

Kūkā'ilimoku



ASSUMPTION OF COMMAND

Col. Braden Sakai salutes during the singing of the National Anthem at the beginning of the 154th Wing's assumption of command ceremony here June 4. Sakai was the interim Wing commander after Brig. Gen. Joseph K. Kim left the position in January to become the Deputy Adjutant General for the Hawaii National Guard. The new Wing commander thanked Brig. Gen. Kim and other leaders who mentored him along the way. After taking the guidon from Brig. Gen. Stanley Osserman, Sakai spoke to his troops about the importance of 'family first', mission readiness, and maintaining excellence during challenging economic times. Sakai was named the new Wing commander April 1, 2011.

Commander's Call

by Col. Braden Sakai, Deputy Commander 154 WG

Last drill weekend, during the Assumption of Command (AoC) Ceremony I officially was recognized as the new Wing commander. Occasions like these give us a chance to practice our ceremonial traditions, and to hear from our leaders such as Brig. Gen. Osserman and Maj. Gen. Wong. My thanks go out to them for their kind words and guidance. They reminded me that this day really wasn't about me as I really haven't done anything yet. The day was about the tradition of assuming command, our retirees, our partners at Joint Base Pearl-Hickam, our family and friends and of course, our Airmen.

This day also recognized the departure of our outgoing commander, Brig. Gen. Joseph Kim and his wife, Kim. They are truly wonderful people who accomplished incredible things in a short period of time. Momi and I love them both and are proud to call them our lifelong friends.

I want to note that this ceremony's flawless execution was the result of a group of people who I forgot to thank during the ceremony. Sometimes when these ceremonies are held we forget that they do not just occur without the hard work of a special group of people. The planning involved for an event such as this is simply daunting. It's an attention to detail challenge, with no room for error. The committee was led by Maj. Troy Cullen who worked closely with Capt. Mon Morris and Master Sgt. Glenda Buis. They and their committee members literally thought of everything. They read my mind and got roses for my beautiful wife and leis for my family and friends (my wife was very impressed with my thoughtfulness). Every time I had a suggestion for the event, they already had it completed and did it better than what I actually had in mind. I believe they might have even cleared up the thunderstorms and lightning for this event. Amazing! It appeared the whole Wing had their hand in making this AoC a success. Thanks to the Communication Flight for setting up the sound system for our guest speakers and so we could listen to the beautiful voices of Master Sgt. Galen Ho and Roxanne Bruhn during the National Anthem and Hawaii Pono'i, respectively.

I want to thank our narrator, 1st. Lt. Sellona, he did an outstanding job, Lt. Col 'Knockers' Nakamura for being the Troop Commander, Chaplain Nagamine for his beautiful prayer, Chief Master Sgt. Willie Rafael as my guidon and memory jogger for the important things I needed to remember for my speech.

Mahalo to our outstanding Honor Guard; their high standards of appearance and conduct was exceptional! Thank you to those who were our formation guidons and the 100 or so individuals in formation who I know were all there by their own choice versus being volunteered.

Thanks to all of those who were behind the scenes securing the hangar for this event, towing in the F-22,

coordinating and escorting our guest, and to those who set up and broke down the chairs, stage, bleachers and communication equipment. Finally, a big Mahalo to our Public Affairs office who took numerous pictures and captured memories that will be with me and my family always to cherish. I know there are more areas I'm missing because so much goes into an event such as this.

All of you really made this a day my family and I will never forget.

On this day, the Air Force Core Values were alive and well. Two individuals from the Logistics Readiness Squadron put service before self and displayed unmatched professionalism. One of my family members needed assistance getting on base. Senior Airman Fabro and Senior Master Sgt. David Salas came to his rescue and got him to the ceremony. My cousin mentioned these two fine Airmen by name and then proceeded to express how impressed he was with every Airman in our Wing. My family as a whole was totally awestruck with all of you.

Leaving the ceremony topic for a moment, an honorable mention needs to go out to our Medical Group. Last drill, there were four flight doctors and two dentists on hand, and along with all of our medical personnel, they ensured everyone processed through quickly.

This was quite the task given the numerous deployers that were added to the exam schedule. Congratulations to our HIANG Recruiting Team for bringing more medical professionals to our HIANG Ohana! Mahalo!

Finally, returning back to the ceremony topic, the Assumption of Command gave me the opportunity to give a brief glimpse of the current and future challenges within the organization and to express how confident I am of our impending success. As we move into the future together, I ask all of you understand where we are today, where we are going in the future and why decisions to come need to be made for the betterment of the HIANG as a whole.

Our valuable resources need to be utilized prudently to assure no unit fails to maintain mission readiness. I need your help as Brig. Gen. Osserman and I will fight for what is right at the National level. Until then and as the Marines say...Improvise, adapt and overcome. We need to work together and survive until we make it right. Mission Readiness First for all units.



Building relationships key to life, career enhancement

by Command Chief Master Sgt. Willie Rafael, 154 WG



Throughout the 154 Wing, interpersonal relationships are key to how we do business. They are the foundation of teamwork and aloha, which make the HIANG unique in the Air National Guard. What are relationships? Why are they important and why do we need to build them?

Relationships are the connections people have with one another. Every human being has a deep desire to be connected with others. Everyone, regardless of age or gender, has a need to have other people around them. There is no difference between the young and the old, the males or the females, the married or the singles. No one likes to be alone. In fact, everyone in this world is connected by relationships, directly and indirectly thus forming a network.

There are different types of relationships that one can have. There are the personal relationships between men and women, and those among friends and family, as well as spiritual relationships between a believer and his god. Then there are the professional relationships among the people working together or who are connected through the course of their work or careers.

In addition, there are the business relationships between customers and vendors, investors and brokers as well as between partners in joint ventures. Sometimes, the line between these different types of relationships may not be clear and may overlap. Personal relationships between friends and family may lead to professional or business relationships. In the same manner, business partners may also become the closest of friends.

It is important to have relationships because being connected to other people helps us to survive in this

world, even more so in this modern time and era. In order to be successful not only in our careers and in the monetary sense but also in living a happy and fulfilling life, we have to be associated with other people as we require their input. We need to have rich and meaningful relationships and we need true and lasting friendships as well as trustworthy business partnerships.

It must be pointed that such relationships do not happen overnight. These relationships have to be built over time.

They must be built on trust and integrity, loyalty and sincerity. When relationships are founded on these very important factors, they usually last a lifetime or maybe even through the generations. A lot of times, when adults are good friends, their children will tend to develop lasting friendships too. Similarly in business, partnerships tend to span over the generations when there is trust and integrity.

Usually, a good relationship between two individuals will expand into a bigger network of mutual friends or business associates and partners. Thus, building good relationships and a network is the key to success and happiness leading to true wealth.

Having said that, it is important to note that relationships can also be fragile and one has to be careful when dealing with the parties involved. People are only human and they have their own ways and shortcomings.

Everybody is different and no two individuals or organizations are alike and it is not easy to get along with everyone. However, to build meaningful and lasting relationships we must learn to be understanding and accept them as they are. We must learn to be a friend.

In order for our organization to thrive and continue the successful path, we must build relationships based on trust and respect for one another. It's in our Hawaii Air National Guard culture to foster and nourish meaningful personal and professional relationships. It is the foundation of our success.

Kuka'ilimoku

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

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Introducing the newest HIANG Chaplain

by 1st. Lieutenant Edward Ganigan,
HIANG Chaplain



Greetings and aloha to you all in the Hawaii Air National Guard Ohana!

Please allow me a moment to introduce myself. My name is Edward Ganigan

and I am the newest member to the Chaplain Team of the Hawaii Air National Guard.

I am a local boy, born and raised on the island of Oahu, growing up in and soaking up the culture of all things that make Hawaii such a unique place.

A huge event in my life occurred when I became a Christian through the ministry of Campus Crusade for Christ during my sophomore year at the University of Hawaii at Manoa.

Even before graduating with a bachelor's degree in Speech, I sensed God leading me to

invest my life in the Kingdom by equipping and serving other people. I was determined to get formal training in seminary immediately after graduating from UH.

God however had another timetable in mind. Over the next 6 years I found myself employed as an educator with stops at Dole Middle School and Kalihi Kai Elementary School. During those years I also worked as an intern at Faith Christian Fellowship.

In August of 2000 I finally headed off to Southern California to attend Talbot School of Theology, but not before marrying my college sweetheart Nora in 1998.

While pursuing my graduate studies there, I served at Cerritos Baptist Church then at it's church plant, Catalyst Christian Community, in Long Beach. I received a Masters in Divinity in 2004 and a Masters in Theology in 2006.

While in California God blessed Nora and I with two precious boys: Joshua and Zachary. Our favorite family activity in California was going to professional baseball games.

It's a family tradition that has carried over here since our return

to Hawaii. In 2008, God opened the doors to return to Hawaii and serve at New Hope Kapolei, which was founded by a friend of mine. It is there that I currently serve as Associate Pastor overseeing such ministries as Life Groups, Meta Classes (classes that cover diverse topics to help people grow in their faith), and First Impressions Ministries.

That's my story in a nutshell. Please know how I consider it a high honor indeed to be part of the Hawaii Air National Guard Ohana and to serve you.

I look forward to adding to the contributions of the Chaplain Team here in serving you, those who bravely defend our country and the liberties we freely enjoy.



Editor's Note: The article in last month's issue of the Kukailimoku indicated it was written by Lt. Col. Robert Nagimine. It was written by Maj. Leah Boling.

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

Exercise Makani Pahili

Story and Photos by
Tech. Sgt. Andrew Jackson

*National Guard
Soldiers, Airmen
from four states
deploy vital
communications
capabilities*



Staff Sgt. Phillip Delmendo with the 147th Combat Communication Squadron inspects a satellite dish at the Joint Incident Site Capability, in the National Guard Armory, Hilo, HI. as part of the Hawaii National Guard's disaster preparedness exercise, Makani Pahili June 2.



Hawaii's State Adjutant General Darryll Wong reviews technical capabilities at the Hawaii County Civil Defense Agency facility with Staff Sgt. Mark Passifiume with the 147th Combat Communication Squadron and Chief Warrant Officer 3 Moreland with the Nevada National Guard as a part of the Hawaii National Guard's Disaster preparedness exercise *Makani Pahili*, May 23 to June 3.

People affected by a natural disaster often rely on state and local authorities to provide aide at a moments notice. During these relief efforts, current and timely communication capabilities become a crucial determiner of a successful relief operation.

National Guard units from four states practiced deploying and operating communication hubs in Hilo, HI., recently so that if called upon, they will be able to provide relief to even the remotest of locations.

The "state teams" joined forces to convert a classroom into a communications hub at the local National Guard Armory during the annual hurricane exercise, Makani Pahili, May 23 to June 3. At any given time, ten Guardsmen were on duty in the 'hub' providing internet capability, Voice Over Internet Protocol (VIOP), fax and print, radio, and even real-time aerial reconnaissance services.

State communication units participating in the 11-day exercise were: the 297th Network Support Company, Alaska Army National Guard; Joint Forces Head Quarters (JFHQ) - J-6 Communications directorate, California National Guard; the 162nd Combat Communications Group, California Air National Guard; several different

Hawaii National Guard communications units; and the JFHQ and JISCC (Joint Incident Site Communication Capability) Teams and the 40th ID Dart - West, Nevada National Guard.

A command center established at the Hawaii Civil Defense Center in Hilo and a mobile command center, IC4U (Incident Commander's Command, Control, and Communications Unit) also stood ready to receive information and pass it on, as they would during a real-life disaster.

The highly-skilled Guardsmen from Alaska, California, Nevada, and Hawaii overcame many technical challenges through innovation and teamwork to accomplish the mission.

"... the increased integration of skill sets and communication between Army and Air Personnel is the best part of this exercise," according to Sgt. Paul Grimsley, a communications specialist from the 297th Network Support Company.

"Good people and great technical skills operating as one unit overcame the challenges that were presented.

...story continued page 7

HIANG Canoe Club makes a Splash at the All Military Wounded Warrior Canoe Regatta



The All-Military Wounded Warrior Canoe Regatta took place the morning of May 7 at Rainbow Bay Marina Canoe Hale.

Participants included the Hawaii Air National Guard (HIANG) Hickam, Hawaii Army National Guard 29th Brigade, Navy Environmental and Preventive Medicine Unit 6 (NEPMU 6), Army 196th Infantry, Air Force Kunia 324th, Wounded Warriors (WTB) from Schofield Barracks, Air Force Hickam 547 PS, Marine Corps Camp Smith, and U.S. Army Pacific (USARPAC) Fort Shafter. In addition, students from Radford and Pearl City high schools also participated.

Races were held in four categories: open men's race - first place, HIANG Team No. 2 with a time of 2 minutes, 3 seconds;

second place HIANG Team No. 1, with a time of 2 minutes, 12 seconds; open women's race-first place, HIANG with a time of 3 minutes, 4 seconds.

The mixed (men/women) category first place winner was HIANG Team No. 3 with a time of 2 minutes, 17 seconds; second place winner was WTB No. 1 with a time of 2 minutes, 24 seconds.

The final race in the regatta consisted of the Wounded Warriors. First place winner was WTB No. 2, and second place winner was WTB No. 3.

Despite less than ideal weather conditions, clouds, and overcast skies did not dampen the spirits of the participants, as the HIANG came out in droves to once again

dominate the regatta. HIANG paddlers racing in the day's events included State Adjutant General, Maj.General Darryll Wong, and HIANG Commander, Brig. Gen. Stanley Osserman.

The HIANG canoe club is a proud participant and supporter of the all military wounded warrior canoe regatta event, held annually to honor the service members who are recovering from their wounds and injuries sustained during combat operations.

A noteworthy event, the canoe regatta is intended to bring attention to the wounded warriors throughout Hawaii and show support in their fight to recover.

...from page 6

It has been a good mission," added Grimsley.

These teams and their equipment, sometimes referred to as a communications "package", can deploy within four hours of notification, delivering voice, video, and data network services to deployed military forces and civil authorities.

Once set up, communication hubs become vital to linking Hawaii National Guard Forces with the National Guard Bureau Joint Coordination Center, State and County Emergency Operations Centers, and active duty service components, in times of emergency.

Aerial reconnaissance services provided through Rovers Microwave Video downlink, commanders and

civil authorities can assess areas on the ground that may be affected by flood, tsunami, hurricane, or earthquake, and track changes in conditions over time.

Maj. Gen. Darryll D.M. Wong, Hawaii's State Adjutant General toured the ongoing exercise operations on Thursday, June 2 as the exercise drew to a close.

Wong commented that "utilizing technology to increase our military communications capability helps ensure our state and nation is prepared to react to any challenges foreign or domestic that we might face."

News Briefs



HIANG SAFA FOODBANK

Helping families in times of need

<http://www.hiangsafo.com/sourcepage.html>

We all know the challenges families may be faced with in today's world. Sometimes, through no fault of their own, or because of situations they cannot control, a family may be in a position where they are in need of a little assistance.

One of these situations may include not having enough funds to pay for the weeks groceries. We now have the opportunity to help families with this need. With the spirit of, Kahiau (To give generously from the heart) , our own HIANG Ohana collected an abundance of food items through a Food Drive held in April, 2011.

This enabled the HIANG Spouse & Family Association to create the HIANG's first Foodbank which will help to take care of any Hawaii Air National Guard family that may need help with their groceries. Thanks to all the donations of items like canned vegetables, fruits, soups, beans, canned meats, bags of rice and other various sundries, we already have been able to assist Guard families with their grocery needs. If you know of any Guard families who may need some assistance, please contact , Lorna Souza, Airmen & Family Readiness Coordinator:

June promotions

Promoted to TSgt. (E-6)

<i>Michael J. Cho</i>	169 ACWS
<i>Veronica M. Kahanu</i>	154FSS
<i>Alan Kaohymanu</i>	154 FSS
<i>Russell C. Mesinas</i>	154 FSS

Promoted to SSgt. (E-5)

<i>Kevin M. Ishikawa</i>	297 ATCS
<i>Kristi J. Okura</i>	154FSS
<i>Chad Sills</i>	154 AMXS
<i>Christopher Yarborough</i>	154 FSS

154 WG Drill Dates

Jul 9-10

Aug 6-7

Sep 10-11



New for Air National Guard (ANG) and Air Force Reserve (AFR) members...The "vPC-GR Basics" electronic Learning Tool (eLT).

The first in a planned series of web-based interactive courses being developed for transformed personnel processes, this course gives you an overview of the virtual Personnel Center – Guard & Reserve (vPC-GR).

The eLT is available via the Advanced Distributed Learning Service (ADLS) website (<https://golearn.csd.disa.mil>). View it by going to the "Course List" page, where it's found under the "Miscellaneous" category.

Any questions or comments on the course should be directed to NGB/A1XT, Mrs Alison Dougherty, email: alison.dougherty@ang.af.mil

HIANG FINANCIAL FAIR

Worried About Your Money?

Take Control of your future



Financial Education
 -Energy Saving Tips
 -Stretch your \$\$\$\$\$
 -Financial Planning

Join Us...



July 10, 2011 Sunday drill weekend
 1030 a.m. - 1:00 p.m.

Location:
 154th Dinning Facility Bldg 3417

Sponsored by
 HIANG Family Program & Yellow Ribbon Program

Fitness game plan ensures success on test day

By Tech. Sgt. Raquel Dela Cruz
154 FSS

Whether or not it's that time of year again or 11 months away, it always seems that the annual Fitness Assessment has become something that most HIANG members seem to dread. Regardless if it's twice yearly for individuals who are on Active Duty Status or once a year for our Drill Status Guardsman, we all can't help but tell ourselves "urgh, not again?"

Even Wing Fitness Program Managers feel the same anxiety that almost 95% of our Guardsmen feel when it comes to the fitness assessment.

Some common anxieties include: "what if I don't go low enough on my push up?" ... "maybe I should've ran more than lift weights?... "maybe I should not have eaten that red velvet cupcake?"

Whatever anxiety you may have concerning the fitness assessment, there is light at the end of the tunnel. It all starts with simply knowing what is expected and executing a game plan to reach a passing fitness assessment score:

1. **Assess your current fitness level**

How many perfect push-ups can you do? What is your current waist circumference measured from around your abdomen and above your hipbone? Do the tips of your shoulder blades touch the ground when you do a sit up? How fast can you run a mile and a half?

2. **Identify your fitness goals.**

Start by reaching your minimum standards. AFI 36-2905 attachment 14 identifies standards based on your age and gender and show the amount of points an individual receives for each fitness component.

3. **Plan physical activities in your day.**

Finding the time to workout out can be difficult, luckily Hickam Fitness Center is available for all

individuals with a military ID. The facility offers cardio machines, strength training machines, free weights, group exercise classes, etc. While some classes have a fee, majority of the group exercises are FREE!!! For a current schedule, check out <http://greatlifehawaii.com/pdf/Fitness%20Center%20Schedules%20flyer.pdf>

4. **Follow healthy eating guidelines.**

If you snack, try snacking on fruits and vegetables. Since some fruits and vegetables are considered "ruffage" vegetables, meaning contains fewer calories than it takes your body to burn, you can actually lose weight by eating more. For example, celery is a ruffage vegetable. Your body will burn more calories trying to digest celery than the actual calorie amount celery contains.

5. **Monitor your progress.** After six weeks of executing your personal fitness plan, do a self assessment. See what areas you need to improve, what changes you need to make, and increase the amount of time you exercise to continue improving. If you lose motivation, set new goals or try a new activity.

These are just a few tips from the 154 Wing Fitness Program Managers.

Each squadron has a Unit Fitness Program Manager and Physical Training Leader trained to help HIANG members meet fitness assessment standards. Starting an exercise program is an important decision; however, it doesn't need to become an overwhelming one.

Careful planning, setting realistic goals, and pacing yourself can lead to establishing healthy habits that will last a lifetime.

AF Tracker app now available

In 2010, the Air Force instituted a new and more rigorous physical fitness standard. The new AF Tracker app will help all service members track their physical fitness status to make sure they are meeting the requirements based off Air Force Instruction.

Senior Airman Julio Medina, a security forces member with the 6th Space Warning Squadron created the application.that is compatible with the iPhone, iPad and iPod Touch. It can be obtained, free of charge, in the iTunes App Store. The PT Calculator is a main feature that calculates a physical fitness score based on user-entered information. This feature calculates fitness scores based on the number of push-ups and sit-ups completed and the time required to run 1.5 miles. It also takes into account the age of the user and any medically exempt exercises while including points based off of waist size. The PT Calculator will always be free of charge.

Air Force PT Test			
PT Score: 93			
PT Test Pass, Excellent!			
Male		Female	
<20	20-29	30-39	40-49
10	8.3	54.8	20
35	44	12:34 - 12:53	38
34	43	12:54 - 13:14	39
33	42	13:15 - 13:36	39
32	41	13:37 - 14:00	40
31	40	14:01 - 14:25	40



AF Tracker is an application available through iTunes that allows Airmen to calculate their fitness test scores on their smart phone or mp3 player. Senior Airman Julio Medina, a security forces member with the 6th Space Warning Squadron, created the application.

Former commander applauds Wing, gives final salute during Wing Assumption Ceremony

Brig. Gen. Joseph Kim
Deputy Adjutant General, HNG

Aloha to the 154th Wing!

It was a wonderful 154th Wing Assumption of Command ceremony last UTA.

It was especially gratifying to me to see two such capable leaders take the reins of the Hawaii Air National Guard and the 154th Wing. My best wishes and pledge of support to General Osserman and Betty, Colonel Sakai and Momi!

Brigadier General Stan Osserman, our new HIANG Commander, has incredible depth operationally at the headquarters level and above.

An architect behind many of the organizations we serve in today, he is a strategic thinker.

He has demonstrated time and time again, the ability to make rapid-fire decisions when needed with incredible expertise.

General Osserman puts his heart and soul into each and every task, and I've been fortunate to have him as a mentor and friend for the better part of two decades.

Mahalo for your kind words, I was truly honored by your remarks both

yesterday and during my farewell dinner. I'm lovin' the koa paddle as well.....

My successor and new 154th Wing Commander, Colonel Brad "Mongo" Sakai, typifies selflessness and the ability to change and adapt. Your willingness in choosing to fly a different aircraft, a different lifestyle, demonstrated what a true leader you are.

The way you tackle issues with careful analysis and wholehearted effort is inspiring. Your courage and unwavering loyalty gave me strength to make the tough decisions we faced. Your remarks yesterday, "First a peer, mentor and friend always" were very touching. Wish I'd thought of it first!

To my incredible wife and girls, none of what I have done would have been possible without your support. Mahalo Kimberly for your love, friendship, perspective and frank advice. Our Guard families are so much more informed because of your efforts.

Even today, you continue to enrich the lives of those in our State

DOD.

To the magnificent warriors of the 154th Wing and your families, my years with all of you has been an adventure! When I joined in 1993 (with my side combed hair and top siders),

I was excited about the prospect of starting up a KC-135 unit. I never dreamed that I would be here with you through so many events and changes, seeing us grow into the largest wing in the Air National Guard. Mahalo for the great fini flight, the wonderful farewell dinner and especially for your salute.

At the moment of our final salute, I felt saddened at leaving the best job I've ever had, but excited that the great leaders that have moved up and for the opportunities ahead. Although I took command and left with little ceremony, your hard work, continued excellence in the face of uncertainty, a tight budget and scarce manning was truly remarkable and I was proud to have the opportunity to lead you.

I humbly ask you to continue to grow, reflect often and improve constantly. You have a tremendous responsibility in that you will continue to set the tone for success or setback for the entire Hawaii Air National Guard.

I am enjoying my new position as the Deputy Adjutant General, and I look forward to many more successes we'll have together in the Hawaii National Guard!

Me ka aloha pumehana,



Lt. Col. Glen A. Nakamura salutes Brig. Gen. Joseph K. Kim for the final time during the 154th Wing's assumption of command ceremony here June 4. The Wing's former commander, Kim, left the position in January to become the deputy adjutant general for the Hawaii National Guard.