



KUKA'ILIMOKU

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



Drop Zone: UNCLE



A LEGACY CONTINUES

Inside KUKA'ILIMOKU

AUGUST
2016

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Editor's Note:

There was a correction to the 297th Air Traffic Controller squadron patch. See corrected patch below:



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Message from COMMAND

Our Shrinking Pool of Recruits

by **154th Wing Command Chief Master Sgt Michael Gabster**

Aloha All,

I recently attended a Diversity Workshop with representatives from all 54 states, territories and the District of Columbia. It was a real eye-opener. We were briefed by many educated speakers with a lot of letters behind their names and the outlook is not good.

Since 2004, the willingness to serve in the military has declined significantly and less than 1% of qualified applicants consider joining the National Guard. Youth of all race/ethnicities aspire towards higher education and professional careers. Better economy, increased competition from civilian employers, prolonged engagements in the Middle East and a high ops tempo are also having a negative effect on recruiting and retention.

Only 29% of the youth market (ages 17 to 24) are physically and morally eligible for military service. Reliance on families that serve is quickly declining as well.

The proportion of youth with a parent who served has fallen from 40% in 1995 to 15% in 2015. Millennials are the largest generational group in history. They are the most diverse and their propensity for military service is very low. Youth know the risks of serving, but perceptions of the benefits have declined. "Earn money for college" dropped from 85% in 2004 to 60% in 2015, "Prepare for future career" dropped from 75% in 2004 to 60% in 2015, "Have an attractive lifestyle" dropped from 63% in 2004 to 36% in 2015 and "Be in contact with family and friends" dropped from 58% in 2004 to 25% in 2015.

Youth (ages 16 to 21) believe that someone getting out of the military will have psychological or emotional problems, difficulty readjusting to everyday life and a physical injury. The years of war have taken a toll on our veterans and the youth know it through social media and cable news.

In the National Guard, our strength is our relationships with our people, their families and our local communities. We need to correct those misperceptions by actively talking to our family, friends and community members. Attracting and retaining diverse talent needs to be our number one priority.

Our goal is to bring in the best talent we can, retain them and take care of them and their families. Always remember that we recruit an individual but retain a family. The competition is getting fierce and we need all the talent we can get. It's our lifeblood and future for a strong resilient National Guard.



A Hawaii Air National Guard servicemember instructs new recruits at Joint Base Pearl Harbor-Hickam, Hawaii. The recruits are introduced to concepts taught in Air Force basic training in Lackland Air Force Base in San Antonio, Texas.

(U.S. Air Force photo by Senior Airman Avniel Camacho)

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**

U.S. Air Force Senior Airman Sean Chang and Capt. Brandon Chang stand on cargo recovered from drop zone Uncle at Hilo, Hawaii on July 14, 2016. The drop zone was named in honor of their father Henry Chang who known around the HIANG as "Uncle".

LAYERS OF LAW



Political Activities and the HIANG

Story by **Tech. Sgt. Rhonda Ohara, 154th Wing JAG Office**

As we all know, the presidential election is just around the corner and the political season is and has been upon us. Although we are encouraged to carry out our rights and responsibilities as U.S. citizens, we are also members of the United States Air Force, and therefore, need to avoid conflicts of interests and the appearance of improper endorsements in political matters. With that said, as airman we need to know the do's and don'ts to keep in mind during this political season and beyond.

To start, members of the Air Force should know that using their official authority or influence to affect the outcome of an election is not tolerated. Members should also know that they cannot solicit votes from subordinates, or engage in partisan political activities in the workplace. As such, personnel cannot fundraise at any time and they should avoid using government resources – such as equipment, time, and email – for the purpose of engaging in political activities.

While there are several actions considered unacceptable, there are

still a lot of sanctioned activities members can partake in. All Air Force personnel are allowed to vote and they can certainly encourage others to vote. It's also permissible to display bumper stickers on their POVs and post campaign signs at their place of residence, as long as they do not reside on a military installation. Additionally, members can freely donate to a campaign, as well as, express their personal opinions on candidates and issues. And, if a member feels so inclined as to write letters to an editor or post opinions on blogs, they can, however they should keep in mind that those opinions may require a disclaimer stating that the statements they are making do not imply an endorsement by the Department of the Air Force.

All in all, personnel in the US Air Force are allowed to participate in a variety of political activities. They just need to be aware of the boundaries that are set in place. DoD Directive 1344.10 and AFI 51-902 can both provide a more detailed explanation of all the political rules and regulations.



U.S. Air Force graphic

HIANG Airman renders aid during H-1 stabbings

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

A Hawaii Air National Guard airman was amongst the first to render aid to victims of the apparent road-rage fueled H-1 freeway stabbing incident that occurred August 1, 2016.

Staff Sergeant, Kaohu Detwiler, a Security Forces member from 169th Air Defense Squadron was driving eastbound on the H-1 when he noticed unusually heavy traffic building up on the opposite westbound lanes and slowed down to see what was happening.

“Curious to know what was happening I slowed to a safe speed and noticed a guy with blood all over his face,” Detwiler said. “I pulled over into the shoulder lane to offer assistance because my first thought is that there was an accident.”

Detwiler put on his ‘Police’ reflective vest and approached the scene.

It quickly became evident to Detwiler, a seven year veteran of military law enforcement that what he was responding to was much more than an accident...he was witnessing the road rage incident take place.

“My main concern was the two injured males who were practically bleeding out in the middle of the freeway,” Detwiler said. “I was literally yelling out the license plate number to anyone who had a phone on them.”

Detwiler’s military law enforcement training kicked in as he assessed and reacted to the circumstances unfolding before his very eyes as he and other responders came onto the scene and rendered aid to the victims.

“I started yelling for help as I was applying pressure to the abdominal wounds of the critical patient on the ground,” said Detwiler.

Police shut down two Waianae-bound lanes near the Kunia off-ramp to investigate after the incident happened around 3:20 p.m.



“My main concern was the two injured males who were practically bleeding out in the middle of the freeway,”

*Staff Sergeant Kaohu Detwiler
169th Air Defense Squadron Security Forces*

HIANG Says Aloha to Incoming and Outgoing 154th Wing Commanders

Story by **Airman 1st Class Stan Pak, 154 Wing Public Affairs**

07/13/2016 JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- Brig. Gen. Gregory S. Woodrow assumed command of the 154th Wing, Hawaii Air National Guard during a Change of Command Ceremony held here July 10.

Woodrow previously served as 154th WG vice commander before taking command from Brig. Gen. Braden K. Sakai.

“It is very humbling to me, very challenging,” Woodrow said. “I am incredibly excited to be the 154th Wing commander.”

Woodrow graduated from West Virginia University in 1986 with a Bachelor of Science in mechanical engineering. He earned his commission in the Air Force Reserve Officer Training Corps as a distinguished graduate in May 1986.

In addressing the audience gathered for the ceremony held on JBPBH, Woodrow talked about some of his top priorities—the things he’ll focus on during his time as wing commander.

“I would like to challenge you and push you to cut down the noise and the distraction,” Woodrow said. “Those things that somehow get pushed into our daily lives and make it difficult to concentrate on combat mission readiness and taking care of our airmen.”

For Sakai the Change of Command Ceremony officially marks the end of his five year tenure as wing commander.

“I can say that I am extremely proud of him [Woodrow], and he is going to be a great commander,” Sakai said. “I am really honored to be part of this ceremony to symbolize the passing of the lead to Woody.”

The relationship and friendship between the two general officers has bloomed throughout the years; a connection that has spanned more than a decade.

“I’ve known him for 15 years and was lucky enough to have worked with him for the past 10 years,” said Sakai. “He’s definitely one of the best officers I’ve ever had the honor to work with. He truly embodies service before self.”



U.S. Air Force Brig. Gen. Gregory S. Woodrow, Commander of the Hawaii Air National Guard 154th Wing, salutes service members in formation at Joint Base Pearl Harbor-Hickam, Hawaii, July 10, 2016. The formation consists of airmen from each of the four groups within the 154th Wing; Medical Group, Maintenance Group, Mission Support Group and Operations Group.

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



Woodrow becomes the 9th commander of the HIANG’s 154th WG.

The 154th WG has a wide variety of mission sets and maintains and operates

the F-22 Raptor, KC-135 Stratotanker, and C-17 Globemaster; the Raptor and Globemaster are maintained and flown in partnership with the 15th WG active duty.

The 154th WG is the largest Air National Guard wing in the nation.

“We have a world class wing, and I appreciate the opportunity and the challenge,” Woodrow said.

Woodrow has nearly 30 years of service with the Air Force and has held various leadership positions at the squadron, group and now wing level. He has over 7100 flying hours including 172 combat hours in Operations Iraqi Freedom and Enduring Freedom. He is a decorated command pilot with experience flying the T-37, C-130, and C-17.

What is Normalized Deviation?

Story by **Senior Master Sgt. Ronald Mori, 154th Wing Safety Office**

Do you think driving 5-10 miles over the posted speed limit is “ok”? When you first get your license, strict adherence to the speed limit is the norm. As you gain more experience and observe others, you slowly become comfortable driving 5-10 miles over the posted speed limit. With no negative consequences (speeding tickets) and social acceptance (everyone does it), this behavior becomes accepted as “normal”. Over time, this comfort zone expands to 15-20 miles over the speed limit until one day you get a speeding ticket.

The technical term for this phenomena is “normalized deviation”. By definition, it is the gradual process through which unacceptable practice of standards become acceptable.

In an organization, this same effect can manifest itself in the work environment. The workers deviate (short cuts) from the standard or instructions in order to meet mission requirements or goals. As this behavior continues with no negative effects, this becomes the norm. Shortcuts become part of the daily routine and become the new standard. Over time, these new “standards” deviate so much from the original instructions or regulations that equipment gets damaged or someone is seriously injured or killed.

Do these accepted deviations and increased risk justify the outcome?

Take a good look at your operations and see if you have fallen victim to normalized deviation.

Here are some warning signs....

- 1 Workers feel that “The rules are stupid and inefficient”
- 2 Workers feel that “We have to break the rules for the good of the mission”
- 3 Workers are afraid to speak up. Not speaking up when deviations are observed is taken as social approval to the deviation

If you see any of these warning signs in your operation STOP and check yourself before you wreck yourself.

It may be time to “stop speeding” and get back to basics. Is the time saved worth the loss of a life? Mission First, Safety Always!

CHAPLAIN’S CORNER

Strong Bonds Singles

Story by **Chaplain Lt. Col. Leah Boling**

The 154th WG Chaplain’s Office sponsored another Strong Bonds Event for our single service members at the DoubleTree by Hilton Hotel Alana, Waikiki. It was a great group of twelve men and women who were very open and engaging. They raised very good questions and shared their thoughts and opinions freely.

At one point, I asked them why it’s been a struggle to get more singles to register for Strong Bonds. They said some of what they hear from fellow singles are: they don’t need to attend because they are happy being single, or they’re already in a committed relationship, or they’ve been married before. Another reason they hear is that they’re not religious and since it’s sponsored by the Chaplain’s office, it’s probably religious.

All twelve of them who attended realized all the responses they heard were not accurate. They were so glad they came.

I would like to reiterate what the singles’ event is all about? This program is for any single airman—whether you have a current partner (living with someone or not), happy

being single, religious or non-religious, divorcee, young or old—this program is for you. There are several curriculums we use in Strong Bonds. For this previous weekend, we used the P.I.C.K.: “How to Avoid Falling for a Jerk/ette.” It talked about the Relationship Attachment Model, what to look for in a mate, what pitfalls to avoid, and a lot more. Even if you don’t plan to get into a relationship or get married, this program is still relevant for you because it

also allows you to look within yourself and how to make yourself a better version of you.

Ultimately the Chaplain’s office would like to continue to offer these workshops. I see the value in these classes and I’m sure you will too. So when the next Strong Bonds event comes up, I highly encourage you to sign up. See you there.

If you have further questions, you can always talk to me.



Drop Zone “Uncle”: A Legacy Continues

Story by **Airman 1st Class Robert Cabuco**

Years of positioning, months of planning, days of preparation and hours of hard work all lead to the moment when the cargo is released. Down the ramp it slides, out of the tail of a C-17 Globemaster III and into the open sky. A parachute opens and gently lowers the package onto drop zone “Uncle”.

The 204th Airlift Squadron from the Hawaii Air National Guard delivered the inaugural drop on the newly named Drop Zone Uncle on July 14, 2016. The drop zone is located on the island of Hawaii, at the U.S. Army’s Pohakuloa Training Area and is named after one of the 204th’s very own, Master Sergeant Henry “Uncle” Chang.

“Uncle Henry started the 204th,” says Capt. Skip Saito, a C-17 Pilot for the 204th and project officer for the inaugural air drop. “He built the squadron to what it is today. He meant a lot to our unit and everybody knew him as Uncle. It goes to show how much everyone respected and loved him.”

Uncle Henry was a traditional Guardsman

and performed duties as a Flight Engineer for the C-130 Hercules. He served in that role for 30 years before retiring in 2006. Although he retired before the C-130 was replaced by the C-17, his legacy laid the foundation for the airmen that continue his work.

“My father was one of the founding members of the 204th,” says Capt. Brandon Chang. “He was the fourth member of the 204th...he had the number four on his unit coin. We each get a coin with a unique member number to commemorate when we joined the unit.”

His legacy continues with his two sons who are now both with the 204th AS; Capt. Brandon Chang currently serves as a C-17 pilot and younger brother Senior Airman Sean Chang is a loadmaster. Although both have always been a part of the 204th ohana in support of their father, they have now earned the right to carry the torch as members of the unit.

“We have generations of family in the 204th AS,” says Saito. “Brandon and Sean have been running around the unit since they were little kids, and it’s nice to see them make a career out of something they grew up around.”

The unit wanted to permanently honor an integral part of their ohana and was presented with an opportunity as they





developed their new air drop capabilities. Pilots and loadmasters from the unit have been sent through extensive training at Altus Air Force Base to become air drop qualified.

Capt. Chang is amongst the growing number of air drop qualified 204th airmen. Younger brother Senior Airman Chang, will be attending air drop qualification school in the future.

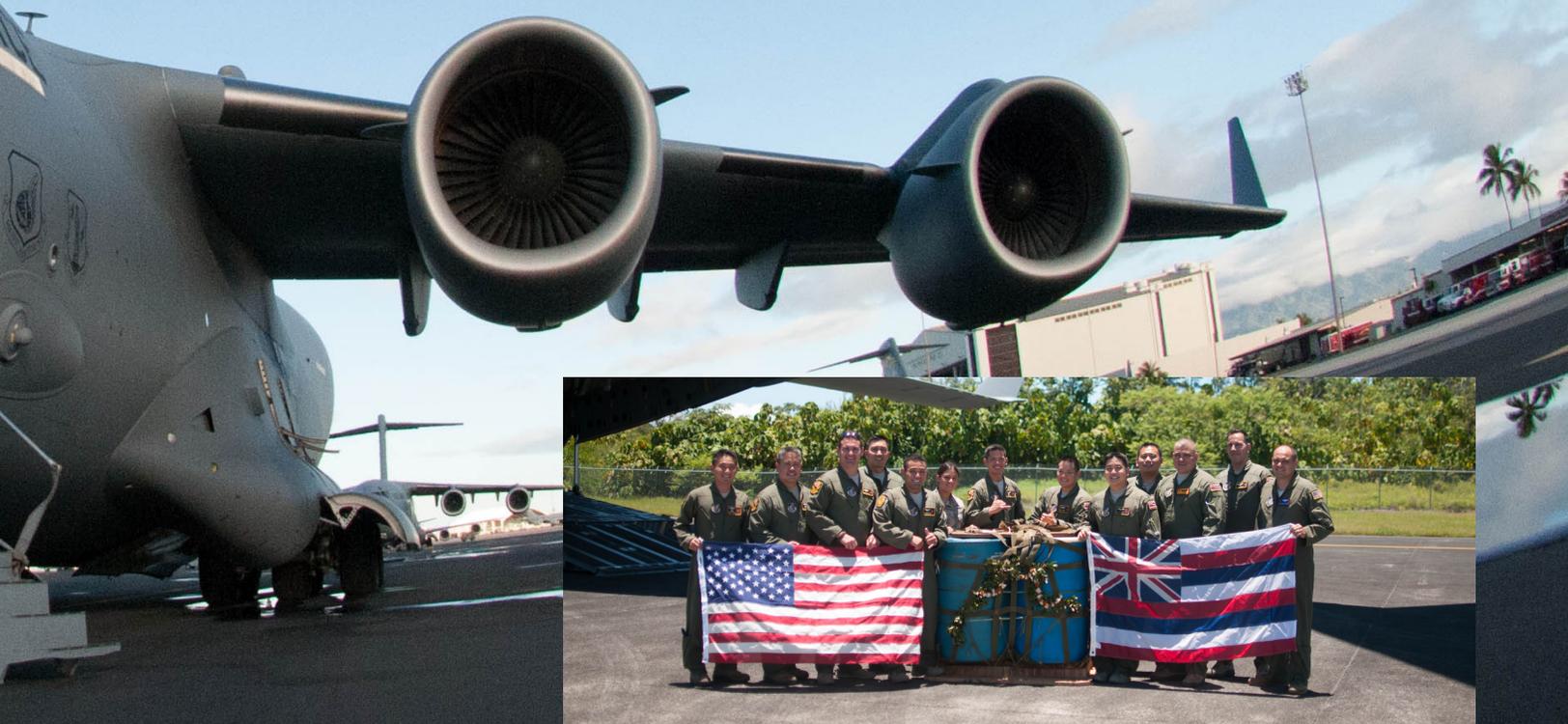
The new drop zone dedication and

inaugural air drop was planned by project officer, Saito. It was important to have the two brother involved in the significant event; Capt. Chang was one of the pilots on flight, and Senior Airman Chang was on hand to witness the ceremony.

Uncle's story is much like many other guardsmen in the HIANG. He was loved by his extended family at the unit. He called it home. Although he passed away in 2013, his namesake, Drop Zone Uncle will forever

reverberate in the halls of the 204th AS.

"The guard was a big part of his life, after drill he hung out with the rest of the guys," said Capt. Chang. "That's how I got interested in the guard and I got my passion of flying...through him. The whole 204th has pretty much been my family. It was where I grew up and it is where I want to be."



Thoughts of my Father

Story by **Senior Airman Sean Chang, 204th Airlift Squadron**

Even though Dad's fulltime job was with the Honolulu Fire Department his passion for the 204th left a greater impression on me than the experiences I had hanging around the Fire Station. It's not that he valued the job any less but as far as I can remember he always guided us in the direction of the Guard and flying. Every bookshelf in our house is stocked full of airplane books, all between 20 to 50 years old. It's a very impressive compilation if you ask me. Our lives wouldn't be complete if we hadn't done something related to aviation and the Guard because of his passion. It followed him through his retirement as he was a dedicated volunteer at the Pacific Aviation Museum, helping with restorations and giving tours through the exhibits for visitors; old habits die hard I suppose.

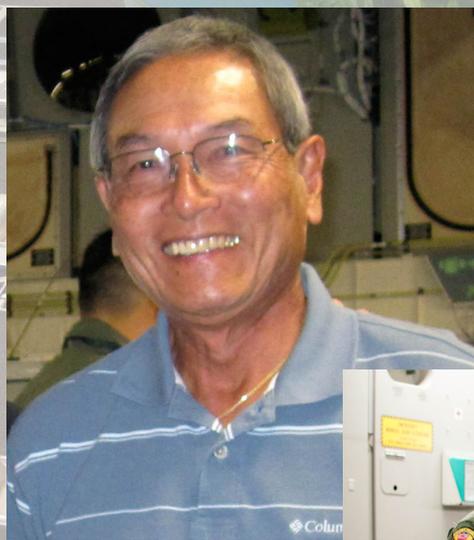
Something notable that Brandon and I both agree on was his ability to connect with anyone, everywhere. It was rare for him not to know a couple people wherever he went. If he didn't know anyone then



he'd strike up a conversation with literally anyone and talk to them as if he knew them for years, which still amazes me. Even to this day, I have complete strangers come up to me and relive some experience that they had with him decades ago.

The word legacy has been thrown around a lot when people talk about how nice it is that both of his boys ended up in the 204th but the way I see it, his "legacy" has gone far beyond just Brandon and I. The proof is in the people, places, and stories, all culminating with the Drop Zone "Uncle". He was never a very boastful person but I'm sure he's extremely happy right now because I know how much this unit meant to him and I now know how much he meant to the 204th.

I'm grateful to all the people who made this entire process possible and I hope that our dad's "legacy" will live on in future generations. It's always been a family vibe for us and I sincerely hope that when it's time for us to leave the squadron, we help lift the 204th to bigger and better things just like he did in his time. His catch phrase of "just dazzle'em" is a bit cheesy for my liking but it holds a lot of significance and I think it's what keeps us striving to be better.



SINGLED OUT

Story by **Airman 1st Class Stan Pak, 154th Wing Public Affairs**

08/04/2016 – HONOLULU, HAWAII – As the valet drives off with my car, I head up the escalator with my bags. I reach the lobby and am immediately greeted by the front desk where I receive my key and a fresh warm chocolate chip cookie with walnuts. Reaching my room I unpack my camera and get ready to attend the Strong Bonds Singles event.

Strong Bonds Singles is an event that was developed as a spin-off from its parent event, Strong Bonds. The program was originally an Army only event, created in Hawaii, with the goal to help strengthen the relationship bonds of its service members. About eight years ago, the Air National Guard adopted the program and it has since been picked up by the Hawaii Air National Guard.

The HIANG hosted event, held at the Doubletree at Hilton Alana Waikiki was an all-expenses paid affair. Everything from meals, hotel stay, and even valet were provided. After classes there was free time to enjoy the Waikiki night life or companionship with new friends.

Many people have misconceptions about the Strong Bonds Singles event. Some think that because they're in a committed relationship or have been married before they are ineligible to attend. Some even think it's a dating service. I learned that none of that was

true, you can be in a relationship, previously married, and religious denomination does not matter.

"I recommend this event to all singles and people that are dating. It provides tools that allow you not to fall for a less than ideal person." said Petty Officer 1st Class Sasha Drew who attended the event.

The event focused on the topic of "How to avoid falling for a jerk or jerkette". Lessons were facilitated by members of the 154th Wing Chaplain Office and 154th Wing Family Readiness department.

The speakers presented slideshows with many visual aids such as videos and pictures and shared many personal stories. Small group break-out sessions reinforced the lessons and encouraged participation.

"The speakers did an amazing job at presenting the information and adding their personal experiences on the topic matter. They were approachable and made the environment feel safe and comfortable



to share and engage," said Airman 1st Class Sharon Le.

The classes taught how to be "relationship savvy" said Lt. Col, Leah Boling, 154th Wing chaplain. They emphasized how to recognize warning signs for bad partners and what to look for in relationships.

Self-reflection was a common theme throughout the sessions.

"It has helped me understand the importance of keeping my head and heart in balance. It helped me know and understand myself better as well as my potential partner's feelings and emotions," said Staff Sgt. Romar Corpuz.

If you're single and have free time, looking for self-improvement, or even just looking to meet some new friends. This event has much to offer.



THE MANY FACES OF 169TH AIR DEFENSE



**Tech. Sgt.
Timothy Wong**
Computer Maintenance
Crew Supervisor

**Capt.
Norman Guillermo**
Air Battle Manager

**Tech. Sgt.
Gary Won**
Interim First Sergeant

ACETS OF THE NSE SQUADRON

HIANG SPOTLIGHT



**Senior Airman
Shannon Apostol**
Maintenance Analyst

**Tech. Sgt.
Alvin Walker**
Security Forces

UNIT PROFILE

Unit Name: 169th Air Defense Squadron

Federal Mission: Provide the CDRUSPACOM / COMPACAF with the means to detect, monitor, identify, intercept, and if necessary destroy airborne objects that may pose a threat to the Hawaiian Air Defense Region (HADR).

State Mission: Provide trained, professional personnel, quality services, and well-maintained equipment to assist in the event of emergencies.

Location: Wahiawa, Oahu

Seeking: Motivated airman interested in supporting our air and homeland defense mission

Cool Fact 1: The only Air National Guard unit performing a T10 mission with a majority of personnel in a Title 32 Technician status.

Cool Fact 2: Capable of data linking with airborne, naval and ground elements of the Theater Air Control System.



Lt. Col. **CHRISTOPHER A. JARRATT**
Commander, 169th Air Defense Squadron



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Seminars

Laulima 2

DeRussy Ballroom

Resume Reviews

1000—1400

Laulima 3 & 4

Main Exhibitor Floor

10:00 AM—2:00 PM

Federal Resume Writing

0800—0930

General Resume Writing

1000—1130

Interview tips

1230—1400



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International Air Defense Teams Help to Control RIMPAC Skies

Story by **Airman 1st Class Stan Pak, 154th Wing Public Affairs**

08/02/2016 - WHEELER ARMY AIRFIELD, HAWAII – The Hawaii Air National Guard's 169th Air Defense Squadron teamed up with international air defense counterparts to help control the air space in and around Hawaii during RIMPAC 2016, June 30 to Aug. 4.

Joining the 169th ADS were air defense experts from the Royal Canadian Air Force [RCAF] and the Royal Australian Air Force [RAAF].

Rim of the Pacific Exercise, or RIMPAC, is the world's largest international maritime exercise. The biennial event took place in the waters and skies around the Hawaiian Islands as well as Southern California. This year's iteration involved twenty-six nations, five submarines, 45 ships, and over 200 aircraft.

According to Staff Sgt. Adam Bray, 169th ADS weapons director, integrating with the foreign controllers was a valuable lesson.

"The best thing you can say about the integrating is that we all get some lessons

to take home with us," Bray said. "We get to see how they operate and they get to see how we operate, so we get the best of all practices to figure out what would work best given any situations, especially since we're integrating on the flying and controlling side of the house."

To maintain the state mission 169th ADS operates 24-7 365 days of the year.

"For our state mission what we do is defend Hawaii skies so if something is in the air or around Hawaii we have to know who it is, if they're not talking to us and we don't know who they are we've got to find out," said Bray. "Whether that's through communications, computers, chatting with other agencies, or if it requires us putting a jet in the air to figure it out."

Controlling air space required close coordination and constant communication between the international partners. A high degree of team work was required in order to accomplish the missions.

"They're really good, they work hard



and they're easy to work with and they communicate really well. We'll go back and forth...we seem to have a pretty good rhythm," Bray said. "It's good to have people you can rely on."

For some of the visiting air defense controllers, the exercise provided valuable experience working in a complex airspace.

"The Australians and especially the Hawaii Air National Guard have been fantastic to us, they really helped us out trying to integrate here with the operation," said Lieutenant Ross Nevile, RCAF weapons controller. "The amount of traffic in the airspace has been an amazing experience. For myself being a newer controller I don't get to see this amount of traffic going



Air Traffic Controllers from the Royal Canadian Air Force, Hawaii Air National Guard, and the Royal Australian Air Force gather for RIMPAC 2016 at the 169th Air Defense Squadron on Wheeler Army Airfield, Hawaii, July 21, 2016.

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

through a tactical airspace.”

According to Squadron Leader Ivan Saunders, mission commander for the RAAF air defense team, a main goal for his team was to successfully integrate and control within a coalition environment.

“We’ve integrated very well into the U.S Air Force team,” Saunders said. “One of our objectives is to integrate coalition partners into our weapons team. We’ve got one of the Canadian controllers integrating into our team with the mission and the same for the 169th controllers.”

A primary task for the controllers during the exercises is to give the aircraft a tactical picture once they’re airborne.

“We’re basically an extra wingman for them as we get the god’s eye view from the radar so they can see in front of them while we see down and on top of them,” Nevile said. “We aid them and help them fight the fight.”

Throughout RIMPAC 169th controllers had to maintain focus on their real world mission.

“With the higher ops tempo we have a few manning issues as far as our own guys are concerned,” Bray said. “We have to activate traditional personnel to control more often since we also have our surveillance mission watching the Hawaii airspace. We all just have to pull a little extra weight.”

The 169th ADS is the only Air National Guard unit performing a Title 10 (active duty) mission with a majority of personnel in a Title 32 (full-time national guard) technician status.



Air Traffic Controllers from the Hawaii Air National Guard and the Royal Australian Air Force monitor the scopes in the control room of the 169th Air Defense Squadron at Wheeler Army Air Field, Hawaii.

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



The HIANG and the Star Advertiser: A Storied Past

Story by Master Sgt. WILLIAM TAPPER

The Honolulu Star Bulletin began publication in 1912. It was formed when the Evening Bulletin, which emerged in the 1890s to campaign for Hawaii's statehood, merged with the Hawaiian Star, which was the "official" voice of the provisional government following the overthrow of the Hawaiian monarchy in 1893; the star in its title symbolized the American flag. Both papers were very supportive of the United States and for the statehood of Hawaii. The name changed 98 years later, in 2010, when the Honolulu Star Bulletin bought out the Honolulu Advertiser. The paper is now called the Honolulu Star Advertiser. To this day it is still a widely read newspaper in the state of Hawaii and continues to be a patriotic and military supportive publication; the paper still honors the Hawaii Air National Guard as much as it did when it first introduced the organization to the people of Hawaii nearly 70 years ago.

The HIANG had been around for two years before it was first introduced and featured in an article published in the November 19, 1948 edition. The article was titled "Residents of Hawaii Now Have Separate Air Force". The article indicates how unknown the HIANG was, which explains why recruiting had been so difficult in the beginning... "Many people in Hawaii may not realize that they have their own air force, but they do, and its official name is Hawaii Air National Guard."

The article also demonstrates the paper's clear support for the HIANG, instilling a sense of pride in ownership, pointing out that the HIANG is made up of "young men of Hawaii... who are devoting their personal time... so that in an emergency they may do their part in the protection of the Islands." The article discussed how the first duty of the 199th, protecting



"the Hawaiian islands from any aggressor nation." was being carried out. And it boasted some of the many other benefits the HIANG extended from the U.S. government, being a military unit formed under the direction and in support of the United States, though Hawaii was not yet a state. "In addition to the protection offered by the Hawaii Air National Guard, Hawaii residents receive other benefits from the organization. During the past fiscal year the federal government spent \$345,185.28 here, this money going into general circulation. Some citizens of Hawaii realize direct benefits from these funds, others benefit from the general improvement of living conditions."

The Honolulu Star Bulletin produced many more articles featuring the HIANG

in the months to follow, always keeping the residents of Hawaii informed of all the HIANG was doing for them, whether it was a HIANG C-46 "mercy plane" providing flood relief to Kauai (piloted by Capt. Robert Maguire), a major readiness exercise where the HIANG protected the islands from their active duty counterpart "invaders", or a benefit dance at the Honolulu Armory put together by the 199th Fighter Squadron Air Service Group Detachment.

As the Honolulu Star Bulletin did then, and as the Honolulu Star Advertiser does now, the publication continues to share the great news about the HIANG. And we keep giving them great things to write about!

Suicide Prevention

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

Do you know someone who has been affected by suicide? Thoughts of suicide most often occur when stressors exceed the current coping capacity of someone suffering from a mental health condition. According to the American Foundation of Suicide Prevention (AFSP), suicide is the 10th leading cause of death in the United States, affecting 42,773 Americans each year with an average of 117 individuals each day. Conditions related to suicide cost citizens approximately \$44 billion each year for medical care, treatment, and work loss expenses. Untreated emotional conditions including depression, and substance abuse are strongly associated with suicides and self-inflicted injuries. Of all suicides, almost 50% involve the use of firearms. If you or someone you know is contemplating suicide, help is available. Suicide is preventable. Seeking help is a sign of strength.

The National Suicide Prevention Lifeline identified warning signs of suicide to be:

1. Threatening or talking about wanting to hurt or kill oneself
2. Looking for a way to kill oneself by seeking access to weapons or searching online

3. Talking or writing about death, dying, or suicide
4. Talking about feeling hopeless or having no reason to live, no purpose in life
5. Talking about feeling trapped or in unbearable pain with no way out
6. Reckless or engaging in risky behaviors, seemingly without thinking
7. Increasing alcohol or substance use
8. Withdrawing from friends, family, work, society
9. Acting anxious, agitated, or unstable to sleep or sleeping all the time
10. Experiencing dramatic mood changes
11. Giving away possessions

Being aware of the warning signs and responding quickly to find appropriate and professional resources can save a life. If you or someone you know is in crisis, immediate help is available through the National Suicide Prevention Lifeline: 1-800-273-TALK (8255).

Next month is Suicide Prevention

Awareness month and various community events are planned throughout the state. The “Out of the Darkness” community walk, resource fair, and hope festival, sponsored by AFSP will be on Saturday, September 17, 2016 at Ala Moana Beach Park at 0800. The “Fight for Each Other” (F4EO) campaign and presentations is a joint services effort and will be promoted throughout the military community. SAFETALK workshops, ASIST training, and ACE-SI courses are offered throughout the year.

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
jacy.campbell@us.af.mil





TRACKING STATION

Events

Aug 6

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

Aug 7

Re-UP Rally
0800-100, Hollister Auditorium, 204th Squad Ops Bldg
Applicable to unit members 12 months from ETS who have NOT yet re-enlisted

VA Benefits Brief to National Guard Members

1000-1045, Hollister Auditorium, 204th Squad Ops Bldg
Speaker: Senior Advisors Arcangel Natal and Althea Scott

College Financial Aid Workshop
1100-1200, Hollister Auditorium, 204th Squad Ops Bldg
POC Tim Fujino timothy.h.fujino.ctr@mail.mil 808-672-1250

Aug 12-14

Strong Bonds Family Enrichment Event
Ala Moana Hotel
POC Ch Daniel Leatherman
dleather@iolani.org 808-783-4767

Aug 19

2016 Hawaii Warrior Job Fair
1000-1400, DeRussy Ballroom, Hale Koa Hotel
Register by 18AUG
www.2016hawaiiwariortjobfair-jobseekers.eventbrite.com

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

HIANG Intramural Softball

POC Tech. Sgt. Noah Keaulii
808-255-7155

AUGUST PROMOTIONS



TECHNICAL SERGEANT

Marie A. Ekau

154th LRS

Russell S Redila

154th CES

Leslierose A. Carlosagonia

154th MDG



STAFF SERGEANT

Mary F. Brzezowski

154th MXS

Troy A. Gunter

154th CPTF

Jennierose S. Ranada

169th ADS

Kaohu N. Detwiler

169th ADS

Shannon N. Apostol

169th ADS

Melitonrychell S. Ugalde

169th ADS

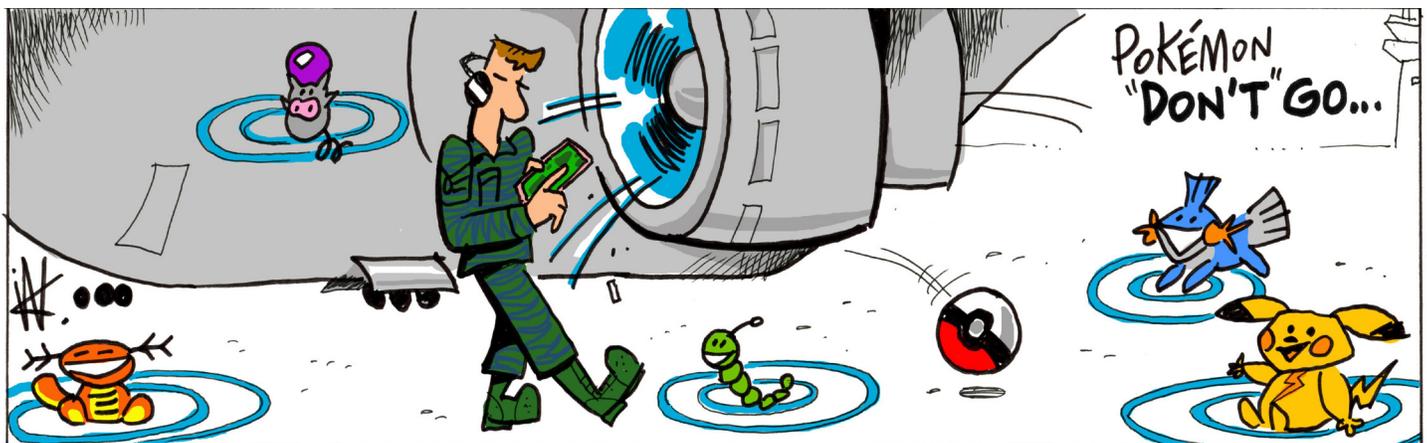
Patrice N. Skyner

154th LRS

Rebecca A. Nielsen

291st CBCS

POPE'S PUNNS



HIANG still team to beat in Joint Base volleyball

Story and photo by **Randy Dela Cruz, Sports Editor, Ho'okele**



Another year and it looks like not a whole lot has changed in intramural volleyball at Joint Base Pearl Harbor-Hickam.

A look at the standings atop the Gold Division and you will see a familiar team hovering among the league leaders once again.

Last season the Hawaii Air National Guard (HIANG) captured their 13th championship in 14 years and from the looks of the way the team is playing this season, the HIANG could very well make it 14 out of 15.

Facing a stiff challenge entering last Thursday's July 14 showdown against a tough Harambe's Heroes from the 613th Air and Space Operation Center (613 AOC), the HIANG made quick work of their third game of the season by taking a two-set, 25-14 and 25-13, victory at JBPHH Fitness Center.

The win made it three in row against no defeats for HIANG, while Harambe's Heroes fell to 2-2.

While the HIANG used a multitude of heavy hitters to their advantage, one player in particular was responsible for feeding the team's hungry slammers with accurate passes.

Setter Senior Airman Braden Park kept the team's attack going at a steady pace with his precision passes that allowed hitters, such as, veteran players Tech. Sgt. Stephen Lorenzo, Lt. Col. Rick Cox and Lt. Chuck

Wood to do their thing at the net.

Although Park was in on just about every score for the HIANG, he said that his job is easy because of the talent that he is surrounded by every game.

"We have so much attackers that are versatile enough to work around a set," Park said.

"They don't need to it to be perfect on the dot. I can just put it up for them and they can take care of business."

With Park's passing hitting each mark, the HIANG got a huge game from Lorenzo, who is the team's captain and one of the best if not consistent players over the past decade.

Lorenzo got going immediately in the first set with a kill to tie the score up at 4-4.

A block and kill by Lorenzo gave HIANG a 6-4 lead and then after a side-out, Lorenzo got his third kill of the game to get the ball back.

Now at service, Lorenzo, aided by back-to-back kills by Staff Sgt. David Stivers, extended the team's lead to 9-5.

Later, a side-out on a kill by Stivers gave the HIANG a three-point run that put them in front by their largest margin at seven with the score at 14-7.

With HIANG steadily increasing their lead, Lorenzo stretched out to get his fourth block of the first set to give his team its first double-digit advantage at 22-12.

The set ended on a service error by

Harambe's Heroes.

"He (Lorenzo) brings a lot of energy to our team," Park said about his team captain. "He's been doing this for years, setting up the team, setting up practices, making sure everyone is here and he's here for every game. He sets the tone for us."

The HIANG used the momentum from the first set and just rolled it over into the second set, as Cox took over service and reeled off six-straight points for an immediate 6-0 lead.

After a side-out, HIANG got the ball back on another block by Lorenzo and was off to six more straight points to increase their lead to 12-1.

Staff Sgt. Alan Michael Warner extended the lead to 15 at 19-4 on a kill, which, by then, was too much for Harambe's Heroes to overcome.

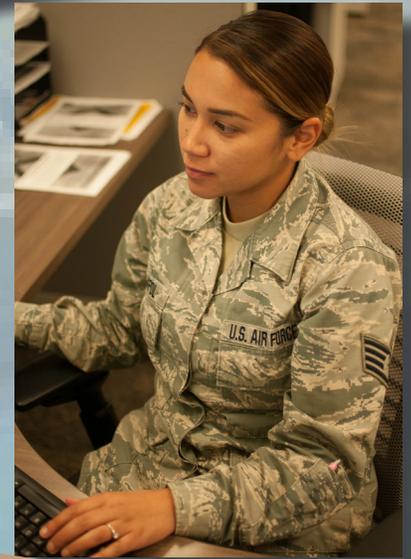
While the win was decisively in favor of HIANG, Park, who was the team's catalyst to victory, said that he still has so much to improve.

As his own biggest critic, Park said that no matter what he does, he always feels that there is room for improvement.

"I put a lot of pressure on myself," he said. "I want to have a perfect set every single time. I cut myself down, but I'm fairly young. This is only my third season with the team and I'm just trying to keep up to the level that everyone else is playing."

AROUND THE HIANG





All About Financial Aid
Who Can Apply For Financial Aid?



College Financial Aid Workshop

What: College Financial Aid Workshop

When: 11:00 - 12:00 Noon on Sunday, August 7, 2016

Where: Hollister Auditorium, 204th Squadron Operations BLDG,
Joint Base Pearl Harbor-Hickam (JBPH-H)

Who: For our Hawaii National Guard members & their

Extended Ohana

Why: To understand the College Financial Aid Process & the New
Rules for "Free Application for Federal Student Aid" (FAFSA)

Applications

more information contact: Tim Fujino, Transition Assistance Adviser,

at Timothy.H.Fujino.ctr@mail.mil or Ph. (808) 672-1250