



154TH WING
HISTORY OFFICE
FILE # 2.98. 299

Kukailimoku

War God Of King Kamehameha I • 154 COMPG

Vol. 34, No. 11

Hickam Air Force Base
Hawaii

November 6, 1988

16th HNGEA BANQUET A SUCCESS !!



Photo by SSgt. Charlie Chang

GOV. JOHN WAIHEE GREETED AT THE 16TH HNGEA BANQUET.

BY SSGT JAN DE REGO

The 16th Annual HNGEA Membership Meeting and Banquet, held at the Queen Kapiolani Hotel, 15 October 88, were a great success. Distinguished guests present at the Banquet were the Honorable John Waihee III, Governor, State of Hawaii and Mrs. Lynn Waihee; the Honorable Benjamin Cayetano, Lt Governor, State of Hawaii; MG Alexis T. Lum, the State Adjutant General; BG John R. D'Araujo, Commander, 29th Inf Bde and Mrs. Eileen D'Araujo; LTC Steve Oka, Commander, 169th ACWS and HNGA President and Mrs. Jeanne Oka; SGM James McGuirk and Mrs. Joanne McGuirk.

We were honored to have SGM James McGuirk, retired Marine, be our guest speaker for the evening. His topic were the "Importance and pride of the Military." We were entertained by Master Sounds throughout the evening.

CONTINUED ON PG 10

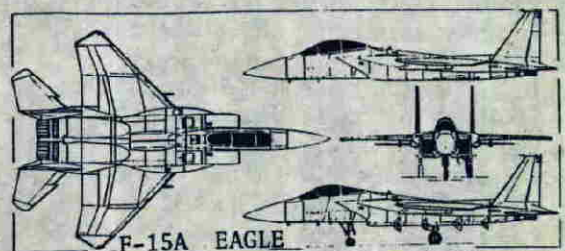
SENTRY DIAMOND 88'



STORY BY 2LT STAN HONG

PLAYERS: 24 F-15A 199TFS "Mytai's"
5 F-16A 421TFS "Black Widows"
HillAFB, Utah
6 F-4E 108TFW "Tigers"
Mcguire AFB, NJ ANG
3 Kc-135 170ARG

The afternoon of Oct. 11 heralded the arrival of 5 F-16A's from the 421 TPS Hill AFB, Utah. Their unit was recalled the night before, told to pack both winter and tropical gear and was flown out the next morning destination classified. They were supported by 3 Kc-135 tankers from the 170 ARG. No one knew the ultimate destination until they walked down the boarding steps and saw coconut trees. Their arrival heralded the start of Sentry Diamond 88'.



F-15A EAGLE

CONTINUED ON PG 11

Commander's Corner

by

Col. John S. W. Lee



The past two weeks have been a commander's dream come true. We enjoyed the flying services of the 461st TFS from Hill flying their F-16s and the 108 TFW F-4Es from New Jersey. Needless to say, the "fights on" light was lit with equally beneficial training results for both sides of the fence. With only a month away, the benefit of flying 4 Vs 4 aircraft was needed to "hone" our skills four our expected ORI. Besides the excellent flying, the home team hospitality was well received by our visitors.

With regard to the home team, may I enlist your support to again recognize our other real home team members. . . our family especially during the upcoming Thanksgiving celebration. We have much to be thankful for without comparing our "lot" to those less fortunate in the world. We do need to remind ourselves, however, that the joy and abundance we have in life is meaningless without the ability to share it with others.

CHECK SIX



SENTRY ROAD RUNNER 88

By: Lt. Sakai

Welcome back "TACO's" of the New Mexico ANG. They deployed here from Kirtland A.F.B., NM with six A7s for some fun but intense dissimilar air combat tactics, DACT (pronounced dē-āsōtē). They'll be here for a week challenging our Eagle tactics and trying to exploit any weaknesses that we may have to prepare us for the ORI.

Major "ACE" Ellinwood has prepared a scenario which will task the 199 TFS "MYTAIS" as the sole protectors of a specific area, which we call Point Area Defense. Basically our job will be to deter any unknowns from coming too close to friendlies (allies) we're protecting, by

engaging them and blowing them out of the skies. It's a tough job requiring accurate communication among ourselves and our GCI (Ground Controllers) in prioritizing the immediate threat and making sure no one leaks through our defense to attack the friendlies.

The "TACO's" job will be to plan and lead a large strike force. They will use their expertise in air to ground tactics with support of F4s and A4s as their escorts to protect them from air threats. An ECM (Electronic Counter Measure) Lear Jet will also be used to help them reduce the effectiveness of our radars.

With both sides trying to meet their objectives, one can clearly see that there's going to be a lot of jets in the air at the same time. We're looking at six Eagles versus 8-12 Bandits (Bad Guys), a possible total of 18 aircraft, giving us valuable training with dissimilar aircraft in a Multi-Bogey (unknown, possible bad buy) environment.

These are very demanding missions requiring the utmost concentration on flying, employing your weapons and as mentioned before, communication. Communication among ourselves and GCI in a concise and brief manner will contribute in developing the big, mental picture prior to getting to the merge which we call, Situation Awareness (SA). With six Eagles and possibly ten adversaries from the strike force converging at each other with over 1,000 miles per hour of closure, high SA is a priority. It could sure ruin your day flying into a flight with low SA which increases your chances of getting shot down and also the potential for mid air crashes.

Although demanding both mentally and physically, the training is extremely necessary. You ask any fighter pilot how he feels about DACT in a Multi-Bogey environment and I can guarantee you his reply will be, "It's Sierra Hotel" meaning, "It's Da Best, BRAH!"

P.S. Rumor control has it, promotion party-planning in progress. Alright Wayno, Pork, Rosy, Rojo, Dusty and Sock and you others that I forgot to mention.

CAM SQ.

News & Views



by MSgt Fred M. Higa, Jr.

Here we are again, another drill weekend full of activities as we prepare for our 'long-awaited' ORI/UEI in December. After this weekend, we'll have under a month to tie up any loose ends as we go for all the marbles in December. With all of you backing the program, we are certainly going to show everyone how good we are!!! So let's all pitch in to make this next ORI/UEI the best we've ever had!! Former CAM Squadron

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Many gifts and plaques were presented to Col Ault who will now have to build an addition to his house for all the awards he received. A fun night was had by all who attended the event, and as Col & Mrs Ault said at the end of the evening, they will always remember the party as a fitting conclusion to a most illustrious career. We wish Col & Mrs Ault the very best as they embark upon a new career as retirees....Now for news of the Squadron...My apologies to SSG Baldwin Ojerio. It appears I made a mistake a couple of issues ago, but now I have the correct scoop. Congrats to SSG Ojerio as he and the former Caroline Beach exchanged wedding vows recently...Congrats to Sgt Bobby & Carol Furtado on the recent birth of son Robert. Hope you're ready for some sleepless nites. The welcome mat goes to our new enlistees, AB Matthew Vidaurri and SSG Tamara Marini of the Munitions Section and Amn Cy Narusawa of Avionics. Welcome back goes to basic and tech school returnees Amn Ed Holland, Stuart Hino, John Laguana, AIC Jim Welch & Amn Ken Nakamura

as they return to their comrades in the Avionics branch. Kudos to Ken as he returned an honor graduate. The Munitions branch welcomes SrA Gordon Narusawa as he also returned from tech school. All 6 guys were stationed at Lowry AFB. SSG Gerard Lum just returned also, except he attended the Leadership School in Tennessee. Good luck to AIC Peter Gerasimenko as he attends the weapons load school in Lowry, where AB Jarin Wong just came back from as he attended the gun school...Sgt Darryl Chun-Fat and wife Debbie anxiously awaiting the birth of their 1st child. Make sure you go to LAMAZE class.

Wedding bells will be ringing soon for SSG Gary Hema and RMSer Yihwa Reimer. Good luck to both of you also...Congrats to recent promotees: SrA Albert Tolentino of the Environmental shop; Sgts Robert Dongon and Peter Liu of 'C-Shop' in Avionics; and MSG James Pahukula of Materiel Control. Well deserved promotions, wear the new stripes with pride!! Off to the BIG ISLE is CMS Dave Pontes as he goes to Georgia for the PIWG Confab. Welcome back to TSG James Puu as recently returned from his CEMS confab at Tinker AFB, OK. Also returning to the friendly confines of Haw-wa-ya is MSG John Chun & TSgt Gay Ross after a 3-week TDY to Arkansas to assist their engine shop and tracking people in computerizing engines... Congrats to MSG Ron Mirafior, TSG Roberto Carlos and SSC Harold Hewett on receiving the Sustained Superior Performance awards for their on-the-job performance...Much mahalo to all maintenance personnel who participated in the DACT with the New Jersey ANG people. Good flying scenarios provided excellent training for our pilots. The A-7s from the New Mexico ANG came in yesterday for DACT with us. Must be getting cold up there...Much knowledge gained and greater respect for the HIANG and its mission was the outcome as Col Allen Mizumoto hosted the DCM's from our sister F-15 Guard units from New Orleans, Dobbins, Otis and Portland.... From SMS Jack Uhrig, CAM Sq T-Shirts and cups have arrived for anyone interested in purchasing the items. Just stop by the Admin office for a look-see and hopefully you'll support the MWR by purchasing said items... On a sad note, sincere condolences to Capt William Benton on the recent passing of his wife Sharon (Schneider) Benton. Sharon was assigned as the Admin Specialist in the CAM Sq Training office, and as NCOIC TSG Carol Keanini says, she will surely be missed. Again,

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Continued on next page

Pastor's Perspective



by Chaplain
(1Lt) Robert Nagamine

Two steps forward, one step back seems to be a common pattern of life. Have you ever noticed that? It doesn't matter how many good things are being generated, adversity always seem to follow. A book, just from its title, describes this design very well: Three Steps Forward, Two Steps Back (I like "two steps forward" better because it fits my pace better). But the idea remains the same: we can have some positive momentum going and feel really good about it, and then have it interrupted by setbacks. There always seems to be a mixture of both good and bad news.

The story of Joseph from the Scriptures illustrates this pattern well. Joseph was considered the favorite son by his father Jacob, but at the same time he was the most unfavored by his brothers. His brothers got so jealous of him that they wanted to get rid of him. Eventually, they threw him into a pit. As the story goes, it would take about 22 years before he would see his brothers again. Joseph was sold as a slave to Potipher, an officer of Pharaoh. Potipher found Joseph to be a very competent person, so Potipher appointed Joseph the overseer of his house. But being falsely accused of wrong doing with Potipher's wife, Joseph was sent to prison. While in prison, Joseph interpreted the Pharaoh's dream accurately when no one could understand the significance of the Pharaoh's dreams. The Pharaoh eventually appointed Joseph as governor of the land, a position second only to the Pharaoh. The story ends on a positive note because a widespread famine brought Joseph's brothers to Egypt to seek for food and Joseph was in the best position to help his family out during the upcoming famine years.

Thanksgiving is around the corner and I think that we should be thankful that we always have good news to be thankful for. And as we make our final touches on the

ORI/UEI, let us be reminded that there may be times that our work may follow the pattern: two steps forward, one step back.

May God bless you with a very good thanksgiving celebration!

Dear Mr Ombudsman,

YOUR PRIVATE HOTLINE.....

- Have a complaint and hesitant to voice it?
- Heard a rumor and want to check it out?
- Thought of an idea that is being ignored?
- Aware of a morale problem that needs correcting?

Talk it out or check it out with the 154 COMPG OMBUDSMAN, Chaplain Nagamine. His office is in the 154 CAM Classroom No.1 (or call 449-1108).

Chaplain Nagamine is available to assist you if "normal channels" seem to be ignoring you or if "making waves" may place you in an uncomfortable position with your supervisors or peers. Every effort will be made to find answers or resolve problems. The results will be reported back to you by the Chaplain.

Confidentiality Assured

1988 CHRISTMAS CONCERT

The 1988 Christmas Concert will be held on December 20th at 1900 hours in the Neal Blaisdell Concert Hall. The State DOD Christmas Committee is requesting a final headcount from units by November 5th so they can determine the number of people who are going to attend. Contact your unit representative for details and reservations.

KUKAILIMOKU
MEMBERS OF THE KUKAILIMOKU
STAFF

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CAM SQ. News & Views



by MSgt Fred M. Higa, Jr.

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Continued on next page

CAM Sq continued

Well, that's all for now folks, so til next issue, here are a couple quotes to think about as we prepare for our ORI/UEI... "If you don't know where you're going, it doesn't matter what road you take." (Joe rini)... "Even if you're on the right road, you'll get run over if you just sit there." (Will Rogers).....'Nuff said.....fhiga



CAPT. JAMES HIKITA
2LT. MELISSA ZEN
TSGT. CARSWELL ROSS

BOYS HURT TOO

Sex bias hurts boys just as much as it hurts girls. Here are some of the effects the continuing bias has on boys.

-Boys are more likely to be identified as having learning and reading disabilities. They also receive lower grades, are more likely to be grade repeaters, and are less likely to complete high school.

-Boys are more likely to be identified having emotional problems, and statistics indicate a higher male suicide rate.

-Boys are taught stereotyped behaviors earlier and more harshly than girls; there is a 20% greater probability that the behaviors will stay with them for life.

-Males who score high on sex-appropriate behaviors tests also score highest on anxiety tests.

-Males are less likely than females to be close friends with one another.

-Males are more likely to succumb to serious disease and to be victims of accidents or violence.

-The average life expectancy of men is eight years shorter than women.

-Many boys build career expectations that are higher than their abilities. This results in later compromise, disappointment, and frustration.

-Both at home and at school, boys are taught to hide or suppress their emotions; as men they often find it difficult or impossible to show feelings towards their family or friends.

-Boys are actively discouraged from playing with dolls. Many men fail to learn parenting skills. As a result, men often become 'trans-parents' instead of parents, spending less than 15 minutes with their children per day.

The effects of bias are carried with each of us into adulthood. Take a moment to consider how these examples become translated in adult men's lives. Sex equity issues are not "for women only". (Information from Sex equity Handbook for schools, Sadker, Myra P. and David M.)

RETENTION CHALLENGE

There are many factors which influence our people to stay in the Air Guard. Some tangible reasons are - retirement, pay, and the numerous benefits/privileges that play an important part. Surveys, interviews and questionnaires, however, show that there is much more. Intangible factors such as job satisfaction, challenging work, family involvement, patriotism, etc..., are strong motivators to remain in the Guard. Retention is not just a dollar issue. Although compensation is important in retention, decisions are based on much more than money. Here lies a challenge for all HIANG leaders. Our words and actions can influence our people's decisions and motivate their creativity. Take the time to bring out and find the positive and good in people. Our positive leadership, integrity, willingness to sacrifice and most importantly, our genuine concern for the welfare of our people, significantly influence their decisions to remain in the Guard. We, the HIANG leaders, are the key ingredients in our continuing efforts to retain quality men and women for the future of the Hawaii Air Guard. Your commitment and support to the retention challenges in this FY89 is appreciated. Should any of you need assistance or information, call or stop by my office at any time. We are looking forward to working with each of you in meeting the FY89 retention challenge. MSGT IRIS KABAZAWA, BASE CAREER ADVISOR, 449-7794.

UNIFORM TIP

Officers can wear either the black subdued pin-on grade insignia (Army style) or the cloth subdued insignia on the battle dress uniform. Placement will be the same as presently prescribed for the cloth insignia. Officer grade insignia for the olive green fatigue uniform remains unchanged; officers must wear cloth subdued rank. (reproduced from the Hawaiian Falcon, Sept. 30, 1988)

HIV & DRUG TESTING MAINTAIN A READY FORCE

by Lt Col Starling

In order to ensure a mission ready force, the Air National Guard now requires two special types of biological testing of its members. Human Immunodeficiency Virus (HIV) testing and urinalysis drug testing.

HIV testing consists of a blood test designed to identify individuals who have HIV antibodies in their systems. The presence of HIV antibodies, even in an otherwise healthy person, indicates the initial stage of the Acquired Immunodeficiency Syndrome (AIDS) disease. A confirmed positive HIV test requires discharge of the individual from the Guard, unless a suitable non-deployable Guard position can be found in which to place the individual. In combat units such as the HIANG, however, non-deployable positions are extremely rare. HIV positive individuals may request voluntary discharge for their own convenience and such requests will be granted. Regardless of whether the particular discharge is voluntary or not, characterization of all HIV separations will be "Honorable."

Urinalysis drug testing consists of testing an individual's urine for the presence of drug metabolites that indicate ingestion of an illegal drug or abuse of a legal drug. A positive urinalysis test for an illegal or abused drug will result in initiation of discharge action against the individual concerned.

Drug testing can either be commander directed, probable cause, or random. Commander directed is simply where a commander decides for whatever reason (even mere suspicion) to order a urinalysis test of an individual. Probable cause is where sufficient grounds exist for a search warrant authorizing the test. A random drug test is where a computer (or other random process) selects the individuals to be tested. Random testing is conducted at each drill, with individuals being notified at Sunday morning drill of their selection. A positive random or probable cause test can result in a dishonorable discharge and confinement. Failure to obey an order to submit to any category of drug testing is grounds for punitive discharge and confinement.

Fortunately, the numbers of positive HIV and drug tests at HIANG have been extremely small, with credit going to our AIDS and drug awareness programs. However,

testing will continue, because it is 'only through constant vigilance against all threats that we are able to successfully fulfill our mission responsibilities.

\$ PAY NOTES

Check date for the 5-6 Nov 88 UTA will be 22 Nov 88.

W-2 Mailing Address: Members need to insure their check mailing address is accurate so that their end-of-year W-2s are sent to the correct address. Check with your unit administration section or with military pay to obtain the mailing address change forms.

Collision Insurance for Rental Cars While TDY: When commercially rented vehicles are authorized during a temporary duty, ANG members are often asked by car rental companies to purchase extra collision insurance. Many ANG have purchased the insurance believing it was needed and they would be reimbursed. Actually the government is self-insured. In either military or technician status, if a traveler is involved in an accident while acting within the scope of his or her duties, the traveler may be reimbursed for personal funds paid to the rental car agency for damage to the rental vehicle. If any accident occurs while an ANG traveler is using the rental FOR PERSONNEL REASONS, the Government may not be liable for any resulting damages, and the ANG traveler's private insurance may become involve. Whether you purchase the extra insurance is your personal choice and expense. Travelers need to be aware that the government will not reimburse you for this extra cost.

NEXT UTA

DEC 3 & 4, 1988

Today's Menu

Turkey Fricasse
Steamed Rice
Corn on the Cob
Pumpkin Squares
Mac Salad



154 TAC HOSPITAL**SHOTLINE**

by 1Lt Adele Arcangeli

Immunizations: What You Should Know!

- 1) Certain immunizations cannot be given together. If you are due more than one shot, the Tac Hospital immunization personnel can advise you on which to take first.
- 2) You may need special considerations if you are pregnant, sick on certain medication, or have ever had an allergic reaction to a vaccine. Please check with the immunization personnel BEFORE receiving the shot.
- 3) There is always a mandatory 20 minute waiting time after receiving a shot. This is for your safety. The possibility of a serious reaction is rare, but we would like to make sure you can be taken care of promptly if it should occur.
- 4) Unfortunately, there are some uncomfortable side effects to some vaccines. (ie: Pain or swelling at injection site, fever, malaise, and muscle aches) If these occur, take aspirin/acetaminophen for relief. If symptoms persist, or appear severe notify the Tac Hospital ASAP so it can be documented properly on your medical record.
- 5) If you are due an immunization, you can also receive it during the week at the 15 Medical Group if you are not able to get one on the UTA weekend. You will need to call first to verify times, and availability, and be sure to bring your PHS 731 (shot record).
- 6) On occasion errors are made. After you receive a shot, be sure it was documented on your shot record. If you notice an error, take it to the immunization personnel ASAP. If you have received a shot, and it is documented on your record and it is still listed on the computer sheet, be sure to check with the immunization people. It will continue to show as overdue until our records are corrected. Immunizations will not be given if you do not have your PHS 731 (shot record).
- 7) Last of all, if you are due immunizations take care of them promptly. Every month each commander is notified of those individuals overdue. A similar report is sent to the Group Commander. It is important for each unit to have minimal overdue personnel. It makes your commander look good if all his people are ready for mobilization.

HEALTHFUL HINTS: Being fit helps prevent Cancer! Most of us associate cardiovascular disease with sedentary lifestyle habits. But researchers at an American Cancer Society conference reported that overweight and inactivity are both associated with increased risks of cancer. (Hope Newsletter)

DENTAL NOTE: Have you ever wondered why so many people have problems getting their wisdom teeth? Well, prehistoric humans needed 3 sets of molars to handle their rough diet. Through evolution, our jaws have gotten increasingly smaller, and most of us don't have sufficient room in our jaws to accommodate the 3rd set of molars, commonly called "Wisdom Teeth".

NEWS BRIEF

Congratulations go out to Sgt Winnie Conrardy for participating in, and completing the American Lung Association 3rd Annual Bike Trek. This event took place October 15-17 on Maui and Molokai covering 130 miles of road. Truly an awesome accomplishment!! A big Mahalo from Sgt Conrardy to all those who sponsored her in this event.

**WOMEN
ATHLETIC
PROGRAM**

By SSgt. Jan DeRego
154 COMPG
HIANG Athletic Board
Representative



The Women Athletic Program survey is finished and will be circulated to all female members in the Air National Guard.

Your comments and ideas are very important in helping this Program get active and to stay active.

Food For Thought: A Woman's "Pride" and "Reputation" is important. Without it, you're dime a dozen. Never let anything or anybody stand in your way if you feel strongly enough to express yourself.

CBPO CONNECTION

UNIFORM TIPS REF. AFR 35-10

With the coming of the UEI and ORI next month, we would like to address a few of the 35-10 discrepancies most often seen. WE DO WANT TO LOOK SHARP FOR THE INSPECTION

HAIR, OVERALL STANDARD

Must be clean, well groomed and neat. If dyed, the hair must still have a natural appearance. Hair must not be worn in an extreme or fad style or violate safety requirements. Hair must not touch eyebrows or protrude below the front band of properly worn headgear. EXCEPTION: Hair will be visible in front of women's beret, and may be visible in front of women's flight cap.

HAIR STYLES (M)

Hair must have a tapered (conform to the shape of individual's head) appearance on both sides and back. Only closely cut or shaved hair on the back of the neck may touch the collar. Hair must not touch the ears and exceed 1 1/2 inch in bulk. Visible foreign items may not be attached.

BEARDS - Permitted only when authorized by the commander on the advice of a medical officer.

SIDEBURNS - Neatly trimmed and tapered in the same manner as the haircut, must not extend below the lowest part of the exterior ear opening.

HAIR STYLES (W)

Must be styled to present a feminine appearance. Hair may not extend in length below the bottom edge of the shirt collar. Hair must not exceed 3 inches in bulk or prevent proper wear of headgear. Plain and conservative pins, combs, and barrettes similar to the individual's hair color may be worn to keep hair in place. Ornamentations (ribbons, jeweled pins, etc ...) may not be worn.

EYEGLASSES AND OTHER ORNAMENTS:

Ornaments on the head, visible ornaments around the neck (ex: gold chains), and ornamentation on eyeglass lenses or frames are prohibited while on duty or in uniform. Conservative eyeglass frames may be worn as needed and when not prohibited by safety

regulations.

a. Wear Indoors - Conservative, clear slightly tinted, or photosensitive lenses which are practically clear under normal light, may be worn indoors.

b. Wear Outdoors - Conservative sunglasses and photo-sensitive-type eyeglasses may be worn while outdoors. A "faded" style sunglass lens, to include mirrored lens, is not appropriate.

c. Wear in Military Formation - Only conservative, clear, slightly tinted or photosensitive lenses (which are not extremely dark outdoors) may be worn in military formation.

NEW POLICIES

As the result of the most recent uniform board the following policies were put into effect as of Oct 88.

A. Wear of optional black/off-black nylon for women in service uniforms.

B. Wear of bright/non-subdued grade insignia by officers on BDU caps while in Garrison.

C. Wear of 3 or 4 inch chevrons for women on Service Dress Coats and utility uniforms.

D. Introduction of new London Fog belted double breasted all weather coat into clothing bag to replace current issued all weather coat.

POLICIES UNDER REVIEW

We may have some uniform changes to look forward to in the future. The following items are under review by the uniform board:

1. Redesigned ladies slacks.
2. Redesigned ladies Service dress coat
3. Redesigned flight suit for AF Flight

We'll let you know as soon as we hear anything.

SPECIAL EVENT!

NO-HOST COCKTAILS 1800, DINNER 1930

ENTERTAINMENT BY:

JENNER CAUTON
THE HANG OHANA

ENJOY LOCAL STYLE PUPUS

BUFFET DINNER FEATURES:

PRIME RIB OF BEEF AND MAHIMAH

STEAMED RICE, WHIPPED POTATOES WITH GRAVY

TOSSED GREEN SALAD, POTATO SALAD, TAKO PC

MIXED VEGETABLES, ROLLS WITH BUTTER

ASSORTED DESSERTS, BEVERAGE

HANG AWARDS BANQUET

FORT SHAFTER
OFFICERS CLUB

FRIDAY, 18 NOV 88

FOR TICKET (\$20) SEE **Unit Representative**

PROMOTIONS

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

HQ 154COMPG

Sgt Paula J. Lindahl 4 Oct 88

154CAMS

Lt Col Bruce K. Minato 1 Oct 88
 MSgt James N. Pahukula 3 Oct 88
 SSGT Michael D. Nebrija 3 Oct 88
 Sgt Duane S. Brede 24 Oct 88
 Sgt Robert A. Dongon 4 Nov 88
 Sgt Peter M. Liu 4 Nov 88
 SrA Matthew J. Tang 27 Sep 88
 SrA George K. McCoy 2 Nov 88
 SrA Whitney C. Tengbergen 2 Nov 88
 SrA Stacey G. Harada 4 Nov 88
 Amn Edward W. Holland Jr. 5 Oct 88
 Amn Derek K. Shimizu 28 Oct 88

169ACWS

Lt Col Peter V. Yanagihara 1 Oct 88
 SSGT Selwyn Valenciano 3 Oct 88
 Sgt Wade Y. Oganeku 23 Sep 88
 SrA Mary S. Ho 26 Sep 88

4ARMS

Sgt Shawn A. Raguindin 21 Sep 88

154SPP

Sgt Elmer L. Tady 3 Oct 88
 SSGT Bobby D. Harrison Jr. 3 Oct 88
 SSGT Kenneth D. Kauwe 3 Oct 88
 SSGT Lloyd S. Yamashita 3 Oct 88

154 Tac Hosp

Lt Col Judith L. Fadrowsky 11 Oct 88
 SrA Irene A. Higashionna 17 Oct 88

HIANG SR ENLISTED ADVISOR

Effective 1 November 1988, SMSgt George E. Sato, HQ 154 COMPG, became the HIANG Senior Enlisted Advisor. As the Senior Enlisted Advisor, he will be reassigned from HQ 154 COMPG to HQ HIANG and be responsible for advising the commander on matters affecting the health, welfare and morale of approximately 2,000 enlisted personnel.

Part of his duties will be to: (a) Insure AF, ANG, and HIANG policies are known and understood by the enlisted force, (b) Establish and maintain close rapport with commanders and groups of enlisted personnel such as first sergeants, first line supervisors, recruiters, and unit career

advisors, (c) Assess factors impacting on the morale and well-being of the enlisted force and make appropriate recommendations; (d) Evaluate the quality of NCO leadership, management, and supervisory training, and (e) Monitor compliance with Air Force and ANGUS appearance, conduct, and performance standards.

SMSGt Sato brings more than 37 years of military experience into the position. He began his military career when he enlisted in the Air Force in August 1951 and served in the personnel career field with the Military Air Transport Service (MATS) until his discharge as a SSGT in August 1955. He was an active Reserve of the Air Force member at Hickam AFB from August 1955 until September 1958, when he became a full-time Air Operations Technician with the 199th Fighter Interceptor Squadron. Since then, he has been a full-time guardsman and will continue to perform his Air Operations Supervisor duties. His Senior Enlisted Advisor duties will be accomplished in military status, i.e., UTA, annual training, etc.

Sergeant Sato was born in Honolulu, Hawaii and graduated from the Hawaii Mission Academy in 1949. His professional military education include the Command & Control course, OJT Administrator Orientation course, and USAF Senior NCO Academy.

His military awards and decorations include the Meritorious Service Medal, Air Force Achievement Medal, Air Force Outstanding Unit Award with two Oak Leaf Clusters, Army Good Conduct Medal, National Defense Service Medal, Air Force Longevity Service Award Ribbon with seven Oak Leaf Clusters, Armed Forces Reserve Medal with two Hourglass devices, Air Reserve Forces Meritorious Service Ribbon with six Oak Leaf Clusters, Air Force Training Ribbon, and the Hawaii National Guard Service Medal with 25-Year Service Bar.

Sergeant Sato is married to the former Marion K. Ushiroda. They have four children including a son, Gary, and three daughters, Kathleen, Melanie, and Michelle. The Satos reside in Moanalua, Oahu.

MAJOR ACCIDENT REPORT

During every inspection a Major Accident Response Exercise (MARE) is conducted. The MARE tests our ability to respond to a disaster situation. Even though we are tenants on Hickam AFB, we have the responsibility to take immediate action, evacuate the area, notify the authorities, and conduct first aid for the injured. The last person out of the building should shut

Cont'd next page

BANQUET continued front pg



Tom Chock and LT Gov Ben Cayetano

The 1989 HNGEA Executive Council are: President SSG Jan DeRego, 154RMS/HIANG V.P. MSG Wayne Soma, 154MSS/HIANG Secretary- (to be appointed by Pres.) Treasurer CSM Mitsuo Hasegawa, HHC 2/299 Inf Bde (Hilo)/HIARNG. HIANG Council: SMS Jack Uhrig, 154CAM; MSG Al DeRego, 154CAM; MSG Ed Omine, 292CCSQ (Maui); SSG Bruce Hara, 150ACWS (Kauai) and SSG Donna Hara, 291CCSQ (Hilo.) HIARNG Council: SFC Terry Guzman (Maui); SGM George Cho (ret); David Aponte and Sgt Gibo.

We close out the year with HIANG Membership, 851; HIARNG 736; total membership strength = 1587. Mahalo for your continuous support as HIANG stands on top for the second year in membership. Kudos to each Unit Commander for their added support to HNGEA.

We're looking forward for a better and brighter year in pushing for benefits for the betterment of our enlisted members. Remember, the "Pride of HNGEA is great today, because of your support."



MRS ROSENBUCH ACCEPTS SCHOLARSHIP AWARD FOR HER SON TROY

MAJOR continued

off power to reduce the potential for electrocution. Attempt to identify the hazards you have observed and communicate them to the 15 ABW Disaster Response Team. The initial On-Scene Commander is the 15 ABW Fire Chief. Once fire/rescue personnel are at the scene our job is to stay out of the way and assist as required.

Evacuate all non-essential personnel 300 FEET upwind for any NON-EXPLOSIVE/TOXIC mishap. Evacuation distance for any potentially EXPLOSIVE/TOXIC mishap is 2,000 FEET upwind. Any aircraft or vehicle fire (regardless of munitions involvement) can result in an explosion. Plan your escape accordingly! As you evacuate your office, have a plan and a known location to "regroup." Take a headcount to insure everyone is safe. **DON'T SMOKE UNLESS AUTHORIZED BY THE ON-SCENE COMMANDER--** explosive fumes could be present even though you can't see or smell them. If you have any questions regarding your responsibilities, contact 154 COMPG/DW (449-7775) or 154 COMPG/SE (449-9674).

AEROBIC EXERCISE
The Heart of Your Fitness Program



by P.J. "POWERHOUSE" Lindahl

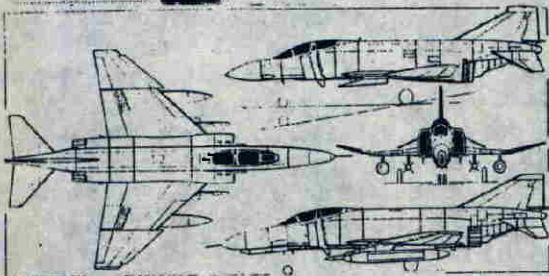
1. The key is to use your target heart rate. Exercising too light or too hard lessens your fitness benefits.
2. Set fitness goals that are realistic for you. Start with three or four workouts each week.
3. Alternate non-impact and impact activities to protect your feet and legs and add variety.
4. Space your workouts throughout the week rather than being a "weekend athlete". Your muscles need time to rest and recover.
5. Keep in mind the three S's: Shoes (good ones), Surface (one that "gives"), and Stretching (when the muscles are warm).

Whatever aerobic activity you do choose, be sure you do it safely. Here's to your health!

SENTRY cont'd front page

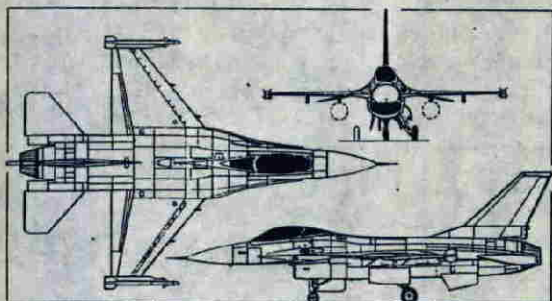


Photos by MSgt. Ron Biho



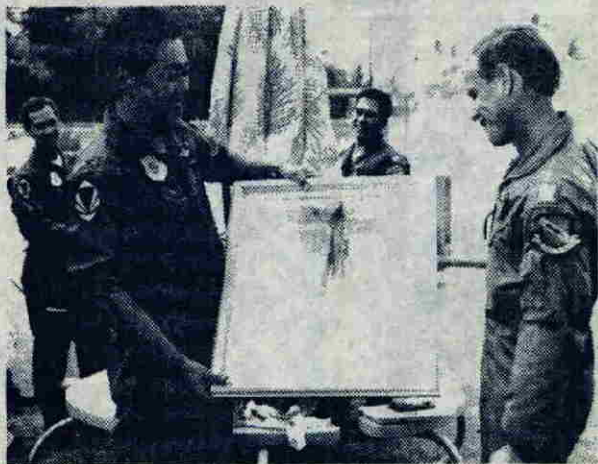
F-4E PHANTOM

Originally, Sentry Diamond was slated to include only 6 F-4E's from the New Jersey ANG. They were to provide the fighter squadron with adversaries for ACT or dissimilar air combat training. However, with the surprise deployment of the Black Widows, the Mytai's were afforded the excellent opportunity to go fly against 2 different threats with different strengths and weaknesses.



F-16A FALCON

Sorties flown included 2 F-15 v 4 F-16, 4 F-15 v 4 F-16 and 4 F-4's, and 2 F-15 v 2 F-16 or F-4. The 2 v 4's provided us with the chance to practice against a numerically superior, small, highly maneuverable, very capable threat. We saw a lot of decoys and feints to try and pull us off one package of targets allowing the other package to come in untargeted and unseen. The key to success in this situation is to work closely with the GCI controllers and listen up to what your wingman is seeing..



COL LEE MAKES PRESENTATION TO LT COL PHIL LOWE.

The 4 v 8 provided us with the excellent opportunity to practice large force tactics. The F-4's and F-16's swapped roles with one set of 4 playing the fighter bombers and the other set as the fighter cover. We were tasked with defending a certain piece of real estate and the strikers tried to get through us. It gets real busy with 12 aircraft going 500kts in the same piece of sky so we all needed to be heads up.

During the Sentry Diamond exercise maintenance came through as always providing us with 160 sorties. There's only one way to make that many sorties, damned hard work. The 154th CAMS once again proved why it's regarded as one of the best maintenance squadrons in the Air Force.




*Tomorrow
will be
decided
today*  **VOTE**



Photo by MSgt. Ron Biho

The tour moved on to a visual inspection of an F-15 static display that showed the interior of one of the best multi-purpose fighter jets in the world.

After a full day of events, the delegation said 'Aloha and Mahalo', in Chinese, for an excellent tour of HIANG facilities at Hickam AFB.

HIANG FACELIFT

by SSgt. Rodney P. Jacques

Phase 1 of the Facilities Improvement Plan is underway and contract workers are busy repairing sections of the HIANG complex at Hickam AFB. Part of the work will be done by Jade Painting which was awarded a \$96,000 dollar contract to paint buildings. Work will start on November 14, 1988 and continue for 90 days. The painting scheme will be similar to the buildings at PACAF. Buildings to be painted are:

- #3382, HQ 201st CCGP
- #3400, Acft Maintenance Hangar
- #3402, Non-Powered AGE Shop
- #3404, Life Support Shop
- #3415, Base Supply
- #3426, Flight Line Operations

Other facelifts include roof repair on buildings 3415 and 3416. Aloha Painting has been awarded the roof repair contract and they will be replacing the roof surfaces with a ceramic tile. The ceramic tile will alleviate part of the sun's heat by absorbing and reflecting solar radiation. Maintenance and supply people should feel the decrease in temperature in their offices. Thanks Uncle Sam!!

CHINESE DELEGATION VISIT

Top ranking military officials from the Republic of China including General XU Huizi, Deputy Chief of the General Staff (Peoples Liberation Army), recently visited the 154COMPG to tour facilities and see firsthand how a top fighter unit is run. The tour was led by HIANG Commander Brig. General Richardson and 154COMPG Commander Col. Lee, who showed the delegation CAM units, Life Support, 199TFS OPS, and other phases of the 154COMPG.

The Chinese delegation was the guest of honor at a 199TFS reception to start the day. They received the HIANG video briefing that was assembled by MSgt. Ron Biho and TSgt. Charles Gravitt. The video extensively covers the Air National Guard forces in Hawaii and the units they support. The video is a must see item since it is presented in an award winning fashion.

STANDARD ALARM SIGNALS

FOR NUCLEAR OPERATIONS

ALERT CONDITION	ALERT MEANING	METHOD OF NOTIFICATION	REQUIRED ACTIONS
YELLOW	ATTACK PROBABLE	YELLOW FLAGS ON RADIO CONTROLLED VEHICLES & REPORTED OVER PA SYSTEM.	EMERGENCY OPERATIONS (EO) PERSONNEL CONTINUE DUTIES. ALL OTHERS REPORT TO ASSIGNED SHELTERS.
RED	ATTACK IMMINENT OR IN PROGRESS	RED FLAGS ON RADIO CONTROLLED VEHICLES & REPORTED OVER PA SYSTEM & A 3 MINUTE WAILING TONE ON BASE SIRENS.	TAKE IMMEDIATE COVER. GO TO SHELTER AS SOON AS THE SITUATION ALLOWS.
BLACK	RADIOACTIVE FALLOUT HAS ARRIVED	BLACK FLAGS ON RADIO CONTROLLED VEHICLES & REPORTED OVER PA SYSTEM.	ALL PERSONNEL SHOULD REMAIN IN SHELTER UNLESS INVOLVED IN EO TASKS WHICH ARE ESSENTIAL. ALL PERSONS OUTSIDE MUST BE MONITORED FOR RADIATION.

GREAT ALOHA RUN ...

VOLUNTEERS!!

FEBRUARY 20, 1989

MONDAY, PRESIDENT'S DAY HOLIDAY
ALOHA STADIUM

GUARD PERSONNEL NEEDED TO PASS OUT T-SHIRTS AND ASSIST IN THE "ALOHA FUN RUN". PLEASE CONTACT YOUR UNIT COMMANDER OR MSGT SOMA, 4496982/7772 ..ASAP.

ALL CLEAR WILL BE PASSED VERBALLY AND SIGNALLED BY THE REMOVAL OF ALL FLAGS.

NOTE 1: THE 2 VEHICLES USED AS FLAG CARRIERS ARE 'TUNA' AND 'WING-DING'.

NOTE 2: DURING EXERCISES SIGNS WILL BE POSTED AT EACH ENTRY GATE DIRECTING ALL PERSONNEL TO REPORT TO THE CRC PRIOR TO BEING ALLOWED TO ENTER THE COMPOUND. THERE THEY WILL BE BRIEFED ON THE EXERCISE CONDITION, AND THE PROCEDURE FOR ENTERING THE COMPOUND.