



Kukailimoku

H/PAO file.

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War God Of King Kamehameha I - 154 COMPG

Vol. 35, No. 2

Hickam Air Force Base
Hawaii

February 5, 1989



PHOTO BY G SUMIDA



PHOTO BY G SUMIDA

MORE PHOTOS ON PAGES 8 AND 9

FAMILY APPRECIATION DAY

by SSgt. Rodney P. Jacques

Ronald McDonald, F-15's, shave ice, and games greeted more than 2900 people who attended the 1989 154th Composite Group Family Appreciation Day held on January 15 at the Hickam AFB complex. Family Day, as it affectionately known, has come to represent a way of saying thanks to families and friends for their loyal support throughout the year.

The day started with General Richardson presenting the 4th Air Force Outstanding Unit Award to the 154th Composite Group. Colonel Lee accepted the plaque and mentioned that the guard family is vital to successful completion of our mission by being supportive of recalls, ORI's, and deployments. They represent the source from which all guard members drawn on during long hours of performing mission related

tasks. Thanks eh!

Activities abounded throughout the complex for the young and old. The keikis's thrilled in the basketball toss, tricycle obstacle course, bean bag toss, to name a few and munched out on everything in sight. A record was set for the amount of shave ices served (over 3000) and the keikis accounted for a large portion of that figure.

In addition, guard units set-up display booths to entertain and educate Family Day attendees. Security Police had weapons, I.D. card issue, and keiki identification displays that explicitly showed how the SP's do their job. Other units present were: Tac Hospital, CAM Sq., Recruiters, Career Adviser, Egress, and of course, Food Service.

All in all, the day was a success and the turnout was tremendous. Mahalo to all the people who contributed to the effort and a sincere Mahalo Nui Loa to the guard family that supports us.

**Commander's
Corner**

by

Col. John S. W. Lee



I couldn't help transitioning my thoughts from a story I read involving the early and tragic demise of Princess Kaiulani, who expired at the age of 23, due to complications induced by pneumonia. With that perspective as a background, I noticed that the latest issue of Newsweek discussed the rising costs of hospital care and the significant theme of promoting "wellness". In an indirect way, we in the Air Guard seek physical "wellness" by deciding that individuals meet standards through physical exams, running programs, weight controls, and immunizations. We have been neglecting the total "wellness" program when we overlook the other needs of our personal well being such as:

1. That which makes a person get out of bed and want to do something.
2. That which makes a person cheerful, understanding and a joy to be with.
3. That which makes a person sustain his curiosity and awe of life no matter what he is doing.
4. That which makes a person appreciate the fullness of an experience and to enjoy recollections of that experience.

My common thread to the above "wellness" needs is an environment which fosters the "zest for life". Within this command, we are trying to promote wellness by:

1. Acknowledging each individuals contributions toward doing the job.
2. Making this an enjoyable working place conducive toward acquiring friends that are responsive at meeting each others needs.
3. Looking at social activities as an important adjunct of what this Composite Group means.

CBPO CONNECTION

UNIFORM TIPS (Ref. AFR 35-10)

HANDBAGS. There are only three handbags authorized for female personnel. These handbags may be carried with all service, fatigue, ceremonial, functional, and semi-formal uniforms.

*a. Issue Handbag. Air Force approved plain black, vinyl handbag with fold-over flap and plain silver-colored clasp fastener.

*b. Optional Leather Handbag. Air Force approved black leather purse without ornamentation, has plain fold-over flap without clasp. Purse may have adjustable shoulder strap with brass buckle.

c. Clutch Style Purse. Plain black smooth or scotch-grain leather or manmade material without ornamentation. Will not be high gloss. Purse will be no larger than 6½ x 11 inches nor smaller than 5 x 9 inches. It must have a concealed closure and may have a wrist strap. This style purse may be purchased through your Military Clothing store or commercially procured.

*May be purchased only through Military Clothing Stores.

EYEGASSES AND OTHER ORNAMENTS. Ornaments on the head, visible ornaments around the neck, 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.

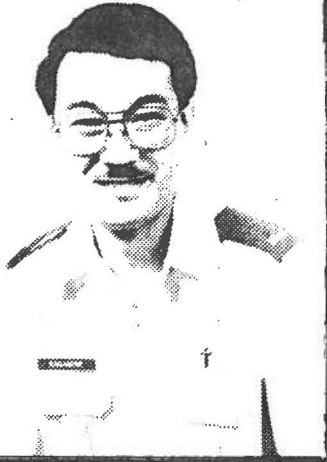
a. Wear Indoors. Conservative, clear, slightly tinted, or photosensitive lenses, which are practically clear under normal light, may be worn indoors.

b. Wear Outdoors. Conservative sunglasses and photosensitive-type eyeglasses may be worn while outdoors. A "fashion" 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.

(Customer Assistance Section (DPMA) 449-5669)

Pastor's Perspective



by Chaplain
(1Lt) Robert Nagamine

Lately, I've been listening to music by a band called Cecilio and Kapono. Their music is so enjoyable to listen to that it makes me relax and just want to enjoy life. They have a song called, "Good Times Together", and it reminds me of how people need to take time out to enjoy themselves.

Let's take time out to enjoy ourselves sometimes because there are benefits. It can relieve stress. I once read an article which stated that laughter is good for the health. It is one of the best medicines available. Without any of the side effects of drugs, it relieves our bodies of unwanted stress. Even a passage from the Scriptures confirms its medicinal benefit: "A cheerful heart is a good medicine, but a downcast spirit dries up the bones."

If you take time out to enjoy yourself with your spouse, boyfriend or girlfriend, there is another benefit. It may rekindle the flames of romance you once shared. Sometimes people take things too seriously and they don't take time out to just have fun. So, play a little and keep the flames of your romance burning. Especially during your Valentine's Day celebration, take time out to enjoy yourself and restore the magic to your special relationship.

REMEMBER YOUR LOVED ONES

HAPPY VALENTINES DAY!!

AERO CLUB CLASSES


The Hickam-Wheeler Aero Club announces the next class dates for Private Pilot Ground School. This excellent ground training is open to all individuals interested in obtaining aviation training and/or their Private Pilot Certifications:

Start Date: Sat., Feb. 11, 1989
 Class Days: Sat. 0900-1300
 Duration: 8 weeks, 32 classroom hours
 Location: Wheeler AFB, 656-1091

Start Date: Wed., Feb. 15, 1989
 Class nites: Mon. & Wed. eves
 1800-2100 hours
 Duration: 8 weeks, 32 classroom hours
 Location: Hickam AFB, 449-1228

All interested individuals may come to the Aero Club to register anytime prior to start date. Books and supplies may be purchased at the Aero Club. Cost for books is approximately \$70.00 plus \$75.00 for the class. Tuition assistance is available through Base Education. For Enrollment call 449-1228 (Hickam) or 656-1091 (Wheeler).

NEXT UTA MARCH 4-5 1989



KUKAILIMOKU
MEMBERS OF THE KUKAILIMOKU
STAFF

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LEGAL BRIEF



BY CAPT. JAMES ITAMURA

The past month has been a particularly bad one for drug testing with several members coming up positive and as a result being processed for discharge.

In my years as a Defense Counsel on active duty and now in the Air Guard, I've seen members in all ranks from E-1 to Captain busted for marijuana use. Some of these members were deadbeats anyway, but strangely, the vast majority were above average performers (I found this phenomenon to be prevalent Air Force wide). Many of them were relatively young, many with young families.

It has always amazed me that these otherwise bright, hardworking, law-abiding citizens would risk their jobs, their futures, their ability to buy food for their family, keep up the payments on their cars, VISAs, rent, etc., all so that they could sit around stoned and giggle uncontrollably for a few minutes.

It all boils down to basic stupidity and a lack of maturity--regardless of rank.

As an advocate, I get paid to zealously defend clients. However, do not expect your lawyer to feel sorry for you. No one put a gun to your head and made you do whatever contraband you chose to indulge in. It was no accident. It took a conscious decision.

The only difference between the Guard and active duty is that the majority of members are part-timers. Losing a parttime job may not seem like such a horrible possibility. However, chances are that you will be discharged with a less-than-honorable certificate of discharge. For someone in his/her early 20's who has upwards of forty years left in the job market, the effect may be devastating. There is hardly a job or college application that doesn't ask about military service and type of discharge. Therefore, if the shoe fits take it off.

establishing drug testing programs. The truth of the matter is military drug testing programs are for the most part, unchallengeable on constitutional grounds. That means, in effect, the military can perform drug testing on its members. However the next question is - are the results of the drug test valid.

Early drug testing programs that were developed by the military provided information that was faulty and challengeable if used as evidence in a court-martial. The reasons for this were: the testing laboratories were not properly managed and the relatively simple testing procedures used allowed for easy contamination of the sample and to inaccurate test results.

Now the military testing labs use the Mass Spectrometry/Gas Chromatograph (MS/GC) test exclusively. This machine provides results which are very accurate and not easily challenged on scientific grounds. An additional safeguard incorporated by the military is a threshold level that eliminates incidental contact with illegal drugs.

So if you are experimenting with either cocaine or marijuana, remember - the MS/GC will get you. You will be identified as a drug user and face the possibility of increasing the number tested positive statistic by one. On the human side, you will have to live with the consequences of being discharged from the guard under less than honorable conditions. Let's be smart out there. Say NO to Drugs.

GREAT ALOHA RUN ...ON AGAIN

Volunteers are needed for the Great Aloha Fun Run on February 20. Personnel will be used as Course Marshalls and Aid Station workers. For more information, contact Sam Kekuna - 449-2588 or Wayne Soma - 449-6986.

HNGEA MEMBERSHIP DRIVE

Membership Drive for calendar year 1989 is now in process. Applications can be attained through your unit 1Sgt. or by contacting MSgt. Alfred DeRego - 449-1914 SMSgt. Jack Uhrig - 449-7844 MSgt. Wayne Soma - 449-6986 MSgt. Carl J. Simmons - 449-9589 TSgt. Jan DeRego - 448-0602



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

DRUG TESTING: IT'S NO LONGER EASY TO CHALLENGE THE RESULTS

Nearly everyone has heard that drug testing results can be challenged. After all, it's against the constitution or something. And civilian and civil service employers are having a difficult time

AM SQ. News & Views



by MSgt Fred M. Higa, Jr.

Here we are again, attending another fun-filled drill weekend. This weekend has been full of activities as we prepare for our upcoming deployment to Clark AB. Hang in there folks, and remember, 'practice makes perfect'....The CAM Squadron welcome mat goes to the following new members of the CAM Squadron: Amn Joshua Aberilla and Charles Lee of Materiel Control, Amn Mark Yoshida of the Environmental Shop and Sra Rogan Kahalehili of the Fuel Shop. Would also like to welcome Capt Terrell Hudson as assumes the full-time Maintenance Control Superintendent's position. He goes to the Maintenance Officer's course in beautiful Chanute AFB for the next 5 months. Have fun in Rantoul!!! Good luck to the new Field Maintenance Branch Chief Capt Dave Snakenberg as he takes over for the retiring Chief, CMS Dave Pontes. Good luck also to SMS Mel Taira as he assumes his new role as Avionics Branch Chief since the retirement of CMS Hiroshi Go. Chief Pontes and Chief Go are attending their last drill this weekend, and both admit they work harder as a retiree than when they were working full-time. Can't be true!!!??? At any rate, good luck to both of you on your well-deserved retirement...Our Training honcho, TSG Carol Keanini smiling these days as she is back to full strength as SrA Chris Williams has transferred from the Admin office to the Training office. Good luck to you Chris...Good luck also goes to SrA Dean Ishikawa and Amn Joshua Aberilla on their recent promotions...Congrats to A1C John Laguana as he exchanged wedding vows on New Year's Day. That's one big New Year's resolution, John...The Avionics Branch boasts yet another Honor Grad, this time it's Amn Guy Kawaguchi of C-Shop.

Hope somebody is keeping track of all these 'smart guys' in Avionics...Much mahalo and aloha to Miles Okihiro, Derek Higa, Charles Bell (Avionics Branch) and Fernando Colon and Brian Nishie (Materiel Control) as they have all called their CAM Squadron, as well as their HIANG experience, a career. They have decided to move on, some by transferring to other units, some by taking on lifelong dreams. Good luck to you all. Much fun had be all at the recent retirement party held at the Halekoa Hotel for former Engine Shopper MSG Ron Cozo. Ron and his family thanks all who attended the event and bestowed gifts and momentos to him. Much happiness to you, Ron...Good luck and welcome aboard to SrA Leilani Lim as she assumes a temporary position in the Engine Shop. Did you take over for Ron??? NOW HEAR THIS: SMS Dick DeVeas seeking volunteers to help in the Easter Seals Telethon. Call him at 449-1518...SSgt Sam Kekuna of the Flight Line, also looking for volunteers for the Carol Kai Bed Race. Call him at 449-2588. Both events are for worthy causes, so your kokua would be much appreciated. Congratulations to Capt Dave Snakenberg and his crew for a very successful Group Family Day program. Much fun had by all who attended, which is a tribute to Dave and his people as they had about a month to plan the entire event.... Congratulations to Mr Myles Iwamoto of Rex Tire & Supply as he recently received a Certificate of Appreciation in the Employer Support of the Guard and Reserve program. Mr Iwamoto was nominated by A1C Lance Yamashina of our Engine Shop, for his wholehearted support of Lance's drill and annual training requirements. This award was the first for 1989, and hopefully there will be additional nominations in the next few months. If you need more information, our Commander, Maj Melich, has all the info you will need. Now might be a good time to recognize your bosses for their support of the Guard program...Well, that's all for now folks, til next issue... 'Three words sum up what you can count on in life. It goes on.' See ya next month.....fhiga

COMMISSARY PRIVILEGE

New guidelines for the use of the commissary by reserve personnel have been received from the National Guard Bureau. Highlights of the new provision are:

1. Members will be permitted entrance to the commissary with DD Form 2AF Reserve ID (red) and published active duty or active duty for training orders. The duty must have been performed within calendar year 1988 or 1989.

2. The same order can be used more than once to enter the military commissary.

3. The revised guidelines will be in effect from 1 January through 30 June 1989. From 1 July 1989, a new commissary privilege card will be issued. The card will be used in a similar fashion as the commissary earnings statement used this past year. Additional information on the card will be provided at a later date.

4. The Office of the Secretary of Defense has not established a limit on the number of times the commissary can be used during the specified six month period which ends on 30 June 1989.

5. Dependents will be required to present a copy of the member's published orders, a valid form of identification containing a picture of the dependant, and proof of dependent's status to the sponsor. Proof can be provided with the AF Form 447 dependent ID card, marriage license, birth certificate, or Federal tax return. Emphasis should be placed on the dependent ID which will aid in getting access to the base exchange and other military facilities.

6. The new procedures do not apply to the Base Exchange. The current practice using the Leave and Earning Statement (LES) will continue.

7. Members should be advised to

ask for the Commissary Office manager if they encounter problems gaining entrance to the commissary. If the problem is still not solved, Lt Col Clarence Fukumoto or Lt Randall Tom at HQ HIANG, should be contacted at 732-2626 or 732-1951.

154 TAC HOSPITAL SHOTLINE



by 1Lt A. Arcangeli

The Tac Hospital would like to welcome SSgt Kathreen Pearson to our unit. She comes to us from the Tennessee Air Guard, and will be working with administration. Aloha Kathreen!

The 154 COMPG did a great job with Appreciation Day in January. A good time was had by those who attended. A special mahalo to Lt Col Judith Fadrowsky for her hard work in organization of the Blood Pressure screening booth and the First-Aid booth. Also mahalo to Maj Cunanan, Maj Yoshida, MSgt Chun, MSgt Minami, TSgt Masuda, TSgt Merdjanian, TSgt Nagai, TSgt Nasu, SSgt Higa, SSgt Stottlemeyer, Sgt Conrardy, Sgt Canon, Sgt Yadao, and ALC Echevarria for their assistance and hard work! A good representation of the hard workers here at the hospital!

Dental Note:

Q: I seem to have a groove at the gum line of some teeth. They are also sensitive to hot and cold. Can I do anything?

A: These grooves, commonly called "toothbrush abrasions" are often caused by horizontal brushing with a hard brush over a long period of time. The protective enamel covering has worn away, leaving the sensitive underlying dentine exposed. If the grooves aren't too deep, try using a soft toothbrush and a desensitizing toothpaste. If that doesn't help, a consultation with your dentist is needed.

Healthful Hint:

OAT BRAN, WHEAT BRAN? Soluble fiber has been shown to lower elevated blood cholesterol levels; the cereal highest in soluble fiber is oat bran.

Wheat bran and wheat cereals which are rich in "insoluble fiber" - help promote bowel regularity, but have not been found to significantly affect serum cholesterol levels. -Hope Health Letter Feb 89

ALCOHOL TROUBLE WITH

This is a summary of a recent article in Flying Safety magazine. Alcohol and its use or abuse are with us whether we like it or not. The more we know about it and its effects, the better able we are to handle it.

PROCESSING: Alcohol can be either absorbed or eliminated.

It can be absorbed, unchanged, from any place in the gastrointestinal tract. Once it gets to the intestine, we absorb it rapidly and completely. Food slows the absorption, keeps the alcohol in the stomach longer. Once absorbed, alcohol primarily affects our brain and spinal cord until it is eliminated from the body.

The chemical breakdown which occurs in our body takes a fixed amount of time to eliminate the alcohol, regardless of how many gallons of coffee we drink how many cold showers we take or how much pure oxygen we suck.

THE POTENTIAL TROUBLE: Alcohol's effects range from alcohol in blood, but not intoxicated, to acute drunkenness and alcoholism. Accidents can be caused by faulty perception, slow reaction times, or judgmental mistakes.

THE HANGOVER: Most of us are familiar with the hangover syndrome of loss of appetite, heartburn, thirst, tremors, headache, and fatigue. While all the alcohol may be eliminated from the body, a hangover can persist for up to 36 hours. A person affected by this is more susceptible to disorientation, decreased problem solving ability, and possibly hypoglycemia. Hangover potency can be ranked in the following order: Brandy, red wine, rum, whiskey, white wine, and gin.

FATIGUE: This is one of the most insidious aftereffects of alcohol. It is often endured relatively unconsciously, but it is the most consistently present aftereffect. Drinking prior to sleeping can decrease the lack of rapid eye movement (REM) or dreaming sleep. It is fairly well

established that deprivation of REM sleep tends to not only contribute to fatigue, but may also impair concentration and memory and produce anxiety and irritability.

DOUBLE TROUBLE: Alcohol significantly degrades our performance particularly on a critical task. The alcohol takes the place of oxygen in the blood. The drinker becomes "hypoxic"--- something that happens to aircrew members as they climb in altitude without supplemental oxygen. Our field of vision is constricted and we lose the ability to see under dim light. Not a good deal when driving home at night after a drill weekend party! Four or five drinks have the same effect on you as if you were flying at 8,000 feet without oxygen. Add smoking to the equation and you can literally be as high as a kite! The carbon monoxide in the smoke also replaces the oxygen in the blood.

THE RULES: The blood alcohol level (BAC) is a result of total alcohol ingested and time available for elimination. Remember, one mixed drink is about equal to one beer or one glass of wine.

THE CURE: TIME! From the information given above, the old saying for pilots, "12 hours from bottle to throttle" may not be adequate. If you perform ANY critical task, think about it. That involves pilots, maintenance troops, doctors, or anyone that drives a vehicle.

Let's keep it "safe" in 1989 and put the HPD roadblocks out of business!

DON'T TOSS YOUR OLD PHONE BOOKS

Please bring your old phone books to the area in front of the Security Police office at Battery Selfridge. They are being collected for the Olomana Schools recycling project!

If you have newspapers or aluminum cans that you would like to contribute, please call Ellen Schroeder at 261-8981 for pick-up. Mahalo Nui Loa.

FAMILY DAY

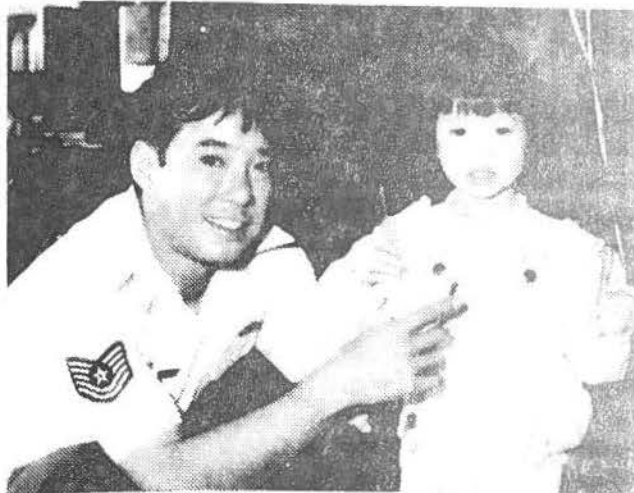
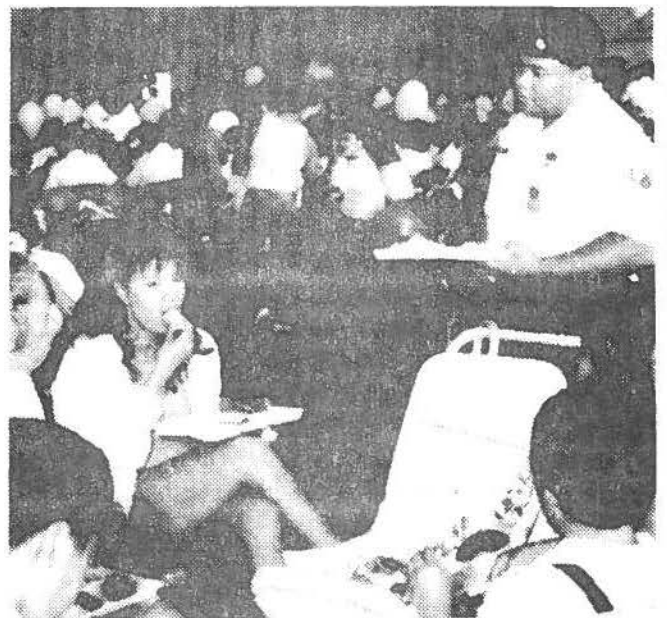
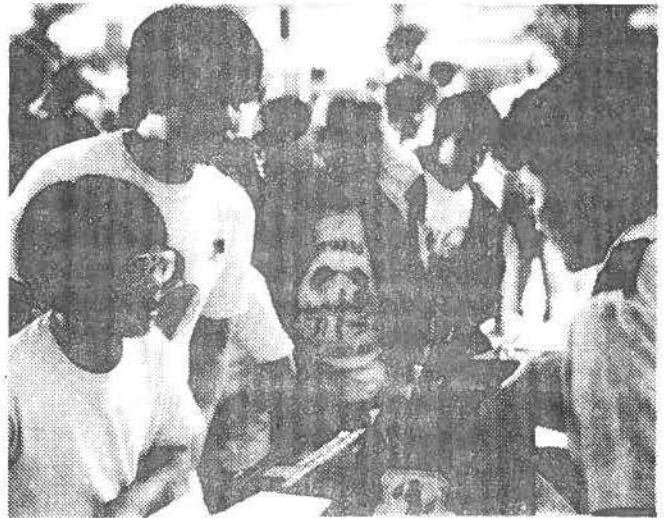


PHOTO CREDITS: TSGT FORD, SSGT's CHANG & SUMIDA



PROMOTIONS

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

HQ 154 COMPG

Capt Robert K Nagamine 11 Feb 89

150 ACWS (FXD)

Sgt Renato B Gabriel 3 Dec 88

Sgt Wilbert J Fermin 25 Jan 89

ALC Louis Pontes III 20 Nov 88

Amn Andre L Perez 21 Dec 88

Amn Shanlynn L L Prem 12 Jan 89

154 CAMS

SSgt Wayne M Kadekawa 16 Nov 88

Sgt Pedro B Bega 20 Jan 89

Sgt Robert M Fabrigas 13 Dec 88

Sgt James A Keanini III 11 Jan 89

Sgt Darryl C I Loo 13 Dec 88

Sgt Gerald S Oshiro 10 Dec 88

Sgt Mark S Takahashi 21 Dec 88

SrA Dean N Ishikawa 6 Jan 89

SrA Grant K Kaneshiro 9 Nov 88

SrA Tracy T Ohigashi 15 Nov 88

SrA Erwin M Soares 9 Nov 88

SrA Marc A Souza 15 Nov 88

SrA Lance K Yamashima 9 Nov 88

ALC Shanna Y Komatsu 11 Jan 89

ALC John F Laguana 11 Feb 89

ALC Trisha L Nakamura 3 Feb 89

ALC Kenneth A Nakamura 3 Feb 89

ALC Cy D Narusawa 1 Dec 88

ALC Darren D Oganeku 15 Jan 89

Amn Daniel L Baduria 18 Nov 88

154 CES

1LT Keith T Nakano 13 Feb 89

Sgt Darren M Atabay 25 Jan 89

Sgt Darren R Tominaga 20 Dec 88

Amn Brandon M Uehara 9 Dec 88

154 MSF

Amn Boyington J K Parks 28 Feb 89

154 MSS

1LT Melissa Y J Zen 13 Feb 89

SrA Troy B Hill 15 Dec 88

SrA Nadine A Rauscher 3 Jan 89

Amn Kipp Y Tanaka 15 Jan 89

154 RMS

Sgt Sharnell H K Valeho-Warren 7 Dec 88

Amn Roella H Duarte 154 SPF 15 Jan 89

SSgt Donovan M Morikawa 169 ACWS 16 Nov 88

Sgt Rolando M Aganon (FXD) 12 Jan 89

Sgt Henry C Hope Jr 12 Jan 89

Sgt James S K Pestana 12 Jan 89

Amn Scott W Smith 16 Feb 89

199 TFS

Lt Col David P Talbert 18 Feb 89

1LT Stan W Hong 13 Feb 89

MSgt Clifford H Fukuji 16 Nov 88

MSgt Alan R Ogata 16 Nov 88

MSgt Alwyn Y Yoshimura 16 Nov 88

Sgt Krisella C Tisdale 10 Jan 89

SrA Robin C Silva 1 Feb 89

ALC Paul K Bryant 26 Jan 89

SPORTS

1989 HIANG BASKETBALL

The 1989 HIANG Basketball Tournament tips off at 1800 at the Sand Island Coast Guard Gym on Saturday, February 11th with Cam Squadron Teams "A" and "B" squaring off in a key game.

This years tournament is being run by MSgt. James Pahukula and looks to be a huge success on and off the court. The games not only provide a format for competition, sportsmanship, and physical safety but it's a great way for Guard members to get together and share the thrill of tournament play.

Teams will consist of a minimum of eight players of which one member has to be 35 years or older and be on the court at all times. Uniforms are required, with numbers stenciled on the back. The game time limits will be two sixteen minute running halves and a five minute break at the half.

All interested players should contact their Unit Representative and sign-up to join in on the fun. A five dollar registration fee is charged to pay for officials, trophies, and pupus. The Fort Ruger Gym will be open on Monday, February 6th from 6:30 to 10:00 P.M. for team scrimmage or practice.

A new rule this year will allow for three point shots. But watch out! An AIR BALL can draw the exact opposite reaction from the crowd as a three-pointer. See you out there!

FITNESS...with

P.J. "Powerhouse" Lindahl

Should you exercise when you have a cold? The experts say that a cold accompanied by a fever or muscle aches is the signal to forget the exercise routine. Exercising with a fever increases the heart's workload, often to a dangerous level, and those aching muscles signal a viral infection which set the stage for muscle tearing injuries.

If you decide to exercise with a cold and encounter irregular heartbeats, even if you didn't have a fever or aching muscles, it's time to "knock it off" for a while. Here's to your health in '89!