



KUKA'ILIMOKU

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



Birds of a Feather gather for
SENTRY ALOHA

Inside KUKA'ILIMOKU

SEPTEMBER
2016

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This funded Air Force newspaper is an authorized publication for the members of the US military services. Contents of the Kuka'ilimoku are not necessarily the official views of, or endorsed by, the US Government, the Department of Defense, and the Department of the Air Force or the Hawaii Air National Guard. This publication is prepared, edited and provided by the Public Affairs Office of the 154th Wing, Hawaii 96853-5517. Telephone: DSN/ (315) 448-8117 / (808) 448-8117. Send submissions, comments or suggestions internally to the PAO and staff 154wg.pa.publicaffairs@us.af.mil. The punctuation of the name of this publication was researched by the Indo-Pacific Language Department at the University of Hawaii. All photos are United States Air Force photos unless otherwise noted.



Message from COMMAND

The Silent Hero

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

Next time you see a first sergeant; you know that sharp diamond wearing airman that is always standing tall and setting the example, I want you to think of this. That outstanding airman is your go to person for anything that you need, they are professional, trustworthy and have the resources that can answer many of your questions. They are also the right hand of their commander and relied upon to give that commander open honest feedback and their experienced opinion on any issue that could affect our airman, their families and the mission. What an incredible duty, that is why it's considered a developmental special duty. Only our best are selected and through mentoring, training and experience they are molded into our future leaders. This position is at the height of Servant Leadership and through selfless sacrifice and hard work they enrich the lives of our airmen, build better organizations and ultimately create a more just and caring environment.

The First Sergeant principally leads outside the operational chain of command. They work directly for the commander and along with your chief, make a powerful leadership team. The First Sergeant is instrumental in creating the world's greatest airman and represent the enlisted corps and Air Force on a national stage. They oversee Professional Military Education (PME), career progression, family needs, financial matters, recognition programs, administrative actions and performance reports for their commander. They also become experts in conflict management, dealing with personnel issues between individuals inside and outside the organization. Being Airman centric and family oriented, they also become human resource experts, earning the right to be awarded a second Community College of

the Air Force (CCAF) degree in Human Resources. This type of deliberate force development will produce a senior enlisted leader with professional competencies outside their primary AFSC with an emersion into the distinctly different cultures within our wing. "What's worse than training your people and losing them? Not training them and keeping them. Your investment determines your return." - John Maxwell

Being a First Sergeant is an investment in our organizations future, yourself and your career. Do you have what it takes? Do you want to help mold our young airmen and volunteer to help our community and those in need? You will spend some of your weekends throughout the year supporting veterans, feeding the homeless, building care packages and raising money to fund Thanksgiving meals for deployed personnel and supporting other worthy causes. Has the HIANG been good to you? Why not give back, it's the noblest of duties and at the end of the day, the most rewarding. Keep your eyes open for future vacancies and stop by and chat with me if you are interested. It's an honor to serve with you all.



Kuka'ilimoku SUBMISSIONS

Articles:

- Articles range from 350 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.
- Only submit articles that have been approved by your unit's public affairs officer.

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

Tech. Sgt. **EMILY THOMPSON**
142nd Fighter Wing Public Affairs

A flight of three C-130 Hercules aircraft take off from Hickam Air Field during the Sentry Aloha 2016 exercise at Joint Base Pearl Harbor-Hickam, Hawaii on August 23, 2016.

WELLNESS WORKS

Improving Your Run Efficiency

Story by **Airman 1st Class Elisapeta Smith, 154th FSS**

Do you get those crazy butterflies in your stomach when it's time for your Fitness Assessment? Do you wish the cardio component of your FA was a breeze? If so, you're not alone. People often get nervous prior to their FA because he or she feels they did not prepare themselves enough. One popular misconception is that running more is the only way to improve run time. In actuality, leg strength is what improves run time.

Strengthening your leg muscles by doing exercises that hit those areas are key to helping you activate and strengthen a weak, inactive muscle. Squats and lunges are well known for building leg muscles. You can also do other exercises that help improve

your muscle stability. Planks, squats, push ups, row with resistance tubes or weights, the bridge. These exercises will help balance your body strength and better stabilize you in order to run more efficiently. It can take weeks to make changes to your running style but it'll be worth it; it can make a huge difference to your speed, efficiency, and risk of injury. Focusing on those three things can help you maintain a good run time. Little changes in your running style that can help can be as simple as changing your shoes. Or you want to go all out, you can run hills to challenge yourself. It's time to stop those butterflies and run like you never ran before!



Indonesian Air Defense Experts visit HIANG

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

09/02/2016 – WHEELER ARMY AIRFIELD, HAWAII – Indonesian air defense experts attended a four day Subject Matter Expert Exchange (SMEE) for the State Partnership Program with the Hawaii Air National Guard's 169th Air Defense Squadron here, Aug. 30 to Sep. 2.

The program is administered by the National Guard Bureau, guided by State Department foreign policy goals, and executed by the state adjutants general in support of combatant commander and U.S. Chief of Mission security cooperation objectives and Department of Defense policy goals.

"The State Partnership Program is about building partnerships with other countries...a National Guard program where each state is matched with individual countries," said Maj. Michael O'Donnell, 169th Air Defense Squadron, Mission Crew commander. "To build those partnerships what we do is select topics that are mutually beneficial where both countries can discuss and engage in."

This is the second time a SMEE between the Indonesian air defense team and the 169th ADS has been conducted. The first time the exchange took place was in 2015 in Jakarta, Indonesia. This time however the Indonesians

came to Hawaii.

"Last time we discussed air defense tactics and this time we were able to actually show them through a simulation how we use our tactics in a situation that requires activating fighters and needing to react to a target," said O'Donnell.

The exchange included briefs from both participants about varying air defense subjects ranging from tactics to training, and even equipment.

"We discussed training of our air defense controllers, what the training syllabus is like and what they can expect once they become qualified and continue on to maintain their proficiency," O'Donnell said.

"We talked about integration of all the different radar feeds that we have in our location from Federal Aviation Administration and military and how the computer takes all that information and



synthesizes it to create one tactical picture for us to operate off of."

On the last day of the exchange, Hawaii Air and Army National Guard members gathered to discuss future plans and details for a 2017 conference in Indonesia.

"This program is going to continue into 2017, we're expecting to do at least one more conference in Indonesia next year as well as hosting them again in Hawaii. It's a growing program that we're going to keep building on to continue the partnership between nations," O'Donnell said.

The conference concluded with an awards ceremony where both sides presented awards and thank you mementos to one another. Lt. Col. Christopher Jarratt, 169th ADS commander presented on behalf of the HIANG and Col. Palito Sitorus, head of the Indonesian delegation presented on behalf of the Indonesians.



Hawaii Air National Guard hosts first Sentry Aloha of 2016

Story by **Airman 1st Class Stan Pak**

JOINT BASE PEARL HARBOR-HICKAM, HAWAII – The first large-scale fighter centric exercise of 2016 was recently completed here Aug. 17-26.

Sentry Aloha is an ongoing series of combat exercises hosted by the Hawaii Air National Guard and involves a variety of fighter and support aircraft from varying Air Force, Air National Guard, and DoD participants.

“Part of the purpose of Sentry Aloha is to integrate with the other guard platforms as well as some active duty units that are here to better understand how each participant operates,” said Lt. Col. Kristian Thiele, 149th Fighter Wing F-16 Fighting Falcon instructor pilot.

Sentry Aloha exercises are held several

times a year with the first one normally starting towards the beginning of the calendar year. Due to the recent deployment of the F-22 Raptors, this inaugural 2016 event was pushed back to August.

The exercise provides a cost effective and realistic combat experience for participating pilots to aid them in completing their homeland defense and overseas combat missions. The exercise also granted access to flying with or against several fighter jets including the F-22, the F-16, and the F-15 Eagle.

“The F-22 is still a relatively new platform compared to how long the F-16 and F-15 have been around and certainly the tactics are evolving even between the 4th and 5th generation fighters,” said Thiele “This really

provides a great opportunity for us to work together to bring out the best of all those platforms in order to defeat or neutralize the enemy that we’re training against.”

The exercise also included many support aircraft including the C-130 Hercules, KC-135 Stratotanker, and C-17 Globemaster III.

This iteration of Sentry Aloha involved over 800 personnel and over 40 aircraft from eight other states and territories. Ground support was a crucial aspect in keeping all the different aircraft mission ready.

“A lot of people think these sorties just happen but there’s a lot of the crew chiefs and all maintenance behind the scenes getting the work done,” said Tech. Sgt. Adam Flood, 149th Fighter Wing crew chief.

Sentry Aloha brings together many different facets of wartime missions. All aspects of operations needed to work cohesively in order to achieve mission success.

“We are definitely fighting some pretty difficult scenarios, learning a lot of good lessons based on those scenarios,” said Thiele. “We don’t necessarily get the opportunity to do a lot of this high-level integration with very robust threats so we are getting a lot out of it, and I think a kind of ‘re-blueing’ as we would call it in our community – getting to see a lot of these newer combat tactics and be involved in it.”





U.S. Air Force C-130 Hercules from the Georgia Air National Guard's 165th Airlift Wing flying towards the horizon on a sortie during Sentry Aloha at Joint Base Pearl Harbor-Hickam, Hawaii on Aug. 29 2016.

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



A flight of two C-130 Hercules from the Georgia Air National Guard's 165th Airlift Wing bank right while being escorted to a drop zone by fighter aircraft during Sentry Aloha at Joint Base Pearl Harbor-Hickam, Hawaii on Aug. 29 2016.

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





TRACKING STATION

EVENTS

Special Needs and Autism Awareness Support Meeting
Sep 10, 1545-1730, 204th Auditorium
POC Kanani Krafft 808-448-8145

Yellow Ribbon Event

Oct. 15, RTI at Bellows
POC:
charlsyee.yoshimoto.2.ctr@us.af.mil
808-382-4316
<https://www.yellowribbonevents.org/Events/KioskRegistration.aspx?Mode=AddNew&Id=93faf-dc7-8ffd-8cd8-54e8-11e64478f86c>

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

SEPTEMBER PROMOTIONS



SENIOR MASTER SERGEANT

Rafael S. Rodriguez
154th FSS



MASTER SERGEANT

Colby O. Hanley
292th CBCS
Vincent D. Deguzman
154th CS
Bles May B. Dao
199th FS



TECHNICAL SERGEANT

Jesse M. Hakala
154th CF

Kristen L. Cruz
154th SFS

Sarah K. Solmirin
154th CF

John K. Manuia
169th ADS

Jacob K. Angay
291th CBCS



Staff Sergeant

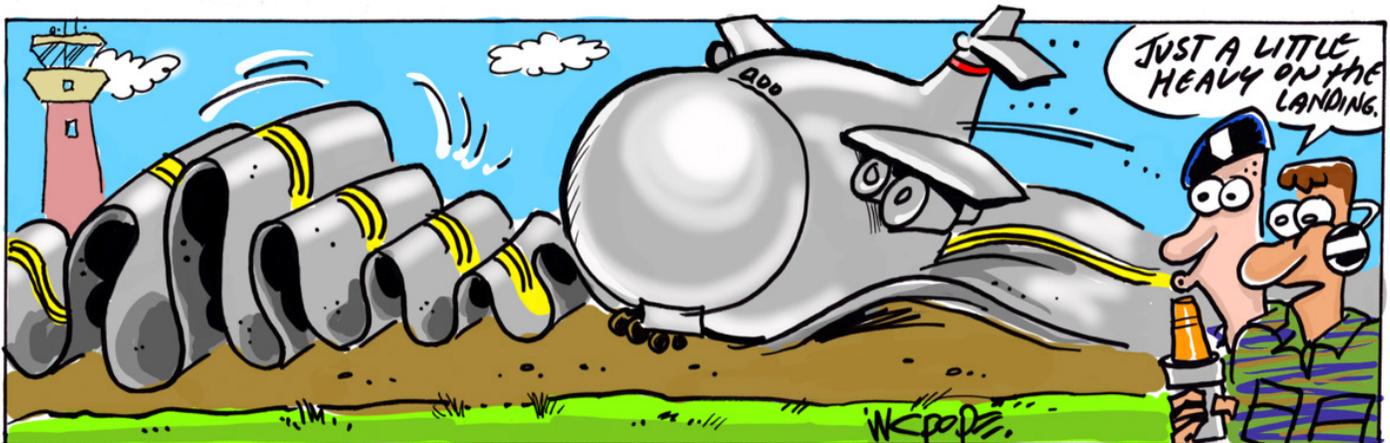
Marco F. Mendez
154th FSS

Alexander K. Chai
291th CBCS

Marinela A. Paredes
154th MOF

Jose F. Molestina
154th LRS

POPE'S PUNS



154th Security Forces Celebrate Ohana Day

Story by **154th Security Forces Staff**

08/07/2016 JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- The 154th Security Forces Squadron recently held a family day event here to introduce family members to the Key Ohana Team.

The Key Ohana Team is comprised of volunteer spouses and military unit representatives. Its goal is to be a strong support for the families during times of deployment.

The Key Ohana Team organized and sponsored the event in order to bring together 154th SF families in a fun atmosphere and to educate families on the unit's mission and the many programs and resources that are available when a member deploys.

According to U.S. Air Force Maj. Dane

Minami, 154th SFS commander, the unit has one of the highest deployment rates in the Hawaii Air National Guard.

"Since September 11, 2001, we have consistently been tasked to send teams out the door and have members that already have between three to six deployments under their belts," Minami said.

During peacetime, the 154 SFS prepares for wartime tasking to augment active military forces. In wartime, they provide and support forces to meet the needs of the combatant commander worldwide.

The family day event did unit briefings, Active Shooter Awareness Training and a "town-hall" type discussion with the Key Ohana Team and unit leadership. These were done to give the families more insight

into what the members of the unit do.

The HIANG Airmen & Family Readiness Program Manager, Ms. Lorna Souza, was also on hand to answer questions and to provide valuable information and resources.

"When our members deploy, it is the families that are left behind to fend for themselves and to keep things running back home," Minami said. "We want them to know that help and resources are available and that they are not alone...the Key Ohana Team will be there for them."

The family day event also featured static weapons displays, tours of the indoor firing range, school supply giveaways, games, food and even a chili cook-off.



U.S. Air Force Chief Master Sgt. Melvin Yamamoto from the Hawaii Air National Guard 154th Security Forces Squadron, briefs families about the unit and their mission on Joint Base Pearl Harbor-Hickam, Hawaii on Aug. 7, 2016. The 154th SFS has one of the highest deployment rates in the HIANG.

U.S. Air National Guard Photo by
Airman 1st Class Stan Pak



Hawaii Air National Guard

HONOR GUARD

Story by **Staff Sgt. Darrell Bactad**

The Hawaii Air National Guard's Honor Guard was founded in April, 1999 by Tech. Sgt. (Ret) Thomas Chock of the 154th Logistics Readiness Squadron, guided by HIANG Commander Brig. Gen. (Ret) Myron Dobashi. It was comprised of members from the 154th Wing, with a majority of them from the 154th LRS. The program began by practicing basic facing and marching movements in their warehouse. Seventeen years later, the HIANG Honor Guard grew in popularity, consisting of enlisted and officers throughout the HIANG. This elite program continues to serve past, present, and future airmen under the guidance of the Joint Base Pearl Harbor-Hickam Honor Guard.

The HIANG Honor Guard's primary duty is to serve fallen veterans in providing funeral honors, but also performs a variety of military ceremonies to include but not limited to: retirement flag folding ceremonies, change of commands, wedding cordons, and community events. "Few can shoulder this responsibility well, and our training ensures that the performance of our airmen is never altered or dictated by the type of ceremony, severity of the temperature, nor the size of the crowd," says Master Sgt. Marcus Della Sala, 201st Intelligence Squadron and HIANG Honor Guard Superintendent. The HIANG Honor Guard cherishes the responsibility of representing the United States Air Force throughout the Hawaiian Islands as friends and families gather to pay their final respects to their loved ones that have faithfully and honorably served their country.

"From day one, I wanted to be a part of



this elite program because I saw the Honor Guard at veteran's funerals for families and friends. I wanted to do what they do, I wanted to fire that rifle, I just wanted to be in that uniform. I wanted that chance to serve our veterans, past, present and future in any way I could," says Staff Sgt. Darrell Bactad, 204th Airlift Squadron and one of the original Honor Guard members.

"They served our country in whatever capacity they did and they deserve all the honor due to them," said Tech Sgt. Mark Crabbe with the 204th AS. "The hardest ceremonies to perform are funeral services for any member of our HIANG ohana who have passed on, especially if we know the member personally. We lost a dear friend and original honor guard member, Staff Sgt. Lorrie Wiley in January 2001. That

was one of the hardest ceremonies I had to do and that is probably why I still wear this uniform today, in honor of her. We come together as a team, making sure all committal services are coordinated. It's one less thing the grieving family has to go through and worry about."

Tech. Sgt. Russell Mesinas, 154th Aircraft Maintenance Squadron, joined the team so he could serve a higher purpose in the HIANG. "In the time I have served in the HIANG Honor Guard, I've had the privilege of participating in veteran's funerals, stand beside three Hawaii State Governors during Governor Abercrombie's Inauguration, and had a small Honor Guard part on Hawaii 5-0," said Mesinas.

What does it take to become a ceremonial guardsman? Commitment,



“From day one, I wanted to be a part of this elite program because I saw the Honor Guard at veteran’s funerals for families and friends. I wanted to do what they do, I wanted to fire that rifle, I just wanted to be in that uniform. I wanted that chance to serve our veterans, past, present and future in any way I could.”

Staff Sgt. Darrell Bactad



motivation, and the passion to serve our veterans and communities. The ability to exemplify high standards of conduct, customs and courtesies, and dress and appearance. What are the benefits of being a member of the HIANG Honor Guard? Self-satisfaction, contribution, being a role model, representation, and above all “TO HONOR WITH DIGNITY”.

“I couldn’t be prouder of our members. They sacrifice so much of their time, whether it’s volunteering for a ceremony or attending monthly trainings. Everything they do is with Honor, Dignity, and Humility. The responsibility they shoulder is tremendous, as they do their best to hold themselves to a higher standard. Often it goes without recognition or pledge of support, but that isn’t why they wear the ceremonial uniform. Selfless service, Integrity, and Pride. The camaraderie is wonderful, and we hold each other accountable.” Della Sala said

HIANG HONOR GUARD

“To Honor With Dignity”



Do You Have The Strive & Commitment To Be One.

If you feel interested in joining this elite team, contact HIANG Honor Guard Superintendent Master Sgt. Marcus Della Sala at marcus.dellasala@us.af.mil and/or Assistant Superintendent Staff Sgt. Darrell Bactad at darrell.bactad@us.af.mil

U MAD BRO?

Story by **Kanani Krafft, 154th Wing Director of Psychological Health**

I first saw a “U Mad bro?” sticker on a First Sergeant’s slick black Camaro a few years ago and it made me chuckle. I was reminded of the many times I’ve heard the sounds of “vroom vroom” while engines hummed and prepared for the invitation of, “Like race?” Some may take that as a “fun” invitation, others as a threat, and others aren’t bothered at all. The First Sergeant didn’t seem to sweat the small stuff and seemed to find humor in stressful situations. He was cool headed and didn’t seem easily angered.

Then I thought of the multiple times I’ve sat in the passenger’s seat of a friend or family’s car and witnessed the effects of road rage. Once I had a driver point a gun at the vehicle I was riding in while he sped away after cutting us off. That experience engrained in my memory provides me a protective factor, preventing me from personally experiencing full-fledged road rage. It’s not worth it. I mean, I may feel a “little bit” irritated at drivers from time to time, but the irritation is a passing thought and emotion that doesn’t last more than a few seconds. Soon afterwards I’m back to turning up my favorite song and driving with Aloha!

Not everyone processes anger in the same way. In local news just a few weeks ago, an adult male barricaded himself in his home for three hours until finally he gave himself up to HPD. This man was a suspect to stabbing three individuals on the freeway due to road rage! Wait, whaaat?! Talk about hitting close to home.

Anger is a natural emotion, but we all measure differently on the Anger spectrum and how we react or respond to this emotion. Below are some of the Q&A on Anger from www.allaboutcounseling.com that I wanted to share, hoping to give you some insight into anger...

What is anger?

Simply put, anger is an emotion like all other emotions. Emotions are signposts into our internal structure. It’s simply something we feel.

How do we become angry?

There is a direct and an indirect process of becoming angry. If we are referring to anger as an emotion like sadness, hurt, or joy, anger is simply a direct feeling response.

However, anger can also be a secondary emotion. Many people (particularly males) are trained to accept the feeling of anger, but not to accept the feelings that may have preceded it; such as feelings of hurt, fear, or vulnerability. Sometimes when we feel hurt or vulnerable, we immediately jump to anger because that’s more acceptable to us. In this context, it becomes a secondary emotion, it’s the feeling we can tolerate rather than such feelings as hurt or vulnerability. It’s easier to be mad.

When does anger become unhealthy? How do I know?

Anger is unhealthy when it gets in the way of your functioning or your relationships; if anger is causing you to lose friends, put your job in jeopardy, if people complain to you about your anger, if you hear people talking about you having a bad temper. These are signs that your anger is getting in your way, and therefore it’s unhealthy.

Does anger have a neurological basis? Is it hereditary?

No, anger doesn’t have a neurological basis any more than any other feeling. And no, it isn’t hereditary. There are people who suffer from a certain kind of illness called intermittent explosive disorder. This illness results in anger being used as a secondary emotion, prompting an outbreak of rage, smashing things, yelling at people and so forth. There may be some hereditary basis to this, but there is no clear evidence at the present.

Can medication help treat anger?

Certain kinds of anti-depressants reduce explosive disorders, and also reduce anxiety. But generally, medication is not used to directly treat anger. Anti-depressants are more often used to temporarily relieve symptoms associated with anger, such as anxiety or depression.

How does one’s anger affect other people? How does anger affect relationships?

In particular, the violence that women and children face (primarily from men) is a result of anger. Anger can very much affect other people if it’s tied into threat of violence, or into violence itself. It also tends to shut down the people who are around and/or close in relation to the angry person. Angry people may find their relationship becoming less open because people are afraid to argue back. This can be devastating, and ruin relationships.

What are some physical side effects of anger? Can anger kill me?

There seems to be some small amount of physical side effects. There is clear evidence of increased blood pressure, and with increased blood pressure is a propensity towards a stroke.

What can I do when I'm feeling angry?

You can attempt to process it. Think through right and wrong. Get clear about what your underlying feelings are. Take a "time-out". Remember, anger is a feeling that is here today, gone tomorrow, but the pain and backlash we inflict on others during anger are harder forgotten. If the anger is so intense that processing and time-outs don't help, the best next options are to release the anger through activity or towards inanimate objects.

It's also best if you do this alone, because even releasing anger on inanimate objects can be threatening to other people. After you get alone, you can do things like punch or scream in a pillow. Some other ideas for releasing anger might be playing basketball, jumping rope, taking a pet for a walk, watching television, listening to favorite music or reading something of interest. These are all excellent ways to take a time-out or release anger appropriately. Remember, the option that is NEVER available is hitting another person. You have the right to be angry, but you do not have the right to hit someone.

I've been told to keep my cool and don't get angry, but sometimes I can't. I'm so frustrated!

The question is, do you have something to be angry about? Sometimes people treat

us poorly, and don't expect us to respond. If you're in conditions which frequently upset you, then it makes sense to start looking for, or creating other conditions. So often we want to change what other people do that initiates our anger. That's part of the anger problem; so often people do things differently than we want. Getting angry is not going to change what other people do, and usually does not change or improve the situation much.

The key to resolving anger issues is to get in touch with what is going on inside yourself, and to take care of yourself. Being frustrated by your anger plays into being more angry. If you really are having a struggle with being angry, recognize it, and give yourself a chance to work with it, to figure out what's fueling it, and how you can let go of it. For a few people, emotions, particularly like anger, can become like a habit; addictive in their pattern. They get a release of endorphins every time they get angry. But most important to remember, is anger is best used if processed, rather than acted on spontaneously.

Sometimes I go back and forth from depressed to angry. Why?

It depends on where your anger is coming from, or where your depression is coming from. If you're in a terrible situation or have been in a situation that is very hurtful to you, then at times you may feel sad and disillusioned about yourself and the future. And at other times you may be enraged at the situation, another person, or yourself.

It's important to examine what's going on in your life. If things seem to be fine, yet you go back and forth between depression and anger, chances are that the anger is a cover up for the depression or vice versa. Depression can also occur if we're in situations where we aren't allowed to feel/show anger, then depression may be what we replace it with.

How do I let someone know I'm angry? Should I wait until I "cool down"?

Ideally, we stay very much in touch with our feelings and we let people know what those feelings are best while we're still feeling them. Anger within the context of it being just an emotion, like all other emotions, can be stated plainly, "I'm angry about xyz." However, because anger can be such a strong emotion, and feel so personal, many times we're better waiting for some of the "heat of the moment" to cool down before we talk about what's troubling us. More often than not however, our "angry" feelings are primarily due to other feelings such as feeling hurt or abandoned.

So what we can say to another person is, "I'm feeling hurt, abandoned and angry about what you just did". Unfortunately, what happens to a lot of people is they sit on things, then it all comes out in an angry outburst. Within this context, it's important to let a person know you're angry in a way that's not deliberately hurtful to them. It's important to understand anger, and to view it not as a separate and unwanted feeling, but rather one of the many feelings. We need to be willing to let others know how we feel about all feelings, not just anger. Revealing feelings can leave us feeling vulnerable, and therefore, it is true.

How does your anger measure up?

Send us an email, drop us a line or stop by to chat with your friendly DPHs:

Kanani Krafft, LCSW
808-448-8145
barbra.krafft@us.af.mil

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808-448-8141
jacy.campbell@us.af.mil

Obligate Symbiotic Relationship

Story by **Master Sgt. William Tapper**

According to Wikipedia, symbiosis is defined as “close and often long-term interaction between two different biological species... Some symbiotic relationships are obligate, meaning that both symbionts entirely depend on each other for survival.” Without a doubt, the HIANG was a different species to Hickam Field, but we have quickly and decisively developed a symbiotic relationship, one that is certainly obligate, as much today as in the beginning.

In 1935, the Army Air Corps, tasked with developing a new airfield on Oahu, purchased the land that would become Hickam Field for a whopping \$1,095,544. By World War II, Hickam Field became central to the defense plans for the Pacific and the Hawaiian Air Force was beefing up forces to prepare for possible hostilities. Unfortunately, the aircraft at Hickam were being parked close together to better secure them from sabotage. So, when Japan attacked on December 7, 1941, 76 out of the 146 aircraft in commission for the Hawaiian Air Force had been destroyed.

The defense of the Pacific was cut in half that day, while a strong deterrent

became even more critical. The United States became vulnerable like we had never been before. We prevailed, however, and Japan surrendered on the deck of the Battleship Missouri about four years later, September 2, 1945. Less than a year after that, with troops still returning home from the fight, Hawaii Governor Ingram Stainback ordered the Hawaii National Guard established, forming the 199th Fighter Squadron, 199th Utility Flight, and 199th Weather Station. On November 4, 1946, these first of our HIANG units were federally recognized. They were to become the deterrent necessary to prevent another attack.

HIANG operations were initially out of the Honolulu Armory, but, within the year, had begun moving to Bellows Field. There, the HIANG started receiving aircraft and training to Fly, Fight, and Win! Bellows Field was quickly deemed not feasible, however, because of its geographical location and the poor conditions of the roads. Guard members had difficulty making it to drill and supplies had to be continually flown to and

from Hickam Field. By May of 1947, the HIANG was looking for a new home and by September they had it, the old 19th Troop Carrier Squadron area of Hickam Field, which included a couple of hangars and some wooden shacks that made it through WW II.

Hickam Field was officially activated September, 1938, three years after the land was purchased and three years before it was attacked. Construction was still in progress and all operations were still fairly new. When Hickam Field became home to the HIANG, the base was only nine years old and had already been ravaged by Japan in a war that ended only two years before. Hickam needed the HIANG for survival. And the HIANG was formed as a result of WW II, deemed necessary for the defense of Hawaii, moved around with a purpose but without a home, until the perfect home was found. In Hickam Field, the HIANG found a partner, a relationship built on survival, where the HIANG has successfully filled the role of deterrent ever since.

RECRUITING

HIANG Polos, Coins, and Patches ON SALE this RSD!

Come by the DFAC this Saturday and Sunday from 1000 to 1300 to check out and purchase one or all of these cool items.

Poloshirts - \$30.00 each

Coins - \$8.00 each

Patches - \$5.00 each



Leadership Evolution Training: Diversity- Key to Mission Success

Story by **Senior Master Sgt. Monte P. Hokoana, 154th Wing Human Resource Advisor**

On Saturday, August 6 our Human Resource Advisor, SMSgt Hokoana facilitated Diversity Training Phase I titled, “Leadership Evolution” with our C17 Maintenance Personnel. He was invited in by their Superintendent, CMSgt Russell Ducosin, to partner with him in his vision to develop his personnel’s leadership competencies. The diversity concepts in the training focuses ultimately on Mission Success by improving the human relations environment and factors. By creating a diverse and inclusive environment we are giving our members a sense of belonging and acceptance, which business statistics tell us that this contributes directly to their overall success.

The class covers a variety of topics which include:

1	Policies
2	Dimensions of Diversity
3	Assessing the linkage between leadership, diversity, and performance
4	Evaluating the business case for diversity in the Department of Defense (DoD)
5	Discussing the nature and implications of culture
6	Examining the impact of diversity and culture on individual and group performance.
7	Demonstrating strategies for managing diversity, and practicing the diversity competencies
8	Mentoring
9	Leadership

Diversity and Inclusion, interestingly, is not a new concept. It is something we practice every day when we make decision on things like the clothes we wear, the food we eat, the car we drive, the cell phone we buy, etc. In making those decisions we find it great joy that someone created something that was different, outside of the normal, and to our liking. The problem



with Diversity and Inclusion is when we put the brakes on accepting and dealing with people who are different from us. Here’s some food for thought for those of us who have significant others, aren’t you glad that someone else appreciated your differences enough to spend the rest of their life with you? The Leadership Evolution Class will give us some understandings of why people are different, how we should react to differences, how we should create and Inclusive environment, and how we should manage differences to create highly effective teams. Like a football team that is comprised of 11 different players, each with different skills and purposes, we in the business of National Defense also are comprised of different players, each with skills and purposes. With these differences, we have to come together to accomplish the mission. Accepting differences can be difficult because it will challenge us to

come out of our “comfort zone” and for most humans we are retardant to change. Diversity is the birthplace to innovation, which is an important element in our line-of-business. Without innovation to new ideas, processes, problems, technology, etc., what kind of Military would we be and how effective would we be in defending our state and nation if we were still throwing spears? A leader had to accept that person and his different idea of a better weapon.

In our line-of-business, we can’t afford to be #2!



HIANG 2016 Commanders Conference

Story by **2nd Lt. Shaun Kawakami, 154th Wing Public Affairs**

08/23/2016 Kilauea Military Camp, Big Island - At 4000 feet above sea level and within the Hawaii Volcanoes National Park at Kilauea Military Camp, commanders, command chiefs, chiefs, and other senior leaders gathered together for the annual Hawaii Air National Guard 2016 Commanders Conference.

U.S. Air Force Brig. Gen. Ryan Okahara, HIANG Commander, hosted the three day event which included guest speakers from the National Guard Bureau, Pacific Air Forces, Alaska Air National Guard, Guam Air National Guard, and the Hawaii Air National Guard.

Distinguished guests included U.S. Air

Force Lt. Gen. Kenneth Wilsbach, 11th Air Force Commander, Alaska Air National Guard, US Air Force Maj. Gen. Michael Compton, Assistant to Commander, PACAF, and US Army Brig. Gen. Arthur Logan, the Adjutant General, Hawaii National Guard.

The conference included speakers sharing the latest NGB, PACAF, Alaska ANG, Guam ANG, and HIANG updates. In addition, US Air Force Brig. Gen. (ret.) Stanley Osserman, representing Hawaii Center for Advanced Transportation Technology Energy Initiatives, shared about innovative upcoming projects that directly affect the HIANG.

One of the most valuable aspects of this annual conference was the networking and building of relationships between our top leaders with designated time to meet and talk about different issues. The evening mixer and commander's dinner were two parts of the conference that allowed for a more casual setting to connect and strengthen



esprit de corps.

On the final day of the conference, the HIANG commanders came together to discuss long-term strategic planning and climate survey results for their respective units. Overall, the 2016 HIANG Commanders Conference was a great success in serving as an open forum of discussion and continues to support greater unity and solidarity in our overall mission to fly, fight and win!



STRONG BONDS : Focuses on Families

Families were the focus of the most recent Strong Bonds event held, Aug. 12 - 13 at the the Ala Moana Hotel. HIANG families participating in the event enjoyed family bonding time and fellowship while taking part in activities to help develop communication and relationship skills.



AROUND THE HIANG





CAREFUL!

AVOID SLIPS, TRIPS AND FALLS IN THE WORKPLACE



Gear UP

The items you use and wear can help reduce slips and falls. Make sure to:

- Wear sensible footwear
- Stand on ladders not chairs or tables
- Install handrails on stairs

Fix UP

Poorly maintained facilities can lead to falls. Be on the lookout and:

- Maintain good lighting indoors and outdoors
- Check the condition of outdoor walkways and stairs
- Remove fallen leaves or snow right away



Pick UP

Having items in the walkways can trip people. Make sure to:

- Take care of spills promptly
- Remove clutter from walkways
- Keep cords out of traffic areas



REDUCE

Slips, Trips and Falls