

Hawaii Air National Guard 154th Wing

Joint Base Pearl Harbor-Hickam

# Kūkā'ilimoku

Vol. 58 No.5

January/February 2012



**ALL ABOARD-** Spouses of Hawaii Air National Guard members pose for a photo before climbing aboard a KC-135 Stratotanker for an orientation flight, Jan. 8, 2012 at Joint Base Pearl Harbor-Hickam. The brief flight gave them an overview of what their significant others do while away from home on drill weekend.



Senior Master Sgt. Gary Mau with the 203rd Air Refueling Squadron, briefs HIANG spouses on the safety precautions and features of the aircraft before they board.

Photos by Tech. Sgt. Andrew Jackson

# Commander's Call

*IMUA Na Koa!*  
*"Go Forward Warriors!"*

*by Col. Braden Sakai, Commander 154 WG*

Congratulations to all of you for a fantastic job during the Combined Unit Inspection this past week. I encourage all of you take time to celebrate and if possible, plan for some well-deserved time off.

I want to take this opportunity to address a few concepts, the first being Culture of Compliance. Leading up to this CUI, I asked several people if they think we will ever achieve a culture of compliance. I was surprised that more than three quarters of the people I asked said they didn't think so. Fair answer.

However, in these days of budget cuts and downsizing, inspections will likely become tougher--not only because they are important for mission readiness, but also because the Department of Defense will be looking for more efficient ways of doing business. Everyone will be under a microscope of sorts. In every type of inspection from here on, the Inspector General (IG) will do spot checks to see if we are in compliance.

We need to improve our internal business and customer service interactions, be better at task prioritization and be better in time management. This is especially true because of the growing number of requirements that are placed on all of us. Wing leadership will do our best to push back where we can while at the same time communicating to all of you about our priorities.

We all know we can use more manpower. Ironically, our manpower challenges, a historical way of life for the Guard and Reserve, makes us who we are -more effective, efficient and creative in how we do business. That being said, we will continue to fight for more manpower!

The next concept I need to address is Unity of Effort: One of my biggest goals and vision for this Wing is for all of us to achieve unity of effort by understanding that cooperation is not optional. We will communicate. We will cooperate. When needed, we will stay in meetings until we find common ground with each other. We will achieve unity of purpose and unity of effort across our Wing, HIANG, HING, other military services and civil-military relationships. This concept is important as we are in the midst of change. We will remove road blocks that keep us from moving forward. Mission First, People Always. Be mindful that people are not the 'onesies' or 'twosies', it's the organization as a whole.

In closing, I can't emphasize enough to all of you that I do understand the stresses that face us, I deal



with them everyday myself. I also understand that there are various levels of stress our people go through and that some people face bigger challenges than others. Nevertheless, negative stress affects all of us in the same way---it degrades our health. Continue to get to know what's going on in your Wingman's life so you can get help for them when needed. We have many programs to help our people.

Start by using our own experts such as Betty Chao and our Chaplains. Continue to posture yourself for tomorrow by doing your PME and furthering your education. Continue to stay physically fit and spiritually strong. Continue to learn and understand what 'unity of effort' means and what it means to live 'Cooperation is not optional'. Continue to live the Air Force Core Values and understand what they really mean, Integrity first, Service Before Self, Excellence in All We Do. Warriors of the 154 WG, continue to understand that WE NEED YOU!!! These are difficult times and we need to watch out for one another. Accountability is crucial.

Can we be 100% compliant in everything all of the time? No, of course not. We are all human, but there are certain areas that need 100% compliance. Our key focus should always be on the primary AFSC and honing our skills. To achieve our ultimate mission goals (Fly, Fight and Win!), we have to be flawless in doing our mission safely and precisely!

*IMUA, Na Koa!!!*

# MEMORANDUM FOR MEMBERS OF THE NATIONAL GUARD

SUBJECT: Political Activities

1. As we draw closer to another Presidential election, I encourage members of our National Guard family to exercise your hard-earned rights and participate in the American political process. You have both earned and paid for those rights, and I am supportive of your efforts to participate to the maximum permissible extent.

2. You must be aware that our unique positions as National Guard members, federal civilians, and military technicians restrict us to varying degrees with regard to the limits of our participation in the political process. I would like to highlight and summarize a few of the applicable rules:

a. Members of the National Guard, while serving on Title 10 or Title 32 in a full-time capacity, must conform their conduct to the provisions of DoDD 1344.10. This applies, but is not limited to, mobilized Guard members, members serving in the NGB, or those performing Title 10 ADOS-AC or ADOS-RC. It also applies, but is not limited to, those Guard members serving on AGR or FTNGD in a Title 32 status.

b. Title 5 civilian employees and military technicians must conform their conduct to the provisions of the Hatch Act. Employees must be aware of whether they are "less restricted" or "further restricted" employees under the Hatch Act because of differing restrictions; most Title 5 employees and military technicians are "less restricted" employees.

c. Traditional, or "M-Day," National Guard members who are not military technicians are not restricted by these authorities unless ordered to full-time military duty.

d. **ALL** National Guard members, whether or not on full-time military duty, and all military technicians, must adhere to the prohibition on wear of the military uniform while engaged in political activities. See AR 670-1 or AFI 36-2903 for further guidance on this prohibition.

## **Kuka'ilimoku**

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**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.**

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**The Kuka'ilimoku can be seen on the State Department of Defense website: <http://hawaii.gov/dod/>**

**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**

# Inspections: A stressful time for all

by Command Chief Master Sgt. Willie Rafael, 154 WG

This year is off to a quick start! Now that we have completed the Combined Unit Inspection (CUI) it is time to lean forward and take aim for excellence during the next several months.

We will demonstrate our sincere dedication to mission accomplishment and organizational excellence.

With several more inspections and deployments just around the corner, and some uncertainty of the impact of the defense budget, this year will be a challenging one for all of us. Stresses probably will be at an all-time high, and the importance of having and being a good wingman will be needed now

more than ever. If you ever need assistance, the Family Support Program spearheaded by Mrs. Lorna Souza should be on the top of your list. She is the starting point, if you're not sure where to go for help.

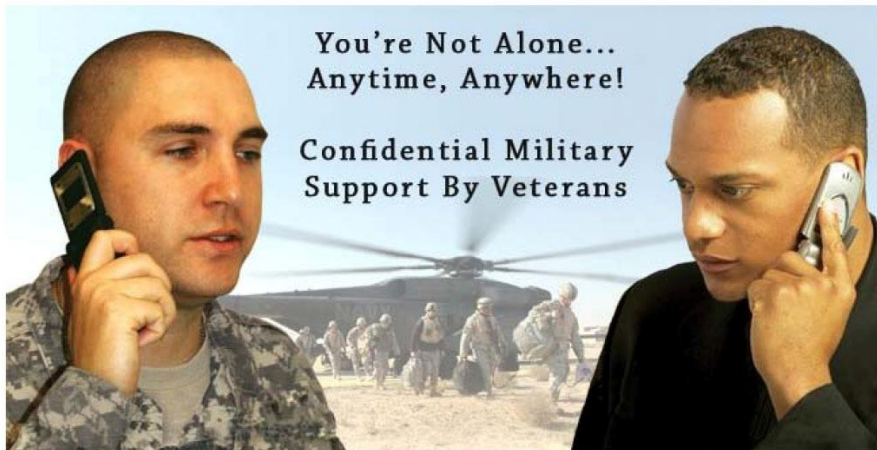
The National Guard Bureau insured that all available resources are within reach when needed.

So, don't forget to make use of all the great services our organization has to offer from Psychological well-being offered by Ms. Betty Chow, Chaplain Services, Financial Services, to the Spouse And Family Support emergency relief fund.

Finally, I just want to wish you all a Happy New Year and welcome back!



**VETS4WARRIORS** 24-Hour Peer Support Line  
★ ★ ★ 1-855-VET-TALK ★ ★ ★ Toll-Free & Confidential  
1-855-838-8255



## Why Call Us?

We are here to help. We have all served in uniform for the United States Military. Some members of our staff have served in combat missions while others have served in supporting and peace keeping missions. However, we are all Veterans of the United States Military and we are all here to help the men and women who are currently serving or have served in the National Guard and Reserve.

## Services Provided

Our toll free peer support line **1-855-838-8255 (1-855-VET-TALK)** is available 24 hours a day, 7 days a week for National Guard and Reserve service members. Call now for:

- **Veteran Peer Support**  
Every single one of our Peer Counselors is a Veteran.
- **Ongoing Support**  
We follow up when you need us to do so.
- **A Wide Range of Referrals**  
We will try to help with legal, housing, medical, psychological and other needs.

## News Briefs

### Pilot Selection

The deadline for the 2012 Undergraduate Pilot Selection Board is 01 April 2012. If you are interested in visiting any of our flying units to get a better insight of their operations, you may call the following individuals to make an appointment:

**203 ARS- Captain Myles Kimura: 448-8377**  
**204 AS- Captain Brandon Chang: 449-1232**  
**199 FS- Lt Col Faurot: 448-7230**

If you have any questions, please contact MSgt Charlsyee "Charlie" Yoshimoto at (808) 448-7434 x 9 or (808) 216-6338 or e-mail charlsyee.yoshimoto@hickam.af.mil. You may also contact TSgt Mysti Dowsett at (808) 448-7434 x 8 or (808) 234-4547 or e-mail mysti.dowsett@hickam.af.mil.

### Promotions

#### Promoted to MSgt (E-7)

Ricardo A. Davalos 169 ACWS

Gary L. Kerns 154 LRS

#### Promoted to TSgt (E-6)

James A. Richardson 154CES

Sean M. Simpson 201 IS

Ty T. Tanaka 154 AMXS

#### Promoted to SSgt (E-5)

Lia Y. Oyama 292 CBCS

### JBPHH Tax Office

**Where: Navy College Bldg (679)**

**Cost: FREE**

**When: Mon-Fri, 9a.m.-4p.m.**

Guardsmen and their families receive free tax preparation assistance at offices within their installations.

These Volunteer Income Tax Assistance Program (VITA) sites provide free tax advice, tax preparation, and assistance to military members and their families.

They are trained and equipped to address military specific tax issues.

No appointment is needed. For more information call #473-4112

Not at JBPHH? The Military OneSource Free Online Tax Filing Service is available through Military OneSource. If eligible you can complete, save, and file your 2011 federal and up to three state returns online free.

Call 1-800-342-9647 to talk to a MOS tax consultant

## State Income Tax Deduction – New for Tax Year 2011

1. For tax year 2011, Hawaii National Guardsmen are once again eligible for, the special benefit of, exemption from State tax.
2. For Hawaii Individual Income Tax Returns Tax Year 2011, increases the amount of Hawaii National Guard duty pay exclusion to \$5,881.00 for taxable years beginning after December 31, 2010.
3. Below is a summary of Hawaii National Guard State Income Tax deduction for the past 5 years:
  - Tax Year 2011 \$5,881.00
  - Tax Year 2010 \$5,800.00
  - Tax Year 2009 \$5,609.00
  - Tax Year 2008 \$4,484.00
  - Tax Year 2007 \$3,631.00
4. Great news for the start of a new year. As you can see this valued benefit continues to grow. Please share with your fellow Airman, and above all, help us reiterate the importance of your support of, and membership in, your professional association – HNGEA!

# Renewing Our Spiritual Lives For The New Year

By 2nd. Lt. Ed Ganigan, Wing Chaplain

There is something about the beginning of a new year that stirs within us a desire to renew ourselves and to renew our lives. In that spirited pursuit of renewal comes our well-intentioned list of new year's resolutions.

Some of mine for the year 2012 include reading two books a month, losing 15 pounds, eating healthier, and being the best husband, father and employee I can be.

What are some of your new year's resolutions for 2012?

A recent survey published shows that:

- Forty-seven percent of us will set resolutions related to self-improvement or education. Thirty-eight percent of us will set resolutions related to weight. Thirty-four percent set resolutions related to money. Thirty-one percent set resolutions related to relationships

- Forty-five percent of us usually set new year's resolutions; seventeen percent infrequently set resolutions; and thirty-eight percent never set resolutions

- Eight percent of us are always successful in achieving their resolutions; nineteen percent achieve their resolutions every other year; forty-nine percent have infrequent success; AND twenty-four percent (one out of every four) never succeed and have failed on every resolution every year.

What seems to be lacking is not a desire for renewing ourselves and our lives but rather the ability and power to do so ourselves.

May I suggest a source of power that would be of great help in our efforts toward renewing ourselves and our lives?

The Holy Scriptures describes God's character in many ways.

All-powerful, all-knowing, everywhere present, all-good, merciful, forgiving and compassionate are some of ones we easily can recall. But did you know that He has and continues to intentionally reveal Himself to us clearly as being the "God who makes all things New"?

We see this in five distinct arenas in the Holy Scripture.

The first arena is creation, where we see God through the power of His Word bringing forth newly minted universes, galaxies, worlds, creatures and living beings. Nothing like this ever existed before in all of history!

Genesis says:

1 In the beginning God created the heavens and the earth;

2 The earth was formless and empty, and darkness covered the deep waters. And the Spirit of God was

hovering over the surface of the waters.

3. Then God said, "Let there be light," and there was light. 4. And God saw that the light was good. Then he separated the light from the darkness.

The second arena is in his provision. We see this displayed in the way God made the world we live in to work. Nature is an ever-flowing fountain of new growth.

***"The rain and the snow come down from heaven, and return not thither but water the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater" (Is 55:10 RSV).***

Rain doesn't just evaporate to become another cloud but it moves forward and produces something new because that's how God designed His creation to function.

The third arena is found in one of our most recently celebrated holidays. In sending His son God has provided a new way to reconnect with and have access to Him.

Hebrews 10:20 says 20. By his death, Jesus opened a new and life-giving way through the curtain into the Most Holy Place.

A fourth arena can be seen in God's promise to make good on His ability to make us new creations, to form and shape our lives anew.

God's promises in Ezekiel says "And I will give you a new heart, and I will put a new spirit in you. I will take out your stony, stubborn heart and give you a tender, responsive heart."

Another promise of God is that I can be freed from some habits that are destructive to myself and others.

He says that those who belong to Christ have become new persons. The old life is gone; a new life has begun!

What a promise to cling on to for my resolution to be a better husband, father, person!

In the fifth arena, God says He will make a new heaven and a new earth and that new songs will be sung to Him there.

God's promise of a new world where there are no hurts and so no tear falls, no remembrance of our flaws, our frailties nor our failures exist because of His forgiveness. It's a place well worth looking forward to.

As we start of the new year with well intentioned resolve to recreate or renew ourselves in numerous areas, let's look to and be empowered by the God who desired to walk with us in the new year all the while showing us that He is the God of the new!

# Stress: Coping, maintaining balance and resilience throughout

By Betty Chao, Wing Director of Psychological Health

Stress is a normal response to change or challenging demands. Sometimes stress can affect a person emotionally, mentally, physically and behaviorally. Learn to recognize stress signs, symptoms, avoid holiday blues and develop additional coping skills will likely help ease the special challenge during the holidays.

An ordinary person's day to day living can be plenty stressful; balancing work, family & relationships. Our Airmen/families have additional military stressors as citizen warriors: on/off active duty status, changing roles, personal finances, family obligations and pre-deployment and post-deployment challenges. Along with responsibilities, pressure and increased activities during the holiday season, it can be a lot to manage. Especially if expectation and reality are conflicted.

It is important to develop strategies to reduce stress and prepare for the post holiday let down: Accept that there are limits to our ability to control certain events in our lives, such as deployment. Focus on those things over which you do have control. Avoid doom and gloom and keep a positive attitude. Accept this past holiday season may be different but not necessarily "bad". Consider developing new routines and traditions. Practice positive self-care, physically, emotionally spiritually and behaviorally. Remember the basics: sleep, rest,

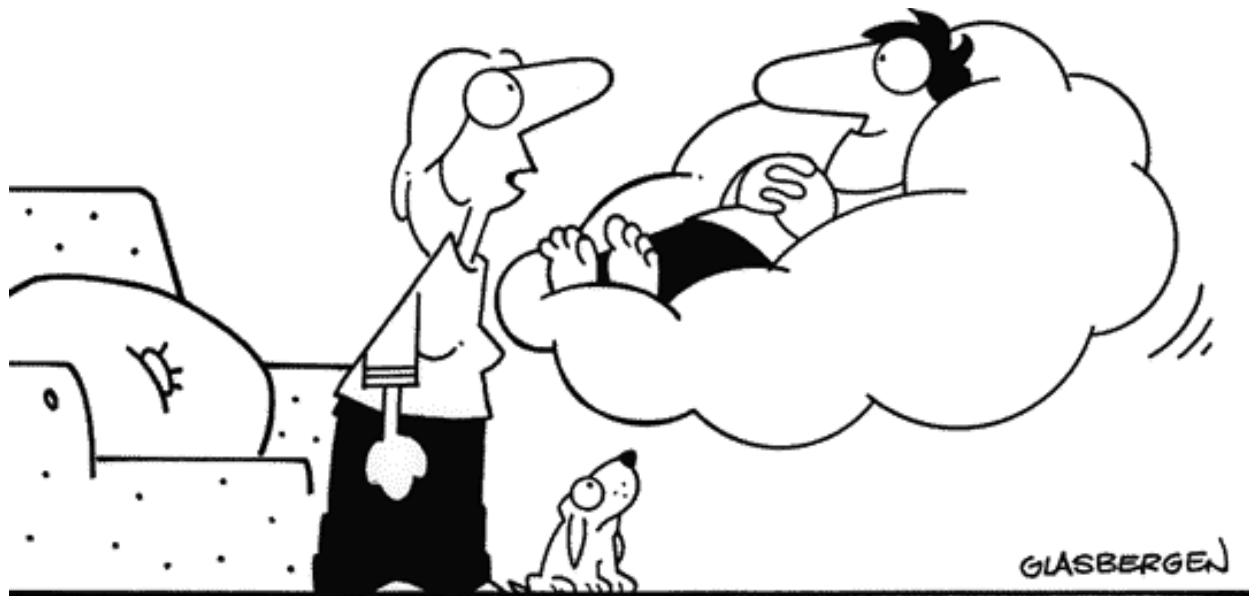
nutrition, fluid, exercise and, yes, fun. It's okay to be childlike and relax some! Monitoring and limiting your use of alcohol or other substances is also critical. If you have children, remember that they also need your support and guidance to cope with their stress.

Plan ahead and delegate responsibilities. It's okay to set limits, say "No" and pace yourself. Realize and accept that you do have a choice or choices. One example is personal financial management. Staying within your budget and prioritizing your needs vs. your wants along with being realistic with your money can save you some stress, both now and in the long run.

Music, reading, positive imagery and visualization along with positive self-talk can be very helpful as well. Consider volunteering for a good cause helping others. Sometimes helping others can help self-healing.

Practice the good wingmen concept. Stay connected with others. Rely on and help others. Forget about being perfect. If you need help, ask for it. Reach out to friends, Chaplains, the Psychological Health Program, the Family Program, Military One source, local Clergy and family members. Remember: Ohana comes in all shapes and sizes.

Last and not the least, I wish you and your family much aloha. Mahalo for your service and best of luck in your on-going endeavor.



**“You’re getting pretty good  
at this stress management thing.”**