Kwajalein teens discuss school and overall life goals with Kwaj service members during the first day of the USAG-KA Mentorship Program, April 11. See more photos and details on page 3.

CSM Angela Rawlings
Yokwe! I hope everyone had a great spring break recently and had an opportunity to enjoy some time off and relax on- or off-island. For those who remained on-island, I hope you had the chance to take pleasure in the annual Spring Break Music Festival. I regretfully missed out but heard it was a big hit. I look forward to next year’s event surpassing this one.

Before I get to the main part of my message for this week, I wanted to provide some updates regarding the community. If you did not know, repairs to Macy’s will continue, and the Community Bank has elected to modify their hours for a short period of time to avoid competing with the noise.

I have some good news about the Yuk Club (which will be the new Zamperini DFAC). Repair work will restart very soon. I wanted everyone to know that the new Zamperini will not be like the legacy Yuk Club and that it will not have the former “order from menu” dining experience. However, once complete, it will be a great place to eat. Moreover, it is my long-term goal to eventually get some form of sit-down restaurant dining back on Kwaj in the future.

Also, I wanted to get the word out that metro availability will be limited over the next few months. At any given time, we will only have one metro operational because of mandatory maintenance. This will negatively impact “Space A” usage for Kwaj and Third Island residents. Make sure you plan accordingly if the metro is part of your transportation strategy.

Finally, I wanted to address a topic I have mentioned before but has lately garnered more emphasis. I have recently taken on the task of trying to better describe to senior Army leaders how important the mission is here on Kwajalein and more importantly, who the people are who make it happen. As I struggle to define who these people are, the best term that comes to mind is “Team Kwajalein.” I think it is important that I easily depict who these mission essential people are that reside in this Atoll.

There are many cases when the island is effectively hindered for having a small military uniformed population. This hampers many requirements that support our daily lives. For instance, this negatively influences the potential size of our future hospital, the amount of housing spaces (both accompanied and unaccompanied) and recreational support like boats and other efforts that impact community morale.

My goal is to appropriately portray the hundreds of people on this island that contribute to our national security every day. And when I do that correctly, I’ll effectively counter the cynics who continue to claim that our population does meet validation requirements. Moreover, I will emphasize that our island residents, both Civilian contractor and Department of the Army employees do more for our nation every day than many others elsewhere. It is easy to make this claim when you consider the critical daily operations that take place on the Kwajalein Atoll.

The list of mission essential efforts varies from the technical to the human dimension. The day-to-day essential missions include radars supporting space surveillance and space object identification, GPS operations, Space Fence construction, and missile testing. The missile testing would cease to exist without the support from the K.M.R.S.S. Worthy, K.M.I.S.S., Telemetry, Optics and the Kwajalein Power Plant and other Public Works teams. Of course, none of these missions could take place without the competent weather support on island as well. Moreover, the dedicated actions performed by our Counter-Intelligence, Security, Law Enforcement, Medical, and Fire Fighting professionals protect the community and its critical assets every day behind the scenes. Bearing in mind our isolated environment, if it were not for our unique ability to execute port and airfield logistics or strategic communications support, Kwajalein would shrivel up and crumble into the central Pacific Ocean. Additionally, our collective mental and spiritual fitness would be obsolete, if we lacked the fine Kwajalein School system, our Chapel, AAFES, Surfway and our other community services.

Quite simply, we have hundreds of people contributing daily towards the very important Kwajalein Amil mission. Our team is a very diverse team consisting of different employment and cultural backgrounds. Without a mutually beneficial relationship between the U.S. and the Republic of the Marshall Islands, we would fail at our mission. Yet we make it work every day. Simultaneously, with us all working towards the same objective. As a result, we succeed in making Kwajalein a great place to serve and live and ultimately contribute to making America the most powerful nation on Earth.

Everyone on this island is here for a special purpose. Whether you are here for 30 minutes or 30 years, you are here for a reason. Furthermore, no one person is more important than another. We are all one team ... or as I like to say, “Team Kwajalein.” So as we go about our daily business on Kwaj, I ask you to be cognizant of when you hear people refer to others in this atoll as “them” or “those people.” I ask you to work with me and politely correct them. I would submit that there is no “us” versus “them” ... and that we are all simply one team! And from my perspective, I am extremely proud to be a part of that team.

Thanks to everyone for what you do every day. I’ll see you around the island!

Komol Tata!

—Col. Mike Larsen
USAG-KA LAUNCHES MENTORSHIP PROGRAM, ENCOURAGES KWAJ TEENS

The USAG-KA Mentorship Program kicked off Monday, April 11, and will continue through to the end of the school year in June. The purpose of the program is to motivate, encourage and help Kwajalein teens improve their physical strength, self-esteem, critical thinking and leadership skills. Overall, the activities center around the kids being part of a team and important members of our community.

35 participating teens were each assigned to a squad with active duty military leaders positioned to help lead and encourage them. The service members involved are assigned to USAG-KA, RTS and the Navy Seabee detachment.

If your son or daughter is in grades 7-12 and would like to join the group and see if it’s right for them, it is not too late. Please contact Command Sgt. Maj. Angela Rawlings at 51414 or Angela.u.rawlings.mil@mail.mil to receive a parent permission slip. The students and their active duty military mentors will meet every Monday at 7 a.m. in front of the Teen Center near Emon Beach for the next 8 weeks.
KWAJ POETRY - A MEMORIAL

These poems were written by Kwajalein Jr./Sr. High School English Teacher Jennifer Newbery’s senior class. Each student had to write a poem based on the history and symbolism of one of the memorials on U.S. Army Garrison-Kwajalein Atoll. Give up some “snaps” for these proud poets.

RED SUNSET - BY ERIN WAITE

The silent regions house history’s ghosts
Where boots in unison echo years past
Somber granite mirroring haunted coasts,
Where the boiling water was calmed at last.
Twin trees guard those forever set in stone
Breeze the same as when the black pebbles stood
The fierce battle was fought tooth, flesh, and bone
For an island, war torn, but true and good
An era past etched into these stone tiles
Red sunset over the Marshall Isles.

BROKEN GLASS AND DOG TAGS - BY DANIELLE RIVERA

The big picture: he kneels in the sand
The flags surrounding, the dedication beneath.
But keep looking, there is more there.
Reminders of the brave 4th Division Marines,
Operation Flintlock, the 348 lost to freedom.
With a closer observation, there is a plane,
An aircraft carrier, every island in the atoll.
And most remarkable – his hands clasp
Real dog tags, a tribute to the fallen.
Glass was broken and stained to make
A beautiful picture. One that reminds us that
People were broken and stained to make
The Marshall Islands free. That’s not a tear,
The light just got in my eye.
I promise. I was just looking at all the glass –
At the picture created.

A KNEELING MAN - BY ALLISON TOMAS

The first time I saw a man in action
He was kneeling down on an empty, motionless beach.
I laid flat on my belly as a type of distraction,
But I could tell the man had something to preach.

As his powerful, strong soul shined down on mine
I felt the pain and suffering of his frightened family.
The red, blue, white, and orange shined brighter than before to prove everything was fine,
But I knew it would not end very happily.

Even though I spent hours looking into his eyes
He would only face the sky up above, as if he was waiting.
I wasn’t ready to hear his goodbyes,
So I, too, faced the sky up above, to face God and to face heaven, so I wouldn’t be hating.

I might be alone in an empty, motionless chapel,
But the eyes of The Lord and The Gallant Men of this island shine over me.
Now, I proudly stand here in front of a kneeling man as I eat an apple
Because the thousands of souls who protected and saved my home now rest in peace.
RECORD TUNA CAUGHT OFF TORRUJI

Kwajalein Atoll anglers James Chong-Gum and Yoshi Kemem set a new Kwajalein Sportfishing Records Program precedent April 11, hauling in a 205-pound yellowfin tuna off the island of Torruji on the atoll’s western reef. Taking roughly 45 minutes to reel in to the boat, the fish blew away the previous record held by Steve Alves, Robbie Alves and Ross Butz for a Dec. 2008 145-pound catch. As if the new record wasn’t enough to make the other atoll anglers jealous, Chong-Gum and Kemem also hauled in three other yellowfin April 11: one weighing in at 125 pounds, another at 120 pounds and yet another over 60 pounds. Also in their catch were several aku and mahi mahi.

James Chong-Gum, left, and Yoshi Kemem display their 205-pound yellowfin tuna the team caught April off the island of Torruji on the atoll’s west reef.

IF YOU’VE GOT A WHOPPER OF A FISH STORY AND A GREAT PHOTO, SEND IT IN TO THE HOURGLASS

usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil
ROI RATS BRING SUPPLIES TO THIRD ISLAND STUDENTS

Students at Enniburr School on Third Island recently enjoyed a special afternoon when a group of Roi Rats spent time visiting with students and distributing goodies and supplies. Donated items included new sports equipment, hair bands, Frisbees, shirts, slippers, gum, milk and cookies. This is an annual tradition for the Roi residents, who help support the Enniburr School.

The gifts were received from Lannie Carroll, Jenna Milne, Shirley Simon, Laura Pasquarella-Swain, Jim Bell, Patricia Gose, former Kwajalein resident MC Rankin, Eagle Scout Brandon Kunz from Germany and WWII Veteran Francis Duffy, who fought during the battle on Roi-Namur. The Roi-Rats are especially grateful to Alison Sok who coordinated the collection of donations and sent them to Roi.

Enniburr School Students are all smiles after spending a day with Roi Rats Art Bennis, Lannie Carroll, Richard Dixon, Patricia Gose, Amy Hansen, Jokas Hesbon, Judy Hoagland, Jenna Milne, Laura Pasquarella-Swain, Bridget Rankin, Shirley Simon, Scott Skiles, Darlene Swafford and Anna Liza Tacsay.

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The Kwajalein Hourglass
The Pacific golden plover, pictured below, is a species of small black-and gold-speckled shorebirds that splits its time between the arctic regions of Siberia and Alaska, during the northern hemisphere’s summer, and the welcoming warmth of the Pacific islands during the hemisphere’s chilly winter months.

Arriving in the Marshall Islands—and other Pacific areas ranging from southern California and Hawaii to India and Australia—around September, the Pacific golden plover sports a uniformly colored light brown chest, unlike what you see below. In March and April, in the weeks prior to the birds’ return to the arctic north, its plumage—or feather colors and patterns—switches, and it adopts a coal-black chest and tummy, over which rides a bright streak of white feathers that winds along the length of the bird from its forehead to its tail. This is what we see below.

Like many species of migratory birds in the world, the Pacific golden plover adopts this more striking plumage prior to the start of the birds’ breeding season, which will take place after the birds’ departure from the Pacific and their long return flight home to the arctic north.

Back on the Siberian or Alaskan tundra, males and females will breed amongst vegetation in open areas and produce the next generation of chicks, which are able to run and forage right out of the egg, according to the Cornell Lab of Ornithology. A few months later, when the brutal arctic winter begins to creep into the region, they’ll fly off again to soak up the sun in the Pacific tropics and subtropic regions.

According to the Republic of the Marshall Islands Office of Environmental Planning and Policy Coordination, the species, in its non-breeding plumage, is called “kwolej” in Marshallese; in its breeding plumage, pictured below, it’s called “akeke.” According to traditional folklore, the bird is said to represent bearing of news and divination.

Weighing it at under four ounces, the Pacific golden plover reaches a length of just over 10 inches and feeds on insects, crustaceans, leaves, seeds and berries.
Outgoing 500th Military Intelligence Brigade Special Agent Otis Dickerson was awarded the Military Intelligence Corps Association’s Knowlton Award April 10th. During a special ceremony organized for Dickerson at the Adult Recreation Center on Kwajalein, staff from the brigade’s local field office joined Dickerson and about 50 other community members in recognizing the special agent’s achievement.

Named after Lt. Col. Thomas Knowlton—commander of the first intelligence unit in the Army, formed during the Revolutionary War—the award is given out to a select few within the military intelligence community. Steven Beggs, assistant special agent in charge of the local field office, presented the award to Dickerson, explaining the lengths to which an agent must go in order to achieve the commendation.

“The Knowlton Award recognizes individuals, who have contributed significantly to the promotion of military intelligence in ways that stand out in the eyes of the recipient’s seniors, subordinates, and peers,” he said. “These individuals must have demonstrated the highest standards of integrity and moral character, displayed an outstanding degree of professional competence, and served the United States Army Military Intelligence Corps.

“The patriot, warrior and Soldier Lt. Col. Thomas Knowlton is the embodiment of courage, justice and gallantry,” Beggs continued. “So, too, Otis Dickerson embodies these qualities and represents excellence without equal in the Military Intelligence Corps.”

Dickerson, who finished his tour of duty on U.S. Army Garrison-Kwajalein Atoll April 15th, thanked those who have helped him get to this point in his career.

“I want to thank the great mentors that I had, a lot of the senior officers here, junior officers, warrant officers, most importantly my office and Ms. [Jeni] Jones, for taking me under her wing, teaching me a lot of the trade that allowed me to be successful and provided me an environment where I could flourish. ... I’m really humbled by receiving this award.”

Dickerson is set to travel to Warrant Officer School with a follow-on assignment at the U.S. Central Command Headquarters in Florida.
EMPLOYEES EARN MARINE ENGINEER LICENSES

Marine Department employees Junior Naisher and David Fujiwara each recently earned a Republic of the Marshall Islands marine engineer’s license from the nation’s Ministry of Transport and Communication. Captain Langmos Hermios, representing the ministry, awarded the licenses to the two Ebeye residents April 8 at the Marine Department on Kwajalein.

Naisher started in the marine department in March 1998 as a deckhand before transferring to the engine department in Jan. 2009, where he worked on the garrison’s tugboats and other small vessels. He now serves on the K.M.R.S.S. Worthy.

Fujiwara has been with the Marine Department since Nov. 2004. He started as a rigger before moving to the deck department in May 2009 and then to the engine department in Feb. 2012. He has served on all vessels in the Marine Department in the capacity of an oiler, learning the trade and earning the sea time necessary to obtain the newly awarded engineer’s license.

With their new license upgrades, Naisher and Fujiwara are now able to fill in as relief engineers on their respective vessels. Both said they look forward to continuing to learn and advance within the Marine Department.

HEROES OF THE WEEK

SAG-KA’s Heroes of the Week are the team members of the Space Fence Dining Facility on Kwajalein. Comprising a crew of cooks from the continental United States and Ebeye, the team works day in and day out to take care of the men and women tasked with constructing the Air Force Space Fence radar facility at the west end of the island. With a big part of the camp community members’ quality of life on their shoulders, the dining facility staff are well known and deserving of all the high fives and hearty handshakes they get from their patrons. Names of staff follow. Back row, from left: Rusty Bolten, from Ebeye; Ian King, from Texas; John Edward, from Ebeye; Noel Dela Vega, from Ebeye; Ywao Wajar, from Ebeye. Front row, from left: Mel Robinson, from Texas; Selentina Beniamina, from Ebeye; Pearlie Batlock, from Ebeye; Fritz Schacht, from Arizona. Not pictured: Anita Banks, Amelia Amon, Frandy Maie and Sandra Mayfield.
ABOUT SMALLPOX

BY MARY BROWNING

Mary Browning was a frequent Hourglass contributor in the late 1970s and early 1980s. Her pieces covered an array of issues pertaining to Marshallese culture and history, archeology in Micronesia and marine biology. In this article, which appeared October 20, 1980, she discusses Micronesians’ first encounters with contagious diseases introduced by visiting sailors and missionaries.

Again and again we read of contagious diseases ravaging Pacific Islands where inhabitants had no natural immunity to even the mildest of them. Those diseases, which had to be taken seriously by anyone, were particularly devastating to the islanders.

Contagion was brought aboard ships, usually, imported right along with the knives and calico, and often the offending vessel was long gone when its deadly legacy was discovered. On occasion, a ship put a sick sailor ashore somewhere, hoping to spare the rest of its crew from an epidemic. This was well and good for the ship, but not so for the island.

One of the most feared of the diseases in the mid-19th century was Smallpox, and one of the best reported epidemics occurred in the 1850s.

The New Bedford whale ship, Mary Scott, picked up Smallpox at Ponape in 1854 and lost nine men before the terror had run its course. The same year, another New Bedford whaler, the Miantonomi, found its mate and 12 seamen with the disease after recruiting at Ponape. L. H. Gulick wrote from the island that Smallpox had “taken off about half the natives.” He further noted, “Some blame us (the missionaries) for having failed in bringing vaccine matter with which to meet the Smallpox of last summer, some blame us for not inoculating earlier with the Smallpox matter, while others blame us for inoculations at all.”

One of the missionaries at Ponape had successfully inoculated the nahnken (chief) and his brother, but another chief died of the disease following the same treatment, and the mission was blamed for it. The entire adventure made them realize that all of their group needed some medical training.

Two years later, Smallpox arrived at Guam, apparently aboard the American schooner, Frost, which had come in from Manila. A three-day quarantine period was somehow ignored, and the passengers from Manila were allowed ashore. Within days, the first case became apparent. The victim, and all other passengers, were ordered to withdraw from populated areas. But, it was too late, new cases were reported each week and within two months the epidemic spread beyond Agana.

Several special hospitals were set up at Fanilanan, Margui and Adilog. Hospitals were also set up in isolated sections of Agat, Umatac, Merizo, Inarajan and Pago, and a number of locations for inoculations were established for those who hadn’t yet contracted the disease. In spite of all efforts, however, the contagion spread and finally, victims were simply told to stay home.

During 1856, there were 3,463 deaths due to Smallpox on the island of Guam – almost half of its population.

RESIDENTS PREP FOR EARTH DAY WITH RECYCLED CRAFTS SHOWCASE

An impressive collection of DIY projects made with recycled items are now on display this month at Grace Sherwood Library in observance of Earth Day on April 22. The arts and crafts showcase features a variety of craft projects using repurposed materials, including plastic bags, books, glass bottles and old T-shirts. Check out the “trash to treasure” display during library hours and get inspired to create your own recycled masterpiece.

A special Recycled Craft Night will be held at the Library, April 30 at 5:30 p.m. and is open to kids and families of all ages. Contact “Recycled Creator” Alison Sok at 53331 for more information on how to participate.
There’s an old song written by Bobby McFerrin, “Don’t Worry, Be Happy”. It’s a great song that makes me laugh every time I hear it. It has an interesting history and shows how we sometimes fall prey to false information. I first heard the song years ago and never thought too much about the author. In 2009 a version was uploaded to YouTube, attributed to Bob Marley, and the deception began after receiving over 9 million hits. In 2011 it was added again to YouTube with the same information and had over 31 million hits resulting in the popularity of the song being attributed to Marley. There were laws suits over the song and a lot of angry fans on both sides. The end of the story is yet to be seen as the song continues to gain listeners while Marley continues to receive the credit. Even I have made the mistake of thinking Marley first sang it.

We are sheltered on this island from much of the world’s troubles. Yes, we can turn on the news and get caught up in the excitement of life in the States, vegetate as the tube plays mindless movies one after the other, or drown ourselves in music with earphones lodged into our head while missing opportunities to engage others. The reality is, life will always be filled with troubles, mistakes, errors, mixed with incomparable blessings. The key to happiness is in how we choose to respond. We can get angry or learn to laugh. We can enjoy magnificent sunrises and sunsets day after day, ride bikes under a full moon and see thousands of stars forgotten by those sheltering in their lighted castles, or we can choose to hide away in our homes avoiding others, and live in anger because things aren’t exactly like we want or think. It comes down to choosing how we want our legacy to be written. Will our legacy be one of deception, marred by revisionists history or etched accurately in eternal stone. Of course, I prefer for you to think about things of eternal value, rather than dwelling on trivial matters.

Not everyone has the interest or desire to come to chapel, but everyone has a spiritual core that must be fed. How are you feeding yours? Are you walking through life not worrying about things that most of the time never occur? Or are you living life to the fullest? Are you drowning in your sorrows, getting angry at everyone who makes a mistake? Or are you choosing to be happy, then extending a little grace to others for your sake and theirs? For me, it really doesn’t matter who wrote the song, because I know the One who inspired the idea of “don’t worry, be happy”. After all, I believe God had a corner on the idea of true happiness long before McFerrin or Marley.

GENERAL DYNAMICS Completes SPACE FENCE RADAR ARRAY GROUND STRUCTURE

From PRNewswire

WORTHAM, Texas, April 7, 2016 /PRNewswire/ — General Dynamics SATCOM Technologies completed the construction and walk-through of the 7,000 square-foot radar receive array structure that is part of the U.S. Air Force Space Fence radar system. With the array structure complete, the General Dynamics Space Fence team will carefully dismantle the 700,000-pound steel structure and ship it to Kwajalein Atoll, Marshall Islands, for reassembly and integration into the Space Fence system. Officials from the Air Force Space Fence program office and representatives from General Dynamics SATCOM Technologies and Lockheed Martin, the prime contractor for the Space Fence program, participated in the walk-through. The structure was built at General Dynamics’ Wortham, Texas, precision manufacturing facility.

“The ground-based receive array is an elegant merger of a huge physical structure built with the precision of a complex scientific or medical instrument,” said Mike DiBiase, a vice president and general manager of General Dynamics Mission Systems. “The SATCOM Technologies-built array has the sensitivity to locate, identify and track objects as small as a softball, hundreds of miles above the Earth’s surface.”

The structure stands 12 meters tall and is about the size of a huge physical structure built with the precision of a complex scientific or medical instrument,” said Mike DiBiase, a vice president and general manager of General Dynamics Mission Systems. “The SATCOM Technologies-built array has the sensitivity to locate, identify and track objects as small as a softball, hundreds of miles above the Earth’s surface.”

DON’T FORGET: WE ARE IN A DROUGHT. ONLY WATER YOUR PLANTS OR YARD FOR 30 MINUTES EVERY OTHER DAY.
AIR, SPACE AND MISSILE DEFENSE ASSOCIATION OFFERING SPACE CAMP SCHOLARSHIPS

EXTERNAL REPORT

From U.S. Army Space and Missile Defense Public Affairs staff

HUNTSVILLE, Alabama — This summer, some lucky students will get a chance to camp among the stars.

The Air, Space and Missile Defense Association is offering 10 scholarships for selected children to attend a one week Space Camp this summer at the U.S. Space and Rocket Center in Huntsville July 3-8.

These scholarships are open to any military or civilian children, ages 9-11, of a parent or guardian currently assigned to U.S. Army Space and Missile Defense Command/Army Forces Strategic Command; Joint Functional Component Command for Integrated Missile Defense; Program Executive Office-Missiles and Space; Army Aviation and Missile Life Cycle Management Command; U. S. Army Aviation and Missile Research Development and Engineering Center; Missile and Space Intelligence Center; NASA’s Marshall Space Flight Center; Missile Defense Agency; and those that are contractors working for corporate members of ASMDA.

“We are very excited about the opportunity we are offering the Soldiers and employees of the ASMDA community,” said Ms. Angie McCarter, ASMDA president. “The ability to provide this wonderful experience to 10 young children who probably would not otherwise have an opportunity to attend is very rewarding.”

The ASMDA scholarship includes one week at Space Camp, round-trip airfare and unaccompanied minor fee (if required), transportation to and from Huntsville airport to the U.S. Space and Rocket Center (if required) and a Space Camp flight suit.

As the timeline for receiving applications and awarding the scholarships is very tight, ASMDA will not accept applications after the deadline on May 2. The goal is to notify the winners starting on May 23.

Immediately following selection and acceptance, ASMDA will send an information packet and begin making flight reservations, if applicable.

Once selected by ASMDA, winners will be required to provide an attendance application, including a camp physical, to the U.S. Space and Rocket Center. Scholarship application forms are available on their website at www.asmda.us.

2015 ASMDA scholarship class.

USAG-KA CAPTION CONTEST KICKS OFF

Suggested captions for this photo were received on the USAG-KA official Facebook page during the past 7 days. Here are the winning captions. Read them all at www.facebook.com/USArmyKwajaleinAtoll. And while you’re there, write your own caption for our next photo of the week!

This snapshot was taken during the recent Kwajalein Spring Break Music Festival.

1st Place:
“Just Horsing around at Emon Beach!”
Submitted by Joseph Osborn

2nd Place:
“Another sighting of the Kwaj-ness Monster!”
Submitted by Nikki Maxwell

3rd Place:
Unicom looking for his dear old Dad...Pop-Com! Submitted by Wesley Reid
STRONG B.A.N.D.S. RETURNS

By Jessica Ryan, U.S. Army IMCOM

FORT SAM HOUSTON, TEXAS, April 8, 2016 — The U.S. Army Installation Management Command’s annual Strong B.A.N.D.S. campaign will return for its sixth year to 72 participating Army locations worldwide this May.

Strong B.A.N.D.S. -- which stands for Strong Balance, Activity, Nutrition, Determination and Strength -- promotes garrison fitness and wellness programs available to Soldiers, Families, retirees and civilians. This year’s theme is “Trained. Willing. Able.” which highlights how the five campaign components enhance an individual’s readiness.

Launched in 2011, Strong B.A.N.D.S. events and programs encourage service members, families, retirees and civilians worldwide to start and maintain a healthier lifestyle. Last year, over 75,000 individuals were involved in over 400 fitness and health activities.

The campaign features U.S. Army World Class Athlete Program Soldiers Cpt. Leigh Jaynes-Provisor, wrestler; Sgt. Nathan Schrimsher, modern pentathlete; and Sgt. 1st Class Keith Sanderson, three-time Olympic pistol shooter. The WCAP Soldiers were selected to be campaign ambassadors because the theme resonates with the physical and mental demands of their training.

“Readiness is that thing you’re always chasing right before a competition,” said Sanderson. “It’s not just about being ready. It’s about training to be ready and perform no matter what.”

Sanderson, along with Schrimsher and Staff Sgt. John Nunn, three-time Olympic race walker, will represent Team USA in this year’s Olympic Games in Rio de Janeiro, Brazil, August 5-21, 2016.

The campaign is held during National Sports and Fitness Month. Participating garrisons will plan a variety of fitness and health-related events throughout the month. In previous years, events ranged from traditional sports and fitness programming and health fairs to Youth/Children’s/Library StoryWalks® and Run to Honor races.

Partnering with the Human Performance Resource Center and the Army Public Health Command, the campaign will have both print and online educational materials and videos available to participants at no cost. Online materials will be accessible at the Strong B.A.N.D.S. official website.

The Performance Triad, Army Medicine’s comprehensive plan for improving readiness and resiliency, will be featured in the materials. The plan provides target goals people can reach for to improve their fitness, nutrition and sleep.

“If Soldiers, Family members and civilians follow the Performance Triad, then they will improve their overall health, fitness and activity levels,” said Col. Pauline Gross, command surgeon for IMCOM. “Little changes that people incorporate into their diet, sleep and activity ultimately will get them to the point where they are ready, healthier and more active.”

In addition, each participant will receive a black and gold STRONG B.A.N.D.S. wristband to symbolize their commitment to a healthier lifestyle.

Soldiers proudly show off their Strong B.A.N.D.S. wristbands during the FOX Sports Midwest’s annual “This One’s For You” telecast to the troops, May 29, 2015, at Fort Leonard Wood, Missouri. The live broadcast from the garrison connected Soldiers with major league baseball exposure as the St. Louis Cardinals team demonstrated their support to the troops.

U.S. Army Installation Command photos by Megan O’Donoghue
HELP WANTED
Visit USAJOBS.GOV to search and apply for USAG-KA vacancies and other federal positions.

KRS and Chuigach listings for on-Island jobs are posted at Kwajalein, Roi-Namur and Ebeeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Bldg 700 and on the "Kwaj-web" site under Contractor Information> KRS> Human Resources> Job Opportunities. Job listings for off-island contract positions are available at www. krsjv.com.

PATIO SALE
7 a.m.-1 p.m., Saturday, April 30, at Qtrs. 206A on Ocean Rd. Multi-family sale, rain or shine.

COMMUNITY CLASSIFIEDS

COMMUNITY BANK Notice. Due to current construction to the exterior of Building 704, the Community Bank has adjusted work hours from April 14-June 8: 9 a.m.-3 p.m., Tuesday; 9 a.m.-3 p.m. and 11 a.m.-5 p.m., Wednesday-Friday; and 11 a.m.-5 p.m., Saturday.

Kite Day. 1-3 p.m., Monday, April 18, at Emom Beach. A limited number of kites will be available from Community Activities. Try putting together our kite kit or bring a kite from home. Questions? 53331.

Karaoke Night. 8 p.m., Sunday, April 16, at the Ocean View Club. Be a star for the night and sing your heart out! Must be 21 years of age or older. Questions? 53331.

37th Annual RustMan Triathlon, conducted by KRS Community Activities and Kwajalein Running Club. 4 p.m. gun time, Monday, April 25. Pre-registration is required by Thursday, April 21. Entry forms are available on the Mini-mall bulletin board or at Sholar Qtrs. 473-A. Questions or to volunteer as staff, contact Bob and Jane Sholar at 51815 or Ben and Linn at 51990.

Golf Course Closure in support of the RustMan and Rusty Family triathlons. Starting at 4 p.m., Monday, April 25 and starting at 4:30 pm, Monday, May 9.

Mandatory Island Orientation. 12:30-3:30 p.m., Wednesday, April 27, at FN 365, CAC Room 6. Required for all new island arrivals, including dependents. Not recommended for dependent children under the age of 10. Questions? Call 51134.

American Legion Post # 44 presents “MOM” Golan BBQ in honor of Mothers Day. 5-8 p.m., Sunday, May 8, at the Vets Hall. Tickets are $40.00 and are available at the Vets Hall or from Post # 44 Members. Smells Like Fish will perform starting at 8:30 pm. Proceeds will benefit Veterans Charities. Questions? Contact Mike Woundy or Jan Abrams.

Due to increased congestion and equipment traffic, overnight bicycle parking is not allowed in the area between Building 718 and Marine Rd. Supply and Transportation employees working out of Building 718 will be allowed to park bicycles in the rack next to the building during work hours only.

Alcoholics Anonymous meets every Tuesday and Thursday, 6:30-7:30 p.m. in the Religious Education Library.

E-talk: The Kwajalein Environmental Emergency Plan (KEEP) addresses emergency spill notification and response procedures as well as hazard evaluation, responder training, and spill prevention. Questions? Call KRS Environmental at 51134.


Turn it OFF! Do your part to conserve energy today.

COMMUNITY NOTICES
Reacyed Arts & Crafts Spotlight. Do you have a neat DIY project made with recycled items? Display your work at the Grace Sherwood Library throughout the month of April for Earth Day! Drop off Tuesday-Saturday, 8:00 a.m.-5:00 p.m. Questions? 53439.

Caribbean Night. 8 p.m., Saturday, April 16, at the Ocean View Club. Join us in celebrating island life Caribbean-style, complete with music, décor, and drink specials. Wear your best island attire! Must be 21 years of age or older. Questions? 53331.

Karaoke Night. 8 p.m., Sunday, April 17, at the Ocean View Club. Be a star for the night and sing your heart out! Must be 21 years of age or older. Questions? 53331.

Community Bank Notice. Due to current construction to the exterior of Building 704, the Community Bank has adjusted work hours from April 14-June 8: 9 a.m.-3 p.m., Tuesday; 9 a.m.-3 p.m. and 11 a.m.-5 p.m., Wednesday-Friday; and 11 a.m.-5 p.m., Saturday.

Kite Day. 1-3 p.m., Monday, April 18, at Emom Beach. A limited number of kites will be available from Community Activities. Try putting together our kite kit or bring a kite from home. Questions? 53331.

B-Boat Class. 6:30 p.m., April 19-21, in CRC Room 1. Register at the Small Boat Marina during hours of operation.

American Red Cross Lifeguard Recertification Class. Registration is open April 19-30 with classes running May 1-2. Current American Red Cross lifeguard certification required for registration. Cost is $50. Questions? Call Cliff Pryor at 52848.

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Recent sightings of Portuguese Man-of-War have been identified on the beaches all over the island. Take extra precautions when you are in the water.

Boaters-Please be advised of USAG-KA Regulation 385-9: “No person shall operate or otherwise be in control of any boat (including private boats), surfboard, windsurfer, kayak, outrigger canoe or any other type of personal watercraft of any sort in waters controlled by USAG-KA with a blood alcohol level greater than 0.0 percent BAC. Persons in violation of this provision are subject to appropriate administrative action.”

Turn it OFF! Do your part to conserve energy today.

LUNCH

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Sautéed Beef Tips Pork Chop w/Apple Sauce</td>
</tr>
<tr>
<td>Monday</td>
<td>Swiss Steak w/Tomatoes Cinnamon Chicken</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Fish Sandwich Kailua Pork Vegetarian Sauté</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Roast Chicken Stuffed Cabbage Vegetables</td>
</tr>
<tr>
<td>Thursday</td>
<td>BBQ Pork Chops Turkey Wrap Roasted Potatoes</td>
</tr>
</tbody>
</table>

DINNER

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sunday</td>
<td>Meatloaf Spaghetti Garlic Bread Vegetables</td>
</tr>
<tr>
<td>Monday</td>
<td>Grilled Herb Chicken Beef Pot Pie Three Cheese Macaroni</td>
</tr>
<tr>
<td>Tuesday</td>
<td>Ham Steak Picante Chicken Veggie Pasta</td>
</tr>
<tr>
<td>Wednesday</td>
<td>Mongolian BBQ Garlic Chicken Vegetables</td>
</tr>
<tr>
<td>Thursday</td>
<td>Chicken Fried Steak Mashed Potatoes Fish Du Jour Roasted Potatoes</td>
</tr>
</tbody>
</table>

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF APRIL 14*

Saturday, April 16, 2016 / Volume 57 Number 16 14
**Sexual Harassment/Assault Response and Prevention (SHARP)**

Contact Information
Chief Warrant Officer 4 Shamta’ Adams
SHARP Victim Advocate

Work: 805 355 2139
Home: 805 355 3565
USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100
USAG-KA SHARP VA Local Help Line: 805 355 2758
DOD SAFE Helpline: 877 995 5247

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**SUN—MOON—TIDES**

<table>
<thead>
<tr>
<th><strong>SUNRISE SUNSET</strong></th>
<th><strong>MOONRISE MOONSET</strong></th>
<th><strong>LOW'TIDE</strong></th>
<th><strong>HIGH'TIDE</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SUNDAY</strong></td>
<td>6:39 a.m.</td>
<td>3:14 p.m.</td>
<td>7:46 a.m. 0.9’</td>
</tr>
<tr>
<td></td>
<td>6:59 p.m.</td>
<td>3:04 a.m.</td>
<td>8:20 p.m. 0.4’</td>
</tr>
<tr>
<td><strong>MONDAY</strong></td>
<td>6:38 a.m.</td>
<td>4:01 p.m.</td>
<td>8:30 a.m. 0.5’</td>
</tr>
<tr>
<td></td>
<td>6:59 p.m.</td>
<td>3:46 a.m.</td>
<td>8:51 p.m. 0.1’</td>
</tr>
<tr>
<td><strong>TUESDAY</strong></td>
<td>6:38 a.m.</td>
<td>4:46 p.m.</td>
<td>9:04 a.m. 0.2’</td>
</tr>
<tr>
<td></td>
<td>6:59 p.m.</td>
<td>4:27 a.m.</td>
<td>9:18 p.m. -0.2’</td>
</tr>
<tr>
<td><strong>WEDNESDAY</strong></td>
<td>6:37 a.m.</td>
<td>5:31 p.m.</td>
<td>9:43 a.m. -0.1’</td>
</tr>
<tr>
<td></td>
<td>6:59 p.m.</td>
<td>5:08 a.m.</td>
<td>9:44 p.m. -0.4’</td>
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<tr>
<td><strong>THURSDAY</strong></td>
<td>6:37 a.m.</td>
<td>8:16 p.m.</td>
<td>10:03 a.m. -0.4’</td>
</tr>
<tr>
<td></td>
<td>6:59 p.m.</td>
<td>5:48 a.m.</td>
<td>10:09 p.m. -0.5’</td>
</tr>
<tr>
<td><strong>FRIDAY</strong></td>
<td>6:37 a.m.</td>
<td>7:01 p.m.</td>
<td>10:31 a.m. -0.5’</td>
</tr>
<tr>
<td></td>
<td>6:59 p.m.</td>
<td>6:28 a.m.</td>
<td>10:35 p.m. -0.5’</td>
</tr>
<tr>
<td><strong>APRIL 23</strong></td>
<td>6:36 a.m.</td>
<td>7:47 p.m.</td>
<td>10:59 a.m. -0.6’</td>
</tr>
<tr>
<td></td>
<td>6:59 p.m.</td>
<td>7:09 a.m.</td>
<td>11 p.m. -0.5’</td>
</tr>
</tbody>
</table>

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**Café Roi**

**LUNCH**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>April 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>BBQ Pork Spare Rib</td>
<td>Lemon Baked Chicken</td>
<td>Grill Ham &amp; Swiss Sandwich Roast Turkey Stuffing</td>
<td>Chicken Turnover Chicken Fried Steak Mashed Potatoes</td>
<td>Vegetable Quesadilla Glazed Ham Parsley Potatoes</td>
<td>Tuna Meat Country Meatloaf Mac &amp; Cheese</td>
<td>Chicken Fajita Wrap Parker Ranch Stew Noodle Romanoff</td>
</tr>
</tbody>
</table>

**DINNER**

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<th>Thursday</th>
<th>Friday</th>
<th>April 23</th>
</tr>
</thead>
<tbody>
<tr>
<td>Italian Meatballs</td>
<td>Korean Beef Steak</td>
<td>Beef Machaca Chicken Enchilada Casserole Refried Beans</td>
<td>Carved Roast Beef Thai-Style Coconut Chicken Baked Potato Bar</td>
<td>Fried Chicken Stuffed Cabbage Mashed Potatoes</td>
<td>Mix Your Own BLT Tuna Meat Italian Sliders</td>
<td>Hamburger Steak Roasted Cornish Hen Broccoli Cheese Casserole</td>
</tr>
</tbody>
</table>

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**CLASH OF THE ART SHOWS!**

Please come out and support our young artists at their Junior and Senior High School Art Shows!

4:30-6:30 p.m., Saturday, April 23
in the MP Room

**SPARTAN EXPRESS will be open!**

The Art theme this year is...

**MYTHOLOGY**

Mythological costumes are welcome!
We hope to see you there! ☺

---

**COMMANDER’S HOTLINE**

**HAVE SOMETHING THE USAG-KA COMMANDER SHOULD KNOW ABOUT?**

CALL THE COMMANDER’S HOTLINE AT 51098 TODAY!
ASMDA 2016 SPACE CAMP SCHOLARSHIPS

When: Sunday, 3 July 2016 – Friday, 8 July 2016
Where: Space Camp at the U.S. Space and Rocket Center, Huntsville, Alabama. See www.spacecamp.com for more information.

Who: Any child, age 9-11, of a parent or guardian currently assigned to USA MD/C, ARSTRAT, JFCC IMD, PEO-M&S, AMCOM, AMRDEC, MSC, NASA Marshall, or MDA. Military, government civilian, including matrix personnel, and contractors working for corporate members of ASMDA can apply. Visit our webpage at www.ASMDA.us and click on Corporate Members. Military and government personnel must apply for free membership to ASMDA to be eligible.

Selection Criteria: Essay, school grades, interest in science/space, location (goal of 2 HSV, 2 COS, 2 Kwajalein, 2 Alaska, and 2 Other), and financial need

Scholarship includes: One week at Space Camp at the U.S. Space and Rocket Center in Huntsville, AL (3 July – 8 July) Round-trip airfare and unaccompanied minor fee (if required). Transportation to and from Huntsville airport to the U.S. Space and Rocket Center (if required). Space Camp Flight Suit

USAG-KA SPORTS SOFTBALL

RESULTS LAST WEEK

April 5
Scrubs def. Spartans Blue 19-5
993-Cartel def. Trouble Makers 22-14
Spartan Men def. Concrete 16-7
Lollygaggers def. Tropic Thunder 10-0

April 6
Spartan Women def. Spartans White 14-9
Old, Fat & Ugly def. Bat Hit Crazy 13-12
OFL def. Criminals 22-6

April 7
Kekambas def. Spartan Men 19-9
Concrete def. Mud Singers 10-9
Spartans Coed def. RF Hazards 13-3

April 8
Scrubs def. Spartans White 9-6
Old, Fat & Ugly def. Criminals 15-12
Kwajalein def. Yokwe FORFEIT

RECORDS

A League
Win Loss
Kwajalein 5 0
Old, Fat and Ugly 4 2
OFL 3 2
Bat Hit Crazy 2 3
Criminal 1 4

B League
Win Loss
Spartans Men 5 1
Kekambas 5 1
993-Cartel 3 3
Trouble Makers 3 3
Concrete 2 4
Mud Singers 0 6

Coed League
Win Loss
Lollygaggers 4 0
Tropic Blunder 2 1
Spartans Coed 2 1
Jab Lale 1 3
RF Hazards 0 4

Women’s League
Win Loss
Spartans Women 5 0
Scrubs 4 1
Spartans Blue 1 4
Spartans White 0 5

In the past two Safely Speaking we introduced you to the 5S methodology and the first 2 S’s of the program. Now that we have rid ourselves of all unneeded items and then organized our area to meet our needs, it is time to continue with the third S “Shine”.

With the clutter gone and our areas organized the next step is thoroughly clean the work area. This step should be completed on a daily basis. Work areas that contain contamination such as dirt and oil can cause defects in equipment or become a safety hazard. Scrap parts, used packing material, even old paper work can lead to excess clutter that should be cleaned. Not having a clean area can also lead to hidden problems by not being able to see abnormalities before it is too late.

S3 identifies and removes these items and creates a means for daily removal. Your group can develop a checklist customized for your area highlighting the areas to be cleaned on a regular basis. Ensure that you share the responsibilities with everyone that way it becomes a team effort and not just on a single person. When developing your custom checklist ensure that you cover the problem areas that have a tendency to get missed. Make it a useful tool and not a report card for managers, as this will help to get employee buy in.

In the next Safely Speaking we will discuss the 4th S Standardize, or how to standardize the procedures and expectations for maintaining the 5S methodology. For more information on the 5S methodology please go to the following web page for an interactive presentation that will assist you in this process.

\smdcka30101\Applications\SixSigma_Training\SSB342_Intro_to_5S\course_nolms.htm

THUMBS UP to the folks in the Housing Office, Furniture Warehouse, Coom Crew, Construction, Appliance, Plumbing, Electrical Shops, AC/R, B&G and everyone else who made our move from 3 bedroom to 2 bedroom housing an amazing experience. We are very impressed by your efficiency, promptness and quality of work.

— Bob and Connie Greene

The Kwajalein Hourglass

Saturday, April 16, 2016 / Volume 57 Number 16