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Winter Wingman Day 2011: building resiliency

Photos by Airman 1st Class Orlando Corpuz



Members of the Hawaii Air National Guard “stood down” Sunday, Feb. 13, for the Winter Wingman Day 2011. The Wingman Project reinforces the wingman concept as the foundation to building resilient Airmen.

This year’s Wingman Day focused on resiliency and included a well-attended briefing on suicide prevention given by Master Sgt. Tyrone Redding and Ms. Marcy Houston from the National Guard Psychological Health Program (NGPHP). Both Redding and Houston work as advocates for the NGPHP which for promotes and guides Guard members and their families by supporting psychological fitness for operational readiness.

Squadrons broke out into smaller groups where leaders guided discussions using slides with embedded video samples. Commanders and their subordinate leaders and facilitators, led the discussions.

The Air Force-directed stand down lasted throughout the day with the goal to improve individual resilience by way of structured discussion of coping skills and the importance of being vigilant wingmen.





Commander's Call: Mahalo for your support

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

the occasion. For those of you who are social media savvy, Master Sgt. Kristen Stanley has posted photos at <http://www.flickr.com/photos/hiang/>.

Colonel Ron Han, 154 Maintenance Group Commander, will make his exit next month after 28 years of exceptional service.

Local boy, UH footballer, yet another outstanding performer from ROTC Det 175, University of Hawaii, eight years of active duty time...he will be truly missed.

He's left his mark all around us in our new missions and initiatives, along with the great leaders he's groomed.

He'll try to leave quietly, but be sure to make time to send this great person, mentor and friend into the next step of a selfless and accomplished life.

All the best Ron and Terry! February drill will be focused on our Winter

Wingman Day 2011. Our leaders are asking us to do what we already do very well, find strength in each other and to learn from our shared experiences.

Most importantly, please learn how to reach out and ask for help when we most need to. Our suicide and attempted suicide rates indicate we still have work to do in this area.

It's time to gear up for the Unit Compliance Inspection, scheduled now for Feb 2012. That's 24 training days for our Drill Status Guard members.

Due to our continually busy schedule, our readiness will depend on the collective effort of each and every one of you.

Please make that extraordinary effort once again to validate our excellence. Mahalo!

Aloha!

Mahalo to all of you who attended my fini flight last week; I was truly overwhelmed at the turn out. I cannot think of a better way to wrap up 28 and a half years of flying. Each year full of memories that went by all too quickly.

My gratitude to Col. Braden Sakai for leading the planning, and to my wife Kimberly, who among other things, arranged to have my mom flown in for

photo by Master Sgt. Kristen Stanley



Brig. Gen. Joseph Kim, commander 154th Wing, throws out a final shaka during his 'fini' flight in early February. He leaves the Wing to become the Deputy Adjutant General for the Hawaii National Guard.

Kuka'ilimoku

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

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A1C Orlando Corpuz
Published by
154th Wing Public Affairs Office

Airmen stay resilient in uncertain times

by Command Chief Master Sgt. Willie Rafael, 154 WG



As we patiently wait for the selection announcement of key leadership positions in the HIANG, our organization enters into a period of uncertainty. Retention, manpower moves, work schedule changes, and job security are just a few concerns that loom in the minds of everyone

throughout our organization. New leadership brings new policies, guidelines, and direction to guide the future. Due to budget cuts, force reduction of all services has now become a reality and it will only take a matter of time to affect the HIANG.

However, amidst all this uncertainty there's always a constant factor to the success of our organization that will never change, our airmen's Warrior Ethos.

Our organization is blessed to have the very best Airmen who embody the "can do" attitude. We have highly resilient people in the HIANG. Their positive capacity to cope with stress and adversity exceeds expectations. In order to continue our success now and into the future, we must continue to be resilient. Some of the ways we can continue building

our resiliency is by maintaining close relationships with family members and friends. Avoid seeing crises or stressful events as unbearable. We must accept circumstances that cannot be changed. Develop realistic goals and move toward them.

Take decisive action in adverse situations and develop self confidence. Maintain a hopeful outlook, expecting good things and visualizing what is wished.

Don't forget to take care of your mind and body by regularly exercising, paying attention your needs and feelings and engaging in relaxing activities that you enjoy.

Our organization's successes are directly linked to our strong resiliency.

Even through these uncertain times, we still have a lot to be thankful for. We are thankful for our airmen who will not accept failure as an option. We are thankful for our Active Duty Total Force partners, who embrace our culture and understand our way of life and the way we do business; our contractor support teams from Lockheed Martin, Pratt and Whitney, and Boeing who are always there to lend a helping hand along with our Field Service Representatives (FSR). They are the technical experts who we turn to for advice; finally, our families who enable us to do our jobs the best we can. Through these tough times, let us look out for one another and be a great wingman to someone.

2011

HNGEA

Koala Moa Rotisserie Chicken Fundraiser



- Help support your HNGEA by purchasing (and selling) tickets!
- Monies raised are used to subsidize the Annual Scholarship Awards and to support your HNGEA - EANGUS Delegation Team
- Koala Moa Rotisserie Chicken benefit tickets \$8.00
- Pickup 18 June 2011 Fleet Reserve Association 891 Valkenburgh Street

News Briefs

Global Strike Airmen save lives by employing Wingman concept

by Maja Z. Stevanovich
Air Force Global Strike Command Public Affairs

2/8/2011 - BARKSDALE AIR FORCE BASE, La. (AFNS) -- Two Air Force Global Strike Command Airmen employed the Wingman concept recently when they alerted base security forces to the suicidal thoughts of their friend, and got him the help he needed.

"A life was saved in our command that day because immediate action was taken by two wingmen who were paying attention, then stepped in and dedicated themselves to saving their fellow Airman," said Chaplain (Lt. Col.) Carl Wright, the deputy command chaplain.

Multiple lives in Global Strike Command have been saved through suicide prevention efforts, Chaplain Wright said.

"If you stop to think of it, we probably spend more time with our fellow Airmen than we do with our families; so professional relationships matter," Chaplain Wright said. "By showing that we care, we can literally save lives. When suicides are prevented, it can be traced to healthy professional relationships in the workplace."

The most important thing to convey to a suicidal Airman is first, that there is hope, and second, there

is always a way out of life's problems that does not involve ending one's life, Chaplain Wright said.

Chaplain Wright recalls other recent instances where a suicide was prevented because a wingman listened and offered a kind word to an individual who was contemplating taking his or her own life.

"One key to suicide prevention is getting to know your fellow Airmen at work so you can notice any changes in their behavior," the chaplain said.

"If somebody tells you they're thinking about taking their own life, first, stress to them that suicide is not a solution to their problems," Chaplain Wright said. "If anything, it creates more problems for those they leave behind. Then, show that you care about them by offering to assist them in getting help."

Common warning signs of suicidal thoughts include an individual giving away personal possessions, talking about suicide and showing unexplained behavioral changes, officials said.

Help is available from chaplains on base, in addition to on-base mental health facilities, the chaplain noted.

Importantly, chaplains honor strict confidentiality, where they are sworn to never disclose what they hear in counseling, the chaplain said.

WORSHIP SERVICES

Non-Denominational Service

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

Protestant

Traditional Style: Sundays
8:30 a.m. Nelles Chapel
Gospel Style: Sundays
10:30 a.m. Nelles Chapel
Contemporary Style
Sundays 8:30 a.m.
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,
Aloha Chapel
on Makalapa Road.

Buddhist, Muslim or other

Drill weekend: Call the Wing
Chaplain's office 448-7275
Other times: Call the Chapel
Center 449-1754

**154 WG
Drill Dates**
ORE Mar. 2-6
Mar. 5-6
Apr. 2-3
May 14-15
June 4-5
July 9-10
Aug. 6-7
Sept. 10-11

Animal nature teaches a simple, poignant lesson about friendship

by Maj. Leah Boling,
Chaplain, 154th Wing

Have you heard the story of Owen and Mzee? I heard it recently and was really inspired by it. I hope you will be as well.

The story of Owen and Mzee is quite an unusual story about friendship, hope, and resilience.

The story begins in 2004 when Owen was rescued by villagers after losing his family during the Asian Tsunami. Mzee is an old resident of a habitat in Kenya. Owen is young and felt out of place in his new place. Mzee, on the other hand, is a loner who just wouldn't bond with anyone—that is until the day Owen came into his life.

One might go as far as to say it was love at first sight. Workers in the Kenyan remarked Old Mzee (at least 130 years old, if you were curious) accepted Owen as his own and an inseparable bond was formed.

One of the more striking stories within this story is this: Owen is a hippopotamus and Mzee is a tortoise.

You might be thinking what possibly can a hippopotamus and tortoise have in common? The answer is a lot.

Most importantly they can teach you...whereas a man looks at the outside of a person, the Lord looks at the heart.

Owen and Mzee certainly exemplified the Lord's example and show what is possible when we cast away prejudices or predispositions and accept each other.

It is truly amazing what we can do when we look past the surface and look at what can be. As it is with love, so it is with friendship and even co-workers...endless possibilities! Two famous Old Testament biblical characters exemplify Owen and Mzee's relationship.

Jonathan and David, two very different personalities from two different backgrounds stuck together out of a genuine love for each other.

Jonathan, who was King Saul's son, developed a friendship with David, who was hated by King Saul.

Jonathan remained loyal to his friend despite his father's instruction to kill David. This commitment to each other extended even to each of their families.

We can certainly learn from these two examples. Friendships come in many different forms, and one need not look too far to create friendships. Start within your home, your neighborhood, here at the Guard, in your church/temple/synagogue.

It's amazing the friendship you can unexpectedly develop. We need to look beyond ourselves and open ourselves to the needs of others.

We also need to be selfless for the betterment of our world. As we go through the UCI, try to be a friend to someone.

Try it and see where it leads you and how it makes you feel. What have you got to lose?



Diamond Notes:

Physical Training Uniform

REQUIRED WEAR OF PT UNIFORM:

IAW AFI 36-2903 Dress and Personal Appearance of Air Force Personnel:

The Physical Training (PT) uniform consists of:

1. PT Shorts
2. PT Shirt
3. PT Pants (must be worn with PT Shirt, as needed)
4. PT Jacket (must be worn with PT Shirt, as needed, hood stored and zipped when not used)
5. *White* socks only (any length, may have small conservative logo)
6. Any athletic shoe
7. Undergarments are mandatory!
8. **MALES:** shaved facial hair (the PT uniform is a military uniform, thus you are required to maintain a professional image at all times)

NOTE: When the HPARC conducts the Physical Fitness Evaluation (PT Test), they will turn away Airmen who are not in proper PT uniform. This could result in disciplinary action by your unit for failing to meet the minimum uniform requirements.



[Pictured L-R: Capt Travis Miyashiro, SSgt Nancy Destin, Maj Francis Shen, Maj Mike Kobayakawa, Maj Jeff Lum, and Lt Col Adrian Kinimaka of the 109AOG, and Capt Travis Hartley (613 AOC)]

In the summer of 2010, six members from the 109 AOG deployed with the 13AF Joint Force Air Component Commander's (JFACC) ACCE.

The team included an Air Force Reserve Major General, an Air National Guard (ANG) Colonel, and an active duty Captain from the 613th Air and Space Operations Center (AOC)

The ACCE served aboard SEVENTH FLEET's command ship USS Blue Ridge, ported at Yokosuka Naval Base, Japan. Their job was to integrate air and space operations with maritime operations.

Both Active Duty and HIANG leadership have emphasized the importance of joint experiences. To eat, sleep, and work with our Naval brethren while enduring high seas in the middle of the Sea of Japan gives the Air National Guard a whole new perspective on joint operations.

The ACCE enhances the HIANG's strategic viability and relevance by leveraging HING forces to increase our capability and contribution to national and state objectives. Although the ACCE has been around for some years, it is a relatively new mission set for the Hawaii Air National Guard and has been tasked to the 109th Air Operations Group.

Air Component Coordination Element (ACCE):

Coordinate air, space and information operations at the operational and tactical level

Ensure commanders are getting the required air, space and information support

Ensure support is integrated at all levels of military planning and execution

No AOC responsibilities and does not replace any AOC processes

Multiple ACCE teams may be employed as liaisons to the JTF, subordinate Joint functional components, or Services components