

VOLUME 59 NUMBER 7

FEBRUARY 17, 2018

THE KWAJALEIN HANU CLASS



U.S. ARMY GARRISON-KWAJALEIN ATOLL
COMMANDER COL. JAMES DEORE GREET'S
IROIJLAPLAP IMATA KABUA AT EBETE'S
KWAJALEIN ATOLL MEMORIAL DAY
CELEBRATION FEB. 9.

📷 JESSICA DAMBRUCH

THIS WEEK

KWAJALEIN CELEBRATES
ATOLL MEMORIAL DAY - P 2

SMDC LT. GEN ON KWAJ
FOR USAG-KA TOWN HALL - P 3

CMSI SHOWS SUPPORT
WITH YYWC SCHOLARSHIP DONATION - P 8



USAG-KA, RMI CELEBRATE KWAJALEIN ATOLL MEMORIAL DAY

HOURLASS REPORT

U.S. Army Garrison-Kwajalein Atoll Command staff, visiting delegations from the RMI government, Ebeye residents and members of Naval Mobile Construction Battalion 133 (NMCB 133) gathered to observe Kwajalein Atoll Memorial Day on Ebeye Feb. 9. The afternoon's events commemorated the friendship between the U.S. and its host nation as well as the 74th anniversary of the liberation of Kwajalein Atoll by the U.S. Armed Forces during World War II. Special recognition was also made for the recent projects and achievements of NMCB 133.

The festivities began with a procession led by Ebeye security personnel and the Kwajalein Jr.-Sr. High School Marching Band. The musicians and color guard led RMI dignitaries and USAG-KA Command staff to Ebeye's central square, where throngs of Ebeye Public School students and residents participated in an opening prayer by Pastor Langidrik of Ebeye United Church of Christ. Throughout the program an Ebeye church choir and the Mon La-Mike Band joined in musical performances.

Following the observance of the U.S. and RMI national an-

them, dignitaries from both nations took the podium to share their mutual appreciation for the respect and partnership between their respective governments. Remarks were delivered by RMI Secretary of Foreign Affairs and Trade Bruce Kijner and Kwajalein Atoll Senator Alvin Jacklick. Speaking on behalf of RMI President Heine, Minister-in-Assistance David Paul commended the perseverance of the atoll residents who endured the hardship of the wartime era and thanked NMCB 133 for the services performed during their atoll tour.

U.S. Ambassador to the RMI Karen Stewart delivered an address in Marshallese and joined officials at the podium to award Hospital Corpsman 1st Class Eduardo Sanchez-Padilla of NMCB 133 a commendation for his role in saving the life of a child on Enniburr last month.

The ambassador assisted Leiroij Aklina Kabua in the ribbon-cutting for new kindergarten classrooms at Ebeye Public Elementary School, one of many construction projects performed by NMCB 133 to benefit the atoll community. Following a benediction to close the ceremony, Seabees led a delegation of USAG-KA Command staff and RMI officials to tour the new facility for the young students.

THE KWAJALEIN HOURLASS

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 nec-

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*** CORRECTION TO LAST WEEK'S ISSUE: Hospital Corpsman 1st Class Eduardo Sanchez-Padilla serves as a corpsman with U.S. Naval Mobile Construction Battalion 133—not NMCB 1.**



1) The Kwajalein Jr.-Sr. High School Marching Band joins visitors and friends on Ebeye Feb. 9 to celebrate the Ebeye's Kwajalein Atoll Memorial Day. 2) Senator Alvin Jacklick addresses the gathering. 3) Hospital Corpsman 1st Class Eduardo Sanchez-Padilla of Naval Mobile Construction Battalion 133 is recognized by Minister-in-Assistance David Paul and U.S. Ambassador to the Marshall Islands Karen Stewart for the rescue of a child on Enniburr while serving with NMCB 133 last month. 4) U.S. Army Garrison-Kwajalein Atoll Host Nations Director Maj. Daniel Lacaria prepares to enter the new kindergarten wing of Ebeye Public Elementary School Feb. 9. 5) Members of NMCB 133 pause for a photo outside the kindergarten facility with Ambassador Stewart; Jelton Anjain, assistant commissioner of Kwajalein Atoll Public School System; Col. DeOre; Maj. Lacaria; and RMI Liaison Lanny Kabua. 6) Lacaria greets Irojlaplap Imata Kabua following the Ebeye Memorial Day program.



USAG-KA TOWN HALL

All U.S. Army Garrison-Kwajalein Atoll residents are encouraged to attend a town hall hosted by Lt. Gen. James Dickinson, commanding general of U.S. Army Space and Missile Defense Command.

**6:30-7:30 p.m.
Wednesday, Feb. 21
High School MP Room**



HOURGLASS INTERVIEWS

MARY BETH DAWICKI

HOURGLASS REPORT

When the going gets tough, Kwajalein's Employee Assistance Program (EAP) Counselor, Mary Beth Dawicki, is available to offer guidance, support and a friendly listening ear. EAP counseling service is free and available to Kwajalein's Expat employees to bolster and assist anyone working to be their best selves. Dawicki has a few tips to share about how to best use the service and how to get through the stress of the island's transition.

What is the goal of the EAP program?

Our goal is to work with every aspect of your health. We have many therapeutic techniques we use to help with that.

How many appointments can an employee make with the EAP program?

The concept of EAP as a service is designed to be a short term therapeutic approach. We do operate under the premise that we want to work quickly to get you back to the place where you are functioning as your best self. If there is a heightened concern for further support then appropriate referrals will be made to ensure you have the necessary treatment and support.

How would you advise someone who doesn't think they can benefit from encouragement at EAP?

I like that word—encouragement. To me, a lot of times we have our internal dialogue that has come to be what we're comfortable with. It's hard to listen and talk at the same time. Time spent in EAP is an opportunity to hear what you are telling yourself: a chance to challenge the direction you're going in.

That can help with a lot of the mental baggage we carry with us.

Yes. Concerns don't stay behind. They come back with us.

How would you advise newcomers

to prepare their family for being on island?

It is sometimes hard to accept that you're in a new place surrounded by new people. Anywhere you go, you're going to be challenged by different people with various perceptions. Make sure you honor your own perceptions and assure the continuation of support network. Don't let the time difference be a deterrent from communicating with the family and friends who are in your support network. That network is important to staying focused on your own goals and values.

What are some healthy ways that families can help each other through the changes of the ongoing transition?

Sometimes parents assume their kids are going to be OK instead of opening up a dialogue and having conversations about what's going to happen. For me, that dialogue is the most important step. Ask kids what they're excited about and what they think the biggest change will be. Give them positive ownership of the change with something like a scrapbook of memories and calendar countdown to a bucket list of fun activities they can try at their destination.

Also, encourage young people to make opportunities to continue relationships they have established through things like Facebook or letters to friends. Validate their feelings. It's okay to be nervous and scared: That's part of change—but so is the knowledge of what to do with that. There are also books and resources on line. Eric Carl has a cute one entitled, "A House for a Hermit Crab." I feel that it associates closely with the island because of all the hermit crabs.

For the folks who are here: Can you recommend a few strategies for adults dealing with stress?

Practice staying present and able to use healthy strategies. I always ask how you are sleeping. If you are not sleeping and if your head is consumed with thoughts and worries, create a word worry list. Look at it each day and cross off what you can and cannot control. Making sure that you are continuing to get a 10-minute walk or going for a swim and that you are staying appropriately active and not consuming excessive sugar, simple carbohydrates or alcohol to compensate for the stress. Using resources available to you to help you bear stress for the long term.

It sounds like the key for people is to keep going.

U.S. Army photo by Jessica Dambruch



Mary Beth Dawicki, Kwajalein's Employee Assistance Program (EAP) counselor, is ready to listen.

Stresses are going to keep coming up. If we don't learn how to deal with stress, we are doing ourselves a disservice. Stress is always going to come and we're not allowing our strength to come through. When stress happens you have three choices. You can either let it define you, destroy you, or you can let it strengthen you.

What else would you like the community to know about what this office provides?

A lot of people turn inward and think they should be able to withstand a lot of stuff. You limit your resources when you only depend on yourself. Make sure you have someone that can help you see where you're stuck to provide an alternative and suggest new choices.

A lot of us play a solitary game of emotions versus our logic and we have to learn to find balance so when an emotion hits, it's not terrifying. If an emotion isn't helpful to making a decision, find ways to let it out and address it. As long as we focus on our goals, we aren't hurting ourselves and we can take all of our obstacles and challenges.

When we are consumed with things that are outside of our control, [we still] have to deal with choices, stay present. Remember what we're thankful for. Consciously find ways to practice showing gratitude.

To make an appointment with the EAP Counselor, call 5-5362. For more information about the EAP program, call the Kwajalein Hospital at 5-2223 or 5-2224.



U.S. Army photos by Jessica Dambruch



7) Courtesy of Love Diaz

1) Katie O'Rourke practices with the Kwajalein Jr.-Sr. High School Marching Band before the Feb. 9 parade on Ebeye. 2) Members of the Kwajalein Fire Department pause for a photo with friends Feb. 14 before departing together at the Kwajalein air terminal. 3) Roi rock band Smells Like Fish performs live Feb. 10 at the Vets Hall. 4) Sabrina Mumma and Bill Williamson share stories about their 42 collective years of residency on Kwajalein Feb. 10. 5) Ebeye security personnel prepare to lead the Kwajalein Atoll Memorial Day procession Feb. 9. 6) Canoe navigators prepare to launch their small craft during Ebeye's Memorial Day events. 7) Several canoes race through the surf to be the first out of the harbor.

Courtesy of Love Diaz

HAVE SOMETHING THE USAG-KA COMMANDER NEEDS TO KNOW? YOUR VOICE IS VALUED. CALL THE COMMANDER'S HOTLINE AT 51098.

WEEKLY WEATHER OUTLOOK

RTS WEATHER STATION STAFF

WEATHER DISCUSSION: Pattern looks typical dry season with convective focus at the Southern Convergence Zone in the South Pacific. Some small changes for the weekend as a wave moving westward along the equator form a convergence boundary with the northeasterly trade winds along 6-7N. Scattered convection will form along this boundary Sunday and Monday. The southern atoll may see some of these showers while it remains drier to the north.

So far in February we have received 1.08 inches of rainfall, 65 percent of normal. We should be near to a little below average for next seven days. The NWS Guam office has started issuing drought statements for our RMI neighbors to the north and northeast, such as Wotje and Utirik. These atolls did not receive the same beneficial rains as Kwajalein during the month of January and are considered to be in a moderate severity of drought.

SATURDAY/SUNDAY/MONDAY FORECAST: Isolated showers and winds NE at 15-20 knots for Saturday. Scattered showers Sunday/Monday with winds E-ENE at 13-18 knots.

MID-WEEK FORECAST: Widely scattered showers Tuesday, then isolated for remainder of the week. Winds NE-ENE at 15-20 knots.

 SUN-MOON-TIDES				
	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	7:07 a.m. 6:59 p.m.	8:37 a.m. 8:53 p.m.	5:43 a.m. 4.1' 5:53 p.m. 4.7'	11:41 a.m. -0.6'
MONDAY	7:07 a.m. 6:59 p.m.	9:20 a.m. 9:41 p.m.	6:12 a.m. 4.1' 6:22 p.m. 4.5'	12:08 a.m. -0.7' 12:11 p.m. -0.5'
TUESDAY	7:06 a.m. 6:59 p.m.	10:04 a.m. 10:31 p.m.	6:43 a.m. 4.0' 6:53 p.m. 4.2'	12:37 a.m. -0.5' 12:44 p.m. -0.2'
WEDNESDAY	7:06 a.m. 7:00 p.m.	10:48 a.m. 11:23 p.m.	7:17 a.m. 3.9' 7:28 p.m. 3.7'	1:07 a.m. -0.3' 1:22 p.m. 0.1'
THURSDAY	7:06 a.m. 7:00 p.m.	11:35 a.m. -----	7:59 a.m. 3.6' 8:11 p.m. 3.2'	1:42 a.m. 0.0' 2:09 p.m. 0.5'
FRIDAY	7:05 a.m. 7:00 p.m.	12:25 p.m. 12:16 a.m.	8:55 a.m. 3.3' 9:15 p.m. 2.6'	2:25 a.m. 0.4' 3:18 p.m. 0.9'
FEBRUARY 24	7:05 a.m. 7:00 p.m.	1:19 p.m. 1:12 a.m.	10:24 a.m. 3.1' 11:20 p.m. 2.3'	3:29 a.m. 0.8' 5:21 p.m. 1.1'

OFF-ISLAND EMERGENCY NOTIFICATION OPTIONS

As of March 1, 2018 residential phone service on USAG-KA will no longer include the ability to make or receive overseas phone calls. In the event of an Emergency, family members can reach USAG-KA residents 24/7 by calling the USAG-KA Provost Marshall Desk at (805) 355-4445. The officer on duty will take a message about the emergency and notify the Kwajalein or Roi-Namur resident as soon as possible. This service is for emergency calls only and is not to be used for casual phone calls.

Another option is The American Red Cross Emergency Communications Center, which assists active duty military, reservists, retirees, civilians employed by or under contract to the DoD and stationed OCONUS, and their family residing with them. The Red Cross emergency notification service is available 24/7 by calling toll free (877) 272-7337. The caller must have the following information ready for the operator:

Personal Information:

- Full legal name of service member, DoD civilian or government contract employee
- Rank and Branch of service (if applicable)
- Full social security number, date of birth and military mailing address
- If deployed, information about deployed unit and home base unit

Emergency details:

- Name and contact details for the immediate family member experiencing the emergency (parent, spouse, child/grandchild, grandparent, etc.)
- Nature of the emergency
- Where the emergency can be verified (hospital, doctor's office, funeral home, etc.)

Residential Phone Service Update

The USAG-KA commander awaits the signature of a 911 emergency calling exception to policy request. The SMDC commander has also requested local calling on island to be included in this exception, fully supporting USAG-KA's efforts. The end date for current residential phone service remains Feb. 28.

Residential Internet Update

AAFES, NETCOM, IMCOM and SMDC have signed a memorandum of understanding allowing a Joint Venture to proceed with negotiations with DynCorp International headquarters to provide residential internet services. The cost to the consumer is still unknown at this time. More information will be published to the community as it is available. (Updated Feb. 9, 2018).

COMMUNITY CLASSIFIEDS

HELP WANTED

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit www.usajobs.gov.

Job Opportunities are available at RTS Weather Station. For full details and to apply see <http://www.aq-ast.com/careersreq.#42>.

San Juan Construction is currently hiring for multiple projects on Kwajalein. If your contract is ending and you are interested in continued work on Kwajalein, please see our website at www.sanjuanconstruction.com for opportunities and to apply or call Tim Hughes, Corporate Recruiter at 970-497-8238.

COMMUNITY NOTICES

Ballroom Dance Classes have begun! Classes meet Tuesdays, 6:30 - 7:30 p.m. in CRC Room 6. Classes run through May 1. We'll start with swing dance (Jitterbug) and also cover cha-cha, foxtrot and rumba. No cost, partner encouraged but not required. Be ready for the Annual Ballroom Dance on May 6. Questions, contact dance instructor Gus Garcia.

Boys and Girls Club of America Variety Show. Sunday, Feb. 25 7-8 p.m. in the High School MP Room. The Boys and Girls Club of America is preparing to host the annual VARIETY SHOW! All are welcome for a fun and enjoyable night of skits, musical acts, and dances! If you have any questions please contact Michael Hillman at 53796.

2018 YYWC Annual Silent and Live Auction Fundraising Event and Cocktail Party. March 4, 7 p.m.

in the MP Room. Tickets are \$25. Each ticket includes two drinks (cocktails, beer, wine, soda) and fabulous food by some of Kwajalein's best cooks and bakers. Ticket sales begin Feb. 17. All of the funds raised go to Education Grants for Marshallese and Micronesian schools! Your donations of goods, services and events are needed and appreciated! Donate something as a business or vendor, on your own, or get together with family or friends to create a basket to be auctioned. To donate or volunteer contact Amy Spock at amy_keener@msn.com 5-0899 or Kiersta Bailey at renbird74@gmail.com 5-4692.

Island Wide Clean-up. Please deposit household and unwanted yard materials and debris (excluding vegetation), curbside for pick-up by Solid Waste and Grounds personnel on--but not before--Monday, Feb. 26 and Tuesday, Feb. 27 between the hours of 8 a.m. and 5 p.m. Thank you for your support in making the island cleaner and keeping it beautiful.

Be a part of the GSES STEM Festival! Calling all Science, Technology, Engineering and Math professionals and enthusiasts to set up displays or demonstrations at our STEM Careers Expo March 15. Have a great STEM presentation and hands-on activity? Ask about becoming one of our STEM Specialty Session presenters! To participate please contact Heather Miller at 5-5642 or heather-shawmiller@yahoo.com.

Are you new to Kwaj? Do you have kids? Come see us at CYS! We're here to help you and your family! CYS offers services for children ages 6 weeks through 18 years. Central Registration - Building

358. We're open from 7 a.m.-5:30 p.m. Phone: 5-2158.

SAFETY/ENVIRONMENTAL

Alcoholics Anonymous Meetings. Tuesdays and Thursdays, 6:30-7:30 p.m. at the Kwajalein REB Library.

Safely Speaking/Boat Rolling. Hand protection is not simply putting gloves on; it is finding ways to eliminate the task that may put our hands at risk of injury. Think before you reach and always choose the right gloves for the job!

E-Talk: Coral reefs are one of the most spectacular and fragile underwater environments. Respect the reef and the marine life of Kwajalein Atoll. Do not remove coral from the water.

MOVIE SCHEDULE

Yuk Theater - Kwajalein

17 February (Double Feature)

- *Murder on the Orient Express* (PG-13)
- *Daddy's Home 2* (PG-13)

18 February

- *Three Billboards* (R)

19 February

- *Geostorm* (PG-13)

Tradewinds Theater- Roi Namur

17 February

- *Pirates* (PG-13)

18 February

- *The Snowman* (R)

Adult Recreational Center

21 February

- *The Snowman* (R)

All features begin at 7:30 p.m.

SIGN UP FOR A HEALTH WORKSHOP!

Stress Management. Explore what stress is and how it impacts your health while learning strategies for healthier living. Group will meet Fridays for four weeks starting at 4:30 p.m. through Feb. 23. Meeting to be held in the Hospital Conference Room (2nd floor). Call 5-5362 for information, and leave a message if no one answers.

Mindfulness in the Workplace. Learn to become more present and connected to your day to day tasks. Group will provide strategies to improve communication with coworkers and supervisors, learn time management skills and methods of conflict resolution as well as discuss steps to let liberate your highest potential. Meet in the Hospital Conference Room on Wednesday for six weeks starting Feb. 21 through March 28. Call 5-5362 by Feb. 20 to confirm your attendance, leave message if call not answered.

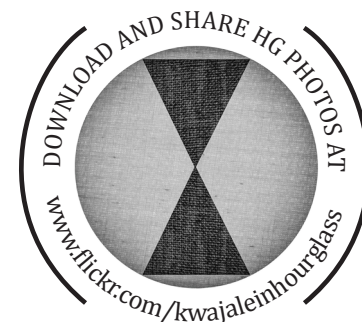
Smoking Cessation. Please contact EAP at 5-5362 to enroll in group as it will be built based on interest. Not comfortable with a group setting, individual sessions provided during the workday.

UNITED CHECK-IN TIMES

Monday, United 155—**3:30-4:45 p.m.**
 Tuesday, United 154—**11-11:30 a.m.**
 Wednesday, United 155—**2:30-3:45 p.m.**
 Thursday, United 154—**11:30 a.m.-Noon.**
 Friday, United 155—**3:30-4:45 p.m.**
 Saturday, United 154—**11-11:30 a.m.**

ATI CHECK-IN TIMES

Early departures—**7:45-8:15 a.m.**
 All other departures—**8-8:30 a.m.**
 *Check with your ATI flight representative to confirm check-in and flight departure times.



SCHOOL ADVISORY COMMITTEE HAS BEEN RESCHEDULED

February 23, 2018
7 p.m. in the Coconut Room
George Seitz Elementary School

ORGANIZATION REPRESENTATIVES

Alutiiq Representative

Yoshi Kemem
yoshi.j.kemem.ctr@mail.mil

USACE Representative

Mike Howe
michael.d.howe@usace.army.mil

KRS Representative

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KRS Representative

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Education Services Representative

Julia Sektnan
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School Administration

Susan Davis
daviss@kwajalein-school.com



U.S. Army photo by Jessica Dambruch

YYWC President Mindy Cantrell, Education and Assistance Committee Chair Elect Ashley Howe and YYWC member Carrie Aljure accept a scholarship donation check from CMSI Deputy Program Manager Alan Stone Feb. 13.

CMSI AWARDS \$5,000 TO YOKWE YUK WOMEN'S CLUB

HOURLASS REPORT

Chugach Management Services, Inc. (CMSI) made a donation of \$5,000 to the Kwajalein Yokwe Yuk Women's Club (YYWC) Feb. 13.

YYWC member Carrie Aljure, Education and Assistance Committee Chair Elect Ashley Howe and President Mindy Cantrell accepted a check for the donation from Deputy Program Manager Alan Stone in the CMSI Human Resources office.

CMSI's donation will be used to fund scholarships for the 2018 graduating class of Kwajalein Jr.-Sr. High School. RMI Ri'katak students and U.S. students in the senior class are eligible to apply for and receive scholarship assistance from the YYWC to fund their pursuit of higher edu-

cation. The YYWC supports students with annual fundraising events like The Kaleidoscope of Music. But donations from companies like Chugach make a big impact in the YYWC scholarship fund, as well.

"Typically the majority, or at least half of our senior scholarships come from Chugach," says Aljure.

Since 2010, CMSI has donated \$35,000 to the YYWC senior scholarship committee, according to YYWC treasury records.

Cantrell is moved by CMSI's consistent investment in the future of Kwajalein's students.

"Over the years [CMSI has] impacted the lives and futures of our students," said Cantrell. "The YYWC appreciates CMSI's generous support."

RESIDENTIAL PHONE SERVICE UPDATE

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