

CHACHALANI

GUAMCOMMUNITYCOLLEGE NEWSLETTER

FEB. 2017



GUAMCOMMUNITYCOLLEGE



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GCC's new logo system **ROCKS!**

Several hundred students, faculty, staff and administrators gathered in the Student Center courtyard on Feb. 16 to usher in the College's year-long 40th anniversary celebration by launching a new look - a "logo system" - for the College.

"We are very excited about our new logo system," said Dr. Mary Okada, GCC President. "We are especially excited that it was developed in-house, with talent from our own Visual Communications program."

A New Logo Group, headed by Jayne Flores, GCC Assistant Director of Communications and Promotions, gave the G-C-C letters a more fluid and sustainable look and feel. Flores says the system is the first of its kind on Guam. "It's very unique. Each program now has its own variation of our new main logo," Flores pointed out.

The process took about two years, according to Flores. "We put together a logo group with faculty, staff, administrators and students, and did a lot of soul-searching about what GCC stands for in the community, and about what we want our new logo to say about the College," Flores added. "This logo signifies a modern, sustainable GCC, and that is how we want our students to feel about their education here - that when they graduate, they will have sustainable knowledge and skills that will carry them throughout the rest of their lives," she said.

During the launch, the first 200 students with a valid GCC student ID card received a free t-shirt and raffle tickets for free logo items. Student Russell Cruz won a Samsung Galaxy S7 phone, courtesy of GTA.

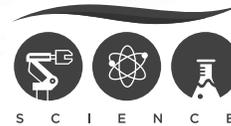


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Guam Community College is a leader in career and technical workforce development, providing the highest quality student-centered education and job training for Micronesia.

Important Spring Semester Events

- March 30** Spring Festival
- March 31** Chalani 365 year-round registration.
The Schedule of Classes includes Summer and Fall 2017, and Spring 2018 classes!
- April** entire month is Earth Month! See GCC Earth Month flyer for activities!
- April 7** Counseling Pathway to Success 9 - 11 am in A-26
- April 21** President's Parade of Shoes 6-10 pm @ Tumon Sands Plaza Atrium
<http://www.guamcc.edu/Event/Default.aspx?id=NgA1AA==>
- May 12** Graduation 4:00 PM

STUDENT SPOTLIGHT

Rodney Cruz

Rodney Cruz is poised to become a GCC alumni twice. Cruz graduated from the GCC Voc Tech High School back in 1998. After joining the military, being deployed, having been wounded, and coming back home to heal, he enrolled at GCC and is now preparing to graduate with his associate degree in May.

Cruz recently wrote this note to Dr. Okada, Mr. John Payne, and GCC's Veterans Club Advisors:

"Thank you for all the support these past several years in all the efforts addressing the needs for our Disabled Veterans enrolled at our college. GCC has been at the forefront of honoring our islands heroes, providing not just an institution of higher learning, but also an institution that welcomes a large percentage of veterans that have been diagnosed with disabilities due to their service and sacrifices. ...As I look toward the last months here at the college, I hope that many more young and old students will change the way they look at success in life, and realize that college is not about just earning a degree, but more so about bringing change into our community as young professional leaders and setting milestones through their achievements. It is with this team at GCC that my leadership was shaped and my legacy defined by the moments shared, the decisions made, the actions taken, and even the mistakes overcome throughout the many days, months, and years here at GCC as a student. Dreams have become reality, and success hopefully becomes a legacy. One that is not measured in how much a student invested, but more so in the impact that one person leaves behind so that others may enjoy the freedom of education and knowledge that empowers them to succeed. I believe the greatest legacy a leader can leave is having developed other leaders, and when I leave GCC all that will matter is the people (students, staff and faculty) that I connected with in such a way as to hopefully have added value and meaning to their lives. Dankulu Na Si Yu'us Ma'ase Para Todos Hamyu!"

POSTSECONDARY NEWS

APIASF SCHOLARSHIP AWARDEES!

GCC congratulates the following 10 GCC students that received a scholarship award in February from the APIASF AANAPISI Scholarship for AY 2016-2017 and 2017-2018:

Kyle Catilo	(APIASF/Wells Fargo)	\$5,000
Eugenius "Gene" Pewtress	(APIASF/Wells Fargo)	\$5,000
Aidan Miller	(APIASF/Coca-Cola)	\$5,000
Xavier Aldan	(APIASF/Wells Fargo)	\$5,000
John Albert Martinez	(APIASF/Walmart Foundation)	\$2,500
Jenelyn Baisa	(APIASF/USA Funds)	\$2,500
Angel Mar Pamintuan	(APIASF/USA Funds)	\$2,500
Kelly Ann Cook	(APIASF/ISA Funds)	\$2,500
Kelly Medler	(The Walt Disney Company/APIASF)	\$2,500
Chyryll Crisologo	(APIASF/Hilton Worldwide)	\$2,500

The total award from APIASF for GCC students is \$35,000!
It PAYS to apply for these scholarships!!!

EDUCATION'S DAY OF PLAY

The GCC Education Dept. sponsored a "Day of Play" for students, employees and their young children on Feb. 4 from 2-5 pm in the Student Center Courtyard.



CONGRATULATIONS AMATYC STUDENT MATH LEAGUE WINNERS!

The AMATYC Student Math League, Round 2, took place on Feb. 23 in the MPA. The winners, holding their AMATYC certificates, are Tomi-Ichi Mobel (1st place), Joy Escalante (2nd place), Jeremiah Hecita (3rd place), and Steven Caasi (5th place). Not shown are Delena Raymond (4th place) and Derek Cepeda (another 5th place). Also shown are GCC math instructors Jose Lopez and Christie Marie Ginson.



ECOWARRIORS ACTIVITIES

Feb 3 - Eagle Field, Mangilao, Rt. 15 (back road to Andersen). Assisted military groups tackling one of the most disgusting dumpsites on our island.

Feb 4 - Ritidian Beach Clean-up, Guam National Wildlife Refuge.

CALLIGRAPHY!

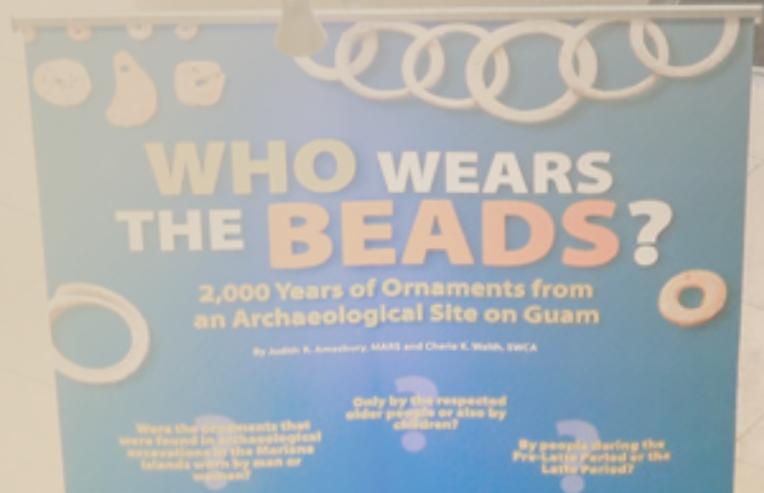
The Japan CLUB (Customs, Language, Understanding, Beliefs) invited the campus community to a Japanese calligraphy session on Feb. 22 in Room A30. Here participants display their characters written with traditional brush, ink and paper.



WHO WEARS THE BEADS? PACIFIC CULTURES GUEST LECTURERS

Francis Hezel, producer of the public education video “The First Settlement of the Marianas” guest-lectured in Dan Owen’s Pacific Cultures class on Feb. 8 about his involvement in the Federated States of Micronesia and the region, and about what he hopes to accomplish with his new video.

On Feb. 15, archaeologist Judy Amesbury spoke to the class about her “Who wears the Beads?” project detailing 2,000 years of ornaments discovered in an archaeological site on the island. Amesbury set up her Beads display in the GCC Learning Resource Center on Feb. 24 and allowed GCC to host it through March 24. Si Yu’os Ma’ase Judy and Francis!





Congratulations to the GCC Women's Volleyball team for their awesome efforts on the court playing the UOG team!

SPARC CHAIR YOGA!

The GCC Sports and Recreation Club (SPARC) offered a Yoga Chair Activity on Feb. 27 in the Student Center Training Room. Special thanks to our volunteer yoga instructor, Dr. Marsha Postrozny!





GCC VETERANS CLUB HOSTS FIRST MINI-FORUM

Several dozen students attended the first GCC Student Veterans Club mini-forum, “No Veteran Left Behind,” on Feb. 24 in the MPA.

“We hosted this mini-forum to help our veteran students become more aware of all the services available to them,” said Rodney Cruz Jr., president of the GCC Student Veterans Club. “We were also honored to accept a \$1,000 check from the family of the late Sgt. Paul Nathaniel Moore, a fallen Guam Army National Guard veteran and police officer, for the first GCC scholarship available to veterans – the Sgt. Paul Nathaniel Moore Memorial \$1000 scholarship,” Cruz noted.

Veteran students can apply for the scholarship via the GCC website scholarship page at www.guamcc.edu/runtime/scholarships.aspx. [Click Here](#)

Veteran Senators Frank Aguon and Joe S. San Agustin presented the GCC Veterans Club with a resolution commending them for offering these services for Guam veterans. Also, thanks to the government agencies, non-profit organizations, and employers that provided information at the forum:

- GCC’s Financial Aid and Accommodative Services offices
- Department of Veterans Affairs Benefits Administration Office
- Guam Vet Center - Department of Veterans Readjustment Counseling
- Guam Department of Labor
- WestCare Pacific Homeless Outreach Organization
- Naval Base Fleet and Family Support Center
(for information on VA benefits and the Family Employment Representative Program)
- American Job Center
- Pentagon Federal Credit Bank
- Guam (State) Veterans Affairs Office
- DZSP21
- Galaide Professional Services Inc.



GCC VETERANS CLUB ACCEPTED INTO SVA

GCC's Veterans Club added another accolade on Feb. 3 - acceptance into the Student Veterans of America (SVA). SVA is a national coalition of nearly 1,400 student veteran organizations across the United States, dedicated to ensuring that veterans are supported in their transition to education and employment, according to its web site, studentveterans.org. Rodney Cruz, GCC Veterans Club president, says this is a huge benefit for GCC students who are veterans.

“As a result, we now have access to a vast network of peers who have been there. The sharing of best practices, resources, and ideas is an invaluable asset to joining SVA as a chapter,” said Cruz. “Being an SVA chapter also gives us added leverage and influence when advocating for veterans on campus or out in our community,” Cruz added. He noted that SVA has already offered scholarships for Guam student veterans to attend SVA training. According to Karin Buck, Chapter Liaison at SVA National Headquarters in Washington D.C., SVA benefits include access to programs, resources, networking and professional development, advocacy, and research.

GCC's veteran student population is approximately 240 students, or over 10 percent of GCC's entire postsecondary student population.



OKKODO WINS LOCAL PROSTART COMPETITION

Competing in the GCC CTE High School ProStart competition for only the third year, Okkodo High School on Feb. 16 moved to the top of Guam's high school culinary ranking, winning the competition at the GCC Multipurpose Auditorium.

Of the all-senior team, captain Ella Mae Tinoso, Xela Marie Olivario, and Hennessy Sanchez have all been competing together in the ProStart program at Okkodo since they were sophomores. One Jim Mangligot is new to the team.

"I'm overwhelmed, and very proud," said Tinoso. "The three of us (ladies) have been together since sophomore year, but our teammate Jim is the one who stood out - it's his first competition," she said.

Chef Kennylyn Miranda is the Okkodo ProStart instructor, as well as a GCC Culinary Art graduate. "I'm so proud," Miranda said of her students. "We've been working so hard for this," she said.

The Okkodo team, along with mentor Chef Peter Duenas and Vicky Schrage, Tourism & Hospitality Department Chair, will head to the National ProStart Invitational in Charleston, South Carolina April 28-30.

GCC PROGRAMS ATTEND OCEANVIEW CAREER WEEK

Kudos to the Counseling, Criminal Justice & Social Sciences, Education, English, and Tourism & Hospitality Departments for representing GCC during the Oceanview Middle School Career Week Feb. 20-24. Si Yu'os Ma'ase for promoting our programs to these middle schoolers/future GCC students!



FACULTY FOCUS

BRIAN MUNA
GCC Career Counselor,
Okkodo High School

Brian has been working for GCC as a career counselor at Okkodo High School since August 2012. He is one of the six GCC CTE career counselors stationed in Guam's public high schools, helping students to decide on career pathways that provide them with the option to graduate with college credits in a GCC program.

“What I love most about my job is its collaborative nature and being able to work as a team. I have my secondary faculty to thank here at Okkodo High School for taking me into the Okkodo site and always continuing to push each other to do great things for our students. I love working with students, most especially when helping them find direction in whatever path they may choose, be it college or career.”

In his spare time, Brian is an aspiring filmmaker who enjoys making films, mentoring, and writing. He is a 2001 graduate of George Washington High School, and earned his B.A. in Psychology and a M.A. in Counseling from the University of Guam.



STAFF SPOTLIGHT

MEET THE Mes Chamorro Committee!

Un Dankolo na Si Yu'os Ma'ase to our volunteer Mes Chamorro Committee: (from left) Roland Manglona, Bertha Guerrero, Rose Siguenza, Tasi Mafnas, Fermina Sablan, Ely Damian, Vera DeOro, Juanita Sgambelluri, Dr. Julie Ulloa-Heath, and Phil Guerrero. In back: the one and only Frank Camacho!

They are helping us celebrate the true spirit of the Chamorro culture during the month of March, with decorations in campus offices, a merienda on March 24, and a Mes Chamorro luncheon on March 31. Biba Chamorro



FROM THE President

DR. MARY A.Y. OKADA

Hafa Adai and welcome to our new GCC logo system! We proudly launched our new look on February 16th, with several hundred students, faculty, staff, administrators and guests in attendance. It is unique to Guam and very eye-catching. Please follow the Logo Guidelines that are posted on MyGCC under both Work Life and Student Services (Student Activities and Student Organizations) as we bring our new look to life around campus. Also, congratulations to our Student Veterans Organization on being accepted into the Student Veterans Association – a national organization dedicated to student veterans around the country. You are doing us proud, and your first mini-forum for veteran students and their dependents was very well attended. More congratulations to the 10 GCC students that were awarded Asia Pacific Islander American Scholarship Fund Scholarships for AY 2016-2017 and 2017-2018. These students earned from \$2000 to \$5000 by applying to the APIASF Scholarship Fund – so as our GCC Financial Aid officers and I have been telling students for years – APPLY. Check our Scholarship page and watch for scholarship announcements on MyGCC and on our Facebook page. It's free money!

The spring semester is in full swing now with many campus activities, including our Spring Festival on March 30, and the launch of Chalani 365, GCC's new year-round registration, on March 31st. Please check with your academic advisor or counselor to see how this new way of registering ahead for classes can help YOU to get ahead at GCC. Biba!

ILOILO SCHOLARSHIP

Si Yu'os Ma'ase to the members of the Iloilo Science & Technology University Alumni Association of Guam for their generous donation of \$500 to the GCC Foundation to provide a scholarship to a GCC student. Presenting the check to President Okada on Feb. 6 were, from left: Rose Escalona, scholarship chairperson; Maria Fe Napalan, asst. treasurer; Lino Escalona, founding president; Frank Huelar, 2016-17 president; Dr. Okada; Julieta Sontillanosa, vice president; Al Siao tong, past president; Estela Saloma, treasurer; Remy Huelar, lifetime member; and Sonia Siao tong, board member.





From Feb. 27 - March 2, I was part of an evaluation team for an ACCJC Accreditation Visit in Irvine, California, that helped to validate this particular college's Institutional Self Evaluation Report (ISER). On my way back to Guam, I stopped in Honolulu to attend the PPEC-organized workshop entitled, "Making Student Learning Assessment Useful and Used," facilitated by assessment guru Linda Suskie, in preparation for GCC's own accreditation team visit during spring semester 2018.

At the time of our visit to the Irvine campus, the college had recently (less than a year ago) implemented TracDat version 5, which gave rise to a lot of confusion and inconsistency in the recording and management of assessment data. Some key lessons and insights that serve as meaningful take-aways for preparing for our own visit by an ACCJC evaluation team include:

Provide the campus with a "big picture" of what the visit will entail so that there is consistency in terms of conversations across stakeholders on campus - from administrators to staff to faculty to students (particularly, student leaders). [Develop an Accreditation Site Visit Guide for campus stakeholders.]

Refresh the campus memory regarding models being used to integrate planning, assessment, and resource allocation processes (in our case, the Data-Driven Dedicated Planning (3DP) model so that there is a collective understanding of the culture of evidence on campus.

Re-publish and update (as necessary) all institutional plans and other institutional documents that will be reviewed by the team.

Invite students to the open forum during the visit so the evaluation team hears their voices. Also invite long-time GCC employees, industry partners that will speak about the benefits of their linkages with the community college, and alumni who can speak about their college experience.

Provide the campus community with graphically illustrated results of assessment and how they are used for improvements at the course or program levels. Include as part of the College Assembly agenda. Devote a Chachalani feature article on this topic to disseminate this to the college community, or extract from AIAR and publish in Chachalani.

Divide TracDat reports so that they become individual chunks of meaningful information: Plan, Data Collection, Results, Use of Assessment Results. Our decision to remain with TracDat (version 4.9) rather than switching to version 5 or 5.5 was a wise decision.

In monthly Board meetings, henceforth, include "Accreditation Update" as part of the President's report so that the Board is always kept in the loop insofar as accreditation is concerned (to address Standard IV.C.13).

I have completed the ISER Template, which is a dummy report format that simulates the final report when written, along with approximate number of pages for various sections. This should give the writing teams a general idea of the various parts and sections of the report in its entirety. The ISER template includes parts of the report, from cover page to the Quality Focus Essay or QFE at the end.

At the PPEC, Linda Suskie presented 10 big ideas, along with ample opportunities to discuss each one of them. Among these 10 discussion points, the idea that most resonated with me was the "knitting together of assessment results" so that these lessons give rise to campus conversations college-wide (our Transformation-inspired break-out sessions during college assembly, for example) which are then used for improvement purposes.

The countdown continues: less than one year to our accreditation visit. Let's keep focused!

EMPLOYEE NEWS

HR PHASE II CUSTOMER SERVICE TRAINING

93 GCC employees attended HR's Phase II Customer Service Training regarding Handling Complaints and Difficult Customers. The training was delivered in two sessions on Feb. 3 and 17. Attendees learned current data and trends surrounding the impact of bad customer service on businesses, as well as techniques to help alleviate customer escalation. They also enjoyed some team building! Si Yu'os Ma'ase, HR Office!



COMMUNITY

ON THE LOOKOUT FOR THE 2017 DISTINGUISHED ALUMNUS!

GCC graduates are making significant contributions to Guam's workforce. Celebrating those contributions is the goal of the Distinguished Alumni award. If you know someone that you feel should be a GCC Distinguished Alumnus, please help us to highlight that person's accomplishments by nominating them for this prestigious award. Download the nomination form at www.guamcc.edu, fill it out, and submit along with supporting materials to the GCC Development & Alumni Relations Office by 5:00 p.m. Friday, April 7.

A person is eligible if he or she has been an alumnus for a minimum of five years after having graduated from the former Guam Vocational & Technical High School (GVTHS) or any of Guam Community College's secondary, postsecondary or Adult Education programs; earned their high school equivalency at GCC, or earned at least 30 credit hours at GCC or the former GVTHS

HOLISTIC LIFESTYLE TIPS

EMMA BATACLAN, RN

GCC Health Center Reference:

aharmonyhealing.com (by Shelly Alexander)

Stay Hydrated. Our bodies are around 70 % water. Water is essential for life. Respiration, metabolism, and digestion all require water to function optimally. Drinking purified or spring water and eating water-rich foods will help you stay hydrated. Drinking water and eating water-rich foods also moves toxins and waste out of your body, enables you to burn calories more efficiently, and will increase your energy levels naturally.

Eat cultured/fermented foods on a regular basis. Cultured/fermented foods fill your body with healing probiotics, enzymes, and key nutrients for good health. These cultured/fermented foods will heal your digestive system, optimize digestion so you can digest foods better, eliminate cravings for sugar, help cleanse your body, strengthen your immune system, and increase your energy. (Example: Kefir, Kombucha, Sauerkraut, Pickles, Miso, Kimchi, Raw Cheese, Yogurt)

Start your day with a green smoothie. Green smoothies are one of my favorite ways to start the day. Green smoothies are easy to digest liquid nutrition that tastes yummy and provides you with a boost of energy and hydration in a glass. Combining green leafy vegetables and fruits in a smoothie is the perfect way for you to enjoy nutrient-dense whole food nutrition in an ideal and easy way and drinking them on a regular basis will strengthen your immune system.

Eat a dark leafy green salad once or twice daily with lunch and/or dinner.

Leafy greens and vegetables like onions, cucumbers, carrots, celery, and radishes are water-rich and packed with nutrients that will give you more energy, strength, and better immunity. Enjoy your salads with simple homemade vinaigrettes that are made with cold pressed extra virgin olive oil or raw nut/seed oils and fresh citrus juice or vinegars like raw apple cider vinegar.

Practice mindful eating.

Mindful eating aids digestion and better absorption of nutrients, which will help keep you strong and energized. Mindful eating also helps us to recognize the difference between true hunger and emotional eating. Some ways to practice mindful eating are to be grateful for the wonderful foods you are about to enjoy. Stop to breathe deeply for several minutes before eating. Savor the flavors, colors, textures, and smells of the food and take the time to chew it slowly. Don't eat in front of the television!

Aim for a good night of sleep every night.

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Reduce your stress level.

High stress levels drain your energy and compromise your good health. When you feel stressed out, stop what you're doing, take a small break, and breathe deeply for 5 minutes to calm your mind. Exercise regularly. Take time to relax and do something good for yourself every day. Stay positive even in the face of difficulties.

Exercise on a regular basis. The benefits of regular exercise are well researched. Exercise improves your mood, keeps you physically fit, boosts your energy, builds muscle and strong bones, strengthens your immune system, lowers the risk of disease, and relieves stress.

Make sustainable personal care and home cleaning choices. Start using eco-friendly, organic, natural products on your body and in your home. This will reduce the toxic burden on you and on our planet. I hope that these holistic lifestyle tips will help you to experience more energy, strength, and immunity in your life!

Guinaiya
i flores lina'la...

Love
is the flower of life



BIBA YAN MINAGOF HA'ĀNEN UMAGUAIYA!

**Senmagof Kompli'āños para i Empliao
Kulehon Kumunidåt Guahån Siha
Ni mafañagu-ñiha gi Fibreru/Maimo' 2017 na mes!**

Happy Birthday to the Guam Community College Employees celebrating their birthdays in February!

RODERICK ANGAY
ROSE AQUINDE
ANTONIA CABATIC
SHEENA CAMACHO
THERESA DATUIN
MARGARITA DAVID
VICENTE DIAZ

JAMES FATHAL
STEPHANIE FERNANDEZ
JOSE LOPEZ
PATRICK MALONEY
DEE MANGLONA
JOHN QUINTANILLA
MICHELLE RANDAL

DARLYN SABLAN
APOL SAN NICOLAS
LINDA SANTOS TORRES
JUANITA SGAMBELLURI
YVONNE TAM
FRED TUPAZ
JON TYQUIENGCO