



“Shirts” spread Christmas cheer to HIANG ohana

by Master Sgt. Maui Quizon, 1st Sgt., HQ 154 WG

“People are our business” is the ethos for First Sergeants whose role in the Air Force is one that is time honored and rich in tradition, where integrity, leadership and esprit de corps not only applies to the discipline and management of our Airmen, but also in the caring of our Airmen.

Caring for our Airmen was the motivation behind the HIANG First Sergeants Council launching its first ever bake sale during the December 2007 UTA.

Armed to the teeth handing out Airmen’s Creed/Core Values and Uniform Tips quick reference cards, proved to be a great opportunity for the team to interact and cross-talk with our most valuable assets – our Airmen. Needless to say, the “Shirts” had a great time meeting and greeting fellow HIANG ‘ohana. Moreover we were overwhelmed at the generosity of the HIANG members.

With no price tag on any of the baked goods, Shirts merely asked for “wat eva kine” donations, and the generosity flowed. Sales far exceeded any of our expectations -- mahalo to all of our gracious contributors!

Shortly after coming off of the bake sale success, the First Sergeants Council once again huddled up for an even more important event, our annual Angel Tree



courtesy photo

Chief Master Sgt. Annarene Napoleon, 201st Combat Communications Group, through the 1st Sgts.’ Angel Tree program, brings yuletide cheer to the family of deployed Civil Engineering Squadron member, Master Sgt. Darren Atabay.

see “SHIRTS” page 4

Transformation via goals, focus, discipline

by Tech. Sgt. Betty J. Squatrito-Martin

Olympic gymnast, Kurt Thomas, once said, “The most important step in any major accomplishment is setting a specific goal. This enables you to keep your mind focused on your goal and off the many obstacles that will arise when you’re striving to do your best.” In December 2006, Staff Sgt. Michael J.A. Paderes found himself in need of a specific goal as the result of a marginal on the Physical Training test and a desire



courtesy photo

Body builder, Jay Cutler, inspires Staff Sgt. Michael J.A. Paderes to train.

for an MPA tour.

The marginal and the necessity to pass the PT test in order to land the MPA tour proved to be a pivotal point in the life of Staff. Sgt. Paderes.

“To get thin and pass the test became more or less a New Year’s resolution,” said Staff Sgt. Paderes, 169th Aircraft Control and Warning Squadron.

In addition to getting thin and

see TRANSFORMATION page 9



Commander's Call: Challenges, opportunities

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

To my fellow 154th Wing Airman, Aloha and Happy New Year! It's hard to imagine, yet 2007 has come and gone and it's time for us to start looking forward to the new challenges and opportunities that lie ahead of us in 2008, not just in our professional lives, but in our personal lives as well. In terms of "welcome news," the Holiday Season was uneventful and I appreciate that everyone took safety seriously. I encourage you to continue to keep safety paramount as we move into the New Year.

We have a little over a year to prepare for the Joint 154 WG/15 AW Operational Readiness Inspection in February 2009. While it may seem somewhat distant, it's only 24 drill days away (not counting this January drill). There are mandatory training exercises scheduled to help

us refine our war machine, but I expect all of you to be preparing now. Take care of your personal readiness requirements, and remember, it's ultimately your responsibility to ensure that you are worldwide qualified and combat ready.

For those of you who are wondering, it's been two months now, and our F-15s are still not flying. Rest assured that Air Force wide, Maintenance and Operations personnel are fully engaged in developing a well heeled plan to assist in our return to flying. We don't have a date yet, but we hope to start flying soon after the Accident Investigation Board presents their report to Gen Corley, the ACC Commander. I appreciate the hard work that our maintenance members have put into the numerous TCTO Inspections, their dedication to the job is one of the reasons our safety record remains flawless.

With the KC-135 Tanker plus-up and the F-22 Raptors scheduled and on track to arrive at our 154th Wing, it's also important that we sustain our personal professional image as

well as the appearance and image of our facilities and work centers. The new missions that come with these aircraft, particularly the F-22, will be high visibility missions to the big Air Force; expect to see many distinguished visitors over the next few years.

So much activity in our operations and maintenance community, yet equally important and dynamically active is our support organizations.

We still have members of our 154th Security Forces Squadron and 154th Civil Engineering Squadron deployed real world supporting the global war on terror. The SFS and CES members are scheduled to return home very shortly and we look forward to having them back. I can't thank our war fighters enough for the work they are doing in the AOR. I am proud of each and everyone them, and wish them all a Happy New Year and a safe return home.

See **COMMANDER** page 6



courtesy photo

Hawaii Air National Guard members, past and present, attend first anniversary of Pacific Aviation Museum at Ford Island, Dec. 6, 2007. (L-R) Brig. Gen. Peter S. Pawling, 154th Wing commander; Tai Hong Ret, 199th Fighter Wing commander; Maj. Gen. Ret. Edward V Richardson Jr., adjutant general; Tech. Sgt. Mark Crabbe, 201st Combat Communications Group; Lt. Col. Ret. Paul A. Duvauchelle, one of the original HIANG pilots, who flew the P-47 in 1947; Tech. Sgt. Darrell Bactad, 154th Logistics Readiness Squadron.

Kuka'ilimoku

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

COMMANDER

Brig. Gen. Peter S. Pawling

STAFF

Capt. Regina Berry

PAO

Tech. Sgt. Betty J. Squatrito-Martin

PA Representative

Published by

154th Wing Public Affairs Office

Succeed through resourcefulness and preparation

by **Command Chief Master Sgt. Robert S.K. Lee III, 154 WG**



This happens to be the year of the rat – in the Chinese zodiac, a **Rat Year** is a time of hard work, activity, and renewal. This is a good year to begin a new job, get married, launch a product or make a fresh start. Ventures begun now may not yield fast returns, but opportunities will come for people who are well prepared and resourceful. The

best way for you to succeed is to be patient, let things develop slowly, and make the most of every opening you can find.

Our organization is ever evolving with constant changes. With the anticipated acquisition of four more KC-135's and the new fleet of F-22's, the suggestion stating that ventures begun now may not yield fast returns is certainly something we can expect while we fold our new arrivals into our organizational plans. Resourcefulness and preparation, conducted in a positive

manner can only lead us to success.

When it comes to resourcefulness, our organization is tops as depicted during our Unit Compliance Inspection and upcoming Operational Readiness Inspection. You do a lot more with a lot less these days, and just getting the mission accomplished shows tremendous resourcefulness.

Preparation, this word expounds success in anything that we do, absolutely anything. Look back at your most successful moments in your life and you are bound to notice that if it wasn't for being prepared, the success you experienced would never have come to fruition. Think about it, preparation is a derivative of thinking, taking the time to ponder how to do something, how to get ready for something, how to anticipate either a positive outcome or a negative one. That preparation allows each of us to run through scenarios from which we determine the most successful path.

What lies ahead for 2008 is nothing short of exciting. Let's take advantage of all opportunities by employing our resourceful skills to the fullest, remember preparation is an absolute priority.

You are America's best, represent with pride.....Let's roll!

How to survive swimming with sharks

Concept created by *Voltaire Cousteau*

by **Rex E. Jones**

"Eh brah, go come wit us go swim wit da sharks at North Shore." That is what my Pastor asked me last weekend. I have yet to take him up on the offer; however, his invitation reminded me of a plaque I received as a going away gift from the Diversity Manager at Gonzaga University. It is titled, "How to Swim With Sharks" and it lists a few simple rules that should be adhered to if ever one should consider such an endeavor.

The truth is, most people do not "want" to swim with sharks. However, the instructions on this plaque were written primarily for the benefit of those who, by virtue of their occupation, find they must swim in waters infested with sharks.

As clarification, I'm confident that we for the most part, do not have "sharks" within the Hawaii National Guard. I have come to this conclusion as a result of the numerous climate assessments I have conducted

during my tenure here. However, that doesn't necessarily mean this article is of little or no value. Many of you hold positions in the private sector that simply aren't as tight-nit as your military unit. With all that said, these rules simply provide the fundamental principles that, if followed, will make it possible to survive a shark attack. Rules:

1. Assume unidentified fish are sharks. Not all sharks look like sharks, and some fish that are not sharks sometimes act like sharks. Inexperienced swimmers have been badly mangled by assuming that docile behavior indicates that the fish is not a shark.

2. Do not bleed / Get out if someone else is bleeding. Bleeding tends to prompt an even more aggressive attack and will often provoke the participation of sharks that are



uninvolved or, as noted above, are usually docile. Let's face it; it is difficult not to bleed when injured. Indeed, at first, this may seem impossible. The control of bleeding has a positive protective element for the swimmer. The shark will be confused as to whether or not his attack has inflicted an injury at all, and confusion is to the swimmer's advantage.

see **SHARKS** page 4

SHARKS

3. Counter any aggression promptly. Sharks rarely attack a swimmer without warning. Usually there is tentative, exploratory aggressive action first. It is important that the swimmer recognizes that this behavior is a prelude to an attack and takes prompt and vigorous remedial action. The appropriate countermove is a sharp blow to the nose. Almost invariably this will prevent a full-scale attack, for it makes it clear that you understand the shark's intentions and are prepared to repel any aggressive actions.

4. Use anticipatory retaliation. A constant danger to the skilled swimmer is that the shark will forget that they are skilled and may attack in error. This memory loss can be prevented by a program of anticipatory retaliation. The procedure may need to be repeated frequently with forgetful sharks and need be done only

once for sharks with total recall.

5. Disorganize an organized attack. Usually sharks are so sufficiently self-centered that they do not act in concert against a swimmer. This lack of organization greatly reduces the risk of swimming among sharks. However, upon occasion the sharks may launch a coordinated attack upon a swimmer or even upon one of their number. While the latter event is of no particular concern to the swimmer, it is essential that one know how to handle an organized shark attack directed against a swimmer. The proper strategy is diversion. Sharks can be diverted from their organized attack in one of two ways. First, sharks as a group, are prone to internal dissension. An experienced swimmer can divert an organized attack by introducing something, often minor or trivial, which sets the sharks to fighting among themselves. Usually by the time the internal conflict is settled,

the sharks cannot even recall what they were setting about to do, much less get organized to do it. A second mechanism of diversion is to introduce something that so enrages the members of the group that they begin to lash out in all directions, even attacking inanimate objects in their fury. It is scarcely necessary to state that it is unethical for a swimmer under attack by a group of sharks to counter the attack by diverting them to another swimmer.

Although the correlation between swimming with sharks and the work environment was written in jest, you might very well find yourself in a situation that requires some attention.

With that said, I am available to provide a Climate Assessment and/or administer a Teambuilding session(s) within the Hawaii National Guard if necessary. For more information, call me at 672-1245 or e-mail at rex.e.jones@us.army.mil.

"SHIRTS"

Project. Like last Christmas, the HIANG had a record number of Airmen deployed to real world missions



courtesy photo

Master Sgt. Maui Quizon, HQ 154 WG 1st Sgt. shares a Christmas moment with the family of 297th Air Traffic Control Squadron deployed member Tech. Sgt. Jack Yuen.

around the globe. While working closely with Mrs. Lorna Souza, Family Readiness Program coordinator, the FSC embarked on the Angel Tree Project to provide Christmas cheer to family members whose loved ones were away from home.

Utilizing proceeds from the bake sale and FSC resources, the team purchased AAFES Gift Cards for children of deployed members. During the last two weekends of December, the 1st Sgts. spread Yule tide cheer delivering the "Angel Tree" gifts to all the keiki. The smiles on the children's faces made it all worthwhile.

It was a very satisfying mission, said Master Sgt. Jason Seales, 1st Sgt, 154th Wing Security Forces. We must endeavor to do this every year, he added.



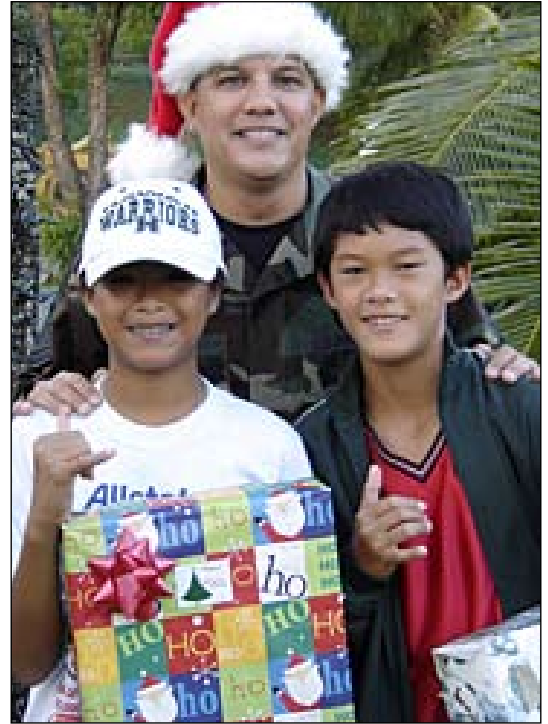
courtesy photo

Jaymie, Jeanette-Charolette, and Liberty Lum, daughters of John Lum, 154 CES receive gifts of Christmas joy.



courtesy photos

Command Chief Master Sgt. Robert S.K. Lee III brings gifts bearing tidings of good joy to (above L-R) Maverik and Maximus Hudson, son's of deployed CES member Dathan Hudson, and (R) Jordan and Preston Kauwe, son's of Roland and Solidad.



(T-L) Master Sgt. Darren Atabay digs a trench to install communications lines in a remote area in Kuwait.

(T-R) Senior Airman Khan Le gets down and dirty digging trenches for communications lines in Kuwait. Master Sgt. Atabay and Senior Airman Le are two of twenty-one members of the 154th Civil Engineering Squadron who deployed to the Central Command to support the Global War on Terrorism.



courtesy photos

(L) The State of Hawaii Adjutant General, Maj. Gen. Robert G. F. Lee, and the Hawaii National Guard Senior Enlisted Advisor, Command Chief Master Sgt. Denise Jelinski-Hall, visited the 154 CES in mid-December

News Briefs

December Promotions

Promoted to CMSgt. (E-9)

292 CBCS John T. Kikuyama
154 MXS Ronald T. Malae

Promoted to SMSgt. (E-8)

293 CBCS Alfred F. Brunn, Jr.
154 SFS Willam Makaneole III
291 CBCS Melvin M. Yamamoto Jr.
154 MXS Wendell Villanueva

Promoted to MSgt. (E-7)

154 ACS Joel R.J. Andres

Promoted to TSgt. (E-6)

291 CBCS Adelbert A. Agno
169 ACWS Daniel P. Akana
154 SVF Jim C.B. Kikuchi
154 SVF Terilynn Madrona
291 CBCS Richard L. Pacheco
154 SFS Clifford K. Ramson
HQ 154 WG Betty J. Squatrito-Martin
154 SVF Cicernesto Zausa

Promoted to SSgt. (E-5)

154 SFS Lance R. Bell
154 MXS Benjamin D.S. Case
154 SFS Geoffery S. Chinen
154 AMXS Reggie P. Fernandez
154 MOF LynnJoy Flores
154 SFS Matther A. Higa
292 CBCS Charles Albert T. Lat
154 SFS Barbra K. Payomo
292 CBCS Ryane A. Sagisi
292 CBCS Richard D. Tapia
154 SFS Christopher L. Ulu
154 MXS Michael K. Victorino
169 AWCS Mathew F. E. Warner
154 AMXS Raymond C. S. Young

**154 WG
Drill Dates
Feb. 9-10, 2008
AT Feb. 28-29
March 1-2, 2008**

Commander

Lastly, I'd like to personally congratulate Lt Col Brad "Mongo" Sakai for his selection as the new 154th Operations Group Deputy Commander, and Lt Col Jeff "Sumo" Namihira, for his selection as the new 199th Fighter Squadron Commander. Both have been long time, proven performers in the Hawaii ANG and I have full confidence that they will continue to do a fantastic job in their new positions.

The 154th Wing continues to show, time and again, that it is competent, capable and adds enormous value to not only the Hawaii ANG as a whole, but to the lives of our Hawaii community as well, and I have every confidence we will perpetuate in 2008.



**2008 Hawaii National Guard Association
Annual Meeting**



ATTENTION ALL OFFICERS!

DATE: 16 February, 2008 (Saturday)

TIME: 0730-1300

LOCATION: Officer's Club (Bldg 900), Hickam AFB

-Attire: Aloha Attire

- Join us for breakfast; meet our corporate sponsors; learn about State & national legislative issues and resolutions.

*** Provide registration forms (Annual Meeting) and or Sweetheart's Ball payment to unit membership POCs**

NLT 23 JAN 08

Bearing papaya trees require attention

by Capt. Leah Boling, Chaplain

Having been born and raised in the Philippines, I have always had a particular fondness for tropical fruits, especially papaya. When we moved into our new house a few years ago, one of the first things I did was plant a papaya tree. I consider eating the papaya one of life's simple pleasures.

Imagine my surprise when I noticed another papaya tree growing alongside our house—one I didn't plant, but nevertheless, I was thrilled to have the additional fruit tree. I was particularly fond of it because it was one of those short, but bountiful fruit-bearing papaya trees. Each day when I arrive home from work, I gazed at it growing outside our master bedroom window.

However, after Saturday drill in December, I went home and looked out the bedroom window... I couldn't see the tree. I quickly poked my head out of the window and looked down and discovered the papaya tree had fallen.

I was distraught. I ran downstairs, grabbed my husband, and went on a rescue mission. For the next hour or so, we carefully uprooted the papaya tree, dug a new home for it, and planted it. All the while hoping and praying it would survive.

That night, I thought to myself what went wrong. I wondered why it fell. Though I don't have the greenest thumb amongst gardeners, I do okay for myself.

If you recall, the few days before the December drill were drenched with rain, wind, and lots of humidity. I suppose the rain and the wind were too much for the papaya tree and it toppled over when it could no longer bear its own weight. I sup-

pose because the papaya tree wasn't properly planted, its roots were too shallow and didn't provide adequate support.

I blamed myself for not realizing this right away. Instead of looking at the warning signs, I was too focused on the rewards—the papaya fruit. In my negligence, I may have lost both the papaya tree and its bountiful harvest.

I believe the same truth can be applied to us here at the Guard. Sometimes, we are too consumed with appearances. We might think someone looks okay, but inside that someone is suffering. A little "wind" and that person may just topple over.

We need to be on the look out for the warning signs. Is there someone among us that needs help yet, we don't see it because we are too focused on something else.

Each one of us has unique strengths and even unique weaknesses. Working together as a team, we can maximize our unique strengths to make a more efficient team while minimizing our unique weaknesses. Is it easy? I don't think so. It takes a lot of work and commitment.

Be on the lookout for someone who may be struggling with a particular assignment, task, or job. Or maybe they are struggling in their personal lives. Let us take the "wingman" concept very seriously.

As we face another year, let us be reminded of the passage in Galatians 6:2 which say, "Carry each other's burdens, and in this way you will fulfill the law of Christ." Let all of us have a blessed new year!



photo from www.hawaii.gov

A bountiful harvest from the papaya tree.

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
10:30 a.m., Sundays, Chapel Center

Jewish Services

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

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.

Experiences not found in a book

by Master Sgt. Malcolm Chun, 154 MXS

Attending the Senior Non-Commissioned Officer Academy was not only worthwhile, it was an experience I could not have gotten from the Course 12.

Air National Guard members have to be selected to attend the SNCOA, and I was honored to have been selected and to have graduated from SNCOA 08-A Nov. 20.

There are many benefits to attending the SNCOA, one of which was attending lectures given by some very famous individuals; some of whom were WWII survivors.

One of my favorite speakers was retired Lt. Col. Herbert Carter USAF, maintenance officer of the Tuskegee Airmen.

He spoke of his experiences while serving.

Another benefit is that the auditorium is one of the best, if not the best in the Air Force, you never have to worry about finding a seat. The class room environment is excellent place for learning and exchanging ideas with other service members, including some from other military branches.

In the flight I was assigned to, I was the only Air Guard member, along with one Air Force Reservist.

Everyone else was Active Duty Air Force.

The SNCOA provides a very well structured physical training program, because we all need to be fit to fight. Every student must pass the fitness test at the beginning of the school and on the last day of academics'.

A little advice, bring really good running shoes, there is a lot of running during the course.

The school also provides a free "Wet Foot Testing" during the first weekend. Doctors from Maxwell Air Force Base are there to recommend the type of running shoes, etc. you need.

During your forth week of training, everyone gets to attend the SNCOA Dinning-In (they recommend bringing your mess dress.) This, in itself, was an experience. I

got to see what they put in the Grog.

During week six of training, there is an event called Combined Ops, which is a mentoring program for the officers.

Half of the SNCOA class is transported to Maxwell Air Force Base to join the officers going through officer school, and at the same time half the officer school

see SNCOA page 11



Senior Non-Commissioned Officer Academy class 08-A. (2nd row, 3rd from L) Hawaii Air National Guard member, Master Sgt. Malcolm Chun.

Learning leadership: humbling, revitalizing

Senior Airman Noah K. Raymond, 93rd Civil Support Team

You might be asking yourself why should I have to attend Airman Leadership School? What can they teach me that I don't already know?

Hey, you're talking to the guy who would always sit at the back of the class, never volunteer for anything and just try to fly under

the radar.

I have to say, Airman Leadership School was definitely a humbling and revitalizing experience. Having the chance to take on leadership roles as well as serving as a subordinate to your peers allows you to see both sides of the spectrum. When you are able to experience a little bit of what our supervisors face each day, you will definitely have a new found respect for them.

The educational value that the Hickam Professional Military Education staff instills in their Airmen is truly priceless. Not only do you build your writing, interpersonal and speaking skills, but you also earn college credits that you can tuck under your belt as well. For some of us who haven't been to school in

see ALS page 10

TRANSFORMATION

passing the PT test, Sergeant Paderes developed another goal that would help him maintain and achieve his New Year's resolution.

I had heard about the Armed Forces Bodybuilding Contest that would be taking place in April 2007, and I decided I wanted to compete, said Sergeant Paderes.

Armed with goals, Sergeant Paderes developed a plan and set about to change his 5' 5" 202 pound frame. His training would include two cardio workouts a day and lifting one and one-half hours a day. "Once you get into the groove, the workout goes by fast," said Sergeant Paderes.

Sergeant Paderes would also go through a change in diet. "I eat five to six times a day, every two to three hours," said Sergeant Paderes. "Previously, I ate three big meals a day," he added.

By the end of February, Sergeant Paderes had dropped 30 pounds, had retaken the PT test, and had passed with a 95 percent.

By April, he was down to 145 pounds and at eight percent body fat and ready for the Armed Forces Body Building Contest. He took fourth place and used it as a spring board to the next competition.

"Being on stage and the compliments afterward were motivating factors and made me want to do another show," said Sergeant Paderes.

He set his eyes on the Hawaiian Islands Body Building Contest set for July. He took the next four months to get "lean." By the competition he was down to five percent body fat and 135 pounds. Although he should have competed at the bantam weight division, he had



Staff Sgt. Paderes prior to embarking on the "get thin and pass the PT goal."



The transformation: After nearly a year of training, Staff Sgt. Paderes demonstrates what a goal, a little hard work, focus and self-discipline can accomplish. During the training period, Sergeant Paderes lost approximately 60 pounds while reducing his body fat to just under three percent.

to compete in the light weight division where his competition would naturally have more muscle mass making it more difficult for him to place.

Undeterred, Sergeant Paderes, was on to the next goal, the Paradise Cup Body Building Championship slated for Nov. 2007.

It was five more months of training but with stricter discipline.

"I was developing will power," said Sergeant Paderes. "At first it was very difficult to maintain the diet," he added.

"You're supposed to cut out red meat and, finally, by the last contest, I was able to cut out the red meat," said Sergeant Paderes. "I ate mostly chicken breasts and salmon," he added.

The discipline paid off. He entered the Paradise Cup Body Building competition at 141.2 pounds and just under three percent body fat.

He took first place in the bantam weight division and was awarded, best poses in the novice class.

According to Sergeant Paderes the key to his success was focus, dedication and discipline.

Sergeant Paderes is not resting on his laurels. "Taking first has motivated me to get to the gym every day," said Sergeant Paderes. "It makes me feel younger, I go through the day without getting tired," he added.

Unlike most people, Sergeant Paderes kept his New Year's resolution by arming himself with a goal and a plan. Through dedication, focus and discipline, he transformed his 5' 5" 202 pound frame to a 5' 5," 141 pound lean machine.

Remember! Celebrate! Act!...

Submitted by Master Sgt. Raquel Ramos, 154 WG, HRA

Adapted from DEOMI Heritage Series Pamphlet 00-2

Many consider Dr. Martin Luther King, Jr. to be one of the greatest figures of the twentieth-century, certainly one of the greatest orators in American history. Like other he-



photo from wordpress.com

roic figures, Dr. King was uniquely prepared to meet the challenges of his time, and equally willing, even

eager, to answer the call to leadership. As the pre-eminent champion of civil rights and nonviolent social change, Dr. King dominated the social landscape in the third quarter of the twentieth century, as America came to terms with centuries of discrimination and disenfranchisement.

Some Americans remember well Dr. King and the tumultuous events that swirled about him. Some were even touched directly by his eloquent words and courageous deeds. Yet, many younger Americans know of him only through a sound bite of famous oratory, and have no substantive knowledge of who he was and how he led America through a revolution for justice.

As we enter a new century, it is good to reflect on what distinguished Martin Luther King, Jr. from others, and why he is worthy of our

remembrance.

Dr. King was driven by the simple desire to see all Americans enjoy equal rights and opportunities. While some other African-American leaders espoused separation and violence, Dr. King envisioned a united America created through nonviolent

**Martin Luther King's
Birthday Observance -
Jan. 15, 2008**

social change. His philosophy of nonviolence flowed logically from his upbringing in the African-American church and his preparation for the ministry. Over the course of 14 grueling years, he molded the tactic of nonviolent, direct action from an admirable theory into a powerful force for concrete social change. Through it all, he motivated others through his mastery of the spoken word and his willingness to suffer on behalf of others.

His commitment to civil and human rights eventually cost him his life. Dr. King's legacy is now enshrined in a national holiday, and will endure into the 21st century and beyond.



Lt. Col. Jeffrey "Sumo" Namihira, commander 154th Operations Support Flight keeps his OSF team in shape with Tae Kwon Do in the Hickam Air Force Base fitness center Dec. 2.



photos by Master Sgt. Kristen Stanley

ALS

a while, it's a huge stepping stone to possibly get back on the horse! Most importantly, you gain valuable skills that you can pass on to your subordinates to set them up for success.

I'm sure most of us have had the privilege to work for supervisors that served as great role models and motivators in our lives. It is our responsibility to keep that tradition going and pass the torch.



Toys for Tots



Courtesy photo

On behalf of the many children of Hawaii, the US Marines Reserves and the members of the 154th Security Forces Squadron, we would like to extend a warm Mahalo to those that supported the annual "Toys for Tots" program. Due to your generous contributions the Hawaii Air National Guard was able to gather well over 700 toys to give to the children. A special thanks goes to Staff. Sgt. Arthur Hamabata of the 154 AGS for personally donating over 400 Hot Wheels cars to the drive. Way to go Arthur!

ORI February 2009 ORI February 2009 ORI February 2009
ORI February 2009 ORI February 2009 ORI February 2009

SNCOA

class is sent to Gunter Air Force Base to join us here at the SNCOA.

I heard this was the third year that the academy has been doing this. During that week, you'll also spend half a day in an exercise called Project X, and another day in an exercise called Warrior Day. They advise you to bring an old set of BDU's and pair of boots.

They also advise students to bring a lap top and a flash drive, because there are projects to do.



What's nice about the academy is their library has everything you need for the projects; you just have to do the research and everything else.

To find out more information about the SNCOA go to the AF Portal's "top viewed training sites."



photos by Master Sgt. Robert Burgess, 15 AW/PA

Members of the 293rd Combat Communications Squadron explain Eagle Vision to high school students from neighbor islands, American Samoa, Pohnpei and four Oahu schools here Dec. 2. The students were attending the 2007 Pacific Symposium for Science and Sustainability. The three day symposium brings students from Hawaii and other Pacific islands together to explore their common interests in science.

Maj. Peter Weidner explains the workings of an F-15 to the Pacific Science Symposium students and teachers, Dec. 2 in front of an F-15 static display at Hickam Air Force Base.