



Kukailimoku

HIPAO

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War God Of King Kamehameha I - 154 COMPAG

Vol. 34, No. 7

Hickam Air Force Base
Hawaii

July 17, 1988

OPERATION READINESS CHECK SIX "SIMULATED NUCLEAR ATTACK"

by SSgt. Rodney Jacques

Have you ever been stuck in a room for fourteen days with fifty people, rationed food, sparse water, makeshift sanitation, and no shower facilities? Well, welcome to reality and the Nuclear Age.

JTF-119, a Joint Task Force exercise involving Pacific military units, tested our ability to continue the HIANG mission in a nuclear radiated environment. The exercise simulated a multiple nuclear strike that hit Lualualei Naval Magazine and the Diamond Head area. This left the Hickam AFB/Honolulu Airport complex away from Ground Zero but close enough to experience heavy concentrations of radioactive fallout. But what does that mean?

Fourteen days is the minimum time that people will have to stay in shelters and continue to perform their mission during a single detonation of a nuclear warhead. 154COMPAG Regulation 355-1 covers the plans that will be followed in case of nuclear attack. All COMPAG units have a designated shelter and supervisors are assigned to ensure that plans will be carried out.

Battery Selfridge, Room 12, has been designated the "Emergency Operation Center" for the 154COMPAG. From the bunker, key people will manage essential elements of our operation and plan what steps should be taken to minimize radiation exposure. Room 17 of the bunker is equipped with a decontamination station to screen people and equipment that pass thru its doors. The station has geiger counters, wisks brooms, and dust brushes to rid personnel of radioactive fallout.

The simulated nuclear attack was intended to evaluate the following items:

1. Test shelter management teams ability to control the situation.

CONT'D ON PG 10

by Lt Brad Sakai

A few new faces will be seen around the 199 Tactical Fighter Squadron (TFS) this drill weekend. They are the HANG's newest members attached to the 199 TFS, 2Lt. David Dyas, Capt. Lonnie Mahi, A.W. "Balt" Balthazar, and H.R. Haldeman. 2Lt. David Dyas has recently returned home as an officer from the Academy of Military Science in Tennessee. David a former U.H. football standout, has decided against a professional football career in order to fulfill his other dream, to fly fighters. He's presently awaiting his UPT date which is in late August. While he's waiting to leave, David is helping around the squadron doing a variety of projects and sandbagging F-15 flights whenever available. He has also just gotten married to a Hawaii Kai girl, Christina. Our Congratulations!

Another addition who is back for good is Capt. Lonnie Mahi. This former Kamehameha graduate just completed his transitional training in F-15s at Luke Air Force Base, Arizona. A former Air Force F-16 pilot stationed at Misawa Air Base, Japan, Lonnie is happy to be home and anxious to fly the Hawaiian skies. Lonnie is presently living in Kaneohe with his wife and kids.

Our third local boy is "Balt" Balthazar. This Maui boy has also left the Air Force to join the HANG. Balt was attached to the 2nd TFTS at Tyndall Air Force Base, Florida where he taught and flew as an F-15 flight instructor. His outstanding performance as an instructor has paid off. He has been selected to attend the "Top Gun" school of the Air Force, Fighter Weapons School, at Nellis Air Force Base, Nevada. He starts in August and won't return for good until around Christmas. For the next few weeks here at Hickam we will be putting him

CONT'D ON PG 10

Commander's Corner

by

Col. John S. W. Lee



At a time when commanders are seeking to extend their breadth of readiness through increased, diversified training, the reality of resource constraints cannot be overlooked. This forces us into another posture: first to reassess what we have and second to consider how best to use these resources. But shouldn't we have done this in the first instance. We may have, but now we need to consider how we as a squadron or sub-unit of this Composite Group can optimize our training without producing unwarranted costs to others. This is very difficult to do. In fact, as we look at our UTA days, we have so many activities that high priority concerns are competing equally with other high priority concerns for UTA time. Thus for this UTA, here are some of the major activities we scheduled ourselves for self evaluation: Command and control, battle staff management, CAT II dispersal, disaster preparedness with alternate command post operations, systems phase exercise, intelligence operations and mobility...mobility. We are seriously appraising both physical security, comm-security and general security practices in the light of real world circumstances which have caused the Base to establish Threatcon Alpha measures.

But it's not "fun" anymore. How true it is that when we lack responsibility for an event we can go completely "ballistic" and equate this to "fun" or "letting your hair down" or "going all the way". But with each succeeding challenge, this unit has had to accept additional responsibilities.

The cost for going overseas was to be physically fit and technically capable to interface with the active duty forces. The cost to fly the F-15 is a commitment to train and be just as ready as the active units who are flying the F-15 weapons system. It's not fun anymore...it's a commitment to a professional standard.

CHEMICAL WARFARE TRAINING

by Capt. Stan Osserman

In 1986, I was fortunate to participate with other members of the 154th Composite Group, and other mainland guardsmen, in "Creek Klaxon", an air defense mission of Ramstein Air Force Base, West Germany. It was a great chance to see Europe but it also was a real "eye opener" to see how the Air Force trains and conducts operations close to Soviet forces. There were many aspects of the training that were different, however, the most outstanding examples were mock attacks on the base with chemical warfare (C.W.) agents. These exercises went on for days and involved every aspect of life and work on base (CBPO, Hospital, Security Police, Fighter Squadron, Maintenance, etc.)

Although, the threat to Hawaii of a C.W. attack is fairly remote it is not impossible. The fact that many of our units are slotted for mobility means that we could be quickly involved in a chemical warfare environment. We do not train to combat the C.W. threat with the same enthusiasm as our European counterparts but we should. After all, the time to learn about the limitations of working and living in "Rubber Face", as we called it in Germany, is not when you see the chemical clouds drifting your way. We must train now, as uncomfortable as it is, for extended periods, to learn the limits of living in your "new skins". As Guardsmen (and women), we are slowly shedding the "Weekend Warrior" image of the past and one of our most profound (and uncomfortable) rites of passage is training for the C.W. environment. Let's bite the bullet and show the regular Air Force that we can better them in combating the C.W. threat. After all we're better at just about everything else, right!

(Recommended reading for Commanders is the "Commanders Guide for Operating in a Chemical Warfare Environment").

Pastor's Perspective



by Chaplain
(1Lt) Robert Nagamine

Lately, I've been noticing the various ways people relate to God. Depending on our circumstances and situations, we treat God differently.

A common way people think of God is as Santa Claus. We bring our wish lists to God and hope to receive our requests in a few days or weeks. Quite convenient !! The setback of this kind of relationship is that there is a tendency for only one-way communication. We do the asking and He delivers the goods. If we only stop to listen to Him, we might hear helpful things like: "wait awhile, its not the best time," or "that's not really good for you, I've got something better."

Another way people think of God is as a police officer. We think of Him as a defender of justice. While we see so many injustices and inequalities that go on in life, we want God to do something about it. People believe that somehow God will make justice prevail. They will even go as far as helping him. That's probably why Clint Eastwood is well liked by many people. But we must realize that God isn't just the enforcer of justice. That's only one side of Him. He is also the promoter of patience and grace, even to those who don't deserve it.

Finally, another common way people think of God is as a lifesaver. God is only remembered when He has to bail us out of trouble. The cry for "help!" is all too common. This isn't all too bad except that God also needs to be remembered after the crisis is over.

I think the best kind of relationship to have with God is to treat Him as a person. True, He is not just another person, because He is the ruler of the Universe. But it is also true that He comes down to our level. He wants to walk with us through life. He wants to be a friend to us. Treat him better than just Santa Claus, a police officer or lifesaver. Treat Him as your closest friend.

CONGRATULATIONS!! to Chaplain Nagamine and his wife on the birth of their first child. Kristin, a BABY GIRL was born at 2230 hours on Wednesday, 6 July. She weighed in at 4 pounds 7 ounces!

PROTESTANT WORSHIP SERVICES




SUNDAY UTAs

154 CAM SQ
CLASSROOM # 4
3:PM



**ALL INTERESTED PERSONS
INVITED TO ATTEND**

 KUKAILIMOKU
MEMBERS OF THE KUKAILIMOKU
STAFF

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CAM SQ. News & Views



by MSgt Fred M. Higa, Jr.

Would like to welcome you all again to a fun and work filled drill UTA. July marks the 'homestretch' of one of the most grueling conversions that we have ever gone through. The first quarter of the next fiscal year will not allow us to rest on our laurels and accomplishments as we anxiously look forward to our first ORI/UEI in the F-15 Eagle. The 154 CAM Sq and the HANG, over the years, has nurtured a 'can-do' attitude which catapulted us into the position we enjoy today, a reputation of being 'NO KA OI' or 'THE BEST'. We all know we can do the job, now we've got to SHOW everyone we can do the job. The next few months will be filled with activities to do just that, and your kokua and participation in whatever activities are planned will certainly help in attaining another 'Outstanding' report card..... If you like history, and like putting historical data together, then have we got a job for you!! We are looking for anyone who is genuinely interested in becoming the CAM Squadron Unit Historian as an additional duty. If you would like more information, contact LTC Ault for particulars...Retiree MSG Rudy Luat sends his mahalos and thank you to all those who honored him on his recent retirement. A nice time was had by all who attended. Much thanks to Capt Dave Snakenberg who stepped in, at the last minute, to emcee the event. And speaking of the Capt stepping in, good luck to him on his temporary appointment as the replacement to Rudy in Maintenance Control. Big job and big shoes to fill, Dave...And speaking of Maint Control, congrats to SSgt Yvette Escudro and hubby Rowan as they welcomed a 7 lb. son on June 26. Welcome back goes to SrA Channing

Ching as he returned from Chanute AFB after attending tech school in Maint Control. Good luck goes to Sgt Freddie Espinosa who has decided to leave the Guard and take on a career in the Air Force...Also returning from tech is A1C Robert Saunders (son of recruiter MSG Dick Saunders). He just completed the Munitions Inventory Mgmt Spec course at Lowry AFB in Denver. Good to have you aboard in the Munitions Maintenance Section...Welcome back also goes to ABs Cameron Deal and Michael Souza of the Weapons shop, and good luck SrA Vic Saclot and AB Rory Paikai as they join the Weapons Loading section...From the Avionics Branch, studying hard at Lowry AFB are ABs Guy Kawaguchi and Ken Nakamura and Sgt Fred Kanno. Hope they do well as the Avionics Branch adds more honor grads to their rolls, including AB Edward Holland (BMT Honor Grad), and A1C Danny Ardo (tech school Superior Academic Achievement Honor Grad). I lost count on how many honor grads that makes for the Avionics Branch. Welcome back from Lowry also goes to Amn Trisha Nakamura and Thomas Mahi as they join their compadres in A & B Shops respectively. People on the move, TDYing around the globe MSG Val Wong at Langley AFB for the Nestable Fuel Tank build-up demo; MSG Henry Hasuike, Sgt Gary Hema and A1C Franklin Ho to New Orleans to observe mobility procedures; MSG Ron Muronaga & TSG Stewart Lee to Kadena AB for info gathering on the test stands. Just back from their TDY to Elmendorf AFB are MSGs Ray Choy & Stanley Heu, TSGs Eric Wada, Lawrence Lum, Gary Shinsato, Jay Nishimura, Lionel Calvin, Sgt Russel Miyamoto and Amn Keith Lee. Guess we can call the Avionics folks the Avionics Travelers Branch. Sgt Richard Morikawa on 'hold' as wife Pamela is ready to give birth any day now...Much mahalo to Noel DeMello as he completes his tour as temporary technician in the R&R shop in the Field Maint branch. His efforts during the gun-firing exercises much appreciated. Of the 20 targets on hand, 15 were shot down. Good show!! Good luck goes to recent newlyweds Sgt Terence Masuda to wife Amy and Sgt William Boyer

CAM SQ continued

to wife Kathy. Welcome to the Engine shop family girls...If softball is your forte, go to the softball fields in Area 61 for the HIANG State Softball Tourney to be held July 30-31. There are 5 teams from Oahu and 1 team each from Hilo, Maui and Kauai. Defending champs from Maui, managed by Fred Corpuz, will be hard pressed this year to repeat. Let's all go to the ballgame to cheer our favorite team. Our 6th Annual CAM Sq Recognition Nite will be held on Friday, Sep 2, at the DeRussey Room of the Halekoa Hotel. Here's the info you've been waiting for:

DeRussey Room, Halekoa Hotel
 1730-1830 - No-Host Cocktails
 1830 - Dinner
 1930 - Program

Cost: \$12.00

Menu: Polynesian Luau Buffet
 Roast Baron of Beef
 Kalua Pig
 Mahimahi
 Chicken Long Rice
 Laulau
 Yams
 Salads
 Vegetables

If you need a room for the nite, the Outrigger Royal Islander is the place you'll have a good time at for \$40.00. A hotel sign-up sheet is available in Admin. You remember how good the party was last year, this year will be better..... Saturday, Oct 29, Sheraton Waikiki!! Make a note of the date and place as that will be the day we honor our Squadron Commander, LTC Norman Ault, as he retires after umpteen years in the Guard. Look for flyers in the next few weeks for particulars. That's all for now folks, til the next issue..."The happiest people are those who discover that what they should be doing and what they are doing are the same thing." fhiga



**Take it personally
 Register Then vote**

WHAT'S HAPPENING

AT THE 169TH?



by Capt. Mary Coka

This summer has been an exceptionally busy, but enjoyable one for the 169th. On the night of June 10, we finished off our summer camp with a luau that can only be described as spectacular! A total of 385 people attended this yearly event. Under the capable leadership of Luau chairs, Steve Nakayama and Dennis Nagai (with advice from Joe Tibayan and Mako Akagi) we again managed to produce a luau that makes the Waikiki (attempts at) luaus pale in comparison. The food, entertainment - and best of all good fellowship, made this an event that was well worth every bit of effort put into it. Seems everyone in the unit got involved with some facet of the production - lei-making, decorating, food prep, etc. This goes to show what fine results team work can accomplish.

Away at school--Stan Shinsato left last week for the Data Quality Monitor School at Keesler Air Force Base, Mississippi. Paul Miyasaki took off for Keesler the same day to attend a radio equipment course. Have a good time in the 100 degree temperatures and 99% humidity guys! Ron Comeaux began the JSS Computer Maintenance Course at Tyndall Air Force Base, Florida a few weeks ago. Hope Ron makes it through those 3 long months without acquiring an ulcer and/or a southern accent.

Back from school--Welcome home from Tyndall to Guy Hironaka and Mel Murakami. Sounds as though those two guys caught all the fish worth catching in the Gulf. (So Ron may as well forget fishing and just study while he's there.) As well as doing a fine job of fishing, rumor has it that both Guy and Mel did exceptionally well in their courses. Glad to have you guys back home!

Welcome aboard to new 169th members: Capt. Stacey Clowe - Operations, SSgt. Dan Honda - Computer Maintenance, Sgt. Wayne Matsukawa - Quality Control, Sgt. Philip Morgan - Security Police, and Amn. Jeff Daog - Computer Maintenance.

Also welcome to the 150th members attached to Operations: Airmans Jeffrey Chun, Ryan Gionson, Bradley Johnson, Obed Sniffen, Blaine Vilorio, Catherine Wicks, Harvey Yoneda and Colin Yoshimitsu. Until next month --- Mary O.

CBPO CONNECTION

UNIFORM TIPS

Men's Lightweight Blue Jacket

Effective immediately, those women who prefer to wear the men's jacket, and who present a neat, professional appearance when wearing it, are authorized to do so. However, it should be noted that size 36' is the smallest size available in the men's jacket, which limits the number of women who are able to wear it and maintain the required level of appearance.

Officer Insignia

Effectively immediately, officers have the option to wear either the black subdued pin on grade insignia (any style) or the cloth subdued insignia on the battle dress uniform (BDU). Placement will be the same as presently prescribed for the cloth insignia. Officer grade insignia for the fatigue uniform remains unchanged (cloth subdued).

No-hat/No-salute Areas

Most personnel are not observing the required no-hat/no-salute areas. Keep in mind that if a hat is worn in a no-hat/no-salute area, it is a violation of AFR35-10 and will be a write-up during an inspection. Although in a recognized no-hat/no-salute area, customs and courtesies should be extended, i.e. when approaching a VIP and in doubt, SALUTE...

PERSONNEL NOTES

POW MEDAL

The Department of Defense has announced the availability of the new Prisoner of War (POW) Medal. The POW Medal is awarded to individuals who were taken prisoner and held captive during World War I or II, the Korean Conflict, and the Vietnam War. Eligible individuals should contact TSgt. Phillips at 449-5669 for assistance.

DD Fm 93 - Record of Emergency Data

Any change that will affect the accuracy of your Record of Emergency Data will result in the reaccomplishment of your DD Fm 93.

This includes a change in your marital status, number of children and any loss of kin or changes of address presently listed on the form. If your spouse is a member of the military this information must also be noted on the Record of Emergency Data. It is the members responsibility to insure that the information on DD Fm 93 is current at all times. CBPO, Records Section (449-5669)

PROMOTIONS

Hats off to the following individuals who were promoted/appointed to the ranks shown effective on the dates indicated:

150 ACW SQ

Sgt Joseph P. Almeida	3 Jun 88
Amn Obed Sniffen Jr.	19 Jul 88
Amn Colin K. Yoshimitsu	20 Jul 88
Amn Christopher K. Gonsalves	11 Aug 88

154 MSS

Sgt Tamah-Lani S. K. Nakamoto	17 Jun 88
Sgt Loretta K. Baldwin	25 Jun 88
A1C Randy L. Stowell	7 Jul 88
A1C Edward E. Lee Jr.	15 Jul 88

154 CAM SQ

CMSgt Kenneth J. Camara	16 May 88
SMSgt Harold G. Demello Jr.	16 May 88
SMSgt John K. L. Wahinekapu	16 May 88
MSgt Clifford K. Ono	16 May 88
TSgt Wescott K. Lee	16 May 88
SSgt Howard K. Naone	16 May 88
Sgt Derek K. Leong	15 Jun 88
Sgt Marc Mendez	30 Jun 88
SrA William T. Boyer	15 Jul 88
A1C Sean M. Tao	15 Jul 88
Amn Kenneth A. Nakamura	2 Jun 88
Amn Shanna Y. Komatsu	10 Jul 88
Amn Trisha L. Nakamura	12 Jul 88
Amn Darren D. Oganeke	13 Jul 88

169 ACW SQ

TSgt Ronald A. Fukumoto	16 May 88
Sgt Terry M. Tagawa	25 May 88
Sgt Darryl Y. T. Chang	6 Jul 88
SrA Derek E. Mau	27 May 88
SrA Kevin T. Fukuda	1 Jun 88
SrA Richard K. Williams Jr.	3 Jun 88

199 TFS

Maj Gary L. Peters	1 Jul 88
Sgt Raymond A. Dongon	18 May 88
Sgt Wyatt L. Copp	23 Jun 88
SrA Beau E. I. Oshiro	18 May 88
Amn Paul K. Bryant	13 Jul 88

CONT'D ON NEXT PAGE

PROMOTIONS CONT'D154 CES

Lt Col Jeffrey M. Smith	9 Jul 88
SSgt Nicholas Muragin Jr.	16 May 88
SrA Allen B. Ulep	31 May 88
SrA Douglas Q. Berbano	1 Jul 88

154 RMS

Lt Col Allen K. Shinsato	11 Jun 88
SrA Darrell J. Bactad	3 Jun 88

154 Tac Hosp

Maj Tzu L. Ho	22 Jun 88
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CAPT JAMES HIKITA
2LT MELISSA ZEN
SSGT CARSWELL ROSS JR.

MARIJUANA AND IT'S EFFECTS

Following are some true and false statements about MARIJUANA. See how many of these questions you can answer correctly.

T F 1. The ingredient in marijuana responsible for its mind-altering property is called LSD.

T F 2. Hashish is a more potent form of marijuana because of its darker color.

T F 3. Approximately five to ten times as much of the active ingredients in marijuana enters the bloodstream when marijuana is smoked rather than eaten.

T F 4. The active ingredient in marijuana is deposited in the fat layer of the cell and impedes nutrients from passing into the cell.

T F 5. White cells in the blood are responsible for the maintenance of cell immunity.

T F 6. Smoking marijuana gives the user an ability to concentrate on a topic for long periods of time.

T F 7. Marijuana use enhances the body's ability to coordinate its movements.

T F 8. When marijuana and other drugs are taken together they are three times and more deadly as if they were taken by themselves.

T F 9. Tobacco smoke contains more cancer producing elements than marijuana smoke.

T F 10. Smoking marijuana has recently been prescribed as therapy for patients with a heart condition.

T F 11. Smoking marijuana results in a greater ability to perform sexually.

T F 12. Marijuana use increases male hormone levels in females.

T F 13. According to some studies, infant mortality rates increase with marijuana use.

T F 14. Smoking marijuana can produce irreversible effects.

ANSWERS: (1)F (2)F (3)T (4)T (5)T (6)F (7)F (8)T (9)F (10)F (11)F (12)T (13)T (14)T (15)T If you did not do so well on this test see one of the Social Actions staff for a handout on MARIJUANA.

LEGAL BRIEF

BY CAPT JAMES ITAMURA



'Religious Apparel', which is defined as the wearing of articles of clothing or dress which is part of the doctrinal or traditional observance of the religious faith practiced by the member, may now be worn with the uniform according to a change to AFR 35-10. Hairstyles, grooming practices, and jewelry are not included in the definition.

Wear of the item will be approved unless the wear interferes with performance of duty or the item is not neat and conservative.

Religious head coverings that are plain and dark blue or black in color without adornments are authorized. They may be worn under military head coverings if they do not interfere with the wear of the uniform. The Jewish yarmulke is an example of a religious head covering that may be worn underneath military head covering, if it does not exceed 6 inches in diameter.

For other items that are visible, a member must make a formal request and go through various channels for approval.

The change comes as the result of a court-case involving a Jewish Air Force doctor, who got in trouble for wearing his yarmulke, contested it and won. Sometimes, it does pay to fight City Hall!

KUDOS

Congratulations to AB Sharon Tabisola of the 154 Mission Support Squadron, who was recognized for being an honor graduate of the Apprentice Food Services Specialist Course. Well Done!

Congratulations to SrA Ricky Y. Yamamoto of the 154 Consolidated Aircraft Maintenance Squadron (CAMS), who was recognized for his superior academic achievement while attending the Aircraft Fuel Systems Mechanic Course. This recognition has brought pride to the Hawaii Air National Guard and we look forward to his continued outstanding performance.

Congratulations to MSgt John Chun for receiving an associate degree in Aircraft Powerplant Technology. His efforts to dedicate his personal time to better himself by completing this course makes him an even greater asset to the 154 CAMS.

MONTGOMERY GI BILL

BASIC ELIGIBILITY (Based on Reserve Service)

1. On or after July 1, 1985:
 - A. Enlists, Reenlists, Extends Enlistment for at least 6 years. Officers already serving must commit for 6 additional years.
 - B. Received High School Diploma or equivalent before IADT.
 - C. Completed IADT (Initial Active Duty for Training).
 - D. Satisfactorily participating in required Reserve Training.
 - E. Prior Service members who have used the old GI Bill or VEAPs program are authorized 48 months of combined benefits.
2. Eligibility Precluded if:
 - A. Using Chap. 30 (New GI Bill); Old GI Bill; VEAP; or Tuition Waiver Programs.
 - B. Receiving financial assistance under Sec. 2107 of Title 10, USC as member of Senior ROTC Program.
 - C. Completed a program of education at level of Bachelor's Degree or equivalent.

ELIGIBILITY PERIOD (Up to Earliest of Following):

1. Ten Years from Date of Eligibility Began, or
2. Date of Separation from Selected Reserve, or
3. Graduates with Bachelors Degree.

ENTITLEMENT - 36 Months of full-time or equivalent benefits at the following rates (no allowance for dependents):

- FULL-TIME (12 Credits) - \$140 per mo
- 3/4-TIME (9 Credits) - \$105 per mo
- 1/2-TIME (6 Credits) - \$70 per mo
- LESS THAN 1/2-TIME - \$0

The program is administered and benefits paid by the Veterans Administration for approved attendance only. Maximum benefits is \$5,040.

EDUCATION PROGRAMS

1. All approved undergraduate degree programs within and outside the U.S., and non-college degree programs offered by institutions approved by the VA are coverable.
2. No Tutorial Assistance, Education Loan, or Workstudy Supplemental Benefits available to Chap 106 recipients.
3. Graduate and other programs beyond a Bachelor's level degree (or equivalent) are not coverable.
4. A Second Bachelor's Degree is not

coverable.

5. Non-College degree programs offered by institutions not approved by the VA are not coverable.

6. Deficiency (less than 100 series classes); Remedial; and Refresher Courses are not coverable.

For more information, contact MSgt Iris Kabazawa, Base Career Advisor, 449-7794/449-5669, Sgt. Ramon Quizon or Sgt. Roxanne Bruhn, Personnel Specialist, 449-5685.

RECRUITING & RETENTION

by SMSgt. Richard Fukui

With less than three months remaining in Fiscal Year '88, the prospect of not attaining our Hawaii Air National Guard (HIANG) year-end strength goal of 98% is becoming a command concern. The Fiscal Year '88 strength for HIANG has seen a steady decrease from 2194 in October 1987 to 2187 as of June 1988, which is a net loss of 7 personnel. To meet our 98% year-end strength goal, by the end of September 1988, requires the assistance of every member of HIANG.

Our goal can only be realized through the efforts of all members throughout our organization. On a number of occasions, we have found that our senior NCOs and officers were not aware of our critical strength situation because we failed to communicate the seriousness of the problem. The lack of awareness on the part of key personnel has, in some cases, resulted in complacency and the lack of urgency to support our recruiting and retention program. Therefore, we are taking this means to inform all members of HIANG about our strength concerns. Our recruiting and retention personnel are shifting their efforts into "high-gear" to improve our strength situation. However, to believe that our recruiting and retention personnel can alone accomplish the demanding challenge ahead of us is unrealistic and would only create a false sense of expectation.

The challenge is before us, we have a serious strength problem and to overcome it we will have to have the assistance of every member of HIANG. We must be able to retain our qualified personnel and recruit new members into HIANG. If you have a name of a prospective recruit, now is the time to get their name to your unit recruiters. We have overcome difficult situations in the past and with the help of every HIANG member we can meet and overcome this challenge.

SAFETY UNDER THE SUN

According to the National Safety Council, the rate of sun induced skin cancer has risen drastically in the last 50 years, including a tenfold increase in the most dangerous form of skin cancer, melanoma.

The two most common forms of skin cancer, basal and squamous cell carcinoma, are the direct result of cumulative exposure to the sun's ultraviolet rays over a person's lifespan. Long-term sun exposure also causes premature wrinkling and drying-out of the skin. The sun's dangerous UV radiation has also been linked to cataracts and damage to the body's cancer fighting immune system.

Unfortunately, it is UV radiation that causes a suntan.

When the skin is exposed to too much sun, it produces a pigment called melanin. Melanin acts as a natural sun screen by reflecting the sun's UV radiation. Melanin is also the pigment that causes skin color. It is found in naturally high quantities in darker-skinned races such as blacks and native Americans, and in naturally low quantities in lighter-skinned races such as Celts.

A suntan, then, is the body's defensive reaction against UV radiation. The more time you spend in the sun and the less melanin you have, the more likely you are to get a sunburn instead of a suntan. Unfortunately for them, lighter-skinned people are genetically predisposed to burn.

Lighter-skinned people are also more susceptible to malignant melanoma, the deadliest type of skin cancer. Malignant melanoma is said to be caused not by cumulative sun exposure, but by one or more serious sunburns. Since lighter-skinned people are more susceptible to sunburn, they also stand the greatest risk of contracting this deadly disease.

This summer, the National Safety Council recommends that you limit your sun exposure as much as possible. This doesn't mean to stay indoors all the time. Rather, avoid useless sunbathing.

Try to schedule your outdoor activities for before 10 a.m. or after 2 p.m. These "prime tanning hours" are also the prime danger hours. Certain parts of the body burn faster than others, so give them special care. The top of the head, ears and nose, and the upper back and shoulders are usually the first to burn.

Clouds and water will not shield you away from UV radiation. Be wary on cloudy

days and count water time as sun exposure time.

Dry clothing reflects almost all UV radiation, but wet garments let about half the UV rays pass through to the skin.

Sun blockers and sun screens provide varying degrees of protection. Sun blockers, like zinc oxide, reduce the penetration of UV rays, while sun screens allow "tanning" rays through-though all tanning rays are UV rays, and hence dangerous. Fair skinned people should use a sun screen with SPF (sun protection factor) of no less than 15.

Apply a sun screen or blocker prior to going outdoors; this allows the chemicals time to work into your skin and be more effective. Make certain oil or lotion is evenly applied. If you are swimming or sweating, reapply the lotion from time to time.

If you have to spend a lot of time outdoors, keep in mind that tans begin to develop after three to five days of exposure.

Protect your eyes from reflected and direct exposure to the sun's rays. Sunglasses should be specially formulated to block out UV rays. Ordinary sunglasses provide only a minimal means of protection.

Avoid artificial means of tanning like lamps and salons. The UV rays produced by them are just as harmful as those produced by the sun.

To treat sunburn, soak towels or dressings in cool water, then apply to the burned area. Aspirin is effective in relieving the inflammation and pain and should be used unless your doctor instructs you to the contrary. Apply a cream after the pain has stopped to keep the skin moist.

KOKUA

Chapter 18 of the NCO Academy Graduates Association is soliciting your unselfish "Kokua" and volunteers to this very important community project that will take place August 13, 1988, at the Waimano Training School. It's their Annual Carnival. Chapter 18 was tasked to set up tents, August 12, 1988, from 9:00 a.m. 20 individuals are needed in manning game booths, August 13, 1988 from 9:00 a.m. - 1:00 p.m., in shifts.

Anyone who has stuffed dolls or usable toys (in good condition), don't get rid of it, donate them to the carnival. Let's get involved, for the kiddies of

Waimano Home, SMSgt. Richard deVeas, 449-1518

POC: TSgt. Rose Vendiola, 449-6472

SSgt. Jan DeRego, 448-0602

OPS CONT'D FROM FRONT PAGE

2. Give Damage Assessment teams from Civil Engineering experience.

3. Test the 154th Tac Hospital's readiness.

4. Evaluate whether personnel know where there shelter is.

5. Test disaster preparedness plans to ensure completeness.

But what does that mean?

Organization is the key to a successful disaster response! Plans have to be tested to see if what is expected really happens and people are integral to its success.

CHECK SIX CONT'D FROM FRONT PG

through an intense flying course to prepare him for his school. Good luck Balt and welcome home to you and your family.

Last on the list is Capt. H.R. Haldeman, who will be working closely with the CAMS Quality Control Folks. Ole' H.R. is also a former Air Force F-15 instructor from the 550th TFTS at Luke Air Force Base, Arizona. Besides flying with us, he will also be flying for Hawaiian Airlines as a Dash 7 pilot. H.R. and his wife will be residing in Waipahu. Welcome to Hawaii H.R.

P.S. Eh, Wildman! When's the promotion party Brah? Lordy's getting impatient.

PHYSICAL EXAMINATIONS

The 154th TAC Hospital will continue testing blood chemistry as part of periodic examinations on personnel (flying and non-flying) age 25 and older. Also, this applies to personnel involved in special purpose testing regardless of age (Clinical Testing). All unit commanders should notify personnel that fall into the above categories of the blood chemistry requirement.

Prior to the testing, patients should follow the steps listed below:

a. They are to fast (no food or liquids, except water) for 14 hours prior to the test.

b. No alcoholic beverages for 72 hours

c. Personnel scheduled for physical exams Saturday afternoon may report to the hospital Saturday morning (0800) for blood drawing.

ALOHA AND MAHALO

to MSgt Godwin Hashimoto

Dedicated, devoted, humble, tireless, and team player are only a few of the many adjectives to describe this Super Sergeant. To all of us in Civil Engineering, who know Godwin and those in the HANG who have heard of him, we all wish him a fond and thankful Aloha. Yes, Godwin after many years of faithful service, 26 years in all, to both the Hawaii Army National Guard and the Hawaii Air National Guard is retiring.

During his ten year career with the HANG, he logged many miles with us to far away places such as Makah AFS, Washington State, his first deployment in 1978. Other deployments took him to Van Nuys (Calif.), Cheyenne (Wyoming), Moffet AFB (Calif.), Eglin AFB (Fl.), Knoxville (Tenn.), Suwon (Korea), and Clark AFB (Phillipines). On each of these training deployments, he provided the leadership and example for all of us to follow and admire.

The highlight of MSgt Hashimoto's career came in 1982 when he was recognized as the HANG's Outstanding NCO. He then topped that honor by being chosen as one of the Air National Guard's Outstanding Airmen of the Year. Godwin and only one other HANG member have had the distinction of bringing this honor to the state of Hawaii since 1979. In April of 1983, he went to Washington D.C. with his wife Barbara, daughter Alison, and son Corey to receive the award from the Director of the Air National Guard.

Away from the Guard, Godwin contributes endless hours supporting children's activities in club and church sponsored events. He would never say no to anyone in need of his help. Losing Godwin to retirement will not be easy for the many men and women of the 154CES and we will miss him dearly.

To Godwin, best wishes for many years to come. Enjoy your new found 'extra weekend' and all of the pleasant days that lie ahead.
by CMSgt. Rod Correa

MEETING NOTICE

The Board of Directors and General Membership of the Air National Guard Noncommissioned Officers Academy Graduate Association will be having a meeting on August 21, 1988 at the Composite Recreation Center (CRC). The Board of Directors meeting will start at 1:00 p.m. for all board members and members concerned to be followed by a General Membership meeting for all members and interested personnel at 3:00 p.m. For more information contact SMSgt. Richard DeVees, 449-1518.

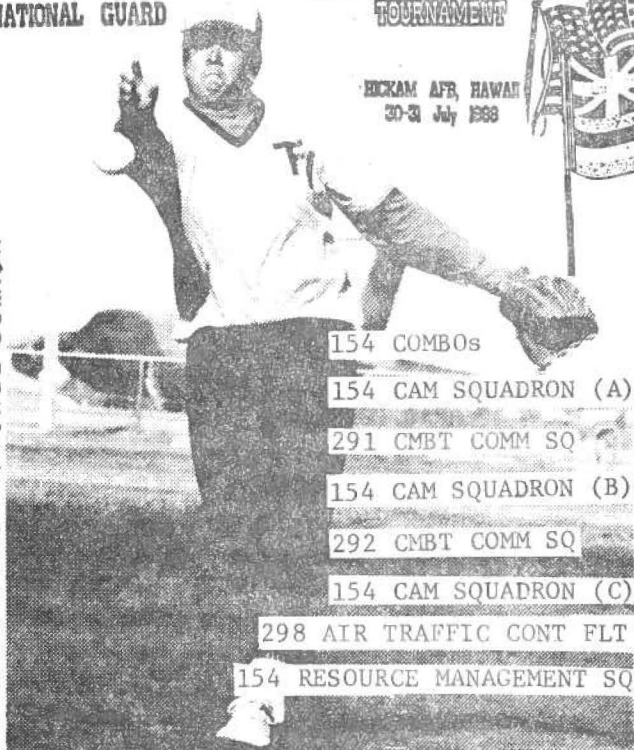
HAWAII AIR
NATIONAL GUARD

1988 STATE SLOW PITCH
TOURNAMENT

HICKAM AFB, HAWAII
30-31 July 1988



PHOTO BY SSGT. GEORGE SUMIDA



- 154 COMBOS
- 154 CAM SQUADRON (A)
- 291 CMBT COMM SQ
- 154 CAM SQUADRON (B)
- 292 CMBT COMM SQ
- 154 CAM SQUADRON (C)
- 298 AIR TRAFFIC CONT FLT
- 154 RESOURCE MANAGEMENT SQ

HIANG Slowpitch Softball Poster Child, TSgt. Gerald "Momona" Gono cuts loose with another strike

WOMEN ATHLETIC PROGRAM



By SSgt. Jan DeRego
154 COMPG
HIANG Athletic Board
Rep.

Being a part of the HIANG Athletic Board, I want to take this opportunity to finally generate and open the doors to all females in the Hawaii Air National Guard that a Women Athletic Program will be established. Civilian females assigned to HIANG Units included.

There will be a survey circulated to all females within the Guard units. I want to hear your comments and ideas expressed. PJ Lindal, look out. I'm looking for you. Interested men, who'd like to be a part of this program are welcomed. I'd like to hear from you too. PH: 448-0602.

Food for thought programs - Aerobic classes, Annual Health and Fitness Seminars, Women Bowling, Tennis, Volleyball and Golf Tournaments; Women Baseball Leagues; Interisland Tournaments and HIANG Annual Women Fun Walk/Run etc... There's much to think about and to establish. I'm confident in our Guard women and with this program.

In closing, females are important to the Guard. We're increasing in numbers. To keep a respected morale within Guard women, programs such as this one is a must. Be hearing from you soon.

A Hui Hou.....SSgt. Jan DeRego

VOLLEYBALL

1988 HIANG VOLLEYBALL TOURNAMENT
CHAMPIONSHIP TEAMS

(NOTE: Individual names of team members were excluded from last UTA paper due to space limitations)

OPEN DIVISION

154 MSS

Russell Campos (team captain), Jason Chun, Richard Dove, Lester Ho, Joseph Kruse, Henry Laguatan, Victor Talamoa, Steve Yadao.

MIXED DIVISION

154 MSS

Annette Gagarin, Darryl Ho, Tama-Lani Nakamoto, Larnette Phillips, Richard Saunders, Wayne Soma, Kaipo Sing, Vivian Toma.

GOLF TOURNAMENT

10TH ANNUAL ALL HANG GOLF TOURNAMENT

DATE: 15 AUGUST 1988 (MONDAY)

PLACE: HICKAM AFB GOLF COURSE

TIME: REGISTRATION 0700-0745
SHOTGUN START 0800

LUNCH/AWARDS TO FOLLOW AT THE 154COMPG RECREATION CENTER (CRC)

ENTRY FEE: \$17.00 (INCLUDES CART, LUNCH AND PRIZES)

GREEN FEE: MILITARY (ALL RANKS) = \$ 7.00
AF DOD = 8.00
CIVILIAN 20.00

CONTACT YOUR UNIT POC:

HIANG	1LT RANDY FOM
154COMPG	MSGT CARL WAI
150ACW	LTCOL REGGIE DOI
169ACW	MSGT ART TAKAYAMA
291CCS	TSGT DERRY MURATA
292CCS	SMSGT GREG ING
293CCS	SMSGT MAX VALENZUELA



NEXT UTA

AUGUST 6-7, 1988

HANG SPORTS

PHOTO BY SGT. MARK UEUNTEN



TSgt. Ben Ormita (in cap) readies to sprint home as Sgt. Miles Miyamoto stands guard.

HIANG CENTRAL SOFTBALL

by CMSgt. Cornwall S. Matsusaka

Two-hundred and six HIANG members participated in the 19 game, 10 team, double elimination tournament during July 1-3, 1988. After running, sliding, and diving in the Area 61 dust bowl for three days, the Central Tournament finally came to an end. After the dust had settled, the scrappy 154 Resource Management Squadron (RMS) and the 154 Consolidated Aircraft Maintenance (CAM 'A') team emerged as co-champions.

Trailing 20-11 in the bottom of 7th, in the final tournament game, the 154 RMS team rallied to overcome a 9 run deficit to take a sure victory away from a strong 154 CAM (A) team. Sgt. Darren Morris had two hits, scored two runs, and drove in three runs in the big RMS 7th inning. Congratulations are in order to managers Al Naumu and Tony Gabriel for leading their teams to the Championship.

The top five teams will now be representing Oahu in the coming 1988 HIANG State Slow Pitch Tournament, July 30-31, 1988, Hickam AFB, HI. Teams participating in the HIANG State Tournament are: 154 CAM (A), 154 CAM (B), 154 CAM (C), 154 RMS, 154 COMBOS, 291 CCS (Hilo), 292 CCS (Maui), and the 298 ATCF (Kauai).

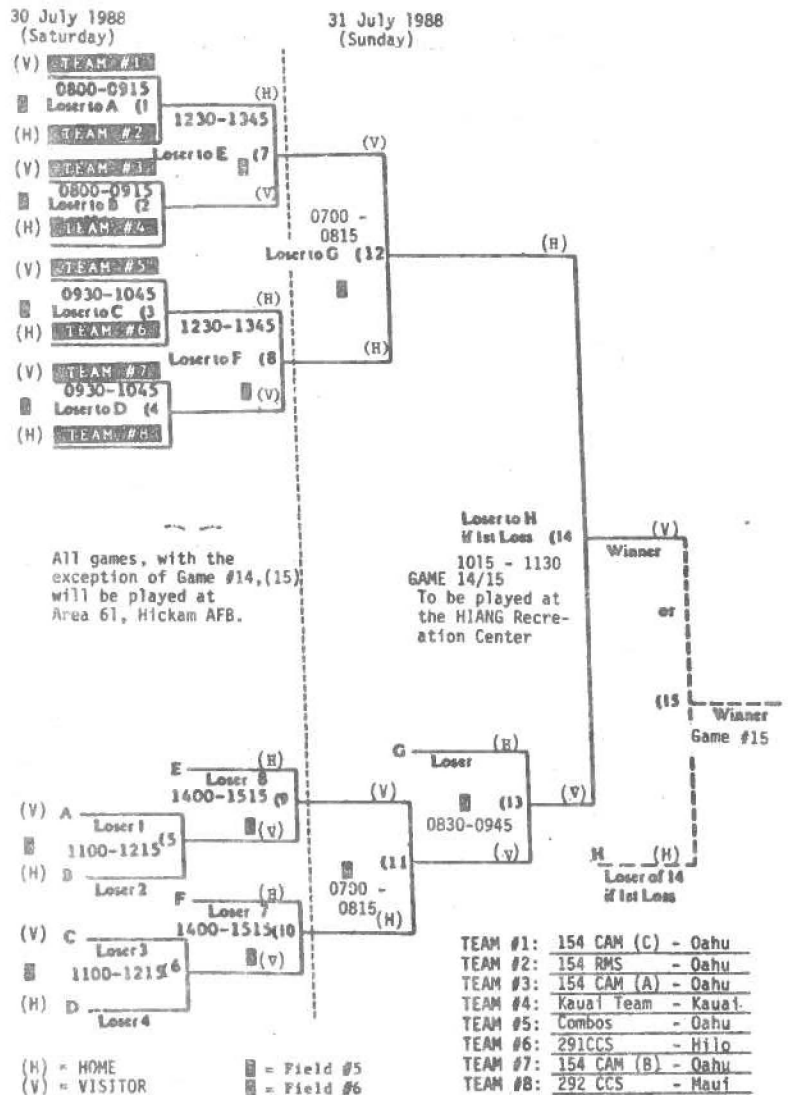
Mahalo to Tournament Committee members Galen Nakahara, Ronald Muronaga, Wayne Soma, and Antone Gabriel for their outstanding support of the tournament. In addition, Mahalo to Larry Kauleinamoku, Antone Gabriel, and Doug Awana for officiating an important unscheduled tournament game.

HING STATE SOFTBALL TOURNAMENT

by CMSgt. Cornwall S. Matsusaka

The Air and Army National Guard will send four teams each to the HING State Softball Tournament to be held during August 13-14, 1988 at Hickam Air Force Base. The tournament will be double elimination and the winner will be chosen by the commander of the HING based upon win/loss records, spirit, and character that best exemplify's the HING.

HIANG TOURNAMENT SCHEDULE



SHOYU CHICKEN
STEAMED RICE
BUTTERED PEAS
SALAD
BREAD

