

THE KWAJALEIN HOURGLASS



THIS WEEK

ARMY AWARDS
FOR GREAT WORK 2

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CANDIDATE READY
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USAG-KA PROTOCOL OFFICER RICK KREWSON, LEFT, AND CONTRACT MANAGEMENT SUPPORT OFFICER LAURA SAMPAYAN SERVE DESSERT DURING A RECEPTION TO CELEBRATE BIRTHDAYS AND EMPLOYEE AWARDS AT THE OCEAN VIEW CLUB.



JESSICA DAMBRUCH



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH



1) U.S. Army Garrison-Kwajalein Atoll Commander Col. Tom Pugsley, left, congratulates Capt. Hardy Temoney II, on receiving the Army Achievement Medal. 2) Pugsley awards Lois Richardson, U.S. Army veteran and Department of the Army Civilian employee, a certificate in recognition of her 40 years of service to the Department of Defense.

DOD PERSONNEL RECEIVE AWARDS FOR EXCELLENCE ON THE JOB

BY JESSICA DAMBRUCH

U.S. Army Garrison-Kwajalein Atoll Commander Col. Tom Pugsley recognized members of the garrison command team during an awards ceremony honoring excellence on the job. Pugsley commended team members for longtime service, perseverance and their many innovations contributions which have improved garrison operations over the past months.

“I appreciate all of you and your contributions,” said Pugsley. “You have worked together to improve life and work on the garrison. I appreciate all of your efforts.”

A relatively new USAG-KA employee of eight months, U.S. Army veteran Lois Richardson of the Resource Management Office stood out with an achievement award honoring her 40 years of service to the Department of Defense. Pugsley also thanked Richardson for her volunteerism and work ethic.

“If you didn’t know the impact Lois has had on this organization, she is a true delight,” said Pugsley.

“Not only is she personally friendly, she’s willing to go the extra mile to support the organization and her work ethic is second to none. I wish I could have you for 80 years. Lois, you are a fantastic asset to the garrison and the Army.”

Also from the Resource Management Office, Caroline Rico’s attention to detail has benefited many garrison programs over the past months.

“Caroline has reinvigorated a lot of quality assurance processes that can fall by the wayside,” Pugsley said.

Sgt. 1st Class Effie Banks, Chief Warrant Officer 3 Yessenia Johnson, USAG-KA Information Technology Officer Michael Bird and Housing Manager Scott Hill received certificates of appreciation for excellence in supporting postal operations, food services, information management,

and multiple improvements in housing management, respectively.

Pugsley made special recognition of outstanding efforts by USAG-KA Engineering Chief Jacque Phelon and her vital involvement and coordination of programs related to the garrison’s many construction and refurbishment projects.

“We have very few engineers who can put in the time to lead the charettes, ensure the builds, interact with different contractors and ensure the needs of the garrison are being met—and Jacque has been doing all of that,” Pugsley said.

Getting a job done well often means knowing how to be a team player. Pugsley commended Maj. William Strouse for his team-building recommendation—a fun golf scramble—to help foster a sense of community amongst his colleagues.

“Some of us carried our teams,” Pugsley quipped. “It was a lot of fun, and there was a lot of camaraderie.”



WOMEN’S HISTORY MONTH

The Defense Department honors the contributions of women serving in the military and DOD civilian forces, celebrating the richness and diversity of their achievements in March and throughout the year.

Click the image to learn more about this awareness month theme at www.defense.gov.

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army’s 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944. The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll.

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Garrison Commander.....Col. Thomas Pugsley
Garrison CSM.....Command Sgt. Maj. Ismael Ortega
Public Affairs Officer.....Mike Brantley
Communications Manager.....Randall Hisle
Editor.....Jessica “JD” Dambruch

Pugsley also recognized USAG-KA Safety Officer Deirdre Wyatt-Pope for her Quarterly Innovation Award idea to complete beach clean-ups in work department teams. Her solution will encourage environmental awareness and can foster a sense of work community.

Banks and Contract Management Support Officer Laura Sampayan were commended for teamwork on the Combined Federal Campaign, a project of the Office of Personnel Management that provides federal employees the opportunity to donate funds in support of scholarships, charities and other designated need-based programs.

“What you did not know is that behind the scenes, these two individuals really went out of their way to make sure the virtual kickoff campaign was fully understood, transmitted, shared with everyone,” Pugsley said. “They continued to answer questions on behalf of our higher headquarters—so much so that they actually got recognized as CFC Virtual Kickoff leaders of excellence. I want to say thank you, on behalf of everyone.”

On USAG-KA, personnel often cover or share duties when another takes a leave of absence. Assuming that delegation of authority is no easy task—especially when it is for an entire department.

“From marine to aviation to transportation, there are a lot of different and unique specialties that have to be managed,” said Pugsley. “Capt. Hardy Temoney II had the privilege to run the Directorate of Logistics for five weeks.

“The building didn’t burn down—and he did an awesome job. For that, we want to award you the Army Achievement Medal.”

While Pugsley recognized that some garrison teammates “floated to the top for excellent support services to the garrison,” others certainly flew there.

Chief Warrant Officer 3 Alex Brown surprised his colleagues by presenting

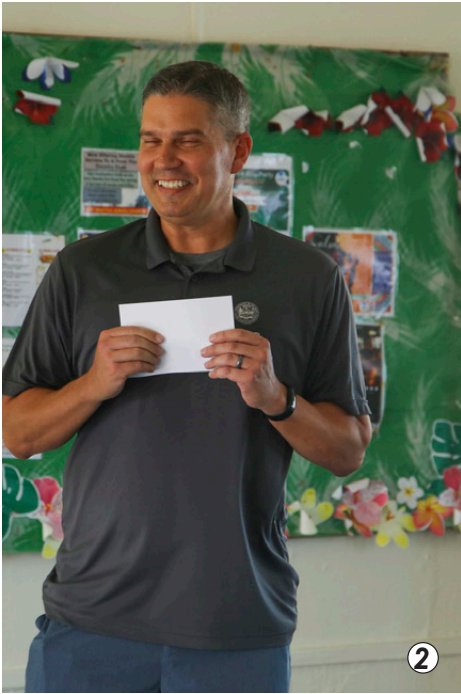


U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

the afternoon’s final award, an airbus aviation manufacturer’s certificate for achieving 500 flight hours, to Lt. Col. Ben Jackson, USAG-KA Directorate of Logistics. The time requirement was met during routine repairs for a garrison Lakota helicopter.

“It takes a lot of effort to get this award,” Brown said, of the last few hours before hitting the 500-hour mark. “We spent all day long in the helicopter trying to get one more [Lakota] up so we could meet the mission. I had to depend on a lieutenant colonel to push the buttons during our diagnostics, and we got two hours out of it. It’s a lot of work for a little bit of reward.”

Though flight maintenance is hard work, the job well done is worth every minute of the attention spent on the fine details. That same dedication is shared by each member of the garrison command team as, each day, they work behind the scenes to support the U.S. Army mission.



1) U.S. Army Garrison-Kwajalein Atoll Commander Col. Tom Pugsley, center, congratulates Sgt. 1st Class Effie Banks, left, and USAG-KA Contract Management Support Officer Laura Sampayan for teamwork on the Combined Federal Campaign. 2) Maj. William Strouse reacts to receiving an award for a great golf idea. 3) USAG-KA Housing Manager Scott Hill holds up his com-

memorative award for outstanding work in support of garrison housing initiatives. 4) Anybody can fly, but only a few dedicated Army personnel really get to soar. Pictured here, Chief Warrant Officer 3 Alex Brown, right, congratulates Lt. Col Ben Jackson, left, on earning an aviation manufacturer’s award for logging 500 hours of flight time in the garrison’s Lakota helicopters.



PHOTOS BY THE OFFICE OF THE RMI PRESIDENT

Graduating senior class members, teachers and parent chaperones from Ebeye's Seventh-day Adventist school (above) and Kwajalein High School on U.S. Army Garrison-Kwajalein Atoll (below) met with Republic of the Marshall Islands President David Kabua (center) and diplomatic personnel from embassies of Indo-Pacific nations during a recent spring break visit to Majuro.

SENIOR CLASSES MEETS RMI PRESIDENT, EMBASSY PERSONNEL

BY JESSICA DAMBRUCH

Graduating seniors from two atoll high schools visited Marshallese government leaders and diplomatic personnel from the Indo-Pacific region on a recent spring break visit to Majuro.

The students, Ebeye Seventh-day Adventist School Jewels and U.S. Army Garrison-Kwajalein Atoll's Kwajalein High School Spartans, respectively, visited with Republic of the Marshall Islands President David Kabua and separately met personnel from RMI national government offices and the Taiwan, Japan, United States and Australian embassies to the RMI.

The trip was informative for both the students and their chaperones, they said.

"The meeting with the President was at the top of our list of activities on Majuro," wrote KHS senior DJ Chong-Gum to The Kwajalein Hourglass this week. "We talked about why it is important to understand the history of the Marshall Islands."

"The kids had a blast," said Tiareti Boutu, a Kwajalein parent who accompanied the students. "It was a fun, epic time for them."

Boutu said the students learned much from their experience, adding that they

toured Nitijela facilities. Students also caught a rare glimpse of the daily life of government officials on the job.

"It was a great privilege for [the students] especially for the ones who are thinking of pursuing a future career in politics," Boutu said. "Meeting with four different embassies gave them more opportunities to learn each of these 'embassy cultures.' They learned what each country's main resources are and about their environments, customs, work, lifestyle, schools and history—and how they became involved with the Marshall Islands."

Australian Ambassador to the RMI Brek Batley shared his thoughts on the visit with The Kwajalein Hourglass following the students' visit.

"Our Deputy Ambassador gave the senior students a briefing on the work of an embassy, the close relations shared between Marshall Islands and Australia, and how to become a diplomat," wrote Batley. "Judging by the high-quality questions and fun energy, there's clearly quite a few students who could become great diplomats! There are also more people on Kwajalein who know about Canberra, Vegemite and our deadly snakes."

Kevin O. N. Nyaosi, High School-level

Head of School for Seventh-day Adventist School Kevin O.N. Nyaosi, home-room advisor to the SDA senior class, accompanied his senior class on the visit. He appreciated that the president provided an extended audience with the SDA students.

"What a humbling experience for the Jewels [SDA students] to sit down with the Head of State, H. E. David Kabua, for more than an hour and have an informative and awesome session!"

Boutu said the KHS students questioned Kabua about working as a career government official in the RMI national government. How had he prepared for the job? He answered by challenging the students to explore the many paths available to those dedicated to public service.

"He answered their questions," said Boutu. "The Marshall Islands needs future doctors, professors and more technology experts."

Chong-Gum said he appreciated the opportunity to speak with Kabua.

"I found him to be nice and down-to-earth," Chong-Gum said. "I was really impressed that he answered all of our questions professionally and completely. The capitol building is also really beautiful."



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

Kwajalein High School student Mary Naut works on essay submissions for the Boys and Girls Club of America Youth of the Year Competition. Naut was nominated to enter the competition by members of the USAG-KA Child and Youth Services staff to represent the Namo Weto Youth Center on U.S. Army Garrison-Kwajalein Atoll in the Army-accredited international competition.

LEADER ON A MISSION: NAUT ENTERS BGCA COMPETITION

BY JESSICA DAMBRUCH

Kwajalein High School student Mary Naut has earned the coveted nomination to represent the Namo Weto Youth Center on U.S. Army Garrison-Kwajalein Atoll in the 2022 Boys and Girls Club of America Youth of the Year competition.

Naut will compete with youth from military installations throughout the Asia-Pacific region in the next round of the competition. By placing in subsequent rounds, finalists can earn scholarship funds and represent their installations at regional and national levels.

Child and Youth Services Teen Center Lead Rachel Raczynski said Naut was a logical choice for the staff nomination.

"Selections are made from a pool of candidates exemplifying leadership," said Raczynski. "Mary has really stepped up

this year. She's the secretary of Keystone Club, and she has a great presence. I have noticed a lot of the younger kids really look up to her."

Combined with her natural leadership skills, Naut's clear goals and ability to unite her peers to accomplish their goals made her stand out, said Raczynski.

"Throughout the year, we really look for someone who has stepped into that [leadership] role. There are some students who help with that unity, and Mary is one of them."

Among the tasks in the extensive application process, Naut must write reflective essays exploring her personal goals, values and how the military has shaped her life. She must also deliver a memorized speech to judges, Raczynski said.

Naut is passionate about climate change and the chance to share her thoughts and ide-



Naut, photographed at the Namo Weto Youth Center in February, aspires to a future career as a NASA astronaut.

als with finalists beyond the Indo-Pacific region. She plans to give the competition her all.

"If I'm given the opportunity, I'll go for it," Naut said.

Offering Naut guidance and encouragement along the way is 2021 YOY finalist Andrew Strong, who along with Naut serves as a Keystone Club officer. YOY finalists are tasked to serve their peer community as mentors and role models for the duration of their selection year. For Strong, that mission includes offering guidance to future candidates. Strong also plans to reapply to the competition in 2023, he said.

"It is great that Andrew is here to offer guidance," said Raczynski. "The competition is all about leadership and demonstrating the skills and qualities that make you a leader in your community."

One of Naut's strengths as a candidate is her writing talent, said Strong.

"Mary writes, and then reads, paragraph by paragraph," he said. Of her fin-

ished product: "It's way better than anything I did last year."

Despite pandemic challenges, the YOY competition remains a valuable opportunity for military-connected youth around the world to serve their respective communities and to earn distinction through an Army-accredited youth program, said Raczynski.

The program had adapted its traditional programming and youth finalist conferences to online Zoom meetings and forums to accommodate pandemic travel and health restrictions for two consecutive years.

While growing accustomed to competing and meeting judges through a computer screen has posed its own challenges to contest participants, Naut has embraced the challenge.

"Mary is a girl on a mission," Raczynski said. "Her goal is to be the first NASA astronaut who is a Pacific islander. I think YOY is the first step."



From left: Keystone Club officer Andrew Strong, Mary Naut, and USAG-KA CYS Teen Center Lead Rachel Raczynski stand at the Namo Weto Youth Center. Strong, USAG-KA's 2021 Youth of the Year nominee, has offered encouragement and guidance to his fellow student leader during her Youth of the Year competition application process.



Modern sailors race on a cloudy day in this photo by Majuro's Canoes of the Marshall Islands. Click the photo to learn more about how the organization is helping to preserve traditional shipbuilding skills.

THE LEGEND OF JEBRO

KWAJALEIN HOURGLASS ARCHIVE

By Jordan Vinson

Do you know the legend of Jebro? This feature story about the classic Marshallese folktale was first published in The Kwajalein Hourglass Sept. 17, 2017.

The information for this article was obtained from Gerald Knight's "A History of the Marshall Islands" and "Life in the Republic of the Marshall Islands," by Anono Lieom Loeak, et al. The article has been edited for publication.

For years, folklore and spoken tales were important tools for communities in the Pacific region to set ethical norms and teach younger generations about how to live.

Many Marshallese mythological tales sprouted out of the creative minds of those who told them, such as the myth of the nonieb, the invisible island dwarves that make themselves known only to certain Marshallese. Other tales have their roots in stories of the night sky.

Similar to how ancient Hellenic societies assigned creative stories to groups of stars and the planets (take Orion the Hunter, for instance), the ancient Marshallese based their constellations on aspects of their own culture. Instead of rams, bulls and lions the stories contain breadfruits, frigates and canoes.

The story of Jebro is an example of a spoken tale derived from the Marshallese cultural interpretation of the stars. It is a popular tale still known today. The story follows brothers Jebro,

Lumur and their mother Loktanur on an epic canoe race across Ailinglaplap Atoll, an atoll located about 120 miles south of Kwajalein Atoll.

The race pits the many sons of Loktanur against one another to see who could travel by canoe the quickest from Woja, the westernmost island of Ailinglaplap atoll where Loktanur and her sons live, to Je, located more than 30 miles away to the northeast. The winner of the race becomes Iroij or king of the East.

As the sons dash off the beach on Woja into the lagoon to begin the race, Loktanur, who has a large bundle of clunky material at her feet, calls out to her sons to let her on one of the boats to join the race. Seeing she wants to bring a bunch of extra weight on board, one by one the sons dismiss her call.

Tumur, the oldest son, shouts that Loktanur should travel with Mejdikdik, the second oldest son. Paddling out into the water, Mejdikdik tells his mother to go with Majlep, who in turn dismisses the request and tells her to go with Majetadik. So it goes with the brothers. Each one passes the burden on until Jebro, the youngest of all the sons, receives the request.

Jebro stops paddling, and Loktanur tells him to beach his canoe. "What do you mean 'beach'?" Jebro yells. "The race has begun. Hurry, or we'll be too late."

"Beach your canoe," Loktanur tells Jebro. "Then help me bring my stuff."

Jebro looks at the big bundle of heavy, useless junk at her feet and is dismayed.

"Jij, this is a race," Jebro sighs. "How can I paddle against the wind with that stuff?"

Finally, casting away any hope of winning the contest, Jebro gives up, beaches the canoe and helps his mother bring her stuff onboard. Once everything is onboard, Loktanur gets to work, and to her son's surprise, her pile of junk isn't junk after all. It's a sail.

Made of woven pandanus leaves, the sail is unfurled by Loktanur's confident hands and attached to a makeshift mast. Having never seen a sail before, men from the village on Woja crowd around the boat and stand back, amazed at how effortlessly the canoe cuts through the water with the wind.

The era of travel via pure muscle power was over, and the era of sailing had begun.

Together, Jebro and Loktanur travel quickly, working the sail's sheet to adjust for wind directions, and make up for lost time, catching up to the brothers paddling their way to Je. Halfway to Je, they come across Lumur, the oldest son, who is now too tired from paddling to continue. Taking pity on his brother, Jebro stops the canoe and helps Lumur aboard, but Lumur quickly takes control of the boat and throws his mother overboard. Jebro cuts one of the sail lines and jumps in after her, and together they swim east to Je.

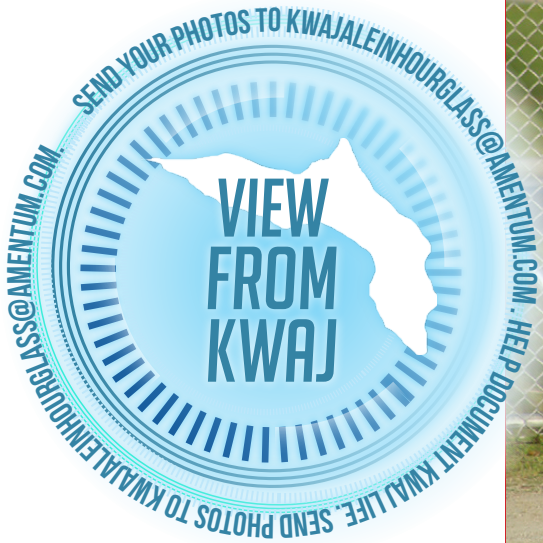
Lumur, with the sail sabotaged by Jebro, and not knowing how to properly sail the canoe, makes little progress and eventually starts drifting back to the west. Jebro and Loktanur, meanwhile, swim on and on and at dawn finally reach Je, the "Island of Sunrise." Jebro has won the race.

After drifting all the way back to Woja, Lumur finishes repairing the sail and sets off for Je once again. Sometime later he reaches shore and, thinking Jebro has drowned, claims first place for himself. When Jebro comes out onto the beach, he shows that he is the winner and true Iroij of the East. Now the Iroij of Ailinglaplap Atoll, Jebro shames Lumur for his awful treatment of his mother and disdain for everyone else. Lumur turns away, sails back to the west and never again looks at his brother.

Today, Jebro is immortalized as Jeleilon, the constellation that the Western world calls Pleiades, or the Seven Sisters. It was a traditional waypoint in the sky that skilled Marshallese navigators used to help guide them on their ocean sailing voyages. Jebro is synonymous with endurance, security, peace and love.



A NASA photo of the constellation Jeleilon, known to Westerners as the Pleiades. Jebro, the good son and lover of all people, is immortalized in this constellation, which was used for navigation by Marshallese sailors.



U.S. ARMY PHOTOS BY JESSICA DAMBRUCH

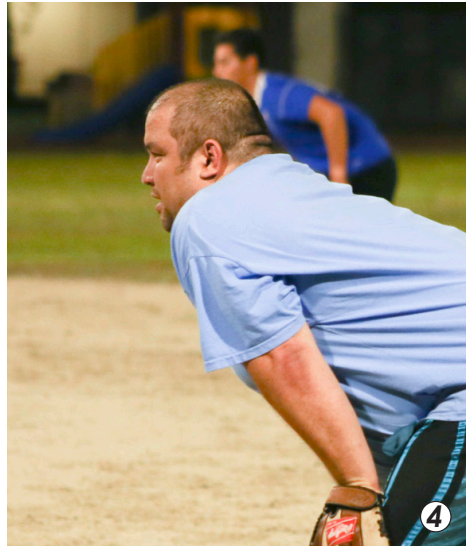
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The MWR Softball season began this week on U.S. Army Garrison-Kwajalein Atoll with 18 games. Be sure to keep watch on the athletics fields for your favorite teams this year. 1) Rilenta Luis is up to bat for Loj-komlk. 2) StingRays' Noah DiB-iase makes a run for the next base. 3) Wait for it: Spartans I Men's Ethan Acosta was in the right place at the right time to catch a pop fly during his first game against EKK In Ae. 4) Eric Corder of EKK In Ae keeps an eye on the batter from the in-field. 5) Windy Luis of LojKmolK grabs a glove before the next inning. 6) Safe! Myles Sylves-ter of Spartans I dashes to third base, guarded by EKK In Ae's Darryl Lorok. 7) Referee Dana Hepler smiles for the camera. 8) An EKK In Ae batter makes it to the base, fair and square.

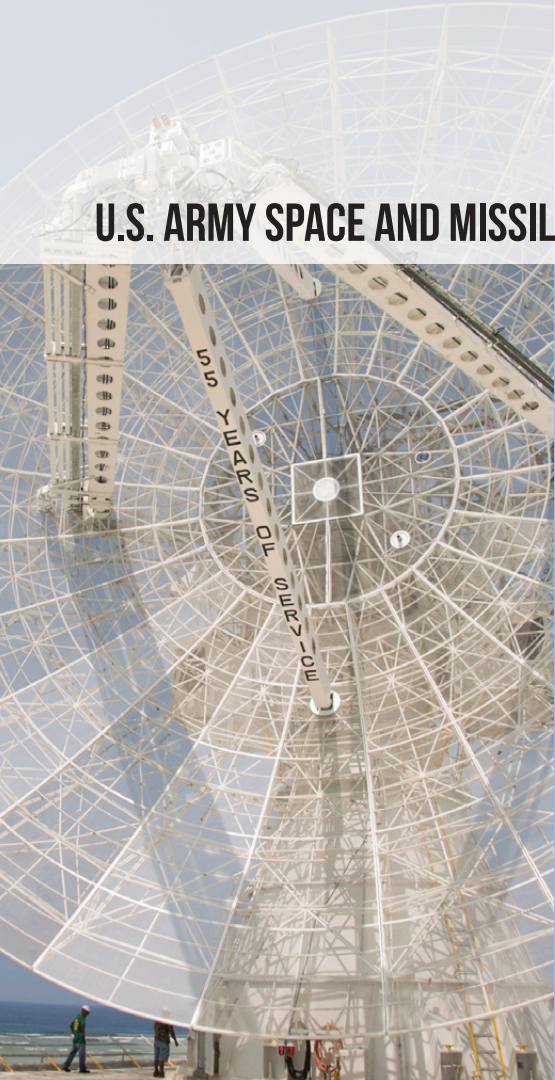


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U.S. ARMY SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

With the advent of the Nixon administration, many U.S. military policies and procedures underwent a review or reassessment in 1969. The Kwajalein Missile Range was no exception. Questions had been raised about the ability of the Kwajalein Missile Range to support all services equally—the rationale being that exclusive affiliation with a command and branch of service would dictate prioritizing their needs and requirements. In each case, however, it was determined that despite the focus on ballistic missile defense mis-


sions, the range was properly operated as a national asset. In a memorandum to the Director of Defense Research & Development, dated March 26, 1969, Charles L. Poor, acting assistant secretary of the Army for research and development, responded to the range services question. “The KMR has clearly demonstrated its national character by successfully assuming responsibility for the operation of the former NIKE and ARPA radars,” wrote Poor. “In less than a year, the range has improved the support to offensive systems by reducing the time required to deliver data packages and developing a radar modernization and integration plan. “... I am convinced that the present command arrangement is the most economical and responsive. Before proceeding with an additional separation plan, I would appreciate your reconsideration of this matter with the hope that the requirement for an additional plan would be withdrawn and that the KMR could continue as part of the SENSCOM.” Poor’s appeal appears to have been successful. The KMR remained a component of the Sentinel System Command documented in general orders and charters—or rather, it became a part of the Safeguard System Command, which replaced SENSCOM, based upon the new deployment strategy for the missile defense mission. The Ronald Reagan Ballistic Missile Defense Test Site has been affiliated with the Army for 58 years. On July 1, responsibility for the range transferred from the U.S. Navy to the primary user at that time—the Army’s Nike-Zeus Project Office.

MWR CREDIT CARD MACHINES OFFLINE MARCH 27-28


Due to the upcoming U.S. Army Garrison-Kwajalein Atoll Morale, Welfare and Recreation contract transition, all Kwajalein and Roi MWR credit card machines will be offline beginning Sunday morning, March 27, until close of business Monday, March 28 at the locations below.

Cash will still be accepted. Hours of operation will not change. Thank you for your patience.

- Ocean View Bar
- Country Club Bar
- Kwaj and Roi Small Boat Marina
- Community Activities/Library
- Cart Rentals
- Bowling Center
- Surfside Salon
- Outrigger



MWR FITNESS CLASSES



New Schedule begins March 1

TUESDAY

9:15 a.m. ZUMBA DANCE CRC1
5 p.m. YOGA
5:30 p.m. KICK BOXING & CORE CRC1
6:40 p.m. SPIN

WEDNESDAY

5:30 a.m. YOGA
9:15 a.m. ZUMBA TONING CRC1
6 p.m. ZUMBA DANCE CRC1

THURSDAY

5:30 a.m. SPIN
10:30 a.m. WATER AEROBICS ADULT POOL
5 p.m. YOGA
5:30 p.m. KICKBOXING & CORE CRC1

FRIDAY

9:15 a.m. STEP & CORE CRC1
5:30 p.m. ZUMBA TONING CRC1
6:40 p.m. SPIN

SATURDAY

10:30 a.m. WATER AEROBICS
5:30 p.m. STEP & CORE CRC1

*ALL CLASSES HELD IN CRC ROOM 7 UNLESS OTHERWISE NOTED
*ALL CLASSES REQUIRE AN MWR FITNESS PASS: ANNUAL, 6-MONTH, AND 8-PUNCH PASSES CAN BE PURCHASED FROM THE MWR DESK AT THE LIBRARY
*ALL CLASSES SUBJECT TO CHANGE WITHOUT NOTICE *FOR MORE INFORMATION, PLEASE CALL MWR AT 5-3331

Available for sale now, passes are required for all MWR fitness classes. Enjoy water aerobics, Zumba, high-intensity interval training and more with a pass that fits your work-lifestyle.

Annual Pass: \$150
Six-Month Pass: \$75
Eight-Class Pass: \$25

Purchase your pass at the MWR Desk at the Grace Sherwood Library. For information, call 5-3331.



CLICK THE 7TH INFANTRY DIVISION LOGO TO VIEW PHOTOS FROM THE KWAJALEIN HOURGLASS ONLINE.

THE LIBERTY PASS

Kwaj Weekend and Activity Guide



Yokwe Yuk Welcome Club presents

Talks on the Rock “Days for Girls”

Celebrating Women’s History Month
featuring

Katie Suderno

Days for Girls Team Leader for the Ebeye Island Chapter

Learn more about supporting women to empower others by
turning periods into pathways.

Monday, March 28, 7 -8 p.m.
Island Memorial Chapel



Salsa Night
Saturday, March 26
9 p.m. – midnight
Ocean View Club

Dress to impress, and enjoy special prices on select beverages.

Kwajalein Art Guild
Spring Craft Fair
Monday, March 28
9 a.m. - 1 p.m.
Kwajalein High School Davye Davis Multi-Purpose Room

Enjoy this annual fun family event to purchase Kwaj-unique items homemade by Kwajalein’s artisans.

MWR Community Fun Run
Monday, March 28
Registration opens at 5 p.m.
Event begins and ends outside the Grace Sherwood Library.

Runners and walkers of all fitness levels are welcome. Choose from distances of one-half mile (begins at 5:30 p.m.), two miles (begins at 2 p.m.) or four miles (begins when half-mile is complete). Contact MWR at 5-3331 or 5-3332 for more information.

Talks on the Rock: “Days for Girls,”
featuring Katie Suderno
Monday, March 28
7 - 8 p.m.
Island Memorial Chapel

Celebrate Women’s History Month with the YYWC and a special presentation featuring Days for Girls Ebeye chapter leader Katie Suderno. Learn more about supporting women to empower others by turning periods into pathways.

RustMan Triathlon
Monday, April 25

If you’re not already planning to compete in this year’s annual triathlon, now is the time to make your “RustManiac” signs to show support along the event route. More details about this must-see event will follow in the coming weeks. For more information, please contact Bob and Jane Sholar at 5-1815.

Kwajalein High School Spring Band Concert
Friday, April 22
6:30 p.m.

Kwajalein High School Davye Davis Multi-Purpose Room
Enjoy live music by the bands of Kwajalein High School. This concert is free and open to the community.

Christian Women’s Fellowship
Sunday, April 3
12:30 - 2:30 p.m.

Religious Education Building
Newcomers are welcome to join CWF for a meal—this month’s meeting features a tasty chili buffet—as the group wraps up the study of “Seamless.”

KWAJALEIN YACHT CLUB MEETING

SATURDAY, MARCH 26, 2022
5:30 P.M. SOCIAL HOUR
6:30 P.M. MEETING FOLLOWED BY A POTLUCK DINNER

At The Movies

Unless otherwise indicated, all movies begin at 7:30 p.m. Contact MWR at 5-3331 for more information. Showtimes may vary for special "Movies Under the Stars" events. All movie times and events are subject to change.

Yuk Theater Kwajalein

Saturday, March 26
"Up" (PG)
96 min.

Sunday, March 27
"Venom: Let There Be Carnage"
(PG-13) 97 min.

Monday, March 28
"The Protégé"
(R) 109 min.

Saturday, April 2
"The Addams Family 2"
(PG) 93 min.

Sunday, April 3
"The Great Gatsby"
(PG-13) 143 min.

Monday, April 4
"Braveheart"
(R) 178 min.

C-Building Roi-Namur

Saturday, March 26
"Pacific Rim Uprising"
(PG-13) 111 min.

Sunday, 27 March
"Beirut"
(R) 109 min.

Saturday, April 2
"Book Club"
(PG-13) 104 min.

Sunday, April 3
"The Shape of Water"
(R) 123 min.

TIE-DYE

Come support the 10th grade class
from Kwajalein High School!



Sunday, April 3
11 a.m. - 4 p.m.
Spring Break Music Fest
at Camp Hamilton

Prices:
\$5 - dye (bring your own shirt)
\$10 - dye and shirt included

22ND ANNUAL

SPRING BREAK MUSIC FEST

Live Music

Starts at 3 p.m.
featuring

Bull by the Horns Ebeye
Ukulele Group
Drum Down the Sun
Mello Mike with Pure aloha
The Saggy G-Strings

Enjoy water activities supported
by the Small Boat Marina!

Sunday, April 3
3 p.m. at the Kwajalein Yacht Club and Camp Hamilton

Sunfish Regatta
starts at 1 p.m.

Fish Tacos
by the Kwajalein Atoll
Sportfishing Club

Microbrew Garden
Opens at 3 p.m. All donations will
go to support the Stephanie Hib-
berts Reef Restoration Project and
Bert's Big Adventure, in honor of
Zach Tuttle.



QUARANTINE DELIVERY PICK-UP TIMES

Package pick-up for deliveries to personnel in quarantine will depart from Macy's on Mondays at 10 a.m. and Surfway on Thursdays at 2 p.m. A delivery vehicle will arrive 30 minutes before departure. Please ensure all deliveries are securely packed and labeled with the recipient's name and quarters number. Questions? Please call Pat Dobson at 5-0506, or Mike Snyder at 5-3929.

COMMUNITY CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to kwajaleinhourglass@amentum.com Wednesdays by close of business. Ads received after deadline will be published in the next issue of The Kwajalein Hourglass.

ARMY REGULATIONS
TOBACCO USE. USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. On USAG-KA, smoking is permitted in designated smoking areas only. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities.

CANDLES and open flames are not permitted in BQ rooms. The Kwajalein Fire Department thanks you for keeping your neighbors safe.

CLASSES
ALCOHOLICS ANONYMOUS. Open meetings for this group are Tuesdays at 6:30 p.m. in the REB, Room 213.

BLDG. COORDINATOR TRAINING. This training for building managers is required by AR 420-1. Kwaj training occurs on the first and third Wednesdays of each month beginning at 10 a.m. in the Religious Education Building. Roi-Namur training occurs on the second Wednesday each month at 9:30 a.m. in the C-building. Call 5-3364 to register.

SMOKING CESSATION. Ongoing smoking and tobacco cessation counseling is available. Call the EAP at 5-5362 or email marybeth.mawicki@internationalsosgs.us for more.

FACILITIES
RACQUETBALL COURT CODE. Residents can obtain the door code from the MWR Desk at the Grace Sherwood Library. The code will not be given out over the phone. Contact MWR at 5-3331 with questions.

HELP WANTED
To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit usajobs.gov. Write to kwajalein.hourglass@amentum.com to remove your listing.

ADMINISTRATIVE ASSISTANT. This position provides daily administrative task support for operations at the Island Memorial Chapel. For questions or to submit a resume, please call 5-3505. Send to kwajchapel@gmail.com and Ch. Brian Conner at Brian Conner brian_conner@sbcglobal.net.

CALIBRE seeks a Military Material Specialist. For more information, or to apply, visit <https://jobs.silkroad.com/calibresys/httpscalibresyscareerssilkroadcom/jobs/4013>.

INTERNATIONAL SOS seeks a dental assistant and applicants for administrative positions. Send your resume to marykathleen.bryan@internationalalsos.com.

NEW ON ISLAND?

WANT TO GET INVOLVED IN SUPPORTING EDUCATION IN THE MARSHALL ISLANDS & MICRONESIA?

Join the Yokwe Yuk
Welcome Club!

OPPORTUNITIES AT THE MIC SHOP,
BARGAIN BAZAAR, FUNDRAISING &
CULTURAL EVENTS

PLEASE CONTACT
YYWCINFO@GMAIL.COM



internationalalsos.com.

KAIHONUUA is hiring for multiple positions. For more information or to apply, please contact Tribalco Human Resources at 5-4344 and visit <https://honuserVICES.jobs.net/page/kaihonua>. Applicants must meet job requirements.

NAN, INC. seeks a welder, welding inspector, quality control manager (QCM), and site safety and health officer (SSHO). To apply, visit www.nanhawaii.com and contact Clint Ueatari or Kevin Short at 5-2632, 5-4995 or 5-4996.

TRUESTONE is hiring for multiple positions. Contact Tribalco Human Resources at 5-4344 and visit <https://www.akima.com/careers/>. Applicants must meet job requirements. For more information, visit www.tribalco.com/careers.html.

RGNEXT, LLC seeks qualified candidates to fill several open positions on Kwaj and Roi in engineering, technical and other areas. For more information and to apply, go to www.rgnext.com.

USAG-KA CYS has openings for new employees and coaches. Required experience levels vary. All children of head coaches play for free. Visit Central Registration or call 5-2158 in Building 356.

MWR REFEREES WANTED. Paid and volunteer positions are available for soccer, volleyball, basketball and softball. Schedules are flexible. Contact Dolly Bakhsh at 5-3872 or dolly.bakhsh@amentum.com for more information.

HOURS OF OPERATION
COMMON ACCESS CARD OFFICE is open Tuesday through Saturday from 8 a.m. to 4 p.m. Schedule appointments at <https://idco.dmdc.osd.mil/idco>.

AUTOMOTIVE LICENSING. The Automotive Licensing Office has moved to Bldg. 808. Please visit during regular hours of operation to complete license testing and documentation.

The SELF HELP CENTER is in Bldg. 1791. Hours of operation are Monday, Wednesday, and Friday, 9:30 a.m. - 6 p.m. Visit Self Help for tools and materials for household upkeep projects.

MWR RENTALS
MWR RENTALS. When requesting a tent, two weeks' notice is required for dig permit approval. To request tables, linens, chairs, bounce houses, or MWR equipment, call 5-3331/3332 or visit the Grace Sherwood Library in Bldg. 805 Tuesday through Friday from 8 a.m. - 5 p.m.

OPTICAL CARE
CALL THE Kwajalein Hospital to express your interest in securing a future optometry appointment at 5-2223.

ORGANIZATIONS
KWAJALEIN AMATEUR RADIO CLUB. Looking for active members and leadership positions to take the club to new heights. Contact the club at 5-2501 or email kwajradioclub@gmail.com to learn more.

UKULELE CLUB. The Kwajalein Ukulele Club is a free club open to ukulele enthusiasts of all ages and skill levels. Bring your uke and join us for a strum-along each Friday in CRC room 6 from 6 - 7:30 p.m. Sign up for the mailing list to receive updates and sheet music by writing to kwajukeclub@gmail.com.

KWAJALEIN GIRL SCOUTS. The Kwajalein Girl Scouts are open to all school-aged K-12 girls on Kwajalein (USAGSO.org). Membership fees are \$45. Also seeking adult volunteers. For registration, questions or more information contact Carrie Aljure at whatacod@aol.com.

SAFETY
SAFETY REMINDER. The community is reminded to avoid dead marine mammals that may wash up onshore. They can pose a human health risk and may attract sharks and other marine predators. For more information, speak with your Environmental department representatives.



CONTACT THE USAG-KA SEXUAL HARASSMENT/ ASSAULT
RESPONSE AND PREVENTION VICTIM ADVOCATE



Sgt. 1st Class Effie Banks
SHARP Victim Advocate
Work: 805-355-0600
or 805-355-1419
USAG-KA SHARP Pager:
805-355-3241 #0100
DOD SAFE Helpline:
877-995-5247



Weto in Mour

FREE AND CONFIDENTIAL SUPPORT SERVICES FOR
WOMEN AND GIRLS AGAINST GENDER-BASED VIOLENCE

MAIN EBEYE OFFICE: 625-4296
455-1724, 456-1724 AND 456-6409 TO GET HELP.



ONCE A KWAJ RESIDENT,
ALWAYS A KWAJ RESIDENT.
HELP US PROTECT THE MISSION.
OPSEC DOESN'T END WHEN YOU PCS.
PLEASE THINK BEFORE POSTING PHOTOS
AND VIDEOS TO SOCIAL MEDIA.

PAVILION CLOSED. The site of the former Emon Beach main pavilion site is closed for maintenance. Please avoid the area while work is being completed. Call MWR at 5-3331/2.

TWO LIFEGUARDS REQUIRED. For safety reasons, an extra lifeguard is required for parties held at the Millican Family Pool. Questions, or to reserve the pool, contact Cliff Pryor at Clifford.PryorJr@amentum.com or 5-2848.

NO NEW PETS IN BQ ROOMS. Except for cats already adopted and currently residing with their owners, no animals or pets are allowed in BQ rooms. If you see an animal in distress, contact the Vet Tech at 5-2017 or kwajaleinveterinaryclinic@internationalsosgs.us.

METAL DETECTORS are not allowed on Kwajalein according to Army Regulation. Unexploded Ordnance exists and could be dangerous if disturbed. Contact Deirdre Wyatt-Pope at 5-1442.

MILITARY WORKING DOGS. The community is advised to follow these tips for safety around military working dogs. WDs will conduct inspections at locations like BQs, transient facilities and other areas.

- Maintain a distance of five feet at all times.
- Do not attempt to pet or agitate the Working Dogs on patrol or at the K-9 kennel area
- Follow all instructions from the Kwajalein Police Department and K-9 dog handlers at all times.
- Questions? Contact the Provost Marshal's Office at 5-2109, 5-8859 and 5-3530.

VETERINARY CARE

Call 5-2017 or email the Kwajalein Veterinary Clinic at kwajaleinveterinaryclinic@internationalsosgs.us to get on the list or make an appointment for prescreening conditions like dental care, diabetes, eye issues, lab work and medication.

VOLUNTEERS WANTED

YOKWE YUK WELCOME CLUB seeks volunteers. To work at the MIC Shop and Bargain Bazaar. Proceeds benefit the Education Assistance Fund and support education grants. Email yywcinfo@gmail.com or visit the Bargain Bazaar Facebook page @KwajBargainBazaarYYWC for information.

2022 Easter Services

Catholic Services

Apr. 10; 9:15 a.m. - Palm Sunday of the Passion of the Lord
Apr 14; 7 p.m. - Holy Thursday
Apr 15; 7 p.m. - Friday of the Passion of the Lord
Apr 16; 8 p.m. - Easter Vigil
Apr 17; 9:15 a.m. - Easter Sunday of the Resurrection of the Lord

Protestant Services

Apr 10; 8:15 a.m. & 11 a.m. - Palm Sunday Services
Apr 15; 6 p.m. REB - Good Friday Service
Apr 17; 6:30 a.m. - Easter Sunrise Service at the Cross across from the Chapel with bunch to follow. Everyone is Welcome!
Apr 17; 11 a.m. - Contemporary Easter Service



Christian Women's Fellowship

Sunday, April 3, 12:30-2:30 p.m.

Religious Education Building (REB)

Join us for a chili buffet as we wrap up our study, "Seamless."

If you are new to island, we'd love to have you come share a meal and fellowship with us!



RELIGIOUS SERVICES
ISLAND MEMORIAL CHAPEL

Join the congregations of the Island Memorial Chapel for weekly services and opportunities to join in fellowship and praise activities.

Be sure to keep an eye on Kwajalein social media for event announcements for the island's fellowship groups. Check out additional community services provided by the chapel team. Call 5-3505 to speak with a religious services team member about your specific worship needs.

PRAYER REQUESTS

Send prayer requests electronically to: m.me/IMCKwajalein

COUNSELING SESSIONS

Counseling sessions are available by appointment. Call 5-3505.

CATHOLIC SERVICES

Morning Services

Sunday, 9:15 a.m.
Main Sanctuary

Daily Mass

Tuesday through Friday
5:15 p.m.
Chapel office

Saturday Evening Mass

5:30 p.m.
Small chapel

ROI SERVICES

Protestant Services
1st & 3rd Fridays
at 6:30 p.m.

PROTESTANT SERVICES

Early Sunday Services

Sunday, 8:15 a.m.
Traditional Worship
Small Chapel

Mid-morning Services

Sunday, 11 a.m.
Contemporary Service
Main Sanctuary

CHAPEL ACTIVITIES

Youth Fellowship

April 4 - REB, 6 p.m.
April 18 - A-Frame, 6 p.m.

Night of Prayer and Praise

Join the Island Memorial Chapel for a night of worship. Event meets monthly at 7 p.m. on first Sundays in the IMC main sanctuary.

A NOTE
ABOUT NOTARY SERVICES

Kwajalein Attorney Benjamin Clancy will be off island in April. For notary services appointments, please contact Attorney David Creed at david.m.creed.civ@army.mil.

Please note: USAG-KA Legal Counsel is unable to provide real estate closing services or estate planning services—only Powers of Attorney.

E-WARENESS PETROLEUM PRODUCT STORAGE TANK WEEKLY INSPECTION

Each department must inspect tanks weekly via trained custodian for the following:

- Examine tank and piping for evidence of leaks and weeps.
- Examine tank for evidence of fuel and water within interstitial spaces.
- Inspect the secondary containment area and ensure locks are in place, if applicable.
- Inspect the leak detection system and alarm panels to ensure they are functional.
- Verify adequate spill response kit is readily available.

Aikuj wor juon eo jen kajojo department ej jeek e tank ko:

- Etale tank ko im baib ko ne ewor etal ie.
- Etale tank ko ne ewor fuel/dren ilo kota ko ak ijoko rekitilik im jeja am loe.
- Jeek e nien dren/fuel ko jet bwe ren kilek im lock ne rej aikuj lock.
- Etale leak detection system im alarm panel ko bwe rej aikuj jermal wot.
- Kamool ke ebojak spill response kit ko nan ien ko enaj wor spill ko.



Please notify island veterinary services as soon as possible if you plan to PCS with your pet.

COVID has created increased delays in some necessary testing needed for most destinations outside of CONUS.

If a Fluorescent Antibody Virus Neutralization (FAVN) is needed for your PCS, it could take eight weeks to receive results.

You should allow three to six months to leave Kwajalein with your pet(s), however if you need to leave on shorter notice, Vet Services may be able to help.

Kwajalein Veterinary Services
Phone: 5-2017
Email: kwajaleinveterinaryclinic@internationalsosgs.us

#36

RMI TRAVEL
ISSUANCE

Effective Feb. 28, the Republic of the Marshall Islands government has insituted Travel Issuance 36.

This travel restriction applies through March 31.

UNITED AIRLINES FLIGHTS FOR APRIL-MAY

Monday
UA155 (HNL)
Check-in: 3:30 – 4:45 p.m.

Tuesday
UA154 (GUM)
Check-in: 10:45 – 11:15 a.m.

3-1-1 for Carry-ons
Prepare for Take-off ➔

3
3.4 ounces or smaller containers of liquid or gel
More than 3.4 ounces permitted in checked baggage
Container size is a security measure

1
1 quart-size, clear plastic, zip-top bag holding 3.4 ounces or smaller containers
Bag limits total volume per person

1
1 bag per traveler placed in the security bin
Isolating liquids speeds screening

NO MATTER WHAT FIELD
YOU ARE IN,
OPSEC APPLIES TO YOU.

Like and share @USArmyOPSEC

The Kwajalein Employee Assistance Program presents:

BOOK OF THE MONTH

- Purchase and read at your convenience.
- Respond to weekly discussion questions.
- Learn useful and practical strategies to improve your life.

To sign up, please contact:
marybeth.dawicki@internationalsosgs.us
or call: 5-5362

ATOMIC HABITS BY JAMES CLEAR



If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change.

You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights.

**Reference to this commercial product does not constitute or imply endorsement by the U.S. Army or Department of Defense.*

CHILD AND YOUTH SERVICES U.S. ARMY GARRISON-KWAJALEIN ATOLL

CHILD DEVELOPMENT CENTER

Water Play Day Reminder
The pool is more fun when we are prepared for a great swim. Please send your child with water clothes, dry clothes, a towel and a swim diaper (if needed).

Baru Classroom
Water Play Day Fridays - Infants and young toddlers

Bako (Pre-K) Classroom
Tuesdays - STEAM Swim Day
Wednesdays - Creative Movement
Thursdays - Library
Fridays - Functional Fitness
Saturday - Reading Buddies

START SMART SPORTS

Activities for children aged 3 - 5 years
Tumbling – now through April 13, Wednesdays, 5 – 6 p.m.

SCHOOL-AGE CARE

Regular programming:
Tuesdays - Art
Wednesdays - Functional Fitness/Culture
Thursdays - STEM
Fridays - Recreation
Saturdays - Character Counts

SPORTS

Ninja Warrior – now through April 16 Tuesdays, Thursdays, Saturdays
5:15 – 6 p.m.

NAMO WETO YOUTH CENTER

Tuesdays
Closed

Wednesdays
Keystone - 11:40 a.m.
Tremendous Trivia - 4:30 p.m.

Thursdays
Torch Club - 11:40 a.m.;
Community Painting – 4:45 p.m.

Fridays
Frappuccinos – 3 p.m.
Fitness Challenge - 4 p.m.

Saturdays
Smoothies - 3 p.m.
Family Feud Game Night - 7:30 p.m.

Sundays
Keystone Officers Meeting - 4:15 p.m.
Art Activity, TBA.

LOOKING TO MAKE A DIFFERENCE?

The Micronesian Handicraft Shop is currently looking to fill the following positions

- POHNPEI HANDICRAFT BUYER
- TREASURER
- MIC SHOP CHAIRPERSON



Opportunity to Train!

PLEASE CONTACT
YYWCINFO@GMAIL.COM

HELP KEEP OUR BARGAIN BAZAAR & MIC SHOP OPEN!



VOLUNTEERING FOR ONLY 2 HOURS A MONTH IS ALL IT TAKES!

PLEASE EMAIL YYWCINFO@GMAIL.COM TO LEARN MORE

The image shows a smartphone displaying the Digital Garrison app. The app has a dark background with a grid of icons for various services like 'DG', 'Keystone', 'Tremendous Trivia', 'Frappuccinos', 'Fitness Challenge', 'Smoothies', 'Family Feud', 'Keystone Officers Meeting', and 'Art Activity'. Below the phone, there are logos for 'DIGITAL GARRISON', 'POWERED BY', 'EXCHANGE', and 'MAKE THE CONNECTION'. There are also logos for 'App Store' and 'Google play'.



SHARE YOUR GREAT IDEAS.

**The Garrison Commander
wants to hear from you.**

U.S. Army Garrison-Kwajalein Atoll is looking for great ideas to help make innovations and improvements to our island community life. You can help.

You can win the Quarterly Innovation Challenge.

Winners will receive an official innovator's award and a special AAFES gift card presented by Col. Tom Pugsley.

Submit your great idea:

- Call the Commander's Hotline at 5-1098
- Send an email to USAG-KA Public Affairs Officer Mike Brantley, at james.m.brantley4.civ@army.mil



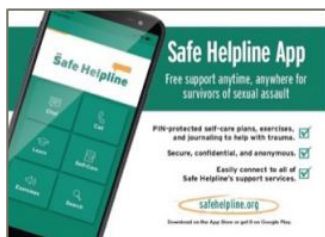
* USAG-KA Command thanks AAFES
for supporting this special community initiative.



ELIMINATE SEXUAL ASSAULT KNOW YOUR PART DO YOUR PART



DoD SAFE HELPLINE APP



The Safe Helpline App is a free mobile resource created to meet the unique needs of members of the Department of Defense community affected by sexual assault. By downloading the App, you can access 24/7 support through the Safe Helpline phone and on-line website and helplines. You can also obtain information, resources, and practical exercises to help address the short- and long-term effects of sexual assault so you can manage your self-care.

WWW.ARMYPRESILIENCE.ARMY.MIL/SHARP
DOD SAFE HELPLINE: 1-877-995-5247
WWW.SAFEHELPLINE.ORG

GLOBAL CAREERS WITH VECTRUS



FOR MORE THAN 70 YEARS, Vectrus has led large-scale IT, logistics, and infrastructure services to enable customer success. Join our 9,000 employees across the U.S. and the world to advance your career with our global opportunities, our expertise in mission-critical problem-solving, and our extensive Vectrus university and Vectrus cyber academy programs.

BENEFITS OFFERED BY Vectrus are comprehensive and designed to meet the needs of all our employees:

- Medical insurance
- Dental Insurance
 - Vision Insurance
 - Life Insurance
 - Paid Vacation
 - Paid Holidays

HOW TO GET STARTED

- Visit Vectrus’ career site!
- Create a profile at <https://careers.vectrus.com/why-vectrus> or scan the QR code at the bottom of this flyer.
- Upload your resume and any certifications you may have
- Let us know you are interested in joining the Vectrus team by signing up for the “LOGCAP V—Marshall Islands - Interested Incumbent Only” Talent Pool
- We will send notifications through the talent pool to let you know when positions are available.

Check these exciting opportunities with Vectrus’ Subcontractors in the Republic of the Marshall Islands. Interested parties can also look up these positions on www.indeed.com, www.glassdoor.com, www.linkedin.com and www.monster.com.



Berry Aviation (Aviation Positions)
– please apply at <https://www.berryaviation.com/job-listings>



Quantum Dynamics Inc. (Ground Maintenance, Movement Control, Transportation Motor Pool, Custodial) is accepting resumes for open positions on Kawjalein and Roi-Namur. Please apply to specific opportunities at <https://qdyncorp.com/home/careers/>



ISOS (medical, Surgical, Optometry, Dentistry and Veterinary Services)
– please apply at <https://www.internationalsos.com/careers>



Wolf Creek (PrevMed, Ground Transportation, Retail Svcs., and Watercraft Operations) – please apply at www.chugachgov.com/careers



Louis Berger Services (Engineering, Electrical Utility Services, Airfield and Retail Fuel Operations) – please apply at <https://phe.tbe.taleo.net/phe01/ats/careers/v2/jobSearch>



Tech Systems (SSA Operations, FRB, and Ammunition and Munition Operations) – please apply at <https://tsi4usa.com/careers/>



MidWest ATC (Air Traffic control)
– please apply at <https://atctower.com/careers>



HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water

Get medical help right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

Get medical help right away if:

- Cramps last longer than 1 hour
- You're on a low-sodium diet
- You have heart problems

SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



CH 3871210

RTS WEATHER STATION STAFF

WEATHER DISCUSSION

Mostly dry conditions will close out the workweek on Saturday ahead of a stretch of unsettled weath-er for the next few days. The subtropical ridge is expected to begin weakening north of Wake Island on Saturday, causing trade winds to relax into the low to mid-teens. Winds are expected to remain on the lighter side as the Intertropical Convergence Zone and associated moisture shifts slightly to the north. This will lead to periods of increased cloud and shower coverage through the weekend into the first half of next week as we remain along the northern periphery of ITCZ activity. Heavier, more wide-spread rainfall is expected late Saturday night through Sunday, with slightly drier, breezier conditions on the way for Monday. An upper-level trough will develop northwest of Kwajalein Atoll on Sunday, which could potentially enhance the risk of a thunderstorm or two this weekend.

Periods of heavier rain may continue through the first half of next week, with a return to dry condi-tions by the end of the workweek. Current model guidance suggests the development of an upper level trough over the region during the early part of the workweek, which may enhance the thunder-storm risk with heavier shower activity. The subtropical ridge will re-strengthen by the end of the week, leading to drier, breezier, and sunnier conditions heading into next weekend.

SATURDAY

Partly to mostly cloudy with stray showers, increasing to widely scattered showers late. Winds NE-ENE at 13-18 knots with occasional higher gusts, especially near showers. Mostly cloudy with scattered showers Saturday night with a possible stray thunderstorm.

SUNDAY AND MONDAY

Mostly cloudy to overcast with scattered showers on Sunday, decreasing to iso-lated showers on Monday. Showers may be heavy at times, and a stray thunderstorm or two will be possible Sunday. Winds NE-E at 10-15 knots on Sunday, increasing to 12-17 knots on Monday. Higher gusts expected near showers.

NEXT WEEK

Winds NE-E at 12-17 kts through mid-week, increasing to 15 to 20 toward the end of the week. Periods of heavier rainfall, significant cloud cover, and even a thunderstorm or two through mid-week will make way for mostly dry, sunnier conditions into the weekend.



Click the logo to visit
RTS Weather online.



U.S. PASSPORT PROCESSING

U.S. passport processing services will beginning Tuesday, March 29, through Friday, April 1 during afternoons at USAG-KA Command headquarters, Bldg. 730.

For more information or to schedule an appointment, please contact the U.S. Army Garrison-Kwajalein Atoll Directorate of Host Nation Activities at 5-2103 or 5-5325.

	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:50 a.m. 7:00 p.m.	2:37 a.m. 2:31 p.m.	1:25 a.m. 2.1' 1:16 p.m. 3.3'	6:27 a.m. 1.5' 8:18 p.m. 0.6'
MONDAY	6:49 a.m. 6:59 p.m.	3:34 a.m. 3:31 p.m.	2:26 a.m. 2.7' 2:20 p.m. 3.8'	7:59 a.m. 1.0' 8:56 p.m. 0.1'
TUESDAY	6:49 a.m. 6:59 p.m.	4:26 a.m. 4:28 p.m.	3:01 a.m. 3.3' 3:02 p.m. 4.2'	8:47 a.m. 0.4' 9:28 p.m. -0.2'
WEDNESDAY	6:48 a.m. 6:59 p.m.	5:13 a.m. 5:21 p.m.	3:32 a.m. 3.8' 3:37 p.m. 4.6'	9:25 a.m. -0.1' 9:56 p.m. -0.5'
THURSDAY	6:48 a.m. 6:59 p.m.	5:57 a.m. 6:11 p.m.	4:01 a.m. 4.2' 4:09 p.m. 4.7'	9:59 a.m. -0.4' 10:22 p.m. -0.6'
FRIDAY	6:47 a.m. 6:59 p.m.	6:39 a.m. 7:00 p.m.	4:28 a.m. 4.5' 4:37 p.m. 4.7'	10:30 a.m. -0.6' 10:47 p.m. -0.6'
APRIL 2	6:47 a.m. 6:59 p.m.	7:19 a.m. 7:48 p.m.	4:55 a.m. 4.7' 5:04 p.m. 4.6'	11:00 a.m. -0.6' 11:10 p.m. -0.6'

THE THREE R'S OF UXO

PUBLIC SAFETY ANNOUNCEMENT

Unexploded ordnance should be treated like dangerous sea crea- tures: Look, but do not touch. You can play an important role in keeping Kwajalein safe by knowing what to do when you spot un- exploded ordnance.

Remember the three R's of UXO:

- **Recognize** an item as possible unexploded ordnance;
- **Retreat** from the area of the UXO; and
- **Report** suspected UXO immediately.

If you discover an object that could be UXO, notify Kwajalein Explosive Or- nance Disposal immediately by calling 5-1433. You can also call CPS at 5-4445. Provide the following information about what you found:

- **Location.** Note helpful details like the build- ing number, GPS coor- dinates and any promi- nent landmarks
- **Size of the UXO** as com- pared to common items like a football or scuba air cylinder

Kemějmej R ko 3.

- **Recognize** (kile) juon kwopej bajjok ema- ron Bokutan ak kein kabokkolok (UXO).
- **Retreat** (Jenliklik) bed ettolok im jab kepaak UXO eo.
- **Report** (Ripoot e) bok- tun ak kein kabokklok eo ien eo emokajtata non EOD ilo nomba kein (5-1433) ak CPS (5- 4445).

Ken melele kein: Ia eo (nomba in ijo, GPS, kakolle in ijo, etc.); Jonan (jonan e ibben jet kain mweik - football, taan in turan, etc.).

Tiljek kon UXO kein einwot am kojparok menin mour in lojet ko rekauwotata. Kalim- jek wot jab jibwe. Non bar kakemějmej eok, eokwe jouj im koba lok ilo Island Orien- tation allon otemjēj.

For a detailed refresher on UXO safety, attend the new island orien- tation or call Kwajalein EOD at 5-1433.

UXO AWARENESS AND SAFETY CLASSES

Kwajalein Explosive Ordnance Disposal will be conducting monthly UXO hazard awareness classes on the first Wednes- day of every month. Classes will not meet on holidays.

This class is a 30-minute new hire and refresher UXO class explaining specific dangers on Kwajalein. Meetings are sched- uled for the first Wednesday at each month at 1 p.m. in Build- ing 1025.

How to Register

Call 5-1550 to sign up. A maximum of 18 people may register for each class. For departments with a large group of employ- ees we can come to your location. Call 5-1550 to schedule a class, to speak with a technician or for more information.

HOW OUR NEWSPAPER GOT ITS NAME

The shoulder sleeve insignia of the 7th Infantry Division consists of two black, equilateral triangles placed vertically on a red circular disc giving it an hourglass shape. The hourglass of the insignia was consequently used in the title of the island newspaper, The Kwajalein Hourglass.

Get The Official Word Each Week

USAG Kwajalein

<https://home.army.mil/kwajalein/index.php>

USAG-KA Garrison Facebook

<https://www.facebook.com/USArmyKwajaleinAtoll/>

U.S. Space and Missile Command

<https://www.smdc.army.mil/>

Be Part of The Hourglass Story

Send announcements, community updates and event fliers to kwajaleinhourglass@amentum.com Wednesdays by 5 p.m.

**SHARING STORIES FROM
THE MISSION.
THE KWAJALEIN HOURGLASS**

