free time to learn new songs and games. The boys came away from the weekend exhausted, but happy. They learned a lot and answered questions after the sessions, and they also got to meet new people and have a good time.

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Breadfruit Salad

INGREDIENT 6 servings



- 2 cups cooked breadfruit
- 1 cup cooked fish meat or 1 tuna can
- 2 boiled eggs, cut into 8 pieces
- 1 cup cabbage, sliced
- ½ carrot, sliced thinly
- Salt and pepper for taste
- ¼ cup Mayonnaise (as needed)



METHOD



- 1 Remove skin and core of boiled breadfruit and cut into small cubes.
- 1 Mahi me lou, kamwakelehda oh lopukedi ni mwomwen kisin kakon tikitik.



- 3 Add mayonnaise to the ingredients and mix well.
- 3 Met, doaloahieng maionihs oh doaloapene mwahu.



- 2 Mix well all ingredients aside from mayonnaise.
- 2 Doaloaieng dolepehkan koaros, oh luwehkihi maionihs.

Limit these Nutrients			Get Enough of these Nutrients			
Nutrition Facts			1 Serving			
Amount Per Serving			1 Serving			
Calories	202	Clories from Fat 92	Serving in this recipe: 6			
		% Daily Value*	VitaminA	19 %	Calucium	3 %
Total Fat	10 g	16 %	VitaminC	41 %	Iron	6 %
Saturated Fat	2 g	10 %	*Percent Daily Values are based on a 2,000 caloorie diet. Your dietary values may be higher or lower depending on your calorie needs.			
Trans Fat	0 g		Calories: 2,000 2,500			
Cholesterol	64 mg	21 %	Total Fat	Less than 65 g	80 g	
Sodium	376 mg	16 %	Sat Fat	Less than 20 g	25 g	
Potassium	434 mg	12 %	Cholesterol	Less than 300 mg	300 mg	
Total Carbohydrate	19 g	6 %	Sodium	Less than 2,400 mg	2,400 mg	
Dietary Fiber	4 g	15 %	Total Carbohydrate	300 g	375 g	
Sugars	8 g		Dietary Fiber	25 g	30 g	
Protein	10 g					

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TARO is NOT just starch!

Many people have this idea that taro is a starch in their heads. However, it is not correct.

Carotenoid-rich taro varieties also help protect against diabetes, heart disease, and cancer.

Giant swamp taro (mwahng) is one of Pohnpei's rich nutritional treasures. Some people have wrong ideas about mwahng, thinking that it is "just starch." However, research confirms that taro is a rich source of essential minerals iron, zinc, and calcium, and also vitamins and fiber, all important for good health.

Giant swamp taro, mwahng, contains:

FIBER: Scientists now have found out that a fiber rich diet protects against diabetes.

Fiber also helps protect against cancer, for example bowel cancer.

Fiber is important for good bowel movements, which is also healthy.

Iron is needed for building strong blood, zinc is needed for fighting infection, and calcium is needed for strong bones and teeth. Mwahng contains almost 10 times the level of these minerals as compared to rice, the common imported food.

MINERALS: Pohnpei mwahng is rich in:

CALCIUM: good for bones and teeth

IRON: good for strong blood, making red blood cells

ZINC: good for fighting infection- some varieties are particularly rich in zinc
VITAMINS:

The varieties more yellow in flesh color, such as Mwahng Tekatek Weitahta, Six-moon (Sounpwongweneu) and Simihden, are particularly rich in provitamin A carotenoids, which are turned into vitamin A in the body, protecting against night blindness, other vitamin A deficiency disorders, and anemia (or weak blood).

PROVITAMIN A CAROTENOID (BETA-CAROTENE): in the varieties that are yellow fleshed

Beta-carotene (a provitamin A carotenoid) can act in two ways:

1. It can be turned into vitamin A in the body and works as vitamin A to protect against infection, eye problems, builds blood
2. It works as a carotenoid and has anti-oxidant properties and

Protects against certain cancers, diabetes and heart disease





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