



KUKA'ILIMOKU

154th WING HAWAII AIR NATIONAL GUARD | JOINT BASE PEARL HARBOR-HICKAM



THE KC-135s RETURN
**HOME
AT LAST**

Inside KUKA'ILIMOKU

JULY
2016

STAFF

COMMANDER

Brig. Gen. Gregory Woodrow

PAO

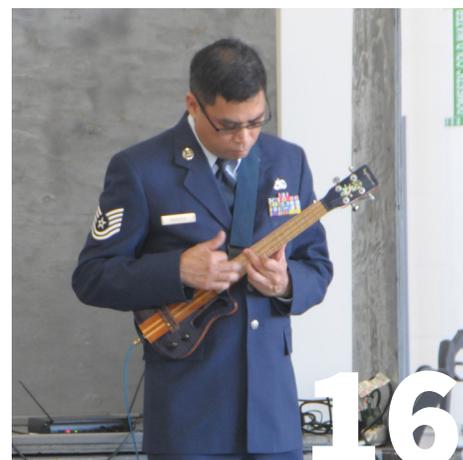
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Message from COMMAND

154th WING PRIORITIES

by **Brig. Gen. Gregory S. Woodrow**

I am incredibly proud, and thankful, to be your new Commander. Thank you for your hard work and dedication, and thanks to your families for the many sacrifices they endure.

My top three priorities for our Wing:

1. Combat Mission Readiness
2. Taking Care of our Airmen
3. Doing Less

Being combat ready. That is the primary reason we all have a position here in the Wing, to answer our state's and our nation's call when the military option is required. Whenever you are faced with a task, or project, your effort should be commensurate with how much it adds to our combat readiness.

What does your personal "combat readiness" entail?

- technical competence
- medical readiness
- being physically "fit to fight"
- being trained and current on all ancillary requirements
- last, but definitely not least, ensuring your loved ones are set up for success if you are deployed: financially, medically, and with the required emotional support

Caring for our Airmen. I could write a book on this. If we are to have a world class organization, made up of world class individuals, this is non-negotiable. People have to want to sacrifice, and give to the organization for us to thrive. How do we do that? Whether you're the newest

Airmen, or a crusty Col, you have to have a personal connection and get to know your people - their spouse's name, their kid's names/schools/hobbies/birthday--take a sincere interest in their well-being. Listen to them. Also, make the effort to be a good supervisor/boss. Take the time to learn their aspirations and goals. Communicate clear performance expectations and give them honest feedback on a periodic basis--good and bad. Look for and encourage any and all opportunities for professional development and advancement. To steal a phrase: Treat them as you would want to be treated.

Doing less. Not as easy as it sounds. I acknowledge that we are not resourced to accomplish everything that is required of us. We are a part-time force, operating in a Total Force environment, governed by AFIs weighted toward our active brethren, forced to utilize a "self-serve" automated personnel system (think AROWS, DTS, VPC, MYPAY, ATAAPs...). So I encourage everyone to take a hard look at all the things we do, and ask yourself, "how much does it contribute to priorities 1 and 2 above"? If the answer is none, or very little, and the task is not required by law...I propose we intentionally, deliberately, stop doing it. However, before you invoke the "doing less clause," I insist on several things. Ensure you have the approval of your chain of command so leadership is aware and agrees with any risks we are accepting, and the non-compliance is documented properly in MICT.

Please discuss, and adopt these priorities into your unit operations. I intend to visit all our units and look forward to your ideas on making this Wing the world class organization we all deserve! Aloha!



Kuka'ilimoku SUBMISSIONS

Articles:

- Articles range from 200 to 2,000 words. All articles should be accompanied by multiple high-resolution images.
- Include first names, last names and military ranks. Always verify spelling.
- Spell out acronyms, abbreviations and full unit designations on first reference.

Photographs:

- Highest resolution possible: MB files, not KB.
- No retouched photos, no special effects.
- Include the photographer's name and rank, and a caption: what is happening in the photo, who is pictured and the date and location.

Email submissions and feedback to:

154wg.pa.publicaffairs@us.af.mil



Cover photo by
Airman 1st Class **ROBERT CABUCO**

An airman from the Hawaii Air National Guard's 203rd Air Refueling Squadron greets his family upon his returning from deployment Jun. 16, 2016, Joint Base Pearl Harbor-Hickam. More than 50 service members, three KC-135 Stratotankers, flight and maintenance crews, and other support personnel were deployed for four months as part of an Air Expeditionary Force rotation.

WELLNESS WORKS

FORM FACTOR

Story by **Master Sgt. Raquel Tugaoen, Wing Fitness Program Manager**

As the Wing Fitness Program Manager I've often monitored fitness assessments and there are common errors testers make when accomplishing his or her fitness assessment. These errors are often called "Improper Form" during pushups and sit-ups. When a pushup or sit-up is done incorrectly, the repetition is not counted and the final assessment score can be affected. So here's a few simple tips to make sure you accomplish proper form when doing your pushups and sit-ups.

When doing your pushups, your feet should not be further than 12 inches apart and your hands should be slightly wider than shoulder width.

When lowering your body, your elbows should bend 90 degrees while your back remains in a straight line at all times. Your back should never bow or bend and you should only rest in a pike position.

While doing your sit-ups, testers' shoulder blades often do not touch the floor and their buttocks lose contact with the ground. An easy way to ensure proper technique is to have someone record your repetitions on a smart phone and point out where your shoulder blades is located. You'll be surprised how often your shoulder blades do not touch the floor and how often you raise your buttocks off the ground.

These tips are provided to help improve your form during a Fitness Assessment. However, practice makes perfect. If you have any questions about your Fitness Assessment, you should always ask your Unit Fitness Program Manager (UFPM) or Physical Training Leader (PTL).



(Photos courtesy of **Military.com**)

HIANG HOSTS MAC

Story by **154th Wing Public Affairs Staff**

06/18/2016 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- The Hawaii Air National Guard hosted local business leaders from the Military Affairs Council during a visit of HIANG operations here Jun. 18.

The MAC's members include business leaders and retired U.S. flag and general officers. Its aim is to advocate for and foster relations with military commands.

"This group was created as a way to introduce local business leaders to military operations," said Chief Master Sgt. Dominador Molina, component repair flight superintendent. "With the MAC being better informed of our unique needs, the idea is that they'll be in a better position to provide the best solutions, products and

services for our operations."

Their visit included briefings and meets and greets with HIANG leadership.

"We kicked off the tour by talking about basic guard fundamentals...what we do, who and what we support, our state and federal mission," Molina said.

A highlight for the group were visits to some of the HIANG's flying squadrons.

"We took them on a tour of our facilities within our F-22 and KC-135 squadrons," Molina said. "It included lots of good discussion, and provided a forum for questions and answers as well as face time with our aircrew and maintainers."

Their website states that the MAC acts on behalf of the State of Hawaii to preserve and protect the state's critical role in serving as the strategic U.S. state from which to command and control military, humanitarian assistance and disaster relief operations in Asia Pacific.

"Overall, the feedback we received about the tour from both HIANG personnel and MAC was very positive," Molina said.

The MAC is a division of the Hawaii Chamber of Commerce.



HIANG recently hosted a visit from business and civic leaders with the Military Affairs Council.

(U.S. Air National Guard Photo by **Senior Airman ORLANDO CORPUZ**)





An airman from the Hawaii Air National Guard's 203rd Air Refueling Squadron walks with his son on the tarmac at JBPHH.

(U.S. Air National Guard Photo by Airman 1st Class ROBERT CABUCO)

HIANG AIR CREWS RETURN FROM SOUTHWEST ASIA DEPLOYMENT

Story by **Senior Airman ORLANDO CORPUZ**

6/22/2016 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- More than 50 Hawaii Air National Guard members and three KC-135 Stratotankers from the HIANG 203rd Air Refueling Squadron returned to Joint Base Pearl Harbor Hickam June 16 and 20 following a deployment to Southwest Asia.

The airmen were deployed for four months in support of Operation Inherent Resolve.

Homecoming began when one group of airman and one tanker arrived here June 16,

and June 20 marked the full celebration as the remaining airmen and tankers arrived home to JBPHH.

The airmen were greeted in the Hawaiian sunshine by family, friends, and the 154th Wing Commander Brig. Gen. Gregory Woodrow.

"It's great to have our Airmen home, they represented the HIANG and the Nation with honor and distinction," said Woodrow. "I consistently get incredibly positive feedback on the professionalism and Aloha our members bring to the fight.

WELCOME HOME

Way to represent while serving the Nation's call!"

HIANG's 203rd Air Refueling Squadron, along with flight and maintenance crews and other support personnel from the 154th Wing were part of an 18-nation air coalition engaged in the fight against Daesh or ISIS.

Aerial refueling makes it possible to extend the range and persistence of coalition air operations in Iraq and Syria, enabling the United States and coalition aircraft to maintain a 24/7 presence over areas of Daesh operations. The air presence protects at risk targets from falling into the hands of Daesh.

The 203rd ARS has deployed to the U.S. Central Command Area of Responsibility numerous times. This latest deployment was part of an Air Expeditionary Force rotation.



Airmen from the Hawaii Air National Guard's 203rd Air Refueling Squadron offload cargo from a KC-135 Stratotanker, Jun. 20, 2016, Joint Base Pearl Harbor-Hickam. More than 50 members of the Hawaii Air National Guard and three KC-135 aircraft returned home following a four month deployment in support of Operation Inherent Resolve.

(U.S. Air National Guard Photo by Tech. Sgt. Andrew Jackson)





TRACKING STATION

Events

Special Needs and Autism Awareness Support Meeting
Jul 9, 1545-1730, 204th Auditorium
POC Kanani Krafft 808-448-8145

154 Wing Change of Command Ceremony
Jul 10, 0900, Hanger 19, JBPHH

Strong Bonds for Singles: P.I.C.K. "How To Avoid Falling For A Jerk/ette"
Jul 22-24, Hilton Alana Waikiki
POC Leah.Boling@us.af.mil

Yellow Ribbon Event
Oct. 15, RTI at Bellows
POC charlysee.yoshimoto.2.ctr@us.af.mil
808-382-4316

HNGEA Annual General Membership Meeting
Oct 25, 0900, DFAC
POC mandy.mahuka@us.af.mil

Workshops/Classes

Defense Travel System (DTS) Training
POC 154WG154CPTFalo@us.af.mil

PTL and Be-well classes
POC 15mdg.hparcfitness@us.af.mil

Announcements

Student Flight
0700 show time at DFAC for KP support followed by 0800 show time at PME Center

Commander's Conference emcee call out
due by Jul 9
POC diana.gregory@us.af.mil

HIANG Intramural Softball
POC Tech. Sgt. Noah Keaulii 808-255-7155

JULY PROMOTIONS



SENIOR MASTER SERGEANT
Janis L. Grace
154th MOF



MASTER SERGEANT
Sterling W. Nakamura
154th AMXS

Brandon J. Trehern
169th ADS

Kevin A. Flores
154th AMXS



TECHNICAL SERGEANT
Ryan K. Kauanui
292nd CBCS



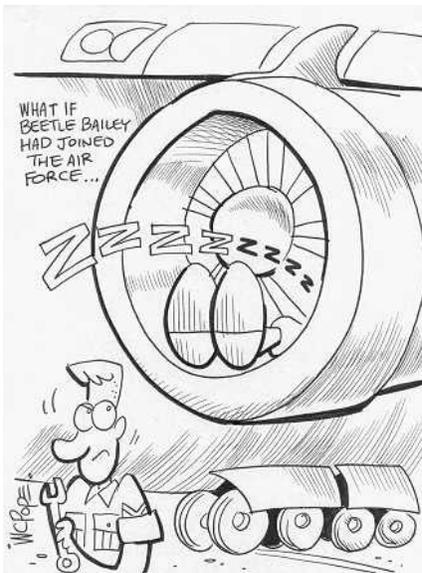
STAFF SERGEANT
Anthony M. Sabog
154th MDG
Antwun T. Contton
201st COS
Sherri Mattson
201st COS

DID YOU KNOW?

Are you separating from the armed services or have you recently separated, but you don't have a post-military job lined up yet? You might be able to receive unemployment benefits to help keep you afloat until you are able to land a job.

The Unemployment Compensation for Ex-servicemembers (UCX) provides financial benefits to ex-military personnel who qualify. Check <http://workforcsecurity.doleta.gov/unemploy/ucx.asp> and <http://labor.hawaii.gov/ui/handbook-on-unemployment-benefits-2/> for more information.

POPE'S PUNNS



The 297th Air Traffic Control Squadron

EYES ON THE SKY



UNIT PROFILE

Unit Name: 297th Air Traffic Control Squadron

Mission: Provide personnel and equipment capable of delivering ATC services from radar to terminal/tower environments for both Instrument Flight Rules (IFR) and Visual Flight Rules (VFR) aircraft, from a deployed or in garrison location.

Location: Kalaeloa, Oahu

Seeking: Airfield Systems Maintenance and Radar Air Traffic Controller

Cool Fact 1: Kalaeloa Control Tower operates 365 days of the year

Cool Fact 2: Unit's MSN-7 Mobile Tower - mobile air traffic control tower capable of being deployed anywhere, anytime within 72 hours of notice. Once on-station can be set up and operational within hours of arrival providing ATC services to any aircraft.



Lt. Col **JOYCE A. MERL**
Commander
297th Air Traffic Control Squadron



Tech. Sgt. Kelton Luat oversees the landing of a Globemaster C-17 at the Kalaeloa Airport.

(U.S. Air National Guard Photo by Airman 1st Class **ROBERT CABUCO**)

“ATC has a healthy future. There are plans to upgrade our radar system and our tower. With these upgrades, we will remain relevant in the ever changing force.”

Tech. Sgt. TIFFANY MCKENZIE
Air Traffic Control Technician, 297th ATCS



LIGHTS CAMERA ANGtion!

Story by Senior Airman ORLANDO CORPUZ

6/30/2016 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Step into an Air National Guard recruiting station and photographs and pamphlets abound--photographs taken by them. Perhaps a television commercial extoling the merits of the Air National Guard fills the TV screen--likely produced by them. The ears may tune to a national radio advertisement with information about how to join the ANG--yes, probably written and spoken by them.

The "them" in this case, is ANG Creative, the ANG visual information team tasked with producing video, radio, photography and graphic design for the ANG Recruiting and Retention Service of the Air Directorate at the National Guard Bureau.

"The ANG Recruiting Creative Marketing branch is the official visual information activity for the ANG Recruiting and Retention

Division," Senior Master Sgt. Don Luby, ANG Creative superintendent said.

"It's responsible for planning, organizing and producing high-quality, commercial-grade media."

Their production plans brought them to Hawaii where they captured the sights and sounds of the Hawaii Air National Guard airmen and operations from late May to early June.

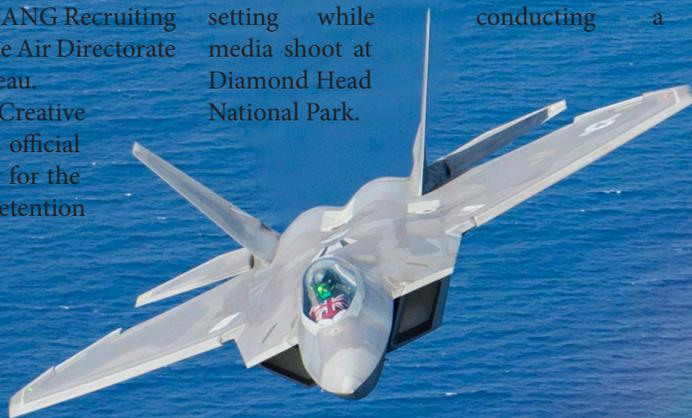
The team visited the Security Forces, the 169th Air Defense Squadron, as well as various operations and maintenance units of the HIANG. The team also captured HIANG airmen in a casual setting while conducting a media shoot at Diamond Head National Park.

Luby said the Hawaii imagery and video will see a wide range of use.

"We will use this media online in our social advertising and also in our future commercial productions for the Air National Guard," Luby said. "And we'll also update a 30 second Air National Guard national TV ad versioned for Hawaii with footage we shot on location."

Hawaii's picture perfect weather and the HIANG's variety of mission sets allowed for an image rich shooting environment.

"The best experience we had as a team was honestly getting to know the outstanding members of the Hawaii Air National Guard," Luby said. "Over the past four years we have been to over 40 units and the HIANG had the most smiles, friendly, professional, courteous, and fun attitudes out of any unit we have been to thus far."





ANG Creative captures video and still imagery during an aerial photo shoot on board a 204th Airlift Squadron C-17 Globemaster, May 18, 2016, Hawaii. ANG Creative is the the Air National Guard visual information team tasked with producing video, radio, photography and graphic design for the ANG Recruiting and Retention Service of the Air Directorate at the National Guard Bureau. Also on the shoot were Senior Airman Orlando Corpuz and Airman 1st Class Stan Pak (shown above).

*(U.S. Air National Guard Photo by **Airman 1st Class STAN PAK**)*





Senior Airman Mariah N. Akau, Hawaii Air National Guard 154th Force Support Squadron, poses for photo with an F-22 Raptor at Joint Base Pearl Harbor-Hickam, May 14th, 2016. The Air National Guard creative team visited the HIANG to capture stock footage for promotional advertisements.

*(U.S. Air National Guard Photo, By **Senior Airman JONATHAN M. ALDERMAN**, ANG Creative Team)*



AROUND THE HIANG





KEEPING HISTORY ALIVE

Story by **Master Sgt. WILLIAM TAPPER**

The first issue of Kukailimoku was published in February 1954. It was intended as a monthly HIANG newspaper with articles written by HIANG members about HIANG airmen, events, incidents, and achievements. The first issue opened with the HIANG history. The HIANG was not even eight years old but already had a rich and important history that it clearly intended to preserve. That first edition also hailed the start of the ‘jet age’ for the HIANG, with the incoming F-86E aircraft, which they hoped to start flying within days. What was unique about this first newspaper of the HIANG was that it did not have an official name. At least, not yet. ‘Kaleo O Kukailimoku’ was hand written at the top of the first page, but it was clearly a temporary title. The paper eventually featured a contest for HIANG members to come up with their own newspaper’s name. It offered a first place cash prize of \$5. Second place would receive \$3 and third place would receive \$2. SSgt Arthur Lee from the Engineer Section was “The Winnah!”

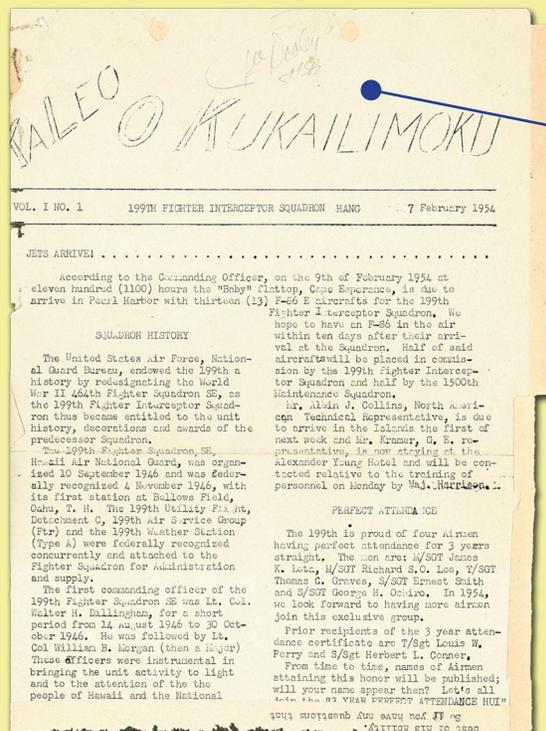
The paper had some hiccups getting started. The first issues that had the new, shortened title actually misspelled it: KUKAILIMOKU (two i’s after the a). “We goofed on the previous editions,” the staff confessed. But they made up for it by explaining where the name comes from. “Literally, it means ‘Ku, the land-grabber or conqueror.’” Ku, the war god, was the “favorite deity of Kamehameha I, the one who

aided him in his expeditions of war and conquest.” The war god had been represented as a human head with a helmet ornamented with red and black feathers, which “closely parallels the Squadron’s “tiki.” (Kukailimoku, 11/57)

Unfortunately, we have very few remaining Kukailimoku from the first years. Those we do still have are old copies kept as support documents for early HIANG written histories. Those we do have show how the paper has grown and improved over the years. After a few years, the Armed Forces Press Service began providing clipsheets, cartoons, and even pin-ups to be included in the HIANG paper. The type and pictures improved. The Kukailimoku got bigger and more appealing. By 1957, it even had

its’ own staff! It doesn’t seem like they kept up with issuing the paper monthly, but it may only be that we lost a bunch with time.

The February 1964 edition celebrated the paper’s ten year anniversary. This special edition explained that the paper had started with the “expressed intent of developing closer ties... It was hoped then that the new paper would be permanent.” And the article noted some of its great highlights over its first decade of publication and it closed by recognizing the paper’s greatest accomplishment: “The past ten years have seen many new developments. KUKAILIMOKU is still here to report them.” (Kukailimoku, 02/64)



First edition of the Kuka'ilimoku published in February 1954.

(154th Wing Historian)

THE 3 A's OF AWESOME

Story by **Jacy L. Campbell, LMFT, CSAC**

I recently viewed an online talk (through TED.com) by Neil Pasricha whose speech was entitled, "The 3 A's of Awesome". Neil spoke of when his parents moved to Canada from Kenya and India in the late 1960's. They were exposed to new and exciting experiences like a first visit to the dentist, eating their first hamburger, and having children. Neil talks about hardships we are faced with everyday such as the ongoing world conflicts, natural disasters, the loss of jobs, homes and our livelihoods. He goes on to explain how much suffering there is in the world dealing with an unstable economy, financial instability, turmoil, and uncertainty for our future. On the other hand, there are many things that we take for granted. We rarely acknowledge things such as access to clean water, schools, paved

roads, hospitals, and electricity. The "3 A's" reflect the following: *Attitude, Awareness, and Authenticity*.

Attitude is described as how we choose to face challenges that arise. Ups and downs are imminent in our lives and with a positive attitude, we can determine how to deal with the situation and move forward.

Awareness is another important aspect of "Awesome". He describes that a three year old child may see the world for the first time as a fresh, new experience. Embracing our inner thoughts, similar to a child, allows us to be creative, curious, and intuitive.

Lastly, being *Authentic* means to be true to yourself and follow your heart. Self-care is doing things that make you feel happy and fulfilled. It is always best to enjoy each day by seeking experiences with a positive

attitude that will make your life satisfying. Neil is the author of several books and uses the power of blogging to spread optimism to remind us that there are many awesome things and rich experiences that make life worth living. The website is 1000awesomethings.com

The Psychological Health Program can help you create strength through personal resiliency. For confidential counseling, resources, and information, please contact:

Kanani Krafft, LCSW
808-448-8145

Barbra.krafft@us.af.mil

Jacy L. Campbell, LMFT, CSAC
808-448-8141

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AIRMAN DEVELOPMENT

MENTORING (Pt. 2) : *The Key To Our Future Success*

Story by **SMSgt Monte P. Hokoana, 154th Wing Human Resource Advisor**

Three years ago some of us took the time to invest in a 30 minute survey by then Air National Guard Director, Lt. General Stanley E. Clarke III, called the Diversity Climate Management Survey. One of the benefits of the survey is that it allowed leaders to proactively assess critical diversity climate dimensions such as inclusion, diversity leadership training, justice, mentoring, etc. Of the 9 areas of focus, mentoring was sadly our lowest scoring area with a 52% Favorable, 30% Neutral, and 18% Non-Favorable Score. As I walk the campus talking to our members about mentoring, I am discovering that our personal assessment of mentoring is much higher than what the surveys are showing. I believe this is because we are defining the word coaching in-place of the word mentoring. A coach is someone who teaches and instructs in

a short term relationship. Example: In the military we do a lot of coaching when we teach others how to do something. A mentor is someone who also teaches but, from a wholistic approach and is more long term. Example: Teaching someone something and connecting with other areas of their being, making those connections and giving them advice.

To make those connections requires us to spend time with that person. No one is just going to open up and share those other parts of their being. As you can see, mentoring helps us to establish that deeper relationship with our fellow airmen to motivate them to accomplish the mission during these challenging times. With the mission increasing and resources shrinking, coaching alone will not have, as much as, an impact as mentoring. Ideally, we should be

coaching and mentoring our airmen for us to experience the maximum benefit. Part of my job as the Human Resource Advisor is that I get to see survey results and talk to our airmen and the verdict is in, our airmen want to be mentored and the survey scores are depicting this need. If any group, unit, flight, or section wants to take a proactive measure in meeting this need but, don't know how to get started, contact me and I will be glad to coach and mentor this process. In our line of business, we can't afford to be No. 2. Mentoring our Airmen for success is our responsibility.

Happy Mentoring!
SMSgt Monte P. Hokoana
monte.hokoana@us.af.mil
448-8101 ext. 444-6521



HAWAII

