



BY JESSICA DAMBRUCH

Kwajalein anglers gathered at the Small Boat Marina for the culmination of the 5th annual Veterans Day Fishing Tournament Nov. 14 after completing a two-day run to Roi-Namur and back to haul in their catch for the chance to win this year's silver tournament trophy.

Following their return, anglers cleaned and bagged their catch while MWR Manager Rick Jameson and Kwajalein Atoll International Sport Fishing Club officer William Boutu presented prizes and awards to winning teams.

Of special note this year was a 185-pound marlin hauled in by the Nauti Hookers. Top prize for overall biggest catch went to team H2, for 458 pounds caught. The Nauti Hookers placed second overall with 278 pounds, and in third place, Koba Maron hauled in a total of 175.6 pounds.



Johnsay Ainrik gives this fish a thumbs up at the Small Boat Marina Nov. 14.

NOVEMBER IS



NATIONAL NATIVE AMERICAN HERITAGE MONTH

This month, the Department of Defense honors the culture, customs and contributions of Native Americans and Alaska Natives.



LUNG CANCER AWARENESS

According to the Centers for Disease Control and Prevention, "the most important thing you can do to prevent lung cancer is to not start smoking, or to quit if you smoke."



DIABETES AWARENESS

It's not as rare as you think. The CDC indicates one in five people living in the United States aren't aware they have diabetes.



MILITARY FAMILIES MONTH

USAG-KA joins the Department of Defense in honoring our U.S. military members and their families.

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 US-AG-KA. It is published Saturdays in accordance with Army Regulation 360-1.

Phone: Defense Switching Network 254-5169

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Garrison Commander	Col. Thomas Pugsley
Garrison CSMCommar	nd Sgt. Maj. Ismael Ortega
Public Affairs Officer	Mike Brantley
Editor	Jessica "JD" Dambruch







1) A fisherman's catch is ready for cleaning at the Small Boat Marina following the 5th annual All Atoll Veterans Day Fishing Tournament.
2) A member of the Nauti Hookers team weighs the team's impressive catch: a 185-pound marlin. 3) The overall champions for this year's tournament are the members of team H2, pictured here with Rick Jameson, right, for an overall 458 pounds of fish.

USAG-Kwajalein Atoll Town Hall

with SMDC Commanding General Lt. Gen. Daniel Karbler

November 19 6:30 – 8 p.m.

MP Room at the Kwajalein Junior-Senior
High School





Challenge accepted: From left, Lilly Debates, Cora Nickell, Genevieve Zink, Brooklyn Hill and Juliet Delisio teamed up to complete the Ninja Warrior Challenge Nov. 12 at the Namo Weto Youth Center.

CYS NINJA WARRIOR CHALLENGE MAKES FITNESS FUN

BY JESSICA DAMBRUCH

Kwaj kids gathered at the Namo Weto Youth Center Field Nov. 12 for the annual USAG-KA Child and Youth Services Ninja Warrior Challenge. The fun fitness event is the culmination of a multiweek program designed to energize the island's youth and to help them foster lifelong health practices.

Led by CYS Specialists Shawn Brady and Annie Hepler, the obstacle course included multiple challenges.

To complete the course, students had to run through a gauntlet of rubber bouncy balls, cross a tightrope and transit an outdoor basketball area on a scooter board. Other challenges included hopping between balance boxes contributed by Seabees and the culminating challenge—complete immersion in an icy dunk tank.

Guess which challenge was the most popular by checking out the pictures that follow. Special thanks to the CYS team for another great year of ninja skill-building.



Kai Bates has mastered the art of the scooter board rope pull. The activity is the first challenge in the annual CYS Ninja Warrior Challenge.



Sammy Juda, left, a human resources specialist with LOGCAP V Vectrus' subcontractor Quantum Dynamics, signals "shaka" for the camera during a recent hiring fair on Ebeye. More than 50 island residents got to meet with Vectrus supervisors and personnel during the event to explore prospective job opportunities on U.S. Army Garrison-Kwajalein Atoll.











1) The tightrope walk between palm trees presented a fun challenge. 2) Young participants in the CYS Ninja Warrior Challenge pull themselves across a basketball court on scooter boards. 3) Smile for the Hourglass! Pictured here, Juliet Delisio takes the plunge in the obstacle course dunk tank. 4) The long line for the dunk tank says it all. It was the most popular feature of the obstacle course. 5) Runners dash through the gauntlet of bouncy balls.









1) Members of the Kwajalein community attended a Veterans Day ceremony honoring all those who served and military-connected family members, Nov. 11 at the Kwajalein High School Davye Davis Multi-Purpose Room. Pictured here, USAG-KA Command Sgt. Maj. Ismael Ortega is waves to attendees while being recognized for his service. 2) The event included singing, poetry readings, special remarks and a special presentation in American Sign Language by

students in Carrie Corley's George Seitz Elementary School class. 3) Range Generation Next's Reagan Test Site Deputy Project Manager/Range Charles "Chuck" Hensley addresses attendees. 4) Singers from Kwajalein High School on USAG-KA performed the national anthem of the Marshall Islands to open the ceremony. From left: Jonielle Tagoilelagi, Konelila Tagoilelagi (back row), KHS Library Specialist Morina Joseph (front row) and Lana Kabua.

KWAJALEIN SCHOOLS THANK VETERANS AT COMMUNITY ASSEMBLY

BY JESSICA DAMBRUCH

The Kwajalein School System held an annual assembly to thank veterans and military-connected families in the community Nov. 11 at the Davye Davis Multi-purpose Room at Kwajalein High School.

The ceremony featured student vocalists and performers from both Kwajalein High School and George Seitz Elementary School, as well as a special performance utilizing American Sign Language by students in Carrie Corley's class and a slideshow of service photos from the community.

KSS Superintendent Paul Uhren recognized members of each branch of service, asking them to stand for a round of applause, and made special recognition of USAG-KA Command Sgt. Ismael Ortega for his contributions to the community during his tour of

duty on Kwajalein. The CSM is set to PCS in upcoming weeks.

In his keynote remarks, U.S. Army Veteran and Range Generation Next's Reagan Test Site Deputy Project Manager/Range Charles "Chuck" Hensley shared about interconnections of teamwork and military heritage, beginning with Armistice Day, an observance to commemorate the end of World War I and all future wars—or so it was hoped.

The year 1917 marked the formation of the U.S. Army 82nd Airborne Division, in which Hensley served early in his own military career.

The division was noteworthy for the points of origin of its Soldiers, Hensley said. "When that team was formed, they realized there was an American Soldier from every state in the United States—48, at the time. ... So, their name became the All-American Division."

The individual Soldier ultimately works in a team that serves a greater

purpose, Hensley said.

Thousands of miles away from the U.S., by virtue of military service, Hensley can claim an historic connection with the Soldiers of 1917 and the namesake for an island facility, 1st Lt. Paul DeMeo, of the high school's athletic field. A Kwaj kid, DeMeo joined the Army and went on to earn the Ranger Tab, the Army Service Ribbon, Air Assault Badge, the Global War on Terrorism service Medal, and other accolades. He passed away in 2013, and like the many other Kwajalein-connected family members who have served, he is not forgotten.

"When you join a team, you are joining a team that's a little bit bigger than yourself and has a little more history," Hensley said. "It creates pressure to perform better. There is a great joy that comes from sharing hardship with the members of your team and accomplishing difficult tasks," he said.



Construction at the Missile Site Radar complex in Nekoma, North Dakota, in October 1971.

U.S. SPACE AND MISSILE DEFENSE COMMAND HISTORY

BY SHARON WATKINS-LANG, USASMDC HISTORIAN

This week in U.S. Space and Missile Defense Command history, we look back on the inception of the Safeguard Anti-Ballistic Missile Program and the Strategic Arms Limitation Talks.

On Nov. 10, 1971, the Defense Procurement Authorization Bill was approved in Congressional Conference. The bill included funds in the amount of \$1.106 billion for the Safeguard Anti-Ballistic Missile Program. Although previously authorized to proceed with additional sites at Whiteman AFB, Missouri, and Warren AFB, Wyoming, funds for these locations were limited to site preparation. Safeguard construction allocations were limited to the first two ABM sites - Grand Forks AFB, North Dakota and Malmstrom AFB, Montana.

This week in history, on Nov. 17, 1969, the United States and the Soviet Union began the lengthy Strategic Arms Limitation Talks, or SALT I, in Helsinki, Finland. Secretary of Defense Melvin Laird declared that a unilateral cut in SAFE-



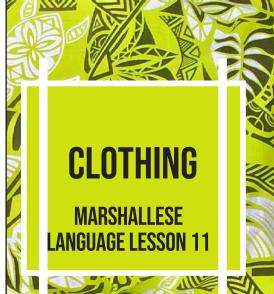
In this courtesy image from U.S. Space and Missile Defense Command, the SPAR-TAN missile field is visible at the Missile Site Radar Complex in North Dakota.

GUARD funds, or discontinuance of the Anti-Ballistic Missile Treaty would impair the U.S. position in these talks. Thus, the SAFEGUARD program served as a "bargaining chip" in the negotiations which would continue over a period of two and a half years until an interim agreement was signed in May of 1972.

This was the first time during the Cold War that the two nations had agreed to limit the number of nuclear missiles in their arsenals. At this point, the ABM Treaty limited both nations to 200 anti-ballistic missiles each.

KOMMOL TATA!

USAG-KA extends its heartfelt thanks and appreciation to the Government of the RMI, in particular the Ministry of Natural Resources and Commerce and the RMI Liaison Office for orchestrating this year's 18th annual Marshallese Trade Fair. In addition, thank you as well to all those who helped make this event another successful one. Most especially, thank you to the Marshallese vendors and of course to the USAG-KA community for supporting this event with your purchase.



The clothing worn in the Marshall Islands is partly based on traditional culture (the upper leg was considered an erogenous zone, and historically, was always covered) and partly based on the conservative mores and values instilled by missionaries.

Helpful Words

Nuknuk	clothes
Jabidto	Muumuu
Jilnij	T-shirt
Kadune	Shorts
Jiban	Help
Joot	Shirt
Ĵij	Shoe
Bok	Take
Onea-	Cost
Mon-wia	Store
Tala	Dollar
Wia	Buy

Common Phrases

Jen etal nan mon-wia nuknuk en. Let's go to the clothing store.

Im ta? And what?

Im wia jabidto im juj.And buy a muumuu and shoes.

Imaron ke jiban? May I help you?

Elon ke jabidto?Do you have any muumuus?

Erkakan turin jilnij im joot kan. They're by the T-shirts and shirts.

Jete onean juon? How much does one cost?

Jonoul-lalem tala. Fifteen dollars.

lj bok juon. I'll take one.

Kommol tata. Thank you very much.

RETHINKING THE MYTH OF THE HOLIDAY BLUES

BY DR. KENNETH THOMAS. KWAJALEIN EAP COUNSELOR

"Happy Holidays" this fall, remember: every smile you encounter is not a happy smile.

Over time, multiple sources have led mental health professionals and the community at large to believe that depression and suicide rates increase over the holiday season, the time just before and leading up to Thanksgiving and continuing through New Year's Eve.

As you wish each other

The rationale for this belief is that many people are separated from loved ones, may have experienced a significant loss, are experiencing isolation and loneliness and have expectations of happiness and connections during the holidays which they cannot fulfill. Other triggers may be stresses related to holiday preparation, economic circumstances and frustrations associated with hosting or attending a holiday gathering.

People do experience stress and varying negative mood states leading up to and through the holidays. However, evidence and empirical statistics do not support the widely accepted belief that major depressive episodes and suicides increase correlating with the winter holidays.

Research conducted by the Centers for Disease Control and Prevention and the National Center for Health Statistics suggest that major depressive episodes and suicides have a more direct correlation to Seasonal Affective Disorder, or SAD, than the winter holidays. The research demonstrates that suicides and major depressive episodes are lowest in the United States during the winter months and higher in the spring. Numerous other studies conducted in both developed and developing countries have yielded the same or similar results. According to the literature, ambient temperatures have been correlated to increased psychiatric and behavioral disorders.

These are unique implications for environments like Kwajalein, where there is little variation in seasons and the hours of daylight. In places with distinct seasons, spring tends to be a time when people's moods improve due to increased exposure to sunlight and the availability of outdoor activities and recreation. These factors can reduce symptoms of SAD. In an environment with little variation, major depression can be pervasive and triggered by seeing others enjoy life and activities year-round. In our local context, those suffering from depression may struggle to feel the same excitement others have while cycling, swimming and boating.

Our general social expectation is that people living in a "paradise" year-round should be happy. In part due to that belief, those around you may be struggling to present as well-adjusted while internally they face deep emotional distress.

Every smile is not a happy smile. Some smiles mask feelings of deep depression and anxiety which can persist and may even be more acute due to a lack of fulfillment. Despite social engagement,

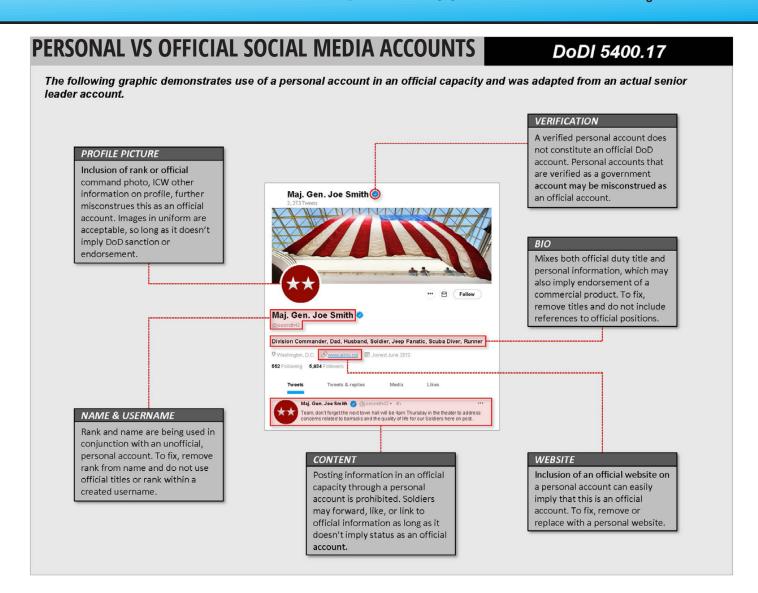


feelings of disconnectedness, worry, hopelessness, and low self-esteem can persist. People may also exhibit signs of irritability or poor sleep (more or less), poor appetite (more or less), tearfulness, increased alcohol use and compulsive shopping. These are pervasive and persistent issues, and they cannot simply be correlated to the holidays.

Remember, every smiling face is not happy. If you identify with, and are experiencing any of these symptoms, please reach out for support from family, friends and your local Employee Assistance Program. You are not weak, and you are not alone. It takes more strength and courage to get help than to get through one more holiday season.

Want to learn more?

Ask Dr. Thomas more questions about this topic and more by scheduling an appointment with the Employee Assistance Program at 5-5362 or emailing kennth. thomas@internationalsosgs.us.



QUESTIONS AND ANSWERS ON THE USAG-KA TELEPHONE TRANSITION

PHRI IC NOTICE

Q: Why is the phone system changing, and who is performing the work?

A: The current telephone switch and supporting installation infrastructure is 40+ years' old and failing. Hardware/software support for the system ended almost 20 years ago, and the Army cannot continue to sustain it. The telecom transition is part of an overall Army modernization initiative in the Pacific Theater led by the Army Program Executive Office Enterprise Information Systems (PEO EIS).

PEO EIS has their own government oversight and contractor performing the work for this project, known as PAC VoIP. The NEC-KA is providing assistance with the final phase/cutover and will eventually be responsible for operation and maintenance of the new system, collectively known as unified capabilities, or UC.

Q: What is the difference between an IP phone and a VoIP phone system? Which one are USAG-KA residents getting?

A: USAG-KA is getting the same telecommunications setup that other Army installations have been using for several years. IP phone, VoIP phone, and soft phone are all the same things. They are just different names for a device

and software client designed to support transmission of voice over the Internet, also known as Voice over Internet Protocol (VoIP) technology.

The device used to make calls could be a laptop, tablet, desktop computer or anything with Internet calling capabilities. Skype, Google Voice, Ooma, WhatsApp, FaceTime and Facebook Messenger dialing are examples of using VoIP technology that residents may be familiar with.

Q: What changes can USAG-KA residents/ users expect after this system is implemented?

A: All dialing will be different for inbound and outbound calls at US-AG-KA. There will be no more "double ring" for inbound long-distance calls. In USAG-KA workplaces, NIPR users will have Defense Switched Network (DSN) dialing capabilities.

The government-provided Cisco phones will be programmed for each specific location so First Responders answering 911 calls can identify the building, room, and number the person is calling from. NEC-KA will not be providing VoIP phones to residential locations

Q: I am a USAG-KA resident choosing not to purchase Internet service. Can I opt out of this transition and still have a working

telephone?

A: USAG-KA residents will continue to have local telephone service to include 911 and other USAG-KA residences/locations.

To call outside of USAG-KA, residents will need a VoIP device and an Internet connection, such as at public Wi-Fi locations

Q: How will my phone number change?

A: USAG-KA area code and prefix will change: (805) 355-xxxx changes to (808) 580-xxxx. USAG-KA dialing will require 7 digits: 480-xxxx will be our local and DSN number.

Q: Will my phone service be impacted by island brownouts or power outages?

A: The UC system has its own uninterruptable power supply to ensure service during power disruptions. Please note: Cordless telephones require an additional power source and will not work during power disruptions.

Additional information will be shared though Teams chat and usarmy.bu-cholz.516-sig-bde.list.kwajalein-nec-contractors@army.mil

USAG-KA Phone Changes are Coming!

Cutover to New IP-based telephone system on November 30th at 11am

Calls require 7-digit dialing starting 30 November

Within USAG-KA: 480-xxxx (xxxx = current last 4 digits)

Commercial

Outbound Long Distance (business phones): (US) 99-1-xxx-xxx-xxxx

Outbound Long Distance (residential phones): Only w/ Personal Internet Service

Inbound: 808-580-xxxx

DSN

Outbound: 94-315-xxx-xxxx

1 Inbound: **315-480-xxxx**

Tell off island friends & family to use this number!

After cutover, use the following hotlines to report issues:

Phone: NEC-VOIP (632-8647)

NIPR Teams (CAC enabled): US Army Kwajalein-Unified Capabilities User Experience

Email: usarmy.bucholz.516-sig-bde.list.kwajalein-nec-voip-hotline@army.mil

DO NOT DISCONNECT OR RELOCATE GOVERNMENT PROVIDED PHONES

COMMUNITY CLASSIFIEDS

The community wants to hear from you. Email announcements and advertisements to kwajaleinhourglass@vectrus.com Wednesdays by close of business. Ads received after deadline will be published in the next issue of The Kwajalein Hourglass.

ARMY REGULATIONS

TOBACCO USE. USAG-KA Policy Memorandum 600-8 protects others from the negative impact of tobacco use. On USAG-KA, smoking is permitted in designated smoking areas only. Smoking and cigarette butt receptacles must be at least 50 feet from the entrance of facilities.

CANDLES and open flames are not permitted in BQ rooms. The Kwajalein Fire Department thanks you for keeping your neighbors safe.

METAL DETECTORS are not allowed on Kwajalein according to Army Regulation. Unexploded Ordnance exists and could be dangerous if disturbed.

Not allowed on USAG-KA: bow and arrow, air guns, paint ball and other projectile weapons.

VEGETATION. Per USAG-KA Regulation 420-1, vegetation (e.g. trees, bushes, plants) may not be planted in the ground without an approved permit. Residents may be asked to remove items if planted without approval. In addition, do not place sprouted coconuts in your yard.

CAC OFFICE

Bldg. 835 Office Bldg. #835

If trying to make an appointment using a NIPR account, please visit: https://safe.menlosecurity.com. Follow the instructions given to access the website. It will then ask you to enter the CAC appointment website which is as follows: https://idco.dmdc.osd.mil/idco/.

To schedule a CAC Office appointment, visit https://idco.dmdc.osd.mil/idco/ or search 'CAC Appointment' online. Enter 'Kwajalein' as the site location, click 'select' to the right of the map, and schedule your appointment using calendar.

CAC Office Hours
Tuesday - Friday
8 a.m. - 4 p.m.
(Lunch: noon - 1 p.m.)
Sat. 8 a.m. - 3 p.m.

Ensure all paperwork is completed by your human resources representative before making an appointment. Bring two forms of government-issued IDs with you to your appointment. Walkin appointments are welcome, but there may be a wait. Questions? Call 5-8496.

EAP SERVICES

The Kwajalein Hospital team welcomes Kenneth Thomas, the island's Employee Assistance Program counselor. Ken is a Licensed Professional Counselor and Licensed Clinical Alcohol and Drug Counselor. Clients can expect education about mental health disorders from a multicultural perspective with the goal of moving toward acceptance and ultimately to mitigate symptoms. Contact Ken at kenneth.thomas@internationalsosgs.us or 805-355-5362. Contact 5-3550 with questions.

E-WARENESS

Atoll Formation

Atolls are formed from sunken volcanoes. Coral continues growing around, creating some of the most beautiful and biologically diverse habitats. Depending on their size and climate, atolls can take up to 30 million years to form.

Ene ko iloan aelon in rekar walok jen Volcano ko ibulen lojet. Wod ko ilojet ilo imetowan aelon in rej eddoklok ilo aer komman men ko reaiboujwoj ilo lojet eo. Juon aelon emaron in eddok jen lojet eo ekkar nan jonan im jokjokin lojet eo an iturinlok 30 million vio

EVENTS

MILLICAN FAMILY POOL CLOSURE. The Family Pool will be closed Nov. 14 from 9 a.m. to 1 p.m. for the Kwajalein Swim Meet. The pool will be open from 2:30 p.m. – 6 p.m. for open swim.

FREE CAREGIVER COURSE. Sign up: Namo Weto Youth Center. Nov. 25 - 27 from 12:30 - 3:30 p.m. Requirements: Must attend all three sessions. 7th - 12th grade students and domestic helpers must preregister at the Youth Center.

BAKERS WANTED. The Yokwe Yuk Welcome Club needs bakers to contribute pies, cookies, cakes and breads for a Nov. 23 bake sale. Please contact Liz Haggerty at L_a_haggerty@yahoo.com for more information.

HOLIDAYS ON CARLOS. The Kwajalein High School National Honor Society invites you to help families on Carlos by gathering donations to be delivered Dec. 17. Donate hygiene products, school supplies, non-perishable food items at drop boxes located at George Seitz Elementary School, KHS, Child and Youth Services and the Provost Marshal's Office by Dec. 10. Donations will also be accepted at the Tree Lighting Ceremony and Light Up The Night events.

FACILITIES

RACQUETBALL COURT CODE. Residents can obtain the door code from the MWR Desk at the Grace Sherwood Library. The code will not be given out over the phone. Contact MWR at 5-3331 with questions.

INRS

To research and apply for government employment opportunities on U.S. Army Garrison-Kwajalein Atoll and worldwide, visit usajobs.gov. Write to kwajaleinhourglass@vectrus.com to remove your listing.

AKIMA is hiring for the following on-island positions: Communications Clerk (ID: TRU01101); Communications Specialist (ID: TRU01100); and Fiber / Cable Technician (ID: TRU01099). Applicants must currently reside on USAG-KA and possess a valid passport. For more



PASSPORT PROCESSING

Need to renew your passport?

- Complete the passport application at travel.state.gov.
- Print the completed form and ensure you have a copy of your existing passport and other documents, including parents' identification cards, birth certificates, etc.
- Photos must be from within the last six months. The applicant should not wear eyeglasses in the photo.

Schedule of Fees

Adult passport renewal: \$130 Adult passport (first time application): \$165 Minor passport (15 and younger): \$135 Adult Passport Card: \$30 Minor Passport Card: \$15

Only money orders and cashier's checks payable to "U.S. Department of State" are accepted. These can be purchased from Community Bank or at the post office.

Passport Photos Are Now Available For Free

Contact Host Nation Activities at 5-2103 for more information.

information and a list of required qualifications, visit https://akima.ta-leo.net.careersection/akimallc_cs/jobsearch.ftl. Apply online or send resume to Jeannette McIlwain at jeannette.mcilwain@akima.com.

ADMINISTRATIVE ASSISTANT. This position provides daily administrative task support for operations at the Island Memorial Chapel. For questions or to submit a resume, please call 5-3505. Send to kwajchapel@gmail.com and Ch. Brian Conner at brian_conner@sbcglobal.net.

CALIBRE seeks a Military Material Specialist. For more information, or to apply, visit https://jobs.silkroad.com/calibresys/httpscalibresyscareerssilkroadcom/jobs/4013.

COMMUNITY BANK is currently hiring for a banking center manager. This is a fulltime position for an on-island hire. Applicants may apply online www.dodcommunitybank.com. Please call Rita Pyne at 5-2152 for more information.



If you are looking for adventure, Kwajalein Boy Scout Troop 314 has just what you need. For more information, contact Julie Makovec at 5-2435 or 5-3505, and email juliemak247@gmail.com.



Sgt. 1st Class Effie Banks SHARP Victim Advocate

Work: 805-355-0660 or 805-355-1419 USAG-KA SHARP Pager:

805-355-3241 #0100 **DOD SAFE Helpline:**

877-995-5247



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



COMMUNITY BANK seeks a banking center service specialist/teller. This is a part-time on-island hire position for 20 hours per week. Submit applications to www.dodcommunitybank.com. Call Camellia Bobo at 5-2292 for more information.

INTERNATIONAL SOS seeks a dental assistant and applicants for administrative positions. Send your resume to marykathleen.bryan@internationalsos.com.

KAIHONUA is hiring for multiple positions. For more information or to apply, please contact Tribalco Human Resources at 5-4344 and visit https://honuservices.jobs.net/page/kaihonua. Applicants must meet job requirements.

NAN, INC. seeks a project engineer, welder, welding inspector, quality control manager, and site safety and health officer. To apply, visit www. nanhawaii.com and contact Clint Ueatari or Kevin Short at 5-2632, 5-4995 or 5-4996.

QUANTUM DYNAMICS, INC., is accepting resumes for positions on Kwajalein and Roi-Namur in the following areas: vehicle maintenance, transportation motor pool, movement control and custodial; and Apply at https://qdyncorp.com/home/careers/. Contact Dolly Bakhsh, HR manager, at 5-0782 and dbakhsh@rmi.qdyncorp.com, or Sammy Juda, administrative assistant at 5-4916 and sjuda@rmi.qdyncorp.com. You may also visit the HR Office in Bldg. 700.

QUANTUM DYNAMICS, INC., has immediate openings for the following on-island positions: Transportation Motor Pool; Production Control Clerk – GCSS-Army I; and on Kwajalein and Roi, Fault Repair and Heavy Equipment Mechanic – Vertical Lift. Contact the Human Resources manager at 5-0782 or administrative assistant at 5-4916 for more information.

RGNEXT, LLC seeks qualified candidates to fill open positions on Kwaj and Roi in engineering, technical, COMSEC and other areas. For information and to apply, visit rgnext.com.

SUBSTITUTE TEACHERS. Kwajalein School System is hiring part-time substitute teachers. These are on-island hire positions with no guaranteed hours. Minimum requirements: confidentiality, four-year degree and love of working with children in grades K – 12. Teaching certificate preferred. CNACI background check must be completed after receipt of job offer. Apply at Careers.Vectrus. com, search for "substitute teacher," or, send resume and letter of application to uhrenp@kwajalein-school. com.

TRUESTONE is hiring for multiple positions. Contact Tribalco Human Resources at 5-4344 and visit https://www.akima.com/careers/. Visit www.tribalco.com/careers.html.

NOTICES

INTERNET OUTAGE. There will be a temporary internet outage Nov. 29 and Dec. 12 – 14 from 5 – 11 p.m. The outage will be island-wide, affecting residential internet, commercial internet, banking, school, hospital

and credit card readers. Equipment is being upgraded for future bandwidth and reliability improvements. Questions? Contact April Pacileo at 5-2278 during normal working hours.

FLUSHING PIPES, NOV. 9 - 23.Water Plant personnel will be flush the potable water system main pipes from Nov. 9 through Nov. 23. No interruption of service is expected. You may notice some discoloration of your potable water due to sediment in the pipes being stirred up. If you experience brown or rusty potable water, do not use your washing machine for one day. Only resume using the machine after you flush the sink and shower for several minutes until the water runs clear. If the problem persists, call the Water Plant at 5-1847 for assistance.

RMI ENTRY REQUIREMENTS. Updated entry requirements for the RMI by air or seaport include the following requirements: Adults aged 18-years old and up must have completed one

primary COVID-19 vaccine series. Primary series: Johnson & Johnson single dose; Pfizer completed series (two doses); or Moderna completed series (two doses) Boosters are not currently mandated. There is no vaccination requirement for children under age 18.

WALK-IN FLU SHOT CLINICS. Fridays at Kwajalein Hospital from 4:30 – 6 p.m. No appointment necessary.

CHILD COVID-19 VACCINES. Children's COVID-19 Vaccines are available at the Kwajalein Hospital on the following dates: Oct. 26 at 1:30 p.m.: 6 Months – 4-years old; Nov. 2 at 1:30 p.m.: 5-years to 11-years old Contact Sean Holbrook at sean. holbrook@internationalsosgs.us to register.

TEMPORARY CLOSURE. The oceanside perimeter road will close to pedestrian, bicycle and vehicle traffic 20 minutes prior to heavy aircraft arrivals and departures. Contact Airfield Operations at 5-2131 with any questions.

ISLAND ORIENTATION and Newcomer's Briefings take place in the Religious Education Building behind the Island Memorial Chapel. Email KWAJ_OSO_Ops@Vectrus.com or call 5-3511 to register.

ARMA. Log in to ArMa, the Army Maintenance Application, to report issues for all buildings maintained by the Department of Public Works. For more information, please contact DPW at 5-3550.



Col. Thomas S. Pugsley, USAG-KA Commander, cordially invites the community to attend USAG-KA's Change of Responsibility Ceremony between

Command Sergeant Major Ismael E. Ortega

and

Command Sergeant Major Ernest E. Miller

Wednesday, Nov. 30, 3 p.m.

at the Island Memorial Chapel

Reception to follow at the Religious Education Building

ADJUSTED HOURS OF OPERATION FOR THANKSGIVING HOLIDAY

KWAJALEIN POST OFFICE HOUSING & LODGING ISLAND MEMORIAL CHAPEL KWAJALEIN SCHOOL SYSTEM CHILD & YOUTH SERVICES NOV. 24 Noon - 8 p.m. Closed

Closed Nov. 24 - 26

UNITED AIRLINES FLIGHTS FOR NOVEMBER - DECEMBER

Monday UA155 (HNL) Check-in: 3:30 – 4:45 p.m. Tuesday UA154 (GUM)

Check-in: 10:45 – 11:15 a.m.

POST OFFICE

POSTAL CARETAKER. You can designate a postal caretaker to retrieve your packages and mail from the post office when you are not able to do so. Island resisdents may opt to assign a caretaker when planning vacation, while self-isolating after exposure to COVID-19 or a postive COVID-19 test, and while recovering from an injury. Email your caretaker request to von.jenkins@vectrus.com and isaac.larios@vectrus.com

ABSENCES, PCS'ING, AND YOUR MAIL. The post office must be notified when customers leave for 30 days or PCS. Per DOD 4525.6-M, mail is only allowed to be held for 30 days with or without prior notice. On day 31, mail is considered "unclaimed" and will be returned to the sender. Send an email to the post office to authorize someone to pick up your mail and packages. When PCS'ing, provide a forwarding address. Contact James Smith with questions at 5-3461 and james.e.smith2295@army.mil.

COMMANDER'S QUARTERLY

INNOVATION CHALLENGE. Send great ideas for improvements and innovations to Col. Tom Pugsley. Winners will receive an official innovator's award and a special AAFES gift card. To submit your idea, call the Commander's Hotline at 5-1098 or email USAG-KA Public Affairs Officer Mike Brantley, at james.m.brantley4.civ@army.mil.

AUTOMOTIVE LICENSING. The Automotive Licensing Office has moved to Bldg. 808. Please visit during regular hours of operation to complete license testing and documentation.

DON'T TAKE CULTURAL ARTI-FACTS. Remember, it is illegal to remove cultural resources from the atoll. This includes any protected species, unexploded ordnance, WWII-era artifacts and ancient Marshallese artifacts. These resources are protected under U.S. federal and RMI law. Please do not remove these pieces of atoll history from Kwajalein. For questions contact the Kwajalein Archaeology Office at 5-8867.

NOTIFY THE VET. Please notify Kwaj Vet Services before going on leave if you have pets. A pet sitter authorization form for treatment is required prior to departing the island. You can reach Veterinary Services at 5-2017 Tuesday through Saturday from 7:30 a.m. – 4:30 p.m.







10 a.m. - 5:30 p.m. See Kalani if you have

Give back to the Ebeye community children this holiday. Pick an angel from the tree inside the RM1 Liaison Office downtown by the M1C Shop now through Saturday, Dec. 10.

Each of the 55 angels correspond to a deserving boy or girl.

Some things the angels need are school supplies, clothing, and toys.

Angels will come to Kwajalein Jan. 14, 2023 for a celebration and gift presentation to bring in the New Year. Please bring your gift to the RMI Liaison Office NLT Jan. 7, 2023.

A fun Kwaj tradition



Monday, November 21

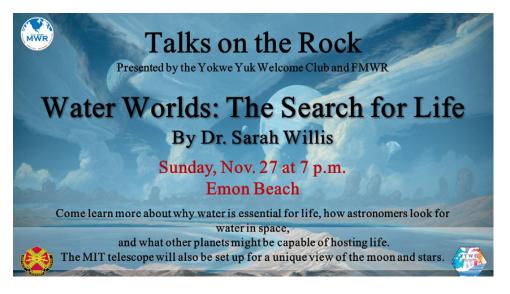
 A 2 mile prediction run/walk

- There are turkeys to be won by those who finish closest to their estimated time
- Other fun prizes in other eclectic categories
- To be fair, the use of watches/music is <u>not</u> allowed

Meet at Emon Pavilion at 5 P.M. to register; run starts at 5:30 P.M.

Annual Holiday Party for Kwajalein Home Helpers Thursday, Dec. 1, 11:30 a.m. - 1 p.m.

The Garrison Commander's Residence, Qtrs. 241









The clothing worn in the Marshall Islands is partly based on traditional culture (the upper leg was considered an erogenous zone, and historically, was always covered) and partly based on the conservative mores and values instilled by missionaries.

Helpful Words

Nuknuk	clothes
Jabidto	Muumu
Jilnij	T-shirt
Kadune	Shorts
Jiban	Help
Joot	Shirt
Jij	Shoe
Bok	Take
Onea-	Cost
Mon-wia	Store
Tala	Dollar
Wia	Buy

Common Phrases

Jen etal nan mon-wia nuknuk en. Let's go to the clothing store.

Im ta? And what?

Im wia jabidto im juj. And buy a muumuu and shoes.

Imaron ke jiban? May I help you?

Elon ke jabidto? Do you have any muumuus?

Erkakan turin jilnij im joot kan. They're by the T-shirts and shirts.

How much does one cost?

Jonoul-lalem tala. Fifteen dollars.

lete onean iuon?

Ij bok juon. I'll take one.

Kommol tata. Thank you very much.

MOSQUITO FOGGING FOR KWAJ, ROI

Kwajalein: Tuesday, Nov. 29 through Thursday, Dec. 1, from 5:30 - 7:30 p.m. Roi-Namur: Wednesday, Dec. 7 through Friday, Dec. 9, from 5:30 - 7:30 p.m.

PUBLIC SAFETY ANNOUNCEMENT

To spray for mosquitoes and flies, island pest control services will utilize EcoVia EC, is a liquid botanical oil insecticide with Thyme and Rosemary oil as active ingredients. It is safe to use in and

around homes and near water. EcoVia is also safe to use around children and pets. The spraying schedule is dependent on weather conditions.

It is recommended that island residents avoid fogged areas for 30 minutes.

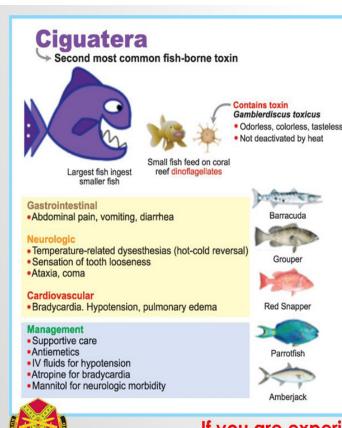
Do your part to deter mosquitoes and flies

- Check for standing water where mosquitoes breed
- Dump any accumulated water at least weekly
- Trim heavy vegetation and eliminate accumulated leaves

Do not add food waste directly into open trash cans such as the Emon Beach trash containers, large black trash cans, or residential green trash receptacles.

Always seal food and animal waste inside trash/plastic bags before adding to trash cans.

Periodically clean outdoor trash receptacles.



Ciguatera

You can get ciguatera (sig-wah-TARE-ah) poisoning by eating fish contaminated with toxins produced by tiny algae found around coral reefs.

Cooking does not destroy the toxins.

Ciguateria can accumulate in reef fish that eat other fish. (CDC 2022)

If you are experiencing symptoms, contact or visit the hospital.

Glass Beach opening

Glass Beach will have limited access to the lower part of the beach from Nov. 11 - Apr. 15, 2023 with the following restrictions:

- Top crest of the beach area, to include all vegetation near the orange fence are off limits
- Access to the beach only at the southwest end of the orange fence line; overstepping of the fence line strictly prohibited
- No large group/party gathering; pick up any trash before leaving
- Please report any violators to USAG-KA
- Avoid flight-operation hours and observe all applicable airfield-runway restriction/safety rules
- Questions? Contact Patrick Chauvey at 5-0129



Help Decorate the Chapel!





Bring a friend & Join us in the REB for a light lunch, games, a favorite things gift exchange and fellowship with our monthly bible study group. We look forward to celebrate the Christmas Holiday with you!







KSS Winter Band Concerts

Davye Davis Multi Purpose Room

Jr/Sr High School Bands: Wednesday, Nov 30 from 6:30-7:30 p.m.

GSES Grade 5 & 6 Bands: Friday, Dec 2 @ 5:15-6:15 p.m.

Holidays on Carlos Donations!
We're supporting the NHS drive to collect School
Supplies, Hygiene products, Canned goods, and Rice



This is a chance to get one-of-a-kind handicrafts from the Micronesian Handicraft Shop. All profits benefit the YYWC Education Assistance Fund that support schools in the RMI & beyond.

Roi Residents!!!



One day only at the Outrigger Monday, November 21 12-3 p.m.











COOKING SAFETY

USAG-KA FIRE PREVENTION OFFICE MONTHLY TIP

- Cooking fires are the number one cause of home fires and home injuries, yet nearly all of them are preventable.
- The leading cause of kitchen fires is cooking left unattended.
- On the stovetop, smother the flames by sliding a lid over the pan and turning off the burner.
- For an oven fire, turn off the heat and keep the door closed.
- Have a "kid-free zone" of at least 3 feet around the stove. Stay in the kitchen, be alert, and cook with caution.

Please contact our office for questions or assistance at



ONCE A KWAJ RESIDENT.

ALWAYS A KWAJ RESIDENT.





UXO REMINDER

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.







Friday November 25 5 - 7 p.m.

Flash Sales every 30 minutes

Come in the shop or check out YYWC social media between 5 - 7 p.m.





Friday, December 9 5:15 - 6:15 p.m. Multipurpose Room, Kwajalein Jr/Sr High School

Donations of packaged snacks, school supplies, and hygiene products appreciated for Holidays on Carlos, hosted by NHS.



THE YOKWE YUK WELCOME CLUB INVITES YOU TO OUR ANNUAL

Radies Holiday

Party

Monday, December 19 1-3 p.m. 241 Ocean Road Hosted by Shawna Pugsley

Please bring a dish to share!







RTS WEATHER STATION STAFF

WEATHER DISCUSSION

A broad trough within the Intertropical Convergence Zone will remain over Kwajalein on Saturday afternoon. Gradually, this trough will move west and allow less active weather to set up over Kwajalein Atoll Saturday night and Sunday.

Despite a low-level ridge moving over Kwajalein during the weekend, the ITCZ will remain disorganized over the central Marshall Islands most of next week. Winds will stay in the low teens on Saturday before decreasing to single digits on Sunday

Starting on Monday, expect winds to vary between easterlies and light and variable conditions. Heavy scattered showers will linger on Saturday and early Sunday while the ITCZ trough continues west.

Widely scattered conditions are expected Monday through Wednesday as the ITCZ lingers over the atoll. Cloud cover will be thick and extensive across the Marshall Islands through next Thursday.

SATURDAY

Mostly cloudy with scattered showers and stray thunderstorms. Winds E-SE at 9-15 knots with higher gusts near showers.

SUNDAY

Mostly cloudy with widely scattered showers and stray thunderstorms. Winds E-SE at 5-9 knots with higher gusts near showers.

MONDAY

Partly cloudy with widely scattered showers and stray thunderstorms. Winds ESE-SSE at 3-8 knots with higher gusts near showers.

NEXT WEEK

The Intertropical Convergence Zone will remain over the central Marshall Islands during the first half of the week.

Continued low pressure systems in mid-latitudes will keep the subtropical ridge weak and trade wind surges away from the central Pacific. Expect pulses of showers to form within the ITCZ throughout the week.

Weather models suggest winds will increase to moderate speeds by the holiday.

Another period of heavy rain is possible during Thanksgiving, however that requires a developed trade wind surge northeast of Kwajalein and the subtropical ridge to remain weak northwest of the Marshall Islands. In general, expect winds below 10 knots and widely scattered to scattered showers.

SUNRISE MOONRISE HIGH TIDE LOW TIDE SUNSET MOONSET SUNDAY 3:07 a m 6:43 a m 1:31 a.m. 3.1' 7:48 a.m. 0.1' 3:29 p.m. 2:06 p.m. 3.4' 8:11 p.m. 0.2 6:26 p.m. 3:55 a.m. MONDAY 6:44 a.m. 2:11 a.m. 3.4' 8:20 a.m. -0.3 4:10 p.m. 2:38 p.m. 3.9' 6:26 p.m. 8:49 p.m. -0.2 TUESDAY 6:44 a.m. 4:46 a.m. 2:48 a.m. 3.6' 8:52 a.m. -0.5' 6:26 p.m. 4:54 p.m. 3:10 p.m. 4.3' 9:27 p.m. -0.6' WEDNESDAY 6:45 a.m. 5:40 a.m. 3:25 a.m. 3.7 9:25 a.m. -0.7 3:44 p.m. 4.7 5:42 p.m. 10:05 p.m. -0.8' 6:26 p.m. THURSDAY 6:39 a.m. 6:45 a.m. 4:03 a.m. 3.7' 9:59 a.m. -0.8' 6:36 p.m. 4:20 p.m. 4.8 10:45 p.m. -0.9' 6:26 p.m. FRIDAY 6:45 a.m. 7:42 a.m. 4:42 a.m. 3.6' 10:35 a.m. -0.7 11:26 p.m. -0.9' 6:26 p.m. 7:36 p.m. 4:57 p.m. 4.8' NOVEMBER 26 8:47 a.m. 11:12 a.m. -0.6' 6:46 a.m. 5:22 a.m. 3.3 6:26 p.m. 8:41 p.m. 5:37 p.m. 4.7



Work and play safely.

For additional weather information, please click the logo to visit the RTS Weather Station online.





Enter your yard for the chance to win! The USAG-KA Yard of the Month program is for all residents of Kwajalein Army Family Housing. Each month, the Kwajalein Housing Office will choose three island quarters for consideration. One lucky winner will take the prize and bragging rights for a month! Prizes could include a free MWR cart rental, pizza from the Sunrise Bakery, or a game of bowling. For more information, contact USAG-KA Public Affairs at 5-4848.