

Hawaii Air National Guard 154th Wing

Joint Base Pearl Harbor-Hickam

Kūkā'ilimoku

Vol. 60 No.4

December 2013



Photos by Airman Robert Cabuco

DECEMBER 7, 1941 REMEMBERED

Above: Retired U.S. Air Force Col. Andrew Kowalski, a Hickam Field Hero, greets Col. Johnny Roscoe, the commander of the 15th Airlift Wing, during the 72nd remembrance ceremony of the attack on Hickam Field at the Atterbury Memorial Park on Joint Base Pearl Harbor Hickam, Hawaii, Dec. 7, 2013. Kowalski was a Master Sgt. at the time of attack and served as the assistant to the Commander.

Right: Members of the Joint Base Pearl Harbor Hickam U.S. Air Force Honor Guard raise the flag during the ceremony. The mission of the U.S. Air Force Honor Guard is to represent the U.S. Air Force and its Airmen to the public and the world at ceremonial events.



Commander's Call

Mele Kalikimaka me ka Hau'oli Makahiki Hou!

by Brig. Gen. Braden Sakai, Commander 154 WG

Mahalo to all of you for an outstanding job you have done this past year. Through the fiscal challenging times and our recent CUI---you have proven that a Guardsman truly embodies the definition of resiliency.

We understand no matter how resilient you are, the past challenges we faced still took a toll. During this holiday season, please find the time to recharge your batteries and relax. Enjoy time with family and friends while thanking them for their unconditional support they have given you this past year. Their unwavering support is a big part of our success.

Find time to reflect on what we have accomplished this past year and be proud. All of you have weathered the storms of sequestration, furloughs, government shutdown and a new inspection process.

Despite the challenges, we have passed our inspection with a STRONG Satisfactory. The 154WG, 15WG and our HIANG leadership couldn't be more proud.

As we move into 2014, my emphasis has not changed from the past two years: continue to focus on Culture of Respect and Unity of Effort within our Wing and with our 15WG partners along with JBPHH and our civilian elected officials. We will also be looking at ways on how we can do things smarter and more efficiently.

A primary focus this coming year will be on how we can better communicate with each other. One example of more efficient communication will be setting up a sharepoint where ALLHIANG emails will be sent and kept for a period of time so as to

allow our traditionals time to read them. This simple, yet, powerful concept will hopefully prevent our traditional Airmen's emails from locking up due to attachments that exceed their email capacity. Another example of how we can do things smarter falls into the TFI area. We will expand on our current Memorandum of Understandings (MOA's) to ensure the progress we have made with our current team does not erode with the changing supervisors or commanders on both the active and guard side. As an example, any changes to how a shop operates that involves, movement of personnel, work schedule changes or any other drastic changes that affect our Airmen will need to be vetted through the TFI Executive Council and the union. This is to primarily stop the churn and only make changes when it makes sense and benefits the mission.

Another area we are looking into for this coming year is to have a 2-3 day offsite with the Union, supervisors and commanders. One goal will be to teach us how to work better with each other and teach us how to be better supervisors. Our Airmen deserve the best and we need to ensure our supervisors are trained properly. As we move forward in this endeavor, we will seek out this training from professionals in the civilian sector.

Finally, we will place a higher emphasis on our commanders, chiefs and first shirts on how they can better work with each other. The importance of this triad working together can not be overly emphasized.

When it comes to commanders, chiefs and first shirts---these are the people who ensure policy and standards are followed. Regardless if these individuals are a traditional



or fulltimer; the positions they occupy require them to be available 24/7. Our Airmen deserve the best: there is no such thing as a part time commander, chief or first shirt.

The Guard of yesterday is no more. We are moving forward. In order to do so, I need strong commanders, strong chiefs and strong first shirts who know how to take care of their Airmen while also enforcing standards immediately and properly. We need everyone's buy-in so we can retain the experience level that makes the guard 'No Ka Oi'!

Before I close, I'd like to congratulate two new Commanders, Lt. Col. Lawrence 'Grinder' Otto and Lt. Col. Kurt Shigeta. These new commanders have taken the lead of the 203ARS and OSS respectively. I have full confidence that these two commanders will bring about positive change that is in line of our Wings direction.'

And finally, we have entered the holiday season---a much needed time to spend with our families, especially after the long year of ORI preparation. Please be safe during this time while enjoying everything this joyous time of year has to offer. Until next year... IMUA Na Koa! "Go Forward Warriors!"

3 December 2013

Thank you for your gift of Service!

by Command Chief Master Sgt. Willie Rafael, 154 WG

The holiday season is many things to many people. It is a season of miracles, and it is a season of gifts. You have given our organization, our State and our Nation the greatest gift anyone can ask for this year, your selfless service. Selfless service is itself a gift that our Airmen deliver each and every day - since Dec. 13, 1636, when the National Guard began - but it is a gift that we are acutely aware of at this time of year.

Our families also contribute a gift of sorts to their community and nation when their loved ones serve

at home and overseas. At this moment several members of our organization will observe the holidays deployed overseas. Let us remember them and their families as we share the season at home with our loved ones.

Thank you for your service - it is a privilege to serve with you. I ask God's blessings on you all and humbly pray that God will continue to bless our great nation. From my family to your, Happy Holidays!



Photos By Tech. Sgt. Andrew Jackson

Above: Senior Master Sgt. Maui Quizon calls the Royal Guard to attention as they prepare to march for the celebration of King Kalakaua's Birthday and their 50th Anniversary Nov. 16. The Royal Guard is a special honor guard of the Hawaii Air National Guard of select members who perform ceremonial duties at various events through-out the year. Members of the unit go to great lengths to maintain period-correct uniforms, even refurbishing original helmets all on volunteer hours and using the Hawaiian language to call commands during their drill and ceremony.



Service Before Self – An Essential Spiritual Discipline

by Chaplain Ed Ganigan, 154 WG

Integrity first, Service before self and Excellence in all we do.

They're the core values that we live by as Airmen in the United States Air Force. One author sums it up by stating the obvious, that they are more than just minimum standards, they are character traits to live by, reminders of what is necessary for our mission to be accomplished. Inspiring us to do our best at all times, they serve as a common bond for us as comrades in arm. It is the glue that unifies us as airmen and ties us to the great warriors of the past. Integrity first, service before self and excellence in all we do is at the core of all we do and stand for.

In a previous article I wrote about how God honors the life lived out in integrity because it gives Him room in our lives in which He can work in. God is a God of integrity.

Since God is a God of integrity it naturally follows that living a life of integrity is in essence a spiritual act and exercise, carried out by spiritual creatures.

When you take some time to think about it "service before self," our second core value, is also a spiritual function and practice. It requires a great amount of humility. It involves putting aside one's personal desires for the sake of one's duty.

We recognize that our duties come as a result of rules, which exist for the good of everyone. Service before self also involves acting out of a respect for others because every individual bears God's image and is of incredible value to Him. Some of the most awe-inspiring leaders in the past have lived out this core value of service before self so well that people

cannot help but be compelled to follow them. Every December we celebrate the birth of one whose life exemplifies this core value of service before self. One book of wisdom says of him:

"Christ Jesus, who, though he was in the form of God, did not count equality with God a thing to be grasped, but emptied himself, by taking the form of a servant, being born in the likeness of men." - Philippians 2:5-7 (ESV).

In yet another passage it says of Him:

"For even the Son of Man came not to be served but to serve, and to give his life as a ransom for many." - Mark 10:45

Astounding! Though deity, he puts on humanity in an amazing display of humility.

He puts aside his own personal desires, privileges and rights for the sake of duty and out of obedience.

He does so, all the while, trusting in the plan that can bring about the greatest good for all mankind, even as that plan requires the price of his very own life.

In all this we can see that service before self is a core value that at its very core, in its essence is without a doubt, in my humble opinion – something spiritual.

And when this core value is combined with the other two Air Force values, our spirit somehow is strengthened individually and collectively. Somehow, something within us resonates as innately we feel living out these things is right and good not just for the individual but for all humankind as a whole.

What incredible wisdom it is to have that be one of our core values and how incredibly wise we would be to follow such an example.

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) 448-7255 / (808) 448-7292. Send e-mail submissions, comments or suggestions internally to: 154wg.pa@pacaf.af.mil

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.

COMMNDER

Brig. Gen. Braden Sakai

PAO

Capt. Daniel Garcia

STAFF

Tech. Sgt. Michelle Thomas

Tech Sgt. Andrew Jackson

Staff Sgt. Lee Tucker

Senior Amn. Orlando Corpuz

Airman Robert Cabuco

PUBLISHED BY:

154th Wing Public Affairs Office

5 December 2013

Being a professional Airman crucial to Total Force success for the HIANG

Senior Master Sgt. Anthony Colon, 154 WG First Sergeant

This is a thrilling occasion for me as your First Sergeant to have the opportunity to communicate to all Airmen from this format. First and foremost, I want to congratulate all of you for a job well done during our Readiness Inspection (ORI). With that being said, I want to take this opportunity to pass along some insight on being a professional Airman.

As we draw away from our successful inspection, I made note of the exemplary professionalism exhibited by all involved. This was made evident to me from a "Total Force" perspective. It was very refreshing to see Airmen from the Guard and Active Duty components working together as Professionals, regardless of status. As it stands, we are a "Total Force"

Enterprise (TFE) so we most understand the importance of this working relationship and what it means to our future successes. We, the Hawaii Air National Guard must be aware of the important role we have in our Nation and State's objectives to protect and preserve our way of life.

As professional Airmen, we have an obligation to all, including ourselves, to accomplish our objectives as a team of professionals no matter what your status as Airmen. It is a well known fact that we, the Hawaii Air National Guard, are considered the best of the best within the National Guard.

I know it was due to the professionalism exhibited by all of you. In closing, please always keep in mind who you are and what you represent, it does matter. May you all have a Merry Christmas and a Happy New Year and from a cop's perspective, please be safe and sound.



Photos by Airman Robert Cabuco

OPERATIONS GROUP OPEN HOUSE

Above: Families tour the cargo hold of an Air Force C-17 Globemaster III aircraft during an open house held by the 154th WG Operations Group on Joint Base Pearl Harbor- Hickam, Hawaii, Dec. 8. The open house allows the families of service members to see some of the aircraft HIANG service member work with in the operational Air Force.

Right: A Hawaii Air National Guard (HIANG) pilot photographs an Airman with his family in front a static display of an Air Force F-22 Raptor during the two-hour long open house.



NOMINATE YOUR OUTSTANDING EMPLOYER

2014 SECRETARY OF DEFENSE EMPLOYER SUPPORT FREEDOM AWARD

Attention, Guard and Reserve members:

Has your employer gone above and beyond the call of duty to support your military service?
Nominate your employer for the Secretary of Defense Employer Support Freedom Award,
the Nation's highest honor for exceptional support of Guard and Reserve employees.

SUBMIT YOUR NOMINATION NOW!

November 1, 2013 - January 20, 2014

www.FreedomAward.mil



ESGR, a Department of Defense office established in 1972, develops and promotes employer support for Guard and Reserve service by advocating relevant initiatives, recognizing outstanding support, increasing awareness of applicable laws and resolving conflict between employers and service members.



ESGR Freedom Award Talking Points

Freedom Award:

- The Freedom Award was instituted in 1996 under the auspices of ESGR to recognize exceptional support employers provide to Guard and Reserve employees. In the past 18 years, 190 employers from across the Nation have received this prestigious award.
- The Freedom Award is the highest recognition the Department of Defense gives to employers for their outstanding support of employees serving in the Guard and Reserve. The award honors those employers who not only safeguard the positions of their military employees while they perform military duty or are deployed, but establish exceptional and generous initiatives that accommodate and care for employees and their families.
- Employer support allows members of the Guard and Reserve to carry out their mission and is a direct contribution to our national defense. Whether serving our country or supporting those who do, We All Serve.
- On behalf of the DoD, ESGR honors up to 15 employers providing exceptional support with the Secretary of Defense Employer Support Freedom Award each year. Freedom Award recipients are among the top U.S. employers for support of military service. Their superior and unselfish initiatives to support Guard and Reserve employees make them indispensable partners in the defense efforts of this country. We are truly grateful for their unwavering support.
- The Freedom Award is a prestigious honor for employers of every size. The 2013 recipients met with President Obama, who praised them for the exceptional support provided to their Guard and Reserve employees. Recipients also met with senior DoD officials.
- Nominations for the 2014 Freedom Award will be accepted from November 1, 2013 – January 20, 2014. For the latest information on the Freedom Award, to submit a nomination or follow announcements on the 2014 nominees, semifinalists, finalists and recipients, visit www.FreedomAward.mil. Resources, including ads and a radio PSA, are available online at <http://www.esgr.mil/Volunteers/ResourcesLibrary.aspx> ("Public Affairs" folder, "Freedom Award kit" subfolder).

Find us on social media:

www.Facebook.com/GoESGR
www.LinkedIn.com search ESGR
www.YouTube.com/EmployerSupport
www.Twitter.com/ESGR



Coping with holiday stress: maintaining balance and stress resilience

By Betty Chao, Wing Director of Psychological Health

Stress is a normal positive or negative response to change or challenging demands. Stress can affect a person emotionally, mentally, physically and behaviorally.

Learning to recognize stress signs and symptoms and developing 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 and their families also have military stressors as citizen warriors: Transition from on to off active duty status, changing roles, finance and responsibilities, pre and post deployment issues and, of course, the unique stress that occurs during deployment.

Along with responsibilities, pressure and increased activities during the holiday season, it can be a lot to manage.

This can be extremely stressful especially if expectations and reality are conflicted.

Holiday is a time of celebration. It typically involves family traditions and get togethers. So it can trigger natural emotional responses such as old memories, good time as well as bad times.

Many people set high expectations for how the holidays should be and set the bar way high.

It can cause disappointment when those expectations are not met. Those who may have experienced some form of loss or major life changing event may also feel a heightened sense of loneliness and missed holiday routine and family traditions.

Anxiety, depression, sadness, discontent, anger and even thoughts of suicide... these emotions can become magnified.

Develop strategies to reduce holiday stress and prepare for the post- holiday let down: Accept our own limits- of no control, such as deployment. Focusing on what you do have control.

Avoid doom and gloom and keep a positive attitude. Accept this holiday season may be different and 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, fun yes, it's okay to be childlike and relax some!

Limiting and monitoring the use of alcohol or other substances is also critical. Also children

need your support and guidance to cope with their stress.

Plan ahead get start early with gifts, cards, etc. and delegate responsibilities. It's okay to set limits by saying "No" and pacing yourself. Realize and accept that you do have a choice. Staying within your budget or means and prioritize your needs vs. wants. Be realistic!

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.

Be a good wingman and stay connected with others.

Rely on and help others. Forget about being perfect.

If you need help, seek help from friends, Chaplains, and programs such as the Psychological Health Program, Family Program, Military One source, the Military Family Life Consultations, 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 and a joyous holiday season. Mahalo for your service and I wish the best of luck in your on-going endeavors

***For additional info/ consultation,
please contact:***

**Betty S. Chao, L.M.F.T.
Wing Director of Psychological
Health
154WG HIANG
Building 3382 RM215 JBPHH HI
808-448-7531 DSN 315-448-7531
betty.chao.ctr@us.af.mil
betty.chao@ngphp.com**

**Shiloh Martin, LMHC, NCC
Wing Director of Psychological
Health
154WG HIANG
Building 3382 RM215 JBPHH HI
Cell: 808-238-9811
shiloh.martin@ngphp.com**



154TH WING PRIVACY & PII BULLETIN



What Is PII? - PERSONALLY IDENTIFIABLE INFORMATION

Quick Facts

HIANG PII Breaches

(June – Dec 2013)

9 Cases

Type of Violations

8 – PII sent to personal email

1 – PII sent to personnel without a “need-to-know”

OTHER METHODS TO PROTECT PII:

Hand carrying PII

- Use DD Form 2923, Privacy Act Data Cover Sheet
- Or
- AF IMT 3227, Privacy Act Coversheet

Governing Directives:

AFI 33-332

DoD 5400.11-R

Office of Secretary of Defense –
Safeguarding and Responding to
the Breach of Personally
Identifiable Information (PII)

FOR MORE INFORMATION:

See your Unit Privacy Manager



➤ PII is:

- Member's name with one of the following information:
 - Social Security Number
 - Alien registration number
 - Biometric identifier
 - Financial Account Number
 - Driver's license number
 - Citizenship or immigration status
 - Passport number
 - Full date of birth
 - Mother's maiden name
 - Phone passwords
 - Age
 - Marital Status
 - Race
 - Salary...and more

How to Protect PII via Email

- You must always:

- Encrypt your email
- Type FOUO in Beginning of Subject Line
- Place disclosure statement at the “Top” of your email with the following statement:

“For Official Use Only” (“FOUO”) to the beginning of the subject line and apply the following statement at the beginning of the e-mail: “This e-mail contains FOR OFFICIAL USE ONLY (FOUO) information which must be protected under the Freedom of Information Act (5 U.S.C 552) and/or the Privacy Act of 1974 (5 U.S.C. 552a). Unauthorized disclosure or misuse of this PERSONAL INFORMATION may result in disciplinary action, criminal and/or civil penalties. Further distribution is prohibited without the approval of the author of this message unless the recipient has a need to know in the performance of official duties. If you have received this message in error, please notify the sender and delete all copies of this message.”

REMEMBER...WHAT NOT TO DO!

- Never email any PII to personal web email
- Do not email PII unencrypted
- Do not email PII until need-to-know is determined
- Do not openly discuss PII– Beware of your surroundings

Mele Kalikimaka and Hau'oli Makahiki Hou 2014!!!
Remember to protect all PII as if it were your own!