



Vol. 57 No. 03

April/May 2010

HIANG members return from deployment

by Tech Sgt. Betty J. Squatrito-Martin

Hawaii Air National Guard members assigned to the 203rd Air Refueling Squadron and the 154th Wing returned from deployment in Southwest Asia, May 2.

This was the first time the HIANG's KC-135 tankers have seen deployment/employment operations in Southwest Asia as part of a Joint Operation with Active Duty in support of Central Command's Tanker Task Force.

The KC-135 spent approximately 60 days deployed assigned to the 340th Expeditionary Air Refueling Squadron, which is part of the 397th Air Expeditionary Wing. The 340 EARS flies sorties in support of Operation Enduring Freedom and Operation Iraqi Freedom.

Lt. Col. Mervin Oyafuso, 340th Expeditionary Air Refueling Squadron, director of operations, noted that upon his arrival to the deployed area of operations, and in talking with the outgoing director of operations, the tankers were assigned to a squadron equal to the second largest tanker wing in the Air Force.

With the number of aircraft, came a number of sorties. "Our sortie rate was three times higher than the largest super tanker wing," said Lt. Col. Oyafuso.

"They did more refueling in a typical day over there than they would do in a typical month here," said Lt. Col. Kurt Lajala with the 154th Operations Group.

The experience gave HIANG members a chance to develop a new appreciation for what they do.



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

Maj. Gen. Darryll D. M. Wong, commander Hawaii Air National Guard, enjoys a moment of levity with Master Sgt. Eric K. Faurot as he welcomes Master Sgt. Faurot and other members of the 203rd Air Refueling Squadron home.



Members of the 203 ARS return home to Hickam Air Force Base, Hawaii, May 2, following a 60 day deployment to Southwest Asia. Fellow Guard members lined the tarmac to greet the returning deployers. This was the first time the 203 ARS and its KC-135 tankers have been deployed to Southwest Asia.

see 203rd page 11



Commander's Call: Recognizing a job well done

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

Aloha!
I'd like to extend a warm welcome to our returning deployers! Mahalo for the great work you accomplished. You, again, represented the 154th Wing well. As a note, I have received several emails from Brig. Gen. Wilson, the Wing

Commander in the AOR, lauding the top-notch performance our KC-135 team.

Congratulations to our Logistics organizations in the 154th Wing! March 22-29, Headquarters Air Mobility Command, HQ PACAF and NGB conducted a Logistics Capabilities Assessment Program (LCAP) Visit of Team Hickam's C-17s. This visit, the first assessing the Total Force, validated, again, your superior talents, skills and teamwork in keeping this organization "No Ka 'Oi."

As we draw closer to the many events of our F-22 conversion and KC-35 robust, keep yourself fit, your personal appearance and bearing impeccable. Welcome the many distinguished visitors and showcase the amazing work you do!

Enroute to Washington D.C., last week, I visited the depot at Hill AFB, to view the progress on our first two F-22s. They are coming along quite nicely.

I expressed my gratitude on behalf of all of us for the hectic pace they are maintaining to deliver our aircraft to us in time for the July 9, ceremony.

Friday, May 7, we will be holding a ground breaking ceremony for the new F-22 Raptor Low Observable Composite Repair Facility, just another step in our conversion to the F-22. I hope some of you will be able to make it to the ceremony.

I would, once again, like to congratulate all the Laune Ole Award winners. Another sign of the selfless work you do to make this the best Wing in the Guard. A well earned round of applause is in order.

As always, please keep your families informed of our many changes, we'll need their support through what will be a very busy time. Mahalo Nui Loa, it is an honor to represent all of you!



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

Brig. Gen. Kim speaks to Airmen during M-5 visit May 2.



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

The Souza family receives recognition during the Hometown Heroes recognition ceremony for 154th Aircraft Maintenance Squadron during Sunday UTA May 2. HIANG members who have deployed since Sept. 11, are recognized for their service during the Hometown Heroes recognition ceremony.

Kuka'ilimoku

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

COMMANDER
Brig. Gen. Joseph K. Kim
STAFF

Tech. Sgt. Betty J. Squatrito-Martin
NCOIC PA
Tech. Sgt. Michelle Thomas
Tech Sgt. Andrew Jackson
Staff Sgt. Lena Lopez
Published by
154th Wing Public Affairs Office

"A short course in Human Relations"

by Chief Master Sgt. Willie Rafael, Command Chief 154 WG



During the NCO Academy graduation last month, I had an opportunity to listen to guest speaker Chief Master Sgt. Air Force (Ret) James M. McCoy. During Chief McCoy's tenure as the Commandant of a Professional Military Education Center, he received an anonymous letter titled, *A Short Course in Human Relations*.

The note contained seven short phrases or words that Chief McCoy has since followed, which I want to share with you.

A Short Course in Human Relations

(Unknown Author)

1) The Six Most Important Words: **I ADMIT I MADE A MISTAKE**

Be accountable for your mistakes. Never point fingers or blame someone else. Own up to your mistakes.

2) The Five Most Important Words: **YOU DID A GOOD JOB**

Always praise your leaders, peers, and subordinates for doing a good job. He also added to always "Praise in public, but counsel in private."

3) The Four Most Important Words: **WHAT IS YOUR OPINION?**

When faced with tough decisions, ask the opinion of your leaders, your peers, and your subordinates. It will help aid you in making difficult decisions, knowing

that you've considered other people's opinions first.

4) The Three Most Important Words: **IF YOU PLEASE**

It works wonders to be polite when asking for requests. You'll get a faster and better response from all personnel. I know the nature of our business and our structure; however, there's a time and place for barking orders.

5) The Two Most Important Words: **THANK YOU**

Don't forget to express your appreciation to personnel as much as possible. Thank your leaders for allowing you to be a part of this great organization. Thank your family for their continued support. They are the backbone that will hold your family together.

6) The One Most Important Word: **WE** To be effective in all we do, we must count on everyone to help us through. The military has been transformed into a total force organization molding the Active Force, the Air Guard, and the Air Force Reserves, and other service components into a total war fighting machine. Always include everyone as part of your team in all that you do.

7) The Least Important Word: **I** Remember, there is no such thing as I in the word "TEAM." Enough said.

After McCoy's speech, the principle of going back to basics came to mind as echoed in the past several months by our leadership. We can use the same simple, yet effective short course on human relations to strengthen our bonds with one another within our organization and with our sister services. I hope that you can use all or some of these rules to better your relationships at work or even at home. Thank you for all you do!

1st Sgt's tips on dress and personal appearance

Sunglasses

The following are guidelines for the proper look and wear of sunglasses according to AFI 36-2903: Dress and Personal Appearance of Air Force Personnel.

- Conservative ornamentation on frames and lenses
- Frames may be black or brown material or gold or silver wire
- Brand name glasses may be worn with small logo on frames or lenses, logo must

be same color as frames or lenses

- Conservative wrap around sunglasses may be worn

- Faddish styles and mirrored lenses are prohibited

- No sunglasses, to include darkened photosensitive lenses in formation

- Not worn around the neck or on top/back of

head or exposed hanging on the uniform

Eyeglasses/sunglasses will be worn in the manner for which they were made.

Trousers

Effective immediately, tucking the ABU/BDU trousers into the boots will remain optional versus becoming mandatory on Oct. 1, 2010. When tucked in or bloused, the trousers must be evenly bloused, gathered and draped loosely over the top of the combat boot, and must present a bloused appearance.



Launa Ole

Awards 2010



Senior Amn. Sherri Mattson
Outstanding Fulltime
Airman of the Year



Senior Amn. Yommala Xaysanih
Outstanding Traditional
Airman of the Year



Tech. Sgt. Jade Phiasiripanyo
Outstanding Fulltime
NCO of the Year



Staff Sgt. Nancy Destin
Outstanding Traditional
NCO of the Year



Master Sgt. Edward Cheski
Outstanding Fulltime
Senior NCO of the Year



Master Sgt. Kyle Marshman
Outstanding Traditional
Senior NCO of the Year



Capt. Anjanette Hintacutan
Outstanding Fulltime
Company Grade
Officer of the Year



Capt. Dane Minami
Outstanding Traditional
Company Grade
Officer of the Year



Lt. Col. Christopher Hagood
Outstanding Traditional
Field Grade Officer of the Year



Lt. Col. Reynold Hioki
Outstanding Fulltime
Field Grade Officer of the Year



154th Security Forces
Squadron
Service Team of the Year

Launa Ole Awards



154th Maintenance Squadron
Winning Team Of the Year



Outstanding Unit of the Year



HIANG Honor Guard
Member of the Year

News Briefs

May is Military Appreciation Month

The 26th Annual Hawaii Military Appreciation Month kicked off May 1 and will continue throughout the month with a series of events honoring the military on Oahu.

Activities and events typically include an opening ceremony, a special Military Day at the Bishop Museum, a Living History Day at the Hawaii Army Museum in Waikiki's Fort DeRussy, a Combined Military Band Concert at the Hawaii Theatre, a Hawaii Military Recognition Lunch, and a military Day at the Honolulu Zoo sponsored by the USO.

For information see the Chamber of Commerce of Hawaii Web site:

<http://cochawaii.com/hawaii-military-appreciation-m.asp>

May 15th: Living History Day, Hawaii Army Museum at Fort DeRussy 10:00 a.m.-3 p.m.

May 15th: Combined Military Band Concert, Hawaii Theatre 7 p.m.-8:30 p.m.

May 18th: 25th Annual Hawaii, Military Recognition Luncheon, Hilton Hawaiian Village Beach Resort & Spa 12 p.m.-1:30 pm
May 22nd: Welcome Home Heroes Celebration, Waikiki (Kalakaua Avenue/Waikiki Shell) 9:30 a.m.-2 p.m.
May 22nd: USO Military Appreciation Day, Honolulu Zoo 9:30 a.m.-2:00 p.m.

April/May Promotions

Promoted to CMSgt. (E-9)

HQ HIANG Ramos, Raquel L.

Promoted to SMSgt. (E-8)

291 CBCS Shirota, Dean O.

Promoted to MSgt. (E-7)

201 CCG Leong, Stuart S.

154 MXG Motonaga, Douglas T. Jr.

154 LRS Oshio, Earle F.

Promoted to TSgt. (E-6)

201 IS Blackwell, Elijah H.

201 IS Powell, Jamey D.

Promoted to SSgt. (E-5)

154 AMXS Canionero, Anthony K.

201 IS Dehagues, Jonathan D.

Operations Group Change of Command



Lt. Col. Steve Su'a-filo assumes command of the 154th Operations Group.

Mission Support Group Change of Command



Col. Ryan Okahara salutes Brig. Gen. Joseph Kim, 154th Wing commander, after assuming command of the 154th Mission Support Group.

ID Cards required

ID cards are now required when going to the Hickam Fitness Center. The Hickam Air Force Base Gym will no longer be using the digital sign-ups with your social security number.

You will now need to have your ID on hand to show to a member at the front desk before entering. Members who do not have a valid military ID will be asked to retrieve it.

We apologize in advance for the inconvenience, but with the official merge of Pearl Harbor and Hickam Air Force Base this is a necessary change. Please help us by being in compliance and making sure those in your units do the same.

Any and all questions can be directed to any one of the gym staff members on shift or management members if necessary. Thank you and have a great "Fit to Fight" day!

FREE CONCERT!

A free concert featuring military bands and the premier local band Kapena, will be held May 29, from 7:00 p.m. - 10:00 p.m. at Fort Derussy.

The Hawaii Military Bands Mele will play Top 40, Country, Classic Rock, Motown, and Island Style music!

The bands performing will be the US Army's Show of Force, the US Navy's High Tide, the US Marine's Showband and the US Air Force's Hana Hou!

Kick off your Memorial Day weekend with a fabulous FREE night of music under the stars!!

**154 WG
Drill Dates
June 5-6, 2010
July 10-11, 2010
August 8-9, 2010**

"Yours truly, a repentant soul"

by Maj. Leah Boling, 154 WG Chaplain

Last month, it was a typical day at the Hickam Library for my husband Jeff. The mail had just arrived and he was sorting through it. He saw a package postmarked from California and he thought someone went on a trip and was returning a book before it was overdue—yes, there are some people who still respect due dates.

When he opened the package, it was exactly what he had thought—a book. Scanning it, he looked for the library property stamp and the barcode to verify the book was part of the library's collection. All he could find was a property stamp so at one time it was part of the collection. He then noticed a handwritten note stuck in the front of the book which read: Dear Librarian, When I was 11-years-old, I stole this book. Now I'm 54-years-old, and have become a Christian. I am so sorry I was a thief back then, please forgive me.

**Dear Librarian,
When I was 11-years-old, I stole
this book. Now I'm 54-years-old,
and have become a Christian. I
am so sorry I was a thief back
then, please forgive me.**

**Truly,
repentant soul!**

A few things came to mind when Jeff told me the story.

First, why did "a repentant soul" ask for forgiveness 43 years later? Secondly, when is it too late to ask for forgiveness?

Why ask for forgiveness 43 years later? Throughout the Scriptures, believers are taught to ask for forgiveness to acknowledge their transgressions.

By doing so, redemption is possible. It can be inferred "a repentant soul" recently became a Christian and is trying to do the right thing. In the grand scheme of things, some may consider the theft of an inexpensive book as petty. However, the person is trying to follow Jesus' teaching of being faithful in all things:

"If you are faithful in little things, you will be faithful in large ones. But if you are dishonest in little things, you won't be honest with greater responsibilities" (Luke 16:10 NLT).

Also, is it possible every time this person saw the book, it served as a constant reminder of the sin com-

mitted so many years before?

If so, returning the book and asking for forgiveness are good examples of being faithful and making amends while cleansing the soul. Mother Teresa also said, "Be faithful in small things because it is in them that your strength lies."

When is it too late? "a repentant soul" committed a forgivable action in 1967, at the age of 11 years old.

It is now 43 years later and the person is asking for forgiveness. It would have been so easy to just toss the book and forget it happened.

Yet, "a repentant soul" took responsibility of fixing the situation by finding the library's address, writing the letter of apology, going to the post office, and paying to mail the book. I'm glad the person chose to act responsibly. To answer "when is it too late?" is difficult. I suppose as long as you have time and the ability to do so, it is not too late (but beware we never know when our time or ability to do so will be no more).

Thankfully, it was not too late for "a repentant soul" to make amends.

This incident is timely as we are in the midst of Easter celebration. For Christians, Easter is a celebration of hope, forgiveness, and new beginnings, among other things.

I am hoping "a repentant soul" will have a much more meaningful Easter this year because of what he/she did.

Today, the book, once lost but now found, is displayed in the curio cabinet as you enter the Hickam Library.

When you see it, remember: asking for forgiveness is a necessary and vital element of the Christian faith; and it is never too late to return overdue library material!

"a repentant soul," based on a reliable source, you are forgiven!

Gaining clarity of direction through prayer

by Lt. Col. Robert K. Nagamine, 154 WG Chaplain

Recently, in my February's article, I urged all of us to be more spiritually resilient. I want to follow up on that. As previously emphasized, the reason we need to be spiritually resilient is because we, as a military, have been faced with a number of prolonged challenges, from the War on Terrorism since 9/11, the two ongoing wars in Iraq and Afghanistan, to the fulfilling of multiple deployments. And, to add more fuel to the fire, we, as a nation and world, are coming out of the global Great Recession. We really could use the ability and capability to bounce back and adapt.

By connecting/reconnecting with our God, I believe we surely can empower ourselves to be more resilient.

see PRAYER page 8

PRAYER

Our faith can become a major player in bringing us hope and insight when issues and times seem so unclear, confusing and troubling.

Our National Day of Prayer is Thursday, May 6, 2010. History reveals that there is a definite and consistent pattern among great spiritual leaders of the past: they spent considerable time in prayer or meditation. This helped them receive direction and make what they felt were the best of decisions. This gave them peace, hope and confidence that they were on the right track.

For me, personally, tapping from my spiritual heritage, I always attempt to follow the example of how Jesus went to the mountain to spend time in prayer. Though, most times limited by the lack of time to physically go to the mountain top, I nonetheless attempt to pray daily wherever I am.

I believe two things usually result from our time in prayer: (1) greater clarity of direction and (2) hope and

divine intervention to help us in our times of need.

Greater clarity of direction when faced with big issues is huge! Part of the great stress we feel is confusion or lack of clarity in how we should approach and resolve issues. It is such a great feeling to finally realize what we need to do and respond with a divine direction and a resolution, even when the resolutions might be temporary. Perhaps, surprising to some, there are enough times when

the best of resolutions might require discipline, hard work, faithfulness and patience. But in the end, with God’s intervention, things will work out! Finally,



a pastor said it well when he said, “little prayer, little results; lots of prayer, lots of results.” Let’s increase our time in prayer when and where possible. This can only help and not hurt. This will help us in becoming more spiritually resilient, when life becomes challenging.

Hope you will make it a point to spend moments in prayer, even after our National Day of Prayer on May 6th.

There is a website that might help us to become more resilient. Look up: afterdeployment.org.

WORSHIP SERVICES

Non-Denominational Service

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

Protestant

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

Congratulations to newest CCAF graduates

by 154 WG/FSS

Please extend 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. They are graduates of the April 2010 class.

SMSgt Don Miyamoto	201 CCG
TSgt Richard Castro	201 CCG
SSgt Priscilla Bastatas	154 SFS
SSgt Shannon Caldonetti	154 AMXS
SSgt David Christopherson	199 FSS
SSgt Gina-Marie Ducosin	154 AMXS
SSgt Salofi Leasiolagi	154 SFS
SSgt Wayne Liang	154 MXS
SSgt Royden Mokiao	154 AMXS
SSgt Ralna Ramos	293 CBCS

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.

Guardsmen name employers “Patriots”

by Tech. Sgt. Betty J. Squatrito-Martin

Two local buisnesses were named ESGR Patriot Award recipients in March after they were nominated by their employees who are also Hawaii Air National Guardsmen.

Tech. Sgt. Andrew Jackson, 154th Wing broadcast journalist, who has been with OrangeRoc for four years, nominated his civilian employer for the Patriot Award honors. The small creative services firm, OrangeRoc, owned by Melinda Mullin, creates a wide variety of creative pieces for its clients: signage, books, logos, annual reports, collateral, websites, commercials, and documentaries. As a small firm, teamwork is essential as the work environment at Orangeroc is fearfully fast-paced.



courtesy photo

Tech. Sgt. Andrew Jackson (center) and OrangeRoc family.

According to Tech. Sgt. Jackson, having a member of the team leave is not easy. “The company makes a serious sacrifice when I have to leave for exercises or go TDY,” said Sergeant Jackson.

Sergeant Jackson is one of five full-time employees with the small creative firm. He does many things for the team. He is a graphic designer, production artist, video editor, Web developer, and IT guy.

“I have received nothing but support from my company and specifically Melinda,” said Sergeant Jackson. “Along with her support, she shows great pride and gratitude for my service,” he added.

In addition, Staff Sgt. Lesley Shibata, 169th Aircraft Control and Warning Squadron, also nominated Maili Montallana of Steadfast Housing Development Corporation for the Patriot Award.



courtesy photo

Staff Sgt. Lesley Shibata right with Patriot Award recipient-Maili Montallana and Col. Alike Watts.

Troubles at work? Talk to your Wing IG

by Lt. Col Tamah-lani Noh, 154 WG/IG

Within the past two months I have received several calls from the State Inspector General, Lt. Col. Tammy Stocking wondering if I was familiar with several cases she was working on. I batted 0 percent-that is not good when your job is to be the “eyes and ears” for the Commander.

I know all about our culture: “I no like make waves, I no like people think I am a cry baby, I no like get black balled,” and the list goes on. I am here to remind everyone that it is important to our leadership that we are heard and that we solve these types of issues as soon as they arise and at the lowest level.

When we talk to people outside of

the organization, things get blown out of proportion. For that reason, we have a system in place to work these issues and that system is the Wing IG – me.

As the Wing IG, it is my responsibility to keep Brig. Gen. Kim informed of potential areas of concern as reflected by trends. I also have the opportunity to play the role of the fact finder and honest broker in the resolution of complaints.

I educate and train commanders and members of Hawaii Air National Guard on their rights and responsibilities regarding the IG system, and I help commanders prevent, detect, and correct Fraud, Waste, and Abuse issues and mismanagement at the lowest level.

So, if something is not right in your work environment and you are not sure where to go to get it resolved, then just call me.

I can help put the pieces of the puzzle together and help work it at the lowest level with you and your command or lead you to the office that can help you (Chaplains, JAG, MEO, HRA, etc).

Asking for assistance from the IG is very different than filing an IG complaint. It is also a good place to start the process.

Call or email me so we can discuss the best way to resolve your issue or concern.

Got a question or issue, just email me at tamahlani.noh@hibick.af.mil or call me at 672-1520.

A whole new world at Camp Smith

by Brig. Gen. Stanley Osserman,
Mobilization Assistant to PACOM/J5

Greetings from U.S. Pacific Command. It's been a busy year so far here at Camp H.M. Smith; January was mostly learning new acronyms and finding my way around the building(s), February was actually starting to do the work after General Vincent retired, March was mostly spent on the road to Thailand, Singapore and New Zealand, and here we are half way through April (Oh \$#!* TAXES ARE DUE!), and I've been to D.C. and am currently in the middle of our major annual exercise.

How time flies when you are having fun. As they say, this is a whole different world up here.

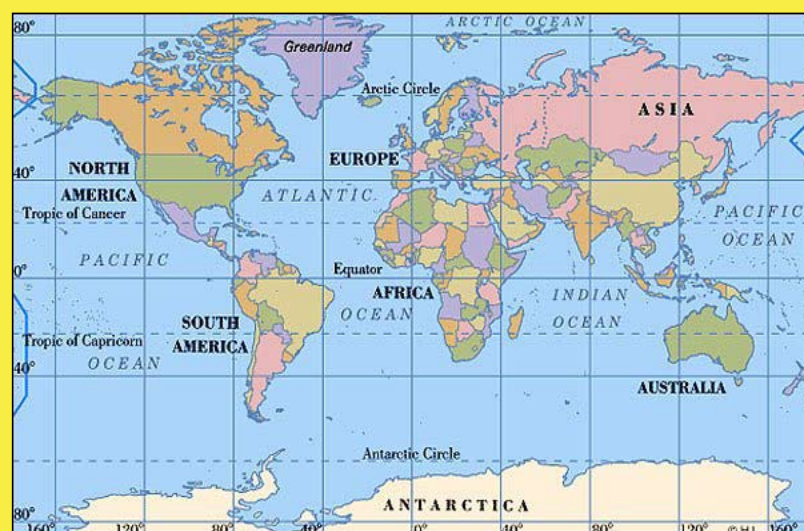
Maj. Gen. Pawling is showing signs of task saturation as PACOM's acting Chief of Staff (one of the most critical positions in the building), so if you haven't heard from him or seen him lately, it's because he probably only gets eight hours off a day for sleep, and sometimes he doesn't have to work weekends, but only sometimes!

I miss being assigned to the Hawaii Air National Guard, but honestly, there are so many folks from the HIANG working here as civilians or on MPA tours, it's almost like HIANG Det. 1.

So what kind of things do I do, you ask...you did ask, right? It's actually really great stuff. Today I was up at 0300 representing PACOM in a world wide, flag officer level, classified Video Tele-Conference for discussions on proposed changes to STRATCOM and JFCOM doctrine.

My next event is a 7 a.m. classified Video Tele Conference where

we network with Admiral Willard (Commander PACOM) and listen to intelligence updates, component commanders and the Joint Task Force Commander as the exercise develops. That will last two plus hours. I have an office call with my



boss immediately after that exercise VTC, then I get to catch up on e-mail and work my projects.

My projects include preparing for bi-lateral discussions with Vietnam, doing research on a variety of issues facing the nations of Oceania, working several initiatives regarding renewable energy with J-8, and I have follow up actions from my last two trips. On top of that, I fill in where needed (like this morning) when a general officer is required to represent a director or the commander.

It's great to see issues you are working on show up on the news. For example, I worked on several issues as PACOM reviewed the "Nuclear Policy Review" released by President Obama last week.

The most enjoyable part of this job, however, has been the traveling. My trip last month was a symposium co-hosted by PACOM and the U.S. State Department where I was the senior U.S. military representative, and we visited six cities in three weeks with 26 senior military, civilian and academic leaders from 22 Pacific nations.

While on the road, we met with the "country teams" from three U.S. embassies, visited three universities, and participated in discussions on topics ranging from global climate change, to trans-national threats, to natural disasters, and WMD non proliferation.

We were given in depth briefings on the scientific work being done at the South Pole and even witnessed the opening days of Bangkok's political unrest with the UDD "Red Shirts" that have made headlines over the past few weeks.

Most importantly, however, I now have professional and personal friendships that extend to India, Mongolia, Australia, and even the Peoples Republic of China. The real bottom line for you regarding all of this is that it was all made possible because I am (yes I STILL am) a member of the HIANG.

The HIANG gave me the opportunity, the training, the experience, the relationships and the motivation to make it to where I am today, which I very humbly state is a very cool place.

So as you participate in the next drill weekend, and as you ponder your future, I propose to you that the HIANG offers great opportunities to all of you if you apply yourself and endeavor to serve.

I thank all of you who have been part of my 31 year career. You are all part of what I have become. You have all contributed to preparing me for this job, and even jobs still to come.

In return, I hope I can help prepare you for great things as well. Aloha.

203rd

"You realize just how important the work is when you are actually doing the mission," said Staff Sgt. Scott Nishiki, 340 EARS, Aircraft fuels system specialist.

"I appreciate our tankers and how well they are maintained," said Master Sgt. Eric K. Faurot, 340 EARS, boom operator.

In addition to the "refuelers," the HIANG deployed maintainers, medical, communications, life support, ARMS, supply and command support staff. All in all, the HIANG sent approximately 130 Airman to support the 340th Expeditionary Air Refueling Squadron.

According to Lt. Col. Oyafuso, the HIANG's support personnel quickly adjusted to the 24/7 operations tempo, supporting, at any given



courtesy photo

HIANG Tankers deployed to Southwest Asia for the first time.

time, approximately 40 crews assigned to the squadron.

"Our support folks were all into the mission first perspective of the 379th Air Expeditionary Wing," said

Lt. Col. Oyafuso.

Upon the return to Hawaii, Master Sgt. Faurot summed it up best when he said, "It's very good to be back home."

Thoughts about conquering mountains

by Tech. Sgt. Betty J. Squatrito-Martin

For some people life just rolls along, no real mountains, and no real valleys, for others life is nothing but a series of mountains to climb. Some people see those mountains as insurmountable. Other people see only challenges to conquer; for them, each new day is filled with fun and excitement. Today, Guardsmen are constantly faced with new demands such as high ops tempos, deployments, exercises, and yes, new PT standards.

Do theses ever changing demands seem insurmountable? Or, are they obstacles to conquer? Are your days spent taking on the challenges or are they wasted opportunities? Perhaps a few words of inspiration are in order like the words of Sir Edmund Hillary, first known to climb Mt. Everest, "It is not the mountain we conquer, but ourselves." Or maybe it's not words that serve as inspiration, perhaps, it's people's actions--actions like those of Lt. Col. Matt "Boz" Beals, Hawaii Air National Guard F-15 pilot, and John Maclean, paraplegic athlete from Australia.

Lt. Col Matt "Boz" Beals and John Maclean found a mountain to conquer, the Molakai Channel; they decided to compete in the 2010 Steinlager Kaiwi World Championships, which is a 33 mile trek from Molokai to Oahu.

Lt. Col Beals and John Maclean have known each other since Maclean inspired Lt. Col Beals during a Florida Triathlon 15 years ago.

Lt. Col. Beals tells the tale of their meeting as one of ignorance and humility. He spoke of the first time he'd seen a hand-cycle. It was being ridden by John



courtesy photo

(L) Lt. Col. Matt "Boz" Beals, 199th FS pilot, and (R) paraplegic athlete, John Maclean, battle the Molokai Channel during the 2010 Steinlager Kaiwi World Championships.

Maclean during that Florida triathlon. He told Maclean he was inspired by him and that he'd meet him at the finish line. Lt. Col. Beals explained that he immediately thought that was a foolish statement because Maclean was in a wheelchair. Beals' eyes filled with admiration as he described the finish of the triathlon. "While I was running, he passed me in his wheelchair and ended up beating me and waiting for me at the finish line."

The two have remained in contact and good friends ever since.

"He's always looking for firsts," said Lt. Col. Beals. He was the first paraplegic to swim the English

see PARAPLEGIC page 12

PARAPLEGIC

Channel, and the first paraplegic to finish the Hawaiian Ironman Triathlon; just to name a couple of his "firsts."

According to Lt. Col. Beals, Maclean called several months ago in search of a new first—the first paraplegic to paddle the Molokai Channel in a two man outrigger canoe.

Beals, and experienced paddler, jumped at the chance, and the dynamic duo set about a training regime that took them to Molokai April 19, for the 2010 Steinlager Kaiwi Channel race.

"We had no expectations, but to complete the grueling challenge," said Lt. Col. Beals.

He added that he thought they would finish in five

to six hours. According to Lt. Col. Beals, the conditions were rough with 25-35 knot winds and 12-14 foot swells.

"Half way through the race, when the body and mind get to you, it never entered my mind that he's a paraplegic; we were just two world class athletes trying to complete the race," said Lt. Col. Beals.

"About 100 yards out, we heard them announce, 'the first two man canoe' we looked at each other and said, 'we won,'" said Lt. Col. Beals.

We finished in four hours and twenty eight minutes, exceeding all expectations, said Lt. Col. Beals. "I'll never forget the feeling as we came across the finish line," he added.

Lt. Col. Matt "Boz" Beals and John Maclean conquered their mountain, will you?

Guardmembers assist Disabled Veterans of America with dinner fundraiser

by Tech. Sgt. Michelle Thomas

Members of the Hawaii Air National Guard volunteered their time and catering skills at a fundraising dinner at the Disabled Veterans of America (DAV) Honolulu chapter's meeting hall near Nimitz Highway, April 23.

According to Master Sgt. Jason Seales, 154th Aircraft Maintenance Squadron first sergeant, the dinner was an opportunity to give back to the community.

More than 40 of Hawaii's citizen Airmen prepped, plated and served

a three course dinner to the guests of the Disabled Veterans of America; they also helped with clean-up duties after the event.

The DAV, a 1.2 million-member strong organization, is a non-profit 501(c)(4) charity dedicated to building better lives for America's disabled veterans and their families.

Without the HING volunteers, this event could not have been possible. "The Hawaii Air National Guard always steps up to support whenever we can, especially for our fellow veterans," said Master Sgt. Seales.

Youth Challenge victorious

by Tech. Sgt. Alika Kaahanui, HQ WG

The Hawaii National Guard's Youth Challenge Academy came out victorious in every aspect during the JROTC Waianae Adventure Challenge (WAC) April 24-25. The academy took home 16 trophies, amongst 75 high school teams, and received three perpetual awards: Most Motivated School, Most Outstanding Male Team and Most Motivated Cadet. In addition, the HING YCA took the overall School award, the "EAGLE," which stands 5ft tall, is made out of wood and has the United States Flag folded in a casing positioned prestigiously on the globe of the earth.

The cadets displayed the highest level of discipline, uniformity, drill & ceremony, and Custom & Courtesy. The cadets represented the National Guard at every level possible. Not only were they the only Academy to compete but, they were also the only National Guard JROTC competing against not only public schools but private schools as well.

HING YCA is one of 34 YCA National Guard programs throughout the country.

A special thanks to the 154th Communications Flight special thanks for helping us fundraise the money used for our uniforms and equipment; Staff Sgt. Shane Cagula for designing the shirts and to Chief Master Sgt. Kyle Okaneku and Capt. Victor Talalmoa for helping to make it all happen.



courtesy photo

Staff Sgt. Todd Shak, Hawaii Air National Guard recruiter preps plates to be served at the DAV fundraiser.



courtesy photo

154 AMXS 1st Sgt. Master Sgt. Jason Seales plates chocolate cake at the DAV fundraiser.