

Kūkā'ilimoku

Vol. 57 No. 04

June 2010

HIANG members march through Waikiki

by Tech. Sgt. Betty J. Squatrito-Martin

More than 300 members of the Hawaii Air National Guard marched through Waikiki, May 22, as part of the Salute to our Troops Parade.

The Salute to our Troops Parade was the culminating event of Military Appreciation Month in Hawaii.

"For us to be able to march in this parade and represent our organization is a very proud moment for us," said Command Chief Master Sgt. Robert S.K. Lee III, senior enlisted leader for the Hawaii National Guard.

This is a great thing the community is doing for us, said Command Chief Master Sgt. Lee. "The community is going out of its way to put on an event like this, especially the festivities for the families," he added

A number of activities such as luncheons, dinners, parades, and military discounts have taken place over the course of the month. These events have been designed to celebrate and recognize military members and their families for their service, dedication and sacrifice to the nation.

"Everyone that is marching today actually is supporting our community, showing that they appreciate their [community's] support for everything that they do," said Senior Airman Edgar Sarte, 154th Wing Civil Engineering Squadron.

Veterans from World War II, the Korean and Vietnam wars joined the ranks of the war fighters and wounded warriors as part of the celebration to honor military members both past and present.



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

Col. Braden Sakai, 154th Wing vice commander, leads members of the HIANG in executing "eyes right" as they march by the pass and review stand during the Salute to Troops parade held in Waikiki, Hawaii, May 22. The HIANG members were marching as part of the Military Appreciation Month celebration. Military Appreciation Month is designed to honor military members, past and present, and their families for their dedication, service and sacrifice to the nation.



Members of the the 199th Fighter Squadron take the F-15 Eagle for its last missing man formation during the Memorial Day Ceremony held at the National Memorial Cemetery of the Pacific, (Punchbowl) May 31. The Hawaii Air National Guard is in the process of replacing the F-15 with the F-22 Raptor. The F-22 comes to Hawaii as part of an associate unit with the 15th Air Wing. The first F-22 is scheduled to arrive Jul 9.



Commander's Call: Be a good Wingman

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

Aloha!
With the groundbreaking of the Low

Stand Down June 6, 2010. Your Commanders led discussions addressing the rise in deaths due to suicide and private motor vehicle accidents. These discussions emphasized awareness, accountability, team building, communication and interaction.

I am astounded by the sudden rise in the U.S. Air Force's suicide rate.

In my mind, suicides are 100 percent preventable. As Wingmen, we must care for each other, be aware and recognize the signs and take the initiative to ask the right questions to prevent one of our Ohana from taking their own life. Make it your personal mission to ensure all of our people realize the value they add to our organization, their families and the community.

Observable Composite Repair Facility (LOCRF) last month, the F-22 era is under way.

Mahalo to Lt. Col. Jim Sage, Capt. Jen Phillips and to all those who contributed to a very successful event.

Signaling further change, on Sunday, June 6, our first F-22 Raptor pilot, Lt. Col. Chris Faurot, took command of the 199th Fighter Squadron from Lt. Col. Glen Nakamura, who assumes duties as the Deputy Commander, 154th Operations Group. My sincere congratulations and pledge of support goes to these two premier leaders.

We observed the Wingman



photo by Tech. Sgt. Michelle Thomas

(L) Lt. Col. Stephen Su'a-Filo, 154th Operations Group Commander prepares to hand over the reigns of the 199th Fighter Squadron to Lt. Col. Christopher Faurot.

On a final note, please extend your warmest congratulations to Col. Sam Barrett, and wife Kellie, who assumed command of the newly designated 15th on May 18, 2010.

Col. Barrett, the former 15 AW Vice Commander, has been a strong advocate for our Wing.

We will associate in all three flying platforms and look forward to much success! Mahalo for all you do!



photo by Master Sgt. Kristen Stanley

(center) Gen. Gary L North, PACAF commander leads Hickam, Air Force Base, leadership in ground breaking for the F-22 Low Observable Composite Repair Facility on Hickam Air Force Base. The Hawaii Air National Guard is replacing their F-15 Eagles with the F-22 Raptor. The HIANG is scheduled to receive its first F-22 in July.

Kuka'ilimoku

This funded Air Force newspaper is an authorized publication for the members of the US military services. Contents of the Kuka'ilimoku are not necessarily the official views of, or endorsed by, the US Government, the Department of Defense, and the Department of the Air Force or the Hawaii Air National Guard.

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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Published by
154th Wing Public Affairs Office

Revisiting the oath of enlistment: why we do what we do

by Chief Master Sgt. Willie Rafael, Command Chief 154 WG



Why we do what we do? Lately, I get asked by some of our most junior members to some of our more senior leaders, “Why do we have to do this and that?”

Well, do you remember the first time you raised your right hand and recited the Armed Forces or National Guard Oath of Enlistment?

If you have slightly forgotten, let me refresh your memory. It started with “I, (NAME), do solemnly swear” and ended with “So help me God.” Most of us recited it before we even became fulltime technicians or AGR members of the Hawaii Air National Guard.

We recite the same exact oath each time we re-enlist and even our newly minted officers do the same during their initial unit assignment ceremony.

There are differences between the Armed Forces

and the National Guard Oath. Included in the National Guard oath are the statements to “Obey the Constitution of the State of Hawaii” and to “Obey the Governor of the State of Hawaii.” What is absent from the National Guard Oath is the “Uniform Code of Military Justice.” However, the most important part of the oath to me is what’s contained in the body.

“I will support and defend...against all enemies, foreign and domestic.” At any given time, we have personnel deployed in the war zones of foreign countries in harms-way, while the rest of us are at home defending the homeland. All of us united to preserve freedom. There’s a price to pay for freedom and some have paid the ultimate price.

Finally, “I will obey the orders...according to law and regulations.” This is the reason why we do what we do, the best way we can, to the best of our ability.

To sum it all up, we have an all volunteer force. We live in the greatest nation ever, and we are a part of the greatest Air Force in the world. Thank you for your service and for being an American Airman, and always be proud of what you do!

Developing a network to assist Guard families

by Kimberly Kim

WANTED: Volunteers to improve the lives of others. No experience necessary, just a lot of compassion. All are welcome: spouses, family members, friends, retirees, civilian employers and other members of the community.

As the 154th Wing moves into a new era, the 154 WG Senior Leader Spouses are gearing up to help your families to a better quality of life.

Our men and women in uniform work harder, deploy more and for longer periods to defend our state and our country more than at any other time in our history; therefore, we must remember the families behind each member.

Whether it is a personal triumph, birth of a baby, death in the family, other blessings or other hardships that may occur in your lives, we, the 154 WG SLS along with the Family Support Coordinator, Lorna Souza, are here

to support you and your families.

To further the ef-

forts of Family Support, the 154 WG SLS, along with our husbands, got together to discuss a few initiatives that we would like to push forward. These initiatives will accomplish several things: increase family awareness and appreciation of what our Airmen do at work, lend a helping hand to our Air Guard members and families in need, and give back to our community.

As a start, I would like to highlight two websites available to our members and their families that are highly informative:

www.militaryonesource.com and www.jointservicesupport.org.

Military One Source is provided



by the Department of Defense at no cost to all services, regardless of activation status, and their families. Joint Services Support or JSS is a site specifically for National Guard members and their families to receive updates about the HIANG, to log volunteer hours, in addition, it is for training our families about Guard life.

The Hawaii National Guard Key Volunteers’ Conference and Training Workshop is scheduled for Aug. 27-29, at the Hilton Waikiki Prince Kuhio Hotel. This is a great opportunity for you and your families to connect with other members of the HING community and learn about the benefits and resources available to you.

Anyone interested in becoming a volunteer with the Family Support Program or has any suggestions to help better serve your families, is highly encouraged to contact either myself at 154WG-SLSL@gmail.com or Lorna Souza, 154 WG Family Support Coordinator at lorna.souza@hick.ang.

Planning for the future by getting back to basics

by Maj. Gen. Darryll D.M. Wong,
HIANG commander

It's no coincidence that our Senior NCO conference at the end of June is entitled "Back to Basics." Anytime an individual or organization goes through dramatic changes, it is the foundation that has been laid—the basics—that help us get through those dramatic moments.

We have often heard stirring reports of military men and women doing extraordinary things under pressure. Often we hear them say "It all happened so fast. All I did was fall back on my training. Anyone in my unit would have done the same thing." While it may, or may not, be true that anyone in the unit could've/would've done the same thing, the common thread is usually that the hero of the day had indeed reacted to and relied upon his or her training and core values and strengths.

As an organization, we will see more change in the next four years than we have seen in the previous forty. We will soon have new leadership in the State, the HING, and in the HIANG. You currently see many internal moves now.

We are moving into new roles and missions with an Intelligence Squadron, the Air Operations Group, and getting four additional KC-135s and forming an Active Duty Associate unit with the 203rd.

We are currently the only ANG unit on record to own a fifth generation fighter, as we stand up an Active Associate F-22 squadron with our 199th fighter unit.

The ANG as well as the HIANG must find a "balance" in the future from becoming too operational while maintaining our militia concept so we do not lose our identity.

Many people may use the analogy that we are "building an airplane" while it is flying. We are building the HIANG while the organization is moving ahead at a faster pace than ever before. How do we do this? What is most important is to ensure that our "basics are solid, that the "framework" of the airplane is solid before we hang too many things on it.

What we need is for each of us to go back and review our job descriptions, the rules, regulations, policies, procedures and processes that are written and in place to ensure that we all understand and interpret them correctly. This will ensure



Maj. Gen. Darryll D.M. Wong,
HIANG commander

that the core of the organization is solid. Each of us in our own functional area needs to ensure our training programs, people programs, management of our resources and how we lead and follow are solid. If it is not then we need to ensure we make the necessary changes to them to solidify the framework of the HIANG.

As an organization we've determined our destination or what this new airplane will look like—

see WONG page 10



Coined

(L) Secretary of Defense, Robert M. Gates, presents a coin to Senior Master Sgt. John Murakami at the U.S. Embassy in Islamabad, Pakistan. Senior Master Sgt. Murakami was recognized for volunteering to perform two back-to-back 179 day deployments as the NCOIC, Tactical Monitoring Cell-Air in Islamabad. Senior Master Sgt. Murakami re-deployed this month and next month he will begin an MPA tour in the Combat Plans shop at the 613th Air Operations Center. The 613th AOC is one of five AN/USQ-163 Falconer weapon systems worldwide..

HIANG Guardsman honors employer

by Regina Berry, Director,
ESGR Public Affairs

Honolulu, HI – In a ceremony held May 17, at Tesoro’s Kapolei refinery, Staff Sgt. Daryl Cachola, 154th Civil Engineering Squadron, Hawaii Air National Guard presented his employer, Tesoro Hawaii and its employees with a flag he had flown over Ali Al Salem Air Base, Kuwait where he was deployed from June to December 2009.

“My employer and the employees that work here have been very supportive of me being in the National Guard,” said Sergeant Cachola. “During my deployment they sent me emails, collected local snacks and sent them to me, and they made sure that I kept all my benefits.”

Sergeant Cachola also recognized his fellow employees, who he says have had to sacrifice their time to ensure that he can attend his monthly drills. “We are 24/7 operations here at the refinery, so in order for me to attend monthly drills, someone has to come in for me on their day off,” said Sergeant Cachola. “It’s not just the company that supports me but my fellow co-workers as well.”

During the ceremony, Employee Support of the Guard and Reserve Hawaii (ESGR-HI) presented the Tesoro Hawaii Refinery with the Patriot Award in recognition of the company’s extraordinary support of its employees like Sergeant Cachola who serve in the Hawaii National Guard and Reserve.

According to Maj. Gen. retired Putt Richards, ESGR HI State Chair, “The Patriot Award was created by ESGR to publicly recognize individuals who provide outstanding patriotic support and cooperation to their employees, who like the citizen warriors before them, have answered their nation’s call to serve.”

“It is especially important for us to express our appreciation to the military and thank the many brave men and women for all they do, both here and abroad,” said Mr.



photos by Nick Pugay, Kai-Photo Hawaii LLC

Staff Sgt. Daryl Cachola, 154th Civil Engineering Squadron, Hawaii Air National Guard explains the meaning of the items placed in the shadow box he presented to the Tesoro Hawaii Refinery May 17.



photos by Nick Pugay, Kai-Photo Hawaii LLC

Maj. Gen. (retired) Putt Richards, ESGR-HI president, express his appreciation to Tesoro Hawaii Refinery before presenting Mr. Dan Carlson, Tesoro Hawaii Kapolei refinery vice president with the ESGR Patriot Award May 17.

Dan Carlson, Tesoro Hawaii Kapolei refinery vice president.

As the 1.3 million members of the National Guard and Reserve continue to perform an increasing number of unique missions with America’s borders and beyond, ESGR will continue to be the resource for the employers of citizen warriors.

ESGR recognizes outstanding support, increases awareness of the law, and resolves conflict through mediation.

More information about ESGR Employer Outreach Programs and volunteer opportunities is available at www.esgr.mil, or by calling (808) 672-1249.

News Briefs

Museums

Active duty servicemembers and their families will gain free access to hundreds of museums throughout the nation this summer, thanks to a partnership between the National Endowment for the Arts and Blue Star Families.



More than 600 museums in 50 states and the District of Columbia have signed up so far to participate in Operation Appreciation: Blue Star Museums.

The program offers active duty servicemembers, including activated Guard and Reserve, and up to five of their immediate family members free admission to participating museums from Memorial Day through Labor Day.

Officer openings

HQ HIANG is hiring a homeland security planner. It's a traditional officer billet with the grade of major. If you're a captain or major and interested in learning and executing our homeland security mission at the JFHQ level, this position is for you.

If you want to apply, please coordinate with your supervisor and then send an email to Brig. Gen. Ann Greenlee, HIANG Asst. Adjutant General Air by close of business July drill and attach a resume.

**Check out the
Hawaii Air National Guard
Facebook page**

**154 WG
Drill Dates
July 9, F-22 scheduled
to arrive
July 10-11, 2010
August 7-8, 2010**

UCA workshop

The annual UCA workshop is scheduled for Sept. 11-12, at the Kilauea Military Camp on the Big Island. Attending this training completes a UCI requirement for your



www.kmc-volcano.com/images/lava4b.jpg

unit. Please support your unit career advisors in completing this annual training. We will be flying up on our own KC135s. Everyone traveling needs to be on status, AGR on TDY orders, Technician and traditional members on, "Inactive duty for travel" orders.

The cost of the hotel is \$140.00. The workshop registration fee will cover the KMC entrance fee and the round trip chartered bus ride. Specific info will be provided on the forthcoming registration form. Total estimated cost including per diem is \$450.00, which we will confirm once we send out the registration form.

If you have any questions or concerns please call or email the Retention Staff.

Businesses offer Military Discounts for servicemembers

Military Discounts: (Federal Employee discounts are for cell phone services)

All these businesses offer military discounts; all you have to do is ask:

Restaurants:

Arby's, A&W, Back Yard Burgers, Burger King, Captain D's, Chick-Fil-A, Cotton Patch, Denny's, Dunkin' Donuts, Farmers Boy, IHOP (20 percent discount with military identification), Java Café, KFC, Long John Silver, Pancho's Mexican Buffet, Pizza Hut, Quizno's, Sizzler, Sonic, Taco Bell, Whataburger

Services:

AT&T, California Cryobank, Geico, Jiffy Lube, Meineke, Sears, Portrait Studio

Travel and Leisure:

Blockbuster, Movie theaters, Ripley's attractions and museums, Professional Sports teams

Products:

Apple Computers, AutoZone, Barnhill's, Bass Pro Shop, Bath and Body Works, Big 10 Tires, The Buckle, Champs Sports, Copeland's Sports, Dell, The Discovery Channel Store, Dress Barn, The Finish Line, Foot Action, Footlocker, Gadzooks, GNC, Goody's, Great Party, Happy Harry's, Home Depot, Hot Topic, Jockey, Lerner, Lowe's, Michael's, NAPA Auto Part, New York & Company, Pac Sun, Payless Shoes, Play It Again Sports, Pure Beauty, Sally Beauty Supply, Spencer's Gifts, Suncoast, Timberland Outlets, Wilson's Leather

Cell Phone Service Discount: All Federal employees are able to get a

15 percent discount on their personal cell phones by calling their carrier and mentioning the "Federal Telecommunications Act of 1996 - Discount to Federal Employees Past and Present." You will need to know the military member's supervisor's name, phone number, and full address, so that his/her military status can be verified. Use the following contact numbers:

- Cingular - 800-319-6393
- Sprint 877-812-1223
- T-Mobile 866-646-4688
- Nextel 800-639-6111
- Verizon 800-865-1825

Go forth rejoicing in the power of the Spirit.

by Maj. Daniel L. Leatherman, 154 W/HC

It is called a Jacobs Ladder. When high voltage is applied to the gap, a spark forms across the bottom of the wires where they are nearest each other, rapidly changing to an electric arc. The heated, ionized air rises, carrying the current path with it.



As the trail of ionization gets longer, it becomes more and more unstable, finally breaking. The voltage across the electrodes then rises and the spark re-forms at the bottom of the device.

It is a display of the power that happens on an atomic level with charged particles such as electrons and the ionization of gases.

In the New Testament book of Acts (Acts 2:1-13ff) is the story of Pentecost. Fifty days after the Easter Resurrection of Jesus, the Holy Spirit comes, with the sound of a violent wind, tongues of fire, speaking in other tongues and languages- if we think about it, it's really a chaotic moment. Energized by this powerful Spirit, the apostles move on to spread the gospel message. But despite this highlight in the new testament, the Holy Spirit has been around since creation.

In Hebrew there is word-ruach. The word means not only spirit, but wind, breath, and mind. Ruach is the breath, whether of animals or of humankind. It is the essence of life itself.

It was the ruach of God that hovered over the waters of creation, (Genesis 1) it was the ruach of God that was breathed into Adam after he was formed from the dust of the earth.

When applied to God, the word Ruach indicates creative activity and active power, an underlying Principle of creation. In short the very power and Spirit of God. The ruach of God fills my nostrils says the prophet Job (Job 27:2-4).

From all of this what we all must remember is that the Spirit is not a static thing. It is the breath and animus of God, Its very nature is about movement and action. This very Spirit calls us to movement and action.

We cannot see the wind, but we can see what the wind does; feel its presence on our face; see evidence of its power. Likewise we cannot see the Spirit. Still, we can see evidence of its presence in our lives and the lives of others.

The Spirit is there when you reach out to one another with words of encouragement rather than words

of hate. When we forgive, make amends, and renew friendships or broken relationships. When we strive for justice and peace and promote the dignity of every human being.

In some churches, the service concludes with the words, Let us go forth into the world rejoicing in the power of the Spirit. This dismissal is not just something that gets people out the door on their way to the next thing. It is the empowerment needed to get out into the world and continue the work of God already begun in the heart.

As we enter into the summer months, let us celebrate and speak in tongues that give voice to the glories of God working in our lives and in the world around us. Let us indeed rejoice in the power of the Spirit. But let us not just rejoice, but also go forth.

Go forth and be led by the very Ruach=breath of God. For the Spirit of God did not call the apostles to live and serve God in an upper room behind doors and walls. Something happened to them. Something terribly wonderful and something terribly powerful.

There is power in the life of the Spirit. A power that calls us to live a life in a manner contrary to the values of the world. It is a power that has been a moving force since the time of creation. It is the very power that moves nations and changes the hearts of people. It is the power of ultimate love. It is the power that that sent us out into the world to make it different.

Help us O God, as we go forth into the world rejoicing in the power of the spirit. Thanks be to God.



WORSHIP SERVICES

Non-Denominational Service

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

Protestant

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.

Think twice before “pushing the envelope”

by Brig. Gen. Stanley Osserman,
Mobilization Assistant to PACOM/J5

Ahhhh, May. The days are getting longer, the south shore surf is starting to build, and Cinco de Mayo has come and gone. In fact, Cinco de Mayo 2005 holds some special memories for me, and some of you may benefit from my sharing the story.

As I mentioned, the surf on the south shore starts to build in the summer, and May 5, 2005 was a perfect example, light winds and high surf warnings (greater than 8 foot faces) for the south shore. So it's up at 4:30 a.m. grab the board and head out. As I get to the beach, it's apparent that this time the weather service actually called it right; the sets were consistently rolling in at about 8-10 feet and pretty clean. There are only a half dozen folks out in the surf at 5:15 a.m., sun is still not up, but it's light enough to see. The other surfer that's there getting ready to go out and I start to talk about the breaks. We agree that it's big, but certainly rideable....except for the right drop on the break known, ironically enough as “Rights.”

We paddle out together and start taking waves that are obviously more massive than the sets were used to at Diamond Head, but we are both enjoying the smaller sets as we work our way up to bigger waves.

After a lull in the action, I notice a nice swell coming in from the southwest, and it looks like it will be a big, clean right.....at “Rights,” and so my story nearly ends and taking me with it.

I thought of backing off when I realized the situation was deteriorating rapidly, but it was too late, and I was either going to ride the wave, or it was just going to launch me anyway, so I took off, literally. In less than a quarter of a second, I was air-

borne and “flying” down the front of a wave that was two stories tall and knowing I wouldn't like what came next.

“Rights” then performed a leak check on every orifice on my body, using tons of salt water under tons of pressure, and the only good news was I didn't hit the bottom and get cut to shreds.

That said, I had almost all the air knocked out of my lungs on initial impact, the six feet of churning white water that held me down also made it pitch black (remember it's only 5:50 a.m. hours and not very light out), so I can't figure out which way is up (some air would really be nice about now, but that's not happening), so I'm violently tossed in the black and wondering if this will be my last morning on Earth.

I'm writing this, so obviously it wasn't, but the story goes on for several more minutes until I finally make it to shore, minus my board, pulse rate at about 160 beats per minute, and no immediate desire to go back out that morning.

Later that morning a 29-year-old surfer was not so lucky, and died in that surf.

So why am I sharing this with you all? Maybe so you can learn something from my poor judgment.

As I've told my wife many times, “I can still surf the big waves, but I can't recover from mistakes like I used to, so I need to apply better judgment UP FRONT.”

On May 5, 2005, I “pushed the envelope” as we say in the flying business. But there's another appropriate flyer-saying attributed to the famous “Red Barron” from WW I, “Flying is not inherently dangerous, but it is terribly unforgiving.” The same can be said for many of

our daily activities.

This is the lesson I hope to pass to you; No matter if you are



young or old, you can do something risky many times and “get away with it,” but one time too many is tough to calculate, and it can ruin or end your life.

We make hundreds of decisions each day, but there are probably just a few that require serious risk analysis, so in those cases, take the time and ask yourself if it's worth the risk. Is the DUI arrest, or the car accident, or a trip to the emergency room, or your life, or the lives of others worth the thrill or the risk when you come upon those decisions that require some extra thought.

Pilots “push the envelope,” but they also study the envelope and know the limits of their airplane, themselves and their crew, and even then, then they only push when it's required.

A thrill is not a requirement, but a lot of folks have missed that critical fact.

Have a fun and safe summer, but don't forget to think. If you're thinking of yelling, “Hey, you guys, watch this!” the Dash -1 says “Engage brain and re-evaluate situation before proceeding.” Aloha.

Finance develops their own ICE program

by 154 WG/FM

The 154th Wing Finance Management is now providing the Hawaii Air National Guard with an improved method to rate the services they provide through the “Interactive Customer Evaluation (ICE) system.”

ICE is a web-based tool that collects feedback on services provided by various organizations throughout the Department of Defense.

The ICE system allows customers to submit online comment cards to rate the service providers they have encountered at military installations and related facilities around the world. It is designed to improve cus-

tomers service by allowing managers to monitor the satisfaction levels of services provided through reports and customer comments.

ICE provides the following benefits:

- Allows DoD customers to quickly and easily provide feedback to service provider managers

- Gives leadership timely data on service quality

- Allows managers to benchmark the performance of their service providers against other DoD organizations.

- Encourages communication across organizations by comparing

best practices to increase performance results.

- Saves money

FM has developed it's own ICE web page for your input and comments:

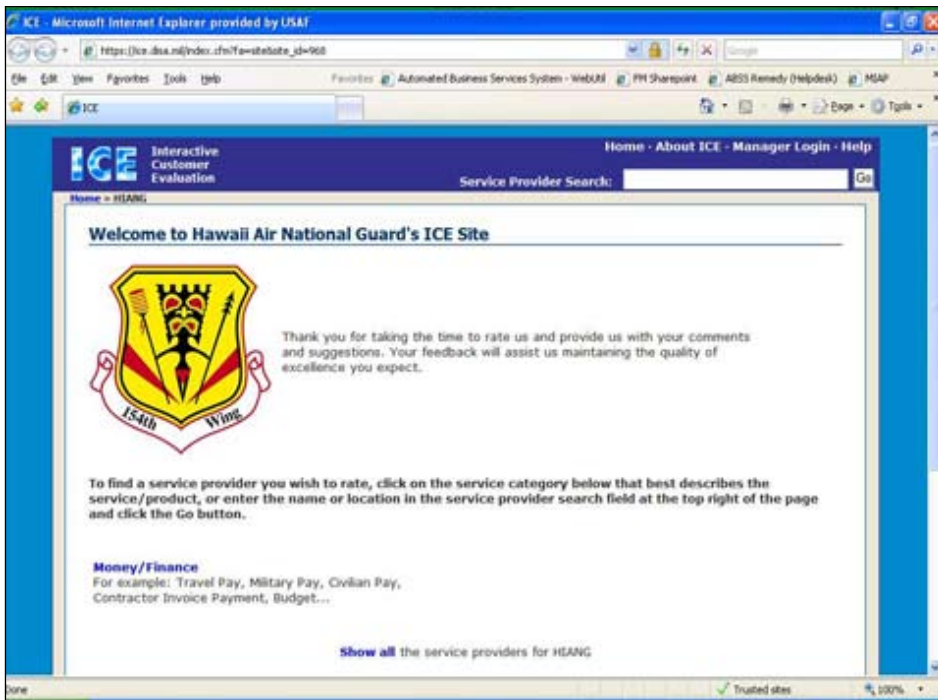
https://ice.disa.mil/index.cfm?fa=site&site_id=968

Did we meet your needs? Let us know!

TURN IN FINANCE DOCUMENTS

Everyone needs to turn in pay documents (Military Active Duty and Travel) as soon as possible. For Military Active Duty, there is no mandate on how soon to turn in certified pay documents after duty is complete; however, common sense suggests that the quicker the documents are turned in, the sooner you'll get paid. For Travel, everyone is mandated to turn in travel voucher settlements within five days upon completion of travel. However, this has obviously not been strictly enforced. Again, common sense applies, and the quicker travel documents are submitted, the sooner you'll get paid. This bleeds into your government travel card bill, if you file your voucher in a timely manner, you will never be delinquent with mandatory split disbursement.

Please help finance help you. Turn in your pay documents in a timely manner and finance will process accordingly.



Milestone



Lt. Col. John "Zoomba" Traettino, 154th Wing Operation Support Squadron, commander, takes to the skies over Hawaii, eclipsing his 3000 hour milestone in the F-15, May 15. Lt. Col. Traettino will be transitioning to the F-22 when it arrives in Hawaii. "I am looking forward to flying the F-22, but I will always consider the Eagle [F-15] the world's greatest air superiority fighter of all time," said Lt. Col. Traettino. "

Wong

we're going into fifth generation fighters, more collaboration with the active duty Air Force with our Associate Units, and we want to get more deeply involved in Intelligence, Surveillance and Reconnaissance (ISR).

We know what direction we are going and we have a vision of what our future organization will look like. Now, we have to work the details. We need to ensure first that the framework we build our future around is solid.

As we work toward our goals for the Hawaii Air National Guard, there are a few basic principles that if we adhere to, will get us

there with the least amount of resistance.

I'd like to foster a culture in the HIANG in which every member understands that we do not "own" anything. We "manage" aircraft, equipment, facilities, people and money.

There is a difference between owning and managing. Someone has oversight over what we do and we are accountable to the organization and to one another. We work collaboratively and in a transparent manner, but we must always also remember that we're a military organization, with a chain of command, so that once a decision is made to move toward a certain destination, everyone in the organization starts

the planning process for that "trip." We each contribute our individual parts to the whole of the organization,

We are beginning this journey into the future by first getting the "basics" right—being fit and having the proper military bearing, putting the right people in the job for the right reasons, focusing more on force development and force management, holding people accountable and caring for our people.

We are in no way perfect on any of this, but I ask all of you to think about them, the "basics," and work toward them so that we can build the HIANG of the future around a solid framework.

It's hurricane season: are you prepared?

The Hurricane Season has arrived and will be here until the end of November. Like it or not, it is time to think about emergency preparedness. The American Red Cross recommends three simple actions people should take to "Be Red Cross Ready" for disasters and other emergencies: 1) Get a kit, 2) Make a plan and 3) Stay informed. These three steps will help protect your family, strengthen the community, and potentially save time, money, and lives:

Assemble a Family Disaster Supply Kit. When a disaster strikes, access to food, water, electricity and other essential items may be limited or non-existent for days or even weeks; therefore, it is essential that each individual prepare a disaster supply kit.

The kit should include non-perishable food and bottled water (one gallon per person per day) for a minimum of 48-72 hours preferably 5-7 days, non-electric can opener, flashlight and extra batteries, first aid kit, battery-powered radio, tools, extra clothing and bedding, prescription and non-prescription medications, pet supplies, cash, sanitary supplies, copies of important papers, contact information, maps and other special items for infants, pets, and elderly or disabled family members. This kit should be easily transportable, in the event an evacuation is required.

Prepare a Personal Evacuation Plan.

Disasters often strike quickly and without warning and, when they do, they often leave chaos and emotional trauma in their wake.

In order to alleviate some of the chaos and trauma, determine a plan of action before a disaster occurs. Planning ahead of time makes it easier to make decisions in a potentially stressful situation, and it helps to know what to do in the event of separation from loved ones. Identify ahead of time where to go in the case of an evacuation. Choose two places—one place within your neighborhood and one place outside of the neighborhood, maybe a friend's home. If advised to evacuate, do so immediately. Be sure to bring your family disaster supply kit along with bedding if evacuating to a Red Cross shelter. Make advance preparations for pets and people with special health needs like children, elderly and people with disabilities.

Stay Informed

Learn about the disasters or emergencies that may occur in any given environment. Learning vital lifesaving skills such as First Aid and CPR/AED can help individuals take care of their loved ones after a disaster strikes; moreover, it equips people with knowledge and skills that enable them to become a resource for the community.

Getting a Disaster Supply Kit together at a Tropical Cyclone Condition Readiness 3 is not a good idea, start stocking up now.



FIGHT2FIGHT & Tree of Life

Presents

Warriors Against Drugs Keiki Fitness Championships

Koko Head Elementary

189 Lunalillo Home Road

Hawaii Kai, Oahu

JUNE 19TH, 2010 -1:30PM AFTER PRE-JUDGING BODYBUILDING CHAMPIONSHIPS

Events: 50 meter dash, Jumping Jacks (timed 60 seconds), sit-ups (timed 40 seconds), push-ups (timed 30 seconds).

Age: 18 and under, boys and girls.

Free entry into championships and free entry as a spectator into Hawaiian Islands Natural Bodybuilding + Ms. Fitness Championships/Pacific Rim Armed Forces Natural



Mission:



TO CHALLENGE YOUTH TO PURSUE PHYSICAL FITNESS INSTEAD OF DRUGS. TO INSTILL DISCIPLINE, MOTIVATION, AND A BRIGHT FUTURE FOR THE YOUTH OF HAWAII.

KEEP DRUGS AWAY FROM OUR YOUTH, LETS STAND TOGETHER IN FITNESS AND KEEP OUR ISLANDS DRUG-FREE.

Warriors Against Drugs Hotlines: 808-386-0350 (Jen)/ 808-699-0074(Robert)