

VOLUME 57 NUMBER 48

November 26, 2016

THE KWAJALEIN HOURGLASS

Workers from the Kwajalein Marine Department stand atop the brow of the Catamaran Pvt. Sorenson ready to launch the vessel into sea trials with a fresh new paint job.

 Jessica Dambruch

THIS WEEK

LOCAL HEROES

SAVE THE DAY ON MECK - P 2

HOLIDAY GUIDE GIVES

TIPS FOR TINSEL IN THE TROPICS - P 5

KWAJ KIDS CARE

FOR COMMUNITY - P 4



MECK HEROES HELP STRANDED PILOT, PASSENGERS

NIKKI MAXWELL, USAG-KA PUBLIC AFFAIRS

Maj. John Osterson, of U.S. Army Garrison Kwajalein Atoll, says he has two new heroes.

On Oct. 26, Osterson was flying three passengers, Rich Erektion, Mark McCullum, and Rob Taylor, from Illegini to Kwajalein, when they found themselves in a dangerous weather situation.

"It was 6:45 p.m. and nearly dark. The weather was turning bad and it was not safe to continue flying, so I diverted us to land on Meck," Osterson said. "I didn't think there was anyone there, or any life support system for us. I honestly thought we might be sleeping in an empty building for the night."

What Osterson didn't know is that Robert Iosia and Kelson Calep were on duty at the power plant on Meck, and were notified that some unexpected visitors were landing.

"Our manager called us and said we had people coming who needed a place to stay for the night," Iosia said. "It was

definitely a surprise but nice to have company out there," he continued with a chuckle.

Osterson said the two hosts picked them up on the rainy landing pad, drove them to shelter, gave them dry clothes, clean bedding and some dinner.

"They shared their food rations with us and even offered their beds for the night," Osterson said. "We really appreciated the hospitality."

The guests ended up sleeping in an open bay room usually used by MDA when there is a mission operation there. The following morning, they returned to Kwajalein safely, with two new friends on Meck.

Iosia and Calep have both worked for Chugach since 2003. This was the first time for an emergency situation like that for the two mechanics, who work three day shifts at the remote island before returning to their homes on Ebeye.

"We had the master key to the supply locker so we were able to get them bedding," Ios-



U.S. Army photo by Nikki Maxwell

sia explained. "We learned a lot from this and will be even more prepared for a situation if this happens again."

"Thanks for being there," Osterson told Calep and Iosia as Robert Raines, Deputy Public Works Manager, presented two Performance Plus Certificates to them from Kwajalein Range Services (KRS).

The certificates included the words: "In recognition of your commendable conduct

in the performance of your duties and compassion for a fellow human being. Your actions serve as a shining beacon of the KRS Leadership Covenant, 'help each other.'

"I am really proud of them," said Raines. "They have set the bar for all of us."

Col. Michael Larsen, commander of USAG-KA said, "They are heroes, and perfect examples of TEAM KWAJ!"



U.S. Army photos by Nikki Maxwell

ABOVE, FROM LEFT TO RIGHT: Kelson Calep, Maj. John Osterson, and Robert Iosia share a photo; BOTTOM LEFT: Osterson thanks Calep for his assistance; BOTTOM RIGHT: Robert Raines thanks Iosia for his good work.

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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DOD CELEBRATES NATIVE AMERICAN HERITAGE MONTH

EXTERNAL REPORT

By Karen Parrish
DoD News, Defense Media Activity

The observance of National Native American Heritage Month each November gives the Defense Department an opportunity to honor the service of some 21,000 American Indian and Alaska Native service members and civilians, a defense official told DoD News.

Joe Sarcinella, the department's senior advisor and liaison for Native American affairs, said the department benefits when members of the nation's 566 federally recognized tribes join the military community and add to its diversity.

Native Americans have the highest per capita number of service members in the country of any ethnic group throughout the U.S., he said.

Expanding Opportunities for Native Americans

"Military service, in particular, is hugely important in Indian Country. ... We're trying to make sure that more and more native people make their way into DoD, not just in the military but in civilian roles as well. I know there's a lot of outreach that's happening," Sarcinella said.

Sarcinella said he recently attended the National Congress of the American Indian's annual meeting in Atlanta, where he spoke to a number of representatives from schools with mentoring programs for native students.

"There is a dialogue that's happening," he said. "Native students want to come in and work for the Department of Defense, not just in a tribal capacity, but in the areas of science, technology, engineering and mathematics. It's really a growing field."

He said one great example is Navajo Technical College, which has numerous defense contracts. "They're doing some amazing work in science and technology," he said. "I believe they actually worked on the Mars [Exploration] Rover."

Filling the Role of Liaison

Sarcinella is tall, with a long braid of dark hair. Interviewed wearing a suit, eagle-talon necklace and fancy cowboy boots, he described his heritage. He said his father's family was first-generation French and Italian; his mother's mother



was Hunkpapa Lakota and Assiniboine, from Canada; and his maternal grandfather was "non-removed Creek and Scottish, from Tennessee." His wife is a member of the Navajo nation.

He grew up with a high level of cultural fluency, he said. "My whole life was pretty much civic service, community service, really focused on Indian country," he added.

Sarcinella said as a "one-man band" for DoD, he has a full portfolio. He's the "go-to person" for Native American and Native Hawaiian affairs. He also manages the Native American lands and environment mitigation program, "where DoD goes in and cleans up DoD impacts on tribal land."

Sarcinella works with interagency partners including the departments of Interior and Energy on tribal affairs, and trains DoD military and civilian personnel on proper tribal consultation methods.

He earned a master's degree in federal Indian law and policy before attending law school, and he has worked with tribes, in academia and for nonprofits before accepting his current position with DoD.

The job he holds for the department is in partnership with the National Congress of the American Indian. "I thought it would be a good way to serve Indian country, and also serve my government and my country," he said.

Sarcinella said his advice to native students is to get a broad range of experience along with an education.

"Education is key, but ... if you are coming from a reservation, you have to try to get those internships, those externships, those abilities to actually

leave your home turf," he said. "Actually get out there and see how the government operates." Similar to internships, externships offer students formal training and hands-on experience in their field of study.

Government Outreach Efforts Increasing

Sarcinella noted the department engages in vigorous outreach with Native American communities, and the department's Office of Diversity Management and Equal Opportunity, or ODMEQ, is "really going above and beyond," he said -- working with SAIGE, the Society for American Indian Government Employees, conducting training, and expanding opportunities.

ODMEQ also is working to implement a strategic plan to promote diversity and inclusion in the federal workforce, in line with Executive Order 13583 to establish such an initiative governmentwide, he noted.

Sarcinella added that President Barack Obama recently created the White House Council on Native American Affairs.

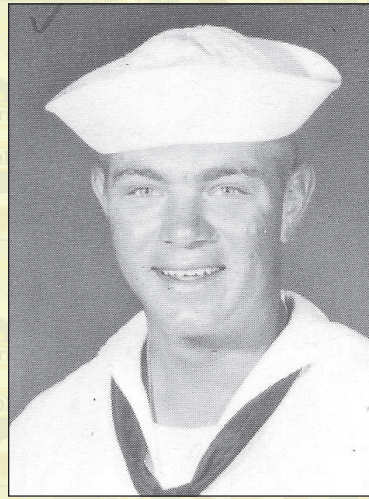
"It's the first time in history that native people have actually had the ears of the secretaries, in an established body that meets regularly to discuss tribal affairs," he said. "It's in its first year, [and] it's going to be very interesting to see what comes about from that body."

DoD will honor National Native American Heritage Month with programs and activities at installations around the world. In addition to the monthly observance, Nov. 28 is Native American Heritage Day. The theme for this year's observance is "Native Pride and Spirit: Yesterday, Today and Forever."

KWAJALEIN SAYS THANK YOU TO COMMUNITY VETERANS FOR DEDICATED SERVICE

In recognition of their exceptional and selfless service to the United States of America, this week our community continues to celebrate veterans of the Armed Forces who work and live amongst us. Many of the images in this gallery were submitted by former service members and their families. Though some veterans humbly choose not to be pictured, they are likewise regarded and commended for their service, dedication and commitment to our nation's defense and peace.

In the weeks that follow these galleries, you are encouraged to thank the veterans in our community for their job well done.



Ross Gilchrist— U.S. Navy
1969-1971 CBMU 302, Cam Rahn
Bay Vietnam.



Michael P. McConnell— U.S.
Army, SGT. 13 Years of Service

STUDENTS SHOW SPIRIT WITH SUPER ACTS OF KINDNESS

HOURLASS REPORT

On Nov. 19, a troop of superheroes from George Seitz Elementary School Student Council completed a good will mission to thank members of the labor workforce.

The date marked a Student Council sponsored Spirit Day: Superhero Day. Advised by Ona Moore, Angela Ryon, and Masina McCollum, the Student Council raised funds to purchase items for a healthy goodie bag; they included tangerines, crackers, carrots, juice, granola bars and treats like candy canes. The bags were assembled by all members of the Council at the next monthly meeting.

The next step was superheroic. Dressed in full superhero regalia, the gift was delivered to the heroes of the week at the Landfill and Incinerator plant, and to all the mowers & tree trimmers out working Nov. 19.

The gift is a timely gesture during the holiday season, and demonstrates the positive impact that young members of the Kwajalein community can make at an early age.

Masina McCollum reports: "Some of the students have been on Kwajalein majority of their lives, and some of the students are new to Kwajalein this school year."

Students in grades 4-6 may join the Council to participate in civic organization, leadership and planning events. They must also prove their independence and responsibility in their classroom decorum and daily interaction with their classroom teacher.

When they are not doing a good deeds, these elementary superheroes can be found around island playing Flag Football, participating in Swim Team, Cub Scouts, Boy Scouts, Girl Scouts, and just outside playing and having fun with friends.

"The Student Council members hope that the island Super Heroes realize that the Kwajalein community does appreciate all their hard work," said McCollum. "These workers are not often thanked for their daily outside work."

The Student Council hopes to deliver more Superhero bags a few more times in the school year to other island superheroes.



📷 Courtesy of Masina McCollum

ABOVE: Superheroes from the George Seitz Elementary School Student Council share photos with heroes from Solid Waste Management and the Power Plant team Nov. 19.

DECEMBER HOLIDAY GUIDE Kwajalein and Roi-Namur

Nov. 30, 7 p.m., on Roi at C-Building—Make an Ornament. Small glass balls, corn husks, paint, and trinkets will be available to get you started!

Dec 2-6, "Suite." Kick off the holiday season with this Quality of Life-sponsored band:
 Fri., Dec. 2, 7:30 p.m., Roi Outrigger
 Sat., Dec. 3, 7:15 p.m., Tree Lighting Downtown
 Sun., Dec. 6, 8:00 p.m., Vet's Hall
 All shows are free.

Dec. 2, 6:30 p.m., on Roi—Annual Christmas Tree Lighting and "Suite" live band at the Outrigger, 7:30 p.m. Join us for Roi's Annual Christmas Tree Lighting and this great QOL band!

Dec. 3—Downtown closed to bike traffic.

Dec. 3, on Kwaj—49th Annual Santa Parade; Kwajalein Tree Lighting; "Suite" live performance. Join us for an enjoyable evening downtown for a night of events. Food and treats will be available for sale.
 5:45 p.m. Santa arrives, Atoll Terminal
 5:45 p.m. Santa parade to downtown
 6:00 p.m. Tree Lighting Ceremony
 7:00 p.m. Light the Tree!
 7:15 p.m. Downtown Festivities
 7:15 p.m. "Suite" live! (Band sponsored by Quality of Life)

Dec. 3-10 on Kwaj—Pallet Holiday Tree Judging. Take a tour of the island and vote for your favorite online. Voting opens Dec. 3!

Dec. 4, 11:30 a.m.-1:30 p.m. at Grace Sherwood Library—Selfies With Santa. Enjoy a visit with Santa, holiday crafts and more! Parents, please bring your cameras.

Dec. 7 at Roi Outrigger—Operation Deck the Halls. The entire community is welcome to decorate the Outrigger for our Christmas party!

Ongoing until Dec. 9 on Kwaj—Light Up the Night! Decorate your house for holidays and enter to win cash prizes! Here's how: Call Community Activities at 5-3331 to enter your Quarters. Last day to enter is Fri., Dec. 9. Decorate your quarters to be visible from the outside. Winners will be announced the following week. Cash prizes will be awarded!

Dec. 10, Light Up the Night Event Tours. Enjoy an evening of fun with a tour of decorated homes accompanied by food and snacks. There will also be crafts and goodie bags! Voting for housing takes place this evening. Fun for the whole family! Sponsored by Quality of Life in conjunction with Community Activities, National Honor Society, Student Council and Spartan Expresso.



There is no place like Kwajalein for the holidays. Santa is a Scuba diver, Christmas trees glow underwater, and on weekends, nonstop sunset potlucks with your loved ones make festive silhouettes against a rosy sky. Years from now we will search future windows for these magical sights and share atoll stories with friends who have never seen a Roi rat or a real Palm tree—so *jab inebata*, and live in the holiday moment! The Hourglass invites you to check out this holiday calendar for a month of fun and entertainment. Slap this game plan on the fridge, ship out your boxes, grab your friends and come celebrate with us!



Note: These event details are current as of Nov. 26, 2016. For questions regarding a Kwaj CA event, please call 5-3331. For Roi CA event questions, call 5-6580.

Dec. 11, at Roi Outrigger—Island Christmas Party Potluck. Bring a dish to share!

Dec. 14, 6-8 p.m.—Hobby Shop Holiday Open House. Please join us for an evening of fun, food and holiday cheer. Come see how we can help you bring out your creative side! Everyone on the island is welcome! Questions? Call 5-1700.

Dec. 17, 5:30 p.m. in front of AFFES on Roi—Pallet Tree Judging. Vote online for the best tree!

Dec. 17, 5:30 p.m. at Emon Beach Main Pavilion—Jingle Bell Fun Run. Bring your bells (limited bells and "jingles" also provided) and get jingled up before heading out for an easy 2-mile run through housing.

Dec. 18, 6:30 p.m. at Emon Beach—Scuba Santa. Greet Santa As He Arrives At Emon Beach!

Dec. 18, 7 p.m. at Emon Beach—Boat Parade of Lights. The parade will begin at the Small Boat Marina and make its way through the Ski Boat Area to Emon Beach. Sponsored by the Kwajalein Yacht Club.

Dec. 21, 7 p.m. at the Adult Recreation Center (ARC)—Cocoa & Coloring. Adults are invited to bring their own adult coloring book or choose from coloring pages that will be provided. Spend the evening sipping on hot cocoa with cohorts and color! Adult beverages also available.

Dec. 25 at Camp Zamperini Dining Facility—Christmas Dinner. Enjoy a tasty, festive meal during the dinner hour on Christmas Day.

Dec. 31, 8 p.m., Outrigger—Tiki New Year's Eve. Ring in the New Year with the exquisite vocal stylings of your eclectic neighbors—tiki-style! Must be 21 years or older.

Dec. 31, 8 p.m., Ocean View Club—Tiki New Year's Eve. Island-inspired drink specials, and island music! Tiki-tok around the clock into the New Year with us! Complimentary drink tickets available for December birthdays at this event. Register at the Community Activities Office.



LIVE! SUITE

Friday, Dec. 2, Rol Outrigger, 7:30pm

Saturday, Dec. 3, Tree Lighting Downtown, 7:15pm

Sunday, Dec. 4, Vet's Hall, 8:00pm

Sponsored by Quality of Life
For questions contact Community Activities 5-3331

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER TRENDS: Trade wind convergence at the surface has been keeping scattered strong showers in the area this week. This activity resulting in rainfall amounts to still be five inches above average for the month of November. However, a classic battle between predominant weather patterns has started with the transition to the dry season.

The area of trade wind convergence will still be around Friday and Saturday morning, bringing chances of stronger rain showers. This area dissipates and the InterTropical Convergence Zone (ITCZ) becomes disorganized. A dry, northeast trade wind establishes through the weekend. Wind speeds will remain moderate from 7-12 knots with short-lived isolated showers.

CAUTION-OUTLOOK: The ITCZ tries to re-establish over the mid RMI region next week, but not as active as seen in months of October and November. We will observe larger areas of showers to the south of the atoll, with southern atoll having the higher risk of stronger showers. The ITCZ continues to trend moving southward for end of next week.



www.army.mil/kwajalein

Check out USAG-KA's new website for garrison and community news, links to each directorate and other helpful information. Have thoughts or suggestions? Send them to the USAG-KA Public Affairs Office at Nikki.L.maxwell.civ@mail.mil.

COMMANDER'S HOTLINE

HAVE SOMETHING THE USAG-KA
COMMANDER SHOULD KNOW ABOUT?

CALL THE COMMANDER'S
HOTLINE AT 51098 TODAY!



SHARP
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

Sexual Harassment/Assault Response and
Prevention (SHARP) Contact Information

Capt. David Rice
SHARP Victim Advocate

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



	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:47 a.m. 6:27 p.m.	4:45 a.m. 4:53 p.m.	2:54 a.m. 3.4' 3:14 p.m. 4.1'	8:55 a.m. -0.1' 9:30 p.m. -0.1'
MONDAY	6:47 a.m. 6:27 p.m.	5:31 a.m. 5:35 p.m.	3:26 a.m. 3.5' 3:42 p.m. 4.3'	9:24 a.m. -0.3' 10:00 p.m. -0.3'
TUESDAY	6:47 a.m. 6:27 p.m.	6:17 a.m. 6:19 p.m.	3:57 a.m. 3.6' 4:11 p.m. 4.5'	9:53 a.m. -0.4' 10:30 p.m. -0.5'
WEDNESDAY	6:48 a.m. 6:27 p.m.	7:05 a.m. 7:05 p.m.	4:27 a.m. 3.6' 4:39 p.m. 4.6'	10:21 a.m. -0.4' 11:00 p.m. -0.5'
THURSDAY	6:48 a.m. 6:28 p.m.	7:53 a.m. 7:52 p.m.	4:57 a.m. 3.6' 5:08 p.m. 4.5'	10:50 a.m. -0.4' 11:31 p.m. -0.5'
FRIDAY	6:49 a.m. 6:28 p.m.	8:42 a.m. 8:41 p.m.	5:27 a.m. 3.5' 5:38 p.m. 4.4'	11:19 a.m. -0.2' -----
DECEMBER 3	6:49 a.m. 6:28 p.m.	9:31 a.m. 9:31 p.m.	5:59 a.m. 3.3' 6:09 p.m. 4.2'	12:02 a.m. -0.3' 11:49 a.m. -0.1'

LUNCH

Sunday

Pork Chops
Cheese Quiche
Mashed Potatoes

Monday

Beef Curry
Caciatore Chicken
Egg Casserole

Tuesday

Chicken Wings
Patty Melt
Vegetarian Saute

Wednesday

Honey Mustard Chicken
Tuna Casserole
Chef's Choice

Thursday

BBQ Roast Pork Ribs
Turkey Wrap
Vegetable Saute

Friday

Taco Bar
Refried Beans
Chef's Choice

December 3

Spaghetti
Garlic toast
Chef's Choice

DINNER

Sunday

Meat Loaf
Fried Chicken
Roasted Potatoes

Monday

Manicotti
Pasta Carbonara
Chef's Choice

Tuesday

Grilled Chicken
Beef Pot Pie
Three Cheese Mac

Wednesday

Steak Night
Picante Chicken
Vegetarian Pasta

Thursday

Mongolian BBQ
Garlic Chicken
Chef's Choice

Friday

Chicken Fried Steak
Mashed Potatoes
Fish Du Jour

December 3

Oriental Pork Steak
Beef Broccoli Stir Fry
Fried Rice

Captain Louis S. Zamperini Dining Facility

*MENU CURRENT AS OF Nov. 23

COMMUNITY CLASSIFIEDS

HELP WANTED

Visit USAJOBS.GOV to search and apply for USAG-KA vacancies and other federal positions.

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 Bldg 700 and on the "Kwaj-web" site under Contractor Information>KRS>Human Resources>Job Opportunities. Listings for off-island contract positions are available at www.krsjv.com.

COMMUNITY NOTICES

Due to unforeseen conditions Burger King in the Food Court will remain closed until the first week in Dec. We apologize for the inconvenience.

Planning a holiday party this year? Think you might need tents, tables, or chairs? Contact Community Activities to complete your reservations now and ensure equipment availability. Reservations are already completely booked for a number of dates. Questions? Contact the Community Activities Office at 5-3331.

Artists and Crafters! If you have a creative talent that you are interested in teaching in an art or crafts class please contact the Art Guild at kwajartguild@gmail.com and share your name, what you would like to teach and the easiest way to communicate with you; (email, phone, FB messenger).

Kwajalein Hospital announces Urgent Care Fridays. Starting Fri., Nov. 18, walk-in, sick-call and same day appointments for primarily critical care issues will be accepted each Friday from 8:15 a.m. - 4:30 p.m. Questions, please call 5-2224 or 5-2223.

Ice Ice baby! It's time for our 2nd Annual ANTARCTIC Support Group "Meeting" - Camp Hamilton. BYOB & fingerfoods. Nov. 26, 6 p.m. - be on time for group photo.

Kwajalein Yacht Club's monthly meet-

ing is on Sat., Nov. 26, 6:30 p.m. at the Yacht Club. Happy Hour begins at 5:30 p.m., Meeting starts at 6:30 p.m. and Dinner at 7 p.m. POC is Ursula LaBrie 5-1951.

Commercial Vendors, all private sales, instruction, or services provided on-island need to be approved as part of the Commercial Vendor program. Please complete the necessary paperwork prior to offering services or conducting sales. The approved list of vendors is post on the intranet. Food, hair and nail service are not permitted. Please call 5-3331 with questions.

"Suite." A Quality of Life Sponsored Band. Performing Fri., Dec. 2, Roi Outrigger, 7:30 p.m.; Sat., Dec. 3, Tree Lighting Downtown, Kwaj, 7:15 p.m.; Sun., Dec. 4, Vet's Hall, 8 p.m.

The Family Pool will be closed on Sat., Dec. 3 for the Annual Christmas Tree Lighting.

Please join us for Quizzo on Fri., Dec. 2, 2016 at 7:30 p.m., at The Vet's Hall. Special guest host Elissa Fiore is back with more trivia! Questions? Contact Neil Dye or Jan Abrams.

The Vets Hall will be closed Sat., Dec. 3, in support of the Tree Lighting! Be sure to join us Sun., Dec. 4, and enjoy the fabulous sounds of The Suite. Doors open 7 p.m. show starts 8 p.m. Questions, call Jan Abrams 5-2112.

Girl Scout Food Drive for Carlson Island. Please visit the Girl Scout table at the Kwajalein Tree Lighting to drop off your canned food donation. The items will be included in a special holiday delivery to the ten families living on Carlson Island. Check out our Facebook page for more information! POC: Carrie Aljure, 5-1897.

Kwajalein Running Club's 5th Monthly Fun Run for the 2016/17 season will be at 5:30 p.m. Mon., Dec. 5. The public, visitors, kids and walkers are welcome. Distance options for Mon. are 1/2 mile, 2 miles and 5 miles. Just show up near the Bowling Alley entrance. In the minutes before the run starts, we will vote on the nominated slate of Club Officers

for 2016/17. Questions? Call Bob & Jane H:5-1815 or Ben & Linn H:5-1990

For Kwajalein Hospital PCS Finance clearance, PSCing personnel should make an appointment one week prior to your PCS date by calling extension 5-2220. POC is Barbara Brigham.

Kwajalein Atoll International Sportfishing Club monthly meeting will be held Wednesday, November 30th, at Emon Beach, Large Pavilion. Food & beverages will be served at 6:30 p.m., meeting will start at 7:00 p.m. All anglers welcome to attend! Questions?? Contact Bill, x5-2693.

2017 Golf Greens Fees and Locker Registration. Dec. 1 - Dec. 31. Annual and Bi-Annual greens fees and locker registration now available for the golf course. Sign up now to ensure you will be golfing in 2017! For questions or registration information, please call Derek Finch at 5-1275.

wLight Up the Night! Decorate your house for holidays and enter to win cash prizes! Here's how: Call Community Activities at 5-3331 to enter your Quarters. Last day to enter is Fri., Dec. 9. Decorate your quarters to be visible from the outside. Winners will be announced the following week. Cash prizes will be awarded!

Christian Women's Fellowship and Annual Ornament Exchange. Bring a wrapped Christmas ornament and join us for our monthly luncheon Sun., Dec. 4, at 12:30 in the REB (Building 671).

Safely Speaking: Fatigue is one of the leading causes of injury at the workplace. Operating mobile equipment while fatigued can be fatal to you and others and is as dangerous as operating while impaired due to drugs or alcohol. When we become fatigued our ability to plan ahead also diminishes.

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 USAG-KA.

WATER

Our Most Valuable Resource

Test Your Water Sense!

Which of the Following Uses Less Water?

- A) Washing dishes under a running tap.
- B) Washing dishes in a fully loaded automatic dishwasher without pre-rinsing.

The Answer is: B! To waste the least amount of water in the kitchen, operate your automatic dishwasher only when it's fully loaded. If you don't have an automatic dishwasher, filling the sink or a basin instead of running water can save an average of 25 gallons.

Corals present within Kwajalein Atoll are protected by U.S. and RMI laws.

Removing live coral from reef areas violates host nation laws. Help preserve the reef environment by not stepping onto live coral growth areas.

Treat all underwater habitats and coral reefs with care by not damaging or disturbing them.



Café Roi

*MENU CURRENT AS OF Nov. 23

LUNCH

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	December 3
Peking Chicken	Pepper Steak	Spaghetti	Stir Fry Beef	Ground Beef Tacos	Hot Turkey Sandwich	Shoyu Chicken
Indonesian Pork	Glazed Pork Loin	Meat and Marinara Sauce	Chicken and Broccoli	Enchilada Casserole	Apple Glazed Chicken	Hawaiian Chopped Steak
Eggs Benedict	Cheese Quiche	Sausage & Peppers Sub	Ginger Rice Pilaf	Mexican Rice	Collard Greens	Spicy Asian Noodle

DINNER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	December 3
Hamburger Steak	French Braised Beef	Coconut Fried Chicken	Mustard Chicken	Fried Chicken	Fish Provencal	Hot Dogs and Chili
Herb Baked Fish	Chicken & Dumplings	Korean Steak	Roast Beef	Meatball Sub	Pot Roast	Meatloaf
Pasta Florentine	Au Gratin Potatoes	Stir Fry Vegetables	Baked Potato	Stir Fry Vegetables	Pommes Duchesse	Mashed Potatoes

RESULTS LAST WEEK

NOVEMBER 15

Ohana Koa def. Freshmen	25-15/25-12
Posers def. Windcats	22-25/25-21/15-13
A Motley Crew def. Sideout	25-20/16-25/15-3
Dazed and Confused def. Sets on the Beach	18-25/25-23/15-18

NOVEMBER 16

Nation White def. Blacksmiths	25-21/25-15
Attackers def. Serve's Up	14-25/25-5/15-7
That's What She Set def. Spartans I	25-15/22-25/15-7
Mon Kubok def. Corder Pounder	25-20/25-16

NOVEMBER 17

Posers def. Ohana Koa	20-25/25-16/15-6
Wildcats def. Freshmen	25-18/25-15
Wolf Pak def. Sideout	25-11/14-25/15-11
Dazed and Confused def. a Motley Crew	25-15/20-25/15-11

NOVEMBER 18

Attackers def. Blacksmiths	25-15/25-20
Serve's Up def. Nation White	25-16/ 25-23
Spartans I def. Mon Kubok	26-24/25-8
That's What She Set def. Corder Pounder	25-14/13-25/18-16

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Corder Pounder def. Mon Kubok	26-24/13-25/18-16
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Ohana Koa def. Wildcats	23-25/25-17/16-14
Posers def. Freshmen	25-18/25-11
Sets on the Beach def. Sideout	25-17/25-6
A Motley def. Wolf Pak	25-19/25-15

A LEAGUE RECORDS

	Win	Loss
Corder Pounder	1	4
Mon Kubok	1	4
That's What She Set	4	0
Spartans I	3	1

B LEAGUE RECORDS

	Win	Loss
Wolf Pak	2	3
A Motley Crew	4	1
Sets on the Beach	2	3
Sideout	2	3
Dazed and Confused	2	2

SCHOOL LEAGUE RECORDS

	Win	Loss
Posers	6	0
Wildcats	3	3
Ohana Koa	3	3
Freshmen	0	6
Nation White	2	2
Serve's Up	1	3
Attackers	4	0
Blacksmiths	1	3



Check out daily news and community updates on the official U.S. Army Garrison-Kwajalein Atoll Facebook page.

For command information questions, please contact USAG-KA Public Affairs at 54848 or via Facebook at web address below.

www.facebook.com/usarmykwajaleinatoll



Fatigue Avoidance

Fatigue is one of the leading causes of injury at the workplace and at home.

Operating mobile equipment can be fatal to you and others and is as dangerous as operating while impaired due to drugs and alcohol. When we become increasingly fatigued, our ability to plan ahead also diminishes. As our fatigue increases:

- Our risk for injury increases
- Our decision making process and reaction time slow down
- Our ability to process information and handle multiple tasks decreases

Recognizing Fatigue

It is important to be able to recognize the early signs of fatigue in ourselves as well as others so we can take appropriate steps to mitigate the effects.

- Our eyes feel heavy and it becomes hard to focus
- Constant yawning
- Wandering disconnected thoughts
- Head nodding and muscles relaxing
- Irrational decisions
- Aggression or anger

Tips for Staying Alert

Listed below are tips to help you get through challenging times due to fatigue both on and off the job.

- Periodically rotate jobs and keep it fresh. When possible set up a job rotation schedule if the work is mundane and not stimulating
- Time the use of coffee and caffeinated drinks for when you need it. This might be midway through a typical night shift
- Prioritize sleep, especially on work days. You should target a minimum of seven hours and use naps to fill the gaps when your sleep is reduced.