

The

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Tidal swell washes over Pacific Islands

By Bill Jaynes
The Kaselehlie Press

Pohnpei, FSM – In early December a low pressure system 5000 miles wide developed in the northwestern Pacific Ocean. At the same time the moon's orbit was approaching its closest distance to the earth (perigee). The combination of the two events caused a massive tidal swell to sweep southwest across the Pacific. It attracted world famous surfer, Kelly Slater to Pohnpei for a gymnastic romp on the resulting monster waves at Palikir Pass in Pohnpei. He and other surfers had been watching the system develop for at least a week. Meanwhile, the swell that brought surfers the ride of a lifetime hammered atoll islands across the Pacific with devastatingly high tides.

Pohnpei saw high wave action on its northwestern shores but no flooding because of the protection offered by its distant barrier reef. Kosrae was not so lucky. There, homes on the northwest shore were flooded and there were reports of serious shoreline erosion.

Reports of flooding in Yap's outer islands were received by Yap Government officials as soon as the flooding began to occur on December 8. Within two days of the flooding, detailed prelimi-

nary reports had already been compiled by the Government on the big island of Yap in preparation for their emergency response.

Aloysius Yagupeirog reported that on the northeast side of Eauripik, an outer island of Yap, the "first four lines of coconut trees" were uprooted and washed away. Seawalls built as a US Federal Emergency Management Agency project in response to a previous typhoon in Yap were completely destroyed along with all of the piers on that shore. Half of the foundation of the traditional men's house on the northern shore was also washed away during the tidal surge.

Damage reports from thirteen of Yap's outer islands reported similar types of damage. All of the reports said that island residents were safe and that there had been no injuries.

"...a serious communication problem"

In Pohnpei State reporting went at a slow and perhaps even at a dangerous pace. Dais Lorrin of Pohnpei's Office of Emergency Assistance said that he received no report of the flooding in Pohnpei's outer islands until the 17th of December when he was called to a meeting in the office Pohnpei Lt. Governor

Churchill Edward, nine days after the flooding began. Two days later he had received no information of any flooding that might have occurred on Pakin, Pingelap, Sapuafik, or Mwokil.

Lorrin said that in the outer islands, due to limited power supply no one monitors the High Frequency Single Side Band radio that is used to communicate with Pohnpei. He said that each of the outer islands has a representative who lives in Pohnpei whose job it is to monitor a radio in case there is a call from their home island. When there is an emergency in the outer islands it is that person's responsibility to notify the Office of Emergency Assistance so that they can begin to develop an emergency response. Lorrin said that the representatives never contacted his office.

He said that the signal from Pohnpei State radio station V6AH has not been able to reach the outer islands for at least four months. "The whole reason we have a radio station is for emergency communications," said Lorrin.

An employee at V6AH confirmed that because of equipment failures at the ra-

"We have a right to existence," Pacific island youth reminds world leaders

By Ulamila Kurai Wragg
SPREP Pacific Communications Team

Poznan, Poland - A young Pacific Islander, who addressed leaders at the high level segment of the climate change summit in Poland, received a standing ovation when she reminded them to commit to reducing greenhouse gas emissions.

Leah Wickham, from the Solomon Islands who travelled to Poznan with Greenpeace International, said that the people of the Pacific "have a right to existence on this earth".

"For small island nations, negative climate impacts are not just scientific projections, they are happening today. Our islands are drowning. We are going underwater," she told leaders who met this week to begin the design of a post-Kyoto Protocol to be finalised next year.

"I need you to understand, that the longer you take to make decisions, the harder our fight for survival becomes. We have a right to existence on this earth," she said.

"This right is no less than developed nations, but, if you do not take action, we face the loss of our islands, our culture and our identity.

"In the last 24 hours, many nations have signed the youth pledge for the survival of all countries and peoples, we urge others to join and we will hold you to this commitment." Wickham is a bank officer in Fiji.

Echoing her sentiments were other youths from around the world.

"It is clear what has to be done. Greed and fear must be overcome. Greed is embedded in the 'growth' culture of wealthy nations driven by the desire to consume more and more. Our fear stops us from changing to the sustainable lifestyle, the sustainable economy we need," said Kartikeya Singh, from the Indian Youth Climate Network. "We ask for leadership that overcomes these barriers, instead showing courage and generosity. These farmers need your help. If they don't get it they will have nowhere to go, no future to live."

Eline Crossland, whose city of Copenhagen in Denmark, will host next year's climate change summit, appealed to leaders for vision.

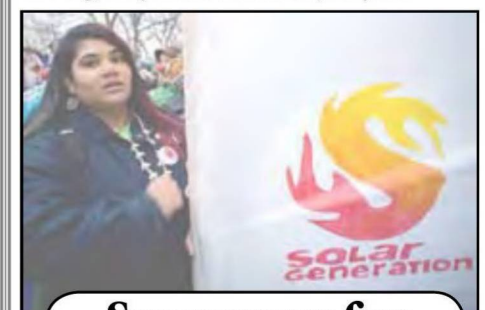
"We need your guidance. Other developed countries are backing away from previous commitments. We need your ambition. There are however, signs of change, but we need hope to translate into action. We need hope to translate into action. We need all nations, developed and developing to get on board. Do not derail our journey to a sustainable future," Crossland said.

"The train to Copenhagen is already moving, the youth are on board, are you?"

Andy Irons cruises P-Pass in Pohnpei



Special feature
on page 8



See page 10 for
more on Poznan

...Flooding

Continued from front page

dio station the signal isn't even reaching the opposite side of the island of Pohnpei just a few miles away. The employee also verified Lorrin's contention that the telephone hybrid at the station has been out of order for nearly a year. The telephone hybrid allows the radio station to rebroadcast live emergency announcements from a telephone; calls like Lorrin would make from a command center during a disaster.

Brand new telephone hybrids can be obtained for as little as \$300.

Right now, the only way that the Office of Emergency Assistance can communicate with the outer islands is to wait until residents call their representatives in Pohnpei by single side band radio.

"The people need to know that there is a serious communication problem," Lorrin said with a red face. "This should not happen!"

Flooding and food shortage in Kapingamirangi...

Solomon Lawson, Chief of Kapingamirangi, an atoll island system nearly 455 miles south of Pohnpei with a fluctuating population of 300 to 400 people, said that in the 52 years of his

life the island has flooded four times but that December's flooding was the worst he's ever seen. Sea walls were breached; the main taro patches and others were completely flooded; and the concrete connecting bridge between islands collapsed at its center point. Many "banjos", the thatched roofed, open sided homes built on stilts in Kapingamirangi, collapsed during the flooding.

Lowson said that the school was closed for four days, not because of water damage to the school but because of the "horrible smell" of the decaying carcasses of sea slugs that washed onto shore during the flooding.

Probably the most devastating result of the Pacific tidal swell in early December is the saltwater damage done to the Pacific Island food staple, taro. Yap's outer islands all reported flooding of their taro patches. Pohnpei outer island leaders say their islands are faced with the same problem.

Taro in patches that were directly flooded with sea water will likely die. Because of seepage of sea water through the ground even taro in patches that did not flood may also die even on islands that didn't receive the heavy flooding that Kapingamirangi reported. Chief Lowson said that most of the taro has turned yellow and brown in Kapingamirangi. He estimated that 90% of the taro was

lost during the flooding there. He said that his people will need assistance with their food supply.

Though food is exported from Pohnpei to Kapingamirangi every three months or so, the people there generally subsist on fish, coconut, and taro. The FSM's field trip ship, 'The Caroline Voyager' did go to Kapingamirangi in November but it was a charter scheduled by the European Union that brought only solar powered electrical systems—no food. Lowson said that he was told that the organizers did not want to risk damaging the expensive equipment and would not allow other freight on board the ship. He said that the last time the ship went to the island with food was over three months prior to the EU's November trip.

The government of Kapingamirangi has declared a state of emergency and is seeking assistance to repair the damage caused by the ocean's surge.

Mixed message from Nukuoro

Jeff Ladouce of the FSM weather service station located in Pohnpei said that he had received second hand information that at the height of the tidal surge, the atoll islands of Nukuoro were under two feet of water. Dais Lorrin said that he had only been able to verify that one of the northern uninhabited islands ex-

perienced some flooding but not on the level that Ladouce mentioned.

Lorrin said that a draft declaration of the state of emergency in Pohnpei's outer islands is on Governor Ehsa's desk. When signed, the declaration will be sent on to the President's office along with a request to use the Caroline Voyager to send food relief and other supplies to the outer islands. He said that a voyage to the southern islands would also be used for damage assessment of the islands.

When flooding began on the 8th of December the Caroline Voyager was in Chuuk carrying solar electric power systems to the islands there. Lorrin said that if the emergency had been reported to his office at that time the trip to the outer islands might by now already have been completed. Instead the ship didn't arrive in Pohnpei until December 19 and very few preparations for the possible trip to the outer islands have been completed.

Andrew Yatilman, who is in charge of the FSM government's Office of Environmental and Emergency Management said that his damage assessment team had already been to Yap and that they were on their way to Kosrae. He said his office would likely have a damage report by the end of December.

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Bill Jaynes

Managing Editor

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Invitation To Bid

1. The Pohnpei Utilities Corporation (PUC) is now soliciting 2 sets of proposals for guaranteed supply of High Performance Diesel Engine Lubricating Oil, Hydraulic Oil and Solvent. One set for a period of one year (12 months, 365 days) and another set for a period of two years (24 months) for the Nanpohnmal Power Generating Plant. Diesel engine lubricating oil, Hydraulic Oil and Solvent must comply with the properties, standards and specifications set forth in the technical specification. The Pohnpei Utilities Corporation is referred to in the document as "the Purchaser".
2. To ensure uniformity one set of bid must provide cost per barrel or drum (a fixed price per barrel or drum for one (1) year supply) and another set must provide cost per barrel or drum (a fixed price per barrel or drum for two (2) year supply). Step-up price during the duration of the contract will not be accepted.
3. Interested eligible bidders may obtain one (1) complete set of the bidding documents from the office of the Pohnpei Utilities Corporation at the address given below. The documents could be emailed to the eligible bidder upon request to the email address below:
4. In the case of submission by international courier, you are asked to take special note of the remoteness of the Federated States of Micronesia, the frequency of airline transportation services, and the effects which these factors have on mail and courier services.
5. All bids must be accompanied by a bid security of two percent (2%) of total bid price and must be delivered in accordance with the Instructions to Bidders on or before 4:00 p.m., January 15, 2009, Pohnpei time and will be publicly opened immediately thereafter. All bidders are responsible for the time difference.
6. The Pohnpei Utilities Corporation will not be responsible for any costs or expenses incurred by bidders in connection with the preparation or delivery of bids.
7. Bids will be opened in the presence of those bidders who choose to attend in the Conference Room, Pohnpei Utilities Corporation, Kolonia, Pohnpei FM 96941.
8. The Pohnpei Utilities Corporation reserves the right to reject any/all bids that are deemed as not in the best interest of the corporation.

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1st FSM Woman Confirmed as 2nd Highest Diplomat

FSMWAN- Pohnpei FSM: Mrs. Jane J. Chigiyal became the 1st FSM woman to occupy one of the 2nd highest-level posts within the FSM Government when she was confirmed as Deputy Secretary of the FSM Department of Foreign Affairs last week. Mrs. Chigiyal has been with the department for more than 10 years. She started as a Foreign Service Officer (FSO) and worked her way up to becoming the Department's Assistant Secretary for the Division of American and European Affairs until her recent promotion to the prestigious position of Deputy Secretary.

Mrs. Chigiyal is a strong advocate for human rights as well as a long-time adviser for the FSM government and Pohnpei State NGO gender empowerment move-

ments. At her celebratory luncheon hosted by the US Ambassador to the FSM, her Excellency Miriam Hughes, at her official residence in Nanpohnmal on December 10th, 2008, Mrs. Chigiyal confirmed her full commitment to advocating human rights and gender empowerment, and these, she said, "would be part of her new diplomatic portfolio" in her new role as Deputy Secretary of the Department of Foreign Affairs.



Mrs. Chigiyal comes from a Pohnpei-Samoa parentage and is from the State of Pohnpei. She is married and has an adopted teenage daughter.

Special Luncheon held in honor of new Deputy Secretary, Ms. Jane Chigiyal

Her Excellency Ambassador Hughes hosted a congratulatory luncheon for newly appointed Deputy Secretary of FSM Foreign Affairs, Mrs. Jane J. Chigiyal, at her residence in Nanpohnmal on Wednesday, December 10, 2008. Mrs. Chigiyal is the first FSM woman to hold the second prestigious position in the FSM Department of Foreign Affairs.



(from left to right): Evelyn Adolph (FSM Tax Reform Manager/FSM JEMCO Representative), Suzanne Lowe (Deputy Assistant Secretary, APAMA), Lori Johnson-Asher (Assistant Attorney General, Litigation), Jane J. Chigiyal (Deputy Secretary), HE Ambassador Miriam Hughes, SeNellie Singeo (Pohnpei State Director, Office of Social Affairs), Tina Takashy (FANGO CEO & NGO Gender Adviser) and Marstella Jack (Sole Practitioner, Law Office of Marstella E. Jack). Present but absent from the photo were Pohnpei State Director of Health Services, Mrs. Elizabeth Keller and the honorable Senator Walter.

Coast Guard "Operation Santa's Sleigh"

US Coast Guard

GUAM – The Coast Guard cutter Assateague returned to Guam after completing a rewarding mission to bring Santa Claus and presents to distant Micronesian islands. In conjunction with Operation Christmas Drop the cutter carried gifts and supplies provided by the Guam Navy Officers Spouses Connection, Anderson Airforce Base, and Coast Guard personnel from Guam.

To conduct Operation Santa's Sleigh, Cutter Assateague headed 390 miles south of Guam last week to Woleai Atoll in the Yap State of the Federated States of Micronesia. While the cutter waited offshore on December 17th, Santa (AKA Commanding Officer LT Jim Jarnac) landed by small boat to off load 500+ lbs of presents including toys, books, and clothing.

LT Jarnac also conducted a 1 hour presentation at the islands high school for 50+ 11th & 12th graders. He shared his life experiences in the Coast Guard so the children could see the world

through his eyes. JT Jarnac also gave a presentation on how the Coast Guard conducts their mission of Search and Rescue.

The crew of the Cutter Assateague was treated to a VERY FESTIVE departing fiesta with cultural dances from 3 different groups (men, women, children). Christmas carols were sung by all at the end of the fiesta. According to Lieutenant Jarnac, "This was the experience of a lifetime for my entire crew and we are truly grateful to the warm hospitality given by the people of Woleai Atoll!"

Cutter Assateague is a 110 foot Island-Class patrol boat based in Apra Harbor, Guam. The cutter supports many Coast Guard missions, including search and rescue, port security, and maritime law enforcement.



Woleai Chiefs with the Coast Guard Cutter Assateague Commanding and Executive Officers

Changes in U.S. travel authorization procedure

U.S. Embassy

The U.S. Department of Homeland Security has announced that beginning January 12, 2009, citizens or nationals of countries participating in the Visa Waiver Program (VWP) must obtain advance approval through the Electronic System for Travel Authorization (ESTA) in order to travel to the United States. ESTA is already available online for applications.

In order to access ESTA from any Internet connection, applicants should go to <https://esta.cbp.dhs.gov>. Applications should be made at least 72 hours before departure, but can be made as soon as a VWP traveler begins to plan a trip to the United States. Travel authorizations are generally valid for two years or until the traveler's passport expires, whichever comes first.

Citizens or nationals of the following countries are required to obtain ESTA approval for travel effective January 12, 2009: Andorra,

Australia, Austria, Belgium, Brunei, Denmark, Finland, France, Germany, Iceland, Ireland, Italy, Japan, Liechtenstein, Luxembourg, Monaco, the Netherlands, New Zealand, Norway, Portugal, San Marino, Singapore, Slovenia, Spain, Sweden, Switzerland, and the United Kingdom.

Seven countries recently added to the VWP have been required to obtain ESTA approval since November 17, 2008. Those countries are the Czech Republic, Estonia, Hungary, the Republic of Korea, Latvia, Lithuania, and Slovakia.

This important change will affect many VWP participants living in and traveling through the Pacific. However, the ESTA system is not intended for travelers who are currently required to obtain visas for travel to the United States. FSM Citizens are not affected by this new regulation.

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Youth Karate Clinic Builds Character, Discipline

By *Michaela Corr*
The Kaselehlie Press

Violence is not the answer! My parents often voiced this position when breaking up my brothers' childhood scuffles. Nowadays, with the plethora of action movie stars and violent fight scenes, Hollywood is making it harder for parents to preach against using fighting as a means to resolve an issue. But what if fighting is the answer?

Misrepresented in films as a form of violent combat, Martial Arts is an ancient practice blending mental focus, physical precision, and respect. And it is here in Pohnpei.

Organized by Pohnpei Karate Association, the Youth Karate Clinic has been in operation at Pohnpei Youth Center since 2006. The clinic is held Tuesdays and Thursdays from 6-7:30pm, and is led by Osaie Santos, a black-belt Pohnpeian with extensive Martial Arts training from the US. Santos is assisted by Michael Treacy, an Australian brown-belt and Swingle, a local green-belt. According to Treacy (who is acting as head instructor while Santos is off island), the clinic attracts twenty to thirty participants each night, most of whom are preteen/young teenage boys (and probably also the highest consumers of Jet Li films).

Before class commenced this past Tuesday, Treacy graciously provided me insight into the sport he has practiced since his youth. He explained that Martial Arts has three components: physical training, character development, and self-defense awareness. Treacy stressed that "no component is more important than the other; it is a balance of all three that makes for successful training."

While Martial Arts is contingent on balancing

these elements, Treacy admits that, with youth, it is the instruction of mental discipline and self-control that presents the greatest challenge. "They are rambunctious and wild, so it's hard to get them to focus; they are kids, so they just want to fight...But, [as any youth coach would recognize] you can see positive changes in attitude and the formation of leaders who lead by example."

Treacy could be identified as one of those leaders; tall and slender, his steady gait and precise, purposeful movements convey the focus required to practice Martial Arts. As he takes the mat, his face reflects extreme mental focus, as if he is expelling all outside stimuli that may hinder the task at hand. The pupils pick up on his seriousness, and their stoic faces reflect the effort needed to align their movements with their breathing.

Before class began, three young boys partook in what appeared to be a jumble of karate, Ultimate Fighting and uncontrollable laughter. Once warm-up commenced, however, the group consisted of one boy, two girls, a middle-aged man, and a three-year-old who participated as long as his attention span permitted. Despite the hodge-podge group, they shared a common focus and desire to perfect their movements.

After stretching and the arrival of several more pupils, the group embarked on a twenty-step sequence. Initially, they divided it into individual turns, kicks, punches, and shouts, but upon Treacy's signal, the students put the steps together into a fluid sequence similar to a choreographed dance. I watched in disbelief as once easily-distracted kids donned serious expressions, determined to execute the exercise properly. Their kicks were powerful and exact, their punches confident and swift (and hard to catch on camera!).



Later on in the session, the kids were instructed to find and partner with whom they would practice 'freestyle' fighting. Contrary to its name, the exercise consisted of certain attack and counter-attack movements requiring accurate depth perception and considerable trust that one's partner would execute the move properly. As with the twenty-step sequence, they practiced the moves in pieces and then applied them in a 'freestyle' context. Whoever said learning stops in the classroom has never seen Pohnpeian young people practice freestyle karate!

"I want to tell everyone a story," Treacy interrupted mid-session. He explained that a local man had recently been hospitalized with knife wounds, and he wanted to know if the students thought it was wise to participate in 'mortal combat' (which he defined as fighting someone with a dangerous weapon. "We have all seen movies in which the karate master kicks the weapon from his opponent's hand - do you think this

is realistic? What would happen to your leg if you tried to kick a knife?" Treacy continued by explaining that karate masters advocate walking away from mortal combat over risking one's life. "What is the honorable thing to do? Run away and get help. Honor is not putting oneself in danger. Honor is winning a trophy in the ring."

By identifying Hollywood's tendency to sensationalize combat in Martial Arts, Treacy helped debunk his pupils' assumption that karate masters are the blade throwing, roundhouse-kicking actors they see in movies. But kids will be kids, and immediately after the session-ending bows, the group returned to its youthful karate/wrestling free for all. However, one should not see this behavior as failure; as a youth sports coach myself, I know full well that sports won't change kids overnight. Rather, it is the long term affects of participation in activities like Martial Arts that transform eager children into determined, hard-working, and ultimately successful adults.



Christmas Message

by
Isaac V. Figir
Speaker ~ 15th Congress
Federated States of Micronesia

Vice Speaker Resio S. Moses, Floor Leader Joe N. Suka and members of the 15th Congress join me in extending wishes for a very Merry Christmas to the people of the Federated States of Micronesia.

Christmas is for most of us a time for a break from work, for merriment, feasting, presents and most especially a special time for family and friends. While these traditions are varied in celebration, they are however, all premised on one common factor - a birth in Bethlehem long ago.

An event that today remains a powerful symbol of hope for a better future. An event that today remains the greatest leveler in our society of varying cultures, languages and beliefs. It is one of the underlying keystones of our nations' unity.

Therefore as we come together amongst family and friends and look forward to the coming year, let us take time to also reflect upon the many blessings the Lord has bestowed upon us as individuals and as a nation.

My fellow Senators join me, therefore, to wish each and every one of you, a Christmas abundant with blessings of health, peace and happiness. And may the blessing of Christmas also enrich your lives and your loved ones' the New Year through.

Merry Christmas and Happy New Year

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Governor Anefal issues FY 2010 Budget Call

Department of Youth and Civic Affairs
Colonia Yap

In a memorandum to all department, offices, and agency heads, Hon. Governor Sebastian Anefal has called for the commencement of preparation and development for FY 2010 budget.

The Governor reminds everyone concerned "to remain mindful of the dwindling financial resources under the amended Compact, as well as the stagnant local revenue-generating capacity due to the current global financial, fuel and food crises."

As was done for the FY 09 Annual Budget Call, all performance budget proposals should be policy driven. In his communication, Anefal also said that in light of the enacted law (YSL No. 7-16) by the Legislature to increase base salary for all Public Service System employees, it is imperative for all departments, offices and agencies to work with the Personnel Office so the budget is reflective of the new salary pay scale. To accommodate this increase in the overall budget, Anefal is urging all to "streamline travel requests to bare minimum" specifically for off-island conferences and workshops whose program objectives and outputs can be accomplished on-island. Priority consideration is however given to intra-island travels for delivery of essential government services. The budget call is also very specific in the restriction of purchasing vehicles and motor boats under any source of funding which should minimize abuses and cost of operating and maintaining such equipment.

While such budget streamlining is highlighted, Anefal is also placing emphasis on capacity building effort and scholarship programs. Priority is given to students in specialized fields of studies including doctors, nurses, engineers, economist, and professional educators.

The Office of Planning and Budget is expected to begin this process this Friday by conducting series of workshops with all departments and offices. It should conclude by January 08, 2009 to meet its deadline of January 11, 2009.

YSPSC Workers Become FSM's First USDOL Certified Linemen

Department of Youth and Civic Affairs
Colonia Yap

After years of training, five employees at Yap State Public Service Corporation received their US Department of Labor Certification as linemen. The five trainees have all successfully completed the requirements for the Class 8 lineman course. It marks the first time for any employee in any state in the FSM to receive journeyman certification as linemen.

The training program is a joint effort between the US Department of the Interior/OIA, the US Department of Labor, the College of Micronesia-FSM, YSPSC, and the Pacific Lineman Training, LLC. Its aim is to train line workers to the standard required by the USDOL.

YSPSC General Manager, Faustino Yangmog, said during the graduation ceremony that he was very proud of the achievement of the five individuals and challenged them to continue their work with the utility corporation to "provide the best service to Yap."

Harry "Spike" Speicher, head trainer for Pacific Lineman Training along with partner, Chris Middleton, has been working with the employees at YSPSC through many years of training, said during a reception this afternoon, "It's a really, really great accomplishment for these guys to receive their certification...it takes the whole staff at YSPSC to make this day possible." He said furthermore that these eleven linemen employed at YSPSC were able to restore power to the entire island of Yap after typhoon Sudal in only 21 days: A feat he described as "incredible" due to the fact that they had no outside assistance.

Grilly Jack, Vocational Training Coordinator at COM, expressed his delight at their accomplishment and stated to the newly certified linemen, "You are needed...your community, state, and company need you."

The five newly certified US Department of Labor Linemen are Steven Ken Libmad, Steven Ken, Charles Laman, Florentino Ruwowyoch, and Hilary Figir. Six other trainees at YSPSC have also completed Class 7 training and are expected to be certified in Class 8 lineman training in March 2009.

Japan Grants Assistance to Pohnpei State Hospital

Embassy of Japan in the Federated
States of Micronesia

The Government of Japan provided \$60,960 to the Pohnpei State Hospital for the Project for "The Improvement of Medical Equipment in Pohnpei Hospital" under the Japan's Grant Assistance for Grassroots Human Security.

A Grant Contract signing ceremony was taken place on December 12, 2008 at the Pohnpei State Hospital. Mr. Shoji Sato, Ambassador of Japan to the F.S.M. signed on behalf of the Government of Japan, and Ms. Elizabeth Keller, Director of the Department of Health Services also signed the Contract. The Project was first initiated by a Japan Overseas Senior Volunteer (JOSV) who worked at the Pohnpei State Hospital as a pharmacist, when the Ambassador Sato visited for his observation of the JOSV's working place in August, 2008.

Leprosy and tuberculosis rates, along with such chronic diseases as diabetes and hypertension, are alarmingly high in Pohnpei. Their high rates are caused by patients' no or inadequate medication at the initial stage of the diseases. The Pohnpei State Hospital provides treatment (mainly drugs) to out-of-hospital patients through its dispensaries in the 9 districts of Pohnpei.

The hospital needs to supply medicines to all the 9 dispensaries. However, its existing medicine delivery vehicle cannot serve this purpose because it has no refrigerator and roof, which is supposed to keep medicines in good conditions by protecting them from "humidity", "sunlight" and "rainwater". In addition, its old engine frequently causes serious troubles. In compliance with the hospital's urgent request, the Government of Japan has finally decided to donate a car with the aforementioned function. Approximately 88,000 patients will benefit from the Japan-donated medicine delivery vehicle.

It is reported that 902 babies were born at the Pohnpei State Hospital during the period of August 2007 - August 2008, which means that a monthly average of 72 women had obstetric consultations at the hospital during this period. Despite these high figures, currently no fetal monitor is equipped with the hospital. To make the matter worse, there is only one incubator available for the hospital, to which two premature babies are accommodated together. The lack or shortage of such essential medical equipment jeopardizes perinatal survival rates for both mothers and babies. It is estimated that at least 2

fetal monitors and 3 incubators are required for the hospital to render timely medical services to perinatal patients.

The hospital has sought financial assistance from the Government of Japan in their purchase of the aforementioned medical equipment, and the latter accepted their request. It is expected that about 900 babies and the same number of mothers will benefit from 2 fetal monitors and 3 incubators to be procured.

Recently, the Government of Japan, through JICA (Japan International Cooperation Agency)'s technical cooperation under the Japan-Pacific Immunization Program Strengthening (JPIPS), donated incinerator to the Pohnpei State Hospital, estimated about \$36,000. Taking into account the constant cooperation by the Government of Japan including JICA in health sector in the F.S.M is now synergized and visualized.



PUBLIC ANNOUNCEMENT Supplemental Members

Public announcement is hereby made to all Supplemental Plan holders that you are required to get a letter of authorization (LOA) for any medical check up at our off-island approved facilities. Please note that you will not be reimbursed if no letter of authorization (LOA) to off island approved facility. Therefore we encourage all Supplemental Plan holders to obtain these prior to seeking medical check up or medical care.

Should there be any questions/inquiries to this announcement, feel free to contact us at the above telephone numbers and email address:

Email: info@micareplan.fm

Tel No:
(691) 320-2549/5865/3415

Surf's Up ... Way Up, in Pohnpei

Pohnpei's Best Surf Meets World's Best Surfers

By J.J. Martin

"Look at this, look at THIS," Alloys Malfitani, owner of the Pohnpei Surf Club, says, tapping the computer screen. He points to a storm off Japan almost 3,000 miles away. "We're right here at 160 degrees. As the wind gets sucked around the back end of the storm, we're gonna have as good a wind force as you're ever going to get for surfing in Pohnpei. The waves could hit 13 - 19 feet tomorrow."

The surf forecasting companies have pinpointed Alloys's "virtual buoy" coordinates just off the island and are sending information on the surge activity scheduled for Pohnpei. Surf of this magnitude might only happen here once a year, some years it doesn't happen at all, so Alloys has been tracking this storm since, well, before it even was a storm. "Weather that happens a week earlier will generate swells 10 days away," he said. "Often you're looking at storms that don't even exist yet."

In addition to Pohnpei, this North Pacific low pressure system - some 5,000 miles wide - has sent swells across the Pacific, from the Philippines all the way to Alaska and South America.

The visiting surfers gather around the computer in anticipation and finally pro surfer Ian Walsh nudges Alloys aside and calls up the surfing forecast. When it pops up the dialogue erupts in surf lingo.

"10 feet, 14 seconds (the height and distance between the waves), that's

radical!"

"Backdoor is going to be firing, dude."

"Screaming rights and lefts."

"Yeah, but it could be all lefts. You don't want to get barreled backside."

The decision now is whether to fly out in the afternoon for the upcoming Pipeline Masters in Hawaii, one of the sport's premier events, or stay and catch some of the best surf Pohnpei has seen in years. The group had already been on the island for a few days with great surf.

"The biggest waves weren't the best ones," said Reef Macintosh, another pro surfer in the group, "but the big ones we caught were crazy."

Nine-time World Champion Kelly Slater walks into the room as Walsh switches over to the Pipeline website. "We need an excuse," Walsh says, flipping through the site. "We'll tell them we couldn't get off the island."

They all look to see if the waves scheduled to arrive at the Pipeline the next day are small in the off chance they'll postpone the first day of the tournament. Evan Slater (no relation to Kelly), editor of Surfing Magazine, begins a chant, "stay, stay, stay, stay," then adds, "Oh, come on Kelly, they won't start without you and Andy (three-time World Champion Andy Irons who also is in the group)."

Kelly Slater shakes his head. "Yeah, but there's gonna be, like, 50 guys going 'forget them. Who cares about those four guys?' Nah, even if there are four to six-foot waves they're starting tomorrow."

He throws his hands up. "I think it's gonna be really good here and I think they're gonna hold the competition."

Walsh continues to scroll down the page, looking at the photos of the surfers selected for the first round. "I'm not even in this round. Hell, I'm not going anywhere." He turns to Kelly Slater. "Have a good flight, man." One last click on the page, however, reveals his smiling face. "Damn!"

To no one's surprise, Slater finds out he and Irons have a pass for the first round and so a decision is made. Surfing Magazine's Evan Slater confirms it. "I love it here. I've seen so many photos in our magazine but I didn't realize how tucked away it was; the dense jungle, the amazing waves. We're staying."

Like a high stakes game of surf poker, both Walsh and Macintosh stack all of their chips on the gamble the tournament will be delayed as the forecast is predicting smaller than normal waves there, and larger than normal waves here.

Even for a self described "C League" surfer, a key aspect of being a true fanatic is the ability to drop everything and get to where the surf is. Mark Ryun, 41, who runs a flooring business on the North Shore of Oahu, and his wife, Laila, planned their trip only a few days earlier. "Like everybody else," Ryun says, "you gotta come to the swell."

The swell he speaks of has now become thunderous walls of water pounding the reef all across the north side of Pohnpei. As the boat chugs past Sokehs Rock, the surf off in the distance at Palikir Pass is easily visible as it explodes, sending funnels of spray some 30 feet in the air.

Pohnpeian Beru Mendiola, 56, who is



driving a second boat carrying Slater as well as photographers and videographers documenting the trip, shakes his head and adds, "this is easily the roughest I've seen it in a long time."

Pohnpei's best surf is about to meet the world's best surfers.

Described as one of the most exciting surfers to come along in the past decade, Andy Irons won the Pipeline Masters, the Triple Crown and his first ASP World Title in 2002, a feat he then repeated in 2003 and 2004. The 2005 season was a non-stop fight to the finish with Kelly Slater and in the end, Irons finished just 45 points short as Slater won his seventh World Title.

A shade over six-feet, Irons is taller and slightly heavier than today's average surfer, which could also explain his aggressive style of surfing. According to Surfing Magazine, Irons "has the miraculous combination of big-wave craziness and small wave ripping down better than any surfer in the world right now. It's a horrifying skill range."

But while Irons has achieved greatness, Slater has attained God-like status, not just among surfers but throughout the entire sporting world as well. "The planet's greatest surfer deserves to be mentioned in the same breath as Michael Schumacher, Lance Armstrong and Tiger Woods," exclaimed a recent article in The Guardian. "The Floridian surfer's latest triumph (the 2008 World Championship) consolidates an already unparalleled career in professional surfing, one which demon-



Massive waves in Pohnpei drew the world's best surfers

Slater

Surf's up in Palikir Pass



strates both preternatural athleticism and an extraordinary ability, over countless instants, to make the right decision, in the right place, at the right time.”

Slater is, quite simply, the greatest surfer ever.

Slater has been crowned the World Champion a record nine times, including five consecutive titles from 1994-98. He is the youngest (at age 20) and the oldest (at age 36) to win the title, having just shored up the 2008 world title at the Billabong Pro Mundaka, in northern Spain, in October. Upon winning his 5th world title in 1997, Slater passed Australian surfing legend Mark Richards to become the winningest champion in the history of the sport.

In May 2005, in the final heat of the Billabong Tahiti Pro contest at Teahupoo, Slater became the first surfer ever to be awarded two perfect scores for a total 20 out of 20 points.

The subject of countless surfing documentaries, Slater also played the recurring character Jimmy Slade on several episodes of the popular TV show Baywatch in the early 1990s. An avid guitar player, he has played with friends Ben Harper, Jack Johnson and Pearl Jam's Eddie Vetter. His shaved head, piercing eyes, and rugged good looks hasn't hurt him either as he has been romantically linked to Pamela Anderson, Brazilian supermodel Gisele Bündchen, Sports Illustrated swimsuit model Bar Rafaeli, and Cameron Diaz (after her split from Justin Timberlake).

Fame and fortune aside, on this day both Slater and Irons have assumed the Pohnpei mellow, laid-back style as they chat about the waves, their long-time rivalry miles, and years, away (Iron's shouting match with Slater before the Pipe Masters in 2001 is the stuff of surfing legend). The surfers wax and prep their boards and moments later are in the water.

The waves aren't as big as predicted, but they're certainly daunting enough, cresting at 10 feet and roaring menacingly past the boats and onto the reef. The curls are perfect as the surfers glide through the aqua-green tunnels of water, creating that spectacular "barrel" poster shot you see on the surfing magazine covers. The surfers taking a break on the boat hoot and holler at the more stunning rides.

Reef Macintosh catches a breaking wave, nonchalantly glides to the bottom of it, then

quickly shoots up to the top and cuts back across the lip before sliding back down.

Slater sees a huge wave breaking late and flips his board around to catch it. With a powerful stroke he's up and flying down the side of it, making cuts and turns with ease. Suddenly he shoots straight up to the top,

cuts back while Irons waits his turn



Celebrity surf king, Kelly Slater in the corridor of Neptune



hangs for a moment, then twists the board around in a perfect 360 degree turn. As the wave breaks onto the reef he swings up and over the top, flies off the board and into the air in a "ta-da" finale.

Irons comes down into a barrel and hangs there surrounded by water, his right hand playfully skimming the backside of the wave until he is overtaken and completely disappears in a wall of white foam. A moment later he punches through, still on his board and the crowd on the boats let out a roar of approval.

"They're on a completely different level - they're aliens," Dave Ward, says with a laugh. Although Ward, 50, has spent the past 40 years surfing the North Shore in Oahu, today he's content to just watch the action as the waves rock the Pohnpei Surf Club boat only 30 yards away. "I'm not even going out when it's like that. These guys have no fear."

"We're not in their league," adds Ryun, the flooring business owner from Oahu. "Nobody is."

Still, even the greatest surfer in the world has his moments.

"Heck yeah, man," Slater says, "the adrenaline is still there. It's a wave, man. It'll still light you up."

The waves today, he adds, were "pretty phenomenal" and, at times, "unbelievable."

Irons, who was also on Pohnpei to surf in 2005, was equally impressed. "The waves were more hollow for sure; top to bottom, real powerful," he said. "They didn't get as big as we hoped, but when they did they were amazing, great waves. It was quality over quantity which is cool. I'm coming back for sure."

Despite the quality of the waves, Slater said he can't see Pohnpei becoming a popular surfer destination as it's not in a "great swell area and there aren't enough waves to support it." He added, however, "on the positive side, you can surf without the crowds which is always cool."

The sun sets and casts an orange glow around the boat as it plows through the water and back to Kolonia. In less than 24 hours Slater, Irons and the rest of the gang will catch a flight off the island for the Pipeline Masters

Another Kelly Slater-Andy Irons showdown awaits at the Pipeline. And though it won't decide a world champion -- Slater clinched the title in early October -- it ought to provide compelling theater for those on hand.

Sitting back in the boat, Slater seems ready for the showdown but, at 36, one has to wonder how much he has left in him. When asked about retirement and the Neil Young line, "It's better to burn out than to fade away," he just shrugs.

"I don't know. Maybe it's good to burn bright, then just give it up."

He looks down and adds, "I'm still having fun, though." When he looks up again a wide grin spreads across his face. "I might just keep going and fade away."

###

End Note: The gamble taken by Ian Walsh and Reef Macintosh proves unlucky as the Pipeline Masters holds its first round the next day without them. Kelly Slater, however, arrives on a 2 a.m. flight and within hours is gliding his way through the second round. The next day he breezes past the quarter finals and finally, inevitably, to the 2008 Pipeline Masters championship.

FSM warns of climate “tipping points”

By *Cherrelle Jackson*
SPREP Pacific Communications Team

The Federated States of Micronesia (FSM) today warned of the dangers of climate “tipping points” and called on the Parties to the United Nations Framework Convention on Climate Change (UNFCCC) to accelerate mitigation processes before the consequences of warming become irreversible.

The theory of “tipping points” suggests that climate change will be marked by a series of potentially catastrophic events rather than the smooth gradual warming commonly thought. Scientists have identified at least nine ways in which the Earth could be “tipped” into a potentially dangerous state that could last for many centuries.

The theory, while largely discussed and gaining greater currency, is not yet officially recognised in scientific circles.

Many believe that some scenarios – such as the melting of the Arctic sea ice, the disappearance of the Amazon rainforest, or the dying out of the northern boreal forests – could occur within the next 100 years.

Andrew Yatilman, Director of the Office of Environment and Emergency Response

for FSM, says the reality of tipping points means islands of the Pacific will face the severe risks of climate change sooner, and more dramatically, than previously thought.

Yatilman said: “We take the United Nations Framework Convention on Climate Change and the Montreal Protocol seriously, and we see that the future of our islands and livelihoods of our people depend on these two conventions. But everybody knows that when we come to negotiations, we come to see level of commitment, it’s frustrating sometimes as in the end it is political will that needs to be achieved in order for all parties to agree for a way forward.”

In a bid to show support for tipping points, FSM drafted its own submission on the validity of the argument.

“When we look at our situation we support this kind of research, tipping points. When even one trigger would mean a tipping point, we are very cautious to make sure that we do not continue the way we are going,” Yatilman said.

FSM is willing to take their stance to the

highest levels of the current United Nations Climate Change Conference talks in Poznan, Poland.

“Where do our people stand with all these tipping points happening around us, that is the future of our islands, even the little that we know of tipping points and fast action mitigation, we have become interested and supporting of them, if we can do it without UNFCCC giving consent the FSM will continue to support them,” Yatilman added.

The Environment Director said the issue was raised within the Alliance of Small Island States (AOSIS) last week, but that there was not enough time available for adequate consideration by the group during the two-week Poznan conference.

“FSM has filed a submission to keep the tipping points alive, next year we would like to raise it again, hopefully between now and then more will understand and buy into it and adapt it as one of the strategies that everyone should embrace,” Yatilman said.

One of the original researchers of tipping points, Dr. Hermann Held of the Potsdam Institute for Climate Impact Research (PIK), said yesterday at the side event

sponsored by the Institute for Governance and Sustainable Development (IGSD) that most and probably all of the nine scenarios in the tipping theory are likely to be irreversible on a human timescale once they pass a certain threshold of change. He added that the widespread effects of the transition to the new state will be felt for generations to come.

Authors of the research say that society may be lulled into a false sense of security by projections of gradual change, and warned that tipping elements in the climate system could be triggered this century by human activity.

“It is unclear that any would be tipped by our present warming commitment alone, to prevent eventual melt-down of the Greenland ice sheet melt would require stringent mitigation. In principle, a tipping point can be anticipated before it is reached, but in practice sufficiently high-resolution, long records are lacking,” scientists have concluded in a recent article in the Proceedings of the National Academy of Sciences.

According to tipping point’s adherents, improved understanding is needed to help policy makers, “avoid the unmanageable and manage the unavoidable.”



Seen Any Good Movies Lately?

By: *N.N. Isaac*

With November fast becoming naught but a fleeting memory amid the gleam and glitter of burgeoning Christmas décor, I suddenly feel the need to compose a short ballad bidding adieu to this important, yet often under-appreciated fall month:

Oh November, I shall always remember,
Your days fraught with questionable holidays.
You will always inspire the delightful quagmire
Of spending hours in line to save bucks on Black Friday.
Years of bad rep for tryptophan O.D.’s
And annoying expanding waistlines, it seems,
Has brought you a turn at some mighty fine karma
Bringing victory to those who voted “Obama!”

It seems November has finally rid itself of its depressing affiliation with previous presidential elections, and has been reborn, rife with wonderful optimism in spite of the souring trends in the world’s economy. Keeping with the “yes we can” momentum, here is a charming, ambitious, poignant movie that has recently come out on DVD.

WALL-E (2008)

In the early 22nd century, after the excesses of consumerism and pollution have reduced our beautiful green earth to nothing more

than a filthy, rusting, junkyard, an unusual robot holds the key to the survival of our world and humanity.

Wonderfully entertaining, magical, and endearing, “WALL-E” is the latest production of CG powerhouse, Pixar Animations. Director Andrew Stanton, along with Peter Doctor and screenwriter Jim Reardon worked together to concoct this fascinating futuristic morality tale. Academy Award Winning sound effects whiz, Ben Burtt who’s noted for creating memorable sounds like Chewbacca’s voice, the sound of light sabers, and the ubiquitous “Wilhelm scream”, provides the voices and sounds of WALL-E, M-O, and most of the movie’s robot cast. Comic actor Fred Willard appears in the film as the first ever live action character in a Pixar animation. John Ratzenberger, who’s had a role in every film made by Pixar (Hamm in the “Toy Story” movies, the Abominable Snowman in “Monsters, Inc.”, the manta “Fish School” in “Finding Nemo”, Mack in “Cars”, and Mustafa in “Ratatouille”), makes his trademark appearance as John, one of the two featured human characters. Another recognizable comic actor, Kathy Najimy (“Hocus Pocus”, “Sister Act”) voices the other human character Mary. As a nod to the “Alien” films, Sigourney Weaver provides the voice of “Ship’s Computer”, while the voice for AUTO, this ship’s autopilot program, is produced by Apple’s text-to-speech program, MacIn Talk. There are many subtle references to Apple computers in this film, as well as allusions to previous Pixar animations. For example, the sound WALL-E makes when he’s completed recharging is the same “boot up” sound that

most Macintosh computers make upon activation. Also, the evolution of the robot designs, beginning with WALL-E’s out-dated tan, boxy shape into EVE’s updated sleek form was inspired by the development of the smoother designs of Apple, Inc.’s products over the years, such as the iPod. In the film, you can also recognize several objects from other Pixar movies in WALL-E’s rotating storage unit. A possible reason for this creative use of product placement is that Steve Jobs, co-founder, chairman, and current CEO of Apple, was also CEO of Pixar until its acquisition by Disney in 2005. Though no longer an owner of Pixar, he remains a shareholder and member of the Disney Board of Directors and is still actively involved with the company.

Pixar producers wanted the film to be animated so that it would feel “as if there really was a cameraman”. Acclaimed cinematographer, Roger Deakins and noted special effects artist, Dennis E. Muren, were hired as consultants to help replicate the magic of live action and science fiction films. With the dedicated attention to detail, it’s no surprise that “WALL-E” set the record at \$180 million for the highest production budget of any Pixar film. “WALL-E” has enjoyed a successful run at the box office, with a gross revenue of nearly \$500 million. It also ranked third for highest-grossing opening weekend for a Pixar animation as of July 2008.

Not everyone who watched “WALL-E” appreciated the cautionary message behind this science-fiction comedy. David Denby from “The New Yorker” said that though this animation “has caused annoy-

ance in some quarters because it criticizes the American way of life...it does (so)...with suavity and supreme good humor.” There are a few critics of the film who called its story “propagandistic” and full of leftist ideas, while others said that the movie doesn’t stress its environmental theme enough. Other detractors of the film complained that the film’s concept is too complex for its intended younger audience. Yet, in spite of a few negative comments, “WALL-E” is quickly becoming one of the most well-received films of 2008, with “The Boston Globe” calling it “the best American film of the year to date.”

The trailers for this film weren’t very interesting and seemed lacking in imagination and color, so when I decided to watch it I had very low expectations. Needless to say, less than twenty minutes into watching “WALL-E” I found myself drooling in transfixed wonderment and rendered absolutely speechless. I can only compare this Pixar masterpiece to the inventive storytelling and fantastic imagination of Miyazaki’s unforgettable classic “Spirited Away”. Like “Spirited”, “WALL-E” is destined to entertain both younger and older audiences alike for many years to come.

This fascinating, visual achievement and daring breakthrough in the animation genre is an absolute must-see for anyone who appreciates art, love, and imagination. “WALL-E” is now available on DVD and Blu-ray Disc, with a special edition that includes a second disc with special features, and a third disc that includes a bonus digital copy of the film. This animation is G-rated and is suitable for the whole family to enjoy together.



Announcement: Employment Opportunity Influenza Surveillance Coordinator

The World Health Organization (WHO) is seeking a qualified individual to assist the Communicable Disease Surveillance and Response (CSR) epidemiologist with influenza surveillance activities in the Federated States of Micronesia.

Duties include:

- Work with CSR epidemiologist to maintain the day-to-day function of the new FSM influenza laboratory surveillance program.
- Assure pickup and smooth transport of laboratory specimens from peripheral sites to National Influenza Center (Pohnpei State Hospital laboratory).
- Day to day communications with sentinel site staff.
- Assist with organization of training for sentinel site staff on patient selection, collection of specimens, filling in the forms, and shipping.
- Send all required documentation to participating sentinel site clinicians.
- Pack and send testing kits to reference laboratory in Melbourne Australia
- Monitor supplies and re-ordering in time to prevent stock-outs.
- Daily communication with the Pohnpei State Hospital laboratory to monitor flow of specimens, lab results, stocks, etc.
- Enter data and maintain the testing results database, including making regular backups of the data.
- Generate reports (every 2 weeks), to the participating clinics, states' Departments of Health Services, FSM Department of Health and Social Affairs, SPC and WHO.
- Provide data and assist with production of annual report for the Department of Health and Social Affairs and for publication.
- Participate in regular meetings with the CSR Epidemiologist, and report on activities and progress.
- Assist with other surveillance activities as directed by the supervisor, such as assisting with the establishment and maintenance of surveillance systems for other outbreak-prone diseases within the region.
- Further strengthen epidemiological skills by participating in courses such as those offered online through the Pacific Open Learning Health Net. One half day per week of study during working hours is allowed.

Educational requirements:

- Associate's degree or equivalent in a health-related field.
- Administrative and/or managerial experience.
- Computer skills in Microsoft Word, Excel; Access is an advantage.
- Training in biomedical laboratory methods is an advantage.
- Training in public health and epidemiology is an advantage.
- Excellent English reading, writing and speaking ability required.

Timing of Appointment:

This position will remain open until filled. A qualified individual is sought to begin immediately.

Details of the proposed position:

- Initial salary for this contract position will be US\$11,000 per annum (US\$917 monthly).
- Initial contract will be for a probationary period of six (6) months, with extensions possible.
- The person will be provided office space and necessary office equipment in Pohnpei State Hospital.
- Supervision will be by Dr. Boris Pavlin, CSR Epidemiologist based in Palikir, Pohnpei, FSM.
- Additional supervision and guidance may also be provided by Mrs. Lisa Barrow, FSM National Laboratory Coordinator, and/or Mr. Paulino Rosario, Director of Laboratory Services, Pohnpei State Hospital.

Applicants interested in interviewing for this position should submit a cover letter and resume/CV by mail, fax or email to the following address:

Dr. Boris Pavlin
PO BOX PS70, Department
of Health and Social Affairs
Palikir, FM 96941
Email: pavlinb@wpro.who.int
Fax: 320-5263

Island Food reminds Pohnpei of the importance of fish with a “catchy” tune

By Kathay Larsen

During the September 2, 2008 workshop held at the Island Food Community of Pohnpei (IFCP) Training Center in the Botanical Garden regarding the Health Values of Fish, Mr. Koichi Sakonju of the Overseas Fishery Cooperation Foundation of Japan presented IFCP with a special new song. As many are aware, IFCP welcomes any opportunity to reach the public through music or videos, so we were quite excited to add this song to our library. Pohnpei’s V6AH radio station, supporter of IFCP and their efforts to remind the people of Pohnpei how important to their health and economy the locals foods are, will be playing the song on the radio so you can enjoy and learn this fun new tune. Below, we have included the lyrics so you can sing along when you hear it on the radio. Remember that fish is one of the best body-building foods and the protein in fish is of a high quality that is easily used by the body. Furthermore, oily fish such as mackerel are good sources of Vitamin A, and Vitamin D. Fish also contains omega-3 fatty acids which, the results from a recently concluded Physicians’ Health Study spanning 22 years shows, may greatly reduce the risk of colorectal cancer.

Fish for Life

(Verse 1)

Every time I see you
We eat the same old things
Baby, let me tell you
We need to make a change

I don’t say we must eat not beef
I don’t say we must eat no bird
I don’t say we must eat no goat
All I say is this

(Chorus)

O yoy yoy yoy yoy
A little bit of fish on Friday
O yoy yoy yoy yoy
A little bit of fish on Sunday
Hey, little fish you make me feel so strong

It’s fish for Life. . . (two times)

(Verse 2)

For strength I need a lot of protein
I don’t want so much fat
My cholesterol levels high now
Its fish I need to fix all that.

I don’t say we must eat no beef
I don’t say we must eat no bird
I don’t say we must eat no goat
All I say is this

(Chorus)

(RAP)

I’m a man for fish, I’m a man for Snoek
Horse Mackerel, Pilchard, Red Fish,
HakeKingklip, Crab, Crayfish, Sole. I’m
telling you, man, a fish ain’t no snake.
Braai, boil, fry or bake. Just a few good
things you can do with fish. For protein
and vitamins in a dish, you better make
sure it’s packed with fish. Horse Mackerel,
Red Fish, Snoek or Sole, I know for
sure: It’s good for all!

O yoy yoy yoy yoy
A little bit of fish on Friday
O yoy yoy yoy yoy
A little bit of fish on Sunday
Hey, little fish you make me feel so strong
O yoy yoy yoy yoy
A little bit of fish on Friday
O yoy yoy yoy yoy
A little bit of fish on Sunday
Hey, little fish you make me feel so strong

It’s fish for Life. . . (two times)

Yummy Yam Kehp en Dol en Pohnpei

Recipe by Thelsa Abraham Edgar

Ingredients:

4 cups of chopped
Yam (Kehp en Dol en
Pohnpei)

1 local chicken (fish can
also be used or other meat)

½ tsp. salt

1 cup spinach

2 ginger leaves

2 thinly cut pele leaves

½ cup bottle gourd (optional)

1 cup coconut milk

½ cup Pohnpei pepper

Method:

Peel off yam skin and chop yam into small pieces.

Cook chicken and yam together .
Add the rest of the ingredients except
coconut milk.

Let them cook for a short time and then
add coconut cream.



Astronomical Tide Prediction December 24, 2008 through January 6, 2009

	Pohnpei		Chuuk	
Wednesday	24 01:32AM 2.1 06:32AM 1.3 01:46PM 3.9 09:03PM 1.1	31 05:23AM 2.5 10:30AM 1.1 05:08PM 4.2	24 12:57PM 1.8 10:45PM -0.3	31 04:33AM 0.2 07:34AM 0.1 03:56PM 2.1 11:51PM -0.2
Thursday	25 02:17AM 2.1 07:11AM 1.2 02:17PM 4.1 09:31PM 0.9	01 12:04AM 0.6 05:52AM 2.7 11:05AM 1.3 05:35PM 3.9	25 01:20PM 2.0 10:42PM -0.4	01 04:53AM 0.3 08:15AM 0.2 04:15PM 1.9 11:57PM -0.1
Friday	26 02:53AM 2.1 07:47AM 1.1 02:47PM 4.2 09:57PM 0.7	02 12:27AM 0.8 06:28AM 2.7 11:44AM 1.4 06:06PM 3.6	26 01:45PM 2.1 10:44PM -0.4	02 05:29AM 0.5 08:42AM 0.4 04:28PM 1.6
Saturday	27 03:24AM 2.2 08:20AM 1.1 03:15PM 4.3 10:22PM 0.6	03 12:57AM 0.9 07:12AM 2.8 12:33PM 1.7 06:39PM 3.2	27 02:13PM 2.1 10:51PM -0.4	03 12:08AM 0.0 06:20AM 0.6 09:03AM 0.5 04:25PM 1.3
Sunday	28 03:54AM 2.3 08:52AM 1.0 03:43PM 4.4 10:47PM 0.5	04 01:30AM 1.0 08:11AM 2.8 01:46PM 1.9 07:17PM 2.7	28 02:40PM 2.2 11:02PM -0.4	04 12:12AM 0.1 03:19PM 1.1
Monday	29 04:23AM 2.4 09:24AM 1.0 04:11PM 4.4 11:12PM 0.5	05 02:12AM 1.2 09:37AM 2.9 04:19PM 2.0 08:24PM 2.2	29 04:05AM 0.0 06:22AM -0.1 03:07PM 2.2 11:18PM -0.3	05 12:03AM 0.1 12:14PM 1.1 11:15PM 0.0
Tuesday	30 04:52AM 2.4 09:56AM 1.1 04:39PM 4.3 11:38PM 0.5	06 03:14AM 1.3 11:18AM 3.2 07:11PM 1.6 11:27PM 1.9	30 04:13AM 0.1 07:02AM 0.0 03:32PM 2.2 11:34PM -0.2	06 11:54AM 1.4 09:54PM -0.2

Merry Christmas

... and a Prosperous
New Year

From

The

Kaselehlie

Press

