



# KUKA'ILIMOKU

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

## HIANG'S FIRST FEMALE FIGHTER PILOT

### ALSO IN THIS MONTH'S ISSUE:

- LAUNA'OLE AWARDS
- F-22S REARMED IN KAUAI
- 297TH ATCS PRACTICES ACE





# Inside KŪKĀ‘ILIMOKU

APRIL  
2023

◆  
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- 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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## DEALING WITH STRESS

*A message from the DPH Team*

It is a common misnomer to assume that stress is a negative force. This perspective actually contributes towards stress mismanagement. Did you know that we are biologically wired to deal with stress? Our body has ingrained preparatory functions that allow us to respond to stressful stimuli. We are also wired to restabilize, however, the mismanagement of stress tends to create imbalance and sets us up for those negative outcomes we commonly associate with stress.

A good way to describe this is to consider how a person learns to play a sport. Does learning occur at the championship game? Of course not. The person needs to learn the basics of the game and play in some seasonal competitions prior to being in any type of championship playoff. Successful stress management is similar to this concept.

First, it would be important to understand what the stressors are in your life (like figuring out what sport you're playing). Something that stresses one person may not have the same impact on another. Clearly identifying stress can lead to successful mitigation. This also helps to define how stress is perceived and to recognize differences in stress (i.e. helpful stress, unhelpful stress, acute stress, chronic stress, etc.).

Second, think about your methods of recovery or stress management techniques. Some skills may serve a functional purpose, like exercise or engaging in an enjoyable hobby (this is similar to doing practice drills for conditioning). Other forms of coping might not be as helpful, like increased alcohol intake or pushing people away or withdrawal (this would be like skipping practices or poor conditioning).

Third, consider how to align stressors to coping that supports functional adaptation. This is about taking proactive steps to increase healthy recovery. Be proficient in the basics of nutrition, sleep, and activity and build in other, tailored practices, that help the optimization of stress management. If you could use a little help, there are a variety of resources that could provide helpful supports to better manage your stressors.

Scan the QR code and check them out.

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APPLE USERS



ANDROID USERS



# A message from the 154th Wing Commander

**A**loha Wing Ohana, So far, this year has been just as busy, if not busier, than the last! We have made a few updates to the definitions of our Wing priorities: Ohana, Readiness and Partnerships. These priorities remain critical as we compete against the pacing/near peer threat. Please be mindful of your personal emotional, mental, and spiritual readiness. Consider how critical Ohana is to our performance on a daily basis; and about how much our success depends on our ability to develop and maintain partnerships. I need you to be ready-fitness, medical, wills/power of attorneys, and of course proficiency in your lethal skills! Thank you to our deployers, those about to deploy, and all that support them. As always, please speak up if you need help- with anything! Your service is what makes our State and Nation a shining beacon of freedom and I am so proud to be on your team! Fly, Fight, Win!

Brig Gen. Phillip L. Mallory



*As always,  
p l e a s e  
speak up if  
you need  
help with  
anything!*



# 154th WING PRIORITIES



**'Ohana (Family):** 'Ohana is the foundation and strength of our Airmen. This priority recognizes that military families are a critical part of the support system for service members. They provide emotional support, care, and stability, which are essential for the well-being of our Airmen. It is equally important to ensure that family members are taken care of while service members are executing both our Federal and State missions.



**Readiness:** Readiness emphasizes the importance of always being ready for our State and Nation's call. Readiness is not just about physical fitness or technical excellence but also encompasses spiritual, emotional, and mental readiness. Our Airmen must be healthy and fit to carry out their mission and face the challenges of military life. It also includes maintaining the warrior spirit and staying up-to-date with the latest developments and technologies in order to deliver lethal Air Power at a moment's notice.



**Partnerships:** Having and maintaining partnerships with the total force, partner nations and our community is critical in today's environment. It is best done through cooperation, collaboration, and communication with other organizations and nations to achieve common goals. Military partnerships are essential to achieving our mission and to promoting peace and stability in the world.



# THE BURDEN CALLED *life*

By **Capt Nicholas Love**

There's a famous story about a professor who was giving a lecture on stress management. He raised a bottle of water and asked the audience, "How heavy do you think this bottle of water is?" The answers ranged from a half pound to three pounds. He then said, "it doesn't matter on the absolute weight. It depends on how long you hold it. If I hold it for a minute, it is OK. If I hold it for an hour, I will have an ache in my right arm. If I hold it for a day, the pain will be intolerable. It is the exact same weight, but the longer I hold it, the heavier it becomes." The Professor continued, "If we carry our burdens all the time, sooner or later, we will not be able to carry on, the burden becoming increasingly heavier to the point of being unbearable. What we have to do, is to put the bottle down, and rest for a while before holding it up again."

There are times in life when we all have burdens that can become unbearable, and the truth is we need to take a break. We need to rest; we need to recharge and be refreshed. We all have different ways we can recharge, for me and my family, it's scheduling out a time every week when we can head to the beach. The key here is to schedule that time because if we don't take time to recharge, the burden called life will get to be too much. Another way that my family and I recharge is through our faith. Your faith can be a powerful tool to bring happiness into your life and remove some of these burdens. A Harvard Study published in 2020 found that "religious participation may serve as an

important antidote to despair and an asset for sustaining a sense of hope and meaning. They also wrote that religion may be associated with strengthened psychosocial resilience by fostering a sense of peace and positive outlook and promoting social connectedness."

The bottle of water might only weigh one pound now, and your burdens might not be that heavy, but if you don't recharge and take a break, they will get heavy. Schedule some time for a break, connect with your faith, and aim high!

On behalf of ALL the Chaplains and RA's, may God bless you, keep you safe, and always keep you in His loving care.



## Pono Pantry Finds New Home



***The HIANG's beloved Pono Pantry has moved to Building 3382 on our HIANG campus, across the hallway from the Airman and Family Readiness offices.***

***The Pono Pantry is a self-help food storage facility for service members and their families to use at no cost. This free resource is only possible through the heart-felt contributions of volunteers and donating parties.***

***The pantry is currently accepting donations to fill the expanded space. In the future, they hope to receive fresh vegetables and frozen foods when their new refrigerators arrive. The Pono Pantry is open Monday - Friday from 8 a.m. to 3:30 p.m.***



***"Giving Back with Heart: Pono Pantry Moves to New Building to Expand Services for Military Families"***





# WATCH THAT WAIST

## ANNUAL MEASUREMENTS RETURN

The Air Force has established new Body Composition Program (BCP) standards for Airmen after the abdominal circumference was removed from the Air Force-specific Physical Fitness Assessment in 2020. The new Waist-to-Height Ratio (WtHR) BCP policy, which measures excess fat distribution in the abdominal region, was released in January with assessments to begin April 2023. Airmen will maintain a WtHR of < 0.55 to meet the BCP standards and will complete their assessments annually around their birth month.

The BCP serves as an indicator of a member's overall health and physical readiness, and excess fat in the abdominal region contributes to increased health risks such as cardiovascular diseases, stroke, diabetes, hypertension and musculoskeletal injuries. Airmen identified as not meeting the BCP standards will be enrolled in a 12-

month informal, self-directed Body Composition Improvement Program and referred to their medical treatment facility for a medical evaluation and assessment for additional risk factors.

The initial results from WtHR are non-punitive during the 12-month informal self-directed BCIP. Failing to test on time, not scheduling or missing an appointment with the MTF team or becoming non-current may be cause for commander-driven administrative actions. High-risk results after the 12-month informal self-directed phase will require enrollment in a formal self-directed BCIP that may result in consideration for administrative action, including separation for continued failures.

WtHR will be tracked via myBodyComp, a new application under the myFSS platform. Additional information regarding implementation will be released at the installation level.

# DEVELOPING DIVERSITY, EQUITY, AND INCLUSION

## Insights from the 154th Wing's Human Resource Advisor



Aloha Everyone, I am Chief Master Sergeant Monte P. Hokoana and I am the Human Resource Advisor of the 154th Wing. One of my main responsibilities as the Human Resource Advisor is to Professionally Develop members of the Wing through Diversity Education and Training courses such as Emotional Intelligence, Temperament Intelligence, Effective Communication, Unconscious Bias, Micro-Aggression, Coaching, Mentoring, etc. The goal of these courses is to equip everyone with the necessary tools to improve human relations by first understanding who we are, understand others, so that we can come together collectively and be the best version of ourselves in a group setting to accomplish the mission. To be the best version of ourselves, we have to effectively manage our own emotions, temperaments, unconscious biases, and micro-aggressions when dealing with others. Through Effective Communication during Coaching and Mentoring opportunities of practicing these behaviors of success, we will be exemplifying Diversity, Equity, and Inclusion at the highest level. Diversity, Equity, and Inclusion is an integral part of the success of any entity and is something that we at the 154 Wing practice well and it has allowed us to excel and stand above our brother and sister wings when it comes to DEI.

The following are excerpts from our current Diversity and Inclusion Memo to help you understand the position of our Senior Leaders concerning DEI:

"The 154th Wing is dedicated to developing and sustaining a ready force that both reflects and capitalizes on the diversity of our community, while simultaneously encouraging all members to realize their full potential. Diversity means differences in people and the 154th Wing values the differences among its members and is committed to nurturing a productive military culture that encourages integration (inclusion) rather than assimilation. Diversity requires "UNITY OF EFFORT".

With shrinking budgets, downsizing, and increasing operational tempo, it is imperative that we work together with unity of effort to accomplish our mission effectively and successfully. Regardless of your status; Active Guard Reserve, Technician, Drill Status Guardsman, Active Duty or Civilian, we all bring different skill sets and strengths to the

fight through our diversity of thoughts, experiences, and cultures. Diversity creates an inclusive workplace where all personnel, regardless of their diverse Background: age, race, gender, religion, or disability, feel appreciated and get along with each other to maximize mission effectiveness. Managing diversity is a critical practice and is essential for both the sustainment and continued growth of our wing. Our Wing is our 'Ohana. 'Ohana means: "Family, and no one gets left behind or forgotten."

When each member of our 'Ohana experiences a sense of belonging, they will be inspired to succeed and reach their full potential. Taking care of Personal and Family Readiness, is directly linked to our Military Readiness. It is also important for us to extend our 'Ohana through Partnerships that will enhance the strength and success of our wing."

Have a Great Drill Weekend  
– Chief Hokoana



# NATIONAL GUARD LEADERSHIP ENGAGES WITH 154TH WING

Photos by **A1C Roann Gatdula**

*General Daniel R. Hokanson, Chief of the National Guard Bureau, visited the 154th Wing on March 23, to engage with Airmen and learn about the Hawaii Air National Guard (HIANG) and its mission.*

*During his visit, General Hokanson toured the F-22 Raptor flight simulator building to learn more about the unique 5th generation mission set carried out by total force Airmen at Joint Base Pearl Harbor-Hickam.*

*The mission of the HIANG extends beyond military operations, General Hokanson took time to recognize the vital role of the 154th Wing Care Team in improving the quality of life for HIANG Airmen and their families. Such initiatives contribute to increased morale and readiness of the HIANG.*

*Hokanson's visit reinforces and demonstrates his commitment to ensure that the National Guard, which is the primary combat reserves of the Army and Air Force, is always ready and capable.*



*(Center) General Daniel R. Hokanson, 29th Chief of the National Guard Bureau, poses with leadership from the Hawaii Air National Guard and the State of Hawaii, Department of Defense at Joint Base Pearl Harbor-Hickam, March 23, 2023.*



*General Daniel R. Hokanson, 29th Chief of the National Guard Bureau, meets with Hawaii Air National Guard Airmen the State of Hawaii, Department of Defense at Joint Base Pearl Harbor-Hickam, March 23, 2023.*



*General Daniel R. Hokanson, 29th Chief of the National Guard Bureau, engages with members of the 154th Wing Care Team at Joint Base Pearl Harbor-Hickam, March 23, 2023.*

# COL CULLEN TAKES COMMAND OF 154TH MAINTENANCE GROUP



Photo by **A1C Roann Gatdula**

*Col. Christopher Cullen, accepts the guidon from Brig. Gen. Phillip L. Mallory, signifying the change of command of 154th Mission Support Squadron March 22. The 154th MXG is responsible for ensuring combat ready F-22A Raptor, KC-135R Stratotanker, and C-17A Globemaster III aircraft are available to the combatant commanders in support of air superiority, global strike, and rapid global mobility missions.*



# 203<sup>RD</sup> ARS HOLDS 1<sup>ST</sup> AIR REFUELING TRAINING WITH INDONESIA AIR FORCE



*The recent State Partnership Program event between the Hawaii Air National Guard's 203rd Air Refueling Squadron and the Indonesian Air Force (TNI AU) was a remarkable success, highlighting the significance of strengthening partnerships with international allies. The program's pivotal moment was the first-ever training of Indonesian F-16 pilots to refuel from HIANG KC-135s, which bolstered the readiness of both U.S. and partner forces and reinforced the overall security landscape.*

*Maj. Koani Lau, the aircraft commander, reported exceeding the mission's requirements by qualifying 17 pilots, even though only 10 were needed to be AR qualified. The TNI-AU's ability to provide the necessary Fuel System Icing Inhibitor (FSII) for the F-16s was also critical to the mission's success. This fluid prevents the formation of ice crystals in filters, fuel lines, and other fuel system components.*

*Lau emphasized that building and expanding these relationships are crucial to meeting emerging challenges together, and the State Partnership Program is critical in advancing U.S. security cooperation objectives by fostering long-lasting relationships with partner nations and enhancing the capacity and interoperability of allied forces.*





# AIRFIELD MANAGEMENT AIRMEN PREP KALAELOA AIRPORT FOR 1ST F-22 ARRIVAL

Story by **Staff Sgt John Linzmeier**

**A**irfield management Airmen from the 154th Operations Support Squadron witnessed the fruits of their labor on Feb. 22, marking the first time F-22 Raptors landed at Kalaeloa Airport.

This feat resulted from nearly three months of coordination, carried out by the small Airfield Management team, who prepared the airfield to receive fifth-generation aircraft safely.

The movement was held to complete the Hawaii Air National Guard's continuity of operations evaluation, a project that assesses the usability of significant airports in the Hawaiian Islands.

Kalaeloa Airport, once a hub for U.S. Navy fighter aircraft operations, has since been returned to the State of Hawaii and has changed to accommodate smaller civilian planes.

While the normal traffic flow at Kalaeloa Airport primarily comprises recreation aircraft, high-performance airframes demand a higher tier of airfield

conditions to protect their powerful engine intakes, which often sit lower to the ground. Restoring the airfield to military standards entailed coordinating the 297th Air Traffic Control Squadron, 154th Wing Safety Office and the 154th OSS team, which provided the 'heavy-lifting' efforts on the ground.

Tech. Sgt. Larissa Uyenishi, from the 154th OSS, was the airfield conversion project lead and oversaw the recovery of more than 4,000 pounds of debris from the airport runway, taxiway and aircraft apron. She said improving the safety conditions of the airport was one of the more challenging tasks her team had faced. In addition, her team of eight Airmen was responsible for scouring more than 42 miles of actively used concrete and asphalt surfaces.

To facilitate the cleanup process, the team used a FOD BOSS system, a mobile, self-contained sweeper that can be towed behind a vehicle, collecting Foreign Object Debris and other material as it sweeps the

airport. It is used regularly to prevent hazards and improve the integrity of military airfields. Compared to the team's home station at Joint Base Pearl Harbor-Hickam, Uyenishi said that each FOD collection trip would yield more than 10 times more material within the same space.

Over the years, roots and grass have taken root in various sections of the airport, necessitating manual removal in preparation for the F-22s' arrival. Despite the constant challenges of heavy rain and winds during the cleanup process, Uyenishi remained undaunted and persevered with an unwavering focus on her objective.

"This whole experience has been a huge confidence builder for us all," said Uyenishi. "Yes, it's been a labor-intensive and time-consuming process, but when we're on the job, we're all focused on making everything as safe as possible for our aircraft. So it just felt great to finally see them land, park, get the service they need, and take off safely."

In addition to supporting the first arrival, parking, refueling and departure of two F-22s, which a C-17 Globemaster III followed, the training event also saw the integration of Kalaeloa transient crews with military aircraft. Civilian crews to learn how to properly refuel Raptor aircraft, broadening the Hawaii ANG's growing network of local partnerships.

Col. Shane Nagatani, 154th Operations Group commander, said the airfield management team had successfully identified and mitigated risks that could have affected operations.

"These risks were very similar to austere airfield operations we'd face if operating west of the International Date Line, but only required us to land eight miles west of where we normally land," said Nagatani. "They did an outstanding job ensuring safe operations yesterday."



**Tech. Sgt. Larissa Uyenishi and Tim Barnett, airfield managers from the 154th Operations Support Squadron, celebrate the first arrival of F-22 Raptors Feb. 22, 2023, at Kalaeloa Airport, Kapolei, Hawaii. The airfield management team coordinated efforts with other squadrons to restore the airport's runway, taxiway and parking apron to military standards. The effort entailed the recovery of more than 4,000 pounds of debris. (courtesy photo)**





## ◆ LAUNA'OLE AWARDS CEREMONY ◆ ◆ HONORS OUTSTANDING AIRMEN ◆

On a sunny day in Hawaii, the HIANG held its annual Launa'ole Awards Ceremony to recognize its top performing Airmen for the year of 2022. The ceremony was held to celebrate the outstanding achievements of the organization's full-time and drill-status guardsmen (DSG) who went above and beyond in their duties and contributions to the HIANG mission.

Launa'ole is a word in the Hawaiian language that means "without comparison." This word embodies the spirit of excellence that the HIANG aims to foster in its Airmen. By recognizing the top performers, the organization is acknowledging their exceptional work and encouraging others to strive for excellence as well.

Leaders from all units of the HIANG gathered to celebrate the achievements of the top performers and to recognize each for their outstanding contributions. The ceremony was a way to show appreciation for the hard work and dedication of these Airmen, who are the backbone of the HIANG.

During the ceremony, Airmen were recognized in two categories, the full-time category and the DSG category. The full-time category recognized the top performers who were employed by the HIANG on a full-time basis, while the DSG category recognized the top performers who were part-time Guardsmen.

In addition to the individual awards, a traveling award called the Kaleo Nui Award was presented to the 154th Operations Group for delivering a high-spirited music video about HIANG operations. The award is presented to a unit or individual who demonstrates exceptional creativity and innovation in their work.

The ceremony is a testament to the HIANG's commitment to fostering a culture of excellence and encouraging its Airmen to push themselves to be the best they can be. By recognizing their achievements, the HIANG is showing its appreciation for the Airmen who make its mission possible.



**SERVICE TEAM OF THE YEAR**  
**AIRFIELD MANAGEMENT**  
**154<sup>TH</sup> OPERATIONS SUPPORT SQUADRON**



**WINNING TEAM OF THE YEAR**  
**COMMERCIAL CREW PROGRAM**  
**204<sup>TH</sup> AIRLIFT SQUADRON**





**AIRMAN OF THE YEAR - FULL TIME**  
**SRA ALEX AUZ**  
 154<sup>TH</sup> OPERATIONS  
 SUPPORT SQUADRON



**AIRMAN OF THE YEAR - PART TIME**  
**AMN TAVEN LORENZO**  
 154<sup>TH</sup> MAINTENANCE SQUADRON



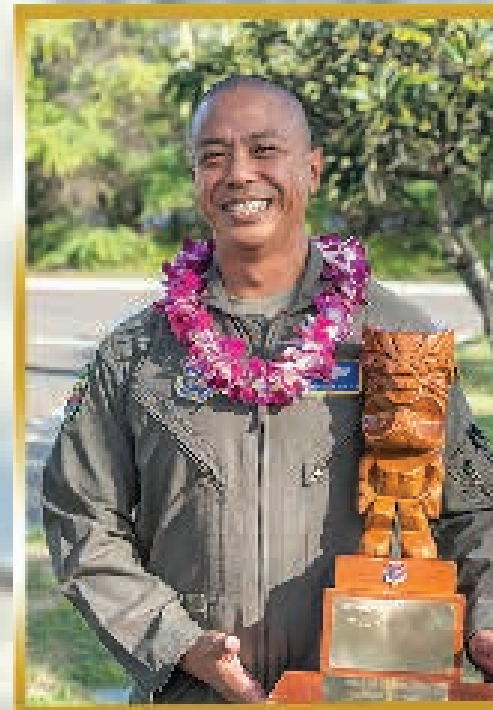
**NCO OF THE YEAR - FULL TIME**  
**TSGT LARRY HWANG**  
 298<sup>TH</sup> AIR DEFENSE GROUP



**NCO OF THE YEAR - PART TIME**  
**SSGT MARC MASUNO**  
 298<sup>TH</sup> AIR DEFENSE GROUP



**SNCO OF THE YEAR - FULL TIME**  
**MSGT KEN HAYASHI**  
 169<sup>TH</sup> AIR DEFENSE SQUADRON



**SNCO OF THE YEAR - PART TIME**  
**SMSGT BRANDON SARCEDA**  
 201<sup>ST</sup> AIR OPERATIONS GROUP



**CGO OF THE YEAR - FULL TIME**  
**CAPT. ROBERT OTSUBO**  
 154<sup>TH</sup> AIRCRAFT  
 MAINTENANCE SQUADRON



**CGO OF THE YEAR - PART TIME**  
**LT SHELDON LEE**  
 169<sup>TH</sup> AIR DEFENSE SQUADRON



**FGO OF THE YEAR - FULL TIME**  
**MAJ DANIEL DUNCAN**  
 199<sup>TH</sup> FIGHTER SQUADRON



**FGO OF THE YEAR - PART TIME**  
**MAJ BRITTON CALDWELL**  
 204<sup>TH</sup> AIRLIFT SQUADRON



**FIRST SERGEANT OF THE YEAR**  
**MSGT KATELYN DAVIS**  
 154<sup>TH</sup> MISSION SUPPORT SQUADRON





# HIANG's 1st Female

## Fighter Pilot Takes

### Flight

'Fire' breaks more than just the sound barrier!

By **Master Sgt Mysti Bicoy**

Capt. Nichole “Fire” Bahlman has truly soared to new heights as the first female fighter pilot in the Hawaii Air National Guard. Her “fighter” spirit has opened doors for future generations of women and serves as a “wingman” to those who dare to chase their dreams with unyielding passion and dedication.

“Growing up, I was fascinated by my family’s legacy of service from World War II through the Korean War,” said Bahlman. “My grandfather, Cmdr. John H. Bahlman, was a former naval aviator who flew the TBF Avenger and SBD Dauntless during the Battle of Midway, the Douglas A-1 Skyraider, and F-86 Sabre in Korea.”

The military service of the Bahlman family also included her great-aunt.

“My grandfather’s sister Theodora Bahlman, also served and retired as a colonel in the Air Force,” Bahman added. “It was in my blood; I knew I wanted to go fast and do big things.”

Drawn to speed and thrill, as well as being competitive, Bahlman’s journey to becoming a pilot was unique. She rode horses competitively while in high school and college and pursued a career in finance to support herself as a professional equestrian competitor.

*“It is important to research and visit the places you envision yourself; it has to be a good fit. And the first time I set foot in a fighter unit, I knew immediately this is where I belong.”*

However, when one of her top horses was injured, she switched to a full-time career providing the same passion, intensity, and pride as competing. Her thoughts immediately went to her childhood dream of being a fighter pilot.

“I want to work every day doing something I enjoy and am proud of, and becoming a fighter pilot fulfilled that desire and more,” said Bahlman.

At 25 years old, Bahlman started to research and take action toward her goal of joining the Air Force.

“It is important to research and visit the places you envision yourself; it has to be a good fit,” Bahlman said. “And the first time I set foot in a fighter unit, I knew immediately this is where I belong.”

When Bahlman was hired as an F-22 Raptor pilot, she felt honored but didn’t fully realize the impact of her achievement until she graduated from the program.

“I was ecstatic when I got the call that I was selected, but I also knew I hadn’t earned it yet,” Bahlman said. “It wasn’t until I graduated from all the courses three years later that I finally felt like, wow, I’ve made it! I’m the first female fighter pilot in the Hawaii National Guard. That was a special time.”

While going through a highly competitive recruitment process, Lt. Col. Kevin Horton,

former 199th Fighter Squadron commander, quickly recognized that Bahlman possessed exceptional academic and professional achievements and qualities that were essential for the job.

“Fire represented herself as extremely resilient, with an unbelievable amount of self-belief and ability to adapt and conquer, which is absolutely crucial in our line of work,” said Horton.

Bahlman embraces and celebrates the diversity of the human experience, regardless of gender. She understands that everyone is unique and valuable, with their own set of strengths, challenges, and perspectives.

“I train to perform and fight to be better just







# Opening doors for future generations of women

Capt. Nichole Bahlman, 199th Fighter Squadron F-22 Raptor pilot, enters her aircraft prior to take-off during a routine training mission, at JBPH-H, March 6, 2023.

like everybody else. I grew up in an environment where it was a level playing field, and gender didn't matter," said Bahlman. "So when people acknowledge my success as a female, it throws me a little off guard because I'm just doing something that any other girl can do."

The dedication and hard work of the Airmen who help make her dreams a reality continue to motivate her every day.

"It's an incredible feeling when my crew chief expresses

enthusiasm for launching me as a female fighter pilot, given that they've never had the opportunity before," expressed Bahlman. "Those kinds of moments are special."

Recognizing that success is rarely achieved alone, Bahlman relies on having a solid support system.

"Each person's path in the military may be different, and there will always be unique challenges to overcome," Bahlman expressed. "It's important to never give up!

*"I'm just doing  
something  
that any other  
girl can do."*

The military is there to support you in many ways. From the moment you enlist, you become part of a community of dedicated individuals who share a common purpose."

Bahlman is an accomplished F-22 Raptor pilot and a trailblazer who has broken down barriers for women. She inspires future generations of female pilots; her story is a testament to perseverance



According to 154th Wing commander, Brig. Gen. Phillip Mallory, diversity in the Hawaii Air National Guard empowers us and amplifies our organizational capabilities.

"We have made a conscious effort over the years to focus on diversity and ensuring the development of our female Airmen," said Mallory. "Today, we have women in every leadership echelon across our organization, including our first female Vice Wing Commander, first female C-17 and KC-135 squadron commanders, first medical group commander, and the first female F-22 Raptor pilot in our Wing."

and following your dreams.

"The F-22 Raptor is a compelling platform that requires expertise and careful handling to be used to its full potential," similarly, women have had to navigate a complex environment to succeed, requiring determination, skill, and resilience," explains Bahlman. "Just as the Raptor is still being studied and improved every day to adapt to a changing environment, women continue to learn and grow in their roles, adapting to new challenges and progressing towards a more equitable and inclusive society. It is up to us to continue to support and empower women, just as we must continue to study and develop the Raptor to ensure its full potential."





# READY FOR ANYTHING: 297TH ATCS DEMONSTRATES DYNAMIC FORCE EMPLOYMENT

By Tech Sgt Nicholas Brown

Members of the 297th Air Traffic Control Squadron recently executed an Agile Combat Employment and Multi-Capable Airmen training exercise at John Rodgers Field in Kalaeloa from March 15 to March 29. The exercise began with a full squadron recall to duty and the issuance of a 72-hour prepare-to-deploy order. Upon arrival, squadron members immediately began their personnel and equipment pre-deployment preparations.

Forty-two squadron members deployed to John Rodgers Field to execute an airfield opening, and within hours they began providing critical airfield services. During the exercise, the 297 ATCS trained and demonstrated their dynamic force employment ability to survive, operate, and sustain in a hostile and GPS-denied environment.

After Exercise Sentry Aloha was canceled, the 297th ATCS still wanted to train and demonstrate their readiness. Master Sgt. Rochelle Flores, the 154th Wing Inspector General Senior Enlisted Leader, supported inspection of the exercise and said, "From the setup of the mobile tower to it being operational, they were able to set it up for their mission essential tasks."

The focus and intent of the exercise were to ready the squadron for integration into the new A-Force Generation model while simultaneously training on multiple airfield operations core mission essential tasks. The exercise also incorporated the final acceptance of the squadron's newly acquired deployable instrument and landing system, a new piece of technology that can go up quickly and enhances the ability of the warfighter by dramatically increasing the range of weather conditions in which a safe aircraft landing can be made.

"The attitude was the first thing I noticed out there; it was great. They seem hungry for more to exercise their skillset, and helping each other out with different skillsets, demonstrating ACE," said Flores. Capt. Eric Korpi, 297th ATCS Director of Operations, said, "Overall, the exercise went extremely well, and we were able to accomplish most of our planned strategic objectives. We deployed, activated, operated, sustained, and redeployed four mission unit type codes with very minimal deficiencies and with only 33% of participating UTC's authorized manning present."

Col. Regina Komine, 154th Wing Vice Commander, observed the exercise and came away impressed. "It was incredible to get out there and see the 297th Airmen in action, seeing them able to operate a mobile Air Traffic Control system in all its limitations and still get the mission done." Many drill status airmen are air traffic controllers in their civilian jobs, which gave them a lot of experience and confidence.

"They originally planned this event to be in coordination with Sentry Aloha," said Komine, "but after that got canceled, they went above and beyond to create scenarios so they could still have their portion of the exercise go on."

"The mission of the 297th ATCS is to provide premier personnel and equipment delivering unmatched air traffic control services...anywhere, anytime," said Maj. Irving Bicoy, 297th ATCS commander. "We accomplished that with this exercise. The 297th ATCS innovative mission-ready airman are prepared to meet the challenges of today and tomorrow."





# Raptors Rearmed in Kauai

by **Staff Sgt John Linzmeier**

Total-Force weapons specialists from 154th and 15th Wings successfully rearmed F-22 Raptors at the Pacific Missile Range Facility for the first time, 8-9 March, marking a significant milestone in enhancing their ACE capabilities.

The maneuver operation was part of a larger Joint Base Readiness Exercise, carried out by Hawaii Air National Guard and Active-Duty Airmen stationed at Joint Base Pearl Harbor-Hickam.

Aircraft armament systems crews from the 154th and 15th Aircraft Maintenance Squadrons transited to Kauai on a C-17 Globemaster III, loaded with the bare essential equipment needed to help receive, rearm, and launch fighter aircraft within a condensed time window.

Known as the F-22 Tailorable Force Package, the outbound unit was strategically constructed of members with mission-critical skills. Minimal-Mission-Capable Airmen were postured to sustain combat operations between a central hub, JBPH-H, and an outer spoke, the PMRF.

Each training day began with the routinely held launching of F-22 combat sorties. However, upon concluding their initial air battle, Raptor pilots delayed their usual return to JBPH-H and set a course for Kauai, where they would undergo refueling and rearmament. Then, after receiving a full complement of fuel and munitions, they returned to the battle space to engage in additional air-to-air combat training.

As part of the JBRE, all Kauai weapons activities were closely observed by a Wing Inspection Team, who assessed the weapons and ammunition teams' proficiency in munition preparation, procedures, and loading techniques.



*Mission-Capable Airmen were postured to sustain combat operations between a central hub, JBPH-H, and an outer spoke, the PMRF.*





Total force weapons specialists from the 154th and 15th Aircraft Maintenance Groups arm F-22 Raptors with inert munitions March 8, at the Pacific Missile Range Facility, Barking Sands.

Staff Sgt. Steve Tanaleon, 154th AMXS weapons technician, said his confidence skyrocketed after his team successfully armed their first Raptor in the new, relatively remote environment in less time and utilizing limited resources.

“This is a big deal for all of us,” said Tanaleon. “Especially for part-timers like myself, we do most of our training on the weekend. But this joint operation thrust us into these positions of high responsibility and limited resources, proving that we can always get the job done.”

While the inert munitions were non-explosive, participants were trained to always handle them as though the weapon systems were live to ensure that all appropriate safety procedures would be followed in an actual wartime scenario.

Identified as possible obstacles, the airfield's weather and remoteness turned out to be valuable learning experiences for the Airmen.

***"This joint operation thrust us into these positions of high responsibility and limited resources, proving that we can always get the job done."***

“Landing conditions were challenging due to the short runway, strong crosswinds, and inclement weather,” said detachment commander Lt. Col. Curtis Yoshimoto, “Our supervisory personnel on the ground are in constant communication with pilots to pass critical information, enabling pilots to adjust and overcome such circumstances.”

By servicing fighter aircraft at the PMRF, TFI Airmen could simulate the conditions of a remote and austere environment.

Maj. Nicholas Danielson, 154 WG mission planner, stated the complex training plan was made possible because of the longstanding partnership between the 154th and 15th Wings. He added that JBRE 23-1 validated the JBPH-H Airmen's capability to rapidly meet emerging requirements.

In addition to executing multiple ACE concepts, the training also served to further the interoperability between U.S. Air Force units and U.S. Navy personnel at the PMRF.

“Our capability to rearm jets at austere locations projects combat airpower, validating the wings' effectiveness to deploy expeditiously anywhere, anytime,” said Danielson. “The TFI training accomplished during this JBRE has proved vital to the 15th and 154th Wing's readiness and preparation to execute ACE operations in any theater.”





# UNDERGRADUATE PILOT TRAINING BOARD OPEN FOR APPLICANTS



We are pleased to announce that applications are now being accepted for our next Undergraduate Pilot Training (UPT) board. If you're interested in applying to become a pilot in the HIANG, see requirements below. Please combine the following into a single PDF file:

1. 8x10 Photo
2. Resume
3. Letter addressed to "HIANG FY23 UPT Selection Board" explaining why you want to serve as an officer and pilot in the HIANG
4. AF 24 - Application for Appointment
5. Letters of Recommendation (no more than 3)
6. Official college transcripts (must show award date of Bachelor's degree)
7. **AFOQT Scores** \* Schedule AFOQT with 154 FSS/FSD - SMSgt Timothy Capps - timothy.capps.1@us.af.mil \* AFOQT scores can be retrieved at <https://afmilpers.us.af.mil/AFOQTSNet40/DODBanner.aspx>
8. **TBAS Scores** \* Schedule TBAS at Hangar 2 Education Center - 448-8066 or 448-0461 \* TBAS scores can be retrieved at <http://access.afpc.af.mil/pcsmdmz/index.html>
9. Copy of private pilot's license (if completed)
10. All DD 214's and/or discharge documents from all branches of service served
11. Must be less than 33 years of age when selected for UPT position (Age waiver approved by DANG required for 33 and up)

**EMAIL APPLICATIONS AND ANY QUESTIONS/INQUIRIES TO  
HQHIANG.HQHIANGA1R.RECRUITINGELEMENT@US.AF.MIL WITH SUBJECT: FY23 UPT  
APPLICATION - RANK, FIRST, LAST. ALL APPLICATIONS MUST BE COMPLETE AND  
SUBMITTED NO LATER THAN COB 2 JUNE 2023.**



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## HOW TO STAY SAFE WHEN DRIVING DURING BAD WEATHER



Safety Tips by **Staff Sgt Eric Aguda**

We have been experiencing some bad weather this year. Here are a few tips to help you get to and from your destination safely. Ensure that your mode of transportation is roadworthy. Check that your wiper blades, lights, battery and brakes are working. Be sure your tires are properly inflated and tread is good. For optimum visibility use water repellent on your headlights and on the outside of your windshield & antifogger on the inside. Fill up your fuel tank in case you get caught in traffic or must change routes or turn back. Pack a just-in-case kit with water, snacks, headlamp, hat, gloves & other essentials. Stay up to date with weather, road conditions and traffic cameras. Apps such as Google Maps and Waze are useful tools to map out your trip. Be sure your mobile phone is fully charged in case you get stuck. As always obey all traffic rules. Pay attention to the signs on the road. Slow down if the weather requires it. Allow extra space since stopping distances increase on wet roadways. Avoid standing water to prevent hydroplaning. If you begin to hydroplane, let off the accelerator and gently steer in the direction you wish to travel. Do not brake or steer abruptly. To summarize, avoid distractions while driving and just be maka'ala, be alert, vigilant and watchful.

1. **ENSURE YOUR MODE OF TRANSPORTATION IS ROADWORTHY BY CHECKING WIPER BLADES, LIGHTS, BATTERY, BRAKES, AND TIRES.**
2. **USE WATER REPELLENT AND ANTI-FOGGER ON YOUR HEADLIGHTS AND WINDSHIELD FOR OPTIMAL VISIBILITY.**
3. **STAY INFORMED ABOUT WEATHER, ROAD CONDITIONS, AND TRAFFIC CAMERAS USING APPS LIKE GOOGLE MAPS AND WAZE.**
4. **FOLLOW TRAFFIC RULES, SLOW DOWN IN BAD WEATHER, AND AVOID HYDROPLANING BY GENTLY STEERING IN THE DIRECTION YOU WISH TO TRAVEL IF YOU BEGIN TO HYDROPLANE. STAY ALERT, VIGILANT, AND WATCHFUL WHILE DRIVING.**



# 154th Wing joins info exchange in the Philippines

by **Tech Sgt Hailey Haux**

Airmen from the Pacific Air Forces area of responsibility traveled to Basa and Clark Air Bases, Philippines, to conduct several Subject Matter Expert Exchanges with airmen from the Philippine Air Force, Jan. 23 through 27, 2023.

The SMEEs involved discussions of munitions, maintenance, logistics and hot pit refueling and were held as a precursor to cooperation in future large exercises in the Indo-Pacific region.

“These SMEEs are really great collaborations between the two forces and lay the foundation toward a more detailed execution like Balikatan and Cope Thunder,” said Philippine Air Force 1st Lt. Carlo Emmanuel Canlas, event lead. “It’s important for the PAF and PACAF to improve coordination so future operations and exercises can be successful.”

Throughout the five-day event, PACAF Airmen discussed topics with their

PAF counterparts, such as explosive safety, expeditionary munitions storage, protective facility designs, logistics to move the force from one location to another, hot pit operations, flying hour programs and maintenance scheduling.

“We were able to share our different programs with each other, which was incredibly insightful,” said U.S. Air Force Tech. Sgt. Rainier Raquion, 154th Wing Maintenance Operations, NCO in charge of Flight, Plans and Scheduling.

Hawaii is one of the State Partners of the Philippines through the State Partnership Program—or SPP—which began in 2000. One key aspect of the SPP links a unique component of the Defense Department—a state’s National Guard—with the armed forces, or equivalent, of a partner country in a cooperative, mutually beneficial relationship.

“It’s important for the PAF and PACAF to improve coordination so future operations and exercises can be successful.”

Through the SPP, the National Guard conducts military-to-military engagements in support of defense security goals. The program also leverages whole-of-society relationships and capabilities to facilitate broader interagency engagements spanning military, government, economic and social spheres.

At the end of the exchanges, both nation’s Airmen gathered for a debrief where leaders discussed the progress that was made and what they hoped to accomplish with future engagements.

“This was an incredibly successful SMEE,” said U.S. Air Force Capt. Jennifer Nuanes, 154th Wing, Aircraft Maintenance Unit officer. “It wasn’t just the information sharing that

made it successful. It was the sharing of our cultures, our food and our experiences that built deeper relationships between our two countries. I look forward to future engagements and further enhancing these strong bonds.”



Airmen from throughout Pacific Air Forces and the Philippine Air Force pose for a photo at the end of a five-day Subject Matter Expert Exchange event at Basa and Clark Air Bases, Philippines.





# BMT Buddies: A 39-Year Friendship in the Air Force

by **Staff Sgt John Linzmeier**



Thirty-nine years ago Chief Master Sgt. Wendell Villanueva and Senior Master Sgt. Ricky Yamamoto began their careers in the U.S. Air Force, thinking that their friendship would be spread apart as they pursued their enlisted careers.

Little did they know at the time, their journey would have much more overlap than they could have ever anticipated.

As teenagers, the two swore the oath of enlistment together in Hawaii's Military Entrance Processing Station. Shortly after, they flew together to Basic Military Training at Lackland Air Force Base, Texas, and trained in the same flight, with Yamamoto being the flight's Dorm Chief.

Upon graduation, the two Airmen were provided reporting instructions for their designated technical schools. While Villanueva was selected to train as an aircraft fuels systems repair technician, and Yamamoto was to be a machinist/welder, both schools were located at the same installation, Chanute Air Force Base, Illinois.

After graduating from their respective schoolhouses, the two went their separate ways as they progressed to their first duty stations.

Villanueva would later PCS to Clark Air Base in the Philippines, where he would be stationed for six years.

While on leave back in his hometown, he called Yamamoto's home line to see if he had also returned home. Yamamoto's mother answered and explained that her son had transferred from active duty into the Hawaii Air National Guard, and was coincidentally TDY to Clark Air Base at the moment.

While Villanueva wasn't aware of the HIANG at the time, he decided to track his old friend down and surprise him once he returned to the Philippines.

As he drove past an area that he suspected to be Yamamoto's TDY billet, he noticed a different familiar figure walking down the stairwell. It was a mutual buddy who was also in their BMT squadron, Franklin Ho, who had recently retired from the HIANG as a Chief Master Sergeant.

Villanueva flagged Ho down and was finally able to surprise his long-separated friend and meet some other HIANG members that would later become a part of Villanueva's extended 'ohana.

A few years later, Villanueva was at a crossroads in his career, facing the decision of accepting an assignment that he was not excited about and potentially ending his enlistment altogether.

However, Villanueva's reunion with Yamamoto in the Philippines presented a third avenue, giving him an opportunity to return to his home state for good and continuing his military service for another 30 years.

Since then, the two BMT Buddies' have worked and been TDY together all around the world, and are still serving to train and mentor the next generation of leaders. Their chance reunion at Clark Air Base proved that maintaining strong friendships can lead to unexpected and fulfilling opportunities.



## FREE FINANCIAL COUNSELING SERVICES AVAILABLE

My name is Lyle Hansen, and I am the new Personal Financial Counselor (PFC) assigned to the HIANG. I have been here a few weeks and have had the chance to meet several of you. I am honored to be here and serve you. As a PFC, I can assist with planning for your financial future and providing counseling to help you manage your finances, so you can better focus on the mission. I offer face to face appointments, virtual TEAM appointments, phone appointments, and support through emails, texts and cell phone calls. I can guide you with budgeting, credit management (including credit scores and credit reports), TSP, investing, estate planning, VA loans, debt and credit management, consumer rights and obligations, homebuying, car buying, refinancing current loans, taxes, navigating benefits and more. My services are free and confidential and offer flexible scheduling to meet with you. Please reach out to me with any personal financial needs or questions. I am here to assist you and look forward to meeting with as many of you as possible. Thank you for your service and what you do.

**Lyle Hansen, AFC<sup>®</sup>, PFC<sup>®</sup>**

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