



Kūkā'ilimoku

Vol. 57 No. 06

Aug 2010

HI-MIRT defines paradise

by Tech. Sgt. Betty J. Squatrito-Martin

When people hear or speak of Hawaii, the word paradise often follows. Visions of sun, surf, palm trees swaying and pineapples are usually conjured by the mind. Most people do not equate paradise with the underprivileged. However, while sand, surf and sun reign supreme, there is a part of Hawaii that is filled with the less fortunate. It is this population that the Hawaii Air National Guard served during the Innovative Readiness Training program in Waianae, Hawaii, July 12-17.

Innovative Readiness Training is a DoD program that brings National Guard personnel into local communities throughout the United States. It is designed to give Guard members an opportunity to complete mission essential training while acting as good neighbors addressing community and civic needs.

"Training drives the program," said Capt. Jason Iyosama, Hawaii Medical IRT, project officer. "It's a great opportunity for traditional Guardsmen to get real world training," he added.

In an effort to meet the objective of the IRT, the Hawaii Air National Guard teamed with the Hawaii Department of Health and built the Hawaii Medical Innovative Readiness Program, "E Malama Kakou," which translates to "To care for all." The program is designed to provide communities within the Hawaiian Islands access to preventative health assessments, dental assessments, preventative care, referrals

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photo by Tech. Sgt. Betty J. Squatrito-Martin

Master Sgt. Jeffrey Romualdo, 154th Medical Group, 1st Sgt and dental hygienist, inspects young teen's teeth during Hawaii Medical Innovative Readiness Training-community outreach in Waianae, Hawaii, July 16.



photo by Tech. Sgt. Betty J. Squatrito-Martin

Capt. Nathaniel Duff, doctor, 154th Medical Group, exams eyes of community member during HI-MIRT, community outreach, July 16, in Waianae, Hawaii.



Commander's Call: *Ending and beginning*

by Brig. Gen. Joseph K. Kim, Commander 154 WG

Aloha!
I apologize for not being with all of you, I am currently TDY to Joint Base

Elmendorf-Richardson heading the safety investigation involving the recent C-17 mishap. The total loss of the aircraft and the four Airmen are a grim reminder of how dangerous our vocation can be. Please keep their families and the entire JBER community in your prayers.

As we usher in the F-22 Raptor, we'll formally say farewell to the mighty F-15 Eagle this month. We're planning an F-15 Sunset Celebration for Aug. 20. We'll get details to you as they become available. It's been an exceptional legacy, over 24 years and 80,000 hours flown.

I wanted to thank the spouses of the senior leaders in the 154th Wing. They've rapidly organized



photo by Master Sgt. Kristen Stanley



photo by Tech. Sgt. Betty J. Squatrito-Martin

and formed the Hawaii Air National Guard Spouses and Families Association to provide a support group to our families. In addition, their

charter is to complement the existing Family Readiness Program, run by Lorna Souza, keep our families educated and informed about benefits and entitlements.

As a kick-off, the spouses are flying an orientation flight aboard our KC-135s as I type, learning more about our mission, hearing about Family Readiness, the new association and, moreover, getting to know one another.

Remember, our Hawaii National Guard Family Volunteer Workshop is Aug. 27-29 at the Ihilani. This workshop will provide valuable family support training to our Unit Commanders, Family Support Key volunteers and Military POCs. All units in the 154th Wing will be represented!

According to our leaders, the financial outlook for our nation's military is grim and we'll face several more years of scarce funding. Please continue the outstanding work and continue to find ways to do our mission effectively and efficiently. Mahalo!

EAGLE SUNSET PARTY

Come join us as we celebrate over 23 years of F-15 Employment in the HIANG

Date: 20 AUG 10

Time: 1500 - 2000

Where: F-15 Hanger

Kuka'ilimoku

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

The Kuka'ilimoku can be seen on the 154th Wing intranet web page at <http://154web/>. The punctuation of the name of this publication was researched by the Indo-Pacific Language Department at the University of Hawaii.

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

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154th Wing Public Affairs Office

A moment in time etched in memory

by Terry Han

Although it was over 26 years ago, I still remember the feelings as if it was just a moment in time.

Anguish, shock, despair, and fear of the unknown were a few of the emotions running through my veins. My husband came home with a short notice remote assignment to Korea.

This year long tour would be without the family, and he was to report there in less than a few months.

Many questions began to stir up inside; Where would the children and I live? How would we provide for our family with my spouse at a foreign location so far away? How would we cope with all challenges that lay before us with such short notice? Needless to say, our world was turned upside down.

The network of military members, spouses, and key organizations—much like our Hawaii Air National Guard Spouses and Family Association—amazed me. We had a huge group of supporters who had firsthand experience of remote assignments and short notice notifications.

They were extremely selfless in offering their hand of assistance. They provided support and advice in making the best of tough situations.

These groups were a source of strength and hope. They openly discussed how networking provided “support cells” that helped with issues big and small, such as car problems, housing issues, or even just being a shoulder to cry on or a listening ear.

Their lessons learned and their “heart to heart” connections helped us tremendously. We learned to prioritize what needed to be addressed right away and what could be resolved at a later date. Furthermore, I never realized how many support organizations were there to assist us with virtually any issue—literally from soup to nuts. I quickly

realized we were not alone.

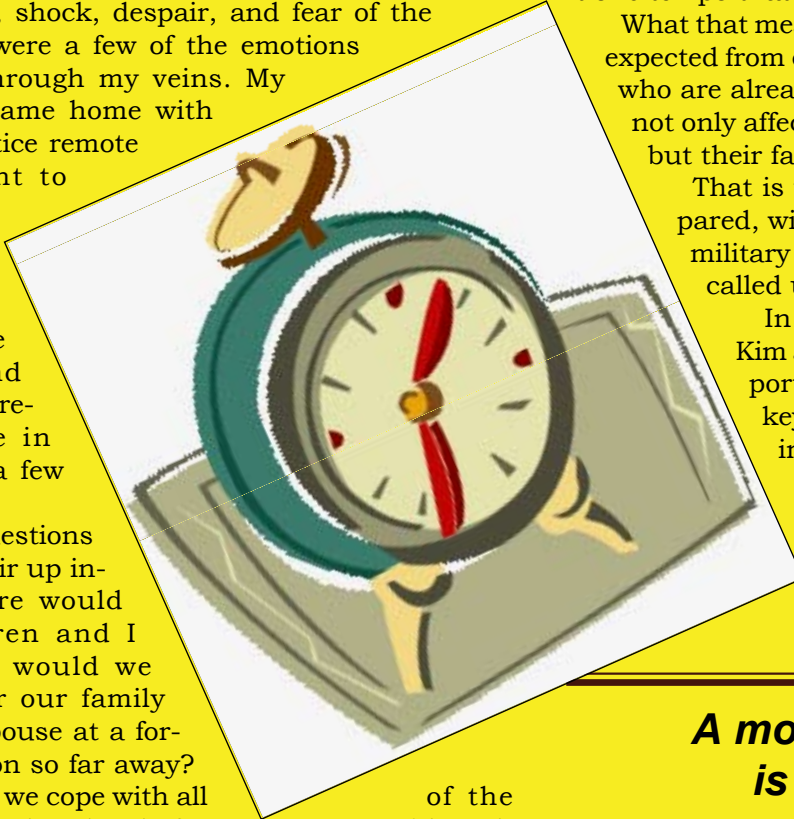
Recently, General Kim notified the group commander’s spouses that we’d be involved in an operations tempo that we have never seen before.

What that meant to me is that even more will be expected from our military members, from those who are already giving so much. This sacrifice not only affects military members themselves, but their families as well.

That is why it is so important to be prepared, willing, and organized to assist our military members and their families when called upon.

In previous issues, both Kimberly Kim and Momi Sakai discussed the importance of uniting our spouses with key organizational functions and the importance of checklists.

There is no better time to be a part of this great support network than right now. It’s simple; all you need to do is offer your hand to help. Please stand by



**A moment’s insight
is sometimes
worth
a life’s experiences**

Oliver Wendell Holmes

for more information in future issues regarding how you can help.

In summary, the admired poet, Oliver Wendell Holmes is quoted as saying, “A moment’s insight is sometimes worth a life’s experience.” Hopefully, the few pieces I have shared with you will encourage you to participate in the Family Readiness Programs offered in every unit.

These family readiness coordinators, both military members and volunteers, do a great deal to help you and your family, especially when your loved one is asked to support an important deployment to safeguard our nation and state.

There is a great feeling that comes from helping others. We are all a part of a great ohana, each providing support for our military members and their families.

HI-MIRT

to outpatient clinics, and health, wellness and safety education.

This is the third year that the HIANG has hosted “E Malama Kakou;” however, it is the first year the HIANG has had the opportunity to serve as primary medical providers to its local community.

“This year is really special because it’s our own Guard taking care of our own people,” said Eva Galarida-Rosa, the civilian community and training coordinator for the week’s activities.

The thing that actually makes me feel good about being in the military is the opportunity to help anyone who can make it to these events, said Master Sgt.



photo by Tech. Sgt. Betty J. Squatrito-Martin

Tech. Sgt. Nate Steele, medical technician, 123rd Airlift Wing, Kentucky Air National Guard checks blood pressure of a Waianae High School Student athlete during sports physicals given by Air National Guard members at Waianae High School in Waianae, Hawaii, July 14.



photo by Tech. Sgt. Betty J. Squatrito-Martin

Maj. Stuart Thompson, 154th Medical Group, dentist, inspects young child's teeth during HI-MIRT July 16.

Jeffery Romualdo, 154th Medical Group, 1st Sgt. and dental hygienist. “It’s an ohana (family) kind of thing, taking care of our people who live on this island.”

It’s a win-win situation; Guardsmen are provided training and the community members are provided with much needed medical services, said Captain Iyomasa. We are building relationships one community at a time, he added.

In addition to the 154th Medical Group, Guardsmen from Kentucky and Iowa participated in the week long training along the Leeward Coast of Oahu.

“It’s been really great to work here and give back to the community,” said Tech. Sgt. Steele. “It [community outreach] shows that we’re not only concerned about the mission, but about creating a positive feeling in the community about what we do as well,” he added.



photo by Tech. Sgt. Betty J. Squatrito-Martin

Master Sgt. Alan Yoneshige, 154 MDG, optometry technician, administers an eye exam to a young girl during HI-MIRT July 16.

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HI-MIRT

By the end of the week, the HIANG medical personnel, augmented by Kentucky and Iowa Guardsmen, had seen nearly 500 people from the Waianae, community, over 150 of those were high school athletes who needed sports physicals.

Anyone who has lived in Hawaii knows that high school sports are an integral part of the local culture of Oahu, particularly on the Leeward coast.

“State law requires that any athlete who wants to participate in any athletics needs to be cleared by a licensed doctor,” said Toby Wolff, Waianae High School athletic trainer. “So, this helps out a lot,” he added. For a lot of these kids a sports physical is often a financial burden, but with this [HI-MIRT] we bypass all of that, he added. “I had one kid tell me that he wouldn’t have had the opportunity to play at all because they couldn’t afford for him to have a sports physical, so he would have just been out; so, it [HI-MIRT] gives them an opportunity to participate in some of the things they may be wouldn’t have otherwise had the ability to do,” said Lt. Col. Doug Hoisington, flight surgeon, 185th Air Refueling Squadron, Iowa Air National Guard.

Thus, the efforts of the HI-MIRT team were much appreciated. It ensured jerseys would have occupying persons.

In addition to making health and dental assessments available, the “E Malama Kakou,” thanks to Tech. Sgt. Steele from Kentucky, was able to provide CPR classes for the public.

“Without Tech. Sgt. Steele’s participation in the ‘E Malama KaKou,’” we would not have been able to provide the CPR classes to the community,” said Capt. Iyosama. “He is an outstanding instructor who brings an abundance of real world experience including 14-years as an emergency medical technician,” added Capt. Iyosama.

By week’s end, Tech. Sgt. Steele had certified nearly 80 participants in CPR.

Tech. Sgt. Steele, was so energetic that there’s been nothing but praise for the class, said Galariada-Rosa.

“The community loves the military coming in and providing all the services,” said Galariada-Rosa.

“It’s very rewarding to serve our community,” said Master Sgt. Lisa Bartolome,



photo by Tech. Sgt. Betty J. Squatrito-Martin

Capt. Dana Tanno, optometrist, 154th Medical Group, checks the eyes of a young adult with a Retnamax, which allows an optometrist to obtain a general idea of a person’s prescription. “This really helps with children and disabled persons who can’t talk,” said Capt. Tanno. Capt. Tanno took the reading during the HI-MIRT, July 16.

health services manager, 154 MDG. “It’s a reminder of what our state needs and the services we can provide,” she added.

On one occasion Capt. Nathaniel Duff, doctor, 154th Medical Group, went directly to a person’s residence in order to render services.

“It’s a great surprise,” said Gwendolyn Wan, the home bound patient. “It’s wonderful, it’s a privilege. The military, wow, it’s awesome.”

From a healthcare provider’s point of view, it’s been an eye opening experience to actually see how much need there is in our own backyard, said Capt. Duff.

“It’s been really nice to do what we do best in the National Guard and work with our ohana here in Hawaii.”

For the past three years, the HIANG the Hawaii DoH have provided communities within the Hawaiian Islands access to preventative health assessments, dental assessments, preventative care, referrals to outpatient clinics, and health, wellness, and safety educa-



photo by Tech. Sgt. Betty J. Squatrito-Martin

Master Sgt. Lisa Bartolome, health services manager, 154 MDG and Staff Sgt. Jennifer Kim, medical materials, 154 MDG, check over sports physical paperwork with Waianae High School student athlete following his sports physical July 14, at Waianae High School.

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News Briefs

Savings bonds

The U.S. Treasury will no longer issue paper savings bonds to federal employees through DFAS Payroll Savings Bond deductions after Sept. 30.

On April 19, the Department of the Treasury announced that it would eliminate the option to purchase paper savings bonds through payroll deductions for federal employees on September 30, and for the private sector by Jan. 1, 2011. This policy covers only paper savings bonds purchased through payroll sales; individuals will still be able to purchase paper savings bonds at financial institutions for themselves and as gifts.

Employees are encouraged to continue their purchases through TreasuryDirect, a Treasury web-based system. This change is expected to save more than \$400 million and 12 million pounds of paper in the first five years alone. In addition to greatly reducing costs, enhancing customer service and minimizing Treasury's environmental impact, the move from paper to electronic transactions will increase reliability, safety and security for benefit recipients and taxpayers.

DFAS customers will need to acquire a TreasuryDirect account and start a voluntary allotment if they wish to continue to purchase savings bonds through payroll deduction beyond Sept. 30.

DFAS will refund deductions made towards the full purchase price of a savings bond for any unused balances remaining by the cut off date.

August promotions

Promoted to MSgt. (E-7)

154 OSS Young, Kaleo

Promoted to TSgt. (E-6)

154 CES Kahapea, Jonathan A.
154 AMXS Valenzuela, Bradley M.

Promoted to SSgt. (E-5)

292 CBCS Abreu, Frank J.
154 MXS Andrews, Kristopherson
154 MXS Cabanizas, Ryan Q.
204 AS Deguzman, Sunshine
291 CBCS Lerma, Larissa E.
154 LRS Macalino, Chambray J. U.
154 CF Yi, Abraham NMI

154 WG Drill Dates

Sept. 11-12, 2010

Oct. 2-3, 2010

IRRE Oct. 20-21

Back to school

There have been two near misses with traffic incidents in the school areas on base. Look out for our keiki and drive with Aloha.

Save the date

National Guard Birthday Ball is Dec 11, at the Ihilani.



photo by Master Sgt. Kristen Stanley

The 199th Fighter Squadron handed over the Air Sovereignty Alert mission at Joint Base Pearl Harbor Hickam, Hawaii to the 120th Fighter Wing detachment, Montana Air National Guard, Aug. 6. The 120th Fighter Wing is taking over the ASA mission as the 199 FS transitions to the F-22A Raptor. The F-22A will be part of an associate unit with the 15th Wing.

WORSHIP SERVICES

Non-Denominational Service

10 a.m., UTA Sundays, C-17 Combined Maintenance Complex, Bldg 2133 main break room.

Protestant Services

Traditional Style Service 8:30 a.m. Sundays Nelles Chapel
Gospel Style Service 10:30 a.m. Sundays, Nelles Chapel
Contemporary Style 8:30 a.m. Sundays, Chapel Center

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.



Election season: what's allowed, what's not

by Lt. Col. Charles Anthony, HIANG Public Affairs

We're getting closer to the 2010 primary and general elections and so it seems to be a good time to review what's appropriate regarding partisan political campaigning and activities.

There are many legal provisions governing what a National Guard soldier or Airman may or may not do based upon whether that member is a federal technician, AGR, in Title 32 or Title 10, or in drill-status. However, some provisions apply to all.

The first rule of this or any other campaign season is that Department of Defense employees do not engage in political activities while on official duty. Federal DoD employees will not officially endorse, nor give the appearance of sponsorship, approval or endorsement of any partisan candidate or issue. However, that does not mean that a member of the National Guard can't exercise his or her rights as a private American citizen to participate in the process.

Everyone has the right, and is encouraged, to vote. This year the primary election is September 18 and the general election is November 2.

Drill-status National Guard members not on duty and not representing the Guard may volunteer to work for a political campaign, but not in such a way that it could give the appearance that the Hawaii National Guard endorses that candidate. For

example, if a drill-status member wants to attend a rally, staff a campaign office or sign wave on behalf of a candidate, he/she is free to do that on his/her own time but certainly not while wearing the uniform.

He or she could even run for partisan political office and there are several members of state legislatures and the U.S. Congress who are also traditional National Guardsmen or reservists.

A federal technician, AGR or Airman on Title 32 or Title 10 could attend a campaign rally on his/her own time, but again, only in civilian attire.

Under no circumstances should a member of the Guard, whether full-time or drill-status, use Guard facilities, computers or any other piece of equipment for the benefit or support of a candidate, partisan political position, or political organization.

If you have any questions about what may or may not be appropriate, please feel free to contact the Judge Advocate General's Office at 733-4110, 672-1215, or 672-1010, or the State Public Affairs Office at 733-4258.

Finally, if your office receives an inquiry from a political campaign or organization you should immediately contact us for appropriate action.

Public Affairs is responsible for replying to political campaigns and/or organizations. Essentially, we can provide the same information to a political candidate that we would provide to the general public.

HI-MIRT

tion per the DoD directive regarding Innovative Readiness Training.

The HI-MIRT is a great opportunity to let the people know we are here, said Captain Iyosama. It reminds them that in a time of disaster, such as the Tsunami that hit American Samoa, the Guard will be there to help.

"Our community is very grateful" for the services provided, said Galariada-Rosa. "We want them to do this forever."

The sentiment shared by Galariada-Rose was one of many. The overwhelming number of smiles, cheers, and heartfelt thanks heard during the week's training and community outreach made one thing clear. Sometimes paradise isn't measured by surf, sun and sand; sometimes it's measured by a helping hand.



photo by Tech. Sgt. Betty J. Squatrito-Martin

Capt. Elzadia Kinae, clinical nurse, 154th Medical Group administers glucose screening test during HI-MIRT July 16, in Waianae, Hawaii.



Yellow Ribbon Events inform troops

by Tech. Sgt. Betty J. Squatrito-Martin

Deployed? Deploying? Re-Deploying? Anyone and everyone is subject to the deployment cycle. Once tasked, a myriad of new responsibilities and requirements become a part of a Guardsman's life. History reveals that the deployment cycle can be extraordinarily stressful on both the military member and his or her family. Part of the stress is rooted in the unknown. That is where the Yellow Ribbon Reintegration Program comes into play.

According to the National Defense Authorization Act, the Yellow Ribbon Reintegration Program consists of information events and activities for members of the Armed Forces, their families, and community members to facilitate access to services supporting their health and well-being throughout the entire deployment cycle.

As part of the Yellow Ribbon Reintegration Program, The Hawaii Air National Guard put on its first ever Yellow Ribbon Event July 31, at the Waikiki beach Resort and Spa.

The day's events consisted of a number of speakers who informed Guard members returning from deployment and their families of the number of benefits and resources available to them. The resources and benefits are geared toward maintaining the health and well being of those who have deployed and their families.

"Taking care of our families is the most important job I have said, Maj. Gen. Darryll D. M. Wong, commander, HIANG during his opening remarks of the day's events. "This is a great program," he said. "We have the right people in the right place doing this job," said Maj. Gen. Wong.

In echoing Maj. Gen. Wong, Col. Ronald Han, commander, 154th Maintenance Group, noted that he wished he had had some of these programs when he had to deploy in the past.

The mission of the YRRP is to take care of Servicemembers and their families, to make them self-reliant and resilient throughout the entire deployment cycle: Pre-Deployment, Deployment, Demobilization, and post Deployment Reconstitution.

"This is a good concept," said Chief



photo by Tech. Sgt. Betty J. Squatrito-Martin

Maj. Gen. Darryll D. M. Wong, commander, Hawaii Air National Guard, discusses financial services available to military members and their families with Marti Henrickson, personal finance counselor, during the first ever Yellow Ribbon Event put on by the HIANG July 31, at the Waikiki Beach Marriot Resort and Spa.

Master Sgt. Nolan Kanekuni, 293rd Combat Communications operations chief. It's going to be awesome once they really get it up and going, he added.

As the first ever Yellow Ribbon Event is in the books, the next events are already scheduled. Look for Yellow Ribbon Events on Sept. 4, and on Sept. 11.



photo by Tech. Sgt. Betty J. Squatrito-Martin

Maj. Leah Boling, 154th Wing, chaplain, gives a suicide awareness briefing July 31, during the first ever Yellow Ribbon Event put on by the Hawaii Air National Guard at the Waikiki Beach Marriot Resort and Spa. Maj. Boling spoke to members of the HIANG who have recently returned from deployments and their families.