

HIANG soars into the future, says good-bye to old friend

by Tech. Sgt. Michelle Thomas

JOINT BASE PEARL HARBOR-HICKAM, HI.—The 154th Wing's transition operations is at full throttle with several changes to facilities and training to meet new standards given the difference in war-fighting capabilities.

Nearly three months after the Hawaii Air National Guard welcomed the first of its new inventory of F-22 Raptors, construction has started on new facilities and pilots have begun transitioning into their new role as Raptor drivers.

"Things are going very well with the F-22 transition here at Hickam. The Total Force Integration (TFI) with the Hawaii Air National Guard and the Active Duty is working out very well," said Lt. Col. James Sage, HIANG fighter pilot and action officer for the conversion.

The transition marks the first time an ANG fighter wing is the lead flying squadron with F-22s. Seventy-five percent of the manning will be the 154th Wing with the other 25 percent being covered by active duty personnel.

"There are many people involved with this transition now and they are making a positive impact every day. We are currently utilizing workarounds until our permanent facilities are constructed. It is very important that our F-22 facilities construction stays on schedule," noted Sage.

The F-22 Raptors replaced the



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

F-22 Raptor crew chief awaits the arrival of the first F-22 Raptor belonging to the Hawaii Air National Guard and Active Duty as part of the associate unit with the 199th and 19th Fighter Squadrons based on Joint Base-Pearl Harbor Hickam during the F-22 Arrival Ceremony, July 9.

F-15 Eagles that the 199th Fighter Squadron had flown since 1987. The F-22 is designed to counter lethal threats posed by advanced surface-to-air missile systems and next-generation fighters equipped with launch-and-leave missile capability. The F-22 provides the U.S. Air Force air dominance for the 21st century, with a "first-look, first-shot, first-kill" capability.

One of the facility changes that marks a specific modification from the F-15 requirements is the Low Observable Composite Repair Facility (LOCRS). Low observable is the

process of a coating stack being applied on an F-22 that makes it invisible to radar allowing the aircraft to remain undetected.

The advances in LO technologies provide significantly improved survivability and lethality against air-to-air and surface-to-air threats. State-of-the-art equipment and facilities are needed for the application of the complex system of paints and coatings necessary to meet the F-22's stringent radar cross section requirements.

See F-22 Raptor page 9



Commander's Call: *The changes keep on coming*

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

Aloha! Welcome to a new fiscal year. We are in the midst of significant changes, both internal and external to our Wing.

Internally, we are beginning our new age as a Total Force Integration Wing, as we lead two partnerships, the F-22 199th/19th Fighter Squadron and the expanded KC-135 203rd /96th Air Refueling Squadron. These two efforts will stand up alongside the already mature C-17 535th/204th Airlift Squadron Classic Association.

Externally, change is upon us on many levels. First, we are joined with our Navy and Air Force brethren as Joint Base Pearl Harbor Hickam. Although our manning is not affected, how we work with outside agencies will fundamentally change as the Navy takes the reins as the supporting command.

Our state Commander-in-Chief, Governor Lingle, is at term limit and in January, we will have an entirely new Administration as we bid a fond and heartfelt farewell to the Governor and our Adjutant General, Maj. Gen. Bob Lee.

We undertake all of these changes in an uncertain

economic climate that demands we be more prudent and more economical than ever in history. It is our duty not to cut corners, which may jeopardize safe, responsible operations. Each and every one of you in our superb wing is empowered to prevent mishaps and unsafe and improper practices.

Finally, mahalo to our Hawaii Air National Guard Spouse's Association, who sponsored a very successful Bake Sale along with the 2010 College and Vendor Fair Oct. 2. This well received event was informative and raised hundreds of dollars toward the fledging 154th Wing Emergency Relief Fund. Mahalo to the sponsors and vendors as well.

Remember the Combined Federal Campaign begins this week. Please keep those in need in your hearts as we navigate these tough economical times.

Mark your calanders for Dec. 5 as we have two very special events planned. The day will begin with a Hometown Heroes Salute, followed by an all HI-ANG Family Day. Watch for more details as we get closer to the date. Also, I look forward to seeing Headquarter's personnel at family fun day in Mililani, Oct. 10.

As always thank you for the tremendous job you do for the HIANG, the state and the nation.

It's Official.

Hickam Air Force Base is now officially Joint Base Peral Harbor-Hickam.



photo by Master Sgt. Kristen Stanley

Kuka'ilimoku

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All photos are United States Air Force photos unless otherwise noted.

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Security: It's everyone's responsibility

by Command Chief Master Sgt.
Willie Rafael, 154 WG



Transition to the F-22 is alive and well as evidenced by the number of construction projects, the number of pieces of equipment, and the number of personnel moving all over the fighter ramp.

Since the arrival of the F-22, there has been an increase in static display requests from both local interest groups and other government agencies. No opportunity for export currently exists for the F-22 Raptor because the export sale of the F-22

Raptor is barred by American Federal Law; as a result, the only way armed forces from foreign countries get to view this awesome fighter is up close.

Consequently, with the most advanced fighter in the world on our ramp, we must provide security and protection at the highest level at all times. You might have noticed that all access to the fighter ramp is now controlled and only authorized personnel are allowed unescorted entry, everyone else must have an escort at all times. The wear of access badge within the confines of the compound is now mandatory. There's a visible security force presence on the flight line 24/7 365 days a year and surveillance cameras are abundant throughout the area. However, even with all these precautionary measures in place, security is still being compromised.

Security and protection of our air-

craft and personnel are everyone's responsibility. We must remind one another to stay vigilant and report all suspicious activities and unauthorized entry as soon as possible. Safeguard access codes to prevent being compromised.

Challenge everyone that does not display proper credentials within our areas. And when being challenged, cooperate and explain the situation as to why you don't have an access badge.

As we ramp up our fleet in the coming months, always keep in mind that the security and protection of our aircraft and personnel are paramount. For further questions concerning security and protection of assets, please contact your security manager or our Security Forces Squadron. Thank you for what you do for our great organization, and what you do for our great country.

HIANG Spouses and Family Assc.

Get your financial questions answered

by Mindy Okahara, spouse Col. Ryan Okahara, 154 WG MSG/CC

Money is something everyone thinks about. Whether spending money on items for the present such as meals, rent and childcare, or spending money on something for the future such as a wedding, buying a house or retirement, all of us think about money, or more specifically our limited budget and/or lack of money on a regular basis.

Worrying about our finances at one time or another is something most of us go through. We often get caught wondering if we are spending our money wisely. Sometimes it's even a struggle to get through the monthly bills with the ever rising cost of inflation. Even though we often desperately need help and advice, sharing our financial woes with others is difficult and very personal. Seeking help through a Personal Financial Counselor is one way to get the needed assistance while keeping things confidential.

But doesn't advice from a financial counselor cost a lot of money?

Well, not as a member or spouse of the Hawaii Na-

tional Guard! Through the National Guard's Military Family Life Consultant Program, a service of the Joint Family Support Assistance Program, meeting with a PFC is a free, confidential service for individuals and families. Meeting with a PFC can help resolve or avoid financial problems and help us plan for long-term goals.

Whether you need help with credit card management, understanding your mortgage to prevent foreclosures, or investments and retirement planning, a PFC can help. Reaching out and asking for help is the first step.

Your local PFC is Marti Henrickson, CFP, CFS. She can be reached at 808-542-9892 or JFSAPFinancialCounselor@gmail.com. She will meet with you anywhere except your home and will work around your schedule to include meeting on weekends or evenings.

I met with her and she is energetic and completely committed to financial education and helping you



see **FINANCE** page 5

Tips for preparing and passing the new Air Force fitness test

by Lt. Col. Duke M. Ota, Jr.

I feel a calling to write this article to help prepare our Ohana for the new Air Force fitness test. I am scheduled to take my fitness test Oct. 3. For my age (47 years old), I need 44 push ups/55 sit-ups/and 9 minutes and 45 seconds on a mile and one-half to



get a 100 percent score. Don't sell yourself short by not pushing for the best score that you potentially can reach. Remember our Air Force core value: Excellence In All We Do.

I'd like to share how I have prepared myself to pass this test. The first thing to realize is the Air Force is testing your physical fitness. We know we need to be physically fit to fight, do our Air Force job, and win. More importantly, we all have only one body, and we cannot exchange what we've been given; therefore, it is crucial that you take care of it.

A fit lifestyle will add to the ease for preparing yourself for success. Eating a well balanced diet and exercising on a regular basis is key.

I will share my fitness lifestyle and preparation. It is my hope that you adopt one of my tips and apply it to your lifestyle and preparation.

Ten months out of the year, I maintain my fitness level to about 70-80 percent of my fitness potential. Each year, I spend about 8-10 weeks ramping up for the fitness test and/or my track and field competitions. It takes at least that amount of time to earn that extra 20 percent performance level. When I am not preparing for the fitness test, I run two to three times a week and weight train twice a week. Intensity level is about 70 percent during these workouts.

As we get older and our physical activity is reduced, our muscles become weaker and our tendons contract tighter. That's where weight training allows you to maintain muscle strength to do just about any physical activity you want to do. Daily stretching is very important as it helps keep those muscles and tendons loose. This adds to your quality of life. Many of us have young children and want to keep ourselves fit to spend quality time with them.

My schedule is to run on Monday, Wednesday, Friday, and weight train on Tuesday and Thursdays. My weight training objective is mainly focused on strength, not body building. All of my workouts are 30-40 minutes a day whether running or lifting. Why so short? That's all the time I have with doing my job and raising five boys. And don't forget PME. Do I miss workouts occasionally? Absolutely. I am human.

Monday – Run (Interval Training)

Tuesday – Weights (Chest/Back/Arms)

Wednesday – Run (3 to 4 miles)

Thursday – Weights (Legs/Shoulders)

Friday – Run (Interval Training)



courtesy photos

Saturday/Sunday – Rest Day/Weekend Activities with the Family. (Weekends are for family time and relaxation)

I select from one of my five interval training workouts:

1. 8 x 100 meters with 30 seconds to one minute

see **PREPARATION** page 5

preparation

rest

2. 8 x 200 meters with 30 seconds to 2 minutes

rest

3. 6 x 400 meters with 1 – 2 minutes rest
4. 3 x 800 meters with 2 – 3 minutes rest
5. 6 x hills 50 to 200 meters long

The only difference in the final ten weeks of preparation is my level of intensity. I'll push harder on my intervals, and I will lift heavier and harder on my repetitions (10-20 percent harder than normal).

Push ups and Sit ups: In my ten weeks of training leading up to the fitness test, I start to do push ups and sit ups daily Monday thru Friday. My goal is to do 75 to 100 total repetitions, one to three sets until I hit this total number. It might start out with 30, 30, 30, etc.; but, by the fifth week, you should be hitting 40 to 50 repetitions on the first set. My goal has always been to hit 60 repetitions on the first set. This is the point, when I feel I am ready to take the fitness test.

Some key tips in peaking your performance prior to your Fitness Test.

1. Know your goal prior to taking your test. You should know what your minimum and maximums are for your age. Make sure you go five to ten repetitions past your goal because some of your repetitions may not be counted due to a technical flaw. And sometimes, they notify you after the time has already expired.

2. Cut your workouts in half 10 days prior to test day, but maintain intensity. This will prevent injury and allow your body to start some healing.

3. Stop all weight training 10 days prior to test day. This will allow your muscles and tendons to start healing and get to 100 percent. It will also al-

low your muscles/legs to start retrieving some spring back in them.

4. Nutrition and weight loss is critical in your final ten weeks of preparation as your goal will be to have as little extra weight on your body as possible. You run faster when you are lighter. Basically, I try to cut out all sugar and fat from my diet.

5. Eat at least 1.5 to 2 hours prior to your test. Do not eat a heavy breakfast that morning. It will affect your waist measurement.

6. A very important tip for your run and one that could take 30 seconds off your time. Buy yourself a pair of cross country racing shoes from any of the specialty running stores. I recently purchased a pair, and I paid \$54 for them. These shoes are designed for 1.5 to 3.0 mile races. They weigh five to six ounces (light as a feather). Your normal running shoes weigh about 13 to 20 ounces. You will run faster with five ounces on your feet, and you will conserve more energy for a better performance. Most athletes say equipment is everything. Most places give a 10 percent military discount or a 20 percent discount if you belong to a running club. They retail from \$65 to \$100.

7. Two to three days out, rest completely. No running. It works for me.

8. Get a good night's sleep the night before the test.

9. If you don't pass the first time, it's not the end of the world. It just means you need more time in preparing your body. You can get there. Believe in yourself. I do.

I hope this article has given you some insight on preparing for your fitness test. A good score does not happen by accident. It happens by making a commitment and putting in the hard work.

Finance

plan your finances.

If your unit would like her to come and speak, she will gladly do a workshop and individual meetings around your schedule. Ask your commander to contact Marti Henrickson. She can cover any of these topics:

- Basic Money Management
- Debt and Credit Card Management
- Financial Planning
- Financial Readiness for deployment
- Home Buying
- Understanding Mortgages

Military Benefits

- Investments
- Retirement Planning
- Budgeting and developing a spending plan
- Consumer rights
- Roth IRAs, Traditional IRAs
- You work hard for the money you earn. Learn to value your money and to use it wisely.

The Hawaii National Guard Family Program offers a variety of services for you and your family. Family counseling, child and youth programs, transition assistance and survivor outreach are but a few of the services offered by HING Family Program..

Realizing the need for support for our guardsman, the newly formed Hawaii Air National Guard Spouse and Family Association's goal is to communicate with our families and to establish the Hawaii Air National Guard 154th Wing Emergency Relief Fund to provide financial support to families that may need assistance. For more information please look at their website, HIANGSAFA.com.

If you want to help others in need within the Hawaii Air National Guard, please become a member of the association and be connected to the Hawaii Air National Guard Family!

News Briefs

Meeting place

Hawaii Air National Guard members are encouraged to join the Hiang Family readiness Facebook page. Search: Hiang Familyreadiness.

For further information contact Lorna Souza by email: lorna.souza@hihick.ang.af.mil or call her at 808-448-7282.

Getting to know you

The Hawaii Air National Guard Spouse and Family Association in conjunction with Family Readiness will be holding a HIANG 101 workshop Nov. 6 from 1:30-3:30. This workshop is designed for spouses and families to learn more about the HIANG and the Spouse and Family Association.

Oct. promotions

Promoted to SMSgt. (E-8)

154 AMXS Timbreza, Ronalf F.

Promoted to MSgt. (E-7)

109 AOG Quong, Melissa R.
169 ACWS Kai, Gordon K.K.

Promoted to TSgt. (E-6)

154 MDG Pagaduan, Jerry D.

Promoted to SSgt. (E-5)

154 MXS Johnson, Chad K. I.
154 MXS Kobayashi, Jessie S.

Got Flu? ... **No Immunization**



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

Whether it be the Flu mist or the Flu shot, it's time for immunization. Members of the Hawaii Air National Guard began receiving their flu immunizations during October drill. The 154th Medical Group gave out 1,037 immunizations over the course of the drill weekend. Guardsmen who missed out in October should get their vaccinations in November.

154 WG Drill Dates

Oct. 2-3, 2010

IRRE Oct. 20-21

Nov. 6-7

Dec. 4-5

Commissary Sale

The Pearl Harbor Commissary is hosting an On-site Sale at the Army Reserve Center in Wailuku, on the island of Kauai, Oct. 15-17. National Guard and Reserve members, military retirees, active-duty military service members and dependents can take advantage of the commissary savings. Customers must present an appropriate Department of Defense ID card that authorizes commissary privileges in order to shop. Cash, checks, debit cards and credit cards are accepted for payment. The use of coupons is highly encouraged!

Location:

U.S. Army Reserve Center
1686 Kaahumanu Ave
Wailuku, Hawaii

Hours of Operation

Oct. 15th: 9 a.m. to 5 p.m.
Oct. 16th: 9 a.m. to 5 p.m.
Oct. 17th: 9 a.m. to 12 p.m.

HNGEA

2010 Annual General Membership Meeting
30 October 2010, 0900-1100 (Oahu Veterans Center)
(change in date!)

- Election Year (contact MSgt Howard Naone, Nominations Committee Chair, 381-7265 or email capt_howie@yahoo.com if you are interested as a candidate for President, Vice President-Air, Treasurer, or Secretary)
- EANGUS National Conference Report
- Vendor Booths
- Support your HNGEA!

Join now and become an **ACTIVE** member of the
Hawaii National Guard Enlisted Association!

www.hngea.net
www.EANGUS.org

CMSgt Ethan Toyama, President ethan.toyama@hihick.ang.af.mil

Reminders of the enormous cost of freedom

by Lt. Col. Robert K. Nagamine,
Chaplain, 154th Wing

Aloha from Guam! Surprisingly, I am back here again. Last year, I wrote about how valuable and strategic Guam is both today and in the past. Today, Guam is strategic because it is at the forefront, part of the tip of the spear in the Pacific Theatre, in the event that our military personnel and assets are needed to quickly respond to ensure regional stability.



photo by Airman 1st Class Courtney Witt

Forty Airmen represented Andersen during the 64th Annual Guam Liberation Day Parade July 21. This year's theme was *Sharing Love and Understanding for All*.

In the past, Guam was just as valuable. During World War II, 8,000 Marines laid down their lives to recapture Guam. To this day, the people of Guam still remember and appreciate what the 8,000 Marines did. They honor what they did by celebrating "Liberation Day" on July 21 every year. It is on that day that the whole island halts all of its regular activities to celebrate the day when the Marines started recapturing Guam to free its people.

The cost of freedom is indeed enormous with the cost and sacrifice of human lives. The inscription, "Freedom is not free," from the Korean War Veteran's Memorial in Washington D.C., always echoes through my mind when I think about "Liberation Day".

Notice the picture of this year's parade.

Seeing the parade first hand, made me think of how all of the uniform services are working together to fight for both our freedom and the freedom of other people around the world, in places like Iraq and Afghanistan.

As hot as it was during the parade, the various uniform services march anyway. Sometimes, we are called to do tasks even more uncomfortable than marching on a very hot day. We sometimes are called to do the inconvenient or even outright undesirable, but we do those things anyway. During those times, our core value, "service before self," always surfaces and helps us to win.

We need to always pray for our deployed troops and their families and friends back home. Sometimes only when we are deployed or work directly with/support our deployed troops, do we understand the some of sacrifices they are making. Already, in the few weeks that I have been here, I have already heard or seen some of those sacrifices.

Last Saturday, a group of us saw the movie *Valkyrie*.

It is based on a true story of an attempted assassination of Adolf Hitler. Those of us who saw it were reminded once again of how bad it could be without the freedoms we share.

I believe that we should be truly inspired, even with a deep sense of healthy pride and honor, when we think of our role in the history of our nation in serving to preserve and defend our nation's freedoms. Ultimately, though, we must thank God for His grace in allowing us to have the freedom and peace that we enjoy. For I believe, we couldn't have done it without Him.

WORSHIP SERVICES

Non-Denominational Service

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

Protestant

Traditional Style 8:30 a.m. Sundays,
Nelles Chapel

Gospel Style 10:30 a.m. Sundays,
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, Aloha Chapel
on Makalapa Road.

Buddhist, Muslim or other faith groups:

Drill weekend: Call the Wing Chaplain's office
448-7275

Other times: Call the Chapel Center 449-1754.

Newest CCAF graduates

by 154th Wing Training

Congratulations to the following individuals for meeting the graduation requirements to be awarded their Community College of the Air Force (CCAF) Associates Degree in Applied Sciences relative to their AFSC.

| | |
|------------------------|----------|
| SMSgt Patrick Kinerney | 169 ACWS |
| MSgt Christopher Ardo | 154 WG |
| MSgt Roxanne Bruhn | 154 MXG |
| MSgt Ferial Fel | 169 ACWS |
| TSgt Ivan Angeles | 154 SFS |
| TSgt Kyle Nishimura | 154 MXS |
| TSgt Derek Tang | 154 SFS |
| TSgt Serina Tapang | 154 WG |
| SSgt Mayson Asano | 154 MXS |
| SSgt David Decker | 293 CBCS |
| SSgt Evangeline Magno | 169 ACWS |
| SSgt Moses Randles | 154 SFS |
| SrA Chad Johnson | 154 MXS |
| SrA Colt Kaminska | 154 AMXS |
| SrA Chad Sills | 154 AMXS |
| SrA Malosi Toilolo | 169 ACW |

The CCAF serves the US Air Force, Air National Guard, Air Force Reserves and Department of Defense by helping enlisted personnel obtain an accredited Associate in Applied Science Degree in 67 different degree programs.

All new enlisted members are automatically registered in the degree program for which they are eligible during basic military training.

Upon returning from initial active duty training, members are urged to setup an appointment with a CCAF Advisor in the 154 Force Support Squadron/Force Development (Base Education and Training) office. The advisor will provide a comprehensive briefing detailing the program from start to finish.

If you haven't had a chance to meet with one of our CCAF Advisors, please call 448-7428 (weekdays) or 448-7429 (UTA weekends) for an appointment or visit the Air Force Virtual Education Center via the Air Force Portal.

We will be happy to help you achieve your educational goals.



JOIN US!



Joint Base Pearl Harbor-Hickam Combined Federal Campaign



Kick-Off



When:

07 October, 1000-1200

Where:

Ward Field, Pearl Harbor

Who:

Active Duty, Federal Civilian Employees

Come out and help support hundreds of charities and their Organizations. Get to know them and find out how you can help make someone's life a little better. Together we can make a Difference!



Charities and charity giveaways
PACFLT Ceremonial Band
Grilled Hotdogs and Burgers
Address: Ward Field, North Road
Pearl Harbor, HI 96860

F-22 Raptor

Another obvious change is the location of the 154th's ramp. The internal weapon system capabilities for the Raptor make it necessary to have a ramp that is somewhat further away from crucial, populated structures, according to Sage. The current ramp will still be used when the aircraft are not armed.

As construction continues, so does the transition process for the pilots who to date far exceed the number of aircraft currently in the inventory.

"Every pilot you train you have to keep current," said Sage, "so the training requirements are based upon the number of aircraft available to fly so pilots can maintain currency. We can't have all of the pilots trained with not enough aircraft on hand to fly so the aircraft arrival and the training schedule are set up to accommodate the disparity."

As of Sept 15, there were only two F-22's and three pilots trained at Tyndall. Sage expects that with the aircraft rolling in at an average of two a month, all 18 "ready" aircraft and two spares will be here by November 2011.

Maj. Michael Blake, a fulltime 199th pilot who joined the HIANG "fresh off the street" in 1995, completed the training last May. "My formal course



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

F-22 Raptor makes its final approach to its new home at Joint Base Pearl Harbor Hickam July 9 during the F-22 Arrival Ceremony. The arrival of the F-22 marks the beginning of a new era as a new associate unit with the Hawaii Air National Guard and the 15th Wing takes hold.

at Tyndall lasted about 3 1/2 months," said Blake. "The training for the F-15 and the F-22 is similar with the main difference between the two aircraft being the increase in overall capability of the F-22 versus the F-15."

All 199th pilots will go through Tyndall Air Force Base's four-month long transition course (also known as a TX course) for experienced pilots transferring from other fighter types. Two pilots are currently training in Florida at Tyndall and are slated to return after the first of the year.

Another enhancement to the 154th's facilities and its ability to keep pilots current, is the addition of a four cockpit F-22 simulator that is slated to be completed in 2014.

"Hickam currently does not have a dedicated, full-on, hands-on simulator and we used to send our pilots TDY to the mainland to get that training," said Sage. "This will really help us deflect overall cost and greatly enhance our F-22 training." Simulators also free up aircraft for real-world missions and deployments.

With the arrival and transition also came the final departure of the F-15 Eagle in August. Hawaii Air National Guard members, family members and retirees came together Aug. 20 and bid adieu to the F-15 Eagle.

The sunset gathering included aircraft static displays and a traditional Hawaiian style buffet to include a farewell cake. A live band provided music for the evening as friends from the past few decades gathered for a nostalgic night of remembrance. As of Sept. 1 all of the F-15s have departed Hickam. The sunset celebration gave the HIANG one last evening to gather and reflect.



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

Lt. Col. James Sage, Hawaii Air National Guard fighter pilot and action officer for the F-22 conversion welcomes the crowd during the F-22 arrival ceremony July 9 on Joint Base Pearl Harbor Hickam.

Rules for performing your civic duty

Guidelines for Political Campaigns: excerpts from DOD directive 13441.0

It is DoD policy to encourage members of the Armed Forces (hereafter referred to as “members”) (including members on active duty, members of the Reserve Components not on active duty, members of the National Guard even when in a non-Federal status, and retired members) to carry out the obligations of citizenship. In keeping with the traditional concept that members on active duty should not engage in partisan political activity, and that members not on active duty should avoid inferences that their political activities imply or appear to imply official sponsorship, approval, or endorsement.

A member of the Armed Forces on active duty may:

Register, vote, and express personal opinion on political candidates and issues, but not as a representative of the Armed Forces.

Promote and encourage others to exercise their voting franchise, if such promotion does not constitute use of their official authority or influence to interfere with the outcome of any election.

Join a partisan or nonpartisan political club and attend its meetings when not in uniform

Serve as an election official, if such service is not as a representative of a partisan political party, does not interfere with the performance of military duties, is performed when not in uniform, and the Secretary concerned has given prior approval. The Secretary concerned may NOT delegate the authority to grant or deny such permission.

Write a letter to the editor of a newspaper expressing the member’s personal views on public issues or political candidates, if such action is not part of an organized letter-writing campaign or a solicitation of votes for or against a political party or partisan political cause or candidate. If the letter identifies the member as on active duty (or if the member is otherwise reasonably identifiable as a member of the Armed Forces), the letter should clearly state that the views expressed are those of the individual only and not those of the Department of Defense (or Department of Homeland Security for members of the Coast Guard).

Display a political bumper sticker on the member’s private vehicle.

Attend partisan and nonpartisan political fundraising activities, meetings, rallies, debates, conventions, or activities as a spectator when not in uniform and when no inference or appearance of official sponsorship, approval, or endorsement can reasonably be drawn.

Participate fully in the Federal Voting Assistance Program.

A member of the Armed Forces on active duty may not:

Participate in partisan political fundraising activities, rallies, conventions, and management of campaigns.

Use official authority or influence to interfere with an election, affect the course or outcome of an election, solicit votes for a particular candidate or issue, or require or solicit political contributions from others.

Allow or cause to be published partisan political articles, letters, or endorsements signed or written by the member that solicits votes for or against a partisan political party, candidate, or cause. This is distinguished from a letter to the editor as permitted under the conditions noted in subparagraph

Serve in any official capacity with or be listed as a sponsor of a partisan political club.

Speak before a partisan political gathering, including any gathering that promotes a partisan political party, candidate, or cause.

Participate in any radio, television, or other program or group discussion as an advocate for or against a partisan political party, candidate, or cause.

Conduct a political opinion survey under the auspices of a partisan political club or group or distribute partisan political literature.

Use official authority or influence to interfere with an election, affect the course or outcome of an election, solicit votes for a particular candidate or issue, or require or solicit political contributions from others.

Allow or cause to be published partisan political articles, letters, or endorsements signed or written by the member that solicits votes for or against a partisan political party, candidate, or cause. This is distinguished from a letter to the editor.

Serve in any official capacity with or be listed as a sponsor of a partisan political club.

Perform clerical or other duties for a partisan political committee or candidate during a campaign, on an election day, or after an election day during the process of closing out a campaign.

Solicit or otherwise engage in fundraising activities in Federal offices or facilities, including military reservations, for any political cause or candidate.

March or ride in a partisan political parade.

Display a large political sign, banner, or poster (as distinguished from a bumper sticker) on a private vehicle.

Display a partisan political sign, poster, banner, or similar device visible to the public at one’s residence on a military installation, even if that residence is part of a privatized housing development.

For a complete list of dos and don’ts during a campaigning season go to <http://www.fvap.gov>. Or visit the base legal affairs office.