

VOLUME 55 NUMBER 40

OCTOBER 4, 2014

# THE KWAJALEIN HOURGLASS

The Kwoj Bok Non Won  
Youth Group performs  
during the 2014 Manit Day  
celebration at the Marshallese  
Cultural Center on Kwajalein  
Monday. For more, see page 4.

*Photo by Jordan Vinson*







# Yokwe!

Daniel and Rose Zuckley are new Project Control engineers with Kwajalein Range Services. They arrived with their cat, Dobby, Sept. 6. While they most recently moved from Richmond, Kentucky, they have lived in Nevada, North Dakota, Idaho, Oregon, Texas, Louisiana, Massachusetts, Florida, North Carolina, Minnesota, United Kingdom, Chile and New Zealand. They heard about Kwajalein from their recently retired bosses, John Labee and Mary Johnson, both former, longtime Kwajalein residents. Daniel and Rose are most looking forward to participating in all the water-based activities offered here. They are currently exploring the snorkel sites and plan to learning how to SCUBA dive soon. *Photo by Sheila Gideon*

**The Marshallese Cultural Society  
and the George Seitz Elementary school extend our  
hands in gratitude for helping the culture and  
customs of the Marshall Islands come alive during  
the month of September. Special thanks to  
IroiJlapi Imata Kabua,  
Col. Nestor and Monica Sadler, Lanny Kabua,  
Fredly Mawilong, Pastor Kevin Wilson,  
Mon La Mike Band, performers, community,  
family and friends!  
Kommol tata!**

THANK YOU

## THUMBS UP!



... to the IT/IS technician who did a call-out last week to re-enable my computer access. I am a night shift worker and I had returned to work after vacation only to find out that I was locked out of everything. He called me at work, went down to his office to re-enable my access and then called me back again to make sure that everything was up and running. That was great customer service—KUDOS to the IT/IS staff.

## AFN Reminder:

**AFN|Xtra is showing on  
channel 20-3 (Pacific-K)  
and DTS is showing on  
channel 20-4 (Pacific-J)  
until equipment repairs  
can be made.**

## 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

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Email:  
[usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil](mailto:usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil)

Garrison Commander..... Col. Nestor Sadler  
Garrison CSM..... Command Sgt. Maj.  
Reginald Gooden

Public Affairs Officer ..... Michael Sakaio  
Managing Editor ..... Sheila Gideon  
Associate Editor ..... Jordan Vinson  
Media Services Intern..... Molly Premo

# Hawaii-based U.S. Army Corps of Engineers reestablish Kwajalein Resident Office, continuing 50-year island legacy

By Sheila Gideon  
Managing Editor

**A**fter a 50-year presence at Kwajalein Atoll, the U.S. Army Corps of Engineers shut down their office in 2009, leaving only one individual to oversee small engineering projects. In July 2014, that office was reopened and with it came 11 Corps of Engineer employees here for two year tours. Heading up the office is Resident Engineer Paul Sadowski. He is accompanied by four project engineers, five construction representatives who are in the field on a day-to-day basis and one administrative assistant, all of which will be on board by June 2015.

The USACE Kwajalein Resident Office was officially established in 1959 when Kwajalein was selected to be the testing site in the Nike-Zeus Anti-Missile Program. The KRO was shut down in 2009 due to the slowdown of military-related construction on Kwajalein. When the resident office shut down, Honolulu District Commander Lt. Col. Jon J. Chyka said, "We (the Corps) will continue to support USAKA from Honolulu until the USAKA program supports a District resident profes-



Photos by Sheila Gideon

**Improvements to the Water Treatment Plant include additional structural steel where needed, new insulated aluminum panels and a protective coating on the interior and exterior.**

sional. ... We're looking at possibly reopening the resident office in Fiscal Year 2011 or beyond."

Turns out it was beyond—it took five years for the resident office to

stand back up. Although struggling with budget constraints, U.S. Army Garrison-Kwajalein Atoll command has focused on the importance of maintaining island infrastructure; this can be seen in the increase in military construction projects this year at USAG-KA slated to be managed by USACE. That, combined with USACE's agreement to support the Air Force's Space Fence program, was enough justification to reopen the KRO.

The KRO is a contract administration group. Their mission on Kwajalein is to administer construction contracts which are awarded out of the Honolulu District. Three construction companies bid projects as part of a Multiple Award Task Order Contract and were selected due to their experience working construction projects at Kwajalein Atoll: Nan, Inc.; San Juan Construction, Inc.; and Marshall Island Builders. The construction companies do the work, often employing a large team of Marshallese local labor to assist their workers, and USACE supervises the entire project. The USACE



Photo by Paul Sadowski

**The Solar Photovoltaic System project on the roof of building 993 is 50 percent finished. The project is being overseen by the U.S. Army Corps of Engineers. Construction is being done by Nan, Inc.**

**See USACE, page 6**



# Kwaj, Ebeye residents celebrate Mani Day



Left: An event volunteer weaves a traditional mat with long leaves pulled from palm fronds during the 2014 Mani Day celebration on Kwajalein. Middle: Kwajalein Jr./Sr. Ri'katak students dance for the crowd. Right: The Kwoj Bok Non Won Youth Group performs.

Articles and photos by Jordan Vinson  
Associate Editor

Residents of Ebeye and Kwajalein came together Monday for Kwajalein's annual Mani Day celebration at the Marshallese Cultural Center.

Part of the communities' efforts to recognize and celebrate the Republic of the Marshall Islands' rich cultural heritage and history, the event gave visitors fresh insight into the traditional practices that define Marshallese culture.

After opening remarks from Marshallese Cultural Society President Harden Lelet and an invocation from the Rev. Kevin Wilson, U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler thanked everyone involved in putting the event together.

"On behalf of the entire Kwaj community, I am grateful for everyone's hard work in making this event possible," he said. "To Iroi/Sen. Mike Kabua and his team of performers, to Iroi/Sen. Imata Kabua, Harden Lelet, Karen Brady and the

Marshallese Cultural Society, the Ri'katak students, the Jinetiptip Women's Club, Kwaj residents and especially to our guests from Ebeye, whose participation will enrich our appreciation and understanding of the Marshallese culture. We all look forward to an afternoon of great performances, good food and, best of all, fellowship."

Alap Fredly Mawilong, who spoke on behalf of Kwajalein Iroi/Sen. Mike Kabua, talked at length about the importance of recognizing and promoting his nation's roots and cultural practices.

"Culture. We were born with it," he said. "This is part of the identity that not only shows but explains how we live our [lives] daily. ... If you were born Marshallese you will always be Marshallese. You'll have the identity, the culture that represents not only you, but also the society throughout this republic."

Lanny Kabua, the RMI Liaison to USAG-KA, echoed Mawilong's sentiment. Culture, he explained, amounts to more than what a Marshallese individual may read about in books, hear in stories told by his grandmother or see and taste at

special events. One's cultural heritage—his roots—impact the totality of his identity, he argued.

"Let's pause for a moment and ask ourselves what is significant about this day," he said. "... For each and every Marshallese person, the word mani, or culture, encompasses nothing less than the whole of the person's identity and affiliation with the land and lineage of his or her forefathers."

Reading from the preamble of the RMI constitution, Kabua highlighted the resiliency of Marshallese in protecting the "sacred heritage" on top of which the modern republic was built.

"We have reason to be proud of our forefathers who boldly ventured across the unknown waters of the vast Pacific Ocean many centuries ago, ably responding to the constant challenges of maintaining a bare existence on these tiny islands, in their noble quest to build their own distinctive society," Kabua read. "This society has survived, and has withstood the test of time, the impact of other cultures, the devastation of war, and the high price paid for the purposes of international peace and





**Left:** Different types of rope and other material made from the fibers of coconut husks on display outside the Marshallese Cultural Center. **Right:** Event volunteer Leslie Napa serves cups of aikiu, soup made from sprouted coconut, to visitors during the Manit Day celebration.

security. All we have and are today as a people, we have received as a sacred heritage which we pledge ourselves to safeguard and maintain, valuing nothing more dearly than our rightful home on the islands within the traditional boundaries of this archipelago."

Following the speeches, performers from Ebeye treated visitors to a procession of traditional dances. Dancing to music by Ebeye group "Mon LaMike Band," the Kwoj Bok Non Won Youth Group, the Kwajalein Jr./Sr. Ri'katak students and the Jinetiptip Women's Club performed selections of dances they had been rehearsing in preparation for Christmas celebrations at the end of the year. Under the hot afternoon sun, each group filed onto a patch of grass in front of the Cultural Center and followed "Mon LaMike Band's" beats and vocals, moving their bodies in sync with one another, waving woven hand fans and shouting out in short bursts.

Apart from the dance performances, visitors took the opportunity to watch women from Ebeye weave long palm frond leaves together into sturdy baskets and mats, examples of the classic Marshallese craftsmanship for which the islanders are famous. Residents also sampled traditional dishes prepared by the Jinetiptip Women's Club and served by event volunteers. In addition to coconut rice balls and dried fish, visitors sam-

pled aikiu, which is soup made from the sprouted coconut; jokkob, breadfruit soup; lukor, raw coconut meat; and ametoma, coconut candies.

Under the shade of the massive Kamani tree on the grounds of the Cultural Center, dozens of thirsty children and adults waited in line to have fresh coconuts husked for them. Heaving the heavy fruits down onto 3-foot-long wooden spikes, event volunteers sheared the thick, fibrous husks from the coconuts to get to the hard nuts at the center. Before sipping on the warm coconut milk hiding inside, guests looked over a selection of special rope and durable cloth made from coconut husks.

The variety of rope available ranged in name from "maan" and "kol aidrik" to "tiliet" and "iddab." Coiled into long cords, the ropes had come a long way from the loose fibers of coconut husk from which they were made. The display was a reminder of the ingenuity and resilience of the traditional seagoing natives of this island nation: With nothing more than the few natural resources available to them, the Marshallese had proved more than capable of carving out rich lives for themselves and their kin on the flyspecks of coral rock that make up this archipelago in the West-Central Pacific.



**Left:** Alap Fredly Mawilong addresses the crowd on behalf of Kwajalein Iroij/Sen. Mike Kabua. **Middle:** Kwajalein Jr./Sr. Ri'katak students move to the beat of the "Mon LaMike Band." **Right:** A volunteer husks coconuts for visitors.



# Commander hosts seniors for BBQ

By Molly Premo  
Media Services Intern

The Kwajalein Jr./Sr. High School Class of 2015 was invited to the annual senior barbecue hosted by the garrison commander on Sept. 27. The small class of just nine students was welcomed by Col. Nestor and Monica Sadler, Command Sgt. Maj. Reginald and Princess Gooden, Deputy Garrison Commander Jenifer Peterson and Education Evaluator Ray Drefus. Accompanying the students were their class advisors Barbara Bicanich and Jamie Bowers. The senior barbecue is a traditional event where the students are welcomed into the commander's home for a meal, a toast to their success and motivational tips to help them achieve that success.

As the seniors enjoyed their meal, Sadler took time to talk to each senior individually and asked about their future plans and aspirations. He provided any inspiration and tips he had to each student. During the dessert course, Gooden and Drefus took the opportunity to speak to the seniors about resiliency and their need to possess this



Photo by Monica Sadler

KHS Class of 2015 show off their "resiliency tennis balls" given at the senior barbecue hosted at the garrison commander's quarters Sept. 27. Accompanying the class are their senior advisors and USAG-KA Education Evaluator Ray Drefus.

trait during the upcoming year and beyond. They were told to never give up and to "bounce back" after a setback. Each student was presented with their own tennis ball as a token and reminder to be resilient.

The evening ended with a laid back, social gathering in the living room. Singing, jokes and laughter filled the room. At the end of the evening, Sadler gave the seniors an open invitation to stop by any time to talk or just hang out.

## USACE, from page 3

team has the authority to modify the contracts up to a certain dollar amount in the field, providing a degree of self sufficiency. In the event of large changes or complex issues the KRO has technical and contractual reach-back support from their home office in Hawaii if necessary.

There are two active projects on Kwajalein right now, one in the design phase and three slated for next year.

One of the most visible projects is at the Water Treatment Plant. It is a \$3.5 million dollar project that will be completed in January 2015.

"The Water Treatment Plant structure was corroded, both inside and outside," Sadowski said. The USACE project is firming up the structure. They are adding structural steel where needed, new insulated aluminum panels and a protective coating to defend it from damage from the harsh Pacific environment. The challenge is that they're doing all this work while it's occupied; daily work activities must go on, but both USACE and Nan, Inc., are making sure it is done safely.

The other active job is a \$3.3 million dollar project on the roof of building 993, where a massive array of solar panels is being installed. After installation, the panels will support the energy requirements of building 993 and any additional power will be put back into the main grid. It'll help supplement the island's electrical

needs and will generate enough energy to power 100 homes a day. The project will be completed in December of this year.

The \$1 million dollar Lighting Retrofit project is still in the design phase but slated to begin soon. Twenty-two buildings, half of them on Roi-Namur, will be refit with new light ballasts and bulbs. The new fittings will provide more light while using less energy. Anticipated completion is August 2015.

Projects are chosen by USAG-KA command based on the greatest need and funding availability. Funding comes from the base operations budget or supplemental government programs.

Brian Ebel, energy manager at DPW, submitted a write-up explaining the cost savings for the solar panel and lighting retrofit projects. The Energy Conservation Investment Program provided the funding for those particular projects.

Future projects include work on a fuel tank on Roi, an overhaul of the warehouse facility 602 on Kwajalein and installing mist eliminators at the Kwajalein Power Plant.

Past projects finished within the last two years include work on the sludge drying beds, internal repairs to the HVAC (heating, ventilating and air conditioning) at the Kwajalein Hospital and a new water tank on Roi.

# George Seitz Elementary wraps up month of manit

Article and photos by Jordan Vinson  
Associate Editor

Students and teachers at George Seitz Elementary School wrapped up a month-long celebration of Marshallese culture and history Sept. 27.

Designed to encourage curiosity with and understanding of the history and culture of the island nation, the program gave children the chance to get their hands on a variety of activities throughout the month. Taking a more educational bent, some activities quizzed students on aspects of Marshallese culture. Other activities, such as coconut bowling and bingo, were purely for fun.

The grand finale of the program came Sept. 27 with a school-wide assembly. It was followed by a food tasting event that afternoon and a special screening of the Marshallese film “The Sound of Crickets at Night” later that evening.

The early-afternoon assembly brought teachers, parents and the student body together in the elementary school’s gymnasium to watch the fourth graders perform a rendition of a traditional Marshallese folktale, or legend. Called “The Whale and the Sandpiper,” the tale followed an epic battle between the legions of creatures in the seas and the birds in the skies who, after having nearly killed of one another, come together in the end to save each other’s lives. Like many folktales, the legend impressed upon its listeners an important life lesson: the necessity of working together as a team.

Marshallese legends, the fourth graders explained, were at one time crucial to the functioning of the island society.

“Before the Europeans came to the Marshall Islands, everything that the Marshallese people knew about their lives [was] made in stories called Marshallese legends,” the students said. “Nothing was written down, because there was no alphabet, no written books.”

Instead, the students said, spoken stories were the tools that each generation used to share with their kin all the skills needed to not only survive as a seafaring people, but to also enrich their lives through knowledge of their history and culture as constructed through cultural practices.

Following the fourth grade performance, the school’s Ri’katak students took to the stage to sing the Republic of the Marshall Islands national anthem and dance for the crowd.

The assembly was followed shortly after with a food tasting event at the school’s Coconut Room where students sampled a wide selection of traditional Marshallese dishes like coconut rice balls, breadfruit, pandanus keys and dried fish.

And at 7:30 p.m. the school’s Monono Month of Manit ended with a special screening of the 2012 Marshallese drama “Ainikien jidjid ilo bon”—or “The Sound of Crickets at Night.” Directed by Suanne Chutaro and Jack Niedenthal, the film followed the story of an elderly Bikini Atoll nuclear test survivor and his effort to help his struggling family by calling upon the aid of a mysterious ancient deity.



**Top:** The fourth grade class enacts a traditional Marshallese legend during the school assembly Sept. 27. **Middle:** Elementary Ri’katak students sing the RMI national anthem. **Bottom:** Students sample coconut rice balls, pandanus keys and more during a food tasting event following the assembly.



# DISPATCH FROM ROI



*From Jordan Vinson*



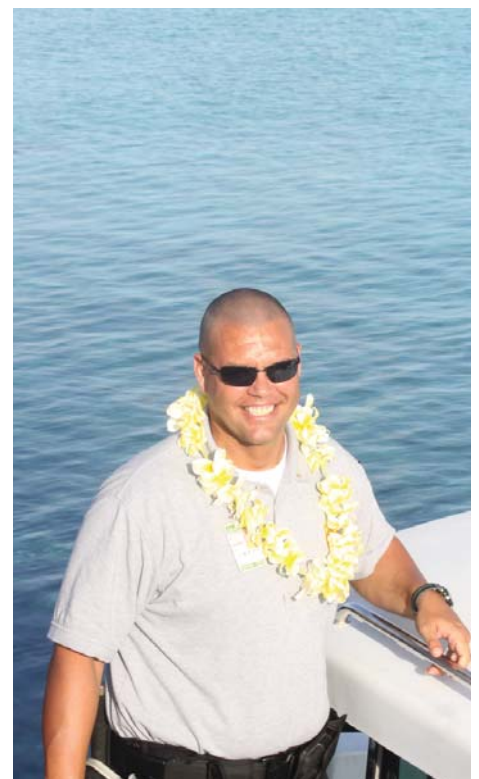
*From Jordan Vinson*



*From Jordan Vinson*



*From Michael Sakaio*



*From Michael Sakaio*



# View from Kwaj

Email photo submissions to:  
[usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil](mailto:usarmy.bucholz.311-sig-cmd.mbx.hourglass@mail.mil)



*From Shannon Paulsen*



*From Julie Savage*



*From Julie Savage*



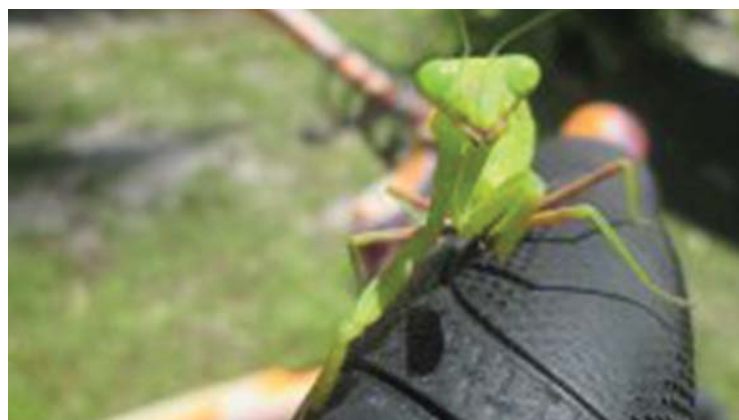
*From Shannon Paulsen*



*From Julie Savage*



*From Karen Brady*



*From Jerry Brumm*



**HELP WANTED**

KRS and Chugach listings for on-Island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at [www.krsjv.com](http://www.krsjv.com).

**LOST**

T-MOBILE CELL PHONE, Prism. Call Stephen at 52743.

**FOUND**

IF YOU LEFT A serving spoon, cheesecake pan or other items at Auntie and Kenny's birthday party Sunday at Emon Beach, call Auntie at 54501 or 52170 to claim.

WOMEN'S "Where is Pohnpei" T-shirt, white, at the soccer field Sept. 18. Call Sheila at 52114 or pick it up at any KAT soccer game.

**WANTED**

NITRO R/C CAR FUEL. If you have any you don't want or need, call Rick at 52558.

**PATIO SALE**

TODAY, 4-6 p.m., quarters 476-A. Final PCS sale, household goods, cleaning supplies, food items,

clothes, baby items.

**FOR SALE**

BOYS BASKETBALL SHOES, youth size 3, new, one pair black and red, one pair gray and orange, \$20 each; tabletop pool set and Toss-n-Score set, new, great for Christmas, \$15 each. Call 55176.

XBOX 360 WITH Kinect, 10 games and controller, \$220; PS3 with seven games and controller, \$200. Call 53936 or 51550.

**COMMUNITY NOTICES**

FIRE PREVENTION WEEK is Sunday through Oct. 11. This year's theme is "Working smoke alarms save lives. Test yours every month." Call Tim Roberge at 52790 or email at [timothy.f.roberge.ctr@mail.mil](mailto:timothy.f.roberge.ctr@mail.mil) with any questions or smoke alarm needs.

ALL WOMEN ARE INVITED to the Christian Women's Fellowship Luncheon from 12:30-2 p.m., Sunday, at the Religious Education Building. Lunch is provided. Questions? Call Jenn Anderson at 51955.

FIRE PREVENTION WEEK Kick-off is 6:30-7:30 p.m., Sunday, at the Richardson Theater! Meet Sparky The Fire Dog and Fire Pup, practice fire safety in the inflatable fire house, and watch a short fire safety movie, followed by the scheduled movie at 7:30 p.m. Teach your kids about fire safety, great for the whole family!

HAVE LUNCH WITH SPARKY and Fire Pup from 11:30 a.m.-12:30 p.m., Monday, at the AAFES Food Court to celebrate Fire Prevention Week. Receive half price on kids meals at Burger King and Subway. It's a great photo opportunity, so don't forget your camera!

MANDATORY FORKLIFT and spotter training classes will be from 8:30-10 a.m., Tuesday and Wednesday, at CRC Room 6. You must attend one of the classes if you have not already completed your training. Call Automotive Licensing with questions.

KWAJALEIN SCUBA CLUB monthly meeting is at 7 p.m., Wednesday, at the Pacific Club. Best dive story of the month contest! Questions? Contact Dan Farnham.

4-H NATIONAL YOUTH Science Day is from 5:30-7 p.m., Thursday, in the SAC Room. Rockets to the Rescue! Young scientists (grades 3-6) are given the opportunity to explore aerospace engineering while addressing real world problems. Register through Wednesday by calling CYSS Central Registration at 52158. Questions? Contact Katrina Ellison at [Katrina.m.ellison.ctr@us.army.mil](mailto:Katrina.m.ellison.ctr@us.army.mil).

COMMUNITY SUPPORT CLASSES for October are as follows: ADHD Support Class meets from 4:45 p.m.-5:30 p.m., Thursday, in the Hospital Conference Room; Smoking Cessation Classes are ongoing; there is no Bariatric Support Class this month due to the Columbus Day holiday. Questions? Call EAP at 55362.

THE 5TH ANNUAL FIRE-MUSTER Obstacle Course is Oct. 11 at the Richardson Theater. Teens (grades 7-12) compete from 3:30-5:30 p.m.; adults compete from 5:30-7 p.m. Register your four-person team by Tuesday. Contact the Fire Station at 53364 or email [grace.v.mcdiffett.ctr@mail.mil](mailto:grace.v.mcdiffett.ctr@mail.mil) with your team and member names. Who will reign champion this year and

## Fire Prevention Week Activities

- 6:30 -7:30 p.m., Sunday: Kick-off at the Richardson Theater
- 11:30-12:30 p.m., Monday: Lunch with Sparky & Fire Pup
- Tuesday: Deadline to register for the annual Fire Muster Obstacle Course
- 3:30-7:30 p.m., Oct. 11: Annual Fire Muster Obstacle Course and Finale

take the trophy?

ANNUAL FALL ART SHOW will be 2-5 p.m., Oct. 12, at the REB. This will be an exhibition only. Enjoy an afternoon of art accompanied with light appetizers and beverages. If you are interested in displaying any art, please contact Midori Hobbs at 53331 or [midori.o.hobbs.ctr@mail.mil](mailto:midori.o.hobbs.ctr@mail.mil).

ZOMBIE INFESTED OBSTACLE Course sponsored by the Kwajalein Sports Association will be Oct. 12. Course starts at the Richardson Theater at 6 p.m. An Apocalypse Party will be held at the finish including a Zombie DJ, concessions, adult zombie drink specials, family zombie drinks and food. No entry fee, walkers, runners and families welcome. Register with Danielle at 50704 by Oct. 9.

KWAJALEIN SMALL BOAT MARINA Columbus Day holiday hours: closed on Friday; 1-6:30 p.m. Oct. 11; 8 a.m.-6:30 p.m. Oct. 12-14.

THE KWAJALEIN POST OFFICE will be closed Oct. 13 for the Columbus Day holiday, but will maintain regular hours on Oct. 14.

KWAJALEIN RUNNING CLUB will conduct the 37th Annual Columbus Day Run at 6 a.m., Oct. 14, starting at Namu Weto Youth Center. Distance options are 6.52 and 13.04 miles. Pre-registration by Oct. 11 is required. Custom T-shirts are available. Get entry forms on the Mini-Mall bulletin board or at quarters 473-A. Questions? Call Bob and Jane at 51815.

KWAJALEIN AMATEUR Radio Club October meeting has been rescheduled for Oct. 16. Meeting is at 7 p.m.,

## Religious Services

**Catholic**

- 5:30 p.m., Saturday, Small Chapel
- 9:15 a.m., Sunday, Island Memorial Chapel
- Roi-Namur service, 4:45 p.m., second and fourth Friday of each month. Appointments with Fr. Vic available after dinner.

**Protestant**

- 8 a.m., Sunday, Island Memorial Chapel
- 9:15-10:15 a.m., Sunday School for Kids, REB. Contact Dolly Ghearing with questions.
- 11 a.m., Sunday, Island Memorial Chapel
- Youth Fellowship will meet on Monday
- 6:30-7:30 p.m., Thursday, Christianity

Explored, quarters 203-A (Robinson's). Come check it out and invite a friend; anyone is welcome. Call the Wilsons at 52370 with questions.

- 6:30 p.m., Thursday, Roi Chapel
- IMC Ministry for 7-8 graders coming this fall

**Latter-day Saints**

10 a.m., Sunday, CRC Room 3  
Contact the chaplain's office at 53505 for more information.

## Captain Louis S. Zamperini Dining Facility

**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 11
Carved London Broil	Baked Meatloaf	Glazed Porkloin	Cornish Hen	BBQ Spare Ribs	Mini Taco Bar	Meat Lasagna
Kwaj Fried Chicken	Chicken Chow Fun	Buffalo Chicken Wings	Stuffed Cabbage	Turkey ala King	Country Smoked Chicken	Veggie Lasagna
Sweet/Sour Pork	Quiche Lorraine	Oriental Veggie Stir-fry	Wild Rice	Garden Veggie Saute	Fish du Jour	Italian Baked Chicken

**Dinner**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Oct. 11
Spaghetti	BBQ Roast Beef	Grilled Chicken	Top Sirloin Steak	Mongolian BBQ	Baked Ravioli	BLT's
Oriental Chicken Stir-fry	Turkey Cordon Bleu	Beef/Broccoli Stir-fry	Picante Chicken	Teriyaki Pork Chops	Salisbury Steak	Oven Fried Chicken
Garlic Bread	Veggie Saute	Three-Cheese Macaroni	Vegetarian Pasta	Egg Rolls	Veggie Stir-fry	Szechuan Shrimp Stir-fry



# Ready and Resilient Wellness Calendar

Events are sponsored by the Community Health Promotional Council and are free of charge to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1. Spiritual Resilience, see page 10. All welcome.</b>  <b>2. Christian Women's Fellowship Luncheon, 12:30 p.m., REB.</b>  <b>3. Smoking Cessation Classes, open enrollment, call 55362.</b>	<b>1. Pick-up Soccer, 6 p.m., Brandon Field.</b>	<b>1. Cross Fit, 5:30 a.m., Adult Pool.</b>  <b>2. Pick-up Tennis, 5:30 p.m., Tennis Courts.</b>		<b>1. Cross Fit, 5:30 a.m., Ivey Gym.</b>  <b>2. ADHD Support Class, 4:45 p.m., Hospital Conference Room.</b>  <b>3. Pick-up Tennis, 5:30 p.m., Tennis Courts.</b>  <b>4. Alcoholics Anonymous, 7 p.m., REB Library.</b>		<b>1. Cross Fit, 5:30 a.m., Ivey Gym.</b>  <b>2. Pick-up Tennis, 5:30 p.m., Tennis Courts.</b>  <b>3. KRC Columbus Day Runabout registration deadline. Forms available on the mini mall bulletin board.</b>

at the Ham Shack, just south of the Adult Pool. We'll be discussing our successful work party from Sept. 8 and planning the next one. Call Paula at 53470 with any questions.

2014 ANNUAL SHAVING Cream Social will be Oct. 18 at the Richardson Ravine. Group times: 4:30-4:40 p.m., Pre-School (must be accompanied by an adult in the "Pit" area); 4:40-5 p.m., K-2nd grade; 5:10-5:30 p.m., 3-6th grade; 5:40-6 p.m., Jr./Sr. High. Each participant will receive one free can of shaving cream; no gel, menthol, or mint creams allowed. Participants are encouraged to wear goggles and will only be allowed in the "Pit" area during their grade groups; arrive early. Come out and enjoy this Kwaj-Unique kick off to Halloween! For questions, contact the Recreation Office at 51275.

FAREWELL PAGE FAMILY! Come see Preston, Leanne and Elli off, island-style, at 6:30 p.m., Oct. 18, at Emon Beach Large Pavilion. Bring a pupu and your own beverages.

OCTOBER OPEN RECREATION Events: Bingo Night is from 5:30-7 p.m., Oct. 11, in the SAC room, register by Thursday; Halloween Dance is from 5:30-7 p.m., Oct. 25, in the SAC room, register by Oct. 23. Come join your friends for Halloween games and dancing. Register at the CYSS Central Registration Office by calling 52158. Questions? Contact Katrina Ellison at [Katrina.m.ellison.ctr.@us.army.mil](mailto:Katrina.m.ellison.ctr.@us.army.mil).

GET READY for the 4th Annual Halloween Party at the Vet's Hall Oct. 26. Come on down for and join us for a ghoulish night of fright. Costume contest with cash prizes, drink specials and entertainment by Radar Love. Questions? Call Mike Woundy or Jan Abrams.

FREE BALLROOM DANCE lessons are being offered by Gus Garcia from 6-7 p.m., Fridays in October, at CRC Room 6. Come out and learn to ChaCha.

THE VET CLINIC IS CLOSED through Nov. 2. Call the hospital at 52223 for animal related emergencies.

CONTESTANTS NEEDED for the Roi-Namur Rib and Brew Festival Veteran's Day Weekend, Nov. 10. Register with Roi Community Services at [Laura.a.Pasquarella-Swain.ctr@mail.mil](mailto:Laura.a.Pasquarella-Swain.ctr@mail.mil). We are look-



**Fric Fridrich & the Wanderlust**

7 p.m., tonight, at the Kwajalein Yacht Club.  
Bring your own chair and beverages.

8:30 p.m., Sunday, at the Vet's Hall.

**Music Workshop**  
5 p.m., Monday, at the Teen Center.  
Learn to write songs, melodies and music, and get feedback on works in progress. Bring a pen, paper and an instrument.

ing for rib cooks and home brewers. There will be prizes for the best tasting ribs and people's choice on the brew! Tie-dye and games! Music provided by a QOL band!

2015 HEALTH AND WELFARE KRS/CMSI/BAI Benefits Open Enrollment is scheduled for Nov. 4-17 on Kwajalein and Nov. 3-16 for CONUS. This is your once-a-year opportunity to make changes to your 2015 Benefit Elections. Watch for more information in the weeks to come. Contact the FCE Benefits office at 805-355-0939 with questions.

UNITED AIRLINE'S CITY Ticket Office's temporary operating hours will be from 8 a.m.-12:30 p.m. and 1:30-5 p.m., Tuesday through Saturday. The office is closed Sunday, Monday and most holidays.

NEED A RESERVATION? Community Activities is here to help you with your equipment needs! Tents, tables, chairs, rope lights and BBQs are available for reservation and delivery. Sound systems and tablecloths are available for reservation and pick-up. If you are having a party, club event, or some other special celebration, come by CA to make your reservation. Payment is required for reservation confirmation. Reservations require two business days notice. Equipment is limited,

so plan and reserve early. Please note: If there is a small craft advisory or winds above 20 knots, tent rentals are subject to cancellation.

UNIVERSITY OF MARYLAND University College! Check us out at <https://www.asia.umuc.edu>. You can email [Kwajalein-asia@umuc.edu](mailto:Kwajalein-asia@umuc.edu) for more information or an appointment.

E-Talk: There is an old wives' tale that running hot water after pouring grease down the drain will prevent the grease from building up. This is not true! The grease will eventually cool, then congeal and coat the pipes. When enough grease builds up, it will block the sewer lines. Never pour grease down sinks, toilets, or any drains. Instead, pour grease into a can for disposal in the trash. Line the can with a heat-resistant oven bag and dispose the bag of grease when it has hardened and cooled.

Safely Speaking: KRS company's safety rules can't keep you from harmful encounters unless you follow them. For example: wear your hard hat as required; keep your own work area and all aisles clear; heed all warning signs and signals; never move a load you can't see over; clean up small spills promptly and report larger ones; report floor defects, wobbly stair rails and "dead" light bulbs.

Café Roi						
Lunch						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Oct. 11</b>
Roasted Porkloin	London Broil	Hot Dog/Sauerkraut	Cuban Sandwich	Italian Burger	Pizza	Philly Cheesesteak Sand.
Chicken Piccata	Fried Fish	Chili	Bombay Chicken	Chicken Fricassee	Baked Ziti	Breaded Pork Chops
Frittata	Egg Burrito	Meatloaf	Vegetable Quiche	Onion Rings	Cheesy Garlic Bread	Macaroni and Cheese
Dinner						
<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Oct. 11</b>
Chicken Parmesan	Roasted Chicken	Thai Beef/Veggies	Grilled Top Sirloin	Roi Fried Chicken	Greek Herb Chicken	Sausage and Peppers
Beef Ragu	Short Ribs	Chicken/Peanut Sauce	Chicken Fajitas	Swedish Meatballs	Lentils	Chicken Alfredo
Garlic Bread	Stuffing/Mash Potatoes	Tofu Stir-fry	Baked Potatoes	Mashed Potatoes	Greek Lemon Potatoes	Cheese Tortellini





## SOCCKER RESULTS

### MEN'S LEAGUE

#### WEDNESDAY, SEPT. 24

FC SWELL VS. SPARTANS MEN: 2 - 2

Spartans: DeVante Floor - 1, Dash Alfred - 1

FC Swell: Wes Kirk - 1, Greg Moore - 1

KFC VS. USAG-KA: 7 - 0

KFC: Matt Sova - 1, Matt Brown - 1, Geoff Lake - 1, Peter Goodick - 1, James Young - 3

#### FRIDAY, SEPT. 26

NANSENSE VS. USAG-KA: 4 - 0

Nansense: Steve Freiburger - 1, Javier Solenger - 2, Sean Andres - 1

KFC VS. SPARTANS MEN: 2 - 1

KFC: James Young - 2

Spartans: Ben Tavutavuwale - 1

### WOMEN'S/CO-ED LEAGUE

#### THURSDAY, SEPT. 25

WHITEOUT VS. SPARTANS WOMEN: 2 - 2

Whiteout: Ethan Dean - 1, Nathan Sakaio - 1

Spartans Women: Mereille Bishop - 1, Sasako Brady - 1

BLACKTIPS VS. KAT: 2 - 0

Blacktips: DJ de Brum - 1, David Kabua - 1

#### TUESDAY, SEPT. 30

SPARTANS WOMEN VS. GO GREEN GO: 2 - 0

Spartans Women: Molly Premo - 1, Daisy Wiltrout - 1

BLACKTIPS VS. WHITEOUT: 6 - 1

Blacktips: Carlon Zackhras - 1, David Kabua - 3, DJ deBrum - 1, Colette Walker - 1

Whiteout: Nathan Sakaio - 1

### MEN'S LEAGUE STANDINGS (W-L-T)

KFC:	4-0-1
NANSENSE:	3-1-1
FC SWELL:	1-1-2
SPARTANS MEN:	1-2-2
USAG-KA	0-5-0

### WOMEN'S/CO-ED LEAGUE STANDINGS (W-L-T)

SPARTANS WOMEN:	4-1-1
SPARTANS BLACKTIPS:	3-1-2
KAT:	1-2-2
GO GREEN GO:	1-3-1
SPARTANS WHITEOUT:	1-3-2

### NEXT WEEK'S SCHEDULE: MEN

WEDNESDAY, 6 P.M.: SPARTANS MEN VS. NANSENSE

WEDNESDAY, 7:30 P.M.: KFC VS. FC SWELL

FRIDAY, 6 P.M.: USAG-KA VS. KFC

FRIDAY, 7:30 P.M., SPARTANS MEN VS. FC SWELL

### NEXT WEEK'S SCHEDULE: WOMEN/CO-ED

TUESDAY, 6 P.M.: SPARTANS WOMEN VS. KAT

TUESDAY, 7:30 P.M.: GO GREEN GO VS. WHITEOUT

THURSDAY, 6 P.M.: GO GREEN GO VS. KAT

## Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Mostly Cloudy	40%	ENE-SE at 13-18 knots
Monday	Partly Sunny	20%	E-SE at 8-14 knots
Tuesday	Partly Sunny	10%	E-SE at 5-10 knots
Wednesday	Partly Sunny	10%	ENE-ESE at 4-9 knots
Thursday	Partly Sunny	10%	ENE-ESE at 4-9 knots
Friday	Partly Sunny	30%	ENE-ESE at 4-9 knots

Yearly total: 86.03 inches

Yearly deviation: +25.96 inches

Call 54700 for updated forecasts or visit [www.rts-wx.com](http://www.rts-wx.com).

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	6:37 a.m. 6:38 p.m.	3:50 p.m. 3:08 a.m.	8:01 a.m. 0.1' 8:11 p.m. 0.1'	1:32 a.m. 3.7' 2:13 p.m. 3.6'
Monday	6:37 a.m. 6:38 p.m.	4:41 p.m. 4:06 a.m.	8:43 a.m. 0.5' 8:57 p.m. 0.4'	2:23 a.m. 4.2' 2:53 p.m. 4.1'
Tuesday	6:37 a.m. 6:37 p.m.	5:33 p.m. 5:04 a.m.	9:20 a.m. 0.8' 9:38 p.m. 0.8'	3:07 a.m. 4.6' 3:31 p.m. 4.6'
Wednesday	6:37 a.m. 6:36 p.m.	6:24 p.m. 6:01 a.m.	9:55 a.m. 1.0' 10:17 p.m. 1.0'	3:46 a.m. 4.7' 4:07 p.m. 4.9'
Thursday	6:37 a.m. 6:36 p.m.	7:15 p.m. 6:58 a.m.	10:29 a.m. 1.0' 10:54 p.m. 1.0'	4:23 a.m. 4.7' 4:41 p.m. 5.0'
Friday	6:37 a.m. 6:35 p.m.	8:06 p.m. 7:55 a.m.	11:01 p.m. 0.9' 11:31 p.m. 0.8'	4:58 a.m. 4.5' 5:15 p.m. 4.9'
Oct. 11	6:37 a.m. 6:35 p.m.	8:58 p.m. 8:51 a.m.	11:32 a.m. 0.7' -----	5:32 a.m. 4.2' 5:48 p.m. 4.7'