

Kūka'ilimoku

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154th Medical Group Receives an "Excellent"

By TSgt Dawn Wahinekapu

July 13, 2003 turned out to be the brightest day in the history of the 154th Medical Group after receiving a score of Excellent by the Air Force Inspection Agency for their Health Services Inspection (HSI).

The 154th MDG received an overall score of 91, missing a rating of outstanding by only one point. This is a major accomplishment considering the previous inspection scores. In 1999, the Medical Squadron received an unsatisfactory with an overall score of 46 and in 2001 the Medical Group received an overall score of 57 and a not mission ready rating.

The inspectors reported that the Medical Group underwent an amazing change

from a failing unit in the last few HSI's to a unit that is "now razor sharp and ready to perform its widespread mission in the Pacific." They also reported that the morale and pride in the unit is "Exceptional."

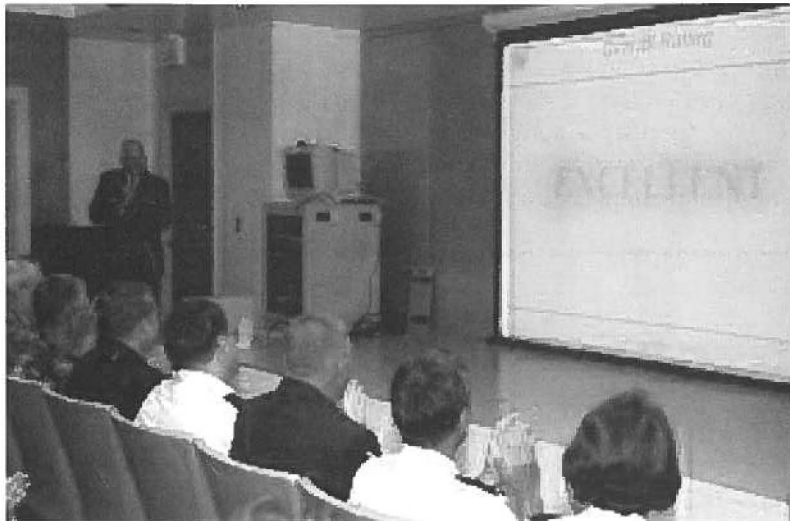
"I've seen this unit go from the depths of despair to one of the most outstanding units," Col. Randall Falk, Air Surgeon General of the Air National Guard said.

There were six outstanding elements: Medical Readiness, Deployment Processing, Flight Medicine Management, Workplace Surveillance, and Organizational

Management and Clinical Services. This was the first time the inspection team has come across a unit with a

100% in the clinical services area. There were no marginal or unsatisfactory areas.

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Col. James Townsend announcing the final results of the inspection to the Medical Group personnel and supporters. Photo by SrA Andrew Jackson, 154 CF/SCS

September CERE Starts Friday

by Col. Peter Pawling

The September Combat Employment Readiness Exercise (CERE) will kick off on Friday, Sept. 5th and continue through the UTA weekend. The CERE is designed to test the unit's ability to prepare personnel, weapons systems, and equipment for its wartime contingency tasking and sustain combat operations during simulated hostilities.

This scenario will be used to raise the level of concen-

tration and stress levels of operating in a tough Ability to Survive and Operate (ATSO) environment in a simulated deployed combat situation. These simulated combat conditions are designed to present a Nuclear, Biological and Chemical (NBC) and conventional high-threat area. At the same time there will be intensive flying operations involving the 199th and 203rd and 204th. Everyone is expected to demonstrate proficiency in operating in and out of graduated Mission Oriented Protective Posture (MOPP) Levels.

One change from earlier CERE exercises is that PACAF IG requested we raise the number of F-15's playing from 6 to 10. This necessitates moving them to zone "C" and replicates an actual combat deployment. Expect approximately half of the flying activities to occur during dark hours.

As in past CERE's, all personnel must arrive at their assigned zone already dressed in MOPP 2. We are practicing for the ORI and this is what will be expected then. OPSEC/COMSEC vigilance and the proper use of the Automatic Atropine Injectors

will be special interest items during the exercise as they will during the ORI.

We have only eight UTA's remaining to prepare for our ORI. It is incumbent upon all of us to demonstrate all facets of our jobs that we have been trained to do. Presenting a professional image will get us off on the right foot for this CERE and for the ORI.

I will be publishing an ORI newsletter to keep the Wing updated on our preparation for this milestone event. Expect continued strenuous exercises with all personnel pushed to their limits as we sharpen the sword.

Commander's Call

by Brig Gen Albert "Putt" Richards, 154th Wing Commander



How's about that Medical Group! If you haven't noticed, there is a very proud group of 154th members walking around with a perma-grin. The 154th Medical Group was rated "excellent" on their Health Services Inspection last UTA. This inspection culminates a long hard period of intense scrutiny, hard work and dogged determination. Under the leadership of Colonel Brett Wyrick and

CMSgt Mark Bailey the medical group has emerged as a cohesive, well trained and highly motivated organization. The HSI team stated that it was obvious to them that the programs in place were designed for long-term sustainment, not just for inspection fluff. Our sincere congratulations to all of the members of the Medical Group.

Now it is our turn to prepare for a major inspection. By the time you read this issue, we will have met with the PACAF/IG leadership to nail down the comprehensive details including a letter outlining mandatory training

dates. Next May is getting closer and the tempo will increase. I have all the confidence in the world that the 154th Wing will do an outstanding job.

Lastly, we are about to bid farewell to one of the HIANG's longest serving members. Brigadier General Myron Dobashi, HIANG/CC, will retire effective September 1, 2003, after more than 38 years of service to his nation and state. Details about retirement ceremonies should be forthcoming. A retirement party to honor BG Dobashi is scheduled for September 20th at the Hale Koa Hotel. Details are available at all group orderly rooms. Let's all turn out to wish BG Myron and Jean Dobashi a warm aloha.

Family Readiness Conference

by 2nd Lt. Regina Berry

This years Family Readiness Conference awarded the 154th SFS with the 2002-2003 Hui Laulima Award for the most Outstanding Unit. This accomplishment can be attributed to those involved in the 154 Family Readiness Group. Many of the volunteers are spouses of our Security Forces members: Mrs. Cathy Ramos, Mrs. Pohai Kealoha, Mrs. Wendy Namoca, Mrs. MaryCris Acosta and Mrs. Pua Adona-Durpan. All of these remarkable women were awarded the Hawaii National Guard Commendation Medal.

Mrs. Pua Duropan was also selected as the Outstanding Volunteer for the HIANG. HING FRG Citation: From June 2001 to May 2003, Mrs. Adona-Duropan volunteered to be chairperson/coordinator of the 154 SFS Family Support Group (FSG). During this period, the squadron's families endured many hardships. The squadron lost two members, CMSgt Gary Witt and TSgt Dulcie Hale, whose deaths deeply affected our squadron members. Mrs. Duropan provided comfort and compassion

to our grieving families. After September 11, 2001, over 80% of our members volunteered to augment the 15 SFS for Operation Noble Eagle and she stayed in touch with the families that culmi-

nated in the successful squadron FSG 2001 Christmas Party. On May 2002, 39 members were mobilized and de-



Mrs. Pua Adona-Durpan.

ployed to Qatar for Operation Enduring Freedom. Prior to the deployment, she led the FSG in an informative and very supportive briefing with the families. On November 2002, 13 members redeployed to Honduras and on December 2002, 26 members redeployed to Saudi Arabia in support of Operation Enduring Freedom and Operation Iraqi Freedom. She led five separate FSG events including Christmas, Indefinite Deployment Announcement, Valentines, and Easter. On Apr 2003, the 39 members returned and she led the Heroes Home Coming assembly at the airport.

The outstanding military POC for

the HIANG was TSgt Mark Crabbe. TSgt Crabbe, the lead POC for the 201 CCG, volunteered 50 plus hours of his time to preparing deployment packages and working the processing lines for the 201 CCG and 154 WG deployments. He has provided guidance on policies and benefits to numerous unit members regarding Family Readiness Group support. He also trains other volunteers at various workshops on the FRG support functions.

Kuka'ilimoku

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The KUKA'ILIMOKU can be seen on the 154th Wing intranet web page at <https://154web/>

The punctuation of the name of this publication was researched by the Indo-Pacific Language Department at the University of Hawaii.

COMMANDER

Brig. Gen. Albert P. Richards, Jr.

STAFF

PAO: 2nd Lt. Regina Berry
Editor:

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Chaplain's Corner

by 1Lt Leah B. Boling, Chaplain 154th Wing

Last month, my husband went to a conference on the mainland. In his absence my 5-year-old daughter took the opportunity to sleep with me because she thinks it's a treat to sleep in the big bed.

One night, while I was engrossed in a book, she suddenly sighed and blurted out in a very adult like manner, "Mom, life is good!" I became curious so I closed the book and indulged her in a conversation. Lying on our bed, hands under her head and staring at the ceiling, she explained that life is good because she has me, daddy, Max (our 13 year old dog), Lola (Filipino for grandma who, by the way, is visiting us for the summer), her toys and clothes. And

that's it.

Even though I wanted to hear more "adult like" answers from her such as cures for diseases, ending poverty and preventing war I realized that so much of what she said is true. It's the small things that really matter. Yes, simple things make our life good and worth living. Even a simple conversation such as this makes my life good.

Life is good here at the HIANG. We have our rich traditions and are surrounded by people who care. Being a "weekend warrior" is a good thing. It's about caring for the bigger picture—protecting the state and the country. Our one-weekend-a-month interactions graciously contribute to living a good life.

I have the tendency to want to do more or have more, but it doesn't have

to be that way. Talking story with people during MOPP exercises or just being there to provide a presence is sufficient. And for the things we don't always enjoy, let us be grateful. Let us be grateful for those MREs (I know I try to avoid them if I can help it), for our chem gear, our fellow "warriors," and even our slow computers. All in all, I'd say life is good.

This is in direct contrast to the first passage in Ecclesiastes when the writer looks at everything and makes the conclusion that everything is meaningless. My daughter reminds me that it should not take much for us to feel and see that life is good; that life is full of meaning. We just need to go back to the basics—our relationships with one another, God and our basic needs.

As we continue to work here at HIANG, let us be reminded, "Life is Good!"



Legal Line

by Lt Col James Itamura, JAG, 154 Wing

What is identity theft

Identity theft occurs when someone uses your name, social security number, credit card number or some other piece of your personal information to apply for a credit card, make unauthorized purchases, gain access to your bank accounts or obtain loans under your name. The nature of this crime is that most people don't know they've been hit until charges they didn't make appear on their credit card bill.

Types of Identity theft: Social Security Number. Your SSN is the most valuable piece of your personal financial information because it is your main identifying number for employment, tax reporting and credit history tracking.

Credit cards. There are several ways a thief can use credit cards. Obviously if your purse or wallet is stolen, they can use your current cards. Just as scary though is that they can open new accounts. Thieves have been known to fill out a change of address form from

your post office and get your bills sent to another address. Then of course you will never know.

Check Fraud. If a thief obtains your account number, they are now able to create checks using a home computer. If your checks are stolen, report it immediately and close your account. Thieves know they don't have much time and will move swiftly to rack up as much charges as they can. A thief can also open an account in your name with a social security number.

Correcting the Problem. If you've been compromised, Notify police, keep copy of police report for reference when dealing with a credit card company or other agencies; Check with post office if you suspect mail is being diverted because you haven't received any bills for a while; Notify credit card companies immediately. This will limit your liability to a maximum of \$50 under the law; Notify bank if checks stolen. The bank is liable for any loss that occurs fraudulently. When opening a new account, ask that they require a password known only by you before they can authorize any changes to the account; Armed with your SSN, a thief can still open new accounts. Therefore contact

the fraud departments of each of the 3 major credit bureaus and ask them to flag your file as one belonging to a possible fraud victim. This warning should instruct credit card companies to notify you before approving new credit cards or loans in your name.

New Scams. Be wary of messages seemingly from your internet service provider that they need to update your credit card info. Call them first; The FTC warns of thieves claiming to offer identity theft prevention services as ploys to obtain info such as SSN's, mother's maiden name, credit and bank account numbers.



"Snowbirds" returning home. More than 116 personnel and eight F-15 returned to Hawaii after deploying to Tucson, Arizona from June 30 till July 11th. Photos by SrA Andrew Jackson, 154 CF/SCS



Members of the Wing undergoing small arms training and qualification. Photo by SSgt Kristen Higgins, 154CF/SCV



BG Myron Dobashi giving the re-elistment oath during August UTA to members of the 154th WG. Photo by MSgt Rose Vendiola, 154 MSF



Member of the 154 CF deployed to Pease AFB to help in the installation of network and other cabling. Photo by SSgt Kristen Higgins, 154CF/SCV





TSgt Marc Ochoco from the 199 FS, Life support fits F-15 flight equipment on Air Marshal M McMahon, Indian Air Force Vice Chief of the Air Staff. The Air Marshal was on a tour of Hickam AFB, and took an incentive flight on the Hawaii Air National Guard's F-15, Thursday the 10th of July. Image taken by SSgt Kristen M. Higgins, HIANG



Wing members washing cars during the Hickam Friends and Neighbor Weekend. Proceeds from the car wash will be used for the After ORI party. Photos by SSgt Kristen Higgins, 154 CF/SCV



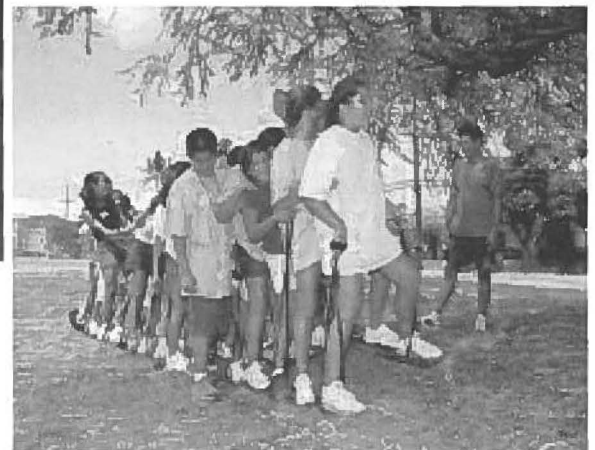
204th AS C-130 provides transportation for Gov. Lingle, MG Lee, and Army Guard Employers to Pohakalua Training Area on the Big Island to watch "live firing" exercise. The trip was coordinated and promoted by the ESGR.

Photo provided by the 117th PAD HIARNG

Youth Training

by Loretta Hales

This years Family Readiness Youth Training was held at Kalaeloa, Barbers Point, from June 12 to 15. The children, "Kamali'i O Na Koa" (Children of Warriors) participated in team building exercises, drill and ceremony, physical training and lots of fun. The Youth Training program provides guidance and camaraderie for youth whose parents are or will be deploying in the National Guard.



HIANG Volleyball Champs

Congratulations to Coach Kaipo Sing and our HIANG Volleyball Team A, as they defended their title to remain the Hickam AFB Base Volleyball champions for a second straight year last night at Hickam AFB gym. A standing room crowded gym intensely watches the team play a total of five consecutive games, to emerge from the loser's bracket, to overwhelm and overpower their opponents handily. The first match was a cakewalk, as the team defeated the 502 AOG in two straight games. The team continued their ascent and assault as they played a scrappy HQ PACAF team out of the winners bracket. They outwitted, outmatched and totally outplayed their opponents in three games from beginning to end. Through it all, the team remained firm and steadfast on course, and stuck it out during a tough and competitive season.

Coach Kaipo took two HIANG Teams, A & B, to the playoffs with intensity and tenacity to compete with the active duty teams. Team B claimed fourth place out of the 14-team tournament. To say the most, both teams were the overall favorites from the beginning of the season and entering the playoffs. Coach and players say "Mahalo" to all the family, friends and

fans for the continued support throughout the season. 15 SVS/CC, Lt Col Mark White, presented HIANG commander, Brigadier General Myron Dobashi, with the championship trophy on behalf of the HIANG.

First All Tournament Team: Marc Gonsalves, Stephen Lorenzo, Brad Pactol, Elijah Tiqui

Second All Tournament Team: Tommy Chock, Mark Crabbe

Honorable Mention: David Sala

Team A players: 2Lt Regina Berry - HQ 154 WG, MSgt Glenda Buis - HQ 154 MSG, TSgt Tommy Chock - 154 MSF, SMSgt Mark Coulbourne - 154 SVF, TSgt Mark Crabbe - HQ 201 CCG, Capt Marc Gonsalves - 150 ACWF, SSgt Paul Kim - 154 AGS, TSgt Myles Kimura - 154 MXS, SSgt Stephen Lorenzo - 169 ACWS, 2Lt Brad Pactol - 203 ARS, SSgt Elijah Tiqui - 154 MXS, TSgt David Sala - 154 LS

Team B players: SrA Emily Aguilar - 169 ACWS, TSgt Salvador Baltazar - 154 AGS, SSgt Alex Batulayan - 154 AGS, MSgt Garalde Bonifacio - 154 AGS, TSgt Rafael Delasierra - 154 AGS, SSgt Marcus Della Sala - 154 LS, SSgt Lokelani Domingo - 154 MDS, MSgt Lester Ho - 154 MSF, SSgt Sy Kageyama - 154 MXS, SSgt Paul Kalama - 154 AGS, TSgt Brian Kealoha - 154 MXS, SMSgt Rob Lee - 169 ACWS, TSgt Kirk Liu - 154 LS, SSgt Carson Peapelalo - 154 SVF, SSgt Aaron Silva - 154 AGS

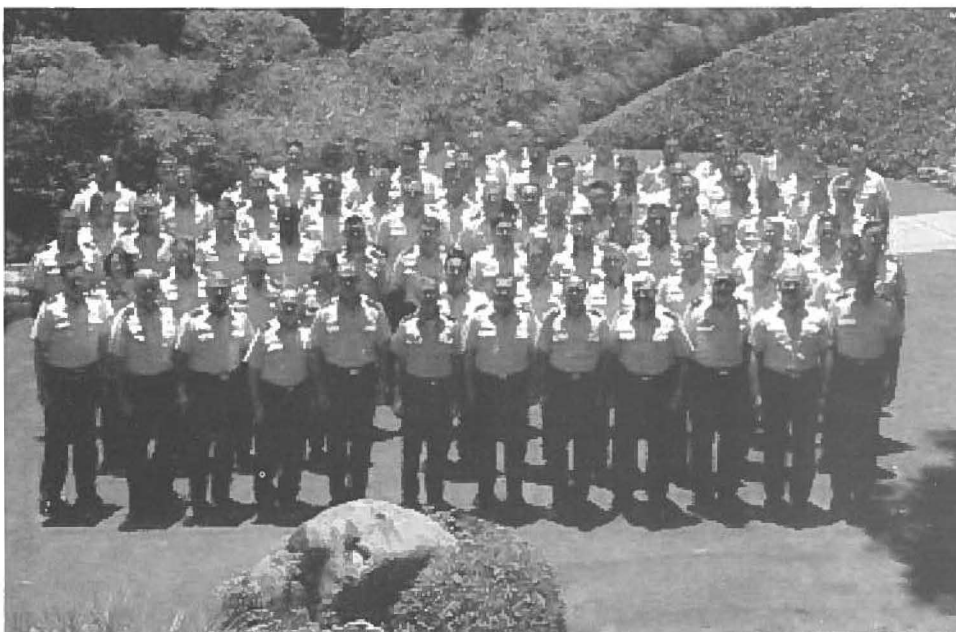
Congrats to Men's Softball Team - Hickam Base Champs

By Stanley Osserman, Col HQHIANG/CCE

Congrats to Steve Abear and the men of the 154th Men's "A" team for taking first place in the Hickam Softball Championships. The 154th "B" team (lead by Vince Ramos) took a respectable 4th place in a tough battle on Tuesday night. These accomplishments have boosted the HIANG's points in over all Base competition and we have a chance to capture the All Sport trophy for Hickam.

The main objective of the "A" team was to give us spectators' heart failure two nights in a row by taking their semi final game into an extra inning before pulling out a victory with three runs in the bottom of the inning WITH TWO OUTS! In the championship game they decided to hold back on the offense and let the other team enjoy a 5-3 lead (no doubt a tactic to make them overconfident) until the 5th inning when they opened up the big guns and jumped to an 11-5 lead. They allowed one more run before shutting down the 735th Air Mobility folks by a final 11-6.

Well done! You folks are a "class act" and a talented bunch of ball players.



The Annual HIANG Commanders Conference was held on Maui. Photo by SSgt Kristen Higgins, 154CF/SCV

204 AS Adopts-a-Highway

by 2nd Lt. Regina Berry



Twenty-four members of the 204 AS showed up at the Units adopt-a-highway community service project near Stadium Mall. Armed with gloves, t-shirts and trash bags provided by the State, the unit members along with their families, gathered about 50 bags of trash in two hours. "At the end of

the day the highway looked like a pumpkin patch with all the orange bags along the highway," said TSgt Eric Daido, the project coordinator.

The 204 AS is committed to maintaining a 2-mile stretch of highway from Salt Lake Blvd up to Camp Smith for the next two years. The Unit Commander, Lt Col Gerald Mansell and the Unit Director of Operations, Lt Col Scott Kimsey showed their support and appreciation to the members and their families by donating pizza and drinks.

Despite the heat, "It was a rewarding experience and we were

all pleasantly surprised at how many cars honked their horns and gave us cheers of support while we were working," said TSgt Daido.

If other units are interested in adopting a highway call Charles Lee at 831-6792.

Excellent Continued from page 1

"These inspection results recognizes and validates our hard work over the years," Capt. Ryan Endo, 154th MDG Public Health Officer said.

The inspectors gave their out brief to the Medical Group, Col Randall Falk, Air National Guard Commander Brigadier General Myron Dobashi, National Guard Commander Maj. Gen. Robert Lee and many of the Groups many supporters. At the end of the brief Maj Gen Robert Lee thanked the Group for the "countless hours" they put in to get this outcome.

The outstanding performers of the HSI named by the inspection team were Maj. Susan Richards, TSgt Angela Armistead, and TSgt Katherine Cozloff.

Following the inspection out brief, the Medical Group celebrated at Foster Point. The Director of the Air National Guard, Lt. General Daniel James III stopped by to congratulate the Medical Group and passed out coins to some of the Junior Enlisted of the Unit.

Health Services Inspections are held every four years for all medical squadrons in the Air National Guard. These inspections are used to evaluate a unit's ability to complete their mission.



Members of the Medical Group presenting the IG Team with the 154th Medical Group coin.



CMSgt Bailey and Col Wyrick presented with "Certificate of Successful Completion" by Col Townsend. Photos by SrA Andrew Jackson, 154 CF/SCS

**Countdown to
154th Wing ORI**

September 5 - 7, 2003
154th WG CERE (Sentry Aloha
Adversaries)

October 4 - 5, 2003
UTA

October 30 - November 2, 2003
154th WG IRRE (ORE Package)

February 1 - 4, 2004
154th WG ORE

April 2004
169 ACWS/154ACS ORI

May 2004
154th WG ORI

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*SMSgt Karen Cary, a loadmaster with the 204th, picking up litter along the 204 AS Adopt
a Highway route.
Photo by SSgt Kristen Higgings, 154CF / SVC*