



SECRETARY OF DEFENSE 1000 DEFENSE PENTAGON WASHINGTON, DC 20301-1000

3/27/2020

MEMORANDUM FOR ALL DOD PERSONNEL

SUBJECT: Message to the Force – COVID-19 Response

The Department of Defense is engaged in one of the great global challenges of our time as we work together to combat the spread of the coronavirus. While the situation continues to evolve, I want to assure the force that we will take all necessary measures to protect our people and win this fight. As we aggressively respond to this pandemic, my priorities remain: protecting our troops, DoD civilians, and their families; safeguarding our national security capabilities; and supporting President Trump's whole-of-nation response.

We are committed to taking every precaution to ensure the health and wellbeing of our people. That is why we have imposed restrictions on all domestic and international travel. We understand the impact of delaying PCS moves, modifying training exercises, and temporarily closing some installation services. These decisions are necessary to mitigate risk to you and your families, while we work to ease the burden on the force as much as possible.

During these times, it is important that we minimize person-to-person interaction and practice social distancing, whenever possible. I know this can be challenging in certain situations, as every unit, installation, and mission is unique. There are, however, some commonsense rules that we should all follow: do not crowd large groups of people into confined spaces for meetings or briefings; conduct tasks such as physical training and maintenance in small groups; and use teleworking and other virtual tools to enable staff work, when possible. I trust our commanders around the world to make the best decisions for their troops as they balance mission requirements with force health protection.

As we do our part to mitigate the effects of this pandemic, we must remain prepared to carry out our core national security missions. Our adversaries may look to exploit this crisis, as much of the world's attention is directed toward the coronavirus. We will not hesitate to modify our security posture around the world, if necessary. Meanwhile, we will ensure all of our forward deployed troops receive the support and resources needed to accomplish their missions.

At the same time, we will continue to support the whole-of-nation response to the coronavirus. Thus far we have provided critical medical supplies to civilian hospitals, mobilized thousands of National Guard troops across the country, and are deploying the Navy's two hospital ships and multiple Army combat support hospitals. The Army Corps of Engineers is performing vital work to convert buildings into temporary hospitals. And, our world-class doctors and scientists remain on the leading edge of vaccine and treatment development.

Together, we are doing what the Department has done throughout its entire history – adapting, innovating, and demonstrating why the American people call on the United States military during the most trying times. I am proud of our Service members and DoD civilians who are answering the call all around our great country. We will get through this together, and we will emerge stronger and more resilient than ever before.





Check out April's awareness themes in this week's Kwajalein Hourglass.





PREVENTION MONTH Strong and Thriving Families 2020



THE KWAJALEIN HOURGLASS

The Kwajalein Hourglass is named for the insignia of the U.S. Army's 7th Infantry Division, which liberated the island from the forces of Imperial Japan on Feb. 4, 1944.

The Kwajalein Hourglass is an authorized publication for military personnel, federal employees, contractor workers and their families assigned to U.S. Army Garrison-Kwajalein Atoll.

Contents of the *Hourglass* are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army or USAG-KA. It is published Saturdays in accordance with Army Regulation 360-1.

Phone: Defense Switching Network 254-3539 Local phone: 5-5169

Garrison Commander	Col. Jeremy Bartel
Garrison CSM	Sgt. Maj. Kenyatta Gaskins
Public Affairs Officer	Mike Brantley
Communications Manager	Jordan Vinson
Communications Specialist	Jessica "JD" Dambruch



BY JESSICA DAMBRUCH

Volunteers met at the REB last Saturday with a special mission to stitch face masks for Kwajalein Hospital Staff.

The sewing endeavor will take place again this weekend at the REB on Monday, April 13, from 11 a.m. to 5 p.m. Interested in helping? Adults aged 18 and over are welcome to lend a hand and do-nate supplies.

Volunteers don't necessarily need to know how to sew to be of service with this project. Face masks will be stitched assembly-line style, and there is a need for volunteers to iron, sew and prepare fabric for lacing and stitching. There is a need for as many volunteers as can be had to reach the group's ambitious goal.

While the volunteer stitching team worked, Dr. Craig Corey, chief medical officer for the Kwajalein Hospital, checked out their progress.

"The design is from the internet and modified some to fit over our N-95's with a bigger surface area and longer ties than the original," wrote Corey to the Kwajalein Hourglass last week. "It also incorporates surgical drape material, provided by the hospital, to improve protection for the wearer, even if not worn over a N-95 mask. The fabric, machines and effort were provided by the volunteers."

Kwaj resident Linda Webb contacted Gary Stein, Pam Carroll and others, to assist with the sewing operation, said Corey. As news of the project has spread, more volunteers have stepped up to help.

"The goal will be to increase our protection in the hospital by shielding our N-95 masks from external contamination," said Corey. "The COVID virus is airborne at least to some extent, and contamination of the N-95 mask decreases

its lifespan. It also increases the chance of self-contamination when removing the mask. While we are in our personal protective equipment, we are safe. When we remove it is where our risk is greatest for self-contamination."

USAG-KA is proud to see volunteers come together in this sewing endeavor. This weekend, the volunteer group will work to prepare materials with the goal of creating 1,300 masks. More masks made means more masks to go around.

"With the support of everyone on Kwajalein, we can beat this," said Corey of the virus. "The effort will be to make as many masks as possible to protect all on Kwaj. We can't forget about our folks on Roi, Ebeye and Enniburr. There is a long way to go to stop COVID-19, but as a team, we will be much stronger."

To volunteer in the sewing effort this weekend contact Donna Pickard at alohainmotion88@gmail.com.







1) Gary Stein, center, helps Amy LaCost, left, with stitching while Sally Bulla, right, mans the ironing board. 2) Tables full of fabric line the REB last weekend as volunteers stitch face masks for the Kwajalein Hospital. Pictured here are Linda Webb, left, and Carrie Maxwell. 3) FROM LEFT: Lauren Wallach, Donna Pickard, Pam Carroll, Gary Stein and Jacklyn Crowder show off their handiwork.













KWAJ DOES WEEKEND ARTS FESTIVALS AT A SOCIAL DISTANCE

BY JESSICA DAMBRUCH

It's not easy turning community group activities into socially distanced events, but Kwaj managed to do it. This weekend's back-to-back events gave everyone a chance to practice staying safe while enjoying island life.

Community residents joined the Kwajalein Art Guild and more than 20 vendors and artisans at the annual Spring Art and Craft Bazaar April 6 to check out Kwaj-unique items for sale.

Before entering the CRC Gym in small groups to shop, patrons sanitized their hands using a homemade sanitizer and maintained a safe distance to shop for gifts and collectible crafts.

The 20th annual Kwajalein Yacht Club Spring Break Music Fest brought together island musicians and families for a fun day at Camp Hamilton Beach April 5. More than \$6,000 in donated funds were raised for the Kwajalein MIA Project.

The afternoon's performers played original music and cover songs while the island community enjoyed cold beverages prepared by independent Kwaj microbrewers.

The evening wrapped with performances by the Mon La Mike Band and Kwaj band Pure Aloha—all at a distance of six feet or more.

ABOVE: Kwaj residents go the social distance April 5 and 6 for community health. 1) Doug Hepler sharpens knives during the art and craft bazaar. 2) MJ Jackson displays "The Shoe That Grows," an adjustable sandal that expands by up to five sizes. 3) Megan Ameigh plays guitar during the Spring Break Music Fest. 4) Creative clay items, handicrafts and artwork were available for sale at the bazaar. 5) Guarding a "mind the gap" sign on an empty bench, this music fest visitor is ready for a day of tunes. 6) KYC Commodore Tim Roberge, left, and his "biggest fan," right, are ready to man the soundboard at the Kwajalein Yacht Club.



USAG-KA Maj. Jason Grubb, left, and Sgt. 1st Class Jonathan DeBates, right, represent USAG-KA DES.

MEET USAG-KA DIRECTORATE OF EMERGENCY SERVICES

BY MIKE BRANTLEY / USAG-KA PUBLIC AFFAIRS

There's a new sheriff in town and he's here to maintain the law enforcement in our tiny speck in the Pacific.

So, what does he think about his new home?

"Kwaj is unlike anywhere else," said Maj. Jason Grubb, director of emergency services and provost marshal. "It has its own uniqueness due to its isolated location and various constraints. In the DES, we do a lot of behind the scenes with a limited staff over multiple islands, and that is a challenge. The firefighters, police, security and medics here are top notch and I am lucky to serve with such great professionals."

Grubb, who calls Alabama home, recently moved from Fort Stewart, Georgia to Kwaj and has served in the military for 18 years.

"I love how every day is a different challenge; nothing is ever 'normal," said Grubb. "I enjoy working and serving with the community. Community policing with law enforcement, customer service with our security, and fire department and medical response, when done correctly helps build stronger communities. Knowing and meeting that emergency responder helps enable trust and confidence in our safety and security."

Grubb says he likes how friendly everyone is. "The community here is like

you stepped back in time to the 50's or 60's—a time when neighbors looked out for each other, and you didn't feel scared to let your kids go down the street to play. We are blessed to have a community like this. The only thing I dislike is that I wish I had more free time to get out and see more of the atoll, and fish.

Not only do we have a new PMO, but we also have a new provost sergeant.

Sgt. 1st Class Jonathan DeBates, from Dixon, Illinois, arrived here from Fort Bragg, North Carolina and has been a military police officer for 15 years.

"Law Enforcement in general is a thankless profession whether civilian or military. With that being said, what I get out of it is knowing that I'm able to help people and make a difference in the community."

DeBates says that Kwaj is a unique place and is unlike anywhere he has ever been. He says that a challenge here is underreporting of crimes. "Whether you're unsure or not, call it in so we can look into it and determine whether a crime was committed."

DeBates likes that the kids can play and have fun and be kids. He looks forward to his wife returning with their son Connell after she gives birth in June.

"I am so thankful to be here," said Grubb. "I promise to work hard to serve the community of Kwajalein, Roi and our sister islands."



MWR MOVIES

All movies begin at 7:30 p.m.

KWAJ YUK THEATER

Saturday, April 11 "Abominable" (PG) 97 min.

Sunday, April 12 "Ready Player One" (PG-13) 140 min.

Monday, April 13 "Courageous" (PG-13) 129 min.

Saturday, April 18 "Annabelle Comes Home" (R) 106 min.

Sunday, April 19 "The Predator" (R) 107 min.

Monday, April 20 "A Quiet Place" (PG-13) 90 min.

ROI TRADEWINDS THEATER

April 11 "Men in Black: International" (PG-13) 115 min.

April 12 "Scary Stories to Tell in The Dark" (PG-13) 108 min.

Saturday, April 18 "Abominable" (PG) 97 min.

Sunday, April 19 "Ready Player One" (PG-13) 140 min.

For more information or questions about the movies, please contact MWR at 5-3331.



The Kwajalein Yacht Club thanks the Kwajalein community, USAG-KA Family and Morale, Welfare and Recreation and the DI Community Activities teams for all the support for this year's KYC 20th Annual Spring Break Music Fest. It was truly appreciated. Also I have to say how much this community depends on and thanks Thompson Tarwoj and the "Guys Guys" for everything they do to make many events possible. It was a great day and the community helped raise \$6,200 for the Kwajalein MIA project.

—Tim Roberge

A DIFFERENT TUNE: WOMEN COMPOSERS THROUGH THE AGES

COMMUNITY CONNECTION / LIZ NOLAN

When we look back through history, female composers have stood alongside their male counterparts with equal ability and creativity, while navigating their assigned "station" or position in life. Over the next few weeks we will examine some female composers who have had a profound influence on the history and development of music through the ages.

At the 2020 Academy Awards, Icelandic cellist and composer, Hildur Guðnadóttir, won the award for Best Film Score for her work on the movie "Joker." In winning, she became a member of the elite troupe of female composers to win the award and carry on the tradition of composition laid down by past winners like Rachel Portman, Anne Dudley and Marilyn Bergman.

One of the most famous and earliest of these visionary composers is Hildegard von Bingen (1098 – 1179). Von Bingen was the first maverick of female composers, and there are more surviving musical chants by her than by any other composer from the entire Middle Ages.

Born in Rhinehessen, Germany to a noble family, von Bingen entered a monastery at age 14. Due to a number of theological issues related to the monastery, following her eventual placement as prioress, von Bingen made an unprecedented move—she left to establish her own monastery. Von Bingen was also famous for her prophetic abilities and was involved in politics and diplomacy. Popes and

religious and secular lead-

ers regularly sought her

One can only won-

Von Bingen, left, would think of contemporary music—but we suspect she

would like

it.

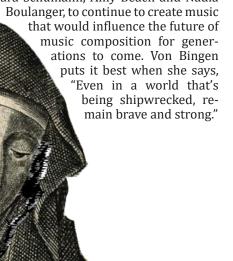
der what Hildegard

counsel on matters of church and state. Between 1160 and 1170, she completed four preaching missions through Germany—an activity that was unheard of for a woman. A prolific writer and composer, one of her most enduring works is entitled "Ordo Virtutum," a morality play with dramatic verse containing 82 melodies, which presents the battle for the human soul, Anima, between the Devil and 16 personified Virtues.

Six hundred years later in the Italian Baroque period, a young woman named Barbara Strozzi (1619-1664) became well-known for her vocal virtuosity before blazing a fruitful legacy of compositional work. According to writer Beth Glixon, Strozzi became "the most prolific composer—man or woman—of printed secular vocal music in Venice in the middle of the [17th] century." She was one of the very few women during this period who published her own compositions.

Historical details are vague about Strozzi's childhood and life, but her contribution to vocal music is well known. Strozzi wrote in the new compositional style the period known as "stile concitato," which had been previously developed by Monteverdi. This style focused on heightened emotional excitement and allowed for passionate performances from singers. Her songs are theatrical and challenge the singer with demanding virtuosic sections.

Strozzi and von Bingen blazed the trail for other female composers, such as Clara Schumann, Amy Beach and Nadia







CLICK A PIC TO LISTEN TO THE ARTISTS



Hildegard Von Bingen https://youtu.be/v6qFCYRQKVA



Barbara Strozzi https://www.youtube.com/ watch?v=3iW7014VGpI



Hildur Guðnadóttir https://youtu.be/NmZ2pAFbXsE



U.S. Army Garrison - Kwajalein Atoll employees Chief Warrant Officer 3 Kyle Johnson, right, aviation officer, and Mary Haynes, health system specialist, navigate the streets of Honolulu during the statewide stay-at-home order while the Republic of the Marshall Islands' travel restriction is in effect for COVID-19. They

are in the United States while the restriction is in place.

USAG-KA Department of Defense civilian employees currently affected by the travel restrictions include public works engineer tech Steven Prudence, air traffic controller Waylon Reed, logistics management specialist Biza Biza, education service specialist Julia Sektnan and budget analyst Alla McGraw. The travel restriction has also impacted contract employees, family members and Marshallese citizens of the RMI.

The stay-at-home order in Hawaii applies to all residents and visitors, and allows them to leave their homes and hotels for various needs to include healthcare, purchasing food, medicine and gasoline, and outdoor exercise.







1) Steve Prudence, left, Haynes, center, and Johnson head out to get some essential food while quarantining in Honolulu. 2) Prudence and Haynes get ready to chow down on a box lunch. 3) The best part about quarantine in Hono has got to be this food.



FORMER RESIDENT REFLECTS ON COVID-19 IMPACT IN ENGLAND

B. North PCSd from U.S. Army Garrison-Kwajalein Atoll in 2019. This volunteer submission was written at the end of March 2020.

COMMUNITY CONNECTION

By B. North

It's only been a few months since I left Kwajalein Atoll, but images of swaying palm trees and turquoise waters are already fading, in the wake of an ever-spiraling world crisis.

Leaving Kwajalein and not knowing whether I would return was a surreal, taxing experience. For all the various strains of island life and the isolation that comes with it, I was leaving behind dear friends and a routine I had come to feel at peace with.

Despite feeling a constant unease being catapulted back into a faster, noisier pace of life, I was keen to make the most of it as new adventures beckoned. But now as I sit here at the University of Cambridge in full quarantine, my friends and the life that I have left behind are often at the forefront of my thoughts.

It was January when I first learned about the coronavirus cases on BBC News. I was just starting my master's degree, and my most urgent concern was to step up to the challenge standing before me. Everything else was an afterthought.

As my studies commenced, coronavirus cases were appearing in the news in greater frequency. It seemed a faraway issue, a safe distance from our shores. I think we all hoped it wouldn't reach us. There were images of people collapsing on the streets of Wuhan and whole cities going on lockdown.

The thought that it may come to Europe, or the United States, was starting to become more and more likely, and I started feeling weighed by a sense of foreboding—one, I think, shared by many. Of course, some treated the matter with levity despite lives being lost every day. I think now about the ease with which we can all traverse the world, and it should have come as no surprise. The speed with which this virus would spread, hitching a ride from unsuspecting host to host, was great.

February seemed to disappear without my noticing. Then March came, and COVID-19 was making much of the world its home. Disruptions began unfolding. Schools were being closed and flights were cancelled. More and more people were dying every day. Fear and panic began to set in. Still, at the back of my mind was the thought that it wouldn't happen to me.

Second term at Cambridge commenced, but nothing felt the same. Many of my classmates couldn't fly in to attend in person, and despite all our best efforts to persevere with distance learning technology everything felt different. An undercurrent of worry and fear began to overtake us all, spreading far quicker than the virus.

My classmates and I were had just come off a tea break when one of our tutors came in to tell us our classes were cancelled, and the building was being shut down. It was so out of the blue that I first thought this was some sort of premature April Fools' rib-tickler. We all soon realized it was anything but. One of my classmates had suddenly fallen ill. I couldn't believe it. I had just been sitting next to him in group work. I'd even sat next to him in the lunch hall. Many thoughts rushed through my mind. I was worried for my friend, worried for myself. Unsure what this meant for me on a practical basis. How would I get home? Was it safe to do so?

The director of the college called us into the dining hall. Keeping a great distance from us, he told us that we must all go to our rooms, remain in strict isolation and to do so immediately. Taking taxis or trains would put others in jeopardy, he said. The distant, abstract notion of contracting this virus was now at my door. I could no longer bury my head in the sand.

It's frightening and profoundly sad to have something I had worked so hard for flitter away as though it had all been a dream. A stark reminder that often, little is within our control despite our best machinations.

In truth, I would be lying if I said I didn't feel a slither of morbid excitement. This was a chance to see the world through different eyes. An interrupted version of it all. What excited me the most was the thought of seeing how we would all come together as did the generations before us during the world wars. I was also excited about my mandatory isolation because maybe now I could finally catch up on some leisurely reading and, just for a brief time, stop trying to get somewhere. Just a brief pause from this compulsion to seize and exploit the day in any way I could.

A few days later I started showing symptoms of the virus myself and so did several students in my class. This has now prolonged my isolation at the FROM LEFT: Chief Warrant Officer 4 Jamey Norton, Jamie Norton, B. North, Capt. David Deibler, Jennifer Otto, Chief Warrant Officer 3 Ryan Otto and Chief Warrant Officer 2 Jarell Smith visit together at the 2019 Veterans Day spaghetti dinner at the Vets Hall, sponsored by American Legion Post #44.

U.S. ARMY PHOTO BY JESSICA DAMBRUCH

university. Unfortunately, due to my age and general state of health, I do not qualify for testing in the UK. So, for now, I sit with the unknown and a great deal of worry.

Many have reached out expressing their concern, and I can indeed see for the most part, people are coming together and exercising empathy they usually do not. When I am asked how I am coping with the isolation, it brings a smile to my face. I know they don't know about Kwaj and the many forms of isolation I had to contend with there. This wasn't my first rodeo. It gave me solace knowing I had left Kwajalein a far more resilient human being.

It feels like an odd turn of fate to see that my friends back in Kwajalein have far more freedom to move around than most of us confined to our homes in Europe and the United States. I can't help but think about what I would do if I could be in the Marshall Islands right now. Maybe I'd take a little more time to notice what was around me. I'd take it all in and stop wishing time would pass so I could go off to my next adventure. I'd take time to talk to people and listen

Even on a tiny dot in the middle of a vast ocean we still find ways to make ourselves busy, as though our value as human beings is contingent upon it. In truth, keeping busy on Kwajalein was the best way to keep sane. What I would say to those there now is take some time to notice what is around you. To share a kind word or gesture with another and fully take stock of just how fragile our world really is.

For now, the situation in Europe remains grave. Travel and general freedoms we take for granted are no longer ours. Physical human interaction, something already endangered by the flux of social media in the recent decade, can now claim lives. These are frightening and solitary times.

The death toll rises here by the day. Young patients are dying now, some of whom have no underlying health conditions. What's worse is that we now know we are just at the foot of the mountain, looking up to a summit the true height and nature of which is still unknown.

I am still uncertain when I'll be able to return home or what the fate of my studies will be, considering many students have dropped out of the course due to loss of livelihoods and changes in circumstances. What I am sure of, however, is that be it in subtle or striking ways, our world won't look the same after the dust has settled.

If I could identify one silver lining in the pandemic, it is that it has brought us all cause for pause. My only hope is that people will source it and use it to their advantage.

GYS APRIL SPOTLIGHT



U.S. ARMY GARRISON-KWAJALEIN ATOLL **CHILD AND YOUTH SERVICES**

Visit USAG-KA CYS on Facebook for more pictures and information about our events and programs. https://www. facebook.com/USAGKACYS/

Child Development Center

STEAM Afternoons

Join the CDC as we explore science, technology, engineering, art and mathematics.

- Tuesdays-Swimming at Millican Family Pool, 1 p.m.
- Wednesdays-Functional Fitness at
- Saturdays-Reading Buddies with Ms. Crump's third grade class, 2:10 p.m. STEAM- Swimming at the Pool will be on Tuesday afternoons.
- Yoga on the patio will be on April

Upcoming CDC Events

Start Smart Sports. Fitness is fun in this program for children aged 3-5 years.

Tumbling. Inquire at Central Registration about program care openings. Season runs now through May 27.

Baru Classroom Special Reminders

Saturdays are Water Play Days. Please send your child with swim clothes, a swim diaper (if needed), a towel, and dry clothes.

Special Events

April is Month of the Military Child

April 11 - Classroom Easter Celebration

April 14-18 - Week of the Young Child Celebrations

April 14-Tasty Tuesday

April 15- Work Together Wednesday

April 16- Artsy Thursday

April 17- Family Friday

April 18 - Music Saturday

April 17 Army Wide CYS 40th Birthday Celebration

April 24- Purple Up Day- Wear Purple for Month of the Military Child

April 26- 3rd Annual MOMC Family Carnival 1-3 p.m.

School-Age Care

Mentor Program

Meets daily 7-8:30 a.m.

Teamwork is the highlight of this fun, new program, as School-Age Care kids mentor the CDC "littles" in fun projects and activities.

Open Rec

This free fitness program for K-6 students meets first and third Saturdays from 4:30-6:30 p.m.

Drama with 4-H Program

Join us as we get into creative theatrics and acting onstage. Please register at Central Registration.

Functional Fitness—Join this free physical exercise program. Meets Wednesdays from 2:30-3 p.m.

CYS Sports

Inner Tube Water Polo season runs now to May 2.

Special Events at SAC

April is the Month of the Military Child April 26- 3rd Annual MOMC Family Carnival 1-3 p.m. April 29- 4-H Drama Celebration of Learning

Daily Focus

Let SAC help you foster your child's growing talents and interests with our special one-day activity programming: Art Tuesdays; STEM Thursdays; Recreation Fridays; Character & Leadership Development Saturdays

Namo Weto Youth Center Sundays—Drama Club, 4 p.m.- April 12 and 26

Tuesdays—Keystone Club at 11:30 a.m. Wednesdays—Smart Girls at 4 p.m. Thursdays—Trivia Night at 8 p.m.

Saturdays—Keystone, Torch Club Officers meetings at 4 p.m.

Special Events at Namo Weto Youth Center

Extreme Dodgeball- Register now in Central Registration-Season runs now through May 1. April 26- Third Annual Month of the Military Child Family Carnival- 1-3 p.m.

Movies

April 12- Groundhog Day April 19- The Boy Who Harnessed the Wind April 26- October Sky

Parents' Corner

Special Note

Many CYS programs require preregistration. If you have questions or would like to learn more about registering your child or volunteer opportunities with CYS, please contact Central Registration at 5-2158.

New Hours of Operation for CYS Programs

The new hours of operation for 4-H are 4:30 to 5:30 p.m. The new hours of operation for Open Rec are 3:30-5:30 p.m. The Namo Weto Youth Center will now be open during the following days and times: Monday- Closed; Tuesday- Outdoor Recreation from 3:15-4:15 p.m. only; Wednesday 2 -9p.m.; Thursday- 3-9 p.m.; Friday- 3-9 p.m.; Saturday- 3-9:30 p.m.; Sunday-1-9:30 p.m.

Teachers' Note

Unless otherwise indicated, all programs for the Namo Weto Youth Center start or meet at the Center. Dates and times for events are subject to change. Please check in at your CYS location for the latest information.



CYS Needs You!

Want to help coach for CYS? Contact Central Registration at 5-2158 for how to become a registered volunteer.



USAG-KA CELEBRATES MONTH OF THE MILITARY CHILD

April is designated as the Month of the Military Child, underscoring the important role military children play in the community of the U.S. Armed Forces.

Sponsored by the Department of Defense Military Community and Family Policy, the Month of the Military Child is a time to applaud military families and their children for the daily sacrifices they make and the challenges they overcome.

The Month of the Military Child is part of the legacy of former Defense Secretary and WWII veteran Caspar Weinberger who established the April theme to commemorate the role military kids play in the families of U.S. servicemembers.

DoDEA joins the Department of Defense and the military community in celebrating April as the Month of the Military Child.

In DoDEA communities around the world, our most essential strategic imperatives are: establishing an educational system that progressively builds the college and career readiness of all DoDEA students; and establishing the organizational capacity to operate more effectively and efficiently as a model, unified school system.

We aim to challenge each student to maximize his or her potential and to excel academically, socially, emotionally and physically for life, college and career

Want to learn more about former Defense Secretary Caspar Wein-



Learn more about how you can celebrate the Month of the Military Child at https:// www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm

berger and the Month of the Military Child? Check out https:// www.dodea.edu/dodeaCelebrates/Military-Child-Month.cfm to learn about how the month is celebrated around the world. Call Central Registration at 5-2158 and check out the USAG-KA CYS Spotlight for more information on Kwaj MOMC events.



Orion Miller tries out the driver's seat in a Kwajalein Fire Department engine at the 2019 Month of the Military Child Carnival.

CELEBRATE USAG-KA'S MILITARY KIDS



April is the Month of the Military Child. If you are an active duty service member or military veteran with children residing on Kwajalein, submit a photo of your Kwaj kid(s) to The Kwajalein Hourglass newspaper to be published in a special tribute to our military children and their support of their parents' service.

Please include the child's name, age, school grade and the parent's military branch, rank and years of service. Send photos and information to kwajaleinhourglass@dyn-intl.com by April 21 to be included.

For more information, visit the official USAG-KA Facebook page or call the USAG-KA Public Affairs Office at 5-4848.



Substance use

Poverty

Parental stress

Protective Factors

Risk Factors

Parental resilience Nurturing and attachment
Knowledge of parenting and child development
Concrete support in times of need Social connections
Social-emotional competence of children







TEN REASONS TO PREVENT CHILD MALTREATMENT

EXTERNAL REPORT

It might seem self-evident that we should work to prevent child maltreatment. The damage it may cause can be even more insidious and far-reaching than most people realize. Here are 10 reasons to prevent child maltreatment before it hurts children and communities:

- 1) Child maltreatment can be fatal. Each day in the United States, an average of five children are fatal victims of maltreatment. The vast majority of these children are under the age of five.
- 2) Child maltreatment can stymie a child's normal growth and development. The emotional and physical damage a child may suffer from abuse and neglect is extensive. Documented consequences of maltreatment include chronic health problems, cognitive and language disorders, and socio-emotional problems such as low self-esteem, lack of trust, and poor relationships with adults and peers.
- 3) Child maltreatment is costly for many social institutions. Remediation of the immediate consequences of child maltreatment abuse costs child welfare agencies, hospitals, and rehabilitation facilities billions of dollars annually.
- 4) Child maltreatment costs continue to multiply over time. For example, children lost as a result of abuse or neglect never have the opportunity to contribute to society. In the past five years these deaths cost more than \$3 billion in lost future productivity.

For full article and more information, please visit https://www.pcain.org/prevention-resources/reasons-to-prevent-child-abuse/

- 5) Child maltreatment victims may repeat the violent acts that they experienced. Although most victims do overcome the scars of their abuse, some may become abusive when they become parents or caregivers.
- 6) Treatment services, while critical, are often ineffective in permanently altering parental behaviors. Program evaluations have found that even sophisticated clinical demonstration projects, often consisting of weekly contact for twelve to eighteen months, only eliminate the future likelihood for physical abuse or neglect for less than half their clients.
- 7) Prevention programs targeted at parents before they become abusive or neglectful reduce the likelihood for future maltreatment. Home visitor programs for new parents have consistently demonstrated the most positive outcomes. Specific gains include improved parent-infant bonding, enhanced parenting skills, and more consistent use of health care services.

Recipients of these services also have demonstrated a reduced rate of child maltreatment when compared to comparable groups of parents not receiving services.

8) Prevention programs targeted at children can improve a child's

- awareness of how best to avoid child maltreatment and other unsafe practices. Repeated reviews of numerous evaluations of these programs indicate that such efforts can result in increased knowledge for children about safety rules and what they should do if they are being maltreated. Further, the programs create an environment in which children can more easily disclose prior or ongoing maltreatment.
- 9) Child abuse prevention efforts serve as a way to combat other social problems of concern to the public and to policy makers. Research has found a strong correlation between a history of maltreatment and a variety of adult problem behaviors, including substance abuse, juvenile and adult crime, and poor social adjustment. The consistent expansion of prevention services may well lead to the eventual reduction of these problems.
- 10) Child abuse prevention creates a more compassionate society, one which places a high value on the welfare of children. Insuring the safe and secure rearing of the next generation requires the efforts of all policy makers and all citizens. To the extent all are involved in the battle to prevent child abuse, all are made more aware of the need to nurture human potential in all that we do.



IN-THE-KNOW WITH CHILD AND YOUTH SERVICES

CUMMINITY CUNNECTION

By Dr. Stephanie McCutcheon, Child and Youth Services Coordinator, and Nikki Cote, Training and Curriculum Specialist

At the end of the day, parents need to know your child's teachers are trusted, trained professionals. Kwajalein Child and Youth Services follows accredited Army guidelines regarding regulations regarding fees, staff qualifications, staff training and programming. Every moment of a child's day follows plans verified by the U.S. Army to add value to early education experience in a safe learning environment.

CYS has centralized training requirements for each employee position that consist of four levels: Orientation (64 hours), Entry (6 months), Skill (12 months), Target/Annual (completed every 12 months following the initial 18 months).

Training topics and materials are Army mandated and generally provided through U.S. Army Installation Management Command Academy, the MG Robert M. Joyce School for Family and Morale, Welfare and Recreation. A few subjects covered annually include the following: Identifying, Preventing, and Reporting Child Abuse; Bloodborne Pathogens and Communicable Diseases; Administering Emergency Medication; Fire Safety; Ethics, Child Supervision and Accountability; and Food Handling, among others.

On USAG-KA, CYS staff also train through local resources, such as the Kwajalein Employee Assistance Program. The Army maintains additional partnerships that ensure relevant training for evidence-based best practices in all areas important to early childhood education. Read more about a few of

Speaking of great teachers, here's one now. Pictured here, Kwaj CYS Sports Lead Sam Partain, left, receives a DI Spot Award for excellence from Community Activities Director MB Taylor in late March.

them below

Virtual Lab School provides a 15-module course totaling 95 hours of work. Teaching modules align with the Child Development Associate competencies and standards set by accrediting bodies like the National Association for the Education of Young Children and the Children's Outing Association. Topics span issues related to the classroom and child development that facilitate a positive learning community like the following: Safe Environments, Positive Guidance, Professionalism, Family Engagement and Self and Cultural Understanding.

The Leader of Excellence and Development CYPA Course was developed by a team of CYS Training Specialists representing each IMCOM directorate to develop highly trained lead teachers in CYS programs. This training includes topics such as Building Resiliency, Improving Communication, Serving Families, promoting diversity, and Teaching with Intention.

Kids Included Together is a contracted support program that provides Army CYS inclusion training. Four modules are included in staff orientation: Introduction to Inclusion, Respectful Accommo-

dations, Supporting Positive Behavior, Partnering with Families. The program also offers additional courses to promote inclusion as well as resources for behavior support.

The Red Cross provides the required pediatric and adult CPR and First Aid certifications.

Teaching Strategies Gold is software used by the Child Development Center to identify social and emotional developmental targets for kids, informal data for assessments in a child portfoliobased curriculum, according to CYS Coordinator Stephanie McCutcheon. The software also trains teachers to implement cre-ative curriculum and learn-ing experiential to help children progress toward benchmark goals in their physical and cognitive development.

Check out https://www.coa-yfc.org/ for more information on the Children's Outing Association. For more information about USAG-KA CYS programs, please call Central Registration at 5-2158.





SWIM (1K) • BIKE (42K) • RUN (10K)

The 41st annual RustMan Triathlon is scheduled for April 27. Registration is due on or before April 23 at Qtrs 473-A, Palm Road. Event day activities are currently under review due to COVID-19. Information packets are available at the downtown area bulletin board. For more information, event updates or to volunteer, please contact Bob Sholar at 5-1815.



RMI HOSTS CRC MEETING ON ENNIBURR

Members of the U.S. and RMI delegations at the Community Relations Council meeting conduct the ribbon cutting ceremony of the newly dedicated Enniburr Disaster Evacuation Center built by U.S. Naval Mobile Construction Battalion 5. FROM LEFT: USAG-KA Command Sgt. Maj. Kenyatta Gaskins; USAG-KA Commander Col. Jeremy Bartel; Senator Kitlang Kabua, RMI Minister of Education, Sports, and Training; U.S. Embassy Majuro Vice Consul Laurel Bonds; KALGOV Mayor Hirata Kabua; NMCB 5 Ensign Matthew Crider; and RMI Liaison to USAG-KA Lanny Kabua.

HOURGLASS REPORT

The Kwajalein Atoll Local Government hosted the 235th meeting of the Community Relations Council March 31. It was the first time the tri-monthly meeting convened on Enniburr islet.

U.S. Army Garrison-Kwajalein Atoll Commander Col. Jeremy Bartel led the U.S delegation of USAG-KA staff and U.S Embassy representatives. Kwajalein Atoll Local Government Mayor Hirata Kabua, co-chair of the CRC, led the RMI government delegation.

Other delegates in attendance included Kwajalein Atoll Senator David Paul; Senator Kitlang Kabua, Minister of Education, Sports, and Training; the RMI Liaison to USAG-KA; KALGOV council members; and several RMI officials and traditional and church leaders.

Meeting discussion focused on the

current state of the novel coronavirus, COVID-19, in the RMI. Major topics discussed included the potential establishment of an RMI post office on USAG-KA; the possibility of extending electricity from Roi-Namur to Enniburr; and increased involvement of RMI law enforcement agencies in enforcing RMI laws on USAG-KA (e.g. enforcement of betel nut ordinances). USAG-KA will host the next CRC meeting this summer.



KWAJ TEEN LEADER WINS TOP HONORS

Congratulations to Kwajalein teen Alyssa England, who won the coveted distinction of Asia Military Youth of the Year this week. Pictured here, Alyssa England participates in the Zoom version of the 2020 Asia Military Youth of the Year conference. The "Virtual Conference" event took place online in lieu of a physical meeting due to COVID-19 travel restrictions. Students from installations all over the Pacific region were online with England to hear the announcement that she had won top honors in the competitive program. For more, read next week's Kwajalein Hourglass.

APRIL IS NATIONAL SEXUAL ASSAULT AWARENESS AND PREVENTION AWARENESS MONTH

EXTERNAL REPOR

By Russell Toof, Public Affairs Specialist, Regional Health Command Europe

National Sexual Assault Awareness and Prevention Month is observed each year during the month of April to raise awareness and educate communities on the prevention of sexual assault.

The Army's 2020 theme is "Building Cohesive Teams through Character, Trust and Resilience. Protecting Our People Protects Our Mission."

"Once you have strength in the structure, your people and their mission are protected," said Florence Hare, a Nurse Practitioner and Sexual Assault Medical Director/Program Manager at Landstuhl Regional Medical Center. "The Sexual Assault Response Teams build strong foundations within our military and civilian communities. The trust that is then placed in them by our service members and civilians allows all their work, their mission, to be accomplished."

Sexual Assault Awareness Month began in 2001, when the National Sexual Violence Resource Center coordinated the first formally recognized Sexual Assault Awareness Month campaign. It wasn't until 2009 when President Barack Obama made the first official proclamation that April was Sexual Assault Awareness Month.

"SAAPM reminds everyone about the importance of prevention, intervention, and recognition of sexual assault in order to not only care for a victim, but more importantly remove the threat from the ranks and prevent sexual assault from occurring," said Hare.

The Sexual Harassment/ Assault Response and Prevention program's primary mission is to enhance Army readiness through the prevention of sexual assault, sexual harassment, and associated retaliatory behaviors while providing comprehensive response capabilities.

"The most important part for me is the work we do with victims and their supporters," said Julia Armstrong, the



Staff Sgt. Yadira Vazquezrodriguez, USAG-KA SHARP Victim Advocate, and Jason Randall, USAG-KA OPSEC Officer, represent the U.S. Army Sexual Harassment/Assault Prevention and Response Program in a big way on a sunny day on Kwajalein. April is National Sexual Assault Awareness and Prevention Month.

Sexual Harassment/Assault Response and Prevention Program Manager for Regional Health Command Europe. "It is important to build relationships with the other professionals who assist victims and to work closely as the Sexual Assault Response Team. This team develops a holistic support plan to assist victims throughout the entire process and is built on the needs of the individual we are helping."

If you have been a victim of sexual harassment or sexual assault, you can visit sexualassault.army. mil for help and resources. Contact USAG-KA Staff Sgt. Yadira Vazquezrodriguez, SHARP Victim Advocate, at 5-0660 and 5-1419. Additional contact numbers are found on p. 22.

READ UP ON THE BIG PICTURE WITH JOHNS HOPKINS UNIVERSITY

The global outlook for COVID-19, the novel coronavirus, is constantly changing. To help keep you stay informed, we'd like to share a live map of COVID-19 global cases published by the Johns Hopkins University Center for Systems Science and Engineering. The map is a tool to help travelers and researchers understand the spread and containment of the virus around the globe.

Click the logo to the right, or visit https://systems.jhu.edu/research/public-health/ncov/ to view the map.



RMI MINISTRY OF HEALTH AND HUMAN SERVICES UPDATED INTERIM HEALTH TRAVEL ADVISORY & RESTRICTIONS ISSUANCE 11: AS OF 2 APRIL 2020

REPUBLIC OF THE MARSHALL ISLANDS
OFFICE OF THE SECRETARY
MINISTRY OF HEALTH AND HUMAN SERVICES
P.O. Box 16 ~ Majuro ~ Marshall Islands ~ 96960
Tel. No. (692) 625-5327 Email: sechhs.rmi@gmail.com

REPUBLIC OF MARSHALL ISLANDS 2019 NOVEL CORONAVIRUS (COVID-19) UPDATED INTERIM HEALTH TRAVEL ADVISORY & RESTRICTIONS ISSUANCE 11: As of 2 April 2020

(Subject to regular review, as required)

On 30 January 2020, World Health Organization declared the current novel coronavirus (COVID-19) outbreak a Public Health Emergency of International Concern (PHEIC). The virus was first detected in Wuhan city, Hubei Province, PRC, and subsequently cases of COVID-19 have been detected in **203 countries and territories.**

The new virus is a coronavirus, which is a family of viruses that include the common cold, and viruses that cause severe respiratory infections. The virus can be transmitted from person to person, similar to other influenza viruses.

In response to the declaration of PHEIC, the Republic of Marshall Islands' (RMI) former COVID-19 travel advisories and restrictions (Issuance 1: 24 January 2020, Issuance 2: 31 January 2020 and Proclamation declaring State of Emergency dated 7 February 2020, Issuance 3: 13 February 2020, Issuance 4: 26 February 2020, Issuance 5: 25 February 2020, Issuance 6: 3 March 2020, Issuance 7: 5 March 2020, Issuance 8: 7 March 2020, Issuance 9: 8 March 2020, Issuance 10: 17 March 2020) have been reviewed and updated as of 31 March 2020 (Issuance 11) with the following interim inbound and outbound travel restrictions for all visitors to RMI. Because COVID-19 is a national threat these requirements will come into effect immediately.

- An extension of the <u>total suspension of international travelers coming into the RMI</u> via air travel until <u>May 5, 2020</u>. All aircraft that need to land in the RMI for refueling purposes must adhere to the National Disaster Committee approved Amata Kabua International Airport Standard Operating Procedures (SOP). Periodic spot checks will be conducted on airport ground crew handling aircraft in the RMI. Ground crew not adhering to the strict no human-to-human contact protocols will be subject to immediate quarantine.
- Suspension of all domestic passenger air travel between Kwajalein and Majuro on international airlines. Air travel between Kwajalein and Majuro on Air Marshalls is still permitted.
- All cruise ships and yachts at this time are suspended from visiting the RMI until further notice.

- Fishing vessels that transited through or departed from COVID-19 infected countries are temporarily suspended from entering the RMI ports until further notice. All fishing vessels exempted by MOHHS, RMI Ports Authority, MIMRA and RMI Immigration are strictly required to spend 14 days at sea prior to entry and must adhere to the National Disaster Committee approved Standard Operating Procedures-Maritime (SOP). Human-to-human contact is strictly prohibited.
- To make sure that we can continue to allow food and supplies to enter the country, all **container vessels and fuel tankers** are exempt but are strictly required to spend <u>14 days</u> outside of the RMI after departure and prior to arrival at the RMI Pilot Station. All container vessels and fuel tankers must adhere to the National Disaster Committee approved Standard Operating Procedures-Maritime (SOP). Human-to-human contact is strictly prohibited.
- Citizens and residents of the RMI with plans to travel abroad are <u>strongly advised</u> to consider postponing their travel arrangements. If travel arrangements cannot be postponed, individuals should be aware that they may be subject to restrictions on reentering the RMI.
- All GRMI officials, including elected officials, SOEs and auxiliary bodies, are required to suspend all international trips paid for by the GRMI or sponsored by outside agencies or organizations with the exception of patients approved by the RMI Medical Referral Committee.
- RMI Residents and Citizens who are planning to attend missions, conferences, trainings and group trips held outside of the RMI are <u>strongly advised</u> to postpone their travel until further notice.
- The Chief Secretary, as the head of the National Disaster Committee, together with the Secretary of Health and Human Services, based on recommendations from the RMI Public Health division and the National Disaster Committee, reserve the right to make exceptions to any of the above restrictions to allow for essential services. All safety protocols developed by the Ministry of Health and Human Services in compliance with WHO and CDC guidelines will be followed in these instances.

These are interim travel restrictions, which have been introduced by the Government of the RMI as part of current health emergency preparedness measures for COVID-19. These restrictions will be reviewed and updated as needed and communicated to the public.

Jack Niedent

Jack Niedenthal Republic of the Marshall Islands Secretary of Health & Human Services April 2, 2020

A Medevac Insurance Primer

Traveling to the Republic of the Marshall Islands is an exciting experience. It is important to ensure your medical insurance is in order before cleared visitors make their departure. To learn more about what you need to do as an on island sponsor, read below.

PUBLIC SAFETY ANNOUNCEMENT

Once the Department of Defense travel restrictions have been lifted and you have visitors traveling to Kwajalein on a 480 or 55R, medical evacuation insurance is a very important part of the onboarding process to consider.

Ensure your visitor is covered by a medevac insurance plan before travel plans are finalized. Failing to do so could net you, the visitor's sponsor or the garrison, \$130,000-250,000 in uncovered costs associated with performing a medical evacuation for a serious illness or injury to Hawaii or beyond. It's like buying a house—but not getting a house.

Of course, we all want our friends, family and staff who visit to have a fun and safe time, and to have a safety net if something happens. Fortunately, that safety net can cost a fraction of a fraction of the price of an uncovered medevac from Kwajalein Atoll.

To shop around for plan prices, simply use your favorite internet browser to take you to online insurance plan exchanges where you can compare different plans and prices to fit your visitor's needs.

Here are some pointers to keep in mind during the shopping process.

Travel insurance does not equate to medical evacuation insurance. Unless your travel insurance plan explicitly states medical evacuations, you should only assume medical expenses, such as medical procedures and medicine, are covered—not the costs of physically relocating the patient from point A to point Z.

If your visitor has health insurance (typically plans offered through employers), there is no guarantee medevacs are covered. Again, you must read the plan's details and know ex-

actly what is covered and what is not. For most stateside residents, medevacs from nations as remote as the Marshall Islands will not be covered. Your visitor will need to contact their insurance provider for additional information and to verify service areas.

If your visitor has a credit card that offers medical evacuation coverage as part of their membership benefits, again, it's important to read the fine print. For instance, is Kwajalein Atoll/Marshall Islands within the area of responsibility of the credit card company's coverage provider? A medevac from the Bahamas may be covered by a credit card company, but a medevac from the Marshall Islands may not be covered. Your visitor will need to call customer support to find out more before traveling.

Most importantly, if your visitor is not covered by medevac insurance via one of the methods already described, they should take this to heart: Medevac coverage does not have to be pricey. Yes, it is possible to visit USAG-KA without medevac insurance; it is not a requirement to enter the garrison on a 480 pass, for instance. But a three-week period of full coverage can cost as little as \$120. That's \$40 per week for peace of mind—and freedom from the catastrophic effects a full medevac bill will cost a sponsor in the event of a medical evacuation.

When selecting a plan, be sure to take note of any plan activation conditions associated with the plan. For instance, some providers stipulate that the plan must be purchased a month or so before the start of the travel period. Not understanding these conditions could make or break the bank in the event of a medevac.

As you consider policies, make sure that you select a medical evacuation insurance policy that includes a mini-mum of \$1 million of emergency medical evacuation (costs vary from \$130,000 to \$250,000), medical expenses, repatriation to home of record and repatriation of mortal remains (\$25,000-50,000), as well as 24/7 access to a travel assistance center.

The policy should also include coverage for emergency medical expenses, as your home country insurance may not extend to Kwajalein. Moreover, if you are evacuated, the destination health-care system may not accept your current insurance plan.

Finally, make sure Kwajalein Atoll is within the geographic area of responsibility of the medevac provider. Ask this at the beginning of the process, during the shopping process, and verify at the end before purchasing. For questions regarding medevac coverage for you and your dependents, contact your human resources office.





When using alcohol-based hand sanitizer:

Check out the Centers for Disease Control online for more information at https://www.cdc.gov/patientsafety/ features/clean-hands-count.html







DOD RAISES HPCON LEVEL

CHARLIE SUBSTANTIAL

Sustained community transmission

PUBLIC SAFETY ANNOUNCEMENT

The Department of Defense has raised the HPCON level worldwide to level Charlie (Substantial).

With that said, there are still no suspected or confirmed COVID-19 cases in the Republic of the Marshall Islands. Continue all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- · Plan activities for family mem-

bers, especially children, in case you are restricted to your home for prolonged periods of time.

- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.

0 Routine

No community transmission

ALPHA LIMITED

Community transmission beginning

BRAVO MODERATE

Increased community transmission

CHARLIE SUBSTANTIAL

Sustained community transmission

DELTA SEVERE

Widespread community transmission

UNDERSTANDING HEALTH PROTECTION CONDITION LEVELS

PUBLIC SAFETY ANNOUNCEMENT

By The Army Public Health Center

The Department of Defense Instruction 6200.03 "Public Health Emergency Management Within the DoD," and supplements, provides military commanders with policy applicable to the COVID-19 outbreak. Commanders review and update the health protection condition based on the risk level in the local community and in cooperation with local, state, or host nation guidance.

Commanders and public health personnel use HPCON levels to guide specific actions you can take in response to a health threat.

While it's always important to prevent the spread of germs, there are additional steps you can take if COVID-19 transmission becomes more widespread in your community.

This page lists potential actions that may be indicated as a result of COVID-19. Regardless of the current HPCON level, always follow the guidance from your installation and local public health agencies.

O ROUTINE: No community transmission

Take everyday actions to stop the spread of germs:

- Avoid close contact with people who are sick.
- Wash hands often and for at least 20 seconds with soap and water.
- Cover your coughs.
- Sneeze with a tissue and throw the tissue in the trash; cough/sneeze into your elbow if tissues are unavailable.
- Avoid touching your eyes, nose and

mouth.

- Ensure all immunizations are up to date, including seasonal flu shots.
- Stay home if you are sick.
- Avoid close contact with family members and pets.

ALPHA LIMITED: Community transmission beginning

Continue all previous actions and: Routinely clean and disinfect frequently touched objects and surfaces.

If you are sick, call your medical provider for instructions on receiving care before going to the clinic

Stay informed by routinely checking reliable sources of information such as the Centers for Disease Control and Prevention (CDC) and your local public health agencies.

BRAVO MODERATE: Increased community transmission

Continue all previous actions and:

- Avoid unnecessary contact with others, such as shaking hands and hugging.
- Avoid unnecessary travel, especially to areas known to be experiencing active disease transmission.
- Ensure supplies of food, medication, and other items needed for babies and pets are available to last at least 14 days.
- Prepare for travel restrictions and cancellation of public gatherings, such as school, religious, and other community activities; make alternative arrangements for childcare.
- Observe local guidance on movement restrictions and access requirements for military installations.

- Seek guidance from employers and unit leaders about changes to work practices (e.g., telework) and training events.
- Comply with medical orders for self-isolation or quarantine.

CHARLIE SUBSTANTIAL: Sustained community transmission

Continue taking all previous actions and:

- Expect cancellation of in-person gatherings (e.g., schools, daycare, all community activities) and restricted ability to travel.
- Plan activities for Family members, especially children, in case you are restricted to your home for prolonged periods of time.
- Prepare for the potential of limited access to supplies and services, including severely restricted access to military installations.
- Implement remote work procedures as directed by your employer.
- If outside the United States, authorized or ordered departure actions may be implemented.

DELTA SEVERE: Widespread community transmission

Continue taking all previous actions and:

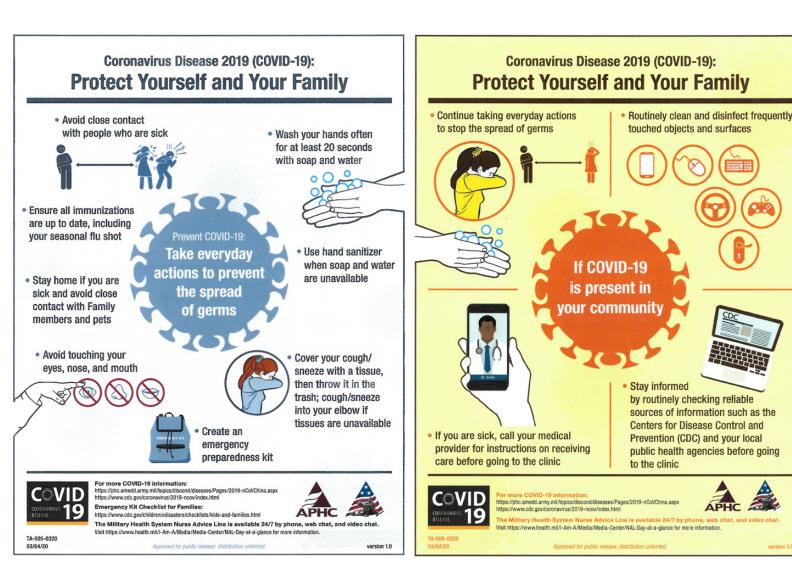
- Expect to remain at home for extended periods of time as movement in the community may be restricted.
- Expect that home isolation or quarantine may be directed.
- Follow all directives and guidance from local, state and Federal authorities. These actions are to protect the health and safety of you and your Family.



UNITED AIRLINES' KWAJALEIN TO MAJURO DOMESTIC FLIGHT IS SUSPENDED.

PASSENGERS TRAVELING TO MAJURO MUST UTILIZE AIR MARSHALL ISLANDS FLIGHTS ONLY.
AS OF MARCH 20, UNITED AIRLINES HAS SUSPENDED THE ISLAND HOPPER FLIGHT SCHEDULE
UNTIL MAY 3 WITH THE FOLLOWING EXCEPTIONS: FLIGHTS SCHEDULED FOR APRIL 13 (EASTBOUND TO HONOLULU) AND APRIL 14 (WESTBOUND TO GUAM). NO PASSENGERS WILL BE ALLOWED TO DISEMBARK IN THE
REPUBLIC OF THE MARSHALL ISLANDS, TO INCLUDE KWAJALEIN. THESE FLIGHTS ARE SUBJECT TO CHANGE.
THESE CHANGES ARE DUE TO UNITED AIRLINES' WORLDWIDE REDUCTION IN FLIGHTS BY 80 PERCENT.

QUESTIONS? CONTACT UNITED AIRLINES AT 1-800-864-8331.





The Regional Satellite Communications Support Center-Pacific in Hawaii comprises Space Soldiers and civilians who provide 24/7/365 satellite communications planning, engineering and satellite payload management for all Department of Defense satellite communications systems. Last week, the RSSC-PAC responded to an urgent request from the U.S. Navy hospital ship USNS Mercy and U.S. Indo-Pacific Command for additional bandwidth to enable telemedicine and other online capabilities aboard the ship.

SPACE SOLDIERS SUPPORT CRITICAL COVID-19 RESPONSE BY USNS MERCY

EXTERNAI REPOR

By 1st Sgt. Robert Segin U.S. Army Space and Missile Defense Command

COLORADO SPRINGS, Colorado—As part of the total government response

to the new coronavirus pandemic, the Military Sealift Command hospital ship USNS Mercy deployed in support of the nation's efforts, and U.S. Army Space Soldiers were there to help.

Soldiers and civilians from the Regional Satellite Communications Support Center-Pacific, or RSSC-PAC, an element of the U.S. Army Satellite Operations Brigade, U.S. Army Space and Missile Defense Command, responded this week to an urgent request from the Mercy and U.S. Indo-Pacific Command for additional bandwidth to enable telemedicine and other online capabilities aboard the ship.

In the course of conducting normal operations, wideband military satellite communication users like the Mercy require an operational data rate consistent with the size and mission of the vessel.

"Applications like telemedicine require a surge in bandwidth to handle the increased demand on the Mercy's telecommunications infrastructure," said Robert Driskell, wideband cell chief, RSSC-PAC. "In this case we doubled the operational data rate increasing the Mercy's ability to satisfy patient needs by reducing network latency and increasing upload and download speeds."

RSSC-PAC quickly moved to re-plan eight existing missions and allocated a new mission on the Wideband Global SATCOM system, which doubled the data rate for the Mercy, said Sgt. Bryson Taylor, wideband planner, RSSC-PAC.

"We responded to joint force requirements, reallocating essential satellite resources supporting COVID-19 response efforts on the west coast," said Taylor. "By shifting communications elements, we ensured that optimal satellite resources were available for the Mercy while maintaining mission readiness for our military."

USASMDC's Satellite Operations Brigade leads Wideband Global SATCOM payload management for the Department of Defense, providing flexible and reliable communications worldwide, said Vince Street, senior wideband planner, RSSC-PAC.

"It is the RSSC-PAC mission to provide reliable satellite communication services," Street said. "We conduct 24/7 operations in support of our nation, whether it is war time, peace or civil service needs."

The space Soldiers at the RSSC-PAC stand ready for whatever is needed, Street said.

"It is not only our duty, but also our moral obligation to do everything within our power to help our fellow service members, as well as all other services that are directly fighting to stop the spread of the coronavirus and providing vital assistance to those in need," said Street.

Mercy departed Naval Base San Diego for Los Angeles with more than 800 Navy medical personnel and support staff with the afloat medical treatment facility, and more than 70 civil service mariners.

The ship will serve as a referral hospital for non-COVID-19 patients currently admitted to shore-based hospitals and will provide a full spectrum of medical care to include general surgeries, critical care and ward care for adults. This will allow local health professionals to focus on treating coronavirus patients and for shore-based hospitals to use their intensive care units and ventilators for those patients.



CORONAVIRUS (COVID-19)



Check out the latest on U.S. Army Space and Missile Defense Command's response to COVID-19 at https://www.smdc.army.mil/CORONAVIRUS/.







U.S. ARMY GARRISON-KWAJALEIN ATOLL

FMWR RECREATION AND FITNESS CLASSES

Kick your spring fitness plan into high gear with this handy class calendar from USAG-KA FMWR Recreation.

Pick Your Class and Buy a Pass

It only takes a few minutes to register for the FMWR wellness pass. Once you have this special voucher, you can use it to participate in FMWR recreation and fitness offerings. Wellness Passes can be purchased from the MWR desk at the Grace Sherwood Library in building 805.

Class Locations

Unless otherwise noted, all FMWR fitness classes meet in CRC Room 7. Other class locations include the Adult Pool and the Ivey Gym. Double check your class location in the course schedule.

Learn More

For more information, please call 5-3331. Check out the U.S. Army Garrison-Kwajalein Atoll Family and Morale, Welfare and Recreation newsletter, The FMWR Reef, for hours of operation and private organization event information.

MONDAY

5:30 p.m.: Yoga (one hour)

TUESDAY

9:15 a.m.: Water Aerobics (one hour, Adult Pool)

1:30 p.m.: Strength & Cardio (one hour)

(one nour)

5:30 p.m. Yoga (one hour)

WEDNESDAY

5:30 p.m.: Spin (45 min.)

9:15 a.m.: Core Cardio

(one hour)

5:30 p.m.: Circuit (one hour)

THURSDAY

6 a.m.: Power Walk EX (one hour, Ivey Gym)

9:15 a.m.: Water Aerobics (one hour, Adult Pool)

1:30 p.m.: Strength & Cardio

(one hour)

5:30 p.m.: Yoga (one hour)

FRIDAY

9:15 a.m.: Core Cardio (one hour)

5:30 p.m.: Yoga (one hour)

SATURDAY

5:30 a.m.: Spin (45 min.)

6 a.m.: Power Walk EX (one hour, Ivey Gym)

9:15 a.m.: Circuit (one hour)

5:30 p.m.: Circuit (one hour)

6 p.m.: Spin (45 min.)



IT'S HARD TO MISS SUCH A GREAT, BIG HINT TO RECYCLE.

It's the color of a public school bus.

It's within walking distance of the Kwajalein Army Post Office.

It's for you to discard unwanted cardboard.

If the box is full, there are several other cardboard recycling bins as options just 50 yards away in front of the Sunrise Bakery, under the water tower.

If you choose to just leave your cardboard near the box or a bin, island law enforcement will pick it up, check your name and provide a receipt (read: citation) for their efforts. Avoid a ticket and help us keep our community clean.

THINK INSIDE THE BOX.

COMMUNITY NOTES

UPCOMING EVENTS AT THE ISLAND MEMORIAL CHAPEL

April 11
Easter Vigil
8 p.m. in the main sanctuary

April 12
Easter Sunday
Sunrise Service at Emon at
6:30 a.m. followed by a brunch
potluck.

Easter Mass of Renunciation 9:15 a.m.

April 13 and 27 Youth Fellowship—7-9 p.m. in the REB

April 19 Christian Women's Fellowship at 12:30 p.m. in the REB

> April 20 Theology on Tap at the Adult Recreation Center 6:30 p.m.

Services on Roi
Catholic Mass – 6:30 p.m. on
second and fourth Friday of every
month.

Interdenominational Service— 6:30 p.m. first and third Friday of each month

HELP WANTED

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

RGNext, LLC seeks qualified candidates to fill several open positions on Kwaj and Roi in engineering, technical and other areas. For more information and to apply, go to: www.rgnext.com.

DynCorp International (DI) is looking for qualified candidates for various positions. Current DI open positions on USAG-KA include administrative services, data analysts, education services, aviation and airfield operations, marine operations and public works among others. To apply, go to: www.dilog-cap.com or contact your local HR representative.

Kwajalein School System seeks substitute teachers. If you enjoy having a flexible schedule and working with children, we have a perfect opportunity for you. Please contact Susan Davis at 5-3601.

NOTICES

AA meets weekly on Tuesdays from 6:30-7:30 p.m. upstairs in the REB (Rm. 213).

Ongoing Smoking and Tobacco Cessation offered. Please call EAP at 5-5362 or make an appointment with a physician.

Internet customers can access their account and pay online. Simply visit KwajNetBilling.dyn-intl. com to log in and pay via our secure, online payment gateway using the payment method of your choice. You may also pay online for future months in advance! For support, contact us via phone @ 805-355-0843 (5-0843) or email KwajNet.Billing@dyn-intl.com.

USAG-KA 2020 Home Business License. Vendors who want to sell goods or offer services need to obtain a license. Stop by the FMWR Office on the first floor of Building 805 for an application. For more information or to submit an application, contact Jeffrey Suis at jeffrey.w.suis.civ@mail.mil or Teresa Mitchell at 5-3400 or teresa.j.mitchell4.naf@mail.mil. Please include the following with your application: Applicable licenses and certifications; pictures and examples of goods offered; proof of insurance; and other relevant business information.

No food and drink on Metro Flights. Eating and drinking on Metro and helicopter flights is strictly prohibited. For your own safety and the sanitation of flights, we ask that you refrain from consuming food and beverages during flights. All drinks and snacks should be enjoyed in the air terminals or upon arriving at your destination. We appreciate your cooperation. For questions, please contact Lee Holt at 5-2102 and Fly Roi at 5-6359.

Need to report a non-emergency incidents or information? Send in secure reports online at the US-AG-KA Police Department Facebook page. For more information, visit https://www.facebook.com/kwajaleinpolice/.

Self Help is located in Bldg. 1791. Hours of operation are Monday, Wednesday and Friday—9:30 a.m.-6 p.m. Visit Self Help to pick up tools to complete a number of household maintenance and upkeep projects, including the following:

- Various appliance and household lightbulb replacements
- Pest control traps and sprays
- Lawn and garden tools
- Hand tools and power toolsPainting supplies
- Miscellaneous
- Plumbing supplies
- Appliance accessories

Power Walk Ex. Stand strong, move forward and get to stepping with Power Walk ExClass meets Thursday and Saturday from 6 a.m.-7 p.m. Walk will begin and end at the Ivey Gym. All MWR fitness classes require a wellness class pass. For more information and to purchase your pass, visit the MWR desk at the Grace Sherwood Library and call 5-3331.

FERAL CAT INFORMATION

The Kwajalein feral cat population must be controlled to prevent federally-protected endangered species from being hunted. For more information about the Trap-Neuter-Adopt/Release Program, please call 5-2017. To report a feral cat sighting, call Veterinary Services at 5-2017 or Pest Control at 5-4738. Coaches needed for Child Development Center Activities. Call CYS Central Registration at 5-2158 to volunteer.

Interested in losing weight or just making healthier choices? Kwajalein Hospital staff are here to help with coaching and support. We will

In light of the current worldwide health crisis, the 2020 Yokwe Yuk Women's Club Basket Auction and Fundraiser is officially postponed. A new date for the event will be announced once it is safe to hold large gatherings on island again.

For all individuals who have purchased tickets, refunds will be issued. To receive a refund after April 10, please contact Melissa Selzler at 5-3787 or on Facebook. VIP and Reserved ticket holders will be given first priority to repurchase their same tables when tickets go back on sale.

For more information, please contact basketauction2020@gmail.com.

work with you to design a customized nutrition and exercise plan to meet your goals. Call the Public Health Nurse for an appointment at 5-8836 or 5-2224 or visit Bldg. 566.

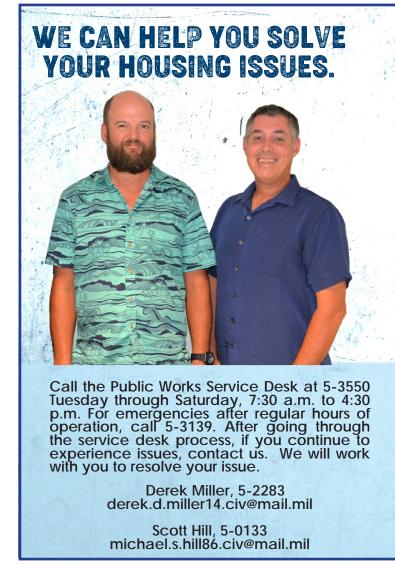
The Surfside Salon now accepts walk-in customers for haircuts only Thursdays from 2-6 p.m.

Please consider wearing water shoes/aqua socks at the Millican Family Pool and Adult Pool as there may be sponge spicules on the pools' floor. While the sponge spicules are always present in the seawater used in the pools, they will be more common in the Adult Pool while the pump system stabilizes.

New TV antennas have been installed on Shell and Coral BQ's. Also A.R.C. and Country Club buildings. If you are experiencing TV or radio reception issues on Kwaj, call AFN at 5-3743 and we can help.

The Vets Hall is restricted to members only until further notice. Those coming to the Vets Hall must have a current American Legion membership card indicating they are a member of Post #44. Spouses/significant others/immediate family are welcome to come to the Hall with their member. Social distancing guidelines are to be observed at all times while at the Vets Hall. This is a temporary restriction only, in light of the COVID-19 pandemic concerns. Questions? Contact Dan Farnham.

To residential internet customers impacted by COVID-19 travel restrictions. We understand that some residents have been affected by current travel restrictions in place and are unable to utilize their internet service. Please reach out to KwajNet.Billing@dyn-intl.com if you have questions or concerns regarding your internet billing and/or service and we will be glad to assist.





Department of Defense personnel are encouraged to visit the Centers for Disease Control online the most accurate and up-to-date information on the global status of COVID-19.



trade winds could visit Sunday. As the stronger trades move closer, shower activity could pick up Saturday to the increasing mass convergence in the low levels. We don't see any prominent weather makers for the next seven days, so other than Saturday shower activity should remain isolated coverage (10 percent) or less.

SATURDAY: Partly clear. Winds ENE-E at 10-15 knots. Isolated to widely scattered showers throughout the day.

SUNDAY: Partly sunny with isolated morning showers decreasing to a stray shower (less than 10 percent coverage). Winds ENE-E at 13-17 knots.

MONDAY: Partly sunny with a stray shower (less than 10 percent coverage). Winds ENE-E at 14-18 knots.





	SUNRISE SUNSET	MOONRISE MOONSET	HIGH TIDE	LOW TIDE
SUNDAY	6:41 a.m.	11:08 p.m.	6:44 a.m. 4.5°	12:25 a.m0.2
	6:59 p.m.	10:09 a.m.	7:02 p.m. 3.3'	1:07 p.m. 0.1'
MONDAY	6:40 a.m.		7:22 a.m. 4.0	12:56 a.m. 0.3'
	6:59 p.m.	11:04 a.m.	7:41 p.m. 2.7°	1:52 p.m. 0.6'
TUESDAY	6:40 a.m.	12:06 a.m.	8:05 a.m. 3.4	1:28 a.m. 0.8'
	6:59 p.m.	12:00 p.m.	8:35 p.m. 2.2'	2:53 p.m. 1.1'
WEDNESDAY	6:40 a.m.	1:01 a.m.	9:17 a.m. 2.9°	2:09 a.m. 1.3'
	6:59 p.m.	12:55 p.m.	(5:22 p.m. 1.4'
THURSDAY	6:39 a.m.	1:52 a.m.	12:03 a.m. 2.0'	4:22 a.m. 1.7'
	6:59 p.m.	1:47 p.m.	12:02 p.m. 2.8'	7:35 p.m. 1.1'
FRIDAY	6:39 a.m.	2:39 a.m.	1:53 a.m. 2.4	7:18 a.m. 1.5'
	6:59 p.m.	2:37 p.m.	1:35 p.m. 3.0	8:17 p.m. 0.8'
APRIL 18	6:38 a.m.	3:23 a.m.	2:27 a.m. 2.8'	8:11 a.m. 1.1'
	6:59 p.m.	3:25 p.m.	2:20 p.m. 3.4	8:45 p.m. 0.5'

E-WARENESS

PETROLEUM PRODUCT PETROLEUM PRODUCT STORAGE TANK BOTTOM WATER INSPECTION

Each department must inspect tanks annually for the presence of water using a gauge stick and water finding paste. Bottom water facts include:

- Bottom water degrades fuel, results in poor engine performance, fosters microbial growth, and accelerates corrosion.
- Removal of lead from gas and sulfur from diesel fuel has had the side effect of allowing microbial growth & corrosion to occur more rapidly.
- Accumulation of water is a common inspection "finding" at USAG-KA.

Department ko kajojo rej aikuj etale nien dren ko aolep yio im lale ewor ke gauge stick im watr finding paste ko. Enaan ko remmol ikijen tulal in nien

- Dren eo itulal ej kakure fuel im injin ko, bareinwot karrek kij im komman elejo/corrosion.
- Am kojenolok lead ko jen kiaj (gas) ko im sulfer ko jen diesel ko ekomman menin an eddrek kin ko im laplok an komman elejo/corrosion.
- Juon wawein eo ekka an walok ion USKAKA ej jonan an walok dren ie.

Contact Environmental at 5-1134 for information.

CHOOSE YOUR NEWS.



Check out Kwajalein Hourglass photos online at the HG Flickr website online at http:// www.flickr.com/photos/kwajaleinhourglass



SATURDAY

Check out this original, Kwaj radio show on AFN 99.9 The Wave at 5 p.m. Saturdays and noon on Tuesdays. Tune in to listen on on Channel 29-1 and the AFN roller channel.



KWAJ CURRENT

Catch the latest episode of Kwaj's local TV show on AFN 29-1 and also at https://www. youtube.com/channel/UCQC-QruYhYdy9psTPSj-cF6A/videos



An island mainstay comes to the Internet at last. Stav inthe-know with the AFN Roller Channel online! Check out the USAG-KA Facebook page connect.





CONTACT THE
USAG-KA SEXUAL HARASSMENT/
ASSAULT RESPONSE
AND PREVENTION
VICTIM ADVOCATE

Staff Sgt. Yadira Vazquezrodriguez SHARP Victim Advocate Work: 805 355 0660 / 1419

USAG-KA SHARP Pager: 805 355 3243/3242/3241/0100 USAG-KA SHARP VA

DOD SAFE Helpline: 877 995 5247



UXO REMINDER

PUBLIC SAFETY ANNOUNCEMENT

Remember the three Rs of UXO: Recognize an item as possible Unexploded Ordnance. Retreat from the area of the UXO. Report suspected UXO immediately by notifying EOD (5-1433) or CPS (5-4445).

Provide the following information: Location (building #, GPS, landmarks, etc); Size (compared to common items - football, scuba cylinder, etc). Treat UXO like you would treat dangerous sea creatures. Look but do not touch. For a detailed refresher, please attend the Island Orientation Briefing on the fourth Wednesday of every month.

Kemejmej R ko 3. Recognize (kile) juon kwopej bajjok emaron Bokutan ak kein kabokkolok (UXO). Retreat (Jenliklik) bed ettolok im jab kepaak UXO eo. Report (Ripoot e) boktun ak kein kabokklok eo ien eo emokajtata non EOD ilo nomba kein (5-1433) ak CPS (5-4445).

Ken melele kein: Ia eo (nomba in ijo, GPS, kakolle in ijo, etc.); Jonan (jonan e ibben jet kain mweik - football, taan in turan, etc.). Tiljek kon UXO kein einwot am kojparok menin mour in lojet ko rekauwotata. Kalimjek wot jab jibwe. Non bar kakemejmej eok, eokwe jouj im koba lok ilo Island Orientation allon otemjej.

















CLASSIFIED/ CRITICAL/SENSITIVE

NOT SURE? DON'T SHOOT.

HOBBIES SHOULDN'T COMPROMISE OPSEC.

If you're not sure, don't shoot. Whether your photographs are for work or for recreation, visitors and residents on U.S. Army Garrison-Kwajalein Atoll must abide by applicable physical security regulations for island photography. Please contact an island security representative for more information about how you can do your part to take great pictures while supporting the mission of the U.S. Army.

VISIT USAG-KA ONLINE.

For community updates, and episodes of the Kwaj Current, please visit the official USAG-KA Facebook page and YouTube channel. For command information questions, please contact Public Affairs at 5-4848.

