

Next up...ORI!

by Col Peter S. Pawling

We are ready and here they come. The ORI will be conducted in May on the following time line:

Saturday - Sunday Drill Weekend
Monday – Wednesday IRRE
Thursday – Sunday CERE

Our key to success is teamwork. I expect that the same spirit of cooperation and hunger for success that characterize the 154th Wing day to day will carry us to victory. It will be hard work; we welcome that. It may be uncomfortable at times; our sense of mission will overcome that. It will require long hours; we will do what it takes. We will take care of each other.

We must do these things to make sure we are ready to go. Communicate up and down the chain. Without communication, we are just a crowd of people. With successful communication, we can show the inspectors what a profoundly effective team we are. We must demonstrate that we understand the urgency of the inspection's requirements and clearly display that we are trained to carry out our tasking, no matter how tough they make it.

Operate safely. Be aware of your own actions and of those around you, so that you can identify and prevent potential hazards. Watch for fatigue in yourself and your work teammates and have a plan to cope with that.

Be ready for MOPP operation at all levels. During drill, get all your gear out one more time, make sure it fits, make sure you have fixed all those things you need to, and make sure you are ready to administer self aid/buddy care, including knowing what the auto injectors do and when to use them. Review the ATSO guide one more time and imagine possible situations and your response.

We expect the ORI to be very similar to our last IRRE/CERE, but we know there will be built in changes to which we must respond with speed and accuracy. Remember that for the CERE portion of this inspection there will be two Information Control Centers. Check in at one of them each day and you will then be sent to your work area.

This will be a tough challenge, no question about that. I have complete confidence that we are ready to demonstrate that this wing is *Outstanding* and that we will earn that rating from the inspectors. We are smart, we work hard, we take care of each other and we communicate. Go for broke! Imua!

General Bill Begert Visits the HIANG



SSgt Wayne Chin briefs General Begert about the 220 engine conversion and the effects of corrosion on the structural integrity of the the air crafts.
Photos by SSgt Michael Kenner, Selfridge 127 CS, Michigan



General Bill Begert takes time to meet with junior enlisted member, AMN Veronica Bastatas



A Word from the Chief

by CMSgt Denise Jelinski-Hall

Warriors!!!

As we round the corner to our Operational Readiness Inspection there are numerous things to remember; bombs bursting, sirens, chemical attacks, donning our mask, which auto injector to use, keeping a watchful eye on our buddy, hydrating, etc. The list can go on and on. Safety is paramount but communication is key. Developing excellent communication skills is absolutely essential to effective leadership. The leader must be able to share knowledge and ideas to transmit a *SENSE OF URGENCY* and enthusiasm to others. If a leader can't get a message across clearly and motivate others to act on it, then having a message doesn't even matter. Communication is not just what you say. It's also how you say it. When the pressure is on and fatigue has set in, let us remember our effective communication skills. Keep it simple and be clear. Ensure all essential information is sent up and down the chain.

Let's be safe, take care of each other, and do what we have been trained to do...the end result: "OUTSTANDING"!!!

Col Vincent Transfers to NGB

by 2d Lt Regina Berry

Col Vincent, the HQ 154 Wing Vice Commander will be leaving the HIANG in July to become the Air National Guard Director of Personnel at the National Guard Bureau in Washington, D.C. We will all miss him here at the HIANG but we look forward to having a true Hawaii Air National Guard supporter in one of the most important positions in the National Guard Bureau. He will be hard to replace but we wish him the best of luck! Aloha and Mahalo Nui Loa Col Vincent for all you have contributed to the HIANG.



Courtesy photo



First Sergeant's Corner

by MSgt Lee A. Stein

"First Sergeant Opportunities"

There are several First Sergeant positions available in the 154 Wing and one in the 293 CBCS. This is a great opportunity to broaden your career and to provide your leadership skills to the HIANG. The First Sergeant's role is one that is time hon-

ored and rich in custom and tradition.

The First Sergeant is the representative of the enlisted. It is his/her duty to look after their interests. First Sergeants are the enlisted conscience among officers. A First Sergeant is duty-bound to speak out on behalf of the enlisted members and does so at the risk of falling into disfavor. First Sergeants

tell it like it is. As a senior enlisted advisor, First Sergeants are the eyes, ears, and voice for the commander on all enlisted matters.

We are looking for a few good men & women to fill these shoes. Are you willing?

For additional information please review AFI 36-2113. The First Sergeant Application process is open to all full time technicians, AGR's and traditional guardsmen.

If you have additional questions please contact Command Chief Denise Jelinski-Hall (448-7738/7274)

Kuka'ilimoku

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This publication is prepared, edited and provided by the Public Affairs Office of the 154th Wing, Hawaii 96853-5517. Telephone: DSN (315) 448-7320 or (808) 448-7255. Send e-mail submissions, comments or suggestions internally to KUKA'ILIMOKU or externally to Kukailimoku@HIHICK.ANG.AF.MIL

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

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

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PRINTED BY
154th Wing Public Affairs Office

Meet HIANG Recruiter MSgt Celia Espinosa

by MSgt Kelly Machado

Aloha! This issue we'd like to introduce one of our most experienced recruiters, MSgt Celia Espinosa. Celia was born in Des Moines, Iowa (no laugh!) and was raised in Kansas City, Missouri. As a senior at Southwest High School in Kansas City, Celia enlisted with the Air Force. She served six years as an Air Traffic Controller including tours at Williams AFB in Arizona, Kadena AB Japan, and Cannon AFB New Mexico. While serving at Williams AFB, she met and fell in love with

a handsome young SrA, Rolando Espinosa. Originally from Bayamo, Cuba, Rolando happened to be a T-38 crew chief at Williams. They were married Oct 23, 1982 and have now been happily married for 21 years (TDY's are the answer!).

In 1986, when her military commitment at Cannon was completed, Celia and Rolando moved to Kauai. Realizing that she missed the camaraderie of the military and the challenge of controlling aircraft, she joined the 298

(Continued on page 6.)



Chaplain's Corner

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

"Choosing to Listen"

Did you hear what the Southern Baptist minister and the Catholic priest did when they were TDY? Now that I have your attention, stay with me for a minute.

During a recent HIANG worship, I talked about listening (in other words, giving someone your undivided attention). I understand it is hard to listen to someone talk about *listening*, especially when there are so many things vying for your attention: March Madness, Mel Gibson's *The Passion of the Christ*, and yes, lest I forget, the Operation Readiness Inspection.

One point I stressed was that listening is a choice. It really is. Do you remember the last time you had to listen to someone talk? Was it your spouse? Your child? Your supervisor? Did you choose to listen? It's hard to do isn't it—especially when it's a topic in which you are not interested. On the other hand, can you recall who won the most recent Academy Award for Best Actor? Or who the top two in last week's American Idol were? Odds are, if you're a fan, you can.

Likewise, why is it we love to eavesdrop and listen to office gossip? Do we listen because the gossip is juicy, and we are curious? Or is it because the gossip is usually something for which we are not accountable? Remember Colonel Pawling's turnover ceremony where he talked about communication? He discussed how informal information spreads like wildfire along the "coconut wireless," while official information gets bogged down from one level to the next. There could be many factors contributing to this dilemma. I don't doubt that one of them is

because we choose to listen to gossip (and ultimately spread it to those who are also choosing to listen); whereas, we choose to ignore the more formal and sometimes less interesting important information that we should actually be listening to and hopefully disseminating to others.

Our ORI is at hand. I can imagine most of us are tired of reading articles and emails about the inspection. Unlike gossip, the plethora of information regarding the ORI is information to which we are accountable. We are instructed to follow specific training to pass this inspection. Please make the effort and choose to listen—we are in this together, and I'm sure we all want to pass.

Although we may feel bombarded with all kinds of information regarding the ORI, please choose to listen. Proverbs 19:27 (NIV) sums it up this way, "Stop listening to instruction, my son, and you will stray from the words of knowledge."

By the way, about the Southern Baptist minister and the Catholic Priest, what goes TDY stays TDY.



Take a Load Off Your Back

by SMSgt Miles Kaneshiro

Back injury is one of the most common and costly workplace injuries. The potential for back injury exists for all workers because every job has some degree of lifting. Poor lifting technique is one of the main causes of back injury. Preventing back injuries is a team effort. Use the following techniques and help one another whenever the job calls for lifting. Keep in mind, that while these techniques might feel awkward at first, with practice, they will become second nature:

- Before lifting, **THINK!** Examine the size and weight of the load.
- Ensure a clear route by removing obstacles and hazards.
- Determine how and where the load will be placed.
- Bend at the knees; not at the waist.
- Tighten abdominal muscles, they support the spine when lifting.
- Grasp the load as firmly and as close to the body as possible.
- After securing a firm grasp, lift the load by slowly straightening your legs
- Keep your back upright and chin up when lifting. Avoid twisting at the waist or bending over the load.
- Stay focused and use steady movements when lifting. Use the same techniques when lowering the load.

When performing a two-person lift, coordinate movements so that both workers lift the load at the same time.

Proper lifting techniques might feel awkward; however, with practice, these techniques will become second nature.

February Promotions

PROMOTED TO CMSGT (E-9)

154 WG Jelinski-Hall, Denise M

PROMOTED TO SMSGT (E-8)

204 ALS Higashionna, Jason H

PROMOTED TO MSGT (E-7)

291 CBCS Kudo, Kenneth H

PROMOTED TO TSGT (E-6)

293 CBCS Chounramany, Danny I

293 CBCS Oshio, Earle F

March Promotions

PROMOTED TO MSGT (E-7)

154 WG Johnson, Jacqueline H

204 ALS Llaneza, Lloyd B

291 CBCS Murata, Perry T

291 CBCS Rocha, Dennis M

154 WG Sunaoka, Kellyann M

PROMOTED TO TSGT (E-6)

154 AMXS Ardo, Christopher A

154 MDG Atiz, Athena L

204 ALS Brucealdonado, Alison L

154 OSF Chock, Melissa L

154 MXS Hinau, Kennyson K

154 MXS NG, Rodney C M

297 ATCS Ramirez, Anthony T

169 ACWS Samala, Ambrose P

293 CBCS Tongon, Dave D

PROMOTED TO SSGT (E-5)

293 CBCS Dang, Bryson S M

154 MOF Demesillo, George C Jr

293 CBCS Lane, Robert B

154 MDG Lau, Kerrie L

154 AMXS Lopez, Kenneth K R H P

154 SFS McClendon, Andrel L

154 AMXS Rivera, Clarence A

169 ACWS Shinkawa, Chad A

Launa Ole



*Outstanding Traditional Airman Of The Year
SrA Lanilio G Baraoidan, 292 CBCS*



*Outstanding Fulltime Company Grade Officer
of the Year
Capt Blane H Vilorio, 169 ACWS*



*Field Grade Officer of the Year (Traditional)
Maj Ryan T Okahara, 292 CBCS*



*NCO of the Year (Traditional)
SSgt Leomer T Domingo, 292 CBCS*



*NCO of the Year (Fulltime)
TSgt Kurt H Kawachi, 292
CBCS*

Awards



*Field Grade Officer of the Year (Fulltime)
Maj Taison K Tanaka, HQ 154 WG*



*SNCO of the Year (Fulltime)
MSgt Colosse Eliapo, Jr., HQ 154 WG*



*SNCO of the Year (Traditional)
MSgt Gary A. Momohara, HQ 154 WG*



Honor Guard Virtue Awards presented to SSgt Marcus Dellasala, 154 LRS (far left) and SrA Elijah Lincoln, 169 ACWS (far right). Honor Guard member of the year award presented to SSgt Isidro Tabion, 154 AMXS (center)

□

*Service Team of the Year
Great aloha Run Start Line Communications Team*

□□□ □



The Montgomery GI-Bill for Selective Reserves

by TSgt Richard Costa

The Montgomery GI Bill SR (Chap 1606) is an educational assistance program. Eligible members may be entitled to receive up to 36 months of education benefits. Benefit entitlements end 14 years from the date of your eligibility for the program, or on the day you leave the Selected Reserve. You must meet the following requirements:

- Have a six-year obligation to serve in the Selected Reserve signed after June 30, 1985. If you are an officer, you must have agreed to serve six years in addition to your original obligation.
- Complete your initial active duty for training (IADT);
- Meet the requirement to receive a high school diploma or equivalency certificate before completing IADT.
- Remain in good standing while serving in an active Selected Reserve unit.

NEW MONTHLY RATES FOR PERSONS TRAINING UNDER THE MONTGOMERY GI BILL - SELECTED RESERVE				
TYPE OF TRAINING	FULL TIME	THREE-QUARTER TIME	HALF-TIME	LESS THAN HALF-TIME
INSTITUTIONAL	\$282.00	\$12.00	\$140.00	\$70.50
COOPERATIVE	\$282.00 (Full Time Only)			
CORRESPONDENCE	Paid at 50% of the approved charges for the course. Entitlement Charged At The Rate Of One Month For Each \$282.00 Paid.			
APPRENTICESHIP ON-THE-JOB TRAINING	First 6 Months			\$211.50
	Second 6 Months			\$155.10
	Remainder of Program			\$94.70
FLIGHT	Paid at 60% of the approved charges for the course. Entitlement Charged At The Rate Of One Month For Each \$282.00 Paid.			

If interested, go to the Retention Office to obtain the necessary forms.

Check out the VA website at <http://www.gibill.va.gov> for more details or call MSgt Rose Vendiola (448-7445) or TSgt Richard Costa (448-7249) if you have any questions.

Recruiter *(Continued from page 2)*

ATCF as an Air Traffic Controller in 1990.

During these exciting times, Celia and Rolando were also blessed with their two children. Their son Rolando was born in 1985 in Okinawa, and daughter Domonique was born in Lihue, Kauai. Like his father, Rolando enjoys working his mechanical skills through customizing cars, while Domonique models, paddles canoe, and is busy enjoying her senior year at Mililani High School.

Celia accepted the full-time recruiting position on Kauai in 1991 then transferred to Oahu as a recruiter in 1996. She officially recruited for both islands until 2001. Winning numerous recruiting awards in the fields of Critical Accessions and Health Professions, Celia has recently been named the Region I Recruiting Office Supervisor of the Year, which recognizes her as one of the top 5 in the nation. Her package is up for the national award. The winner will be announced later this year (we expect her to win!!!).

Celia continues to find it a pleasure to serve our country and our state as a member of the Hawaii Air National Guard. She looks forward to her 22nd year of military service.

MSgt Celia Espinosa can be reached at 448-7575 or through email at Celia.Espinosa@hihick.ang.af.mil. Or if you have the time, stop by her office located at MPF to say Hi!

FAMILY READINESS CONFERENCE



Courtesy photo

At the Family Readiness Conference, March 20, 2004 Mrs. Missy Vincent takes over as the new State Head Volunteer for the Family Readiness State Board. (L-R: Mrs. Roberta Tenure, Mrs. Missy Vincent and MG Robert Lee)

At the conference, the 154 AGS received the Outstanding Unit Award, TSgt Sheena Miyamoto earned the Outstanding Military Point of Contact Award and Mrs. Lorna Souza received the Outstanding Volunteer Award.

HIANG Members Participate in Balikatan 04 Exercise

by CMSgt Samuel K. P. Wong

Maj Robert Chowhoy led a contingent of HIANG members from the 204 AS, 154 AGS and 154 MXS to Clark Field, Philippines to participate in the annual JCS/Combine Philippine and U.S. exercise, Balikatan 04. The mission was designed as a means to access training facilities and develop the State Partnership Program between the State of Hawaii, Guam and the Philippines.

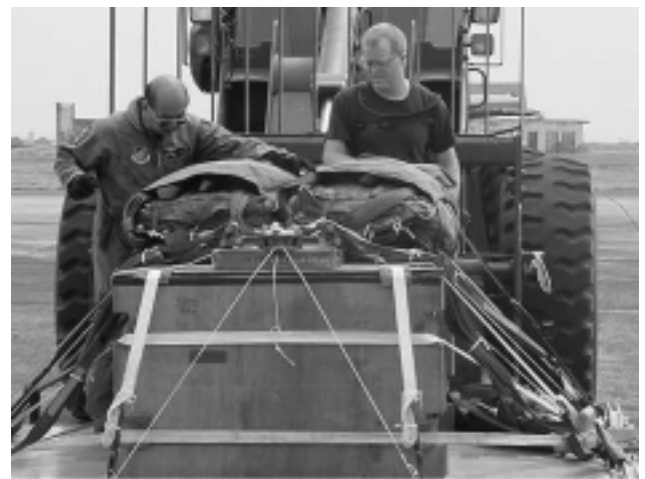
The mission commenced with the C-130 transporting 18,000 pounds of medical supplies and a pallet full of elementary books to Palawan Republic of the Philippines. During the exercise, U.S. medical personnel utilized the supplies to provide medical services to the Philippine people. The elementary books were given to schools to replenish and stock libraries of various schools undergoing renovations.

While the mission requirements for the remainder of

the exercise were to work with the Philippine Air Force (PAF), more important activities prevented the PAF aircrews from attending the exercise. Consequently, our focus shifted to completing the tactical day/night NVG airdrop training.



Courtesy photos



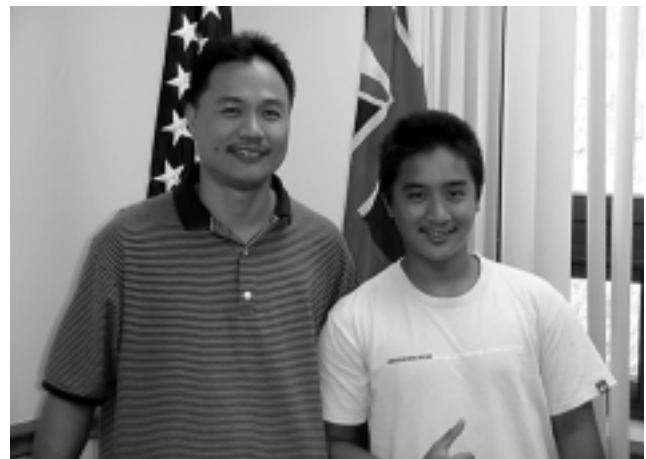
Aloha to our new Enlistees!

by MSgt Kelly Machado

The Recruiting team has been working hard as usual, looking for new 'ohana. Here are a couple additions to our HIANG family:



On January 29, 2004 A1C Joey Panado joined the 154th as an Avionics troop. (L-R his recruiter, MSgt Espinosa, A1C Panado and his enlisting officer, Lt Col Yoshimoto) Courtesy photos



On February 11, 2004 A1C Jason Cabatbat enlisted into Avionics. Jason is the third Cabatbat family member to join the HIANG. His brother is SrA Marc Cabatbat, 154 AMXS. (L-R: TSgt Roy Cabatbat and A1C Jason Cabatbat)

**Countdown to
154th Wing ORI**

May 8 - 16, 2004
154 WG ORI

**Kukailimoku
154th Wing
Hawaii Air National Guard
360 Harbor Drive
Hickam AFB, HI 96853-5517**

**PRESORTED
STANDARD
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HONOLULU, HAWAII
PERMIT NO. 910**

To:

And Family



Maj Gen Lee, Adjutant General, demonstrates how putting a little humor in your life can lighten your burden and ease your stress at the Family Readiness Conference March 20, 2004. Courtesy photo