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SENTRY ALOHA 2014

A Hawaii Air National Guard KC-135 refuels an F-22 in the skies above Joint Base Pearl Harbor-Hickam, Hawaii during the annual aerial combat exercise, Sentry Aloha. Held last March, the three-week long exercise included more than 350 Airmen, five visiting units and multiple airframes, making it the largest ever. The exercise focuses on offensive and defensive counter measures and fighter integration. (photo by Staff Sgt. Lee Tucker)

HIANG Airmen go to lunch, potentially save a life

Story and photo by Senior Master Sgt. Kristen Stanley

An off-base lunch with co-workers turned into an opportunity last month for Hawaii Air National Guard Airmen to use their cardio pulmonary resuscitation (CPR) skills to assist in a medical emergency.

"It was so random," said Staff Sgt. Sandra Magsino. "You just never know when CPR skills are going to be put to use."

Magsino, a health systems technician with the 154th Medical Group was eating lunch at an off-base location when she heard a woman repetitively

yelling out a name. "I could tell by her tone that something was wrong. I asked her if everything was okay and she indicated that her sister-in-law was in distress."

Magsino quickly assessed the victim. She learned that the victim has just received a dialysis treatment and had become unresponsive. Sergeant Magsino checked the woman's carotid artery and felt no pulse so she knew that she needed to immediately begin CPR.

"I yelled out to the restaurant staff to call 911 and asked if they had an AED [automated external

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Commander's Call

by Col. Glen Nakamura, Deputy Commander 154 WG

Aloha 154th Wing Airmen.

I would like to take this opportunity to thank each and every one of you for persevering through these tough fiscal times.

As we push into the third quarter of FY14, it is imperative that we stay focused on the mission with safety as our top priority.

It seems that every day the media is scrutinizing federal spending.

The tight budget times were are in puts emphasis on the necessity for us to justify and validate every nickel we spend. Tough choices are being made throughout the DoD on where costs can once again be cut.

Therefore, future force shaping decisions will be value-based, quantified by demonstrated mission effectiveness. This makes it all the more important for us to continue to find a more efficient and cost-

effective way to do business without sacrificing quality. And this endeavor will require strong leadership like never before.

Key leaders and supervisors attended an off-site workshop at Bellows Air Force Station 17-18 April (see story on page 5). Attendees received tools to help them with the technical aspects of being a supervisor as well as training in the "art" of leadership.

We are committed to developing the future leaders of our organization so that they can take care of our most valuable assets; our Airmen.

Continue to strive for excellence in all you do.

If you have a better, faster, cheaper way of doing business, let your supervisor know.

Be proud of the work you do, but stay humble. Ready, reliable, relevant...Hawaii Air National Guard No Ka Oi!



Members of Task Force Odin (HIARNG) and the 154th Emergency Management Flight (HIANG) pose for a group photo Feb. 16 in Bagram, Afghanistan. Even though they are thousands of miles away from home, the brothers and sisters of the Hawaii Army and Air National Guard are still exhibiting the aloha spirit in all that they do. First Row: (left to right) Staff Sgt. Jamie Nishimura, Senior Airman Melissa Pascua, Capt. Jeffrey Chang, Master Sgt. Rose Buxton, Sgt. Lady Vanessa Baclaan. Second Row (left to right): Senior Amn. Frederick Viloso, Senior Airman Malcolm Yin, Staff Sgt. Tara Broad, Master Sgt. Henry Roberts, Sgt. Shannon Kaupu, and Spec. Janelle Lam.

Spring 2014

Strong Bonds: Building Resilient Airmen

By Lt. Col. Leah Boiling, 154th Chaplain

Once again we completed another Strong Bonds Event for both couples and singles on March 28 – 30, 2014 at the JW Marriott Ihilani Resort & Spa. Both groups learned about what it means to be an introvert or extrovert and how this style of communication impacts relationships. They also learned how to manage upsets and the difference between anger and abuse. They also looked at the biology of love and the importance of compassion and forgiveness. All these topics and more were made possible through the curriculum offered by the program called Active Relationships.

As your Wing Chaplain, it is my hope that by attending these events, it will make you a more resilient airman, regardless of your status in life. I encourage you to make use of this resource while it's still available to us. The next event is slated for June 20-22 and is solely for couples. We hope to offer another joint event in September.

The specifics are yet to be determined.



'Maintaining Mustaches- Hawaii C-17 style' C-17 Maintenance Group, 154th Maintenance Squadron, Joint Base Pearl Harbor-Hickam, Hawaii Air National Guard. Mustache March is annual event occurring in the month of March, where men in the United States Air Force grow mustaches to honor Air Force legend General Robin Olds. The idea stems from an early Air Force tradition in which members of the U.S. Air Force would grow mustaches in good-natured protest against facial hair regulations during the month of March. (photo by Airman Robert Cabuco)

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defibrillator] and breathing mask.”

Emergency responders were called, but the eating establishment did not have an AED or mask on hand. While CPR is not a required skill of all Airmen, some duties and career fields require the certification. Ironically, Staff Sgt. Magsino is a training site CPR faculty manager. She is the lead instructor for fifteen CPR instructors in the 154th Wing.

“I had just recently taught a CPR class and I remembered that I had a breathing mask in my purse,” said Magsino. “We got the victim positioned onto the floor and we just started to preform CPR.”

Staff Sgt. Anthony Sabog, a health systems technician with the 154th Wing was also there. “I stayed back while Sergeant Magsino got all of the medical history and assessed the victim. I assisted with getting the woman into a position so that we could work on her. When Sergeant Magsino got her breathing mask I continued with the chest compressions.”

“Certification in CPR is a requirement in our drill status Aerospace Medical Technician career field,” said Sabog. “This was the first time that I used the skill outside of a hospital setting. While in technical school at Travis Air Force Base I performed CPR on a cardiac arrest victim in the intensive care unit. Like that incident, everything happened so quickly and I just reacted to do what I could to help.”

The ambulance arrived quickly and emergency services technicians took over for the two Airmen. The woman was taken to an area hospital and Sergeants Sabog and Magsino calmed the family



Hawaii Air National Guardsmen Staff Sgt. Sandra Magsino and Staff Sgt. Anthony Sabog from the 154th Medical Group used their life-saving skills last month during an off-base lunch that turned into a medical emergency.

member down before she left the restaurant to make her way to the hospital. The final condition of the victim is unknown.

“You don’t think that you’re going to be doing a life-saving skill when you head out to grab a bite to eat. You just never know,” said Staff Sgt. Magsino. Both Airmen agreed that having the training gave them the ability to act in such an unexpected situation.

The 154th Wing recently purchased 14 AEDs that will be available at high-risk work areas and geographically separated units according to 2nd Lt. Curtis Palmer the 154th medical administration officer. “Our Wing CPR program is always looking for additional instructors,” said Palmer. “We are proud of Sergeants Magsino and Sabog for their quick reactions and willingness to use their National Guard skills to help out in the community.”

Kuka’ilimoku

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154th Wing Public Affairs Office

Why do you serve in the military?

by Command Chief Master Sgt. Willie Rafael, 154 WG

Many of my friends and relatives have asked me this question over the years: "Why do you serve in the military?"

I typically would just give them the general answer "benefits and the honor of serving our great nation".

But as I held my day-old grandson and my 16-month granddaughter the other day, it gave me time to truly reflect on why I serve.

We have been given a lot in this country and how fortunate we are to call the United States home.

I loved to listen to my elders as they told stories about how things were as they grew up.

Tales of how they made it through the Great Depression and how people came together to help each other become a part of who I wanted to be.

They told me about living through World War II and the sacrifices that were made by all to ensure the United States military had what it needed to win that war.

However, the stories taught me what it meant to be, now as an American, living in a land that holds endless opportunity for any willing to pursue it.

I serve because I want to give back a small portion of what I have been given. I want my children and their children to know what it means to live in the "land of the free" and the "home of the brave."

I want others to realize the tremendous honor they have to live in a country based on the highest ideals man has ever seen.

It is my constant hope and desire that others will realize what a privilege it is to be an American and take steps to serve and protect the very

freedoms upon which this nation was founded. There are men and women from every background and every walk of life who have had to make the ultimate sacrifice in service to this great nation.

They knew the price of freedom was quite high and yet were willing to put their lives on the line for something that mattered more than self.

That is the very essence of what makes us a great nation.

As long as we have warriors ready to live and die for the ideals that America stands for, we will continue to be the greatest nation that has ever existed on this planet.

I intend to honor the memory of those who have paid the ultimate price by doing everything I can to uphold the values and ideals we hold dear in this nation and to instill them in my children and grandchildren.

Our very existence as a great nation depends on how well we transmit these values and ideals to the following generations.

This is a daunting task for every American and one we need to take seriously.

The message of a shining city on a hill that we would like our children to see is being replaced with a far different and very harmful message.

Just look at what we are faced with each day on the television and radio and in newspapers and magazines.

These and other forms of daily contact bombard us with images that in many cases do not reflect our values.

We have a responsibility to stand up for what we know to be true and right and to make sure our children and their children inherit the same promise we have been given.

For some of that had diminished or lost that passion, for what you do and why you serve, I encourage



you to find ways to bring it back. Freedom is not free.

I stand in awe of the heroic men and women of the United States military who serve a grateful nation in thousands of locations around the world.

I am proud to be an American living in a land that provides the brightest beacon of hope and freedom in the world.

I certainly intend to see that beacon continue to shine brightly for years to come.

As we continue to face difficult challenges in today's military, we must continue to preserve the legacy that our forefathers left before us.

We must insure to recruit and keep the very best airmen and not accept mediocrities in our organization.

Please continue living by our Air Force Core Values, hold each other accountable and always remember why we serve.

Leadership training course puts the ‘super’ back in supervision

By Tech. Sgt. Michelle Thomas and Airman Robert Cabuco, 154th Public Affairs

More than 150 Hawaii Air National Guard Airmen attended a two-day leadership course at the Army National Guard’s 298th Regiment Regional Training Institute on Bellows Air Station, Hawaii, April 17-18, 2014.

Through interactive role-playing and seminar-style presentations, attendees learned skills to help them with the technical aspects of being an effective supervisor as well as training in the “art” of leadership.

Topics included mission planning, execution and task saturation and other management topics to better prepare non-commissioned and commissioned officers in leadership roles for upcoming changes in the Air Force enlisted structure.

The training began with an introduction by 154th Wing commander, Brig. Gen. Braden Sakai. Sakai emphasized the importance of developing leadership skills to buffer the effects of upcoming changes in force infrastructure.

“To better care for our Airmen, we are investing in the future leaders of the HIANG by training and equipping them now to be effective supervisors,” said Sakai.

Sakai emphasized that all leaders, regardless of rank, should learn the ‘art of supervising.’

“Ideally this training enables the supervisors of those directly executing the 154th Missions to mentor their subordinates when appropriate, praise whenever possible, and discipline even their friends when required for



Dr. Kimo Alameda coaches the audience on how to put the ‘super’ back in supervision. His local style of presenting helped participants understand the importance of the ‘art of leadership.’

the betterment of the organization,” said Sakai.

One of the speakers brought in to coach on the ‘art of leadership’ emphasized the idea of putting the “super” back in supervision. Dr. Kimo Alameda, from the State of Hawaii, Department of Health, Office of Health Equity (OHE), used a unique interactive approach.

He began his presentation by speaking ‘pigeon’ to the audience, highlighting the importance of communication and understanding each other.

His local style of presenting helped him to connect to the audience while showing the importance of talking on someone else’s ‘level.’

“Dr. Alameda’s block of training was great because he made it fun and interactive,” said Maj. Regina Berry, FSS Commander. “In today’s stressful environment, with a strained budget and all the downsizing that is going on, I think his training helped us all to think about how deal with people as supervisors, as leaders and as peers.”

Dr. Alameda’s holistic approach allowed for an all-encompassing look at how Airmen relate to each other on a multitude of levels to include relationships outside of work.

“He tied this all in to how we deal with issues



photos by Airman Robert Cabuco

Brig. Gen. Braden “Mongo” Sakai, 154th Wing Commander, addresses the enlisted and commissioned officers to kick off the two-day training.



Dr. Kimo Alameda engages in conversation with leadership training participants. Dr. Alameda explained the importance of paraphrasing during discussions and prompted the service members to practice beginning conversations with “let me see if I understand what you’re saying” and repeat what was explained to the listener.

and relationships at home,” said Berry.

“I think it’s important that as an organization that consistently is trying to do more with less, we are able to know not just how to deal with the relationships we have at work but more importantly that we know how to deal with our relationships at home to allow us to be more productive at work.”

More training is slated for the future with the hopes of making this a bi-annual event, according to Brig. Gen. Sakai.

“I think expanding training opportunities for mid-level leadership will increase productivity and reinforce discipline which will encourage a sharper focus on performing the mission,” said Sakai.



Maj. Regina Berry, commander of the 154th Wing Force Support Squadron, practices leadership listening techniques with a senior enlisted service member during the training conference.

The Diamond Corner: Airmanship and Teamwork

by Master Sgt. John Kim
HIANG First Sergeant Council

Airmanship

Airmanship is the concept that encompasses everything you are as an Airman. Simply put, it is "what you are doing to help the Air Force successfully complete its objectives and its mission."

When you put on that uniform, you are saying, 'I'm ready to support and defend this great country.' While doing so, you've chosen to play an integral part in assisting our Air Force in achieving its mission, which is to "Fly, Fight and Win." Whether you are flying the aircraft, maintaining it or supporting those that fly and maintain it, we all are tasked with doing our part. There are more than 460,000 National Guard members in more than 3,000 communities across all 50 states, three territories — Guam, Puerto Rico and the Virgin Islands — and the District of Columbia.

Nearly 85 percent of the National Guard serves part time. However, we provide roughly 40 percent of America's total military force for only seven to eight percent of the DoD budget. You are all a part of something big, pat yourselves on the back for doing what majority of Americans only dare to dream.

Teamwork

Seems like an easy concept to understand right? What does it mean to you? One of the greatest challenges we face in this life is learning to work together with other people, especially when we are all passionate about accomplishing the same mission. This is especially difficult today because we are continually bombarded by messages that urge us to do just the opposite, "Do your own thing! Look out for number one! Nice people finish last!"

These ideas are so prevalent, and heard so often, that it is easy to accept this kind of thinking as

normal and right.

To function as team members, we have to learn to think bigger about how to relate to others, work with others and avoid offending others.

Teamwork cannot be learned while alone in a corner; teamwork requires functioning together with others under a variety of conditions. A few years ago I came across a story that inspired me to be a better leader and I believe it ties in perfectly with what I mentioned.

An elderly Chinese woman had two large pots, each hung on the ends of a pole, which she carried across her neck.

One of the pots had a crack in it while the other pot was perfect and always delivered a full portion of water, at the end of the long walk from the stream to the house, the cracked pot arrived only half full.

For a full two years this went on daily, with the woman bringing home only one and a half pots of water. Of course, the perfect pot was proud of its accomplishments. But the poor cracked pot was ashamed of its own imperfection, and miserable that it could only do half of what it had been made to do.

After 2 years of what it perceived to be bitter failure, it spoke to the woman one day by the stream. "I am ashamed of myself, because this crack in my side causes water to leak out all the way back to your house."

The old woman smiled, "Did you notice that there are flowers



The Diamond Corner

on your side of the path, but not on the other pot's side?" "That's because I have always known about your flaw, so I planted flower seeds on your side of the path, and every day while we walk back, you water them. For two years I have been able to pick these beautiful flowers to decorate the table. Without you being just the way you are, there would not be this beauty to grace the house."

Each of us has our own unique flaws, we're all cracked pots. But it's the cracks and flaws we each have that make our lives together interesting and rewarding. You just have to take each person for what they are, and look for the good in them. Utilize their strengths versus criticizing their weaknesses. Remember to appreciate all the different people in your organization and in your life.

If it hadn't been for the crackpots in my life, I would not be where I am today.

I'm sure the same holds true for all of you. Take care of your fellow Airman

National Sexual Assault Awareness and Prevention

Presidential Proclamation -- National Sexual Assault Awareness and Prevention Month, 2014
BY THE PRESIDENT OF THE UNITED STATES OF AMERICA A PROCLAMATION

Every April, our Nation comes together to renew our stand against a crime that affronts our basic decency and humanity. Sexual assault threatens every community in America, and we all have a role to play in protecting those we love most -- our mothers and fathers, our husbands and wives, our daughters and sons. During National Sexual Assault Awareness and Prevention Month, we recommit to ending the outrage of sexual assault, giving survivors the support they need to heal, and building a culture that never tolerates sexual violence.

Thanks to dedicated activists and courageous survivors, we have made strides in reducing stigma, opened new shelters across our country, and given countless Americans a new sense of hope. A driving force behind much of this progress was the landmark Violence Against Women Act. Last year, I was proud to sign legislation that reauthorized and strengthened this law while also extending protections for underserved communities.

We have come a long way, but sexual violence remains an all-too-common tragedy. Today, an estimated one in five women is sexually assaulted in college. This is unacceptable. Because college should be a place where everyone can safely and confidently pursue their talents, I launched the White House Task Force to Protect Students from Sexual Assault. And because our Nation's backlog of rape kits means offenders may be free to strike again, I have proposed funding for coordinated community teams to address this problem. My

Administration is working to stop sexual assaults wherever they occur, in both the civilian community and the Armed Forces. Together, we will continue to strengthen the criminal justice system, develop trauma-informed services, reach out to survivors, and focus aggressively on prevention.

Sexual assault is more than just a crime against individuals. When a young boy or girl withdraws because they are questioning their self-worth after an assault, that deprives us of their full potential. When a parent struggles to hold a job in the wake of a traumatic attack, the whole family suffers. And when a student drops out of school or a service member leaves the military because they were sexually assaulted, that is a loss for our entire Nation.

This month, let us recognize that we all have a stake in preventing sexual assault, and we all have the power to make a difference. Together, let us stand for dignity and respect, strengthen the fabric of our communities, and build a safer, more just world.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim April 2014 as National Sexual Assault Awareness and Prevention Month. I urge all Americans to support survivors of sexual assault and work together to prevent these crimes in their communities.

IN WITNESS WHEREOF, I have hereunto set my hand this thirty-first day of March, in the year of our Lord two thousand fourteen, and of the Independence of the United States of America the two hundred and thirty-eighth.

BARACK OBAMA



Capt. Macie Akana, Tech. Sgt. Bobby Jo Rogers, and Tech. Sgt. Adela Valiete-Trejo, members of the Hawaii Air National Guard Sexual Assault Prevention & Response (SAPR) Team, greeted service members during lunch at the dining facility on Joint Base Pearl Harbor-Hickam, April 5, 2014. Through a Presidential Proclamation, April was deemed National Sexual Assault Awareness and Prevention Month. The SAPR team quizzed service members on sexual assault, prevention and response for an opportunity to win promotional products.



photos by Airman Robert Cabuco

SAPR Team: 9from left to right) Senior Airman Ecstasy Richard, Capt. Nicole Vazquez, Senior Airman Tara Sato, Capt Love Williamson (SARC), Master Sgt. Lisa Lum, Capt. Macie Akana (SARC), Tech. Sgt. Bobby Jo Rogers, Tech. Sgt. Liliana Sanchez, Tech. Sgt. Adela Valiete-Trejo, Master Sgt. Shawna Gaskins, Capt. Adrian Remington (tentative SARC). Not pictured- Tech. Sgt. Katherine Tam. All members pictured above are Victim Advocates (VA) with the exception of Capt Williamson, Capt Remington, and myself who are Sexual Assault Response Coordinators (SARC).

Launa Ole Awards

photos by Airman Roert Cabuco



Jake Hayashi, son of U.S. Air Force Senior Airman Ken Hayashi, 201st Intelligence Squadron, receives the Traditional Airman of the Year Award on behalf of his father from Brigadier General Stanley J. Osserman, Jr., Chief of Staff of the Hawaii Air National Guard, at the Hickam Officer's Club Lanai on Joint Base Pearl Harbor-Hickam, Hawaii, April 6, 2014. Hayashi is currently deployed in Afghanistan and was recently selected as the Special Operations Command Central Forward Headquarters Jr. Enlisted Performer of the Month.



Hawaii Air National Guardsmen stand at attention as they are honored for their achievements during the Launa Ole Awards at the Hickam Officer's Club Lanai on Joint Base Pearl Harbor-Hickam, Hawaii, April 6, 2014. The Airmen were recognized for their outstanding performance throughout the year.