



Base members participate in the Keiki Fishing Tournament, an event put on for Team Hickam youth ages 5-12 years of age and their parents. Kids are treated to a full day of fishing, eating, fun and prizes. Everything, from the barbecue lunch and fishing tackle to the trophies and goodie bags for every child, is provided free, by the Friends of Hickam. The committee sponsors many other events and activities on base from the Aloha Ohana Tour, offered to base newcomers, to golf tournaments and renovations.

Our "Friends" are committed Hickam

By Bette Kalohi
15th Airlift Wing Public Affairs

When the Friends of Hickam "reinvented" themselves over six years ago, it was for the purpose of formalizing their direction and renewing their commitment to the Hickam community and families. To that end, this group of dedicated civic leaders has been most successful.

While you might not see all their good works, here's what they've done for us, for you:

Aloha Ohana Tour: Many newcomers to the base venture eagerly, or hesitantly off base only to find, "We're not in Kansas anymore, Toto!". To help welcome newcomers to the island community they provide the Aloha Ohana Bus orientation tour of Oahu. FOH now underwrites 26 tours per year to the tune of over \$5,800. This spirited, narrated tour would normally cost at least \$50 per person but is provided free to our newcomers and their families. It introduces participants to the island by giving them a feel for the roadways, showing them major landmarks and giving them lively information with some humor about the people and customs here.

Wing Awards Program: FOH wanted to help our younger Airmen who can't always afford to attend the awards banquet. They provide \$2,700 annually to the planning committee to off-set the ticket costs for some of those airmen.

Annual Golf Tournament: FOH sponsors an annual fundraiser golf tournament to bring the military and community together and raise the funds that will all go back to the Hickam community. The tourney traditionally brings in \$6000 to \$8000...all of which goes back to the programs that directly support Airmen and their families. This year, they earned a whopping \$13,000 making it the most successful tournament in the 13 years that FOH has sponsored the event.

Keiki Fishing Tournament: This very popular event is put on for Hickam's Air Force children ages 5-12 years of age and their parents. Kids are treated to a full day of fishing, eating, fun and prizes galore. Everything, from the BBQ lunch and fishing tackle to the trophies and goodie bags for every child, is provided free, by the FOH.

Thanksgiving Dinners: It's hard for some of us to imagine a Thanksgiving without a big turkey dinner and all the trimmings. Unfortunately, not all of us can afford



Photo by Vanessa Perez

Dan Dung, president of Friends of Hickam, Inc. putts during the Friends of Hickam Golf Tournament, one of the charitable events put on by the organization. More than 144 people came out for the event.

it. To be sure our families could enjoy this American tradition, FOH donates \$1500 to Operation Warmheart which funds Thanksgiving meals for needy Hickam families.

Annual Projects: Funds from the annual golf tournament also go towards an annual project that benefits Airmen or their families. This last year, FOH purchased an inflatable outdoor movie screen and sound system for

use on Hickam. The Services Squadron has already made great use of it several times. Past annual projects include:

Dining Hall Patio Project: Airmen wanted to enjoy the outdoors during their meal breaks. Answering the call, FOH built the outdoor patio, landscaped and furnished it with umbrella tables and chairs. "Friends" worked hand-in-hand with Hickam volunteers and CE personnel to complete the project in one day.

Dorm Luau: The FOH brought a Hawaiian luau directly to Hickam dorm dwellers. Complete with preparation of a traditional imu (pit where the luau pig is cooked), all the luau trimmings and entertainment, the "Friends" put on a first-rate party that nearly 500 dorm residents enjoyed. It was a free "package" worth at least \$30 per person.

FTAC Furniture: When the first term airman center was new, FOH purchased brand new computer tables and other needed furniture to ensure First Term Airmen had the best equipment.

Dorm Patios: Because dorm residents had no convenient place to picnic with their friends and unit members, FOH purchased and built 2 brick BBQ pits and cement patio slabs. They provided plants for landscaping and the patio furniture as well.

Bleachers: When the newest baseball field was built, it lacked bleachers. FOH purchased 2 portable bleachers to help fill the need.

These are just some of the major projects they've been involved in. What you don't see are the many other less visible but equally important activities of the FOH. They participate in squadron functions, Wing celebrations, dedications and commemorations such as POW/MIA Day and the Dec 7th bombing of Hickam. The "Friends" are always there at the disposal of the wing commander to offer advice on community issues or encourage community support for Hickam if needed. They are our bridge to the community outside our gates. They can reflect for us the community's concerns and interpret the AF for the community. As our friends, they want to know us better, what the issues are and how they can help bring the Hickam and civilian communities more closely together. As with any good friendship, it is a "win-win" relationship. If you don't know who your "Friends" are, you're missing a valuable opportunity to share the Aloha and become a part of this island paradise you will call home for the next few years.

AMS Volunteers serve up a hot meal at local shelter

By Senior Airman Erin Smith
Kukini Editor

Twelve people from the 735th Air Mobility Squadron served breakfast to more than 350 people at the Institute for Human Services men's and women's shelters.

Capt. Travis Hughes, 735 AMS Passenger and Fleet Services Flight commander, organized this team of "Port Dawgs" from his squadron to help the cause. Members from his flight jumped on this opportunity to help the local community, according to captain Hughes.

"It was exciting to see the number of volunteers we had from this squadron," he said. "We work together as a great team and this shows the can-do attitude of the Airmen in the squadron."



In 2005, IHS provided shelter and other supportive services to 2,012 individuals, including 1,295 individual men, 419 individual

women, and 68 families with 179 children. 23.7% of the men were veterans.

Today, IHS sleeps 250 individuals at the Iwilei

Men's Shelter and 150 women and family individuals (including up to 60 children) at the Ka'aahi St Shelter.



Above: Staff Sgt. Crystal Merritt, 735 AMS/TRP, Passenger Service Supervisor, preparing serving trays for breakfast at the IHS Shelter.

Right: Staff Sgt. Ranada Bridges, 735 AMS/TRF, Fleet Services Supply NCOIC along with Staff Sgt. Jerry Good, 735 AMS/TRP, Facility Manager, serving refreshments.

Seven thousand meals are served weekly.

"The feeling that we received from helping out such a great cause was so

remarkable and after this event, every volunteer could not wait until the next time we can help out," said captain Hughes.

Moku Umeume and Kapuaikaula Makahiki

“A Hawaiian Thanksgiving”

Traditional History of the Makahiki

The Makahiki is an ancient, annual festival that was dedicated to Lono, the deified guardian of agriculture, rain, health and peace. For over two-thousand years, the significance of Lono and his contributions to the beliefs and practices of the early Hawaiian people, influenced the celebration of events held during the Makahiki Festival throughout the Hawaiian Islands. According to the ancient lunar calendar of Hawai'i, the beginning of the Hawaiian new year began on the first night of the rising of the star constellation Makali'i (Pleiades). The four months following the rise of the Makali'i (from October to the end of January), was set aside as a time for Lono to give thanksgiving for the bounty of the land and sea.

Since Lono was the embodiment of all the characteristics of peace and welfare, all warfare was strictly forbidden during the time of the Makahiki. Since Lono represented the spiritual life-force that came out of all agricultural efforts, much feasting of every kind was done during the four months of the Makahiki. This focus on health and welfare made games of skill that tested a healthy body and mind a focal point of the Makahiki games.

History of the Makahiki at Moku Umeume and Kapuaikaula

The manner in which the Makahiki was celebrated on each of the main Hawaiian Islands varied as traditional Hawaiian land division influenced the Makahiki. The ancient Hawaiian word for island is Mokupuni. The early Hawaiians divided each of the mokupuni throughout the main Hawaiian Islands into large districts called Moku. Each of the moku were divided into pie-shaped parcels of land called 'Ahupua'a. Each 'ahupua'a were marked out by valleys



Kapolei Hawaiian Civic Club member Eric Matanane receives a traditional gift (ho'okupu) from Hale O Na Ali'i.

that ran from the mountains to the sea.

During the time of Lono, each Moku on each Island celebrated their own festivities held for the people who lived within that district. The athletic champions of each moku would then compete among the best athletes of other moku.

During ancient times, the Island of O'ahu were divided into six Moku. All the lands that surrounded and touched the waters of Pu'uloa (Pearl Harbor), comprised a complete view of the traditional district called Moku 'O 'Ewa. This district is comprised of thirteen 'Ahupua'a. A complete, panoramic view of each of the thirteen 'Ahupua'a can be seen from the Island of Moku 'Umeume (Ford Island). Moku Umeume is the only place where one can see all the 'Ahupua'a of its Moku 'O 'Ewa district.

Moku 'Umeume, not only physically enlarges the island from run-off, but it also spiritually builds and increases the Mana (Spiritual Power) of that island. For this reason; the ancient inhabitants of the Moku 'O 'Ewa considered Moku 'Umeume as the center of their Moku, and a place of spiritual strength, power and importance. For this reason, Moku 'Umeume was chosen by the ancient inhabitants of the Moku 'O 'Ewa district, to serve as a place for important religious and cultural ceremonies including the Makahiki Festival.

Kapuaikaula (Hickam) appears to have been a very important place in ancient times due to its frequent references in the oral traditions. It is the place where Kaopolupu, Kahuna Nui under Kahahana was killed and taken to Waikiki where he was sacrificed. Queen Emma also had a summer home at Kapuaikaula. Interesting though Queen Emma was known as an accomplished Horse Person. When excavation was done recently at Kapuaikaula to expand the existing Wastewater Treatment Plant horse bones were found amongst numerous human remain. This was an area that was frequented by Lono in his annual trip around the Island of O'ahu during the Makahiki.

Significance of the Makahiki in Contemporary Times

The Annual Makahiki is an important celebration of the past that will help redefine our relationship as contemporary people of Hawaii for the future. It parallels the western tradition of Thanksgiving. With respect to the Moku Umeume and Kapuaikaula Makahiki it will not only help improve relationships between the military and Hawaiian and non-Hawaiian community but also establish an awareness of the rich pre-western Hawaiian traditions and history of the lands surrounding Moku Umeume and Kapuaikaula.

Crossword Puzzle: Making Pilots

By Capt. Tony Wickman
71st Flying Training Wing
Public Affairs

ACROSS

1. Base for 97th AMW; KC-135, C-5 and C-17 pilot training base
6. Listening tool
9. Emergency signal
12. Dog restraint
13. Baseball stat
14. Base for 71st FTW; joint undergraduate pilot training base
16. Native American house
17. Cleo killer
18. Unconcealed
19. Mexican currency
21. Relating to uppermost and widest of the three pelvic bones
22. Drains
24. Home for 12th FTW; instructor pilot and combat systems officer training base
27. Snare
29. Bathing suit part
30. Fed. Agency administering compulsory military service

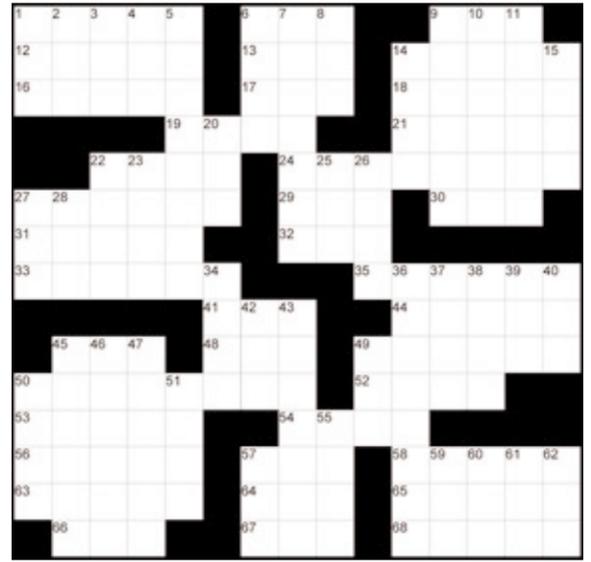
31. Whiner
32. Fall mon.
33. Ceremonial review of troops
35. Climbed
41. Given to
44. Forgets
45. 1501 to Cicero
48. Rob ____
49. Fabric pattern
50. Home for 47th FTW; undergraduate pilot training base
52. Home to 56th FW; F-16 pilot training base
53. Mr. Belvedere actress Graff
54. Musical instrument
56. T-38 training aircraft
57. ____ West
58. Myanmar formerly; mountainous republic in southeastern Asia
63. Pitchers
64. State home to Air University, in brief
65. Divest of armor
66. Fury
67. Ancient
68. Person regarded as weak or sentimental

DOWN

1. Model/actress Carol
2. Confederate general
3. Spigot
4. Deploy
5. Home for 80th FTW; Euro-NATO Joint Jet Pilot Training base
6. Ages
7. Engrosses
8. Tear
9. Simultaneous discharges of firearms
10. Married with Children actor Ed and others
11. Small pieces or bits of cloth
14. Emptiness
15. Engrave
20. Sixth sense
22. Commotion
23. Region
25. Diamonds __ Forever
26. Sleeps
27. Point to enter a cordon, in brief
28. Gun lobby
34. British nobleman
36. Home for 14th FTW; under-

- graduate pilot training base
37. Frenzied
38. Former Italian currency
39. Greek letter
40. Generic name for digital lines provided by telephone co.
42. Hawaiian dish made from taro
43. Home for 325th FW; F-15 and F-22 pilot training base
45. Southeast Africa country
46. Person engaged in pistol contest
47. Discount
49. Highly contagious viral disease
50. Miller ____
51. Roosters' mates
55. Browse
57. Communist leader Zedong
59. Card game
60. Lakenheath or Mildenhall lead-in
61. A-Team member
62. Actress Smart

See SOLUTIONS, B4



AT THE MOVIES

Memorial Theater 448-2297 • CLOSED Monday and Tuesday and Thanksgiving Day



Friday 7 p.m., Saturday 2 p.m.

Everyone's Hero – A young boy finds himself at a crossroads: He has a chance to be a hero – and make a difference against incredible odds - or he can play it safe. With faith in himself instilled by his family, he teams up with a young girl and some sidekicks and embarks on a sometimes perilous, often funny, cross-country quest. In the process, he restores his family's honor, befriends the world's biggest sports superstar, and reveals the hero within. Starring Whoopi Goldberg and Rob Reiner. Rated G, 86 min.



Wednesday and Saturday 7 p.m.

The Marine – John Triton is a heroic Marine who returns home after being discharged – against his will – from the Iraq War. Stateside, he finds himself back in action, when his wife is kidnapped by a murderous gang led by a merciless criminal named Rome. With everything on the line, the Marine will stop at nothing to carry out his toughest and most important mission. Starring John Cena and Robert Patrick. Rated PG-13 (violent action, sensuality, language,) 91 min.



Sunday 7 p.m.

Employee of the Month – For workers at Super Club, the most coveted honor is the "Employee of the Month." Zack Bradley and Vince Downey have ten years of employment and are very competitive. The duo's rivalry comes to a bitter head when Amy – a new cashier with a reputation of dating "Employee of the Month" winners – starts at the store and immediately becomes the object of both Zack and Vince's affection and often comical gamesmanship. Starring Dane Cook and Jessica Simpson. Rated PG-13 (crude/sexual humor, language), 103 min.

SUDOKU

Puzzle created by Staff Sgt. Sarah Kinsman
For solution, see SUDOKU, B4

							2	1
		5	8			7		
	4				2		6	5
				2	8	6	3	
	9	8	7	5				
2	8		1					5
		1			4	2		
6	3							

Thankful for the Shopette

Jenny



SOLUTIONS, From B3

ALTUS	EAR	SOS
LEASH	RBI	VANCE
TEPEE	ASP	OVERT
	PESO	ILIAC
	SAPS	RANDOLPH
ENTRAP	BRA	SSS
CRIER	SEP	
PARADE		SCALED
	APT	OMITS
MDI	ROY	FLORAL
LAUGHLIN	LUKE	
ILENE	DRUM	
TALON	MAE	BURMA
EWERS	ALA	UNARM
IRE	OLD	SOFTY

SUDOKU, From B3

8	7	6	5	4	3	9	2	1
9	2	5	8	6	1	7	4	3
1	4	3	9	7	2	8	6	5
5	1	7	4	2	8	6	3	9
4	6	2	3	1	9	5	8	7
3	9	8	7	5	6	4	1	2
2	8	4	1	9	7	3	5	6
7	5	1	6	3	4	2	9	8
6	3	9	2	8	5	1	7	4

CHAPEL

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.

PROTESTANT

Nelles Chapel
 Sunday Contemporary Service 8:30 a.m.
 Sunday Gospel Worship 11:15 a.m.
 Sunday Praise Gathering 5:30 p.m.
 Chapel Center
 Sunday Traditional 8:30 a.m.

JEWISH

Aloha Jewish Chapel,
 Pearl Harbor - 473-0050
 Jewish Lay Leader Mr. David Bender 527-5877
 Naval Station Chapel - 473-3971

CATHOLIC

Nelles Chapel
 Weekday Mass 11:30 a.m.
 Saturday Confessions 4:15 p.m.
 Saturday Mass 5 p.m.
 Chapel Center
 Sunday Mass 10 a.m.

BUDDHIST

Honpa Hongwanji Hawaii
 Betsuin A Shin Buddhist Temple - 536-7044

ORTHODOX

For more information, call 438-6687

ISLAMIC

Friday Congregational Service (1935 Aleo Place, Punahou) 1 p.m.
 Muslim Association of Hawaii 947-6263

SPORTS SHORTS

Turkey Roll - Bowl between 10 a.m. and 4 p.m. during open bowling and receive a chance to win one of four Thanksgiving turkeys. Complete a three-game series and receive a fourth bonus entry. For more information, call 449-2702.

Mamala Bay Pro Shop celebration sale - This is one sale that's no turkey. Receive 5% off all merchandise in stock over \$20 at the Mamala Bay Golf Course Pro Shop starting today. The sale runs through

Wednesday. For more information, call 449-6490.

Ke'alohe Golf Course Thanksgiving Sale - Ke'alohe invites golfers to a sale that's a real feast. Now through Wednesday, save 5% on all merchandise in stock over \$20. For more information, call 448-2318.

Free beginner's golf clinic - Get the gang together for this introductory golf course today, compliments of

the Mamala Bay staff. Sign up by calling 449-6490 or by e-mailing MamalaBayTee-Time@hickam.af.mil. Indicate a right or left-handed preference. The clinic is limited to the first 12 golfers to register.

18-hole individual net and gross tournaments - Mamala Bay Golf Course hosts 18-Hole Individual Net and Gross Tournaments Saturday and Sunday. Prizes will be awarded based upon the number of entries. The entry fee is \$3 per

day. For more information, call 449-6490.

Juniors winter baseball tryouts - Boys and girls interested in playing Juniors Winter Baseball may sign-up for tryouts at the Community Center now through Wednesday. The tryouts are Dec. 2 at 9 a.m. at the Juniors' field. Players must be 13-15 years old as of May 1, 2007. The registration fee is \$65 plus an annual Youth Sports membership fee of \$25. Members receive reusable Youth

Coupons worth \$20. For more information, call 448-4492.

Jingle Bell Run registration - Santa's making a dash for the Jingle Bell Run Dec. 2, starting at 7 a.m., but he and the elves must register by Wednesday at the Fitness and Sports Center. The \$10 fee includes a t-shirt. Awards will be given for the Best Santa Suit, the Cutest Little Elf, the Fastest Reindeer and the Most Delightful Mr. and Mrs. Claus. For more information, call 448-2214.

Hawaiian Waters makes splash with free Veterans Day admission

Hawaiian Waters Adventure Park honored military members during Veterans' Day Weekend with free admission, Nov. 10 and half-off general admission on Saturday and Sunday.

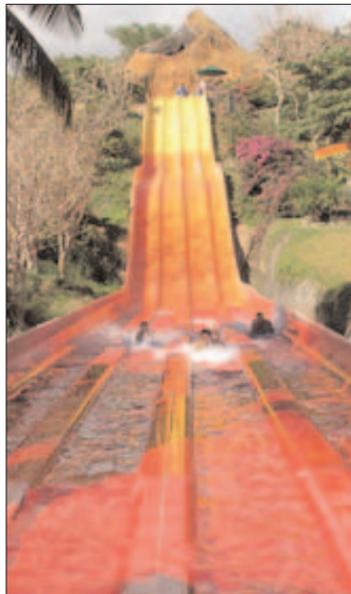
More than 4,000 active duty, Reserve, National Guard members, and retirees with valid identification cards were eligible to receive special admission. Dependents, friends and family of military personnel were also invited to enjoy half-off general admission.

This is the 8th year the park has offered a discount to military members and the 3rd time they have offered the free admission and half-off services for military members.

"We are really happy we can do this for our military members and their families," said Sean Gano, special events and promotions manager. "This gives us the opportunity to give back to our military community."

The water park offers 12 separate attractions, some with multiple water slides. The park is friendly to all age groups and includes everything from an infant and toddler area with gentle pools to wave pools and thrill water slides.

Regular admission to Hawaiian Waters Adventure Park is \$34.99 for adults and \$24.99 for children, with discounts available for groups, kama'aina, and seniors.



Left: Kids race down the volcano slide at Hawaiian Waters Adventure Park. Only one attraction at the park has pools deeper than 3 feet. The park has certified life guards on duty at each ride to ensure children's safety. Above: Park attendees can practice surfing, and body surfing on the Flo Rider, one of the park's most recent additions. The park also features everything from adrenaline rush slides to a lazy river where people can sit in tubes and float.

Professional Bull Riders stir up some dust



Island Style PBR Hawaii All-Star Challenge, presented by Amp'd Mobile, today and tomorrow at the Neal Blaisdell Center. The event will pit the world's greatest bull riders against the rankest bucking bulls in the industry. Pictured is Chris Shivers taming the Page & Teague bull, Super Duty for 90.8 points at the 2006 Charleston, Built Ford Tough Event.

Hockey: Golden Griffins catch AF short-handed

By Dave Toller
U.S. Air Force Academy

Canisius scored two short-handed goals in the second period en route to a 4-1 victory over Air Force in an Atlantic Hockey Association game here today at the Buffalo State Sports Arena.

The Golden Griffins scored three special teams goals in the game as the teams split the two-game series. AFA

falls to 5-6-1 overall this season and 3-2-1 in the league. Canisius improves to 2-9 overall and 2-5 in the AHA.

Coming off a strong third period, Air Force continued its momentum early in Sunday's game. Eric Ehn, who scored twice on Saturday, scored his national-leading 13th goal of the season at the 6:18 mark of the first period with the assist from Mike Phillipich.

Canisius tied the score two minutes later as Josh Heindinger scored unassisted with an even-strength goal. Heindinger scored his second of the series and fourth of the season at 8:15.

Midway through the second period, Air Force went on the power play. With 8:01 remaining in the third period, Scott Follett scored on the power play to give the Griffins a 4-1 lead. Michael Cohen

and Spencer Churchill assisted on the play.

Air Force out-shot Canisius 28-20 in the game. Loewen made 27 saves for Canisius while Ian Harper made 16 for the Falcons. Special teams were the difference in the game as Canisius went 1-for-3 on the power play and had two short-handed goals. Air Force had eight power-play opportunities but failed to score.



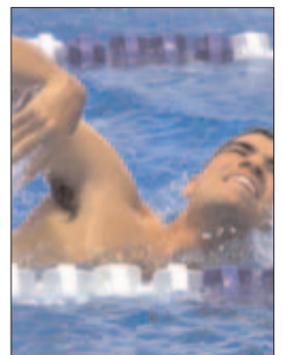
Hickam takes cycling by storm

Sixteen members of The Hickam Area Cycling Club visited the Punchbowl National Memorial Cemetery of the Pacific on Veteran's Day. People who are interested in riding with the HACC should contact John Girmsey or James Phillips at 449-8554 or 449-8962.

Special Olympics needs volunteers

Special Olympic Hawaii needs volunteers for our upcoming 2006 Holiday Classic. We heavily rely on volunteers to staff our events, so any help you can give us in spreading the word to your personnel would be greatly appreciated!

Special Olympics Hawaii is currently recruiting volunteers to assist with our 2006 Holiday Classic to be held December 1-3, 2006 at Hickam AFB and MCBH Kaneohe. Special Olympic Athletes work hard to overcome many challenges... and they can with your help. If you are looking for an opportunity to make a difference in your community, while still having fun, Special Olympics Hawaii is for you! Positions are available in set



Swimming is one of the events in the 2006 Holiday classic.

up, operations, sports competitions, and tear down. For more information, please visit www.specialolympicshawaii.org, or call Cindy at 943-8808, ext. 27 or email volunteers@specialolympicshawaii.org.

FITNESSTIPS



RIGHT
Holland Cunningham performs a bench press under the supervision of Michael Sanders. During this exercise, the weight should be held above the chest and lowered until the arms are at a 90 degree angle.



WRONG
During the bench press exercise, the weight shouldn't be lowered until it rests on the chest, nor should the arms be hyperextended. When lifting the weight, exercisers should lift the weight as far as they can without locking the arms. When people overextend their muscles, they increase the risk of injury.

Team Hickam Pick 'Em



135 - 103

131 - 109

Team Roster	Atlanta vs. Baltimore	Chicago vs. NY Jets	Cincinnati vs. New Orleans	Indianapolis vs. Dallas	St. Louis vs. Carolina	Washington vs. Tampa Bay	San Diego vs. Denver	NY Giants vs. Jacksonville	Records	
									Last week	To date
Col. J.J. Torres 15th AW/CC	Baltimore	Chicago	New Orleans	Indianapolis	St. Louis	Washington	Denver	Giants	5-3	42-38
Lt. Col. Lewis Carlisle 352nd IOS/CC	Baltimore	Chicago	New Orleans	Indianapolis	St. Louis	Washington	San Diego	Giants	4-4	43-37
Capt. Brian Moritz 535th AS	Baltimore	Chicago	New Orleans	Indianapolis	Carolina	Washington	Denver	Giants	5-3	46-34
CMSgt. Robert Wyman 692nd IG	Atlanta	Chicago	New Orleans	Dallas	Carolina	Washington	San Diego	Giants	3-5	45-33
TSgt. Youlanda Grant 15th AW/CCA	Baltimore	Chicago	Cincinnati	Indianapolis	Carolina	Washington	San Diego	Jacksonville	5-3	46-34
SrA Jeff Galdikas 15th CES	Baltimore	Atlanta	New Orleans	Indianapolis	Carolina	Tampa Bay	San Diego	Giants	5-3	44-36



TEAM HICKAM NFL CHALLENGE

