



# Kukailimoku *je*

*File  
Wm*

## War God Of King Kamehameha I • 154 COMPG

Vol. 35, No. 3

Hickam Air Force Base  
Hawaii

March 5, 1989

### "NIX" SAGE

If you had all your "glad rags" packed-up and ready for Clark Air Base, you can un-pack and set your sights on this summer.

The 154 COMPG deployment to the Philippines, to participate in Combat Sage and dissimilar air combat training, has been post-poned until some unspecified later date.

Pulling-off a major deployment is no small bit of magic. The initial scheduling is done five tears in advance and as the actual deployment date draws near the critical logistics are worked out.

The 154 COMPG planners have streamlined the process at our end and have a remarkable track record for getting things done right. There are things, however, such as tanker support, airlift support and factors affecting the host base at our destination, that are well beyond our control and bound to rear their ugly heads at some point in time.

All this is little consolation to those of you that struggle with your employer for the time off, but you can rest assured that every effort is made to stick to the original plan.

Just take a deep breath and "press-on".

### Farewell and Goodluck Retirees !!

PHOTOS BY SSGT. CHARLIE CHANG



Major Michael Melich, Commander of the 154 CAMS, bids farewell to CMSgt David J. Pontes (left photo) and CMSgt Hiroshi Go (right photo) in ceremonies here last month. Chief Go has served in the HIANG since April 1948 and Chief Pontes enlisted in the HIANG in April of 1949. Our warmest Aloha and best wishes go out to them both! Mahalo for all you've done!

**Commander's  
Corner**

by

**Col. John S. W. Lee**



A long awaited deployment to Clark Air Base has been postponed. We are working with the Guard Bureau to program a replacement deployment. More information on this matter will be provided at a later date.

During this month, we can expect visitors from two key National Guard Bureau leaders: Maj.Gen. Conaway will be returning from Team Spirit and should be in the Islands during the March 18-21 period. He will be traveling with an 11-man team of Army and Air National Guard personnel. At the end of the month Brig.Gen. Killy will make his inaugural visit to Hawaii. He will be traveling to visit the 154th and 201st units and will be hosted by HQ HIANG. As you are aware, Brig.Gen. Killy was selected to assume the Air Guard Director's position which was vacated by Maj.Gen. Conaway due to the latter's promotion to his new "Purple Suit" office.

From a training standpoint, we received news of the return of VFMA 212 to Kaneohe with their brand new F-18 Hornets. We expect to start dogfighting with this aggressive unit in March. Perhaps at a later date we can host them at our Hickam site for large force employment of fighters.

**JOB RIGHTS...**

FOR RESERVISTS AND  
GUARDSMEN

This article was taken from the National Guard magazine.

The Guardsman or Reservist is

required to "request a leave of absence" when his or her military drills or active duty for training will conflict with his or her civilian working hours; however, the request is just a notice, because the employer has no right to deny the request or to veto the timing of the military training. The timing, frequency and duration of the military training are determined by the military authorities.

The Guardsman or Reservist is not required to possess written training orders at the time he or she requests a military leave of absence. Because of clerical problems within the military services, Guardsmen and Reservists sometimes do not receive written orders until shortly before the training is to start or even after it has started. As soon as the Guardsman or Reservist is informed of the dates of the military training, he or she should notify the supervisor and request a leave of absence, even if he or she has not yet received written orders. The Guardsman or Reservist can minimize the employer's inconvenience by giving the supervisor as much advance notice as possible of any anticipated military training periods.

The right to a military leave of absence applies to inactive duty training (drills), as well as active duty training. Drills are normally, but not always conducted on weekends. A Guardsman or Reservist normally does not receive written orders with respect to regulars scheduled drills. He may receive a written order assigning him to a unit, and the unit establishes its own drill schedule, which may or may not be in writing.

If a Guardsman or Reservist receives a written drill schedule for a significant period of time, such as a fiscal year, he can write to his employer, attach a copy of the drill schedule and request a leave of absence for each scheduled drill. An employer cannot require a Guardsman or Reservist to make a separate request each month, so long as the drill schedule remains unchanged.



# Pastor's Perspective



BY CHAPLAIN (CAPT)  
ROBERT NAGAMINE

Does it seem as though every time you finish a big project there is another one waiting for you? Does it seem like you always have a never ending list of things to do? Do you sometimes feel that you could spend eternity working on that list? Is your life filled with "high drama" events where you sit at the edge of your seat wondering if you are going to make it or not? And do you keep saying to yourself, "Haven't we been down this road many times before?" If you fall into this category, you may be headed for burn out (if you haven't burnt yourself out already).

Burn out is the condition where you have expended all of your energy and have none left to give. There is no longer excitement or desire left to get back into the thick of things. You gave it your best and even walked the extra mile or more. You've burnt the candle at both ends and just took on too much.

The important question is how do we avoid burn out? Two things are helpful to remember. First, follow the sabbath principle. Go with God's teaching: "Six days you shall labor, and do all your work; but the seventh day is a sabbath to the Lord your God..." God set the example when He created heaven and earth in six days and rested on the seventh day. The idea is that we need to take time out to break the pattern of continuous work. Take time out to recharge your batteries. Take time out to rest your mind, body and spirit.

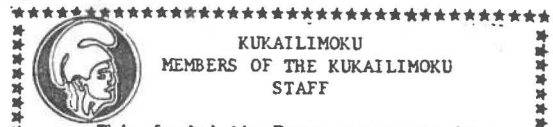
The second thing to remember is how to motivate yourself and others around you. Our energy level can directly be related to how motivated we are. People are motivated and receive energy if they: (1) have a sense of positive belonging, and (2) have a sense of achievement. If you have people under you (and we all do), give them a positive sense of belonging by showing them that you care about them and you're looking out for them. The saying is true: "If you care about your people, your people will respect you and care about the mission." And, help them to have a sense of achievement by recognizing their good performance. Give them some encouraging words once in awhile. Then, the days will not be so long and weary; and we won't burn out.

## HAVE A GOOD EASTER

### COMMUNITY SERVICE "VOLUNTEERS REQUIRED"

Peanut Butter & Super Jam Festival  
(A benefit for the Institute  
of Human Services)  
Sunday, March 19, 1989  
Aloha Tower

Volunteers Required to Set-Up and  
Breakdown Table & Chairs  
Time Required: Set-Up = 9:00 a.m.  
Breakdown = 6:00 p.m.  
Ticket/Pass Available for All  
Interested Volunteers  
POC: SMS Richard DeVees 449-1518



KUKAILIMOKU  
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STAFF

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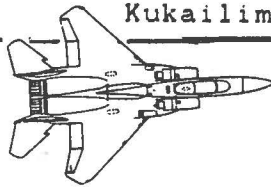
# CAM SQ. News & Views



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 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

**CHECK SIX BY 1LT. BRAD SAKAI**

The 199 TFS would like to bid a fond farewell to Lt. Col. Ralph Dunbar and his wife, Capt. Kimberly Dunbar, as they prepare to depart for their new assignments at Eglin AFB, Florida this May.

Col. Dunbar, known as "Cluso" in the fighter community because of his amazing resemblance to the famous French police inspector in "Pink Panther" movies, flew his last HIANG F-15 flight on February 14th.

"Cluso" was assigned here to the "old" 326 Air Division, as an Air Force advisor, flying with our aircrews and keeping us up to date with changes in Air Force regulations and procedures. His background included flying time in the F-4 as a WSO and pilot and an F-5 aggressor.

The good "Inspector" will be working on the design of the new cockpit for the Advanced Tactical

Fighter (AT) being developed at the Air Force Tactical Air Warfare Center. Unfortunately, it's not a "flying" job but, knowing Cluso, he'll find a way stay current.

The 199th will really miss Cluso and Kim. MAHALO for all that you've done for the HIANG, ALOHA and good luck!

Speaking of Air Force advisors, Capt. David Lilly, one of Cluso's underlings, will soon make the big move to the real world by joining the HIANG. Dave came to us from Kadena, Okinawa to help us convert to the F-15 and we, in-turn, helped convert him to the Guard! We know you'll love it Dave, CONGRATULATIONS!

Finally; Can you believe it, another baby on the way at the TFS? Capt. Steve "HR" Haldeman and his wife, Aide, are expecting. Good job you two!

## Letter Of Appreciation ...



DEPARTMENT OF THE AIR FORCE  
HEADQUARTERS 326TH AIR DIVISION (PACAF)  
WHEELER AIR FORCE BASE, HAWAII 96854

15 February 1989

Colonel John S. W. Lee  
Commander, 154th Composite Group  
Hickam AFB HI 96853-5000

Dear John

As we close down the air division, I'd like to pass on my thanks for the unique opportunity to work with the Hawaii Air National Guard. It has truly been an experience which I'll never forget. Thanks to the Guard, I was able to continue flying fighters and experience the thrill of guiding an Eagle around the skies of Hawaii. I appreciate receiving your unit plaque which will remind me of the good times I've had with the guys.

The picture of the F-15 formation is a fitting addition to the air division's memorabilia and one that the 6010th Aerospace Defense Group will inherit. It will serve to remind us of our common bond in defending the Hawaiian Islands.

I wish the Group and all its subordinate units the very best in the years to come. Good luck and aloha!

Sincerely

ROBERT R. BARTLETT, Colonel, USAF  
Commander

# 154 TAC HOSPITAL SHOTLINE



## SHOTLINE

by 1Lt Adele Araangeli

Congratulations to all who participated in a timely fashion to receive the Flu shot. The HIANG had a completion rate of 99%. Many thanks for your cooperation.

Also, congratulations are in order to those who have been promoted at the Tac Hospital: 2Lt Sharon Stottlemeyer, Sgt Greg Pelayre. Keep up the good work. Welcome to AIC Francia Alameida who will be a mental health specialist.

### HEALTHFUL HINT: STRESSED OUT????

Stress can be a main contributor to accidents. Are you in one of those three jobs?; going to school and sleeping four to six hours a night; strained relationships; and difficulties in other areas in your life. Chances are you are a prime candidate for more problems. Make adjustments to balance your lifestyle.

**STOP!! SIT, STRETCH OUT & RELAX A BIT.**

That's better. Take time out to re-evaluate your priorities, talk to a close friend, and if need be, seek professional help;. More importantly, being sensible about your dietary habits, getting enough rest and exercising regularly, is a good formula in maintaining a healthy, positive attitude.

## **\$PAY NOTES**

**MOCK MOBILIZATION LEAVE AND EARNINGS STATEMENT**

The Air Force Accounting and Finance Center at Denver, Colorado, will be mailing Air Force Form 141, Leave and Earnings Statement (LES), to military members by May 31, 1989. This mock (simulated) LES projects pay, allowances, deduction and leave if you were to be mobilized. Determination of

additional pay and allowances (i.e. Family Separation Allowance, Foreign Duty Pay, etc.) will be made upon actual mobilization. Members should validate the information on the mock LES and report discrepancies to the Military Pay section.

### **MARCH UTA PAY CHECKS**

Pay checks for the March 4-5, 1989 UTA should be dated March 17, 1989.

## **HNGEA NEWS**

The Executive Council had its organizational meeting for calendar year 1989. The following individuals were appointed to chair their respective committees: TSgt. Carl J. Simmons - scholarship; SMSgt. Jack Uhrig/MSgt. Alfred DeRego - membership; SSgt. Bruce Hara - awards and incentives; MSgt. Edward Omine - resolutions; TSgt. Bertram Narita - legislative; SSgt. Donna Hara - time and place.

If you're interested in serving on these committees, contact the chairpersons.

\*

TSgt. Carl J. Simmons was appointed to serve as secretary for calendar year 1989, filling a vacancy on the Executive Council.

\*

This HNGEA Annual Membership Meeting will be held on October 21 at Hilo. Reserve this important date on your calendar for this year.

\*

The HNGEA Scholarship application for school year 89-90 should be in circulation this month. Check with chairman TSgt. Carl Simmons - 449-9589 if you are interested.

\*

Our membership is off to a good start this year. We have 297 members as of this writing, don't forget to get your dues in to your 1st Sergeants.

\*

Our President SSgt. Jan DeRego is convalescing after eye surgery. We wish her speedy recovery.



**BPO CONNECTION**

PERSONAL GROOMING STANDARDS (Ref. AFR 35-10)

Hair, Overall (Men/Women)

Must be clean, well-groomed and neat. If dyed, must look natural.

Must not contain excessive amount of grooming aids. Hair must not touch eye-brows when groomed or protrude below the front band of properly worn headgear.

EXCEPTION: Hair will be visible in front of the women's beret. Hair may be visible in front of women's flight cap.

Hair Styles (Women)

Must be styled to present a feminine appearance.

Must not be worn in an extreme or fad style or violate safety requirements. Must not extend in length on all sides below an invisible line drawn parallel to the ground at the bottom edge of the shirt collar at the back of the neck. Must not exceed 3 inches in bulk or prevent proper wear of headgear. Must not include hair ornamentations such as ribbons or jeweled pins. Plain and conservative pins, combs, and barrettes similar to the individual's hair color may be worn to keep hair in place.

Nail Polish (Women)

Must be uniform, conservative in color, and in good taste.

Must not contain any ornamentation.

**UNDERGRADUATE PILOT TRAINING (UPT) APPLICATION NOW BEING ACCEPTED**

The 154 COMPG is seeking applications for UPT. The next selection board will be held July 13-14, 1989. The two slots will be for fourth quarter FY 90 UPT classes. Minimum qualifications for the position include:

Education: Bachelors degree is mandatory.

Eye sight: 20/20 or better uncorrected.

Test requirements: Must successfully pass the Air Force Qualifying Test (AFOQT). The test must be taken before April 15, 1989 to be considered by the next board.

Age: Must complete the Academy of Military Science (AMS) and enter UPT prior to reaching age 27½. For the July board, your date of birth must be after April 1, 1963.

Medical: Must be administered and successfully pass a flying class I physical, if selected.

Applications are now being accepted. Interested applicants should contact 154 COMPG Recruiters at 449-5601. The address is 154 COMPG/DPR, Hickam AFB, HI 96853-5000.

**LOCK and SECURE!**

They say that, "locks weren't made to stop crime, they're just supposed to keep honest people honest." It seems, however, that the more valuable the item is that you want to protect, the bigger the lock has to be to keep those honest folks honest!

The fact is that there is no perfect security system, but most law enforcement specialists agree that the more precautions you take the less your chances of being a victim of crime.

We all work with or near valuable assets, such as computers and specialized equipment, daily. It's easy, after a while, to lose sight of the fact that you could buy several nice sized parcels of real estate in Port Lock with the bucks it would cost to replace a single F-15. Even more important is the fact that the lives of our aircrew members, the defense of our islands and the nation depend on our valuable assets.

Of course, we cannot lock up every asset in a huge hangar every night and we can't hire an army of security police to watch over everything but we can do our individual part to insure that the security systems we have in-place are used. Don't become lax with security!

One of the cornerstones of military tactics, which is used effectively by criminals, terrorists and door-to-door salesmen as well as generals, is the element of surprise! DON'T GET CAUGHT WITH YOUR "JAM'S" DOWN!!! Keep gates locked when they're supposed to be locked and keep your eyes open for the unusual.

It's easy to remember the phone number for the Security Police if you see a significant threat or breach of security. The number is 449-7114. You already know the 449 prefix and all base emergency numbers use 711 for the next three numbers so you just have to remember the number "4" for security. Even Mc Gruff can remember that! Help us keep what we've got.

## CLASS SIX SHOPPING

DRILL TIME COUNTS FOR SIX PRIVILEGES

Guard and Reservists can now shop at Class Six package beverage stores based on accrued weekend drill time, according to Army and Air Force Exchange Service officials.

In the past, Guard and Reservists could only shop at the package store if they were on extended active duty for 72 hours or more, which essentially meant during their annual two-week active duty stint. But now that AAFES will be the single manager of all Army and Air Force Class Six stores, the same procedure for shopping at exchanges now applies to Class Six stores.

Guard and Reservists accrue one day of unlimited exchange shopping privilege per four hours of drill time. When they visit the exchange, their Leave and Earnings Statement is stamped by the ID checker (at the checkout counter for facilities without ID checkers). The stamp signifies that one day of shopping privilege is being used. If no purchase is made, the stamp is canceled and initialed by the ID checker, thereby returning that one day's privilege to the Guard or Reservist. This same procedure is not being used at the Class Six store.

CHAPTER 18 AIR NATIONAL GUARD NCO ACADEMY GRADUATE ASSOCIATION

COME ONE COME ALL  
ANNOUNCING THE CHAPTER 18 ANG NCO ACADEMY GRADUATE ASSOCIATION SEMI-ANNUAL GENERAL MEMBERSHIP MEETING

Date: March 12, 1989

Place: Chief Petty Officers Club

Social Hour: 5:30 p.m.

Dinner: 6:00 p.m.

cost: \$13.86 per person

Menu: BUFFET

Beef, Fried Chicken,  
Mahimahi, Mashed Potatoes,  
Mixed Vegetables

If you have any questions, please contact Melvin Ige, 449-5545 or George Padilla, 449-1208.

## REC CENTER IMPROVEMENTS

By Cmsgt. Cornwall S. Matsusaka

A new 25" Sharp remote color console television set was purchased for the Composite Group Recreation Center (CRC) on February 21, 1989. In addition, we will stock the CRC with approximately \$400.00 worth of sports equipment within the next four weeks. These pieces of equipment purchased from 154 Composite Group Recreation Building funds for Hawaii Air National Guard and family members. We encourage the use of these assets. They were purchased for you to use and enjoy, however, we ask that each Hawaii Air National member take a personal interest in the accounting for and the caring of these valuable assets. Your part and continued support of the CRC programs are appreciated.

### VOLUNTEERS NEEDED

A clean-up of Diamond Head is being sponsored by the Chamber of Commerce of Hawaii on April 22nd. The Chamber is looking for teams of five people. Start time is at 0730 hrs. Maps will be provided. For more information please call Capt. Stan Osserman, 154 COMPG/PA, 449-7750 before April 7th.

### MAHALO

Thanks to the volunteers that helped with the Great Aloha Run/Walk.

Kathy Anderson	Craig Arakaki
Joyce Arakaki	Debbie Brownhill
Mel Enoki	Judy Fadrowsky
Linda Ganon	Hal Goggins
Harold Hewett	Mel Ige
Wayne Kadekawa	Ian Kaikaina
Sam Kekuna	Roy Kuwana
Gerard Lum	Greg Makishi
Bruce Minato	Arlene Mitte
Mike Montero	Roy Nagasawa
Larnette Phillips	Gary Saito
Luke Sakanashi	Carl Simmons
Wayne Soma	Mel Takai Leona
Taniguchi Dale	Zuttermeister



# AEROBIC EXERCISE

The Heart of Your Fitness Program



by P.J. "POWERHOUSE" Lindahl

## TAKE CARE OF YOUR BACK!!

These simple exercises, done every day, will help keep your back strong, straight and flexible. Warm up for 2-3 minutes by doing general movements like reaches, marching in place or walking. Some of these exercises, such as the pelvic tilt and wall slide, can be done at work. If you are experiencing any back discomfort, remember to consult with your physician before starting any exercise program.

**PELVIC TILT**- To strengthen abdominal muscles, stretch back muscles, and improve posture:

1. Stand with back against the wall, feet 6-12 inches away from the wall.
2. Firmly tighten stomach and buttock muscles, (SUCK & TUCK) tilting the pelvis under and pressing the back flat against the wall.
3. Hold for 5 counts and keep breathing.
4. Relax. Repeat 5 times.

**WALL SLIDE**- To strengthen upper leg muscles:

1. Do a pelvic tilt to press lower back against wall.
2. Move feet out from wall 6-12 inches.
3. Bend legs and slide to a "half-sit" (hips never go below the knees).
4. Gradually straighten legs, keeping lower spine against wall.
5. Repeat 5 times slowly.

**HAMSTRING STRETCH** - To limber the hamstring muscles and lower back muscles:

1. Lie on your back on the floor with both knees bent.
2. Slowly straighten one leg out and raise it towards you until you feel a slight stretch and hold it for a count of ten. (NOTE: Goal

is to hold the stretch a minimum of 20 seconds up to two minutes)

3. Repeat 5 times, then switch legs.

**PARTIAL SIT-UPS (CRUNCHES)**- To strengthen abdomen and reduce swayback (Lordosis):

1. Start lying on your back with the knees bent.
2. Place hands on top of your thighs, chin slightly tucked, shoulders relaxed.
3. Inhale, as you exhale slowly raise your head, neck, and shoulders off the ground as you try to touch your knees with your fingertips.
4. Hold for a count of 5.
5. SLOWLY return to the starting position as you inhale.
6. Repeat as you exhale.
7. Begin with 5 times.

## SPORTS

### THE 1989 HIANG OAHU SOFTBALL TOURNAMENT

By CMSgt. Cornwall S. Matsusaka

The 1989 Hawaii Air National Guard (HIANG) Oahu Softball Tournament will be held during June 30 to July 2, 1989 at Area 61, Hickam Air Force Base, Hawaii. The four top Oahu teams will then go on to Kauai to represent Oahu in the HIANG State Softball Tournament. This year's State Tournament will be held at the Waimea Valley Ball Park, from July 29-30. Tournament host 150th Aircraft Control & Warning Squadron, Kokee Air Force Station, ensures a competitive tournament and a great time on the Garden Isle.

Every attempt will be made to schedule night games for the coming Oahu Softball Tournament. Team managers are encouraged to start assembling names for respective team roster and submit subject roster to TSgt. Larry Kauleinamoku, 154 CAM Squadron, no later than May 7, 1989. Any one interested in participating in the 10 team Oahu Softball Tournament are encouraged to sign up with one of the following teams:

HQ HIANG/199 TFS	154 CES
154 CAM SQ (A)	169 ACWS/199WF
154 CAM SQ (B)	297 ATCF
154 CAM SQ (C)	154 RMS
HQ 201 CCGP/293 CCS	
154 COMBOS (HQ COMPG, HOSP, MSS, SPF)	



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

## YOUR FRIENDS WILL

## HELP YOU ?

The Social Actions Office has been working very hard to keep-up with the increase in the number of individuals identified by the drug testing program. Starting in October, there have been six HIANG members identified as having used an illegal substance. The question that arises from these incidents is why? Why are these individuals using illegal drugs when your friendly and professional Social Actions staff is out there providing information about the traps and consequences for use and abuse of illegal drugs. Why did these individuals risk their military and civilian careers when Social Actions, the Hawaii National Guard, National Guard Bureau, and the President of the United States tell them that this society will not tolerate the use of illegal drugs? The answer is their friends. Yes their friends made them do it.

If the Social Actions staff had a dollar for each drug user who was given an illegal substance by their friends, we would all be millionaires.

The standard story we hear is "I was drinking with my friends when someone asked if I wanted to try the DRUG. Being one of the guys, I didn't want to cause bad feelings, so I tried it."

Now we in Social Actions really don't know why, maybe it's just sheer bad luck, but, it appears that when somebody tries an illegal drug their name shows up on the list for drug testing. And BINGO! Your identified and on the road to adverse consequences. Oh, what happens to you friend? Nothing because most likely he or she is not a Guard member.

Now for the fifty millionth time, please JUST SAY NO TO DRUGS!

## AIRFARE BREAK

Hawaiian Air Lines is offering reduced fares to guardsmen who live on an island other than the one where they perform military training.

The round-trip fare of \$65.00 went into effect on January 16, 1989 and will remain in effect until December 31, 1989. If you wish to take advantage of this fare, contact your unit headquarters for the details.

### CHANGE OF UNIT DESIGNATION WAS 326TH/NOW 6010

As of February 15, 1989, the 326 Air Division has been deactivated and redesignated the 6010th Aerospace Defense Group, (6010 AERODG). All phone numbers remain the same, only the name has been changed...to protect the innocent?!

**NEXT UTA APR. 22-23**



## BASKETBALL TOURNAMENT



CONGRATULATIONS!!! go out to the 154th CAM "C" Team who won the Central Division Basketball Tournament, which was held on Feb 11, 12, 18 and 19. The championship game was played between the 154th CAM "B" Team and the 154th CAM "C" Team who ended the tournament with an exciting game that ended in score of 37 to 36 as Jon Amarin captured the final point on the free throw line in the final seconds of the game. The Central Division Champs were comprised of the following players:

Randal Lum	Richard Costa
Gaylen Redoble	Andy Keaunui
Brian Oshiro	Alex Keaunui
Peter Espiau	Wallie Ching
Marvin Ohashi	Tim Rapoza
Ken Johnson	Robert Dekine
Erwin Soares	Jon Amarin
Scott Cummings	coach- Clayton Chang

THANKS! to all those who participated in making this another successful tournament, and lets not foreget the ones who came out to enjoy the game and support the players.

The top four teams will be entered in the HIANG State Tournament scheduled for sometime in April or May, they are the 154th CAM "A" Team, 154th CAM "B", 154th CAM "C" and 154th Security Police Flt. We'll have more information on that in the next issue.