

## Fate leads to a chance to save a life

by Tech. Sgt. Betty J. Squatrito-Martin

One never really knows where the road of life leads. Much is left to chance, to fate, to God, or to whatever guides a person's belief system. Many people say things happen for a reason, and it is up to each individual to figure out why obstacles are placed in his or her way, or why he or she always hits three cherries when visiting Las Vegas. Some people believe individuals end up where they are supposed to be. Such was the case for Staff Sgt. Travis Turbeville, 154th Munitions shop, one lazy seemingly uneventful day while shopping at the Navy Exchange.

"One day, I was over at the Navy Exchange and they had people from the National Marrow Donation Program there, and they were doing cheek swabs, said Staff Sgt. Turbeville. "I was walking by and,

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photo by Tech. Sgt. Betty J. Squatrito-Martin

(L) Staff Sgt. Travis Turbeville, 154th Munitions shop assists Senior Airman Jeff Cabal, munitions journeyman, on 7-level training during September drill. Staff Sgt. Turbeville will be going to Georgetown University in Washington D.C., to participate in a peripheral blood stem cell donation in an effort to save a life.

## HIANG dominates Wounded Warrior Canoe Regatta

by Randy Dela Cruz

Whether it's been volleyball or softball, the Hawaii Air National Guard has been a dominating presence in intramural sports at Hickam this year.

Now the HIANG seems to have extended its supremacy in athletics to the sea after the command swept three titles in the All Forces 2010 Hawaii Wounded WARRIOR Canoe Regatta that was hosted by Morale, Welfare and Recreation at Rainbow Bay Marian Canoe Hale at Joint Base Pearl Harbor-Hickam on Sept. 6.

In the top three events that were open to all branches of the military, the HIANG garnered first

place trophies in the active duty women's division with a time of 3:10.25, active duty men's division (2:10.32), and active duty mixed crew division (2:36.37).

One final award went to the Warrior of the Sea, a crew from the Warriors Transition Battalion at Schofield, who placed first in the active duty Wounded Warrior division with a time of 2:36.37.

"We didn't expect to win. We had only six days of practice and had a handful of experienced paddlers," said Staff Sgt. Brian Arzadon, who served as team captain for the HIANG. "Last year we brought 11

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## Commander's Call: *Citizen soldiers: impressive*

by Brig. Gen. Joseph K. Kim, Commander 154 WG

Aloha!  
I know you've already had a chance to reflect back to that pivotal day,

Sept 11, 2001, the day which forever changed our lives. For our generation, 9/11 will be a defining day of shared memories, which will forever be etched into how we define our service to state and nation. Much to the disappointment of our enemies, you, the citizen-soldiers have been impressive, from being the first responders at the World Trade Center, to the countless Noble Eagle missions, and numerous deployments in the Global War on Terrorism. On behalf of your National Guard leaders, I humbly thank you and your families for your service and sacrifice.

After many years, the Yellow Ribbon Integration Program is in full swing. For those not familiar-

with the program, the Yellow Ribbon literature states: The Yellow Ribbon Reintegration Program consists of informational events and activities for the members of the reserve component of the Armed Forces, their families, and community members to facilitate access to services supporting their health and well-being through the phases of the deployment cycle: Pre-Deployment, Deployment, Demobilization, and Post-Deployment/Reconstitution. Whether it's your first or fifth deployment, the consultants are providing valuable information and access to programs for our members and families.

It's a wonderful weekend in another way as two of our Group Commanders will pin on their eagles! Stan Sato, 154th Medi-

cal Group Commander and Steve Su'a-filo, 154th Operations Group Commander, are having pinning ceremonies this weekend. Please join me in congratulating two very deserving leaders.

Our coming year will bring more fiscal challenges, and more opportunities for success. Please continue finding ways to continually improve upon the way in which we carry out our missions. Please pass along my heartfelt gratitude to your families and loved one for their undying support.



photo by Tech. Sgt. Betty J. Squatrito-Martin

Brig. Gen. Joseph K. Kim, 154th Wing commander, briefs Airmen at a Yellow Ribbon reintegration event Sept. 11, at the Waikiki Marriot Beach Hotel Resort and



photo by Tech. Sgt. Betty J. Squatrito-Martin

Col. Randall Tom, Command Chief Master Sgt. Robert K. Lee III, Brig. Gen Joseph K. Kim, and Command Chief Master Sgt. Willie Rafael attend the Yellow Ribbon Reintegration event Sept. 11, at the Waikiki Marriot Beach Spa and Resort.

### Kuka'ilimoku

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# Support organizations that support you

by Command Chief Master Sgt. Willie Rafael, 154 WG



Fellow Airmen, as a first time attendee at this year's Enlisted Association of the National Guard of the United States conference, I realized the importance of membership in such an organization that represents the quality of life issues of the Soldiers and Airmen of the National Guard. Membership plays a crucial part in the passage of resolutions. It also plays

a major role in moving a resolution.

Hawaii National Guard Enlisted Association, which represents solely the interests of the Soldiers and Airmen of the Hawaii National Guard, is a member of the EANGUS and was well represented by both Soldiers and Airmen of the Hawaii National Guard at the conference.

I'm sure I don't have to preach to the choir about the benefits that HNGEA, in partnership with other professional organizations such as National Guard Association of the United States, the Air Force Sergeants Association, and the Air Force Association, but let me just highlight a few of them.

Some of us still remember the "pink" commissary card, which limited us to 24 commissary visits per year. We hoped that the cashier didn't stamp or initial the block when we checked out. Now we enjoy unlimited BX and commissary privileges. We also enjoy the annual Vehicle Weight Tax Exemption that some of us with huge heavy vehicles really love. Scholarships for family members are available through these professional organization, and don't forget the \$5800 earned income tax exemption, courtesy of HNGEA.

Here's the bad news; professional organization's membership is at an all time low. Low membership equates to low delegation representation, where it

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2010 HNGEA  
Annual General Membership Meeting  
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POC: CMSgt Ethan Toyama, President [ethan.toyama@hihick.ang.af.mil](mailto:ethan.toyama@hihick.ang.af.mil)

HIANG spouses and Family Assoc.

# Reading is the key to success

*by Carolyn C.P. Alameida, spouse Lt. Col. Earl Alameida,  
203 AR, commander and  
Nationally Certified Middle School Teacher*

It's back-to-school time and time to refocus on your child's school work. A major part of that school work includes reading.

Reading is a subject that students seem to take pleasure in or dislike, yet reading is the key to success as it will help your child do well in all disciplines.

However, regardless of whether your child likes reading right off the bat or not, understanding reading strategies to aid your child in reading comprehension is critical.

The first notion to understand about reading is that it is an active not passive activity. A child needs to be engaged with the text. If engagement does not occur, she is merely reading words upon a page and comprehension will be lacking.

The big question then is, "How do you get your child engaged"? To begin, you want your child to take notes of some kind, yet not so many notes that they detract from the reading itself. I have my students use Post-its to annotate as they read. They merely stick the Post-it on the page and include their response to the given selection. As they read I have them interact with the text in a variety of ways to include:

- Inferring-
- Questioning
- Visualizing
- Determining Important and Main Ideas
- Making Connections
- Author's Craft
- Synthesizing

Each of these methods/strategies allows the child to have a "conversation" with the text. She is not only reading but thinking about what is being read too. As your child reads, have her use Post-its on any page that inspires one of these strategies.

Inferring would bring forth responses such as, "This makes me think that... or these clues are telling me that.... or I can conclude that." Asking questions may sound like, "I wonder if...why is ..., or what would happen if...?"

Visualizing allows the child to use her senses to see what is going on in the story. She may write on the Post- it, "I can see...or this scene allows me to feel/smell/hear that..."

Determining important and main ideas is another key strategy as this is why the writer is writing. Your child might note on the Post-it, "This stands out to me because..., the author is trying to tell me....or this is important because..."

Making connections to the text would sound like, "This reminds me of when..., or I have been to..., or this is what we were discussing in..." Making these critical connections to one's own experience and knowledge makes the text come alive!

Author's craft is noting techniques the author may employ in her writing. Your child may note similes or metaphors

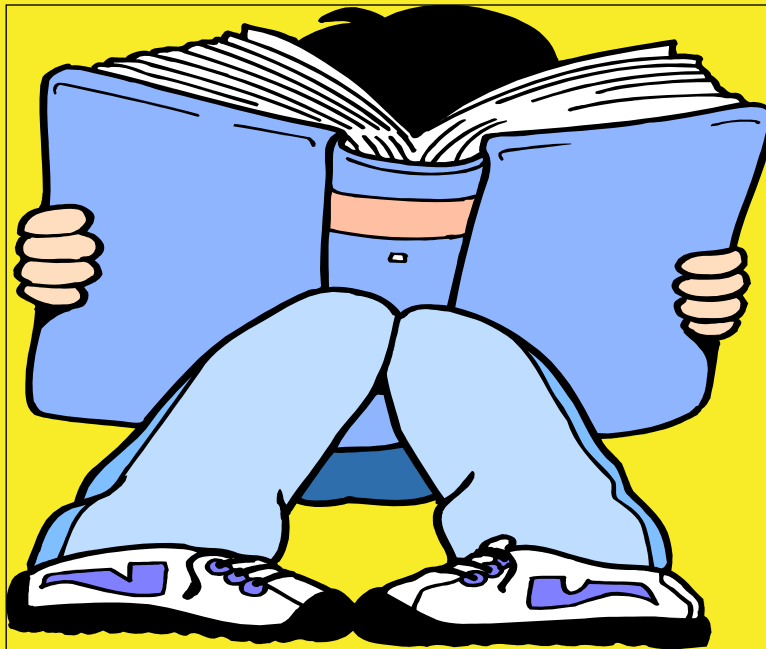
being used, sentence structure, or cool and interesting vocabulary words.

I especially focus on vocabulary because a heightened vocabulary allows for precision in writing and speaking.

At times, as students read, they may skip over unfamiliar words and still grasp the meaning, but noting the words and looking the meaning up later will aid in vocabulary development.

Finally, your child can use synthesizing to combine what he she knows with the new knowledge and note such ideas as, "Since I know this is true now I can tell..., or if that is so, then ..., or now I am considering...."

By using these strategies, your child will actively engage with the text and increase reading comprehension.



## Regatta

teams, but half of those guys are on deployment, so they couldn't make it. This year we just got whoever we could grab."

Still, those factors didn't seem to make a difference as the HIANG not only won three divisions, but also had several other canoes finish in the top four.

In the active duty men's division, the HIANG came in second and third, while placing second and fourth in the active duty mixed crew division.

Naval Facilities Engineering Command finished the active duty men's race in fourth (2:18.61), and Pacific Air Forces ended its run in the in the mixed crew division in third (2:51.71)

Meanwhile, in the women's race, the na wahine of HIANG kept up with their male counterparts by beating the Hickam Misfits with more than 24 seconds to spare.

Staff Sgt. Pua Jumawid, who paddled on both the HIANG's women's and mixed crew title squads, said that although the women had a few obstacles to overcome, the team persevered to come out on top.

"In our boat, there were two girls who never paddled before," Jumawid said. "Then we had a false start. We were halfway through the race before they told



*courtesy photo*

*HIANG paddlers who took part in the Wounded Warrior Canoe Regatta Sept. 6.*

us to turn around. That made us feel like 'oh my,' because the wind was so strong. But we didn't let that stop us. We just kept at it hard and strong."

While each team gave 100 percent once the starting horn sounded, Arzadon said that no one at the regatta forgot about the main reason why the races were being held.

He said that events such as the regatta are a great way to acknowledge and thank those who have encountered debilitating sacrifices while serving their country in battle. "They are the ones who stuck their necks out for us," Arzadon said. "For us to do these kinds of things is for a good cause and good people."

Staff Sgt. Peter Go, who is at-

tached to the Wounded Warriors Battalion at Schofield Barracks, said that he understands firsthand about the importance of the Wounded Warrior program.

Go, an infantry medic, was treated for duress while dealing with the loss of two fellow Soldiers who were killed in combat. He now serves in the program by helping others work through their war-related traumas.

"At first I refused, but then I realized later that it was good for me," said Go, who was one of the paddlers on the Warrior of the Sea. This (program) has a very important place in the military-especially for those who are still soldiering.

## chief

counts, to lobby with our law makers in Washington D.C.

Our very own HNGEA, which solely represents the interests of our Airmen, is suffering from low membership as well. Our quality of life benefits that we enjoy now may face the chopping block in the future. We all know that members and non-members alike reap the benefits from the initiatives of our professional organization.

Your membership is needed in order to continue our existing benefits and to make our quality of life even better in the future.

Membership is a wise investment and cheap. For

example, you can get an annual membership in the HNGEA for a price of two Starbucks coffees. You can't beat that!

It's no secret that our military is constantly looking for efficiencies and ways to cut down on budget and expenses. Historically, the easiest way to cut cost was to eliminate benefits.

We need all the quality of life benefits now and into our retirement years. I encourage everyone to join a professional organization.

As outlined in AFI36-2816, Enlisted Force Structure, it is our responsibility to join professional organizations. Thank you for your continued service to our country.



## News Briefs

### Scholarship winners

The following are recipients of the 2010 Hawaii National Guard Enlisted Association Scholarship: Staff Sgt. Mayson Asano, 154 MXS; Phaedra Lairsey, spouse of Senior Airman Jakob Lairsey, 154 LRS; Hailey Hema, daughter of Senior Master Sgt. Gary Hema, 154th MXS. The objective of the HNGEA Scholarship program is to encourage higher education by providing financial assistance and to enhance recruitment to HNGEA

### Sept. promotions

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

154 CF Medeiros, Sarah K.

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

154 AMXS Cardenas, Johnathan M.  
 154 MXS Chikazawa, Donovan T.  
 154 MXS Park, Peter NMI  
 154 MXS Soon III, Richard L.  
 154 AMXS Souza, Payton K.  
 169 ACWS Spear, James A.  
 154 MSG Wier, Garrett T

#### 154 WG Drill Dates

**Oct. 2-3, 2010**

**IRRE Oct. 20-21**

### Promotion



photo by Tech. Sgt. Betty J. Squatrito-Martin

*Brig. Gen. Joseph K. Kim, 154th Wing commander, along with Cookie Su'a-filo, pin colonel on to Colonel Stephen Su'a-filo, 154 OG commander, during a promotion ceremony, Sept. 12.*



photo by Tech. Sgt. Betty J. Squatrito-Martin

*Brig. Gen. Joseph K. Kim and Col. Stan Sato's mother pin colonel birds on Colonel Stan Sato, 154 MDG commander, during promotion ceremony Sept. 11.*

## HAWAII AIR NATIONAL GUARD UNDERGRADUATE PILOT TRAINING CAREER FAIR

FOR HIANG MEMBERS AND  
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 THE RECRUITING OFFICE AT 488-1038 OR  
 MSGT YOSHIMOTO AT 216-6338



### WORSHIP SERVICES

#### Non-Denominational Service

10 a.m., UTA Sundays, C-17  
 Combined Maintenance Complex,  
 Bldg 2133 main break room.

#### Protestant Services

Traditional Style Service 8:30 a.m. Sun  
 days Nelles Chapel  
 Gospel Style Service 10:30 a.m. Sun  
 days, Nelles Chapel

Contemporary Style 8:30 a.m. Sundays,  
 Chapel Center

#### Catholic Services:

5:00 p.m., Saturdays, Nelles Chapel  
 10:30 a.m., Sundays, Chapel Center

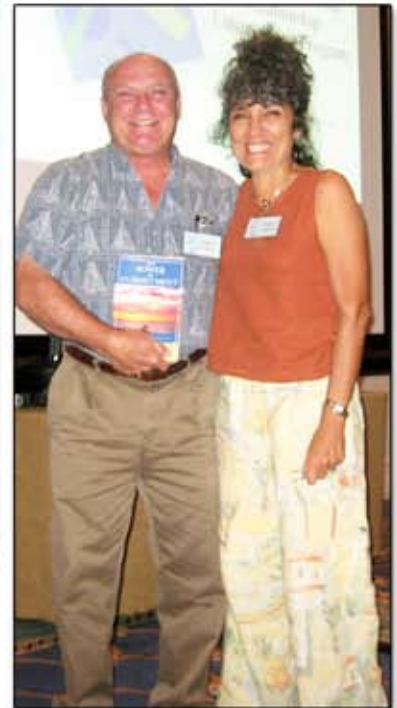
#### Jewish Services:

7:30 p.m., Fridays, 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.





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## TURBEVILLE

basically, they flagged me down, and I wound up doing a cheek swab that day," he added.

If one believes in fate, Staff Sgt. Turbeville was where he was supposed to be that day and at that time as his trip to the NEX and that seemingly innocent cheek swab has turned into the possibility of saving a life. Due to happenstance, Staff Sgt. Travis Turbeville is flying to Washington D.C. to make a peripheral blood stem cell donation in an effort to help save a life.

According to NMDP, the same type of blood-forming cells that are found in bone marrow can also be found in the circulating or peripheral blood. In order to get enough blood-forming cells for a transplant, the cells must be moved from the bone marrow to the bloodstream. NMDP states that one proven way to move stem cells from the bone marrow into the bloodstream is through injections of filgrastim. As a result, Sergeant Turbeville will undergo a series of filgrastim injections for the first five days of his journey. Following the fifth injection, he will donate the blood cells. According to NMDP, the donation could take up to eight hours.

Little did Sergeant Turbeville know that his cheek swab would lead to this donation.

According to Sergeant Turbeville, when he was

initially giving the cheek swab, it wasn't about donating bone marrow. "Well, I'll do a cheek swab and I'll get into the registry or whatever, and if they call me, they call me, said Sergeant Turbeville. You don't really expect them to call you," he added.

The call did not come over night. In fact, the call didn't come for about one year; but, the call did come. When the call came, Sergeant Turbeville was told he was a potential match. Eventually, the NMDP folks found a perfect match and Sergeant Turbeville went back to waiting. Then, about two months ago, the phone rang again. This time, after going thorough a series of tests over the course of two weeks, he was found to be a perfect match.

"When they called me, and I turned out be an actual match, I was rather surprised by that," said Sergeant Turbeville. "You figure that it's not going to be your turn," he added.

"I turned out to be a match, and at that point, how can you really turn that down," he added. "I looked at it as a golden opportunity to help another individual; if it inflicts some pain on me to help somebody else out, I'm fine with that," said Sergeant Turbeville.

One uneventful day Staff Sgt. Turbeville took a trip to the NEX, took an uneventful cheek swab, and by some twist of fate, now has a chance to help save a life. Perhaps, people do end up where they are supposed to be.

## Inspiring women to speak at conference

by Tech. Sgt. Betty J. Squatrito-Martin

Women from all over the world are scheduled to speak at the Hawaii 2010 International Women's Conference Sept. 21, at the Sheraton Waikiki Hotel and Resort.

The conference is a great opportunity to hear from very successful women leaders, said Brig. Gen. Ann Greenlee, Assistant Adjutant General, Hawaii Air National Guard.

The women will speak about their role in helping improve people's lives. Each has a unique story of triumph and courage on the road to success.

Governor Linda Lingle will give the opening remarks.

The guest speaker list includes: Madam Li Xiaolin, China, Vice-Chair of the Chinese People's Association for Friendship with Foreign Countries; Jin Kyu Robertson, Korea and United States; Pacita Juan, Philippines; MacDella Cooper, Liberia; Her Excellency Dr. Ing Kantha Phavi, Cambodia H.E.; Sister Rosemary, Uganda; Rhonda Begos, USA; and Dr. Connie Mariano, United States.

For more information and to register Online go to [www.hawaiiwomensconference.com](http://www.hawaiiwomensconference.com).

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- Looking for Carpenters, electricians, attorneys, dentist, musicians, auto detailing, insurance.....
- HNGA is establishing its own yellow pages strictly for soldiers, airman, retirees of the national guard, and immediate family members.
- The intent is for guard members to shop for goods and services within our own Guard Community as well as helping one another out.
- If interested in joining, please provide the following information for your website add:
  - Specialty (i.e., Auto Detailing, Musician, Attorney, etc)
  - Name /Name of business
  - Unit of Assignment
  - POC Information (how do you want people to contact you, website, e-mail, phone number, etc)
  - Description (short summary of business)
- Send your information to: [william.r.spray@us.army.mil](mailto:william.r.spray@us.army.mil)  
POC is Rusty Spray, HNGA VP



photos by Tech. Sgt. Betty J. Squatrito-Martin

(Top) The 154th Force Support Squadron renders first salute to their new commander, Maj. Sharnell Valeho during Assumption of Command Ceremony, and (Right) Maj. Valeho accepts the squadron flag as she assumes command of the Force Support Squadron during the Assumption of Command ceremony, Sept. 12.





## 16<sup>TH</sup> ANNUAL JOINT SPOUSES' CONFERENCE

23 OCTOBER 2010 ~ 0730-1730

**MARINE CORPS BASE HAWAII**  
Kaneohe Bay

*Join fellow military spouses\* from all services for an interactive day of fun, education, and networking!*

**Keynote Speaker ~ Susan Page**  
*Military Spouse, Writer, Entrepreneur*

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O-4 & UP: \$39

*Delicious meals included, and complimentary, limited childcare reservations available for spouses of the deployed. Please visit the JSC website for further information!*

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*\*Open to spouses of service members in all ranks and services, as well as spouses of military retirees and international military exchange officers.*



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