



# KUKUI

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

## HIANG CELEBRATES TOP PERFORMERS





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# Inside KUKA'ILIMOKU

MARCH  
2017

## STAFF

### COMMANDER

Brig. Gen. Gregory Woodrow

### PAO

1st Lt Justin Leong

### PA STAFF

Tech. Sgt. Alison Bruce-Maldonado

Staff Sgt. James Ro

Senior Airman Orlando Corpuz

Airman 1st Class Robert Cabuco

Airman 1st Class Stan Pak

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6



8



14



19

## Kuka'ilimoku SUBMISSIONS

### Articles:

- Articles range from 200 to 2,000 words. All articles should be accompanied by multiple high-resolution images.
- Include first names, last names and military ranks. Always verify spelling.
- Spell out acronyms, abbreviations and full unit designations on first reference.

### Photographs:

- Highest resolution possible: MB files, not KB.
- No retouched photos, no special effects.
- Include the photographer's name and rank, and a caption: what is happening in the photo, who is pictured and the date and location.

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**Command Message** | [Page 4](#)

**199th Fighter Squadron recognizes dedication** | [Page 6](#)

**HIANG CELEBRATES TOP PERFORMERS** | [Page 8](#)

**Chaplain's Corner** | [Page 12](#)

**Two Chief's Are Better Than One** | [Page 15](#)

**Psychological Health: Spring Break Makeover for the Mind** | [Page 18](#)

**A Moment In Time** | [Page 19](#)

**Major Gen. Michael Compton Retires** | [Page 19](#)





# Message from COMMAND

## REFOCUSING PRIORITIES

**Brig. Gen. Gregory Woodrow**  
154th Wing Commander

The Chief of Staff of the Air Force's #1 focus area is the revitalization of Air Force Squadrons. He is encouraging us as Airmen and leaders to develop better squadrons, better Airmen, and better warfighting. You'll often hear many Senior leaders comment that their best assignment was when they were squadron commanders. I wholly agree with this statement. The squadron is where it all happens. It's as the CSAF states, "where readiness is generated and sustained, where Airmen and families thrive, and where the missions of the Air Force will succeed."



I encourage all Squadron Commanders, and members, to be bold and take the initiative. Take responsibility for your squadron, for its culture, for having FUN. If you're waiting for your Group Commander, or worse, your Wing commander, to lead or set the agenda and task you, you're lagging the fight. You have my full faith and confidence, as leaders and airmen, to do the right thing, so move out! I have your back.

Our Wing top priorities fall right in line with this concept of revitalizing our Squadrons.

### WING PRIORITIES:

- Ensuring combat mission readiness
- Taking care of our Airmen
- Doing less or finding ways to do things better and more efficiently

Living through these priorities day by day can guarantee success in meeting the CSAFs #1 focus. I encourage you to find ways to help your squadron succeed by engaging your squadron leadership, recommending best practices, advocating for family activities and ensuring that those that deserve recognition get recognized. Have pride in your squadron and do what you can to ensure that when you leave, you leave it better than how you found it. That's all we can ask.



# TAX SERVICES



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# 199TH FIGHTER SQUADRON RECOGNIZES DEDICATION

by **Tech. Sgt. ANDREW JACKSON**

Hawaii Department of Defense Public Affairs

02/12/2017 - **JOINT BASE PEARL HARBOR-HICKAM, Hawaii** -- The Hawaii Air National Guard's 199th Fighter Squadron and the active duty 19th Fighter Squadron, collectively known as the Hawaiian Raptors, recently held their first Dedicated Crew Chiefs ceremony.

During the ceremony, each pilot presents their aircraft's dedicated crew chief with a ceremonial chock and an F-22 Raptor patch.

Each aircraft assigned to the 199th Fighter Squadron and 19th Fighter Squadron has a dedicated crew chief. Those Airmen play an integral part in the maintenance of their aircraft.

"I think we're lucky, honestly, to be a part of this organization and this fifth generation jet," said Staff

Sgt. John Severino, Raptor Crew Chief with the 15th Maintenance Squadron.

The pilot's and crew chief's names are also emblazoned on the side of the jets they fly and look after in honor of the dedication to their aircraft.

The Hawaiian Raptors are a Total Force Intergration (TFI) unit combining the efforts of both guard and active duty airmen.

"Being a crew chief with a TFI unit is a great experience," said Tech. Sgt. Russell Mesinas, F-22 Raptor Crew Chief with the 154th Maintenance Squadron. "We can learn from each other to make this jet combat ready and ready to fly."

"One team, one fight," said Mesinas.









# HIANG CELEBRATES TOP PERFORMERS

Article by **Tech. Sgt. ALISON BRUCE-MALDONADO**  
154th Wing Public Affairs

02/12/2017 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii -- The Hawaii Air National Guard recently recognized its top airmen and units of 2016 during an awards ceremony held at Joint Base Pearl Harbor-Hickam.

A standing room only crowd comprised of fellow airmen, dignitaries, family and friends packed into the Hickam Officer's Club on February 12, 2017 for the annual Launa Ole Awards celebration.

The award ceremony honors a select group of HIANG Airmen and units who receive nominations from leadership for outstanding achievement over the past year.

Hawaii Governor David Ige, who was in attendance with wife Dawn, delivered the opening remarks.

"It truly is your commitment to serve the State of Hawaii and the United States of America that allows our citizens to lead a life of freedom, pursuit of liberty and democracy," Ige said. "I want to thank each and every one of you for allowing us the privilege of living in the United States of America."

Launa Ole means "beyond comparison" or "without peer." The first HIANG awards ceremony was held in February 1999 at the Outrigger Prince Kuhio Hotel in Waikiki. It wasn't until 2001 that the annual awards ceremony was officially named the Launa Ole awards. That year, the ceremony was also held at the Hickam Officer's Club.

Senior Master Sgt. Monte Hokoana, who regularly advises on mentorship issues as the 154th Wing Human Resource Advisor, says awards

ceremonies such as the Launa Ole awards are an important milestone in the mentorship continuum.

"Awards programs such as the Launa Ole are important from a mentorship standpoint in that it provides some validation of a successful past mentorship," said Hokoana. "All successful airmen have at some point in their careers had someone teaching and leading them along the way."

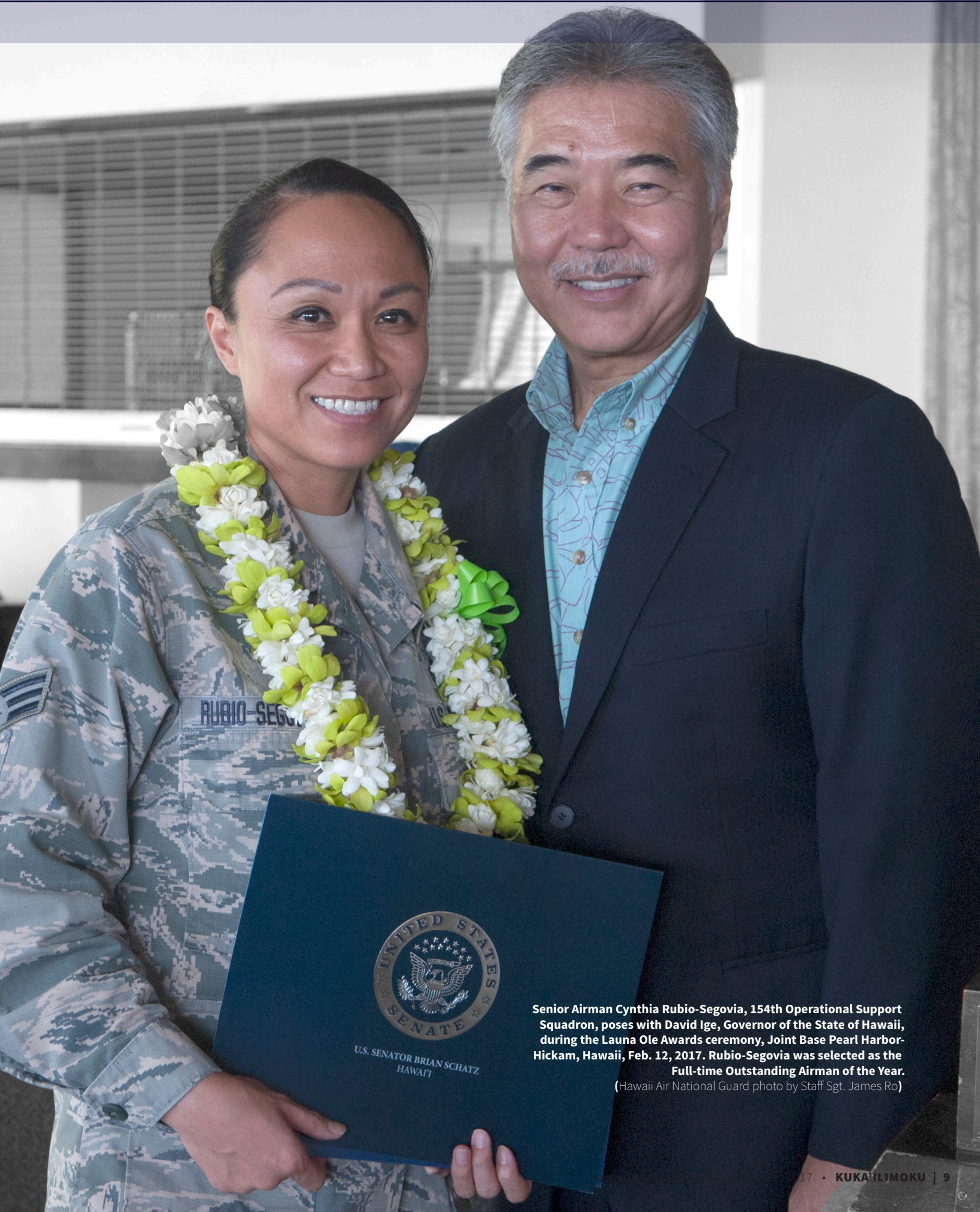
Airmen were nominated into one of the following individual awards in either the drill status or full-time categories: Outstanding Airman of the Year, Outstanding Non-Commissioned Officer of the Year, Outstanding Senior Non-Commissioned Officer of the Year, Outstanding Company Grade Officer of the Year, and Outstanding Field Grade Officer of the Year. Additional award categories included Honor Guard of the Year, Winning Team of the Year and Outstanding Unit of the Year.

The Enlisted winner were also submitted for national level awards with the Air Force and National Guard Bureau.

**"AWARDS PROGRAMS SUCH AS THE LAUNA OLE ARE IMPORTANT FROM A MENTORSHIP STANDPOINT IN THAT IT PROVIDES SOME VALIDATION OF A SUCCESSFUL PAST MENTORSHIP. ALL SUCCESSFUL AIRMEN HAVE AT SOME POINT IN THEIR CAREERS HAD SOMEONE TEACHING AND LEADING THEM ALONG THE WAY."**

**- SENIOR MASTER SGT. MONTE HOKOANA**





Senior Airman Cynthia Rubio-Segovia, 154th Operational Support Squadron, poses with David Ige, Governor of the State of Hawaii, during the Launa Ole Awards ceremony, Joint Base Pearl Harbor-Hickam, Hawaii, Feb. 12, 2017. Rubio-Segovia was selected as the **Full-time Outstanding Airman of the Year.**  
(Hawaii Air National Guard photo by Staff Sgt. James Ro)





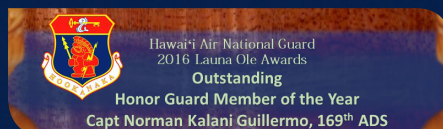
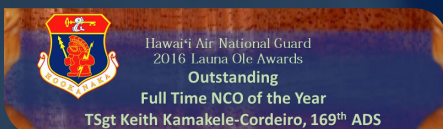
# LAUNA OLE AWARD







# OLE 2016 WINNERS





# A REFLECTION: INTO THE WILDERNESS

Article by **Chaplain DANIEL L. LEATHERMAN**  
154th Wing Chaplain

Aloha Kākou,

When we turn on the television, there are a number of shows that put people in the “wild” with little or nothing at all, and they are expected to survive, even perhaps accomplish a task. The wild is a place of darkness, hardship, and despair. In the Gospels we are told that Jesus also went into the wilderness ~ a barren and inhospitable place to fast and pray, where he was confronted by Satan, and rested assuredly on the promises of God.

A journey into the wilderness is a journey into the wild. The wild is not a place that you have much control over; in fact, often in relation to it, you are pretty small. We are frightened and fascinated by the wilderness. For Christians who observe the holy season of Lent, the Lenten journey is a time of reflection and self-examination. It is often described as a season of entering the wilderness. In such a wilderness we come face to face with ourselves- our sins, our mortality, and our faith.

We think of the wilderness as barren and desolate ~ a place devoid of any redemption and bereft of life itself. We call a “wilderness journey” a time of hardship.

But the wilderness is also that place where we find the Holy.

What was true for Jesus was also true for Moses, the prophets and God's people throughout the ages. If God is to be found anywhere, God is found in the wilderness. Although Thoreau does not seek

a religious experience in the woods, his desire is nonetheless a deeply spiritual one.

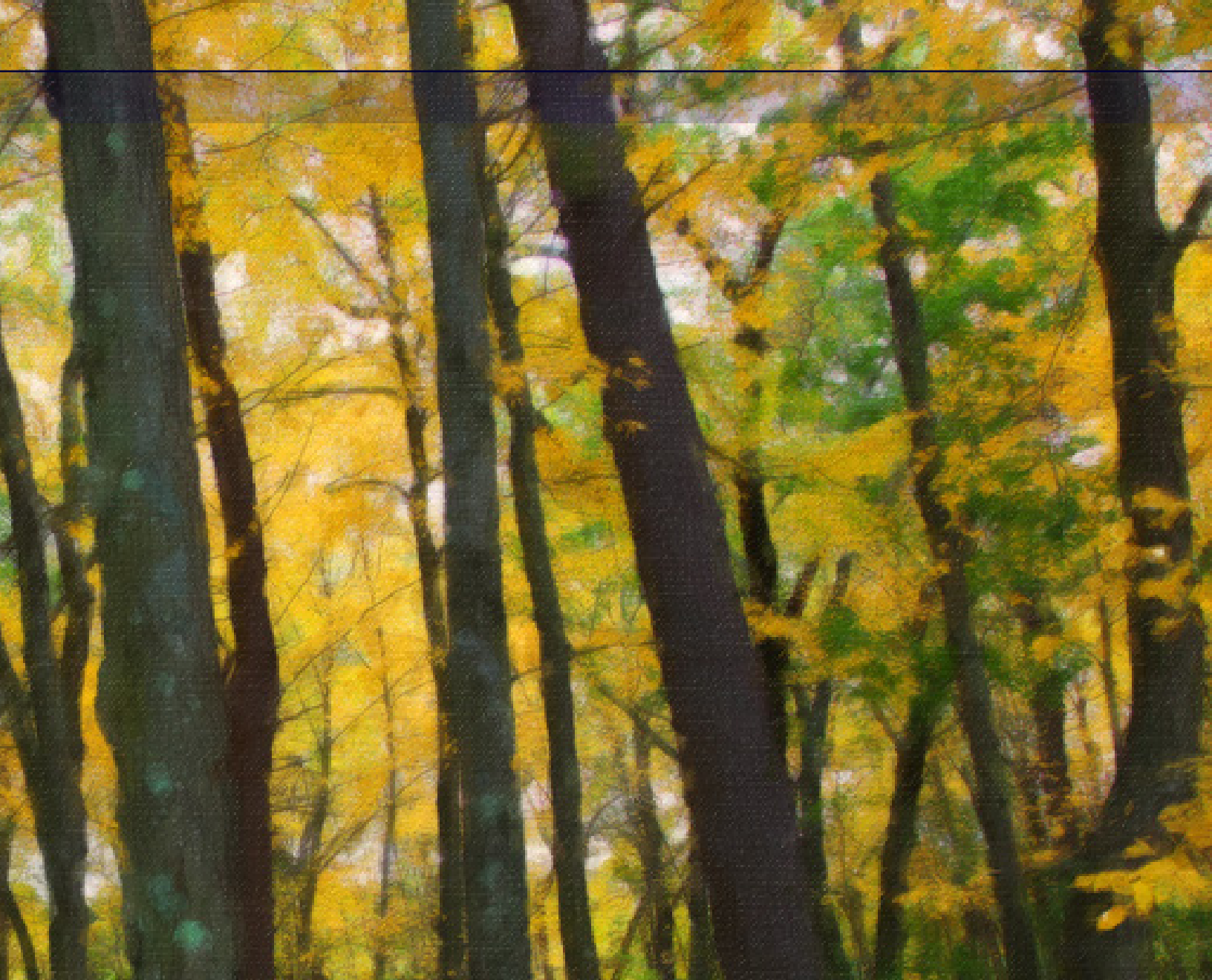
There are times in life when we cannot avoid the desolation of the wilderness in our lives ~ grief and loss, change and transition, confusion and hopelessness. Still, there are times when we willingly enter into the wilderness. Why? Perhaps for the same reasons as Thoreau: to discover something ourselves and the life we live.

Regardless of your faith tradition, see this time as an invitation to quiet the soul, to pay more attention to those things that nurture our better selves and thus make us better people. Where are the wildernesses, or the wild places, in your life in which you find spiritual strength and nurture? Is it hiking the forest or the coast; surfing a break; sitting in a pew in a church or temple; reading a book; working out; staring at the stars in wonder? Go there and be not afraid. For the wilderness is not a place of dry abandonment, but a place where there is ample room for an encounter with the Sacred.

And Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness for forty days, being tempted by the devil. And he ate nothing during those days. And when they were ended, he was hungry.

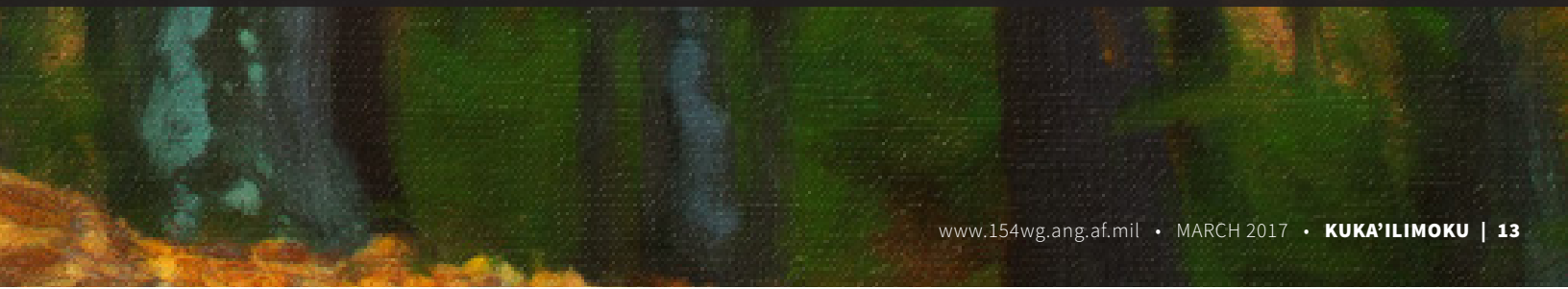
-LUKE 4:1-2





**“I went to the woods because I wished to live deliberately, to front only the essential facts of life, and see if I could not learn what it had to teach, and not, when I came to die, discover that I had not lived.”**

**Henry David Thoreau, Walden**





# TWO CHIEFS ARE BETTER THAN ONE

Two Hawaii Air National Guard airmen Chief Master Sgt. Edward M. Tang and Chief Master Sgt. Lee C. Sonomura pose for a photo op to celebrate their promotion to the rank of Chief Master Sgt. Tang and Sonomura were promoted during the same ceremony held at Joint Base Pearl Harbor-Hickam, Mar. 1, 2016 (U.S. Air National Guard photo by Tech. Sgt. Alison Bruce-Maldonado)



# COMPTON RETIRES

03/01/2017 - JOINT BASE PEARL HARBOR-HICKAM, Hawaii - Major Gen. Mike Compton retires after 34 years of service ending his career as the Air National Guard Assistant to the Commander, Pacific Air Forces, JBPBH. Compton has a wide variety of Air Force experience. He is an Air Force civil engineer and has flown both fighters and mobility aircraft in combat. He served as the Title 10 commander for over 400 HIANG

members activated after 9/11.

Compton was the Chief of the conversion office to create the first classic associate unit in the Air National Guard and he served on the activation teams for the HIANG CK-135, C-130 and C-17 airframes.

Prior to his final assignment, Compton was the Mobilization Assistant for the Director of Strategic Plans and Policy at US Pacific Command.



Two Colors Are Better Than One (Page 1)



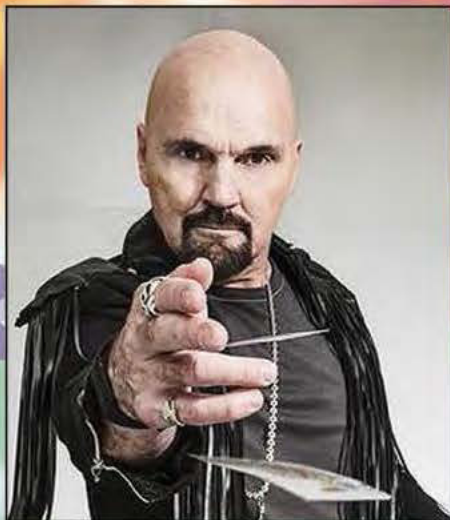
# Spring VISIT 2017



**Dominick Cruz**



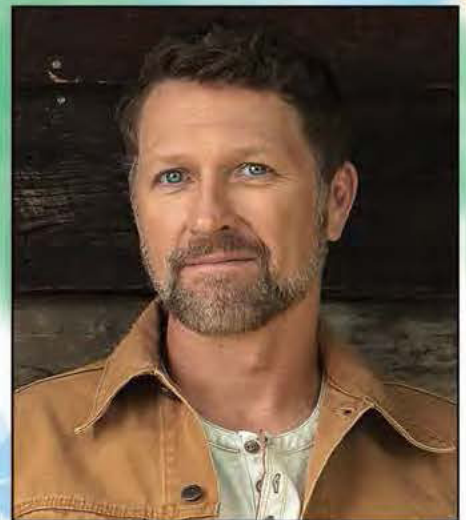
**Robert Irvine**



**Jim Karol**



**Katie Meili**



**Craig Morgan**

**Date: Saturday, March 25 Time: 1 p.m. Place: Ward Field at JBPHH**

**FREE VARIETY SHOW**

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\*Entertainment subject to change.



# Child and Youth Service Event Calendar FY16-17



Dates are subject to change based on availability

Teen Service Project (Ages 12-18)	November 19, 2016
STEM Event #1 (Ages 7-11)	January 28, 2017
Teen Leadership Camp (Ages 12-18)	February 18, 2017
Habitat For Humanity (Ages 12-18)	March TBD 2017
State Youth Symposium (Ages 12-18)	April 21-23 2017
Sea Life Park Event (Ages 7-11)	April 29, 2017
Annual Teen Summit (Ages 12-18)	June 9-13 2017
Annual CYS Camp (Ages 7-11)	July 10-13 2017
STEM Event #2 (Ages 7-11)	August 26, 2017

Contact Michelle K.T. Nieves CYS Lead Coordinator for more information at [michelle.k.nieves.ctr@mail.mil](mailto:michelle.k.nieves.ctr@mail.mil) or 672-1439



Visit our website for more information and applications to these events. Additional resources are also available about childcare grants and scholarships. Scan this QR Code to access them.



# SPRING BREAK MAKEOVER FOR THE MIND

Article by **KANANI KRAFFT**

154th Wing Director of Psychological Health

**W**hat comes to mind when thinking of Spring Break? Some common answers may be, “School is out for a week!” “Who’s going to watch the kids?” “Yes! No traffic!” “We’re going on a family vacation!” “I wish I had enough leave to be out for one week...” “Time to Spring clean the house!” etc. Well how about Spring Break and Spring Cleaning of the mind? I came across an article, Spring Break Makeover for the Mind written by Jean Lawrence and thought to share excerpts and quotes from the article as well as some of the main points.

Lawrence quotes Judith Orloff, MD, assistant professor of clinical psychiatry at UCLA, “I think we are in an epidemic of exhaustion and stress.... This leads to a joyless, tense life.”

A strong statement that unfortunately most people can relate to in some way. Yelling at loved ones, isolating ourselves, drinking too much alcohol, immersing oneself in social media, avoiding relationships... may seem normal or “okay” but these are our own reactions based on our mind and body systems. We must recognize this, identify not-so-positive patterns and commit to building new patterns. Let Spring be the starting point—a new beginning, a chance for self-reflection and setting ourselves up for success in life.

Start with looking inside your own head! Lawrence writes, “Negative thoughts, Orloff says, are a major stressor, and we (not the kids, boss, bank balance, or nightly news) are stressing ourselves.”

Lawrence goes on to say, “Don’t get sucked in, stay clear of energy vampires! Orloff identifies the

following: The Drama Queen can wear you out, she says, with the daily performances. The Sob Sister is constantly airing grievances. The Constant Talker requires your constant listening. And The Blamer is always criticizing you or the people around you.” So clear your mind, recognize these leeches and break free!

Technology can be an overwhelming stressor. So take mini breaks from technology throughout the day! Lucky we live and work in Hawaii! Take advantage of the fresh air, warm weather and beautiful scenes that surround us. Take a quick walk outside to breathe in fresh air. Look outside your window and identify things that you are thankful for. Turn from your computer and take deep breaths to clear your mind.

Count your blessings- Gratitude. “The secret of Happiness is to count your blessings while others are adding up their troubles.” ~William Penn

At Master Resiliency Training, I learned that there is a highly scientific approach toward understanding the methods and techniques in having the greatest likelihood of increasing a sense of well-being and happiness and identifying which of them may work best for you. Gratitude will help you to counteract the tendency to pay more attention to bad events or stressors. So, count your blessings daily. Start with counting three today and share them with someone!

Now that you’ve learned some tips to overcome stress and negativity, start your Spring Break and Spring Cleaning of your mind today! Your friendly DPHs welcome your thoughts.

Lawrence, J. (2009). Spring Break makeover for the Mind. WebMD, Health & Balance. Retrieved March 1, 2017, from <http://www.webmd.com/balance/features/spring-break-makeover-for-the-mind#1>.

USAF Expeditionary Operations School (2016). Master Resilience Trainer Course. Foundational Resilience Skills. Counting Blessings- Gratitude.

Psychological Health: Spring Break Makeover for the Mind | Page 18



# This month in HIANG History

by **Master Sgt. WILLIAM TAPPER**  
154th Wing Historian

We take a look back in time to some of the significant events that happened in the HIANG during Marchs of past.

## March 19, 1947

The first HIANG aircraft was received, a B-26C, #433. By the end of the fiscal year, the HIANG possessed two AT-6s, four B-26s, one C-46, and two L-5s.

## March 11, 1987

The first two F-15 Eagle fighters arrived at the 199th FS.

## March 25, 1994

The 154th Local Area Network (LAN) was completed by the 154th Communications Flight.

## March 6, 1967

The 201st CCGP started out as the 201st Mobile Communications Squadron (MCS) and activated Mar 6, 1967. The initial duty station was at Battery Selfridge. The 109th ACWS was deactivated.

## March 17, 1993

The 203rd ARS conducted its first operational flight with the KC-135R Stratotanker.

## March 1, 2000

All 154th WG aircraft were painted the "HH" unit identifier on their tails.



## AROUND THE HIANG



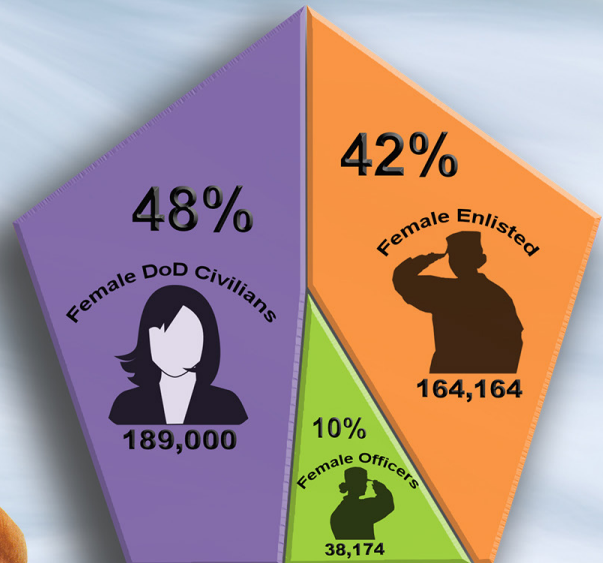








# Department of Defense Female Force



\*Source: U.S. Census Bureau/2015 & Defense Manpower Data Center

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## MARCH PROMOTIONS



### Technical Sergeant

**Justin I. K. Suga**

154 FSS

**Travis D. Evans**

291 CBCS

**Travis J. Turbeville**

154 MXS

**Sean E. Stanton**

154 AMXS

**Edward P. Siasosi**

154 OSS

**Bronson D. Tactay**

169 ADS



### Staff Sergeant

**Taite A. Kokoo**

154 MXS

**Kelly M. Potes**

154 MXS

**Hartley K. Marquez**

154 OSS





**Your Resource Sheet for all your Guard needs. Visit us at [HawaiiGuardOhana.org](http://HawaiiGuardOhana.org) for more information and program updates.**

Updated APR 6 /2016

## ARMY RESOURCES

### Resilience & Risk Reduction

#### Program Coordinator

CPT Deanna Manriquez  
808-844-6455 or  
808-383-1038

#### Alcohol/ Drug Counseling Officer

Dee Sawyers  
808-672-1512

#### HIARNG Drug Training Coordinator

SSG Barry Asberry  
808-672-1505

#### HIARNG Prevention Coordinator

Gail Tamaribuchi  
808-672-1516

#### Psychological Health Coordinator

Janet Covington  
808-295-7818

#### Hawaii National Guard Chaplain/ Strong Bonds

CH (LTC) Kurt Mueller  
808-844-6482

#### HIARNG SARC

1LT Nathan Masunari  
888-SAPR-101

#### HIARNG Yellow Ribbon

CW3 Janell Coyaso  
808-844-6049

#### Family Readiness Support Assistant (FRSA)

Vasi Wolframmm  
808-844-6572

#### Family Readiness Support Services Trainer

Karl Flores  
808-462-3172

### HIANG SARC

CPT Grant Remington  
808-383-7550

#### Hawaii Air Guard Chaplain / Strong Bonds

CH (LtCol) Leah Boling  
808-224-1478

#### Director of Psychological Health

Barbra M Kanani Krafft  
808-448-8145

#### Psychological Health Specialist HIANG

Jacy L. Campbell  
808-448-8141

#### HIANG Yellow Ribbon

Charlie Yoshimoto  
808-341-4765

### Kealakekua Armory (Kona, Big Island)

Lora Scott  
808-844-6707

### Hanapepe Armory (Kauai)

Milton Oshiro  
808-844-6738

### Employer Support of the Guard & Reserve (ESGR)

Kristina Donato  
808-672-1249

### H2H Employment Coordinator

Lori Warnock  
808-844-6244

### State Equal Employment Manager

LT Col Laura Soares  
808-672-1321

### Military OneSource

1-800-342-9647

### Transition Assistance Advisor

Tim Fujino  
808-672-1250

### Personal Financial Counselor Oahu

808-594-2509

### Personal Financial Counselor Big Island/ Maui and Kauai

808-339-1370

### Child & Youth Program

Michelle K.T. Nieves  
808-672-1439

### Military Funeral Honors

Vilisoni Kotobalavu  
808-672-1749

### Survivor Outreach Support Coordinator

Catherine Ignacio  
808-655-7171

### Local Veteran Centers

Oahu (Kapi'olani): 808-973-8387

Oahu (Kapolei): 808-674-2414

Kauai: 808-246-1163

Hawaii: 808-969-3833

Maui: 808-242-8557

## Support Resources

### HING HELP LINE

1-888-SAPR-101 (7277)

### West Region Special Victims' Counsel

MAJ Michael Sweetman  
808-844 6544

### Military Family and Life Consultants

808-638-1624

### Family Assistance Centers

#### Puunene Armory

Maui, Molokai and Lanai  
Harmonie Borden  
808-844-6787

#### 29<sup>th</sup> IBCT Kalaeloa

Jared Espinda  
808-672-1441

#### Troop Command Pearl City

Keoni Chong  
808-672-1438

### Armed Forces Reserve Center (Hilo, Big Island)

David Ferreira  
808-844-6614

## AIR RESOURCES

### Airman and Family Readiness Program Manager

Lorna Souza  
808-341-7608



# FERS Pre-Retirement Seminar by the Army Benefits Center - Civilian

29 Mar 17 – JBPH-H/154th Wing, D-FAC

30 Mar 17 – 29th IBCT Readiness Center - Auditorium



- Retirement Planning
- Military/Civilian Deposits/ Re-Deposits
- Retirement Eligibility Requirements
- FERS Annuity Supplement
- Sick Leave
- Death/Survivor Benefits
- FEHB/FEGLI/TSP in Retirement
- ABC-C Retirement Process

Registration via email by COB 20 Mar 17 to:

Mrs. Alma Pennington,

[alma.a.pennington.civ@mail.mil](mailto:alma.a.pennington.civ@mail.mil)

Questions:

SFC Noelani De Silva

(808) 672-1231, [noelani.m.desilva.mil@mail.mil](mailto:noelani.m.desilva.mil@mail.mil)

Mrs. Alma Pennington,

(808) 672-1236, [alma.a.pennington.civ@mail.mil](mailto:alma.a.pennington.civ@mail.mil)

Schedule: 0830-1530, Military: OCP/ACU/ABU

Civilian: Business Casual