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# THE KWAJALEIN HOURGLASS



Outgoing Col. Nestor Sadler, right, relinquishes his duties as USAG-KA Commander and passes them to incoming USAG-KA Commander Col. Michael Larsen, left. Dr. Christine Altendorf, Director of IMCOM-Pacific Region, middle, officiated the change of command ceremony Wednesday.

by Jordan Vinson

# Underwater Photos of the Week



## HOURLASS REPORTS

**T**his photo of a triggerfish comes from Kwajalein resident Brad Nelson.

There are 40 species of triggerfish in the planet's oceans, most of which are found in shallow, lagoon-protected waters in the Indo-Pacific. Notoriously ill-tempered, triggerfish often do not hesitate to charge and bite at other creatures, especially clumsy scuba divers who wander too close to triggerfish nests.

Bottom dwellers, triggerfish dig out crabs, worms and other invertebrates by clearing away debris and sand with their flapping fins and water they blast out of their mouths.



📷 Triggerfish by Brad Nelson



📷 From Kim Yarnes and Jordan Vinson

## THE KWAJALEIN HOURLASS

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

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# A NEW COMMANDER TAKES THE REIGNS AT U.S. ARMY GARRISON-KWAJALEIN ATOLL

BY JORDAN VINSON



utgoing U.S. Army Garrison-Kwajalein Atoll Commander Col. Nestor Sadler relinquished his duties as garrison commander Wednesday, passing them on to incoming USAG-KA Commander Col. Michael Larsen.

The change of command ceremony conducted on Kwajalein by Dr. Christine Altendorf, Director of U.S. Army Installation Management Command-Pacific Region, marked the end of an illustrious two-year tour for one commander and his wife and the start of a new, exciting chapter in the professional and personal lives of Larsen, his wife Jeanna and their children, Jordan, Jacob and Ryan Marie. →

Sadler, who is set to take over as Commandant of the John F. Kennedy Special Warfare Center and School in Fort Bragg, North Carolina, took the opportunity to emphasize the impact his time as commander has had on him and his wife. He assured Larsen that a similar experience is awaiting him.

"This command has and always will be a special time in both Monica's and my life for years to come. The friendships, bonds, time and experiences that we have both had the opportunity to be a part of has been a privilege," Sadler told a crowd of hundreds gathered at the garrison's Fixed Wing Hangar at Bucholz Army Airfield on Kwajalein. "Being servant leaders throughout the community is what we have strived for since the first day we arrived. It has truly been an honor to serve as a commander with such a professional, diverse, resilient and dedicated group of people—a once-in-a-lifetime experience.

"Mike, Jeanna, your reputation precedes you, and I've heard nothing but great things about the both of you," Sadler continued. "I'm comforted in knowing you guys will do a great job. I know both of you will embrace the experience and, together with your new Kwaj family and teammates, will take this command to new heights. Best of luck."

Larsen, who spent four of the past five years in Italy with the 173rd Infantry Bridge Combat Team and the U.S. Army Africa Command, emphasized his excitement for commanding a garrison that not only maintains a strategic relevance to the defense of the United States, but does so within a tropical "paradise-like environment." During a speech he had prepared for the occasion, the new garrison commander announced his promise to accomplish three main objectives during his tour on USAG-KA: to ensure the garrison remains a positive, family-friendly place to live and work; to ensure that the garrison and its community



Kim Yarnes

members do everything possible to serve the Reagan Test Site; and to maintain and strengthen the commitment of the United States to its friend and strategic partner, the Republic of the Marshall Islands.

During his speech at the Fixed Wing Hangar, Larsen promised to do his best to build on Sadler's success in the coming two years with the garrison.

"Nestor, I'm going to work diligently to continue your legacy in building the IMCOM team here and your positive, fair leadership and presence," he said. "To the diverse Kwajalein community team ... I look forward to being your island neighbor for the next two years and getting to know each and every one of you while we serve together. Thank you."

Pacific Region IMCOM Director Altendorf, whose visit to USAG-KA this week was her first since being appointed as director of IMCOM-Pacific Region in April, applauded Sadler. His performance in guiding the garrison and its community through turbulent financial periods and through the recent transition of the installation from the U.S. Army Space and Missile Defense Command to the Installation Management Command was exemplary, she said.

**"COL. L  
GREAT GA  
MAINTAIN HI  
AND YOU  
ASSIGNME  
REWARDING**

*Dr. Ch  
Army Ins*





**COUNTER-CLOCKWISE, FROM TOP-LEFT:** 300-400 guests attend the change of command ceremony Wednesday at the Fixed Wing Hangar on Kwajalein. Outgoing Col. Nestor Sadler, right, Dr. Christine Altendorf, Director of IMCOM-Pacific Region, middle, and incoming USAG-KA Commander Col. Michael Larsen take to the stage to begin the ceremony. Department of the Army civilian, active duty Army personnel, civilian contractors, local R.M.I. workforce members and friends and family gather to see Sadler off and welcome Larsen to the command. Altendorf, left, congratulates Monica Sadler on earning the Department of the Army Outstanding Civilian Service Award; Col. Sadler, right, looks on.

**OPPOSITE PAGE: U.S. Army Space and Missile Defense Command Lt. Gen. David Mann awards Sadler a special SMDC photo print as a token of appreciation and friendship.**

📷 Jordan Vinson



Kwajalein Atoll during a very difficult period of time.”

The Pacific Region IMCOM Director also commended Sadler for his command’s unparalleled support for and integration with the government and people of the Marshall Islands during the past two years. She had earlier gotten the opportunity to tour Roi-Namur and Kwajalein and get a first-hand look at the garrison’s test range assets and space tracking capabilities—all of which make USAG-KA and the Reagan Test Site invaluable tools in the Department of Defense’s forward trajectory in missile and space activities. And during tours of the neighboring R.M.I. island communities of Ebeye and Ennubirr on Tuesday, Altendorf was able to get a good sense of the close-knit relationship that has bonded the garrison together with the neighboring island communities to make the garrison’s missions a success.

“USAG-KA has a very different role and responsibility for the local community than a lot of garrisons stateside,” Altendorf had said Tuesday during a return ferry-boat trip from Ebeye. “One thing about the Pacific region is that all garrisons are very, very different. Within the region, we have garrisons in Alaska, Japan, Korea, Hawaii and Kwajalein. And they’re all quite different, but there’s none quite like this at all. And it’s just fascinating. ... The role of the local [host nation] community here is by far stronger and more important than anywhere I’ve seen.”

Having a commander who is passionate for the well-being of not only the garrison community members but also that of the local host nation is special, said Lt. Gen. David Mann, SMDC Commander, during Sadler’s award ceremony. Mann, who had made the trek from SMDC Headquarters at Redstone Arsenal, Alabama to attend the award ceremony and change of command ceremony, commended Sadler for his performance both on the mission side and the community side of the garrison.

**ARSENAL, YOU HAVE INHERITED A GARRISON TEAM THAT STRIVES TO HIGH STANDARDS. I BELIEVE YOUR FAMILY WILL FIND YOUR NEW HOME PROFESSIONALLY AND PERSONALLY ENRICHING.”**

**Christine Altendorf, Director of U.S. Installation Management Command-Pacific Region**

“The Army does not train Soldiers to be garrison commanders, but it does develop leaders, leaders who are capable, innovative and motivated to handle the challenges of a garrison command,” Altendorf told the crowd during the ceremony. “Col. Sadler is one of those outstanding leaders who, during the past two years, brought considerable skill and innovation to bear in ensuring this garrison was the home to the Army family.

“Col. Sadler’s legacy will be that he used his moral compass, a tool that he regularly used during town hall sessions to navigate the garrison in a direction aligned with army regulations

and doctrine,” Altendorf continued. “His dedication and efforts kept USAG-KA fully operational during a time of fiscal uncertainty. He’s pragmatic and empathetic to the needs of the individuals in the community. He has always put the best interests of the Army, the community and his subordinates before his own. Col. Sadler was the right commander for U.S. Army Garrison-



**TOP:** The R.M.I. delegation—consisting of Foreign Minister Tony deBrum, Minister in Assistance Wilbur Heine, Sen. Jeban Riklon, Iroij Sen. Mike Kabua, Secretary of Foreign Affairs Bruce Kijner and R.M.I. Liaison to USAG-KA Lanny Kabua—thank Col. Sadler and his wife Monica for their work on U.S.-R.M.I. relations. **MIDDLE:** During a tour of Ebeye, U.S. Ambassador to the R.M.I. Thomas Armbruster briefs Dr. Christine Altendorf, Director of IMCOM-Pacific Region, on healthcare issues at the Ebeye Hospital. **BOTTOM:** Altendorf meets some of the local children on Ebeye.

“What [Sadler] has done has truly been remarkable. And everyone who has been here a couple of years knows that we are in a better place because of Nestor’s leadership and what he has done,” Mann told the crowd. “I would also like to say thank you for reaching out to our Marshallese partners, whether it’s folks across the pond over here to Ebeye or throughout the Republic of the Marshall Islands,” Mann said. “What you’ve done to extend a hand and reach out to folks and to really make a collaborative partnership in terms of executing our mission here, but also caring about everyone who is here and throughout the atoll, is great.”

Traditional Marshallese leaders and R.M.I. government staff shared Mann’s sentiment. Consisting of Foreign Minister Tony deBrum, Minister in Assistance Wilbur Heine, Sen. Jeban Riklon, Iroij Sen. Mike Kabua, Secretary of Foreign Affairs Bruce Kijner and R.M.I. Liaison to USAG-KA Lanny Kabua, the R.M.I. delegation attended the ceremony Wednesday to both welcome Larsen to the team and thank Sadler for his effort to bolster U.S.-R.M.I. relations during the past two years.

“I thank you Gen. Mann and join you in recognizing Col. Sadler and his many contributions and service in support of our joint defense and bilateral alliance,” Minister Heine said. “The relationship between our governments has grown and matured over the years,

**“THIS COMMAND HAS AND ALWAYS WILL BE A SPECIAL TIME IN BOTH MONICA’S AND MY LIFE FOR YEARS TO COME.”**

*Col. Nestor Sadler*



📷 Kim Yarnes

*During a walking tour of Ebeye, outgoing Col. Nestor Sadler talks with Altendorf and Katherine Armbruster, wife of U.S. Ambassador to the R.M.I. Thomas Armbruster, about some of the development projects the garrison has undertaken in conjunction with U.S. Navy Seabees teams on the islet. Incoming USAG-KA Commander Col. Michael Larsen follows behind at far right.*

through professional interactions, exercises and operations—but especially through the personal relationships between friends. Thank you, Col. Sadler for your unmatched commitment to your mission and your people. Your contributions have enhanced security and improved readiness during a challenging and dynamic time. The R.M.I. government has taken careful note of the many accomplishments reached under your leadership, which include strengthening R.M.I. economic self-reliance and further defining the defense relationship between our two nations.”

U.S. Ambassador to the Republic of the Marshall Islands Thomas Armbruster, who made the trip with his wife Katherine from the U.S. Embassy in Majuro, connected the impressive turnout at the ceremony Wednesday with the importance of USAG-KA—and its commander—to both the United States and the Marshall Islands.

“You know the work of this base is important, judging by the presence of the distinguished visitors today, by Lt. Gen. Mann and by the visitors who come here all the time: the chairman of the joint chiefs, the secretaries of the Army, Navy and Air Force, President Loeak and other regular visitors,” Armbruster told the audience. “This

*Altendorf congratulates Larsen on his new command and wishes him success during the coming two years. The change of command ceremony was Altendorf’s eighth since taking responsibility of IMCOM-Pacific Region in April. Her visit to USAG-KA this week was her first trip to Kwajalein Atoll.*

base is important to the Republic of the Marshall Islands, and it remains the centerpiece of the bilateral relationship. That’s why good leadership makes a difference for the United States here.”

The ambassador expressed his eagerness to get to work with the new commander on a number of bilateral issues involving USAG-KA and the R.M.I. From the upcoming U.S. Coast Guard “Black Swan” Emergency Exercise planned later this month, to the transfer of a U.S. Agency for International Development reverse osmosis machine from Majuro to Ebeye, there will be plenty of opportunities for collaboration, Armbruster said.

In her parting comments, Altendorf affirmed her trust in Larsen’s command. With a good team by his side, he’ll be able to lead USAG-KA on its mission to continue developing its IMCOM team, supporting the missions of the Reagan Test Site and bolstering U.S.-R.M.I. relations, she said.

“Col. Larsen, you have inherited a great garrison team that strives to maintain high standards. I believe you and your family will find your new assignment and home professionally rewarding and personally enriching.”

# SEAWALL TAKES ROI-NAMUR SOFTBALL CHAMPIONSHIP

BY AMY HANSEN



**T**he Roi softball season came to an exciting conclusion Monday. Battling for the championship title were Sea Wall and Automotive, two teams with a split record in regular season play.

In the championship's early innings, the lead see-sawed back and forth between the teams, but the fifth inning saw Sea Wall bust out a six-batter hitting streak. Four

runners crossed home plate that inning, and with an additional five runs in the final two innings, Sea Wall secured their championship title bid. Final score: Sea Wall 17, Automotive 11.

Congrats to all teams that participated this season. Thanks to the Roi community for the support and cheering and to officials Ricky Everett and Joe Coleman and scorekeepers Bridget Rankin and Darlene Swafford.



**TOP:** Team Seawall poses for a group photo after taking the win. **Back Row:** Tarson Phillip, Arti Damon, Ryan Phillip, Kenary Ben, Elbe Lomae, Henry Thomas, Peter Nabu, Borlington Jetnal. **Front Row:** Ajel Nenam, Tedrik Lomae (manager), Stanley Lomae (team captain), Arlington James. **BOTTOM:** Ajel Nenam makes a catch. Tedrik Lomae runs in safe to third base.

📷 Amy Hansen



📷 From Jordan Vinson

# BATTERIES ⊕ HOW TO DITCH THEM PROPERLY

Chances are you have some old, dead batteries lying around your house, BQ or place of work. If you don't know what to do with them you're in luck.

According to Kwajalein Range Services Environmental staff, all alkaline batteries, such as your everyday household AAA or AA units, can simply go out with your normal trash. The suggestion may sound strange, but it's completely on the up and up, says Environmental Lead Karen Simas.

"Alkaline batteries that are domestically manufactured no longer contain mercury and have not since May 13, 1996," Simas says. "As a result of this change, alkaline batteries can be thrown in the trash."

All other batteries need to be disposed of separately. There are myriad types, sizes and chemical makeups of batteries out there: everything from disc-shaped lithium units for small electronics like watches, to super-cheap carbon zinc and zinc chloride batteries, to lithium battery packs used in many modern digital cameras. Regardless of the unit, if it's not an alkaline battery, it cannot go into the regular trash.

Fortunately there are several ways to dispose of these batteries on the garrison. You may bag and label them and place them next to the recycling bins found throughout Kwaj and Roi. You may also simply drop them off at Self Help, the AAFES Exchange or place them in the battery recycling bin at the Roundhouse Collection Area (Building 987) in the middle of the Boat Lot on Kwaj.



The Roundhouse Collection Area at Building 987, located in the middle of the boat lot on Kwaj, is a good place to take your spent batteries.

The Kwajalein Hourglass



## HOURLASS REPORTS

### SCAFFOLDING SAFETY

Scaffolding is a common tool in construction and, like every other tool, it must be in good condition or it can be a hazard. The result of an improperly built scaffold is usually a fall. This Simply Safety lists some important measures that need to be part of your safety habits.

KRS has a Scaffold Tagging Program to let you know the status of a scaffold, whether it can be used, or how it can be used.

- **GREEN TAG:** The scaffold has been built to Occupational Safety and Health Administration (OSHA) standards and is safe to use.
- **YELLOW TAG:** The scaffold has not been built to OSHA standards, meaning that a proper guardrail system could not be installed. You must wear and use a harness on these scaffolds.
- **RED TAG:** This scaffold is not complete; it is either being built or dismantled. Do not use it for any reason!
- **NO TAG:** DO NOT USE until the party that built the scaffolding inspects and re-tags it.
- Do not use a scaffold until you have received training to do so from KRS ES&H Dept. Call 5-3532 to arrange training.
- Do not alter a scaffold. Ask the party that built it to make any changes you need. Do not remove guardrails, planks or any other parts. The next person to use that scaffold may not know you have made changes, and you may have changed it from "safe to use" status to "harness-required" status.
- If you need a platform to work from, do not just throw a couple of planks down and use them as a work surface. Planks that run from a beam to beam without having guardrails and being secured to the beam are unacceptable. Have a platform properly built under the supervision of a trained individual even if you need it for only five minutes. Remember: It takes only two seconds to fall 60 feet.
- All scaffolds are required to have a ladder. Climbing the framework is prohibited unless the framework is designed with a built-in ladder.
- Remember that when you are working on a scaffold, you are probably working over someone else. Tie your tools off if necessary. When cutting, burning or welding, use a fire blanket. Above all else, alert the people below that what you are doing may be a hazard to them.

# READY AND RESILIENT WELLNESS CALENDAR

Events are sponsored by the Community Health Promotional Council and are free of charge to the community.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spiritual Resilience. All welcome.	Circuit Training, 8 a.m., at Ivey Gym.	Cross Fit, 5:15 a.m., at the Adult Pool.	Circuit Training, 5 a.m., at Ivey Gym.	Cross Fit, 5:15 a.m., at Ivey Gym.	Circuit Training, 5 a.m., at Ivey Gym.	Cross Fit, 5:15 a.m., at Ivey Gym.
Smoking Cessation classes ongoing. Call 55362.	Pick-up racquetball, 8 a.m., at the CRC Gym.  The Realist MMA (for youth grades 9-12), 9 a.m., at CRC Room 6  Pick-up ultimate Frisbee, 4:30 p.m., near the soccer fields.  Pick-up soccer, 6 p.m., at Brandon Field.	Pick-up tennis, 5:30 p.m., at the tennis courts.  "Around the Atoll in 80 Days" registration starts today. Call 51275.	Grace Sherwood Library Summer Reading Program session, 10 a.m., at the library.  Summer Fun Skate Night, beginning at 5:30 p.m., at the CRC Gym.	Interval Training, 5:15 p.m., at intersection of Sprint and Ocean.  Pick-up tennis, 5:30 p.m., at the tennis courts.  AA Program, 6:30 p.m., at the REB.	Pick-up ultimate Frisbee, 6 p.m., near the soccer fields.	Family Swim Time, 9:30 a.m., at the Family Pool.  Pick-up tennis, 5:30 p.m., at the tennis courts.

## HELP WANTED

KRS and Chugach listings for on-Island jobs are posted at: Kwajalein, Roi-Namur and Ebeye Dock Security Checkpoint locations; outside the United Travel Office; in the Roi Terminal/Post Office; at Human Resources in Building 700 and on the USAG-KA webpage under Contractor Information>KRS>Human Resources>Job Opportunities. Job listings for off-island contract positions are available at www.krsjv.com.

A number of positions are avail-

able in the Community Services group, including teachers, clubs supervisor, nurses and more. Please see Human Resources for the file of available on-island positions or www.krsjv.com for contract slots.

KRS is searching for available, on island licensed registered nurses, individuals with medical billing and coding experience and dental hygienists. For more information, please contact HR/Julie Gooch at the Temp Pool at 50777.

MIT Lincoln Laboratory is seeking a professional and experienced individual for a Site Administrative Assistant position. This will be considered an on-island hire. Please call the MIT Office at 5-5100 to inquire. A resume will be required.

## LOST

Hand-carved stylized wooden sea turtle necklace. Reward offered. Call Billy or Jane at 51806 after 5 p.m. and leave message if no one answers please.

## COMMUNITY NOTICES

Loosen up those pipes and join us for Karaoke at 7:30 p.m.,

Sunday, at the Vet's Hall. Questions? Contact Jan Abrams or Mike Woundy.

Around the Atoll in 80 Days registration is open Aug. 11-29. Challenge dates are Sept. 1 - Nov. 19. Around the Atoll in 80 days is an indoor/outdoor cardio challenge program. Participants can swim, bike and run to the ultimate goal of completing the entire mileage distance of the atoll. Finish all swim, bike and run mileage distances in 80 days and win a prize! Use the Ivey Gym, pools and other activities to rack up the miles of cardio and develop a diverse workout. Cost is FREE. Contact 51275 for questions and registration.

Summer Fun Skate Night. Wednesday at the CRC Gym. Family skate (all skaters accompanied by parent/guardian): 5:30-6:30 p.m. Youth ages 10-13 years: 6:30-7:30 p.m. Skaters ages 14 and up: 7:30-8:30 p.m. No skateboards allowed—only roller skates and inline roller blades. Protective pads not required. Questions? Call the Recreation Office at 51275.

Kwajalein Scuba Club monthly meeting. 7 p.m. Wednesday at the Pacific Club. Come get up to date on club new/activities and pick up a new KSC rash guard while you're at it.

Please join us for Quizzo at 7:30 p.m., Friday, at The Vet's Hall. Special guest hosts Karen and Dan Simas will tease our minds with their trivia questions. Questions about Quizzo? Contact Neil Dye or Mike Woundy.

Kindergarten Registration for the 2015-2016 George Seitz Elementary School Year is open until Aug. 21. Children eligible for Kindergarten must turn five years old by Sept. 1. Please contact the Elementary School office at 53601 for information, or stop by to register your child.

The community is cordially invited to a farewell potluck for Pastor Kevin and his family 7-9 p.m., Aug. 23, at the Emon Beach main pavilion. If your last name starts with the specified letter please bring a corresponding dish. A-C: main dish; D-E: salad dish or appetizer;

## RELIGIOUS SERVICES

### Catholic

- 5:30 p.m., Saturday, Small Chapel
- 9:15 a.m., Sunday, Island Memorial Chapel
- Roi-Namur service, 4:45 p.m., second and fourth Friday of each month. Appointments with Fr. Vic available after dinner.

### Protestant

- 11 a.m., Sunday, Island Memorial Chapel
- 6:30 p.m., Friday, Roi Chapel

### Latter-day Saints

10 a.m., Sunday, CRC Room 3  
Contact the chaplain's office at 53505 for more information.

## Captain Louis S. Zamperini Dining Facility

\*MENU CURRENT AS OF AUG. 7

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 15
Sauteed beef tips	Beef pot pie	Pork w/ sauerkraut	Crispy baked chicken	Baked pork chops	Taco Bar	Lasagna
Citrus pork	Honey roast chicken	Fish sandwich	Stuffed cabbage	Superbird sandwich	Chicken quesadillas	Chicken breast
Mashed potatoes	Quiche lorraine	Wings of fire	Brown rice pilaf	Garden veggie saute	Refried beans	Garlic bread

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 15
Meatloaf	Spaghetti	Grilled chicken breast	Carved glazed ham	Mongolian BBQ Night	Salisbury steak	Chicken fried steak
Fried chicken	Chicken alfredo	Broccoli stir-fry	Picante chicken	Veggie egg foo young	Fish du jour	Mashed potatoes
Roasted potatoes	Garlic bread	Baked potatoes	Scalloped potatoes	Garlic marinated chick.	Parslied potatoes	Seafood gumbo

F-L: veggie dish; M-O: dessert; P-Z: starch dish. We look forward to seeing you there.

CYSS Youth Basketball registration is open Aug. 5-29 for the Sept. 9-Oct. 22 season. To register, contact Central Registration staff at 52158, or visit Central Registration at Building 358. Questions about the program? Call Jason Huwe at 53796.

Island Memorial Chapel is an inter-denominational and diverse community of "non-know-it-all's" who are all in-process when it come to faith. Come check it out.

The Catholic High School on Ebeye is looking for volunteers to teach English and computer classes this coming school year. If you are looking for a great volunteer opportunity, please contact Fr. Buhake at longin.buhake.ctr@mail.mil, or call 53505.

Public Works would like your opinion regarding newly proposed hours for Kwajalein Self Help. Current hours are: Monday, Tuesday, Saturday 8:30 a.m.-5:30 p.m. (closed 12:30-1:30 p.m. for lunch). Newly proposed hours are Tuesday-Saturday 12:30-5:30 p.m. Voice your opinion using a survey located at: <https://www.surveymonkey.com/r/KwajSelfHelp>.

Dog Owners, please pick up after your dog in the dog park. Having the dog park is not a right but a privilege that can be taken away if we do not take care of it.

Island Memorial Chapel's "Bible Study Digital Library" is a media service with over 8,000 vid-

eos for kids, youth and adults to watch on ANY device. If you'd like an invitation to our "Right-Now Media" membership (at no charge) email Pastor Kevin at: kevin.m.wilson7@gmail.com or kevin.m.wilson145.ctr@mail.mil

Ultimate Frisbee. 4:30 p.m. every Monday and 6 p.m. Friday near the soccer fields. If you've played before then you know how much fun this great workout is. If you haven't, it's a combination of soccer and no-contact football played with a Frisbee. For questions or more information please email Ben-Gleich@hotmail.com.

Save energy. You have the power to conserve. Fill your dryer, but don't pack it too tightly. Clean the lint screen after each load. Keep your dryer's outside exhaust pipe clean. Use your dryer's automatic dry cycle rather than a timed cycle. Separate loads into heavy and light items, since lightweight items take less drying time than heavy ones.

E-Talk: The Eniwetak Conservation Area has been established to promote conservation of wildlife and coral reef resources. Visitors are NOT allowed without consent from USAG-KA.

Safely Speaking: Never access an excavation deeper than four feet (1.2 meters) that has not been sloped, and/or shored and a dig permit completed.

	Sunrise Sunset	Moonrise Moonset	High Tide	Low Tide
Sunday	6:41 a.m. 7:08 p.m.	1:46 a.m. 2:34 p.m.	12:18 p.m. 2.3' -----	6:23 a.m. 1.0' 6:15 p.m. 0.9'
Monday	6:41 a.m. 7:08 p.m.	2:38 a.m. 3:27 p.m.	1:04 a.m. 3.3' 1:48 p.m. 2.5'	7:51 a.m. 0.7' 7:36 p.m. 0.7'
Tuesday	6:41 a.m. 7:07 p.m.	3:30 a.m. 4:19 p.m.	2:08 a.m. 3.6' 2:42 p.m. 2.8'	8:45 a.m. 0.3' 8:30 p.m. 0.4'
Wednesday	6:41 a.m. 7:07 p.m.	4:22 a.m. 5:09 p.m.	2:54 a.m. 3.9' 3:21 p.m. 3.2'	9:23 a.m. 0.0' 9:12 p.m. 0.1'
Thursday	6:41 a.m. 7:07 p.m.	5:13 a.m. 5:56 p.m.	3:30 a.m. 4.2' 3:54 p.m. 3.5'	9:54 a.m. -0.3' 9:47 p.m. -0.2'
Friday	6:41 a.m. 7:06 p.m.	6:02 a.m. 6:42 p.m.	4:03 a.m. 4.4' 4:23 p.m. 3.7'	10:23 a.m. -0.5' 10:18 p.m. -0.3'
Aug. 15	6:41 a.m. 7:06 p.m.	6:50 a.m. 7:25 p.m.	4:33 a.m. 4.5' 4:51 p.m. 3.9'	10:50 a.m. -0.6' 10:48 p.m. -0.4'

# WEATHER

Courtesy of RTS Weather

Day	Skies	of Rain	Winds	Chance
Sunday	Mostly Sunny	<10%	E-ESE at 6-11 knots	
Monday	Partly Sunny	10%	ENE-E at 6-11 knots	
Tuesday	Partly Sunny	<10%	ENE-ESE at 6-11 knots	
Wednesday	Partly Sunny	15%	Light and variable	
Thursday	Partly Sunny	15%	ENE-ESE at 3-8 knots	
Friday	Partly Sunny	15%	Light and variable	

Yearly rainfall total: 79.01 inches  
Yearly rainfall deviation: +35.93 inches

Call 54700 for updated forecasts or visit [www.rts-wx.com](http://www.rts-wx.com).

## Café Roi

\*MENU CURRENT AS OF AUG. 7

### Lunch

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 15
Roast pork loin	Stir-fry beef	Ham and swiss sandwich	Chicken turnover	Veggie quesadilla	Grilled cheese	Chicken fajita wrap
Chicken breast	Chinese five spice chick.	Roast turkey	Beef stroganoff	Roasted pork butt	Country meatloaf	Hamburger steak
Eggs a la lucio	Egg and cheese sand.	Stuffing	Stir-fry vegetables	Parslied potatoes	Tofu stir-fry	Broccoli casserole

### Dinner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Aug. 15
Italian meatballs	Korean beef steak	Beef tamale	Carved roast beef	Fried chicken	Down Home Night	Lemon-baked chicken
Fish casino	Adobo chicken	Chicken enchilada cass.	Chicken pot pie	Stuffed peppers	BBQ spare ribs	Baked fish
Marinara pasta	Brown rice	Refried beans	Corn on the cob	Mashed potatoes	Dirty rice	Stewed okra



CONTINUED FROM AUG. 1

HEREDITARY KINGS OF THE MARSHALL ISLANDS: THEN AND NOW. ORIGINALLY PRINTED IN THE KWAJALEIN HOURGLASS JUNE 15, 1969. BY PAT CATALDO

#### *Lannini's Descendants*

Many of the most important figures in Marshallese history are descended from Lannini. His grandson, Kaiboke, was the iroij on Ebon who saved the lives of the first Protestant missionaries to the Marshalls when they landed on his island in 1857. The missionary group, including Dr. and Mrs. George Pierson, Rev. and Mrs. Edward T. Doane and Kanakaole of Hawaii and his wife, had come from the mission at Kusaie (Kosrae) to establish a station on Ebon. The islanders wanted to kill them, as they did all strangers who landed on their shores. But Kaiboke adopted the missionaries as his children, accepted the Christian religion and forced his subjects to take Christianity as the island religion.

Kabua the Great, recognized by German authorities in the late 1800s as the king of all the Ralik Marshalls, was Lannini's great grandson.

Iroij Lejolan Kabua, Iroij Kabua Kabua and Iroij Albert Loeak, three of the living kings of the Ralik Marshalls (Aug. 4, 2015 note: referenced here are chiefs who were alive at the time of this writing), are all Lannini's great great great grandsons.

#### *Preparations for War*

To attack the Ejjowa Clan in the south, Lannini gathered a great war party from Kwajalein, Ujae, Lae and Wotho, and came to Kwajalein Atoll to make preparations for battle.

It is told that Lannini's army numbered 1,000 warriors, with a fleet of 50 war canoes. The war canoes of that day were very large—perhaps 50 feet long and seven feet wide—and so slow that it might take two days to sail the eight miles from Ennylabegan (Carlos) to Kwajalein and as long as half a year to sail from Ebadon (at the northwest tip of Kwajalein Atoll) to Kwajalein.

Feathers decorated the masts and woven pandanus sails. The canoe of the iroij was decorated in a special way so as to be easily recognizable to his warriors. During the day, the iroij sailed in the lead, but at night his canoe was the last so that he could help any of his fleet that ran into difficulty.

#### *Women Accompanied Warriors*

Each canoe carried 20 men and three or four women. Women accompanied the warriors into battle to beat the drums that made the spirit for war. They were appointed by the iroij, and it was considered a great honor to be selected. The war drums were made by hollowing two- or three-foot sections of palm or pandanus and covering the top with shark skin.

There is a Marshallese proverb, "kora-lejmanjuri," which means, "A woman should be between two warriors, not behind them." Marshall Islanders feel that a woman should be between warriors of opposing sides to create the spirit of fighting so that the enemy will be killed. They also feel that, should bad blood arise between two men of the same side, a woman should stand between them to stop them from fighting each other.

The problem of supplying food for large war parties on lengthy voyages was met by the Marshall Islanders in ingenious ways.

Hundreds of years before modern science developed "tube and cube food" for the astronauts, the Marshallese had learned to make a food that would occupy relatively little space in transit and last for years.

They prepared jenkun, a dried cake of boiled pandanus juice, which remains edible for as long as 10 years after preparation and is so nourishing that a single slice suffices for an entire meal.

Jenkun is still made, as it was in Lannini's time and for untold generations before that, in rolls about as long as a man's arm and three or four inches across, wrapped tightly in pandanus leaves and bound solidly with sennit (coconut fiber rope) into a nearly airtight package. For ceremonial occasions, jenkun is formed into enormous cakes, six feet tall and more than a foot in diameter, weighing as much as 300 pounds. Traditionally, the end slices of these huge jenkun are given to the iroij.

Mixed with water, jenkun becomes jenneb, the nourishing liquid food with which Lannini craftily sustained himself during his two weeks "mourning fast."

The war parties also prepared and carried with them quantities of dried fish and coconut.

#### *Many Wells in Kwajalein*

Drinking water was collected and transported in big coconut shells plugged with pieces of wood wrapped in pandanus leaves. Collecting water was easy in Kwajalein Atoll for there were many good wells. One of the main "filling stations" was Ebadon Island, where a hole dug right on the beach would fill with drink-

able water.

#### *Marshallese Weapons*

Of course, an arsenal of weapons was also prepared. Marshallese war spears were carved from coconut and iron wood, varying from as long as a man's arm up to 12 feet. The long, very sharp tip was surrounded at its base by three or four backward-curving hooks. It might not kill an enemy to stab him with such a spear, but when the weapon was pulled out, against those hooks, that killed him.

Another type of spear, called rajraj, was flat with a row of shark teeth on each edge.

Quantities of coconut oil were very important for war. Most of the fighting was done on the water, leaping from one canoe to another. Marshallese warriors rubbed themselves with the oil to make it difficult for the enemy to get a fatal grip.

THIS STORY  
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