



150th ACWF looks to the future

by Staff Sgt. Betty J. Squatrito-Martin

As Alan Cohen once said, "It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. But there is no real security in what is no longer meaningful. There is more security in the

adventurous and exciting, for in movement there is life, and in change there is power." And so it is for the 150th Aircraft Control and Warning Flight. Among the plum trees, the calls of the Nene also known as the Hawaiian Goose, and the bright blue skies, the crisp cool breezes swept through Mt. Kokee marking change as the 150 ACWF released the familiar to embrace the new during a deactivation ceremony July 7, at Mt. Kokee Air Force Station, Kauai.

After nearly 40 years of service, the 150 ACWF deactivated its flag, but not its mission, as the mission at Mt. Kokee now falls under the 169th Aircraft Control and Warning Squadron.

"While we are deactivating the flag, the 150th will still stand, although in a little different form, but a lot more permanent," said Brig. Gen. Peter S. Pawling, commander 154th Wing.

As if to echo Brig. Gen. Pawling's words, Staff Sgt. Eugene Mariano, 150th radar technician said, "It's just a name change; the mission is still the same."

According to Brig. Gen. Pawling, the 150th has



photo by Staff Sgt. Betty J. Squatrito-Martin

Brig. Gen. Peter S. Pawling, addresses members of the 150 ACWF and members of the 169 ACWS about change.

see 150th page 10

PACAF gearing up for Air Force Week Honolulu

by Master Sgt. Debra Clayton
Pacific Air Forces Public Affairs

7/20/2007 - **HICKAM AIR FORCE BASE, Hawaii** — The Oahu community is invited to celebrate the Air Force's 60th anniversary during Air Force Week Honolulu, Sept. 7-15, said Gen. Paul V. Hester, Pacific Air Forces commander. "With less than 60 days to go before the actual kick-off, plans for Air Force Week Honolulu, are well underway with a host of events guaranteed to show the very best the Air Force has to offer," he said. "We're proud to showcase our air and space operations here in the Pacific and we're especially proud of our Airmen who

make our Air Force the greatest."

The general noted that some of the highlights for this first-ever island-wide celebration will include performances by the Air Force's premier entertainment showcase, Tops in Blue, Sept. 12, and the U.S. Air Force Thunderbirds, Sept. 15, which will headline the week of entertainment and airpower events scheduled to take place in Waikiki, here and around the island.

The theme "Heritage to Horizons," celebrates the anniversary of the Air Force, its history and the future of the world's greatest force in air, space and cyberspace. "The chief of staff of the Air Force, Gen. T. Michael

Moseley has established an opportunity for the Air Force to demonstrate its remarkable pride and professionalism of the greatest air and space force by designating Air Force Week activities at six locations across the United States," explained the PACAF commander.

"Throughout Air Force week Honolulu, you'll find uniformed Airmen telling the Air Force story in the local community, from the beaches of Waikiki, to the classrooms of our public schools.

In fact, during Air Force week our Airmen's duty location will be in

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Commander's Call: Looking forward

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

You may have heard already that we have a great new corporate program with 24 Hour Fitness that allows us easier access to their fitness centers. I want to thank Senior Master Sgt. Scot Fujioka and the First Sergeant's Council for doing the necessary leg work to make this possible. The idea of developing this corporate program with 24 Hour Fitness was one of the idea's mentioned during our first ever "Leadership" offsite last January.

Speaking about the "Leadership" offsites, our first order of business after the UCI will be to follow up and update our January tactical plan. To accomplish that we have our second offsite scheduled next Friday, Aug. 14.

We're expecting all 154th Wing Commanders, Chiefs, First Sergeants and Senior Supervisors to

attend. This will be our last chance before the May ORI to update our tactical plan. We need to once again validate our Wing goals, set new priorities (one of which is to make sure we're making progress) and identify new concerns.

As a reminder, this plan will help define the direction we want to move the Wing toward.

I'm looking forward to the remaining UTAs before the May ORI. We're going to be busy! As you'll find out during this August UTA, we will walk before we run as we gear up for mobility readiness and combat operations. Part of the August UTA will be aimed at getting five F-15s from the 199th, two KC-135s from the 203rd and one C-17 from the 204th ready to deploy to Klamath Falls, Oregon, for training Aug. 7-12.

As we ready the Wing for the ORI, one of the major pieces will lie with the unit Commanders. It is their responsibility to ensure their units are ready for the upcoming Wing directed exercises. They need to make sure every remaining UTA before

May 2008 is focused on getting ready for the ORI, even during the UTAs where no Wing directed Exercise is scheduled. Everyone has a role to play to help support the Commanders prepare for the ORI.

I want to thank the members of the 203rd for being excellent hosts to the Governor and Maj. Gen. Lee during their recent trip to the far west; their exuberance and professionalism left lasting impressions. The highlight of the Governor's visit was the formation of the State Partnership Program (SPP) between Indonesia and Hawai'i that aims to improve regional security and disaster preparedness through military and civilian cooperation.

I just returned from a very productive and fruitful "Family Readiness Workshop" in Chicago. The main message from the conference is that our Operational Tempo is very high and no one sees it changing in the foreseeable future. They reminded us over and over again that if

see COMMANDER page 8



photo by Master Sgt. Kristen Stanley

Lt. Col. Timothy Fujino assumed command of the 154th Maintenance Operations Flight July 7, at 10:30 a.m. Lt. Col. Fujino performed as a Master Navigator with the 204th Airlift Squadron prior to becoming a C-17 Maintenance Officer and now, the new Commander for the 154 MOF. His career spans over ten years on active duty and over 12 years with the Hawaii Air National Guard. He is a combat veteran with experience in Desert Shield/Desert Storm, Operation Provide Comfort, Volant Forge, and Operation Enduring Freedom.

Kuka'ilimoku

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COMMANDER
Brig. Gen. Peter S. Pawling
STAFF
PAO: Capt. Regina Berry
PAO
Staff Sgt. Betty J. Squatrito-Martin
PA Representative
Staff Sgt. Sharen M. Coleman
PA IM
Published by
154th Wing Public Affairs Office

Exercising the Kaizen Philosophy

by Command Chief Master Sgt. Robert S. K. Lee III



O u r (Kai – change; Zen – to become present mission climate dictates our adaptation of doing more with less, a phrase common place in today’s conversations. The technology express continues to shrink our world by providing us possibilities that were once dreams; the whirlwind of progress is only limited to the human imagination.

In our “snap-of-your-finger” environment, processes have become the most scrutinized series of actions making increased efficiency the expectation. Toyota of Japan employs the philosophy of Kaizen

I am a huge proponent of process improvement, which is certainly a good thing, but there will be situations where the need for additional manpower is the absolute cure, no way around it. If the philosophy is to run a machine to its maximum output and highest threshold, you can do all the fine tuning you want to have it perform optimally and still lose efficiency, not to mention detrimental wear and tear.

In short, refining processes is absolutely a great tool; we must be cognizant of what the threshold is to prevent premature wear and tear of our most precious resource,

people. If you really think about it, we all, in our own way, exercise the Kaizen philosophy to a certain degree. Ensuring that we make the most of our participation in the philosophy can only lead to innovative ideas on how to accomplish tasks more efficiently.

Our biggest concern of taking care of our people may come full circle if we take a look at our processes and allow ourselves to think out of the box.

When it is determined that your process is streamlined perfectly and our machines are redlining, throttle back to prevent further damage and perhaps lobby for more horsepower or install a rotational concept.....Let’s Roll!



Positional and Personal Leadership

Chief Master Sgt. Kyle Okaneku, 154 CF

You can imagine my surprise when I was asked to write this month’s Leadership Corner. As you already know, the most effective lessons come through personal experience and observation. The School of Leadership is still in session for me, so rather than tell you what leadership is, I’d like to share a story with you. For this story, we’ll call our characters Bill and Ted.

Many moons ago, I played on a youth sports team where the captain, Bill, was the coach’s son. I’m almost sure the team mom, who also happened to be the coach’s wife, “ensured” this title was bestowed upon her beloved son.

“A personal leader instills loyalty and support by his or her own actions.”

Kyle Okaneku
Chief Master Sgt.

When we won a game, Bill would be the first at the postgame potluck lunch table to catch congratulations from the parents. If we lost a game, Bill would condemn those who made errors that may have cost us

the game. Bill often talked back to his dad during practices and games. I didn’t know if this was a father-son struggle, but it was uncomfortable for rest of the team to watch the captain yelling back at the coach. If Bill thought we weren’t working hard enough during practice, he’d make us run laps. He wanted a winning team to better his chances at getting a sports scholarship to a private school.

Ted was the complete opposite of Bill. Ted was a regular player like us. He didn’t run faster or throw harder. After the games, Ted would check under the benches to make sure nobody left a bag or equipment behind. At the potluck lunch, he’d make sure we all got an ice cold Coca-Cola from the cooler before he got one for himself. When a parent would compliment him on making a game-winning touchdown, he’d always deflect the credit to the guy who made the nice block or the quarterback who threw the ball to the perfect spot. Ted would take his lumps from the coach like the rest of us, but he’d always say the coach knows what he’s doing because he’s got a lot more experience than we do. When someone fumbled the ball, he’d be the first to give a word of encouragement. He prevented us from brooding about the errors and kept us focused on winning the game for ourselves and espe-

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SFS Roping 'em at the Rodeo

by 2nd Lt. Melanie McLean, 15 AW PA

The Total Force concept was born at Hickam and lives on, thanks to the aloha spirit.

Three members of the Hawaii Air National Guard's 154th Security Forces Squadron represented the "part-time" force as Hickam competed in the international Air Mobility Rodeo for the first time.

"This is a great chance for us to go out there and prove ourselves not only for our unit, but all of the Air National Guard," said Senior Airman Chris Ulu, one of Team Hickam's three Security Forces competitors. "We all get the same training."



Photo by 2nd Lt. Melanie McLean

Senior Airman Malika Souza, Tech. Sgt. Ivan Angeles, and Senior Airman Chris Ulu, 154th Security Forces compete in the international Air Mobility rodeo running through the hills and trees of McChord Air Force Base and Fort Lewis Army Post, Wash. Their skills were tested over the course of nearly two miles, with stations of field medical care and weapons assembly while on the clock.



Photo by 2nd Lt. Melanie McLean

Tech. Sgt. Ivan Angeles, Security Forces team chief, tries to ease the mind of Senior Airman Malika Souza and the rest of the security forces team prior to the Security Forces combat tactics course at Rodeo 2007

The team competed in three Security Forces-specific challenges, including combat tactics, weapons tactics and a road-course challenge where all aspects of their training were put to the test.

After competing, Tech. Sgt. Ivan Angeles, Security Forces Rodeo team chief, said his team performed well. The combat mission was completed successfully and neither he nor his team was injured.

"Something like this refines our tactics, makes us work as a team," said Senior Airman Malika Souza, 154th Security Forces team member. "It was a good experience."

The 29-member team returned Saturday from a week of tough competition where the "best of the best" in the international Air Force arena was determined. Team Hickam brought home one trophy for Best Short



Photo by 2nd Lt. Melanie McLean

While on the combat tactics course, Senior Airman Souza, Tech. Sgt. Angeles and Senior Airman Ulu stop to demonstrate their skills with in field medical care.



Photo by 2nd Lt. Melanie McLean

Tech. Sgt. Angeles assists Senior Airman Souza display their weapons assembly skills on combat tactics course.

Field Landing Aircrew.

"Part of what we had to overcome was the unknowns - not knowing what to expect in the events. You just can't simulate or practice what these events try to emphasize, you have to experience it," said Maj. Landon Henderson, 535 AS. "Hickam came to Rodeo in 2007 and learned how to win it in 2009."

Hands-on training to help local communities

by Master Sgt. Dawn Wahinekapu,

Thirteen members of the 154th Medical Group supported Operation Jump Start and participated in the Medical Innovative Readiness Training Program in San Diego, California May 13 – 27, 2007.

In support of OJS, six members of the group provided clinical services and gained valuable training and experience at the Naval Amphibious Base Clinic, Coronado Island, and at Balboa Naval Hospital in San Diego. The others, supporting the MIRT provided clinical care at the Valley Health Care Center for seven different Native American tribes of the Rincon Reservation in the Pauma Valley of Southern California.

The Innovative Readiness Training Program allows National Guard units to assist eligible organizations and activities in addressing community needs. The purpose of the MIRT is to provide mission essential training for units, while building upon the long-standing tradition of the Armed Forces of the United States. By acting as good neighbors at the local level, military personnel assist worthy civic and community needs.

At the Valley Health Care Center,

Medical Services provided by the 154 MDG included sick-call support, laboratory services, administering immunizations, radiology and dental care. The Center is a state of the art clinic with one short fall, its lack of staff.

“The team members not only provided a critical service to the community, we were also able to participate in a cultural event, the Annual Health Gathering, which combined native American traditions; a sweat lodge, pit barbeque (there version of an Imu, with buffalo, and beef instead of pig), arts and crafts and the ever popular ‘Bear Dance,’” said Tech. Sgt. Curtis Palmer, Hawaii’s MIRT coordinator.

Working at the Valley Health Care Center was an introduction to the up-coming MIRT project the 154 MDG will be hosting in Hawaii in 2008. In conjunction with the State of Hawaii Department of Health, the 154 MDG is establishing a pilot program that will provide indigent communities within Hawaii and possibly other areas of the Pacific, access to preventive health assessments, wellness referrals to outpatient clinics and community disaster preparedness awareness training. The

project is called “Malama Kakou” (helping together).

The 154 MDG will serve as lead and host unit to other ANG/ARNG Medical Groups to provide clinical support for the community while accomplishing readiness skills and ancillary training. The deployed units will participate in a three phase training program, phase one covering didactic training; phase two-field training exercise, to include the local communities; phase three will be providing clinical services and referrals for the community.

Currently, only the Army Guard for Alaska and California host a MIRT program. Hawaii will be the first Air National Guard unit to host a MIRT.

Overall, the training accomplished during the OJS and IRT events proved invaluable to the 154th members who volunteered for this duty. The time spent with the OJS Task Force Phoenix provided extensive hands on experience for a variety of AFSCS. The MIRT participants gained first hand exposure in a community based service, in turn setting the course for future MIRT projects in Hawaii.

AIR FORCE WEEK

support of these activities.”

Last year Governor Linda Lingle, State of Hawaii, signed a proclamation designating Sept 18, 2006 through Sept 18, 2007, “United States Air Force Year” in the state of Hawaii.

The Air Force has about 17,500 members to include active duty, air guard, reserves and Department of Defense personnel in Hawaii.

“This Air Force week is a Team Hickam, total-force effort, joining the active-duty, Air National Guard and Air Force Reserve units,” said Col. “Rojo” Herrera, Air Force Week Honolulu project officer. “With the support of the Honolulu civic and business communities we will make our celebration in the Pacific an exciting, world class event. We are honored to serve our great nation and to be part of the Hawaii ‘ohana.”

The Air Force Week Honolulu will officially kick off Sept. 7, with Honolulu Mayor Mufi Hannemann signing a proclamation.

Prior to the signing of the official proclamation “Sunset on the Beach,” an event involving film, food and

music in Waikiki Sept. 1, will be in honor of Air Force Week and the 60th anniversary.

Many of the events are free and open to the public. For more information and the updated schedule of events go to www.pacaf.af.mil and click on Air Force Week Honolulu.



U.S. Air Force photo

The U.S. Air Force Thunderbirds will perform three shows over Waikiki Beach during Air Force Week Honolulu. The shows will take place on Sept. 13, at 9 a.m. and 2:30 p.m. and Sept. 15, at 2:30 p.m.

News Briefs

Air Force Ball

Tickets are now on sale for the 60th Anniversary Air Force Ball scheduled for 5:30 p.m. Sept. 14, at the Hilton Hawaiian Village. Tickets are limited, so purchase tickets early. Ticket price is determined by rank. Dress is USAF Semi-formal/Mess Dress or service component equivalent. It is a formal black tie event for civilians. Contact your unit's First Sergeant for more information.

New Service Dress Coat



U.S. Air Force photo by Tech. Sgt. Cohen Young

Senior Master Sgt. Dana Athnos models the new Air Force service dress Heritage Coat. The design is modeled after the uniform worn by Gen. Hap Arnold. The Air Force launches a fit test this fall with an actual 90-day wear test in the spring of 2008. According to Air Force leaders, the Heritage Coat will give the service a more military look that reflects the warrior ethos Airmen have today.

July Promotions

Promoted to CMSgt (E-9)

154 MXS Stanford J. Masuda

Promoted to SMSgt (E-8)

154 MXG Eric S. Wada
154 AMXS Arthur K. Kaai
HQ 154 WG Edgar W. Alexander, Jr
154 MXS Nathen H. Koide

Promoted to MSgt (E-7)

154 CES Davy I. Sanada
154 AMXS Timothy Rapoza

Promoted to TSgt (E-6)

154 CF Neil T. Fujinaga
204 AS Dane Kaneshiro
154 AMXS Simon S. W. Wong
154 AMXS Ross M. Yoneda

Promoted to SSgt (E-5)

154 AMXS Henry Hopkins
154 AMXS Mark K. Hotta
154 AMXS Royden H. Mokiao
154 AMXS/MXS Glenn Rablis
154 MXS Stephen C. Song
154 AMXS Ryan T. A. Tanaka

Food recall

BOTULISM DANGER IN CERTAIN BRANDS OF HOT DOG CHILI SAUCES

The U.S. Food and Drug Administration is warning consumers not to eat certain brands of hot dog chili sauce because of possible botulism contamination. Botulism can be fatal. Food safety officials at the Defense Commissary Agency said that DeCA carries two of the 10 product brands mentioned – Castleberry Hot Dog Chili Sauce (UPC 03030000101) and Castleberry Chili with Beans (UPC 03030001015).

Commissary patrons who have any of these products at home should not use them, empty the contents in the trash and return the product label to the store from which they purchased it for a full refund.

For the complete news release, visit http://www.commissaries.com/news/news_2007/DeCA_71_07.cfm

“Mighty Mo” offers free admission

To honor the birthdays of the nation's military branches, the Battleship Missouri Memorial will offer complimentary admission to all active-duty and retired military personnel during the week their service marks its anniversary.

Immediate family members will receive 50 percent off admission.

In order to receive the discount, a valid I.D. must be presented at the Missouri's ticket window on Ford Island, Pearl Harbor.

Here are the dates to be honored with free admission for the remainder of 2007.

U.S. Coast Guard:

Aug. 5-12

U.S. Air Force: Sept. 15-23

U.S. Navy: Oct. 13-21

U.S. Marine Corps:

Nov. 10-18

National Guard: Dec. 8-16

An Army event took place in June.

The Battleship Missouri Memorial is open daily from 9 a.m. to 5 p.m.

Golf tourney

There are still plenty of tee times for the Officer & Enlisted Association Golf tournament, Aug. 6.

The tournament is two person best ball. Participants need to enter own two-person team.

For more information contact one of the following: Duke Ota 448-8429, Maj. Taison Tanaka 448-7475, or Lt. Col. Randall Tom 448-7494.

Buffet dinner and prizes awarded in the Leilehua banquet room immediately following play.

Chaplain's Corner: *Reconnect with God and family*

by Lt. Col. Robert K. Nagamine,
Wing Chaplain

With the ORI being right around the corner, and the UCI successfully completed, we finally have a chance to catch our breath and begin to pay a little more attention to how our family and friends are coming along. For some of us, it is unfortunate that when



our plates are full of work requirements, our family and relationships take a hit and sometimes get neglected.

If there is a need to regroup because of strained relationships, there may also be the need to call ourselves to prayer. Sometimes issues often ignored are too hard to resolve by ourselves without first starting with prayer.

In 2 Chronicles 7: 14 of the Scriptures, there is a call to prayer to help us. Reconnecting with God and then our families is important. Prayer can relieve stress and help us focus on God, who can help us pull together, rather than apart.

Recently I attended a Chaplain's conference near Washington D.C. While there, I visited the Washington D.C. mall and viewed a number of landmarks, including the statues of our past great presidents. It was remarkable to notice how many quotes from these former presidents mentioned our dependence and relationship with God.

Thomas Jefferson said, "I have sworn upon the al-

tar of God eternal hostility against every form of tyranny over the mind of man." He further wrote, "God who gave us life gave us liberty. Can the liberties of a nation be secure when we have removed a conviction that these liberties are the gift of God? Indeed I tremble for my country when I reflect that God is just, that his justice cannot sleep forever."

There was also an inscription on the wall honoring Franklin D. Roosevelt which proclaimed, "Freedom of speech. **Freedom of worship.** Freedom from want. Freedom from fear."

Perhaps, it may be an ideal time for you to reconnect in a deeper way with God and with family and friends. May the Lord bless you and your relationships.

WORSHIP SERVICES:

General Protestant Service

12:30 p.m. – 1:00 p.m., UTA Sundays,
Bldg. 3416, 2nd floor, Na Koa Conference Room.

Catholic Services

5:00 p.m., Saturdays, Nelles Chapel
10:00 a.m., Sundays, Chapel Center

Jewish Services

7:30 p.m., Fridays, Pearl Harbor Aloha
Chapel on Makalapa Road.

For Buddhist, Muslim or other faith

groups, call either the Wing Chaplain's office
at 448-7275 on drill weekends or during
other times the Chapel

Get over it, a powerful concept worth employing

by Rex E. Jones Jr.

Yesterday was National Get Over It Day! You didn't know that? You MISSED it? Well, GET OVER IT!

I learned this phrase from a very good friend of mine by the name of Bob Vasquez. I've heard him say it many times over the years. And, he learned it from his friend, former Chief Master Sergeant of the Air Force Dave Campanale who used a similar phrase, "So what?"

Both of them have been admonishing audiences to get over it for a very long time. And, I have come to learn that "Get over it" is one of the most powerful concepts in our language. Let me prove it to you.

Have you ever dwelled on something that happened in the past to the point that it affects your present? Have you ever left a meet-

ing of some sort saying to yourself, "I shoulda..."? If you haven't, we're all bowing to you as we read this. I don't know anyone who hasn't done that. GET OVER IT!

Personally, "Get over it" is one of the most powerful phrases in the English language, but only if you practice it. Here's what happens. We usually dwell on the negative events of our lives, don't we? What can you do about them now? Can you go back in time and fix that mistake you made? If you can, show us how, we would all be grateful. What good is there in dwelling on the negative past events?

Let's put this into action. Think of something negative you did or that someone did to you. Now analyze what you can do about it. Either do something about it or get

over it! You probably can't forget it, but you can force yourself to not dwell on it. If you dwell on it, you'll affect your attitude, which will affect the attitude of everyone you touch the rest of the day or longer.

Let me share with you an example; the other morning, I'm riding my Harley to work when a Hummer (Yuck) cuts into my lane causing me to brake and swerve pretty significantly. I realize I have a choice to make here. How do I react? How do I respond? I have to do SOMETHING! Don't I? I won't tell you what I did, but it ain't purdy! When I get to work, I felt compelled to share my tale of woe with the HRO staff because someone asked me, "How's it going?" How's it going? Let me tell

see **GET OVER IT** page 9

Helping leaders manage people in distress

by Staff Sgt. Monique Randolph
Secretary of the Air Force Office of Public Affairs

7/19/2007 - **WASHINGTON (AFPN)** — Air Force officials introduced 12 monthly initiatives in April to help Air Force members effectively manage stress, and July's initiative is "The Leader's Guide to Managing Personnel in Distress."

The guide was created to help supervisors, first sergeants and commanders recognize distress-related behaviors, provide support to Airmen in need and work with installation helping agencies to meet those needs. The guide provides a range of supportive intervention methods, resources and strategies for helping Airmen in distress.

"Air Force leaders often face Airmen in distress from a wide variety of life stressors," said Lt. Col. Steven Pflanz, the chief of the Air Force suicide prevention program. "While the guide is not required reading, leaders will benefit from having a quick reference at their fingertips to help these Airmen."

The guide covers 35 topics related to distress rang-

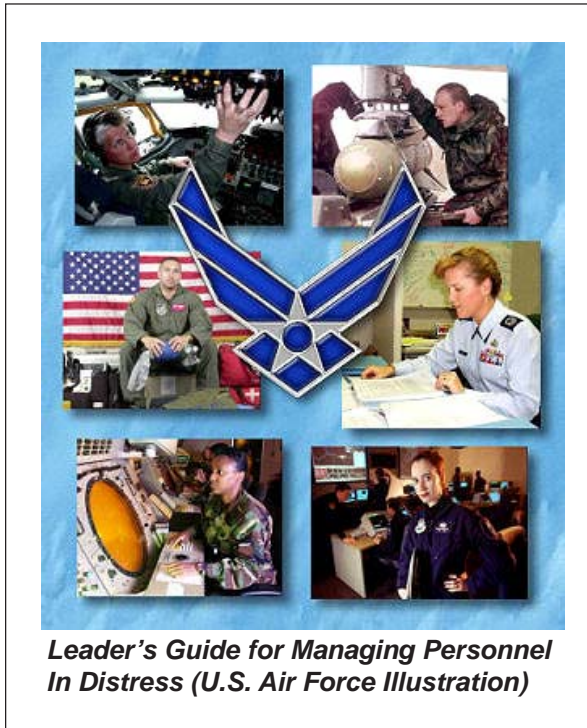
ing from alcohol and drug abuse to recognizing suicidal behaviors. It focuses on helping leaders employ awareness and intervention strategies before a person has reached a debilitating stress level.

"The 'Leader's Guide' is not intended to be a read-from-cover-to-cover resource, but rather a quick and ready reference when confronted with Airmen suffering from distress," Colonel Pflanz said. "It is a powerful tool for commanders and supervisors." "Leaders may not have time to research an issue before they talk to an Airman in crisis," he said. "With the guide, they can quickly familiarize themselves with key warning signs and helpful actions in just a few minutes. The guide's checklists provide a convenient, quick resource for leaders."

For more information, contact the base suicide prevention program manager.

The "Leader's Guide" is available on CD-ROM and

can be obtained from the base suicide prevention program manager.



Leader's Guide for Managing Personnel In Distress (U.S. Air Force Illustration)

FINANCE: RUTA change

Due to a particularly challenging budget, National Guard Bureau Financial Management needs to stabilize the Military Personnel appropriation to Sept. 1, 2007. To this end, the Air National Guard/Reserve Component has directed that no UTA make-up be paid in September 2007.

To achieve this, the Hawaii Air National Guard has instituted a local policy requiring all RUTAs for Fiscal Year 2007 be completed and NGB Form 105s "certified" and turned into the 154th Wing Military Pay Office by Aug. 15. This will ensure all transactions are input before the payroll submission Aug. 21, for members to be paid on Aug. 31.

This policy does not apply to any active duty, or other forms of inactive duty such as proficiency training or training period preparation assemblies. The rules governing these types of workdays will remain the same.

Only RUTAs are affected this fiscal year.

After Aug. 15, RUTAs submitted for pay will be for "Points Only."

If you have any questions please contact the 154th Wing Military Pay office at 448-7474/7484/7485.

COMMANDER

we get called to serve, our units aren't ready unless our family is. Please support your unit's family readiness program, it's an important piece to our overall Wing's Combat Readiness!

Besides the many things that we have scheduled in the near future, we need to remember to stay focused on safety. Off base road related accidents seem to be the biggest risk both for our members and family members. Please be careful!

Again - Thank you for all that you do!

154 WG Drill Dates

Sept. 8-9, 2007

Oct. 13-14, 2007

Nov. 3-4, 2007

INSPECTIONS

HSI Jan. 8 - 11, 2008

ORI MAY 2008

Physical fitness equals mental and physical readiness

by Master Sgt. Edward Samson, 293 CBCS



Being physically fit is more than just passing your annual 1.5 mile run, pushups, and crunches. It includes being able to withstand the stress and constant changes in our lives without becoming ill or rundown. Physical and mental fitness go hand-in-hand; both are necessary for anyone to be effective at whatever they do. The Air Force physical fitness program was designed to increase the total force readiness and well being of all military members. Embracing the program whole-heartedly will make exercising a more pleasant experience. The gradual life style change will signifi-

cantly improve our overall health and outlook on life.

Exercise is a personal commitment that each of us must make to ourselves. The sense of well-being that we will have by being physically fit will

strengthen us both physically and mentally. We will then be better prepared to take on life's many challenges on and off duty. Let's get going and climb aboard the physical fitness program.



LEADERSHIP

cially for our parents sitting in the hot sun every weekend.

At the end-of-season team camp, Bill got the most valuable player trophy for his excellent leadership throughout a successful season. I'm not sure if the honors were obligatorily given to the captain or if the other parents succumbed to the coach's influence so their own son would not be benched next season. The rest of us players thought that Ted deserved the trophy. We knew Ted truly cared about the team and kept us moving forward. He went above and beyond the rest of us for the team and we wanted him to be

formally recognized instead of Bill.

I didn't know it at the time, but that was one of my earliest lessons in leadership. Bill was what you would call a positional leader. A positional leader is someone in a position who *expects* loyalty and support from others because they respect the position or title. Team members may feel alienated or used for the positional leader's personal agenda. Whereas, Ted was what you would call a personal leader. A personal leader *instills* loyalty and support by his or her own actions. Team members know the personal leader has a sincere desire to do what is right for the team.

I gave up football a long time ago when I accepted the fact that my body stopped its vertical growth. The leadership lessons continued through observing folks all around me. Not necessarily only those close to me, but including the restaurant manager, politicians, salesclerks, customer service reps and the list goes on. I think we can learn something from anyone. The good folks demonstrated behaviors that helped in my own situations. The bad ones did things that shouldn't be repeated because I remember the negative impact it made on myself and others.

GET OVER IT

you! I proceed to tell everyone willing to listen about that Hummer that cut me off. And within minutes everyone sympathized with me. By mid-morning at least 18 of the 20 folks assigned to HRO are ticked off because of how that Hummer treated their favorite SEEM!

As I said, I had a choice to make. Maybe I should have chosen to get over it? Maybe I should have asked what Bob Vasquez would have asked me if he'd been the first person I'd seen when I got to Ft Ruger. So what? What can you do about it now? Nothing? Then, GET OVER IT!

Now, let me acknowledge that there are some truly tragic events we can't get over, we just get through.

The loss of a family member is something we don't get over, we try to get through. But, most of what affects our attitude on a daily basis is little stuff we CAN get over so DO IT!

Bob Vasquez, currently on staff at the Air Force Acad-

emy and author of several leadership books, teaches that what we need to do to be happy and have a productive life is to learn from the past, plan for the future, but live in the present. He says that today is a gift so treat it as such.

I like that play on words. The present is a present!

Take that negative event you thought of a little while ago and figure out what you can learn from it. Take that learning and make a plan for how you can avoid making that mistake again, and then get over it!

Live in the present, it's all you really have.

One of the most popular prayers you'll hear is the Serenity Prayer. I goes like this, "God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference." There's more to it, but this is enough to make my point, I hope.

Fix what you can, then get over it! It's the most powerful thing you can do today! "Fix what you can, but get over what you can't."

150th

had a volatile existence continually reinventing the wheel in an effort to remain vital and relevant often under the scrutiny of those looking to save money via cutbacks and realignments.

Kokee Air Force Station opened its doors in March 1961 as Detachment 1 of the 109th Aircraft Control and Warning Squadron providing 24/7 air defense for the state of Hawaii. A few months later, Federal recognition as the 150 ACWS came to fruition. The 150 ACWS would be marked by many changes over the next several years.

First, the Hawaii Region Operations Control Center opened its doors, introducing computerized equipment to the Hawaii Air Defense System. As a result, the 150 ACWS lost 23 manpower positions in 1984. Second, Oct. 1, 1989 the United States Air Force mandated the 150th to reorganize due to force reduction and budgetary concerns. The reorganization was completed by 1991 going from 195 military positions to 66 military positions. And now, once again the 150th, constrained by budgetary requirements, is under going change, now finding itself under the umbrella of the 169 ACWS.

“Nothing is sacred except change itself; I think in one way the change that occurred is just another chapter of the 150th,” said Brig. Gen. Pawling. “Whatever comes out of the turmoil we are going through is going to be permanent. It will be permanent for quite a long time; it’s an end state of where we are finally going to settle down,” added Pawling.

Speaking on behalf of Maj. Gen. Robert G.F. Lee,

the adjutant general and Maj. Gen. Darryll D.M. Wong, the Hawaii Air National Guard commander, Col. Ann Greenlee said, “They (Maj. Gens. Wong and Lee) see it as a way to protect the mission and as a strong partnership for the air defense of Hawaii. This is the



photo by Staff Sgt. Betty J. Squatrito-Martin

154th Wing Command Chief Master Sgt. Robert S.K. Lee III and Chief Master Sgt. Vance Yamamoto retire the 150 ACWF flag.

successful way to go forward, not one of leaving a unit, a flag behind, but moving forward into a successful mission of air defense for Hawaii.”

“Change is the law of life. And those who look only to the past or present are certain to miss the future,” said John F. Kennedy.

The 150th now looks to the future as the 150th flag no longer flies atop Mt. Kokee. However, the mission continues as the flag of the future, the 169 ACWS squadron flag has been hoisted and now soars amidst the plum trees and the call of the Nene in the breezes atop Mt. Kokee.

Logistics Readiness Squadron retirees get DV treatment

by Master Sgt. Kristen Stanley

“In this bright future, you can’t forget your past.” Those are the lyrics of Bob Marley, and June 6, 2007 the 154th Logistics Readiness Squadron lived by those words by hosting the a reunion for retired members of the Logistics Readiness Squadron.

Several retirees, representing over 300 total years of service to the Hawaii Air National Guard were treated to a Distinguished Visitor tour of Hickam Air Force Base.

The group started off with a welcome address from Lt. Col. David Molinaro, 154th Logistics Readiness Squadron commander. Next the guests took a tour of the Logistics

facilities and mingled with the current members of the 154 LRS. Popular topics of conversation were the growth of the Hawaii Air National Guard and the changes in supply and deployment processes.

Following a catered lunch and formal program, the group headed to the 154 WG Control Center. They ended the tour with stop on the F-15 ramp and an on board tour of one of the 203rd Air Refueling Squadron’s KC-135 Stratotanker. The retiree group has mustered up an intramural softball team. They call themselves the COWS,

standing for Courage, Originality, and Winning Spirit. Traits that they claim originated from their membership to the 154 LRS and the Hawaii Air National Guard.



Photo by Master Sgt. Kristen Stanley

LRS members, past and present, hang out on one of the 203rd’s KC-135 Stratotankers.

History

World War II comes to an end with victory in the Pacific



Photo Art by Staff Sgt. Betty J. Squatrito-Martin

After Japanese leaders rejected the Potsdam Declaration, the Allies call for unconditional surrender, President Truman authorized the use of the atomic bomb. The first atomic bomb, nicknamed Little Boy, was dropped on Hiroshima, Japan, Aug. 6, 1945. In excerpts from White House release ca. Aug 6, 1945 President Harry S. Truman, said "Sixteen hours ago an American airplane dropped one bomb on (name of location deleted) and destroyed its usefulness to the enemy. That bomb had more power than 20,000 tons of T.N.T....It is an atomic bomb. It is a harnessing of the basic power of the universe...It (Potsdam Declaration) was to spare the Japanese people from utter destruction that the ultimatum of July 26, was issued at Potsdam. Their leaders promptly rejected that ultimatum. If they do not now accept our terms they may expect a rain of ruin from the air the like of which has never been seen on earth."

A second bomb, Fat Man, was dropped on Nagasaki, Aug. 9. The Japanese Emperor accepts Potsdam agreement Aug. 14, 1945. President Truman accepted the surrender and declared the end of the war Aug. 15, 1945. The Japanese signed the formal surrender document Sept. 2, 1945 aboard the USS Missouri. top left: Little Boy, top right "Enola Gay" B-29 bomber that delivered the first atomic bomb. bottom left: mushroom cloud over Hiroshima following bombing, bottom right: crew of the "Enola Gay." Information and photos extracted from the following Web Sites:<http://www.britannica.com/eb/art-92071>>.,http://www.foxnews.com/photoessay/photoessay_1633_images/0411071213_M_Enola-Gay-crew-450.jpg, <http://www.trumanlibrary.org/teacher/abomb.htm> http://news.bbc.co.uk/media/images/41377000/jpg/_41377691_enola_ap.jpg http://news.bbc.co.uk/cbbcnews/hi/newsid_4740000/newsid_4746100/4746147.stm

24 Hr Fitness Welcomes HIANG Members

By Master Sgt. Maui Quizon

Thanks to the strong support by the 154th Wing Commander, Brig. Gen. Peter S. Pawling and the initiative of the HIANG Top-3 Senior NCO Council, after long months and diligent work, the First Sergeants Council spearheaded an effort and succeeded in contracting with the 24-Hour Fitness discounted rates for HIANG members to join the popular fitness club. As

we continue to meet the goals and objectives of the ANG Fitness Program, we hope this added benefit will help the Hawaii Air Guardsmen in their continued effort to stay "Fit to Fight." See accompanying brochure for more details. If you any have questions, feel free to contact Master Sgt. Rogan Kahalehili, 154th Wing Fitness Program Manager, 448-7316, or Senior Master Sgt. Scot Fujioka, 199th Weather Flight First Sergeant, 448-8339.



effective immediately you can enroll at the following rates:

membership	initiation fee	processing fee	one club sport	all club sport
employee dues	\$0	\$0	\$33.99	\$38.99
first add-on	\$0	\$0	\$17.99	\$17.99
each add'l	\$0	\$0	\$12.99	\$12.99

things to know:

- these are "pay as you go" dues memberships (no long-term contract)
- dues may either be paid monthly through electronic funds transfer, or annually
- dues for the first and last month are required at time of enrollment

how to enroll:

- obtain **corporate proof document** from commanders or first sergeants (required at time of enrollment)
- contact your local 24 Hour Fitness at **800.224.0240** to make an appointment

or:

- **enroll online at <http://www.24hourfitness.com/corp/hiarnationalguard>** (must be typed exactly like this)
- enter this code: **99456**
- follow the instructions on the screen and begin using your membership today!
- online enrollment is available for HIANG members only, family members must enroll at a club



already a member and want to know how you can take advantage of this offer? contact **amy sanseri, client service manager**, 888.303.8329 x. 314 or asanseri@24hourfit.com.

No other discounts can be used with this offer. Must be at least 18 years old, or 12 with parent. Enrollees must show proof of employment with above referenced firm at the time of enrollment. Family add on must be related as a spouse or child and live at the same address as the employee. Additional fees will be added for family memberships. Facilities and amenities may vary per location. Not all clubs open 24 hours every day. Valid photo I.D. required at check-in. Some states may charge sales tax in addition to above referenced fees. See club for complete details. Program expires 7/31/2008.

Frequently Asked Questions

Is this a new benefit for Hawaii Air National Guard members?

Yes, HIANG has contracted with 24 Hour Fitness to provide an additional benefit for its MEMBERS! Enrolling through your THIS program will eliminate the initiation and processing fees that are standard on retail memberships, a \$250 - \$350 savings! It also secures HIANG members a reduced monthly dues rate, as well as substantial savings for family members.

How do I enroll?

Simply call your local 24 Hour Fitness at 800.224.0240 to set up an appointment with a Fitness Counselor to enroll, or enroll online at <http://www.24hourfitness.com/corp/hainationalguard>. Enter code: **99456**. Please note that the online enrollment link is case sensitive and must be typed exactly as it is here. Family memberships, at this time, are enrolled at the club.

What do I need to bring when I enroll at the club?

Please bring the following to your enrollment appointment:

- 1- First and last month's dues, along with voided check or credit card for electronic funds transfer
- 2- **Corporate Proof Document**, which you can obtain from commanders or first sergeants

What is the difference between Active, Sport, Super Sport, and Ultra Sport clubs?

Each of our clubs is a predetermined "type" of location based on the amenities it offers. **Active** clubs are basic facilities that include free weights, group exercise classes, and cardio equipment. Active clubs may also include Kids Club (babysitting facilities) or a Pro-Shop. **Sport** clubs are typically 2-3 times the size of Active clubs and offer more free weights and cardio equipment and a greater variety of group exercise classes. Most Sport clubs also offer a pool, basketball court, steam, sauna and whirlpool, and some include a separate yoga studio or group cycling room. **Super Sport** facilities are bigger than Sport and Active clubs and in addition to the amenities listed above, may include a juice bar, rock climbing wall, racquetball courts, or executive locker rooms. **Ultra Sport** clubs are our biggest facilities and offer the amenities of our Super Sport, Sport, and Active locations, and may also include a Pilates studio, indoor running track, and volleyball. Please visit our web-site (www.24hourfitness.com) for a listing of clubs in your area.

Which locations does my membership include?

You choose your accessibility level. For most members, this decision is made based on which clubs they see themselves using. For example, the "Sport Club" membership gives you access to all Active and Sport level clubs across the US, which includes approximately 350 locations. Your Fitness Counselor can help you determine which membership's accessibility privileges will best meet your needs. Family add-ons will have the same access levels as you do.

What is the minimum time commitment?

The membership available to HIANG members is month-to-month. When you enroll you pay only first and last month's dues, there is no long term contract. Your monthly dues amount will be electronically withdrawn from the account of your choice on the same date of each month for as long as you choose to remain a member.

Why does 24 Hour Fitness collect the first and last months dues?

You will find that many clubs ask for cancellation notice by the first of the month; however, if you wait until the 5th you are charged for the next 2 months before your cancellation becomes final. At 24 Hour Fitness we want to keep things as simple as possible for our members and therefore only require 30 days notice to stop your payment.

What if I'm already a member?

Because of the many membership options available at 24 Hour Fitness, these inquiries are looked at on a case by case basis. Some general guidelines are as follows:

- If you are currently on a month-to-month membership and paying a higher dues rate than offered through this program, we will lower your dues to this rate.
- If you are on a limited access membership (ie, one club, or one club alternate days), you may choose to upgrade your membership to the rate offered to HIANG members.
- If you recently joined on a month-to-month membership, there may be an opportunity for you to receive a dues credit for the initiation and processing fees you paid when you enrolled. In order to qualify, your enrollment date must be within 60 days of the date HIANG's program initially began.

Please call **Amy Sanseri at 888.303.8329 x. 314**, or email asanseri@24hourfit.com, with your member number (on the back of your card), to see if the memberships offered through HIANG provide you with upgrade options or cost savings opportunities.

What is considered a 'family member'?

Because this is a member benefit, there are some simple guidelines to determine who is considered 'family'. You are allowed to add one other person over the age of 18 to your membership. This is designed to be a spouse or domestic partner who lives with you. Each additional add-on must be between 12-17 years old, or over 65 years old, living at home.