



News Notes

Notice to motorists – The Atterbury Circle and O’Malley Boulevard intersection is undergoing construction to widen the road. Detour signs will be posted and motorists are advised to use caution while driving in the area. Construction is scheduled to end Sept. 22 depending upon weather conditions. Work hours are 7 a.m. to 4 p.m., however the detours will be in place 24 hours a day.

HCH closed Aug. 31 – Hickam Community Housing is closed Aug. 31 for internal staff training. Appointments for either a pre or final inspection that day are still happening. For emergency work requests, call 423-1650.

PWRR Submission – To prepare for the end of the fiscal year, all communication project workflow requirements and resource manager requirements are due Aug. 31. For more information, call 449-7969.

Food distribution – Commodity foods will be made available by the USDA to supplement the diets of income-eligible individuals. Distribution is Aug. 23 from 11 a.m. to 1 p.m. at the Airmen and Family Readiness Center lanai. Food supply is limited and will be distributed on a first-come, first-served basis. A copy of the individual’s leave and earnings statement and ID card. For more information, call 449-0300.

Thrift Shop – The Hickam Thrift Shop is located in Building 1711 on Kuntz Avenue. The hours of operation are Mondays, Wednesdays and Fridays from 9 a.m. to 1 p.m. **See NOTES, A5**

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Team Hickam proves ready

By Senior Airman Erin Smith
Kukini Editor

Members of Team Hickam participated in a shuttle emergency landing exercise on the ramp behind the C-17 building, Friday.

DoD Manned Space Flight facilitated the training and came up with a scenario for the biennial training, designed to sharpen skills and ensure Team Hickam is ready to handle a shuttle emergency landing if it did happen here.

“I thought it went well and the guys at DDMS were really impressed. They thought we were definitely to handle a shuttle if it ever did come here,” said Capt. Adam Walsh, Airfield support coordination officer for the training

During the exercise, which simulated an emergency landing of a shuttle orbiter, members of the Honolulu International Tower communicated with the NASA control center in Houston, Texas to clear airspace for the shuttle. Once the orbiter was on the ground, members from the 15th Security Forces Squadron formed a perimeter around the shuttle while Airmen from the fire department and 15th Medical Group and Bioenvi-

ronmental jumped into action and worked together to analyze the chemicals, ensure the area was free of contamination, remove the astronaut from the orbiter and perform emergency medical care.

Staff Sgts. Jose Lucio and Heather McBay, Aerospace Medical Technicians with the Flight Medicine clinic here assisted Dr. Maj. John Oh, a flight surgeon here. They waited within the cordon set by the on-scene fire commander and waited for the astronaut to be decontaminated and brought to them. When they received the patient, they began to remove the flight suit and perform initial triage on the victim.

“The most rewarding part of the exercise is knowing that we’re prepared in case the shuttle actually has to do an emergency landing here,” said Sergeant McBay. “We have a great team and work so well together that in any emergency situation we all just mesh and get the job done.”

Though the exercise provided some of the training also needed in case of a standard in flight emergency, the fact that it was an orbiter added another



Photo by Mike Dey

Members of Hickam's firefighting team extract Staff Sgt. Linda Grumwald who is playing an injured astronaut during a Space Shuttle landing exercise held here Aug. 11.

See SHUTTLE, A5

Voting program here to help

By Kirsten Tacker
Kukini Photojournalist

More than likely the majority of Hickam’s population will vote by absentee ballots this November, not just the military members, but their families too and this is why the Voting Assistance Program exists.

The VAP achieved the DoD’s goal of 100 percent military contact for the 2004 presidential elections and would like to meet the goal again for this November’s general elections.

In Hawaii, the VAP falls under the continental United States and follows CONUS rules, it is not considered overseas.

“The VAP is a program that was mandated by the president, to make sure that overseas voters and those

who request absentee ballots have the opportunity to vote during the election,” said Agnes Borbely, installation voting assistance officer. “Voting is really important, but we can’t make everybody go out and vote.”

VAP’s job is to make sure that everybody has the opportunity to fill out their voter registration cards and send it into their local election office to receive their absentee ballot packets.

“That is the big thing, if the local election office has their current address, then they should be receiving their absentee ballot packet,” said Ms. Borbely. “If they don’t, they have to contact their unit voting assistance representative and there is one in every unit.”

Individuals can also go to <http://www.fvap.gov/>, the Federal VAP website. This site includes information for each state and toll free numbers.

“What I normally recommend, especially for the military member, is to contact their unit voting representative first, because they should be able to answer questions,” said Ms. Borbely. “If they can’t, those representatives come to me and I will try to answer for them.”

Also, if a voter changes residences this can be updated utilizing the VAP. There is a form voters need to fill out. It is called the Federal Post Card Application SF-76 and voters can get the application through their

See VOTE, A3

For many, TRICARE is secondary health care plan; know how OHI program works

By Mark Jecker
TriWest Healthcare Alliance

Many of those in the military are covered by health care plans other than the military’s TRICARE program because their husbands or wives have coverage through civilian employers – but that doesn’t mean both plans will pay all the bills.

TRICARE pays second to this “Other Health Insurance” in most cases, except for Medicaid, TRICARE supplements, the Indian Health Service, or other programs/plans identified by the TRICARE Management Activity.

Take a look at the nuances. Medical bills for all health care services provided outside of a mili-

tary treatment facility must be submitted to the OHI company first, before TRICARE benefits can be applied. A beneficiary who is not sure if his or her OHI is primary to TRICARE should call 1-888-TRICARE (1-888-874-9378).

TRICARE beneficiaries with OHI must complete a TRICARE Other Health Insurance Form and submit it to TriWest. A beneficiary who cancels OHI must also submit the same OHI form to inform TriWest of the cancellation. Forms are available at www.triwest.com (“Find a Form”) or by calling 1-888-TRICARE (1-888-874-9378).

Beneficiaries must follow the OHI company’s rules, including referral and authorization requirements, when receiving services

outside of the MTF. Failure to do so could result in their TRICARE coverage being restricted or denied.

Once OHI has covered its portion of the claim, the beneficiary or provider may submit a TRICARE claim, which TriWest will review. If the OHI company’s rules are followed, the beneficiary does not need a TRICARE preauthorization, except for adjunctive dental care, organ transplants or behavioral health care services.

If the OHI doesn’t pay the entire bill or doesn’t pay at all, the beneficiary should send the bill and a copy of the OHI’s explanation of benefits to West Region Claims, P.O. Box 77028, Madison, WI 53707-7028.

See HEALTHCARE, A5

DeCA awards Team Hickam employee

By Senior Airman Erin Smith
Kukini Editor

Despite having 90 percent hearing loss, Derek Lee, management support clerk for the Hickam Commissary was selected as Defense Commissary Agency’s Employee of the Year and is also a nominee for the Department of Defense Disabled Employee of the Year.

Mr. Lee will receive the award, at the DeCA award ceremony, Aug. 31 in Fort Lee, Va.

“I was very surprised to receive this award, said Mr. Lee. “I really didn’t expect this. I am grateful to Mr. Doyle and to the Department of defense for giving me the opportunity to work here.”

Each day, Mr. Lee shows up and helps keep business at the commissary rolling smoothly. His responsibilities include reconciling the daily sales settlement reports, issuing call numbers to vendors and ensuring many of the Commissary’s finances are taken care of. He also assists with reconciling daily invoices and, on a biweekly basis, provides each vendor with a total of that period’s statement. Mr. Lee is also responsible for tracking and reporting the sales of four contracted deli, bakery and seafood departments.

Mr. Lee is awarded this award as a result of overcoming incredible odds since child-

See AWARD, A5

Airmen these days

Professional growth isn't an accident

By Master Sgt. Cheryl Toner
51st Fighter Wing
Public Affairs

It's always funny to me when people say, "Airmen these days! They just aren't like the Airmen were when I came in the military."

This, of course, is always said with disdain. Ironically, when crusty old master sergeants say that, well, they're right.

When I came in the Air Force in the mid-80s, there were still people on active duty who were drafted. And the old, "Yeah, the judge said the military or jail," was also not uncommon. So, yes, the Airmen in today's Air Force are different ... and that's not a bad thing.

What's different is our philosophy on training and

education. That's a good thing. Back then, "feedback" wasn't formalized upgrade training ... it was something your supervisor did to you, not for you. Feedback wasn't a process, it was punishment.

For example, I remember at my first assignment our office spent a few months working half-days on Saturdays. From a two-striper's perspective - and one who never had a "sit down" with her supervisor on expectations - well, that was just punishment. We Airmen had no idea why we were working on Saturdays. We were just told, "Improve your areas." So, I broke out the all purpose cleaner and started cleaning my desk.

Another "feedback" session at the same assignment was after an aircraft

“ So, yes, the Airmen in today's Air Force are different ... and that's not a bad thing. ”

accident. One of our bases' B-52s crashed shortly after take-off. Thankfully, everyone survived the accident ... well, everyone on the aircraft. Meanwhile, back at the office, the captain went AWOL and the technical sergeant couldn't be found ... for days. That left a second lieutenant and five Airmen to deal with the news media.

Our "feedback?" We were called into the wing

commander's office and, while standing at attention, the only thing we were told was, "The next one of you that ****-up is out of here! Now leave."

This will always be burned in my brain. According to Air Force pamphlet 36-2241, "An important milestone in any subordinate's development process is to experience a significant challenge early in his or her career."

Well, at that time, I was the 18-year-old base newspaper editor with less than a year on active duty and virtually no experience. Surely, I thought, I was next.

As supervisors, it is our job to foster growth. As Airmen, it is our job to ensure our supervisors do their jobs. Every Airman is responsible for some part

of the process. It's not only our responsibility, but also makes sense. As Former Army Chief of Staff Gen. H. Norman Schwartzkopf said, "People want to know what is expected of them. No one goes to work and says, 'I am going to do a lousy job today.' People work to succeed, and they need to know how you measure that success."

Now, back to my Saturdays and the aircraft crash: I really didn't want to do a lousy job. Yet, as feedback went those days, if my supervisor wasn't yelling at me, then I must have done OK.

We all know that's a lousy way to provide feedback. It's also a recipe for failure. Everyone -- from the lowest ranking Airman to the person running the show - is responsible for

their part in providing feedback. If your supervisor isn't providing it, it's your job to ask for it. If the people who work for you aren't actively listening when you provide feedback, don't say another word until they break out a notepad and take a note.

Ultimately you have control over your career and your personal and professional growth. You don't get a degree by accident; surely you won't be a better Airman by accident. The same applies to your Airmen. And anyone who asks how

"Airmen these days" got into the military should remember that they too came into the Air Force young, inexperienced and bright-eyed. The question should be, "What are you doing to make it better?"

Hard lesson learned: *It's illegal to share prescribed medication with anyone else*

By Senior Airman Tiffany Hernandez
352nd Information Operations Squadron

Weed, Coke, Crack, Heroin, are your basic drugs; but what about prescribed medications from your local military or commercial pharmacy? Are they considered drugs like Weed or Crack? Taking prescribed medications are not illegal unless they are not prescribed to you or if you share them.

Drug distribution happens all the time and you don't even realize that you're doing it, let alone know that you can get an Article 15 for it and get kicked out of the Air Force.

As a first term Airman stationed at Misawa, Japan. I

worked at the 13th Fighter Squadron as a Client Support Administrator. What an assignment to get as a first term Airman, don't you think? I did what most new Airmen do, worked, met new people, made friends, did the partying scene, explored the culture, community service, basically, started my Air Force Career.

One night in late November 2005, I was at yet another dorm party, socializing and being a good wingman by being DD. While at the party, I had a conversation with another Airman about how he was having back and muscular pains.

"Being a Cop can take its toll on you," he said. I told him to take some Motrin to help relieve some of his pain. He laughed and said that he had and that

Motrin didn't work. He said he felt that Motrin was a joke, seeing as that's what the Doctors prescribe for everything.

I told him that I had some thing a little bit stronger that could help him out. I told him that I had two Percocet pills that I would give to him as I couldn't take them because I was pregnant. I mean, I thought I was helping out a friend, right?

Wrong! In early April 2006, I was pulled in to the OSI for questioning. They asked me if I have ever handed the Airmen in question any prescription drugs. Me being the person that I am; I was like, "Yes I did. What is the big deal?"

So I admit to what I had done, not knowing that I was in big trouble because of it. Not knowing that what I did was wrong.

Not knowing that my Air Force career was in trouble due to my ignorance.

Since then I was accused of a crime for the first time in my life. I received an Article 15 and have jeopardized my Air Force career. Not to mention the guilt that I have for letting down my higher ups, my country, my family, and most of all, my six month old daughter.

According to the wording in the AFI, distribution of any prescription drug is a violation under the UCMJ and cause for involuntary discharge. You must understand that this rule applies to everyone.

For example, let's say your husband is military and you are not, he cannot give you any of his prescription medication, nor can he take any of yours. You

cannot share your medication with anyone, family, friend or foe. I mean you never know what could happen to the person that you're sharing your meds with. You don't know if they are allergic, or currently on other medication that may affect them negatively or seriously harm them.

If I knew then, what I know now, I would have never shared my left over medication with that Airman. I would have just told him I'm sorry and to make an appointment with the doctor. But what's done is done. All I can do now is pass my knowledge on and tell my story, so that it does not happen to another good Airman. I ask that you take this article seriously and to heart. I pray that you will pass on this information to your troops, your friends and your family.

Action Line

The Action Line is your direct link to me so we can work as a team to make Hickam a better community.

I urge you to use the normal chain of command first. If you have done this and are still not satisfied, give my commander's Action Line a call.

If you would like 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.

Food distribution

Comment: Why doesn't the Air Force participate in the Federal Food Distribution programs like the other services? We haven't had one in a long time, and it would help some of the young families. Thank you very much for your time.

Answer: Thank you for your question. You are correct; the Federal Food Distribution program does indeed help many families in need.

Hickam has been an active participant in the Federal Food Distribution program for many years.

Unfortunately Hickam was inadvertently taken off the agency's list in May 2006, but we've corrected the

problem and will participate in the Aug 2006 distribution.

The distribution occurs on the lanai at the Airman and Family Readiness Flight Wednesday from 11 a.m. to 1 p.m. Qualification for the program is based on family income and household size. Income qualifications are:

Household Size	Monthly Gross Income
1	\$1,376.25
2	\$1,845
3	\$2,313.75
4	\$2,782.50
5	\$3,251.25
6	\$3,720

The Airman and Family Readiness Flight (449-0300) will be happy to answer any other questions you may have about the distribution program.

Hickam Diamond Tips

Hair Bulk

Men's hair is limited to 1 1/4 inches in bulk. Women's hair is limited to 3 inches in bulk. Bulk is how far the hair protrudes from the scalp on the top and sides.

Note: A pony-tail or "bun" is part of the bulk measurement.



Source: AFI 36-2903
Questions? Contact your First Sergeant

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Hickam Kukini staff 449-6789
E-mail address hickam.kukini@hickam.af.mil
Fax 449-3017
Kukini Online www2.hickam.af.mil/wingpa/news.html
Advertising 521-9111
Hickam Straight Talk Line 449-6789

Hickam Kukini Editorial Staff

Col. JJ Torres Commander, 15th AW
Maj. Clare Reed Chief, Public Affairs
Staff Sgt. Sarah Kinsman NCOIC of Internal Information
Senior Airmen Erin Smith Editor
Kirsten Tacker Kukini Photojournalist/Layout/Design
Joe Novotny Technical Adviser
Deadline for copy is noon Thursday for the following Friday's issue. Copy must be typed, double-spaced 12-point type, 300 - 500 words in length, and e-mailed to hickam.kukini@hickam.af.mil.

Crisis Response lines

Hickam Family Support Center
449-0300
Life Skills Support Center
449-0175
Law Enforcement Desk
449-6373
Base Chaplain
449-1754
Military Family Abuse Shelter
533-7125
SARC Hotline
449-7272

Savings plan augments retirement

RANDOLPH AIR FORCE BASE, Texas – The Thrift Savings Plan's automatic and matching contributions form a key part of the Federal Employees' Retirement System offering federal civilian employees opportunities to increase their retirement income.

FERS civilian TSP account holders automatically receive a deposit equal to 1 percent of their basic pay each pay period once they are eligible, as well as agency matching contributions up to 4 percent if they contribute at least 5 percent of their own money.

"These payments into a

FERS employee's account along with the Thrift Savings Plan's investment flexibility and fund options make it a potentially valuable part of a FERS employee's retirement nest egg," said Ms. Janet Thomas, human resources specialist at the Air Force Personnel Center here.

The other two parts of the FERS retirement program consist of a basic benefit plan, which considers basic pay, length of service and other factors to determine a monthly annuity and Social Security benefits.

TSP, also open to Civil Service Retirement System federal employees, provides

two investment programs for civilians: regular TSP contributions and TSP catch-up contributions for eligible employees age 50 and older.

Some plan highlights for 2006 include:

-- Employees covered by FERS and CSRS may contribute up to \$15,000 to a regular TSP account. They may designate any whole percentage of basic pay or a whole dollar amount each pay period; however, if a whole dollar amount is designated and the amount exceeds remaining salary after mandatory and other voluntary deductions that occur ahead of TSP contributions, no TSP contribu-

tions will be withheld, and, if FERS, no agency matching contributions will be received.

-- People age 50 or older, in a pay status, and who can certify they have contributed (or will contribute) the full \$15,000 maximum to a regular TSP account or other 401(k) plan may contribute an additional \$5,000 as catch-up contributions.

-- Eligible individuals may enroll, change, stop or resume catch-up or regular contributions at any time during the year.

-- The last day civilians may submit a catch-up contribution election for calen-

dar year 2006 is Dec. 9. Catch-up contribution enrollment for 2007 will be available beginning Dec 10.

"To maximize agency matching contributions, FERS employees must contribute an amount equal to 5 percent of their basic pay each pay period to receive agency matching contributions each pay period," said Ms. Thomas. "Early large contribution attempts to maximize earnings usually fall short of the value of lost agency matching contributions."

Air Force-served civilians will submit enrollment elections or changes for

regular TSP or catch-up contributions via the Employee Benefits Information System Web application or the BEST automated phone system. Instructions on how to access these systems are on the BEST Web site at http://ask.afpc.randolph.af.mil/main_content.asp?prod1=44&prods2=264&prods3=272&prods4=1345.

Additional information on regular TSP and catch-up contributions are available on the BEST Web site at http://ask.afpc.randolph.af.mil/main_content.asp?prod1=44&prods2=264&prods3=272&prods4=1380&prods5=1895.

Commander puts out flames during fire training exercise Tuesday



Photos by Vanessa Perez



Left: Col. "JJ" Torres, 15th Airlift Wing commander, received his first fire training exercise from the Hickam Fire Department Tuesday.

Above and below: An aircraft is ablaze during a fire exercise here Tuesday. Colonel Torres assisted the 15th Civil Engineer Squadron in putting out the fire during his fire training.



VOTE, From A1

unit representative, Ms. Borbely's office or online at <http://www.fvap.gov/pubs/onlinefpca.html>.

The FPCA SF-76 is the request for registration and absentee ballot. This form is accepted by all states and territories, except Guam and American Samoa as a simultaneous request for registration and an absentee ballot.

The website provides instructions on how to fill out the FPCA, under the voting assistance guide and every state has different ways to fill it out.

"There is also the Federal Write-In Absentee Ballot, which is another form," said Ms. Borbely. "A very important form, people should be getting from their unit representative. This form is in the event they do not get their absentee ballot packages and the deadline to vote is coming up. They can fill out FWAB SF-186 and cast their vote that way."

As long as the voter registered to get the absentee ballot in a timely manner for their state, and for some reason their mail was lost, voters can use their FWAB SF-186. At the minimum, voters may register at least two weeks prior to the voting date and can fax in their registration card, but

it will vary from state to state.

"Out of all the population, it is really crucial that we let our voices be heard," said Ms. Borbely. "Who is the one that goes to war? Who is making the policies? Everybody thinks it is very important to vote for the presidential election, but this coming November is when we elect those who are U.S. Senators and State Representatives."

These U.S. Senators and House of Representatives are our congressional lawmakers with specific powers assigned to each. The Senate has the power to reject a treaty signed by the President or a person chosen to serve on the Supreme Court.

The House of Representatives has the power to begin considering a bill that makes Americans pay taxes and the House, also has the power to make a president go to trial for impeachment.

"This is a crucial election," concluded Ms. Borbely. "These people we elect are the ones that are going to be staying in their seats for more than the four years in some cases, they are the powerhouses. As military families, it is very important that our voices are heard and we elect people who we think, can get the job done right for the benefit of the country."

Meet the NEW commander

Lt. Col. Scott Shapiro
535th Airlift Squadron

Where is your hometown? Benton, Kentucky

Do you have family here? If so, who? Spouse: Thuy, Kids: Jacob, Ling, Hunter

How do you spend your off duty time? Relaxing with my family

What are your personal goals as the 535th AS commander? Train/equip the 535th AS loadmasters and pilots to load/fly C-17A missions from anywhere to anywhere, at any time.

What challenges do you see as the commander of 535th AS? Solidifying the Total Force relationship with the 204th AS. Improving training infrastructure in the Hawaiian islands.



What advice would you give to those pursuing an Air Force career? Learn everything you can about your job, commit yourself to excellence and to the mission and everything will take care of itself.

Airmen & Family Readiness Flight

September CALENDAR

AFRC Phone Number: 449-0300

Central Intelligence Agency recruitment briefing

Sept. 26, 2 to 4 p.m.

Explore employment prospects with the CIA. A guest speaker from the CIA will be discussing career and internship opportunities. Open to U.S. citizens who are willing to relocate and undergo in-depth background checks to obtain a top-secret clearance.

Deployed/remote-tour families' dinner

Sept. 20, 5 to 7 p.m. at the Hale Aina Dining Facility

Co-sponsored by the 15th Services Squadron and the Airman and Family Readiness Center, this event is for spouses and families of deployed/remote-tour personnel. Dinner, craft activities for the children, and door prizes are all planned for this special evening.

Employment tool box

Sept. 20, 9 to 11 a.m.

This one-stop workshop will cover the do's and don'ts of resume writing, resume formats, and skills and techniques to turn an interview into a positive experience. Following this session, attendees can come back for resume peer review and reap the benefits of having other attendees review their resume.

Family readiness briefing

Sept. 5, 12, 19, and 26, 10 to 11 a.m.

All active duty, civilian, and family members facing the possibility of a deployment or remote assignment are encouraged to attend.

Learn about free phone cards, personal finances, Give Parents a Break, and more.

Hickam play group

Tuesday - Thursday sessions

Sept. 5 to 28, 9 to 11 a.m. at the preteen pavilion

Free and fun play groups. Parents and children ages birth to 5 years old are invited to join an early childhood specialist for age-appropriate educational and recreational activities. All sessions are held at the preteen pavilion. No registration required.

In-processing briefing

Sept. 6, 13, 20, and 27, 8 a.m. to 1:30 p.m.

(MPF Multipurpose Room, Bldg 1102). This is a mandatory briefing for all Air Force newcomers. The Airman and Family Readiness Center, Military Equal Opportunity, Operations Security, Medical Group, Finance, and other agencies will be present to assist members with their in-processing needs and concerns. Active-duty members must first in-process through their commander's support staff.

Joint employment management system job fair

Sept 13, 10:30 a.m. to 2 p.m. at Club Pearl on Pearl Harbor.

The Joint Employment Management System will sponsor a job fair for all military ID card holders. Hawaii and mainland companies and government agencies will be recruiting for positions within their organizations. Explore employment options, talk to representatives, leave resumes with the "hiring people," and make appointments for interviews all in one location.

Ohana Aloha

Sept. 5 and 19, 7:15 a.m. to noon at the community center.

The Ohana Aloha Newcomers' Orientation welcomes newly-arrived Air Force personnel and their families to Hawaii and the Hickam community.

The wing commander conducts a mission briefing followed by various base agencies to acquaint newcomers with resources and services. Appropriate attire for military members is uniform of the day. Registration is required.

Ohana Aloha island bus tour

Sept. 7 and 21, 9 a.m. to noon.

Air Force personnel and their families who are new to Hawaii can learn the rich culture and history of the island while enjoying its beautiful sights.

The bus pick-up/drop-off point is behind building 1105. Register at the in-processing briefing or at the Ohana Aloha Newcomers' Orientation to reserve a seat.

Resume peer review

Sept. 27, 9 to 11 a.m.

Attendees will have the opportunity to have their draft resume reviewed by other participants and AFRC staff members. Employment Toolbox, TA Workshop, or equivalent training is required prior to attending this class.

Smooth move

Sept. 28, 9 to 11 a.m.

Being prepared makes relocation less stressful. Subject matter experts will update attendees on the latest policy changes that may impact their move. All members and/or

spouses are encouraged to come. This class primarily focuses on active-duty PCS moves.

Survivor benefit plan informational briefing

Sept. 27, 11:30 a.m. to 12:30 p.m.

This briefing is for all Air Force members with an approved retirement date. The briefing provides members with general information on SBP such as who can be named as beneficiary, benefits, and cost associated with their election.

Spouses are highly encouraged to attend since both the member and the spouse must be informed of the elections available and the effects of those elections. One-on-one appointments will be scheduled thereafter.

Transition assistance three-day workshop

Sept. 12 to 14, 8 a.m. to 4 p.m.

Instructors from the Departments of Labor, Defense, and Veterans' Affairs, and other community and base experts will provide information and training on the job search and other critical elements of the transition process. Spouses are highly encouraged to attend.

What to expect when you're expecting

Sept. 6, 5 to 7:30 p.m.

Come to an expectant parent's workshop preparing expectant parents for all aspects of having a baby.

Learn about labor and delivery at Tripler, discover normal newborn characteristics and gain information on child car seat safety. All Air Force active-duty members or pregnant spouses receive a layette worth \$75.

SHUTTLE, From A1

element and different precautions had to be taken.

"We had to deal with and understand the unique hazards associated with an orbiter, said Dr. Maj. John Oh, a flight surgeon here. "These include different chemicals and hazardous materials. We had to stay 1,200 feet away until the area was safe and NASA has its own way of triaging the victims. We got to practice using their labels."

The training also helped them deal with an astronaut, extract him from the shuttle and remove a flight suit without exacerbating potential neck injuries as well as how to communicate and interact with victims.

"I enjoy having the chance to work [Emergency medical services/emergency rooms] and not just a clinical setting, I've seen the end results of my care given to my patients. The greatest feeling is knowing you saved your patients life."



Members of Hickam's firefighting team extract Staff Sgt. Linda Grumwald from an aircraft who is playing an astronaut during a Space Shuttle landing exercise held here Aug. 11.

Photo by Mike Dey

AWARD, From A1

hood and forging ahead despite a frustrating physical limitation to become a very productive, contributing member of society, according to Mr. Tom Doyle, Hickam store director.

"When he came here, he couldn't get a job because of his disabilities. We have made accommodations so he can communicate better with people," he said. "He is meticulous in everything he does and very deserving of this recognition."

Mr. Lee is thankful to the commissary for giving him the opportunity to not only work there but to stand out as an employee.

"In the private industry, when I went for an interview, I got the feeling that when people see you have a disability, they put you on the back

burner," said Mr. Lee. "The way the government conducts business made me feel better about myself. They were more professional as far as interviews were concerned. I feel I can make a contribution to the commissary this way."

Mr. Lee's contributions to business at the commissary go above and beyond daily financial and accounting matters, he serves as a driving force to those who work with him.

"He is an inspiration for all disabled as well as non-disabled people to see, that in spite of the tremendous obstacles and challenges that confront us in life, we can overcome and succeed," said Mr. Doyle. "It takes enormous personal courage, desire and heart."

HEALTHCARE, From A1

If TRICARE determines that it paid the beneficiary as the primary payer, when the OHI should have paid the claim, it will seek to recover that payment from the beneficiary.

TRICARE does not guarantee to pay the entire remaining bill. The total payment cannot be more than TRICARE allows.

For help contacting the OHI company or filing a secondary claim, call 1-888-TRIWEST.

Following TRICARE's OHI rules will help beneficiaries avoid claims difficulties. Visit www.triwest.com or call 1-888-TRIWEST for more information.

Think twice before cancelling OHI coverage

TRICARE beneficiaries who also have other health insurance (OHI) should think carefully before canceling their OHI coverage because they may:

- 1not be able to reenroll until a future open-enrollment period;
- 1not be able to reenroll because of a pre-existing medical condition;
- 1lose other benefits associated with the OHI, such as long-term disability insurance, group life insurance, dental and vision benefits.

Beneficiaries should call 1-888-TRIWEST or consult with a TRICARE service representative at their local TRICARE Service Center before making a decision.

Crime Scene**Theft of private property**

An active-duty Air Force member reported his television projector stolen from his residence. He let a friend stay over for the night and when he woke up the next day, his friend and the projector TV were no longer at his residence. Estimated cost of merchandise: \$1,051.

Damage to private property/vandalism

An Air Force civilian employee reported damage to three plastic storage sheds behind the Youth Center. The doors, roofs and sides were pulled apart. Estimated cost of merchandise: \$850.

Driving under the influence

A retired Air Force member was observed by a security forces patrolman driving erratically in the parking lot of J.R. Rockers. Upon initial contact the driver showed signs of being under the influence of an intoxicating substance. A standard field sobriety test was conducted which the driver showed enough clues of being intoxicated. The driver was detained for further processing.

Damage to private property

An active-duty Air Force member reported his vehicle was damaged while parked in front of his residence. Damage consisted of dents and scratches.

NOTES, From A1

Consignments are Mondays and Fridays from 9 to 11 a.m. Donations are appreciated and can be dropped off at anytime in the shed located in front. For more information, call 449-6603.

Seminar and ceremony – The Hawaii Top 3 Association and Hawaii Chief's Group is sponsoring the 2006 Senior NCO Professional Development Seminar and Induction Ceremony. This five-day course will expose master sergeant-selects to several subjects to further develop knowledge gained through PME, PFE and daily experiences.

Lessons include enlisted heritage, enlisted force structure, discipline, ethics and core values. Emphasis is on preparing newly selected master sergeants for increased leadership and management responsibilities.

The seminar will be held in the 535th Airlift Squadron Auditorium, Building 2140, from Sept. 11 to 15. The seminar will culminate with a senior non commissioned officer induction ceremony Sept. 15 at 6 p.m. at the enlisted club.

For more information, contact Master Sgt. Manny Martinez at 448-1413 or Master Sgt. Rona Cardwell at 448-6169.

Contemporary Service Accompanist – The Chapel 8:30 a.m. Contemporary Service accompanist position is available. People interested in applying should turn in a resume to the Chapel Center administration office, Building 1750. The office is open from 7:30 a.m. to 4:30 p.m. Monday through Friday. Resumes are due before Sept. 8. For more information, call the Chapel Center at 449-1754.

Accounting Technician – The Chapel Tithes and Offering Fund Accounting Technician position is open for bids. People interested in applying should turn in a copy of their resume to the Chapel Center before Sept. 8. For more information please call Chapel Center at 449-1754.

Food court change – Hickam's Robin Hood in the food court has begun its conversion to a

Subway. This project is scheduled to take three weeks to complete. All other food establishments will remain open.

Oklahoma University – The University of Oklahoma is offering a Master of Arts in Managerial Economics. The non-thesis program can be completed in about 18 months. For more information, contact the OU office at 449-6364 or aphickam@ou.edu.

Women's leadership conference – The Third Annual Women's Leadership Conference is Aug. 29 from 8:30 a.m. to 4:30 p.m. at the Sheraton Waikiki Hotel and Resort Hawaii Ballroom. For more information or to register, visit <http://www.islchi.org> or call 586-0081.

Funtastic walk – Beginning Aug. 23, a Hickam Family Funtastic Walk will be held every fourth Wednesday of each month from 10:30 to 11:30 a.m. in front of Building 554, next to the clinic. For more information, contact

the pediatric clinic at 433-4820 or the New Parent Support Program staff at 449-0175.

Weight loss class – Classes are Thursdays with weigh-ins beginning at 11:30 a.m. and class starts at noon. Fifteen members are needed to get the class up and running again. People interested in joining the group can call Sarah at 423-3101 for information and to reserve a spot.

Pass and registration closure – The pass and registration office closes today at 1 p.m. for office renovations. The office will reopen for regular duty hours Monday.

Blood drive – Team Hickam and Pacific Air Forces Headquarters are sponsoring this month's blood drive Thursday from 9 a.m. to 2 p.m. at the Hickam Community Center. Walk-ins are welcome but appointments are encouraged. For more information, contact Tech. Sgt. Jenny Lowman at jenny.lowman@hickam.af.mil or 449-4537.

Editor's Note: To read the complete stories and find more Air Force News, go to www.af.mil.

AFSO21 Leans out uniform development

WASHINGTON (AFP) – In January, a limited number of the new Air Force utility uniforms will roll off production lines. Their arrival will mark the end of a nearly five-year development cycle.

Lessons learned from development of the Airman Battle Uniform will be applied to the Air Force's next uniform project, the "Heritage Coat," a potential replacement for the current service dress coat.

In just the last six months of ABU development, the Air Force began applying principles of Air Force Smart Operations 21 to the uniform development process. The process – from the time the chief of staff of the Air Force decides there needs to be a new uniform to the moment it is available to an Airman – was ripe for the kind of optimization AFSO21 can provide, said Col. Paul Price, of the Air Force Uniform Board.

"The uniform process is definitely an enterprise system, and by that I mean there are multiple players who participate in the uniform process," he said. "The reason it is a good AFSO21 candidate is because of the synchronization and interaction between the players and their roles and responsibilities. AFSO21 can identify the processes and then allow you to streamline them to increase efficiency."

In April 2006, Air Force officials conducted a rapid improvement event, or RIE, that looked at the entire uniform development process. An

RIE, also known as a "Lean" event or "Kaizen" event, is the foundation of Lean process improvement and is a critical part of AFSO21. An RIE focuses on eliminating waste from a process while improving its productivity. (Story by Staff Sgt. C. Todd Lopez, Air Force Print News)

Modifications to extend service life of A-10s

HILL AIR FORCE BASE, Utah (AFP) – At first glance the A-10 Thunderbolt II cockpit looks like a Category 5 tornado just touched down in the middle of it.

The chaotic scene, with hundreds of loose wires and instrumentation ripped from consoles, is really the beginning of modifications that will extend the service life of A-10s while increasing their capabilities.

Known as the precision engagement, or PE, program, the plan is designed to facilitate the use of smart munitions and update the cockpit so it is more in line with that of the F-16 Fighting Falcon. The 508th Aircraft Sustainment Wing and 309th Aircraft Maintenance Group here are leading the effort to bring the aircraft into the 21st century.

The 508th Aircraft Sustainment Squadron ensures Air Combat Command requirements regarding the jets are met. "We work with the contractor to develop hardware and software to meet those requirements," said Capt. Michael Ballak, deputy chief for the A-10 PE program at the sustainment squadron. (Story by G.A. Volb, Ogden Air Logistics Center Public Affairs)

Somebody's gotta do it



Photo by Tech. Sgt. Mikal Canfield

Capt. James Temple sends soap and water everywhere as he scrubs the inside of a B-2 Spirit landing gear well at Andersen Air Force Base, Guam, Aug. 11. Airmen from the 36th Expeditionary Aircraft Maintenance Squadron and 13th Expeditionary Bomb Squadron took part in the wash. A full wash of the aircraft is required every 30 days. It takes approximately 24 hours to wash a B-2, and a special concentration of soap is used, different from any other aircraft. Captain Temple is with the 393rd Aircraft Maintenance Unit.

Two Alamo City Airmen vie for 'American Idol' spot

SAN ANTONIO (AFP) – A former "Tops in Blue" performer and an Air Force chaplain's assistant turned Batman are a step closer to stardom.

Staff Sgts. Keith Loudermill and James Warren, both from Randolph Air Force Base, Texas, each earned a "golden ticket" Aug. 11 at the Alamodome here for a shot at becoming the next "American Idol."

Sergeant Warren admits his Batman gimmick might

have been an influence in him making it past thousands of other competitors. When the San Antonio native was selected, he tucked his ticket, just a yellow sheet of paper, under his black cape and walked toward the "loser" doors. He then turned around and revealed the honor to the crowd.

They roared and were on their feet, "like winning the Super Bowl." He'll never forget that moment, he said.

"I'm going to give it my best shot," Sergeant Warren said, "but it would be a fluke if I made it to the next round, because there are a lot of talented people in this." (Story by Tech. Sgt. Phyllis E. Duff, Air Force News Agency)

Vietnam vet back at war

SOUTHWEST ASIA (AFP) – It may be surprising to hear that the 386th Air Expeditionary Wing has a Vietnam era Purple Heart recipient working at the wing.

It is even more surprising to hear that the combat veteran is actually a C-130 Hercules deployed from Ramstein Air Base, Germany.

On the flight deck of aircraft 63-7865 is a plaque telling the story of one of the hardest working aircraft in the Air Force inventory.

According to the certificate, on June 1, 1972, the aircraft was assigned to the 21st Tacti-

cal Airlift Squadron at Ching Chuan Kang Air Base, Taiwan, when it took a mortar round through engine No. 3 while sitting on the flightline on Kontum Air Base, Vietnam.

After a maintenance recovery team replaced the engine, the aircraft was once again ready to fly. But just as the pilot Lt. Col. Lyn Mulkey taxied the C-130 for takeoff, the new engine failed to start, forcing a three-engine takeoff. Despite taking even more incoming mortar rounds that punctured the wings and inflicted heavy damage to its other engines, the colonel got the aircraft airborne. (Story by Staff Sgt. Ryan Hansen, 386th Air Expeditionary Wing Public Affairs)

Southeast Asia highlights tour

Time is running out to sign up for this exotic trip to Southeast Asia touring October 5 to 17. Travelers will spend four nights in Bangkok, Thailand, three nights in Siem Reap, Cambodia and three nights in Kuala Lumpur, Malaysia. The cost is \$2,295 per person, based on double occupancy. For more information, call 448-2295.

Tailgate sale

One man's treasure ... might be found in another man's tailgate. And for a bargain price, at that. The next tailgate sale is Saturday from 7 to 10 a.m. in the Burger King parking lot. For more information, call 449-2361.

Family movie

The whole family will enjoy Disney's Alice in Wonderland Saturday at 2 p.m. The community center will have lots of popcorn on-hand as kids share the afternoon with the Mad Hatter, the Cheshire Cat and the Queen of Hearts. For more information, call 449-2361.

Pre-teen lock in

"A Night of Fun" is the theme for Youth Programs' pre-teen lock-in Saturday. Come have a blast, get back together with old friends and get a jumpstart on meeting new ones. Hang out and hear about upcoming pre-teen clubs and events. There's a \$10 fee for Torch Club members and a \$15 fee for non-members. For more information, call 448-2296.

Sea Breeze renovations

Beginning Monday, the Sea Breeze Restaurant will be closed for two to four weeks for facility improvements. The Sand Bar & Grill will be open as usual. For more information, call 449-9900.

Parents Night Out

KidSports offers a night of fun for children ages 5 to 12 during Parents Night Out Aug. 25.

The obstacle course will be open and arts and crafts will be available from 6 to 11 p.m. A movie is included, along with a healthy snack and drink. Paid reservations of \$20 are required by Monday. For more information, call 449-2296.

Calendar creation

Dates are easier to remember on a custom-made calendar. Join the Arts and Crafts Center Thursday from 5 to 7 p.m. for a calendar creation workshop. This is the first of three monthly sessions which cost \$5 each. For more information, call 449-1568.

Fitness Skillastics challenges

The Sports Leadership Club offers Fitness Skillastics challenges, giant game activities, cup stacking and other ways for youths ages 9 to 18 to enjoy fun fitness. This Fit Factor event happens Aug. 25 from 5:30 to 7:30 p.m. at the youth gym. For more information, call Dana at 448-8026.

Give Parents a Break

The next monthly Give Parents a Break program is being offered Aug. 25 from 6 to 11 p.m. Parents who need a few hours off from stresses such as having a deployed spouse or a child with special needs are invited to take advantage of this unique program from the Child Development Center. For more information, call 448-9880.

Flick-N-Float movie

Pool all family and inflatable resources as the Flick-N-Float summer film festival continues at Pool 2 Aug. 25. Madagascar begins at 8

p.m. A wild group of animated animals ventures from the zoo into adventures of the incredible kind. Tickets cost \$3 for pool entry. The snack bar will be open. Children under 10 must be accompanied by an adult or guardian. For more information, call 449-5215.

Women's and girls' self-defense workshop

This self-defense workshop is designed for women and girls ages 8 and up. It will be held at the Hickam Fitness and Sports Center Aug. 26 from 11:30 a.m. to 1 p.m. The class is free but is limited to 25 participants. For more information or to register, call Susanne Dale at 448-4640 or 448-2214.

Banana boat rides

Hang on tight for a slippery banana boat ride Aug. 26 from 11 a.m. to 4 p.m. These big bananas seat five people and are towed behind an 18-foot powerboat that departs from the Hickam Beach Shack. Peel out for

just \$5 per person. For more information, call 449-5215.

Hawaiian Waters Adventure Park tickets

Discounted tickets for admission to Hawaiian Waters Adventure Park are available from Information, Tickets and Travel. Adult tickets cost \$25, children's tickets are \$18 and an annual pass costs \$70. For more information, call 448-2295.

FitLinxx orientation

Learn to use the Fitlinxx system to maximize workouts. This free class at the Fitness and Sports Center is offered every Tuesday at 9 a.m. Space is limited. For more information or to register, call 448-2214.

Basic strength training

Get back to basics and improve strength and stamina with free basic strength training workshops at the fitness center every Thursday at 1 p.m. Slots are limited. For more information or to register, call 448-2214.

\$1 Bowling

Pin down a super special every Wednesday at the Hickam Bowling Center. Bowl for just \$1 per game from 4 to 9 p.m. For more information, call 449-2702.

Teen driver's education instruction

The community center is now offering teen driver's education classes. These six-week courses consist of 36 hours of classroom training as well as six hours of actual behind-the-wheel instruction.

Tuition is \$417. Students must have a current state of Hawai'i Learner's Permit before starting. For class schedules and more information, call 449-3354.

Crew motorcycle repair

The Auto Hobby Center is offering 10 percent off motorcycle detailing during the month of August. The center is open Tuesday through Saturday from 9:30 a.m. to 5:30 p.m. For more information, call 422-6202.