

Volume VII
Issue VI

Manānaf 2025

Phases of i pilan Manānaf



Homhom i Pilan
New Moon
June 25



Sināhi
Waxing Moon
July 3



Pulan Gualåffon
Full Moon
July 11



Kuatton Kresiente
Waning Moon
July 18

Lunar phases sourced from
timeanddate.com

Instagram: [@guampedia](https://www.instagram.com/guampedia)

Facebook: [Guampedia](https://www.facebook.com/Guampedia)

Phone: 671.734.0217

Email: guampedia@gmail.com

Mailing Address:

303 University Drive
UOG Station, House #3
Mangilao GU 96923

Guampedia is a non-profit affiliate of the University of Guam with operations funded by the Government of Guam's Tourism Attraction Fund.



Post WWII fiesta table.
Courtesy of Peter (Sonny) Ada



Modern fiesta table.
Courtesy of Leevin Camacho

Farming, Food, & Fiestas in the Marianas

This *pulan* Manānaf means to crawl on all fours, possibly referencing the time for harvesting as the seasons change from dry to wet. Today, this time of year is commonly associated with the beginning of summer and the end of the school year. As families gather to celebrate this long awaited break, college and high school graduations, or any other number of summer festivities, good food and drink is always found at the center. Food brings people across all cultures together to plant and harvest, plan and prepare, cook and serve, and finally eat and enjoy. As we prepare food for all the gatherings and fiestas to come, this *pulan* reminds us of our agricultural heritage, where our cultural and traditional foods come from, and what it takes to get our favorite foods from farm to table.

For thousands of years, our

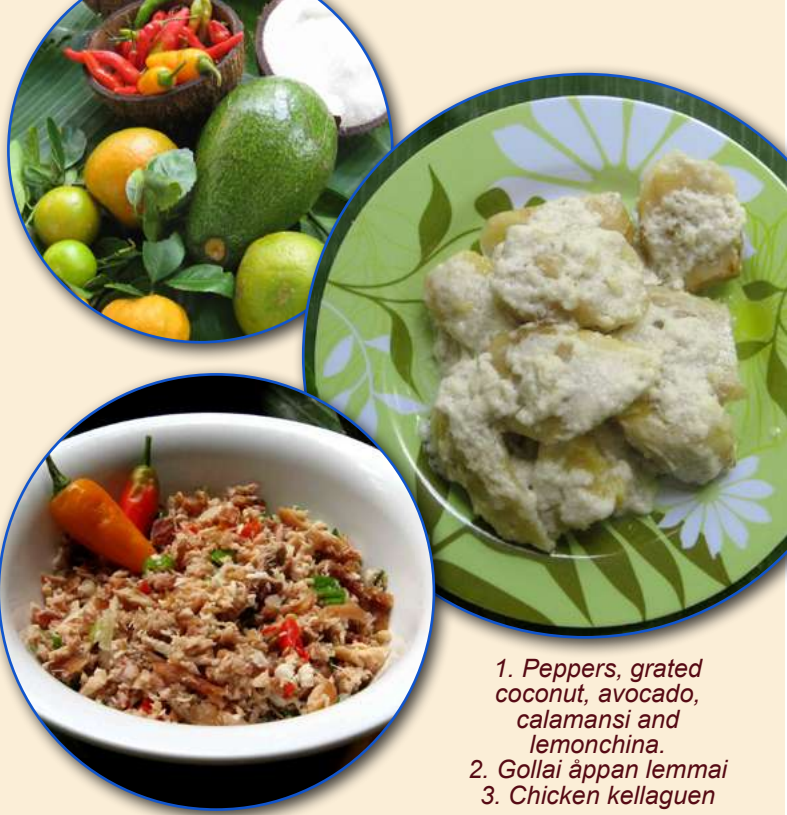
ancestors [gathered, grew, and hunted](#) everything they consumed and used, from tools to clothes, medicine to food. The [ancient CHamoru/Chamorro diet](#) consisted of many kinds of seafood, river animals, birds, root starches, fruits, and more. Additionally, they cultivated [pugas \(rice\)](#), being the only people in the Pacific region to do so in ancient times. Some of these traditional dishes like *gollai āppan* (breadfruit, cassava, bananas, or other starches cooked in coconut milk) are still eaten today. This nourishing diet, along with the strength needed to cultivate and prepare it, led ancient CHamorus/Chamorros to live long and healthy lives. While many of us might still gather these ingredients from the land and sea around us, most of the foods we see at the fiesta, and on our plates throughout the year, consist of ingredients that cross entire oceans

Continued on page 2

Continued from page 1

to get to our table. The convenience of purchasing our food, instead of having to grow, maintain, and harvest it can be quite costly in terms of both finances and health. However, many of our traditional CHamoru/Chamorro foods can be healthy and nourishing depending on how they're made.

Today, [Guāhan's fiesta tables](#) are colorful medleys reflecting the cultures present in our homes and heritage. Alongside traditional dishes are various foods from other cultures that have been "chamoruized" (fused with local flavors and techniques) like *hineksan agaga* (red rice), *chalikilis*, and *estufao*. Take a look at our [CHamoru/Chamorro food entries](#) for videos and recipes of your favorite local dishes. So, as we prepare for all the celebrations during this *pulan*, let's commemorate the labor and love that goes into the growing of our foods, from here and abroad, that bring us together and nourish our loved ones. In today's society and economy, we may not need to crawl on all fours and labor for hours to procure our food, but doing so connects us to our ancestors through the traditional ways of living off the land. What will you plant and bring to the table?



1. Peppers, grated coconut, avocado, calamansi and lemonchina.
2. Gollai āppan lemmai
3. Chicken kellaguen

Guampedia Currents

Science and History Take Center Stage

Welcome to Currents! History may be the past, but it's always in the making. In this recurring feature, read about what's going on at Guampedia and in our community – current projects, new entries, plus news and announcements. In this month's issue we highlight the stories of reserachers in the fields of science and history as they work to represent our island communities in the global stage.

Educators, Students, and Scientists from the Marianas Join the Nautilus



During our 2025 season, Ocean Exploration Trust (OET) and its partners have explored deep-sea habitats of the Mariana Archipelago using Exploration Vessel Nautilus, its mapping sonars, ROV systems, and other exploration technologies from the NOAA Ocean Exploration Cooperative Institute. Eleven local educators, students, and scientists from Guam and the Commonwealth of the Northern Mariana Islands were selected to be key parts of the expedition team!

Four Mariana educators were selected for OET's [Science Communication Fellowship](#). [Shelterihna Alokoa](#) from Pacific Islands University in Mangilao, [Shannon Seleen](#) from the Guam Department of Education in Yigo, and [Kyle Menter](#) from San Vicente Elementary School on Saipan will sail as expedition storytellers with freelance science communicator [Amanda Dedicatoria](#) from Mangilao returning to the ship as a mentor for new educators after sailing onboard E/V Nautilus last year.

OET 2025 Science Communication Fellows. Photo courtesy of OET.

Continued on page 3

Additionally, three local students will sail as part of OET's [Science and Engineering Internship Program](#). [Mya Satomi Ngemaes](#), a senior from Palau studying Integrative Biology at the University of Guam, was selected as an Ocean Science Intern, while [Amber Josfin Pineda](#), a University of Guam Civil Engineering department student from Dededo, as an ROV Engineering Intern. John F Kennedy High School alum and Columbia University student [Levis Bawit](#) will also sail as an ROV Engineering Intern. Other local participants include University of Guam student [Ale'a Duenas](#), scientists [Erica Jonette Leon Guerrero](#) of Saipan, [Kelsey McClellan](#) from Northern Marianas College, and Mariana Trench Marine National Monument Superintendent [Sean Macduff](#).



Exploration Vessel Nautilus. Photo courtesy of OET.

Waves of Return: Bridging Marianas Communities with European Collections

Museums across Europe hold vast amounts of collections that were taken throughout the Pacific under colonialism. For the past year, CHamoru/Chamorro researchers Andrew Gumataotao and Samantha Barnett have been residing in Berlin, Germany. Through a research fellowship with one of the largest museum networks in Berlin, they have only begun to gain access to histories and collections from across the Marianas archipelago.

Micronesia Climate Change Alliance, Fanachu! Podcast, and Tâhdong Marianas are hosting a [special episode series](#) specifically focused on collections from colonial contexts. In these [episodes](#), the two reserachers engage with Marianas community members and the broader Micronesian community who are interested in learning about these collections and current efforts to locate and widen access for Indigenous communities. They are also organizing a fundraising campaign that seeks to bolster ongoing efforts to bring CNMI (Commonwealth of the Northern Marianas) cultural icon [Frances M. Sablan](#) and [Inetnon Gefpâ'go](#) (Guam) to Berlin museums in August.

During this visit (August 25-28, 2025) the group will engage first-hand with Marianas collections held in European museums, which coincides with a workshop with cultural performing arts program, Inetnon Gefpâ'go. The duo hopes this intergenerational gathering will broaden future collaborations between museums and locally-based organizations and practitioners of the Marianas and Micronesia.

Click [here](#) for ways to help these local researchers in their efforts to create a space for community reclamations as a means of restorative justice and storytelling to heal colonial traumas while connecting our villages to collections that have been withheld from us for too long. You can also access their social media campaign and more information [here](#)!

