# KŪKA' ILIMOKU

154th WING, HAWAII AIR NATIONAL GUARD

JOINT BASE PEARL HARBOR-HICKAM, HI

201

# HIANG 2018

AUNA

# AWARDS

# **INSIDE THIS ISSUE:**

A look back at our HIANG Launa'ole history

Jan-Feb-Mar 2019

April 6, 2019, Vol. 1, Issue 1 (Quarterly Magazine)



# **KŪKA'ILIMOKU**



Jan-Feb-Mar 2019

April 1, 2019, Vol. 1, Issue 1 (Quarterly Magazine)

### **154th WING PA STAFF**

### COMMANDER

Brig. Gen. Gregory S. Woodrow

# PAO

1Lt. Justin Leong

## **PA STAFF**

Master Sgt. Mysti Bicoy Tech. Sgt. Alison Bruce-Maldonado Tech. Sgt. Tabitha Hurst Staff Sgt. James Ro Senior Airman Orlando Corpuz Senior Airman John Linzmeier Senior Airman Robert Cabuco Airman Debra Kwan

> Published by 154th Wing Public Affairs Office 360 Mamala Bay Drive JBPHH, Hawaii 96853 Phone: (808) 789-0419



**Above:** The Hawaii Air National Guard's 2018 Launa'ole Awards ceremony was held at the Hickam Officer's club on Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 9, 2019. The 154th Medical Group were the recipients to win the first perpetual *Kaleo Nui Award*, which is presented to the unit that demonstrates the most spirit during the event. Kaleo Nui means "the loud voice". **Read full story page 16** 





### COMMAND MESSAGE CHIEF MASTER SERGEANT

MICHEAL D. GABSTER



#### HIANG Ohana,

The best part of serving in the Hawaii Air National Guard (HIANG) is the opportunity to give back. That can take many forms and be as little as giving some good advice to your trainee/mentee or volunteering to support a good cause. It is part of being human to give when you have been given so much, and it feels good to do it. If you haven't done it lately, it's never too late to start.

Last year, the Wing Human Resource Advisor (HRA) started up an official mentorship program and I was one of a handful of mentors in that first cycle. A young airmen chose me and I was flattered and frightened at the same time. I have never done this "Officially" before and always relied on immediate feedback to mentor the folks I worked with. Well I was in for a schooling and that young airmen taught me a few things. I found that men-

torship works both ways and sometimes it's the mentor that benefits from the sharing.

We met for lunch and went through a worksheet that the HRA provided to us and soon got off subject and remained there for the rest of the lunch. I marveled at that airmen sitting before me. He had goals, a vision for his future, strong family ties and I couldn't help thinking that this young man can do anything. Was I that prepared at his age? Not to my recollection, then I started getting nervous. What if I couldn't give this person any guidance? What if I didn't meet up to his expectations? Well you can see how this could get out of hand quickly so I started asking questions like "What kind of information do you think would help you?"

Do you see any obstacles in the path to achieve your goals? Well that got the conversation going and gave me some homework to do for our follow on meetings. We kept in-touch and met a few more times until the 6 month cycle had ended. We both learned

a lot during the mentoring and I think I got more out of it then he did, of course he might be thinking the same thing.

If that is true that we were successful. If you have a chance to try the "Wing Mentorship" program, it's highly recommended. I am constantly amazed at the young airmen we have in the HIANG and know they

> will do great things that my generation only can dream of.

Additionally, there are many great causes that our guardsmen volunteer to support throughout the year. From the "Great Aloha Run" to "Special Olympics Hawaii", you can see our HIANG Ohana out there volunteering and being our ambassadors. It's not just fun, it's important to support these activities in our communities and they take notice. How valuable to you think it is to talk to a young high school student who is also volunteering at these events and tell them about

the guard? I'll tell you, its money in the bank. I was standing in line at the DFAC recently and saw a young person that volunteered at a Great Aloha Run aid station many years ago when he was still in high school. Now that person is wearing the uniform and happy to be in the guard. Amazing how that works.

In closing, the Troy Barboza Law Enforcement Torch Run for Special Olympics is upon us again this year so I'd like to leave you with the Special Olympics Volunteer Oath: "I promise to give of the time in my life so that Special Olympics athletes can have the time of their lives. I promise to support Special Olympics, not just as an expression of charity, but as a form of respect for my fellow human beings. I promise to spread the word of volunteerism because in giving, I receive so much more in return".

There are many stories like this in the HI-ANG Ohana. What is yours? We are truly fortunate to be able to give back in this way and if our legacy is our giving, then I'm ok with that.





## **KŪKA'ILIMOKU**



#### Jan-Feb-Mar 2019

April 1, 2019, Vol. 1, Issue 1 (Quarterly Magazine)

# From the **154th Wing** Public Affairs Office:

What a year it has been....and we have eight more months to go!

### HAWAII GUARDSMAN DELIVER AIRLIFT FOR SOUTHERN STRIKE 19

Members of the Hawaii Air National Guard held airlift operations Jan. 13 - 25 during a large-scale joint and multinational exercise in Gulfport, Miss.

### 292ND CBCS DEPART FOR AFRICOM

Maui Based Airmen from the HIANG's 292nd Combat Communications Squadron (CBCS) departed Hawaii, Jan. 24 for a deployment within the AFRICOM area of operations.

### THE HIANG 2018 LAUNA'OLE AWARDS

This year's HIANG Launa'ole Awards ceremony recognized our outstanding Airmen, teams and units for their accomplishments during 2018. The accomplishments of all of the nominees were outstanding and we would like to congratulate the nominees and winners.

We would also like to thank Brig. Gen. Okahara and the HIANG's 2018 Launa'ole Awards ceremony committee for their work with this years ceremony. Well *d*one!

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### HAWAII GUARDSMEN VALIDATE LIFE-SAVING SKILLS IN NGB EXERCISE EVALUATION

(READ FULL STORY ON PAGE 28)



Master Sgt. Gloria Choo, 154th Medical Group Detachment 1 Medical Countermeasures NCO-in-charge, and (right) Lt. Col. Marlon Rimando, Det. 1 Medical Countermeasures Joint Task Force Surgeon, provide Hawaii Army National Guard's decontamination team leaders a brief on current mission hazards March 9, 2019, at Kalaeloa, Hawaii. The Medical Countermeasures Team's primary mission is to ensure the health and wellbeing of all members of the chemical, biological, radiological, nuclear, and high-yield explosive enhanced-response-force-package team. (Air National Guard photo by Senior Airman John Linzmeier)

Senior Airman Casey Whitworth, 154th Medical Group Detachment 1 all-hazards-triage-response team member, directs a walking-patient toward a decontamination area during an evaluation exercise March 9, 2019, at Kalaeloa, Hawaii. Upon completion of the training, members of the National Guard Bureau Joint Interagency Training and Education Center presented the validation to the Hawaii National Guard Adjutant General. (U.S. Air National Guard photo by Senior Airman John Linzmeier)



# JAN 2019 HAWAII GUARDSMEN DELIVER AIRLIFT FOR SOUTHERN STRIKE 19

### By Senior Airman John Linzmeier

JOINT BASE PEARL HARBOR-HICKAM, Hawaii – Members of the Hawaii Air National Guard held airlift operations Jan. 13—25 during a large-scale joint and multinational exercise in Gulfport, Miss. The exercise, Southern Strike 19, is hosted by the different units which come from different parts of the country."

Approximately 2,000 service members from both the active and reserve components in every branch of U.S. military service participated in the combat exercise. The Hawaii participants are from the



Mississippi Air National Guard at Gulfport's Combat Readiness Training Center – Battlefield Airmen Center. It provides participants the opportunity to build partnerships and maintain combat readiness for future missions.

"It's nice to bring other units in, such as the Hawaii Air National Guard, and have their perspective on what we're doing here," said Col. Joseph E. Reid, CRTC base commander, "it's a value added to them and a value added to us. We can also expose them to 204th Airlift Squadron, 154th Aircraft Maintenance Squadron and a team of active-duty Airmen from the 15th Wing.

Capt. Evan Kurosu, 204th AS pilot and mission planner, said the exercise exposes his unit to challenges which are not easy to come by while stationed in Oahu. Southern Strike tested the Airmen's readiness through a variety of obstacles, such as shorter runways, larger variations of cargo, low-level flying and staged threats to work around.



Over the two weeks of training, the Hawaii guardsmen airlifted members from several units on a C-17 Globemaster III to complete a series of wartime tasks, to include U.S. Army special forces and a team of distinguished visitors from the Chilean Army. Other activities entailed multiple cross-country flights to transport personnel and equipment from Fargo, N.D., air-refueling operations in the dark, high-altitude low-opening jumps, airdrop coordination and more.

After a year of planning and coordination, Kurosu said it was rewarding to watch his crew members complete the back-to-back training objectives. Southern Strike also served to help improve the HI-ANG's ability to respond to natural disasters.

"Ultimately, one of the things that makes me proud to be a Hawaii Air National Guardsmen is that we do have specific mission sets. For example, humanitarian relief. So, when we execute our assault landings and other wartime scenarios, these proficiencies are still relevant when we get to do things like hurricane evacs or relief missions, like when we responded to Hurricane Maria [in 2017]."

The 204th AS's emergency-response capabilities can be called upon at any time, and their mission set is growing. The squadron is now extending its search and rescue skills with NASA and postured to rescue astronauts from downed spacecraft virtually anywhere in the Pacific.

Regardless of the call-to-duty, aircrew and maintenance personnel will always rely on their ongoing training to fight battles and save lives - especially when it comes to working with their joint and international partners.

"Today's military is all about working together in a joint environment, and that's what we're all about – whether it's here or back at home," said Brig. Gen. Barry Blanchard, Mississippi Air National Guard chief of staff. "The more exposure you get to it, the better off we're all prepared for the next event."

# **JAN 2019**

# PHOTO HIGHLIGHTS: SOUTHERN STRIKE 19



Members and cargo from the 119th Wing are loaded onto a Hawaii Air National Guard C-17 Globemaster III Jan. 16, 2019, at the North Dakota Air National Guard Base, Fargo, N.D. The passengers were transported to the Gulfport Combat Readiness Training Center, in Mississippi, during exercise Southern Strike 19. The annual training is a is a total force, multi-service exercise hosted by the Mississippi Air National Guard's Combat Readiness Training Center in Gulfport, Miss., and Camp Shelby Joint Forces Training Center near Hattiesburg, Miss. from Jan. 15 through Jan. 30. The exercise emphasizes air-to-air, air-to-ground and special operations forces training opportunities. (U.S. Air National Guard photo by Senior Airman John Linzmeier)





It's been an exciting week for members of the 204th Airlift Squadron and 154th Aircraft Maintenance Squadron, who have been flying all over the mainland for exercise Southern Strike 19. So far, they've transported personnel and equipment in North Dakota's sub-zero temperatures, conducted air-to-air refueling ops in the dark, coordinated precision airdrops and more. The Hawaii Airmen are training alongside approximately 2,000 other joint and international servicemembers while being hosted at the Gulfport Combat Readiness Training Center, in Mississippi. (U.S. Air National Guard photo by Senior Airman John Linzmeier).



# **JAN 2019**

# HIANG RECRUITING TEAM PARTICIPATES IN A HAWAII ACTE CONFERENCE



Hawaii Air National Guard, (HIANG) recruiters and other ANG personnel pose for a photo during the Hawaii Association for Career and Technology Education (Hawaii ACTE) conference held at the Hawaii Convention Center, in Honolulu, Hawaii, on Jan. 25, 2019. The conference was attended by more than 500 visitors, and was the first partnership event between the HIANG, University of Hawaii and the Department of Education systems. (Hawaii Air National Guard Photo by Tech. Sgt. Alison Bruce-Maldonado).





# JAN 2019 WELCOME to the OHANA



F-22 Raptors and Airmen arrived at Joint Base Pearl Harbor-Hickam over the Jan. 11-13 weekend as part of the Air Force's ongoing commitment to maintain readiness and care of Airmen and families impacted by Hurricane Michael this past October. The Tyndall Air Force Base airmen and jets join the Hawaiian Raptors, a Total Force Integration unit comprised of the Hawaii Air National Guard's 154th Wing and active duty 15th Wing.

**Reprint:** Defense Post (DP) Press Releases: Comments Alaska, Fifth-generation jet fighter, Hawaii, Joint Base Elmendorf–Richardson (JBER), Joint Base Pearl Harbor-Hickam, Lockheed Martin F-22 Raptor, Tyndall AFB, U.S. Air Force (USAF), USA

The U.S. Air Force announced the temporary relocation of personnel and F-22 Raptor stealth fighter jets from the 95th Fighter Squadron, Tyndall Air Force Base, Florida, to Joint Base (JB) Pearl Harbor-Hickam, Hawaii, and JB Elmendorf-Richardson, Alaska, Nov. 2, 2018.

The unit assets are being reassigned as Tyndall begins its long-term recovery following the devastation caused by Hurricane Michael, which struck the base in early October 2018.

"We will rebuild Tyndall Air Force Base," said Vice President Mike Pence while at the north Florida base

#### Oct. 25.

A number of important missions will resume at Tyndall AFB in the next few months and others will shift to other locations for the time being. All but approximately 500 Airmen will return to the Florida panhandle.

"We are focused on taking care of our Airmen and their families and ensuring the resumption of operations. These decisions were important first steps to provide stability and certainty," said Secretary of the Air Force Heather Wilson. "We're working hard to return their lives to normalcy as quickly as possible."

Decisions include:

Units that will resume operations at Tyndall AFB:

### **USAF Tyndall AFB Personnel, F-22 Raptor Jets Temporarily Re**locate to Hawaii and Alaska Bases

• The 601st Air Force Operations Center will resume operations no later than Jan. 1, 2019.

• The 337th Air Control Squadron will resume air battle manager training at a reduced rate by Jan. 1, 2019. A full production rate is expected no later than summer 2019.

• Air Force Medical Agency Support team will continue their mission of medical facility oversight.

• Air Force Office of Special Investigations will continue their mission from usable facilities.

• 53rd Air-to-Air Weapons Evaluation Group will remain at Tyndall AFB.

• The Air Force Legal Operations Agency will continue their mission from a usable facility at Tyndall AFB.

• Air Force recruiters will continue their mission from local area offices in the Panama City, Florida, area.

• The 823rd Red Horse Squadron, Detachment 1, will continue their mission at Tyndall AFB.

• The Air Force Civil Engineer Center will continue their mission at Tyndall AFB.

Units to be located at Eglin AFB, Florida, with reachback to Tyndall AFB:

• The 43rd and 2nd Fighter Squadrons' F-22 Fighter Training and T-38 Adversary Training Units will relocate operations to Eglin AFB. Academic and simulator facilities at Tyndall AFB will be used to support training requirements, as well as Tyndall AFB's surviving low observable maintenance facilities.

• The 372nd Training Squadron, Detachment 4, will relocate with the F-22 Fighter Training Units to Eglin AFB.

Units with insufficient infrastructure to resume operations at Tyndall AFB at this time:

• Personnel and F-22s from the 95th Fighter Squadron will relocate to Joint Base Langley-Eustis, Virginia; Joint Base Elmendorf-Richardson, Alaska; and JB Pearl Harbor-Hickam, Hawaii.

• The Noncommissioned Officer Academy will temporarily disperse across four locations: McGhee-Tyson Air National Guard Base, Tennessee; Maxwell AFB – Gunter Annex, Alabama; Keesler AFB, Mississippi; and Sheppard AFB, Texas.

The Air Force is taking great care to ensure Airmen and their families are supported when they return to the base. Officials are working to identify specific Airmen required to remain at Tyndall AFB for mission needs or to assist with the longer-term recovery of the base.

"By the winter holidays and in many cases well before, we expect all our Airmen—military and civilians—to have certainty about their options, so that everyone is either on a path or already settled," said Air Force Chief of Staff Gen. David L. Goldfein.

"The strength of Tyndall (AFB) comes from its Airmen and their families. It will take us a while to restore buildings and infrastructure, but returning our Airmen and their combat missions to full strength—at Tyndall or somewhere else in the interim—will happen quickly," he added.

# JAN 2019 292ND CBCS HAS ALOHA-FILLED DEPARTURE TO AFRICOM

### By Tech. Sgt. Alison Bruce-Maldonado

#### JOINT BASE PEARL HARBOR-HICKAM,

Hawaii – Maui based Airmen from the Hawaii Air National Guard [HIANG] 292nd Combat Communication Squadron [CBCS] departed Hawaii, Jan. 24 for a deployment within the AFRICOM area of operations.

The HIANG members mobilized to provide communication support of Operation Freedom's Sentinel at several bases in Africa.

"We're getting the bases ready for operations," said Maj. Jessie Park, commander, 292nd CBCS. "It's a proud moment to see them go out there and it's also a little bit of concern because you want them to be safe."

For many of the Airmen, like Senior Airman Jordan Gines, 292nd CBCS cyber transport technician, the deployment is their first since joining the Air Force.

"My parents have some concerns," said Gines, "so I made the extra effort to spend time with them. I'm just excited and nervous because this is my first



time out of country too. It's the unknown." As with all deployments, the well-being of family and friends can be a concern for the deployers.

"First time, it's the uncertainty not knowing what to expect," said Staff Sgt. Robert Agapay, 292nd CBCS power production technician. "This is the unit's first time to Africa. There's a lot of support out there for our families, but there's always that question of 'is my family going to be okay?"

<image>

Deployments affect the families and friends left behind just as much as the deployers themselves.

> For Tech. Sgt. Cherrie Ann Kawachi, 292nd CBCS client systems and cyber operations technician, who is a military spouse herself, the deployment is her second. Just as in the previous deployment, she began her preparation months in advance to make sure her child-care arrangements are in place.

U.S. Air National Guard photos by Tech. Sgt. Alison Bruce-Maldonado

### **292ND CBCS HAS ALOHA-FILLED DEPARTURE TO AFRICOM**

It was a team effort to ensure a smooth departure. On the flight-line, departing members were joined by non-departing members who helped to build up several pallets containing communication equipment and personal belongings.

"It's the preparation, making sure we meet the deadlines because there's a lot of requirements," said Master Sgt. Jose Dino, 292nd CBCS command support staff non-commissioned officer-in-charge. "We make sure everyone is complete. It's a yearlong preparation to get to this point and everyone here is involved in ensuring the deployers' departure runs smoothly."

"This is really a team effort," said Park. "For me, this is why we are here."

The "spirit of aloha" or "affection and love towards others" is common in many HIANG squadrons. Many family members waited outside the fenced area near the flight-line, braving the heat for several hours for a chance to spend more time with their loved ones. people are taken care of."

When aircrew signaled it was time to board the C-17 Globemaster III, the flight-line erupted into an atmosphere of farewells and aloha, as the deployers received a bevy of long-bear hugs and brotherly handshakes filled with laughter and more tears.

The deployers boarded the aircraft, flown by active duty and air guard service members from the 535th and 204th Airlift Squadrons out of Joint Base Pearl Harbor-Hickam, Hawaii.

Many 292nd squadron members remained on the flight-line until the aircraft took off from the airport, watching in silence and waving solemn goodbyes as the C-17 sped up the runway, eventually lifting into the Hawaii sunset, headed on the long journey to Africa.

"Our training prepared us for this," said Kawachi. "We are prepared to do our share over there and support the mission. But we want to get back to our families too. Get in, get out, get back home safely".

It's normal for family members to endure overwhelming emotions when speaking about their service members leaving for deployment; many fighting back tears with choked voices as they spoke about their loved ones.

"I asked him why he keeps going?" said Robert Tomlinson, father of Chief Master Sgt. Charles Tomlinson. "He gave me the only answer he knew, when he said I want to make sure my



# FEB 2019 2018 LAUNA'OLE AWARDS

### By Senior Airman John Linzmeier

JOINT BASE PEARL HARBOR-HICKAM, Hawaii – The Hawaii Air National Guard's top-performing Airmen and units were cheered on by a roaring audience on February 10, 2019, during the 2018 Launa'ole Award ceremony at Joint Base Pearl Harbor-Hickam.

Dignitaries, family members and friends packed into the Hickam Officer's Club to show support for the nominees and congratulate the winners for their exceptional achievements over the past year.

During the opening remarks, Brig. Gen. Gregory S. Woodrow, 154th Wing commander, shared his appreciation for the accomplishments of the nominees and the wing-atlarge. He also introduced the audience to the perpetual Kaleo Nui Award, which is presented to the unit which demonstrates the most spirit at the event. Kaleo Nui means "the loud voice".

While the ceremony has been held annually for the past 43 years, it was officially renamed to Launa'ole in 2001, meaning "beyond comparison" or "without peer."

Prior to the announcements of the award winners, David Ige, Hawaii State Governor, stepped onto stage to express his gratitude as their commander and chief.

"I cannot tell you how proud you all make me feel every single day," said Ige, "for all that you have done for our state and our country. This is one of the best events that I get to attend and I am really honored and privileged just to be here."























.S. Air National Guard photos by Master Sgt. Misty Bicoy and Senior Airman Robert Cabuco



# FEB 2019



WINNING TEAM OF THE YEAR 297TH AIR TRAFFIC CONTROL SQUADRON

Unit or Representative not available for photo

# LAUNA'OLE HISTORY

By Master Sgt. John Tapper

### **Nolan and His Forty Thieves**

In 1946, with US troops coming home from their World War II deployments, with lessons learned from Pearl Harbor, and with an increasing concern for the security and safety of the islands and people of Hawaii, Hawaii Governor Ingram Stainback ordered the establishment of the Hawaii National Guard. On 4 November 1946, the first HIANG units were federally recognized (at the time with the Army Air Corp). By March 1947, they started receiving fighter, bomber, and various other heavy aircraft. Then, on September 18, 1947, the Hawaii Air National Guard officially became a reserve component of the newly constituted USAF.

There were many obstacles and many changes in those early years. The HIANG had to learn quickly, improvise, and work, work! That is because they intended from the beginning to be the greatest, most effective, and highest skilled Air National Guard unit in the nation. Problem was that funding and resources were scarce. It took some incredible ingenuity to 'acquire' whatever was needed to get the job done. Doing less with less may not have been one of the commander's expressed initiatives, but it was certainly the reality. Lt.Col. William F. Nolan was already the third 199th Squadron Commander and he took command December 1946 - the unit was only one month old! There was, to say the least, a high turn-over. And for good reason! The unit had only 32 officers and 101 enlisted members. The aircraft were old and the members were new. The whole organization was new! So, it probably isn't at all accurate to call it 'organization.'

Pilots were expected to maintain efficiency, transport supplies and equipment to outer islands, maintain the aircraft, maintain training, respond to emergencies, recruit, and survive. Their FY operating budget was \$345,185.28!!! I am not missing any 0's! And, not only did they have a grand total of 133 members, but almost all were traditional guard members! I'm sorry if I'm going nuts with the exclamation points, but you have to admit this is pretty amazing!!!

So, how did they do it? Well, let's just say too much details can't be given without first identifying the statute of limitations on some of it. This is where we come to 'Nolan and His Forty Thieves." Named for Lt. Col. Nolan, that third 199<sup>th</sup> Squadron Commander, this black op-ish organization of the 199<sup>th</sup> was credited for saving the day when resources were most scarce. 'Finding' 'Canning' 'Looting' – whatever you want to call it – they did it! Remember Radar, from MASH, able to get very much anything that was wanted or needed – for a price. Well, these guys (yes – all guys at the time) did it for fun and freedom! They did it for the mission. And they probably did it to keep their jobs!

Made up of various members of the squadron, the utility flight, and the air service group (possibly even the weather squadron), they acquired fame for their many 'missions,' for their success rate and for the scope of their acquisitions. For at least a decade their maneuvers and tactics were studied, passed down, and duplicated.

Nolan ended up leading the squadron and his band of rebels until 1949. In 1950, NGB announced that the 199<sup>th</sup> had won one of 12 Spaatz Trophies for outstanding capabilities in 1949. They had earned an exceptionally high Operations Readiness Test (ORT) score that year, highest of all 84 ANG squadrons of all ANG wings at the time. They were clearly the best of the best. If you want to know how they got there, unfortunately, I am unable to give any precise details of the 'Forty Thieves" operations. But if they are ever declassified, you'll be the first to know!

Kukailimoku December 4, 1988 Page 11

# NG AWARDS BANQUET

THE WINNER IS ...

by TSgt. C. S. Gravitt It was a night for winners. The usic, the bright lights. the lashing of cameras filled the air. t was talk story time. Four hundred people and half as many conversations going on at once. Ono pupus. Beautiful decorations. The music of the HIANG Ohana's Na Mele It was all part of the Koa. backdrop of the 1988 Hawaii Air National Guard Awards Banquet. It set the stage for this event where. each year, we take the time to slow the train for a night and reflect on the many outstanding accomplishments of our people.

Then the call comes to be seated. The Royal Guard, represented by Michael Kang and Alex Medeiros, solemnly posts colors. And the head table is recognized.

This year our distinguished participants included the Commander, Hawaii Air National Guard, Brigadier General Edward V. Richardson and his wife, Celia; the Chief of Staff, HIANG, Brig. Gen. Kenji Sumida and his wife, Kathy; the Commander, 326th Air Division, Colonel Robert Bartlett and his wife, Joan; the Commander, 154th Composite Group, Col. John Lee; and the Commander, 201st Combat Communications Group and his wife, Lenore.

Chaplain Robert Nagamine of the 154th MSS gave the invocation.

As lines formed at the buffet tables, the musical group Takin' Care of Business, featuring Peter Jay Galarneu and Sid Dagaman, began with a couple of easy jazz melodies, including 'Don't Worry, Be Happy'. Then during dinner, the program continued with the dynamic singing of Jenner Cauton, of Trader Vic's in Waikiki and huła performed by his wife, Hula.

NG HISTOR

Then the moment of anticipation arrived. And the winners of the 1988 Hawaii Air National Guard Awards were:

GEORGE T. MIKI MEMORIAL TROPHY Majd# Jerry Bona, 169th ACWS OUTSTANDING FIGHTER PILOT AWARD

Captan Marcus Rosehill, 199th TFS OUTSTANDING AIR TRAFFIC CONTROLLER AWARD

MSgt. Ronald Marushige, 297th ATCF OUTSTANDING RECRUITER OF THE YEAR TSgt. Carl Simmons, 154 MSS OUTSTANDING HIANG AIRMAN AWARD SrA Susan Sakoda, 298th ATCF OUTSTANDING HIANG NCO AWARD SSgt. Gary Hema, 154 CAM Sq ( OUTSTANDING SENIOR NCO AWARD (MSgt. Moses Akana, 297th ATCF (The Outstanding Airman, NCO and HIANG Senior NCO will be the nominees to the National Guard Bureau program for their respective categories)

OUTSTANDING HIANG OFFICER AWARD Lt. Col. Jerald Acki, 199th TFS OUTSTANDING HIANG MAINTENANCE AWARD FOR ENLISTED PERSONNEL

(MSgt. Reuben Kaneshiro, 293 CCSQ TSgt. Wescott Lee, 154 CAM Sq OUTSTANDING HIANG OPERATIONS AWARD FOR ENLISTED PERSONNEL

MSgt. Vincent Dacanay, 292 CCSQ OUTSTANDING HIANG SUPPORT AWARD FOR ENLISTED PERSONNEL

MSgt. Randall Hiyane, 154 RMS SSgt. Norton Malina, 169 ACWS

OUTSTANDING HIANG UNIT AWARD

297TH Air Traffic Control Flight UNIT COMMANDERS OUTSTANDING ENLISTED RECOGNITION AWARD

SMSgt. Francis Hosaka, 150 ACWS SMSgt. John Wahinekapu, 154 CAMS MSgt. Russell Woodward, 154 SPF TSgt. Damascio Ruiz, 150 ACWS SSgt. Paul Gallagher, 154 SPF SSgt. Gary Witt, 154 SPF

Much thanks to all those who worked so hard to make this evening a success: SSgt. Jan DeRego, TSgt. Blossom Lee and all of the dedicated volunteers who worked so hard on the wonderful decorations; TSgt. Dennis Takeshita, SMSgt.

See next Page



# Kūkā'ilimoku

# War God of King Kamehameha 1 – 154<sup>th</sup> Wing

Vol. 45 No. 3

Hickam Air Force Base, Hawaii

March 6, 1999

### HIANG Recognizes Outstanding Guardsmen for 1998

by Maj. Tracey J Saiki, 154th Wing Public Affairs

The Hawaii Air National Guard held its 22<sup>nd</sup> annual HIANG awards banquet on Saturday, February 13, at the Outrigger Prince Kuhio. Our TAG, Maj. Gen. Edward V. Richardson, hosted the event of 300+ guard and family members, and honored guests from the National Guard Bureau, Pacific Air Forces, 15<sup>th</sup> Air Base Wing, Hawaii State Department of Defense, and local civic organizations. Congratulations to the following individuals on their successful achievements:

### <u>Outstanding Airman</u> SrA Kathy KH Wai – 154<sup>th</sup> AGS

Senior Airman Wai is the first female tanker crew chief assigned to the KC-135R Tanker flight in the Aircraft Generation Squadron. She has maintained a perfect record of zero defects on all maintenance evaluations. She completed her CDC in less than three months and became work center qualified four months ahead of the minimum required time.

#### <u>Outstanding Non-Commissioned Officer</u> TSgt. James Almeida, Jr. – 292<sup>nd</sup> CBCS TSgt. Darren Morris – 204<sup>th</sup> AS

Technical Sergeant Almeida anticipates future needs, then tracks and expedites supply orders to ensure timely arrival of material and equipment, and provides total customer satisfaction for the 292<sup>nd</sup> Combat Communications Squadron. He led the Rifle and Pistol teams to first and third place in the HING, and is a proud member of the unit's Honor Guard.

Technical Sergeant Morris actively ensures smooth flying operations in the 204<sup>th</sup> Airlift Squadron by coordinating the daily, weekly, monthly, and quarterly aircraft schedules, configurations, and fuel. He also ensures successful missions by coordinating prior permission required messages, diplomatic clearances, lodging, transportation, customs, immigration, and agriculture inspections for worldwide locations.

### Outstanding Senior Non-Commissioned Officer

### MSgt. Scott E Yerxa – 154<sup>th</sup> AGS

Master Sergeant Yerxa supervises the C-130 aircraft maintenance unit in the Aircraft Generation Squadron. His efforts resulted in an average 111% sortie effectiveness rate – far exceeding the 90% standard. His successful planning allowed the unit to complete 450 hours above the flying program safely and within budget. His is a highly respected leader and role model.

#### <u>Outstanding Company Grade Officer</u> Capt. Duke Ota – 154<sup>th</sup> LS

Captain Ota is the Chief of Supply assigned to the 154<sup>th</sup> Logistics Squadron. He is responsible for the timely processing of over 504,000 transactions this past fiscal year, as well as the purchase of over one million gallons of JP8 aviation fuel. He raised the fulltime assigned strength from 80% to 96% by hiring eight personnel in long-standing open billets.

### <u>Outstanding Field Grade Officer</u> Maj. James T Yuki – 204<sup>th</sup> AS

Major Yuki is a pilot assigned to the 204<sup>th</sup> Airlift Squadron. His superior flying abilities and leadership skills were directly responsible for the squadron's "excellent" rating on its first HQ PACAF CERI inspection. As the workday monitor, he is responsible for allocation of all active duty, MPA and ST days valued at over \$100,000.

(see "HIANG Awards" on next page)

# FEB 2019 AIR DEFENSE MISSION BREAKS GROUND ON NEW FACILITY

Representatives from Pacific Air Forces, 154th Wing, 15th Wing, Air Force Civil Engineer Center, and the United States Army Corps of Engineers participate in a ground-breaking ceremony for the new F-22 Aerospace Control Alert (ACA) Facility on Feb 14, 2019 at Joint Base Pearl Harbor -Hickam, Hawaii. The blessing was performed by Kahu Kelekona Bishaw and included seven ground-breaking o'o sticks used in traditional Hawaiian ceremonies. (U.S. Air National Guard photo by Senior Airman Robert Cabuco)



#### By Senior Airman Robert Cabuco

JOINT BASE PEARL HARBOR-HICKAM, Hawaii – Team Hickam ushered in a new era of air defense during a ground-breaking ceremony for the new F-22 Aerospace Control Alert [ACA] Facility on Feb 14, 2019 at Joint Base Pearl-Harbor Hickam, Hawaii.

Representatives from Pacific Air Forces, 154th Wing and 15th Wing, Air Force Civil Engineer Center, and the United States Army Corps of Engineers gathered for a traditional Hawaiian blessing performed by Kahu Kelekona Bishaw. Included were seven ground -breaking o'o sticks used in traditional Hawaiian ceremonies.

"The milo wood bowl and the o'o sticks keeps us connected to the aina (land)," said Bishaw, "In old Hawaii, the o'o stick was the multi-purpose tool for farmers. It was used to dig, harvest and to protect."

The current building was built in 1958 and it will be torn down once the new facility comes online. The new facility will continue to support the ACA mission which is carried out by pilots, maintainers, and weapons crews. They are on call 24/7, ready to respond at a moments notice against air threats to the Hawaiian Islands.

"The new alert shack has been a long time coming," said Brig. Gen. Gregory S. Woodrow, Commander, 154th Wing. "The old alert shack hasn't been updated much from 1958. We owe it to our service members to build something worthy for the mission Team Hickam is going to perform."

Team Hickam consists of Hawaii Air National Guardsmen and active-duty service-members. This unit is one of several ACA sites around the country, which provides a national network of combat aircraft capable of activating at any time under any weather condition in response to airborne threats to national airspace.

# **DIAMOND CORNER**

#### By Master Sgt. Gary Won and Master Sgt. Moses Randles

### Fitness: PT Today

Do you cringe or panic when you hear you have a PT test today? Or are you confident and ready to pass your PT Test with flying colors?

As First Sergeants, we see many Airmen pass the PT test, some get excellent scores and a few get perfect scores, but we also see some failures. Then we hear the excuses: "I didn't have time to train." "I tried to diet but quit after a week." "I'm running but can't do it during the test." "I passed the last time without training."

.First, in the age of video games and fast food, we need to understand we need to change our

culture of idleness to one of activity. We need to see the importance of passing the Fitness Test and make it a priority. With too many PT failures we can be dismissed from the military. There are several important facets to being in the military and physical fitness is one of them. Each year we are tested to see if we meet the fitness standards set forth by the Air Force. In the profession of being a warrior, "Fit to Fight" is our motto. Being physically fit can benefit us

and our families too. We can be physically active with our children and live longer.

Second, what can we do to give everyone their best chance to pass the test? Practice the 3 Ps for Fitness: Plan, Prepare and Perseverance

PLAN out your training regiment. Our Fitness Testing includes a waist measurement, pushups in 1 minute, sit-ups in 1minute and a mile and a half run within a given time. Figure out how many days a week you will train and what type of activities you are going to do. Determine what combination of aerobic and anaerobic training will help you attain your best scores for each component. Look over the Fitness Standards for your age group. It's important to know your target scores for each component.

Next, set goals for each component. A total score of 75 is a passing score but everyone should be

shooting for a higher score so that if you have a tough time during the test you have some leeway to still pass the test.

Airmen need to make an honest assessment of where they are right now. This is your fitness baseline. Everyone should know their strengths and weaknesses. For example, if your waist measurement is too high, then eating properly and eating the right food is going to become a priority. But eating right needs to start immediately and carried out consistently.

PREPARE for your test by using your goals and target scores. Practice all of the components as if you're taking the actual assessment. If you give it your all when no one is watching or scoring your performance, you should be able to perform at the

same level or better during your assessment. Keep in mind, as we all get older, our bodies need to exercise more frequently in order to stay fit.

PERSEVERENCE is the persistence in doing something despite difficulty or delay in achieving success. The toughest part of training is to stick to it. Get moving and stay motivated! Be SMART, have Short, Measurable, Attainable, Repeatable and Time-Base goals for your fitness. Be consistent and keep to your plan,

even when you reach your goals that doesn't mean that you should relax you workout schedule. You still have to be able to reach your SMART fitness goals again, and again. If you're able to repeat the results you will enter into your fitness assessment already knowing what score you can finish with.

Last but not least, if you're having a hard time motivating yourself then get an accountability partner or participate in sports. What is an accountability partner? Its someone close to you who motivates you to keep working out, to keep reaching for your goals. There may be moments when you want to give up, but your partner will call you, stop by your house, and get you moving! Have fun by participating in team sports or activities with coworkers and friends.



# MAR 2019 LRS PROMOTION CEREMONY & CHANGE OF COMMAND





#### By Tech. Sgt. Alison Bruce-Maldonado

JOINT BASE PEARL HARBOR-HICKAM, Hawaii – Brig. Gen. Ryan Okahara, Hawaii Air National Guard (HIANG), commander, members of the Logistic Readiness Squadron (LRS) and guests, gathered at the HIANG dining facility (DFAC) at Joint Base Pearl Harbor-Hickam, Hawaii as commander Maj. Grady Green was promoted to the rank of Lieutenant Colonel, Mar. 3, 2019.

Following the pinning ceremony, Green relinquished command of the LRS at a ceremony officiated by Col. Joyce Merl, Deputy Commander, 154th Mission Support Group, 154<sup>th</sup> Wing, Joint Base Pearl Harbor Hickam, Hawaii.

Maj. David Overstreet, a native of Texas, then took command of the LRS. Overstreet was the acting 154<sup>th</sup> LRS, Director of Operations since 2016. He was commissioned a Second Lieutenant upon graduation from the Academy of Military Science in 2007.





# MAR 2019



By Senior Airman Orlando Corpuz

Take care of your relationships so that you can take care of the mission.

That was the underlying theme of a weekend retreat held March 22-24, where 25 Hawaii Air National Guard [HIANG] married couples gathered at a Waikiki hotel for a weekend of learning, bonding, and re -energizing.

The weekend workshop was part of the Strong Bonds initiative, a National Guard funded, Chaplain -led program whose core mission of increasing readiness through relationship education has been helping service members develop important relationship skills for close to two decades.

HIANG Chaplains, chaplain assistants and a cadre of volunteers led the couples through exercises, mentoring sessions, and hands-on activities - all with the singular goal of imparting relationship enhancing skills.

"Strong Bonds is important to the mission because what we're teaching couples and the airmen is to build resiliency...to build skills, and to have better, healthy marriages," said Lt. Col. Leah Boling, Chaplain, 154th Wing. "If our airmen and our families are healthy and they're happy, they'll be fit to fight."

Although a wide range of ranks were represented amongst the participants, from Senior Airman to Brigadier General, rank was generally invisible as all participants were encouraged to be open and honest with their partners and encourage each other.

"It's important that the participants feel comfortable and at ease," Boling said. "We want them to be able to open up and really focus on their partners

# **STRONG BONDS**

and to support the other couples as needed. Part of that is to forget about rank for this weekend."

While a wide range of ranks were represented, so to was the range of years that couples had been married. One couple had been married close to 40 years while another had just recently tied the knot.

Senior Airman Benjamin Suiso, 154th Medical Group medic and his wife Pomaika'i, were wed just a month prior and have a nine-month old baby together. They took the time to recharge their batteries.

"This is the first time in a while that we've had quality time together as a couple," Suiso said. "We've been together for a while, but we still learned a lot about each other and how we can communicate better."

HIANG Strong Bonds events are held two to three times per year. This iteration involved married couples; other events can focus on the family or single airmen.

According to Boling, the Strong Bonds of today began as a relationship enhancing program at Schofield Barracks, Hawaii. With high deployment tempos, officials there saw the need for a formal program to help deploying troops and their families increase their relationship resiliency. The program was accepted Army wide and has since been adopted by both the Army and Air National Guard.

"To spend one weekend from Friday evening to Sunday noon with the couples and they open up their lives to you, that's just a joy to me and a blessing," Boling said.



# **MAR 2019**

### HAWAII GUARDSMEN VALIDATE LIFE-SAVING SKILLS IN NGB EXERCISE EVALUATION



**Above:** Staff Sgt. James Almero, 154th Medical Group Det. 1 allhazards-triage-response team member, receives assistance in donning personal protective equipment prior to his rotation into the 'Hot Zone' March 9, 2019, at Kalaeloa, Hawaii. The AHTR team's primary mission is to provide patient triage as well as lifesaving interventions for patients prior to going through decontamination. Members enter contaminated areas, also known as 'hot zones,' in back-to -back rotations. (Air National Guard photo by Senior Airman John Linzmeier)

#### By Senior Airman John Linzmeier

More than 120 Airmen and Soldiers from the Hawaii National Guard applied their life-saving skills during a mass-casualty, evaluation exercise March 9, at Kalaeloa.

The training entailed a series of chemical, biological, radiological, nuclear, and high-yield explosive scenarios under the observance of federal evaluators, who validates the response mission every three years. Upon completion, members of the National Guard Bureau Joint Interagency Training and Education Center presented the validation to the Hawaii National Guard Adjutant General, Maj Gen. Arthur Logan.

In the event of a domestic crisis, the joint forces can be activated and combined at a moment's notice to support civilian authorities as an enhanced-response-forcepackage team, also known as CERFP.

According to, Lt. Col. James Faumuina, 154th Medical Group's Detachment 1 commander, teamwork is paramount in every step of the way.

"My focus is all about establishing the team concept before anything else," said Faumuina. "In CERFP, we have doctors, nurses, EMTs, pharmacists, rescue/triage operators and [logistics specialists]. But all those titles go away when we respond, because we have to work together absolutely seamlessly. We don't necessarily see ourselves as units or ranks – we are first and forefront a team."

U.S. Air National Guard photos by senior Airman John Linzmeier.

As part of the exercise, the CERFP first responders were alerted of a staged nuclear scenario before daybreak, followed by a rapid mobilization to the incident scene. Soldiers and Airmen donned hazmat suites to monitor contaminated areas while a near-hundred others set up their work stations. Within the hour, the flat and empty training grounds transformed into a bustling recovery center.

Members of the Hawaii Air National Guard primarily focused on CBRNE and rescue medicine, expeditionary communications and mass field mortuary operations, while their soldier counterparts largely provided searchand-extraction and decontamination support.

Exercise planners carefully designed the training to be as lifelike as possible to gauge how adequate and appropriate operators responded. At the far end of the decontamination zone, a crowd of voices could be heard screaming in agonizing pain. Volunteers with simulated injuries, such as graphic skin burns and missing limbs, were scattered throughout the contaminated area and crying for help.

An All-Hazards-Triage-Response team was dispatched, protected by gas masks and hazmat suits, to measure the initial impact. The niche of the HTR teams is to conduct mass-casualty triage in all domains of CBRNE, each operator is trained to the civilian certification of hazmat operator. The HTR specialists face the unique challenge of quickly assessing the medical status of each injured victim in order to maximize care with CERFP's finite resources.

**Below:** Airman and Soldiers from Hawaii's Chemical, Biological, Radiological, Nuclear, and High-Yield Explosive, Enhanced-Response-Force-Package Team (CERFP) transport simulated casualties toward a decontamination area during an evaluation exercise March 9, 2019, at Kalaeloa, Hawaii. Upon completion of the training, members of the National Guard Bureau Joint Interagency Training and Education Center presented the validation to the Hawaii National Guard Adjutant General. (U.S. Air National Guard photo by Senior Airman John Linzmeier)



"The amount of trauma and unknowns can be overwhelming when you arrive on scene," said Capt. Jeremy Wong, Det. 1 HTR Team chief. "People are dealing with a lot of pain. They can be missing their babies, their limbs or their lives can be in danger. So we have to practice under all these variables. When it happens for real, the emotions are going to be even higher. We have to overcome these heavy emotions, so we can focus on the medical and get them to where they need to be safely."

Waves of triaged victims were processed through a decontamination zone at non-stop rate, to include a flow of patients who needed to be carried in. Patients were treated for their individual injuries by a trauma and treatment team, comprised of doctors, nurses and physicians in a mobile-emergency room.

As front line operators are exposed to high-risk environments, their vitals were continuously being monitored by a Medical Countermeasures team. The team is comprised of bioenvironmental engineers, a task force surgeon and a clinical nurse. Together, they ensure personnel are able to maximize their relief efforts while avoiding internal risks associated with an exposure to CBRNE.

According to Faumuina, training is the lifeblood for members of CERFP. In comparison to most drill status Airmen, who maintain full-time jobs outside of the military, members of Detachment 1 spend an average of one month of additional on-the-job training on top of their annual training. Another added aspect is the high number of drill status airmen who work in their civilian employment as either first responders or emergency rooms.

Hawaii's CERFP operates within the Federal Emergency Management Agency's Region 9, referred to as the RIX, and is partnered with other guard units in California and Nevada. Their area of responsibility includes Guam, America Samoa, Hawaii, Arizona, Nevada and California.

Below: Search and extraction Airman and Soldiers from Hawaii's Chemical, Biological, Radiological, Nuclear, and High-Yield Explosive, Enhanced-Response-Force-Package Team (CERFP) conduct a briefing during an evaluation exercise March 9, 2019, at Kalaeloa, Hawaii. The joint team's primary duty is to search for patients, provide lifesaving interventions, and transport them to all-hazards-triage-response team members. Search and extraction members are trained to operate in confined space, high/low angle rescue, breaching/breaking operations, and shoring operations. (U.S. Air National





Above: Hot-zone team members from Hawaii's Chemical, Biological, Radiological, Nuclear, and High-Yield Explosive, Enhanced-Response-Force-Package Team (CERFP) process simulated casualties through a non-ambulatory decontamination zone during an evaluation exercise March 9, 2019, at Kalaeloa, Hawaii. Upon completion of the training, members of the National Guard Bureau Joint Interagency Training and Education Center presented the validation to the Hawaii National Guard Adjutant General. (U.S. Air National Guard photo by Senior Airman John Linzmeier)

Members of RIX are constantly intertwined with one another's training in order to learn from one another and discover how to best operate together. This was the case for Capt. Chance Pasley, 144th Fighter Wing medical plans officer from California Air National Guard, who observed the evaluation exercise.

"This is a great opportunity to come out, observe, and apply what I've learned to my own unit in California, so we can share the best practices and continue to evolve,"

said Pasley. "We also had team from Hawaii come out and see how we were activated during the 2019 California fire activation. They could see exactly what we were doing on ground and how we were incorporated with the civilian response."

Over the past year, Hawaii's CERFP supported civilian agencies in a number of real-word hazards. The unit mobilized and reacted to mudslides, floods and hurricanes. During the Big Island's volcanic outbreak, 75 percent were directly tasked to support operations with more than half of its members deployed in rotations that lasted four months. Faumuina said every response involved extensive amounts teamwork and coordination between the joint services and civilian responders. In contrast to most military units, CERFP relies on its close ties in with civilian community in order to serve the local populace.

"Det. 1 Hawaii is poised in the middle of the pacific, where we train to respond quickly with a team made up of professional responders. "Some of our Airmen are

already in the local fire department, police and EMS departments," said Faumuina. "It makes it easy to just sync right in. So there's a credibility that we worry less about catching up to the civilian standards, because we come trained, equipped and interoperable with our civilian response partners. We have a small, close knit community in Hawaii, but at the same time, it's also like we're one big, extended family always find ways to provide kokua."

# HIANG VOLUNTEERS

# MAKING AN IMPACT ONE MEAL AT A TIME

#### By Senior Airman John Linzmeier

#### KALIHI, Hawaii --

It's about 11 a.m. on a Monday, reggae music is blasting on the stereo and two, casually dressed, Airmen from the Hawaii Air National Guard are driving all around one of Oahu's lower-income neighborhoods.



Their route entails

about five or six stops at the front doors of various residents. The two figures exchange witty banter as they park the car, then make their way through an aged apartment complex.

From an onlooker's perspective, the scene might be reminiscent to the cult-classic film, 'Pulp Fiction,' when John Travolta and Samuel L. Jackson are about to carry out the bidding of an angry mob-boss.

However, these Airmen came to deliver food instead. As part of a city-subsidized meals-on-wheels program, they bring hot meals directly to those who are burdened with physical challenges.

Tech. Sgt. Randall Kobayashi and Staff Sgt. John Quisano have been regulars at meals-on-wheels for more than a year now. While the two Airmen from the 154th Logistics Readiness Squadron are technically volunteering, Quisano says it's more like 'cruising around' with good company.

The two have a lot of similar interests. In between deliveries, they talk about work, surfing, spear-fishing, diving, family life and anything else that comes to mind.

"Doing stuff like this has helped me grow a lot as a person," said Quisano. "It's a good bonding activity too. You really get to learn a lot and see how fortunate you are when you see how others actually need the extra help." The hot meals are cooked fresh and picked up at a local retirement facility. Each delivery is catered to the specific needs of each recipient, be it a dietary restriction or a favored health trend.

Unlike some volunteer programs, where helpers gather supplies or prep

meals behind-the-scenes, Kobayashi and Quisano reap the rewards that come with delivering the final product at the front line; almost always resulting in an exchange of smiles and 'thank yous.' Other times, the two might stay a little longer to check in on the people they meet and hear out their stories.

"With this service from the meals-on-wheels program, it really is a blessing and a big help," said Juliet Won, a caregiver of one of the meals-on-wheels recipients.

"When you're providing for and taking care of someone 24/7, it's a quite a struggle and sometimes I go days without rest. So this service makes a huge difference for the individual being helped and also for the caregiver."

Not only does the delivery service serve as an opportunity to help those in need, but Quisano also used it as an avenue to help himself and learn more from someone who he genuinely looks up to.

"My lifestyle was so different when I first came into the guard," said Quisano. "At one point, I was nearly broke and that was very difficult because I have a daughter. Randal, he mentored me and he helped me to make a lot of positive changes to my life."

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# MAKING AN IMPACT ONE MEAL AT A TIME

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Some parts of the delivery route give Quisano flashbacks of his life before joining the military. One of the stops is Quisano's old, low-income apartment building. He said it's a place where people are still dealing with the same struggles he once endured, and it's humbling to go back and be of service to someone living there.

Family values also play a big role to both Airmen and their

community involvement. Quisano will occasionally take his adolescent daughter along for the ride so she can help out as they go about their deliveries.

"She's getting older and is starting to understand how older people need help too," said Quisano. "I think it's really special how she's learning how important it is to help people at her age."

For Kobayashi, the meals-on-wheels experience is partially motivated on terms that he considers to be selfish.

Growing up under the care of a single parent, Kobayashi was largely raised by his grandparents, who passed away before his college graduation. The loss his parental figures was huge, leaving him with the feeling that he missed his chance to take care of them in return.

"When the people who raised you start to get older," said Kobayashi, "the kids usually get the opportunity of giving back to say thank you. But in my case, they left before I could really return the favor. So I sort of use this is kind of my way to make up for that."

According to Kobayashi, the return-oninvestment ratio is enormous. From start to finish, his delivery route takes about two, blatantly-enjoyable, hours. Thereafter, he and his partner are free to go about their day.



Oddly enough, Randal is not the only 'Tech. Sgt. Kobayashi' in the HIANG who has a heart for giving. An Airman from the 154th Maintenance Group, Jesse Kobayashi, has been organizing holiday events for veterans-inneed for years. As part of the United States Veterans Initiative, Jesse and his wife have planned an ongoing series of festivities. Usually, their events include live music, homecooked meals and other donations to lift veterans spirits and help them get back on their feet.

Whether the case is organizing an event with more than 100 people or just the simple delivery of a personalized meal, Airmen like Quisano and the (unrelated) Kobayashi's have developed an understanding that volunteering impacts more

than just the recipients.

"Neither of us really see this as an errand," said Randall Kobayashi, "We're just lucky that we get to see the difference we're making first-hand, and it's very satisfying. You never know, any one of us could be in a position like the people in this program someday. It's all about living your life, taking care of the people around you and doing your best while living on this planet."



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