



154th Wing meets mission requirements

by Capt. Regina Berry

The 154th Wing was awarded a rating of SATISFACTORY during the Unit Compliance Inspection June 6-9. "A satisfactory means we're doing the right thing, in the right way, at the right time, for the right reason, and with the right attitude," said Brig. Gen. Peter S. Pawling, 154th Wing commander.

The UCI evaluated the wing's adherence to various policies and directives using the Pacific Air Forces mission performance checklists and Air National Guard Compliance & Standardization Requirement Listings.

The five rating scale ranged from OUSTANDING to UNSATISFACTORY with the SATISFACTORY rating right in the middle. A SATISFACTORY means that the "performance or operation meets mission requirements."

"The PACAF IG and their team of

inspectors could not find enough words to express how impressed they were with our professionalism, attitude and how well we get the job done," said Brig. Gen. Pawling.

"I want to thank each and every one of you for your hard work and sacrifice in getting the Wing through this challenging, yet rewarding, Unit Compliance Inspection."

The Inspector General team rated the Wing Staff EXCELLENT, the 154th Operations Group EXCEL-



photo by Master Sgt. Kristen Higgins

Col. Donald Weckhorst presents 1st Lt. Jason Matsuoka with a coin recognizing him for his outstanding performance during the Unit Compliance Inspection.

LENT, the 154th Maintenance Operations Group SATISFACTORY,

see UCI page 4

Talking about the C-17

by Master Sgt. Kristen M. Higgins

Capt. Skye Nakayama, C-17 pilot with the 204th Airlift Squadron, Hawaii Air National Guard, talks about the capabilities of the C-17 Globemaster with Sam Fujikawa, a World War II veteran who was a member of the 100th Infantry Battalion.

The 100th infantry Battalion celebrated its 65th anniversary on June 5. The 100th Infantry Battalion is part of the 442nd Regimental Combat Team, a unit composed of mostly Japanese Americans who fought in Europe during World War II. (USAF photo by Master Sgt. Kristen M. Higgins)





Commander's Call: One wing, one team

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

With the Unit Compliance Inspection completed, it is now time for us to move on to the Operational Readiness Inspection scheduled for May 2008. The challenges we faced during the UCI will be greater while going through the ORI, not only because of the mobility portion of the inspection but because we'll be working new missions simultaneously. Despite this, I have no doubt in my mind that if we work as "one wing, one team" we'll be able to exceed all expectations and come out with an outstanding rating.

The new missions on the horizon are the four additional KC-135s expected to arrive around 2011. Around that same time, we will be

greeting brand new F-22s. We will have the first and only Air National Guard led F-22 unit. The Integration Plan for the F-22 unit will be released soon for bottom line coordination and the Adjutant General will be leading a delegation from



photo by Master Sgt.. Mark A. Sindiong

Hawaii to tour the F-22 assembly line sometime in the near future. In addition, the final results of the Environmental Assessment for the F-22 beddown at Hickam, is expected to be released on July 16.

In addition to the F22s, new things are happening with our C-17 mission. This July, the C-17 crews and airplanes will participate in Red Flag Alaska 07 and Airlift Rodeo, where the airlift community pits the best against the best in head to head competition. Hickam will be sending a blended crew to their first ever Rodeo with Maj. Anthony Davis, representing the 154th Wing. The unit's excellent rating in the UCI validates their progress and success as the first ANG associate unit. At any given time the unit has four aircraft on the road, two aircraft at home dedicated to training, and the remainder dedicated to maintenance, scheduled and unscheduled inspections or repairs.

I'd like to move on to a more pressing matter. Last month the St Louis Air National Guard lost an F-

see **COMMANDER** page 10



U.S. Air Force photo/Tech. Sgt. Shane A. Cuomo

Gen. Paul V. Hester, the PACAF commander, speaks to the Air Force Civilian Advisory Council June 19 during a luncheon in Honolulu about the roll out of Air Force Week Honolulu Sept. 7-15. Honolulu is the only city outside the continental U.S. to be selected to host an Air Force Week.

Kuka'ilimoku

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All photos are United States Air Force photos unless otherwise noted.

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



Riding the waves of opportunity

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

As the wave of the Unit Compliance Inspection rose with its crest showing itself, we took off on our board, got to our feet and screamed down the face in great position. With the anticipation of closing this ride out in the

perfect barrel, we experienced a few bumps along the way. The lip of the wave began to throw itself, folding over to indicate the light at the end of the tunnel was upon us while we crouched down and jettisoned out of the barrel in *satisfactory* fashion.

We turn our board around and swiftly paddle back out, duck-diving the breakers of adversity while seeking out the next wave of opportunity, the Operational Readiness Inspection Tsunami looms on the horizon. With the lessons learned from the UCI waxed on our board for proper footing and the pre-inspections (IRRE/CERE) leashed to our ankle for confidence, we look to score big. Any disappointment from the previous wave will be called upon to steel our nerves, enabling us to be focused and ready to execute our mis-

sion expectations in an *outstanding* manner all while the raptor (F-22) circles above as a constant reminder that our entire organization must stand together as *one voice* ensuring a safe landing at its home, Hickam Air Force Base.

During our everyday duties, emphasis needs to be made regarding paying attention to detail. How well an individual, section, Flight, Squadron, Group or Wing accomplishes its mission boils down to how well the details of that mission were tended to.

Like a football team, making certain that all the players are equipped properly so that they may do their job safely and effectively provides the team with a chance to perform well. As a coach, forgetting to order mouthpieces for your team members puts the players at risk; thus, nullifying any possible chance of success.

Challenge yourself to see if you have all the details identified while exercising the discipline required to dot those "i's" and cross those "t's" while you accomplish your checklists and processes. I guarantee you will have an outstanding end result if you *pay attention to the details*.



Leadership corner: OSF, the HIANG's melting pot

by **Lt. Col. Jeffrey T. Namihira,**
154th OSF/CC

I want to take this opportunity to tell you a little about those that make up our leadership team in the 154 OSF. First let me start by telling you a little about the OSF. What does OSF stand for? I get that question many times, and hopefully I'll be able to break it down for you. The OSF is like the culture of Hawaii, a melting pot, everyone mixed up in one place. Departments varying from Intelligence to Airfield management, Wing Weapons to Crew Communications, HARM to Comm. Electronics, and much more make up OSF. As the Commander for the OSF, I have to be a Jack of all trades, but a master of none.

The Intelligence section has been blessed by having one of the best Intelligence Officers around, Lt. Col. Kurt Shigeta. The 154th Wing Intelligence is responsible for deployment preparation, aircrew qualification, exercise scenario development,

mission planning support, and current intelligence management for the 154 WG. Intel also oversees all Wing internal and external intelligence training for all assigned aircrew and intelligence personnel.

Finally, Intel supports the Governor and State of Hawaii with trained intelligence personnel during times of emergency. Bottom line: Intel tries to make sure the Wing has as few surprises as possible from the bad guys.

Wing Weapons has one of the greatest F-15 instructors in the world, Maj. Mark "Odie" Ladtkow, who leads this outstanding section. The Wing Weapons and Tactics Shop is responsible for monitoring all aspects of tactical combat employment relating to 154th Wing operations. This requires an in-depth integration of all functions of air and space power. Some of these functions include: ground and flight training, maintenance liaison, tactics analysis, command and control liaison,

exercises, mission planning, conventional planning and evaluation scenarios. Together, mastery of these varied disciplines ensures that current, sound tactical practices are utilized by 154th Wing aircrews. So, when Intel figures out what the bad guys are up to, Wing Weapons figures out exactly how to kick their butt.

Communications Electronics is a unique section with many diverse roles and capabilities. Lt. Col. Dennis Matsuura leads this special section and brings with him a wealth of knowledge and experience from the 169th Aircraft Control and Warning Squadron. The Communications/Electronics section is comprised of seven personnel, one Comm/Electronics Chief and two personnel each in Standardization/Evaluation, Training, and Maintenance. The section provides oversight and direction of Stan/Eval,

see OSF page 4

OSF

Training, and Maintenance programs for the Ground Control Intercept radar personnel at the 169 ACWS at Wheeler Army Airfield, and the 154th Aircraft Control Squadron at Barking Sands, Kauai. Comm/Electronics also coordinates and develops numerous air defense exercises to ensure our HIANG air defense assets are kept as alert and ready as possible.

Combat Crew Communications is lead by an outstanding leader, Senior Master Sgt. Naomi Merritt, with over 27 years of experience. The 154 OSF CCC supports the 203rd Air Refueling Squadron by training and equipping our assigned KC-135 aircrews for various missions. Support such as providing Communications Security user training, issuing COMSEC documents and cryptographic keying materials, programming communica-

tions equipment, maintaining Flight Information Publications and construction of Combat Mission Folders are just some of CCC's responsibilities.

Host Aviation Resource Management is led by the awesome Master Sgt. Dawn Peters. They are responsible for maintaining over 170 Flight Record

centive pay, Aviation Resource Management System control, ARMS interfaces, operational reports, technical guidance and training of assigned aviation resource management personnel. This is accomplished through: interpreting and administering of laws and regulations; directing, controlling, and

Wing.

Finally, Airfield Management has tons of responsibility with only two full-timers. Master Sgt. Mato leads this hard-charging section and ensures that our aircrews are able to operate on a safe and efficient airfield. Airfield Management is responsible for all airfield ground operations, Notices to Airmen dissemination, flight planning support, and Airfield Safety and Engineering compliance. They also review and validate airfield taskings for all contingency plans pertaining to the H I A N G , Hickam Air Force Base, Honolulu International Airport and local support agreements.

As you can see our 154th Operations Support Flight is very diverse and leads the wing in many ways! See you at the next Turkey Shoot!



Folders (literally, every aircrew member in the HIANG). Master Sgt. Peters plans, implements, and controls all operational and administrative aspects of aircrew resource management, aircrew training, aircrew in-

monitoring the resource and training requirements of assigned rated and non-rated aircrew for mission accomplishment and safety of flight and serving as the overall ARMS database manager, analyst, and administrator for the

UCI

and the Mission Support Group SATISFACTORY.

Notably, the Wing Control Center was the only section to receive an OUTSTANDING rating from the IG. Their command post's entry control binder and processing procedures were described as a 'best seen to date' by the IG.

Although the WCC was the only unit to receive an OUTSTANDING, there were a number of individu-

als recognized by the IG as being top performers during this inspection.

Outstanding Performers (coin recipients)

- Maj Anthony Davis
- Maj Jeffrey Tidwell
- 1Lt Jason Matsuoka
- SMSgt Leilani Moniz
- SMSgt Chris Partika
- MSgt Louise Lum
- MSgt Dawn Peters
- SrA Lee Uyeda

Additional Outstanding Performers

- Capt Regina Berry

- Capt Kula Cummings
- Capt BJ Itoman
- MSgt Richard Costa
- MSgt Al Kalani
- MSgt Nathan Koide
- MSgt Steven Matsuda
- MSgt Marc Ochoco
- TSgt Jason Cashman
- TSgt Wayne Chen
- TSgt John Donald
- TSgt John Lakatos
- TSgt Jeffrey Yokono
- SSgt Kellen Brede
- SSgt Alvin Cabuhat
- SSgt Channing Ching
- SSgt Kevin Corbett

SSgt Nicolle Gorospe
SSgt Melissa Lazaro
154 MXS C-17 Electronic Warfare Systems Element (Avionics) Team

- MSgt Dwayne Lim
- TSgt Prescott Looney
- SSgt Aaron Oda
- SSgt Rodrigo Ramos
- SrA Fredric Villamor
- 154 MXS KC-135 Aerospace Ground Equipment Team**
- SMSgt Virgilio Salvador
- TSgt Tim Amrich
- TSgt Rolando Layugan
- TSgt Evan Uyeda

Combat sky satellite system successfully tested in Hilo

by Sgt. 1st Class Stephen M. Lum

HILO, Hawaii – Disaster preparedness and assistance are primary state missions of the National Guard and this June, in a multi-state military operation, commercial telephone and internet service was established through a combat sky satellite link for the first time in Hawaii. In the past, the Guard could only establish military to military communication lines.

Airmen from California's 162nd Combat Communications Group, Arizona's 111th Space Operations Squadron and Hilo-based 291st Combat Communications Squadron worked together, using the military satellite communication equipment, to restore commercial service to Hawaii County Civil Defense Agency's emergency operations center.

The mission was to exercise the ability to rapidly respond and support the Hawaii Air National Guard and other civil authorities during times of natural or catastrophic di-

capability to employ various communications platforms," said Capt. Michael Cardoza, from the 162nd, "which will provide initial command and control communications to multiple islands using existing Hawaii Guard equipment when ever possible."

Operations unit launches repeater system

A three-person team from the 111th SOS launched the weather balloon/radio repeater system which operates in *near space* at 65,000 to 90,000 feet (15 to 20 miles). Near space is an area in the atmosphere where winds are minimal. After a weather check, the balloon is filled with a floating gas and the repeater, with its antenna and ballast are attached and launched.

"A two-person team remotely controls the payload which extends the radio communication over 600 miles (line of sight)," briefed Lt. Col. Patty Tuttle, the 111th commander. "The limited steering capability SkySat moves with the wind and it's the operator's job to look for the best altitude with the best wind direction and speed to support the mission."

"The system reports position, location, speed and direction back to the operator. The payload is released by the operator and parachutes to the ground at the end of the flight for possible recovery." A beacon signal is put out to track its location, but possible overseas landing may preclude recovery.

Military communications equipment operated on civilian system

California's 162nd airlifted communications equipment to the air-



photo by Sgt. 1st Class Stephen Lum

Col. Ann Greenlee, Hawaii Air National Guard executive support staff officer, prepares to launch the Sky Satellite balloon June 22.

port in Hilo, then on to the Hawaii Guard's 291st headquarters in the Keaukaha Military Reservation. The 162nd set up an operations base at KMR and at a remote site at the county's civil defense EOC.

After the 162nd made the civilian and military systems compatible, Lt. Col. Reynold T. Hioki, the Hawaii Air Guard director of communications and information, was able to make contact from the 291st at KMR via Camp Roberts, Calif., to the Hawaii County EOC via military satellite to commercial phone and Internet. Hioki, who also serves as the Joint Forces Headquarters Hawaii director of logistics, initiated the Hawaii SkySat demonstration. He said the California and Arizona units are interested in returning next year to facilitate communications links from Kauai and Maui.

On hand for the demonstration and launching the balloons were Brig. Gen. Gary M. Ishikawa, the deputy adjutant general, and Col. Ann Greenlee, the HIANG executive support officer.



photo by Sgt. 1st Class Stephen Lum

Lt. Col. Reynold T. Hioki, the Hawaii National Guard's joint staff director of communications and information, demonstrates to Brig. Gen. Gary M. Ishikawa, the deputy adjutant general and Col. Ann Greenlee, executive support staff officer, the military/civilian communication systems compatibility.

sasters. "Additionally, the military civilian exercise demonstrated the

News Briefs

June AOM



photo by Staff Sgt. Betty Squatrito-Martin

Staff Sgt. Veronica Bastatas, previously of the HQ 154 WG receives an Achievement Medal from Brig. Gen. Peter S. Pawling. Her performance as an Information Management Journeyman exceeds the standards of excellence expected from an Airman. Staff Sgt. Bastatas volunteered to support the first ever Senior Leader off-site conference; she is the "go to" person for section chiefs in handling numerous administrative tasks. She volunteers for MWR activities and HNGEA.

Flu pandemic?

During a flu pandemic, you can use simple actions to help protect yourself and others from becoming sick with the flu. No single action protects completely. If used together, the steps below can help reduce the chances of becoming infected.

- Wash your hands often with soap and water. Use an alcohol-based hand cleaner if soap and water are not available.
- Cover your mouth and nose with a tissue or your arm when you cough and sneeze.
- Stay away from other people if you are ill.
- Avoid crowded places and large gatherings as much as possible.

**154 WG
Drill Dates
Aug. 4-5, 2007
Sept. 8-9, 2007**

May Promotions

Promoted to CMSgt (E-9)

HQ 201 CCG Agee, James H.
154 AMXS Santos, Robert J.
154 MXS Stiteler, Geoffrey W.

Promoted to SMSgt (E-8)

154 MXS Correa, Eric

Promoted to MSgt (E-7)

154 AMXS Chong, Sara A.H.
154 SFS Grundy, Christine

Promoted to TSgt (E-6)

154 ACS Munechika, Jay A.
154 AMXS Nakamura, Sterling

June Promotions

Promoted to MSgt (E-7)

154 SFS Kealoha, Clarence K.
169 ACWS Lau, Byron

Promoted to TSgt (E-6)

293 CBCS Castro, Richard A.
154 SFS Kaikala, Kalani K.
154 SFS Schreiner, Ryan K.

HNGA/HNGEA Army and Air golf tournament

The Hawaii National Guard Officer and Enlisted Association host the third annual Army/Air Guard golf tournament Aug. 6, at Leilehua Golf Course. Enter a two person team for the two person best ball event. Tournament is limited to the first 144 entries. Ten dollar late fee assessed after July 23. Buffet dinner served and prizes awarded in the Leilehua banquet room immediately after play. To register or for more information contact the Hawaii Air National Guard points of contact Maj. Duke Ota 448-8429, Maj. Taison Tanaka 448-7475 or Lt. Col. Randall Tom 448-7494.

HING State family workshop

The Hawaii National Guard 2007 State Family Workshop will be held Aug. 24-25 at the Waikiki Beach Marriott Resort and Spa. The theme focuses on being prepared for "whatever" the future holds. The guest speakers will inspire and rejuvenate. Don't miss this chance to meet, learn and network with other members of the military community. For registration and information log on to www.guardfamily.org or call the Family Program office at (808)672-1047. You can also contact Lorna Souza, Family Readiness Coordinator at work 448-7049 or on her cell 341-7608 to register.

Helping your community - Volunteer opportunity

Assist families and make a difference here in your community. Help reach families by teaching parenting skills.

The Hawaii National Guard Counterdrug Program is looking for "Parent Training Facilitator" volunteers to help adults become better parents to their children and to help children become better children to their parents.

Parenting programs include:

1. Common Sense Parenting
2. Loving Solutions
3. The Parent Project
4. Parent to Parent

Training and support is provided. Contact the Drug Demand Reduction Parent Facilitator, SFC Art Isaki at (808) 864-5726.

Commanders talk total force integration

by Capt. Regina Berry

Total Force Integration was the hot topic during the 30th Annual Hawaii Air National Guard Commanders Conference at the Hapuna Beach Prince Hotel and Resort on the Kohala Coast June 27 - 29.

Distinguished guests from the Pacific Command, Pacific Air Forces, U.S. Air Force, National Guard Bureau, Hawaii State Department of Defense, Guam National Guard and Hawaii Army National Guard joined more than 60 Hawaii Air National Guard Airmen in the three day long conference.

The conference theme, "Ke kupa'a a 'ana ma ke ala, Staying the Course, reflects the HIANGs continuing "focus on providing mission capabilities that increase Pacific Command's warfighting effectiveness and the

Once again you (HIANG) have set a new standard...

Gen. Paul V. Hester
Commander Pacific Air Force

Hawaii Air National Guard's relevancy to our nation and Hawaii," said the conference host, Maj. Gen. Darryll D.M. Wong, Hawaii Air National Guard commander, in a letter to the conference attendees.

Hawaii National Guard leadership recognized the importance of TFI early and has eagerly taken the plunge into making the HIANG a leader and model of the active/Guard associate unit integration, beginning with the C-17 classic associate unit that was stood up in 2006.

"Once again you (HIANG) have set a new standard, not just a standard for excellence but you've set a standard for the first Air National Guard associate unit with the active duty flying this airplane (C-17), ...and it has just been terrific," said Gen. Paul V. Hester, commander Pacific Air Forces. "It is in fact a continuing success story," added Gen. Hester.

C-17s are not the only associate unit that will come to Hickam Air Force Base. One of the three F-22 squadrons scheduled to be beddown in the Pacific will be located at Hickam Air Force Base, the other two in Alaska.

The F-22 squadron that will be located at Hickam Air Force Base will have the only Guard owned F-22s in our Air Force, said Gen. Hester. "It will be the only Guard owned F-22 unit with an active F-22 reverse associate," he added.

The Hickam F-22 unit "we think will stick out, not like a sore thumb, but like a shining example of TFI," said Gen. Hester.

The F-22s are expected to arrive in 2011.

The HIANG is also scheduled to receive four additional KC-135s in 2011, bringing the 203rd Air Refueling Squadron up from an 8 Primary Assigned Aircraft unit to a 12 PAA.

This unit will also be a reverse associate unit with the HIANG owning the aircraft and the 15th Airlift Wing assisting with the flying and maintenance.



photo by Master Sgt. Kristen Higgins

Gen. Duncan J. McNabb, commander Air Mobility Command, gives overview of total force integration at Commander's Conference June 27-29.

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 Center at 449-1754.

Finance: BAH and COLA Recertification

by Master Sgt. Carleton Y. Tajiri

The AF Form 594, Application and Authorization to Start, Stop or Change Basic Allowance for Quarters or Dependency Redetermination, has a dual purpose in the finance world. It serves as a BAH Recertification and as a COLA Recertification; this determines whether you are authorized BAH/COLA at the “with” or “without” dependent rate. Remember, COLA is only for dependents that live in your household.

If a member has changes to their dependency status since their last certification, they must provide appropriate supporting documentation to substantiate that fact i.e. birth certificate, marriage certificate, divorce decree, etc. Keep in mind that just because a member may have provided these documents to MPF; that DOES NOT mean that MPF will forward them to finance.

Currently, there are quite a few members who are past due in accomplishing their recertification of

the AF Form 594. Please check with your unit CSS to find out if you may be one of those delinquent members. An outdated AF Form 594 could cause a member to be over or under paid. The ultimate result of this is to ensure that every member is receiving the correct entitlement.



Changing our safety culture, call a “knock it off”

by Lt. Col. John Traettino

As F-15 pilots, we have a safety management tool that we call “knock it off.” There is an Air Force Instruction that outlines conditions under which anyone in the flight can call a “knock it off.” When that happens, everyone stops what they’re doing, makes sure they’re pointed away from the ground and away from each other, and then they address the concern before the mission continues. The key is to call “knock it off” before a dangerous situation develops, not after it has occurred. A “knock it off” is a non-retribution way for even the youngest member of the flight to express concern about what he/she perceives is happening.

Industry has embraced a similar concept, but it calls a “time-out” – just like when a little kid is misbehaving. When there is a perception of a safety issue, anyone can stop what is happening. NASA contractors plowed their way into the “time out” culture following the Challenger and Columbia Space Shuttle disasters. In these cases, lower-level workers had identified the safety issues before the tragedies but the information never properly reached the people with the power to correct it or stop the launch. Why?

Very often people have perceived time pressures, career goals, or other distractions that keep them from using sound decision-making processes. These mid-level management “filters” often prevent serious safety issues from reaching the people with the power to correct the problems.

There is a mathematical model called Heinrich’s Ratio that proves for every 330 errors committed in an industry, 300 have no consequences, 29 have minor consequences, and one out of the 330 will end in a major incident or mishap. What this means is that when we “roll the dice” in risk management and do something stupid and nothing bad happens, we tend to reinforce the bad behavior because more often than not there are no consequences. The fact is, we’ve sim-

ply “gotten lucky” and beaten the ratio – *this time*. Without a consistent cause and effect, we mentally minimize or ignore poor decisions and conduct. This is called complacency.

Our goal for the 154th Wing is to adopt a healthy “knock it off” culture, not accepting errors – even when they don’t have negative consequences. This will help ensure an efficient and safe work environment for all members of the 154 WG.

At the recent Air National Guard Safety Focus Conference, the 154th Wing was used as the example for all other Wings in the area of Safety and Mishap Prevention. Brig. Gen. Peter S. Pawling, 154th Wing commander, stated, “I emphasize to my people that we MUST have a Safety Culture in everything we do.” With 75,000 accident free hours in the F-15 (knock on wood) we prove day to day that we are doing the right things in the HIANG.

Unfortunately, while the entire National Guard’s flight Safety record is on track, the off base/off duty fatalities are the worst they have been in Guard history. With 26 fatalities in 2006 and 13 so far this year (Guard Wide), we are on track to having the highest fatality rate off base/off duty in Guard history. The vast majority of these fatalities are in automobile accidents. “I am concerned about the people of the 154th Wing, and I hope they are thinking about the impact on their families if they are injured or killed due to high risk activity off base/off duty,” said Brig. Gen. Pawling.

We need to adopt a “knock it off” culture while off base and off duty. If you see a friend or co-worker about to drive while intoxicated or enter a vehicle exhausted from working a civilian job and military job, call “knock it off.” Step in to help that fellow HIANG member before they become the 14th fatality of 2007. (note: special thanks to Lt. Col. Slocum MRM instructor for inputs to the this article)

HIANG members “hang ten” at surf classic

by Master Sgt. Wendell Villanueva

The 2007 HIC All-Military Surf Classic, presented by Quiksilver, went down June 16 at Kalaeloa (Barbers Point) White Plains Beach.

With over twenty categories in the military and civilian divisions, the

Hawaii Air National Guard was well represented. The morning featured opening and semi-final heats in numerous shortboard and longboard divisions. The afternoon offered the shortboard and longboard finals in all divisions.

Sunny skies, 10-15 mph trade winds, and 3-4 foot surf made for challenging conditions. Participants were not deterred as talent was visibly abundant throughout the day. The HIANG members proudly showcased their skills as several of our very own made it into the Final Heats. All heats lasted 15 minutes, with the best two waves being tallied for a final score.

Senior Master Sgt. Russell Ducosin, Master Sgt. Wendell Villanueva and Tech. Sgt. Damon Duhaylonsod were among the HIANG members competing in the surfing competition.

Master Sgt. Villanueva placed second in the open long board over 40 division and fourth in the Military over 40 long-board division. Tech Sgt. Duhaylonsod placed second in the Military long board over 40 and sixth in the open long board over 40 division. Senior Master Sgt. Ducosin made it to the semi-finals in the 30-39 long board division.

Retired 203rd Air Refueling Squadron pilot Ronin Burke also competed and placed sixth in the open over 40 shortboard division.

Every surfer was given a T-Shirt, free lunch and a raffle ticket. Trophies and prize packs containing numerous surf products went to the top six in each division. Two lucky surfers went home with new surfboards. There was live entertainment throughout the day followed by an award ceremony and an evening concert featuring Dub Phylum.

Terry Reis of Surf Shooter Hawaii was on hand to capture all the performances. If you would like to see your fellow servicemen, women, and keiki in action, you can check out some awesome pictures at <http://www.surfshooterhawaii.com/kalaeloa/16Jun07-All/index.html>.



Tech. Sgt. Damon Duhaylonsod “carves off the bottom” during long board heat.



Master Sgt. Wendell Villanueva gets ready to “shred” on a winning ride.

Ancillary training reduced

U.S. AIR FORCE AIM POINTS

Air Force leaders have decided to reduce ancillary training to 90 minutes a year.

The numerous training briefings Airmen are required to attend annually will be combined into a new "block instruction" plan. Instead of time-consuming briefings on several subjects, training will be arranged so that time is used more efficiently while still getting Airmen the information they need.

"I will not let ancillary training overshadow our combat focus; these concrete steps will tip the scales to give Airmen more time to focus on their primary mission," Air Force Chief of Staff Gen. T. Michael Moseley said.

The program takes effect Oct. 1, 2007

Under the new 90-minute "block instruction" plan, Airmen will save almost an entire workday - or about 8.65 hours per person.

- A team is reviewing training courses and will soon determine exactly which briefings will be part of the new program.

- Unit commanders will have the choice of holding the entire 90 minutes at once in a mass briefing, or dividing it up into shorter segments throughout the year.

- The blocks will also be available as both group and individual computer presentations.

- The 90-minutes of briefings will satisfy annual training requirements, but there will still be some instances when the standard briefings will be needed, such as new Airmen arriving at their first duty station or Airmen heading for an overseas assignment.

COMMANDER

15, the pilot ejected safely. A week later Elmendorf Air Force Base lost an F-15. Just a week ago Portland lost an F-15 and more importantly the pilot. These are all reminders of just how dangerous our business of maintaining and flying aircraft can be.

In response to the recent accidents, the National Guard Bureau Command directed a nation wide safety standdown last Friday. Judging from the feedback I received from last Friday's standdown, I feel it is timely and most important to spend more time focusing our leadership on safety and culture trends. We will determine another date in the near future where we, as a leadership group, will discuss our current Safety issues and challenges as well as our unique Guard culture and what we can do to maintain our safety edge when it comes to the business of flying. It will also allow us to spend time focusing on our people. In the meantime - please stay focused on safety, both at work and off base.

Disasters happen, be prepared

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth.**

Recommended Items to Include in a Basic Emergency Supply Kit:

Water: One gallon of water per person per day for at least three days, for drinking and sanitation

Food: Minimum, three-day supply of non-perishable food

Radio: Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both

Flashlight and extra batteries

First aid kit

Whistle to signal for help

Dust mask: to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place

Personal sanitation: Moist towelettes, garbage bags and plastic ties

Tools: Wrench or pliers to turn off utilities, can opener for food (if kit contains canned food)

Local maps

Additional Items to Consider Adding to an Emergency Supply Kit:

Prescription medications and glasses

Infant formula and diapers

Pet food and extra water for your pet

Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container

Cash or traveler's checks and change

Emergency reference material such as a first aid book or information from www.ready.gov

Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.

Household chlorine bleach and medicine dropper - When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Fire Extinguisher

Matches in a waterproof container

Feminine supplies and personal hygiene items

Mess kits, paper cups, plates and plastic utensils, paper towels

Paper and pencil

Books, games, puzzles or other activities for children. <http://www.ready.gov/america/makeaplan/index.html>

Who's MOST Important? ... You!

by Rex E. Jones Jr.
State Equal Employment Manager

What good were you to others when you were ill? How about when you're mind is everywhere except with the person you're with? Ever have a bad day? Ever wonder why you're here to begin with? If you've ever asked these questions, you're failing yourself at that time. You truly are the most important person in the world. You cannot affect anyone or anything unless you're here 100 percent.

So, who's MOST important? YOU are!

I'd like to talk about the four basic areas of life. If you've read Stephen Covey, you know this. But, maybe you need a refresher, so let me provide it.

The four basic areas of life are the physical, mental, emotional, and spiritual. Everything falls into those four areas. The key here is to value yourself enough to balance all four areas so you can be fit to fight the every day battles you encounter.

First, it is important to be physi-



cally fit. Exercise is clearly important as is diet and rest. If you don't have a regular exercise program, START NOW! Take a twenty to thirty minute walk at lunch instead of gobbling that Whopper!

Eat healthy! That's tricky for me. I'd rather work out harder and eat what I want; I certainly could do better in this department.

Get the right amount of rest. We're all different. We all need different types of rest. Figure out what works best for you and make it a habit. Move around! Eat right! Rest well!

Be physically fit!

Secondly, use your brain! Think! Listen! You've heard the phrase, "use it, or lose it." "It" refers to a lot of things. In particular, you'll lose your mind if you don't use it properly. Read! Make it a habit. You don't have to read *War and Peace* just find books you enjoy and read them. It's amazing what you can learn and how much better you'll think when you exercise that big muscle trapped inside your skull.

Take classes even if you're already a PhD. Find a mentor. Be a mentor. Think! Use



your brain!

Thirdly, work on relationships. The FIRST relationship is with you. You can't like others unless you like yourself. Do what you have to do to build the right relationship with yourself then work on building relationships with those you live and work with. It's always easy to build relationships with people you like. Every once in a while build one with someone who needs someone. The best way to have friends is to be one.

Lastly, develop the spiritual area of your life. One way to build the spiritual part of your life is to think about the loss of life and the families who have to live without their loved ones. Sad to say, we now live in a world where there's a potential for your friends and family to be killed in an instant, without provocation. Not just by terrorists as we perceive them, but also by crazy people who prey on the innocent. If you think about it, I'm convinced it will put you in a spiritual mood.

If that doesn't work for you, simply go outside first thing in the morning and watch the sun rise.

Fitness has to do with winning the daily battles in your life. When you're fit physically, mentally, emotionally, and spiritually you can win the day. This day! Keep in mind that balancing these four areas doesn't necessarily mean you do each equally. Some days you may be able to do more in one area than others. Do what you can each day. That's closer to balance.

Interestingly, the more you do of each, the more you'll want to do and the more you'll value each to the point that you'll do something in each area habitually. That's success! "Character" starts with each of us being here for the other and others. Character growth begins with knowing what and who's important and doing something about it. You're important! Know that! And do what you must to stay fit.

HNGEA Scholarships available

The Hawaii National Guard Enlisted Association is accepting applications for scholarships.

The applications should be submitted to the Chairman Scholarship Committee no later than Aug. 5. A request for an exception to the guidelines may be granted due to extraordinary circumstances; however, such requests must be submitted at least 14 days prior to the deadline date.

All current HNGEA members, their dependent spouse or child

are eligible to apply for a scholarship.

Applicants must be or will be enrolled as a full-time/part-time student carrying at least three credits per semester leading toward a degree or certificate. Graduate students are not eligible.

The objectives of the HNGEA Scholarship Program are to encourage higher education by providing financial assistance and to provide a benefit that would enhance the recruitment and retention of HNGEA members.

Fundraiser to support Guard member's family

by Master Sgt. Ray Duropan, 154 SFS

It is with a heavy heart that I must inform all of you that one of our proud members from the 154th Security Forces Squadron, Master Sgt. Clarence Kealoha has recently been diagnosed as having terminal cancer. The 154 SFS Family Support Team will be sponsoring a fundraiser on Thursday, July 12, at the Pipeline Café from 4-10 pm. All funds raised will be going to assist Master Sgt. Kealoha's family.

Three live bands and a Hula Halau will entertain. Food and door prizes available. If you would like to attend, please contact SFS office or any of the security forces personnel for tickets. The tickets are \$10.00 pre-sale and \$15.00 at the door. Checks for monetary donations can be made out to 154 SFS.



courtesy photo

Master Sgt. Clarence Kealoha receives Master Sgt. stripes at a surprise promotion ceremony at Camp Smith.

History

