

Kuka'ilimoku

Guard Members give stellar performances!

by Staff Sgt. Betty J. Squatrito-Martin
and Senior Airman Laurence Bejerana

Members from the Hawaii Air National Guard took part in capturing the gold medal at Armed Services Volleyball Championships held at Fort Carson, Colorado Springs, Colo., May 16, 2005.

Capt. Kaialii Kahele of the 204th Airlift Squadron and Staff Sgt. Stephen Lorenzo from the 169th Air Control and Warning Squadron showed their resilience by helping put the All-Air Force Volleyball team back in the winner's circle.

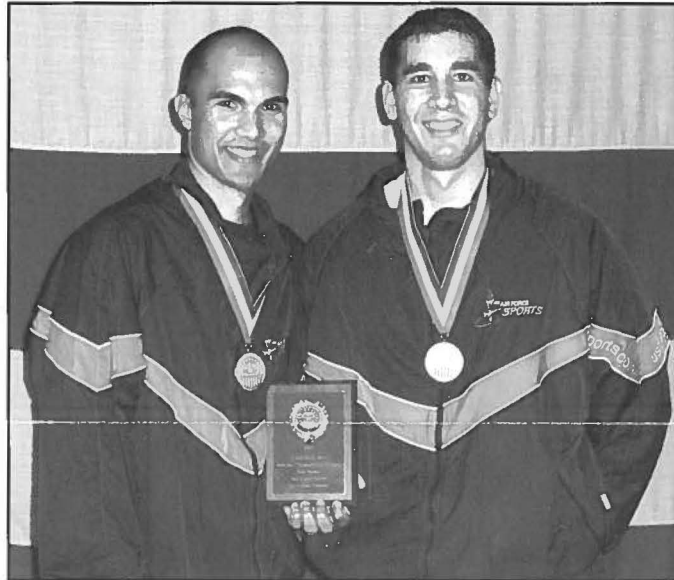
The victory marked the first time in three years that the Air Force finished higher than third at the ASVC, the first time in ten years HIANG members were selected to play for the All-Air Force

team, and the only time HIANG members have helped capture the gold.

The road to victory meant beating tough teams like two-time defending champ Navy. The Air Force team finished 5-1, with their only loss coming at the hands of the Navy.

Kahele and Lorenzo's venture began, along with 18 other competitors from all over the world, with an invitation to training camp held here April 21-May 9. Coaches Malu and Leti Sagiau were looking for more than just athletic ability; they were looking for attitude. "They cut some really good players because of their attitude, and not because of their ability," said Lorenzo.

The coaches had their eyes wide open this time



courtesy photo

Capt. Kaialii Kahele and Staff Sgt. Stephen Lorenzo, gold medalists at the All Services Volleyball Championships.

see VOLLEYBALL, page 7

Comm Flight gets new commander!

by Senior Airman Laurence Bejerana

The new commander for the 154th Communications Flight took the helm during an assumption of command ceremony May 15.

1st Lt. Victor Talamoa Jr., who enlisted with the Hawaii Air National Guard in 1986, assumed command.

He spent seven years as part of the enlisted force before being commissioned Feb. 21, 2003.

He was the executive officer for the 154th Maintenance Group until February 2005, when he cross-trained into the communications and information career field.



photo by Staff Sgt. Mysti Bicoy

1st Lt. Talamoa and his wife Noelani, and their children, L-R: Joshua, Emma and Zachary



photo by Tech Sgt. Kristen Higgins

154th Wing Commander, Brig. Gen. Peter S. Pawling, briefed the 15th Airlift Wing Commander, Col. Bill "Goose" Changose and the 15 AW Vice Commander, Col. J. Scott Chesnut, on the mission and capabilities of the Hawaii Air National Guard June 3. Pawling also led 15 AW commanders on a tour of HIANG facilities.



Commander's Call: Awards, growth, FOD, Top Three

by Brig. Gen.
Peter S. "Skipper" Pawling,
Commander 154 WG

First, I want to recognize once again all our 154th Wing and 201st Combat Communications Group Launa Ole Award winners. Their hard work and collective team effort was impressive, and my hats off to all of them!

By now, I'm certain everyone has heard that the Base Realignment and Closure Commission didn't adversely impact Hawaii. In fact, the BRAC Commission recommended that the 203rd Air Refueling Squadron grow by four more KC-135R's. That's good news when you look and see approximately a third of the Guard flying Wings across the nation when slated to lose their aircraft.

I'm not sure if you recall, but in my previous newsletters I've mentioned our developing a 154th Wing tactical plan. With the help of a committee comprised of officers and enlisted, traditional and full timers, I can finally announce we're approximately 80 percent done! Our intent is to "roll it out" during the July Commander's Conference.

Foreign Object Damage reared its ugly head and

struck twice between June 4 and 9, causing considerable engine damage to two of our F-15s. Even one incident manages to get the attention of the highest levels in the Air Force. I ask that everyone do what they can to help prevent FOD.

I know I speak for the Command Chief and the Group Commanders when I say how pleased I am that both the "First Shirt Meeting" and the "Top Three Council Meeting" got off to great starts.

Both groups are very important to the operation of the Wing, and as part of our leadership team, I will lean on them to help communicate policy and programs, and advise us when the direction we're going as an organization is wrong or when the direction is right. As part of our leadership, we expect to have them offer advice and help with ideas and suggestions!

We all know that Senior Master Sgt. Kelly Wilkinson heads the First Shirt Program, but now I want to welcome our new Top Three Council elected officials: President, Senior Master Sgt. Leilani Moniz, Vice President, Senior Master Sgt. Ray Duropan, Treasurer, Chief Master Sgt. Brian Tom and Recorder, Master Sgt. Carol Orr. Please give them your full support!

In closing, once again I want to express my thanks. We sure could have used these two military programs running full speed when we were getting ready for the Operational Readiness Inspection.

It's a magic pill; however, it's a pill that takes 30 minutes to swallow!

by Master Sgt.
Susan Honjiyo, 154 ACS

If I told you that I knew of a way that would make you feel energized, sleep better at night, be able to perform better at work, have energy to spend time with your

loved ones and look better, would you do it?

If I asked you to meet with me for one-half to one hour each

day to improve yourself, would you do it? No charge, free...doesn't cost anything except your time... would you do it???

There is no doubt that the benefits of exercise are great. But, why do most of us put it off? When I exercise I sleep through the night, I feel one hundred percent better, I have a great deal of energy and I like wearing clothes that I look good in. I have a positive outlook and I feel great!

Lately, however, I find time to exercise only once a week, which doesn't make me feel good. Instead, I feel guilty...yet, I still don't exercise on a regular basis. Something is always more important than putting in that one-half to one hour of exercise. Not to mention all that junk food we had at the office today that I just couldn't resist! More guilt is piled on. When I put on my BDU pants for the UTA, it feels like they shrunk...or did I get bigger?!

According to the Air National Guard Instruction 10-248, The goal of the new fitness program is to motivate all members to participate in a year-round physical conditioning program emphasizing total fitness to meet mission requirements and deliver a fit and healthy force.

"Aerobic fitness should consist of 20-60 minutes of continuous exercise in the target heart zone for a minimum of three days per week to maintain fitness levels and four to five days per week to improve fitness

levels," ANG10-248.

Muscular fitness is also recom-

See FITNESS, page 6

Kuka'ilimoku

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Praise: It goes a long way

by Command Chief Denise Jelinski-Hall, 154 WG

One of the keys to success is to have successful relationships. And one of the key ways to grow successful relationships is to be "life-giving" people. With every person we meet, we either give life or we take life away. Hopefully you know what I mean.

There are people who encourage you and when you are no longer in their presence, you feel built up.

Praise five people a day

Denise Jelinski-Hall
Command Chief

Then there are others who discourage you and then you feel torn down. Successful people are people who have mastered the art of building other people up.

One of the ways we build people up is to praise them. There is power

in praising people! Something begins to happen in them, in you, and in your relationship when you praise someone.

Remember a time when someone told you something about yourself in a praising manner? It was great, wasn't it? You probably liked that person more after they praised you, didn't you?

Now I am not talking about praising people for the sake of praising people. I am talking about honestly looking for and praising positive character traits and actions of others around you. Don't lie to people. If they have done something wrong, correct it, but when they do something right, Praise it!

Make it your goal to praise at least five people a day. If you can, praise ten people a day. Perhaps you can try to praise everyone with whom you come in contact. It will take work, but it is possible. It just takes discipline and a little work.

Top three revived!

by Staff Sgt.
Betty J. Squatrito-Martin

The Hawaii Air National Guard held its first Top Three Council meeting in several years during the June UTA.



photo by Staff Sgt. Betty J. Squatrito-Martin

Brig. Gen. Darryll D.M. Wong addresses Top Three Council attendees during initial meeting of revival of the Top Three Council

see REVIVED, page 7

Chaplain's Corner: "It's a better present"

by Capt. Leah Boling, 154 WG



It's Wednesday night, May 11, about 7 p.m. I am at the 154th Wing Dining Facility talking with the members of the Security Forces and their families. It is my birthday. Not exactly the birthday I had envisioned, but . . . let me stop for a second and go back a few days.

Early in the previous week, I received a call from Senior Master Sgt. Duropan. He asked if I could say a few words to the Security Forces who were preparing to deploy and their family members.

I look forward to being able to offer any help and said it would be an honor to speak with them. He said it would be on Wednesday, May 11,

at 6:30 p.m.

That's my birthday, and I had plans to spend it with my family. Why, of all nights, did it have to be on "my" special day?

I am sure some, if not most of us, have encountered similar situations. We immediately think of how it will impact us. New changes are taking place at work, and we think about how it will affect me? There's a new officer in charge or a new non commissioned officer in charge in the shop - how will it affect me?

After Senior Master Sgt. Duropan's phone call, I kept reflecting on my feelings about my special day and how it wasn't going to be what I wanted it to be.

But, and here is the real issue I want to impart, I put myself in the shoes of those deploying and their families. They were not only going to have special days inconve-

niented, they were going to miss them altogether. They will miss birthdays, anniversaries and holidays.

I wonder if some of the deploying personnel and their families are thinking, "Why did this TDY have to happen now? Why me?"

On the drive home after the get together, I realized I did spend time with my family on my birthday-my bigger family at the 154th Wing.

So, while it is in our innate nature to think why me, let's try and also think why not me.

In the end, I am grateful I went. It actually turned out to be a perfect birthday gift for me...to be present for the deploying members and their families.

It was a much better present than I had planned, if I may say so. God does indeed work in mysterious ways.

Annual Launa Ole Awards:

by Staff Sgt. Betty J. Squatrito-Martin

The Hawaii Air National Guard honored several HIANG members with the annual Launa Ole Awards during a ceremony held in the fighter hangar here May 15.

The Launa Ole awards are given to the HIANG members who have exhibited outstanding service during the course of a year.

Awards are given to both Traditional and Full Time Guard members.

This year's big winner was the 292nd Combat Communications Squadron from Maui. The 292 CBCS garnered both the full time and traditional Airman of the Year Awards plus the full time and traditional Non Commissioned Officer of the Year Awards.

The winning airmen were Senior Airman Nichole K.M. Romias, Full Time, and Senior Airman Chad S. C. Arconado, Traditional.

Taking home the NCO honors were Tech. Sgt. Shannon Llego, Full Time and Daniel R. Hahnl, Traditional. In addition, Master Sgt. Robert L. Botelho, from the 292nd

CBCS, tied with Senior Master Sgt. Mark Coulbourne, of the 154th Services Flight for Senior NCO of the year, Full Time, honors. Master Sgt. Gregory K.Y. Ng, 154 Aircraft Maintenance Squadron garnered the Se-

Flight took home the Service Award. The commissioned corps also earned their fare share of Launa Ole Awards.

Taking home the award for Company Grade Officer of the Year were 2nd Lt. Darrel C. Onizuka from Weather Flight, Traditional and Capt. Paul T. Maedo from 154th Aircraft Maintenance, Full Time.

The Operational Support Squadron harvested the Field Grade Officer of the Year Awards. Maj. Glen Nakamura won for the Traditionals and Maj. Kurt Shigeta won for the Full Timers.



Members from the 292 CBCS electrical power production/HVAC, winners of the Team Award

nior NCO of the Year Award for the Traditional member.

The 292nd wasn't finished. In addition to the individual awards, the 292 CBCS Electrical Power Production/HVAC team took home the Team Award.

The Outstanding Unit award went to the 297th Air Traffic Control Squadron, commanded by Maj. Mark Welch.

The 154th Maintenance family Picnic Group headed by Capt. Clifton E. K. Heen, Commander 154th Maintenance Operations



Recognition for job well done



Left: Adjutant General Maj. Gen. Robert Lee, clips on Launa Ole Airman of the Year Award honors to the deserving Hawaii Air National Guard members.



Top Row Left to Right: Senior Airman Nichole K.M. Romias, 2nd Lt. Darrel C. Onizuka, Maj. Glen Nakamura, Maj. Kurt Shigeta, Above Left to Right: Tech. Sgt. Shannon Llego and Master Sgt. Gary Ng.

Page Four Bottom Row Left to Right: Senior Airman Chad S.C. Arconado, Tech. Sgt. Daniel R. Hahl, Senior Master Sgt. Mark W. Coulbourne, Capt. Paul T. Maedo.



Right: Members of the Award winning 297th Air Traffic Control Squadron.



Above: Displaying the Service Award are Several members of the winning 154th Maintenance Group Family Picnic Working Group. The 154 MXG Picnic Working Group was comprised of members from a variety of maintenance squadrons. Capt. Clifton E. K. Heen piloted the Group toward the Service Award.

Photos by Staff Sgt. Mysti Bicoy

News briefs

Recognize members



Photo by Staff Sgt. Betty J. Squatrito-Martin

Capt. David L. Lowery from the 15th Airlift Wing shares his expertise with Guard members on writing awards and decorations

154 WG slated to grow

The 203rd Air Refueling Squadron is slated to receive four KC-135R tankers from Grand Forks, North Dakota, as part of the base realignment and closure recommendations. The Hawaii Air National Guard will be the host unit with an active duty element coming on board.

New uniforms coming

After a long uniform test run, officials selected the digitized pattern with subdued green, tan, blue and gray as the next uniform. Airmen can expect to purchase the uniform sometime in fiscal year 2007.

Report LOD Injuries

If injured while on military duty, after initial care immediately contact the MDG. It is vital that injuries be reported properly to ensure timely processing and payment for services. When possible, first seek care from a military facility.

Emergency preparation

It's typhoon season, which means preparing for the unexpected. Preparation includes emergency plans and emergency supplies. Supplies include food, water, flashlight, radio, batteries and a utility knife. Keep informed, alert and prepared.

Vaccine requirements

Typhoid vaccine is no longer given on a regular basis. Only members slated for deployment will receive the typhoid vaccine.

Airline ticket payments

The Government Travel Card has been approved as the primary method for purchasing airline tickets for official travel.

Deadline approaches

The Hawaii National Guard Enlisted Association has up to \$2,500 scholarship funds available. Application deadline is July 24, 2005. For more information see Master Sgt. Vendiola in the retention office.

Eagle Eyes see, hear all

Report suspicious activity such as unusual surveillance elicitation and tests of security.

FITNESS

mended by ANGI 10-248.

ANGI 10-48 also states, "All members must be physically fit to support the increasing and challenging deployment requirements of the mission. It is the ability to perform daily tasks vigorously and alertly, with energy left over for enjoying leisure-time activities and meeting emergency demands. Also, the ability to endure, withstand stress, to carry on in circumstances where an unfit person could not continue, and is a major basis for good health and well being. A healthy, physically fit force will incur fewer significant injuries and illnesses."

Isn't this what we want? We are in it together. If you are physically fit and workout regularly, please help someone in your unit who is having a problem accomplishing this. You can help them add exercise to their daily routine by working out with them on a regular basis until they feel the need to do it themselves. We can argue about the program and its inadequacies until we are blue in the face; however, the bottom line is, if you are not putting in the time to exercise, your chances of passing are slim.

It is not the program - it is your health - that is at risk. I welcome any suggestions to motivate us to reach our goal of a total fit force.



photo by Senior Airman Sharen Coleman

Lt. Col. Snakenberg gives Col. Linda McTague, 113 WG Commander from Wash. D.C., the 154 WG coin. While McTague was here for a PACAF conference, she visited 113th members here for annual training.

Maneuverability and agility, the only defense!

by 154 WG Safety

Motorcycle safety takes on new meaning when people we know are involved in such mishaps.

The 154th Wing has recently experienced three motorcycle mishaps, which have resulted in injuries to three of our members.

Although each of these mishaps occurred under different circumstances, the question that we need to ask is how can we prevent future mishaps?

All motorcycle riders who register their bikes on Hickam, Air Force Base, are required to take a Motorcycle Safety Foundation course, which teaches safe riding techniques. People who choose not to register their bikes on base should also take this course periodically to hone their safe riding skills.

Safety education is only part of the answer. Riders must apply what they have learned.

The riding environment for motorcyclists is much more hazardous than for those riding in cars. Approximately 80 percent of reported motorcycle crashes result in injury or death compared to 20 percent for automobiles.

The only protection a motorcycle has is its agility and maneuverability. It provides no crash protection to the rider.

The rider must provide and wear his own protection, which includes a DOT certified helmet, impact resistant face shield or goggles, boots, gloves, long-sleeved shirt/jacket, pants, and reflective vest. Protective equipment policies and regulations are not meant to deter people from riding; they are in place to keep riders safe.

Ride Sober: Around half of all fatal single-vehicle motorcycle accidents involve alcohol. A motorcycle requires more skill and coordination to operate than a car.

Riding a motorcycle while under the influence of any amount of alcohol or drug significantly decreases a rider's ability to operate a motorcycle safely.

Hawaii's climate allows motorcyclists to ride year round, which also exposes them to various road conditions. Road debris and potholes are hazards that are always present, even painted road markings can become slippery when wet. Motorcyclists should maintain a safe speed, which is consistent with the road conditions and the rider's ability.

Motorcyclists face risk every time they ride, but by using sound judgment and by properly assessing their risks, riders should be able to prevent some mishaps or minimize injury should a mishap occur.

VOLLEYBALL

around looking for the perfect chemistry of players, especially after a three-year losing streak and not placing higher than third at the ASVC, said Kahele.

Tryouts consisted of grueling seven-hour days of training. During tryouts, Lorenzo said he thought he would not make the first cut. "I always believed that there were greater players in the Air Force other than myself. I just wanted to see the talent, get impressed, and leave the gym."

However, both Kahele and Lorenzo found themselves selected for the All-Air Force team.

Moments prior to the start of the

first game, Kahele and Lorenzo were named starters.

Both players lived up to their selection, as Lorenzo led the team in blocks, averaging five a game and Kahele was second in kills, with a match high 17 against Navy.

Lorenzo was rewarded for his efforts by being selected to the All Tournament Team.

"It was a great opportunity to represent my family, the 169 ACWS and the Air Force," said Lorenzo.



Courtesy photo

ASVC Gold Medal winning All-Air Force Volleyball team

REVIVED

The purpose for the Top Three Council is to provide a viable, comprehensive forum to establish and enhance leadership, esprit de corps, and the quality of life for the enlisted corps of the HIANG, said Command Chief Master Sgt. Denise Jelinski-Hall.

According to Brig. Gen. Peter S. Pawling 154th Wing commander, the Top Three Council will help communicate policy and programs and advise him about the well being and direction of the HIANG.

The following people were elected to represent the Top Three Council members: President, Senior Master Sgt. Leilani Moniz, Vice President, Senior Master Sgt. Ray Duropan, Treasurer, Chief Master Sgt. Brian Tom and Recorder, Master Sgt. Carol Orr.

"This group will help us move the HIANG forward," said Brig. Gen. Darryll D. M. Wong.

**Future Drill Dates
for 154th Wing**

July 23-24, 2005

Aug. 6-7, 2005

Sept. 10-11, 2005

Oct. 15-16, 2005

Nov. 5-6, 2005

Dec. 3-4, 2005

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And Family



According to the Hawaii Air National Guard's proposed tactical plan, the drawing above by CF Leota illustrates the voyage of the HIANG. The HIANG's vision is Launa 'Ole; which is the embodiment of the 'uhane (spirit) required to take any organization to its destination. The warriors signify the six aspects of our strategic plan, paddling together to achieve remarkable progress in the journey ahead. The steersman represents the leaders who plot the way, making course corrections and encouraging people to do their best. The islands in the background symbolize the past and those energies that assured progress to the interim destination. The sea and sky represent the environment within which the HIANG operates, ever changing, sometimes unfavorable, but used to its advantage in achieving our goals.