



Vol. 51 No. 1

Jan/Feb 2004

Wing Steps up to ORE Challenges!

by Col Edwin "Skip" Vincent

The 154th Wing just completed its last exercise before the Operational Readiness Inspection (ORI). This exercise allowed us to self evaluate our ability to mobilize, deploy, employ our combat power, and survive in a conventional and chemical environment. Our ORE is by far the most complex, comprehensive exercise that we have ever attempted. The first phase, Initial Readiness Response Exercise (IRRE), got off to a slow start, but once the momentum picked up, it went well. We processed over 500 personnel and 200 short tons of cargo. During the IRRE portion we flew 20 sorties to include 3 practice scrambles of both F-15s and KC-135s. We have some work to do for cargo and hazardous cargo documentation, as well as some aircraft generation issues, but these are easily overcome by training and preparation. Some of these have been resolved and we expect to resolve the remainder of our IRRE issues during the March UTA.

Phase two, the Combat Employment Readiness Exercise (CERE), presented the most challenging scenarios of the exercise. This is where we demonstrated our ability to fly, fight, and preserve our combat power through appropriate full spectrum (conventional and chemical threat) response to airbase attack. We survived simulated ground, air, and missile attacks that stressed our personnel, command & control, and challenged our ability to fly & fight. All elements of our wing team (operations, maintenance, mission support and medical) really came together. During the CERE we flew 86 simulated combat sorties (56 F-15, 18 KC-135, & 12 C-130). Although we have to apply some critical lessons learned, our wing successfully met each challenge. We expect to resolve any CERE issues by April UTA.

May 2004 is our ORI. Between now and then we need to prepare. Be focused and diligent. Maintain your strengths and improve weaknesses. An "OUTSTANDING" is within our reach.



Contamination Control Area (CCA) at Battery Selfridge. If you were "slimed" during the exercise this is where you would report to.
Photo by SSgt Kristen Higgins



Wing members processing thru the decontamination area. Photo by SSgt Mysti Cabasug



Aloha to our new Wing Command Chief Master Sergeant Denise Jelinski-Hall! CCM Jelinski-Hall is a member of the 201 CCG full-time. She will be at HQ 154 WG during the drill weekends.

Commander's Call

by Col Peter S. "Skipper" Pawling, 154th Wing Commander



Our February ORE not only succeeded but showed big improvements over our previous exercises. I credit each of you with achieving this success. I saw your dedication and professionalism coming through in the form of long hours, hard work, attention to details, and proactive responses to challenging scenarios. The 15th Airlift Wing confirmed our cargo and passenger processing was much better than before. Our sorties during the CERE went well and responses to ATSO exercises showed a real understanding of the CONOPS. Communication up and down the chain, our biggest challenge, also seemed to flow more effectively.

Our next step will be reviewing our EET comments, previous PACAF IG ORE inspection reports and most importantly, your inputs to ensure we have all bases covered. You know what went well and what we still need to work on. I need each of you to pass this critical information on to your supervisors and up the chain so we can understand the *total*, big picture. I expect March and April UTA's to be used to make

minor improvements before May's inspection. We're on the right track and almost there - thanks to all of you.



The evaluators during an ORE wrap up. Photo by SSgt Kristen Higgins



SrA Lisa Aksionczyk prepares her chem suit for the ORE portion of our exercise. Photo by SSgt Kristen Higgins

"Just Who is This Recruiter Anyway?!"

by MSgt Kelly Machado

MSgt Donna Kim was raised in good 'ole Hilo town. She is a proud Viking graduate of Hilo High who loves spending time at the beach or playing with her two Rottweilers. She has two daughters; Corin, 9 and Sara 7, both attending Kamehameha School's Hawaii campus. She spends much of her free time volunteering with her daughters' classes.

Donna first took the ASVAB test for the Air Force in 1976... and chickened out. The Air National Guard unit just opened in Hilo, and she decided to try the military with the HIANG before committing to Uncle Sam full-time. She was hooked and has been a HIANG member for 27 years! During these years she's been to Ko-

rea, Wisconsin and Tennessee.

Donna loves the HIANG because of its people. Everywhere she goes she meets wonderful people who leave indelible imprints on her memory, whether she's known them for a brief moment or a lifetime. She knows the



people in the HIANG ohana are wonderful, caring people; because most people join the guard to serve, and they live in the spirit of giving. Her love for the HIANG feeds her love for recruiting. It's easy for her to talk to people about something she believes in, and she believes the HIANG offers unlimited opportunities for those who seek it.

If you know anyone who is interested

in joining the guard on the Big Island, you can reach MSgt Donna Kim at 448-8212 or at donna.kim@hihick.ang.af.mil. Or if you're in Hilo, just stop by the 291st and say, "Hi!"

Kuka'ilimoku

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The KUKA'ILIMOKU can be seen on the 154th Wing intranet web page at <http://154web/>.

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Chaplain's Corner

by Maj, Robert Nagamine, Chaplain 154th Wing



Let's remind ourselves about the importance of strengthening our marriages. With the challenges marriages face today, working toward building a successful marriage takes understanding and effort. A plan of action tailored to our particular needs is necessary for a successful marriage.

The four key areas that need our attention are expectations, communication, conflict and commitment. I have concluded that our expectations are foundational and critical in determining our level of success. If our expectations are not met, real challenges will be headed our way.

Each person is unique as are their expectations. You can marry the girl or guy next door and both have totally different expectations about marriage. Or, you can marry someone from the other side of the world and have common expectations about marriage. A major source of our expectations comes

from our upbringing. The role models our parents played influenced our expectations about relating to one another. Even if your role models weren't good you can still take conscious control of your life and create your destiny. Communication is the key.

The movie "Shenandoah" illustrates how some people don't clearly communicate. Jimmy Stewart gives fatherly advice to his future son-in-law about women's expectations, "They expect things they never ask for; and when they don't get them, they ask you why. Sometimes they don't ask. They just go ahead and punish you for not doing something you didn't know you were supposed to do in the first place." We may be guilty of this!

If we are genuinely willing to understand, able to clearly communicate and activate a workable plan to fulfill our spouse's expectations then we can build strong marriages.

Heat Stress

by MSgt Lawrence Iwanaga

Workers unaccustomed to heat are often susceptible to mental or physiological strain arising from prolonged heat exposure. Drink water frequently, wear lightweight clothing, and take rest breaks to prevent heat disorders.

1. Heat rash is the most common type of heat stress. Loose garments and good personal hygiene are the best preventative methods.

2. Heat cramps are painful spasms of the muscles that occur among those who sweat profusely, drink large quantities of water, and do not adequately replace the body's electrolyte loss. Drinking liquids containing electrolytes can relieve these cramps.

3. Heat exhaustion is caused by the loss of large amounts of fluids and electrolytes. Signs and symptoms are extreme weakness or fatigue, giddiness, nausea, or headache. The victim may

vomit or lose consciousness. The skin is clammy and moist, the complexion is pale or flushed, and the body temperature is normal or only slightly elevated. Rest in a cool place and drink an ample supply of water or liquids with electrolytes.

4. Heat stroke is the most serious health problem associated with working in hot environments. It occurs when the body's temperature regulatory system fails. A heat stroke victim's skin is hot and usually dry and may become red or spotted. The victim is mentally confused, delirious, and perhaps in convulsions or unconscious. First-aid efforts should be concentrated on lowering the body temperature by loosening tight clothing, soaking the clothing with water, moving the victim to a cool and shady area, and fanning the head and upper body vigorously to increase the cooling effect. A person with signs or symptoms of heat stroke requires immediate hospitalization.

January Promotions

PROMOTED TO MSGT (E-7)

204 ALS Brede, Duane S
150 ACWF Kuranaga, Shigemi S

PROMOTED TO TSGT (E-6)

154 CES Magno, Dexter I
293 CBCS Mattimoe, Sean Y
154 MXS Pida, Richard D
154 ACS Raquel, Jerry R

PROMOTED TO SSGT (E-5)

154 AMXS Cobbadams, James P
154 AMXS Inuma, Jason R K
154 SVF Kikuchi, Jim C B
154 MXS Lagua, Eric N
154 MXS Oliver, Eric R
293 CBCS Potts, Henryjohn III
154 SVF Revera, Kristie M

Time Wasters

by MSgt Ramon Quizon

Many of my fellow Information Managers in the HIANG will agree that our career field is tasked with more than we could have imagined. Tasks such as records management, workgroup management, administrative assistance and a veritable plethora of additional duties is our challenge. However, we do our best to meet our objectives with efficiency and effectiveness. Here are four major time wasters we should try to avoid:

1. Spreading yourself too thin, trying to do too many things at once. *Suggestion:* Prioritize your tasks for each day and, if necessary, each hour.

2. Being afraid to delegate or seek assistance. *Suggestion:* Convince yourself others can assist and then delegate.

3. Not wanting to say "no" to requests. *Suggestion:* Decide what you *must* do — and *want* to do — and (kindly) say "no" to all other requests.

4. Procrastinating. *Suggestions:* Get those unpleasant chores done first — if they're important. Divide large tasks into smaller ones. Reward yourself when you accomplish something.

Source: Dr. Jan Yager, writing in *Woman's Own*, Harris Publications Inc., 1115 Broadway, New York, NY 10010.

"Integrity first---Service before self"



154 WG/JA staff processing the mobility line, assisting with legal needs of the deploying personnel.



Troop Commander takes control of his chalk.
Photo by SSgt Kristen Higgins

Operational

Readiness



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E



154 CF members building pallets. Photo by SSgt Kristen Higgins



154 SVF members assembling a temper tent prior to moving to their deployed site at zone F.



Exercise February 2 - 8, 2004



Aircrew members being transported to their aircraft under "simulated" chemical conditions.



Maintenance personnel initiates decon procedures on a "simulated" contaminated aircraft.



Wing members removing "simulated" contaminated chemical suits.

C E R E

Guard Volunteers Help Enhance Hickam's Wetland

by Lt Col Fred Fogel

On Saturday, December 13, 2003, eleven volunteers from the Hawaii Air National Guard along with volunteers from the State and Hickam Environmental Offices put aside their Christmas shopping and lent a hand cleaning up Hickam's Wetland Preservation Area. Almost everyone in the HIANG has driven past it, but few have walked its paths. Makai and Ewa of the main parking lot on Harbor Drive, the wetland, which contains several species of native plants, was established in part through the efforts of LtCol Mike Compton. It now falls under the watchful eyes of Mr. Gary O'Donnell in Hickam's Environmental Office.

There is much work to be done to return the area to its natural state. In four short hours the volunteers managed to remove and relocate downed

telephone poles, cut back kiawe from the trails, remove dead mangrove, cut a new trail in the pickle weed and clean up the information kiosk area. Three volunteers returned Sunday morning with a chipper to make the piles of dead wood disappear.

Mahalo to LTC Ron Swafford and Ms. Clarice Chung from the State Environmental Office, for providing the equipment (even if all the gloves were left-handed.) And mahalo to the other volunteers who braved the thorns and mud to help make Hickam's wetland a better place: LtCol Fred Fogel (HQ HIANG), LtCol Neil Cleveland (169 ACWS), Maj Ryan Okahara (292 CBCS), Maj Antonio Querubin (291

CBCS), 1Lt Ian Beltran (154 CES), MSG Malcolm Chun (154 MXS), SSG Maikel Lusios (154 LS), and SSG Lawrence Wong (169 ACWS).

Many of the volunteers were eager to continue the effort, so don't be surprised if you see another call for support sometime this summer.



L-R SSgt Lawrence Wong, Maj Antonio Querubin, LTC Ron Swafford (Army), LtCol Fred Fogel, Ms. Clarice Chung (State)

Combined Federal Campaign Brings Joy to One of Our Own

by 2Lt Regina Berry

Driving on base, going 25mph, sipping on coffee...you hit Vickers Avenue and you see the large sign on the corner with the letters "CFC." "Darn!" you say to yourself. "It's that time again. How much money do I want to waste this time?"

Believe it or not, that CFC money you've been donating all these years isn't being wasted! It finds its way into the hands of our friends, neighbors and families.

Lt Col Milton S. Davis, 154 WG C-130 Safety Officer, has an 11-year-old son with a life threatening illness called hereditary angioedema. The disease causes Lt Col Davis' son, Kristian, to have swelling in the extremities and airway passages. The illness has prevented the Davis family from being able to take family vacations over the years.



L-R Carlos Fuentes, Patrick, Donna, Kristen and Milton Davis, in Disneyland.

In October 2003, the Davis family was granted the opportunity to go to Disneyland as a result of money donated to the Make-A-Wish foundation through the CFC.

In a press release, Lyn Brown, Executive Director of Make-A-Wish, Hawaii said, "We are most grateful to the members of the federal and military communities who donate to Make-A-Wish through the CFC and make wishes possible for someone like Kristian, who needs a special boost during a difficult time."

The 201 CCG ran the 2003 Combined Federal Campaign for the State DoD. The HIANG alone raised \$182,656. Lt Col Craig Ishizaki spearheaded the drive along with help from LtCol Ronald Han, MSgt Vernon Palomares and MSgt Kelly Wilkinson.

The next time you see that CFC sign on the corner of Vickers and O'Malley, smile and ask yourself, "How much do I want to help this time?"



HIANG Sports Make History

by SSgt Betty Squatrito-Martin

2003 saw the HIANG win its first ever Base Commander's Trophy and 169th member SSgt Stephen "Keoki" Lorenzo earn Male Athlete of the Year honors for his outstanding performances in volleyball, football, men's co-ed softball and basketball. (See story below) 15 AW Vice Commander Col William Kunzweiler presented the Base Commander's trophy, a symbol of athletic excellence, to the HIANG's Col Stan Osserman on Jan 22, 2004 at the 15 AW Athletic Awards Picnic.

The HIANG made history by not only participating in sports such as racquetball, football, golf, mini-soccer, men's and women's basketball but for winning the women's softball, Co-ed softball, open men's softball and the base volleyball intramural champion-

ships. The Base Commander's trophy reflects the culmination of the time and effort put in by the numerous HIANG athletes and coaches who participated throughout the year.

Present at the awards ceremony and representing the HIANG were BG Darryll Wong, Col Stan Osserman, Lt Col Dewey Arakawa, and HIANG athletes and coaches.

The HIANG's success, in part, is due to the support of its fans, especially BG (Ret) Myron Dobashi who was always



2003 Division 2 Commander's Cup Champions HIANG

in the stands supporting HIANG competitors win or lose.

HIANG Member Named Male Athlete of the Year

by SSgt Stephen Abear

HIANG member, SSgt Stephen "Keoki" Lorenzo, was awarded the 15AW Male Athlete of the Year Award at the 15 AW Athletic Awards Picnic, January 22, 2004.

Keoki epitomized the true values of sportsmanship throughout 2003. He is a tireless athlete whose versatility, athleticism, motivation, dedication and discipline made him an asset to any team he played on and a threat to those he played against.

Keoki participated and dominated



2003 Male Athlete of the Year SSgt Stephen Lorenzo, Hawaii Air National Guard

men's volleyball, men's basketball, men's and co-ed softball and football.

The award was presented to Keoki by 15 AW Vice-Commander, Col William Kunzweiler.

Retention Issues the Beginning!

by: TSgt Richard Costa, Asst Retention Office Manager

Have you ever asked yourself, "What does the Retention Office do?" Well, we use retention interviews, incentives, the Montgomery GI Bill, and other positive motivators to *retain* qualified and experienced personnel commensurate with unit manning requirements." Here is a list of some of the programs that the Retention Office manages.

Educational Benefits: Montgomery GI Bill (MGIB-SR), GI Bill Kicker Program, State Tuition Assistance Program (STAP), Enlisted Student Loan Repayment Program (SLRP)

Cash Incentives: Enlistment Bonus, Reenlistment Bonus, Affiliation Bonus, Health Care Profession Bonus Career Management Program (CMP): CMP Interviews

Unit Career Advisor Program: Inter Unit Transfer: Career Change Worksheet

Resignation for Own Convenience: Reenlistments

"REMINDER: Spring 2004 STAP Applications are due by March 7, 2004"



The 203 ARS takes 30 employers on a KC-135 air refueling mission sponsored by Employer Support of the Guard and Reserve (ESGR), January 10, 2004. Photo by SSgt Kristen Higgins

**Countdown to
154th Wing ORI**

April 3 - 4, 2004
169 ACWS/154ACS ORI

May 8 - 16, 2004
154 WG ORI

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To the Family:



Two F-15 Eagles from the 199th Fighter Squadron shoot simultaneous AIM-7s during their deployment to Combat Archer, Tyndall AFB, FL on December 5, 2003. In the nearest F-15 is Lt Col Mike "Inch" Compton and in the other F-15 is Maj Lawrence "Grinder" Otto. Photo by SMSgt Edward Essman