

Service members reflect on African-American heritage



Brister Thomas

Contributing Writer

In an interview marking February as African-American Heritage Month, four service members discussed their personal military history in relation to their cultural heritage.

Senior Airman Dominique Randall, a flight line patrolman at Joint Base Pearl Harbor-Hickam said, "I chose to be an Airman because I want to do something for myself and my country."

Born in England as the son of a retired Air Force technical sergeant, he considers Georgia his home because that is where his parents retired. "My parents have always said that I had to make my own future. I had a strict childhood and grew up all over the place. But, I always knew that home was where my family lived," Randall said.

Randall is open about his faith in God and the successes and tribulations that he has survived. "My mom and I always talked about working hard so that I would not be a statistic. Even though I grew up in a racially mixed neighborhood, my school was predominately black. I saw my friends making bad choices and it was a goal of mine to avoid being a statistic," Randall said.

Randall talked about being proud to be black, but added that it does not define him. "Success depends on the person, not the race or the gender. The Air Force has been good to me and in turn I try to work hard for them," Randall said.

The experiences and statements of Chief Warrant Officer Melanie Kinchen and her husband Chief Petty Officer Demont Kinchen mirror several of Randall's comments.

Melanie was born and raised in Vaughan, Miss. and said she has dedicated her life to the Navy. "When I tell people that I am from Mississippi, I get mixed reviews. They want to hear stories about racial divides and poverty. Well, my story is different. The person I am is deeper than the color of my skin," she said.

Melanie enlisted in March 1992 and was stationed in Hawaii after boot camp. She and her husband, CPO Demont Kinchen (ESWS/EAWS), have served at bases throughout the Pacific Rim. Currently, Melanie serves as the administrative officer at SEAL (sea, air, land) Delivery Vehicle Team-1 (SDVT-1) and Demont is the administrative chief at Joint Base Pearl Harbor-Hickam.

Melanie said she prides herself on her selfless loyalty and hard work. She is one of the founders of the establishment of the Navy's National Council of Negro Women (NCNW), which is the first ever in the Department of Defense (DOD) history. The 75-year-old organization established a naval branch in 2010 with a stated mission "to lead, develop and advocate for women of African descent as they support their families and communities."

Melanie discussed the importance of understanding what makes a person who they are, while also recognizing the value of working together as a team. "My father died when I was five years old. I am the oldest of four girls and we worked hard to stay a family as I was growing up," Melanie said. She continued, "My husband and I work together to make family first in our lives. Our two-year-old daughter Erin keeps us on our feet and as a dual military family, we are always working hard to choose to live a result-driven life."

Demont echoed his wife's sentiments about their daughter. "Erin is our dream come true," he said. Demont is third in line in a family of seven children. "I have five brothers and one sister and we grew up in a very traditional, strict family," he said. "While our family was extremely privileged and I was able to travel to exotic places like Africa, Germany and London in my childhood, my parents expected us to

follow the rules," he said. "My family has never focused on racial issues. We were just always expected to be the best that we could be, no matter what."

Lt. Col. Brian Hill is a KC-135 pilot in the Air Force. He is a graduate of the Air Force Academy, a husband and a father.

Hill is responsible for optimization and efficient utilization of 45 KC-135R aircrew members and support personnel, providing worldwide air refueling combat capability.

Hill said that he joined the Air Force to take advantage of the opportunity to lead Airmen and see the world.

Hill shared he is proud of his African-American heritage and how it has played a key role in his life. He

said, "My racial heritage is beneficial in many ways — it instills a sense of pride in who I am; provides awareness and appreciation of the legacy left by those who came before me in overcoming barriers and injustice; and contributes to the diversity we value and need in our Air Force, DoD and nation."

Hill grew up in Columbus, Ohio with three sisters and attended St. Charles Preparatory School. His father was the

head athletic trainer at Ohio State and his mother worked as a high school English teacher.

"Effort and achievement in school and sports were continually stressed at home," Hill said.

With a career that spanned globally, he said his family is a primary motivator for him. "My wife Suzette and son Brayden serve as an ever-present reminder that without love, we really have nothing," Hill said.



Resurgent 3-Peat bounces back to topple Shooters

Story and photos by Randy Dela Cruz

Sports Editor

After suffering its first defeat in nearly three seasons, the 3-Peat basketball squad reasserted itself as the team to beat by starting off the second round of the Afloat Intramural Basketball League with a resounding 60-33 win over Shooters at Bloch Arena, Joint Base Pearl Harbor-Hickam, on Feb. 16.

The victory raised the co-league-leader 3-Peat's record to 7-1, while the Shooters, a team representing SEAL (sea, air, land) Delivery Vehicle Team-One (SDVT-1), fell two games behind the top at 5-3.

"This was definitely a statement game," said 3-Peat center Logistics Specialist 2nd Class Eric Cotton, who tossed in a game-high 14 points. "We were talking earlier and said that we got to win by 35 or get as close to it as possible."

Although the Shooters never led in the game, the team battled neck and neck with 3-Peat in the early part of the first half, as point guard Master-at-Arms 2nd Class William Francia helped his team stay within striking distance by scoring seven of the Shooters' first 13 points.

As the seconds ticked off toward intermission, 3-Peat guard Personnel Specialist Seaman Benjamin Michael swished a 3-pointer and Logistics Specialist 2nd Class Trae Caple added a basket to increase the team's lead to nine at 22-13 at halftime.

Following the break, guard Master-at-Arms Seaman Brandon Thomason seemed to ignite 3-Peat's attack by converting back-to-back layups to give his team its first double-digit lead at 26-13.

Then after Francia and 3-Peat forward Cryptologic Technician (Interpretive) 1st Class Ty Moore traded 3-point baskets, 3-Peat's towering front line of Moore, Cotton and Chief Electrician's Mate Troy McCloud started to take control of the boards and with it the outcome of

the game.

Cotton was especially effective inside the paint, as the 3-Peat big man powered his way to three point-blank baskets early in the second half, before stepping out to the perimeter to knock down two treys from downtown. Cotton's second trey opened up a 20-point lead at 49-29 with 7:35 remaining in the game and the rout was on.

"We're just too big inside so everybody has to collapse," Cotton said. "Once the ball starts moving, we got shooters out there at all times so we can hit those open shots. That's what we do. We play inside out."

In the second half, 3-Peat played their inside-out game to perfection as the team consistently worked the ball to the post before kicking it out for a wide-open shot from the perimeter.

Besides Cotton's double dip from beyond the bubble, 3-Peat got additional 3-point second-half splashdowns from Moore, Michael and Information Systems Technician 2nd Class Deonte Stewart.

The team's strong play under the basket coupled with its hot shooting from the outside, said Shooters forward Yeoman 2nd Class Clinton Miller, equaled a long night for the Shooters, who had high hopes of a better showing after losing to 3-Peat, 42-25, in the teams' first meeting this season.

"I've seen them play other guys and they're a good team, but I've never seen them shoot like this before," Miller said, who led his team with 13 points. "We played them in the first game of the



Ashore Intramural Basketball League standings (As of Feb. 21)

	W	L
1. NSAH	7	1
2. 3-Peat	7	1
3. Shooters	5	3
4. NIOC Hawaii #1	4	4
5. NIOC Hawaii #2	4	4
6. FFRP Bad Boyz	3	5
7. Nasty Pac	1	7
8. Hell Raisers	1	7

(Above) Logistics Specialist 2nd Class Eric Cotton, center for 3-Peat, ducks under the defense of Shooters forward Yeoman 2nd Class Clinton Miller during an Afloat Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on Feb. 16. Cotton scored 14 points to lead 3-Peat to a 60-33 win over the Shooters.

(Left) Shooters point guard Master-at-Arms 2nd Class William Francia floats toward the hoop for two of his nine points against Afloat League co-leaders 3-Peat. Both teams entered the second-round showdown as two of the top teams in the division.

season and I thought that we would come out and make a sizable improvement. But they came out and embarrassed us."

Thomason said after tasting defeat for the first time in years, he and his teammates have

vowed to never let it happen again.

"It was like back to reality," Thomason said. "We're not super men. We just had to bounce back and keep playing hard."

Cotton shared the same sentiment as

Thomason, but added that it isn't going to be enough to just go out and win.

"We're super focused," he stated. "We're going to try and come out and embarrass everybody because we shouldn't have lost."

Communication Squadron overtakes Network Operations

Story and photos by Randy Dela Cruz

Sports Editor

Down by as much as 11 points in the second half, Staff Sgt. Travis Lewis dropped a 3-point bomb with 12 seconds left on the clock to lead the 747th Communication Squadron (CS) to a dramatic comeback win over the 561st Network Operations Squadron (NOS), 45-43, in a Hickam Intramural Basketball League game at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, on Feb. 17.

The stunning come-from-behind victory raised the 747 CS's record to 6-2 and created a three-way jam at the top of the Tuesday-Thursday Division with the 561 NOS and the 647th Civil Engineers Squadron.

"I think now a lot of us are starting to believe that we are an elite team," Lewis said moments after his kill shot. "This is a big confidence builder for us that we can play with the big boys."

Although the 747 CS managed to pull out the win, the first half and early minutes of the second half seemed to belong to the 561 NOS, who were gunning for sole possession of first place.

The NOS raced out to a seven-point lead, but had the advantage cut to five points, when 747 CS post-player Senior Airman Brandonn Brown sank a buzzer-beater inside the lane just before intermission.

However, following the break, the NOS seized back momentum on the hot hand of Senior Airman Ronnie Turner, whose back-to-back treys with 16 minutes remaining in the game raised his team's lead to 26-15.

Turner, who finished with 12 points on four 3-pointers, added another shot from beyond the arch to keep the lead in double



Hickam Intramural Basketball League Tuesday-Thursday Division standings (As of Feb. 21)

	W	L
1. 647 CES	6	2
2. 561 NOS	6	2
3. 747 CS	6	2
4. 792 ISS	4	4
5. 613 AOC	4	4
6. 15 OGI	4	4
7. 735 AMS	4	4
8. 8 IS	1	7
9. 647 SFS	1	7

(Above) 747th Communication Squadron (747 CS) Staff Sgt. Rickey Nance goes up for two last-minute points against the 561st Network Operations Squadron (561 NOS). Nance helped the 747 CS overcome a double-digit deficit to win a 45-43 thriller.

(Right) Senior Airman Ronnie Turner of 561st Network Operations Squadron (561 NOS) pulls back to launch a 3-point shot during the team's Hickam Intramural Basketball League game versus 747th Communication Squadron (747 CS) at Hickam Fitness Center gym, Joint Base Pearl Harbor-Hickam, Feb. 17. Turner's four treys weren't enough, as the 747 CS beat 561 NOS by a score of 45-43.

digits at 29-19.

The game continued in the NOS's favor until five quick points by Lewis with five minutes left appeared to ignite the 747 CS's attack.

Lewis went 2-for-2 at the charity stripe before connecting on his first of two treys to bring the CS to within three points at 35-32.

The NOS answered with a basket from Airman 1st Class Robert Light to build their advantage back up to five, but lost the lead for the first time in the game, when CS Staff Sgt. Rickey Nance converted two consecutive basket-and-ones to put the 747 in front at 38-37.

Nance said that a new approach by the CS opened up holes inside the

lane, which allowed him to take the ball to the rack.

"We slowed it down and tried to make good passes and execute," Nance explained, who chipped in with 14 points. "I just wanted to be aggressive and take the ball inside. Really, I was just trying to get to the foul line."

Another basket by Nance extended the lead to 40-37, but after a timeout, NOS Master Sgt. Bobby Padilla zeroed in on a clutch 3-pointer to tie the score at 40-40.

With under a minute, the 747 CS pulled out in front at 42-40 on a shot by Airman 1st Class Sam Martens, but Padilla knocked down what appeared to be the game-winning trey with under 20 seconds on the clock.

As time wound down, the CS quickly brought the ball up court and got it to Lewis, who was heavily guarded on the left wing.

Lewis took one look at the clock before hoisting up a 20-foot jumper that tickled the bottom of the net for the win.

"I knew that if I had a chance to shoot it, the ball was going to go in," said Lewis, who finished the game with 12 points. "It felt pure. It was one of my better releases all night."

Even though the win was sweet for the 747 CS, the defeat was a bitter pill for the NOS to swallow, as the team tasted its second loss in two weeks after it owned double-digit leads.

"It stings," Turner said. "It was a lack of execution — not moving around and getting the open shots. We got to take care of the ball and get the right shots."

Meanwhile, although Lewis hit the game winner, he credited his teammates for the triumph.

"I gotta give it to my teammates," Lewis stated. "They kept on hustling out there with me. We came together."

Port Royal sneaks past Crommelin in overtime

Story and photos by Randy Dela Cruz

Sports Editor

Yeoman 1st Class Keith Barrow's 3-pointer with 1:10 remaining on the clock helped USS Port Royal (CG 73) seal a 37-29 overtime win over USS Crommelin (FFG 37) in an Afloat Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on Feb. 19.

The win raised Port Royal's league record to 2-3, while Crommelin saw their mark fall to .500 at 3-3.

"This was really important," said Port Royal guard Logistics Specialist 3rd Class Namon Richardson. "We want to finish in the top tier. We still got the second half of the season to go and hopefully we can pull to within a loss or two and go on a winning streak."

Although Port Royal entered the game in danger of losing their fourth out of five games, the team has faced its share of hard luck on the court as it lost all of its games by a single point — one in double overtime.

Against Crommelin, Port Royal appeared headed for another heartbreak as they saw a five-point halftime lead evaporate when Crommelin scrapped back from a 29-24 deficit at the 7:07 mark to tie the score at 29-29 at the end of regulation.

During the final minutes of the second half, Crommelin guard Seaman Davon Saunders pumped in a shot to cut the lead down to one before Logistics Specialist 3rd Class Brandon Kennard connected on one of two from the free-throw line to tie the score.

Kennard had been a factor under the boards for Crommelin as the big man threw down seven first-half

points and was a force on defense.

However, early in OT, Kennard was slapped with a double technical and was ejected from the game, which proved to be a huge advantage for Port Royal.

With the lane cleared, Port Royal guards Richardson and Quartermaster Seaman Brian Myles began pushing the ball into the paint and converted five out of seven shots from the charity stripe.

Crommelin also felt Kennard's absence on offense, as the team struggled to get second-shot opportunities in the overtime period.

"We normally play man, but we decided together to play 2-3 to cut out their penetration and limit them to one shot," Richardson said. "We're a better rebounding team in the 2-3."

Then with time running out and Port Royal clinging to a three-point lead at 32-29, Barrow pulled in back of the 3-point arch and sank the dagger that finished off Crommelin.

"I knew it was going in," Barrow said about his high-risk swisher. "I needed to get at least one."

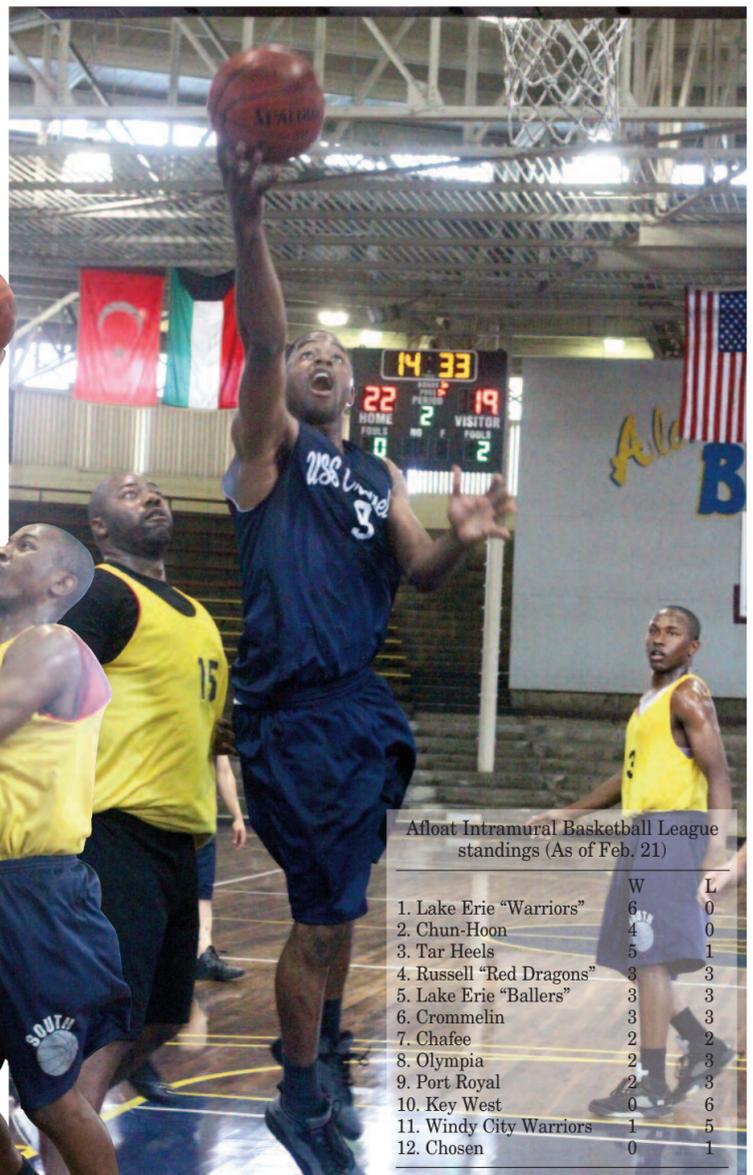
Richardson, who was the game's leading scorer with 12 points, said he hopes that the close win helps

the team wrap up the season with a strong finish.

The Port Royal point guard said he believes that the team has what it takes to make it happen.

Port Royal will get to put themselves to the ultimate test this weekend, when the team squares off with the undefeated league-leading USS Lake Erie (CG 70) Warriors at Bloch Arena on Feb. 26 starting at noon.

"When our top five through eight players show up, we're pretty competitive," Richardson said. "And I think our defense is what is going to get us there."



Afloat Intramural Basketball League standings (As of Feb. 21)

	W	L
1. Lake Erie "Warriors"	6	0
2. Chun-Hoon	4	0
3. Tar Heels	5	1
4. Russell "Red Dragons"	3	3
5. Lake Erie "Ballers"	3	3
6. Crommelin	3	3
7. Chafee	2	2
8. Olympia	2	3
9. Port Royal	2	3
10. Key West	0	6
11. Windy City Warriors	1	5
12. Chosen	0	1

(Above) Logistics Specialist 3rd Class Brandon Kennard of USS Crommelin (FFG 37) takes the ball to the hoop for two of his seven points versus USS Port Royal (CG 73).

(Left) USS Port Royal (CG 73) guard Quartermaster Seaman Brian Myles soars into the lane for shot against USS Crommelin (FFG 37) in an Afloat Intramural Basketball League game at Bloch Arena, Joint Base Pearl Harbor-Hickam, on Feb. 19. Port Royal beat Crommelin, 37-29, in overtime.

Hickam bowlers focus on All-Military tourney

Story and photo by Randy Dela Cruz

Sports Editor

For three consecutive days, Feb. 16-18, the lanes at Hickam Bowling Center buzzed with activity as 14 men and nine women competed to earn a spot on the All-Hickam Bowling Team.

Once the final numbers were tabulated, the team of six men and four women stood front and center, ready for the chance to represent the Air Force in the upcoming Hawaii All-Military Bowling Tournament, which will be held April 5-8 at military bowling centers around the island.

This year's men's team comprises Master Sgt. Chuck Buchert, who averaged a tournament high of 216.37 over 18 games, Staff Sgt. Art Hamabata (214.72), Senior Airman Alfred Chock (204.22), Senior Airman Richard Mallette (201.44), Staff Sgt. Robert Brewster (196.89) and Senior Airman Chad Germano (193.28).

The four-person women's team includes LaRonda Buchert (Chuck Buchert's wife), Master Sgt. Annette Gagarin (182.72), Staff Sgt. Lisa Gibson (181.56) and Staff Sgt. Rena Sunaoka (188.33). Buchert was the projected women's overall leader, although she was still finishing up her last three games at the conclusion of the tryouts.

Chock, who was a member of last year's All-Hickam team, said that after looking over the current squad he believes the Air Force should be a strong contender to bring home their second All-Military title in three years.

After capturing the gold in 2009, the Air Force fell off the pace last year and finished up in second place – only a mere 183 pins off the championship Navy team.

The difference this year, Chock said, lies in the strength of the women's team, which averaged over 180 per game during the entire tryout.

"There is no reason why we can't compete and take the tournament," Chock, of 624th Aeromedical Staging



Senior Airman Chad Germano, 735th Air Mobility Squadron (735 AMS), heaves the ball down the lane during tryouts for the All-Hickam bowling team, which was held at Hickam Bowling Center, Joint Base Pearl Harbor-Hickam, Feb. 16-18. Germano qualified as the final member of the Air Force's six-man squad. The Air Force team also includes a four-women squad.

Squadron (624 ASTS), said. "Last year, our women's team kept us in it, but we (men) couldn't finish it. And the Navy women's team bowled good in the last game and it helped their men's team. You're going to get a whole bunch of really good guy bowlers, but if you can find four good female bowlers, that's the key."

Buchert, who made the All-Hickam team two years ago and is a two-time All-Air Force team member, agreed with Chock that the strength of the women's team just might be enough to make the Air Force favorites in this year's All-Military showdown.

Stating he is 90 percent sure that the Air Force has

what it take to win it all, Buchert said that the biggest challenge over the

next few weeks will be to get everyone focused and on the same page.

He added that teamwork would be especially important when the team has to

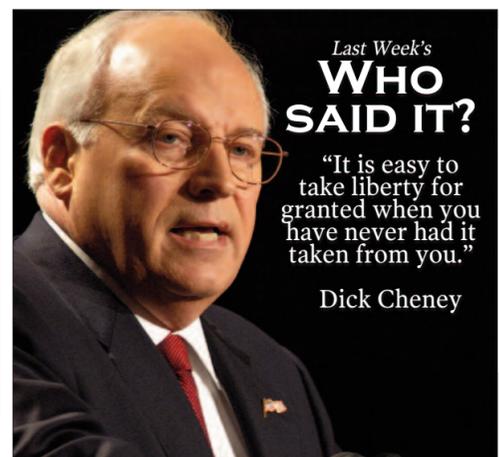
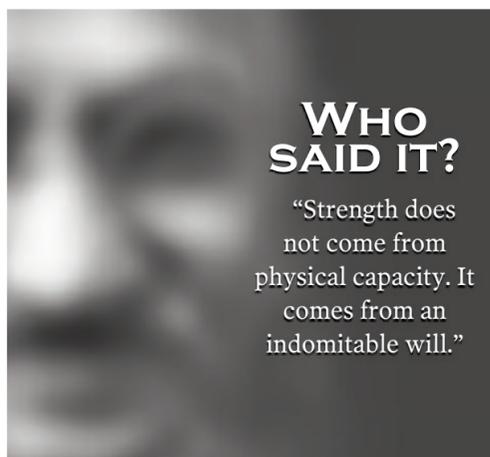
travel and compete in bowling centers at Pearl Harbor, Marine Corps Base Hawaii-Kaneohe and Schofield Barracks.

"The big thing for our team is meshing together as one team," Buchert, 692nd Intelligence, Surveillance and Reconnaissance Group (692 ISRG), said. "Each house has different shots and some people have never bowled at the different houses. We'll try and help each other out. Like we say, 'come talk to us if you're lost. We'll help you out and line you up.'"

Gibson admitted that all the talk about how the women's team holds the key to Air Force's fortune in the All-Military has made her a bit nervous.

A former All-Air Force team member, Gibson, who has been bowling since the age of five, said she has formulated a strategy to keep the pressure off.

"I don't think too much about it," Gibson, of Headquarters Pacific Air Forces (PACAF), said. "I try to take my mind off it because if I think about it, it gets to me. I just try to block it out and take it frame by frame."



PEARL HARBOR-HICKAM **Maniawa Nanea** LEISURE

Morale Welfare & Recreation

YOUTH SPORTS NFL FLAG FOOTBALL
Today is the last day to register for NFL flag football. The season runs March through June and registration can be completed online at www.greatlifehawaii.com. The cost is \$65 per youth for the entire season.

WHALES AND FIREWORKS SUNSET CRUISE
Set sail aboard the Makani catamaran in search of humpback whales. Drinks and appetizers are included. Departure will be at 4:30 p.m. today from Information, Ticket and Travel-Hickam. The cost is \$55 per adult and \$35 for children ages 4-12, which includes round trip transportation from the ITT-Hickam office. FMI: 448-2295.

PARADISE COVE LUAU
Single Sailors and Airmen can taste traditional Hawaiian culture at the Paradise Cove luau. Depart today at 4:30 p.m. from Liberty Express, 5 p.m. from Beeman Center, 5:15 p.m. from Instant Liberty and 5:30 p.m. from Airmen Center. The cost is \$20 per person. FMI: 473-2583.

FAMILY AND TEEN TALENT SHOW
The Makai Recreation Center (MRC) is hosting its annual talent show tonight. The show will include eight categories. Winners from each will be invited to perform at various base events throughout the year. Those interested in performing should stop by the MRC to register. FMI: 449-3354.

MAKAPU'U ADVENTURE FOR TEENS
Hike up to the Makapu'u lighthouse from 9 a.m. to 3 p.m. on Saturday to watch the whales from the lookout and journey through tidal pools in search of sea creatures. The cost is \$5 per person for ages 13 to 18. Depart from the teen center on Hickam. FMI: 448-2296.

STAND-UP PADDLEBOARD THE MOKULUA ISLANDS
Join Moral, Welfare and Recreation for a paddleboard excursion on the windward side from 10 a.m. to 3 p.m. on Feb. 28. Transportation, instruction and equipment will be provided. The registration fee is \$25 per person. Departure and return will be from the outdoor adventure center-fleet store. FMI: 473-1198.

For more information on events, visit www.greatlifehawaii.com or www.hickamservices.com/

Community Calendar

February

25 ~ Tonight is the Team Hickam annual awards ceremony at 6 p.m. at the Joint Base Pearl Harbor-Hickam Tradewinds enlisted club. The cost for each ticket is \$32 for club members and \$34 for non-club members. Social hour is scheduled to begin at 6 p.m. with the banquet at 7 p.m. Contact individual command first sergeants for electronic RSVPs and tickets.

26 ~ The African-American Heritage Association is sponsoring a gospel festival and taste of soul from 5 to 8 p.m. on Saturday at the Hickam main chapel. Local churches and special talents will be showcased in honor of African-American history month. FMI: 448-1611.

March

1 ~ Register by March 1 for the Gecko Gallop 5K or 10K walk/ fun run to save \$10 on the registration fee and get a free T-shirt. The 5th Annual 17 Operational Weather Squadron (OWS) Gecko Gallop will be held at 6:30 a.m. on March 12. FMI: www.active.com.

2 ~ Commanding officer/executive officer (CO/XO) and master chief petty officer/senior chief petty officer (MCPO/SCPO) spouses leadership continuum meeting will be held at 5:30 p.m. at J.R. Rockers Club. The theme of the meeting is "Teambuilding: Beyond the Sandbox." FMI and to RSVP, call Verdi at 473-1999, ext. 6100 or e-mail: leadership4U@hotmail.com.

4-6 ~ The Discovering Your Future in Aviation conference will be held at the Pacific Aviation Museum Pearl Harbor on Ford Island. March 4 is student conference day. Scout appreciation day is on March 5, and March 6 is family day. The event is open to the public. FMI: 441-1008 or tours@pacificaviationmuseum.org.

At a glance

~ Traffic inbound to Nimitz Gate will be affected by lane closures from now to March 18 from 7 a.m. to 3:30 p.m. One inbound lane will be closed at a time, and two lanes will remain available. Outbound lanes will not be affected. Approach the work area with caution and obey warning signs and traffic guides.

Movie Showtimes



The Green Hornet (PG-13)

The heir to L.A.'s largest newspaper fortune is a rich, spoiled playboy. When his father dies, he teams up with his late dad's assistant to become a masked crime fighting team. They learn that the chief criminal in the city has united all the gangs under his power, and sees the Green Hornet as a threat to his prosperous criminal underworld.

SHARKEY MOVIE THEATER

TODAY
7:00 PM Despicable Me (PG)

SATURDAY
2:30 PM Megamind (PG)
4:45 PM The Dilemma (PG-13)
7:15 PM The Green Hornet (PG-13)

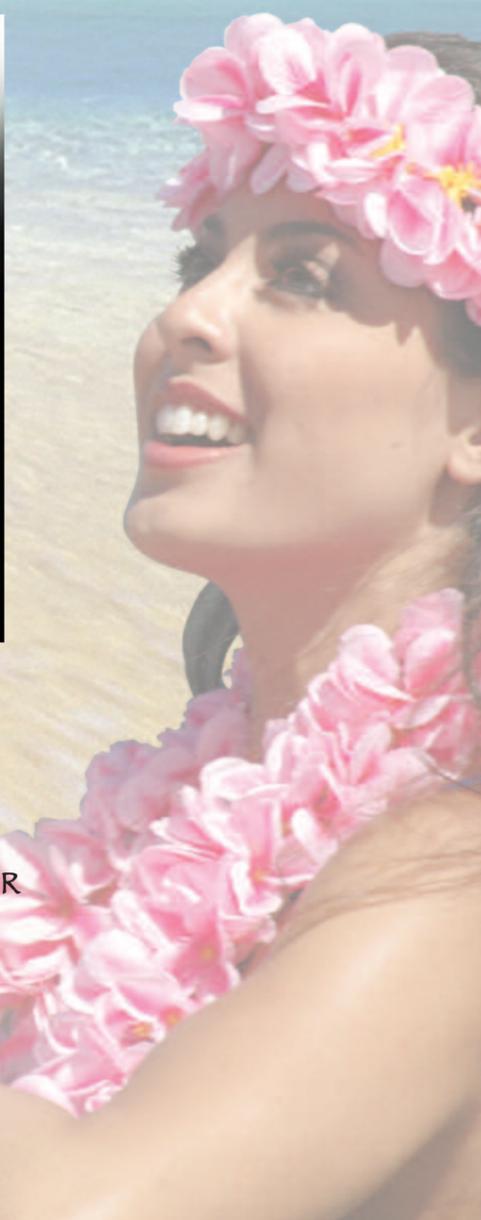
SUNDAY
2:30 PM Despicable Me (PG)
4:45 PM Megamind (PG)
7:00 PM The Social Network (PG-13)

HICKAM MEMORIAL THEATER

TODAY
6:00 PM Megamind (PG)
8:30 PM Country Strong (PG-13)

SATURDAY
4:00 PM Just Wright (PG)
7:00 PM True Grit (PG-13)

SUNDAY
2:00 PM Gulliver's Travels (PG)



Volunteers are the 'heart' of the National Veterans Golden Age Games in Honolulu

VA Office of National Programs and Special Events

Volunteers are needed for the 25th National Veterans Golden Age Games, which are coming to Honolulu sites, including Joint Base Pearl Harbor Hickam (JBPHH), May 26-31. The games are the largest sports and recreation event in the world, for military veterans age 55 and older.

More than 3,000 volunteer opportunities exist to support veterans, ranging from registration and transportation, to meals, data management, equipment set-up, timing and scoring events and other functions.

Besides JBPHH, the events will be held at Fort DeRussy, Mamala Bay and Kealohi golf courses, Hawaii Convention Center and other sites throughout the city.

An expected 700 athletes from across the United States, Puerto Rico and nearby islands are registering to compete in this year's anniversary event. Local games coordinators expect that 1,500 volunteers will be needed to meet the needs of the visiting athletes.

At the games, veterans will compete in 14 athletic events including swimming, cycling, golf, shot-put, discus, 10-meter air rifle, table tennis, dominoes, shuffleboard, horseshoes, nine-ball, bowling, checkers and

croquet. Each event has seven age categories for participation. Additionally, veterans with visual impairments and those in wheelchairs will compete in unique categories based on their abilities.

The games are co-sponsored by the Department of Veterans Affairs (VA), Veterans Canteen Service (VCS) and Help Hospitalized Veterans (HHV), and will be hosted locally by the VA Pacific Island Healthcare System in Honolulu.

For more information and to register for volunteer opportunities, visit the volunteer registration website <http://bit.ly/eroHCO> or call Shelley Eyerly at 585-6191.

Military charities see green when you 'go green'

Kristen Ward

TriWest Healthcare Alliance

TRICARE West Region beneficiaries can assist military families and help save the environment with a simple click of a mouse.

Now through March 31, when a TRICARE beneficiary chooses to "go green" and opts-in for paperless statements, TriWest will contribute \$5 to one of the following military support organizations: Armed Services YMCA (ASYMCA), Operation Homefront, Tragedy Assistance Program for Survivors (TAPS) or the USO.

Giving green

Each of the eligible military charities support active duty service members, veterans, military families and survivors in different ways.

Operation Homefront— Provides emergency and morale assistance for service members, the families they leave behind, and for wounded warriors when they return home, and has filled the needs of more than 267,000 military families since 2002.

Armed Services YMCA (ASYMCA)— Delivers quality social, educational

and recreational programs and services to active duty military and family members. Its programs include children's waiting rooms at various military hospitals and Operation Hero.

Tragedy Assistance Program for Survivors (TAPS)—Offers hope, healing, comfort and care to families grieving after the death of a service member through programs such as Survivor Seminars and Good Grief Camps.

USO—Entertains and provides educational programs to service members and their families.

Going green

By registering at

www.triwest.com/GoGreen, TRICARE West Region beneficiaries can opt-in to receive paperless TRICARE communications, such as referral and authorization letters, claims and explanation of benefits statements.

Since launching the "go green" program more than a year ago, TriWest has already saved hundreds of thousands of sheets of paper from being printed and mailed. The "go green" option for TRICARE West Region customers is convenient, secure and simple.

For more information, visit www.triwest.com/GoGreen or www.facebook.com/triwest.

Tickets on sale for submarine birthday ball

Tickets are on sale now for the 111th Annual Officers Submarine Birthday Ball, which will be held on April 16 at the Hilton Hawaiian Village, Tapa Ballroom. Register and pay online or with your command's officer sub ball representative. Save on room rates at the Hilton Hawaiian Village. Call 1-800-HILTON and use the promotional code "AGD."

For more information, visit the website at www.submarineball.com.

Did you know that...

Volunteering at your local Navy-Marine Corps Relief Society (NMCRS) office may add years to your life? A 10-year study at the University of Michigan found that people who did no volunteer work died at an earlier age than those who volunteered at least once a week.

Volunteering has added benefits: a sense of accomplishment, a dose of self-respect and a boost of self-confidence. It can also serve as a reminder that, relatively speaking, your troubles might not be as severe as they seem.

NMCRS volunteers are men and women, civilian and military, active duty and retired, officer and enlisted, and their family members. It might even be you.

For more information, contact the NMCRS Pearl Harbor office at 473-0282 or www.nmcrcs.org.

This Week's Trivia

What does the naval term "boatswain" (pronounced "bosun") mean?

Last Issue's Question:
Who received Strategic Air Command's first B-52G?

Answer:
The 5th Bombardier Wing at Travis Air Force Base, Calif. received the first on Feb. 13, 1959.



STORY IDEAS?

Contact the Ho'okele editor for guidelines and story/photo submission requirements

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