

The KASELEHLIE PRESS

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“Taekwondo Peace Corps” promotes martial arts in the FSM

By *Bill Jaynes*
The Kaselehlie Press

June 24, 2012

Pohnpei, FSM—Four representatives of the Taekwondo Peace Corps arrived in Pohnpei from Seoul, South Korea on the early Monday morning flight. Their mission as Taekwondo Peace Corps representatives is to promote the Taekwondo in Pohnpei and that is exactly what they will be doing. For the next month, they will be giving demonstrations in several communities in Pohnpei and they will also be teaching the art of Taekwondo to young people at the Pohnpei Fitness Center.

They say they won't be leaving any Taekwondo experts behind but they hope to generate enough curiosity about the sport that it can develop and flourish on the island.

Kim Eunbit, a student at KyungHee University, where she majors in Taekwondo with a minor in sports management, is the leader of the group. She cleared up any confusion regarding the name of the volunteer group. When it was started in 2008, the World Taekwondo Federation used the U.S. Peace Corps as a sort of model. “We stole the name,” she exclaimed

See “Taekwondo” on page 3



IN THIS ISSUE

Micronesian Marine in Afghanistan

See Story on Page 8

Japan Student Exchange Program

See Story on page 6

Climate Change and the Sekere Community

See Story on page 4

Let's Go Local!

See page 15

Scholarship awarded for sports-driven student

See Story on Page 14

Pohnpei Fishing Tourney

See Story on Page 11

PUC Bill Passes with changes

See Story on page 10

USDA program makes home livable for Pohnpei senior



Mrs. Susana Sohs and her grandson, Soram, hug outside their newly renovated home in Uh Municipality, FSM. Repairs were financed through USDA Rural Development's Home Repair Loan and Grant Program.

See Story on page 6

Kosrae Port Authority financial management called into question

By Bill Jaynes
The Kaselehlie Press

July 23, 2012

Kosrae, FSM—The Kosrae Office of the Public Auditor speculated in an audit of the Kosrae Port Authority released at the end of June that unresolved issues from a previous audit “will translate to huge losses, possibly hundreds of thousands of dollars.” The current audit covers the Authorities financial transactions beginning in the 2011 fiscal year through May of the 2012 fiscal year. It lists several thousands of dollars worth of losses that took place just during that year and a half period.

The audit suggests that criminal activity may have taken place and recommends that Kosrae’s Governor should refer those matters to the Kosrae Office of the Attorney General for further investigation.

The audit was requested by the Authority’s Board Chairman.

The Executive Summary of the audit listed the shortcomings as follows:

“Based on the audit objectives, we found that the Authority’s internal controls:

1. Did not ensure that all fees due are timely collected and deposited.
 - a. Fees due from three aircraft and 74 vessel arrivals were not collected or possibly misappropriated;
 - b. 16 percent of departure fees amount to \$13,385 were not collected;
 - c. 66 percent amount to \$36,899 of the Authority’s receivables are left uncollected and (have) been overdue for more than three years; and
 - d. Controls over receipting, billings and receivables are not implemented.
- 2) Did not ensure that disbursements made are authorized and economical.
 - a. There is no disbursement voucher being used to control the Authority’s authorized budget; and
 - b. There were no documents filed along with the disbursement documents to show that purchases are being made in a competitive manner.”

The Kosrae Port Authority became an independent operation in the 2008 fiscal year and, according to the audit, is vested with the following powers and duties:

1. “To operate, manage, equip, and maintain all ports of entry in the State including, the Okat and Lelu harbors, and docks, and the Okat airfield.
2. To expand and improve upon the services offered at the ports of entry, and where practicable, (to) construct and operate new facilities to meet the foreseeable demand for Authority services.
3. To adopt, (and) enforce regulations a(nd) inspections or examinations as provided by law and etc.”

The first audit finding was that “existing

controls did not ensure that all fees are timely collected and deposited.” It questioned whether all fees due to the authority are collected and as support for the question said that fees due from vessel and aircraft arrivals appeared not to have been collected or possibly to have been “misappropriated.” Specifically it said that fees from 74 out of 106 vessels and three private aircraft arrivals were either not collected or were simply not booked if they were collected.

It said that the possibility of misappropriation exists because there were instances that fees from private planes, sail boats, and yachts were paid in cash. The Authority does not practice mandatory receipting for all collections. The audit said that there is no control over issuances of invoices and the invoices that are issued are not pre-numbered. Also there is no segregation of duties and no independent review to ensure that all collections are deposited.

The Official Receipts Book for FY 2011 was missing and unavailable for review by the audit team. The Board response to the audit said that the receipt book may have been stolen from the safe along with \$1,785 in un-deposited cash during a burglary on October 3, 2011. Either that or the missing receipt book was “deliberate sabotage.”

Of the missing receipt book the audit said, “It is not ordinary that an Official Receipt Book is lost in the Authority’s premises unless there is an effort to conceal entries from the audit examination.”

It recommended that the Governor should direct the AG to conduct an investigation as to why the receipt book is missing.

Port Authority personnel told the auditor that they do not have control over arrivals of sailboats and yachts especially when they dock at the Lelu Harbor.

“They also pointed out that they lack manpower to ensure that these arrivals are timely invoiced and amount(s) due are collected. They further explained that in some cases they are not properly notified that vessels are coming in(to) the State Ports.”

Airport Departure fees came under the general heading of faulty financial controls.

The Kosrae Airport charges a \$15 Airport Departure fees for passengers whose flights originate at the Kosrae Airport. The audit said during the period of the audit sixteen percent (\$13,885) of the fees that were due were either not collected or were misappropriated. It said that printing, custody, accounting and recording of the tickets were being handled by one person who was not named in the audit.

Cash collected for daily departure fees were also deposited one week late as a habit leading the auditor to believe that one week’s receipts were being used to

cover the previous week’s deposits.

“The basic idea underlying segregation of duties is that no employee or group of employees should be in a position both to perpetrate and to conceal errors or fraud in the normal course of their duties,” the audit said.

The public auditor recommended that the Governor should direct the Office of the Attorney General to conduct an investigation into the absence of effective controls and the presence of irregularities in the Airport Departure fees collection system.

The audit expressed doubts that fees due to the Authority are collected on a timely basis.

A spreadsheet in the audit showed that \$38,699.28 had not been collected from one shipping company and one shipping agent for bills that have gone unpaid since 2008.

The shipping agent mentioned in the audit has no current bills at the Port Authority and none aged 31-90 days but is listed as having \$40,722.58 in bills aged over 90 days. \$26,302.80 of the accounts payables for that shipping agent has been due since 2008. According to the auditors’ figures, that shipping agent had acquired \$14,419.78 in accounts payables in years since 2008.

The shipping company mentioned in the audit has \$12,366.48 in accounts payable that have been due to the Authority since 2008. It currently has \$3,217.92 worth of invoices aged 31 to 90 days.

\$1109.63 worth of invoices aged over 90 days are due from the two other businesses listed in the table of aged receivables.

The Port Authority referred no legal claims for collection purposes though they have the power to do so. Worse, the Authority could not produce the documents for the long overdue claims. Worse still, the auditor claims that there was a conflict of interest for at least one of the companies it listed that has long overdue bills payable to the Authority.

“A person responsible to collect is under the supervision of a person who (likely has) a material interest not to pay the Authority. This is probably one of the reasons why collection proceeding(s) to collect amounts due was not initiated,” the audit says.

Without naming names, as is the standard practice of audits in the FSM, though certainly names would be provided to the Attorney General for the purposes of an investigation into fraud, the audit provided an example of conflict of interest that seemed to speak directly to the case in hand:

“A government official owns a company and (is) a customer of the Authority. At

the same time one of his functions is to protect the interests of the government to include the Authority’s claims. His company is indebted to the government for which he is tasked to collect. The question now is “how can he impose sanctions to his company to pay the government?” In this scenario, there are two interests which do not coincide. The interest of the government is to collect the amount due and the personal interest of the official is not to enforce collection which is in favor (of) his company.”

Auditors quoted the Port Authorities on accounting policies when they recommended that all accounts should be due 30 days after the invoice date. Overdue accounts should be reviewed and followed up on a regular basis. If an account is outstanding by 90 days, services should be suspended and the matter referred to lawyers for recovery.

The Authority issued receipts only on demand. Auditor’s noted that the Authority’s Policies and Procedures Manual does NOT explicitly provide for the mandatory issuance of official receipts on all amounts collected. They recommended that the Board include that requirement in the manual.

When compared to checks, cash collections were deposited much later than was cash. Checks were deposited reasonably quickly; either on the same day as they were received or at least within seven days. Cash listed on the auditor’s spreadsheet generally took three months to deposit. The transactions on that spreadsheet appeared to have been “cherry picked” to demonstrate the point.

The cash receipts on the spreadsheet were small, ranging from \$5 to \$35 and the total amounted to only \$173, but the late deposits indicated to the auditors that the money was being used for some other reason and then repaid a long time later. One five dollar payment was not deposited until nearly six months after it was received.

The audit said that existing controls did not ensure that disbursements were economical and authorized. It did not provide specific purchases as examples of that audit finding.

“If there are any questions or concerns regarding this report, please contact the Office of the Public Auditor,” the audit said and provided the email address of Stoney S. Taulung, Public Auditor which is

ksauditor@mail.fm. Phone numbers are: 691-370-3440; 691-370-3766 or Facsimile: 691-370-3443.

The audit also provided a mailing address for the Kosrae Office of the Public Auditor which is:

Kosrae Office of the Public Auditor
Post Office Box 727
Kosrae, FM 96944

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...Taekwondo

Continued from front page

and laughed.

Kim said that the Taekwondo Peace Corps was formed to provide more opportunities to promote Taekwondo internationally.

Along with Kim the team consists of Lee Yujin who serves as the English language translator. Lee is a Business and Japanese major at Pusan University. Choi Daeho is a Taekwondo major at Junjoo University. Kim Yunsik is a Taekwondo major at Shinsung University.

Kim said that she didn't know how many people applied for the available volunteer positions in the Taekwondo Peace Corps but that 90 people were ultimately chosen to be part of four member teams that are travel to many worldwide locations.

Cassidy Shoniber, FSMNOC's Sports Education Development Officer said that the FSM joined the World Taekwondo Federation (WTF) this year and that the visit of the Taekwondo Peace Corps is a pilot program. Shoniber is coordinating the visit along with Jose Joab of Pohnpei State Sports.

Shoniber said that the opportunity to have a team visit the FSM came after the FSM joined the WTF. The WTF contacted the FSMNOC and encouraged them to apply to host a Taekwondo Peace Corps dispatch from Korea. He said that the FSMNOC

plans to continue to apply in the future so that other FSM States can be provided with the same opportunity Pohnpei is experiencing this year.

He said that the visit of the Taekwondo Peace Corps is geared toward young people between 7 and 14 years of age. "We want to catch the kids at that age because that's about the time they start to pick up bad habits like tobacco and alcohol," he said.

The group said that Taekwondo is really three words. "Tae" essentially means "foot." "Kwon" mean "fist" and "Do" is "the way". "Taekwondo" literally translated means the way of the foot and the fist. "There is a lot of kicking in Taekwondo," Lee said.

As in all martial arts, Taekwondo involves a great deal of discipline of the body, the mind, and the spirit. Each member of the team except for the translator, Lee Yujin has a black belt in Taekwondo and all are rated at 4th Dan, a level of education that qualifies them to teach the art.

They said that the goal of Taekwondo is to develop a sound mind, a sound body, and a sense of peace. "We can be physically very strong and very active while also being very calm inside," Kim, the team leader said.

Unfortunately, by the time this newspaper comes out on the stands, the demonstrations and promotions will have already been completed. The team is doing demonstrations at Nett, Awak, Sekere, Sokeh Pah Deh, and Denpei Elementary Schools. They will also

be doing demonstrations at Madolenihmw High School, College of Micronesia Pohnpei Campus, and Nanpei Memorial School.

The real meat of the program will be the Taekwondo training for children aged 7 to 14 years. Those will take place every day at 4:00 in the afternoon beginning July 25 through August 22 at the Pohnpei Fitness Center just south of the Botanical Gardens on the road to Pohnpei Island Central School.

Shoniber said that the Taekwondo Peace Corps is paying for the team members' airfare, lodging, and meals. FSMNOC is providing transportation.

He said that the FSMNOC formed a Pohnpei Taekwondo organizing committee to help coordinate the trainings. Osaia Santos is the Chairman of the committee. Toshi Akinaga is Vice Chairman. Swingle Hemon is the Secretary, and Tony Hesa is the Treasurer.

The Team members all live in Seoul, South Korea, a city one team member described as "freakin' huge!" Kim, the team leader, seems to have done the most international travelling of the group with trips to the U.S., Canada, Japan and several other international destinations. The two men of the group had never done any travelling.

They all said that they have so far found the people of Pohnpei to be very friendly. They were amazed that people know each other in Pohnpei. They liked that idea, something that is very foreign to big city dwellers.

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Pohnpei government ponders PTA solutions

By Bill Jaynes
The Kaselehlie Press

July 24, 2012

Pohnpei, FSM—Iso Ihlen Joseph, Pohnpei's top financial watchdog says that legally speaking, something must be done about the \$1.4 million that Pohnpei Transportation Authority (PTA) owes to the State. His assessment, contained in a June 26 letter to Governor Ehsa and to Peter M. Lohn, Speaker of the 8th Pohnpei Legislature is based on the legal opinion of the Office of the Attorney General.

Iso Ihlen Joseph, is the State Public Auditor.

"In short, the Acting Attorney General (who at the time was Monalize Abello-Pangelinan) has legally determined that public monies in the Pohnpei General Fund cannot be advanced to supplement the annual operations of the Pohnpei Transportation Authority without appropriation. Over \$1.4 million of Pohnpei general funds have been advanced to supplement PTA operations without appropriation in the past nine years," the letter said.

On May 25, 2012, the Office of the Public Auditor released its audit on PTA financial activities for the fiscal year ending September 30, 2011. The audit listed a plethora of difficulties in PTA management including weaknesses in oversight. One of the problems it mentioned was the

constitution of the Board as a contributing factor to proper oversight.

Three of the Board's members died some time ago, three of the remaining four submitted their resignations several years ago.

The audit said that the law still considers the three who tendered their resignations as fully empowered PTA Board Members until they are replaced, but the PTA Board of Directors has not had a meeting in several years.

Robert Hadley, who continues to serve as the Chairman of the PTA Board of Directors is the sole de facto remaining board member.

In his response to the audit, Hadley said that "such inactiveness existed at the PTA due to lack of support and guidance of the Pohnpei State Government both Executive and legislative with respect" to the legislation establishing PTA (SL 41-93-99).

He wrote that in 2004 PTA informed then Governor Johnny David, who was in the first year of his second term of office, that he needed to make nominations for PTA's Board of Directors. "Numerous discussion(s) and update(s) were made afterward including the new administration in year 2008 upon the new Governor's taking office (Governor Ehsa's first term), but yet no positive outcome (until) today,"

he wrote in his response.

Vallerio Hallens, Governor Ehsa's Chief of Staff said this morning that Governor Ehsa has not yet nominated Board Members for PTA.

The PTA audit also raised concerns that PTA's net liabilities of \$1.48 million, a large portion of which came from subsidies from Pohnpei's General fund, suggests that PTA might not have the ability to continue operating as a "going concern."

On May 21, four days prior to the release of the PTA audit, Iso Joseph wrote a letter to Pohnpei's Office of the Attorney General asking for a legal opinion on the legality of previous subsidies to PTA from Pohnpei's General Fund. PTA has been receiving subsidies to cover operating losses since 2003.

The return legal opinion, dated June 21, 2012 was from Caroline Pinkney-Baird, one of the office's Assistant Attorneys General. The legal opinion was issued and cleared by the Acting Attorney General.

In short answer form, the AG's office response said that the General Fund can partially cover PTA annual operating expenses as long as money is appropriated from the General Fund for this purpose.

Appropriations require full legislative

action. That has never happened any time since 2003 that money has been "advanced" to PTA from Pohnpei's General Fund in order to cover a portion of PTA's operating expense losses.

Based on the full legal opinion Iso Joseph recommended four possible solutions to PTA's problem in his June 26 letter to the Governor and the Speaker of the Legislature:

1. Enact legislation to forgive PTA the \$1.4 million it owes to the general fund.
2. Appropriate general funds to supplement PTA operations for the next several years or until it becomes self sustaining.
3. Reduce and restrict PTA to operate within its own resource generation capability; and
4. If the three above are not possible, then there is doubt if PTA can continue as a going concern. Hence, it is critically important for the leadership to make a decisive action to resolve this situation at the earliest opportunity.

Mr. Hallens said that the Pohnpei State Legislature has held a public hearing. Mr. Thomas Pablo testified on behalf of the Administration at that public hearing. He said this morning that it is the Administration's position that the \$1.4 million dollars previously given to PTA to cover operating expenses should be forgiven. The Governor's office is in the process of drafting legislation to that effect.



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Japan Grassroots Grants in the FSM

Chuuk

Embassy of Japan

The Handing-over Ceremony for “The Project for Improvement of Solid Waste Management on Weno, Island, Chuuk State” was held on July 20th, 2012 on Weno Island. Hachioji City of Tokyo and Toyokawa City of Aichi Prefecture donated two Garbage Collection Trucks and the grant was provided under the Grassroots Grant Aid from the Embassy of Japan to Chuuk EPA. Other items provided under this project were spare tires and repair parts for another garbage collection truck that has been used on Weno since 2004.

The drivers and mechanics were given safety trainings and instructions on operation and maintenance of these trucks as a part of this project. This project aims to improve solid waste management as well as the garbage collection efforts by expanding garbage collection areas.

Mr. Takafumi Ura, Second Secretary of the Embassy of Japan remarked that he “hopes these trucks will provide a further improvement of the waste management system on Weno Island.” Mr. Jason Poll, Acting director of Chuuk EPA emphasized his great appreciation for all the assistances towards the environmental sector in Chuuk from the Government of Japan.

It is expected that the project will provide an effective and efficient waste management system on Weno Island by synergy effect with the past Grassroots Grant Aid for “The Project for the Improvement of Waste Management System on Weno Island, Chuuk State” in 2010, that donated Bull-dozer to EPA to build a new access road to the Dump Site.



Kosrae

Embassy of Japan

On July 30th, Ambassador Eiichi Suzuki and Mr. Steven George, the Director of the Department of Resources and Economic Affairs (DREA) signed a grant contract for “The Project for Assistance to Agricultural Development in Kosrae State” in which Japan donates two Excavators and one Loader Truck for rental service for farmers and constructions for farm roads and drainage, in the amount of \$120,490 USD. The project is to improve and expand farming and provide the proper equipment urgently needed by local farmers.

The Project aims to deal with Agriculture in Kosrae as it plays a major role in their economic development, health issues, and food security. Ambassador Suzuki mentioned in his remarks “Stable development of agriculture will improve economic strength and

people’s health.” Ambassador Suzuki also pointed out how the use of heavy equipments would easily rust without appropriate maintenance therefore he explained how necessary it is for all the participants to do their parts.

Witnessing the signing ceremony was Governor Lyndon Jackson, Lt. Governor Carson Sigrah, and Mr. Witson Phillip, President of Kosrae Chamber of Commerce.





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Japan student exchange program a success in Pohnpei



On July 25th, after the Japanese students paid a courtesy call on Ambassador Suzuki, they moved to Cliff Rainbow where Japanese embassy staff Mr. Ura and JICA volunteer Mr. Suezue gave lectures on Pohnpei and the FSM

July 25 - 31

The Japanese Student exchange program, was started by former Prime Minister Mori around 10 years ago. Every year, 15 or more students from Japan come to one of the FSM states, visit famous sites, and meet the people.

Their activities included: A stop at Nahlap to play with local kids, a clean-up at the causeway, and staying at local homes overnight.

USDA program makes home livable for Pohnpei senior

United States Department of Agriculture

HILO, July 10, 2012 – USDA Rural Development State Director Chris Kanazawa announced today the recent completion of several critical repairs to the home of Mrs. Susana Sohs of Pohnpei in the Federated States of Micronesia (FSM). Sohs' home was renovated with funds provided from USDA's Section 504 Home Repair Loan and Grant Program.

Sohs' home, located in Uh Municipality (County) on the FSM's Capitol Island, needed several major repairs to make it safe, sanitary and livable again for Sohs and her two grandchildren. The home lacked interior plumbing including a toilet and kitchen, the walls were infested with termites, and the old tin roof leaked and posed a real risk of collapse. As well, the doors and windows were dilapidated and unsecure, and the electrical wiring was unsafe.

"At USDA we understand the absolute necessity safe, secure, livable housing plays in the quality of life for our island neighbors," said Kanazawa. "Our housing programs aim to help rural residents improve their standard of living by guaranteeing access to funding for urgently needed, critical home repairs to alleviate dangerous living conditions."

USDA Rural Development provided Sohs a \$7,450 loan and \$7,500 grant to make the necessary repairs to her home. The Section 504 Home Repair Loan and Grant Program is available in small, rural communities to help low-income homeowners make essential repairs to their homes. Low interest loans up to \$20,000 are available, and for seniors aged 62 or older who cannot afford a loan, grants up to \$7,500 are available.

"On behalf of my family, I wish to relay our gratitude and heartfelt 'thank you's' to USDA Rural Development and its employees. Our lives are better than ever before, and we wake up every morning now in a good, safe, and clean home," said Sohs. "I am fortunate and wish to convey to everyone that USDA makes a great difference in Pohnpei. Thank you so much Rural Development!"

USDA, through its Rural Development mission area, administers and manages housing, business and community infrastructure programs through a national network of state and local offices. Rural Development has an active portfolio of more than \$170 billion in loans and loan guarantees. These programs are designed to improve the economic stability of rural communities, businesses, residents, farmers and ranchers and improve the quality of life in rural areas.

Shining Lights of hope and happiness in Micronesia, Freedom Life Philosophy of Buddhism

"It is extremely rare to be born as a human being. Not only are you endowed with human form, but you have had the rare fortune to encounter Buddhism. Moreover, out of the Buddha's many teachings you have encountered the daimoku, or the title, of the Lotus Sutra [i.e., Nam-myoho-renge-kyo] and become its votary. Truly you are a person who has offered alms to a hundred thousand million Buddhas in [your] past existences!

From Nichiren's letter

As a result of profound karmic ties from the past, we have had the good fortune to be born as human beings and to encounter the teaching of the Mystic Law, which is difficult to encounter. How precious is our existence! We must not spend this life in vain and be left with regrets. Each one of our struggles and hardships for world peace will become joy-filled "memories of our present life in this human world" indestructible, diamond-like treasures of the heart. In the realm of Buddhism, none of our efforts is ever wasted. Let's adorn our lives with victory after victory, always putting our determinations into action without delay.

From Dr. Daisaku Ikeda.

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Additional Dependent Minor (Each)	3.58	4.13	0.55
Other Dependents	14.30	16.52	2.22
B Supplemental for Residents			
Eligible Employee	32.45	37.48	5.03
Dependent Spouse	32.45	37.48	5.03
Dependent Minor Children (First Four Children)	32.45	37.48	5.03
Additional Dependent Minor (Each)	8.12	9.38	1.26
Other Dependents	32.45	37.48	5.03
C Supplemental Non-Residents			
Eligible Employee	44.55	51.46	6.91
Dependent Spouse	44.55	51.46	6.91
Dependent Minor Children (First 4 Children)	44.55	51.46	6.91
Additional Dependent Minor (Each)	44.55	51.46	6.91
Other Dependents	44.55	51.46	6.91
D Non-Referral Option (New)*			
Eligible Employee	0	8.26	N/A
Dependent Spouse	0	8.26	N/A
Dependent Minor Children (First Four Children)	0	8.26	N/A
Additional Dependent Minor (Each)	0	N/A	N/A
Other Dependents	0	N/A	N/A
E Regional and International Resident Workers (New)**			
Eligible Employee	0	51.46	N/A
Dependent Spouse	0	51.46	N/A
Dependent Minor Children (First 4 Children)	0	51.46	N/A
Additional Dependent Minor (Each)	0	51.46	N/A
Other Dependents	0	51.46	N/A

New Tokyo Medical College Part Time Teaching Positions

The New Tokyo Medical College is announcing its opening date slated for August 13, 2012, in Kolonia Town, Pohnpei State, at its newly established camp site in Mabusi, adjacent to the Kolonia Plaza. The NTMC Camp can accommodate twenty (20) college bound students and medical officers who are pursuing and/or practicing medical fields to become doctors in medicine. The first selected twenty (20) FSM applicants shall be granted NTMC tuition-free Student Financial Aid to cover the tuition cost for the duration of their studies at the New Tokyo Medical College. The selected applicants shall be responsible for their room and board, meals and transportation at the NTMC.

Now NTMC is inviting part-time instructors in the following areas:

General Biology

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College English

Calculus

General Medicine/surgery (Medical officers or M.D. only)

contact: (691) 924-6234 or 6208 (temporary college cell phones)
Send a brief CV to: ikadaigaku@hanmail.net

LEGAL NOTICE

Anthony Mix, doing business as Special Service Guards filed an application for bankruptcy with the FSM Supreme Court on June 4, 2012.

Any person or entity having a claim against Anthony Mix or Special Service Guards should file that claim with the FSM Supreme Court before December 3, 2012.

Claim forms are available at any FSM Supreme Court.

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Marine from Micronesia wraps up second Afghan tour

By Cpl. Kenneth Jasik
DVIDS

Saturday, July 7, 2012

Forward Operating Base Zeebrugge, Kajaki District, Afghanistan – Marines seem to come from all walks of life, some more abstract than others. For one

Marine, growing up in Micronesia was his childhood.

Corporal Jordi Inoke, a radio operator with 1st Battalion, 8th Marines, Regimental Combat Team 6, says he's proud to be in Afghanistan, on his second deployment and supporting International Security

Assistance Forces.

"I like deploying to Afghanistan," said Inoke. "I feel like we're doing good work, and we are truly earning our paychecks out here."

Inoke grew up on Pohnpei, FSM.

"I grew up with my grandparents, and we had a big family," said Inoke. "When I was a kid, I did what kids do: play and go to school."

Inoke's life on the small island gives him a different experience than most Marines, having to share almost everything he had with his family.

"He brings a colorful environment with his different background," Cpl. William N. Niven, a radio technician with 1st Bn., 8th Marines. "He gets to tell us about the island. I like hearing about where he's from, because he has a unique back story. Everyone on the island

knows one another, and it's a different type of community."

"On the island it's just small towns, and wherever you are going, you can walk," said Inoke. "If you're walking to a place, someone will probably stop by and ask you if you need a ride and take you wherever you need to go. The people there are really kind."

Growing up, Inoke only knew about the Army, Air Force and Navy. "I didn't know about the Marine Corps until I met my recruiter," said Inoke. "My brother joined the Marine Corps about six months before me. Only after I spoke to the recruiter, I understood what it was."

Inoke's brother's enlistment is what inspired him to join. Inoke originally only wanted to stay in for one enlistment, but says he now plans on continuing his Marine Corps career.

"My brother and I planned on joining the Marine Corps for four years then going back to school," said Inoke. "I just put in my reenlistment package. I'm going to try for another four years."

When he got to Marine Corps Recruit Depot San Diego in March 2009, Inoke didn't fully understand what he had got himself into.

"I was excited," said Inoke, "I thought 'man, this is going to be fun.' I got off the plane, and I asked what's going on to the drill instructor at the airport. Well, after that I was like, 'what did I get myself into?'"

It was harder for Inoke adjusting to military life because he knew very little English.

"When I got to boot camp, my English was not too good," said Inoke. "While I've been in the fleet, it has gotten a lot better."

As he worked on his English, Inoke trained to become a radio operator.

"It's good to work with him," said Niven, 22, from Montgomery, Texas. "He does his job real well. He doesn't speak perfect English, but he didn't know much at all when he went to boot camp three years ago. Now you can hold a perfect conversation with him."

Inoke has deployed twice to Afghanistan, his first was with Regimental Combat Team 2, in 2010. He is preparing to return to Camp Lejeune soon.



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Bill Jaynes
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First Micronesian NGO eligible for combined Federal campaign

Office of the Assistant Secretary for Insular Areas

Washington, D.C. – A recent announcement by the US Office of Personnel Management (OPM) allows the Micronesia Conservation Trust

(MCT) admittance to participate in the FY 2012 Combined Federal Campaign (CFC). The CFC is the only authorized solicitation of employees in the Federal workplace and raises millions of dollars annually through national and international campaigns. The

Micronesian Conversation Trust is the first Micronesian non-governmental organization to be included in the Combined Federal Campaign Charity List.

“OPM’s announcement is great news and I commend MCT’s leadership for their mission and for their work to be included in the CFC. For the past two years, my office has worked on an initiative to strengthen the Non-Governmental Organizations (NGO’S) in Micronesia and the Caribbean. NGO’s are part of an important and growing sector that are providing necessary environmental, health, youth, and social services with very limited resources,” said Tony Babauta, Assistant Secretary of the Interior for Insular Areas.

The MCT supports biodiversity conservation and related sustainable development for the people of the Federated States of Micronesia, the Republic of Palau, the Republic of the Marshall Islands, the US Territory of Guam and the Commonwealth of the Northern Mariana Islands. It is a major partner in the Micronesia Challenge which has the goal of conserving at least 30% of the near-shore marine resources and 20% of the terrestrial resources across Micronesia by 2020.

This ambitious challenge far exceeds current goals set by international conventions and treaties.

Assistant Secretary Babauta wrote to the Joint Region Mariana’s Command informing Rear Admiral Bushong of the great news that on June 14, 2012, the first local Micronesian NGO was included in the CFC’s Charity List by the Office of Personnel Management. “We’ve been working closely through the Interagency Group on Insular Areas (IGIA) to ensure the NGO’s, the Office of Personnel Management and other corporations to seek a diverse pool of sources to select from. With its inclusion in the CFC, MCT is now eligible to receive pledges from the many Federal employees and military personnel who are from the region, currently stationed there, or have an interest in the insular areas. I highly encourage other NGO’s in the insular areas to explore their eligibility for the CFC as well,” added Babauta.

For those interested in making donations, MCT will be listed in the CFC Charity List under the national/international independent agencies under the number 79910. The CFC season runs from September 1 – December 15.

PUC Bill passes legislative scrutiny with amendments

By *Bill Jaynes*
The Kaselehlie Press

July 24, 2012

Pohnpei, FSM—On Thursday July 5, the Pohnpei State Legislature considered the “Pohnpei Utilities Corporation (PUC) bill” (LB 42-12 LD 4) and as predicted, made a few amendments to the bill before passing the bill to the Governor. For the most part the bill stands as was reported in July 9 issue of The Kaselehlie Press.

The provision of the bill in its first draft required that certain rate increases established by PUC in calendar year 2012 be suspended until they undergo review. By the fourth draft that requirement had vanished.

For the most part the amendments were technical in nature. Precise changes were difficult to track amongst the legislative drafts. One amendment changed the wording under Section 1, which describes the purpose and intent of the bill. Another amendment changed the date on which the terms of the current members of the PUC board will expire from June to November. Another amendment requires the PUC Board of Directors to develop and present to the Governor by January 1, 2014, a study on the feasibility of outsourcing of “other aspects” of production of utilities services provided by PUC to the general public

Governor Ehsa’s Chief of Staff, Vallerio Hallens said this morning that the Governor had not yet signed the bill. It is currently being reviewed by the Office of the Attorney General. Hallens said that barring any legal objections the Governor is prepared to sign the bill.



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College of Micronesia-FSM Board Meeting

Where: New Zealand Reading Room, second floor of
the National Campus Learning Resources Center.

When: August 10, 2012 (Friday)

Time: 8:30am - 5:00pm

Meeting is open to the public.

CFC, Western Union, and Ace Hardware Sponsors of a fantastic fishing tournament

Pohnpei Fishing Club

The Pohnpei Fishing Club held a tournament on July 28, 2012, sponsored by Caroline Fisheries Corporation, Western Union and Ace Hardware, who put up cash and gift certificates. It was a fine day to be out on the ocean, and most fishermen managed to fish most of the day without getting wet. The big story was also about the one that got away. Still there were some good fish caught and prizes were won.

The following is the list of prize winners for biggest fish.

1.	\$400.00	Goujun Qu	Marlin	102 pounds
2.	\$300.00	Konrad Englberger	Wahoo	21.0 pounds
3.	\$200.00	Willy Hawley	Yellow Fin	17.0 pounds
4.	\$150.00	Tony Manuel	Barracuda	15.0 pounds
5.	\$100.00	Oliver Hawley	Barracuda	14.5 pounds
		Gift Certificate		

The ones that got away were surely twice the size.

We also had some individual categories.

Skip jack	Nihda Weilbacher	12.5 pounds	\$100.00 Gift Certificate
Wahoo	Kavia	16.0 pounds	\$100.00 Gift Certificate
GT	RC Carlos	Small	\$100.00 Gift Certificate

We also had another gift certificate for biggest rainbow runner. Unfortunately none were caught, so we awarded that for the biggest mahi mahi To Francisco Sohl.

The Fishing Club also supports the Pohnpei Public Library, through a barbecue at the weigh-in. The Library received some money to fix up their playground, and it is now an even better place for kids to hang out. The weigh-in itself was a raucous affair at Kumer Panuelo's dock. The public is invited to all the weigh-ins so we appreciate all the support we get.



Additionally, the Pohnpei Fishing Club is working to improve the boat ramp and launching area in Dekehtik. A lot of work is being done there, so that the public will have a nice facility for launching boats. There is also a safety factor involved, as it will be a secure launching area for emergencies.

We want to thank everyone for helping out. Many thanks to our sponsors Caroline Fisheries Corporation, Western Union, and Ace Hardware.

Get your fishing gear ready, we have plenty of tournaments before the end of the year. Please mark on your calendar the Blue Nile Tournament set for September 8, 2012.

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International Organization for Migration

Public Information Assistant

Background

The International Organization for Migration (IOM) is a dynamic and growing inter-governmental organization, with over 146 member states, including the FSM. The IOM works to help ensure the orderly and humane management of migration, to promote international cooperation on migration issues, to assist in the search for practical solutions to migration problems, and to provide humanitarian assistance to migrants in need, and the wider community

Context

Under the direct supervision of the Chief of Mission (CoM) and in close coordination with IOM's sub-offices in the region the successful candidate will serve as the focal point of all public information activities within IOM's programs in the Federated States of Micronesia (FSM) and the Republic of the Marshall Islands (RMI).

Desirable qualifications:

a) Advanced university degree preferably in Journalism, Business Administration, Marketing, and/or Public Health; b) Experience working with an international organization, embassy, or NGO is advantageous

Mandatory qualifications/experience

a) completed university degree from an accredited academic institution, preferably in Journalism, Business Administration, Marketing, and/or Public Health; b) a minimum of three years of experience in writing and designing brochures, fact sheets and other promotional materials, including experience in web management; c) experience in editing technical documents and production of materials; d) knowledge of the issues of disaster risk reduction, climate change adaptation is required; f) knowledge of the issues of migration (including irregular migration, public health, trafficking in persons) an advantage; g) experience in the use of MS Publisher, Photoshop, website design and similar application an advantage.

Languages

- Verbal and written fluency in English. Knowledge of local language is advantageous.

Conditions of Employment

Grade: G5
Salary: \$9,348 net per annum (\$11,541 Gross)
Duration: 6 - 9 months
Duty Station: Pohnpei Head Office, Federated States of Micronesia
Medical Insurance Plan included and competitive employment conditions, including annual leave and sick leave entitlements.

How to apply

1. **One page Statement of Interest**
2. **Curriculum Vitae or Resume**
3. **Contact Information of at least 3 references**
4. **Copies of academic transcript/s - Do Not Send Originals**

For details and job descriptions, e-mail us at: HRmicronesia@iom.int or pick up a Terms of Reference (ToR) from your nearest IOM office.

Email to: HRmicronesia@iom.int

Mail to:
International Organization for Migration
PO Box K2644
Pohnpei, FM 96941

Hand-delivery at:
International Organization for Migration
Suite 2G Pohn Umpomp Building
Pohn Umpomp Place, Nett (Next to US Embassy)



IOM-Sekere Socialization Meeting



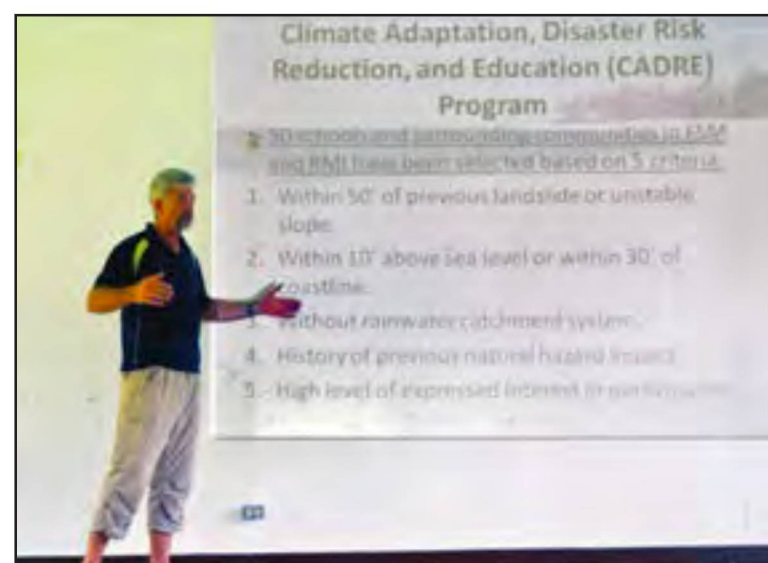
The International Organization for Migration (IOM) arranged a meeting with the community in Sekere Village, Pohnpei on Saturday, July 28, to raise awareness on climate change and disaster risk. This community socialization forms an important part of the Climate Adaptation, Disaster Risk Reduction and Education (CADRE) Program that IOM is managing and implementing on behalf of the Australian Agency for International Development (AusAID). The aim of the CADRE Program is to build the resilience of vulnerable communities in the Federated States of Micronesia (FSM) and the Republic of the Marshall Islands (RMI) to climate change, including climate-induced natural hazards. IOM will target approximately 10,000 school-aged students at up to 50 schools and surrounding communities under the CADRE program.

The Sekere community was chosen as the first of the 50 target communities throughout the FSM and the RMI due to the high level of interest expressed by the community for increasing their own level of resilience to climate change and preparedness for disasters. Their enthusiasm was clearly demonstrated during the school evacuation drills coordinated by IOM and the Pohnpei State Government last year. The community meeting in Sekere is the first of several steps in which IOM will provide skills, knowledge and equipment for improved preparedness and response planning for disaster events.

At Saturday's gathering, over 70 community members attended to hear IOM Trainer, Ms. Yolanda Joab's presentation to impart concepts of climate change and its implications for increased risks of future disaster events. Following Ms. Joab's presentation, IOM Emergency Response Advisor, Rick Herman introduced the subject of Hazard, Vulnerability and Capacity (HVC) Mapping to the participants who appeared very engaged.

The community leaders will select a good cross-section of community members to volunteer to participate in a Hazard, Vulnerability and Capacity Mapping (HVCM) exercise. One of the youth organization leaders requested if IOM could increase the number of participants in the HVCM exercise, due to the overwhelming interest being expressed by younger members of the community to participate in this activity. IOM will return to Sekere Municipality to commence the mapping exercise in the coming weeks. Organizations interested in being involved are encouraged to contact the IOM Head Office for the FSM & RMI located in the Pohn Umpomp Building, Nett Municipality, Pohnpei for further information.
The International Organization for Migration

(691) 320 – 8735/95 or IOM Micronesia website: <http://micronesia.iom.int/>

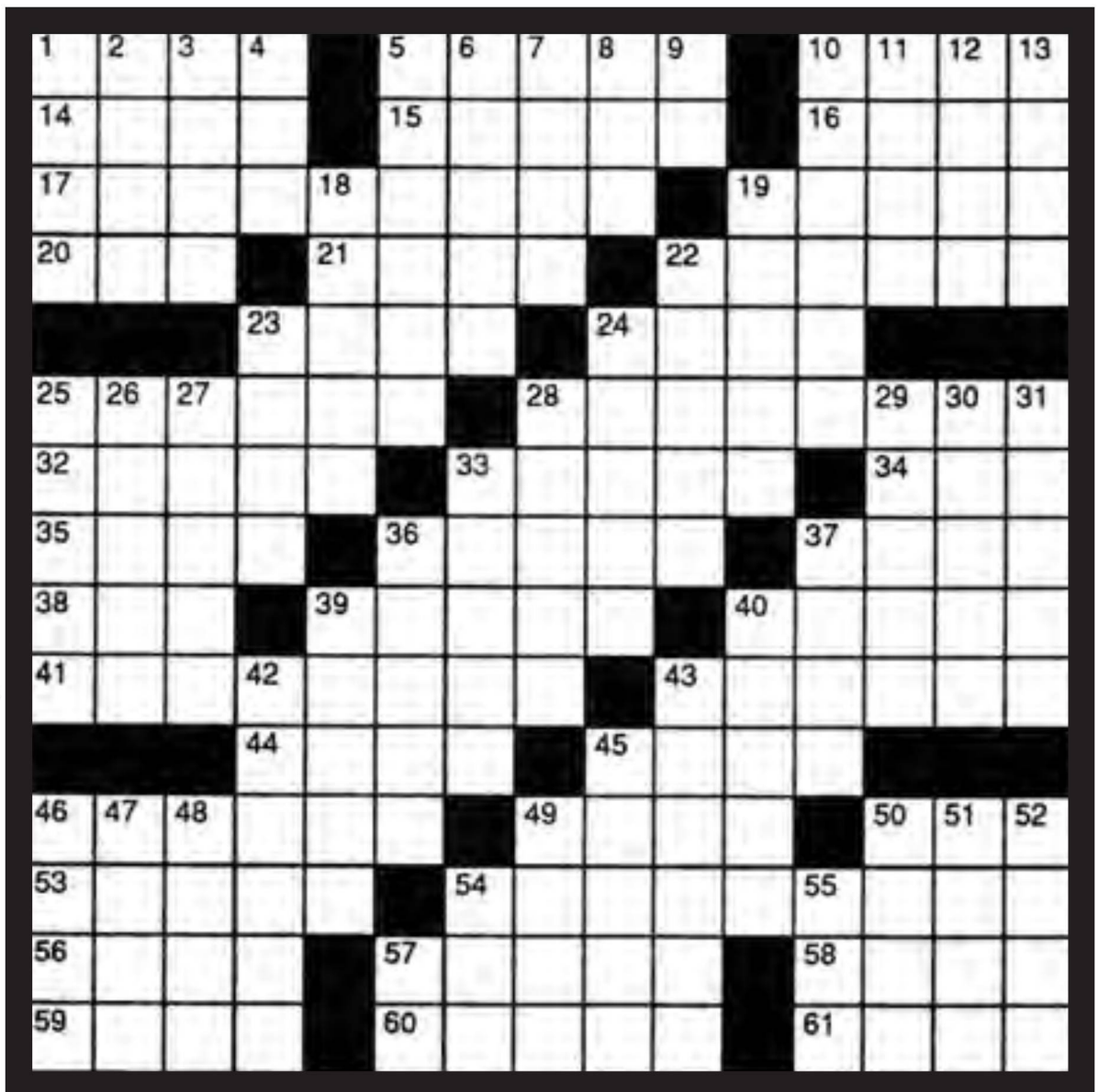


Crossword

ACROSS

- | | |
|--------------------------------|--|
| 1. Rounded root | 1. Slightly wet |
| 5. Greens with dressing | 2. Bread spread |
| 10. Twirl | 3. Companion |
| 14. Having wings | 4. Make mistake |
| 15. Select group | 5. Part of Congress |
| 16. Ending musical passage | 6. Solitary |
| 17. Pianist's clockwork device | 7. Greenish citrus fruit |
| 19. Boy Scout unit | 8. Devoured |
| 20. Edgar Allan — | 9. Yvonne — Carlo |
| 21. Narrow country road | 10. Economize |
| 22. Bores a hole | 11. Pond |
| 23. Tiny creature | 12. Object of worship |
| 24. Metric weight unit | 13. Dozes briefly |
| 25. Conduct oneself properly | 18. oil |
| 28. Small sunfish (p1.) | 19. Catches in snare |
| 32. Make amends | 22. Swallowed liquid |
| 33. Tribal divisions | 23. Horse's hair |
| 34. Floor covering | 24. Magnificent |
| 35. Melody | 25. Conductor's stick |
| 36. Practical joke | 26. Musical composition |
| 37. Leaf in book | 27. Sharpens on stone |
| 38. Lyric poem | 28. Loud ringing noise |
| 39. Identifying mark | 29. Statue |
| 40. Bet | 30. Anxious to do |
| 41. Young bird | 31. Severe |
| 43. Up-to-date | 33. Wading bird |
| 44. Speed contest | 36. Cost |
| 45. Automobiles | 37. Cushions |
| 46. Render harmless | 39. Bored and satiated |
| 49. Travel by water | 40. Planet earth |
| 50. Weep aloud | 42. Has confidence in |
| 53. Rub out | 43. Posted |
| 54. Innocent, trusting | 45. "The — Mutiny" |
| 56. Give off | 46. Think |
| 57. Lying flat | 47. Columnist Bombeck |
| 58. Cry of pity | 48. Bazaar |
| 59. Red planet | 49. Boutique |
| 60. Wrote with typewriter | 50. Farm tower |
| 61. Youths | 51. All right (colloq.) |
| | 52. Pres. Truman's wife |
| | 54. Shout |
| | 55. Scientific research room (colloq.) |
| | 57. 1/2 quart (abbr.) |

DOWN



SORCERERS WORDS

Circle all the words listed below; then read the leftover letters from left to right, top to bottom, to discover the Sorcerers Words.

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

- | | |
|------------|-----------|
| ARTS | NEWS |
| BONDS | OPENING |
| BUSINESS | OPINION |
| CASE | POLITICS |
| CELEBRITY | POLL |
| CONCERN | PRESIDENT |
| CONGRESS | PRESS |
| COVERAGE | PUBLIC |
| DEBATE | SCIENCE |
| DISPUTE | SCORE |
| FASHION | SENATOR |
| GOVERNMENT | SPORTS |
| GOVERNOR | STATE |
| HEALTH | STOCKS |
| ISSUE | VOTE |
| MATTER | WEATHER |
| MAYOR | WINNER |
| MEDIA | WORLD |
| NATION | |



2nd Dr. Eliuel K. Pretrick Memorial Scholarship awarded

By Jim Tobin

FSMNOC President Berney Martin.

The second Dr. Eliuel K. Pretrick Memorial Scholarship award ceremony was held at the FSM National Olympic Committee (FSMNOC) office in Kolonia on Friday, July 6. A \$10,000 scholarship was presented to Strick Lloyd Yamada from Kolonia, Pohnpei. Attending the ceremony was: FSM Congress Vice Speaker Berney Martin; Dr. Vita Skilling, Secretary of the Department of Health and Social Affairs, FSM National Government; Samson Pretrick, Assistant Secretary, Department of Foreign Affairs, FSM National Government; Mr. and Mrs. Hubert Yamada; Bermin Weilbacher, BNN; Scholarship Committee members; FSMNOC staff; and Pretrick family members.

During her short remarks, Chairwoman Weilbacher stated: "our selection process was completed in June. Strick Lloyd Yamada, a graduate of COM-FSM and now a full-time student at the University of Hawaii – Hilo, was unanimously selected as the second recipient of this unique scholarship. Lloyd is a very promising young man, with very good grade point average and whose heart is in sports. The committee has high hope that Lloyd will return to Pohnpei with a bachelor's degree in Sports Administration in two years. We hope he will get a job working for Pohnpei State Government sport office, FSMNOC or COM-FSM".

Dr. Pretrick was the formal Secretary of the FSM National Government Department of Health, Education and Social Affairs and the founding President of the FSM National Olympic Committee. Dr. Pretrick passed away in May 2007. In 2009, Penny Weilbacher, Iris Falcam, Moses Pretrick, Lore Nena and Jim Tobin formed the Dr. Eliuel K. Pretrick Memorial Scholarship Committee. In 2010, the committee was approved as a certified Non-Profit Corporation by the Department of Justice, FSM National Government. Mrs. Weilbacher was elected the Chairwoman, Iris Falcam as Co-Chairwoman, Tobin as Secretary/Treasurer with Pretrick and Nena as Committee Members. Suzie Yoma joined



as the fifth committee member replacing the late Iris Falcam. The committee's goal is to award one \$10,000 scholarship annually to a FSM citizen who wishes to attend a 4-year university with a goal to receive a bachelor's degree in physical education or a sport related field. The scholarship is for a 3rd or 4th year student.

The Master of Ceremonies for the scholarship award ceremony was Moses Pretrick. The program included an opening prayer by Reverend Nobert Kalau and remarks from Penny Weilbacher, Chairwoman, Dr. Pretrick Memorial Scholarship Committee, Samson Pretrick, on behalf of the Pretrick family and

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- Alcoholics Anonymous meets every Wednesday at Cantero Hall at the Roman Catholic Vicariate office at 7:00 p.m. Public welcome.
- 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 320-4015.
- Soccer practice/games at PICS field Monday, Tuesday, Thursday 5:30 p.m. Everyone welcome.
- 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.
- The Rotary Club of Pohnpei holds its weekly meetings Thursdays at 12:15 p.m. at PCR Nantehlik
- 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

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Island Food Community of Pohnpei presented its work at 16th Annual PBMA Conference.

By *Chizuru Seki (JICA)*

Island Food Community of Pohnpei

On Wednesday July 25, 2012, Island Food Community of Pohnpei (IFCP) spoke out about "Go Local" initiative to gain CHEEF (Culture, Health, Environment, Economy and Food Security) benefits of local food at 16th Annual PBMA Conference Pacific Tsunami of Non-communicable Diseases at Pohnpei State Hospital.

Mrs. Emihner Johnson, IFCP Acting Executive Director, started a presentation with the video highlighted the visit of Australia Governor General to IFCP training center in April. This video also emphasized the health crisis in the FSM, 1 in 3 adults in the FSM has diabetes.

The awareness work of IFCP with school students and community members were also presented by Mrs. Johnson.

One school project, Go Local! Go Math! (a school project which was conducted last school year (SY11-12) at Ohmine elementary school) was presented and a survey result caught all participants' attention.

The overview of the project and the results of baseline and evaluation surveys were given by Ms. Chizuru Seki, JICA Volunteer.

The baseline survey revealed that about 78% of students (4th grade 2011-2012) preferred to eat local food rather than imported food. However, students ate imported food more days than local food in a week (Monday-Friday) (3.56 days/week for imported food and 2.62 days for local food at baseline).

Conference participants were amazed with the photos of food items sold on school premises, no local food and mainly unhealthy processed food.

The evaluation survey of the project revealed that there was no significant difference in consumption of local food and imported food since the baseline survey; however, Kool Aid® powder intake was significantly decreased among the students who participated in Go Local! Go Math! in-class lessons.

These results can help parents, teachers and a whole community to put our efforts together and find solutions to help our children in the response to the NCD crisis. IFCP sees policies, environment and motivation are contributing factors that can change people's attitudes.

Many participants expressed the need of IFCP branch office in other states of the FSM after the presentation.

IFCP has been trying to reach out to other states of the FSM to the fullest extent possible with the available budget.

IFCP welcomes any kind of supports to extend the go local campaign through the FSM to prevent Pacific tsunami of non-communicable diseases.

IFCP would like to thank Pohnpei State Medical Association for allowing IFCP to present its perspective of responding to the NCD crisis.

Acknowledgements are given to our funding supporters: SPC Healthy Life-Style, UNESCO, Division of Public Health of Pohnpei Department of Health Services, Pohnpei State Government Subsidy and Japan International Cooperation Agency (JICA).



IFCP presented at PBMA conference, Pohnpei State Hospital

Let's Go Local! in Houston, Palau and Chuuk.

By *Chizuru Seki (JICA)*

Island Food Community of Pohnpei

In the end of June and July 2012, Let's Go Local campaign approached to outside Pohnpei State.

Mrs. Emihner Johnson, Island Food Community of Pohnpei (IFCP) Acting Executive Director, traveled to Houston, Texas, USA to attend Inter-Cultural Cancer Council Biennial Symposium from June 27th to July 2nd.

Mrs. Johnson gave a presentation: "Go Local: grow more and consume more local food for health improvement" at the symposium.

She started her presentation by introducing the basic information on the FSM. Then she brought up the great lifestyle and diet shift in the FSM. Even though there are many varieties of traditional "local foods" such as taro, breadfruit, banana, pandanus, coconut and fish, people

are eating more refined rice, flour products, processed food that are high in fat, salt and sugar. This great shift from traditional foods to imported processed food in addition to lifestyle changes (becoming more inactive) has led to serious problems of nutrition-related diseases: Vitamin A deficiency, diabetes, heart disease and cancers. IFCP has been conducting many researches since 1998 and identified those nutrient-rich local foods (local yellow and orange flesh food) which can protect against micronutrient deficiencies and certain non-communicable diseases (Englberger et al., 2003, 2006, 2008, 2009).

Back from Houston, Mrs. Johnson departed to give a presentation at Palau Olympians Workshops of Healthy Living for Active Living from July 11th to 13th.

In Palau, Mrs. Johnson focused on three local food which has been analyzed its nutrient contents. Bananas are high in provitamin A, potassium,

vitamin C, iron, zinc, calcium, magnesium, phosphorus, manganese and copper. Karat banana, Pohnpei State banana, has the highest known level of provitamin A carotenoid content in banana in the world. Giant swamp taro is high in vitamin C, riboflavin, zinc, iron, calcium and fiber. Fiber could reduce the risk of diabetes by controlling blood sugar level. Bread fruit is rich in fiber as well as vitamin B, thiamin, potassium, niacin, magnesium, protein, vitamin C and iron.

She also took a part in a one hour radio program and introduced IFCP and its vision and mission, stating its past and current and on-going projects and activities. And in the evening of July 11th, a round table discussion was held with individuals from the business sector, farmers, health providers, NCD coalitions, nutritionist, etc who are interested in replicating the "GO LOCAL" campaign in Palau.

From July 16th to 19th, Mrs. Johnson

flew to Chuuk State for the FSM National Women's Council Meeting.

Since its constitution, IFCP has been conducting many awareness outreaches through posters, workshops, gardening, cooking, songs, media, and other means. IFCP has learned that motivation is the key to change our attitude and habit. IFCP would like to keep working on increasing people's motivation by providing proper knowledge on local food, awareness and group activities.

Special thanks are given to University of Hawaii and Department of Health Services and Social Affairs for supporting traveling expenses.

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