



Meaning swift and valued runner, the *Kukini* in ancient times took news from one Hawaiian leader to another.

HICKAM *Kukini*

Serving the Air Force Hawaii Community

HOT TOPIC

Team Hickam transitions to new Tricare program.

See Page 3

Vol. 11, No. 26

July 2, 2004

Hickam AFB, Hawaii

Encased in Honor

Gen. Bill Begert, Pacific Air Forces commander, stands at attention as members of the Air Force Drill Team perform around him during the Order of the Sword ceremony at the Tradewinds Enlisted Club Wednesday night. More than 300 attendees witnessed General Begert become the 17th recipient of the PACAF Order of the Sword. The honor comes on the heels of his retirement, after more than 36 years of noble leadership and commitment to Airmanship and the profession of arms.

Photo by Mysti Bicoy



Gen. Begert relinquishes command

By Capt. David Faggard
Pacific Air Forces Public Affairs

After a distinguished 36-year career in the Air Force and three years as the commander of Pacific Air Forces, Gen. Bill Begert retires here today.

Letting go will be difficult. Serving as commander of Pacific Air Forces has been "the greatest experience of my career," he says.

"I've absolutely loved every assignment I've ever had, but commanding PACAF was icing on the cake."

To reach his "greatest experience," the general traveled a long and interesting path. After graduating from the Air Force Academy in 1968, he became – among other things – an evaluator pilot, and later a student of French at the Defense Language Institute; a forward air controller with more than 300 combat missions over Vietnam; and the Air Force assistant vice chief of staff.

He's truly "been there, done that."

As he prepares for retirement, the general looks back at what he has accomplished here. His priorities for PACAF have been to maintain and improve readiness; to prepare the command for the future; and to enhance PACAF's quality of life. With his commitment to these goals, he leaves a proud legacy that will serve PACAF well into the future.

"Readiness is Job Number One, but it's fragile. It requires vigilance and focus," he says, maintaining readiness has never been more important than it is today with an ever-increasing operations tempo.

Ageing resources continue to be a concern. "We need to keep looking at the age of the force," the general says. Some of PACAF's airframes are among the oldest in the Air Force, but the command continues to address the concern by introducing new technology – including the C-17, due to arrive in 2005 – into PACAF's inventory.

Readiness means more than up-to-date equipment. "Being fit – physically as well as mentally – is critical

to the Aerospace Expeditionary Force concept," the general says.

To augment new Air Force fitness standards, the general instituted the computerized fitness-tracking program Fitlinxx at all PACAF bases to help Airmen monitor their progress. Mandatory enrollment in the program ensures that even reluctant Airmen will take part – for their own good and the Air Force's.

In addition to enhancing PACAF's readiness, the general has also made great strides in ensuring that PACAF is prepared to meet the future.

"My strategy has involved reaching out to our neighbors in the Pacific region," he says. "We have allies and friends whom we haven't engaged with in quite some time."

In addition to re-establishing ties with long-time allies, he also made overtures to other friendly nations. India in particular was one new focus, and the general was the driving force behind the establishment of the Cope India exercise in 2002 – the first between the U.S. Air Force and the Indian Air Force in more than 40 years.

Such exercises have been beneficial to both nations and will continue to be scheduled in future years. PACAF needs to build relationships with other nations in the Pacific region because, "the 21st Century will focus more on Asia than any other part of the world," he says.

"Trade between Asia and the U.S. has increased significantly. It's even higher than that between the U.S. and Europe. And, when you look at some of the potential flashpoints in the region, you have to watch and wonder what will happen in the Pacific."

A strong and ready U.S. military force will be the key to stability in the region, he says.

"I'm hopeful that all nations in the Pacific will work together toward peace. But we still need to remain ready and capable. The more ready we are, the more likely we are to have peace."

Maintaining a force that's fit to fight and ensuring

its importance to stability in the Pacific region wouldn't be possible without teamwork, however. The general is quick to express his appreciation for the vital contributions of PACAF's Airmen. People are the Air Force's greatest asset, he says, and their quality of life has also been one of his ongoing priorities.

"We need to maintain the high-caliber people we currently have in the Air Force. We need to ensure our facilities, housing, infrastructure and work centers are among the finest in the world, because that's what our Airmen deserve."

A duty tour at a PACAF base is better now than in the past, the general points out, because of new fitness centers, dormitories, and other facilities. Military housing at Hickam, for example, dating back more than 60 years, is in the process of being renovated or replaced. Such initiatives here and at bases PACAF-wide will also serve as an enduring tribute to the man who made them happen.

His legacy secure, General Begert still can't quite bring himself to think about retirement. After 36 years of service in the Air Force – 40, counting his years as an Academy cadet – what will he do with his time?

"I'm not even thinking about that right now," he says, laughing. "I'll be focused on the mission until July 2nd. Ask me on the 3rd." First on his agenda is spending at least two months relaxing at his lake house in Maine.

As he prepares to bid farewell to Hickam, PACAF, and a distinguished career of military service, he remains grateful.

"Every day in the Air Force has been a blessing. Leading troops gave me the ability to wake up every morning and be thankful. I've experienced so many great things in my career, but probably the best experience has been leading Airmen."

In parting, he shares a little advice: "You are what you are. Be yourself, all the time. And remember to have fun."

July 4 marks nation's freedom

By Gen. Bill Begert
Pacific Air Forces commander

Hotdogs and baseball, fireworks and sparklers, music and the American flag. What better traditions for celebrating America's birthday?

As we prepare to commemorate this special holiday with family and friends, we should also be mindful of the reasons why Americans feel joyful and proud on the 4th of July.

On this day 228 years ago, our democracy began with the signing of the Declaration of Independence

from England. Each year, we remember the birth of our republic with festivities and ceremonies. By celebrating the day that marks our nation's freedom, we celebrate our families, our great nation, our diversity, our spirit, our strength and ourselves.

In our country, many people take for granted the liberties we enjoy. As members of the greatest military in the world, we who choose to serve in the U.S. Air Force understand the importance of our commitment.

Even now, Airmen assigned to

Pacific Air Forces are stationed all over the world, in Iraq and Afghanistan and elsewhere – placing themselves in harm's way to fight terrorism, defend our freedom, and bring freedom to others.

On this 4th of July, many American families are separated from loved ones who have deployed. Their sons, daughters, fathers, and mothers perform often-dangerous duties on a daily basis – proud Airmen, Soldiers, Sailors, and Marines.

On this Independence Day, we honor the courage and resolve of all

who keep our nation strong. We also honor the sacrifices of those who have given their lives in service, past and present.

This July 4th, Jody and I begin to explore a different kind of independence: retirement. Being part of the Pacific Air Forces family has been such a privilege that saying goodbye will be difficult. But in uniform or out, we wholeheartedly join all Americans as we celebrate the blessings and benefits of freedom.

We have every reason to stand up and cheer. Happy birthday, America. Happy birthday to you!

Action Lines



Col. Ray Torres
15th Airlift Wing commander

Editors Note: *The purpose of the Action Line is in its name – it's your direct link to me so we can work as a team to make Hickam a better community. It also allows you to recognize individuals who go "above and beyond" in their duties – and we all know there are plenty of those folks here.*

All members of Team Hickam are welcome to use the Action Line, however, I urge you to give the normal chain of command the first crack at resolving problems or issues.

It's only fair to give our commanders and managers the first opportunity to work issues under their responsibility. If you have done this and are still not satisfied, give my commander's Action Line a call.

If you want me to get back to you, leave your name and number, state your issue, tell me who you have talked to and why you were not satisfied with their response.

I'll work your issue and respond verbally or in writing. The Action Line number is 449-2996.

Messages may also be sent by e-mail to 15aw.pal@hickam.af.mil.

'Generation Gaps' Vital to harmony of workplace

By Maj. Alessandra Stokstad
14th Mission Support Squadron commander

COLUMBUS AIR FORCE BASE, Miss. (AETCNS) - Our work environment today is more diverse than ever. In addition to incorporating military, civilians and contractors, we are now confronted with the task of forming an efficient team from members of distinctly different generations.

I recently came across an article discussing the differences in work habits across generations. The article divided our current workforce into four main groups: veterans born before 1946, Baby Boomers born between 1946 and 1964, Generation X born between 1965 and 1977, and Generation Y born between 1978 and 2000.

As a new commander, I see the differences and definitely have come to appreciate the unique contributions each group brings to the squadron.

Military leaders are challenged to incorporate everyone's specific talents into a cohesive and optimal work force. To do this, we need to understand the motivations, needs and interests of the various groups.

In the book "When Generations Collide: Who They Are. Why They Clash. How to Solve the Generational Puzzle at Work," Lynne Lancaster and David Stillman attempt to characterize these distinct generations and what each brings to the fight.

Veterans make up about 15 percent of the work force and are, as a group, more accustomed to a top-down approach to management, but still want to make a lasting contribution. In a phrase, they are devoted and put "duty before pleasure." This is an obvious direct translation

to service before self ... a trait we actively try to promote in the Air Force today.

The second group, the Baby Boomers, make up almost half of our current work force according to the U.S. Census Bureau. They can be team-oriented, but are highly competitive. Both of these traits immediately lend to the military way of life by working as a team to achieve excellence in all we do.

Making up about one-third of the work force are Generation X members. They are more flexible than the previous two groups and tend to be technologically advanced, yet still goal oriented. While they have a "more casual" attitude toward authority, their skills can still help the Air Force leverage 21st century advances and continue to evolve into the strongest military force the world has ever seen.

Our newest additions to the work force belong to Generation Y and their impact will continue to increase. The buzzword for this generation is multitasking. As a whole, they are comfortable with the latest technology and know how to use it in a culturally diverse workplace; plus, they relate well to older people. This group just may prove to be the glue bonding all of the others together in our workplace.

We now deal with a workforce ranging from 18-year-olds to those with 18 or more years of experience. It is essential we recognize they are all vital parts of our organizations.

Whether you supervise or simply work with someone significantly different in age, don't let the "generation gap" be a barrier to fostering a great working relationship.

Who knows? You may actually come to embrace your differences as the key to what makes your unit the best. Knowing and appreciating the differences is half the battle.

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Deadline for copy is 1 p.m. Friday for the following Friday's issue. Copy must be typed and double-spaced or e-mailed, in 12-point type and on a 60-character line.

Crisis Response Lines

Hickam Family Support Center
449-0300

Life Skills Support Center
449-0175

Law Enforcement Desk
449-6373

Base Chaplain
449-1754



Stealth Protection

Staff Sgt. Shawn Canionero, 15th Security Forces Squadron Reserve Augmentee Duty member from the Hawaii Air National Guard, maintains flightline security while members of the 9th Aircraft Maintenance Squadron, Holloman Air Force Base, N.M., refuel one of their F-117 Nighthawks. The F-117s are deploying throughout the Western Pacific as part of the Air Force's continuing force posture adjustment.

Photo by Jerry Banks

Base medical care in transition Hickam starts new Tricare program

Tricare needs for members of Team Hickam will now be handled by a new team of administrators.

Beneficiaries in Hawaii, California and Alaska transitioned into the new Tricare West region Thursday. They now receive health services and support through its new regional contractor, TriWest Healthcare Alliance Corporation.

This transition is part of Department of Defense's next generation of healthcare contracts in which three new regional contractors will provide improved customer service, easier access to care, and a reduced need for transferring Prime beneficiaries' enrollments when moving.

There will be no change in Tricare benefits or costs, according to Col. Scott Wardell, 15th Medical Group commander.

"Our goal throughout this change is to make it seamless and transparent to all beneficiaries," Colonel Wardell said. "We have diligently worked to build a culture of patient-centered care and that will continue to be our focus. The fact that nothing is required of the beneficiary during this transition makes it even more critical for us to manage this process well for the community we serve."

The military health system has a team that will monitor the transition to ensure it proceeds smoothly and that contractors meet required performance standards. Procedures are in place to ensure that claims sent to the former contractor by beneficiary providers, will automatically be forwarded to the new West region claims contractor.

While the national healthcare information line will not be available under the new regional Tricare contracts, beneficiaries are still offered several avenues of resources to meet their healthcare information needs. When you are looking for general information and want to educate yourself or learn more about health care issues, Tricare has these general infor-

mation options available 24 hours a day, every day of the week:

- Tricare Online at Web site www.tricareonline.com
- WebMD through the TriWest Web site at www.triwest.com
- Call TriWest at 1-888-TRIWEST (874-9378) to access the audio library

In the case of an emergency, first dial 911.

If it is not an emergency, you have a number of options available to access health care information and assistance:

Those enrolled in Tricare Prime, who need to speak to their primary care manager have two options.

While on base, call 448-6000 to schedule a same-day appointment, requesting a call back from your primary care team nurse. After duty hours, contact the on-call provider.

For healthcare assistance when you are outside the region, contact the Tricare office at 1-888-TRIWEST.

"The next generation of Tricare contracts consists of a suite of services that were competitively procured and awarded to provide beneficiaries with the highest quality of care, a higher level of customer service and added value in all aspects of the world-class Tricare benefit," Colonel Wardell said.

"The new contracts will make a strong program better, building on the best aspects of the current system and providing a system of incentives for improvements in quality care, access and claims payments for Hickam's Tricare beneficiaries."

For more information, contact Capt. Andrea Ryan, 15th MDG Business Operations and Beneficiary Support Flight commander, at 448-6352.

(Information courtesy of TriWest Publicity Office. Additional information courtesy of 15th Airlift Wing Public Affairs.)

Getting wired: changes are coming to Hawaii public school education

By Alice Patton

15th Airlift Wing school liaison

Smaller class sizes in kindergarten through second grade; full-time student activity coordinators in each high school; more math text books.

These are just a few of the incentives that will benefit state public schools thanks to a recently-passed Hawaii State Senate Bill.

They are changes that are long overdue, according to Sen. Norman Sakamoto, one of the chief architects of the bill.

"The single most important focus and the common denominator of every proposal in this bill is raising student achievement," Sakamoto said. "There has been much discussion and debate surrounding public education reform this session, all with the common refrain; change is not optional, it is a must."

According to the Hawaii Department of Education Superintendent's Update, the significant changes brought on by the bill are: conversion to a weighted student formula, in which funding is distributed to the schools based on specific needs of their students, with special needs students receiving greater funding than students without special needs; mandatory establishment of school community councils at each school, which will play a role in setting each school's academic and budget priorities; and a provision to have no less than 70 percent of all education operating funds expended at the school level.

Another highlight of the bill is a state commitment funding information technology. Schools that are not IT friendly will get 'wired' over the next few years and they will also begin to receive computer labs for those without them, upgrades to those schools with computer labs already in place.

The bill calls for adoption of a uniform school calendar beginning with the 2006-2007 school year. Other features of the bill include:

- Principal accountability and responsibility
- Establishing a National Board Certification Incentive Program for teachers
- Enhancing teacher education
- Reducing bureaucracy hampering Department of Education's effectiveness
- Defining and assigning accountability

For copies of the bill, go to Web site www.capitol.hawaii.gov; click on "Bill Status & Docs" and then SB3238. For questions about base involvement, contact the 15th Airlift Wing school liaison at 448-5236.

Fireworks on the Fourth of July

Fun, danger all rolled into one bang

By Staff Sgt. Celena Wilson
15th Airlift Wing Public Affairs

Fireworks make bright, colorful displays over Oahu during the Independence Day holiday, but the fireworks lighting the skies directly over Hickam Harbor Sunday at 8:30 p.m. are set off by professionals.

Because here on base – only the professionals are allowed. It all boils down to safety.

According to the U.S. Consumer Product and Safety Commission, more than 8,000 people are treated annually with fireworks-associated injuries.

Air Force officials want to make sure their people do not become part of those statistics.

According to base policy, members and their families are prohibited from possessing fireworks on base. Base firework shows are contracted to professional pyrotechnic teams.

This restriction came a few years ago after unsupervised children caused a fire in the front lanai of an on-base housing unit, according to

Jim Hammonds, 15th Airlift Wing Ground Safety chief.

Sparklers the children were playing with lit a cardboard box on fire. The fire spread through the unit and the connected unit in the fourplex, Mr. Hammonds said. The damage caused by the fire and water required total demolition of the fourplex.

Patrols from the 15th Security Forces Squadron will be watching out for firework violations.

“If any patrols discover violators, they will approach them and ask them to identify themselves or their spon-

sor,” said Chief Master Sgt. James Cornman, 15th SFS superintendent. “The patrol will then complete a field interview card and forward the name or names of the individuals to their unit commander and they will impose the pun-

ishment. The first contact is a warning and if the patrols respond again, a more serious punishment will follow since they (the violators) have already been warned once.”

For people who would like to set off fireworks off base, a permit is required by Hawaii state law for anyone to purchase non-aerial common fireworks, also known as firecrackers.

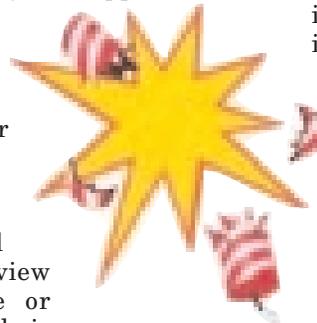
Safety officials encourage observation of fireworks launch areas.

“If you go off base to set off fireworks, look at the surrounding area you are in,” Mr. Hammonds said. “Dry brush and sparks don’t mix. Not properly assessing your area could create a fire hazard.”

“Most problems that come with fireworks involve inattention, drunkenness and fixing duds,” Mr. Hammonds said. “Some people will get a dud, maybe with a short fuse, and think they can fix it. This is definitely not a good idea. If it doesn’t work, dispose of it properly.”

According to Hickam Fire Department’s Fire Prevention officials, proper disposal of used and inoperable fireworks is simple – soak them in water.

“Once they have soaked in water for a few minutes, they can be thrown away,”



NCO Academy graduates 39

By Master Sgt. Tammy Whitney-Rush
Professional Military Education Center

The Hickam Professional Military Education Center graduated 39 Team Hickam Noncommissioned Officers from NCO Academy Class 04-2 Thursday.

More than 240 guests attended a graduation banquet highlighted by guest speaker Chief Master Sgt. Michael Kerver, Transportation Command and Air Mobility Command command chief master sergeant.

Tech. Sgt. James Simmons, Defense Information System Agency, garnered top honors as the John L. Levitow Award recipient. Tech. Sgt. John Muniz Jr., 62nd Field Investigations Squadron earned the Academic Achievement and Distinguished Graduate Awards.

Tech. Sgt. Bryan Tuman, 18th Mission Support Group, Kadena Air Base, Japan, was the recipient of the Commandant's and Distinguished Graduate Awards.

Tech. Sgt. Jon Hinkle, 56th Information Warfare Flight, was

also a distinguished graduate.

Other technical sergeants of the graduating class were: 15th Aeromedical Dental Squadron – Benjamin Winslow III; 15th Airlift Wing – Brenden Davis, Andrew Leonhard and Anthony Zachas; 15th Civil Engineer Squadron – Edward Marsch, Robert Padar and Abe Williams III; 15th Communications Squadron – Thomas Jones and Pedro Oroyan; 15th Comptroller Squadron – Alean Buchanan and Charles Siroin Jr.; 15th Services Squadron – Ronald Syska; 17th Operational Weather Squadron – Adam Christian; 65th Airlift Squadron – Richard Bennett; 324th Intelligence Squadron – John Wright; 352d Information Operations Squadron – Paul Pruitt; 502d Air Operations Squadron – Kevin Hart; 735th Air Mobility Squadron – Joseph Cable, Michael Jones, Brent Sarver and Margaret Stetson; Detachment 175, Air Force Reserve Officer Training Corps – Kent Keiser; Detachment 419 Air Force Technical Application Center – Marc Hauser; Hawaii Air National

Guard – LeeAnn Uehara; Joint POW/MIA Accounting Command – Darrel Nunez; Pacific Air Forces Personnel directorate – Paulette Gamble, Christine Johnson, Darren Jones and Timothy Ryan; Defense Information System Agency – William Stanforth; PACAF Air Intelligence Squadron – Jeffrey Toppa; PACAF Computer Systems Squadron – Deanna Snider and Anthony Willard; PACAF Regional Supply Squadron – Kevin Liggons and Jason Short.

Upon graduation from the NCO Academy, each student receives 11 college credits from the Community College of the Air Force.

Graduation from the NCO Academy completes the second of three levels of Air Force professional military education. Additionally, class members volunteered their off-duty time helping out the local community by cleaning the shoreline behind Fort Kamehameha housing, moving band and office equipment into storage at Aliamanu Middle School for a renovation project, and cleaning Heiau Religious Temples.

Countdown to the UCI

Editor's note: *The 15th Airlift Wing Unit Compliance Inspection is scheduled to start August 9. The following is the fourth in an eight-part series of tips and notes from the 15th AW Inspector General's Office.*

Hot Tip No. 4 – Safety, safety, safety. Remember safety always comes first. Ensure there is a safe working environment and that you practice safety every day, everywhere.

Short Note No. 4 – Know your core values: Integrity First, Service Before Self, Excellence in All We Do.

For more UCI information, contact the 15th AW IG office at 448-4444.

Correction

The June 25 *Kukini* contained the Hickam housing resident's tap water report appendix from 2003.

The 2004 appendix is available for viewing on the Commander's Access Channel.



TEAM HICKAM

News Notes

Commissary and Mini-Com Closure – Hickam Commissary and Mini-Com will be closed Sunday in observance of Independence Day. The Hickam Commissary will be open regular hours Monday and the Mini-Com will be closed. For more information contact Monette Glenn, Hickam Commissary, at 449-1363, ext. 302

PACAF RSS Change of Command – Lt. Col. Arnold Holcomb assumes command of the Pacific Air Forces Regional Supply

Squadron from Col. George Borowsky during a change of command ceremony 10 a.m. July 13 at the Hickam Channel Memorial Display. A reception will follow at Hickam Officers' Club Polynesian Gazebo. Colonel Holcomb comes from the Pentagon where he was on the Joint Staff, Directorate of Logistics as the Joint Logistics Information Fusion Officer. Colonel Borowsky is going to be the Chief, Logistics Readiness Division, PACAF.

Repatriation Ceremony – A POW/MIA Repatriation Ceremony is scheduled for 9 a.m. July 13 on the flightline side of building 2050, Base Operations. A practice ceremony is scheduled for 1 p.m. July 12 at the same location. For more information call 1st Lt. Kim Drews at 449-0011.

Air War College Seminar – The Air War College Nonresident Programs is enrolling eligible officers and federal employees for the new 2004-2005 seminar method. All personnel interested should apply online, indicating preference for group learning, at www.au.af.mil/au/awc/awc-ns.htm. Seminar classes usually meet each week, starting

in early August and run through mid-June. This program is open to active duty, National Guard and Reserve O-5 selects or above, of any component of the U.S. Armed Forces and DoD civilian employees GS-13 and above. Enroll online no later than July 18 to receive your books in time. For questions or more information, contact the Base Training and Education Services at 449-6363.

OU – The University of Oklahoma offers a Master of Arts in Managerial Economics and Public Administration. The non-thesis programs can be completed in about 18 months. The one-week classes are very TDY/TAD friendly. Contact OU at 449-6364 or visit the Web site at www.gou.ou.edu.

Hawaii Top 3 meeting – HT3 monthly meeting is scheduled for Wednesday, 3 p.m. at the Tradewinds Enlisted Club. For more information, contact Master Sgt. Glenn Taijeron, HT3 vice president, at 448-BLUE, or Master Sgt. Rhonda Elliott, HT3 publicity vice president, at 448-4605.

Fall CDC registration – Fall registration for the Harbor Child

Development Center Preschool will be Aug. 16 through 18. Registration hours will be 8:30 to 11:30 a.m. and 12:30 to 3:30 p.m. at the Harbor CDC. Applicants should bring a current leave and earnings statement and shot record. For more information call 449-9234.

Volunteering in the community – For people who are interested in getting involved and lending a hand, there are many resources to consider from the American Red Cross and the United Way to homeless shelters and Human Services and even the Cat Rescue S.A.F.E. House on Hickam. A Web site connecting potential volunteers with numerous agencies in need of volunteers in Hawaii: www.volunteerhawaii.org.

NCOIC of Honor Guard wanted – The 15th Services Squadron is looking to fill the Honor Guard non-commissioned officer position. Those interested should call Master Sgt. Craig Howell, 15th SVS first sergeant, at 449-1030, ext. 233.

15 MDG closure – 15th Medical Group will be closed July 9 for a family day. In the event of an emergency call 911.



Be safe this holiday weekend!



Around the Air Force

Checking it out

YOKOTA AIR BASE, Japan - Senior Airman Brandon Benson uses a flashlight to look for cracks in a C-130 Hercules barrel assembly during a routine inspection. Airman Benson and other Airmen of the T56 Engine Regional Repair Center repair all C-130 cargo aircraft engines within Pacific Air Forces. He is a turbo prop mechanic from the 374th Maintenance Squadron.

Photo by Master Sgt. Val Gempis



U.S. AIR FORCE

U.S. occupation officially ends - WASHINGTON (AFP) - Sovereignty in Iraq passed from the Coalition Provisional Authority to the interim Iraqi government June 28, two days ahead of schedule.

In a 10-minute ceremony inside the heavily fortified "Green Zone" where coalition headquarters is located in Baghdad, CPA administrator L. Paul Bremer III read a letter he had signed which dissolved the authority.

Mr. Bremer boarded a helicopter shortly after the ceremony and later left the country aboard an Air Force C-130 Hercules.

Iraqi prime minister Iyad Allawi, who reportedly sought the early transfer, expressed confidence in his government's ability to stabilize the violence-ravaged country.

A poll cited in a Defense Department document called "Five Steps to Sovereignty" said 68 percent of Iraqis have confidence in the interim Iraqi government, and 79 percent think the interim government will make things better for Iraq. The new government has an 80-percent approval rating among Iraqis, 73 percent of whom approve of Mr. Allawi, and 84 percent of whom approve of President Yawar.

The document said the interim government will operate under the rules defined in Iraq's Transitional Administrative Law, which it called "the most liberal basic governance document in the Arab world."

At a farewell meeting June 27 with the city, regional and provincial councils in Baghdad, Mr. Bremer expressed confidence in the new government's ability to take over Iraq's affairs.

Mr. Bremer expressed optimism to the council members for Iraq's future.

He assured the Iraqi leaders that they will not have to go it alone.

The United States will spend almost \$19 billion in Iraq throughout the next 15 to 18 months, Mr. Bremer said, much of it on rebuilding of old infrastructure like electricity, water and sewage systems. (Story by John D. Banusiewicz, American Forces Press Service)

Commander leads troops through transition - BAGHDAD, Iraq (AFP) - Leading more than 160,000 troops through a transition of authority from coalition forces to the interim Iraqi government is more of an art than a science says the commanding general for Multinational Corps-Iraq.

Army Lt. Gen. Thomas F. Metz said that art comes in the delicate balance of reassigning resources for changing priorities, providing security and working with the Iraqis to rebuild their infrastructure.

While the coalition has been instrumental in restoring electricity, building sewage treatment facilities, reopening schools and numerous other civic projects, General Metz said its No. 1 concern is the security of Iraq.

One aspect of a safe and secure Iraq will be if the national elections scheduled for December can be done without violence. The general said having armed guards at every polling place is not the goal. There needs to be security, but it should not resemble a battle zone.

General Metz said that he appreciates the hard work and dedication of the coalition forces.

"I'm proud of your professionalism and your discipline," he said. "We put you in complex situations, and your work has strategic importance." (Story by Master Sgt. Karen Petitt, Multinational Corps-Iraq Public Affairs)

Airman loses 100 pounds - MALMSTROM AIR FORCE BASE, Mont. (AFP) - It took a missile maintainer here nine months to fix one of the Air Force's most important weapon systems, and he did it out of uniform, without technical orders and after duty hours.

Senior Airman Norman Barore, assigned to the 341st Missile Maintenance Squadron here, lost 100 pounds in nine months, dropping from a super-sized 276 pounds in August 2003 to 176 pounds in May. He did it without surgery, supplements or the latest fad diet. He did it the old fashioned way by simply eating less and exercising more.

Sensible Weigh was part of the Air Force's weight management program at the time. A pro-

gram that combines health risk and fitness has since replaced it, said Maj. Theresa L. Gilbert, a registered dietitian at the center here.

The new Body Composition Improvement Program contains the same principles as Sensible Weigh, but is shorter and more interactive, she said.

Airman Barore attended Sensible Weigh classes every Friday for four weeks. Half of the class is devoted to fitness, half to nutrition. He said he was not very familiar with either topic.

A person can determine their target heart rate by subtracting their age from 220 to get their maximum heart rate. Their target heart rate is 50 percent to 80 percent of their maximum heart rate.

Mr. Clark added that it is important to pick the right exercise to hit your target heart rate while maintaining a level of comfort and interest.

Staying interested in a fitness program was a challenge for Airman Barore.

Airman Barore said he was always big. He played football and wrestled, but never bothered with a fitness program. That changed in August 2003 when he started a fitness regime that included a cardio-vascular workout on an elliptical trainer, weight training and a 2,000-calorie-a-day diet.

Diets often require a person to make major changes in the way they eat. That works over a short period of time, but eventually becomes boring, Major Gilbert said.

A slow, steady weight loss is the most effective way to lose the pounds and keep them off.

They should also set specific and measurable goals each week, objectives like eating fruit as a snack or drinking water instead of soda, she said.

Airman Barore still keeps a diary, and established a series of goals he could reach quickly to stay motivated and on track.

The Air Force's weight management program gave Airman Barore three months to reach his maximum weight. He did it in less than that.

He is still in his kill zone. He has weighed 176 pounds since March.

When he ran his 1.5-mile fitness test in February, he finished third in his duty section, turning in a time of 12 minutes and 36 seconds. Three months later, he lowered his time 33 seconds.

Friends and family have noticed the change too. "My wife tells me 'you look really good' and guys at work say I look a lot better. People ask me what my final goal is, but I haven't really reached the end," he said. "I've changed my life style and turned my life around. I'm not going back."

Movies

Today and Saturday

"Troy" – Set in ancient Greece, Paris the Prince of Troy, begins an affair with Helen, the Queen of Sparta. King Menelaus takes insult, both to him and his brother, Agamemnon, King of the Myceneans. Agamemnon unites the populations of Greece to bring Helen back from Troy.

Starring Brad Pitt and Eric Bana. Rated R (for violence, language and sexuality).

Sunday

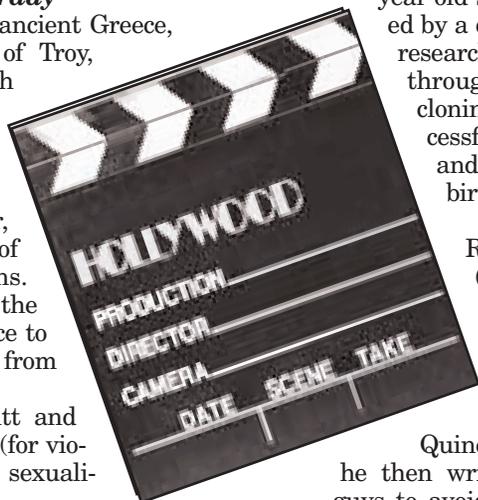
Closed – Happy Fourth of July

Monday and Tuesday

Closed

Wednesday

"Godsend" – Following the death of their 8-



year-old son, Jessie and Paul are befriended by a doctor on the forefront of stem-cell research about bringing him back to life through an experimental and illegal cloning process. The experiment is successful and Adam grows into a healthy and happy young boy...until his 8th birthday.

Starring Greg Kinnear and Rebecca Romijn-Stamos. PG-13 (rated violence including frightening images, some sexuality and some thematic material).

Thursday

"Breaking All the Rules"

Quincy gets dumped by his fiancée, but he then writes a best-selling book advising guys to avoid heartache by breaking up with their girlfriends before they can get hurt. Quincy's cousin enlists him to break up with his girlfriend for him, but while doing so, Quincy falls for her.

Starring Jamie Fox and Gabrielle Union. Rated PG-13 (for sexual material/humor and language).

Chapel

Protestant

Nelles Chapel

Sunday contemporary service – 8:30 a.m.

Sunday Gospel Worship – 11:15 a.m.

Chapel Center

Sunday traditional – 8:30 a.m.

Catholic

Nelles Chapel

Saturday confessions – 4:15 p.m.

Saturday Mass – 5 p.m.

Chapel Center

Sunday Mass – 10 a.m.

"Praise Gathering"

What: Contemporary Worship Service

Time: Sunday at 5:30 p.m.

Where: Nelles Chapel

Regarding instrumental/vocal interest in the Praise Gathering Worship Team, contact Lt. Col. Michael Rits at 230-1624.

Jewish

Aloha Jewish Chapel, Pearl Harbor Aloha Chapel, 471-3971.

Orthodox

For more information, call 438-6687.

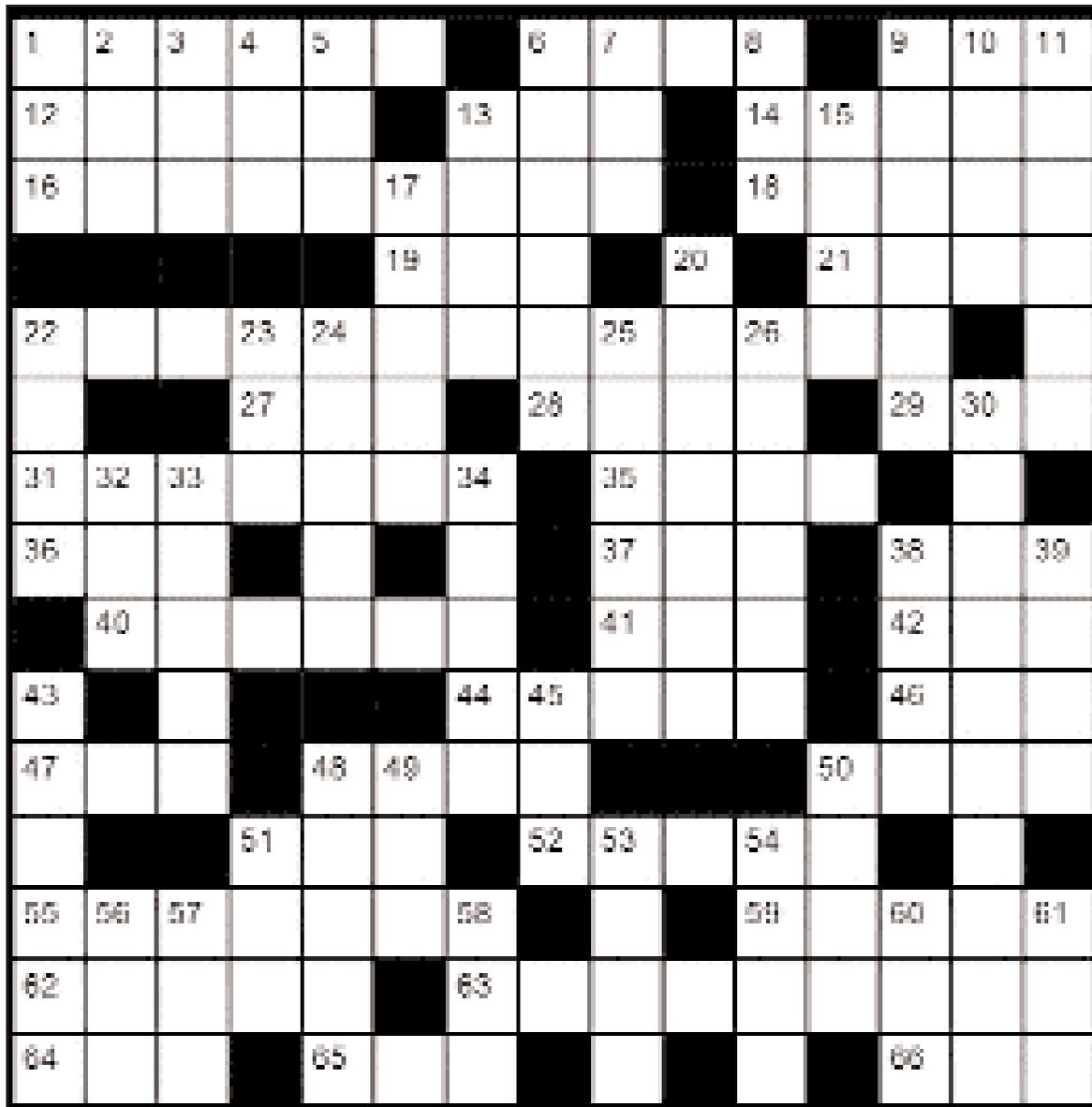
Islamic

Friday congregational service - 1 p.m.

Muslim Association of Hawaii
947-6263

Editor's note: For more information on Base Chapel services or for prayer requests call the Chapel Center at 449-1754 or Nelles Chapel at 449-6562.

Crossword puzzle: American Independence



ACROSS

1. American Revolution hero, 5th president
6. Assist, as in criminals
9. Pie ___ mode
12. Actress Dunn of My Favorite Wife
13. Arid
14. Tall-growing, annual vegetables
16. Faintheartedness
18. Treaty of ___ ended American Revolution
19. Dine
21. Point Break actress Petty
22. Group organized against British rule
27. Summer drink
28. Navy ship attacked in Yemen: USS
29. Possess

31. Site of "shot heard 'round the world"
35. Rescue
36. "Path of virtuous conduct" to Confucians
37. Italian three
38. Handles special security needs (acronym)
40. Cause
41. Possessive form of we
42. Unit of resistance
44. Common ___; essay by Thomas Paine
46. 52 in old Rome
47. Greek goddess of the dawn
48. Away from the wind, nautically speaking
50. Bluster
51. Football scores
52. Relaxed
55. Goes back over

59. Italian food mainstay
62. Shine
63. Lead writer of the Declaration
64. Santa helper
65. Body of water
66. Tolkien character

DOWN

1. What Eisenhower warned against (abbrev.)
2. Rio de ____, region in SW Sahara
3. Unused
4. Basic cell material, briefly
5. Army equivalent of officer performance report
6. Region of the North Pole
7. Farewell
8. Uppermost
9. Philippine President Gloria Macapagal-
10. Den
11. With funds, to apportion
13. Knob
15. German cold?
17. Delay
20. European country near Russia, Poland
22. Cult
23. Vesicle
24. Scents
25. Site of Bunker Hill battlefield
26. Midnight rider who warned of British invasion
30. Revolutionary general in charge of all forces
32. Paddle
33. Christmas songs
34. Thick
38. Cola
39. Forget
43. King ___ III during American Revolution
45. Snakelike fish
48. His agitations spurred 51 DOWN
49. Hallucinogenic drug
50. Type of admiral
51. British import dumped into sea
53. Galoots
54. Raced
56. Former measure of about 45 inches
57. Ump
58. Air Force legal advisor, briefly
60. Compass direction
61. Picnic crasher

See page 19 for SOLUTIONS



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With
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Make an Informed Decision
with the Facts Online at:

www2.hickam.af.mil/staywithus

Got story ideas?

Contact the *Hickam Kukini* staff
by calling 449-6662 or e-mail at
hickam.kukini@hickam.af.mil.

Team Hickam History *The Air Force's most historic airfield*

This week in 15th Airlift Wing and Hickam Air Force Base History:

July 5, 1970 – The first C-5A aircraft arrived at Hickam.

July 5 and 6, 2002 – Typhoon Chata'an hits Guam. 15th Civil Engineer Squadron sends 20 members in support of typhoon relief.

July 8, 1963 – President John F. Kennedy visited Hawaii. Fourteen airmen from Hickam's 6486th Air Police Squadron were detailed to assist with security and traffic control.

July 10, 1950 – Hickam's Personal Affairs

office held a briefing at Theater 1 to discuss plans for updating all personal affairs files in view of the Korean emergency.

July 11, 1975 – Hickam's outdoor theater was demolished because it had deteriorated beyond economical repair. Located near the Hickam Officers Club, the building was constructed in 1942 at a cost of \$18,920 and had a six-foot-high corrugated aluminum fence, a 1334-square-foot stage and 466-square-foot two-story projection booth.

For additional information, visit the base historian Web site at: www2.hickam.af.mil/ho

Reunion Tips

From your Family Readiness Program Staff

Editor's Note: *Reunion is a time of adjustment after separation. The following tips are suggestions to help people prepare for a loved ones homecoming and their greatly anticipated reunion.*



This week's tip:

Spend together time

Suggest a picnic or special family meal to help returning spouse get back into family rhythm.



HIANG does it again

Combined 15th Communications and Services Squadron batter Joyce Johns laces a double into right field, bringing around two runners and putting CS/SVS up 3-1 over Hawaii Air National Guard after one inning. HIANG battled back, eventually taking the lead 6-5 in the fifth inning before battling around in the sixth, scoring nine runs to win the women's intramural softball championship 15-7. It was the second consecutive base championship for HIANG.

Photo by Jerry Banks

American Independence

This week's crossword answers

M	O	N	R	O	E		A	B	E	T		A	L	A
I	R	E	N	E		D	R	Y		O	K	R	A	S
C	O	W	A	R	D	I	C	E		P	A	R	I	S
					E	A	T		B		L	O	R	I
S	O	N	S	O	F	L	I	B	E	R	T	Y		G
E			A	D	E		C	O	L	E		O	W	N
C	O	N	C	O	R	D		S	A	V	E		A	
T	A	O		R		E		T	R	E		S	S	O
	R	E	A	S	O	N		O	U	R		O	H	M
G		L				S	E	N	S	E		D	I	I
E	O	S		A	L	E	E				R	A	N	T
O			T	D	S		L	O	O	S	E		G	
R	E	R	E	A	D	S		A		P	A	S	T	A
G	L	E	A	M		J	E	F	F	E	R	S	O	N
E	L	F		S	E	A		S		D		E	N	T

BLUE HAWAII

Air Force makes big waves at Military Surfing Invitational

Photos by Mark Bates



Top: Air Force's Makani McDonald shreds his way to a second-place finish in the 'Best of Armed Forces' short board category at the Military Surfing Invitational.

Below: Buster Kellum rides to a second place in the 'retiree' short board category.



Top: From right Ollney Ho'opai, Buster Kellum, invitational coordinator Shorty Simonson and Makani McDonald do a board check. Simonson competed in the inaugural Hawaii Armed Forces Championship in 1968, the year McDonald was born.

Bottom: Ho'opai walks to the front of the board, a move that helped propel him to a first place finish in the 'retiree' short board category.



By Tech. Sgt. Mark Munsey
Kukini Editor

The great thing about sports is the exact dimensions of their respective arenas of competition. A 100-yard, high school football field in San Diego is no different than the one at Cowboy Stadium in Dallas. From Argentina to Zimbabwe, the hoop on a basketball court will always be 10 feet from the ground.

Then there is surfing, where the only constant is change. Mother Nature controls the playing field, rewarding and frustrating wave-seeking competitors at her random discretion. Add to the mix the 'every-surfer-for-themselves' mentality, where up to six boarders at a time try to capture the best swell if and when it appears.

That was the backdrop Saturday and Sunday at Oahu's Kewalo Basin, where, under picture-perfect tropical skies, more than 70 surfers from all five branches of the armed services competed for bragging rights in the third annual Military Surfing Invitational.

Active duty and retirees; Guard and Reservists. Junior Reserve Officer Training Corps and dependents. Men and women, long board and short. All were on hand and in water trying to show their stuff in two dozen surfing categories.

The Air Force team took second place in the overall 'Best of Branch' competition, with several team competitors winning or placing in individual events.

Dee Marquez took second in both the women's short and long board competitions.

Ollney Ho'opai and Buster Kellum dominated the retiree division, taking first and second place respectively in the short board competition and second and third place respectively in

the long board division.

In addition, Kellum garnered second place in the Department of Defense long board competition.

While this may be the latest round of dual surfing recognition for the pair, it's far from the first. Along with invitational coordinator Shorty Simonson, the three began in island surfing competitions more than 35 years ago, according to Kellum.

"Shorty was the Armed Forces Surf Club president in 1968 and competed in the inaugural Hawaii Armed Forces Championship that year," Kellum said. "Shorty was the contest director when I became the first Air Force surfer to win the competition in 1970, and Ollney and I took turns winning the surfing competition through 1974.

"It's great to come back year after year and see the same old faces, though some of our faces are older than others," he said with a twinkle in his eye.

Among the younger faces was Air Force's Makani McDonald, who shares a birth year with the inaugural competition.

McDonald had a great day on the waves himself Sunday, winning the 'Best of Armed Forces' long board and two second place finishes, in the 'Best of Armed Forces' and 'World' short board competitions.

This year's 'Best of Branch' winner was Navy, with the Army coming in third, followed by the Coast Guard and Marines.

The key to the competition's success is strong word of mouth, according to Rich Gill, invitational organizer.

"Each year, the event gets bigger and bigger, with competitors contacting us and coming from all over the world," Gill said. "I can't wait to see how many surfers fill the roster next year."