



*More than 100 total force team Airmen from Joint Base Pearl Harbor-Hickam, Hawaii returned home Jan. 2, 2014 after supporting air refueling missions in the Asia-Pacific region.*

## Hawaii tankers return from holiday season deployment to Asia-Pacific region

*Story and photo by Senior Master Sgt. Kristen Stanley*

The final crew of the total force team of more than 100 Airmen from Joint Base Pearl Harbor-Hickam, Hawaii returned home Jan. 2, 2014 after completing a November to January rotation supporting air refueling missions in the Asia-Pacific region.

The Airmen from the 203rd and 96th Air Refueling Squadrons based out of Hawaii flew KC-135 Stratotankers on aerial refueling missions supporting Pacific Command's Theater Security Package at

Andersen AFB, Guam.

During their deployment, the Airmen assigned to the 506th Expeditionary Air Refueling Squadron (EARS) flew 31 sorties.

They logged 129.7 flying hours and refueled/off-loaded 821,824 pounds of fuel.

"It is always impressive to see forward deployed Air Force Global Power projection in action," said Lt. Col.



# Commander's Call

*IMUA Na Koa! "Go Forward Warriors!"*

*by Brig. Gen. Braden Sakai, Commander 154 WG*

Aloha 154 Wing Warriors!

These past few months have been extremely tough for our HIANG ohana with the loss of loved ones and former colleagues. Our thoughts and prayers go out to them during these unimaginably difficult times.

We recently experienced the loss of a beloved retiree, Col. Jeffery "Sumo" Namihira. For those who knew him, this came as a huge shock and was totally unexpected. Without getting into the details of his passing, it was a wake-up call for many. We also nearly lost another retired guardsman, Lt. Col. Tracey Saiki, who suffered a stroke on New Year's Eve. Thankfully, she is currently recovering.

Sudden and unexpected loss and health crises are shocking and saddening. However, they should also serve as a reminder of the importance of knowing and watching for symptoms of a heart attack or stroke.

Whether you are a young or more seasoned Airman, you must take action if you find yourself experiencing any symptoms. Don't just write it off and think, "I had this before and it will eventually go away." Go to the doctor immediately and be upfront about your health. Get yourself thoroughly checked.

I speak from personal experience on this issue and I want to share my experience with you in hopes that it will be a lesson for all. This past week, I completed the last of numerous tests to see if I was on my way to having a heart attack or

stroke. I had these tests done because of some symptoms that I was experiencing but had dismissed. I'm currently waiting for the results of one more test to come in, but so far have been told that I'm in good health. While I'm relieved that everything appears normal for me so far, I can see now that dismissing these symptoms was a mistake. This was a mistake that I corrected, but it's also one I hope nobody else in our wing makes. I urge you to take care of yourself and seek medical advice if you ever detect any warning signs.

If your fitness test is coming up and you are experiencing the aforementioned symptoms, go to your doctor immediately to determine if you can take the fitness assessment.

If it's recommended that you delay it, contact our medical group immediately and ensure the correct documentation is completed to exempt you from the test. The fitness test can wait until after a doctor clears you.

Don't put a fitness test, your flying status or your job before your life and your health.

On another subject, the Wing Headquarters staff held its first open ranks inspection on Sunday of the February UTA. It was an exciting morning for



*Brig. Gen. Braden Sakai, center, inspects Master Sgt. Glenda Buis' service dress uniform during an open ranks inspection Feb. 9. "I highly recommend the rest of our Wing find the time during an upcoming drill weekend to hold an open ranks inspection.," said Sakai. "With practice, the whole process can be finished in 15-30 minutes and it can give commanders an opportunity to address their Airmen in a setting that takes us back to basics." (photo by Tech. Sgt. Michelle Thomas)*

many people. I could hear Airmen outside my office helping each other check their uniforms in preparation for the inspection. Airmen complemented each other on how sharp and professional they looked. There was some apprehension and nervousness leading up to it, as is to be expected. However, after it was over, there were many positive comments as it seemed to reinforce a sense of pride and professionalism.

I highly recommend the rest of our Wing find the time during an upcoming drill weekend to hold an open ranks inspection. With practice, the whole process can be finished in 15-30 minutes and it can give commanders an opportunity to address their Airmen in a setting that takes us back to basics. It also reinforces our military culture—something we must work to preserve and strengthen.

As I was considering my message to the troops assembled in open ranks, I was reminded of an article entitled “Staying Sharp and Always Ready.” I recommend you look it up and give it a read. It can be found at the following link: <http://www.181iw.af.mil/news/story.asp?id=123173990#.UveV2YP9skc.gmail>.

The article explains the history behind open ranks inspections and other drills in the U.S. military. It detailed how the colonial militias of 1775-1778 struggled against well-trained and

highly disciplined British forces until General George Washington enlisted the help of Prussian officer Baron Friedrich von Steuben. The article goes on to explain how von Steuben worked with the revolutionary forces to develop drill movements that built discipline, professionalism and confidence that translated into success on the battlefield that helped our nation win its independence.

Three things struck me about this piece: first, the writer’s assertion about leadership’s responsibility to ensure “members present themselves in a professional manner at all times” and how “Professional Airmen maintain military bearing, show pride in their unit and maintain proper standards of dress and appearance.” Second, the importance of drill functions such as open ranks inspections “to ensure Airmen recognize their leadership and comply with orders with precision and just like their predecessors, work as a team to develop a sense of pride.”

The third and final idea that struck me was one that makes me proud to be a Citizen Airman: that the history of military drills is rooted in the citizen soldier—in what today is the National Guard.

We not only share that history, we are the extension of it... it’s who we are. That’s something that we can all take great pride in and it can help motivate us to “Stay Sharp and Always Ready.”



## MEALS ON WHEELS

*Hawaii Air National Guard members volunteered during the Christmas Meals on Wheels event last December. HIANG personnel have volunteered their time during the holiday season for more than 10 years, giving back to the community and building team spirit. Pictured left to right: Micah Sala, Caitlin Sala, Mae Sala, Staff Sgt Erica Blanton, BJ Blanton, Senior Airman Annie Tran, Senior Master Sgt. David Sala, Connor Sala, Senior Airman Randall Kobayshi, Master Sgt. Galen Kuwamoto.*



# Self development key to superior organization, superior Airmen

by Command Chief Master Sgt. Willie Rafael, 154 WG

Those who think learning more or less stops when they finish full-time education and or finish acquiring professional trade certification should think again.

Today, we all face unprecedented change and uncertainty. That's why it's vitally important that we keep on developing and adapting positively to a rapidly evolving environment.

In today's military, life-long learning and professional development is playing an increasingly important part in the working lives of career-minded airmen.

A structured continuous professional development (CPD) program can be a real source of stimulation and enjoyment. But what exactly constitutes continuous professional development?

CPD can perhaps best be defined as the systematic maintenance and broadening of the knowledge, skills and personal qualities needed in working life.

Fundamentally, it involves setting a series of professional development goals and recording your progress towards reaching them. Reflection is a big part of CPD. That means analyzing your experiences, good and bad, and thinking about what you've learned. And CPD needs to be fully integrated into your working life; it's not just an "add on" to be addressed once a year when you have your annual appraisal.

There are many benefits to doing continuous professional development. It can

help you:

- Present your achievements in the best possible light, and move up the career ladder
- Stay competitive when it comes to looking for a new position
- Cope with a fast-changing work environment
- Boost your confidence and credibility
- Impress future employers with a tangible commitment to life-long learning
- Finally, CPD provides a new and exciting intellectual challenge, as you learn more about your career, your capabilities, and yourself.

In order to have a successful continuous professional development plan, it is sometimes necessary to take few steps at a time to achieve your goals.

You will encounter obstacles along the way. But with each small step you will overcome them. You will encounter frustrations, fears and uncertainties. With each small step you will crush them.

There will be difficulty, but with each small step and focus on the desired outcome, it will be conquered.

As the Chinese philosopher Lao-tzu said: "A journey of a thousand miles must begin with a single step."

Have you taken that one step today?



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***“...in order to have a successful continuous professional development plan, it is sometimes necessary to take a few steps at a time to achieve your goals...”***

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Lawrence Otto, 506 EARS deployed commander.

"Our Total Force Team aggressively supported 100% of all assigned missions; empowering Global Reach in direct support of Fighter and Bomber training and real world missions."

The holiday time frame created some unique challenges for the Squadron but the unit adjusted to make the mission a success and provide a smooth transition to the replacement team.

"When things don't go right, that's when our Airmen are tested. I could not be more proud of the consistent professional and tenacious performance delivered daily by our Airmen," Otto said. "The support we received

from our hosts at the 36th Wing, favorable weather, and smart planning against a sometimes unpredictable schedule contributed to our success." Labeling the Maintenance Airmen with the Hawaiian phrase "No Ka Oi" translated to mean "The Best" Lt.

Justin Sellona, the deployed 506th officer in charge of Maintenance said, "Our KC-135 Tanker Maintenance Team performed exceptionally. Professionalism combined with a positive attitude contributed to a 95.8%

Fully Mission Capable Rate, and no major aircraft discrepancies.

The team effort of the 506th Expeditionary Air Refueling Squadron was noted by Technical Sergeant Patricia Williams from the Active Duty's 15th Wing Maintenance Squadron.

"Both active duty and guard personnel came together and helped each other out," she said. "I enjoyed working with and getting to know all of the deployers."

This was Williams' first time deploying with the National Guard in support of the Guam Theater Security Package. "I think the integration of the Active Duty and National Guard supporting PACOM's 506

EARS mission creates a great learning opportunity for all Airmen," she said. "You wouldn't know it working side by side that this is an integrated Unit with Airmen from different States and different components. It just didn't matter, we came to do an Air Force mission and that is what we did." Airmen and

Tankers from the Kansas Air National Guard replaced the Hawaii Airmen and KC-135s to provide seamless support to PACOM's Theater Security Package at Andersen AFB, Guam.

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## Kuka'ilimoku

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# Military Image: cornerstone of an Airman's first impression

by *HIANG First Sergeant Council*

Did you hear that on Jan.17, 2014 the Air Force Instruction 36-2903 Dress and Personal Appearance of Air Force Personnel incorporated updated verbiage to reflect AF/A1 uniform wear policy decisions?

## **Summary of Changes:**

- Eliminated athletic shoe color restrictions
- Authorized black socks with athletic shoes
- Authorized certain Air Force and other services' qualification badges and the Command Insignia pin to be worn on ABUs
- Friday morale undershirts for ABUs and flight suits and morale patches for flight suits
- Eliminated color restriction of handheld electronic devices not worn on the uniform or attached to the purse
- Deleted the exception for black boots to be worn in industrial environments pending development of stain-resistant boots
- Deleted the requirement for reflective belts with the PT uniform (commander's discretion remains)
- Added the definition of qualification badges and an attachment with examples of qualification badges
- Added back the maternity modifications for outer garments



## *The Diamond Corner*

Your First Sergeant will be thoroughly familiar with all dress and personal appearance standards outlined in AFI 36-2903.

We advise commanders and supervisors to ensure all Airmen are in compliance.

The Air Force image must instill public confidence and leave no doubt that our Airmen live by a common standard and respond to military order and discipline. It is each Airman's individual duty and personal obligation to maintain a professional image and inform or educate any Air Force member that is in violation of uniform and appearance standards.

The Air Force Dress and Appearance Program website is a one-stop shop for all questions on wear of the uniform, insignias, awards and decorations. <http://www.afpc.af.mil/dress/index.asp>.

For the latest version of AFI 36-2903 Dress and Personal Appearance of Air Force Personnel: [http://static.e-publishing.af.mil/production/1/af\\_a1/publication/afi36-2903/afi36-2903.pdf](http://static.e-publishing.af.mil/production/1/af_a1/publication/afi36-2903/afi36-2903.pdf)

## AROWS E-Certification

AROWS E-Certification will allow members and supervisor to certify statement of duty on AROWS orders electronically. This program is effective 6 Feb 2014, It will be the Members responsibility to submit their Active Duty Orders electronically to be processed. Instructions for AROWS E-Certification process are located on the 154 CPTF share point.

Link to training slides are provided below:

[https://hickame.eim.pacaf.af.mil/tenants/HIANG/154WG/154\\_CPTF\\_FM/154%20CPTF/Forms/AllItems.aspx?RootFolder=%2ftenants%2fHIANG%2f154WG%2f154%5fCPTF%5fFM%2f154%20CPTF%2fMILITARY%20PAY&FolderCTID=&View=%7b5B1902C2%2dBD82%2d4125%2dAA68%2d00B09977F34E%7d](https://hickame.eim.pacaf.af.mil/tenants/HIANG/154WG/154_CPTF_FM/154%20CPTF/Forms/AllItems.aspx?RootFolder=%2ftenants%2fHIANG%2f154WG%2f154%5fCPTF%5fFM%2f154%20CPTF%2fMILITARY%20PAY&FolderCTID=&View=%7b5B1902C2%2dBD82%2d4125%2dAA68%2d00B09977F34E%7d)



# VA Launches online tool to calculate Post-9/11 GI Bill benefits

*From a Department of Veterans Affairs News Release*

WASHINGTON, Feb. 4, 2014 – The Veterans Affairs Department today launched a new online tool to make it easier for veterans, service members and family members to calculate their Post-9/11 GI Bill benefits and learn more about VA's approved colleges, universities and other education and training programs across the country.

"We are pleased that Post-9/11 veterans are taking advantage of this significant benefit program," said Allison A. Hickey, undersecretary of veterans affairs for benefits. "The new GI Bill Comparison Tool will help future beneficiaries as they make decisions about what education or training program best fits their needs."

The GI Bill Comparison Tool provides key information about college affordability and brings together information from more

than 17 different online sources and three federal agencies, including the number of students receiving VA education benefits at each school.

It is one item in a series of resources VA is launching in response to President Barack Obama's Executive Order 13607, which directs agencies to implement and promote "Principles of Excellence" for education institutions that interact with veterans, service members and their families, and to ensure beneficiaries have the information they need to make educated choices about VA education benefits and approved programs, VA officials said.

Recently, VA also instituted a GI Bill online complaint system, designed to collect feedback from veterans, service members and their families who

are experiencing problems with educational institutions receiving funding from federal military and veterans educational benefits programs, including benefits programs provided by the Post-9/11 GI Bill and the Defense Department's military tuition assistance program.

The Post-9/11 GI Bill is a comprehensive education benefit created by Congress in 2008. In general, veterans and service members who have served on active duty for 90 or more days since Sept. 10, 2001, are eligible. Since 2009, VA has distributed more than \$30 billion in the form of tuition and other education-related payments to more than 1 million veterans, service members and their families, as well as to the universities, colleges and trade schools they attend.



A Hawaii Air National Guard KC-135 Stratotanker from the 203rd Air Refueling Squadron refuels an AWACS over Germany. The NATO Airborne Early Warning & Control Force (NAEW&CF) E-3A AWACS at Geilenkirchen Airbase, rely on ANG rotational Tanker support for air-to-air refueling. (U.S. Air Force photo by Master Sgt. Mark Sindiong)

# Military OneSource Offers Free Tax Services

by Nick Simeone American Forces Press Service

WASHINGTON, Jan. 15, 2014 – If it hasn't arrived yet, your 2013 W-2 wage and tax statement likely is on its way, and with it the countdown toward the April 15 tax filing deadline.

As preparations begin for the upcoming tax season, military families are being offered a no-cost to the customer service to ensure they can meet that deadline from anywhere they may be stationed around the world.

Military OneSource, partnering with H&R Block, is offering all active duty, Guard and reserve forces help in preparing their taxes and in filing their federal and state returns, in addition to the variety of other financial planning services it already provides free of charge.

"No matter where you are, when you call 800-342-9647 or go to [the Military OneSource website], you can access the programs and services," Tony Jackson, a military community and family policy analyst for the service told American Forces Press Service.

The program is designed to address the unique tax requirements and issues affecting military personnel and their families, Jackson said.

With many still likely dealing with holiday credit card bills, the April tax deadline may seem far off. But with many military families having to file multiple state tax returns in addition to federal taxes, beginning the work now on

gathering tax-related documents can prevent headaches later.

"Now is the time to prepare, to gather your documents and your questions," Jackson said, "and [you can] speak to a tax consultant at no cost at Military OneSource."

Additional paperwork at tax time for those living outside their home state who may have rental property or may be subject to taxes where they are currently deployed is a common additional burden, he noted. Military OneSource will provide help filing a federal tax return, as well as up to three state returns, at no charge.

Jackson said some 224,000 federal and state tax returns were prepared for military families last year.

The program's tax experts are able to help military families navigate changes in tax laws that may have a particular impact on or benefit for members of the military -- as well as any tax implications related to military benefits, he added.

"They are nationally certified financial planners, so they are definitely qualified to assist families and service members," regardless of the topic, Jackson said.

Reserve component members are eligible for the free service regardless of their activation status, as are veterans within 180 days of being discharged, retired or separated.

The Defense Department established Military OneSource in 2002 to provide comprehensive information on military life at no cost to military families.

## Quick Notes...

- **Navy Tax Assistance Center on JBPHH: Open on Fri, Jan. 31 to April 20, 2014. No appointments/walk-ins only. VITA-certified tax volunteers can assist with questions you may have as you file your tax return electronically using this year's self-service program. POC: Lt Deni Baykan**
- **Employer Support of the Guard & Reserve (ESGR): <http://www.esgr.mil/> Samuel K. P. Wong: 808-672-1246 [samuel.k.wong.ctr@mail.mil](mailto:samuel.k.wong.ctr@mail.mil)**
- **Register your 13-18 yr. old for the HING Youth Program Teen Leadership Camp Feb. 22, 2014: <http://hawaiiguardohana.org/youth-program.php>**
- **GREAT ALOHA RUN FIRST AID volunteer support needed on President's Day Feb. 17, 2014. Five different Stations/Locations/Shifts to choose from. Family members welcome. Contact: 1st Lt. Rodney Carroll, [rodney.carroll@us.af.mil](mailto:rodney.carroll@us.af.mil) or Chief Master Sgt. Mike Gabster 448-6497 [michael.gabster.1@us.af.mil](mailto:michael.gabster.1@us.af.mil)**





## ROYAL GUARD

*The Royal Guard folds the Hawaii state flag honoring the passing of state health director Loretta “Deliana” Fuddy in December. Deliana was a passenger on a flight returning from Kalaupapa where she was visiting with patients and staff. “She was loved and respected for her passion and dedication to public health and the children and people of Hawaii. She will be greatly missed by all,” said Maj. Gen. Darryll Wong, the Adjutant General for Hawaii. “Her life and work made a tremendous difference in the lives of everyone in the state. She was a pioneer and a champion of public health in Hawaii.”*



## REMAINING FY14 UNIT TRAINING ASSEMBLY DATES

8-9 Mar 14

5-6 Apr 14

3-4 May 14

7-8 Jun 14

2-13 Jul 14

10 Aug 14

6-7 Sep 14