

CHACHALANI

GUAM COMMUNITY COLLEGE NEWSLETTER

Culinary program receives ACF certification

It is yet another accolade for the stellar GCC Culinary Arts program that helps to provide fine dining experiences from one end of Guam to the other. The GCC Culinary Arts and Food Services Department received news of its program accreditation certificate from the American Culinary Federation (ACF) on Feb. 12. The accreditation period will last through December 31, 2022.

“Getting the ACFEF Culinary program accreditation is not an easy task. There are 52 ACFEF standards that our Culinary Program has to meet in order to be accredited,” noted Vicky Schrage, GCC Culinary Arts and Food Services Department chair.

“ACFEF program accreditation means that in the next five years, graduates of GCC Culinary Program are eligible to receive the American Culinary Federation (ACF) Certified Culinarian certification, which would allow them to compete for positions above entry-level,” Schrage added. **“As someone who has been involved in this program from high school through postsecondary, I am extremely proud to have overseen this accreditation effort. This certificate proves what the chefs and I have known for years – that our program takes students with raw talent and refines that talent to provide our island’s finest restaurants with the outstanding chefs and cooks that turn dining on Guam into an amazing sensory experience,”** said Schrage.

PHR KEN DONATES TO CULINARY PROGRAM

Culinary students received another boost in February thanks to a generous donation of four sous vide – the technical term is “immersion circulator” – cookers by the PHR Ken Micronesia, Inc. PHR donated the cookers and other kitchen supplies such as containers, rolling pins, and heat resistant spatulas with proceeds from its 2017 Rising Star Charity event, “HOPS Around the World”, sponsored by IWS, IWD, and Quality Distributors.

“These cookers are state-of-the-art,” said Chef Paul Kerner, who heads GCC’s Culinary Arts program. **“They are great for our advanced students.”**

Tools of the Trade supplemented the PHR donation with some additional culinary supplies.



1 Sesame Street Mangilao, Guam
(671) 735-5531
www.guamcc.edu

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MARCH - APRIL EVENTS

- March 7 - 9 **ACCJC Visit**
- March 8 - Spring Festival
- March 16 - Accounting for the Future Conference, Pacific Star Resort
- March 19 - College Assembly (GCC closed until 5 pm - Classes 4 - 10 pm only)
- March 30 - Deadline to apply for graduation (w/name in booklet!)
- April 11 - VisCom LinkUP Job Fair in MPA
- April 13 - Deadline to apply for graduation
- April 27 - GCC Foundation 2nd Annual Wine Tasting at LRC

GCC MISSION

Guam Community College is a leader in career and technical workforce development, providing the highest quality student-centered education and job training for Micronesia.

POSTSECONDARY

19 COMPLETE GCC PRACTICAL NURSING PROGRAM

Eighteen young women and men took part in the time-honored pinning ceremony for the GCC Practical Nursing program on Jan. 20, at the Crystal Ballroom of Lotte Hotel Guam. The ceremony, during which a loved one “pins” each nursing candidate with a program pin, is a symbolic entrance into the profession.

Rose Grino, RN, President of the Guam Nurses Association, gave the keynote address, reminding the future nurses that with all of the technology available now in the profession, to “*keep that human connection*” in their care.

Mishaleen Sunga, the GCC Practical Nursing Student Association president, urged her classmates to study for and pass the NCLEX. (Nineteen people completed the year-long GCC Practical Nursing program in 2017.) One person was not present at the pinning ceremony.

Members of the 2017 Practical Nursing Student Association donated this rocking chair to GCC’s proposed breastfeeding room in the Student Health Center on Jan. 25. Pictured are Mishaeleen Sunga- PNSA President, and Elisa Guerrero- PNSA VP.

In other GCC Allied Health Department news, Medical Assisting students assisted with the island’s homeless count in January.



GCC COSMETOLOGY INDUSTRY CERTIFICATION - BACK IN ACTION!

These pictures are of GCC Cosmetology students doin’ their thing now that the program is back in action for spring 2018!



POSTSECONDARY

GUEST LECTURERS HIGHLIGHT ISLAND'S HISTORY

Judy Amesbury, Archeologist, lectured in Dan Owen's Pacific Cultures class on Feb. 14, about her "Who Wears the Beads" book. On Feb. 21, Don Farrell, prominent Guam and Northern Mariana Islands historian, lectured in Owen's class and then donated several books to the GCC Learning Resource Center. Among them were Farrell's Pictorial History of Guam series; his History of the Northern Mariana Islands; Saipan, A Brief History; and an original copy of the first paper he ever wrote, entitled, "A Paper delivered to Congress on the History of Guam's Electric Utility from its Inception to the Present," written in February 1982.

Rev. Fran Hezel was a guest speaker in ED150 classes on Feb. 28. Since 1963, Rev. Hezel has been a pastor in Dededo for many years. He has written numerous articles and books focused on Micronesia.

SCHOLARSHIP AWARDS!

Soroptimist International of the Marianas awarded four GCC students with a collective total of \$9,000 in scholarship money on Feb. 9 at the Pacific Star Resort. The four GCC students, along with a high school awardee and an organizational awardee, are, from left to right: Connie Evaristo (GCC), Angeline Francisco (High School Awardee), Stephanie Taylor (Harvest House - organizational awardee), Angel Mar Pamintuan (GCC), Cyndal Abad (GCC) and Samantha Bautista (GCC). Students, apply for these scholarships!!

Si Yu'os Ma'ase to the Guam Society of CPAs for its generous donation of \$1,250 to support the GCC Accounting Conference scheduled for March 16. James Whitt, President of the Guam Society of Certified Public Accountants, presented the check to Pilar Pangelinan, Accounting Professor, and her students on Feb. 20.



POSTSECONDARY

ADDRESSING SUBSTANCE ABUSE

GCC awarded Course Series Completion Certificates on Substance Abuse Prevention & Treatment to eight (8) paraprofessionals in the substance abuse prevention and treatment field during a ceremony at the GCC Student Center Training Room on Dec. 30, 2017. The trained paraprofessionals represented the Guam Behavioral Health & Wellness Center, WestCare Pacific Islands, the Lighthouse Recovery Center, Oasis Empowerment Center and the Department of Labor Employment Program. The course series was made possible through a regional workforce development grant funded by the Health Resources Services Administration to the Pacific Behavioral Health Collaborating Council (PBHCC) – a regional association comprised of behavioral health leaders from the six (6) U.S.-affiliated Pacific jurisdictions including American Samoa, the Commonwealth of the Northern Mariana Islands, the Federated States of Micronesia, Guam, the Marshall Islands, and Palau.

PANEL THEATER & CALLIGRAPHY!

Educators and students from Japan performed Panel Theater in the MPA on Feb. 8. Widely used for early childhood, general education and entertainment purposes, Panel Theater is a means of presenting a lesson, a song or story using a cloth as the stage and removable paper pieces.

The Japan CLUB hosted a Japanese Calligraphy Session for the campus community on Feb. 22, where students could experience writing Japanese characters using traditional brush, ink and paper.



IN MEMORIAM

Dr. John Salas, GCC's 1st Provost, passed away on Jan. 26 at the age of 70. Camacho served as GCC's first provost from 1978 - 1983, and remained a staunch supporter of the College thereafter.



The GCC Board of Trustees welcomed its newest member, Mr. Carlo Leon Guerrero of M80 Office Systems, on Feb. 16. Carlo was sworn in by Frank Arriola, BOT chair.

FROM THE PRESIDENT MARY A. Y. OKADA, Ed.D.

Hafa Adai everyone.

I hope your spring semester is going well. A highlight was the news that our Culinary Arts program attained American Culinary Federation (ACF) accreditation on Feb. 12. Congratulations to Chef Paul, Chef Bertrand, Vicky Schrage, and of course our outstanding students! I am confident, given the attention to our assessment processes outlined in our Institutional Self Evaluation Report, that the entire College will be given reaffirmation of its accreditation after our March ACCJC visit. Congratulations are also in order for the 19 Practical Nursing students who completed their courses and took part in the Pinning Ceremony in January. We are looking forward to a 100% NCLEX pass rate for them, so that they can be LPNs from GCC! Also, welcome back to the students in our Cosmetology program, which is in full swing this semester, after its program upgrade.

As many of you know, January was a devastating month for many of us at GCC, with the loss of Bobbie Leon Guerrero, our Center for Student Involvement Program Specialist, to cancer on Jan. 9, and then the news that her right-hand man at CSI, Donnie Lizama, passed on Jan. 24 in the Philippines of this dreaded disease. One way we can honor their memory is to participate in the GCC Relay for Life fundraising activities this semester being spearheaded by Tamara Hiura, Tasi Mafnas, and cancer survivor Rina Aguilar. If you would like to join the volunteer effort, please contact one of these three awesome ladies via email: marina.aguilar@guamcc.edu, tasimarina.mafnas@guamcc.edu, or tamaratherese.hiura@guamcc.edu.

Have a good semester, everyone, and stay close to those you care about.

GCC CTE HIGH SCHOOL PROGRAMS

ADDING TO THEIR RESUMES...

Ten SSHS Lodging Management Program seniors received their Certified Guest Service Professional (CGSP) certificates and pins from the American Hotel and Lodging Educational Institute in January. Students took the Service Gold program and passed the AHLEI exam; this industry credential affirms their knowledge and skill in providing excellent guest service.



TRAINING AS TOURISTS

On January 26, 143 Hospitality and Tourism students from Tiyan, JFK, and Simon Sanchez high schools embarked on a “Be A Tourist” field trip to see the beauty of our island through the eyes of tourists. They visited Guam’s scenic and historic sites together, including War in the Pacific Asan Lookout, for the majority of their itineraries. SSHS students acted as tour guides at assigned sites by presenting the sites’ significant facts and history.



GVB President and CEO, Nate Denight gave a talk about Guam’s tourism and the work of GVB to SSHS Tourism Academy sophomores in the school library on Feb. 13, and that same day, Dr. Samuel Betances presented his research about Trauma Informed Care and how the ACE/ALE scores affect behavior to SSHS Tourism Academy seniors and marketing class.



Four SSHS LMP juniors volunteered at the 2018 Pastries in Paradise at the Guam Museum on Feb. 22. The students assisted with guest registration, and set up and tear down of displays. Also, seven SSHS LMP students completed their Adult CPR/AED training on Feb. 23.

FROM THE ALO



DR. RAY SOMERA
Vice President for Academic Affairs
Accreditation Liaison Officer

Dr. Mary Okada and I visited Ming Chuan University in Taiwan with John and James Cruickshank (NSF and HUD respectively) from Jan. 23-26. We met with MCU president Dr. Chuan Lee to discuss partnerships. MCU is the first US- accredited institution in Asia, and has been accredited since 2010. (See photo below.)

On Feb. 5, GCC and South Korea's Baekseok University signed a memorandum of understanding linking the two higher education institutions academically and technologically. Dr. Mary Okada and I welcomed Taik Hyun Chang, Chairman, Committee of University Innovation (former president of Baekseok University) and Jaime Kang, Vice President, as well as several other officials from Baekseok University. The MOU has been established to foster institutional cooperation in education and research. More good news is that on Dec. 12 GCC and the University of Hawai'i at Manoa signed an MOA that GCC students who graduate with an Associate of Arts degree based on a baccalaureate sequence will be accepted with junior standing at UH-Manoa. Another opportunity for GCC students!



REMEMBERING **Bobbie & Donnie...**

The start of Spring semester 2018 was devastating for many students and employees, as Ms. Bobbie Leon Guerrero, Center for Student Involvement Program Specialist, lost her battle with cancer on Jan. 9, just one day before the start of the semester. True to her email signature motto, she created many great days for students here at GCC for the nearly 15 years that she was with us. Bobbie was a passionate advocate for students, and strived to ensure that their experience here at GCC was a positive one. For the last 10 years, Bobbie worked with Donnie Lizama, CSI Program Coordinator II, as an awesome team to involve students in campus life. Just 15 days after Bobbie's passing, on Jan. 24, Donnie passed away in the Philippines of liver cancer. Donnie was jovial, upbeat, and he exuded positivity for our students. His penchant for posting "selfies" on people's cell phones was legendary. He and Bobbie are once again coordinating student events together - our loss, heaven's gain. Godspeed to both of you - you are missed very much!



SPORTS

Congratulations to GCC's Women's and Men's Basketball teams for some awesome playtime!



INTERESTED IN FENCING?

GCC has the first and the only Fencing Club on island! A few more slots are available for potential fencers. All gear will be provided and there is no charge! Please contact Mr. Eric Ji, eric.ji@guamcc.edu, certified fencing coach by Oceania Fencing Confederation, and the GCC Hospitality and Tourism department chair, for more information.

Due to the limited number and sizes of gear, lessons will be on a first-come, first-served basis.

Spring 2018 Fencing Class Schedule

Fridays 12:00pm-1:30pm
Training Room, 5108
March 2,9,16,23
April 6,13,20,27

COMMUNITY

EMPLOYMENT FOR STUDENTS WITH DISABILITIES

Attendance was at full capacity for the free presentation hosted by GCC Office of Accommodative Services and its community partner, Pacific Human Resources Services (PHRS) about employment training opportunities for high school and college students with disabilities on Feb. 21 in the GCC Student Center Building, 1st floor, Room 5108.

This presentation covered training opportunities, the process involved, contact persons, etc.

GCC RELAY FOR LIFE EFFORT

Cancer took both Bobbie and Donnie from the GCC community, making this year's GCC Relay for Life effort even more poignant. Leading the effort this year are Tamara Hiura, Tasi Mafnas, and cancer survivor Rina Aguilar. Please be on the lookout for Relay for Life fundraisers throughout the semester. If you would like to join the volunteer effort, please contact one of these three awesome ladies via email: marina.aguilar@guamcc.edu, tasimarina.mafnas@guamcc.edu, or tamaratherese.hiura@guamcc.edu.

EMPLOYEE NEWS

WELCOME TO GCC

- hired in January & February!

Anita Calceta, Assistant Instructor (LTA), AAD/Education, Cosmetology.

Janice A. Baker, Instructor (LTA), AAD/Education, Cosmetology

Percy G. Sabinay (LTA), AAD/ Technology & Student Services, Electronics (GW)

Yvonne Manglona, Administrative Aide (LTA), AAD-Continuing Education & Workforce Development

ADIOS - WE WILL MISS YOU!

Adrian M. Atalig, Instructor, Technology-Electronics, resigned Jan. 10.

Gil Yanger, Construction Trades Dept. Chair, resigned Feb. 16.



FUNNY MAN RESIGNS

Gil Yanger, GCC's Construction Trades chair, who has been with GCC for the past 15.5 years, resigned to, as he put it, "make big bucks" in the private sector. We will miss his wit and often irreverent sense of humor, and our students will miss his industry expertise. The TPS division took Gil out to lunch on Feb. 16, his last day at GCC. Si Yu'os Ma'ase, Gil. We hope to see you again!

HEALTH CORNER

Staying Healthy At Work

By: Emma R Bataclan, BSN, RN

More recently, scientists have found that people who have heightened activity in a part of the brain linked to stress – the amygdala – are more likely to develop heart disease. The amygdala is responsible for telling the bone marrow to temporarily produce more white blood cells, which fight infection and repair damage. However, chronic stress can lead to an overproduction of white blood cells, which can result in plaque formation in the arteries and lead to heart disease.

Our fast-paced and competitive society contributes considerably to stress at work. One of the problems with work stress is that often, the unhealthy coping mechanisms we choose can lead to increasing the risk of losing life early. Common culprits are overeating, which elevates high blood pressure and cholesterol levels, smoking and physical inactivity. People often turn to comfort foods like fast food and desserts when they are anxious or under pressure. These high fat, high cholesterol foods may lead to high blood pressure and diabetes, which contribute to artery damage that causes heart attack and stroke.

Similarly, some people turn to alcohol or cigarettes. These habits can increase blood pressure and damage the lining of the heart arteries. Those deprived of sleep due to odd working hours and shift work may also suffer from high blood pressure and heightened levels of a stress hormone called cortisol, which increases blood pressure and blood sugar. That in turn increases the risk of heart disease and other illness.

In many situations, we cannot reduce the job stress that we face. We can just help ourselves by getting regular exercise, not smoking, adhering to a sensible diet, and annual screening for and controlling cardiovascular risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol, etc. Sometimes, because our life is so busy we forget how life is so fragile. It is so ironic that we get a glimpse of it when someone is dying or when we see or hear something terrible happen around us, but we tend to forget so soon and get into our “monkey march” lifestyle.

Human life is truly a very precious gift. Take care!

Source: Foo Jie Ying/The New Paper/October 2017



January Employee Birthdays



Adrian Atalig
Jerome Blas
Anita Calceta
Dolly Cayabyab
Jose Cejoco
Jonah Concepcion
Jesse Cruz
Vivian Cruz
Bonnie Datuin
John Diaz
Joel Egana
Vivian Guerrero
Huan Hosei
John Jocson

Lucy Joo-Castro
Cathy Leon Guerrero
Sean Lizama
Barbara Mafnas
Charles Meno
Anjelica Perez
Esther Rios
Tony Roberto
Carmen Santos
Irene Santos
Ray Somera
Leonard Tenorio
Becky Toves
Frances Untalan

Kameryn Duenas
James Farthal
Darlynn Sablan
Percy Sabinay
Rosemarie Aquinde
Arwen Franquez
Theresa Ann Datuin
Juanita Sgambelluri
Linda Santos Torres
Roderick Angay
Dorothy-Lou Manglona

Margarita David
Antonina Cabatic
Jose Lopez
Fred Tupaz
Sheena Camacho
Eva De Vera

Michelle Randle
Apol San Nicolas
Don Tyquiengco
Stephanie Fernandez
Yvonne Tam

February 2018
Employee Birthdays