

VOLUME 54 NUMBER 45

NOVEMBER 9, 2013

THE KWAIALEP OUR GLASS



Laban Konelios, an official with the Marshall Islands Ministry of Resources and Development, christens the 2013 RMI Trade Fair with a short speech, thanking USAG-
KA for its continued support of Marshallese economic development.

For more, see page 4.

Photo by Jordan Vinson

**11 A.M., MONDAY
AT THE FLAGPOLES**
IN CASE OF INCLEMENT WEATHER, CEREMONY WILL BE HELD AT ISLAND MEMORIAL CHAPEL.
GUEST SPEAKER HONORABLE THOMAS H. ARMBRUSTER,
U.S. AMBASSADOR TO THE RMI

VETERANS DAY
HONORING THOSE THAT GAVE.
HONORING THOSE THAT SERVE.

Veteran's Day Hours of Operation	
Tuesday, Nov. 12	
Emon Beach	11 a.m.-6 p.m.
All other beaches	Buddy system
CRC	Closed
ARC	Open 24 hours
Bowling Center	Closed
Golf Course	Sunrise to sunset
Country Club	Closed
Hobby Shop Kwaj	Closed
Grace Sherwood Library	Closed
Adult pool	Buddy system
Family pool	11 a.m.-6 p.m.
Small Boat Marina	7:30 a.m.-6 p.m.
Roi Marina	8 a.m.-6 p.m.
Surfway	2-7 p.m. (Closed on Sunday)
Laundry	Closed
Beauty/Barber	Closed
Sunrise Bakery	Check store for hours
Ocean View Club	4:30-11 p.m.
Post Office Kwajalein	Closed Monday Regular Hours Tuesday
Shoppette Roi	Closed
Shoppette Kwajalein	Check store for hours
Pxtra	Check store for hours
Burger King	10 a.m.-4 p.m.
Subway	10 a.m.-4 p.m.
Anthony's Pizza	10 a.m.-4 p.m.
American Eatery	10 a.m.-4 p.m.
Community Bank	Closed
Third Island Store	Closed
Outrigger Snack Bar	Noon-2 p.m. 5:30-9 p.m.
Outrigger Bar	5-10 p.m.

MANIT MINUTE

An aspect of warfare

Traditionally, the Marshallese were noted for their warring and fighting amongst the various "Irojis" or "Chiefs" for control over land and people. In order for an "Iroji" to be successful in battle, he had to have great power and authority over his people. He accomplished this partly by treating his "Kajoor" (commoners, also meaning "power") with respect and dignity. The ultimate power was with the "Kajoor"—if treated badly they could overthrow their "Iroji". The final test of loyalty of the "Kajoor" came in times of battle when the "Iroji" called for "Jial non mej," meaning "the road to death" or "fight till death". Today, while there is no longer war amongst the people of the Marshall Islands, "Jial non mej" refers to the loyalty we show to others, to the way we lead our lives and to our progress in life leading to the time of our deaths.

THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army 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. Contents of the Hourglass are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1 and using a network printer by Kwajalein Range Services editorial staff.

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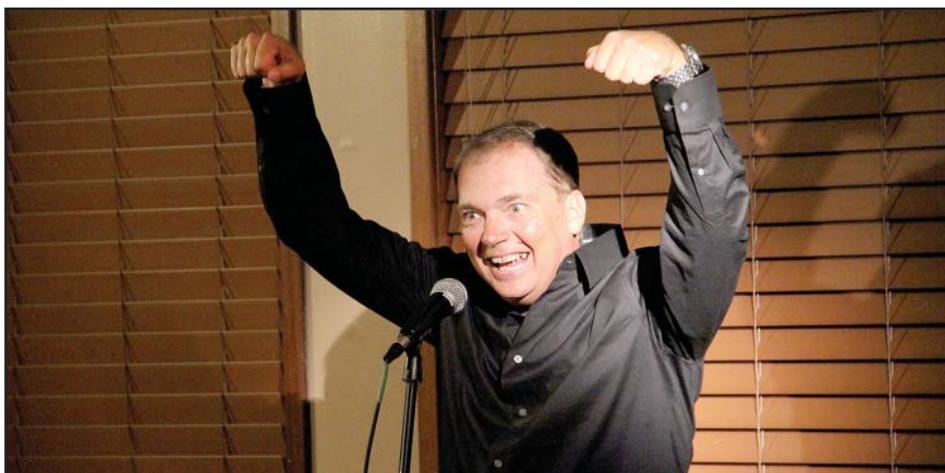
Comedians tour Roi, Kwajalein

Article and photos by Jordan Vinson
Associate Editor

A small cadre of comics swept onto Kwajalein Atoll last weekend to regale service members and contractors with comedy acts sponsored by the Quality of Life Fund. Performing on both Roi and Kwajalein, comedians Gary Caouette, Mike Koutrobis, Steve Scarfo and Kyle Crawford flew in from New England and Las Vegas to entertain crowds with some of their latest material, recount personal musings on the unique communities of Roi and Kwajalein and tell amusing stories from their pasts.

They began their tour of the atoll Nov. 1 with an adults-only show for a crowd of about 60 Roi Rats at the Roi Outrigger. The first stop on their schedule, the show gave the comics an opportunity to test drive new material they would use in later sets on Kwajalein. A second show, one suitable for parents and their children, took place the next evening at the CRC. But it was the comedians' grand finale at the Kwajalein Veterans' Hall Sunday that drew the biggest crowd—and the biggest laughs.

The comics did a fine job of adjusting their sets to include jokes that incorporated fresh observations of the Roi and Kwajalein communities, an approach that often set up the islands' residents as the



Gary Caouette impersonates Roi and Kwaj bike riders.

target of the comedians' humor. Caouette, in particular, was highly effective in highlighting the communities' idiosyncrasies and crafting jokes around the oddities that make Kwaj and Roi so unique.

"Just once I want to see someone from Kwajalein race in the Tour de France," Caouette said, making fun of the leisurely pace residents often peddle their beach cruisers throughout the islands. His inability to understand the purpose of many residents' two-foot handlebar stem extensions and the occasional "ape hanger" handlebar kit drew a lot of laughs. It's a point of view that many newcomers can identify with after seeing these bike setups.

Crawford, meanwhile, zeroed in on the relative predictability of the

atoll's weather, joking that meteorologists that serve Kwajalein and Roi must be the most bored weathermen on Earth.

"Today's forecast?," he said with a cliché broadcast voice, "Hotter than the surface of the sun. With a chance of thunderstorms in the afternoon."

Koutrobis focused mostly on the tried-and-true, love-hate relationships between males and females, a comedic approach that nearly every man could relate to in one way or another. Speaking from the stereotyped point of view of the bad-tempered curmudgeon, he walked the crowds through his elaborate ideas regarding the creation of a crowdsourced blueprint for understanding the mysteries of women. Frequently raising his voice and hammering his fist into the air when making a point, it was as if Lewis Black was on stage pontificating to the crowd instead of Koutrobis.

Scarfo, who headlined the 250-person show Sunday night at the Kwajalein Veterans' Hall, also touched on the interplay between males and females, recounting how helpless he would be were it not for his wife by his side. The story about his inability to successfully pop microwave popcorn by himself was answered with laughs and applause, along with his discussion on the newfound joys of parenthood.



Mike Koutrobis walks the crowd through his idea of creating a crowdsourced blueprint for understanding women.

See COMEDIANS, page 7

10th annual RMI Trade Fair connects Marshallese business to Kwaj consumers

Article and photos by Jordan Vinson
Associate Editor

The U.S. Army Garrison-Kwajalein Atoll hosted the annual RMI Trade Fair at the Kwajalein High School MP Room and CRC parking lot Monday. A one-day event that exhibits far-flung Marshallese art, handicrafts, fish and other goods for purchase by Kwajalein residents, the fair has become a mainstay in Host Nation relations between US-AG-KA and the Republic of the Marshall Islands.

Under pockets of light rain early Monday morning, dozens of Marshallese vendors from different municipalities within the RMI gathered at the MP Room. They filled the space with tables covered with crafts that would soon be grabbed up by shoppers to be used both for holiday gifts and personal use.

USAG-KA Commander Col. Nestor Sadler was on hand to say a few words to commemorate the ceremony before event organizers opened the doors to the fair.

“Spend a lot of money,” he said. “Have a good time; take advantage of this opportunity, not only to buy things but also [enjoy] the fellowship with the different vendors and Marshallese. And be sure to thank everyone who has done a great job in putting this together.”

Passing back-and-forth between the Trade Fair and the Kwajalein Art Guild’s Holiday Arts and Crafts Fair across the street, Kwajalein residents perused walls and tables adorned with ornate decorative items crafted out of pandanus and coconut palm leaves, hibiscus fibers and seashells. They were made available in the shape of sea turtles, marlins and other deep water dwellers, and they came with different designs and in different sizes. Some vendors brought wooden sailboats and statuettes in the form of sharks and dolphins. Others sold woven Christmas tree ornaments, covered baskets and wall decorations, seashell jewelry, T-shirts and even the renowned navigational stick charts unique



The fish sale was a major hit at this year’s RMI Trade Fair.



A vendor speaks with a customer about crafts she has for sale.

only to the people of the Marshall Islands.

Nearly all of the crafts available at the RMI Trade Fair reflected, in one way or another, the pasts of the Marshallese men and women who made them. And while these handicrafts were borne out of a distinctly Marshallese cultural heritage, they have become an increasingly important part of the Marshall Islands’ international trade.

Events like this year’s trade fair

are key to helping the RMI Ministry of Resources and Development find markets in which Marshallese can connect with buyers on a larger scale, announced ministry spokeswoman Laban Konelios during a speech before the opening of the fair.

“Taking part in this annual trade fair has brought forth economic gains to producers of local crafts, fishermen and farmers throughout the RMI,” Konelios said. “The Ministry of Resources and Devel-



Residents take advantage of the trade fair to stock up on some fresh fruit.



Nick Yarnes heads home to fill his freezer with yellowfin tuna and lobsters.



Shana Dooley, Kwajalein's archeologist, purchases goodies at the RMI Trade Fair.

opment recognizes the importance of private sector development and encourages efforts aimed at enhancing trade in order to alleviate hardships and raise the standard of living of the Marshallese people.”

She expressed appreciation for the help USAG-KA has offered throughout the years to help offset the difficulties caused by natural obstacles that interfere with Marshallese economic development.

“As a small island state with very limited natural resources and geographical isolation from major trade markets, we are most fortunate to gain access to Kwajalein,” Konelios said. “It is our hope that

USAG-KA continues this special relationship with service providers of Marshallese products who are the key players in increasing RMI participation in trade.”

One of the most significant highlights of the fair was, of course, the fish sale. It was the reason residents had formed a line 30 yards long by the start of the fair to get first dibs on the catch up for sale.

They waited patiently for their turn to shuffle past coolers stuffed with yellowfin tuna, octopus, lobster, marlin, wahoo, mahi mahi, tuna jerky, marlin jerky, reef fish jerky, smoked reef fish and salt fish. Plucking 4-pound bags of fil-

lets and lobsters into plastic bags, they weighed their purchases on an electronic scale and paid RMI Marine Resource Authority employees in cash. Next stop: their freezers.

“People come for the wahoo and mahi mahi,” said Kiko Andrike, an employee with the Marine Resources Authority who has worked at the trade fair every year since 2007. “We sold out of those pretty quick.”

Andrike explained that the authority’s work dovetailed closely with the RMI Ministry of Resource and Development’s mission of finding larger markets for Marshallese products—but on a domestic level.

“What we do is ... help the outer islands with their fish,” she said. “We collect their fish and come ... to Majuro and sell it out to the community.”

The RMI Trade Fair is the only event in the year in which the Marshall Islands Marine Resources Authority travels outside Majuro to sell fish, Andrike said. The organization normally works with fishermen to help take their catch from municipalities in the Aur, Arno, Maloelap and Jaluit atolls into Majuro to be sold at market.

Despite somewhat disappointing sales of the fish jerky, Andrike said both the turnout and overall sales at the fish sale were “successful.”

Some Kwajalein residents would certainly say the same.

“I bought 30 pounds of yellowfin,” resident Nick Yarnes said, hauling a handful of heavy bags to his bike. “And 13 lobsters.”

Island wellness activities showcased at health fair

Article and photos by Sheila Gideon
Managing Editor

A Health and Wellness Fair was offered to the Kwajalein community Tuesday evening as part of the Little Steps...Big Difference Wellness Program provided by Kwajalein Range Services. Amanda Morris, recreation and programs manager, organized the event in order to give residents a glimpse into the various wellness activities and programs that are available on-island. The health fair centered around three focus areas: Aetna and FCE Benefits education, activity programs and medical services.

Morris organized the health fair to coincide with the visit by the Aetna and FCE Benefits representatives. Karen Fowles is a dietician with Aetna, and arrived this week with Chris Baker, Aetna manager of client services for Kwajalein. They were available at the health fair to discuss healthy eating habits, questions about weight loss and healthy lifestyle choices. During their visit to Kwajalein this week, they also met with various departments, including the Kwajalein Hospital and dining facilities, to discuss similar topics. Baker said they tried to get an appreciation for resources available on island and to suggest healthier options to be incorporated into food preparation in the future. Baker and Fowles' goal was to make recommendations so KRS can self-sustain a healthy corporate dietary program here on Kwajalein. Fowles also made a presentation at the weight management meeting held by the Employee



Christine DeJongh, far left, leads a demonstration for a Zumba class at the Health and Wellness Fair at the CRC Gym Tuesday night.

Assistance Program on Thursday.

Jodi Bourg is the FCE Benefits representative and was available at the health fair to answer any questions about the ongoing open enrollment currently underway for KRS, Chugach and Berry Aviation employees. Open enrollment is a yearly opportunity for employees to update their insurance benefits. It is mandatory for all employees and the deadline to make changes is Nov. 16. Human Resources representatives Chris Hadley and Tracy Pennington were also present to answer questions.

For the activity programs portion of the health fair, several clubs offered information on how to stay fit and active through their events. Clubs included the Kwajalein Running Club, Kwajalein Golf Association, Outrigger Canoe Club and Kwajalein Swim Team. Morris represented the KRS Wellness Program, handed out free bicycle helmets and water bottles and spotlighted wellness program activities offered in the next year. Kaylee West, recreation coordinator, handed out information regarding Pools and Beaches and Adult Athletics. She also measured residents' body mass index. Fitness demonstrations were offered throughout the two hours of the health fair. Christine DeJongh demonstrated what a portion of a Zumba class looks like; Krystal Peterson exhibited some exercises on fit balls and balance trainers; and West instructed on how to use the new TRX trainers purchased by the Quality of Life Fund that will be installed at Ivey Gym.

Medical Services were provided by

Kwajalein Hospital staff. Registered nurses Gia Wright and Lynx McClellan gave out flu shots and measured blood pressure. Brochures regarding heart health, cholesterol and blood pressure were available for the taking. Marion Ruffing represented the Employee Assistance Program, which right now is offering three classes: smoking cessation, weight management and bariatric surgery support. Pharmacist Wagma Komak was advocating for the Drug Take Back Program; it is an opportunity to responsibly turn in any expired or unused medications. Medicines degrade especially fast on Kwajalein due to the humidity. Komak recommended bringing any old medications to the pharmacy for proper disposal. The Kwajalein Dental Clinic staff had information about oral cancer and Dr. Jon Sok provided oral cancer screenings.

Other groups included the Kwajalein Police Department; Environmental, Safety and Health; and the Kwajalein Fire Department. Officer Michael Schwartz provided handouts on bicycle signals and general bicycle safety. He recommended that everyone keep their bicycles locked and make sure they are registered with KPD. Tim Roberge was the KFD representative and handed out smoke alarm batteries; you can also call him and he will come to your residence to change the batteries for you. There were also brochures regarding grilling, campus, dryer and cooking safety. From ES&H, Sam Engelhard, Safety industrial hygienist, gave out information regarding ciguatera and mold.



Kaylee West demonstrates one of the 300 exercises available for the new TRX trainer that will be installed in Ivey Gym.

Threat awareness and reporting program coming soon

Hourglass Reports

The 500th Military Intelligence office will conduct mandatory TARP trainings in the coming weeks for all military, civilian and contractor personnel. This training is mandated by the Department of Defense and is intended for U.S citizens, regardless of your level of security clearance. The training will focus on identifying types of threats, being knowledgeable about the indicators and what to look for, knowing how to report the threats and who to report them to.



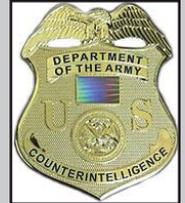
The training dates, times and locations listed at right will provide flexibility to accommodate the various working hours for all those required to participate in the TARP.

TARP training session availabilities and locations

Kwajalein Dates: Nov. 19, 20 and 21; Dec. 3, 4 and 5
Times: 9 -11 a.m. or 1- 3 p.m.
Location: CRC Room 6

Roi-Namur Date: Nov. 22
Times: 9 -11 a.m. or 1- 3 p.m.
Location: TRADEX Building

For more information, please contact
Travis Autry: 500th MI Office, 53576



COMEDIANS, from page 3

The bravery needed to extricate boogers from his daughter's nose and deal with the all-too-common baby fart was something with which all the parents in the audience could identify.

For most of the comics, the shows on Roi and Kwajalein were the first performances they had done on military bases. They said they enjoyed themselves so much that they would look to making performances for the military part of their regular schedules.

It had as much to do with the warm welcome they received from event organizers as it did with the strong responses they elicited from the crowds who came to the shows.

"Everyone here [on Kwajalein] and there [on Roi] are super hospitable," Crawford said backstage during the group's show at the Veterans' Hall.

"We've met so many people in the past couple of days," Koutrobis agreed. "They were all saying they were coming, so we were excited for these people to come here."

Aside from manning microphones and preparing for

their performances, the funny men managed to go out and experience a little bit of Roi and Kwaj during their free time between sets. While on Roi they went golfing, and they even got a chance to take a boat out and do some fishing before their last performance Sunday.

"I caught a stick fish," Scarfo said laughing. "I think it was just a ... stick, and they wanted to make me feel good."

Snorkeling, however, was a pinnacle of a couple comics' to-do list before heading home.

"It's the one thing I've been waiting for the most," Scarfo said. "The fishing was very cool, but I've been dying to [snorkel]. And I don't snorkel."

All in all, the comedians indicated they would certainly like to come back for another round of shows some time in the future. To perform well-received shows in a tropical climate in the Marshall Islands was as much a vacation as it was a weekend of work, the New Englanders said.

"It's been a very hard four days," Scarfo said sarcastically. "I don't think you understand the trials and tribulations we've been through."



Kyle Crawford hosts the group's show at the Vets' Hall Sunday.



Steve Scarfo pokes fun of Roi and Kwaj residents.

Local artists showcase craftsmanship at annual Holiday Arts and Crafts Fair

Article and photos by Jordan Vinson
Associate Editor

Many adults on Kwajalein have full-time jobs working in front of computer monitors, coordinating logistics in warehouses or repairing and maintaining the island's fleet of trucks and other large equipment. But for many of these people, what they do for a living often doesn't define who they are as individuals. Instead, their passion may lie elsewhere—say, in pottery, photography or weaving.

For these artisans, the Kwajalein Art Guild's annual Holiday Arts and Crafts Fair is one of the best opportunities to gain exposure for their work—and hopefully make a few bucks in the process.

Sporting more than 50 tables of crafts, art pieces, gifts and other wares, Monday's Holiday Arts and Crafts Fair at the Corlett Recreation Center Gym connected local artists and vendors with other Kwajalein residents looking to offload some cash for the perfect gift to send back home to family and friends.

Judy Shimamoto, a 12-year resident of the island, is the dental hygienist for Kwajalein. But in her free time she is a potter. Standing behind a sprawling display of ceramic bowls, ornamental pieces, necklaces and more, she chatted with the patrons who stopped by to check out her pottery at the fair. A regular at the island's Hobby Shop, Shimamoto has been working with clay for nearly eight years but retains a touch of humility.

"I am a potter—but far from a master," she stressed.

For Shimamoto, the fair was the perfect opportunity to get rid of some of her pieces, not so much to help subsidize her income as a dental hygienist, but to simply create more space for more ceramics.

"I live in one room, so I need to sell this so I can make more," she said. "It's so much fun to do!"

She described her latest creative endeavor, Ikebana, and motioned toward several odd flower vases.

"[It] is the art of Japanese flower arranging. And often the arrangements are in containers that are very interesting," she said. "So I've been interested in making containers that you could put Japanese flower arrangements into."

Far from gaudy and over-the-top, Shimamoto's Ikebana containers took surreal forms, such as an upside-down top hat and a cylinder bent at its ends to form a solid arch. It's the art of simplicity and artful austerity, she described.

"An old Japanese lady taught me how to do some of this," she said. "I'm not very good at it, but I love the containers."

Shimamoto said she was a bit disappointed that, because she needed to be at her tables at the Arts and Crafts Fair, she couldn't attend the RMI Trade Fair in the MP Room. But she acknowledged the benefits to shoppers.

"I bet the other people who are walking through like



Judy Shimamoto, a potter of eight years, shows some of her ceramic Christmas tree ornaments to a shopper.

to be able to do both things at the same time," she said. "Especially because it's an opportunity to buy Christmas gifts from both [Marshallese and Kwaj residents]."

Brandi Miller, a boat captain who is new to the island, was also at the fair to showcase her creative work. When she's not piloting a ferry to and from Ebeye, Miller is busy scuba diving into the depths to capture high-resolution photographs of an impressive array of ocean dwellers. The dozens of photo prints she had on display depicted everything from whales to sea turtles and tropical fish. Her first impressions of the fair were good, she said.

"I just got here a couple of months ago, so this is the first time," she said. "It's cool."

Meanwhile, Alison Sok and other volunteers with Kwajalein's Women's Christian Fellowship manned a table at the fair, not in the effort to advertise personal handicrafts, but to sell cookbooks to raise money for a good cause.

"This is a fundraiser," she said above the clamor inside the CRC. "And all of the money that ... [we] make helps with the children's education for the Marshallese children."

Fortunately, there was a high amount of foot traffic through the gym, and sales of the cookbooks, Sok said, were booming.

"We just came on this shift and sold about eight since we've sat here," she said happily. "But we just started."



Kristen Hosek gets pumped for her holiday shopping.

View from Kwaj

We need your submissions to keep this page full! Email to: usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil



From Shannon Paulsen



From Julie Savage



From Julie Savage



From Julie Savage



From Karen Tyson



From Bruce Premo



From Julie Savage

HELP WANTED

KRS AND CMSI job listings for on-island positions will be available at the Kwajalein, Roi-Namur and Ebeye Dock Security Check Point bulletin boards, the bulletin board by the Continental Travel Office, the Roi-Namur Terminal/Post Office bulletin board and at Human Resources in Building 700. Job listings for contract positions will be available at www.krsjv.com, on the bulletin board by the Continental Travel Office and on the Roi-Namur Terminal/Post Office bulletin board. Full job descriptions and requirements for contract openings are located online at www.krsjv.com.

LOST

BLUE IPOD SHUFFLE with headphones attached, between Ivey Gym and MDA dome homes. Call 54397.

WHOEVER BORROWED the CD 'MAMBO MANIA - The Kings and Queens of Mambo' from the Hobby Shop, please return it as soon as possible.

WANTED

ADULT MANDOLIN lessons on Roi. Call Dale at 56828 if able to teach.

LOOKING FOR A HOME OR BQ quarters for visiting parents, Dec. 3-10. They will be happy to care for pets or plants. Your place may end up cleaner than when you left; father loves to fix things. Neither smoke or drink. Contact Sam at 51824 or 551511.

ADULT VIOLIN LESSONS. Call Thomas at

Religious Services

Catholic

5:30 p.m., Saturday, Small Chapel

9:15 a.m., Sunday, Island Memorial Chapel

Roi-Namur service, 7 p.m., Second and Fourth

Friday of each month. Appointments with Fr. Vic available after dinner.

Protestant

8 a.m., Sunday, Island Memorial Chapel

9:15 a.m., Sunday School

11 a.m., Sunday, Island Memorial Chapel

7 p.m., First and third Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

Contact the chaplain's office at 53505 for more information.

51866 or email janman6571@yahoo.com if willing to teach.

FOR SALE

7'0" CHANNEL ISLANDS surfboard, Rob Machado MSF single fin, in great shape, \$500. Call 59283.

WESTINGHOUSE LED TV, 37 inch, remote, \$250; MiniPlus Keurig personal coffee maker, 12 coffee and tea pods, \$70; black drapes, \$75; brass curtain rod, 48-84 inches, \$20; iPod Touch, fourth generation, camera, new in box, \$225. Call 53011.

ROI HAPPENINGS

COME OUT for the Roi-Namur Rib and Brew Festival on Sunday! Festivities begin at 2 p.m., at the Outrigger. There will be a rib and brew contest, along with games, tie dye and live music by local band, *Smells Like Fish*. Donations will be collected for the Wounded Warriors and Paralyzed Veterans of America. Questions, contact Laura Pasquarella-Swain.

COMMUNITY NOTICES

A SPECIAL VIEWING of "A Charlie Brown Thanksgiving" will be at 6:30 p.m., tonight, at Grace Sherwood Library. Kids and families welcome! Call 53331 for more information.

NEEDLEWORK GROUP! Come join a group of us that love to do cross-stitch, embroidery, tapestry, quilting, knitting, and crafting in general! We will meet monthly, share our work and learn new techniques. Contact Sheralyn Zeto at sheralynzeto@yahoo.com or at 51044. First meeting is today.

SURFWAY WILL BE CLOSED on Sunday, open 1-5 p.m. on Monday, and 2-7 p.m. on Tuesday.

KRS WORKERS COMPENSATION office will be closed Tuesday through Thursday. Any questions can be emailed to Janet McPhatter at janet.a.mcphatter.ctr@mail.mil, or leave a voice message at 53304. If it is an urgent matter, you may contact Christine DeJongh at 52219 or Lucy Gallagher at 703-429-6306.

THE EMPLOYEE ASSISTANCE Program presents "Decide for Yourself- Advance Health Care Directives." Dr. Paulette Galbraith will present this program and you will have the opportunity to designate a durable power of attorney for your healthcare decisions. Join us at 11:30 a.m., Friday, at the clinic waiting room. Questions, call EAP at 55362.

A CYSS-SPONSORED community awareness training session on Child Abuse Identification and Reporting will be given by the EAP department at 2 p.m., Nov. 16. This annual review training is



Small Boat Marina

Veteran's Day Holiday Hours

7:30 a.m.-6 p.m., Sunday-Tuesday

All Veterans will receive a half rate discount on B-Boat rentals today through Tuesday with valid identification.

often required of those employed by or volunteering in the child care and education arenas as part of their ongoing professional development and is important information for anyone interested in educating themselves on the various types of child abuse that can occur, the signs of it occurring and how to report it when you do suspect a case of abuse. If you are interested in attending the training, contact Susannah Prenoveau at 53610 to sign up. Once we determine the level of interest in the training, we will contact you with the location. Spaces are limited, so call today to reserve a spot.

TURKEY BOWL will be from 6-10 p.m., Nov. 16, at the Kwaj Lanes Bowling Center. Bowl a Turkey (three strikes in a row) to win a turkey prize! Games and shoes cost \$2 each. Adults only.

THE DEADLINE for mandatory Open Enrollment for all KRS, Chugach and Berry Aviation employees is Nov. 16. Enroll or make changes to your health and welfare benefits online at www.fcbenefits.com. For questions, call Chris Hadley at 50939.

WARRIOR TIME WILL meet at 7 p.m., Nov. 18, at the Vet's Hall. This is the first time in recent history of our nation that we have been at war for over 12 years. Because of this, we have a tremendous amount of men and women trying to deal with the weight of what was asked of them. If you are ready, The American Legion will host a round table discussion for combat veterans from all wars, including their spouses. Come and talk

Captain Louis S. Zamperini Dining Facility

Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 16
Carved Steamship	Sauteed Chicken Breast	Pork Chops	Teriyaki Short Ribs	Baked Meatloaf	Coconut Chicken	Pot Roast
Ham Marco Polo	Bacon/Cheese Quiche	Chicken Divan	Sweet/Sour Chicken	Assorted Pizzas	Fish Du Jour	Cheese Manicotti
Eggs Benedict	Beef Pot Pie	Baked Beans	Oriental Fried Rice	Mashed Potatoes	Brown Rice Pilaf	Mashed Potatoes

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 16
Maple Glazed Pork Loin	Kwaj Fried Chicken	Minute Steak	Grilled London Broil	Oven Fried Chicken	Pancake Supper	Chicken Fajita Wraps
Szechuan Chicken	Mac and Cheese	Thai Chicken Stir-fry	Pasta Alfredo	Baked Spaghetti	Pork Adobo	Black Beans
Couscous	Beef Stir-fry	Garlic Mashed Potatoes	Herb Roast Chicken	Boiled Potatoes	Chicken Nuggets	Beef Stew

Military Casualties

Sgt. 1st Class Forrest W. Robertson, 35, of Westmoreland, Kan., died Nov. 3, in Pul-E-Alam, Afghanistan, of wounds sustained when enemy forces attacked his unit with small arms fire. He was assigned to the 6th Squadron, 8th Cavalry Regiment, 4th Brigade Combat Team, Fort Stewart, Ga.

with your brothers and sisters in a safe, non-judgmental environment. Coffee and snacks will be served. Some Gave All...All Gave Some. Questions? Contact Mike Woundy.

INTERESTED IN A new start? Talk with Pastor Kevin if you are interested in being baptized or having your child baptized. A baptism service will be held at 6 p.m., Nov. 18, at Emon Beach. All are invited. Call the chapel at 53505 with questions.

BARIATRIC SURGERY SUPPORT Group will meet from 4:45-5:30 p.m., Nov. 19, in the hospital conference room. The topic is "Handling Rude Comments." Questions, call EAP at 55362.

KWAJALEIN SCHOOL Advisory Council meeting is at 7 p.m., Nov. 20, in the Elementary School Coconut Room. The public is invited to attend.

KWAJALEIN ATOLL INTERNATIONAL Sportfishing Club meeting will be held Nov. 20 at the Pacific Club. Food and beverages will be served at 6:30 p.m., meeting will start at 7 p.m. All anglers welcome to attend! Questions? Contact Andy at 52878.

MUSTACHE BASH will be at 7 p.m., Nov. 23, at the Country Club. Start now and "grow your mo" for Mustache Movember! "Shave" the date and join us for 'stache festivities including best mustache(s) contest, win a free shave, fun photobooth and general mustache awesomeness! Must be 21 years or older. Call Community Activities at 53331 for more information.

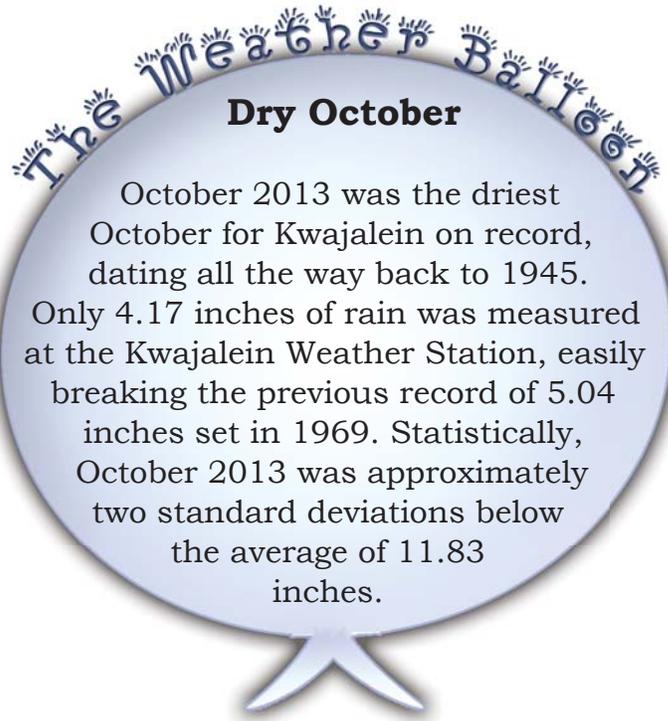
ATTENTION LADIES! Sad you can't grow a 'stache for Mustache Movember? Not to worry. Join the 'stache festivities by "coaching" a 2-3 man team. Make sure they're growing their mustaches, conditioning and strengthening them for the contest at Mustache Bash! Prizes awarded! No pre-registration required. Questions? Call Community Activities at 53331.

KWAJALEIN SCUBA CLUB is hosting the Underwater Turkey Hunt on Nov. 25. Grab a tank and come down to Emon Beach to hunt down a turkey, ham or other great prizes. All participants will receive a Turkey Hunt T-shirt. Sign in at 10 a.m., mandatory safety briefing at 10:30 a.m.. Questions, call Doug Hepler at 52681.

BLESSED SACRAMENT Thanksgiving Mass will be at 9 a.m., Nov. 29. Questions? Contact Fr. Vic at 53505.

EAP-SPONSORED SMOKING cessation classes begin in December for Kwajalein and Roi residents. Schedule your free physical at the Kwajalein Hospital or Roi Dispensary prior to the first class. Call EAP at 55362 for registration.

ISLAND MUSICIANS: The YYWC will present Kaleidoscope of Music Jan. 26. This is an island event where the proceeds are contributed to the YYWC scholarship fund. Here's your chance to perform for an appreciative audience and support a great cause. Contact Jane Premo at jane@premo.org or 52379, or Sarah Stepchew at Stepchew2@hotmail.com or 53500 by



Dec. 15 to be included in this wonderful night.

ALL BLOCKED CACs will now be handled by the Central Patrol Station. This will allow us to better service the community as the officers will be available for unlocks 24/7. The CAC Office will be issuing cards by appointment only. You can find a link to the CAC Scheduler under Security and Access Control on the USAG-KA intranet.

UNTIL FURTHER NOTICE, the Pharmacy window will be open from 12:45-4:30 p.m., Tuesday through Saturday. Prescriptions can be dropped off in the pharmacy door or call 53406 and leave a message. For any urgent matters, speak with your doctor or nurse.

BEE STINGS have become our number one injury, with a total of 16 injuries reported so far during 2013. Be aware of stinging insects at areas of low activity and under benches, trees and overhangs. Be aware if you are allergic to stings. They are attracted to fruits, sweets, foods, beverages and garbage cans. Report locations of bee stings and wasp nest sightings for treatment at 53550.

IT IS HIGHLY recommended to use flashlights during the period between dusk and dawn. The use of lights is required south of 9th Street.

E-TALK: The Eniwetak Conservation Area has been established to promote conservation of wildlife and coral reef resources. Visitors are not allowed without consent from USAKA.

SAFELY SPEAKING: When lifting, remember the following acronym: **Back**- keep your back straight. **Abs**- tighten your stomach muscles before you lift. **Close**- close and to the center. Hold the load tight to the middle of your chest. **Knees**- Bend at the knees, not at the waist.

		<i>Café Roi</i>						
Lunch								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 16		
Breaded Fish	London Broil	Chicken Fajita Wrap	Reuben Sandwich	Burger Bar	Assorted Pizza	Philly Cheesesteak		
Chicken Piccata	Catfish	Meatloaf	Bombay Chicken	Chicken Fricassee	Baked Ziti	Kibi Ribs		
Eggs Benedict	Southern Benedict	Corn Bread	Vegetable Quiche	Onion Rings	Cheesy Garlic Bread	Mac and Cheese		
Dinner								
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Nov. 16		
Roasted Chicken	Chicken Parmesan	BBQ Chicken	Top Sirloin	Roi Fried Chicken	Burger Night	Sausage and Peppers		
Beef Stew	Beef Ragu	Smoked Sausage	Baked Chicken	Swedish Meatballs	Chicken Breast	Chicken Pesto Alfredo		
Stuffing	Garlic Bread	Mac and Cheese	Baked Potatoes	Mashed Potatoes	Tater Tots	Pasta with Marinara		

Community Relations Council representatives meet to discuss issues affecting USAG-KA, Ebeye



Officials with USAG-KA, Kwajalein Range Services and the U.S. Embassy in Majuro meet with their Marshallese counterparts, including the RMI Ministry of Foreign Affairs and other agencies, to discuss bilateral issues affecting USAG-KA and Ebeye.

Article and photo by Mike Sakaio
Public Affairs Officer

A Community Relations Council meeting between U.S. Army Garrison-Kwajalein Atoll and the government of the Republic of the Marshall Islands was held Wednesday at the USAG-KA Headquarters Building.

USAG-KA Commander Col. Nestor Sadler co-chaired the CRC and headed the U.S. delegation, which consisted of USAG-KA

staff, representatives from Kwajalein Range Services and the U.S. Embassy in Majuro.

Chief Secretary Casten Nemra headed the RMI delegation, which included representatives from the Ministries of Foreign Affairs, Health, Education, Kwajalein Joint Utilities Resources and the Environmental Protection Agency.

The bilateral discussions Wednesday centered on issues of mutual interest between the neighboring communities of Ebeye and USAG-

KA. Topics covered the issue of excess equipment under the Compact's provision of Right of First Refusal, access to USAG-KA, business opportunities that may be available for RMI vendors on USAG-KA and the proposed establishment of a RMI post office on USAG-KA.

The meeting concluded with leaders signing a revised agreement between USAG-KA and RMI, and those in attendance joined one another afterward at the Zamperini Dining Facility for lunch.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	20%	ENE at 9-14 knots
Monday	Partly Sunny	20%	ENE at 7-12 knots
Tuesday	Mostly Sunny	10%	ENE at 7-12 knots
Wednesday	Mostly Sunny	10%	ENE at 8-12 knots
Thursday	Partly Sunny	20%	ENE at 10-15 knots
Friday	Partly Sunny	10%	ENE-E at 9-14 knots

Yearly total: 50.51 inches
Yearly deviation: -26.22 inches

Call 54700 for updated forecasts or visit www.rts-wx.com.

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:40 a.m. 6:26 p.m.	12:43 p.m. -----	9:25 a.m. 2.5' 3:09 p.m. 3.2'	3:13 a.m. 0.5' 3:09 p.m. 1.1'
Monday	6:41 a.m. 6:26 p.m.	1:32 p.m. 12:54 a.m.	11:17 a.m. 2.6' 11:30 p.m. 3.1'	4:48 a.m. 0.7' 5:08 p.m. 1.2'
Tuesday	6:41 a.m. 6:26 p.m.	2:18 p.m. 1:48 a.m.	12:43 a.m. 3.0' -----	6:15 a.m. 0.6' 6:46 p.m. 0.9'
Wednesday	6:41 a.m. 6:25 p.m.	3:04 p.m. 2:40 a.m.	12:52 a.m. 3.2' 1:39 p.m. 3.5'	7:15 a.m. 0.3' 7:48 p.m. 0.5'
Thursday	6:41 a.m. 6:25 p.m.	3:49 p.m. 3:31 a.m.	1:49 a.m. 3.4' 2:21 p.m. 3.9'	8:00 a.m. 0.1' 8:35 p.m. 0.1'
Friday	6:42 a.m. 6:25 p.m.	4:34 p.m. 4:22 a.m.	2:33 a.m. 3.5' 2:56 p.m. 4.2'	8:37 a.m. 0.2' 9:13 p.m. 0.2'
Nov. 16	6:42 a.m. 6:25 p.m.	5:20 p.m. 5:12 a.m.	3:11 a.m. 3.6' 3:29 p.m. 4.5'	9:10 a.m. 0.3' 9:48 p.m. 0.4'