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THE KWAJALEIN HOURGLASS



Roi golfer Hesbon Jokas lines up his putt on Hole 18 of the Atoll Cup golf tournament Sunday. He sank the putt for birdie, resulting in a tie between the Kwajalein and Roi teams. For more, see page 6.

Photo by Sheila Gideon

Director of Host Nations thanked for service

ARTICLE BY MIKE SAKAIO
PUBLIC AFFAIRS OFFICER

Maj. Matt Sova was recognized by the Government of the Republic of the Marshall Islands and the U.S. State Department with presentations of certificates of appreciation for his work as U.S. Army Garrison-Kwajalein Atoll's Director of Host Nation Activities from January 2013 to January 2015.

In this capacity, Sova was responsible for overseeing the command's responsibilities as outlined under the Compact of Free Association between the RMI and the U.S., a task that demands expertise in building and strengthening the relationship with the Republic of the Marshall Islands.

In his remarks, RMI Minister-In-Assistance Wilbur Heine told those in attendance that the RMI delegation's presence on USAG-KA, in recognizing Sova, is indicative of their support for the special relationship that the RMI has with the U.S. The GRMI representatives wanted to commend and recognize Sova for his outstanding work in advancing the two governments' relationship.

Beside Heine, other RMI dignitar-



Photo by Sheila Gideon

USAG-KA Director of Host Nation Activities Maj. Matt Sova, second from left, receives a certificate of appreciation from the U.S. Ambassador to the RMI Thomas Armbruster, left, and GRMI representatives, right, on Jan. 17 at command headquarters.

ies in attendance included Kwajalein Senator and Iroj Mike Kabua, Namu Senator Tony Aiseia, RMI Liaison to USAG-KA Lanny Kabua and Charles Dominick.

U.S. Ambassador to the RMI Thomas Armbruster also presented Sova with a certificate of recognition, con-

gratulating him on his exceptional performance of duty in representing USAG-KA and the U.S. when interacting with RMI leaders and officials. After two years of duty here, Sova, along with his family, will depart USAG-KA and head for his new assignment in Washington, DC.

Col. Nestor Sadler, USAG-KA commander, will hold a special town hall meeting on safety and security for Kwajalein residents.

6:30-8 p.m., Thursday, in the High School MP Room

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.

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ASHES OF OPERATION FLINTLOCK VETERAN TO BE SCATTERED IN JUNGLE OF NAMUR JAN. 31

ARTICLE BY DAN FARNHAM
EVENT COORDINATOR, WWII VETERANS VISIT

One of the Marines who fought on Namur during Operation Flintlock in 1944 will return to Roi-Namur next week to have his ashes scattered in the very place he fought 71 years ago.

Born on June 8, 1925, Frank L. Pokrop proudly enlisted in the United States Marine Corps in 1942 at the age of 17 with permission from his mother. He served in the 4th Marine Division from 1942 to 1944, and along the way he earned a Purple Heart and the Navajo Medal for bravery.

On Feb. 1, 1944 Corporal Pokrop landed with his company on Beach Green 2 on the southeast side of Namur Island. He later recounted the battle on Namur:

"Halfway through the island I was ordered to take a patrol and scout ahead. The six of us reached the designated point, unbeknown to us that the rest of the troops were ordered to reform and hold at 'Sycamore Blvd'. We had walked through the Japanese lines and were faced by the ocean at our front, a number of heavy machine guns on our left and Japanese behind us and on our right. One man had been killed and four others wounded as we were exposed to close fire from three sides. With no protection, heavy fire coming at us from a few feet away and dusk approaching we were certain to be killed. All of a sudden Colonel Dyess (Lt. Col. Aquilla James Dyess, commanding officer of the 1st Battalion, 24th marines, 4th Marine Division) broke through on the right, braving ... very heavy fire, and got all of us out of there. We were placed in the huge hole left by the enormous blockhouse explosion while Colonel Dyess fought off the continued Japanese fire. The next morning Colonel Dyess was killed while leading his men up the parapet that held the enemy machine gun nests."

Pokrop was wounded multiple times in the battle for Namur, and afterward he was evacuated to Pearl Harbor, and then California, where he spent five months recovering from his injuries.

After the war, Pokrop obtained a Bachelor of Science and two master's degrees by using the GI Bill. He coached several sports and worked as a counselor, teacher, vice principal and principal at numerous public schools in Milwaukee. Pokrop served as president of the 4th Marine Division Association as well as chairman of the 4th Marine Scholarship committee for 47 years.

In 1994, during the 50th Anniversary Commemoration of Operation Flintlock, Pokrop returned to Namur for a visit for the first time since the battle. "I spent 5 hours, all alone, just walking through the areas I had walked through, or run, during the battle," he said later about his visit to the island. "I did not need a map as it was as though it was yesterday. I spent two hours in the few yards circled on the map just thinking about the men and the time. It was a deeply moving experience, interspersed with prayers for those that did not



Photo courtesy of Pokrop family.

Frank L. Pokrop, during a formal Marine Corps portrait taken during WWII.



Photo courtesy of Pokrop family.

Pokrop smiles for the camera a few years before his passing.

survive."

Pokrop passed away Dec. 7, 2014. In accordance with his final wishes, and with permission granted by the U.S. Army and the Republic of the Marshall Islands, his ashes will be scattered on Namur Jan. 31 during a military funeral service conducted by U.S. Army Garrison-Kwajalein Atoll and the American Legion Post #44.

VETERANS TO RETURN TO KWAJALEIN ATOLL FOR 71ST ANNIVERSARY OF OPERATION FLINTLOCK

HOURGLASS REPORTS

A small band of special guests will make an important visit to U.S. Army Garrison-Kwajalein Atoll next week to commemorate the 71st anniversary of Operation Flintlock.

William "Billie" Armstrong, Don Fida, Glenn Toms and the late Frank L. Pokrop—each representing a distinct branch of the U.S. armed forces active during WWII—will arrive with family members at Bucholz Army Airfield Thursday just after noon.

The veterans will be greeted with a healthy dose of Kwaj hospitality during their stay. A packed schedule of events, which can be

reviewed below, will help the men get the most out of their stay on the atoll 71 years after first arriving during WWII.

All events, from the veterans' arrival Thursday and the swingin' 1944-themed dance party at the Vet's Hall Feb. 1, to the military funeral for Pokrop on Namur Jan. 31 and the group's departure Feb. 2 are open to the community. Everyone is encouraged to attend.

Except for Pokrop, who managed to revisit Kwajalein Atoll in 1994 for the operation's 50th anniversary, this will be the first, and likely the last, opportunity for these veterans to again explore the coral islands for which they fought against Imperial Japanese forces in 1944.



Photo courtesy of Armstrong.

Navy: William "Billie" Armstrong, aircraft mechanic, Combat Aircraft Service Unit #20.

SCHEDULE OF EVENTS

VETS ARRIVE ON KWAJ. 12:15 P.M., THURSDAY, AT THE ATOLL TERMINAL.

The community is encouraged to greet the veterans and their family members on arrival. The Kwajalein Jr./Sr. High School Band will be in attendance to play Army, Navy and Marine songs, along with the national anthems for the U.S. and the RMI. Boy Scouts will serve as flag bearers, and members of the American Legion Post #44 will serve as a rifle squad.

SCHOOL ASSEMBLY. 11 A.M., FRIDAY, AT THE MP ROOM.

The veterans will talk with students and share their experiences having participated in Operation Flintlock.

MEET AND GREET OPPORTUNITY WITH THE VETS. 6:30 P.M., FRIDAY, AT THE VET'S HALL.

Grab some photos with the veterans and share some stories.

MILITARY FUNERAL FOR LATE MARINE FRANK POKROP. 1 P.M., JAN 31, NAMUR.

The community is encouraged to attend a traditional military funeral on Namur with full honors for late Marine Frank Pokrop. He served with the 4th Marines during the American incursion against the Imperial Japanese forces during Operation Flintlock. His wishes were for his ashes to be scattered on the island on which he fought during WWII. His family will be in attendance.

1940S-THEMED DANCE PARTY. 7 P.M., FEB. 1, AT THE VET'S HALL.

Come out to American Legion Post #44 and get down like it's 1944!

WWII DISPLAY UNVEILING. 4 P.M., FEB. 2, AT THE ATOLL TERMINAL.

Command staff and the veterans unveil a brand-new WWII artifact display in the Atoll Terminal.

VETS DEPART KWAJALEIN ATOLL AND HEAD HOME. 6:15 P.M., FEB. 2, AT THE ATOLL TERMINAL.



Photo courtesy of Fida.

Army: Don Fida, 184th Infantry Regiment, 7th Infantry Division.



Photo courtesy of Toms.

Navy: Glenn Toms, aircraft mechanic, Combat Aircraft Service Unit #20.

Former NBA coach returns for third round of clinics

ARTICLE AND PHOTOS BY JORDAN VINSON
ASSOCIATE EDITOR

Former NBA coach Tom Newell visited Ebeye and Kwajalein youth last week as part of his 2015 basketball clinic tour through the Pacific region. Sponsored by the U.S. Department of State's public diplomacy outreach, Newell was accompanied by U.S. Ambassador to the Republic of the Marshall Islands Thomas Armbruster and staff from the U.S. Embassy in Majuro.

The third annual round of clinics on the islands, the Jan. 13-Jan. 20 visit gave Newell several opportunities to follow up with children he has worked with on his prior tours and build on the relationships he sparked three years ago. The ability to work with the same children and teens each year and help them improve their skills on a more long-term basis is a special arrangement that has made his work on Kwajalein Atoll more effective than if he were to pass through once to never be seen again.

"It's all about the kids," Newell said, pointing to 11-year-old Sean Hepler Sunday during a friendly exhibition match between Ebeye and Kwajalein high school students. "This kid has improved here 100 percent. He got a game ball because of his work over the year. He did a great job. But all the kids that were here before were really excited to see me again."

The results that this long-term strategy has produced have begun to squash criticism Newell had received from coaches elsewhere in the Pacific for investing time and energy on basketball in the Marshall Islands. Questioned by some coaches in neighboring countries for putting on clinics in the Marshall Islands—where there is less land and infrastructural support for organized athletics than there is elsewhere—Newell points to the RMI's performance during the Micronesian Games in Pohnpei last year as proof of the atoll nation's potential on the basketball court.

"The men and women took silver the first time ever in the Micronesian Games," Newell said Sunday. "When I was in Pohnpei and Palau, coaches there said, 'Why do

you go to the RMI? They don't have any indoor facilities. Everything's outdoors. Why would you?' And I said, 'The coaches are learning how to teach.' And so here it is, you know, two years later, and they're competing for medals in basketball."

Judging by the sheer number of participating youth during clinics on Ebeye last week, coaches in the RMI have tremendous potential to cull strong ball players from the legions of youth that have been increasingly turned on to the sport. On the first day of his clinics on Ebeye Newell was greeted by a much larger crowd than he had expected.

"It was the largest turnout we've ever had: 120 kids," he said. "It was huge. And I spoke to over 600 kids during the three days I was there."

Harping on several fundamental areas of improvement that most youth, regardless of nationality, need to improve upon, Newell ran children on Ebeye and Kwajalein through dozens of drills designed to make them better ball players. Ball handling, finishing and passing—three primary areas of improvement that kids need to work on, Newell said—were major points of focus during the coach's week-long clinic tour.

He didn't limit his work this year to clinics and drills, though. Setting up exhibition matches and tournaments between Ebeye and Kwaj teams, Newell and his team of supporters gave children, teens and even adults the opportunity to showcase their skills in friendly competition. Along with matches between Ebeye and Kwaj teens and adults—both of which Kwajalein's Ebeye neighbors won—there were 3-point shootouts, games of "HORSE" and even a three-on-three tournament in which players from both communities competed.

Newell flew out of Bucholz Army Airfield Monday, having wrapped up the last of his clinics a couple of days prior, and headed to Pohnpei. As he did in Majuro, Kwajalein and Ebeye, he'll again pick up where left off last January with the children and teens who are looking to improve their skills on the court. Further stops in his 2015 clinics tour of the Pacific region include: Truk, Federated States of Micronesia; Palau; Hong Kong; Macau; and Manila, Philippines.



LEFT: Former NBA coach Tom Newell speaks to children during a clinic on Kwajalein Sunday. RIGHT: Middle school-aged children practice ball handling skills at the CRC Gym.

ATOLL CUP IS A PUSH

KWAJ, ROI GOLFERS TIE IN DRAMATIC FINISH

ARTICLE AND PHOTOS BY SHEILA GIDEON
MANAGING EDITOR

This year's Atoll Cup—a head-to-head golf tournament pitting Roi golfers against Kwajalein golfers—was a nail biter on Sunday at Holmberg Fairways. The Kwajalein team's three-year consecutive championship sweep left them feeling confident, especially on their home turf; however, the fact that the Roi team only scored 2 points out of a possible 12 last year fired them up for this year's bout. As results were radioed in by volunteers Jim Roby and Gloria Cassiday, the Kwaj team starting feeling antsy—they were losing some matches they believed were a lock. In a surprising turn of events, and after the Kwaj team won a few matches they didn't expect to, the entire tournament came down to the last hole of the last match. Both teams gathered around the 18th hole to watch the finale. Kwaj golfer Jeff Wase was



The Kwajalein Team poses for a photo with the Atoll Cup after the tournament Sunday. Although the teams tied, rules state that the Kwaj golfers, winners of last year's cup, get to keep the Cup until next year's tournament.

up by one hole on Roi golfer Hesbon Jokas with only one hole left to play. Jokas had to win the hole and force a tie, or lose it all to the Kwaj team. Both golfers drove nicely to the bottom of the hill. Wase chipped to the edge of the green while Jokas chipped onto the green only a few feet from the hole. The Roi team cheered when Wase two-putted for a par. Jokas took his time lining up and both teams cheered as he sunk the putt for birdie. The tournament ended in a tie. Because the Kwaj team won last year, they will keep the Cup until next year's game.

The tournament was conducted in a match play format. Players either won or lost a hole to the opposing team. The team with the most holes won over the 18-hole tournament earned a point for their Kwaj or Roi team. There were 12 teams from Kwaj and 12 from Roi, so 12 points total were up for grabs. When deciding match-ups for the Kwaj team, Captain Thaddeus Cassiday said he paired up players based on who he thought would best take care of each other.

The Kwaj team only gave up one match in the Scramble format. Roi

golfer Deb Crawford said that her team couldn't compete with Carmel Shearer's drives or Rob Medrano's chipping. Although Crawford's putting was excellent, they ended up trailing four holes with only three left to play, giving up a point to the Kwaj team. Roi golfers Rob Ewbank and Jon Hutchins needed to win hole 16 to stay alive against Geary Shotts and Rhina Hampson. In a dramatic finish, both golfers almost chipped in, missing the hole by an inch or less. But Shotts sunk his putt to win the point for the Kwaj team. Roi golfers Jim Stepchew and Miguel Busquets were perfect partners. When one missed, the other stepped in and picked up the slack. At one point, they were ahead of Kwaj golfers Vernon Adcock and Ralph Gary by four holes. While the Kwaj golfers managed to make a comeback, the Roi team still took the point.

Better Ball format was evenly split between the two teams, but the match between Roi golfers Greg and Sung Whitehead and Kwaj duo Danny Bittner and Pat Branham ended up being key to the tournament outcome. Although Greg played con-



Roi golfer Rita Dominguez sinks a putt on hole 11. Dominguez won her singles match against Kwaj golfer Lenny Fuggatt.



Roi golfer Deb Crawford chips on Hole 16 during the Atoll Cup Sunday. Her teammate Pam Frase cheers her on.

sistently and Sung impressed with some long putts, Bittner and Branham ended up ahead two holes with only one left to play, earning a point for the Kwaj team. It was a win the team wasn't expecting, and without it, there was no chance for them to win or tie the Roi team.

Singles format players were the last to finish. Updates made it seem as if the Roi golfers would sweep the category. Rita Dominguez and Stanley Lomae won their matches. Early on, Jokas looked to be the favorite; Wase had been playing down all day only to pull ahead by one in the last few holes, which led to the dramatic finish.

Despite the tie, both teams were happy with the outcome and look forward to what promises to be a showdown of a tiebreaker between the two teams on Roi next year.

"We tied. We're happy with that," said Roi golfer Jim Friedenstab.

Kwaj team captain Cassiday quickly added, "We tied. We're *very* happy with that," he said as he proudly held onto the crystal Cup.



Kwajalein golfers Geary Shotts and Rhina Hampson shake hands with Roi golfers Jon Hutchins and Rob Ewbank after defeating them on Hole 16 during the Atoll Cup tournament.



The Roi team poses for a photo after the Atoll Cup on Sunday. As they do every year, some Kwaj golfers joined the Roi team to expand the playing field.



Roi golfer Sung Whitehead celebrates sinking a long putt on Hole 12.



New Kwajalein Golf Association member Paul Sadowski chips on Hole 11 while Roi competitor Stanley Lomae watches.

The Kwajalein Hourglass Time Capsule



Top Golfers In 1982 Kwaj Open

Manny Casipit, right, was the low net winner of the Kwaj Open Golf Tournament. Manny's net score was 133 for the 36 holes. Rip Collins, golf pro from Hawaii, presented the prize.

Rip Collins, left, presented irons to the first place winners of the Kwaj Open. Flight winners from left to right, are: Steve Dihel, fourth flight, Hal Cunningham, second flight, Bobby Paloma, first flight, and Manny Casipit, fifth flight. Third flight winner, Calvin Dutro is missing from the picture.

Photos by Nate Jackson

From Sept. 10, 1982

Officer Of The Month

Patrolman Norman P. Fellenz, recently assigned to Kwajalein Investigations from the Roi-Namur Detachment, has been awarded the first Washington Patrol Service award as "Officer of the Month" for the month of August.



Norman P. Fellenz

Patrolman Fellenz was selected for exceptional service rendered to the Roi-Namur community and to Washington Patrol Service, according to WPS resident manager, Dick Keatley.

"While displaying a high degree of professionalism, Patrolman Fellenz has continued to advance himself and WPS," said Keatley. He added that Fellenz is willing to accept any task without demur, and that he has continually displayed a positive attitude toward his duties and the community.

Nine nominations were made for the August award. Kwajalein Missile Range residents are reminded that nominations are accepted from the public at the central police station and the Roi-Namur Detachment.

From Sept. 13, 1982

Kwaj Dart League

By JERRY LACHMAN

The Kwaj Dart League got off to a loud "Kill!" as 10 teams showed up opening night to challenge for the coveted Kwajalein "Golden Dart Award."

In the Daniels Division the defending champs, Fabulous Feathered Flight, were stomped by the Outriggers by a 5-3 margin. Don Karr had a ton for the Flights and top shooters for the Riggers were Steve Grimes, 134, Dave Villeneuve, 125 and 100, and Al Laporte had a ton. The Elbow Benders showed their power with a 6-2 slaughter of Shanghai. John Rhodes had three tons for the Benders.

In the Thiede Division, Last Chance and HOE Darters fought to a 4-4 draw. Bill Thompson of the Darters shot a 125. China Post 1, long the doormat of the Daniels Division, looks to be about the same in the Thiede Division as they lost a 5-3 decision to Hits & Mrs. Newcomer Donella Akeman had a 301 victory over K.O. Towrey.

In inter-division play Boones Farm scored a 7-1 victory over Blue Fins. Boones Farm is on top of the Daniels Division with a 7-1 record, while Hits & Mrs. sits atop the Thiede Division with a 5-3 slate.

From Sept. 15, 1982

Dive Boat Saturday

The KMR recreational dive boat will be going to the Carlson sand bar area on Saturday, Sept. 18. Divers should be at the tankhouse before 8 a.m. to sign in. Standbys will be taken after that time and no one will be added to the manifest after the truck leaves the tankhouse. The boat will return at 1:30 p.m.

Divers are advised that club tanks are clearly marked by a yellow paint and are on the back wall nearest the fill station. Privately owned tanks are numbered from 247 up and are located in the racks closest to the lagoon. The operations officer asks that the tape over the valves be put in the garbage and not back on the tanks.

Divers are reminded that everyone is needed to help with the loading and unloading of tanks and equipment, both at the tankhouse and at the dock. Non-members are charged a fee of \$3 for each tank of air used. (Bring the proper amount). Dive-masters for this week are Karen Baumert and Alex Wong.

Spearfishing will not be allowed on this dive boat.

From Sept. 15, 1982

View from Kwaij



From Jordan Vinson



From Kenny Leines



From Jordan Vinson



From Kenny Leines

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.

WANTED

DIGITAL CAMERA and digital video recorder. Call Jim at 53490.

FOR SALE

FRESH ROAST SR500 home coffee roaster, lightly used, \$50; ZT Lunchbox LBG2 200W guitar amplifier, like new, with carrying case, \$200. Contact Sean at 52670.

SONY BRAVIA 55-inch LED Internet TV, 1080p, model KDL55EX640, one year old, \$800. Call 52525.

USED SAILRITE YACHTSMAN sewing machine, \$300 or best offer. Call Dale at 53470.

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., REB, Sunday School
- 11 a.m., Sunday, Island Memorial Chapel
- 6 p.m., Thursday, Christianity Explored, quarters 203-A (Robinson's).
- 6:30 p.m., Friday, Roi Chapel

Latter-day Saints

10 a.m., Sunday, CRC Room 3

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

BASKETBALL HOOP with net and mounting bolts, new, \$30; 20-inch wide bike handlebars, new, \$2.50 each or five for \$10; outdoor bug zapper, new, \$25; Cannondale 26-inch men's bike frame with forks and seat, \$20; 44 tooth sprocket aluminum crank arms, new, \$20 set. Call 52642.

WORK DESKS, \$10 each; boys and girls 20-inch bikes, Kwaj condition, \$10 each; 6-foot lighted Christmas tree, \$10; two adult snorkel sets, \$10 each; neck harness for workouts, \$5; patio set, \$10; assorted Xbox 360 games, \$5 each. All prices are negotiable and willing to bundle. Call Marcus at 51864 or 54387.

COMMUNITY NOTICES

ON SUNDAY, Pastor Kevin and the IMC Board will host a "Congregational Meeting" immediately after the 11 a.m. worship service. We will meet for 30 minutes to hear questions, comments and concerns from the Island Memorial Chapel congregation. Due to the meeting, there will be no 8 a.m. service on Sunday. We apologize for any inconvenience this causes.

ALL OF THE PASSPORTS issued by the Consular have arrived. Stop by the Host Nation Office in Building 730 to pick up your passport. Call 52103 or 54848 with questions.

THE CUB SCOUT PACK 135 Pinewood Derby registration deadline is Sunday. This event is open to the entire Kwaj community. Cost is \$25 for ages 12 and over or \$10 for Cub Scout siblings ages 12 and under. The weigh-in will be held Feb. 15 and race on Feb. 16. Call Pam Hess at 54125 to register. Put your Hobby Shop skills to the test in this exciting event. Design and build your own car, and compete with others.

KWAJALEIN RUNNING CLUB'S Annual Ride-and-Park is at 5 p.m., Monday, at the Atoll Air Terminal. No pre-registration required, just show up by 4:45 p.m. to sign in. Bike helmets are mandatory. Each team of two persons shares a bike. Participants must recruit a teammate on their own before signing in. Each participant runs six miles and bikes six miles.

Post-race refreshments will be provided by KRC. Questions? Call Bob and Jane Sholar at 51815 or Ben Bartyzel and Linn Ezell at 51990.

ULTIMATE FRISBEE group starting on Monday nights. If you've played before then you know how much fun and what a great, healthy workout it is. If you haven't, it's a combination of soccer, no-contact football and maybe basketball played with a Frisbee. We will be playing at 5 p.m., Monday evenings starting this week, at the fields across from the Adult Pool. For questions or more information please email BenGleich@hotmail.com.

NOW THROUGH TUESDAY Quality of Life is accepting requests for live entertainment for the 2015 calendar year. A limited number of live entertainers will be selected. Request forms can be obtained from a QOL member or on the USAG-KA intranet. Requestors will need to present at the January 2015 QOL meeting.

WELLNESS WEDNESDAY will feature TRX Body Blast with Ona Moore this week at 5:30 p.m., in CRC Room 7. TRX is a suspension training workout which focuses on the total body. Movements integrate strength, balance and endurance into a single dynamic format that maximizes the benefit of body weight exercises for faster results. It's All Core, All the Time! Get your groove on with this revolutionary way to train. All participants must register, cost is free. Space is limited so register early. Contact Mandie Morris at 51275 to register.

KWAJALEIN ATOLL International Sport-fishing Club meeting will be Wednesday 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.

WWII VETERANS arrive on Thursday! Please join us at the airport at noon on Thursday to help welcome our returning Operation Flintlock veterans and their family members off the plane! Questions? Contact Dan Farnham.

ARMED FORCES ENTERTAINMENT presents: NFL Cheerleaders and Players

Captain Louis S. Zamperini Dining Facility**Lunch**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 31
Kwaj Fried Chicken	Meatloaf	Maple Glazed Pork Loin	Grilled Pastrami Sand.	BBQ Spare Ribs	Mini Taco Bar	Meat Lasagna
Sweet/Sour Pork	Chicken Chow Fun	Buffalo Chicken	Honey Mustard Chicken	Turkey Alaking	Country Smoked Chicken	Veggie Lasagna
Eggs Benedict	Quiche Lorraine	Oriental Veggie Stir-fry	Stuffed Cabbage	Garden Veggie Saute	Fish Du Jour	Herb Baked Chicken

Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 31
Cajun Roast Beef	Spaghetti	Grilled Chicken Breast	Carved Flank Steak	Mongolian BBQ	Salisbury Steak	BLT
Turkey Cordon Bleu	Marinara/Alfredo	Beef/Broccoli Stir-fry	Picante Chicken	Teriyaki Pork Chops	Baked Manicotti	Chicken Fried Chicken
Veggie Saute	Oriental Chicken Saute	Three-Cheese Macaroni	Scalloped Potatoes	Garlic Chicken	Veggie Stir-fry	Corn Bread Stuffing

ASVAB Testing Information

There will be an Armed Services Vocational Aptitude Battery (ASVAB) test that will be given on Kwajalein and Ebeye on the following dates, times and places.

Questions, please contact the Host Nation Office at 805-355-2103 or 805-355-5325.

Location	Time	Date	Place	Test Type
Ebeye	8 a.m.	Monday	Ebeye Public School	ASVAB for high school students
Ebeye	8 a.m.	Tuesday	Ebeye Public School	ASVAB for high school students
Kwajalein	8 a.m.	Wednesday	CRC Room 1	ASVAB for high school students
Kwajalein	1 p.m.	Wednesday	CRC Room 1	Enlistment Test for Kwajalein adult resident and C-badge workers
Ebeye	8 a.m.	Thursday	Ebeye Public School	ASVAB for high school students

Tour. Check out one of the Meet & Greets below with NFL cheerleaders from various teams, former NFL players Dré Bly and Terrence Holt, and the Falcons and Titans team mascots at one of the following locations. Sponsored by Armed Forces Entertainment. Don't forget to bring your cameras! 5:30-6:30 p.m., Tuesday, at the Zamperini Dining Facility (dining patrons only). 12:30-1:30 p.m., Wednesday, at the Roi Outrigger. 3:30-4:15 p.m., Thursday, at the Namo Weto Youth Center. 4:30-5:30 p.m., Thursday, at CRC Room 6. Questions? Call Community Activities at 53331.

THERE WILL BE A MEMORIAL service and scattering of ashes on Roi-Namur for Marine WWII veteran Frank L. Pokrop, who fought on Namur in Operation Flintlock. The service is at 1 p.m., Jan. 31. All members of the community who would like to attend are invited. Questions? Contact Dan Farnham.

KWAJALEIN YACHT CLUB will have a monthly meeting on Jan. 31, at the Yacht Club. Happy Hour is at 5:30 p.m., meeting is at 6:30 p.m. and dinner is at 7 p.m. Entrance will be provided, so bring a side dish to share. Questions? Contact Tim Cullen

at yeoman@kwajyachtclub.com.

BIRTHDAY BASH is at 8 p.m., Jan. 31, at the Ocean View Club. Join us in celebrating January birthdays with cake and appetizers. Presenting DJ Gus Garcia! Present a valid ID to the bartender. Must be 21 years or older.

ALL WOMEN ARE INVITED to join us for Christian Women's Fellowship from 12:30-2 p.m., Feb. 1, at the REB. Lunch is provided. Questions? Call Jenn Anderson at 51955.

SUPER BOWL PARTY is at 9 a.m., Feb. 2, at the Country Club. Check out the big game on the big screen TV with your friends! Must be 21 years or older.

VET'S HALL SUPER BOWL celebration is at 10 a.m., Feb. 2. Kick off your Super Bowl celebration with breakfast before the game and join us for the 4th annual Super Bowl Brunch. Breakfast is \$15 and includes eggs, biscuits and gravy, bacon, sausage or Spam, coffee or juice and pupus to snack on during the game. All proceeds will be donated to Veterans charities. Brunch starts at 11 a.m. Must be 21 and up to participate. Questions? Contact

Jan Abrams or Mike Woundy.

BARIATRIC SUPPORT CLASS meets Feb. 3. Weight Management Group meets Feb. 5. All classes meet from 4:45-5:30 p.m., in the hospital conference room. Smoking cessation classes are ongoing. Questions? Call EAP at 55362.

RESIDENTS: Our residential Internet service has been working well for over 8 months. It is time to say goodbye to the end-of-life dial-up system. Effective Feb. 3, the Internet dial-up service will no longer be available. You can sign up for Residential Internet with the forms available at www.kwajweb.com. Wi-Fi will still be available at many public locations around Kwajalein and Roi for your use.

THE OPTOMETRIST, Dr. Chris Yamamoto, will be on Kwajalein and see patients Feb. 13-25. Call the Hospital for eye exam appointments at 52223/52224 or ES&H for prescription safety glasses at 58855.

A NEW GROUP CALLED "Celebrate Recovery" is now open and sponsored by Island Memorial Chapel. Celebrate Recovery is a Christ-based approach to recovery and is aimed at all "hurts, habits and hang-ups." Celebrate Recovery utilizes eight Recovery Principles that are based on the Sermon on the Mount. If you are interested please contact Pastor Kevin and he will connect you with the group, which currently meets at 6 a.m. on Fridays.

THE ISLAND MEMORIAL CHAPEL'S "Bible Study Digital Library" is a service with over 8,000 videos for all ages to watch on any device. For an invitation to our "RightNow Media" membership (at no charge) email Pastor Kevin at kevin.m.wilson7@gmail.com or kevin.m.wilson145.ctr@mail.mil.

FLYING ON THE METRO to Roi or Kwaj? As a reminder, the weight limit on cargo is 50 pounds per piece. Please check cargo in at least 30 minutes before boarding time. Also, passengers are limited to one personal item that can be placed underneath the seat or in the nose. All other items must be checked as cargo. To help with expediting boarding, we kindly ask that you check in at least 15 minutes prior to the closeout time.

Café Roi						
Lunch						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 31
Roast Pork Loin	Garlic Roast Beef	Sloppy Joes	Grilled Cheese Sandwich	BLT	Fried Fish	Grilled Cheese Gobbler
Baked Chicken	Chicken/Bacon/Mush.	Chicken Strips	Pork Pimento	London Broil	Grilled Chicken Thighs	Roast Pork
Eggs Florentine	Egg Muffins	Cheesy Potatoes	Egg Foo Yung	Mac and Cheese	Pinto Beans/Corn Bread	Cous Cous
Dinner						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Jan. 31
Chicken Schnitzel	Chicken Marsala	Pork Chops	Grilled Steaks	Fried Chicken	Poisson Provençal	Southwestern Chicken
Beef Stew	Jerk Style Spare Ribs	Herb Roast Chicken	Fried Fish	Meatloaf	Boeuf Bourguignon	Beef Tacos
Green Bean Casserole	Mushroom Rice Pilaf	Mashed Potatoes	Baked Potatoes	Mashed Potatoes	Pommes Duchesse	Fiesta Rice

IMCOM general tours Kwajalein Atoll

ARTICLE AND PHOTOS BY MIKE SAKAIO
PUBLIC AFFAIRS OFFICER

Installation Management Command Director for Resource Management and Assistant Chief of Staff for Installation Management Brig. Gen. Kenneth Hubbard, along with senior leaders from IMCOM Headquarters, IMCOM-Pacific, NETCOM, Army Material Command, Assistant Chief of Staff Installation Management office and the Kwajalein Transition Team visited U.S. Army Garrison-Kwajalein Atoll Jan. 13-16.

The groups visited USAG-KA to experience Kwajalein, gain understanding of the systems in place and provide assistance to garrison staff. The team toured a majority of USAG-KA's infrastructure on Kwajalein and Roi-Namur on bicycle. They also received briefings from the leadership and contractor representatives on many topics ranging from revenue processes and budget issues, to the capabilities and limitations, future projects of the installation, as well as the status of many facilities and the quality of life for residents of USAG-KA.

The team also visited the Marshallese communities of Enniburr and Ebeye, where they met local leaders and officials and toured local facilities. Most of the team



USAG-KA Director of Host Nation Activities Maj. Matt Sova, far left, tours Brig. Gen. Kenneth Hubbard, second from left, through the Ebeye Hospital on Jan. 14.

members departed on Jan. 16 and all are leaving with a new respect for the Kwajalein way of life and poised to engage their leadership on ways to assist Kwajalein.

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
1. Spiritual Resilience, see page 10. All welcome.	1. KRC Ride-and-Park, 5 p.m., Atoll Terminal.	1. Cross Fit, 5:15 a.m., Adult Pool.	1. Zumba, 5:30 p.m., CRC Room 1.	1. Cross Fit, 5:15 a.m., Ivey Gym.		1. Cross Fit, 5:15 a.m., Ivey Gym.
2. Smoking Cessation Classes, open enrollment, call 55362.	2. Ultimate Frisbee, 5 p.m., field across from Adult Pool.	2. Pick-up Tennis, 5:30 p.m., Tennis Courts.	2. Wellness Wednesday: TRX Body Blast with Ona Moore, 5:30 p.m., CRC Room 7. Sign up by calling 51275. Limited space available.	2. Pick-up Tennis, 5:30 p.m., Tennis Courts.		2. Pick-up Tennis, 5:30 p.m., Tennis Courts.
3. Flu shots available 1-4 p.m., Tuesday, Wednesday, Thursday, Saturday at hospital.	3. Pick-up Soccer, 6 p.m., Brandon Field.	3. Sunset Yoga, 6:30 p.m., Adult Pool.		3. AA Program, 7 p.m., REB Library.		3. Sunset Yoga, 6:30 p.m., Adult Pool.

Weather

Courtesy of RTS Weather

Day	Skies	Chance of Rain	Winds
Sunday	Partly Sunny	<10%	NE-ESE at 16-21 knots
Monday	Mostly Cloudy	15%	NE-ESE at 15-20 knots
Tuesday	Partly Sunny	10%	NE-ESE at 16-21 knots
Wednesday	Partly Sunny	10%	NE-ESE at 16-21 knots
Thursday	Partly Sunny	10%	NE-ESE at 16-21 knots
Friday	Partly Sunny	<10%	NE-ESE at 15-20 knots

Yearly total: 1.97 inches

Yearly deviation: -0.88 inches

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

	Sunrise Sunset	Moonrise Moonset	Low Tide	High Tide
Sunday	7:10 a.m. 6:53 p.m.	10:52 a.m. 11:22 p.m.	1:19 a.m. -0.6' 1:28 p.m. 0.0'	7:28 a.m. 3.9' 7:39 p.m. 4.1'
Monday	7:10 a.m. 6:53 p.m.	11:41 a.m. -----	2 a.m. -0.1' 2:18 p.m. 0.5'	8:15 a.m. 3.6' 8:24 p.m. 3.4'
Tuesday	7:10 a.m. 6:54 p.m.	12:30 p.m. 12:16 a.m.	2:46 a.m. 0.3' 3:24 p.m. 0.9'	9:12 a.m. 3.2' 9:22 p.m. 2.8'
Wednesday	7:10 a.m. 6:54 p.m.	1:20 p.m. 1:10 a.m.	3:46 a.m. 0.7' 5:10 p.m. 1.2'	10:34 a.m. 3.0' 11 p.m. 2.3'
Thursday	7:10 a.m. 6:54 p.m.	2:09 p.m. 2:04 a.m.	5:18 a.m. 1.0' 7:17 p.m. 1.1'	----- 12:23 p.m. 3.0'
Friday	7:10 a.m. 6:55 p.m.	3 p.m. 2:57 a.m.	7 a.m. 0.9' 8:29 p.m. 0.7'	1:06 a.m. 2.3' 1:46 p.m. 3.3'
Jan. 31	7:10 a.m. 6:55 p.m.	3:50 p.m. 3:48 a.m.	8:08 a.m. 0.7' 9:12 p.m. 0.3'	2:21 a.m. 2.6' 2:38 p.m. 3.6'