

## Total force at work in 2006 RIMPAC

by Tech. Sgt. Chris Vadnais, Air Force Print News

7/18/2006 - **HICKAM AIR FORCE BASE, Hawaii (AFPN)** — Seven F-15 Eagle fighter jets assigned to the Hawaii Air National Guard fired AIM-7 Sparrow missiles at drones dropped from a Navy F-18 July 16. Pilots fired the missiles in the Pacific Missile Range Facility off the coast of Kauai, Hawaii, as part of the 2006 Rim of the Pacific Exercise, known as RIMPAC.

RIMPAC brought friendly forces from the Pacific theater and the United Kingdom together to engage in air and sea war games. The opportunity to fire live ordnance in Hawaii does not come often. Crews usually travel to Tyndall Air Force Base, Fla., for firing practice. Even then the missiles they use are loaded with telemetry equipment rather than live ordnance.

“We had the option to either destroy or shoot 14 missiles,” said Maj. John Traettino, an F-15 pilot with the Hawaii Air National Guard’s 199th Fighter Squadron. “It’s actually less expensive to shoot the missiles as opposed to destroying them. It’s excellent training for us as pilots and controllers. It’s just a fantastic opportunity for the Hawaii Air National Guard.”

These days a training exercise that saves money is



photo by Tech. Sgt. Shane Cuomo

*F-15 Eagles fire AIM-7 Sparrow missiles at a tactical air-launched decoy off the coast of Hawaii on July 16 during the Rim of the Pacific Exercise 2006. The F-15s are from the Hawaii Air National Guard’s 199th Fighter Squadron.*

like gold. The Air Force’s Smart Operations 21 strategy challenges Airmen at all levels to look for value-added

**see RIMPAC page 4**

## U.S. military support operations cease in Iceland



photo by Master Sgt. Kristen Higgins

*Master Sgt. Michael Crail, 154th Maintenance Squadron propulsion shop, fills out an Air Force form 781 during a routine maintenance inspection.*

## HIANG helps to close military operations during Iceland deployment

by Master Sgt. Kristen Higgins

An alarm rings and the F-15E POD door slowly opens, the crisp arctic breeze rushes in and the chill cuts through your uniform, suddenly you realize you’re not in Hawaii anymore. The working conditions at Keflavik NAS, Iceland is just one factor of the job for the Hawaii National Guard members deployed in support of Air Expeditionary Forces 1 and 2. Halfway around the world and in an entirely different ocean the HIANG members find themselves participating in a landmark part of history.

May to July 2006, 175 members of the 154th Wing, to include large numbers of personnel from the 199th Fighter Squadron and 203rd Air Refueling Squadron,

**see Iceland page 4**



# Commander's Call: Dealing with a UCI

by Brig. Gen. Peter S. "Skipper" Pawling, Commander 154 WG

The PACAF June 07 UCI is less than a year away. I hope that at this point everyone has started to work on their UCI checklist. There's a tendency to work on what's happening now instead of what will happen in the future and I encourage you all to pull away

from that. When it comes to dealing with a UCI, procrastination will not work. You have to start now and get ahead or you will find yourself overwhelmed when June 2007 rolls around. So please, start getting things checked off your list today and don't wait until tomorrow.

A lot of exciting things happened in July that I'm sure you will be reading about in this issue of the Kukailimoku. We had our first missile live fire in thirty years. The last time the Fighter Squadron did a live fire here on the islands was during the F-102 days.

The HIANG 1 volleyball team won the base championship for the third year in a row. They defeated the HIANG 2 team for the championship so I think congratulations is in order for both teams for placing first and second in the league!

I hope you have all prepared yourself for the CERE that will be happening this weekend. We want everyone to take the time this weekend to make sure that all of your CWDT gear is ready and in good shape, and for the facility managers to go through their post attack response (PAR) checklists. Our Wing Exercise Evaluation Team (EET) will start getting things in order for our May 2008 ORI, with a training session on Sunday of the August UTA.

Toward the middle of the month the CERF-P team will be very busy participating in a State-wide First responder exercise. The exercise, is an Improvised Nuclear Device exercise that will be held from Aug. 14-18 at Bellows Air Field. The exercise will test the state, federal and county responses. Our Medical Group makes up almost all of the CERF-P team that will be engaged in the exercise. If you have Medical requirements that need to be taken care of I suggest you do it before or after the exercise.

Before I close, I'd like to remind all of you about the HIANG 60th Summer Bash at Pipeline Cafe on Aug. 27. Come and join us in the first celebration of sixty years of the Hawaii Air National Guard! There will be a "silent auction," fun and camaraderie for all.

## June Promotions

### Promoted to CMSgt (E-9)

154 ACS Unciano, Darryl L.  
 HQ HIANG Kaneshiro, Karl J.  
 HQ 154 WGHarimoto, Craig M.

### Promoted to SMSgt (E-8)

154 CF Toyama, Clifford T.

### Promoted to MSgt (E-7)

154 MXG Gaskins, Shawna L.L.  
 154 AMXS Samson, Gary W.

### Promoted to TSgt (E-6)

169 ACWS DeleonKona, Brandy  
 154 CF Fortin, Valerie T.  
 154 AMXS Lee, Pratt K.  
 154 AMXS Palea, Kevin M.

### Promoted to SSgt (E-5)

154 AMXS Huihui, Eliot K.  
 154 CES Lujan, Jose M.L. II  
 154 CES Rodriguez, Clint K.

## July Promotions

### Promoted to SMSgt (E-8)

154 AMXS Akagi, Jay T.  
 154 AMXS Becera, Eric T.  
 154 MXS Chin, Dexter S.D.  
 154 MXS Gabster, Michael D.  
 154 MXS Salvador, Virgilio M.  
 154 AMXS Yoshikane, Caroleann

### Promoted to MSgt (E-7)

154 MDG Calio, Patrick J.

154 MXS Hanaoka, Lance K.H.  
 154 MOF Kamakawiwo'ole, Paul  
 154 MDG Libby, Alan L.  
 154 CF Higgins, Kristen M.  
 HQ HIANG Maldonado, Emilio Jr.  
 154 AMXS McElligatt, Douglas C.  
 154 MXS Nakagawa, Andy M.  
 154 MXS Silva, Aaron H.  
 154 AMXS Sliva, Aaron K.  
 154 AMXS Timbreza, Ronald F.  
 154 CES Ulep, Allen B.

### Promoted to TSgt (E-6)

HQ HIANG Albritton, Lovina M.  
 154 AMXS Bajo-Daniel, Brandon  
 154 AMXS Branco, Brian H.  
 154 MXS Choo, Clayton J.O.S.  
 154 CF Huett, Justin A.  
 154 MXS Layugan, Rolando  
 203 ARS Martin, Derrick L.  
 154 MXS Pedro, Sean P.  
 292 CBCS Saupe, Thomas C. Jr.  
 154 AMXS Timas, Abraham K.A.

### Promoted to SSgt (E-5)

154 AMXS Diamond, Charles Jr.  
 154 AMXS Fukumoto, Jonathan  
 154 MXS Kam, Brandon T.  
 169 ACWS Kamakele-Cordeiro, K  
 154 AMXS Leong, Samuel K.K.  
 154 MXS Miyasaki, Jason  
 292 CBCS Nishida, Garrett M.

154 AMXS O'brien, Opeta S.  
 154 AMXS Pasion, Larry J.S.  
 154 MXS Pereira, Nicholas  
 154 MXS Tabilang, Philip  
 154 AMXS Tochiki, Sherry L.  
 204 AS Yamada, Randall A.

## Kuka'ilimoku

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The Kuka'ilimoku can be seen on the 154th Wing intranet web page at <http://154web/>. The punctuation of the name of this publication was researched by the Indo-Pacific Language Department at the University of Hawaii.

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COMMANDER  
 Brig. Gen. Peter S. Pawling  
 STAFF  
 PAO: 1st Lt. Regina Berry  
 PAO  
 Staff Sgt. Betty J. Squatrito-Martin  
 PA Representative  
 Staff Sgt. Sharen M. Coleman  
 PA IM  
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# Airmen releasing critical information using Blogs

by Senior Master Sgt. Naomi Merritt, 154 OSF

Recently our Operational Security Managers have been informed of incidents concerning the release of Critical Information in the form of "blogs".

You may be asking, "What are blogs?" They are web based publications consisting primarily of periodic articles, most often in reverse chronological order.

Blogs often focus on a particular subject. They may focus on food, politics or local news. Some blogs may even function as online diaries. In several cases these OPSEC incidents were due to reservists creating personal emails/journals then sending these journals and photos back Stateside while the members were deployed overseas.

Regardless of the origin, passing both sensitive and critical information of any type via the internet and "blogs," violates the rules of OPSEC and can needlessly place lives at risk and degrade the effectiveness of our operations.

You may think that the picture you just posted of your friends at work is pretty harmless, but are you aware of what else is in that picture?

Associating your friends, whether in uniform or not, with locations and objects in the background, i.e., buildings, vehicles, possibly aircraft and equipment that are sensitive or critical may be just enough to

compromise the information we as military members are taught to protect.

Too often critical information has been passed on over non-secure means. Personal information, personally-identifying information, privacy act information, force protection-related information, and even specific locations combined with other deployment data have been passed via non-secure means. This must stop.

**DO NOT UNDER ESTIMATE OUR ADVERSARIES ABILITIES.**

Unit Commanders, Unit OPSEC Managers, Unit Security Managers, Section Chiefs and Supervisors must take an active role in briefing all of your personnel. It is very important that you inform them that their actions can unwittingly magnify the enemy's capabilities. Simple things such as exchanging photos with friends or relatives, or publishing photos on the internet or other media have the potential to disrupt or compromise a mission.

Get the word out and focus on this issue now.

If you have any questions concerning operational security issues, please feel free to contact your Unit's Operational Security Manager or the 154th Wing Managers, Lt Col. Earl Alameida or myself, Senior Master Sgt Naomi Merritt, at 448-8461.



## Gaining financial independence, it's never too late

by Command Chief Master Sgt. Denise Jelinski-Hall, 154 WG

**F I N A N -  
C I A L C H A L -  
L E N G E S  
N E V E R E N D.**  
They're at the root of every obligation we face—raising children,

buying a home and establishing a comfortable lifestyle. Whether you are a Boomer, Gen X'er or a new Millennium teenager it's never too late to start on a path of financial independence. There is cause for concern for our members as Air Force and Air National Guard leaders have seen a spike in consumer debt—particularly with our young members.

Educating our guardsmen as they begin their career is a key point in having them avoid the *consumer debt trap*. Paying as you go and paying yourself first will help ensure a successful financial future. We have

heard the dismal forecast of Social Security—it is projected to be broke as early as 2041.

Keep in mind Social Security was never designed to be a retirement plan. So what are you doing to prepare for the "Golden Years"? By waiting to plan for the future you may lose valuable time...waiting five years could cost you thousands of dollars. Getting started in saving and investing is the hardest part. Once you have a financial plan in place it's easy to maintain and watch grow.

You may be asking...how do I get started? There are steps anyone can take to get on the right road to a bright financial future. It starts with assessing your financial picture, deciding on a regular amount to save and amassing enough to be comfortable in your retirement years. A great site to visit for financial tips is: <https://www.militaryonesource.com>. Military One Source personnel will be happy

to send you information on financial and money management. At last years State Family Readiness conference personnel from the Federal Deposit Insurance Corporation conducted an informative workshop. Check out the FDIC site for computer based training on money matters. <https://www.fdic.gov/consumers/consumer/moneysmart>.

Last but not least, in addition to the many-many investment firms that offer financial management services; don't forget about the Thrift Savings Program (TSP). As a guardsman, did you know you can participate in TSP? It's just one more way of paying yourself first. For more information on TSP check out <http://www.tsp.gov> or go to mypay, click on TSP and get started today! When it comes to financial independence it's important to develop a plan, establish goals, both short and long term and to put your plan in ACTION...sooner rather than later.

# 154 WG Drill Dates

**Sept. 9-10, 2006**

**Oct. 14-15, 2006**

**Nov. 4-5, 2006**

**Dec. 2-3, 2006**

## RIMPAC

opportunities just like this.

But saving money while getting valuable wartime training is just part of the benefit of these sorties. This mission also demonstrated the total force concept the Air Force is perfecting - Air National Guard operations seamlessly integrating into active-duty missions.

The Pacific Command's RIMPAC exercise provided the framework to showcase that cooperation.



photo by Tech. Sgt. Shane A. Cuomo

Staff Sgt. Arthur Hamabata installs fins on an AIM-7 Sparrow missile during the RIMPAC Exercise 2006.

## Iceland

filled four rotations in support of the three month Iceland Defense Force mission. United States operations in Iceland will cease to exist after Sept. 2006.

"The HIANG will help close operations in Iceland on a high note", said the detachment commander Maj. Mark "Odie" Ladtko during the deployment outbrief.

The Icelandic republic became a charter member of the North Atlantic Treaty Organization in 1949 and signed a treaty with the United States in 1951 for the U.S. to take responsibility for the defense of Iceland. In exchange for these defense services, Iceland provided significant financial contributions to NATO's International overhead costs, participated in NATO deliberations and planning, as well as offered "agreed area" rent-free sites for military facilities. The largest and most important of these being the NATO Naval Air Station at Keflavik. The treaty between the U.S. and Iceland created the Iceland Defense Force (IDF). This unified command under the U.S. European Command consisted of Navy, Marines, Air Force, Army, Coast Guard, Guard and Reserve components of the U.S. military to provide protection for Iceland. On Mar. 15, 2006 the U.S. Ambassador to Iceland announced the decision of the United States to withdraw all major formations of the IDF before the end of September.

For over 50 years U.S. Military members have been meeting the defense needs of Iceland and keeping the sea and air lines of communication open between North America and Europe through this strategically located island in the North Atlantic. The U.S. Air Force 85th Group component in Iceland is responsible for deterring aggression in the North Atlantic and protecting Iceland's airspace. This air defense mission is carried out by F-15 Eagle fighter aircraft of deployed temporary duty units rotating every 90 days to Iceland. Additionally, deployed KC-135 Stratotankers provide refueling support.

The HIANG passed the final baton for this air defense mission to the 141st Air Refueling Wing from Fairchild, Washington and the 131st Fighter Wing from

St. Louis, Missouri who will provide the last 90 day rotation for this air defense mission.



photo by Master Sgt. Kristen Higgins

A bundled up Staff Sgt. Ryan Ortega, 154th Aircraft Maintenance Squadron, looks on as Lt. Col. Jeffrey Namihira, 154th Operations Support Flight commander, prepares to take off during the 2006 Iceland deployment.



photo by Master Sgt. Kristen Higgins

Senior Airman Erik Mizoshiri, 154th Maintenance Electric Shop, services an F-15 with liquid oxygen.

# 199th Weather Flight moves back to Hickam

by Master Sgt. Scott Fujioka, 199 WF

After more than 25 years at Wheeler Army Airfield the 199th Weather Flight will move to Hangar 13, Hickam Air Force Base Aug. 5-6.

As the Army and Air Force undergo their respective transformations, the 199 WF will be providing more weather support to its customers. New taskings from the National Guard Bureau have assigned the 199 WF to support the Hawaii Air National Guard, Hawaii Army National Guard, Alaska Air National Guard, Alaska Army National Guard and United States Army Pacific.

Today, the Weather Flight's primary mission is to provide weather support to the Hawaii Army National Guard's 29th Brigade Combat Team, allowing the ground forces to anticipate the weather prior to going into battle.

The 199th Weather Flight is one of two original char-

ter units of the Hawaii Air National Guard. Founded Sept. 10, 1946, the 199 WF provided weather support to the 199th Fighter Squadron.

In 1981, the 199WF moved from Hickam AFB to Wheeler AAF. Working closely with the Wheeler Base Weather Station, the 199 WF continued to provide weather support to the various flying units at Hickam and Wheeler.

In 1988, the 199 WF underwent a complete mission change, from supporting the Air Force to supporting their green suit brothers in the Army. The new mission challenged the 199 WF as it took the unit from the comforts of the Base Weather Station to the abrasive field environment. Highlights during this time included various training deployments at Pohakuloa Training Area, Schofield Barracks, Japan, Korea and the Joint Readiness Training Center in Louisiana.

# 154 ACS gets visit from USPACOM Commander

Adm. William J. Fallon, Commander of the United States Pacific Command, visits the 154th Air Control Squadron on Kauai, July 11 at the Pacific Missile Range Facility.

The 154 ACS was established in June 1990 and Federally recognized on July 16, 1990. Their mission is to provide a mobile, self-sustainable, combat ready, forward extension and control element equipped to meet the Air Force's ground theater air control systems worldwide. Currently the Air Control Squadron has over 90 members.



courtesy photo

# Education, it's what the Air Force can do for you

by Master Sgt. John Guerri, 154 MSF

The Community College of the Air Force (CCAF) serves the US Air Force, Air National Guard, Air Force Reserves and Department of Defense by helping enlisted personnel obtain an accredited Associate in Applied Science Degree in 67 different degree programs.

The CCAF helps airmen achieve personal goals by realizing their educational potential. More than 230,000 enlisted members of the active duty Air Force, Air National Guard and Air Force Reserve have earned CCAF career-related degrees since the college first opened in 1972.

Demands of the mission require sacrifice on the part of dedicated military personnel. Yet, CCAF capitalizes on job-related training and education to help provide opportunity for a college degree that airmen might not

otherwise have. CCAF degrees are directly related to Air Force Specialty Codes and are designed to sharpen the leadership and management capabilities of the enlisted corps, thus enhancing their readiness.

All new enlisted members are automatically registered in the degree program for which they are eligible during their fourth week of basic military training. Upon returning from initial active duty training (IADT), members are urged to setup an appointment with a CCAF Advisor in the 154 Base Education and Training Office. The advisor will provide a comprehensive briefing detailing the program from A to Z. If you haven't had a chance to meet with one of our CCAF Advisors, please call 448-7429 (weekdays) or 448-7431 (UTA weekends) for an appointment. We will be happy to help you achieve your educational goals.

## News Briefs

### HIANG Aug AOM



photo by Staff Sgt. Sharen M. Coleman

Senior Airman Bolo went above and beyond by assuming the sole responsibility of processing well over 200 MPA, ADSW, AT, ST tours over 30 days. She took charge and led the way in projecting to the entire HIANG the new Basic Allowance for Housing (BAH) rule changes in entitlements. With keen insight, she developed a local form to help single members qualifying for BAH...well beyond her years in this initiative which resulted in a highly successful accuracy rate. Senior Airman Bolo has volunteered for numerous additional duties within the unit and the HIANG. She has aggressively pursued her Associates Degree and received her degree recently in Business Management with an emphasis in Accounting.

### COMSEC

Individuals are responsible for the handling and accounting of Communications Security Material and Assets. COMSEC documents must not be destroyed without proper documentation using a SF153. AFI 33-201 V2, Communications Security User Requirements, provide guidance on handling and protecting critical information. A compromise of COMSEC documents or material could cost lives and an immeasurable amount of wasted time and dollars.

### Celebrating 60 years

HIANG 60: A history of excellence, a future unlimited

Summer Bash – Aug. 27, Saturday at Pipeline Café, 5:00 p.m. to 10:00 p.m.

Anniversary Dinner - Nov. 18, Saturday at the Sheraton Waikiki Ballroom

Golf tournament - Nov. 20, Monday at Hickam’s Malama Bay, 12:00 p.m. (check in at 11:00 a.m.)

Open House – Dec. 3, Sunday at Hickam AFB Hangar 35, 12:00 p.m. 3:00 p.m.

### Register to vote

Don’t forget to register to vote or apply for an absentee ballot! If you have not received your voter confirmation postcard in the mail from the Office of Elections than you may need to re-register. The 2006 Primary election is happening Saturday, Sept. 23 from 7:00 a.m. to 6:00 p.m. and the 2006 General election Tuesday, Nov. 7 from 7:00 a.m. to 6:00 p.m. For more information on registering to vote or applying for an absentee ballot go to <http://www.hawaii.gov/elections>. Register by Aug. 24 for the Sept. 23 election.

### Safeguarding personal information

There have been a number of incidents where personally identifying information on individuals has been lost, stolen, or compromised. The most recent is the theft of information on 26.5 million veterans where a career Veterans Affairs data analyst took home electronic data in violation of Departmental policies. Because of this the Office of Management and Budget would like to remind Departments and Agencies that they have a responsibility under the law and policy to appropriately safeguard such information to ensure that personnel are trained as to their responsibilities in this area.

### Wing Turkey Shoot

Get ready for another fun event at the F-15 hangar on Sept. 9 (Drill Saturday) from 5:00 p.m. to 9:00 p.m. as we host the second Annual Wing Turkey Shoot. The winners of the flying competitions will be announced sometime during the evening. There will be lots of music, food and drinks for just \$10. “Funny kine man” Mel Cabang will be there performing his local comic satire, with Kim Gennula and Guy Hagi emceeing. This is a great opportunity to catch up with old friends *plus* make new friends.

### Traffic violations

Many questions have been directed to the Security Forces regarding traffic violations. The following is a list of the current process and penalties for traffic violations while driving on base.

The violator is issued 1408 (the pink copy) by the officer, and is to inform his command of the violation.

The First Sergeant will receive a Security Forces Management Information System copy of the violation via e-mail.

Page 4 of the SFMIS report will be the command copy that is to be signed by a commissioned officer with the counseling annotated.

This may be returned to 15 SFS Reports and Analysis by e-mail or FAX within 15 days.

The penalties for speeding 6-11 mph over would equal 3 driving points; 11-15 mph over would equal 4 points; 15 and over would equal 5 points. Other violations would equal 4/5.

Cell phone violation is a 30 day suspension.

Twelve points in one calendar year can possibly result in suspension of driving privileges.



# MEO: Solving conflicts at the lowest level

by Tech. Sgt. Alan Alejandro, 154 WG

The Military Equal Opportunity office wants to help solve conflicts at the lowest level and is a good source to tap into if a member feels he or she has no one to turn to regarding any issues they may have.

The official definition, "*MEO plans, organizes, and directs Military Equal Opportunity (MEO) and Human Relations Education (HRE) activities and programs. MEO promotes an environment where individuals are treated with dignity and worth regardless of race, color, religion, national origin, or sex. MEO provides advice, consultation, education, mediation, and referral services to enhance mission effectiveness. MEO coordinates with staff agencies to support MEO programs and policies.*"

MEO is responsible for establishing Unit Climate Assessments, which should be done every 2 years or within 6 months of a commander assuming command.

The UCA provides the commander

with an assessment of the unit's climate and at the same time provides members an avenue or platform to voice their problems, suggestions or concerns. The UCA is an effective tool and is strictly 100% anonymous.

In conjunction with the UCA, MEO personnel perform Out and About Assessments. Out and About assessments are scheduled in advance and MEO personnel physically visit the units being assessed. Out and Abouts allow MEO personnel the opportunity to get know members of the HIANG and vice versa.

During Out and About assessments MEO will interview personnel, allowing them to freely voice any issues, positive or negative, that they feel should be addressed.

All interviews are voluntary and in recent assessments have proven to be a useful tool for leadership. MEO also visits unit common areas to ensure that the unit environment is one that is positive and free from discrimination and sexual harass-

ment.

MEO training requirements require all members to attend Equal Opportunity (EO) training once every four years and Prevention of Sexual Harassment (POSH) training once every 2 years.

MEO also deals with substance abuse. I'd like to remind members that drug abuse is not only limited to the use of illegal drugs. Please be advised that a member who uses an outdated prescription and shows positive on a urinalysis test could be discharged. Similarly, members should not be using a family member; significant other or friend's prescription medication. Doing so could lead to a positive urinalysis test and subsequent discharge. Remember, use prescription drugs that belong to you and periodically check prescriptions and throw out any expired medication.

The MEO office is located in Building 3400, second floor, Room 213. Tech. Sgt. Alan Alejandro or Staff Sgt. Love Williamson can be reached at 448-7281 and 448-7280.

## The early years; when fighters had propellers

Tech. Sgt. Theodore Merrill, Retired 154th Wing Historian



courtesy photos

In May 1950, a 199th Fighter Squadron F-47N Thunderbolt was hauled, fully assembled, on a flatbed trailer in the wee hours of the morning from Hickam AFB to be set up as a static display at a drive-in theater lot on Kapiolani Blvd. in Honolulu. The static display was part of the public relations to go along with the premiere showing of the movie "12 O'Clock High".

(Originally F-47s were called P-47s, the "P" being for pursuit. The P was also used for the P-51, P-38, etc. Right after World War II, the name "fighters" replaced "pursuit planes", thus the change to the designation of "F" in front of the number.)

## Two new recruiters selected

**Master Sgt. Kelly Machado, Recruiting Supervisor, 154 MSF**

There will be two new faces in Recruiting soon! We would like to welcome Master Sgt. Charlsyee Yoshimoto and Staff Sgt. Christopher Fredeluces as the selectees for our recruiting vacancies. The interview board was initially for one position, however due to an unexpected development, we were able to select two. We are hoping to have them onboard and in Recruiting school by Aug. 18. Please congratulate them both and wish them good luck at recruiting school!

The unexpected development was Master Sgt. Celia Espinosa's announcement to retire. After 13+ years in Recruiting and 7 active duty years as an Air Traffic Controller, Master Sgt. Espinosa has chosen to accept a high-level management position with a huge international company. Congratulations to Master Sgt. Espinosa on her retirement and her new challenge! We are sure she will succeed!

We still have three fantastic veteran recruiters here on Oahu to serve you: Master Sgt. Benjamin Ormita, 216-2020, Master Sgt. Ricky Tucay, 216-2525, and Master Sgt. Vickie Tactay, 216-2626. Please give any of them a call if you have any questions or referrals to share.



*courtesy photo*

*Master Sgt. Charlsyee Yoshimoto and Staff Sgt. Christopher Fredeluces were selected as the newest members of the recruiting team.*

If you are traditional and haven't signed up for GRAP, you may be missing out on big money! If you qualify for the program and refer a prior service person who enlists, you earn \$1,000! If you refer a non-prior military person who enlists, you earn \$2,000! TWO THOUSAND DOLLARS! I know you all love and adore our usual referral t-shirts, gifts and awards, however this is the only time I've ever seen the ANG thank their people in COLD HARD CASH so sign up today! [www.GuardRecruitingAssistant.com](http://www.GuardRecruitingAssistant.com) is where you want to start your dash for cash.

Mahalo for all your support to recruiting. We look forward to serving you soon!

## New Human Resource Advisor

**by Master Sgt. Raquel Ramos, 154 WG**

Aloha, I am Master Sgt. Raquel Ramos and it is a pleasure to serve as your new 154th Wing Human Resource Advisor. Together with Chief Master Sgt. Karl Kaneshiro the State Human Resource Advisor, we offer Diversity Awareness and Education training to all members of the Hawaii Air National Guard. I highly encourage all of you to attend our next Diversity Training scheduled for Sept. 30, 2006, 7:00 a.m. to 3:30 p.m. at the 154th Wing Dining Facility.

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### **build confidence in public speaking...**

*Master Sgt. Raquel Ramos*

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Please email either Chief Master Sgt. Karl Kaneshiro or myself to sign up. There is limited seating so sign up as soon as possible.

We are also seeking individuals to assist us in facilitating training classes. This would be a great opportunity for those who would like to build confidence in public speaking and gain additional training techniques. If interested, please contact me, Master Sgt. Raquel Ramos at 678-1508.

## 201st to save Air Force thousands of dollars

**by Lt. Col. Craig Ishizaki, 201 CCG**

There is a Global War on Terrorism call and the warriors from the Hawaii Air National Guard's 201st Combat Communications Group responded stoutly.

Approximately 80 patriots are readying themselves for the upcoming deployment to the South West Asia area of responsibility. Warriors are gathering from the Headquarters 201 CCG, 291st Combat Communications Squadron, Hickam Air Force Base; 292nd Combat Communications Squadron, Kahului, Maui; 293rd Combat Communications Squadron, Hickam Air Force Base; 206th Combat Communications Squadron, Elemendorf, Alaska and the 297th Air Traffic Control Squadron, Kalaeloa, Oahu.

This is the largest Air National Guard CCG contingent to ever support Operation Iraqi Freedom/Opera-

tion Enduring Freedom. What's more amazing is that these warriors stand fast and desire to serve the entire Air Expeditionary Force tour saving thousands of dollars in rotation transportation costs. Whereas the normal ANG CCG tasking would be to fill 30-35 USAF AEF positions and would rotate 80-90 personnel to complete the AEF tour.

The 201 CCG team will be providing communication and air traffic control services at various locations in the AOR.

The team consists of veterans and many first time deployers that will be able to use and test the skills they have acquired through their training.



## Sports

## HIANG members place in surf competition



photo by Terry Reis, Surf Shooter Hawaii

Master Sgt. Russel Ducosin, Tech. Sgt. Damon Duhaylonsod and Master Sgt. Karl Brueggemann take a break after placing in the top four of the competition.

Three Hawaii Air National Guard members placed in the top four during the 2006 All-Military surfing competition June 17 at White Plains Beach, Kalaeloa.

(Above) Tech. Sgt. Damon Duhalyonsod (center), 154th Operations Flight, was awarded second place in the 30-39 age group's open Longboard division. In that same division, Master Sgt. Karl Brueggemann (right), 154th Maintenance Squadron won third place and Master Sgt. Russell Ducosin (left), 154th Aircraft Maintenance Squadron won fourth place. The first place winner was a retired servicemember.



photo by Terry Reis, Surf Shooter Hawaii

Master Sgt. Karl Brueggemann (above) surfs his way to third place in the 2006 All-Military surf competition while Master Sgt. Russel Ducosin (below) coasts on in to fourth.



photo by Terry Reis, Surf Shooter Hawaii

## Guardsmen wins 2006 Armed Forces Bodybuilding Championship

by 1st Lt. Regina Berry

Senior Airman Kekoa Gonzales, 22, of the 199th Weather Flight took first place in the welter weight division at the 2006 Armed Forces Bodybuilding Championships Apr. 22 at the Pearl Harbor Sharkey Theater.

A traditional guardsmen and full-time student, Senior Airman Gonzales spent eight weeks train-

ing five days a week, two times...sometimes even three times a day preparing for the competition. I lifted weights in the morning, did a cardio workout in the afternoon and sometimes I'd do an extra cardio workout in the evening, said Senior Airman Gonzales.

"I've been wanting to do it for a while, but it was a matter of getting my diet and my schedule right," said

Senior Airman Gonzales about his decision to compete in the Armed Forces Bodybuilding Championships, which was his first competition.

His diet he said was a high protein low carbohydrate diet. "It was pretty hard, especially when it comes to the last few weeks because

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## Sports

## Maj. Ota runs away with the gold



courtesy photo

*Maj. Duke Ota makes it look easy as he strides his way to a gold medal at the 2006 Aloha State Games.*

seconds, the 200 meter dash in 25.6 seconds, and the 400 meter dash in 55.6 seconds securing the gold medal in all three events. He also participated in the Masters division's 4x100 meter relay; the relay team captured the silver medal.

Not only has Maj. Ota proven to be a stellar athlete with incredible run times but he's also made it a point to be a role model to others. "This year, I coached and founded with a friend of mine, Rick Chin, a track club for boys and girls," said Maj. Ota. The club, named Godspeed has over thirty runners this year ranging from ages seven to 40.

"It was extremely rewarding working with the kids for the past seven weeks...helping and teaching them how to run faster and also building their character as sincere and humble competitors," said Maj. Ota.

While proud of his own accomplishments, Maj. Ota continues to do what he does in an effort to successfully lead by example, "to show children that you can be an athlete for life and help others win at what they do."

## Teaching children to be humble competitors

by 1st Lt. Regina Berry

154th Aircraft Maintenance Squadron's Maj. Duke Ota won the Gold in the men's 40-44 age group division of the Aloha State Games July 22 at UH Manoa's Cook Field.

Maj. Ota, 43, set three personal best records in five years during the meet. He ran the 100 meter dash in 11.97 sec-

**bodybuilding**

you have to watch your water intake," said Senior Airman Gonzales who weighed in at 168 lbs on competition day after having lost an impressive 30 lbs during his eight



courtesy photo

*Senior Airman Kekoa Gonzales poses back stage at the Pearl Harbor Sharkey Theater shortly after receiving his first place trophy.*

weeks of training.

"It was exciting, I was proud to represent the Air National Guard because it was mostly active duty," said Senior Airman Gonzales.

Despite winning first place in the competition, Senior Airman Gonzales said it was a good learning experience. "It's good to learn about yourself, your body, the way your body reacts. It takes a lot of focus and determination and you can carry it on to other aspects of your life," said Senior Airman Gonzales.

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***I was proud to represent the Air National Guard....***

*Senior Airman Kekoa Gonzales*