



KŪKA'ILIMOKU

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

LAUNA'OLE AWARDS CELEBRATES TOP PERFORMERS

AGILE COMBAT TRAINING EMPLOYED IN JAPAN

- LRS TEAM ENABLES MASS ACTIVATION IN D.C.
- EXERCISE H2O SETS STAGE FOR RESCUE OPS
- PACIFIC RAPTOR SHARPENS FIGHTER TACTICS

Inside KŪKĀ‘ILIMOKU

April
2021

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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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WIRED TO BE RESILIENT

Did you know that we are wired to be resilient? Our response to stressors gives that away. When we perceive a stressor our body and mind prepares to react. This is why we have a fight, flight, or freeze response. Some want to tackle issues, others would rather avoid it, then there are those who don't do anything at all. Guess what? All of these are functional responses. Facing an issue head on is useful to solve problems and get things done. Running away comes in very handy when danger is pursuing. So does staying still when hiding will help us self-preserve.

Do you see how helpful all three can be? Just as they are helpful, they can also work against us if the response is not conducive to the needed solution, especially in times when stressors are enduring.

Although we are wired for resilient responses we often neglect to recognize the importance of training ourselves to have sustained resilience and we fall into the pattern of a default response setting; fighters will fight, flighters will flight, and freezers will freeze. If this is the case, how do we build resilience and expand our repertoire?

Science tells us that there are certain resilience factors that are ingrained and determined; however, there are other aspects of resilience that are directly related to our decisions and choices. Mainly, this ability to build resilience is related to the protective factors that can be fostered. There are several to consider; healthy and supportive relationships, having a sense of gratitude and contentment, maintaining a balanced lifestyle of good habits, practicing useful and beneficial self-care, and doing things that build a sense of meaning and connection.

All of these are within your control and fundamental to resilience. They are also things that need to be consciously fostered regularly and with intention. When you think about these things, how would you rate yourself in each of these areas? Are you taking the time and making the effort to nurture and practice them? Do you need some help getting back on track?

This past year has been full of challenges and uncertainty so focusing on things that are within your control is a helpful way to maintain a sense of stability when things are unpredictable. If you have been doing what is needed to

nurture and strengthen the protective factors that support resiliency, kudos to you. If you are waiting for the best time to start working on it, no better time than now, right?...it's 'day one or one day' and you get to decide.

There are a number of HING programs and people available that can help you get started. Check out the Hawai'iGuardOhana.org website for more information. If you're not sure what resource matches your need you can reach out to your Directors of Psychological Health (DPHs).

You have three DPHs who can help guide your search and/or support your decision to build those resiliency skills. We are here to provide assistance, targeted to promote and strengthen the protective factors to reinforce your resilience in meeting the challenges of life, so please let us help!



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'FIT A NEED' PROGRAM OFFERS SUPPORT TO HIANG OHANA

by Senior Airman Robert Cabuco

All it takes are three steps to brighten someone's day. The Family Readiness Center and the Chaplain's office are joining forces to help Airmen in need through the Hawai'i Air National Guard's Meet-A-Need Program.

"The program is geared towards our Hawai'i Air National Guard Airmen and ohana, who may be struggling during these challenging times," says Louna Souza, HIANG Airman and Family Readiness program manager. "It is an opportunity for our Airmen to help out fellow wingmen by linking donations of specifically requested items with those Airmen and 'ohana who need the help."

Items can be furniture, electronics, sporting goods, items for your keiki and more. The Meet-A-Need program is simple:

Step 1: An Airman informs our Chaplain that he or she has a need.

Step 2: Chaplain services will relay the request to Family Services, without communicating the name of the Airman.

Step 3: The Family Services will sound the need to the rest of our HIANG ohana. Once a donor is identified, Family Services will connect the donor with our Chaplain to coordinate the final delivery.

If you have a need which you need help fulfilling, while remaining anonymous, please contact Chaplain Boling at (808) 224-1478, or email leah.boling@us.af.mil

This program is available to HIANG Airmen and 'Ohana.

Your needs met in three simple steps!

1 Member contacts Col. Boling, HIANG chaplain, informing they have a need which they would like to be fulfilled (exg. furniture, electronics, household appliances, services, etc.).

The request will remain 100 percent confidential between chaplain boling and the requestor.



2 Chaplain Boling channels the request to Aunt Lorna Souza, Airman and Family Readiness program manager, without sharing the individual's identity.

Aunt Lorna disseminates the request to a network of volunteers, who may potentially fulfill the member's need.



3 When a volunteer agrees to accommodate the request, Aunt Lorna and the Chaplain will facilitate the hand over and delivery to the individual in need.



A NEW APPROACH TO RUNNING

by Tech. Sgt. Tabitha Hurst

Are you trying to improve your running time? Maybe you're just a few seconds away from getting a passing run time or perhaps a few second from a perfect score but you hate running. The dread of the fitness test is around the corner and if you give yourself sixv solid weeks of training you can actually make a big difference in your run time. Here's the kicker, you don't need to run five miles at a time to get a better run time!

Try incorporating some interval training to your running days; fartleks (Swedish for "speed play") is a great way to increase your run speed and endurance. One way to incorporate fartleks for beginners is to run then walk to recover, run again and repeat. For runners add sprints within your normal run, you can make it a game like sprinting to the next tree or you can set up timed intervals of jogging and sprinting.

An alternative interval training style is a tabata, which can also be used for running. Tabatas can be incorporated in a run with 20 second sprints and 10 second walks for eight rounds, it's a four-minute exercise in total. You can also add a four-minute warm up and a four-minute cooldown jog to top off a 12-minute run.

Another great way to increase run time is to run hills or run on an incline on the treadmill. This is going to build your muscles and make running on a flat surface much easier. One way to incorporate hills on a treadmill is to incline your run by two. And yes, it really doesn't need to be high to provide the benefit.

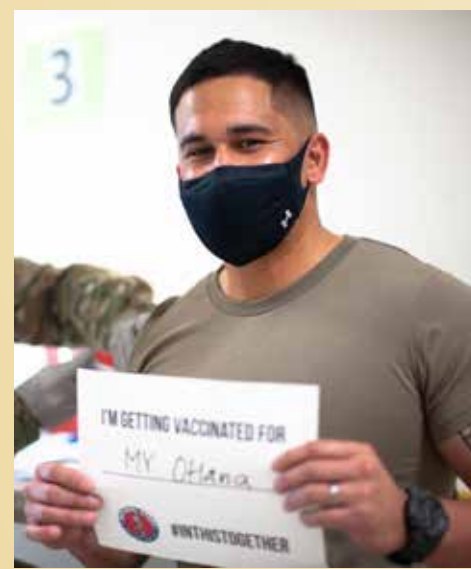
Next time you go out for a run but you're lacking on time try adding one of these techniques and you'll be pleasantly surprised how they will improve your run time.

To access more of Tech. Sgt. Hurst's workout plans, simply visit [YouTube.com/user/HIAirGuard](https://www.youtube.com/user/HIAirGuard), select playlists and click on 'Quarantine Workout Plan.

154TH MEDICAL GROUP VACCINATES THE FORCE



HEALTHCARE PROFESSIONALS FROM THE 154TH MEDICAL GROUP HAVE BEEN WORKING NONSTOP TO INOCULATE THE HIANG FORCE AND PROMOTE SAFER COMMUNITY. DRILL-STATUS AND OPERATIONAL AIRMEN COMPLETED A SEVEN-PHASE TRAINING SERIES, PREPARING THEM TO SAFELY STORE, HANDLE AND ADMINISTER VACCINES. ACCEPTING THE VACCINE IS CURRENTLY HELD ON A VOLUNTEER BASIS. IF A HIANG AIRMAN INITIALLY CHOOSES TO OPTED-IN OR OPT-OUT FOR VACCINE TREATMENT, THE AIRMEN WILL STILL HAVE AN OPPORTUNITY TO ACCEPT OR DECLINE THE TREATMENT AT A LATER TIME.



Safety of COVID-19 Vaccines

What you need to know

- COVID-19 vaccines are **safe and effective**.
- Millions of people in the United States have received COVID-19 vaccines under the most intense safety monitoring in U.S. history.
- CDC recommends you get a COVID-19 vaccine as soon as you are eligible.

Millions of people have safely received a COVID-19 vaccine

Over 145 million doses of COVID-19 vaccine were administered in the United States from December 14, 2020, through March 29, 2021.

COVID-19 vaccines are **safe and effective**. COVID-19 vaccines were evaluated in tens of thousands of participants in clinical trials. The vaccines met FDA's rigorous scientific standards for safety, effectiveness, and manufacturing quality needed to support emergency use authorization (EUA).

Millions of people in the United States have received COVID-19 vaccines, and these vaccines will undergo the most intensive safety monitoring in U.S. history. This monitoring includes using both established and new safety monitoring systems to make sure that COVID-19 vaccines are safe.

Results are reassuring

Results from monitoring efforts are reassuring. Some people have no side effects. Others have reported common [side effects after COVID-19 vaccination](#) like

- swelling, redness and pain at injection site,
- fever,
- headache,
- tiredness,
- muscle pain,
- chills,
- and nausea.

These reactions are common. A small number of people have had a [severe allergic reaction](#) (called "anaphylaxis") after vaccination, but this is extremely **rare**. If this occurs, vaccination providers have medicines available to effectively and immediately treat the reaction.

After you get a COVID-19 vaccine, you will be asked to stay for 15–30 minutes so you can be observed in case you have a severe allergic reaction and provided treatment in the rare case it is needed.

SMALL LOGISTICS TEAM ENABLES MAJOR IMPACT FOR NATIONAL SECURITY IN WASHINGTON D.C.

Story by Staff Sgt. John Linzmeier

Before the attacks on the U.S. Capitol Building took place in January and the mass deployment of more National Guard forces, a small team of Hawai'i Air National Guard Airmen relocated to Washington D.C., starting December 28, 2020, to provide logistical support for the Presidential Inauguration.

Following a peaceful transfer of power and the reductions of forces, six members of the 154th Logistics Readiness Squadron are still there, providing 24/7 support for remaining personnel.

The team of Hawai'i Airmen joined vehicle operators from around the nation to augment the 113th LRS's Ground Transportation Flight at Joint Base Andrews.

"Our original plan was focused on shuttling delegates, service members and all the additional supplies normally needed for an inauguration," said Chief Master Sgt. Edward Tang, an augmented vehicle operations NCO-in charge. "But when things got wild, everything ramped up; it transformed our efforts into Operation Capital Response. We were able to oversee the big transportation moves and then we caught the

beginning of the reinforcements."

As U.S. governors began sending security and support packages to D.C., logistics responsibilities and taskings multiplied several times over. The small ground transportation team grew to more than 50 personnel and was charged to track, transport, organize and provide equipment support for tens of thousands of inbound personnel.

Tang said cargo-filled aircraft poured in around-the-clock and seemed to arrive at a non-stop pace. Each team of responders required constant transportation, along with truckloads of supportive equipment movements, to deliver and store food, water, body armor and armaments.

The high demand for transportation grew to a scale far greater than what the Airmen had previously experienced at their home stations, requiring vehicle operators to quickly obtain certifications for larger passenger vehicles and learn how to operate them safely in an unfamiliar environment. Members were constantly challenged to adapt to below-freezing conditions, ice-covered and narrow passages, snowed-in vehicles, and routinely navigating road closures.

"I've worked in cold conditions like this in Korea, but this was just a whole different animal," said Tech. Sgt. Jose Molestina, Hawai'i ANG vehicle operations augmentee. "As far as I could tell, no one here has really gone through something like this before, but we still take it one day at a time and always make the most out of what we have. As a 'tech-sergeant,' you're always trying to show other Airmen new ways to solve problems and teach them how to quickly adapt on the fly."

One adverse-weather scenario required a response team of vehicle operators to manually free out three trailers and a tow vehicle entrenched by ice. Senior Airman Nainoa Kahauolopua, a Hawai'i ANG vehicle operations augmentee, was on the three-person team who helped recover, assess and dislodge the equipment.

"Every day, there's always something new to overcome, and it's a lot of excitement for my first 'TDY' (temporary duty assignment)," said Kahauolopua. "Yes, the weather has been tough on us out here; some of us are wearing about seven layers of clothing, and I'm always shivering like a chihuahua. But we keep pushing to get the job done in the safest way possible and get our vehicles where they need to be on time. The important thing is that we've got a great team looking out for each other, and I know that whatever I'm going through, someone always has my back."

While the logistics Airmen were specifically tasked to deliver ground transportation, three Hawai'i guardsmen hailed from the vehicle-maintenance career field. They were able to apply their maintenance skills throughout their deployment. Not only did their maintenance expertise help to save local manpower resources that would otherwise be sourced out from the installation, but it enabled vehicle operators to make repairs on-the-spot and ensure timely deliveries on several occasions.

Based on the task-at-hand, transportation Airmen frequently alternated between 10-Ton Wreckers, 44-passenger busses and towing 40-foot trailers throughout D.C. and neighboring states, such as Maryland and Virginia.

By early February, the National Guard's continued presence in the D.C. area was reduced significantly due to a lowered state of national security needs. With the reduction of forces, the 113th Ground Transportation Flight dropped down to 14 operational members, including six Hawai'i Airmen who continue to support the remainder of personnel on the flight line and throughout the local area.

With a string of potential hazards, ranging from



Courtesy photo

Tech. Sgt. Jose Molestina, Staff Sgt. Daniel Buss, Senior Airman Nainoa Kahauolopua, Chief Master Sgt. Edward Tang, and Tech. Sgt. Garrick Ferreira, all HIANG members who augmented the 113th Logistics Readiness Squadron's Ground Transportation Flight, gather Feb. 19, while supporting Operation Capital Response in Washington D.C.

adverse road conditions, freezing temperatures and the presence of an ongoing pandemic, Molestina said he was thankful that members managed to support their federal mission while staying clear of any potential incidents.

There are few occasions outside of technical school training and operational deployments, enabling Airmen to work closely with so many counterparts assigned to units around the nation. According to Tang, the past two months have offered a wealth of experiences that will serve the Airmen and their peers throughout the remainder of their careers.

"It's been such a short period of time," said Tang, "but a lot of these guys have been through a lot together and have made such good friends. Especially for the younger ones, who will be hearing each other's names for years and years to come. Now, they're more experienced than ever, and they know who they can reach out to when we are working with partners in other states. This builds big-time networking for everyone involved and that is priceless."



Courtesy photo

A 113th Logistics Readiness ground transportation vehicle supports National Guard service members during Operation Capital Response.



FIRST VIRTUAL LAUNA'OLE AWARDS RECOGNIZES TOP HIANG AIRMEN

by Master Sgt. Mysti Bicoy

Honoring our history and tradition has been a tremendous challenge during the coronavirus pandemic. This year marks the first year our Hawai'i Air National Guard (HIANG) recognition ceremony was held almost entirely virtually while navigating through these challenges.

Brig. Gen. Joseph R. Harris II, Headquarters Hawai'i Air National Guard commander, hosted the 45th Launa'ole Award ceremony to honor our Airman and share their achievements. "This is truly an honor on my part; this ceremony is very special to us as we get to recognize our very best performers among us," said Harris. "This year has given all of you opportunities to find new ways to do the mission and get it done, and at the same time take care of all our Airmen, and that's the most important thing in this environment."

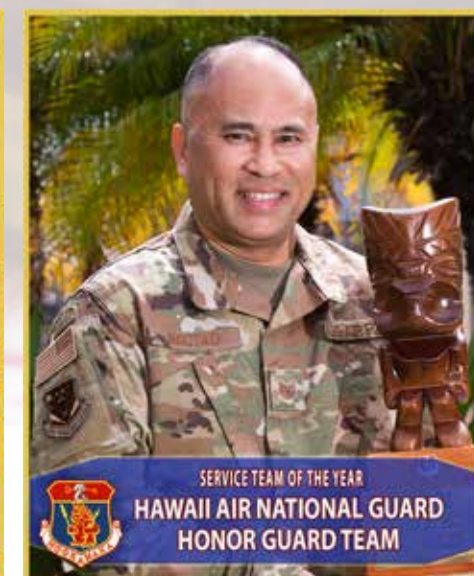
Launa'ole is a Hawai'ian phrase meaning "beyond comparison" or "without peer." The phrase Launa'ole describes our HIANG's vision to be a professional

force that is second to none, or simply, the best. The individuals nominated display the Hawai'i Air National Guard's Core Values – Integrity, Service Before Self, Excellence, Teamwork, and Aloha!

Amongst our special guests joining our event virtually, Hawai'i Governor David Y. Ige shared his congratulations with our organization. "You maintain the highest state of readiness and provided much needed support in our efforts to stop the spread of the coronavirus. On behalf of the state of Hawai'i, I want to thank you for choosing to serve our state and country. We are forever grateful to you, Mahalo," said Ige.

The entire command team is extremely proud of how we took the opportunity to step-up and excel. "Thanks to all of you, this entire organization, not just the award winners and nominees for stepping up to the HIANG motto of Ho'okanaka, be someone," says Brig. Gen. Harris as he offers his final remarks to the HIANG 'ohana.

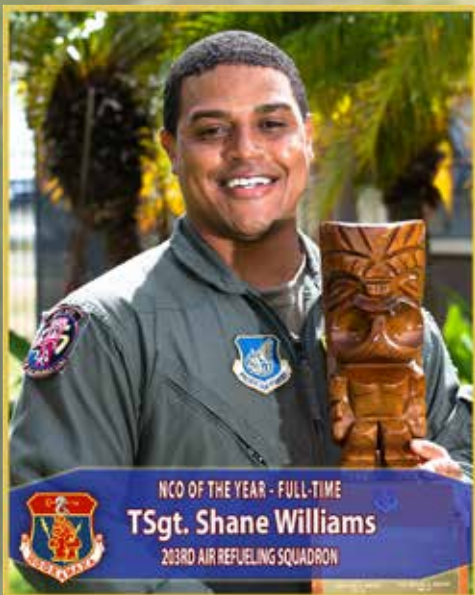
TEAM AWARD WINNERS



Photos by Staff Sgt. John Linzmeier and Master Sgt. Mysti Bicoy



INDIVIDUAL AWARD WINNERS



HAWAIIAN RAPTORS UNITE WITH PARTNERS IN JAPAN

Story by Staff Sgt. Orlando Corpuz

Dozens of operations, maintenance, and support Airmen along with a contingent of F-22 Raptors returned home to Joint Base Pearl Harbor-Hickam April 4, following a near-month long temporary duty assignment at Iwakuni Marine Corps Air Station, Japan.

While in Japan, the Hawai‘ian Raptors, a Total Force Integration unit composed of Airmen from the Hawai‘i Air National Guard (HIANG) 154th Wing and the active-duty 15th Wing, conducted local area training with U.S. Marine Corps and Japan Air Self-Defense Force units.

“Our focus at MCAS, Iwakuni has been on fighter integration with F-35Bs and F-18s, combat representative large force employment and joint interoperability,” said Lt. Col. Brian Nash, 199th Fighter Squadron

commander. “It allowed our pilots and maintainers to train alongside one another, learn and apply best practices and ensure the joint force remains agile and responsive in the Pacific.”

The exercise was an execution of the Air Force’s Agile Combat Employment concept of operations. Through ACE, the Air Force is able to demonstrate global reach and agility by being able to quickly respond and provide combat air power to support the U.S. commitment to regional security and stability.

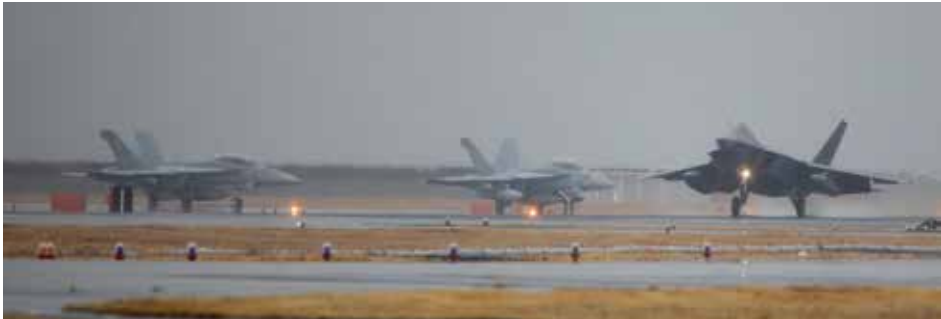
ACE concepts have evolved through the years, however the core principles of agility, resiliency, and deterrence have remained constant. These core tenets are the exact reason why operations like the one performed by the Hawai‘ian Raptors and other



A Hawai‘ian Raptor pilot is greeted by Iwakuni City Mayor Yoshihiko Fukuda during an Indo-Pacific training event. Courtesy photo.



Airmen from the Hawai‘i Air National Guard’s 154th Wing and the active-duty 15th Wing carry supplies onto a C-17 Globemaster III March 14. Photo by Staff Sgt. John Linzmeier



An F-22 Raptor from the 199th Fighter Squadron, lands at Marine Corps Air Station, Iwakuni Japan, March 12. Photo by Lance Cpl. Tyler Harmon.





F-22 RAPTORS FROM THE 199TH FIGHTER SQUADRON AND JAPAN AIR SELF-DEFENSE FORCE F-35A LIGHTNING II AIRCRAFT FROM THE 302ND TACTICAL FIGHTER SQUADRON OPERATED TOGETHER THROUGHOUT JAPAN TO EMPLOY A FULL SPECTRUM OF JOINT AND BILATERAL CAPABILITIES AND SUPPORT A SECURE AND STABLE INDO-PACIFIC REGION. THE FIFTH-GENERATION AIRCRAFT EVENT WAS SUPPORTED BY TANKER FUEL FROM THE 909TH AIRLIFT SQUADRON.



PHOTO BY SENIOR AIRMAN REBECKAH MEDEIROS, 18TH WING PUBLIC AFFAIRS

Airmen from the Hawai'i Air National Guard's 154th Wing and the active-duty 15th Wing secure equipment on a C-17 Globemaster III March 14. Photo by Staff Sgt. John Linzmeier.



Nash said.

Along with other aerial refueling units, KC-135 Stratotankers assigned to the HIANG's 203rd Air Refueling Squadron helped provide the air bridge across the Pacific, effectively 'dragging' the Raptors to and from their temporary roost in Iwakuni.

While the fighters traversed the Pacific, Airmen and equipment were

refueling of an F-22, serve to hone the ACE expertise of all involved. Although the Iwakuni operation was the most recent, it's sure not to be the last.

"I can say that this has been a very transformative experience towards the way we do business," said Nash. "With each successive ACE event, we learn, and we become more

F-22 Raptor pilots from the 199th and 19th Fighter Squadrons prepare to board a C-17 Globemaster III March 14. Photo by Staff Sgt. John Linzmeier.



not far behind, riding the wings of the C-17 Globemaster III aircraft operated by Team Hickam's Airlift Squadrons.

"Maintenance, operations, logistics, and support all came through to make this operation happen," Nash said.

efficient and effective each time."

The first groups of Airmen and equipment arrived home during Easter weekend, with further 'batches' scheduled for homecoming over the course of the next few weeks.



PUEOS EXPAND RESCUE OPS DURING EXERCISE H2O

Photo by Staff Sgt. Orlando Corpuz

Story by Staff Sgt. John Linzmeier

Members of the Hawai'i Air National Guard's 204th Airlift Squadron wrapped up a month-long search and rescue exercise throughout and around Oahu on Feb. 6, alongside partners from the Alaska ANG.

The training, called Exercise H2O, was tailored to improve the Hawai'i Air National Guard's astronaut recovery mission set, spanning across the world's largest area of operation in the Pacific Ocean.

C-17 Globemaster III aircrews from Hawai'i and Alaska have been providing contingency recovery capabilities on a routine basis since May 2020 when NASA's Commercial Crew Program began transporting personnel to the International Space Station.

Throughout the exercise, cargo-aircraft were reconfigured into effective rescue platforms and loaded with teams of pararescue Airmen from the 212th Rescue Squadron, renowned as 'PJs,' practicing a series of airdrops in a multitude of conditions.

"In all, we have continued to spin up more qualified rescue aircrew and have built on the foundations of the existing crews," said Capt. Evan Kurosu, 204th AS pilot and exercise planner. "We have also identified some improvements to our Con-Op (concept of operations) we use for the NASA mission based on what we learned from this particular PJ team. We also have identified best practices and techniques. We will standardize between the 144th [Airlift Squadron] and us moving forward because of the fluid nature of rescue procedures."

NASA's CCP was formed to facilitate the development of U.S.-based space travel programs, enabling private agencies to transport crew members into orbit and safely back to earth. During each manned voyage, such as SpaceX's launches to the ISS in May and November last year, airlift Airmen staged rescue packages in Hawai'i and South Carolina. In the event of a hard-to-reach water landing, the closer C-17 will locate the capsule and airdrop watercraft with a team of pararescue members who are prepared to egress and treat the astronauts for up to 72 hours.

"If astronauts splash down within 200 miles of the launch site, a rescue triad is on alert to respond," said Maj. Joseph Leman, 144th AS instructor pilot and exercise director. "If the landing is beyond that radius,

a C-17 becomes the aircraft of choice for the mission because we can go further and get there faster." Airlift sorties were conducted in daytime and nighttime conditions. They entailed the use of night vision goggles, airdrops of personnel and rescue equipment, and deployments of smoke markers and flares to help spot downed astronauts in harsh ocean environments.

While most training scenarios were primarily focused on developing the CCP rescue mission, exercise planners incorporated additional and complementing tactical proficiencies with partnered units, designed to save costs that would otherwise be higher as stand-alone events.

The pinnacle of H2O's supplementary training, dubbed 'The Super Sortie,' consisted of a 12-aircraft formation, including all flying squadrons based out of JBPH-H along with a visiting C-17 from Alaska. Following the formation of eight F-22 Raptors, three Globemasters and one KC-135 Stratotanker, airlift members set out to multiple drop zones on the north shore, to conduct 12 personnel airdrops and six drops of heavy equipment. Throughout the Super Sortie, air surveillance and tactical oversight were remotely communicated by air battle managers and command and control personnel from the 169th Air Defense Squadron, which specializes in giving aviators the upper hand in contested and complex environments.

Additional pararescuemen and HC-130J aircrew, from the active-duty 211th Rescue Squadron, joined their ANG comrades throughout the month to progress their jumpmaster training proficiencies, entailing static line jumps and high-altitude-low-opening (HALO) jumps. Kurosu said H2O was designed to generate as much value as possible by validating complex drills and increasing interoperability with partnered units. After taking on 20 successful sorties, mission planners are now developing strategies to evolve the next iteration of H2O and continue to streamline aircrew and rescue personnel's integration.



Tech. Sgt. Paul Roberts, 204th Airlift Squadron loadmaster, observes a parachute drop at the Kane's drop-zone Jan. 14, at Kahuku. The training drop was part of Exercise H20 which focuses on interoperability between Hawai'i and Alaska Air National Guard units, tasked with executing contingency astronaut rescue for NASA's SpaceX Commercial Crew Program. Photo by Staff Sgt. Orlando Corpuz.



Total Force Maintainers test new ground refueling capabilities

By Staff Sgt. Orlando Corpuz

Total Force Initegration (TFI) Airmen from Joint Base Pearl Harbor-Hickam executed ground refueling between two separate and contrasting airframes Feb. 25.

Airmen from the active-duty 15th Maintenance Group (MXG) and Hawai'i Air National Guard 154th MXG successfully transferred fuel from a C-17 Globemaster III to an F-22 Raptor and provided proof-of-concept evidence that the larger air-transport aircraft could refuel the smaller fighter jet.

"The purpose of doing this is to enable refueling wherever we

have (fighter) aircraft that need fuel from (tanker aircraft) that have extra fuel," said Master Sgt. Brian Pittman, 15th MXG C-17 production superintendent. "It enables fighters to take off faster from remote locations and it leaves a smaller footprint while still enabling us to get our mission done."

This refueling effort is part of the larger Agile Combat Employment (ACE) initiative. Under the ACE construct, units and aircraft operate utilizing smaller teams of Airmen in locations not normally operated from.

— C-17 to F-22 refueling validated —

Tech Sgt. Robert Rabacal, 154th Aircraft Maintenance Squadron F-22 maintenance technician holds down a refueling hose while fellow Airmen position it towards an F-22 Raptor, Feb. 25.



Airmen transfer fuel from a C-17 Globemaster III to an F-22 Raptor Feb. 25.

Exercising elements of ACE enables U.S. forces in the Indo-Pacific to operate from locations with varying levels of capacity and support, ensuring Airmen and aircrews are postured to respond across the spectrum of military operations.

"We've been laying the groundwork on how to employ ACE concepts across the wings for several months," Pittman said. "The hub and spoke concept of deploying our aircraft is a top priority to try and figure out how to make it happen at the local level."

For the exercise, a large hose was attached to the 'mother' C-17 which then passed through an external valve system. For safety purposes, a longer refueling hose extended from the valve system to a 'thirsty' F-22 Raptor. Teams of Airmen monitored the refueling process.

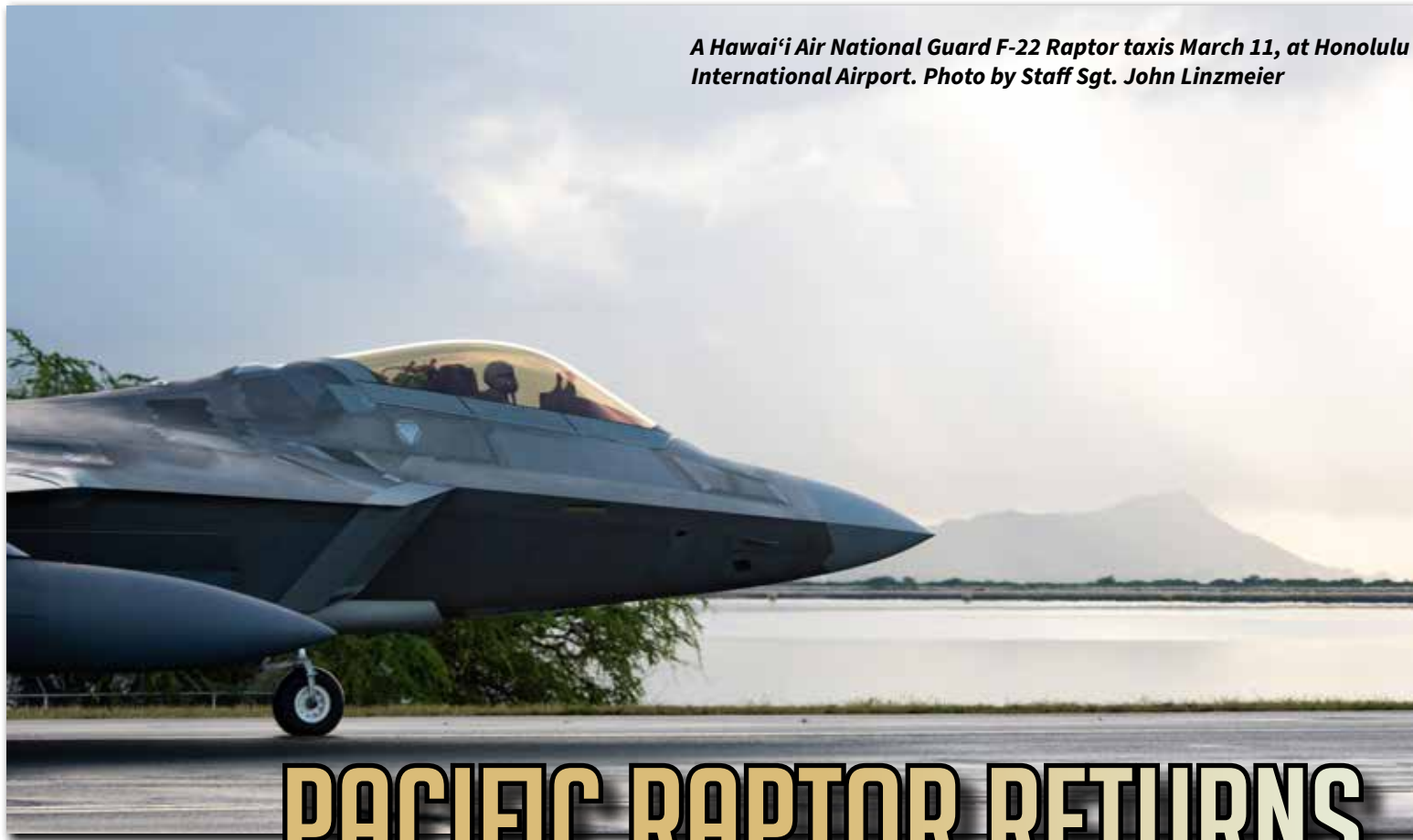
According to Pittman, refueling operations such as this are meant to extend combat capabilities

while keeping logistical and refueling operations at a distance.

"It allows fighters to go deeper in the fight, faster, without potentially jeopardizing the safety of the refuelers," said Pittman. "By having multiple ways of getting our basic tasks done, we are strengthening our ability to deliver agile combat capabilities throughout a theater."

Hawai'i Air National Guard and active-duty Airmen who comprise Team Hickam work side-by-side to conduct aircraft maintenance and operations on a daily basis. This TFI construct allows for close collaboration and integration between guard, active-duty, and reserve forces and makes events such as this possible.

A Hawai'i Air National Guard F-22 Raptor taxis March 11, at Honolulu International Airport. Photo by Staff Sgt. John Linzmeier



PACIFIC RAPTOR RETURNS

Story by Staff Sgt. John Linzmeier

Total-Force Airmen from 'Team Hickam' completed three weeks of fighter operations with visiting F-16 Fighting Falcons on March 11 at JBPHH during the second iteration of exercise Pacific Raptor.

The exercise was held to generate dissimilar aircraft combat training with the Alaska-based aircraft from the Eielson Air Force Base, exposing the Hawai'ian F-22 Raptors to new combat strategies that are likely to be faced in the event of an air-to-air battle.

"We're helping the F-22s by replicating adversary capabilities so that they are trained and ready for any fight the Air Force wants to take them to," said Capt. Daniel Simpson, 18th Aggressor Squadron pilot.

In the fighter community, the 'Aggressors' are known to provide world-class mimicry of adversarial practices, so much that it permeates throughout their aircraft paint scheme and heraldry. In a similar fashion that method actors adopt behaviors of portrayed characters, Aggressor personnel are branded with insignia that resembles that of Cold War opponents to represent a past threat, along with foreign paint designs that are easily identified on sight.

A typical training day entailed the launching of KC-135 Stratotankers from the 203rd Air Refueling Squadron,



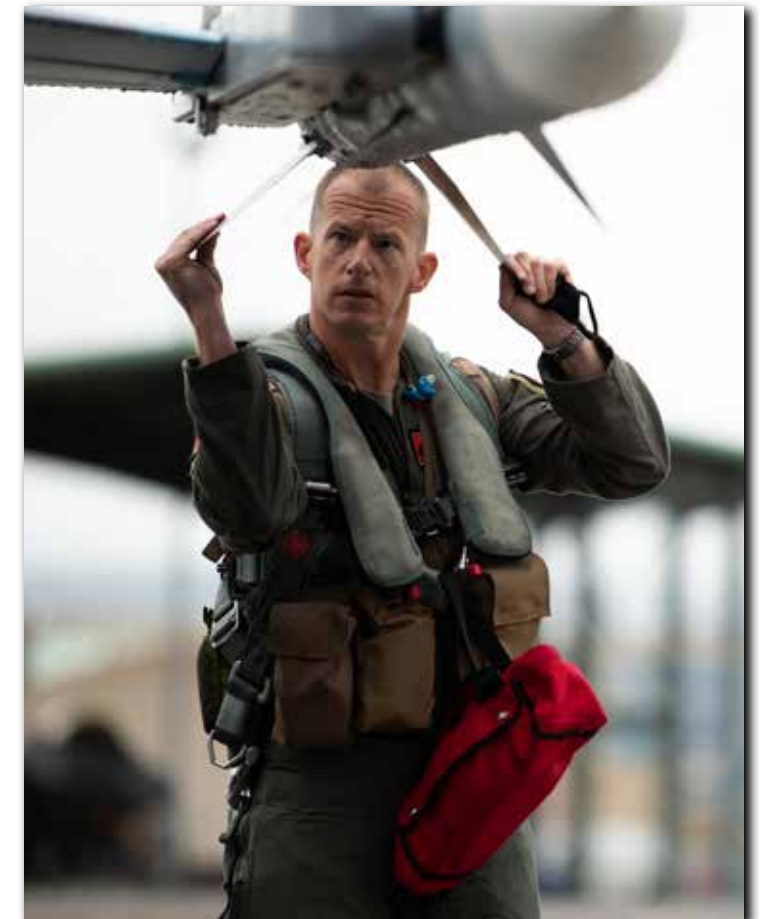
An F-16 Fighting Falcon from the 18th Aggressor Squadron receives fuel from a KC-135 Stratotanker from the 203rd Air Refueling Squadron March 10. Photo by Staff Sgt. Orlando Corpuz

followed by back-to-back takeoffs with the Hawai'ian Raptors and Aggressors, which received in-air refueling between each combat scenario. Each round of refueling was planned so pilots could return to the battlespace and complete as much training as possible within each sortie, in addition to simulating tanker support that is invariably needed in real-world conflicts.

Before, during and after each training mission, air battle managers and command and control personnel from the Hawai'i ANG's 169th Air Defense Squadron monitor the air space and relay information between aviators and command staff. The squadron utilizes powerful radar and surveillance technologies on a 24/7 basis, keeping a watch on the skies throughout and around the Hawai'ian Islands.

Personnel from JBPHH's Fleet Logistics Center also helped enable fighter operations throughout the exercise. Logistics personnel provided ground fuel to aircraft as a means to develop joint interoperability and streamline the transfer of resources between service branches whenever needed.

"One of the most important aspects to making this exercise successful is teamwork," said a Hawai'i ANG Raptor Pilot, distinguished as a Pacific Raptor superior performer. "To that end, the Hawai'ian Raptors get to integrate with the Air National Guard and active duty as a TFI (Total Force Integration) unit, working side-by-side on a routine basis. In addition to that, it takes everyone else on this base from maintenance to the support personnel to the 203rd Air Refueling Squadron's flying tanker support to the controllers at the 169th, and the NAVSUP from the Pearl Harbor Fleet Logistics Center by providing awesome fuel support."



Lt. Col. Randolph Kinsey, 18th Aggressor Squadron commander, inspects an F-16 Fighting Falcon March 9. Photo by Staff Sgt. John Linzmeier



F-16 Fighting Falcons from the 18th Aggressor Squadron receives fuel from a KC-135 Stratotanker from the 203rd Air Refueling Squadron March 10. Courtesy Photo.

Senior Airman Jude Laguana, 154th Operations Support Squadron Aircrew Flight Equipment specialist, steps onto an F-16 Fighting Falcon from the 18th Aggressor Squadron March 9. Laguana was one of several HIANG Airmen selected to ride along a training sortie in the aircraft's second seat during an incentive flight. Photo by Staff Sgt. John Linzmeier



In addition to the stack of wartime readiness requirements that were enhanced throughout the exercise, such as qualifying 14 aircrew members for mandatory upgrade certifications and completing more than 650 inflight hours, the training also presented a once-in-a-lifetime opportunity for ground support Airmen who make the mission possible.

Seven locally based Airmen were awarded incentive flights in the back seat of an F-16 to recognize their outstanding performance and expose them to the unparalleled nature of fighter operations in which they support.

“Having their two-seaters over here, I think it’s a great opportunity for people to experience what they go through every single day,” said Senior Airman Jude Laguana, a 154th Operations Support Squadron aircrew flight equipment technician who was selected to ride in an incentive flight. “It was definitely something that is going to fuel me, myself as an Airmen, to proceed with my goal to become a fighter pilot as well. This just showed what the skies had to offer.”

Similar to other large exercises hosted by the Hawai’i Air National Guard, such as the ongoing iterations of Sentry Aloha, partnered units from around the globe visit JBPHH on a routine basis to integrate with the fifth-generation Hawai’ian Raptors over, perhaps, the world’s most isolated and vast training spaces, in the center of the Pacific Ocean.



A Hawai’i Air National Guard F-22 Raptor flies with a KC-135 Stratotanker from the 203rd Air Refueling Squadron March 10. Photo by Staff Sgt. Orlando Corpuz.



Airman 1st Class Adam Parenteau, 354th Aircraft Maintenance Squadron crew chief, conducts a walk around inspection for an F-16 Fighting Falcon March 9. Photo by Staff Sgt. John Linzmei-



KC-135 Stratotankers from the 203rd Air Refueling Squadron taxi March 11, at Honolulu International Airport. The Stratotankers refueled F-16 Fighting Falcons from Eielson Air Force Base, Alaska, and Hawai’i Air National Guard F-22 Raptors during a final training sortie for exercise Pacific Raptor. Photo by Staff Sgt. John Linzmeier.

HOME STATION READINESS TRAINING ENHANCES FORCE SUPPORT AIRMEN

By Staff Sgt. John Linzmeier

Airmen Basics, Ramirez Santino and Chasmine Drumeller, 154th Force Support Squadron personnelists, conduct Chemical, Biological, Radiological, Nuclear and Explosive training February 23



Drill-status and full-time personnel from the 154th Force Support Squadron completed a Home Station Readiness Training event Feb. 26, at Joint Base Pearl Harbor Hickam.

The weeklong training was held to improve career-field competencies and validate their ability to support warfighters in deployed environments.

“Our Home Station Readiness Training is basically making sure we’re wartime ready in our functional areas,” said Master Sgt. Hyurn Chu, 154th FSS services craftsman. “We go through a whole course and some hands-on training. Most of it is working on our functional areas such as food operations, contingency lodging, fitness, MWR and putting up tents.”

Force Support Airmen lay a foundation of essential services for service members at their home stations and while deployed, entailing the processing of military records, professional development, dining operations, mortuary affairs and more.

The event kicked off with a comprehensive briefing to familiarize Airmen with scenarios which they are likely

to encounter in the event of a deployment, to include their role in helping set up a bare base for follow-on personnel.

Participants received instructions from Emergency Management Airmen from the 154th Civil Engineer Squadron to facilitate the use of personal protective equipment when exposed to Chemical, Biological, Radiological, Nuclear and Explosive conditions.

A normal duty day inside the 154th FSS entails a wide variety of mission essential functions, from the non-stop processing of administrative actions in the personnel department to the planning of sustenance production within the Services Flight; but for the purposes of the HSRT, all members are exposed to contrasting challenges in the field.

Staff Sgt. Randal Asuncion, 154th FSS services craftsman, led Airmen through the setup and protocols of several mobile structures the following day, such as the Hawai’i Air National Guard’s Disaster Relief Mobile Kitchen Trailer and a temper tent.

“The purpose of these buildups is



(above) Senior Airman Elizabeth Bolanos, 154th Force Support Squadron services journeyman, builds a temper tent February 25.

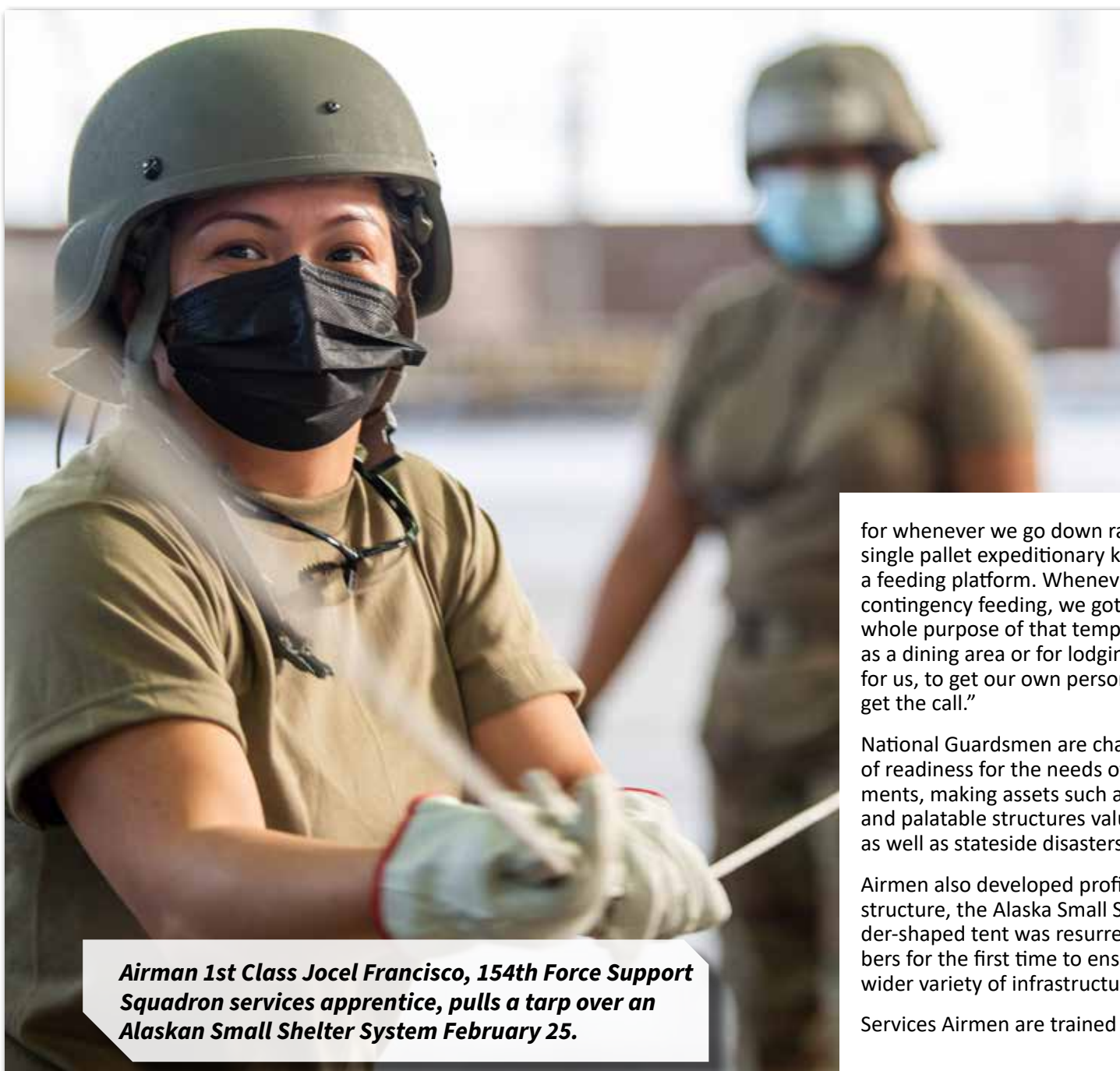


(below) Staff Sgt. 154th Force Support Squadron Disaster Relief Mobile Kitchen Trailer NCO, and Master Sgt. Dodie Pagaoa, 154th FSS services superintendent, coordinate tent build-ups February 25



154th Force Support Squadron Airmen, donned in personal protective equipment, conduct Chemical, Biological, Radiological, Nuclear and Explosive training February 23.

154th Force Support Squadron Airmen build an Alaskan Small Shelter System February 25.



Airman 1st Class Jocel Francisco, 154th Force Support Squadron services apprentice, pulls a tarp over an Alaskan Small Shelter System February 25.



for whenever we go down range,” said Asuncion. “Our single pallet expeditionary kitchen, known as a SPEK, is a feeding platform. Whenever we get deployed out for a contingency feeding, we gotta feed our troops, and the whole purpose of that temper tent, is that we can use it as a dining area or for lodging. This is mandatory training for us, to get our own personnel ready to go if they ever get the call.”

National Guardsmen are charged to maintain high states of readiness for the needs of state and federal governments, making assets such as the mobile kitchen trailer and palatable structures valuable during wartime efforts as well as stateside disasters.

Airmen also developed proficiencies with a new billeting structure, the Alaska Small Shelter System. The half-cylinder-shaped tent was resurrected by Hawai’i ANG members for the first time to ensure personnel can support a wider variety of infrastructures when needed.

Services Airmen are trained with a broader set of special-

ties than most other career fields, which span from food operations, military lodging to mortuary affairs.

On the final day of the event, members were given a scenario to test their search and rescue capabilities while relaying command and control information to leadership.

With all the technical proficiencies that were enhanced throughout the week, Asuncion indicated that developing confidence and trust with his peers was one of the exercises top highlights.

“This training alone makes me feel great that we can come together as a team,” said Asuncion. “If we ever get deployed, they got my back, and if I ever send them out, they know what they’re doing.”

A FOND ALOHA TO THE AIRMAN BATTLE UNIFORM



AFTER WEARING THE AIRMAN BATTLE UNIFORM FOR NEARLY 12 YEARS, HIANG AIRMEN DRESSED THEIR TIGER-STRIPPED UNIFORMS FOR ONE LAST TIME ON MARCH 31. THE ABU IS ONE OF THE FINAL U.S. UTILITY UNIFORMS BRANDED WITH RANK INSIGNIAS ON ITS SLEAVES AND IS NOW REPLACED WITH THE OPERATIONAL CAMOUFLAGE PATTERN UNIFORM.



Meet the Team Behind the Scenes

The 154th Wing Public Affairs Team is comprised of diverse public affairs specialists who recently completed merger training to equip them to conduct both photojournalism and broadcast journalism duties.

The public affairs team writes, edits, and produces content to share the story of the Hawai'i Air National Guard.

Throughout the COVID19 pandemic, the public affairs team has increased its capability and proficiency in live stream-streaming events and increased social media engagement. The team continues to push its boundaries and challenge themselves to create creative and informative content for our airmen and larger community.

2nd Lt. Deborah Kwan is the team's Public Affairs Officer. She recently graduated OTS in July 2020 and brings with her a wealth of knowledge and experience from the federal and state government agencies that continues to inspire and motivate everyone on the team. She currently resides in Kailua and in her free time enjoys traveling, catching up with friends, and dining at Hawai'i's hippest restaurants.

Master Sgt. Mysti Bicoy is the PA team's most experienced senior NCO with over two decades in the HIANG. In addition to taking care of her kids and a furbaby at home, she mentors each member of the team and works towards a vision for the future of the PA shop. Master Sgt. Bicoy joined the HIANG at age 18 right out of Waianae High School and worked in three career fields, and participated on joint task forces, including the most recent JTF on COVID19. In her spare time, Master Sgt. Bicoy is a competitive body builder and gives great advice for healthy eating, and life in general.

Tech. Sgt. Tabitha Hurst is a local girl from the Big Island who has covered the 2012 and 2016 Presidential Inauguration for the D.C.

Air National Guard before transferring to the HIANG. While homeschooling three kiddos, she has amassed a following on YouTube for her vlogs on post-maternity fitness. She looks forward to commissioning this coming summer and joining the HQ HIANG public affairs team as their Public Affairs Officer.

Staff Sgt. Orlando Corpuz is the shop's most seasoned public affairs specialist and has shepherded the team's transformation from a small two-Airmen office to a fully operational and properly manned shop. Staff Sgt. Corpuz will teach you a lesson while making you laugh. He enjoys skateboarding, surfing, and running. He lives with his wife, three children and dog.

Staff Sgt. John Linzmeier is an award-winning story-teller who has won multiple awards including the 2020 and 2019 Air National Guard Military Writer of the Year. He is a coffee connoisseur who enjoys trying new vegetarian foods, taking photos and exploring the Hawai'i Islands.

Senior Airman Robert Cabuco loves to tinker with computers and crafts. With a background in information technology, he troubleshoots equipment and sets up complex networks. Always positive, Senior Airman Cabuco's optimism leads the team through solving the tough problems with creativity and tact. Senior Airman Cabuco lives with his wife, five kids and dog where they garden and work on craft projects together.

Airman 1st Class Roann Gatdula is the newest addition to the PA team. His love for arts led to be a graphic designer. Living in Kailua, he enjoys taking long walks on the beach and making new friends. A1C Gatdula has a zest for life and looks forward to his next big adventure, which is completing BMT and tech school.



2nd Lt. Deborah Kwan



MSgt. Mysti Bicoy



TSgt. Tabitha Hurst



SSgt. Orlando Corpuz



A1C Roann Gatdula



SrA Robert Cabuco



SSgt. John Linzmeier



169TH AIR DEFENSE SQUADRON RECEIVES AIR FORCE OUTSTANDING UNIT AWARD

by 154th Wing Public Affairs

The 169th Air Defense Squadron was selected to receive the Air Force Outstanding Unit Award for the year of 2019.

As one of the Hawai'i Air National Guard's newest squadrons, being activated in 2019, the 169th ADS's accomplishments set the organization apart from longstanding units.

The award was created by the Department of the Air Force Jan. 6, 1954, as the first independent Air Force decoration created. It is awarded by the secretary of the Air Force to numbered units that display decidedly superior performance.

This Air Force-level award recognizes the 169th ADS's many outstanding achievements, including:

1. Executing 17,500 hours of air defense operations in support of the homeland defense mission, detecting and tracking more than one 1,500,000 aircraft and meeting the U.S. Indo-Pacific Command's number one mission objective.
2. Conducting 2,500 exercises and more than 16,800 individual training events, ensuring all unit personnel were ready for the no-fail 24/7/365 homeland defense mission.
3. Providing command and control for an unprecedented 12 cruise missile defense exercises, integrating U.S. Army forces and

closing critical mission capability gaps in the homeland air defense concept of operations.

4. Participating in a total of 5 State Partnership Program Subject Matter Expert Exchanges in Hawai'i, Indonesia, and the Philippines, including the first visit in 27 years to a Philippine command and control center, bolstering relations with these key Pacific nations.

5. Directing a rigorous program of 40 exercises to prepare for the first Alert Force Evaluation in 5 years, earning the Pacific Air Forces Inspector General's highest possible grade of "Mission Ready."

6. Squadron personnel volunteering more than 1,500 hours to 17 service organizations, helping those in need and solidifying Air Force community relations.

7. Squadron personnel receiving numerous awards, including: 2018 Air National Guard Command and Control Battle Management Operator Airman of the Year, 2019 United Service Organizations' Hawai'i National Guard Service Member of the Year, 2019 Air National Guard Ground-Based Battle Management Command and Control Crew of the Year, and 5 Hawai'i Air National Guard Outstanding Airman of the Year awards.

HIANG GROUP LEADERS ASSUME COMMAND

Brig Gen. Dann S. Carlson, 154th Wing commander, passes the guidon to Col. Phillip Mallory March 14, during the 154th Operations Group Change of Command Ceremony. The 154th Operations Group consists of the 199th Fighter Squadron, 203rd Air Refueling Squadron, 204th Airlift Squadron, 169th Air Defense Squadron, 154th Operations Support Squadron, 297th Air Traffic Control Squadron and the 201st Intelligence Squadron. Photo by Staff Sgt. John Linzmeier.



Brig. Gen. Joseph R. Harris II, HIANG commander, passes the guidon to Lt. Col. Daniel Wrazien (now Col.) March 13, during the 298th Air Defense Group Change of Command Ceremony. The mission of the 289th Air Defense Group is to provide a means to detect, monitor, identify and intercept airborne objects that may pose a threat to the Hawai'i and Guam Air Defense Region. Photo by Master Sgt. Andrew Jackson.



Tech. Sgt. Gina Cavaco, 203rd Air Refueling Squadron boom operator, provides a mission briefing to the Chairman of the Joint Chiefs of Staff, U.S. Army Gen. Mark A. Milley, March 4, 2021. The General visited the total force Airmen at Joint Base Pearl Harbor-Hickam to engage with servicemembers and enhance the readiness of joint capabilities across the Department of Defense. Photo by Tech. Sgt. Anthony Nelson Jr.

