

The KASELEHLIE PRESS

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“On the courts, off the streets” tournament kicks off



By Bill Jaynes
The Kaselehlie Press

October 31, 2014

Pohnpei, FSM—In an effort to promote drug free and healthy lifestyles for Pohnpei’s children, the Central Union of Young Adults (CUYA) organized a fifteen and under boys’ and girls’ basketball tournament that kicked off late this afternoon at Ohmine Elementary School. Congressional Candidate Ferny Perman, one of the supporters of the tournament was the keynote speaker. He spoke in front of a banner designed by Stephanie Edward that declared the tournament’s theme, “On the courts, off the streets”.

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Audit says poor planning and controls have hampered Recycling Program

\$16K off island aluminum payment allegedly diverted from program account—investigation ongoing

By Bill Jaynes
The Kaselehlie Press

November 3, 2014

Pohnpei, FSM—At the request of Pohnpei Senator Magdalena Walter, the Legislature’s Chairperson of the Committee on Health and Social Services, Pohnpei’s Office of the Public Auditor conducted an audit of the Pohnpei Recycling Program run by the Environmental Protection Agency. Auditors published four findings, two of which relate to lack of adequate planning before implementation of

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AVAILABLE NOW! Bank of the Federated States of Micronesia

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Japan Government inaugurates OLMCHS multi-purpose gymnasium

“Another milestone for OLMCHS,” This was the statement of Sr. Isabel Seman, MMB, the Principal of Our Lady of Mercy Catholic High School in her speech during the Blessing and Turnover Ceremony of the OLMCHS Multi-Purpose Gymnasium last October 23, 2014. Close to three hundred people witnessed this momentous occasion – parents, students, OLMCHS alumni, friends, and special guests. Among the distinguished guests present were President Emanuel Mori and Mrs. Emma Mori, Japanese Ambassador Masaki Sakai and Mrs. Nobuko Sakai, United States Embassy Deputy Chief of Mission Hugues Ogier, FSM Postmaster General Ginger Mida and former FSM Ambassador to Japan Kasio Mida, Junior States of America Territories Program Director Edward Banayat, Vicar of Pohnpei-Kosrae Fr. Julio Angkel, and representatives from the Department of Transportation and Infrastructure and Kolonia Mayor’s Office. The OLMCHS Board of Directors led by its Chairman, Fr. David Andrus, SJ were also in full force.

At the start of the short program, Pohnpei Supreme Court Chief Justice Benjamin Rodriguez, who is also the current OLMCHS PTA President, welcomed all the guests and visitors. The OLMCHS students expressed their heartfelt gratitude to the Japanese Government by coming up with beautiful

and well appreciated presentations – from a graceful stick dance to a confidently sung Japanese song. The staff of the Embassy of Japan was amazed at the beautiful decorations of flowers, plants, and origami hanging from the ceiling and the singing, especially the Japanese song. They were amazed at how well the students pronounced in Japanese and even more amazed they learned the song well in such a short time.

Ambassador Sakai encouraged and inspired the students to make good use of the multi-purpose gymnasium as well as to continue to perform well in their academic endeavors. Sr. Isabel Seman closed the program by reiterating the School’s deepest appreciation to the JAPAN Official Development Assistance for the donation of the multi-purpose gymnasium which will not only benefit the school community but the larger community as well.

The program ended with the Ceremonial Cutting of the Ribbon and Key Turnover. Sr. Isabel Seman and Mrs. Nobuko Sakai cut the ribbon while Mr. Jess Serrano of J&P Construction Company together with



Ambassador Sakai ceremonially turned over the gymnasium key to the OLMCHS Principal. Fr. Dave Andrus then prayed for God’s blessing as he went around blessing the whole gymnasium with holy water.

OLMCHS would like to thank all the parents, students, and friends who contributed to the success of the celebration.

Special thanks goes to Sister Maria Pz. Caballero, MMB, who initiated and laid the groundwork of this project with Ms. Leah Briones, the project’s grant writer; Ms. Mihoko Sato, the Grant Assistance for Grass-roots Human Security Projects (GGP); Ms. Hiroku Nobusada, Grant Program Specialist; Mr. Jess Serrano, Contractor, Mr. Peter Hagileisa, Project Inspector, Mr. Glenn Mallari, Project Supervisor, and to the men who labored hard to build the gymnasium.

OLMCHS students are now gaining the benefits of having a Multi-Purpose Gymnasium. Aside from basketball and volleyball games and practices, it is now being used for Physical Education classes, weekly school assemblies, choir practices, cafeteria, other subject/class activities outside of the classroom, and other extra-curricular activities.

**THE NEXT ISSUE OF
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Bill Jaynes
Managing Editor

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Embassy of Japan presents second “Japan Week”

By **Bill Jaynes**
The Kaselehlie Press

October 26, 2014

Pohnpei, FSM—The Embassy of Japan once again presented a “Japan Week” in Pohnpei. The Embassy is calling the event a great success. During his remarks during the “Japan Festival” held at the College of Micronesia Pohnpei Campus gym on October 26, Ambassador Masaki Sakai said that the purpose of the Festival was to introduce Japanese culture to the people of the FSM. To the delight of the audience, Ambassador Sakai gave his remarks in Pohnpeian.

Beginning on October 21, the Embassy booked Pohnpei Cinemas to screen Japanese films with English subtitles. The movies were each scheduled to begin at 5:30 each evening on each of the five days of the event though the theater doors more often than not opened up quite late. Just the same, more than a thousand people watched at least one of the seven Japanese films with subtitles that were presented during the week.

According to the Japanese Embassy, the highlights of the Japan Festival included a song by Japanese Language students from COM-FSM and JICA, the Sohran Bushi dance performed by Kolonia Elementary School students, and a demonstration of Karate by Ms. Hanae Shimizu, a Japanese student who attends COM-FSM.

The choir was led by Ms. Akiko Kamikubo who is a Japanese Language instructor at the College of Micronesia-FSM. The song was written by professional Japanese song writers as encouragement for the people affected by the Tohoku earthquake. Three of the students presented a narration of the song in English, Pohnpeian, and Japanese. The Kolonia students had been practicing the dance for 2 months and their presentation was very enjoyable. Sohran Bushi is a dance taught in most schools in Japan and depicts the way of fishing in Japan.

Japanese expatriates including the Japan Club in Pohnpei, the members of JICA, and the Embassy of Japan provided booths where visitors could learn about Japanese culture.

Upon entrance, visitors were treated to a beautiful display of Japanese porcelain dolls fronting a pictorial display of traditional Japanese flower arrangements. Just beyond there was a display of traditional Japanese fashion. Beyond that children lined up several deep to play with traditional Japanese toys.

Turning the corner, visitors could watch a video about Japanese culture. Next to that they could learn about the art of Origami



Bill Jaynes



Bill Jaynes



Bill Jaynes



Bill Jaynes



Bill Jaynes



Bill Jaynes



Bill Jaynes

and make their own origami projects. That booth was staffed by Ambassador Sakai's wife, Mrs. Nobuko Sakai, a beautiful and friendly woman. Seated next to her was a “Ninja”.

There was a “Picture Story” booth where children could sit and listen to stories presented by volunteers and illustrated by large and brightly illustrated story books.

Across the room was an extremely popular

booth called the “Yukata Photo Shoot” booth where participants could dress in kimonos and other traditional wear and have their photo taken, though there didn't appear to be any official photographer stationed there. Many of the visitors had friends or family take their photos so that they could have their own copies.

Another popular booth was the Japanese calligraphy booth where volunteers beautifully painted Japanese characters

representing the name of the participants who visited the booth.

There was a Japanese Language and a JICA booth as well.

“The events concluded in success and it certainly enhances Japan's kizuna or bonds of friendship with the FSM”, a press release by the Japanese Embassy concluded.

Two reports on children's issues launched in the FSM

UNICEF

POHNPEI, 4 November 2013 – The National Government of Micronesia and the United Nations Children's Fund (UNICEF) today launched two new publications of importance for children.

The first report, titled 'Children in the Federated States of Micronesia: An Atlas of Social Indicators', presents a comprehensive picture of the situation of children in the country. It contains a wealth of data on indicators of child well-being across different sectors including demography, poverty and inequality, education, health and nutrition, water and sanitation, disability, and child protection.

The report is the culmination of an intense effort to bring together the latest evidence and analysis related to children from the population census, national household surveys, databases from different ministries, and other research conducted over the past years.

The statistics and data in the report are more than just numbers – they represent the reality of life for children and their families, showing us both the wellbeing of children, but also where there challenges to their rights and well being. Good quality and timely data helps governments to identify what the issues are, who the vulnerable populations are and how best to allocate resources. It helps civil society to understand the dimensions of the issues it faces and how best to plan to address these issues. And it helps organizations such as UNICEF and other international partners to identify where to target our support.

In her remarks to launch the Atlas, Dr. Allen said, "The Children's Atlas of Social Indicators confirms that there has been a significant improvement in the lives of children in Micronesia. This is evident, for example, by the reduction in infant and child mortality rates over the past decades. Nearly 90 per cent of births occur in a health facility. Gender parity has been achieved in primary education and the special education program is dedicated to supporting children with disabilities. Access to improved sanitation facilities has more than doubled over the last two decades."

She continued by saying, "Yet, the report also shows that there remains an unfinished agenda for the children of Micronesia."

In fact, a reading of the report reveals that the country is slipping back in a number of areas. Immunisation coverage, for example, varies widely between States and has decreased since the mid 2000s, according to official estimates. The measles outbreak this year is a terrible manifestation of that. Micronutrient malnutrition is relatively common: around

one third of pregnant women and infants screened in public hospitals were found to be anaemic, meaning, insufficient iron in their blood. Progress towards universal primary education appears to have stalled, while secondary school participation declined over the last decade.

Off course, having access to such facts and figures as included in the children's atlas is only the beginning. Data alone do not change the world. The goal is to use the data to inform decisions, policies and targeting of resources so that we make a measurable, positive difference impact on the lives of children.

That is why, in addition to the launch event this morning, this week there will also be a training on child indicators, to look at all the tables, graphs and maps in the children's atlas, and to discuss how the information in the report could be used for effective planning, programming and monitoring.

The second report being launched is the Child Protection Baseline Research for the Federated States of Micronesia. This report was initiated in 2010/2011 and has taken considerable commitment and determination from all partners. While the Children's Atlas of Social Indicators presents an overarching overview of the situation of children in the country, the Child Protection Baseline is a "deep dive" into qualitative and quantitative factors such as violence and verbal aggression as well as policies, legislation and systems for protection of children.

Providing an environment that promotes and fosters a comprehensive and accessible child protection system is challenging, made more so in the Pacific Island context where delivering services over a geographically wide area is costly and difficult.

Added to these administrative and logistical challenges is the nature of child protection violations that are often shrouded in stigma and hidden from public view. Violence, abuse and exploitation of children are difficult issues to openly discuss and to research and that is why this research is so remarkable. In her remarks to launch the Report, Dr. Allen said, "One of the most interesting findings was that children and parents are very consistent in their attitudes and beliefs on what is called "positive discipline", meaning, using role modelling, discussion and peer support to enforce good behaviour, rather than hitting and other harmful punishments. This seems to reflect strong traditional values of communities that value consensus and harmony. On the other hand, according to self reporting by children and adults, despite believing in positive discipline, quite a few adults were hitting, slapping and humiliating children and not enough adults were taking action when children told them about this."

The Child Protection Baseline report

also provides analysis of legal frameworks, formal social service structures, and the various environments provided by communities and families; and reviews how effectively each promotes the protection of children. The report documents that in Micronesia traditional practices at the community level go a long way in protecting children from harm, but that with increased urbanization and other changes in lifestyle, these systems are breaking down.

Particular issues raised in the report include the need to strengthen the juvenile justice system so as to promote diversion and restorative justice; the urgent need to break the silence on abuse and ensure children and parents

are able to speak out and seek help; strengthening both prevention and response to child abuse, and coordinating between state and national levels.

Similar baseline reports on child protection have been produced in five countries Pacific countries, and most recently in the Marshall Islands and Palau. These countries have used the key findings and recommendations of their reports to plan and take action to strengthen prevention and response to abuse and violence. Also, the baselines are being used to measure their progress against goals they have set. We hope the baseline in the Federated States of Micronesia will serve a similar purpose for agreeing on goals and then monitoring progress.

Dr. Allen said, "I sincerely appreciate the Government of the Federated States of Micronesia for its leadership and commitment in carrying out the two reports launched today.



Dr Karen Allen presents reports to Senator Wincener David

I acknowledge and congratulate the collective efforts of the national and state governments, civil society and particularly the leadership of the Department of Health and Social Welfare. The research was truly a collective effort and would not have been possible without the inputs from departments, organisations and individuals who generously and effectively contributed their time and expertise. We also appreciate the funding from the Australian Department of Foreign Affairs which made possible the Child Protection Research and Report."

Both reports can be downloaded from the following links - http://www.unicef.org/pacificislands/FSM_Equity_Ready_web.pdf

http://www.unicef.org/pacificislands/FSM_2014_Draft_3_Baseline_Report.pdf

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... Recycling

Continued from front page

the program. One had to do with travel cost that OPA said was improperly billed to the program. Astoundingly, the last finding said that ineffective management controls led to what may have been the theft of nearly \$16,000, money that OPA says the program may never see again.

The audit found that in fiscal year 2013, EPA processed and shipped two containers of crushed aluminum cans to an off island buyer. It received \$15,880 for the first shipment but a year later the payment of \$15,927.28 still had not been received.

... Streets

Continued from front page

“Our short term goal here is to help prevent this demography of children from drug and alcohol use and at the same time, expose them to a structured team organization... we believe [this can be] a positive attribute builder for those that come from disadvantaged households,” wrote Cassidy Shoniber, CUYA’s Executive Director in reference to the tournament in an invitation letter to cover the event.

Competitions will happen on the Ohmine Elementary School basketball court on Fridays, Saturdays, and Sundays until December 13.

We were told that a total of sixteen teams will be competing in the tournament.

According to information provide by CUYA, sponsors for the event included Caroline Fisheries Inc, Etscheit Enterprises, MAHI International, MicroBytes, Ferny Perman, and Neime Company.

CUYA’s Board members are Johnny Musrasrik, Darney Phillip, Tendy Liwy, Kasner Aldens, and Wayne Hadley.

The organizing committee members are Chairman- Kevin Hallers, Vice chairman- Junior Mendiola. Members are Ramsy Joab, Darney Phillip, Roseann Joseph, Ryan Yamada, Stephanie Edward, Joan Iohp and Cassidy Shoniber.

Kolonia Town Mayor, CUYA, Pohnpei Sports Representative Ramsy Joab, Kolonia Town Police Chief Darney Phillip and Upward Bound program representative Sisko Simram, and others collaborated on the tournament.

“The Central Union of Young Adults thanks Ohmine school principal Mr Steve Seiola, Kolonia Town Government staff and all team coaches for all the hard work in bringing this event together”, a CUYA “press release” said.

“EPA reported that an unknown party hacked into their computer system and diverted the payment to a different bank instead of the Bank of the FSM which was the intended recipient of the deposit,” the audit said. “Related documentary information reviewed seems to indicate that the payment was diverted at the instruction of an EPA official.”

EPA referred the matter to the Attorney General, who EPA told the auditors is working closely with the FSM Department of Justice for the possible recovery of the missing payment.

OPA’s Compliance Investigation Unit (CIU) is also assisting with the case. A spokesperson for that unit could not provide any details on the investigation other than to say that it is ongoing and that they have called for assistance from international law enforcement entities. No suspects have yet been named and no charges have yet been filed.

Finding number one was that there was a lack of proper planning before the program was begun. It said that during fiscal years 2012 and 2013 the program spent exactly what it brought in and that even so, during FY2013 the program temporarily suspended the purchase of cans from the public due to unavailability of funding.

The audit showed a bit of a verbal tussle between OPA and the Acting Director of the Department of Treasury and Administration (DOTA). DOTA did not concur with the finding and provided an accounting explanation with figures that differed from those that appeared in the audit. They wrote that combining FY 2012 and 2013 was an inappropriate audit method that ended with an erroneous result. They claimed that there was a surplus at the end of the audit period.

The auditor reminded DOTA that the audit was based on figures that they had proved that were incomplete at the time. “Therefore, if correct financial information were provided in the first place by DOTA, the analysis would have produced correct data regardless of whether the analysis was made for Fiscal Year 2012 or 2013 individually or if it was done for both years combined,” OPA wrote.

OPA also pointed out that the finding had to do with the program’s implementation without adequate and proper planning beforehand. “Even if ‘there were available cash balances during these two fiscal years’ as DOTA claimed, the funds obviously were not sufficient to finance the development of a business plan, program guidelines or to take on personnel, office space, office supplies, etc. as our analysis implied,” OPA wrote.

“Finally, the sufficiency of available

resources is not limited to availability of cash but also include all other means necessary for implementing and ensuring the viability of a program,” OPA wrote. They kept the finding in the audit.

Both of the audit responses concurred with the finding that the program had been operating with no particular written guidelines regarding the collection of “deposit fees” from local businesses that import and sell beverages in aluminum cans. As example, the audit said that of the nine businesses tested during the audit, one was not assessed the per can fee, another business was not charged a penalty for late payment, and still another failed to report or pay the deposit fee.

DOTA once again did not concur with audit finding three regarding a travel authorization split between the Recycling Program and another unnamed unit without authorization by the Recycling Program director. DOTA argued that since the travel was primarily for the expansion of the recycling program, along with another “side event” it was simply a matter of cost sharing. They further argued that while the Recycling Fund law designates the EPA as the administrator of the Fund, the Financial Management Regulation has authorized the Governor or his designee to approve Travel Authorization(s). The DOTA quote purportedly from the FMR provided in their response says that the law allows

for a designee authorizer for travels for the Legislative and Judicial Branches but makes no such proviso for authorization for travels within the Executive Branch. That quote in DOTA response actually says that the Governor him or herself must authorize all off island travels for representatives of the Executive Branch.

OPA pointed out that “EPA is an independent agency of the state government and although [it] may be supported and assisted by the Executive Branch, it should be allowed to manage and direct its operation, programs and activities.”

EPA Director Albert Roby wrote in his response that while he heard talk about the travel charge he had “nothing in black and white”.

OPA left the finding in the audit.

Editor’s Note: As far as news cycles go, the audit is quite old. The executive summary was signed and dated on August 29 of this year. As is the normal practice, the Kaselehlie Press had to sign for the audit when it was delivered last week. While doing so we noted that there were three or four other signatures of dozens of designated recipients on the delivery form. Those were dated exactly a month previous to the date of the delivery of the audit to our offices. It was the first we’d heard of the matter.

Job Announcement

The Micronesia Red Cross Society (MRCS) is seeking to hire a qualified applicant to fill the position of: Executive Director

Responsibilities:

The Executive Director is appointed by the Micronesia Red Cross Society (MRCS) National Governing Board as the Chief Executive Officer of the MRCS to implement the policies and directives of the MRCS National Governing Board and mandates of the MRCS General Assembly. The Executive Director directs the day to day operational activities of the office, including the management of personnel, fiscal and physical resources of the Society toward achievement of its goal and objectives.

Qualifications:

Bachelor of Arts or relevant degree from an accredited college or University, or equivalent experience; More than three (3) years’ experience in management, human resources and/or or executive duties, preferably in the humanitarian or social work sector; Strong strategic thinking, planning and project management skills; Demonstrated negotiation and problem solving skills.

Personal attributes:

Good community image and reputation; Able to positively engage with people of diverse status and backgrounds; Confidence to engage with high level officials and international partners; Confidence in independent decision-making and problem solving; Ability to work under the direction of a Governing Board; Committed and passionate about volunteerism and the Principles of the Red Cross/Red Crescent.

A full job description and further information is available upon request.

How to apply:

Interested applicants are requested to provide the following documents:

- Application letter
- Resume
- Copies of any College Diplomas/Degrees
- Three professional / character references

Applications should be submitted in a sealed envelope or by email marked “Confidential” addressed to Executive Director, Micronesia Red Cross Head Office in Kolonia, Tel. #(691)320-7077, Email mrcs@mail.fm

Opening Date: November 4, 2014

Closing Date: Applications will be accepted until November 18, 2014 @ 5:00 p.m.

Record 12 fishing vessels under investigation as FFA's Operation Kurukuru ends

Pacific Islands Forum Fisheries Agency

Friday 24th October

FFA-RSFC, Honiara—The region's annual large-scale maritime surveillance sweep of Pacific fishing waters has netted a record 12 vessels in potential breach of their fishing licenses. The vessels, nabbed by Fisheries Maritime Police from FSM (6), PNG (5) and Palau (one) are flagged to Thailand, the Philippines and FSM. They were amongst 114 boardings of fishing vessels and 1011 sightings of vessels across the EEZs of 14 Pacific nations involved in the Operation Kurukuru maritime surveillance exercise. The regional sweep, launched on Wednesday 15th October, ended its tenth and final day today.

"Further details on the alleged infringements are an operational matter and will be dealt with at the national level but I think the findings demonstrate the level of standards and effectiveness which our national partners are applying to themselves in the area of maritime surveillance," says FFA Director General James Movick. "The fact that the FSM patrol boat boarded, inspected and took action on one of its own fishing vessels as part of the Operation is significant. While the infraction was relatively minor, this is a clear demonstration that FSM's application of the rules for fishing activity is no less stringent on vessels under its flag, than any other national flag, and this is exactly as it should be."

He noted that the spread of boardings - with 44 of the 114 vessels being boarded in ports - one of them leading to an ongoing investigation -- shows that nations are continuing vigilance not just at sea, but within their own ports.

"Through operations such as Kurukuru, Pacific nations as custodians of their oceanic resources are capably sending the message to anyone fishing without, or in breach of, their licenses that we are watching, your activity is being recorded, and you will be caught," Movick says.

The Patrol Boats RKS TEANOAI (Kiribati), with 19, and PSS PRESIDENT H.I. REMELIHK (Palau), with 14, conducted half of the total at-sea boardings during

Kurukuru, providing a "consistent excellence in their annual efforts and national prioritising for the resources needed to maintain this surveillance standard," he added. 15 vessels spent a combined total of 106 days at sea, linking where possible with seven patrol aircraft crews whose shifts totalled 181 flight hours documenting and 'sensing' fishing activity in Pacific waters.

The FFA Director General also commended the "outstanding" activity of Papua New Guinea's patrol boat the HMPNGS SEEADLER, another success story of Kurukuru 2014. Five of its six boardings resulted in discovery of potential infringements. The active participation of PNG is a major outcome for the current operation, linked to an earlier one-month attachment to FFA's Regional Fisheries Surveillance Centre by PNG Leading Seaman Riwas Israel Pala of the National Surveillance Coordination Centre based in Port Moresby.

"Thanks to his attachment with the FFA RFSC and his leadership in applying that learning back in his home HQ, PNG was online, active and fully engaged for the entire operation, a fantastic result for one of the busiest fishing nations in the Pacific," says Movick.

He welcomed the introduction in Kurukuru 2014 of a new 'Chief of Staff' position to help keep communications and updates flowing. Cook Islands Operations Officer and 2nd-in-command of the Cook Islands Maritime Division, Tuariki 'Stu' Henry was the inaugural Chief of Staff, taking up an intensive month-long attachment to the FFA-RFSC as part of this role.

"As a major surveillance operation for the Pacific, it's pleasing to see Kurukuru continue to deliver innovation and results on an annual basis and I thank Australia for its funding support for these new updates to the annual program," says Movick.

Kurukuru 2014 covered an area of approximately 30 million square kilometres - including the EEZs of Cook Islands, Federated States of Micronesia, Fiji, Kiribati, Marshall Islands, Nauru, Niue, Palau, PNG, Samoa, Solomon Islands, Tokelau, Tonga, Tuvalu and Vanuatu. Fisheries surveillance and enforcement staff from all of these countries worked together with their Quadrilateral Defence Cooperation counterparts from Australia, New Zealand, France and the United States over the two weeks of round the clock surveillance, data analysis, reporting & information sharing and, ultimately, enforcement operations. Australia's Fisheries Management Authority, the Cook Islands Ministry of Marine Resources, and NZ's National Maritime Coordination Centre provided analysts to aid the operation in the Surveillance centre while Vanuatu ship-riders worked with patrol boats in Palau.



Rotary Club of Pohnpei

QUIZ NIGHT
"LIGHT UP ROTARY"
Saturday, November 22, 2014

7:00 PM

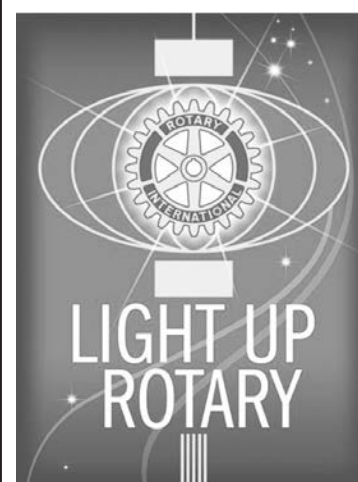
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Thirty Four candidates vie for the 14 seats in Congress

Congress of the FSM

At-Large, 1. Joseph J. Urusemal, incumbent

November 5, 2014

PALIKIR, POHNPEI. - The Office of the National Election Director (NED) has notified the Speaker of the Congress of the Federated States of Micronesia of the names filed for candidacy for the 2015 National Elections to seat the 14 members of the new Nineteenth FSM Congress.

Two-years, 1. Isaac V. Figir, incumbent
Ten petitions are filed for the four seats for the State of Pohnpei and they are,

At-Large, 1. Peter M. Christian, incumbent
2. John Ehsa
3. Selestino Marquez
4. Dion G. Neth
5. Dionisio (Dionis) Saimon

Thirty four petitions have now been filed as potential candidates for the upcoming National Elections of March 3, 2015. The names are currently undergoing the review process for certification and official release.

The petitions in accordance with each state are as follows: For the two-year seats in accordance with the Election Districts (ED) they are,

Four petitions are filed for the two seats for the State of Kosrae and they are, ED.1, 1. Dohsis Halbert, incumbent
At-Large, 1. Alik L. Alik
2. Yosiwo P. George, incumbent

ED.2, 1. Goodwin Etsin Estse
2. Berney Martin, incumbent

Two-years, 1. Rensley A. Sigrah
2. Paliknoa K. Welly, incumbent

ED.3, 1. David W. Panuelo, incumbent

Two petition are filed for the two seats for the State of Yap and they are,

See "Congress" on page 13

Job Vacancies



The International Organization for Migration (IOM) is an inter-governmental organization known for its dynamic work in the field of migration. The Organization has a global presence with over 450 offices worldwide, including four offices in the north Pacific region. The Head Office overseeing IOM's operations across the region is located in Pohnpei, the Federated States of Micronesia (FSM). IOM also has sub-offices in the FSM States of Chuuk, Yap, and Kosrae and a sub-office in Majuro, in the Republic of the Marshall Islands.

IOM continues to support disaster risk reduction, disaster mitigation, climate change adaptation, and relief and reconstruction initiatives in the north Pacific region, with the overall objective to respond to and address the critical needs that arise from natural hazards and climate change.

Internship Opportunity IOM Kosrae

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Namoluk Island 96942

Takeru Aier or Maktheny Tachuo or Aichy Aikichy
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Ilaiso Albert and Rosmina Albert
PO Box 382 • Uman Mochon, Chuuk FSM 96942

Jerlyn S. Alexander
PO Box 817 • Weno, Chuuk FSM • Nama Island 96942

Marciano Aliwis
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James Allan
177 Mall St. • Unit C703 Pacific Towers
Tamuning, GU 96911

Lydia Aniol itf Akit'n Son
PO Box FI • Weno, Chuuk FSM 96942

Romeo Al C. Arsenal or Sonia Arsenal
PO Box 148 • Chuuk FM 96942-0148

Fatima Baseway
Moen, Truk 96942

Jaime Batanga, Jr. or Arnil Batanga c/o SDA School
PO Box 208 • Weno, Chuuk FSM 96942

Enlet Berdon or Lienfan Berdon
Moen, Truk FSM 96942

Fatima Beseway or Anthony P. Teregeyo
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Donsly Billimont
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Genevif Bolly
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Serlin S. Buliche
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Skyler Rhys Chapman c/o Truk Stop Hotel
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Unsa Enies
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Lamper Metefan Hait
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Cynthia Karsom or Eichy Karsom
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Meseichy Ruben
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Danny Sancher
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Roseperina Selifis
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Mina Songhaid
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FSM installs largest solar energy system in effort to reduce annual fuel costs



Chuuk High School

Pacific Islands Forum Secretariat

14 October 2014. The Federated States of Micronesia is making impressive progress in the implementation of their grid connected solar power generation systems

funded through the Pacific Environment Community (PEC) Fund.

This month has seen the commissioning of the solar system in Chuuk and final testing of the installed solar system in Pohnpei

underway. These are the biggest solar installations in the Federated States of Micronesia (FSM) to date, with 800kWp solar systems equally distributed in each of the four participating States. FSM also has the biggest solar system installation across all countries participating in the PEC Fund.

A 200kWp solar system installed at the Chuuk High School is now completed, with the system up and running and producing electricity that is being fed into the grid.

“The installation of the solar system in Chuuk has gone smoothly. The Chuuk Public Utility Corporation has been delighted to actively participate in the implementation of the project and we’re pleased to assign six of our technicians to assist in the installation of the solar system,” says Mr. Mark Waite, Chief Executive Officer, Chuuk Public Utility Corporation.

“The Chuuk Public Utility Corporation looks forward to benefitting from the solar system which we anticipate will lead to a reduction in our annual fuel costs of up to

USD104,000. We are keen to increase the share of grid tie solar power generation systems on Chuuk to further reduce carbon emissions and reliance on fossil fuels.”

The Chuuk Public Utility Corporation has taken ownership of the solar system and will budget for the ongoing operation and maintenance, including developing the capacity.

A second 200kWp solar system has been installed in Pohnpei at the Nett Elementary School. The system is undergoing final testing with all personnel involved in the installation process trained by the Japanese Contractor.

“We are pleased with the milestones achieved in the implementation of FSM’s PEC Fund project. Over the next few months, we will work with the respective Kosrae and Yap utilities to expedite and complete the installation of the remaining grid tie solar systems,” says Mr. Hubert Yamada, Assistant Secretary for the Department of Resources and Development and PEC Fund coordinator in FSM.

Carleila Carl-Edgar admitted to the FSM Bar

The Pohnpei Legislature

The Office of the Speaker of The Eighth Pohnpei Legislature is pleased to announce and simultaneously congratulate its Staff Attorney, Carleila Carl-Edgar (28) of Pohnpei, for becoming FSM’s newest attorney admitted to the FSM Bar Association. Carleila Carl-Edgar successfully took the FSM Bar exam in August of 2014 and was sworn in at the FSM Supreme Court on October 30, 2014. With cheerful family members, colleagues, and friends filling the FSM Supreme Court and looking on, Carleila-Carl Edgar was administered the oath to become FSM’s newest Bar member by her mother, FSM Supreme Court’s Associate Justice Beaulen Carl-Worswick, FSM’s first woman Associate Justice. “A historic occasion indeed,” expressed FSM Supreme Court’s Chief Clerk Kohsak Keller and added, “In my twenty some years in this court, this is the first time this has ever happened – that a new FSM Bar member and the judge administering the oath is a mother-daughter pair.”

“We are very proud of her outstanding accomplishments!” exclaimed Pohnpei State Speaker Fernando Scaliem, for whom Carleila currently works. To witness this momentous occasion with the Speaker were Vice-Speaker Francisco L. Ioanis, Floor Leader Nixon B. Soram, Senator Robert P. Nakasone, and Senator Dahker Daniel. Also in attendance was retired Pohnpei State Associate Justice Yoster Carl, beaming with pride because he also happens to be Carleila’s grandfather.

Carleila earned her Juris Doctor degree in May 2013 from Florida Coastal School of Law, a private law school in Jacksonville, Florida. Prior to law school, Carleila had been a proofreader for The Pohnpei State Legislature. “Carleila attended law school while on educational leave with the Legislative Branch. We believe in developing our human resources so they can return and help in the development of our state and nation,” Speaker Scaliem maintained.

The elated Associate Justice Carl-Worswick concluded the ceremony by stating to her first-born, “In May of 2006, you held my hand and promised me that you would follow in my footsteps and one day become a lawyer. Today, you have fulfilled that promise by becoming a member of this prestigious association.”



A 2004 graduate of Calvary Christian Academy in Pohnpei, Carleila received an Associate of Arts degree in Micronesian Studies from the College of Micronesia FSM followed by a Bachelor of Arts in Political Science from the University of Hawaii - Manoa. Her long list of accomplishments includes being a Junior Statesmen at Yale University during her high

school years at Calvary Christian Academy and also delivering the Valedictorian’s Address at her College of Micronesia-FSM’s graduation ceremony. She is married to Mr. Radney Edgar of U, a veteran of the United States Military. She is the daughter of Mr. Daniel Worswick and Associate Justice Beaulen Carl-Worswick.



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The Government of the Federated States of Micronesia
Department of Resources and Development

VACANCY ANNOUNCEMENT
Energy Sector Development Project
Two Positions

Background

The Government of the Federated States of Micronesia (GoFSM) has received a grant of US\$14.4 million from the International Development Association (the World Bank) for the Energy Sector Development Project. The project objective is to increase the available generation capacity and efficiency of electricity supply in the state power utilities, and to strengthen the planning and technical capacities of the National Government and the state power utilities in the energy sector. The project will be implemented by the Department of Resources and Development (DR&D) in coordination with the Department of Finance and Administration. The Assistant Secretary Energy Division will be the project coordinator and focal point.

The project has three components (i) Increasing available generation capacity and efficiency of electricity supply in the state power utilities through the financing the acquisition and installation of equipment and the development and implementation of operations and maintenance plans (ii) preparation of energy master plans for each of the FSM States, including: identifying and prioritizing infrastructure investments in the energy sector; and undertaking feasibility studies, and environmental and social impact assessments for the priority investments. The State Plans would then feed into a National Energy Master Plan that will provide an integrated approach to achieve national goals in the energy sector; and (iii) technical assistance and project management activities.

To support project implementation the DR&D is seeking to engage the following specialized staff. The duration of appointment will be for 12 months with the possibility of extension based on satisfactory performance.

1. Project Implementation Support Officer

The Project Implementation Support Officer, will support the implementation and delivery of the three components of the Project. Specific activities may include for example:

- Develop and maintain project implementation work plan and monitor progress of project implementation and propose corrective measures when needed;
- Assist the Project Coordinator and energy sector technical specialist in managing inputs required from the state utilities for project activities and ensure pertinent information required for studies and activities to be performed by international/national counterparts;
- Support, and as necessary, coordinate and participate in workshops, training courses meetings and other activities;
- Assist in completing all administrative reports and briefings required to be delivered under the project and the necessary filing of project documents;
- Liaison between the Energy Division and other relevant Government agencies, development partners, stakeholders, etc. on project related aspects;
- Support procurement documents preparation and processes under the guidance of the procurement advisor; and
- Monitoring and evaluation (M&E) of the project by monitoring performance indicators;
- Coordinate the preparation of semi-annual consolidated progress reports, project briefings and other relevant monitoring information and prepare for wider dissemination;

Desired Skills, Qualification and Experience

- An advanced university degree(s) in business/management or other related fields is required; a Masters degree is desirable;
- At least 8 years project implementation experience including: recruitment, supervision and monitoring performance of consultants and contractors; schedule and achieving key performance indicators (KPIs).
- Experience working with development partners such as WB, ADB, JICA, EU/EIB;
- Record of providing effective project implementation and delivery and ability to provide support to senior managers, project teams and clients;
- Strong project reporting and organization skills and excellent communication (verbal and written) skills;
- Strong client skills and proven experience in working in close coordination with Government officials, development partners and other stakeholders such as civil society and private sector in developing countries.
- Good technical literacy and report writing skills; confident numeracy skills, including use of excel; good time management and realistic approach to deadlines;
- Ability to work individually, with minimal supervision, to produce quality output; and also work as part of a multi-disciplinary and multi-organization project teams; and
- Knowledge of energy sector issues in FSM and the Pacific region is highly desirable.

2. Finance Officer

The Finance Officer will assist in all financial matters relating to project implementation and will provide Financial Management (FM) support to additional World Bank financed projects as they are approved, in coordination with the DoFA. Responsibilities will include for example:

- Preparation of Financial Progress reports;
- Development of the FM section of the Project Implementation Manual
- Set up and maintain project accounts in accordance with World Bank and GoFSM procedures and regulations and ensure good record keeping;
- Monitor financial disbursements and all administrative procedures to ensure compliance with GoFSM and the World Bank requirements;
- Attend and participate in project meetings and give input to financial related matters;
- Take the lead role in development of project budget and monitor progress against budget.
- Responsible for audit preparation.

Desired skills, qualification and experience

- Minimum of a bachelor's degree in Accounting or Finance or Business Management, Public Administration or other relevant field. Master's degree is highly desirable.
- Training in relevant fields (management, financial management, accounting (CA, CPA, ACCA) is preferable.
- Minimum of three years of work experience in public sector financial management.
- The applicant should have a good understanding of GoFSM accounting system.
- Experience in donor - funded projects is preferable.
- Additional work experience with national and or international non-governmental organizations will be an added advantage.

Selection Process

Interested and qualified applicants may obtain the Terms of Reference for either position by contacting Assistant Secretary Hubert Yamada at email address: huberty08@yahoo.com or Assistant Secretary Senny Phillip at email address: sennyphillipiif@mail.fm.

Applications for both positions are to be sent to Assistant Secretary Hubert Yamada at email address: huberty08@yahoo.com. Applications must be received by **5pm on December 3, 2104** and should include CV and all relevant documents.

**New JICA
volunteer math
teacher in
Pohnpei**



For the past 25 years, JICA has been dispatching Japan Overseas Cooperation Volunteers (JOCVs) with various technical capacities to work in different sectors and organizations in the Federated States of Micronesia (FSM). New JOCV, Ms. Ikumi Yamaguchi, is ready to embark on a two years life changing journey here in the FSM. Ms. Yamaguchi is assigned to Ohmine Elementary School focusing on mathematics education for lower grades in Pohnpei.

She has worked as a special support assistant teacher in Kumamoto Prefecture, Japan after she completed her master degree in Education. In addition, she has 6-year experience in teaching children in private preparatory schools. She is now learning Pohnpeian language and preparing herself for her activity.

With the arrival of the new volunteer, there are 6 JICA Volunteers in Education sector in the FSM. The current total number of volunteers in the FSM is 24 (8 JOCVs and 16 Senior Volunteers). The JICA Volunteers aim to develop better life for the local people and the community mostly in the priority sectors such as Environment, Health, Education, Agriculture & Rural Development, Fisheries, Tourism, and other fields.

Best wishes to Ms. Yamaguchi as she helps promote the sharing of technical knowledge and skills, as well as mutual understanding between the FSM and Japan.

Training conducted in the use of GIS in disaster risk reduction

Island Research & Education Initiative (IREI) College of Micronesia (COM-FSM) Pacific Disaster Center (PDC)

Kolonia, Pohnpei - On October 17 and 21-22, final workshops for a project entitled "Geospatial Information Development and Application to Support Effective Decision Making in the Federated States of Micronesia" were held at the National campus of COM-FSM. The workshop's organizers were Pacific Disaster Center (PDC), Island Research & Education Initiative (iREI), and the College of Micronesia (COM-FSM).

The primary goal of the two-year project is to help institutions with disaster management and disaster risk reduction responsibilities in FSM access and use locally relevant geospatial information. Over the last year and a half, data from a variety of sources on themes ranging from critical facilities to population to land cover have been assembled, catalogued, and made available. Substantial new data resources have been developed, especially for the Outer Islands, where high resolution GIS (Geographic Information System) files have not been available previously.

The purpose of the first (October



17) workshop was to familiarize organizations that might be able to use geospatial information with some of the resources available and demonstrate how some of these resources might be accessed or utilized. Participants included representatives from organizations and government authorities at local, state, national and regional levels. The second workshop (October 21-22) was a more in-depth training aimed at GIS users

and the local, state and national disaster management community. Participants used a web-accessible decision support system and GIS software to answer questions related to a typhoon scenario and create relevant maps. All participants received a copy of the current database and open source GIS software. The final data set including all outer island data will be released in January 2015.

The project was jointly conducted

by PDC, iREI, and COM-FSM, with funding from the NOAA Coastal Storms Program. In addition, the input of local partners from throughout the FSM has been invaluable. This effort will support stakeholders working to build a national GIS framework and will provide foundations for a range of derived geospatial products and applications.

U.S. Ambassador Visits Education and Community Leaders in the Mortlocks

Embassy of the United States of America Kolonia

Ambassador Rosen along with Brian Riley, Peace Corps Inter-America and Pacific Region Chief of Operations, and Robert Reid, Peace Corps Country Director for FSM and RP visited the Mortlocks in Chuuk State, stopping at six islands in four days. Travel to the islands required flying on a small prop plane to Ta, and then traveling across open ocean in a 21 foot skiff with a 40 hp outboard engine to the islands of Lekinioch, Oneop, Moch, Kuttu, and Satawan.

While on the islands they overnighted with local residents, visited Peace Corps Volunteers, local schools, community and education leaders, and answered questions from the

island residents. Several of the islands had formal welcoming events with a town hall like opportunity for the villagers to ask the Ambassador questions. There was considerable concern and misunderstanding about what they referred to as the "end of the Compact". The Ambassador assured them that contrary to what they were voicing, the 2023 funding changes did not mean that the USA was terminating the agreement or withdrawing from the region.

Mr. Riley stated, "this visit was helpful to understand the logistical and transportation challenges faced by Peace Corps Micronesia, and I was impressed by the resiliency of the Volunteers and by the close relationships they formed with the peoples of the Mortlocks."



Peace Corps Volunteers Katie Polus and Dan Parker, U.S. Ambassador Doria Rosen, Mason Fritz, Robert Reid, and Brian Riley in Satawan



For more information, call
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Opinion Editorial

World Bank rankings fail the needs of the Pacific – Pacific NGO



PANG Coordinator Maureen Penjueli

The recent praise handed down to some Pacific Islands from the World Bank's 2015 Doing Business rankings is sending the wrong message, claims the Pacific Network on Globalisation (PANG). The rankings compare the ease of doing business across countries compared to the world's 'best practice'.

“The latest rankings again display the absurd contest between countries to see who can be the most pro-business without any regard for what the real costs are for social, environmental, cultural or human rights,” commented PANG Coordinator Maureen Penjueli. “It rewards countries lowering of social, environmental, cultural and human rights safe guards, therefore allowing the exploitation of natural resources and human capital

by foreign investors and local elites” continued Ms Penjueli.

The World Bank has singled out Palau, Solomon Islands and Vanuatu as countries who have undertaken reforms to encourage business growth over the last year.

“The rankings act to pressure small islands states in the Pacific to implement the reforms that major industrial economies currently enact. These are the same economies that used many of the domestic policies which the World Bank's rankings would frown upon to in fact develop and nurture their local industries and capacities,” added Ms Penjueli

Since 2002, through this annual publication, the World Bank has been benchmarking and ranking countries according to “the ease of doing business. The Doing Business is based on the principles of privatization, deregulation, low taxation for corporations, and ‘free market’ fundamentalism.

The rankings are again attracting criticism from the multi-continental campaign “Our Land Our Business” who challenge the legitimacy and mandate of the World Bank to issue such rankings. The international campaign is calling on the World Bank to stop pressuring developing countries such as Pacific island countries to free up land for investment and other activities that aim to ease the costs of doing business for multinational corporations.

Ms Penjueli continued “there are no winners in the race to the bottom created by the Doing Business rankings, which are today’s version of the Structural Adjustment Programs that devastated livelihoods of millions of people through the withdrawal of state intervention and the forced liberalization of national economies in the 1980s and 1990s.”

“The many facets and connections that make up the Pacific reality, like custom control of land, sit opposed to this system of ranking the Pacific economies. It is not for the World Bank to come in and tell Pacific Islanders that becoming like the major economies is what is best for them, the World Bank has no right to do so” concluded Ms Penjueli.

Editor’s Note: Out of 189 countries ranked on the Doing Business report FSM fell from 148th place to 151st place. Interestingly it also says that its report was based on “Island of Pohnpei (Kolonia/Palikir)

DFW confiscates another undersize Green Turtle Urge Pohnpei fishers to adhere to size minimums or face prosecution

By **Bill Jaynes**
The Kaselehlie Press

October 27, 2014

Pohnpei, FSM—Pohnpei’s Department of Fish and Wildlife (DFW) has confiscated another undersized Green Turtle, seemingly by happenstance.

One of DFW’s officers was driving to work and saw a man wrestling the turtle into the trunk of his car in U. He stopped and examined the man’s catch and found it to be six and a half inches below the retention level for Green Turtles. He confiscated the still live turtle and charges are pending against the fisherman.

DFW called The Kaselehlie Press and asked us to take pictures of the turtle in the driveway outside of their office. At that time they were waiting for tags either from the Conservation Society of Pohnpei or the

Office of Fisheries and Aquaculture while the turtle languished in their driveway. Neither office had tags so DFW placed a zip tie on one of its legs and set it free. One can only hope that the zip tie will not constrict its growth.

To our view, the turtle seemed already to be in distress. By that point we would have thought that it would have been more imperative to return the turtle to the water than to wait to have it tagged at some undetermined time before it could be released.

Fishers who retain turtles that are undersized are in violation of the law and are subject to penalties. DFW officials wanted us to remind the public of the sizes that turtles must be before they can be harvested. Green Turtles must have a shell size of at least 34 inches, and Hawksbill turtles must have a shell size of at least 27 inches.

Though in Pohnpei it is currently open season for turtles, in a large portion of the world turtles cannot be harvested at all. It is still illegal to travel to many countries with turtle shell products.

DFW officials urge Pohnpei citizens to comply with the law. Not only will undersized turtles be confiscated but violators of the law face criminal prosecution.



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Charities outfit student athletes in Yap

Habele

Colonia, Yap- A group of young men from the Neighboring Islands who live on Yap Proper are training to compete in that Micronesian State's Island League Basketball competition.

Their team, called "Weyei," emerged from the boys' participation in "Waa'gey," an after school mentoring program. That group uses traditional cultural skills to teach high students discipline, teamwork and identity.

The boys are to be coached by Waa'gey Director Larry Raigetel of Lamotrek, and former Peace Corps Volunteer Garrett Johnson. The athletes began with a multi-week fundraising effort to earn funds for team jerseys.

US-based Habele, a charity established by former Peace Corps Volunteers, heard about the team and offered to help. "The boys worked hard to raise money and buy jerseys. Habele has designed, ordered and purchased Jerseys, asking the young men to use the money they obtained to support other local civic efforts on Yap," announced Habele volunteer and former Peace Corps Volunteer Scott Leis.

Habele has a proud history of provisioning eager Micronesian

student athletes with quality clothing and equipment to compliment their skill and sportsmanship. The nonprofit also provides need- and merit-based tuition scholarships, support for extracurricular science programs, as well as donations to schools and libraries.

"The American people, and in particular those of us who've been lucky enough to spend time in the Islands, are proud of our decades long partnership with the people of Micronesia," explained Leis. "We are particularly grateful to Jeffrey C. Genzer and Colleen Stewart Genzer who served as Peace Corps Volunteers on Yap in the early 1980s, for sponsoring this important project." Mr. Genzer is a partner at the Washington-based Duncan, Weinberg, Genzer & Pembroke law firm.



... Congress

Continued from page 7

Eighteen petitions are filed for the six seats for the State of Chuuk and they are,

- At-Large,
1. Gillian N. Doone
 2. Wesley W. Simina, incumbent

For the two-year seats in accordance with the Election Districts (ED) they are,

- ED.1,
1. Florencio M. Harper, incumbent
 2. Able[Epel] Kristoph
 3. John E. Sound

- ED.2,
1. Victor 'Vicki' Gouland, incumbent
 2. Rogers S. Mori
 3. Chanser H. Yesiki

- ED.3,
1. Marcellus Akapito
 2. Bonsiano F. Nethon, incumbent
 3. Elvis Shirai

- ED.4,
1. Tiwiter Aritos, incumbent
 2. Hatnat K. Meneky
 3. Takamichy Y. Mori

- ED.5,
1. Winiplat A. Bisalen
 2. Season S. Jacky
 3. Ruphin Micky
 4. Robson U. Romolow

The 34 potential candidates will be vying for seats in the new Nineteenth Congress of the Federated States of Micronesia to be convened and organized on May 11, 2015. The new Congress would also seat a new Administration for the National Government with the selection of a President and Vice President from among the 14 Members.

More information on the potential candidates and election in general can be obtained from the Office of National Election Director at phone number: (691) 320-7805 or send an email to ned@fsm.ed.fm.

The timetable for the National Elections can also be accessed at the FSM Public Information website at: http://www.fsmpio.fm/ELECTION/2013_Election_TIMETABLE%20_2_.pdf



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 Ref.18180 PRICE: \$2,520 TOYOTA VITZ (YARIS) Year 2001 AT 1,300cc PETROL Mileage 63,000km Color Silver	 Ref.18363 PRICE: \$2,790 MAZDA PREMACY Year 2002 AT 1,800cc PETROL Mileage 83,000km Color White	 Ref.18752 PRICE: \$2,710 TOYOTA PLATZ (YARIS) Year 2005 AT 990cc PETROL Mileage 70,000km Color Beige
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CONSERVATION SOCIETY OF POHNPEI

Preserving Our Natural Heritage for a Sustainable Future

JOB TITLE:
Administration and Finance Manager
LOCATION:
Conservation Society of Pohnpei
OPENING DATE:
October 23, 2014
CLOSING DATE:
November 15, 2015

P.O. Box 2461
 Kolonia, Pohnpei, FM 96941
 Phone: 691.320.5409 Fax: 691.320.5063
 E-mail: csp@serehd.org Website: www.Serehd.org

Essential Functions:

Administration and Finance Manager is responsible for the day-to-day management of CSP office including overall direction for all activities related to finance, administration, personnel, facilities, information systems, office management and/or safety for the Conservation Society of Pohnpei (CSP). The Manager is the point of contact for the development and implementation of annual budgets and manages the processes for annual budget planning, submission of periodic and annual financial reports to Executive Director and Board of Directors. S/He provides assistance to all levels of personnel on various Human Resources-related issues and guidance to subordinates in satisfying administrative requirements. Full duties can be obtained at CSP with full Terms of Reference (TOR) strictly aligned with CSP policies.

REQUIRED KNOWLEDGE & SKILLS:

- Bachelor's degree and/or 3 years related experience or equivalent combination.
- Strong management and leadership in all aspects of operations and fiscal management.
- Excellent computer skills in Microsoft Office and other financial related management software.
- Ability to communicate in Pohnpeian (highly preferred) and English including report writing.
- Ability to handle multiple priorities and deadlines effectively.
- Committed to CSP's mission – environmental/natural resource conservation.
- Willingness to work at odd hours and receptive to learning new skills, and attend training on and off island.

BASIC QUALIFICATIONS:

- Bachelor's degree and 3 years related experience or equivalent combination.
- Experience overseeing multiple central administrative processes, such as facility management, telecommunications, general maintenance/repairs, central filing, telephone/public reception, printing, maintaining office supplies, and/or general purchasing requests, or equivalent.
- Demonstrated experience using MS office, Word, and Excel. Experience using advanced computer functions including navigating the Internet. Experience manipulating, analyzing and/or interpreting financial or other data.
- Supervisory experience including ability to motivate, lead, set objectives, and manage performance, including conflict resolution.
- Experience developing and administering organizational budget or equivalent.
- Demonstrated flexibility to changing situations and priorities.

HOW TO APPLY:

(1) Letter of interest (2 pages max); (2) provide 3 Letter of Referee; (3) Curriculum Vitae (CV)/Resumè. Submit to above address or email.

Let's not confuse "blood sugar" with table sugar

In recognition of World Diabetes Day, 14th November 2014, Island Food Community of Pohnpei asked Diabetes Specialist Sunny Wijesinghe, Pohnpei State Public Health to share some information on diabetes as FSM faces the NCD crisis, where 1 in 3 adults have diabetes.

A couple of weeks ago I met a lady who had recently been diagnosed diabetic. She was convinced that it was not necessary for her to take any medication because her blood sugar cannot possibly be up when she has not used any sugar in her coffee or eaten anything sugary for a week. It is commendable that she could give up sugar so easily, but unfortunately, the story of blood sugar is not that simple.

The sugar that we buy in the store is not the same sugar we talk about when we say "blood sugar". The term "blood sugar" is a misnomer and it confuses people throughout the world. What is increased in the blood is something called glucose, which is the smallest molecule that can be absorbed into the cells from the blood. Table sugar we buy is not glucose. As a matter of fact, it is a bigger molecule made of two molecules, one of which is glucose and the other fructose. Without going into the scientific details of all this, it suffices to say that even when you give up all the sugar and sugary foods, if you eat things like white rice and ramen in abundance, it is enough to increase your "blood sugar" or blood glucose. Why is this?

You may have heard the word "carbohydrates" sometime in your life. Carbohydrate is the most significant of three major nutrients (also called macronutrients) that provide energy to keep the body functioning. The other two are called proteins and fats. Carbohydrates can be found in a large array of foods. Some are simple carbohydrates as in sugary foods and drinks, fruit juice and fruits, milk and some milk products. But usually we associate the word carbohydrate with complex carbohydrates such as taro, breadfruit, yams, bread, rice, pasta, potatoes, sweet potatoes, corn, and beans.

Carbohydrate is the major player in diabetes because how carbohydrate is metabolized in your body will decide whether you will have high blood glucose or not. That may sound complicated, but in reality, it is not. Let us just

simply say that there are "good carbohydrates" and "bad carbohydrates". Good carbohydrates are the ones that take their time to break into the smallest molecule, glucose, to enter blood. Why is this important? It is important because in order to absorb these glucose molecules in to body cells (to provide energy to perform daily activities), a hormone called insulin has to be present in the blood. Insulin is produced by the pancreas, an important glandular organ hidden behind the stomach. Here is the unfortunate part when it comes to diabetes: People of many races such as Pacific Islanders, South Asians, Hispanics, Native Americans, and African Americans have a tendency to produce less and less insulin as they get older. So, it is important for them to eat carbohydrates that do not require a large insulin response.

Nutritionists use the term "glycemic index" to decide how fast a certain carbohydrate breaks into glucose to be absorbed into the blood. If there is a food item that turns into glucose fast, and if there is a lot of this type carbohydrate in that food item (called glycemic load), then it is a carbohydrate that should be used in your diet sparingly. For example, a cup of cooked white rice can produce a huge spike in glucose in blood very fast and you will also need a large amount of insulin to absorb all this glucose into cells. In other words, white rice has a high glycemic index (and a high glycemic load) and it is the kind of food you should learn to avoid even from an early age. It is generally true that Type 2 Diabetes affects mostly adults over 40 or so, but if you start loving white rice and ramen from your childhood on, it will be pretty difficult to break this habit when you get older.

If your pancreas does not produce enough insulin, then that unabsorbed glucose in your blood would circulate playing havoc in your body; your kidneys will try their best to remove this extra "blood sugar" or glucose through frequent urination. When your body is losing water this way, you will be very thirsty. Excess

glucose in your blood will change the shape of the cornea in your eyes making your eye sight a bit blurry. This was exactly what happened to the person I mentioned at the beginning of the article. Although she was not eating sugar, she was eating her regular white rice, white bread, and ramen, all of which have a high glycemic index. These glucose molecules in the blood were in search of insulin to facilitate absorption into body cells. But insulin was in short supply. If this deficit is not corrected through medication, then the consequences will be dire. Diabetes is a serious disease that can lead to blindness, heart problems, amputations and kidney failure. But, you can learn to control diabetes before diabetes controls you.

Don't despair, not all carbohydrates are like white rice or ramen. And another piece of good news is that you can improve even white rice and ramen, if you learn a few tricks. You just have to learn to slow down the process of breaking carbohydrates into the final molecule of glucose. It really isn't rocket science. Here are some tips:

- If the carbohydrate food you are eating has a hard cover, a sort of physical barrier like in beans and seeds, it is difficult for the digestive enzymes in the stomach to break this food into its smallest molecule fast. That is why it is said that brown rice is better than white rice. White rice is white because its outer coat has been removed. Whole grains have a lower glycemic index than polished grains because the outer coat of the grains serves as a protective barrier.
- If you have no opportunity to get whole grains, try combining foods that have high glycemic index with the ones that have a lower glycemic index. For example, complement your white rice with vegetables, which have a very low glycemic index. It will help to average the glycemic index of the meal.
- Acidity in the meal can reduce the glycemic index. Adding lemon juice or vinegar to your foods that complement white rice can help. There may be other local plant-based food

items that you know that can add acidity to your meal.

- Adding soluble fiber through greens, taro, yams, cooking bananas, breadfruit, pumpkin, sweet potatoes into a meal can make it thick and slow down the breakdown and absorption into blood.
- If the meal contains some protein and a bit of fat it can also help lower the glycemic index. Fish comes to mind right away.
- If you do not cook your food for a long time it helps too. You may have noticed that taro even after cooking for a while, is still hard. This is an advantage because it slows down the food being broken into glucose and absorbed into the blood.
- Avoid using highly processed food, for example foods that have "instant" written on the package. Instant ramen and instant rice fall into this category. The industrial process that makes them "instant" also leads them to be absorbed faster and thus have a higher glycemic index than if they were to be eaten in the regular way.

So, the take-home message is that if you are diabetic, pre-diabetic or have a family history of diabetes, it is good to pay attention to how you use your carbohydrates. Giving up sugar and sugary foods is greatly commendable, but unfortunately, is not sufficient. A wise choice will be to make your carbohydrate source a local root crop such as taro, yam or breadfruit and adding generous portions of green vegetables onto your plate. It will help you prevent, delay and/or manage diabetes by lowering your blood glucose. It will also help lower your cholesterol that leads to hardening and blocking of your arteries leading to heart attacks, strokes and other vascular problems. Another great habit to develop is adding some physical activity to your life.

Sunny Wijesinghe
Peace Corps Response Volunteer
Pohnpei
November 1, 2014

DIABETES INFOGRAPHIC #1

WHAT IS DIABETES?

your body needs insulin to transform glucose into energy

GLUCOSE → ENERGY

INSULIN

when the pancreas doesn't produce insulin it is TYPE 1 DIABETES

when the pancreas doesn't produce enough insulin (or the insulin cannot be processed) it is TYPE 2 DIABETES

when insulin is less effective during pregnancy, it is GESTATIONAL DIABETES

International Diabetes Federation | www.worlddiabetesday.org | world diabetes day 14 November

DIABETES INFOGRAPHIC #3

DIABETES RISK FACTORS

family history

lack of exercise

unhealthy eating

overweight

10 million people are diagnosed with type 2 diabetes each year. if you think you are at risk GET TESTED.

International Diabetes Federation | www.worlddiabetesday.org | world diabetes day

DIABETES INFOGRAPHIC #2

DIABETES WARNING SIGNS

frequent urination

weight loss

lack of energy

excessive thirst

If you show these signs, seek MEDICAL ATTENTION now.

These signs can be mild or absent in people with type 2 diabetes

International Diabetes Federation | www.worlddiabetesday.org | world diabetes day 14 November

GEAR UP concludes National Week



Photo by Patrick Maloney

By *Bill Jaynes*
The Kaselehlie Press

November 1, 2014

Pohnpei, FSM—GEAR UP celebrated the end of its National Week with a ceremony at the Spanish Wall Park on Saturday, November 1. The event topped off a week of activities for the participants in the U.S. Department of Education funded program that helps prepare students in 7th to 12th grade prepare for college.

During the celebration the students released helium balloons with messages attached that they had prepared on the first day of the GEAR UP National Week. Though no one said so, or least not that we could hear since Pohnpei's power went out during the ceremony, it seemed that the message of the balloons was that the sky's the limit.

Each day during the National Week, students participated in different after school activities, all of them held at the PICS Campus.

During the afternoon of the second day, students participated in Cultural Day by wearing something of their own unique culture and tradition. The third afternoon was "Plant a Tree Day". During the fourth day, they competed in an academic trivia day.

The daily afternoon activities ended with a "trash-a-thon" during which they picked up in-organic trash between the PICS campus and the Spanish Wall Park.

Due to the power outage, during the closing ceremony we could not hear the name of the male student who addressed his colleagues. We could barely hear what



Bill Jaynes

he had to say, but we did hear him say that when he started the GEAR UP program he wasn't really interested. He just did it for something to do. Over time he realized that he learned through the program that he could accomplish anything he set his mind to do. He challenged the students to fully participate in the program and to set their minds on bigger and better things.

The ceremony ended with the release of the helium balloons into the blue Pohnpei sky.

DCM Hugues Ogier represented the U.S. Embassy at the event.



Bill Jaynes