



Vol. 56 No. 6

June 2009

Wing commander says farewell to troops

by Public Affairs

For all of you who have been in the 154th Wing for a while, and even for some of you newcomers, Saturday's drill was a very happy and yet sad occasion. Sad, because Brig. Gen. Peter S. "Skipper" Pawling, our 154th Wing commander said his final farewell at a relinquishment of command ceremony held Saturday, June 6 on the Hickam Air Force Base flightline. Happy, because Brig. Gen. Pawling pinned on his second star and became a Major General.

Maj. Gen. Pawling graduated from

see **PAWLING** page 4



photo by Master Sgt. Kristen M. Stanley

Then Brig. Gen. Peter S. Pawling, passes the guide to Maj. Gen. Darryl D.M. Wong during a relinquishment of command ceremony here June 6.

F-22 Egress procedure trainer delivered to Hickam



photo by Master Sgt. Kristen M. Stanley

Tech. Sgt. Maximo Cabrerros, 199 FS life support tests the egress trainer.

by Master Sgt. Kristen M. Stanley

The 199th Fighter Squadron accepted the first, of a three part F-22 Raptor pilot training system, May 18, at Hickam Air Force Base. The Egress Procedure Trainer is one of five that have been delivered nationwide.

The EPT primarily supports pilot training on proper aircraft entry and exit under normal and emergency conditions, as well as ground and in-flight ejection.

The three sophisticated simulators, developed under a Boeing sub-contract by L3 Communications, in Arlington, Texas are the Full Mission Trainer (FMT), Weapons and Tactics Trainer (WTT) and the Egress Procedures Trainer (EPT).

"Eventually the Full Mission Trainer will be on island," said Judd

Emerson of L3 Communications. "These will eliminate the need for pilots in Hawaii to travel to the Continental U.S. for proficiency training and system familiarization."

Boeing, teamed with Lockheed Martin and Pratt & Whitney, to design and build the F-22 Raptor for the U.S. Air Force, is also under contract to develop and implement the overall F-22 training System. As part of the F-22 production contract, training devices are deployed to the specified bases.

"This equipment helps the pilots do their job," says Senior Airman Rod Baker, 199th Fighter Squadron aircrew flight equipment journeyman.

"My role is to refresh the pilot in emergency egress procedures on

see **EGRESS** page 4



Commander's Call: Continue to move forward

by Col. Joseph K. Kim, interim Commander 154 WG

Aloha! As an update, the selection for Wing Commander is still pending. I have been appointed as the 154th Wing Commander until the selection is finalized. In the interim, we'll continue to move forward in all areas of the 154th Wing's current and future missions. Thank you for the honor of

being your Commander.

I'd like to extend a heartfelt congratulations to newly pinned Maj. Gen. Pete "Skipper" Pawling. He leaves a legacy of empowerment, mutual support and mentorship. Our last F-102 pilot, General Pawling has been an inspiration in his ability to balance mission focus with caring for our unit members and their families while leading the 154th Wing through fundamental changes in mission, from C-130s to C-17s, Total Force Integration, and the beginning of our F-22 beddown and KC-135 robust.

We wish him continued success as he succeeds Maj. Gen. Vern Miyagi as the Mobilization Assistant to Commander, Pacific Command.

The events of last week: golf tournament, dinner, fini flight and relinquishment of command/promotion ceremony were all world class, and I would be remiss if I didn't thank all of you who played a part in the plan-

ning and execution of General Pawling's farewell.

Mahalo to all of those who participated in the Troy Barboza Torch Run, it was a huge success, largely due to all of our volunteers and wonderful coordinators. I was inspired by the pictures of our Security Forces team running their "deployed" version of the Troy Barboza Torch Run in the CENTCOM AOR!

Finally, as a father, a husband and a member of this Wing for the past 16 years I appreciate the hard work that goes into balancing your family and your work, especially the two careers our Drill Status Guardsmen manage. For that, which you do so well, I thank you.



photo by Master Sgt. Kristen M. Stanley

Col. Joseph Kim, commander of troops, leads 154th Wing Airmen in a salute during the National Anthem, at the relinquishment of command ceremony for newly pinned Maj. Gen. Peter S. Pawling, June 6, at Hickam Air Force Base.



photo by Master Sgt. Kristen M. Stanley

Brig. Gen. Peter S. Pawling gets a refreshing welcome from Ms. Marcia Anderson, Gen. Pawling's brother Jim, and the base fire fighters after his final flight in a C-17 here June 6. Following the fini-flight, Brig. Gen. Pawling relinquished command of the 154th Wing and pinned on his second star.

Kuka'ilimoku

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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

Gen. Pawling, the people's commander

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



AlohaAll! A historic chapter has come to a close here at the 154th Wing. Our Wing Commander, Maj. Gen. Peter Pawling

has just relinquished his command, received a promotion to Major General, assumed his new role as the Mobilization Assistant to the Commander, United States Pacific Command and will be on a three week indoctrination trip throughout the PACOM area very soon. General Pawling is often referred to as a "people" commander, a commander that truly loves the Hawaii Air National Guard because of the people in it.

It was an honor and a pleasure serving General Pawling as the Senior Enlisted leader for the 154th

Wing. He bestowed an enormous amount of trust in me as well as all of the enlisted members of our organization. A trust that empowers each of us, which makes us feel valuable, and that is huge in any type of business you are in. Even though I have had a very short term relationship with General Pawling, I value the fact that he really treated me as an individual, and he does that for everyone. I learned more about taking care of an organization, thanks to the General.

Next to every great man, is a great woman, and for Maj. Gen. Pawling that woman is Marcia Anderson. Marcia has been the pillar of strength for our General; she is such a wonderful person. Mahalo Marcia, for sharing General Pawling with us and for supporting our Wing with such self-sacrifice.

A new chapter will be beginning for us soon, how soon, that is not certain. In the meantime, Col. Joseph Kim will be leading our organization as the Wing Commander

on a day-to-day basis and he fits right into the role as he has been our Vice Commander for the past three years. I know everyone will give Colonel Kim their ceaseless support as we continue to move forward into the future. Colonel Kim has the utmost respect and admiration for this organization and always represented us very well as our Vice.

There are very exciting times lying ahead, the momentum from the ORI has settled somewhat, but we should keep flying at a level that provides us the edge this organization needs to be ready for more transitions and changes.

Please keep dress and appearance in accordance with our standards. We should not accept mediocre appearances on the job; we need to make it a point to be squared away. With that....thanks for all that you do, have an awesome summer, be safe and have fun! Let's roll!!



Critical days of summer

by Lt. Col. Gregory Woodrow, 154 SE

The Memorial Day weekend kicked off the start of the Critical Days of Summer which will run through the Labor Day weekend. Historically during this period the off-duty mishap rates tend to climb, coinciding with the increase in summer travel.

This years emphasis is again on private motor vehicle (POV) mishaps, and rightfully so. So far this year the Air Force has experienced 28 POV related fatalities, with 14 of those being motorcycles. Traffic fatality rates on Oahu so far this year are at

27 fatalities with 10 being motorcycle related. Similar numbers with similar causes and results.

Speed was a factor in almost all of these fatalities and in the case of the six AF alcohol related fatalities, the average blood alcohol content of these mishaps was .28, almost three times the legal limit.

Despite the AF emphasis and local police efforts in educating drivers on speeding and alcohol use, statistics show that drivers continue to take unnecessary risks. Surveys by the National Highway Traffic Safety Administration have shown that about half of all drivers drive faster than the posted speed limit and around 20 percent of all drivers have driven after consuming alcohol. Not the responsible thing to do.

Being responsible means driving at a speed within your ability and to what the road conditions will safely allow. In addition, if you intend to drink alcohol, plan to use a designated driver or if you must drink, limit the amount. A wise man once said, when at a party, "Drink the first drink, sip the second, and say no to the third".....Good words to live by.

Your actions and decisions come down to personal choice and responsibility, however we all should recognize that what happens on the road impacts more than just you, any vehicle accident will impact your family, friends, and strangers around you.

First Sergeant Diamond Tips

Members will NOT smoke/use smokeless tobaccos, drink, or eat while walking in uniform. SOURCE: AFI 36-2903, 1.3.2.3





courtesy photo

Maj. Gen. Peter S. Pawling as a first lieutenant, sports the Wing patch while standing in front of an F-102.

PAWLING

the University of Hawaii at Manoa in 1971 and began undergraduate pilot training at Laredo AFB, Texas in May 1972. He received his wings in April 1973 and returned to the 199th Fighter Squadron.

Gen. Pawling spent the next 20 years in the Fighter Squadron where he served as a line pilot, Assistant Operations Officer, Standardization and Evaluation Officer, Chief of Standardization and Evaluation, Chief of Fighter Operations, finally as the Operations Officer.

He also served as the Detachment Commander for the Wing's first F-15 combat deployment to Incirlik Air Base, Turkey, in 1994 and later the Detachment Commander for the 203rd Air Refueling Squadron's deployment to Istres, France.

In October 1994, Gen. Pawling became the commander of the 154th Operations Group. He became 154th Wing's vice commander in April 2001 and has served as the 154th Wing commander since October 2003 until relinquishing command of the 154th Wing to Maj. Gen. Darryll D.M. Wong, Hawaii Air National Guard commander June 6.

As the Wing's last Deuce Pilot and also the "people's commander" Maj. Gen. Pawling's presence at the 154th Wing will be sorely missed as he moves on to the United States Pacific Command to become the Mobilization Assistant to the Commander after 38 years of service in the Wing.

Maj. Gen. Pawling has flown more than 4,200 hours in the following aircraft: F-102A Delta Dagger, F-4C Phantom II, F-15A Eagle, C-7 Caribou, C-130H Hercules, KC-135 Stratotanker, and the C-17 Globemaster III.

EGRESS

the ground or in the air," says Senior Airman Baker. "The habitual training encourages muscle memory so that the pilot can react under severe stress."

Along with changes in weapon systems, comes a change in Air Force Specialty Codes for the Enlisted Airmen. Survival Equipment has merged with Life Support to create the newly named Aircrew Flight Equipment career field.

Tech. Sgt. Maximo Cabrerros, of the 199th Fighter Squadron is one such Airman to be affected by this career field consolidation.

"I'm stoked that I can be a part of the 199th mission as we go through this conversion," said Tech. Sgt. Cabrerros. "This is a part of history for the Air National Guard."



photo by Master Sgt. Kristen M. Stanley

L-R: Senior Airman Rod Baker and Tech. Sgt. Maximo Cabrerros, 199th Fighter Squadron aircrew flight equipment, are shown the ins-and-outs of the egress procedure trainer by Judd Emerson, L3 Communications.

HIANG paddles to first place finish

by Public Affairs

Our very own Hawaii Air National Guard's "Ho'okanaka Na Hui Wa'a" canoe racing team took first place in the military division of this year's 2009 Hawaii Wounded Warrior Canoe Regatta, May 30 at the Pearl Harbor Marina.

The regatta, sponsored by the Navy Region-Hawaii, Pacific Resources, Hawaii Elk's Club, Outrigger Club, and the US Attorney's Office was held to honor service members in Hawaii who are recovering from wounds and injuries they sustained during combat operations.

Besides capturing a 1st place finish in the Military Division, team Ho'okanaka Na Hui Wa'a fielded several crews taking 2nd, 3rd and 4th in the Military Mix; 1st and 2nd in the Military Open; 1st and 2nd in Military Club and 4th in the Champions Division.

The HIANG canoe club came together in rapid fashion, beginning its first weekly practices the second week of May. Quickly the team grew in numbers, allowing the HIANG the opportunity to field a wide array of crews, with everyone having a chance to seat and race. The races began at 9:00 a.m. and ran well into the afternoon. Friends, family & fellow HIANG ohana came out in droves to support team Ho'okana; without a shadow of doubt, it was a fun day had by all.

Master Sgt. Maui Quizon and Staff Sgt. Brian Arzadon lead the way in planning, preparing, and coordinating assembling the HIANG canoe team.

"This was another spectacular opportunity for our Airman to enjoy team camaraderie and competitiveness, while supporting a worthy cause," said Master Sgt. Quizon. "What was really amazing to me was seeing a number of our HIANG airmen paddle for their very first time, and pick up quickly on paddling execution; the excitement on their faces and the thrill they got out of paddling was a treat to see."

A diverse group of HIANG Airmen,



photo by Staff Sgt. Jamie Oliveros

The Hawaii Air National Guard's "Ho'okanaka Na Hui Wa'a" canoe racing team celebrate after taking first place in the military division during the 2009 Wounded Warrior regatta May 30 at the Pearl Harbor Marina.

from Aircraft Maintenance, to operations, to support staff and State Headquarters represented Team Ho'okanaka Na Hui Wa'a.

"I truly believe this is the beginning of a full-up HIANG canoe club, where we'll see ourselves racing in the annual OCHRA/HUI WAA regatta season, and as Brian said to me ... maybe even the annual Molokai Hoe."

All proceeds earned from the event will go to benefit Hawaii Wounded Warriors and their families to help raise awareness and to enlist the public's aid to provide direct support in meeting the needs of injured service members.

Ekahi – Elua – Eku: Ho'okanaka!



photo by Senior Airman Pua Jumawid

The Ho'okanaka Na Hui Wa'a men display medals and the koa bowls received after a first place finish during the 2009 Wounded Warrior regatta May 30.



photo by Senior Airman Pua Jumawid

Team Ho'okanaka Na Hui Wa'a in action.

News Briefs

HNGEA scholarship for enlisted members

The
2009
Hawaii
National
Guard
Enlisted
Association



Scholarship is eligible for all enlisted members, spouses and their dependents.

Up to \$2,000 is available for this program and the deadline is 1 July 2009.

Scholarship guidelines and application are at the following website <http://www.hngea.net/Scholarship%20Webpage.htm>.

Send your applications to:
MSG Mara L. Bacon Chang
Chairman, HNGEA Scholarship Committee
45-251 Kulauli Street
Kāneʻohe, HI 96744

<http://www.hngea.net/>
HNGEA

May promotions

Promoted to CMSgt. (E-9)

154 WG	Moniz, Leilani D.M.
201 CCG	Tsubota, Reid T.

Promoted to SMSgt. (E-8)

293 CBCS	Wadsack, Jeremiah S.Y.
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Promoted to MSgt. (E-7)

297 ATCS	Bishop, Bryan H.
297 ATCS	Castillo, Gina T.K.
154 CES	Dumlao, Dondaryl I.
202d AMOS	Durham, Stephanie M.
154 AMXS	Godinez, Rex A.
154 SVF	Pagaoa, Dodie
293 CBCS	Pasion, Raffy-Patrick
154 SVF	Ramos, Greg K.
293 CBCS	Shivery, Timothy F.

Promoted to TSgt. (E-6)

293 CBCS	Lee, Derek C.K..
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**154 WG
Drill Dates
July 11-12, 2009
Aug 1-2, 2009
Sept 12-13, 2009
Oct 3-4, 2009**

Hawaii employers, ESGR finalists

Two Hawaii employers have been selected as Semi-Finalists for the 2009 Secretary of Defense Employer Support Freedom Award. The award is the U.S. Government's highest recognition given to employers for exceptional support of their employees serving in the Guard and Reserve.

The Secretary of Defense Employer Support Freedom Award is significant because only members of the National Guard and Reserve or their family members are eligible to nominate their employers for the award.

Semi-Finalists from Hawaii include the Hawaiian Electric Company and the Hawaii State Government.

The 2 Hawaii employers are among 131 Semi-Finalists from across the nation, selected from more than 3,200 nominations submitted by National Guard and Reserve members or their families for outstanding employer support. From this field, a national review board will select 35 finalists for the award.

Squadron leadership changes make way in 203 ARS and 204 AS



photo by Master Sergeant Kristen M. Stanley

Lt. Col. Gregory Woodrow takes command of the 204th Airlift Squadron from Lt. Col. Steve Su'afilo here May 3.



photo by Master Sergeant Kristen M. Stanley

Lt. Col. Earl Alameida takes command of the 203rd Air Refueling Squadron from Lt. Col. Kurt Lajala here May 3.

Choose to celebrate the positives

by Maj. Leah Boling, Chaplain

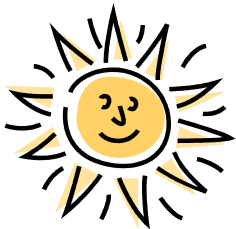
Stock Market Drops! Budget Cuts Loom! Get Ready for Tax Increases! Unemployment on the Rise! Hotel Occupancy Rates Drops Again!



H1N1, flesh eating disease; the list can go on and on. Is it just me or is listening to the news quite the downer? While

it may seem negative news reporting is more the norm, if you look and listen, you can find the good or positive news. As is the case in almost everything, finding the positive aspect is merely a matter of how you look at it. Over the past year, I've had several situations with both negative and positive aspects. It is up to me whether I dwell on the negatives or celebrate the positives...I choose to celebrate. What about you?

Celebration is the act of showing joyful satisfaction in an event. How often do we express joyfulness? Let's start in our homes. How often do you celebrate with your spouse and/or children about what transpired during the day/week? Are you grateful your spouse cooked dinner or that you have dinner to cook? What about celebrating because your child received decent grades, did well in a particular class, or rejoice with your daughter when she learned to cook saimin? If you look, there are so many reasons to celebrate the good things in our lives. Let me give you some of my "celebrations."



Last August I deployed for the first time. In January I returned home and celebrated the successful completion of my deployment with the JSOTF-Philippines. I am grateful to have accomplished my mission with grace, honor, and

integrity. My next celebration is the ORI. Quite an accomplishment...we all should pat ourselves on the back for the awesome job we did. In addition to receiving a passing grade, our Chapel team was recognized as one of the Outstanding Teams—icing on the cake.

Speaking of cake, May was a big month for me. I celebrated my 45th birthday (not all women hide their age—some of us actually embrace our age). Even though I've gained another year of wisdom, my run time for the PT test didn't change. To max out, I still have to run the same as I did the previous years. I guess I'll have to wait a few more years to get a break from running hard. But instead of dwelling on this negative, I am training hard to ensure I do my



best on the PT test. Despite another candle on my cake, I am still grateful for my good health. Also in May were Mother's Day and my husband's birthday. We certainly didn't run out of reasons to celebrate!

How about work? I am very grateful for having a job. For several weeks, my office was anxiously awaiting the result of the contract bid we submitted to the Department of Health. Several agencies put in a bid and

the competition was tough. Thankfully, we were awarded the contract. Even though it means hiring more therapists and training them, it's a blessing and a better problem than not having a job.

How about here at the Guard? I know we are saddened by the departure of our beloved Commander, Brig. Gen. Pawling. However, have you taken time to actually celebrate with him because his departure also means positive things for him? I've had the privilege of offering invocations to several commanders during their change of command ceremonies. Those are opportunities for celebration, too.

I believe each of you can find similar situations in your lives—remember the good things in situations that take time and effort to find sometimes. I would like for us to be able to celebrate all the good things in our lives. If you take anything from this article, remember this quote by Dewitt Jones, a National Geographic photographer: "As I celebrated what was right with the world, I began to build a vision of possibility, not scarcity. Possibility... always another right answer." I agree with him that "celebrating what's right with the world helps us recognize the possibilities and find solutions for the challenges before us."

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.

HIANG clinches second in sales for Torch Run



courtesy photo

*Front: Master Sgt. Lennard Knudson, 154 CES, Tech. Sgt. Kalani Kaikala, 154 SFS, Chief Master Sgt. Alan Bergeson, HQ HIANG
Back: Senior Master Sgt. William Makaneole, 154 SFS, Maj. Gen. Darryll Wong, Master Sgt. Ricardo Namoca and Tech. Sgt. Ivan Angeles*

More than \$13,400 was raised to support this year's Troy Barboza Law Enforcement Torch Run Special Olympics t-shirt sales, securing the Hawaii Air National Guard with a second place finish for the fundraiser.

It was a very tight race for second place between the Hawaii Air National Guard and the Maui Police Department, with the HIANG selling only eight more t-shirts than Maui Police Department.

In addition to raising money, HIANG Airmen also participated in the actual Torch Run, which started at Fort DeRussy and ended at the University of Hawai'i's Les Murakami Stadium.

Due to their second place finish in the t-shirt sales, the HIANG Airmen were near the front of the pack, running into Les Murakami Stadium.

The funds raised through the run will be used to raise awareness of the Special Olympics program.

Security Forces takes the torch to the desert

The first ever First Hawaiian Bank Troy Barboza Law Enforcement Torch Run, was held at Sather Air Base, Baghdad May 29 at 6:00 a.m. The run, a 5K, was hosted by the 154th Security Forces Squadron



courtesy photo

Tech. Sgt. Lemuel Palakiko, Tech. Sgt. William Dixon and Tech. Sgt. Cory Hasegawa keep a pace during Sather Air Base's first ever 2009 Troy Barboza Torch Run.



courtesy photo

Members of the Hawaii Air National Guard's 154th Wing Security Forces proudly sport a 2009 Troy Barboza Torch Run banner after running in Sather Air Base's first ever Troy Barboza Torch Run. The run was hosted by deployed members of the 154th Security Forces May 29.

Car wash raises money to send care packages

by Staff Sgt. Ryan Yung, 154 FM

I cannot thank the car wash volunteers enough for all that they did to make this car wash a success. To be honest, a week before the car wash I was panicking because I had so few volunteers. I started out with 20 volunteers one week prior and ended up with 84 volunteers that day! Besides raising more than \$1,900 on the day of the car wash, May 23, we also raised over \$850 from pre-sold tickets.

I lost count of how many cars came through but it was a constant flow from start to finish. It took a lot of muscle to wash, rinse, and dry those cars.

The volunteers were the stars of the day, especially the Youth Challenge cadets, they came to the rescue. AMAZING is the only way I can describe them. Over the years I have been doing this, I have never seen a group so motivated, hard working, and cohesive. It was truly an impressive display of teamwork.



courtesy photo

Tech. Sgt. Jackie Roque and daughter, Ciera, advertise for the HIANG carwash May 23, at Hickam Air Force Base.

The day of the car wash was a huge success but in order to get there, a lot of preliminary work had to be done. It took almost five months to plan and coordinate an event that only lasted for 8 hours.

I want to give a special THANKS to the First Sergeants Council, MXS MWR Committee, and the Unit POCs. The car wash would not have happened if it were not for you folks; you got the word out, the supplies, and the funds to make it happen.

We are not done yet! The next phase for this project is to get donations from vendors and pack boxes in July/Aug. If you have time in July/Aug, please come out and help pack boxes.

AWESOME JOB!!! THANK YOU!!!



courtesy photo

Youth Challenge Cadets perform for the car wash volunteers, May 23, at the Hickam Air Force Base Commissary. The Youth Challenge Academy cadets, saved the day, when they showed up with Staff Sgt. Alike Kaahanui, Youth Challenge instructor, to volunteer their services and help wash cars. The carwash raised over \$2,500 to be used to make and send care packages to deployed members during the Air Expeditionary Forces 9/10 cycle.

292nd shows up for Maui Torch Run

Members of the 292nd Combat Communications Squadron participated in the Troy Barboza Torch Run on Maui sponsored by the Maui Police Department and in support of the Maui Special Olympics. The 3-mile run was held May 2, and started at the First Hawaiian Bank in Kahului and finished at Keopuolani Park in Wailuku. The 292nd was the largest group, participating with 59 runners.



Not your average deployment

by Capt. Tony Montes, 154 LRS

Part 1: Unique AEF Tasking

One of the first things I was told by my recruiter when I first enlisted into the Active Duty was, "Don't ever volunteer for anything and you'll be fine!"

Those words have always been in the back of my head since, but when the LRS was tasked for an LRO to fill an AEF deployment spot this cycle, I didn't listen.

Figuring it was an opportunity to get some good training, I volunteered to go. I was surprised when Capt. Casey Dierickx informed me that since I was volunteering to go, I could fill out a "dream sheet" of locations to choose from.

"Wow, that's pretty cool," I thought! I still assumed I would be going to Iraq or Afghanistan, but maybe now I could get a cooler job in one of those spots.

When he showed me the list, sure enough there were dozens and dozens of jobs in OEF and OIF. As I poured through the endless list of codes, I suddenly noticed a few codes that were totally different.

It turned out that there were a few

unique opportunities that weren't in the desert at all. I was shocked to find out that there were "deployments" to Germany, Belgium, Florida, North Carolina, and Honduras available! I didn't have enough rank for Germany or Belgium, but the others were available.

Honduras? Central America? Six months in Latin America and not sucking sand??? I remember telling Capt Dierickx, "You better not be messing with me!"

Well he wasn't! It turned out that I happened to be the first to volunteer (maybe others got the same advice from their recruiters too!), and because of that fact I got my first pick of what I wanted. I had heard from friends and co-workers that Honduras was one of those secret jems of the Air Force, and I had always wanted an opportunity to learn Spanish, so Honduras was an easy pick for me!

Part 2: Getting Ready and Travel

Fellow Guardsmen, if I could share any lessons learned about getting ready for a deployment, it would be to get on it ASAP! There are a lot

of things to do, some with advanced deadlines, and the more time you give yourself the better!

I was put behind by a mix of a little ORI, my other job, and some old-fashioned procrastination. But I was able to get on track thanks to the great efforts of Master Sgts Robyn Montera and Keith Lee in Log Plans, and my UDM MSgt Rey Edralin. Not to mention the great folks in the MSF that helped get me out the door too.

But finally after getting all my paper work squared away and getting my gear packed, I was ready to go!

Flying from Honolulu to San Francisco is long enough, but add in a three hour lay over, another six plus hour leg to Miami, another lay over, and then two and half hours into Tegucigalpa, the capital of Honduras, would make for a long day! I reminded myself how long the trip to the Middle East must be and it instantly made it a lot easier to bare though. My hat's off to all those that make that trip!

Capt. Tony Montes, 154th LRS, recently volunteered to deploy to the Honduras. He will be submitting a number of entries as he makes his way through his deployment.

Relay for life

by Sandra Hoggan, HIANG, Maj (ret)

This year, hundreds of thousands of people will hear the words, "You have cancer," and there's a good chance that some of them will be people we know and love. We have all been touched by cancer in some way and we have the power to make a difference. Relay for Life brings people together to CELEBRATE the lives of those who have battled cancer, REMEMBER loved ones lost, and FIGHT BACK against a disease that takes too much. This fun-filled, overnight event empowers everyone to help fight cancer by raising money and awareness to support the American Cancer Society's lifesaving

mission.

I'm so thankful to be alive . . . it's because of the cancer research advancements I've been able to survive and thrive! This year I'm honored to be a Hero of Hope, "Once a hero, always a hero," states the American Cancer Society. It gave me a voice to reach out and share my story to inspire others to share their stories of HOPE.

HOPE . . . it's knowing that things are going to be better.

HOPE . . . it's what keeps us fighting; the moment we give up, we become hopeless.

HOPE . . . it's believing in faith and knowing God's love will prevail.

Thanks to your generosity our team raised over \$12,000 last year!

Please join us at Relay for Life Magic Island on July 11-12, 2009 from 7:00 p.m. until 7:00 a.m. Once again, we'll be fundraising with smoked turkey drumsticks, angel charms, and crystal cancer awareness ribbons.

I invite you to join me in the fight against cancer, let me know if you can support us at the event or if you'd like to make a donation, contact me at hoggansheroes@aol.com. You can make an online contribution at <http://main.acsevents.org/goto/hoggansheroes> if you wish. Any amount makes a difference and provides HOPE!

Collectively we make a huge impact on softening the blow, "You have cancer . . ."