



Kukailimoku

War God Of King Kamehameha I · 154 COMPG

Vol. 35, No. 7

Hickam Air Force Base
Hawaii

July 16, 1989

IT'S HERE



The new Hawaii Air National Guard C-130H aircraft "ULILI".

photo by, MSgt Ron Biho

Story By: Sgt. Gaye Sakamoto

The Hawaii Air National Guard welcomes their newest aircraft, the C-130H. This operational support aircraft arrived on June 18 from the 130 Tactical Airlift Group of Charleston, West Virginia.

The C-130H provides greater cargo carrying capabilities over a longer distance than its predecessor, the C-130A. Powered by T-56A-15 turbo propeller engines, it is able to land on short, unimproved air fields and has roll on/off capabilities. It also has the capacity to carry 74 litters, 92 ground troops, 64 paratroopers, or 80 passengers for overwater flights. The plane flies with a minimum crew of 4, consisting of a pilot, co-pilot, flight engineer and loadmaster. A navigator is used for overwater flights.

The addition of this aircraft will greatly enhance the ability to support the mission of the Hawaii Air National Guard units.

A dedication ceremony will be held today at 4:30 p.m. on the Mike taxiway, near the fuel shop.

SKY HIGH ! With the Hawaiian Moving Company

by TSgt Charles Gravitt

If you turned on your television recently and saw Hawaiian Moving Company host Michael W. Perry sporting a Hawaii Air National Guard flight suit and climbing into an F-15 you were seeing correctly.

Following months of preparation, and special design work and engineering by the 154 CAM Squadron to accommodate the Hawaiian Moving Company broadcast camera, the flight was set for June 21, 1989.

Michael Perry arrived early in the morning, following his radio program on K-59, to accomplish his Egress training. "I got all the way through the training and didn't see a single bird," quipped Perry, who had established a running joke about the "egret training" he had to undergo prior to the flight.

Capt. "Lordy" Dowson met with Michael following egress training, along with Lt. Col. Mike Tice, Capt. Ro Johnson, and Lt. Brad Sakai, the other members of the flight team that would be participating in the mission that day. Capt. Dowson would be flying the "B model" two-seater as part of that day's training. Perry would be riding in the back seat.

While the flight briefing was in progress, the Moving Company's camera crew, which consisted of producer Randy Brandt, cameraman Don Kozono, and audio technician Bill Paris, attached a camera to a special mount inside the B-model's cockpit and set up a separate camera to shoot the sequences leading up to Michael getting into the aircraft.

Excitement mounted as a small audience gathered by the aircraft to watch the shooting sequence. The crew shot numerous segments that would be used to "bridge" between other segments of the Hawaiian Moving Company program. Thus, Michael W. Perry opened the program talking to Lordy Dowson then turned to the camera and welcomed the audience to this week's edition of the Moving Company. Subsequent segments showed Michael climbing into the aircraft and taking off. The camera mounted inside the aircraft gave a spectacular view of Perry in the back seat and all the scenery behind him. At one point, you could see the ships piloted by Tice, Johnson, and Sakai flying behind the B-model and then simulate a fan break in the background. It was spectacular stuff. The program aired July 2 at 6:30 p.m. on KGMB, channel 9. *see photos, pg. 5*

COMMANDER'S CORNER

by
Col John S.W. Lee



Welcome and Aloha to the members of the Jacksonville Air National Guard who spent last week "dogfighting" with our F-15s. As part of the Sentry Aloha activities, the 125 Fighter Interceptor Group members hosted a luau on the night of July 13 which featured an opportunity to exchange ideas and to socially intermingle as only Guards people can do. Again, it took a lot of cooperative help to set the mood for the luau, and we are blessed with talented people who organized and made the luau happen.

With regard to talented people, the 154th Tactical Hospital "nailed down" all of the critical inspection items needed for an exceptional rating. It was truly unfortunate that the inspection team from Norton esteemed such "walk on water" standards that our Hospital personnel received only a "SAT" rating. As a service agency and military unit, our Tactical Hospital is also "No Ka Oi". The Tac Hospital are now preparing themselves for their deployment to Osan Air Base, Korea.

And speaking of deployments, we will be meeting in Kona this month (HIANG Commanders/Operations Staff conference) to discuss and decide on fiscal year '90 activities. There are many changes to be made and many, new things to get involved with. Foremost among our planning factors is our deployment for fiscal year '90. We will also be integrating with the 6010 Air Defense Group (formerly 326 Air Defense but also with many new faces) to plan for our air defense exercises.

Plan for an exciting year ahead.

BLOOD BANK DRIVE

A blood drive will be held at the 154 Composite Group Dining Hall on August 18, Friday from 12:00 p.m. to 3:30 p.m. Donors may contact MSgt. Alexander Palama at 449-2303 to make their appointments. Please kokua and support the Blood Bank of Hawaii.

EDUCATION OPPORTUNITIES

Visit your Career and Education Office at CBPO and find out about the Montgomery GI Bill, Hawaii State Tuition Waiver and the Community College of the Air Force. You may be missing out on your education benefits. Contact MSgt. Iris Kabazawa, Career and Education Manager at 449-7794.



University of Hawaii President Dr. Albert Simone shaking his IP's, Capt Dave Lilly's hand after his F-15 Eagle ride. photo by MSgt Ron Biho

NO FAULT INSURANCE PENALTIES INCREASED

by TSgt Charles S. Gravitt
HIANG/PA

It will cost you \$1000 if you are found to be operating a vehicle in Hawaii without a valid No Fault Insurance card. The fine is mandatory and automatic and stems from changes in the law signed into effect by Governor John Waihee June 16, according to Janelle Saneishi of the State Judiciary Public Information Office. But that isn't the only penalty of which you should be aware. If you drive on Hickam, for example, and are found to be without a valid No Fault card your on base driving privileges will be revoked for one year! That is the result of new changes in the regs that went into effect Mar. 15, 1989.

The bottom line here is that it will be infinitely cheaper in the long run to drive "legal". The new \$1000 fine replaces the old \$100 fine. Furthermore, subsequent violations will cost you \$3000 a pop and these fines can be imposed on the driver AND the registered owner of the vehicle. That amount is up from the old fine of \$400.

In addition to these stiffer penalties, insurance companies might now charge you a surcharge of as much as 100% if they determine that you have been driving a vehicle with no insurance or insurance that has lapsed.

The moral of this story is that if you have a car or drive a car that belongs to someone else or own a car that someone else drives, you'd better have valid No Fault insurance or be prepared to pay the piper and possibly lose your driving privileges for a long time.

CHECK SIX

by 1Lt Brad Sakai

Aloha and Mahalo to the 125th Fighter Interceptor Group, Florida ANG, for the outstanding training they provided during this past week. The FANG's six F-16s arrived here on the 7th of July after a 9 hour direct flight from Jacksonville, Florida. Starting on Monday they participated in six days of Dissimilar Air Combat Training. The training not only included our HIANG F-15s and FANG F-16s, but F-18s from VMFA-232, KMCAS and A-4s from VC-1 Barbers Point. The training started out with the basics, 1 v 1 fights, then to the more advanced 2 v 2 and 4 v 4 fights. By the end of the week, the training moved into the more complex multi-aircraft scenarios. Using Captain Balthazar's creative scenarios from Sentry Tigre, we were again able to expose the pilots to the demands and challenges required in a task saturating environment. An example of one of these scenarios was the defense of Kaula Rock from a simulated strike by the Marine F-18s and Navy A-4s. This scenario consisted of 22 aircraft, with each one trying to meet their particular objectives. With scenarios like these, our pilots, GCI controllers and maintenance people can get nothing but better in their type of work. Luckily we have the people that pride themselves in being the best and take any lessons learned from these scenarios to heart and quickly correct them.

Congratulations to Lt. Jeffrey "Sumo" Manihira on several achievements. Sumo has completed his local checkout program here in the F-15 and did an excellent job and has joined the elite group of Alert Pros at the Alert Pad defending the Hawaiian skies. Also, he and his new wife, Tammy, have just bought their first home in Makakilo and are expecting their first child!

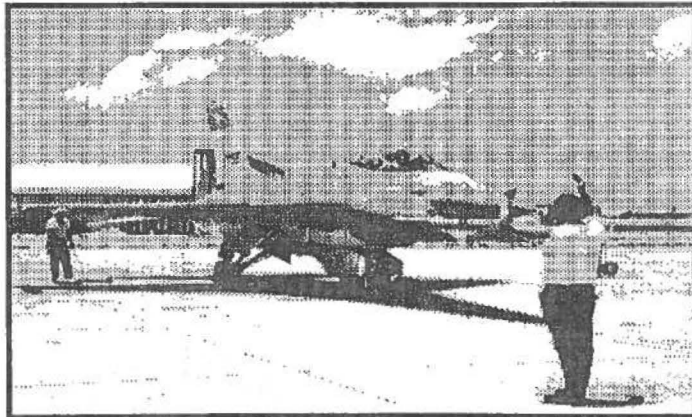
A little ahead of them in the baby department, the



199 TFS Maj Wayne "Wildman" Wakeman swapping fighter tales with LtCol Reed Procter, Det Commander for the 125th FIG.
photo by: MSgt Ron Biho

clock is ticking and soon to give birth are Laura Johnson (wife of Capt. Garro Johnson) and Ide Haldeman (wife of Capt. Steve Haldeman). Both are due in about 3 weeks. The Johnsons are hoping for a girl and I'm not sure what the Haldemans are hoping for, but if HR's a real fighter pilot, it'll be a girl.

Other happenings around the 199 TFS is the recent return of 3 newly dual qualified pilots in the F-15 and C-130H aircrafts. Now in their local checkout programs are Lt.Col. Aoki, Capt. Mahi and Lt. Sakai. Well, since we all



125th FIG's F-16 Falcon after a mission with the HIANG's F-15s and the Marine's F-18s. photo by: MSgt Ron Biho

attended the Hawaiian Concert at the Waikiki Shell this past July 2, we missed the Hawaiian Moving Company with Michael W. Perry. However some of us taped it and if you would like to see the star of the show, Capt. Lordy Dowson, and his co-stars, Lt. Brad "Mongo" Sakai, Lt.Col. Mike "Boss" Tice and Capt. Garro "Rojo" Johnson, come to see Lordy at the squadron. His office is the one with the big star on it, and he'll fill you in on the details and maybe even let you rent one of his many copies of the show.

Finally, good luck to Sgt. Tammy Brown as she goes to her interview for the prestigious Tweet Coleman Flying Scholarship. This scholarship is offered to only women and they will select 5 women to be interviewed with only one to receive the scholarship. The scholarship includes ground school, flying lessons and a private pilot license. The 199 TFS is behind you Sgt. Brown!

Nana Okole, and Lordy, when's the house warming party at your new home in Hawaii Kai?

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Commander Col. John S.W. Lee

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PASTOR'S PERSPECTIVE

by: Chaplain (Capt)
Robert Nagamine



Let's turn back the pages of time to January of this year. Remember all of those great goals you had planned for the year? Where are they now? Did they get lost in the maze of your daily activities? Or, are you pretty much on top of things and saying with satisfaction, "steady as she goes.."? Or, are you so far ahead of the pack that you have accomplished all of your goals? Wherever you are, evaluation is in order.

Here we are in the middle of summer and it's a good time to check on how far we've progressed on our goals. Half of the year has gone by and hopefully we're half way there. Summer may get pretty hot and discontent may set in on things that seem to be moving slow. But now is prime time to get our second wind. With God's help and our perseverance, the second half of the year can get even better.

When we have time, let's read some of the passages from the Scriptures. They might encourage us and give us a second burst of energy. Here's a passage that might restore our enthusiasm to accomplish our goals: "He gives power to the faint, and to him who has no might he increases strength. Even youths shall faint and be weary, and young men shall fall exhausted; but they who wait for the Lord shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint." (Isaiah 40)

When we have rested awhile and the "half-time show" is over, with God's help let's continue to be the winners we are. Let's have God renew our strength. Our goals are within reach. Let's make it happen.

May the Lord God Almighty grant you all that you need to make your goals come to fulfillment.



Lt Col Robert Duncan (ANG Ret.) and Col James Ashford (ANG Ret) are all smiles after their F-15 Eagle ride. Here they are with LtCol Mike Tice, 199TFS Ops Officer. photo by: MSgt Roy Kawamura

FOR THE FAMILY

Preparing Families for the Unexpected

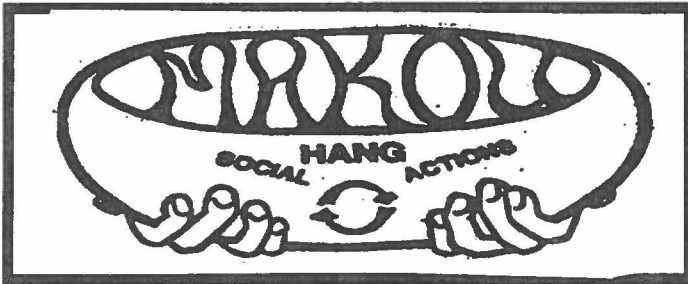
by Chaplain (Capt) Robert Nagamine

Do you realize that anyone of us could lose a family member within this year? I'm bringing this up not from my knowledge of the statistics, but from my personal experience. Several months ago, a good friend of mine died and left behind his wife and children. His death made me sad, because he was so relatively young. He was in his late 30s. I thought he had so many great years ahead of him. It still disturbs me to think about all of the positive things he could have done but now unable to because of his untimely death. It appears to me that death at an unexpected age is not uncommon these days.

Before we leave this world, one of our major concerns must be for those we leave behind. Sorrow for the loss of a loved one is usually guaranteed, but it would help if we could minimize their sorrow. Death shouldn't be approached with fear but with preparation. It would be an excellent idea to talk with your family about what you desire when your turn comes up. Consider if your will is up to date, or if you have adequate life insurance, or if your family knows what you want at your memorial service, or other important decisions.

Proper planning may help you in several ways. It will remind you not to take your family for granted. They might not be around as long as you expect. It will also give your family more security. It will also relieve confusion when you die because they will know your wishes. So, plan wisely and minimize the pain they will experience.

I hope that the above comments will help you to evaluate your plans, because I know that you care about your family. If your spouse or family member care to join me in helping families, he/she can join a family support group. Call me, Chaplain Robert Nagamine, at ph 449-9153, 955-3431 or 947-5008.



Dealing with Everyday Problems: Some Suggestions

by: TSgt Carswell Ross

Each day we all must deal with little things. Like the bus being late, someone opening their car door and tapping your car, the HIANG's way versus your way, the kids or your spouse. Oh, nothing really big just the little things that just get to you, but there's nothing you can do about them. We in Social Actions want to pass along advice provided by the Mental Health Association in Hawaii on how to deal with everyday problems. (1) Talk it out. When something worries you, talk it over with a close friend or with the people involved. It helps get rid of pent-up feelings, define the problem and find the solution. (2) Escape for a while. A change of pace - a movie, book, game, brief trip or even a 20 minute nap- can give you a new outlook on old problems. (3) Work off your anger. Do something constructive with your anger. Pitch in to a physical activity like tennis, swimming, a long walk, or some do-it-yourself project. (4) Give in occasionally. Even if you're dead right, it's easier on your system to give in once in a while. If you yield, you'll often find others will, too. (5) Do something for others. This will take the steam out of your own worries and-even better-give you a nice feeling of having done well. (6) Taking one thing at a time. The worst part of tension is the trapped feeling. Taking one thing at a time breaks the vicious circle and proves it can be done. (7) Shun the "Superman" and "Wonder Woman" urge. No one can be perfect. Pick the things you do well, and do them. (8) Go easy with your criticism." Search for the good points of another person's behavior and help to develop them. (9) Give the other person a break. Competition is contagious, but so is cooperation. (10) Make yourself "available". If you're made to feel "left out," slighted, neglected or rejected, it's healthier and more practical to keep "making yourself available" instead of shrinking away and withdrawing. (11) Schedule your recreation. Recreation is essential for good physical and mental health. Get involved with a hobby that you enjoy and which lets you forget about your problems for a while.

Remember the methods for dealing with everyday problems listed above are only suggestions. Try those that fit your personality and style. Should you want more information in this area, please drop by or call the Social Actions Office. We can assist you in developing problem coping skills.

**NEXT UTA
AUG 5-6, 1989**



Hawaiian Moving Company's Michael W. Perry with his Co-Star Capt "Lordy" Dowson. photo by: Msgt Ron Biho

THAT THE FAX, JACK

by: TSgt Charles Gravitt

High-tech, high speed information processing and transmittal are becoming more and more a part of the way we do business in the HIANG. The latest addition to this system is a network of facsimile reproduction, or fax, machines that allow transmission of printed materials over telephone lines.

"General Richardson felt this was a very important addition to the HIANG communications network," says Lt. Col. Mel Matsui, Logistics Staff Officer for HQ HIANG. "The general talked to NGB officials during their visit to Hawaii in April and secured their assistance in providing the funding."

The fax machines are now in place at HQ HIANG, 154 Composite Group and 201st Combat Communications headquarters, CBPO, and all the GSUs.

Colonel Matsui says, "This will help expedite the transmission of important documents, letters, graphs, charts, etc. What that means is less chance for miscommunications and misunderstandings. We can now almost instantly transfer information more efficiently and more accurately and that will help our people be more productive."

AFA Chapter 138

The Air Force Association Hawaii Chapter 138 is having their quarterly luncheon meeting on Monday, July 24, 1989 at the Hickam Officers' Club. The cost is \$10.00 per person and reservations will be accepted on a first come and pay basis only. Reservations close out at noon on Wednesday July 19.

The speaker will be Steve Ritchie, who graduated from the Air Force Academy in 1964, and made aviation history when he downed five MIG-21's in Southeast Asia, making him the only Air Force "Ace" of the Viet Nam conflict. He enjoys a national reputation as an eloquent and motivating speaker.

Please make your checks payable to: AFA Hawaii Chapter 138 and mail to Myrna Lara, c/o Hughes Aircraft Company, 222 Kalakaua Ave., Suite 1403, Honolulu, Hawaii 96815, or to Pat Tong, HQ PACAF/PA, Hickam AFB, Hawaii 96853-5001.

If you should have any questions, please call Myrna at 923-0492 or Pat Tong at 449-5240/2844.

CAM NEWS AND VIEWS

by: MSgt Fred Higa



The welcome mat goes out to all of you as we spend another fun-filled weekend together. A few quick reminders before we get started here...The 7th Annual CAM Squadron Recognition Nite will be held on September 1, 1989 at the Hale Koa Hotel. See your branch chief or section supervisor for tickets and information. To our retirees, you can call the Administrative office for tickets...Anyone in the HIANG who has been promoted and would like to 'throw' a promotion party, contact LTC Mick Melich (449-1151) or LTC Bruce Minato (449-9970) for information. A promotion party is being planned for August 6, Sunday UTA, at the Composite Recreation Center...The HNGEA needs your kokua in it's drive for new members. If you're interested in joining, see your supervisor for information...Now for news of the Squadron...Congrats goes to TSG Johnson Sensano (Fab Shop) and wife Corina on the birth of their 8 lb. 13 oz son on July 2. Also welcoming a newborn was SSG Tamara Marini and husband Chris as they welcomed their 8 lb. 2 oz son on June 27... The 'new enlistee' welcome mat goes to AB Lawrence Chang (AGE), AB Layne Higa (Fuel Shop), and Sgt Leslie Galon (Hyd Shop). Good luck to our current tech school attendees: AB Mark Yoshida (Environmental Shop) as he is stationed at Sheppard AFB, Texas; AB Jaimie Tactay (Gun Shop) as he attends school at Lowrey AFB, Colorado; and A1C Andy Villanueva (Avionics C-Shop) who is off to BMT then tech school...'Bon Voyage' goes to TSG Craig Arakaki (Corrosion Shop) as he leaves for Kim Hae, South Korea, to observe the corrosion control 'experts' as they work on 2 of our F-15's. The planes will be there for 2 months, Craig will be there for 3 weeks. Have fun!!! MSG Henry Hasuiki just returned from Kadena AB, Okinawa, after making arrangements for the safekeeping of our avionics equipment for the 2 aircraft going to Kim Hae..'Aloha and Aloha' to the Arizona Guard as they just completed their 2-week deployment with us a few weeks ago and to the Florida Guard who are just wrapping up a very successful deployment this weekend. SMS Reggie Chun thanks TSG's Brian Oshiro and Alan Umeda for showing the Florida missile folks the sights and sounds of 'Kcaumoku St' and to 'Mats' for showing them the golf courses. Next up for our missile folks are the missile folks from the Fresno ANG who will be here for 'HOTS' on the AIM-7/9 missiles. They'll be converting to the F-16 aircraft shortly...Aloha also goes to MSG Lawrence Rosen as he completed his HOTS training and has returned to his Portland ANG unit. Welcome goes to MSG Bartley and SSG Green as they recently arrived from Portland for their HOTS training on our automatic test stations...MSG's Tom Araki and Rodney Leong just completed their training with the Hickam FTD team as they learned 'more' about the 'weight and balance'

program...Would like to wish SSG Randy Casaquit much mahalo as he has decided to make a career move, leaving Oahu for the Friendly Isle of Maui. You'll surely be missed by our Admin folks...CMS Ken Morimoto is smiling more these days as he 'finally' gets an Admin Specialist for the Quality Assurance office. Welcome aboard goes to Amn Renee Takafuji as she joins our Quality Assurance people as a transfer from the AF Reserve..From the Field Maintenance folks, a hearty MAHALO to TSG George Ganeko for his quick response to help a fellow crew chief a few days ago. His quick action prevented a more serious condition from occurring as he came to TSG Jim 'Tachi' Tachihata's aid after Jim slipped off the aircraft ladder after a recent mission. George administered first aid, immobilizing Tachi's arm and wrist, thus preventing further aggravation. Tachi underwent surgery on his wrist at Tripler Army Medical Center and is well on his way to recovery. So when are you coming back to work, Tachi??? Mahalo and aloha to Noel DeMello, Jason Caris and Alex Medeiros for their tremendous support on July 13-14 during the American Cancer Society's Jail-a-thon. Much money was raised for this worthy cause..Congrats are in order for MSG Craig Harimoto (Egress Shop) as he submitted a suggestion to modify the F-15 seat pin streamer to keep the survival kit buckles on the ejection seat during maintenance and non-operation periods; and to MSG Roy Kuwana for his suggestion to devise a floor work light stationed under the F-15 for use during maintenance and inspections. Both Craig and Roy took
contd on page 7

PROMOTION PARTY

WHEN: SUNDAY 6 AUG

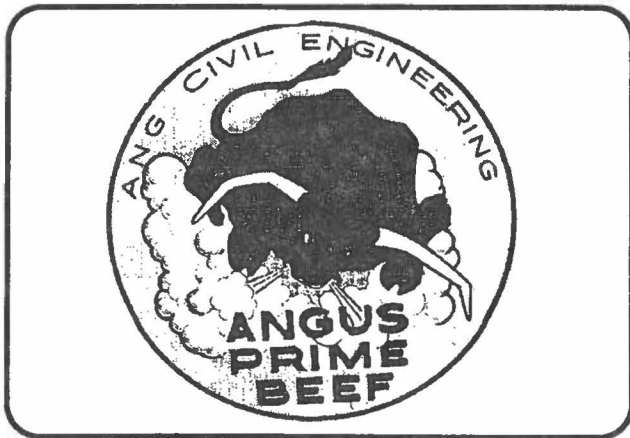
WHERE: CRC

TIME: 1400-1900

WHAT: PUPUS, BEER, WINE, SODA, ETC.

EVERYONE IS INVITED TO PARTAKE IN THE CELEBRATION OF RECENTLY PROMOTED MEN & WOMEN OF THE HIANG

POC: LTC MELICH/LTC MINATO
449-1151/449-9720



WHERE'S THE BEEF ?

By CMSgt. Rodney Correa

Mini Deployments to the 291 Combat Communication Squadron (CCSQ), Hilo and 292 CSSQ, Kahului are the order of the day for many members of the 154 Civil Engineering Squadron (CES). Since May 20, the BEEFER's have been deploying to Kahului to construct a 4000 square foot mobility warehouse. Each 15 man team has been out in the field on 8 day increments working on various phases of construction from the ground up. The expected completion date is mid-August. Many thanks to the C-130 folks who are providing timely transportation to and from Maui. Kudos to SMSgt. Harry Teramoto and his RIBS (food service) folks who have been out there providing hot meals throughout the project. MSgt. Kaaikaula is the project boss and has been doing a bang up job keeping this project on schedule. Valuable training for many of our engineers is the big gain on this needed construction project. The 292 CCSQ will have a fine facility to store their mobility equipment in the next month or so.

A six man team of refrigeration specialists are at the 291 CCSQ, Hilo installing 6 new air conditioner units. TSgt. Steve Fujiyoshi is in charge of this mini deployment. The team left on July 8 and will return on the 15th. This project is nothing new to our mechanical branch, they installed 4 systems two years ago. I know the men and women of the 291st will appreciate the work done this week by the BEEFER'S.

Congrats to 1Lt. Keith Nakano, proud papa of twins, Kyle and Kelsey, his first born....Wife Kim and babies are doing fine. Keith looks like he needs some sleep though....More later.

contd from page 6

the time to fill out the various forms in making the suggestions, and their efforts 'paid off' as they received cash awards for their suggestions. If anyone has suggestions which could improve work performance, see your supervisor for information on the forms required in making the suggestion...MSG Mel Ige (Engine Shop) wishes to thank the following people for their tremendous support during the Easter Seals/Safeway Stores Hot Dog and Root Beer Float sale on July 9: Ken Morimoto, Leonard Tam, Vivian Toma, Ron Muronaga, Dave Snakenberg, Richard Kudo, Alan Umeda, Ralph Kaneshiro, Joyce Arakaki, Bernie Pharr, Lionel Calvin, Lester Ho, Doug Abe, Galen Nakahara, Jackie Jakahi, Norman Hu, Roy Takaoka, Elmer Looney, Kozen Kaneshiro, Dave McCulloch, Stan Tanigawa, Takao Wada, Roy Matsuoka, Fred Takara, Ray Choy, Sandy Choy, Cornwall Matsusaka, Doug Awana, George Padilla, Martha Matsusaka, Ken Sonan, Reuben Kaneshiro, Gay Ross, Galen Redoble, Nancy Vendiola, Jeff Banuilos, Iris Kabazawa, Allen Kimura and Jay Johnson. (Whew). A special thanks goes to the last person listed, Jay Johnson, as he heard about the event and 'volunteered' his time. See, Jay was here on TDY with the Florida ANG unit and didn't have anything better to do than to 'donate' his time. Mahalo and aloha to Jay and all the other volunteers...Well, that's all for now folks. Remember, get your tickets early for the Recognition Banquet and if you want to participate in throwing a promotion party, contact LTC's Melich and Minato...So, til next issue, 'Progress and growth are impossible if you always do things the way you've always done things.' (Author unknown)...See y'all next month.....fhiga

CBPO CONNECTION

by: TSgt Larnette Phillips

The Department of Defense announced that due to the non-availability of the programmed Commissary Privilege Card (CPC), the interim commissary privileges which went into effect January 1, 1989 have now been extended until July 1, 1990.

The same rules will apply for establishing eligibility: A copy of any active duty orders for 1988 and a valid ID card for sponsors or proof of dependency of an eligible sponsor for dependents. However, new limitations have been imposed. Each eligible member is allowed 12 shopping days for the period of July 1, 1989 to June 30, 1990, as basic entitlement. In addition, members are entitled to shop when in an active duty status with orders effective for that day. When entering the commissary the qualifying order will be date stamped. Members are cautioned to use the same set of orders for each entry to avoid exceeding the prescribed number of days of entitlement (12).

UNIFORM TIPS (Ref. AFR 35-10)

Members may wear wristwatches and rings. No more than three rings at any one time is permitted. One bracelet is also permitted, if it is neat and conservative, does not detract from a proper military image, is not wider than 1 inch, and does not subject the individual to potential injury.

Attache cases and gym bags will be carried in the left hand to allow members to allow members to render the proper military honors. Gym bags will be carried in the hand and will not be carried over the shoulder by a strap.

RMS ROUNDUP

by: TSgt Lisa Rodrigues
From the Commander

Aloha from the 154 Resource Management Squadron. This is the first of hopefully many more articles to let you know that RMS is alive and surviving. Thank you to our reporters 2Lt. James Kawano and TSgt. Lisa Rodrigues for putting this article together.

During the month of July we participated in the volleyball and baseball tournaments. Congratulations to all the participants from RMS.

A special mahalo to TSgt. Eddy Compoc, TSgt. Al Naumu, and SSgt. Jan DeRego for coordinating the tournaments.

Since our Unit Effectiveness Inspection (UEI) in December 1988, our Supply function has been busy working on improving operations. We have received assistance from several units within the HIANG and from active duty units. The 2953 Combat Logistics Squadron will be working with us until July 20, 1989. On behalf of the members of RMS, I would like to thank the 2953 "RADS" team for their outstanding support.

Congratulations to SMSgt. Howard Sato and the rest of the Vehicle Maintenance section. They received a certificate of recognition from the National Guard Bureau for achieving an "Excellent" rating during the UEI last December.

From the Trenches

Congratulations to the 154 RMS "A" Ikaikas (mixed) volleyball team for taking the 1989 HIANG Volleyball championship! The team members were: Alvin Naumu, Alfred Valeros, Stephan Chang, Kaipo Sing, Al Young, Arlene Mitte, Jan DeRego, Vickie Lindsey (154 CES), Annette Gagarin, and last but not least, Luika Lum who took the MVP for the tournament. She is also a definite MVP in the Operations Support Branch. "Congrats" Luika!

RMS would like to recognize Donna Derryberry for her second consecutive year of scorekeeping for the volleyball and basketball tournament. Thanks Donna!! Other RMS members who participated in the volleyball tournament were: Jason Chun, Mike Hironaka, Darren Morris, Eddy Compoc, Col. Warren Chung, Col. Allen Shinsato and our fearless leader, 154 RMS commander Col. Willson Sakai.

Congratulations to the following RMS promotees: SSgt. Kelly Sunaoka, SSgt. Allan Tupinio, and Sgt. Steven Matsuda

Rumor has it that Dennis "Moto" Fukumoto is now a MSgt, but we haven't verified that because he never has his fatigue shirt on.. "iz hot yeah, in da' warehouse?"

Kudos to the Philippine deployment team: Rodney Medeiros, Tony Denault, Allan Tupinio, and Lorrie Macanas. Thanks for the hard work, long hours, and dedication to the mission. Special thanks to Rodney for his inspired leadership—without it the deployment would not have been successful. Word is that Lorrie played as hard as she worked.

RMS just added two new hula dancers to the HIANG Ohana music group, they are: Arlene Mitte and Carole Furtado. Their debut on July 13, 1989 Sentry Aloha luau was a smashing success! Other new members in the group are: Leilani Lim (hula dancer), Gordon Lau (guitar, vocals) and Bobby "Quando, Quando"

Furtado (Uke, vocals) from the 154 CAM squadron. On behalf of the group, we would like to thank Pam Goya for her dedication and hard work toward the group. From "trying" to make us look good by ordering Aloha shirts and muu-muus to teaching the new girls to dance. We all would like to say that we deeply appreciate all that you do.

Major Melvin Matsui left for the 169th, and TSgt. Chow is just about settled into his new job in inventory. He switched over from Stock Control, and his old slot is still vacant. LGSM and LGSP recently completed their 4,567th redecoration/furniture shuffle. The RMS family grew a little too...congratulations to TSgt. Rosie Vendiola and husband Johnathan, they have a brand new daughter named Joanna.

We would like to welcome the new members in our RMS family. They are: Jean Kaholokula, competitive hire since July 2 in civilian pay; Natalie Echerarria, temporary hire, working in military pay; Manuel "Manny" Bolosan, full-time technician in Operations Support; and Michael Hess, traditional guardsman, in Management and Systems.

ALOHA STANLEY!

After almost four decades a very familiar face will no longer be with the HIANG. CMSgt. Stanley Kodama, who retired as the full-time Budget Analyst, will be retiring from military service effective July 21, 1989. This is his last UTA, so drop by and wish him well. CMSgt. Kodama, who began his military career as a supply helper for the 199 FIS at Hickam in 1952, wraps up his career as the NCOIC for the Accounting and Finance section. He is already enjoying his retirement (?) by working part-time for a large travel agency in Waikiki. We all extend our best wishes to Stanley and his wife Barbara for continued good health and fortune.

That's all for this month!

RETENTION AWARD

The Hawaii Air National Guard was honored at a recent ANG Recruiting and Retention conference for the Best Retention Loss Rate during Fiscal Year 1988. The HIANG's retention loss rate for that period was seven-point-seven percent, the lowest for units of similar size, between 2000 and 2500 members.

"I'm proud, of course," says MSgt. Iris Kabazawa, Career and Education Manager for the HIANG. The retention loss rate refers to the percentage of members that leave the Guard during a designated period. "A lot of them are transfers, a lot of them move to another state," says MSgt. Kabazawa, "and there's nothing we can do about that."

Kabazawa says the credit for the award goes to "the Unit Career Advisors, supervisors, commanders, and Guard members in general." "It's a teamwork effort," she says. Future success in the retention area is everybody's job. Kabazawa says, "By working together we could end the year below the National goal of 10 percent and maybe win another award."

PROMOTIONS

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

HQ Hawaii Air National Guard

SSgt. Anne M. Tengan Jun. 16, 1989

150 ACWS(FXD)

MSgt. Daniel L. Romero May 16, 1989
Sgt. Ranney J. Warburton May 11, 1989
SrA. Louis Pontes III May 20, 1989
SrA. Dean R. Martin Apr. 26, 1989
AIC. Obed Sniffen Jr. May 11, 1989

154 CAMS

CMSgt. Jack W. Uhrig May 16, 1989
SMSgt. David B. Paahana May 16, 1989
Sgt. Ronin Y. Burke May 1, 1989
Sgt. Spencer J.K. Napoleon May 26, 1989
Sgt. Aaron H. Silva May 19, 1989
SrA. Darren D. Oganeku Jul. 17, 1989
SrA. Noel Y. Omine Jun. 30, 1989
SrA. Robert A. Saunders Jul. 3, 1989
AIC. Daniel L. Baduria May 19, 1989
AIC. Guy T. Kawaguchi Jun. 26, 1989
Amn. Lane Y. Higa Jul. 12, 1989
Amn. Randy K. Solomon Jun. 7, 1989
Amn. Matthew J. Vidaurri Jul. 12, 1989

154 CES

TSgt. Anthony L. Kepaa May 16, 1989
TSgt. Glenn L. Lumanlan May 16, 1989
TSgt. Ivan K. Tandal May 16, 1989
Sgt. Victor Talamoa Jr. May 12, 1989
Sgt. Allen B. Ulep Jun. 1, 1989
Amn. Garriss N.L. Akiona May 16, 1989

154 MSF

SrA. Leilani D.M. Lim May 25, 1989

154 SVF

SrA. Reinold Butac Jun. 20, 1989
Amn. Mary Jane Locquiao Jun. 14, 1989

154 RMS

MSgt. Dennis Y. Fukumoto May 16, 1989

SSgt. Kelly Ann M. Sunaoka Jun. 16, 1989
Sgt. Allen B. Ulep Jun. 1, 1989
Sgt. Steven H. Matsuda May 10, 1989

154 SPF

Sgt. Dana R. Paikai Jun. 26, 1989
AIC. Brent T. Bonnel May 16, 1989
AIC. Philip Traini III May 16, 1989

154 TAC HOSP

LTC. Myron L. Wong Jun. 2, 1989

169 ACWS (FXD)

LTC. Melvin K. Matsui Jun. 27, 1989
Capt. Scott W. Hoadley Jun. 24, 1989
SSgt. Johnette L. Chun May 16, 1989
SSgt. Melvin K. Murakami Jun. 1, 1989
Sgt. Kevin T. Fukuda Jun. 12, 1989

199 TFS

Maj. William C. Ladd Jun. 4, 1989
Sgt. Lisa L. Schweitzer May 25, 1989
SrA. Dawn C. James Jun. 2, 1989

8154 Stu Flt.

AIC. Dennis A. Wong Jun. 15, 1989

154 CAMRON 7th ANNUAL Recognition Night




WHEN: 1 SEPT 1989

WHERE: HALE KOA HOTEL

TIME: 0530 PM N. HOST COCKTAILS
0630PM DINNER

COST: ONLY \$12.00

MENU: ORIENTAL BUFFET

AWARDS

LOTS OF FUN

DOOR PRIZES

SEE YOUR UNIT COORDINATOR FOR TICKETS

SHOTLINE...

by: Lt Adele Arcangeli

It's OVER! Yes, the Health Services Readiness Inspection team has gone and left us feeling that we are every bit as good as we thought ... But we could not have done it without the help and support of many people that assisted us with planning, paper work, cleaning, building, reviewing, and supporting. Many, many thanks! We received 2 outstanding, 21 excellent and 26 satisfactory rating. There were no "marginal" or "unsatisfactory" rating at all. Our overall rating was "satisfactory", but we all know that the Tactical Hospital is EXCELLENT! We must now get down to the hard work of getting ready for the next inspection.

The Tac Hospital would like to welcome AB Sabrina Carreiro to the unit. Another bright mind and pretty face.

DENTAL NOTE: Want to Keep Your Teeth?

Here are some hints:

1. EAT PROPER FOODS like vegetables and fruits, limit sweets to mealtimes.
2. KEEP YOUR TEETH CLEAN brush thoroughly after eating and brush and floss before bedtime.
3. USE FLUORIDE by dentist application, drinking water, and toothpaste.
4. RINSE thoroughly with water after brushing.
5. SEE YOUR DENTIST REGULARLY.

HEALTHFUL HINT: The Adverse Effects of Exercise?

Well, there is:

1. The use of exercise to avoid other responsibilities.
2. The possibility of addiction to exercise.
3. Sport injuries - (when too much is tried too soon).
4. The cost of showers and sport shoes.
5. Arrogance.

The benefits can be stated briefly. Regular exercise helps you feel better, function better, live longer, and it slows biological aging. None of the adverse effects of exercise is a necessary consequence, so anyone who doesn't include exercise in his or her life is making a very interesting choice - HOPE HEALTH LETTER

HNGEA NEWS

Membership status reports 677 for the Hawaii Air National Guard (HIANG), and 581 for the Hawaii Army National Guard. HIANG is 200 members short compared to this time last year. We need to gain 200 members by August 31. Let's get involved, I know we can do it by the deadline date.

Contact the HIANG membership chairman, MSgt. Al DeRego, 154 CAMS/RR shop, at 449-1914 for applications.

Recipients of the HNGEA \$1000 Scholarship for school year 89/90 are Troy Rosenbush (Gladys Rosenbush/HIANG) and Bernard Leong (Stanley C.S. Leong/HIANG).

The HNGEA Business Meeting and Banquet will be held on October 21 in Hilo, Hawaii at the Waiakea Villas. A baseball tournament hosted by Hilo will be kicking off at 12:00 p.m. immediately following the conclusion of the business meeting, to start at 9:00 a.m. Saturday. For more information and accommodations, call SSgt. Donna Hara, chairperson at 524-3630.

The HNGEA is sponsoring an Outdoor Volleyball Tournament, on October 28 to be held in Diamond Head Crater Park, open to all members, friends and families. More information to come later.

The HNGEA/EANGUS are lobbying for members who retire at age 55, to receive military benefits and pay immediately rather than at age 60. This will be one of the issues presented at the 18th Annual EANGUS Conference in Reno, Nevada on August 27-31, 1989.

Lastly, a presentation was made to the HNGEA Executive Council on July 8 by Mr. Leighton Doi and Mr. Miles Moriyama of Trans-America Occidental Life in regards to Cancer Insurance being offered to the HNGEA membership. Proposal is being staffed by the Council.

SAFETY NOTES

A popular television personality and Gourmet has been known to always include safety tips on his shows. When asked what step in the process of preparing a recipe does kitchen safety come in, he answered, "I think safety in the kitchen is not a step, like adding chopped olives. It is an attitude. It's an attitude that you must have in your household as a whole."

Very true indeed. This applies to all of our day to day activities in the Guard. Don't think of safety as a 'step', but as an attitude you have with you all the time...from the time you get up in the morning to the time you turn in at night. Think about it. Remember, safety is everyone's responsibility!

A study conducted by the National Center for Statistics and Analysis on the efficiency of motorcycle helmets as a lifesaving device estimated that motorcycle helmets are 29% effective in preventing fatalities. Using this estimate, a total of 4,645 lives were saved by helmet use during the period of 1982 through 1987. The number of lives saved would have been greater if all riders had

11th Annual All HIANG GOLF TOURNAMENT



Monday, 7 Aug 89
0800 Shotgun Start
Hickam AFB Course
Limited to first 160
Golfers
See your Unit
Representative
For more Info

Sign Up Early

AHI Tournament

The 150 Aircraft Control & Warning (AC&W) Squadron hosted twenty teams from the Hawaii Air National Guard and a special team from Alaska, in their Goodwill Ahi Tournament which was held from June 21 to the 23 on the island of Kauai. A total of 26 ahi with minimum qualifying weights of 100 pounds were caught over three days of fishing, and resulted in a total weight of 3,602 pounds.

The largest ahi weighing 177 pounds was caught by the GAFFERS team from the 150 AC&W Sq. aboard the FAY H. Members of the team included team captain, skipper, and boat owner MSgt. Herbert Honjo, MSgt. Gemi Pascua, SMSgt. Edgar Takabayashi, TSgt. Douglas Kaeo and AIC. Del Oclit.

The second largest ahi weighing 170 pounds was caught by the AHI BUSTERS team from the 150 AC&W Sq. aboard the MER-CHELLE. Members included team captain and boat owner SSgt. Donny Ines, MSgt. Ronaldo Javier, SSgt. Eugene Farias, TSgt. Bruce Takekuma, and Darrell and Damien Ines, alternating skippers.

The AHI BUSTERS caught a total of 6 ahi (two 135 pounds and one 125 pounds on day 1, one 170 pounds and one 160 pounds on day 2, and one 145 pounds on day 3) totaling 865 pounds, and captured the "Most Ahi" award.

The largest marlin weighing 440 pounds was caught by the 298 Air Traffic Control Flight team from Kauai aboard the LIL DIPPER. Members of the team included team captain AIC Dwayne Higashi, MSgt. Boric Remata, TSgt. Clifford Tsuyama, and Robert Higashi, skipper and boat owner.

The largest ahi for boats under 19.5 feet was caught by the HANA LIKE team of the 150th AC&W Squadron. Members of the team included team captain ISgt. Ben Pescador, SSgt. Balthazar Duldulao, TSgt. Roy Sunada and Ben Domingo, skipper and boat owner.

The awards banquet was held at the Aston Kauai Resort Hotel on June 24. Winners of the five major categories received their awards and beautiful trophies. The prestigious Sportsmanship Award went to MSgt. Hayden Horibe, a dedicated supporter of the tournament since its beginning nine years ago. Other prizes were presented to teams for the largest aku, largest ono, most fish caught, widest variety of fish caught, best dressed, most talkative and most talkative on the radio, most burnt, least energetic and worst dressed team.

HIANG STATE TENNIS TOURNAMENT

The Hawaii Air National Guard State Tennis Tournament is scheduled for Saturday, September 23, 1989 at the Pearl Harbor Subbase Courts. Interested people should contact the following unit representatives:

154 COMPG/199 TFS, Hickam - MSgt. Clayton Chang - 449-9769
 169 ACW/199 WF, Wheeler - TSgt. Carl Tonaki - 655-7066
 201 CCSQ., Hilo - MSgt. Claire Miyamoto - 524-3640
 201 CCSQ., Maui - MSgt. Vincent Dacanay - 523-3686
 201 CCGP/293 CCSQ, Hickam - SMSgt. Galen Nakahara - 449-9739
 202 ATCF, Kauai - TSgt. Harold Uyeda - 471-6570
 297 ATCF, Barbers Point - SSgt. Ricky Torrijos - 684-7196
 150 ACW, Kauai - TSgt. Stephen Haynes - 655-7731
 SMSgt. Rick Farm - 655-7732



THE CHAMPS...154 COMBO'S photo by: SSgt Charlie Chang

1989 HIANG CENTRAL CHAMPS!

By CMSgt. Cornwall S. Matsusaka

Approximately 250 Hawaii Air National Guard (HIANG) members converged on Earhart Village Park, Hickam Air Force Base, to participate in the HIANG ten team, double elimination softball tournament from June 30 to July 2, 1989. After 18 games and 3 days of baseball the 154 COMBO'S emerged with a perfect 5-0 record to capture the 1989 HIANG Central Softball Championship. Pitchers Edwin Chung-Hoon (3-0) and Wayne Soma (2-0) provided the COMBO'S with five consecutive victories.

In the championship game, Mel Asai's 6th inning inside-the-park home run proved to be the winning run for the COMBO'S in a 12-9 win over runner-up Tony Tiger's 154CAM (A). Winning pitcher Soma went the distance for his second tournament victory over the scrappy CAM(A) team. Leading hitters: COMBO'S-Karl Kaneshiro 4-4, 2B; Troy Hill 3-4, 2B; Mel Asai 2-4, HR; Cornwall Matsusaka 2-4; Bill Ramos 2-4. CAM(A)-Doug Awana 2-3; Dale Zuttermeister 2-4, HR; Dennis Fraticelli 2-4; Chris Partika 2-4.

The 154 COMBO'S team members consisted of: Larnette Philips, Edwin Chung-Hoon, Mel Asai, Richard Hastings, Delbert

1989 HIANG VOLLEYBALL TOUR- NAMEN

BY SSgt. Jan DeRego

The 1989 Hawaii Air National Guard Volleyball Tournament which was held at the Kamehameha School's Kekuhaipi'o Gymnasium on June 24 and 25 turned out to be a great success. A big mahalo to all the participants who played their hearts out and captured the excitement and thrill of being a part of this year's tournament.

The formation of a four-team women's division made this year's tournament extra special since this was never done before. The glow of their enthusiasm and spunky attitudes filled the atmosphere with excitement that drew a lot of spectators to their court. We extend sincere appreciation to MSgt. Wayne Soma and his two sons Dirk and Mark Soma for their unselfish time in training these women at Radford High School, prior to the tournament, the art of volleyball.

The Women's Division consisted of "A" team (199 TFS, 154 CES, COMPG), "B" team (154 RMS, MSS/MSF, HQ HANG), "C" team, (154 CAMS, 169 ACWS), and "D" team (201 CCGP, 169 ACWS, 199 TFS, 292 CCSQ, Maui). The Co-Ed division consisted of 154's RMS "A", "B", and "C"; CAMS; Combos; and the 201 CCGP. The Open Men's Division consisted of 154's CAMS "A", "B", and "C"; CES; RMS; 201 CCGP; 169 ACWS; 199 TFS; and 292 CCSQ (Maui).



THE WOMENS'S CHAMPS: "B" TEAM

The following teams and individuals were awarded these trophies:
Women's Division - 1st Place "B" Team 2nd Place "D" Team

Co-Ed Division - 1st Place 154 RMS "A" 2nd Place 154 RMS "B"

Open Men's Division - 1st Place 201 CCGP 2nd Place 154 CES

Sportsmanship Award - Women's Division: "A" Team
Co-Ed Division: 201 CCGP
Open Men's Division: 292 CCSQ

Outstanding Player Award -

Women's Division: TSgt. Larnette Phillips, 154 MSS
Co-Ed Division: SSgt. Lulka Lum, 154 RMS ; SSgt. Joe Kruse, 154 Tac Hosp.

Open Men's Division: TSgt. Charles Victorino, 201 CCGP.

Special gratitude to the tournament committee members - MSgt. Wayne Soma, TSgt. Russell Campos, and TSgt. Al Naumu for their dedication, hard work and faithful service rendered to another successful volleyball tournament.



OPEN DIVISION CHAMPS: 201st CCGP photo by: SSgt C. Chang

Softball, contd from page 11

Dandurant, Cornwall Matsusaka, Troy Hill, Wayne Soma (Mgr), Neil Gima, Joe Kim, Merlin Zane, Gervin Miyamoto, Mel Takai, Randy Burnett, Bill Ramos, Elden Esperas, Steve Lee, Karl Kane-shiro, Dave Franks, and Carl Simmons.

The 154 COMBOs, 154 CAM(A), 154 CAM(C) and 297ATCF teams have earned the right to represent the Central District in the 1989 HIANG State Softball Tournament at Waimea, Kauai. Other HIANG units from Barking Sands, Kokee Air Force Station, Maui, and Hilo make up the balance of the 8 team double elimination tournament.

A big Mahalo goes out to tournament committee members Lt.Col. Edwin Chung-Hoon, SMSgt. Galen Nakahara, MSgt. Ron Muronaga, TSgt. Larry Kauleinamoku, and TSgt. Louise Lum for their dedicated support of the 1989 HIANG Central Softball Tournament.



THE CO-ED DIVISION CHAMPS: 154 RMS "A"

The Hawaii Air National Guard Women's Athletic Program surveys are flowing in and I'm impressed with the responses, suggestions and ideas from our HIANG women. The deadline date to return all surveys is August 19. The HIANG Athletic Board will review the surveys and establish programs you've chosen. Women who submitted names to be the OPR for their unit will be contacted after the deadline date.