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First ever police officers “Made in Pohnpei”

By Bill Jaynes
The Kaselehlie Press

Pohnpei, FSM—At 4:30 on the sweltering afternoon of November 9, 24 recruits from the first ever Pohnpei Police Academy graduated from the 16 week long program. Family members and friends of the recruits along with representatives of Pohnpei State Government and some members of the diplomatic corps were on hand at the Spanish Wall softball field to witness the ceremony which was conducted entirely in the Pohnpeian language which only makes sense. The Academy was entirely home grown.

The Academy began in late July with participants from the police departments of each municipality. In addition to learning how to drill in formation the graduates had each studied police procedure, chain of evidence procedures, how to testify in court and other subjects crucial in helping them to perform their jobs.

The curriculum was prepared by Lt. Patrick Carl and other members of the Pohnpei Department of Public Safety. According to Director of the Department of Public Safety Lucas Carlos, all of the instructors were Pohnpeian. Classes took place in the DPS conference room. The Western and Central Pacific Fisheries Commission donated the use of space in their building as well.

Director Carlos said that the officers who attended the academy from the municipal police departments had been police officers already. They will return to their jobs at the municipal governments as better trained police officers. DPS recruits had never been police officers before.

In a particularly touching moment in the ceremony, friends or relatives of the new police officers pinned the police shields onto their loved ones.

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New recruits sworn in at Pohnpei Police Academy Graduation ceremony



Planning could make bluer skies for Caroline Islands Airline

“The Airline has a long history of being under-managed...” - OPA

By Bill Jaynes
The Kaselehlie Press

Pohnpei, FSM—The FSM Office of the National Auditor, in their audit of Caroline Islands Airline, Incorporated, released on October 27 essentially found that no one, not even the members of the board of directors seems to have the time to move the airline forward in terms of profitability.

The only pilot for Caroline Islands Airline, Incorporated routinely lands aircraft on remote Micronesian islands in the Federated States of Micronesia and in the Republic of the Marshall Islands. He also knows every nut, bolt, and “o” ring intimately in the planes the airline owns because he is the airline’s only mechanic. One of those planes, a Beech BE65 is nearly half a

century old. The two others are Britten-Norman Islanders, one built in 1972 and the other in 1979. He keeps all three of the planes spit shined and in perfect working order. He is an FAA certified pilot and mechanic and he does both of those jobs well.

But he is also the Chief Executive Officer for the airline, a public corporation of the FSM established by public law on December 27, 1997 by an act of the Congress of the FSM (PL 10-072). He simply doesn’t have time to do much with that part of his job and if auditor’s findings are correct the Board of CIA hasn’t done much to help him to chart a course for the corporation either.

The Board consists of five voting members, one from each FSM State and one National

Government representative. State Board members are recommended by the Governors of the States with approval of the President and with the consent of the FSM Congress. In March of this year Congress removed the restriction that the National representative be the Secretary of the Department of Transportation, Communication and Infrastructure.

“The Airline has a long history of being under-managed and generally unmanaged,” OPA said. “It is the Board’s function to establish policies and oversee the management of the Airline.”

The audit says that to date the board has met only once in 2010 though quarterly meetings are required by law. “Our review of the Board minutes indicates that some Board members declined to attend meetings because they did not have the time.”

As a result no strategic planning has taken place and CIA is still a public corporation though the enabling legislation specifically envisions a move toward profitable privatization. CIA has instead relied on significant

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U.S. Embassy honors Youth Photo Contest participants

Embassy of the United States of America Kolonia

On November 2, the U.S. Embassy in Pohnpei hosted an awards ceremony to honor participants in its first Youth Photo Contest. Attendees of Tuesday's reception included Nahmwarki of Pingelap, the Honorable Dr. Berysin Salomon, F.S.M. Acting Secretary of Health and Social Affairs Louisa Helgenberger, F.S.M. Acting Secretary of Education Bernis Dannis, the People's Republic of China Ambassador ZHANG Weidong, College of Micronesia-FSM President Spensin James, Pohnpei State Government Education Administrators and Principals, participants and their families.

In July, the photo contest forty-eight participants each received a 27-exposure disposable camera. They were permitted five days to photograph "Pohnpei in My Eyes." The submissions were judged based on six categories: Best Animal Photo, Funniest Photo, Best Frame/Perspective Photo, Most Original Photo, Best Landscape Photo, and Best Culture Photo.

During her remarks, U.S. Embassy Chargé d' Affaires Lori Dando asked attendees to "admire, absorb, and appreciate the images...which these young photographers submitted as their interpretation of this island in its entirety: its nature, its culture, its people, and its animals."

Addressing the contest participants, Chargé Dando described their photographs as providing "unique insight into life on Pohnpei - beyond what [one experiences] daily as a foreign diplomat." She personally thanked the youth for sharing their perspective, noting that "pigs take home the prize for the most frequently photographed; who knew pigs were so photogenic?"

The nineteen winning photographs will be

displayed at the new Bank of Guam building in Nett.

BEST ANIMAL PHOTO
THIRD - Alberto Andon
SECOND - Flavia Bruton
FIRST - Keanu Musrasrik

FUNNIEST PHOTO
THIRD - Yuuki Omura
SECOND - Alberto Andon
FIRST - Keanu Musrasrik

BEST FRAME/PERSPECTIVE PHOTO
THIRD (tie) - Lavone Norman; Berson Jack
SECOND - Dan Gilmete
FIRST - Eric P. Silwer

MOST ORIGINAL PHOTO
THIRD - Barney Jesse
SECOND - Ivaleen Simet
FIRST - Kenny Amor

BEST LANDSCAPE PHOTO
THIRD - McCain Ehmes
SECOND - Kenny Amor
FIRST - Celine Fermill

BEST CULTURE PHOTO
THIRD - AJ John
SECOND - Kenny Amor
FIRST - Katsandra Shed

Honorary Participants
Charles Dang, Jan Santos, Rayleen Basiga, Jojo Joel, Neal Poll, Berly Jack, Jossy Abe, Vince Salomon, Bryan Mauricio, Tristan Boylan, Marissa Boylan, Jourdyn Adams, Donna Pretrick, Verney Wolphagen, Jason Pretrick, Tyana Musrasrik, Janine Naruhn, Gina Segal, Dwane Jerry, Kimar Amor, Briona Charley, Zachary Charley, Monsell Simet, Anda Jack, Ariana Shed, Erickson Shed, Dianne Norman, Charson Lipwaw, Richard Jack, Norton Santos, Junida Samuel, Natasha Fredrick, and Derick Fredrick.



LEFT: Alberto Andon, receives an award for Second Place, Funniest Photo from Chargé Dando at the Youth Photo Contest Award Ceremony November 2.

ABOVE: Youth Photo Contest Participants assemble in front of the photograph display at the U.S. Embassy in Pohnpei November 2.

...Police Academy

Continued from front page

Department of Public Safety graduates were:

- Ainstain, Joseph
- Barnabas, Reagan
- Frank, Prehno
- Hallens, JayDee
- Ringlen, E. Jason
- Route, James
- Sardis, Richard

Department of Corrections graduates were:

- David, David
- Johnny, Jaret
- Mudong, Elson
- Paul, Fletcher

Graduates from Kitti Municipal Government were:

- Abraham, Nixon
- Immanuel, Rotik
- Manuel, Ken, Jr.
- Rodriquez, Branson

Graduates from Madolenihmw Municipal Government were:

- Gallen, Robert
- Tihpen, Morgan

Graduates from Nett Municipal Government were:

- Aquines, David
- Wendolin, Petericko
- Sebastian, Gatterson

Graduates from Sokehs Municipal Government were:

- Elehsa, Brandon
- Robert, Sirocy

Graduates from U Municipal Government were:

- Mark, Nixon
- Primo, Innocencio

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Bill Jaynes
Managing Editor

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Health Department recommends complete ban on turtle consumption in the FSM

FSM Department of Health and Social Affairs

On Sunday, October 17th, 2010, the Federated States of Micronesia (FSM) Department of Health and Social Affairs (DHSA) and the World Health Organization (WHO) were notified of the sudden death of three children and the sickening of approximately 20 other persons on Murilo Island, Chuuk State. The illness was suspected to be the result of mass consumption of a hawksbill turtle (*Eretmochelys imbricata*) which had been prepared and served on the afternoon of Friday, October 15th. Upon receipt of the reports of sudden illness, an emergency response team was dispatched to Murilo to set up a field hospital for treatment of victims. Concurrently, an investigation team was assembled to confirm the cause of the outbreak, describe the epidemiology of cases, and provide recommendations for control.

The investigative team conducted interviews with key members of the community in order to determine the cause of the outbreak, conducted environmental investigation, and questioned all sick persons and a large proportion of healthy community members.

Four children and two adults died in the outbreak, and approximately 91 others were sickened; approximately 80% of those who ate turtle became ill. A variety of samples were collected for analysis, though no autopsies were performed. No laboratory results are available at this time.

The investigators concluded that turtle poisoning (also called chelonitoxism) was the cause of the mass illness on Murilo; there does not appear to be any other significant explanation for the mass illness. Persons from Murilo affected by the illness

are not a risk to others. Because all of the tissue from the turtle has been consumed or otherwise disposed of, there is no remaining turtle meat which could lead to further illness. There is no reason to suspect that reef fish around Murilo are toxic.

The range of illness described in the investigation is consistent with previously reported cases of chelonitoxism. There is no antidote or other medicine that can specifically treat chelonitoxism. Children are expected to be more severely affected. It is not clear why the two adult males developed serious disease and died, though they may have consumed a larger amount of turtle than other victims.

All turtles, but particularly hawksbill turtles, are known to be capable of being poisonous. There is no way to determine which individual turtles are or are not poisonous. Because there is nothing

unique about Murilo that would result in only Murilo turtles being toxic, there is no justification for continuing to single out Murilo (or the Hall Islands) as being at increased risk for chelonitoxism. **Instead, it should be emphasized that any turtles or their eggs, anywhere, may be toxic.**

Since all turtles and their eggs are capable of being toxic, **the only way to insure public health is to avoid consuming any turtles or their eggs. The FSM DHSA therefore recommends a complete ban on the consumption of all species of turtles and their eggs in Chuuk and the rest of FSM.** The health sector will be working with lawmakers and other relevant stakeholders to update turtle management policies.

Though this incident has come to an end, future incidents are certain to occur unless action is taken to alter turtle-eating behavior in Chuuk and the rest of FSM.



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President Manny Mori meets Prime Minister Naoto Kan and Foreign Minister Seiji Maehara

FSM Information Services

Tokyo, Japan (FSM Public Information Office): November 4, 2010 - On the morning of November 2, President Mori had a bilateral meeting with the Prime Minister of Japan, Mr. Naoto Kan, at the official residence of the Prime Minister in Tokyo. The President was accompanied by Ambassador Fritz of the FSM Embassy in Japan, Secretary Lorin Robert of the Department of Foreign Affairs, and Secretary Marion Henry of the Department of Resources and Development.

During the meeting, Mori expressed his sincere appreciation to Kan for the opportunity to meet with him. He assured Kan that the friendly relationship between FSM and Japan is strong and unshakeable.

"The FSM takes great pride in our historical connections; and today, the Japanese economic cooperation and assistance in the FSM have greatly contributed to our nation-building efforts," said Mori.

President Mori congratulated Prime Minister Kan and the government of Japan for the success of the COP10 meeting in Nagoya and also thanked the Prime Minister for the financial commitments made by Japan to assist the developing countries in achieving biodiversity and conservation goals. Effectively, the government of Japan, last week, committed USD \$2 billion over the next three years in development aid for that purpose.

In turn, Prime Minister Kan welcomed President Mori and expressed his congratulations to the President regarding FSM's independence day, which was celebrated on November 3, at the Royal Park Hotel. Kan concurred with Mori that the bilateral relationship between Japan and FSM was stable and strong and affirmed that his government will continue to work with FSM on bilateral and regional issues. Specifically, Kan highlighted that Japan will continue to work with the region through the ongoing Pacific Islands Leaders Meeting (PALM) to provide assistance in the areas of climate change, environmental issues, and human security, which includes health and education.

Kan thanked Mori for the FSM's support regarding Japan's bid to the United Nations Security Council, as well as other U.N. candidatures made by Japan.

The Prime Minister also emphasized that he wanted President Mori to feel welcome in the city of Kochi, the hometown of Mori's Japanese great grandfather. In a gesture of true friendship, Prime Minister Kan gave President Mori the gift of a small Japanese comic book ("Boken Dankichi") relating the story of the President Mori's Japanese great grandfather, Koben Mori. Kan explained that he had read this comic book as a child.

Later that same afternoon, President Mori, with his same delegation, met with Mr. Seiji Maehara, Japanese Minister of Foreign Affairs, at the Ministry of Foreign Affairs. Maehara re-iterated Japan's determination to further invigorate the process of PALM and expressed Japan's continued commitment to assisting the efforts of FSM in its endeavor toward self-sustained socio-economic development.

Mori thanked Maehara for Japan's support in the FSM and the Pacific region as a whole and expressed his hope that Japan will continue to stimulate FSM's economy via tourism and other forms of exchanges.



No information from PUC on spotty power problems

By Bill Jaynes
The Kaselehlie Press

Pohnpei, FSM--For several weeks Pohnpei Utilities Corporation has supplied spotty, erratic power to its customers. More than just the inconvenience of sleepless nights when household fans spin down becoming as motionless as the air in Pohnpei bedrooms, or of cold dark showers for those who are used to the convenience of water heaters, the power outages have caused serious disruptions in the operations of numerous businesses and government offices throughout the state causing losses in productivity and in earnings.

And the power problems have been odd sometimes effecting just one or two buildings on a street, or even just half of a breaker box in one building on a street on which everyone else has power.

One power outage burned up a substantial amount of FSM Telecommunications' communications systems when the power came back on. FSMTC Chief Operating Officer Fredy Perman said that when power came back on it did so in such a way that it literally melted FSMTC circuit boards into piles of green goo despite all of their preparations to protect their systems from just such a catastrophe. It took FSMTC several hours to restore services, something they were only able to do because they had several thousands of dollars of spare parts on hand. In the meantime thousands of customers were without land line or cell phone services. The Internet system was also down during that time.

FSMTC has the ability to provide its own power for operations if they need

to do so. But FSMTC is one of PUC's largest customers with power bills amounting to over \$60,000 each month. If FSMTC were to choose to generate the power it needs internally, the loss in revenue to PUC would be devastating to a public utility that is just barely surviving; barely able to do its work. So far FSMTC has not needed to take such drastic measures.

Over the last two weeks, Kaselehlie Press made numerous attempts by phone and in person to set up an interview with PUC General Manager Feliciano Perman to find out if there is a reasonable explanation for the recent upsurge of power outages and what residents of Pohnpei might be able to do to help. He has not returned any of our phone calls or messages.

We told his secretary that based on phone calls we have received, people in Pohnpei want to know what is causing the problems. She said that when there is a planned outage PUC announces it on the state radio station V6AH. Otherwise, whenever people call and ask why the power is out the customer service office tells them what is happening, phone call by phone call; one by one, each and every time the power goes out.

She said that there is no printed information sheet or press release that could help us to understand what has been happening on any sort of a systemic level.

She categorically denied that the General Manager was denying us an interview but said that it has been a really busy week for him.

Australian Urology Team to visit Chuuk, Pohnpei and Majuro

Australian Embassy

A volunteer medical team from The Pacific Islands Project, which is funded by the Australian Government through the Australian Agency for International Development (AusAID) and managed by the Royal Australasian College of Surgeons will be visiting Chuuk, Pohnpei and Majuro in November to provide urology services at the state hospitals on each island. The team consists of Dr Donald Moss, who specializes in urological surgery, Anaesthetist Dr Duncan Phillips, and Nurse Ms Joy Taylor.

The team will provide urological surgeries at Chuuk State Hospital from 15-21

November 2010, at the Pohnpei State Hospital from 22-25 November, and at the Majuro Hospital from 27 November to 1 December. The aim of the project is to work as closely as possible with local doctors and medical staff to help develop their skills in order to continue to provide these vital medical services in the future.

The Royal Australasian College of Surgeons would like to thank the hospital personnel in each location that assisted with the logistical support and also thank Qantas and Continental Airways for their assistance with the transport of the equipment/supplies that will be used by the Urology Team.



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FSM actively participates in Historic Nagoya Protocol

FSM Information Services

November 02, 2010

Tokyo, Japan - At 2:00AM, on Saturday morning, October 30, 2010, the delegates to the 10th Conference of the Parties to the Convention on Biological Diversity (COP10) finalized and agreed upon the terms of the Nagoya Protocol on Access to Genetic Resources and the Fair and Equitable Sharing of Benefits (ABS).

The Nagoya Protocol covered access to and the sharing of the benefits from the use of the genetic resources of the planet. Meaning that the parties to the Protocol will not only need to obtain the informed consent of indigenous and local communities, prior to accessing the community's genetic resource, they will also share benefits arising from the use of the genetic resources and inform potential users of the traditional knowledge associated with the genetic resources.

Participants of COP10 also agreed on specific biodiversity conservation goals, with a crucial agreement made by all delegates to ensure developed countries will guarantee financial assistance to developing countries to help them meet those conservation goals. These goals, set to be reached by 2020, include decreasing by at least half, the rate of loss of habitats, including forests; increasing to 17% the protection of land and inland waters, and to 10% the protection of

coastal and marine waters; restore at least 15% of degraded areas; and make "special efforts" to reduce the pressures faced by coral reefs.

FSM was represented by Marion Henry, Secretary of the Department of Resources and Development, as head of delegation, accompanied by Cindy Ehmes, Program Manager for Environment, Office of Environment and Emergency Management; Ricky Carl and Mae Adams of The Nature Conservancy; and Willy Kostka of the Micronesia Conservation Trust.

On October 29, during the high level segment of COP 10, Henry had been very straightforward in his address to the 122 ministers and 5 Heads of State present at the meeting, stating: "the FSM fully supports the urgent adoption of an international and legally binding Protocol on ABS. Without such a binding agreement, backed by an appropriate financial mechanism, our resources will continue to be ransacked by bio-prospector under arrangements, or as more often the case, under no arrangement that not only exploit these resources, but also our people."

Henry also advised the delegates of COP10 that FSM had made progress in addressing certain conservation goals. "Under the Micronesia Challenge," he said, "[the FSM has made] a commitment to effectively conserve 30% of our marine and 20% of our terrestrial habitats."

Pohnpei EPA Environmental Surveillance Laboratory Certified

*Pohnpei Environmental Protection
Agency Press Release*

29 October 2010

Pohnpei – The U.S. Freely Associated States Laboratory Certification Program has re-certified the Pohnpei EPA Environmental Surveillance Laboratory to analyze drinking water under the Colilert® Method and marine and other surface water samples under the Enterolert™ Method. The certifications are effective until 2012.

Laboratory Manager Clayton Santos and analysts Fermin Scaliem were also re-certified as Laboratory Technicians for the Colilert® and Enterolert™ Methods. Analyst Quinton Lawrence was re-certified as for the Colilert® method and received first time certification for the Enterolert™ Method.

Labs receive certification when they meet specific criteria, pass an on-site evaluation at least every two years, and have a certified technician on staff. Technicians are certified when they successfully pass a written exam and a practical demonstration of proficiency test. Certification provides assurances that the lab produces scientifically valid and legally defensible data, and that the staff are qualified to analyze water samples for bacterial contamination.

The certification audit was done by FAS Certification Program Manager Edna Buchan and USEPA Certification Officer Josephine Regis.

Certificates were presented to the Pohnpei EPA Environmental Surveillance Laboratory and to individual technicians at an awards ceremony held at the Pohnpei EPA Office on Thursday 29 October 2010.

During the ceremony, Ms. Buchan recognized the accomplishments of the lab in maintaining fully certification for both drinking water and marine water. "Executive Director Albert Roby and his staff are very deserving of this re-certification, and we are extremely pleased to find

that Pohnpei EPA has continued to uphold the highest level of laboratory practice standards since their initial certification in 2008. Mr. Santos has done an outstanding job managing the lab. The laboratory is truly an excellent facility that provides the water quality data necessary to move forward with protection of public health and sustainable economic development in Pohnpei State."

The Pohnpei EPA was honored to have the presence of the Governor of Pohnpei State Hon. John Ehsa and the Speaker, Pohnpei State Legislature, Hon. Nelson Pelep during the laboratory certification ceremony by the US EPA certification officers held at the EPA conference room.

The Governor shared the word of thanks to the U.S. Government and the FAS Certification program for the opportunity to be part of the certification success within our own Pohnpei EPA.

"Today is a very pleasant day, I am very grateful and thankful through the efforts our own office and the US government for the assistance that you have provided and now we can witness a successful outcome. This is something that it's very rare, especially these days of environmental hazards, challenges, and climate change in this new era. Even these global, regional and local challenges, now we are able to set a course and make incremental progress towards our objectives for our future generations."

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- China Star Restaurant
- Drops of Life
- Pohnpei Water Company



Analyst Quinton Lawrence, U.S. EPA, Josephine Reyes, U.S. EPA, Edna Buchan, Governor, Hon. John Ehsa, Speaker, Hon. Nelson Pelep, EPA Executive Officer, Albert Roby, Analyst Fermin Scaliem and EPA Lab. Manager, Clayton Santos

Following the Nagoya Protocol agreement, Henry stated he was very pleased with the outcome. FSM became a party to the Convention on Biological Diversity in 1994. The reefs of the islands of FSM, which provide coastal protection and are the source of livelihood for

a majority of Micronesians, are home to nearly 1,000 species of fish and more than 350 species of coral. The islands themselves contain over 1,000 plant species, at least 200 of which are endemic.

FSM Embassy and MRA hold annual FSM Seminars in Tokyo

FSM Information Services

November 4, 2010

Tokyo, Japan - On November 2, following his meeting with Prime Minister Naoto Kan, President Mori attended and gave the opening remarks at the Captive Insurance Seminar organized by Micronesia Registration Advisors, Inc. (MRA), in conjunction with the FSM Embassy, at the Royal Park Hotel in Tokyo.

The Captive Insurance Seminar was extremely well-attended, with more than 100 Japanese company representatives present. Captive insurance companies are insurance companies established with the specific objective of financing the risks of their parent company or group. The FSM government allows for the registration of captive insurance companies and imposes a comparatively low tax rate on such companies' investment and underwriting income; as such, the FSM government is seeking to stimulate the registration of Japanese captive insurance companies in the FSM.

"Our people have an affinity towards the Japanese people resulting from Japan's presence in Micronesia for more than a century, and to this day, its heritage remains visible in the form of blood relations, social institutions, language and certain customs and practices," said Mori to the full house.

He highlighted the FSM's government cost-effective and Japanese-friendly cor-

porate registry being promoted by MRA, and encouraged the attendants to consider FSM for their corporate formations, but also investments, trade and tourism.

Mori's remarks were followed by a presentation on the history and politics of the relationship between FSM and Japan, by Professor Izumi Kobayashi of the Osaka Gakuin University.

Steven Baker, chief executive officer of MRA, gave a presentation regarding the procedural aspect of incorporating, maintaining and dissolving captive insurance companies; followed by an overview of the FSM taxation system, given by Japanese certified accountant Masanobu Takayama.

FSM Insurance Commissioner, Jesse Giltmag, then provided a detailed presentation covering the mandates of the FSM Insurance Board, Title 36 of the FSM Code regarding the incorporation of captive companies, the authorized classes of captive insurance companies, captive insurance regulations and more about the general application process. Giltmag's presentation was followed by an overview from Takahito Kobayashi of Deloitte Pohnpei, regarding the process behind a captive insurance audit.

In addition to the captive insurance seminar, the FSM Embassy and MRA also coordinated seminars on FSM tourism and FSM taxation in adjoining conference

rooms, also at the Royal Park Hotel. The seminars attracted a large audience of Japanese industry representatives and the event as a whole is hoping to garner serious economic interest for FSM.

Senators Suka, Halbert, Sitan, Mori, Christian, and Aritos, Secretary Lorin Robert of the Department of Foreign Affairs, Secretary Marion Henry of the Department of resources and Development, as well as the FSM Insurance Board members, were all present at the seminars and instrumental in assisting with the promotion and support of the FSM corporate registry, by mingling with and answering the questions of the seminar guests.

During that same afternoon, between meeting with Japanese Prime Minister Kan and Foreign Minister Meahara, President Mori, with Ambassador Fritz, met with executives from three major Japanese corporations to promote the FSM corporate registry.

Prior to the evening festivities in celebration of FSM's 24th Independence Day, President Mori was also able to have a brief courtesy meeting with representatives from the Rotary Club of Tokyo, who have consistently given financial support and made annual donations to the FSM. Mori gave heartfelt thanks to the Rotary Club members for the activities they have led in Micronesia, especially for their annual "Christmas-Drop" of gifts performed in the outer islands of Chuuk.

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LIST OF PROGRAM FOOTAGE

- Lions Club of Pohnpei meeting September 2008
- CCA graduation May 2009
- Traditional Feast Nan Wel in Rohi, U, November 2008
- Goodwill Games between Guam/Honolulu/Pohnpei, 5 tapes
- Liberation Day Celebrations 2010
- Dolonier Cleanup December 2009
- Little championship 2002, 2 tapes
- Traditional Feast (Kamadipw), Depchk Powe 2 tapes
- Pohnpei Fishing Tournament September 20, 2008
- RMI Fishing Tournament September 5-6, 2009, 2 tapes
- APIL sponsored fishing tournament June 11, 2009
- 7th FSM HEAD OF LAW Enforcement Association Conference
- (Opening ceremony) Our Lady of Mercy Graduation June 7, 2002, together in one tape.
- Our Lady of Mercy Graduation June 7, 2002 tape 2
- Third FSM Economic Summit, 2 tapes
- Our Lady of Mercy Graduation 2003??
- 911 first anniversary, 2002 documentary tapes
- SDA Graduation 2002
- Festival of Arts Palau collection
- Cultural dance and sakau ceremony by Nett dancers for Japanese tourists
- Opening ceremony Micronesian Games, Pohnpei, FSM
- Miss Pohnpei Beauty Pageant of 2003-4, 2 tapes
- Pingelapese Xmas at PICS December 2002
- Pohnpei Special Education documentary, 4 tapes

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Australian Embassy in Pohnpei announces new round of Direct Aid Program grant funding

Australian Embassy

New funding totalling AUD95,000 has been allocated to the Australian Embassy in Pohnpei for the 2010-11 financial year as part of the Direct Aid Program (DAP). This funding is available on a not-for-profit basis to individuals, Non-Government Organisations (NGO's) and community groups engaged in development activities in the Federated States of Micronesia, the Republic of the Marshall Islands and the Republic of Palau.

The DAP is a flexible small grants program funded by the Australian Agency for International Development (AusAID) and administered by the Department of Foreign Affairs and Trade. It is intended to respond to developmental and humanitarian needs in their host country and / or eligible countries of non-resident accreditation. Grants are usually given for amounts of USD5,000 up to USD30,000.

The primary aim of DAP is to advance developmental outcomes in develop-

ing countries. The DAP focuses on small-grants that benefit grass-roots, community-based organisations that might otherwise be overlooked by larger aid programs. DAP is intended to help communities to help themselves through one-off funding and is not a continuing funding stream for on-going projects.

Successful applications will describe projects that have a clear, demonstrable development outcome. Applications should be fully costed, with a detailed budget based on real prices, and should be feasible, with a realistic implementation timeframe.

Applications for DAP can be found on the Australian Embassy's website at <http://www.fsm.embassy.gov.au/phpi/cooperation.html>, or applications can be picked up at the Australian Embassy in Kolonia, Pohnpei at the H&E building across from the PAMI building. Applications can also be mailed out to requesting organizations by contacting our Public Diplomacy Officer at 691-320-5448.

President Mori gives Leadership Remarks at Micronesian Workforce Development Conference in Guam

FSM Information Services

October 28, 2010

Palikir, Pohnpei - On October 20, 2010, President Mori gave leadership remarks at the Workforce Development Conference organized by the Center for Micronesian Empowerment (CME) and Hita I Marianas, at the Marriott Hotel in Guam.

CME entitled the conference: "The Untapped Potential of the Marianas and Micronesian Workforce." Members of the Guam Legislature, the Guam Contractors Association, the Chamber of Commerce; the Honorable Anthony Babauta, Assistant Secretary for Insular Areas, U.S. Department of the Interior; Admiral Bushong, Commanding Officer, Naval Forces Marianas; Major General Bice, Executive Director, Joint Guam Program Office; and numerous other dignitaries, took part in the conference. They analyzed not only the Guam military build-up's effects on the labor force; but also the preparations being made by the private sector employers as a result of the build-up, and the actions being taken by the public sector on a regional scale.

In his remarks, President Mori congratulated CME for "taking the lead in capitalizing on this economic opportunity, the Guam military build-up, for our Micronesian region." Mori underscored the excellent resources offered by

CME, as well as the Guam Contractors Association's Trades Academy, for providing technical skills and knowledge, as well as on-the-job training and real employment positions for Micronesian citizens.

"I see the build-up as an epic venture," said Mori, "and it comes with huge responsibility. It is our responsibility to make sure our workforce is ready, our producers are ready and our exporters are ready. Our regional cooperation must be vigorous."

President Mori re-iterated that, in improving trade and commerce, the FSM seeks to rise to the challenge by focusing on the improvement of its telecommunications, transportation infrastructures, water and power utilities, and financial services.

Most importantly, Mori said: "the overarching goal that we all aspire to achieve is the employment of the human resources from our region to take advantage of the build-up opportunities."

In closing, Mori emphasized that it was his hope the conference, which had brought together employers, educators, government leaders and workforce development professionals, will allow the Guam military build-up to be a "unifying force for our Micronesian family."

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PACIFIC ISLANDS FORUM SECRETARIAT

TAIWAN/ROC-PACIFIC ISLANDS FORUM SCHOLARSHIPS FOR 2010/2011

Citizens of FEDERATED STATES OF MICRONESIA are invited to apply for scholarships under the Taiwan/ROC-Pacific Islands Forum Scholarship Scheme. Scholarships will be awarded for FULL or PART TIME studies at certificate, diploma undergraduate or postgraduate levels within the specified priority fields. Awards are tenable at accredited tertiary institutions in FICs and Taiwan/Republic of China. The list of eligible institutions is available on the Pacific Islands Forum Secretariat website: www.forumsec.org

THE SCHOLARSHIP

Covers tuition fees, text book, living and accommodation allowances (*special conditions apply for the accommodation allowance), medical insurance, and one return economy airfare to the country of study.

Note: There are no allowances for dependants.

ELIGIBILITY REQUIREMENTS – Applicants must:

- be a citizen of Federated States of Micronesia and a resident in Federated States of Micronesia for five years prior to application, excluding years of study overseas
- be applying to commence a new programme of study and not be seeking support for study already commenced
- have been accepted into a programme of study and institution, or should show proof of application when requested
- not be more than 35 years old for an undergraduate programme and not be more than 40 years old for a post graduate programme
- be in good health, and not hold a criminal record
- be able to take up the award within the scholarship year
- not be under any bonding requirements at the commencement of this award

PRIORITY FIELDS FOR FEDERATED STATES OF MICRONESIA

1. Fisheries
2. Agriculture
3. Tourism

SELECTION CRITERIA - Selection will be on the basis of fulfillment of the eligibility requirements and merit within the country priority fields. Gender equity will also be considered.

PROCEDURE - Applicants should:

- obtain forms from your National Scholarship Office; download forms off the Secretariat's website www.forumsec.org or collect forms from the Pacific Islands Forum Secretariat, Suva, Fiji.
- ensure that all sections of the application form are completed with certified supporting documents attached.
- ensure that the application is endorsed by the National Scholarship Authority and Ministry of Foreign Affairs (or External Affairs) prior to submission to the Pacific Islands Forum Secretariat.

CLOSING DATE: Applications must reach the Pacific Islands Forum Secretariat, Private Mail Bag, Suva, FIJI by 4pm, Friday 19 November 2010. Late applications will not be accepted.

Please note:

- The Secretariat will ONLY contact successful applicants. Please provide contact details where you can be reached.

For enquires contact: The Scholarships Officer, Pacific Islands Forum Secretariat, Private Mail Bag, Suva, Fiji Islands; tel: (679) 3312 600 / 3220 333; fax (679) 3220 279; email: info@forumsec.org.fj

REQUEST FOR PROPOSAL (RFP)
TRAVEL MANAGEMENT SERVICES

The Secretariat of the Pacific Community (SPC) invites proposals from IATA – accredited travel service providers to provide comprehensive Travel Management Services at its office at the following locations:

SPC Solomon Islands Country Office Honiara Solomon Islands	SPC Regional Office North Pacific Pohnpei Federated States of Micronesia
SPC Suva Regional Office Suva Fiji	SPC Headquarters Noumea New Caledonia

The consolidated volume of travel procurement undertaken by the Secretariat is approximately US\$7 million per annum which is expected to increase in the coming years. It intends to, where possible, place all its travel bookings through appointed preferred Travel Service Providers.

The Request for Proposal (RFP) and other related documents can be obtained from the Secretariat's offices at the above locations or downloaded from the SPC website (<http://www.spc.int/>) under Procurement Notices. For any additional information or clarification on the RFP, send e-mail request to procurement@spc.int. The closing date for submission of proposals is **10th December 2010 no later than 1.30pm (Noumea time)**, and the proposals should be addressed to:

The Travel Services Management RFP Committee
Secretariat of the Pacific Community
Po Box D5 - 98848
Noumea – New Caledonia
Telephone: (687) 26 20 00

or hand delivered to SPC offices
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Creative Ideas Filling the Library

By Amber Ham

Pohnpei Public Library has undergone several new and exciting changes the past couple of months. In addition to the arrival of Peace Corps Volunteer, Amber Ham, the library now has a regular story hour, creative book displays for both adults and youth, and interactive shelf talkers.

Story hour is a free service for children and youth every Thursday from 3:30-4:30pm. The children enjoy hearing guest readers from Kolonia town and Amber read aloud two stories to the children, singing educational songs, and completing interactive art activities. Each story is presented along with

a theme.

Book displays are a great way to find a new book or see what the library has to offer. Along with story hour, the display is continually changing and will soon "scare" you into finding a new book. The display is located across from the circulation desk in the adult section and a junior display in the juvenile section of the library.

Not sure what kind of book you want to read next? Can't find an author who sparks your interest? Check out the shelf-talkers located in the fiction section! Shelf-talkers give a

brief summary of authors and may even entice you to try a mystery, romance, or science fiction novel.

Please come by the Public Library and view the children's art displays and new additions. Enjoy a ghoulish book and see just how amazing your local library is.



2010 Pohnpei
Green Steps 5K Fun Walk

7:00a.m., Saturday, November 27

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NRCS and volunteers will plant seedlings

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NOTICE OF INACTIVE ACCOUNTS

Please take notice that as of June 30, 2010, the following SAVINGS and CHECKING ACCOUNTS on deposit with BANK OF GUAM are inactive, and the accountholders listed below must immediately contact their respective BANK OF GUAM Branch, otherwise, the funds contained in these accounts will be transferred to the Secretary of Finance during the month of January 2011, pursuant to 29 FSMC §106 (16) and 29 FSMC §602 and under the procedures set forth in 17 FSMC §102. Please take note that after January 2011, all inquiries pertaining to the accounts below must be directed to the Secretary of Finance.

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Hilly Akah
PO Box 429 - Weno, Chuuk, FM
Kuchuk Tamaru 96942

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PO Box 138 - Weno, Chuuk, FM 96942

Marcelus Akapio
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Nate Akapio or Felton Enel
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Larrene Albert
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Subiglig Akop or Ota Akop
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Ladlin Amadio and Kerin Andon
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Tapani Mesa 96942

Osli Aquino
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Tyoni Bando
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Nancy Balmor
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PO Box 970 - Weno, Chuuk, FM 96942

Carl Sarelis Sr or Annetta Sarelis
Wichap Weno - Chuuk, FM 96942

Agnes Sarelis
PO Box 904 - Weno, Chuuk, FM 96942

Checking Accounts

Estefana Auno & Rural Development
Onep Island - Chuuk, FM 96942

E & B General Services, Inc.
PO Box 138 - Weno, Chuuk, FM 96942

Isabelle Basmom
PO Box 547 - Weno, Chuuk, FM 96942

Chatterbox Organization Group
PO Box 217 - Weno, Chuuk, FM 96942

Comptroller Corporation
PO Box 17 - Weno, Chuuk, FM 96942

Chuuk Congregational Church of Christ
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Chuuk State Police Force
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Chuuk State Public Fisheries Corp.
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Chuuk State Scholarship Board
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Chuuk Weapon Control Group
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Downriver Pharmacy and Clinic
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Education Social Affairs Committee
PO Box 406 - Weno, Chuuk, FM 96942

Edna Tapani Municipality
PO Box 429 - Weno, Chuuk, FM 96942

Fairbank Commission
PO Box 157 - Weno, Chuuk, FM 96942

George G. Gumzo
PO Box 574 - Lagoon, MP 96950

Island FC Commission
PO Box 62 - Weno, Chuuk, FM 96942

J-Shore
PO Box 877 - Weno, Chuuk, FM 96942

Kuchuk Credit Union
PO Box 332 - Weno, Chuuk, FM 96942

Deep Sea Law
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AV Arsoner Systems
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Karmona Congregational Association
PO Box 118 - Weno, Chuuk, FM 96942

Karaa Weno Parish
PO Box 250 - Mesa, Chuuk, FM 96942

Judy Pohnpei or Karoly M. Pohnpei
PO Box 12 - Weno, Chuuk, FM 96942

Koromon Municipality by
Annie Pohnpei or E.J. Mail
PO Box 217 - Weno, Chuuk, FM 96942

La Municipality
PO Box 27 - Weno, Chuuk, FM 96942

Liga Operation
PO Box 1 - Weno, Chuuk, FM 96942

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Crossword - Food, Mmmm, Food

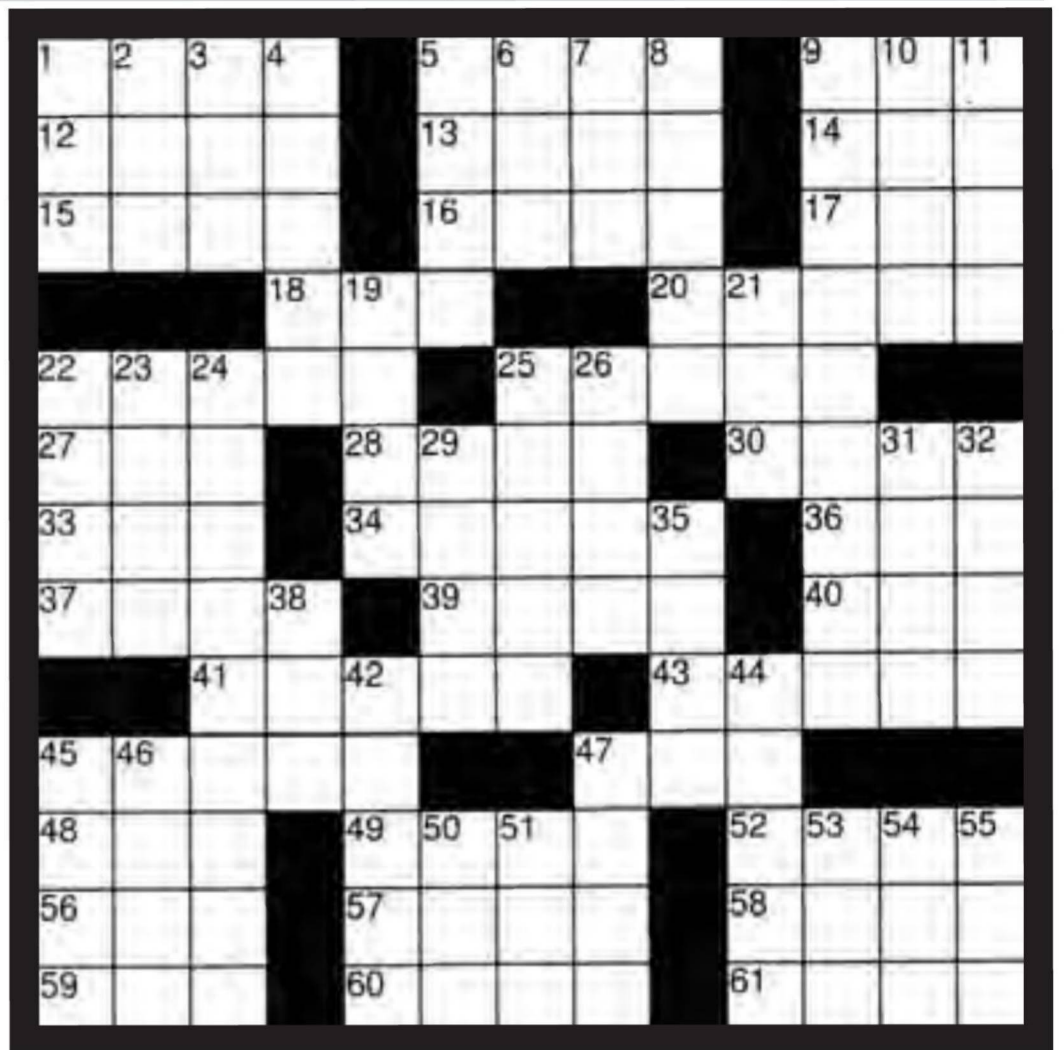
ACROSS

- 1. Dutch cheese
- 5. Brewer's yeast
- 9. Absorb, like gravy
- 12. Part of IPA
- 13. Recipe words
- 14. Another part of IPA
- 15. Italian cooking style?
- 16. Broil
- 17. Food school, for short
- 18. Recipe abbr.
- 20. Hungry-Man rival
- 22. Soy sauce
- 25. Red wine also called Shiraz
- 27. Way more than 18
- Across
- 28. ___ Moco (a burger with a fried egg, rice, and brown gravy)
- 30. Spirit sometimes used in tapenade
- 33. Sushi tuna, often
- 34. Dos Equis, for one
- 36. Strong Brazilian coffee
- 37. Jicama or horseradish
- 39. ___ trout
- 40. Place often having a quaint restaurant
- 41. Frequent detail for Chinese food
- 43. Stovetop
- 45. Epicure's pride
- 47. Where to skim from
- 48. Sushi squid
- 49. A lubricating liquid

- 52. ___ apple
- 56. Sushi fish
- 57. Their tails are used in soup
- 58. Common fruit shape
- 59. Tea ___
- 60. More than merely dip
- 61. Keg tapper

DOWN

- 1. Farm spray watchdog
- 2. Indian legume or dish
- 3. ___ purpose flour
- 4. Like some beans
- 5. Food fish
- 6. Fruity drink
- 7. Advised quantities, for short
- 8. Seder spice
- 9. Artificial sweetener beverage
- 10. Aglio e ___
- 11. Fruit shaped like a light bulb
- 19. The "meat" of onion or garlic
- 21. ___ prik (hot sauce)
- 22. ___ fruit
- 23. Hostess product
- 24. Seasoning from a shaker
- 25. One without much meat
- 26. ___ Imperial apple
- 29. Seasons a pan, per-



- haps
- 31. Flan mold
- 32. Ice cream holder
- 35. UK candy bar
- 38. A "short shot" of a beverage
- 42. Red Bordeaux wine
- 44. Chef's garb
- 45. Bow ___ (farfalle)
- 46. Caribbean fruit resembling a

- peach
- 47. Loosely cover meat
- 50. Kitchen gadget
- 51. Black-eyed or goober
- 53. Caviar, for instance
- 54. ___ Tai (drink)
- 55. Shape for some kitchens

K Press Puzzle Pleasure

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

Your
Word List
Goes Here



Jackpot

Insert the proper consonant into each empty circle to create the maximum number of 4-letter words. In the example, "V" would form the words "hovel," "verse," and "vying," but "T" (as shown) forms the words CATCH, HOTEL, TERSE, and TYING, for a total of 4 words. If you choose the right letters, you'll hit the 52-word **Jackpot**. Use each consonant only once.

- C
- D
- G
- H
- K
- M
- P
- R
- T
- V
- Z

K.P. Krazy Corner

Island Inspiration:

a bird in hand is safer than one overhead

Math

101: I could never understand decimals, I just don't get the point

think about it:

A closed mouth gathers no feet.



Me Time:

I know it all ... just not at the same time

Mama Says:

i'll never forget this at least for a while



Daffy Definition:

Customer Service - Putting people on hold for at least 30 minutes



Papa Says:

A pessimist is what an optimist calls a realist.

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There was a young fellow named Fisher
Who was fishing for fish in a fissure,
When a cod, with a grin,
Pulled the fisherman in ...
Now they're fishing the fissure for Fisher.

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Pohnpei, FM 96941

phone to: (691) 320-6547

email to: FSMKpress@yahoo.com

- Alcoholics Anonymous meets every Wednesday at Cantero Hall at the Roman Catholic Vicariate office at 7:00 p.m. Public welcome. For details, call 320-8365.
- Pohnpei Lions Club meets monthly every 4th Tuesday at Kia's Restaurant at 6:30 p.m. Public Welcome.
- The Christian Ministerial Association of Pohnpei meets the third Wednesday of each month at 10:00 a.m. in Cantero Hall at the Roman Catholic vicariate office.
- Devotions every Sunday 9:30 a.m. at the Bahai Center in Dolonier. For details, call 320-2182.
- Habitat for Humanity Pohnpei holds their meetings every Tuesday from 11:30 a.m.-12:30 p.m. at the Sei Restaurant.
- Soccer practice/games at PICS field Monday, Tuesday, Thursday 5:30 p.m. Everyone welcome.
- The Rotary Club of Pohnpei holds its weekly meetings Thursdays at 12:15 p.m. at PCR Nantehlik.
- St John's Catholic Church in Kosrae conducts services every Sunday at 9:30 a.m. For further information, call 370-3240 or 370-3209.
- FANGO holds its monthly Issue Based Dialogue (IBD) on the last Wednesday of each Month at the Sei Restaurant at 12:00 p.m. to 1:00 p.m. The public is welcome.
- The Rotary Club of Truk Lagoon holds its weekly meetings every Wednesday at 12:00 Noon at the High Tides Restaurant. You are welcome to attend and can contact us at: - rotarycluboftruklagoon@yahoo.com
- Pacific Mission Fellowship - A Bible-based English Worship Service Invites you to join us on Sundays for worship at 9am - 11am, Children's Church for the kids too!. Call: 320-2496

“Going Local in Micronesia” is presented in Scientific Symposium in Rome

By Dr. Lois Englberger

From November 3 to 5, 2010, the Island Food Community of Pohnpei participated in the International Scientific Symposium “Biodiversity and Sustainable Diets: United Against Hunger” held at the Food and Agriculture Organization (FAO) of the United Nations Headquarters in Rome, Italy, organized jointly by FAO and Biodiversity International.

Over 170 participants from Africa, Asia, Europe, North and South America, and Oceania took part in this event, which was part of the 2010 World Food Day program and supported the 2010 International Year of Biodiversity.

It is significant for Pohnpei that Dr. Barbara Burlingame of FAO, one of the main organizers, mentioned Pohnpei’s work on identifying banana varieties rich in provitamin A carotenoids in her opening presentation. Not only that, she showed the Pohnpei Bananas and Carotenoid-rich Foods Posters, as important examples of the work related to biodiversity for food and nutrition.

Dr. Lois Englberger, IFCP, gave a presentation titled “Re-visiting the Vitamin A Fias-

co: Going Local in Micronesia” highlighting the food composition work on Karat, Utin Iap and other banana varieties, as well as varieties of giant swamp taro, breadfruit (seeded), and pandanus, all rich in provitamin A carotenoids. These foods can be promoted to alleviate vitamin A deficiency, anemia, cancer, heart disease and diabetes.

The Pacific Indigenous Foods poster featuring photos of Pohnpei foods, people and places, was a major highlight at the meeting. It was displayed at the reception area to which participants entered prior to entering the main symposium. Copies were provided to all participants.

All participants received a copy of the “Indigenous Peoples’ Food Systems” book produced by FAO and the Centre for Indigenous Peoples’ Nutrition and Environment (CINE), in which case studies of a global health study were presented, including that of Pohnpei, FSM (Chapter Six). The efforts for this book were led by Professor Harriet Kuhnlein, who visited Pohnpei twice as part of the Pohnpei case study work.

The purpose of the Symposium was to mainstream biodiversity and nutrition as central to sustainable diets development,

presenting case studies from around the world, as well as discussing the concept of “sustainable diets”, recommendations on how a concept could be promoted and applied, and identifying key elements for a “Code of Conduct for Sustainable Diets”. Also at the Symposium the FAO on-line petition www.1billionhungry.org was pro-

moted with the purpose of awareness and a way to more effectively address hunger issues.

Thanks are given to FAO and Biodiversity International for their work on organizing and supporting this important Symposium.



Astronomical Tide Prediction November 15 - 28, 2010

	Pohnpei				Chuuk			
Monday	11/15		11/22		11/15		11/22	
	05:13AM	1.8	03:12AM	3.0	06:39AM	0.2	02:39AM	0.3
	12:47PM	3.0	08:37AM	1.0	02:59PM	1.2	06:28AM	0.0
	05:59PM	2.6	03:22PM	4.8			02:18PM	2.3
	10:50PM	3.0	10:14PM	0.8			10:30PM	-0.3
Tuesday	11/16		11/23		11/16		11/23	
	05:51AM	1.7	03:49AM	2.9	06:02AM	0.3	03:14AM	0.2
	12:55PM	3.4	09:07AM	1.1	01:59PM	1.3	06:44AM	0.0
	06:54PM	2.3	03:55PM	4.9	08:46PM	0.6	02:47PM	2.3
			10:53PM	0.8	11:05PM	0.7	11:15PM	-0.3
Wednesday	11/17		11/24		11/17		11/24	
	12:00AM	3.0	04:27AM	2.7	05:33AM	0.4	03:49AM	0.0
	06:20AM	1.5	09:38AM	1.2	01:21PM	1.4	06:52AM	-0.1
	01:11PM	3.7	04:30PM	4.8	08:22PM	0.5	03:16PM	2.3
	07:29PM	2.0	11:34PM	0.9				
Thursday	11/18		11/25		11/18		11/25	
	12:46AM	3.0	05:07AM	2.6	12:13AM	0.7	12:11AM	-0.3
	06:46AM	1.4	10:11AM	1.3	05:26AM	0.3	04:31AM	-0.1
	01:31PM	4.0	05:07PM	4.6	01:08PM	1.6	06:46AM	-0.2
	08:00PM	1.6			08:31PM	0.3	03:45PM	2.2
Friday	11/19		11/26		11/19		11/26	
	01:25AM	3.1	12:19AM	1.0	12:55AM	0.6	01:26AM	-0.2
	07:13AM	1.3	05:55AM	2.5	05:34AM	0.2	04:12PM	2.1
	01:55PM	4.3	10:47AM	1.5	01:13PM	1.8		
	08:31PM	1.3	05:49PM	4.3	08:51PM	0.1		
Saturday	11/20		11/27		11/20		11/27	
	02:01AM	3.1	01:10AM	1.2	01:31AM	0.5	03:12AM	-0.1
	07:40AM	1.2	06:55AM	2.4	05:50AM	0.2	04:34PM	1.8
	02:21PM	4.5	11:32AM	1.8	01:29PM	2.0		
	09:03PM	1.1	06:37PM	3.9	09:18PM	-0.1		
Sunday	11/21		11/28		11/21		11/28	
	02:37AM	3.0	02:11AM	1.4	02:05AM	0.4	04:21AM	-0.1
	08:08AM	1.1	08:25AM	2.5	06:09AM	0.1	04:38PM	1.5
	02:50PM	4.7	12:42PM	2.1	01:52PM	2.2		
	09:38PM	0.9	07:41PM	3.5	09:51PM	-0.2		

KARAT JUICE

By: Eunice Hedgar

This recipe received First Prize in the 2010 World Food Day Healthy Cooking Competition, Karat Category

INGREDIENTS:

- 1 Karat banana, small-sized
- 1 calamansi (karertik)
- 1 cup fresh drinking coconut juice

DIRECTIONS:

1. Wash hands.
2. Put Karat and coconut juice in a blender.
3. Squeeze the juice of the calamansi and add as well.
4. Blend well.
5. Serve and enjoy!

Note: This recipe can also be turned into a Karat smoothie.



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