



Vol. 55 No. 9

Sep 2008

No-notice inspection rates Excellent

by Master Sgt. Kristen Stanley

The 154 Wing, Hawaii Air National Guard received high marks during a recent, no-notice inspection.

The 154th Wing, 199th Fighter Squadron, 169th Aircraft Control and Warning Squadron and the 154th Maintenance Group participated in a no-notice Alert Force Evaluation August 19, in which the unit received an overall "Excellent" rating from the Headquarters PACAF, Inspector General.

"This was truly a team effort and translates to everyone carrying out their respective duties and tasks in a superior manner," said Brig. Gen. Peter S. Pawling, 154th Wing commander.

An AFE is a critical, no-notice annual inspection by the PACAF IG and is used to determine the unit's ability to perform its alert mission. The inspection covers five elements to include initial response, command and control, employment,

alert aircraft and security forces.

"Time and again the Hawaii Air National Guard proves their ability to operate at above average standards," said Maj. Gen. Robert G.F.

Lee, adjutant general for the State of Hawaii. "We wouldn't be where we are today without this type of excellence which is performed on a daily basis."



photo by Staff Sgt. John Yano

199th Fighter Squadron pose for their annual group photo August 2008.

Commanders meet, discuss future path

by Master Sgt. Kristen Stanley

Mission relevance for our nation and state was the topic of discussion during the 31st Annual Hawaii Air National Guard Commanders Conference Sept. 3-5, at the Kauai Marriott Resort.

True to its theme, "Ka Ho'okumu 'Ana Ike Ala, Setting the Course," the conference provided a forum for the HIANG leadership to focus on missions and capabilities that increase the Pacific Command's warfighting effectiveness.

"The HIANG commander's conference allows for input from all of our partners when we're figuring out what's best for the State of Hawaii," said Maj. Gen. Robert G.F. Lee, Hawaii State Adjutant General.



photo by Master Sgt. Kristen Stanley

Hawaii National Guard, Active Duty commanders attended the HIANG commanders conference Sept. 3-5.

See **CONFERENCE** page 7



Commander's Call: Moving into the future

by Brig. Gen. Peter S. "Skipper" Pawling, Commander 154 WG

Aloha!

As we close out this fiscal year, I would like to personally thank all of our 154th Wing members for your tireless efforts, making this an exceptional organization. I just returned from the 31st annual HIANG Commanders Conference where we were able to highlight events of the past year and discuss the way ahead for the ANG. Each one of us plays a vital role in the strategic relevance of the Hawaii Air National Guard for the Pacific Command. Knowing our Wing as I do, I have all the confidence to say that the challenges that lie ahead will be handled with the professionalism and aloha that I witness on a daily basis. On that note, let me congratulate those men and women of the 154th Wing who were involved in the no-notice Alert Force Evaluation inspection in August that received an "Excellent" rating. With this foundation of Excellence, we can only look forward to future success.

A recurrent theme of the HIANG conference was the significance and importance of broadening and strengthening our partnerships with other nations. Speaking of which, members of the Wing just left for the 199th Fighter Squadron's deployment to support Sentry Down Under in Australia. I encourage all of our

deployed Airmen to represent the 154th Wing with the right values and attitudes when working side by side with not just our Australian partners but all host nations and services. We are the example of what total force integration can be...needs to be.

As you are aware, we are in the process of transformation to a new generation of fighter aircraft, the F-22 Raptor. As we prepare to receive the F-22s we will also see the loss of the F-15s that we have been flying for so many years. Although most of our jets will be transferred to other units, we have one that will remain on Island; just not at Hickam. We recently said farewell



photo by Master Sgt. Kristen Stanley

The F-15 on its way to Pacific Aviation Museum.

see COMMANDER page 14



courtesy photo

Nearly 300 members of the Hawaii Air National Guard assisted in the departure ceremony for the 29th IBCT of the Hawaii Army National Guard Aug. 16, at Aloha Stadium. The 29th IBCT is heading for their second tour of duty to the Middle East. Those in attendance joined in one big group hug.

Kuka'ilimoku

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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.

COMMANDER
Brig. Gen. Peter S. Pawling
STAFF

Capt. Regina Berry
PAO

Tech. Sgt. Betty J. Squatrito-Martin
PA Representative

Published by
154th Wing Public Affairs Office

Be a good Wingman, before it's too late

by Command Chief Master Sgt. Robert S.K. Lee III, 154 WG



Aloha All! I learned from some very good mentors that you can make the most positive impact on those you care about by providing them with some insightful advice *before* things go south.

Being a good wingman encompasses a great deal of assorted responsibilities, some of which put us in some very difficult situations, like suicide for example.

Suicide often comes with one extremely heartbreaking question, and that question is "Why"? Suicides almost always leave those folks, intimately affected, searching for answers by recounting the last interactions with the victim. Sometimes we blame ourselves for not acting on a "gut feeling" that something is wrong when we see the victim doing something out of the ordinary.

If you ever notice something very peculiar with someone, take a moment, pose a simple question to seek assurance that everything is all right. Individual's that experience depression almost always give subtle signs that something is wrong or just not normal.

I lost a friend to suicide and cannot help but look back and wonder if there were signs that I could have picked up on that would have prompted me to intervene.

I know I will never be able to have my friend, whom I miss a great deal, back, but I learned a valuable lesson in being more aware of those who may be in need of assistance.

Taking care of one another is something we do very well. Let's keep an eye out, and an ear to the ground while being sensitive to our situational awareness and take care of one another.

Let's reach out if the need presents itself; maybe you can save a precious life...Let's Roll!!!



Commissary shopper wins Harley Davidson motorcycle

HONOLULU—Shopping in the commissary paid an unexpected dividend for Senior Master Sgt. Collin Sakuma on Aug. 20. Along with using one of the military's most cherished benefits and saving big bucks

on groceries by shopping in the Barbers Point Commissary, Sakuma won a Harley-Davidson XL1200L 105th Anniversary Edition motorcycle



Senior Master Sgt. Collin Sakuma, a Barbers Point Commissary shopper and an avid motorcycle rider arrived an hour before the Dr. Pepper Snapple Group-sponsored putting contest to practice on the green. With one putt, Sakuma won a Harley-Davidson XL 1200L 105th Anniversary Edition motorcycle.

in a putting contest sponsored by the Dr Pepper Snapple Group.

Sakuma, an air traffic controller for the Hawaii Air National Guard's 297th Air Traffic Control Squadron, and an avid motorcycle rider, competed against four other commissary shoppers in a putting contest held at the Kapolei Golf Course in Kapolei, Hawaii. The other competitors represented the commissaries at Pearl Harbor, Kaneohe Bay, Hickam Air Force Base, and Schofield Barracks.

Rain began to fall just as Sakuma stepped up to putt, but it didn't affect his concentration. His putt stopped 16 inches from the pin; close enough to win the Harley.

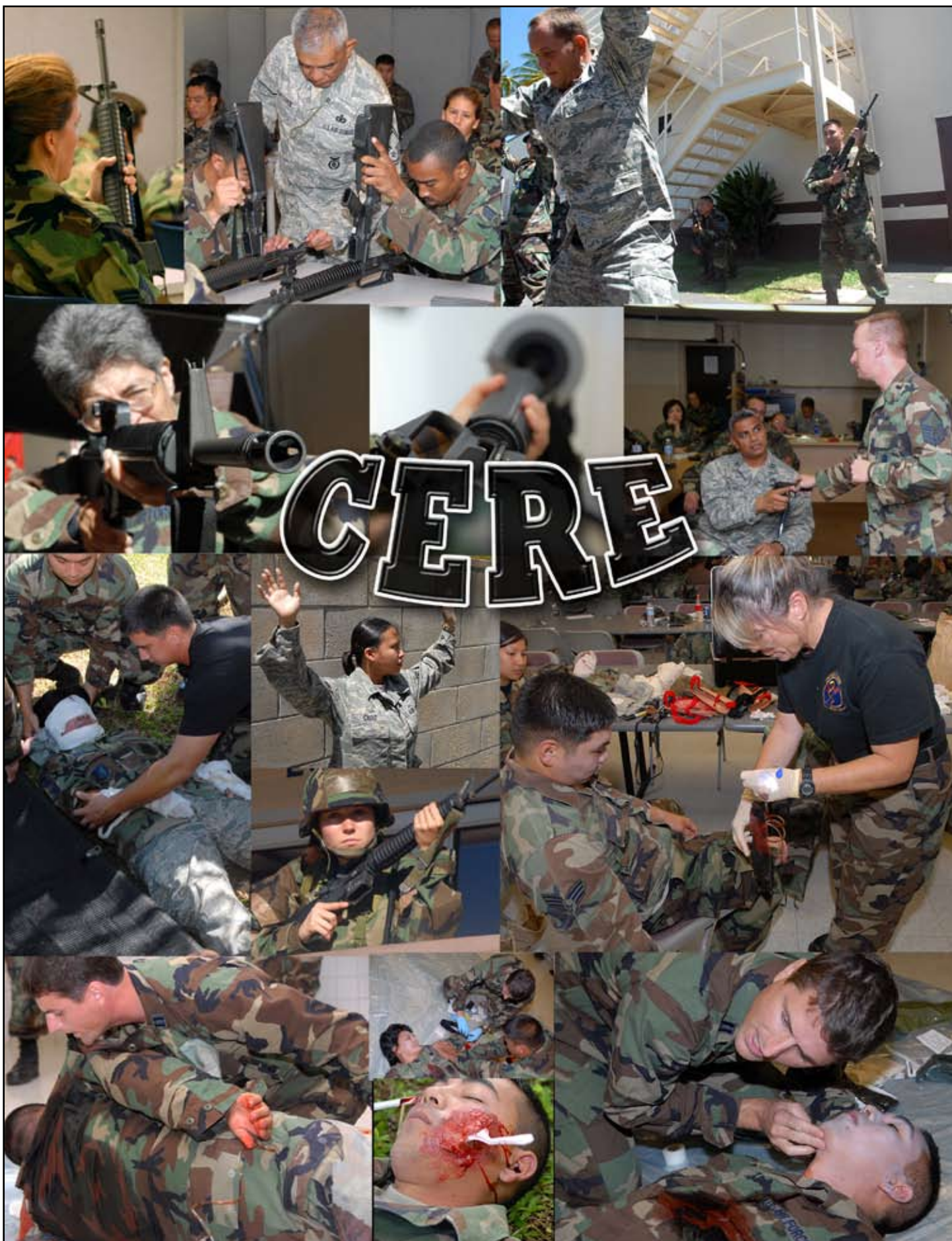
"I own a Suzuki right now," Sakuma said, "and we had a second bike when we lived in California. My wife said it's time for both of us to start riding again. I put my entry in at Barbers Point where I shop several times a week. I still can't believe I've won."



Senior Master Sgt. Sakuma, surrounded by contest organizers, shows off the spoils of victory.

Sakuma didn't say whether he or his wife Pam will ride the new Harley. He did say they will both be on a bike most weekends when he is not serving on guard duty at the Barbers Point runway where he directs the safe takeoff and landing of aircraft.

Sakuma's competitors, David Lopez, Jessica Murphy, Wil Alvarado and Jerry Dagulo, didn't walk away empty-handed. Each won a black leather jacket and a Sunkist go cart from the Dr Pepper Snapple Group.





News Briefs

MAHALO FRED FOGEL!

by Lt. Col. William Petti, 154 MXG

Retired Lt. Col. Fred Fogel has generously donated two sets of tickets (with prime seating) for five University of Hawaii Warrior Home games to the 154th Maintenance Group. The intent is to honor our outstanding maintainers. Fred was a Weapons Systems Officer ("backseater") during our F-4 days before moving on to the 154th Civil Engineering Squadron and finally HQ HIANG. Like many folks who wore the flight suit, he never forgot the guys and gals who turned the wrenches and made his flights safe so that he could focus on his mission taskings.

So far, the following outstanding performers have been selected to receive this generous gift:

SSgt Mike Page (154 MOF)

SSgt Audra Jimenez (154 AMXS)

SrA Isaac Sarsona (154 AMXS)

SSgt William Thompson (154 MXS)

SrA Brian Supnet (154 MXS)

On behalf of the 154 MXG, we sincerely thank you Fred for remembering us. We also truly admire your taste in Aloha shirts and cigars!

Aug/Sept promotions

Promoted to SMSgt. (E-8)

154 CES Luke K. Sakanishi

Promoted to MSgt. (E-7)

204 AS Garrick K. Hiramoto

154 SFS Charles R. Parker

Promoted to TSgt. (E-6)

292 CBCS Ross Jay S. Antolin

293 CBCS Melissa A.K. Deiron

169 ACWS Mark W. Kutsy

204 AS Joleen K. Manuia

293 CBCS Nicole S. Orta

204 AS Randall A. Yamada

Promoted to SSgt. (E-5)

154 MXS Mayson P.M. Asano

154 MXS Kalen M. Awa

154 MXS Marc A.P. Ganir

HQ HIANG Jonna M. Ibarra

154 AMXS Neil L. Kamaka

293 CBCS Christopher Lagutan

154 SFS Salofi F. Leasiolagi

291 CBCS John S. Moyer

204 AS Steven K. Odland

154 AMXS Alan Michael Warner

\$ Finance Cents \$

Active Duty tours less than 30 days are considered short tours. Certified orders should be turned in **AFTER** tour ends.

Long Tours are orders that are 30 days or more. A certified order should be submitted to **START** the tour and a separate certified order submitted to **END** the Active Duty Tour. You receive 2.5 days of leave for every 30 days on tour; to use your leave, fill out an AF Form 988 and turn in Parts 1 & 3 to FM for processing.

*Did you know if you are TDY and away from your family for 30 days or more, you can submit a DD form 1561 (Family Separation Pay)? If this applies to you, please turn in a completed **DD Form 1561 along with a copy of your travel voucher DD Form 1351-2** showing the dates of your TDY.



Photo by Master Sgt. Kristen Stanley

The Royal Guard and their guests attend a family picnic and private tour of Iolani Palace Aug. 23. The Royal Guard consists of all volunteers. In addition, they are members of the Hawaii Air National Guard. Their purpose is to express pride in Hawaiian heritage and to preserve the traditions of Hawaii's monarchy militia. The Royal Guard carries State of Hawaii colors for official functions as desired by the Commander in Chief of the Hawaii National Guard, the Governor of Hawaii, the Adjutant General of Hawaii or the Commander of the Hawaii Air National Guard. Nov. 16, 2008 will mark the Royal Guard's 45th Anniversary since its reactivation.

154 WG Drill Dates

Oct. 4-5

Nov. 1-2

AT IRRE Nov. 3-4

Dec. 6-7

Jan. 10-11, 2009

ORE Jan 12-15

Staying sane in the middle of the rat race

by Lt Col Robert K. Nagamine, Chaplain

It seems as though there is always something going on. We are always busy and interested or involved with a number of things. Last month, we had our exercise and made some strides in getting prepared for our Operational Readiness Inspection. Then the Olympics caught our attention. We saw a lot of world records broken. It was exciting to see Michael Phelps win eight gold medals, Byran Clay win the decathlon and all of the Hawaii athletes do extremely well. And, I can't forget to mention the Waipio Little League baseball team who won the Little League World Series. In the meantime, all of the schools started the new school year and the traffic again, became a greater challenge.

Long ago, I hoped that I could be a "master of one" because I could never see myself as a "jack of all trades" or a high speed multi-tasker. But to survive, it seems as though even if we are masters of our own craft, we need to learn to be good enough at juggling a lot of things and, therefore, be good at many things.

I know that it can get pretty busy for everyone. It also can become stressful juggling too many things and keeping up with all activities, including those at home, school, work and at other important places.

One of the ways to deal with stress is to remember the Scripture that says: "I know that my Redeemer lives..." (Job 19:25) Job, who faced a huge amount of trials and challenges, discovered that to keep his sanity he needed to remind himself that he would someday fully realize God's great hope. He had a difficult life. In a quick span of time, he lost his 500 oxen, 500 she-asses, 7,000 sheep, 3,000 camels, many servants,

seven sons and three daughters. On top of that, he was filled with sores from the soles of his feet to the crown of his head...and we think we have problems. He was miserable! But, in the end, because of his faithfulness, God blessed him with twice as much as he had before: 1000 oxen, 1000 she-asses, 14,000 sheep, 6,000 camels, 7 sons and 3 daughters, and he lived 140 years more years.

As we sometimes get overwhelmed with multi-tasking or being a "jack of all trades," let us remember, "I know that my Redeemer lives..." Our constant, steadfast and solid rock God will bring us the hope that we need, even while living in a non-stop activity filled world. May the Lord bless us with the assurance of His presence and help in our lives. Just seek Him and He will indeed give you that assurance and help. Just believe in Him and say, "I know my Redeemer lives!" This might bring sanity back into our lives, if we need it.

Contact me, if I can be of assistance to you, 448-7275 (wk) and 258-3582 (cell).

WORSHIP SERVICES

General Protestant Service

12:30 p.m. – 1:00 p.m., UTA Sundays, Bldg.3416, 2nd floor, Na Koa Conf Room.

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.

Conference

"The Hawaii National Guard is not typical of any other National Guard. It is more of a Pacific National Guard. In that we have a readiness responsibility to support more than just the state of Hawaii."

The Conference included a line up of distinguished guest speakers such as: U.S. Senator Daniel K. Akaka, Representative Neil Abercrombie, Adm. Timothy J. Keating, commander, U.S. PACOM; Gen. Carol "Howie" Chandler, commander, PACAF; Lt. Gen. Chip Utterback, commander, 13th Air Force.

Participants from the Pacific Command, Pacific Air Forces, U.S. Air Force, National Guard Bureau, Hawaii State Department of Defense,

Guam and Alaska National Guard teamed up with more than 60 Hawaii Air National Guard Airman in the three day long conference.



Adm. Timothy J. Keating, PACOM commander, speaks about shaping the battlefield and the importance of developing and maintaining positive relationships with nations in the Pacific, like China and North Korea.

photo by Master Sgt. Kristen Stanley

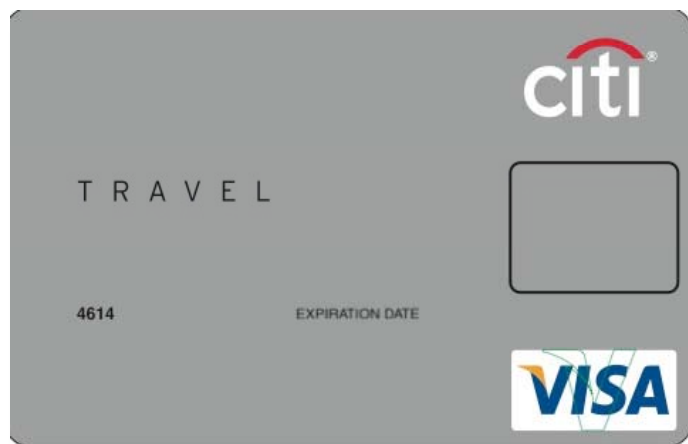
New Air Force Travel Card Issued by Citi®

Attention all travelers

The new Government Travel Charge Card (GTCC), issued by Citi, is on the way. All government cardholders will receive their new cards during the Aug. 13 thru Sept. 19 timeframe (plus mailing time). Initial distribution will begin with cardholders at OCONUS bases and migrate from the west to the east coast (see schedule below). Your new travel card will be mailed to your mailing address on file with Bank of America, so please ensure that information is current. Any mail sent to an incorrect address will be returned to Citibank. Notify your local Agency Program Coordinator (APC) if you have not received your new card by Oct. 1, 2008. Remember – the new card will not be active for use until November 30, so you still need your Bank of America GTC until that date.

What to do upon receipt of card:

Please verify receipt immediately upon receiving your card. This can be accomplished either by phone or on-line. The necessary information will be on a sticker that is affixed to your card. The receipt verification process allows tracking of cards to ensure all cardholders receive their new GTC prior to 30 Nov.



For more information: Your primary contact for transition information is your local APC.

Cardholders can also obtain additional GTC information on the Air Force Portal (<https://www.my.af.mil>), www.defensetravel.dod.mil, or www.gsa.gov/smartpay

Card Mailing Schedule by Wave

(Mailing address based on cardholder address in Bank of America System)

Wave:	Cardholders w/addresses within:	Mail Date:	Plus Est. Mail Time
OCONUS and select Western US states	OCONUS, US Territories, and US states: AK, HI, CA, OR, WA, ID, NV, AZ, UT, CO, NM	August 13-25	OCONUS: 15 days CONUS: 5 days
CBAs	Centrally Billed Accounts	August 22	OCONUS: 7-10 days CONUS: 5 days
CONUS Wave 1	US states: MT, WY, ND, SD, NE, KS, OK, TX, MN, IA, MO, AR, WI, MI	August 22 – September 2	5 days after shipment
CONUS Wave 2	US states: KY, WV, TN, NC, SC, GA, AL, MS, LA	August 29 – September 9	5 days after shipment
CONUS Wave 3	US states: WDC: ME, NH, VT, MA, RI, CT, NY, NJ, DE, MD, PA, OH, IN, IL	September 8-16	5 days after shipment
CONUS Wave 4	US states: VA and FL	September 15	5 days after shipment

Avoid Being Named in an EEO Complaint

by Rex Jones, EEO

Last month I attended the “Examining Conflicts in Employment Law” conference in Chicago. As with most functions such as this, you can expect to find some very productive sessions and a few that are just down right boring! While at a session similar to the latter, I wrote this article (hey, it’s “time management” right?).

Anyway, if you are reading this article because the title caught your attention, I have some good news and some bad news for you. First the good news; there actually are steps you can take to minimize “being named” in a complaint. However (yep, the bad news) you cannot completely avoid it.

Nevertheless, I want to mention a few areas that have been significant factors in some of my more recent complaints. And, I’d like to give some “food for thought” that will help minimize the odds of you being named in a future complaint:

EEO Training: This is vital. If you are a supervisor and haven’t had

it....demand it! Then ensure your employees have it as well. As a side note, I’m available to provide EEO training if necessary.

Communication: You need to know that most EEO issues are almost always related to poor communication. With that said, talk to your employees. Give them a forum to voice their concerns. If not, they might conclude that EEO is their only recourse. And, if you can’t personally help them with their issues then refer them to the person or agency that has the jurisdiction to assist.

Avoid favoritism: Take timely, consistent and appropriate disciplinary action when applicable. Do not condone inappropriate behaviors by one employee and take action for similar behavior of another employee. I have found that there are some common complaints of favoritism in assignments such as; who is appointed acting supervisor, who gets to go to training, office locations, and schedules.

Awards: Stick to the criteria, stick to the criteria, stick to the criteria.

Provide Reasonable Accommodations: Yes, there may be SOME burden on your part; however, LIVE WITH IT!!! If this “burden” takes away a workplace issue or concern, then it certainly will be worth it in the long run.

Do not retaliate: Look, the fact is that employees are protected when filing a complaint, testifying in a workplace matter, and acting as a representative for another employee. You also need to know that retaliation is often a stronger case than the original EEO concern(s)—and often easier to win. Again, stay clear of reprisal.

In the end, these are only a few tidbits to help with your supervisory responsibilities, but they are not “fool proof.” On the other hand, by taking such an active role with your employees, you are more likely to resolve many of these types of issues at the most appropriate level as opposed to with me at the formal stage.

DoD sexual assault program seeks Wing input

by Master Sgt. Kristen Stanley

A diverse mix of Hawaii National Guard personnel met with the Director of the Sexual Assault Prevention and Response Office at the Hickam AFB, HIANG dining facility to discuss the Hawaii National Guard Sexual Assault Prevention and Response program Aug. 12.

The SAPRO Policy Assistance Team is looking for information they can use to assist those professionals in the field to increase SAPR program effectiveness. “Our goal is to determine whether policies and programs are working, where they might be improved, and where additional assistance may be required,” states David S.C. Chu, Under Secretary of Defense for Personnel and Readiness

“The Hawaii Air National Guard has implemented the DoD program by providing the required annual training on Sexual Assault Response, SAPR information to deploying Airmen via the Mobility Processing Center and victim advocacy services to those affected by sexual assault,” said Lt Col Merv Oyafuso, the HIANG Sexual Assault Response Coordinator.

As a result, the SAPRO wants to ensure that the Sexual Assault Prevention and Response policy fosters



photo by Master Sgt. Kristen Stanley

Col. Jane Helton, NGB facilitates the dialog between Lt. Col. Merv Oyafuso, 154th Wing Sexual Assault Response Coordinator, Maj. Barbara Tucker, JFHQ SARC, soldiers from the HIARNG and Bette Stebbins, from the Sexual Assault Prevention Response Office, Policy Assistance Team. They discuss the effectiveness of policies and programs that have been implemented by the Hawaii National Guard to address sexual assault in the military.

See SAPRO page 15

Where have all the Information Managers gone?

by Master Sgt. Kristen Stanley

Wondering where your Information Manager went? They still exist; however, the career field changed its name from Information Management to Knowledge Operations Management in preparation for an Air Force Specialty Code title change in Oct. 2008.

A new mission statement has been added to the KOM Career Field Education Training Plan to identify what they do. "We connect people, improve processes, and exploit technology to facilitate the delivery of decision-quality information to produce business or operational advantages," said Senior Master Sgt. Jami Yampierre, Air National Guard Command 3A0X1 Career Field Functional Manager.

"Knowledge Management encompasses three aspects: People, processes, and technology.

We connect people virtually through collaboration tools and technically through our CSA skills. We improve processes by knowing the requirements of the organizations we support and helping them



photo by Master Sgt. Kristen Stanley

Tech. Sgt. Sarah Medeiros, 154th Communications Flight wing knowledge operations manager processes records. Tech. Sgt. Medeiros is responsible for all of the records staging for the 154th Wing.

optimally manage the flow, presentation, and storage of their data, information, and knowledge," said Senior Master Sgt. Yampierre.

"By being technically savvy, we help connect clients (virtually and physically) and improve processes by exploiting technology. Together, these effects facilitate the delivery of decision-quality information," she added. Because of the major rewrite of the 3A0X1 CFETP, all 3A Master Training Plans will need to be re-accomplished.

The ANG functional manager formed a team that has standardized the Master Training Plan and Master Training List. After the KOM Working Group validation, these tools will provide a roadmap and training curriculum for each major program subject area in the KOM career field.

The "3A" AFSC transformation is part of the process of preparing for the new Cyberspace Air Force Specialty, described in the Air Force Roadmap for the Development of Cyberspace Professionals, 2008-2018.

HIANG's own Tiger Woods, wins golf tourney

by Tech. Sgt. Betty J. Squatrito-Martin

Lt. Col. Taison Tanaka, 154th Wing Finance Flight commander, came from behind to take the Hickam Air Force Base Club Championship June 21, 22, 28, 29 at Mamala Bay Golf Course on Hickam Air Force Base.

The 4-day golf tournament took place over two weekends with active duty, retired, civilians, other services participating.

Lt. Col. Tanaka was the lone Guard participant in a field that included the best golfers with military ties competing.

He was entered in the Championship Flight (0-4 handicaps). He shot a 75 the first day and was trailing the leader by 2 strokes.

However, Lt. Col. Tanaka came back on the second day with a 71 and took the lead by 6.

Going into the final two rounds, Lt. Col. Tanaka took complete command and not only maintained the lead, but increased it. He shot a 69 on Saturday and a 71 on Sunday to take the championship by 16 strokes.

It was a dominating performance. "The only thing I wanted to make sure of was that they knew I was from the Guard. Just kidding," said Lt. Col. Tanaka. "Just got lucky, got some good breaks, and

the rest of the field didn't shoot as well as they normally do. Hope they (active duty) don't think we (Guard) just play golf because I don't," said Lt. Col. Tanaka.



Life's all a matter of heart

The Duke Ota Saga – A Testimony to Wellness

by Maj. Duke Ota, 154 AMXS

I would like to share the story of my journey to the 2008 USA Outdoor Masters Track and Field Championships a few weeks ago with a message that it's never too late to take care of yourself. I was very fortunate to qualify for the 100, 200, and 400 meter dashes in the 45-49 year-old age group.

While waiting for my flight, I was trying to figure out how I got there. My competitors were world-class runners; some of them former collegiate track and field stars. I reflected about the past six years of training and my commitment to be as competitive as I once was.

I ran track and field for Saint Louis High School and won the gold medal in the ILH 400 meter dash with a time of 50.1 seconds and a bronze medal in the 200 meters with a time of 22.8 seconds. However, that was 27 years ago and the question was whether I could do it again.

My decision to compete was made in August 2007. The odd thing was that it was nearly one month after my heart attack on July 14.

After that dramatic day, my cardiologist revealed that I had a 30-40 percent plaque build up in my right coronary artery. When it ruptured, the blockage was 99 percent, and I just happened to be competing in a 400 meter dash at the Punahou School track!

Luckily, I knew the symptoms and immediately had someone call 911. Making that call was a wise decision. Time was critical.

Within 15 minutes of feeling the symptoms, I experienced shortness of breath and soon broke out into a serious sweat. I immediately lay down to keep blood flowing to my brain.

The ambulance arrived within 20 minutes of the call. Immediately I received the nitro mist and swallowed

two baby aspirins. Within seconds the tightness in my chest dramatically decreased by 95 percent. It went away completely with another puff of nitro. After being placed in the ambulance, an EKG was performed, which revealed the complications going on with my heart.

During the whole episode, the only thing I wanted to do was tell my four sons who were there that Daddy would be all right and that Mommy was on her way.

Upon arrival at Straub Hospital, I was taken into emergency and informed that I had a heart attack. My immediate thought was denial. I then asked myself that if I died today, did I live life completely and in God's graces.

Everything was going real fast in my mind.

Later, I reasoned that I indeed lived my life to the fullest and been a good person to those around me. After being rushed up the stairs, the cardiologist quickly did an angioplasty with a stent (stainless steel) in my right coronary artery. Needless to say, I was awake the whole 45-minute procedure. The cool thing about this episode was I got to see my heart on the video monitor in fine detail before and after the procedure.

Modern day medicine is absolutely incredible!

Four weeks later, I went through a detailed test with a treadmill and heart scan. Whew! The results were positive. I had no heart damage, and I was cleared to go back to my track & field competition.

This whole ordeal was a miracle. I was lucky to make a complete lifestyle change to ensure a healthy heart by not only exercising right but eating right as well.

Back to the Masters Championships. The weather on Day One (August 7) was a hot 92 degrees with 20 percent humidity. I was entered in the trials for the 400 meters; in heat 2 with six other runners.

The last call was given to report to the check-in point for our lane assignments. I was given lane 7, not a good one since you are blinded from your competitors for most of the race, unless you're behind them!



courtesy photo

Duka Ota, running for the "heart" of it.

DUKE

As the officials walked us out to the starting line my heart was beating rapidly. The nerves were extremely high just like in my high school days. I positioned myself on the starting blocks and felt the heat beating down on me. Runners take your marks....get set....and a loud bang from the starting pistol sent us off.

Immediately, I totally forgot about the heat and ran this race like it was my last one. I was in the lead for two-thirds of the race. Then reality set in. I was passed in the last 100 meters by two individuals. However, I finished with a personal best time since high school, 54.58 seconds. My third place performance in the heat qualified me in sixth place overall to compete in the finals on day two.

I ran the 100 meter trials on Day Two at 12:15 p.m. The weather was slightly cooler than day one at 90 degrees. I was little intimidated because most of the runners were much taller than I. Lined up in the third lane, I roared into third place with a time of 12.2 seconds, although not my personal best time, I qualified in eighth position.

A second dose of reality, I strained in my left achilles tendon and was now very concerned going into my 400 meter finals in just three hours.

At 3:15 p.m., I ran the finals of the 400 meter dash. I felt a lot of pain in my left achilles tendon. Nevertheless, I was determined to give it my best and push through the pain. I finished in seventh place with a

57.0 second time.

Regretfully, because of my injury, I decided not to pursue the 200 meter trials and 100 meter finals on day three,

Twenty-two people in my age division signed up to run and 15 showed up to compete. I was honored to represent Hawaii and very proud to be in the top eight in the nation for the 100 and 400 meters.

I met a lot of talented and gifted people at this venue and witnessed several incredible performances including the world's fastest 80 year-old woman who ran the 400 meters. She was inducted in the Master Track and Field Hall of Fame in 2006. Her husband shared with me an incredible story about her.

Years ago, she was in a head-on collision and her feet went right through the floor board. She broke her legs and feet in a number of places. She was simply lucky enough to survive. To see her running the way she did was amazing. Talk about courage and determination, she had it all.

A big mahalo to my sister, Capt. Diana Gregory, of the 169 ACWS. Not only was she there supporting me, she took some great videos. With her support and that of others, I hope to make the 2009 Nationals in Florida.

The overall lesson learned is, you are never too old to get yourself into top shape and compete with the very best. You are the only person responsible for your health. Take care of the only body given to you. It is one of your most valuable assets.

Bowling for dollars

by Tech. Sgt. Betty J. Squatrito-Martin

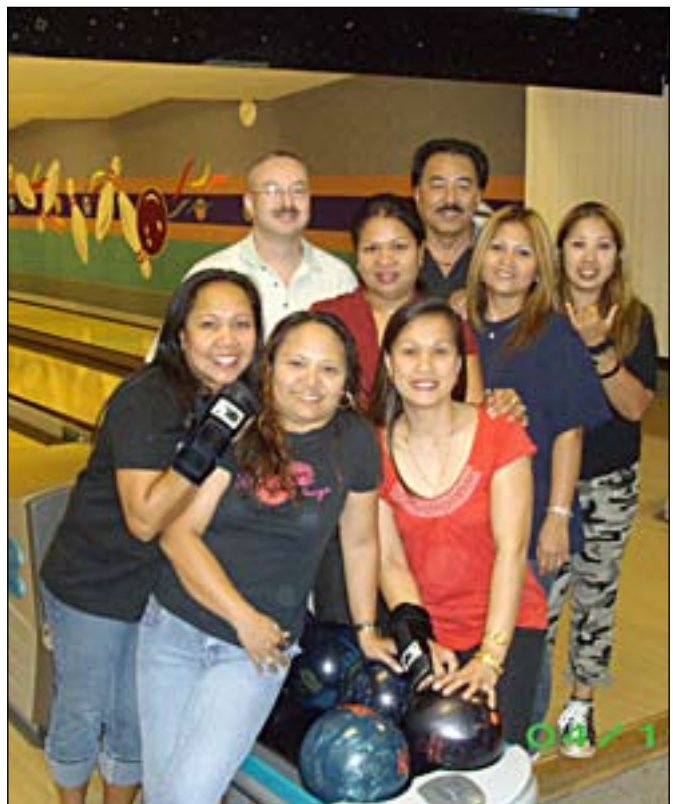
Spouses from the 13th Air Force took home the gold during the 154th Security Forces Family Readiness Bowling Tournament Fundraiser Aug. 6 at the Hickam Bowling Center. In addition, Moo Kang, 199th Fighter Squadron pocketed the Inter-Island trip for two.

The money raised during the tournament is for the 154 SFS Family Readiness program. The money is used to support families needs during times of deployment.

The Security Forces deploy for long tours. They are often gone over the holidays or may simply miss home. In their absence, Family Readiness provides much needed assistance like taking kids to the movies, childcare, Christmas presents and care packages for deployed Guard members.

As a result, deployed Airmen can do their jobs free from worry about things at home.

Early next year members of the 154 SFS will deploy to Iraq in support of Operation Enduring Freedom.



courtesy photo

The winning team at the Security Forces fundraiser.

HIANG member marries by proxy

By Tech. Sgt. Michael Voss
376th Air Base Wing Public Affairs

The marvels of modern technology helped bridge the long-distance divide for a Hawaii Air National Guard Airman deployed to Manas Air Base and his sweetheart halfway around the world, bringing their relationship to a new level as husband and wife thanks to a morale center phone call and an Internet webcam.

Staff Sgt. Albert Jensen, deployed from the HIANG's 154th Wing, married to his long time sweetheart back

Sergeant Jensen.

An added bonus to doing a proxy wedding was that the couple was able to have their former base chaplain and friend, Maj. Mark Roberts, conduct the ceremony from Malmstrom Air Force Base, Mont. That meant the bride was in Hawaii, the groom in the Kyrgyz Republic and the chaplain somewhat in the middle in Montana.

"I discovered that there was a way for us to have the event I had wished for, and a way to make it special even being apart, and that was a double proxy marriage," said Sergeant Jensen.

So in the early morning hours of Friday, Aug. 8, Sergeant Jensen answered that all life altering question with an "I Do."

"When Sergeant Jensen asked me to be his best woman, I couldn't help but to giggle," said 376th Expeditionary Force Support Squadron technician Staff Sgt. Renee Pecpec. "I was kind of lost in translation, until he said that he was getting married by proxy. I told him of course I'd be his best woman!"

Albert and "Char," as he affectionately refers to Charlene, have been dating for more than six years. The couple met in 1970 at Hawaii's North Shore when Sergeant Jensen was in the Army. Although getting married 16,000 miles apart is not easy, he described it as if it did not matter how far apart they were it because it was "time to forge ahead with the relationship."

"On the evening of the marriage, we sipped sparkling grape juice and pretended it was sweet wine," said Sergeant Pecpec. "When Sergeant Jensen, Char and the chaplain were on the phone, he had the biggest smile I had ever seen. When I heard the really touched him."

words, "I do," I was and happy for

"To some it may seem like a proxy marriage is a little for-or strange, us it just sense," geant Jen-will have a royal wedding one day in the

In the end, the proxy wedding spanned 16 time zones between Manas, Montana and Hawaii, and the longtime companions were united in an unusual, but monumental ceremony that truly showcased the core value of service before self.



photo by Tech. Sgt. Michael Voss

Staff Sgt. Albert Jensen, deployed to Manas Air Base, celebrates his marriage to his new bride who is 16,000 miles away in Hawaii.

in Hawaii, Charlene Kehaulani Meyer, through a proxy marriage ceremony, Aug. 8.

A proxy marriage was Sergeant Jensen's only option to marry while deployed because it allows someone else to stand in for him during the ceremony, which took place across 16,000 miles of telephone line and Internet connectivity.

After some research, the couple discovered that the state of Montana authorizes marriage by proxy with the only legal requirement for a double-proxy wedding being that at least one member of the couple is either a Montana resident or a member of the United States armed forces. Most other states that allow proxy marriages require at least one member of the couple to be present at the wedding.

"I discovered that a double proxy ceremony was the best way for us to have the event I had wished for and still allow it to be special while we're apart," said



sign but to made said Ser-sen. "We Hawaiian future."

Commander

to an F-15, tail number 76-0063, as we sent it off to the the Pacific Aviation Museum to become a priceless addition to the Museum's historic aircraft collection. Though eventually all of our F-15s will be gone, it will bring back great memories of our F-15 days whenever we visit the museum.

The fiscal year may be coming to an end, but we are already looking ahead and gearing up for the joint IRRE in November. Please take the initiative to ensure that your own personal PRF, medical requirements and other deployment responsibilities are taken care of first and then follow up with those around you. If we each do our part, I know that we will succeed during the November IRRE and eventually during our February Inspection. If you have any questions, please ask them now, do not wait until January or February; now is the time to ask!

Lastly, I want to say a few words about a great squadron, the 154th Air Control Squadron, which will

be deactivated next October Drill. First, the 154th Air Control Squadron has such proud roots harkening back to the days just after the reorganization of the 150th Aircraft Control and Warning Squadron. Those roots paved the way for the 154 ACS and all its success. I remember well the units early days at Kekaha, and later the ground breaking for their current facilities, and how hard the unit members worked to make it one of the best ACSs in the country. After October, they will leave a proud history of great success.

I'm confident that I can speak for all our leaders, past and present when I say that I'm proud of all that they have done and will continue to do to make the Hawaii Air National Guard the "Launa 'Ole" ... second to none.

In closing, I hope you have a great Dining Out. Take great pride in where you came from as we forge ahead and you write the next great chapter in our Hawaii Air Guard history - together as one 'Ohana. Mahalo a nui loa.

Active leadership knows risk, drives safety

by Lt. Col. Matt "Boz" Beals, 154 WG/SE

All activity inherently bears risk. One of the toughest leadership challenges involves finding the center of gravity for the right amount of risk. How we, as leaders, handle this challenge is critical to the safety culture and safety record of the unit. Let there be no doubt, leaders must take an active role in finding the right amount of risk. It does not just happen passively. An organization is only as safe as the leader allows it to be.

E. K. Kelloway J. Mullen, and L. Francis' study on leadership and its effects on employee safety(2006),as noted in the article, "Divergent Effects on Transformational and Passive Leadership on Employee Safety" in the *Journal of Occupational Health Psychology*, v. 11 (1), found that when good leaders "actively" promote safety, organizations experience first-rate safety records and positive safety outcomes.

In contrast, leaders who advocate "anti-safety" policies (blatant disregard for safety rules to achieve mission results) experience dramatically reduced

outcomes. No surprises here, and of course very few leaders would actually verbalize this ridiculous position. In the middle ground, nest passive leaders who don't advocate or criticize safety but just sort of ignore it and let it happen. In fact, these laissez-faire leaders believe a work environment, if left alone, will be adequately safe by default. What makes Kelloway, Mullen and Francis study so interesting is that it refutes this middle ground idea.

Specifically, researchers found that passive leaders, who simply ignore safety, negatively affect safety climate and safety consciousness within their organizations. In fact, this negative effect occurs at nearly the same magnitude as the "anti-safety" leadership group. Consequently, there are good safety-centric leaders who actively promote safety and leaders who do not. As such, no in-between mishap prevention positions are feasible; thus, there's no room for neutrality in the fight for safety.

The 154 WG attracts high risk takers whom we need for mission accomplishment, but we need smart risk takers who have bought into the value of risk management. Achieving safety buy-in among high



Photo by Master Sgt. Kristen Stanley

Lt. Col. Matt "Boz" Beals

risk takers is a challenge for any leader and can only be brought about by active safety conscious leadership.

Next month I will outline what I feel are the five important elements needed to help leaders achieve safety buy-in at the organizational and unit levels.

There is simply no intermediary or neutral position on safety - much akin to the war on terror, there is no compromise...You're either with us or against us in the fight against future mishaps.

HIANG, Texas ANG, provide medical services

by Master Sgt. Kristen Stanley

The 154th Medical Group served as host and coordinator for several Guard and Reserve Units during the community health fair in Kahuku Aug. 13.

The health fair was part of the *E Malama Kakou*, to care for all, program, which is a Hawaii Medical Innovative Readiness Training supported by the Hawaii Department of Health and the Hawaii Air National Guard.

This is a pilot program that provides communities within the Hawaiian Islands access to free preventative health assessments, wellness referrals to outpatient clinics and community disaster preparedness awareness training.

"We go out to the community leaders and establish a link to the deploying units," said 2nd Lt. Curtis Palmer of the 154 MDG. "The community that we're servicing, they tell us what they need." As a result, the project has the flexibility to change and adapt to the various communities needs.

The health fair in Kahuku provided free dental checkups, vision screening, general health education classes, head lice (uku) checks, asthma screening and sports physicals.

The 149th Medical Group from San Antonio provided free sports physicals to school age children on the North Shore of Oahu. "The exams we give are exactly what the Department of Education need for these children to participate in school sports programs," said Palmer.

The purpose is to provide mission essential training



Photo by Master Sgt. Kristen Stanley

Senior Airman Ashley Blackburn, 149 MDG, Texas Air National Guard, fits Casyallun Cabiles for her free bike helmet while family members look on.

for units involved, while building upon the long-standing tradition of the National Guard acting as good neighbors at the local level.

"This gives us the ability for direct patient care with a clientele that we don't normally get to work with," says Palmer. "The Soldiers and Airmen get the experience in dealing with the type of patients they might encounter during a humanitarian response."

The program is win-win. The community, with a health professional shortage, receives free medical services, while the service members get hands-on clinical and didactic training.



Photo by Master Sgt. Kristen Stanley

Staff Sgt. Sarah Johnson, 149th Medical Group, Texas Air National Guard, and Master Sgt. Alan Yoneshige, 154th Medical Group, Hawaii Air National Guard, use a spirometer to assess the lung function of Jonah Cabiles, of Kahuku.

SAPRO

an environment that supports victim care and encourages accountability. The visit was not an inspection, but merely a way to see how the program is being implemented and what improvements could be made.

"A DoD instituted program may fit well with the active component, but not necessarily with the Guard," said Lt Col Oyafuso. "The SAPRO PAT visit provided us the opportunity to express some of the disconnect, particularly with the establishment and resourcing of a full time SARC office similar to what the active component has done."

The Office of the Secretary of Defense, Sexual Assault Prevention and Response Office was established as a permanent office in October 2005 as the single point of accountability for sexual assault prevention and response policy within the Department of Defense.