



Kukailimoku

Take
Wing

War God Of King Kamehameha I • 154 COMPBG

Vol.35, No.9

Hickam Air Force Base
Hawaii

September 17, 1989

COPE KOA '89

Capt Stan Osserman

This weekend has been a challenging one for all of us with mobility and shelter exercises incorporated in the COPE KOA '89, but what makes this unique as Air Defense Exercises go is the class of the players. Besides the Marine F-18's and A-4's, Navy P-3 patrol planes and our usual "BUF" (Big Ugly Friends) from the Air Force, the B-52's, we are also privileged to be fighting the new B-1B.

The B-1's will help our aircrews train to defeat the newest of the Soviet long range, high speed bombers that they might encounter in wartime.

As a side note, you may think that our drill weekend activities don't command much attention but this exercise was briefed to the Chief of Staff of the Air Force on September fifth as one of five significant events in the Air Force for this week. Let's look sharp. Remember too that, with all the "happenings" this weekend, Ivan is also paying lots of attention, so remember OPSEC COMSEC.



THE NEW COMMANDER OF THE 154TH COMPOSITE GROUP, LT.COL. MICHAEL H. TICE.

NEW COMMANDERS

APPOINTED

Brigadier General Edward V. Richardson, Commander, Hawaii Air National Guard, announced this week the appointment of Lt.Col. Michael H. Tice as the new Commander of the 154th Composite Group and Lt.Col. Kenneth P. Wicks as the 154th Composite Group's new Deputy Commander for Operations. Lt.Col. Tice assumes the position of Air Commander of the Group Air Technician Detachment, and succeeds Colonel John S.W. Lee who will retire later this year. Lt.Col. Wicks assumes the position of Air Operations and Warning Systems Manager, succeeding Colonel Ritchie K. Kunichika who separated earlier in May of this year.

"Lt.Col. Tice and Lt.Col. Wicks emerged as the best qualified candidates after a tough, rigorous screening process," said Brig.Gen. Richardson, "and the Composite Group will be in good hands under the able leadership of these outstanding professionals. I ask all of the men and women of the 154th Composite Group to support them as you all work together to raise the unit to new levels of excellence."

A Change of Command Ceremony will be held on December 3, 1989, at the 154th Composite Group.



154 COMPOSITE GROUP'S NEWLY APPOINTED DEPUTY COMMANDER OF OPERATIONS, LT.COL. KENNETH P. WICKS.

COMMANDER'S CORNER

BY COL. JOHN S.W. LEE



Catching up with the activities in August, several events should be noted:

-Lt.Col. Clint Churchill assumed the command role for the fighter squadron replacing Lt.Col. Schatz. Lt.Col. Churchill brings with him an outstanding background in management and one of the best "fighter hands" in the business.

-Besides Hal Schatz, Lt.Col. Herb Nemoto retired on August 30. Herb has been in a leadership air weapons controller post for many moons. Herb and I graduated from the University of Hawaii and it's been a privilege working with a classmate who always remained "cool under fire".

-The 154 Tac Hospital troupe returned from their two week deployment to Osan, Korea. They were delayed a day going into the country because of a typhoon, and delayed one day returning because the C-130H was broken. As usual, the Tac Hospital members performed admirably in the field and were given the highest compliment by the host unit...they were asked to return.

Our sister unit, the 201st Combat Communications Group is undergoing its major inspection (Unit Effectiveness Inspection or UEI), from September 13-18. As you well can remember, this inspection is critical toward validating the management capability of a unit to perform its wartime tasking. They have prepared long and hard to do well for this inspection.

And for all units, we are in the management throes of closing down fiscal year '89 to "zero out" our books on flying and budget disbursements. We have always attained 100% usage of our flying hours and utilized 99.99% of both O&M and MIL PERS funding. Because of dynamic changes in recent months such as acquiring our C-130H and returning our C-130A, implementing corrosion control measures for our F-15 which must be flown to Kona, and adjusting to O&M reallocations which were originally cut in October '88, balancing out fiscal year '89 will be a difficult but rewarding task. Speaking for the management staff, may I convey our gratitude to all in the Composite group who made fiscal year '89 such an exciting and active year...it's good to be a member of this group.

PAYNOTES

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 August 31, 1989. This mock (simulated) LES projects pay, allowances, deductions and leave if you were to be mobilized. Determination of additional pay and allowances (i.e. Basic Allowance for Subsistence, Family Separation Allowance, etc.) will be made upon actual mobilization. Members should validate the information on the mock LES and report discrepancies to the Military Pay section.

SEPTEMBER UTA PAY CHECKS

Pay checks for the September 16-17, 1989 UTA should be dated September 29, 1989.

MANDATORY DIRECT DEPOSIT PROGRAM

Effective September 1, 1989, the Department of the Air Force issued an action memorandum requiring certain military personnel to participate in the Mandatory Direct DEPOSIT Program or Obtain a waiver from designated waiver approving authorities.

Non-prior service enlistees are not required to enroll in the Direct Deposit Program while at Basic Military Training and follow-on technical school. But upon return to their home station the member has 60 days to enroll in the Direct DEPOSIT Program or obtain a waiver.

Prior service enlistees are required to enroll in the Direct DEPOSIT Program or obtain a waiver within 60 days of their enlistment or transfer into the HIANG.

Personnel planning to reenlist in the HIANG must enroll in the Direct DEPOSIT Program or obtain a waiver at least 60 days prior to their ETS.

Enlisted members being appointed as officers have 60 days prior to officer appointment to participate in the Direct DEPOSIT Program or obtain a Waiver.

Required personnel that do not apply for the Direct DEPOSIT Program and do not obtain an approved waiver within the required time limit will be subject to administrative action.

The SF 1199A, Direct DEPOSIT Sign-up Form, may be obtained from administrative offices or the Military Pay Section.

This funded Air Force newspaper is an authorized publication for the members of the U.S. military services. Contents of the KUKAILIMOKU are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, the Department of the Air Force or the Hawaii Air National Guard.

This publication is prepared, edited and provided by the Public Affairs Office of the 154 Composite Group, Hawaii Air National Guard, Hickam Air Force Base, Hawaii 96853-5000. Phone: (808)449-7750

Commander Col. John S.W. Lee

STAFF

Editor: Sgt. Gaye Sakamoto

Illustrator: TSgt. George Galasinao

PASTOR'S PERSPECTIVE

BY CHAPLAIN (CAPT)
ROBERT NAGAMINE



Have you ever wanted something so bad that you found yourself praying fervently for that desirable thing? I suppose on a few occasions many of us have found ourselves and still find ourselves in that situation. We all have our own set of special needs, wants and aspirations that raise their voices until they are met. Among our prayers might be a list like this: a long awaited promotion, a better job, a future marriage partner, children to start a family, owning our home, doing well in school and the list goes on...

And so you cry out to God, "Please, help me out!" My guess is that most of the times you would expect only two possible answers: "yes" or "no."

But let me suggest that there are many more possible answers than just a simple yes or no. The following are seven possible ways God may answer your prayers. (And, of course, His answers aren't just limited to these seven ways.)

Sometimes God may say, "Not yet." The timing may not be right. You just have to be patient. There is a time for everything and now isn't the time. Don't worry, your turn will come. Hang in there.

There are times when He may say, "No, you don't know what you are asking for." Sometimes if you get what you think you want, you'll be disappointed. Somehow things won't be as you expect it to be. In other words, "the grass isn't always greener on the other side."

Occasionally, he may surprise you with an answer like, "No, I will show you a different and better way." Out of the blue, from left field, He may come up with something or some way that is beyond the realm of your logic. It will be better and more exciting.

God knows what is best for you, so sometimes He says, "No, it's not good for you." God looks at the big picture, the grand scheme of things, while we many times look for the pleasure of the moment. Take heart, in the long run things will look better.

Of course, only part of the time He responds in the negative. Sometimes He says a simple, "Yes, just what you wanted." A picture perfect gift from God. Just be thankful that God was gracious to give you what you wanted.

Another affirmative answer is, "Yes, and I will give you more." Imagine a person praying for just a chance to compete in the Olympics and then a chance for the bronze medal, but ends up winning the gold!

And finally, an answer we sometimes don't expect, "Yes, but I'm waiting for you to do your part!" Sometimes we think God is just going to hand it to us on a silver platter. He expects us to use our minds and abilities. He has already equipped us with what we need to strive for what we want.

May God continue to give you what is best for you rather than what you want.

FOR THE FAMILY

COLLEGE EDUCATION TUITION WAIVERS

If you haven't acquired a college degree, have you considered working towards one? Or, if you haven't completed your college education, have you considered completing it now? If the financial part of your college education is a concern, are you aware of the tuition waiver program? Let me share information with you about the tuition waiver program. It can help cut down the cost of your college education.

The tuition waiver program is a benefit to you as a National Guard member. All you must to do is have a willingness to pursue an undergraduate degree or certificate from any one of the colleges in the University of Hawaii system and meet the eligibility requirements. To have your tuition waived you must meet the following requirements: (1) be a U.S. citizen (2) be a classified undergraduate student working towards a undergraduate degree or certificate from any of the University of Hawaii system campuses; (the benefit goes to part time students, as well as full time students) (3) enlisted members E-1 - E-9, and officers O1 through O3 qualify; (4) have satisfactory performance with your unit; (5) you are not receiving Federal tuition benefits, i.e. Education Assistance Program, "new G.I. Bill" benefits; (interesting to note, individuals receiving VA education benefits may also receive the tuition waiver benefit) and (6) individual's term of service must not expire during the time of the benefit.

If you meet those reasonable requirements, all you have to do is fill out two forms. Acquire a form called the "Tuition Waiver Application Information Form" from your unit. Fill it out and turn it back to your unit. Also, get the "HNG Certification of Eligibility For Tuition Waiver Form." Fill it out and have your commander sign it. For every semester, you will need to fill out these two forms. Note: the tuition waiver covers only the tuition cost and not items such as activity fees and books.

Currently a number of Guard members are using this benefit, and perhaps you should consider taking advantage of this benefit also.

I hope that the information above may help you. If your spouse or family member care to join me in helping families, he/she can sign up to be in a family support group. Call me, Chaplain Robert Nagamine, at ph 449-9153, or 955-3431 or 947-5008.

IN MEMORY OF MSGT. WALLACE ASATO

MSGt. (Retired) Wallace M. Asato, former technician and guardsman passed away on September 2, 1989. "Wally" as he was well known to all of us served in the Hawaii Air National Guard for 33 years. He is survived by his wife Katherine, daughter Klarita, and son Keegan. Our deepest sympathies go out to Kathy and her family.

RMS ROUND-UP

By: TSgt Lisa Rodrigues

From the Trenches

Hats off this month to full-time technician Brian Tom from Civilian Pay. Brian was recently promoted to TSgt. Keep up the good work Brian!

RMS just keeps improving! Welcome backs go out to A1C Carleton Tajiri, a new member of the Accounting and Finance section who completed BMT and Tech School and returned on September 7, and to TSgt Pam "Don't call me Guieb" Goya. Pam was up in Portland learning "all kinds of computer goodies" from their ANG unit. Jody looked much happier today . . .

MSgt Dennis Fukumoto is trying to coordinate a 154 RMS golf tournament. Interested RMSer's should contact Moto out in the warehouse. Knowing him, the tournament should be great ... no matter how long it takes.

But seriously ... the RMS T-Shirts are still MIA. See your Enlisted Council representative for excuses.

From the Pool

Motor Pool participants in the 11th HIANG Golf tournament on August 7 were: TSgt Rodney Tokuda, SSgt Dennis Hiu, and SSgt Jimmy Kobashigawa. Placing 5th and 6th in the Calloway division were MSgt Ted Ganade and TSgt Paul Taketa. Our "congrats" to MSgt Dennis Fukumoto for taking 1st place in the "A" Flight Division, and to SSgt Dennis Hiu for taking the most sand at the 6th hole.

Back from the Korea deployment with the 154 TAC Hospital are: MSgt Carl Wai and TSgt Mitchell Tanaka. While at Osan AFB, they had additional cross-training in the "postal" AFSC and were frequent visitors of a place called the "Pink Panther." They said it was a cartoon studio...

HIANG OFFICER OPENINGS

The 154 Composite Group will soon be interviewing for the drill status officer positions of Public Affairs Officer, Transportation Officer, and Social Actions Officer. Basic eligibility requirements are: appointment before age 35, U.S. citizenship, a bachelor degree, passing scores on the AFOQT, and ability to meet medical requirements. For an application and questions contact TSgt. Oato or SSgt. Quizon at 449-7793.

1989 State DOD

Christmas

FREE! Concert FREE!

The 1989 State DOD Christmas Concert will be held on Sunday evening December 17 at the Neal Blaisdell Concert Hall.

There will also be a concert on the Big Island on Friday evening, December 15, 1989 at the Hilo Auditorium.

These events have traditionally been great fun for both the children and the adults. The evening's entertainment will be provided by the 11th Army Band and the HIANG Ohana. This Christmas Concert is exclusively for members of the Hawaii Air National Guard and their guests.

If you and your family would like to attend, fill out the ticket request (see below) and send it in a "Puka envelope" to 154 COMPG/DOI.

SEE YOU AT THE CONCERT!!!!

YES! I would like to attend the 1989 Christmas Concert. Please put me down for the following tickets.

_____ Children _____ Adults

Check One:

Hilo Friday, 15 December

Honolulu Sunday, 17 December

Name: _____

Unit: _____

Phone No. _____

Check here if change to previous ticket request.

Put in "PUKA EVELOPE"
mail to 154 COMPG/DOI

CAM SQ. NEWS & VIEWS



By MSgt. Fred M. Higa Jr.

Sweet September!!! It's finally here, the end of another very productive year with our 'EAGLE'. It's a good time to reflect on our accomplishments during the year and set our sights on the new fiscal year coming up. We've come a long way since our ORI/UEI of last December. Here's hoping fiscal year 1990 will be as exciting and fulfilling as 1989 was...Now let's get on with the news of the Squadron...1 Sep 89 was certainly a night to remember as CAM Squadron held it's 7th Annual Recognition Banquet at the Hale Koa Hotel. More than 400 guests attended the event which is held annually to recognize CAM Squadron's outstanding performers the past fiscal year. The 'Oriental Buffet' was outstanding with all the sashimi, poki, 'tofu okazu', roast beef and chicken, not to mention the outstanding salad bar and dessert table which has become a Hale Koa trademark. Good food and fun had by all. Congratulations are in order to the following individuals as they received trophies and certificates in the various categories:

Outstanding Senior NCO	MSG Ray Bermudez
Outstanding NCO	TSG Gay Ross
Outstanding Airman	A1C Thomas Mahi
Outstanding Maint Person	SSG James Chun

All of the winners, in addition to a personal Tiki trophy and a Certificate of Commendation, also received a \$100 dinner certificate to the Nicholas Nickolas Restaurant, 2 tickets to the HIANG Awards Banquet, and an F-15 pin, pen and decal (donated by Maj Gen (retired) Jack O'Donald). Each winner will also have their names added to the Unit Perpetual Trophy and their picture will be displayed next to the trophy. As Squadron winners, they become the Squadron nominees competing for the HIANG awards in their respective categories. Good luck!!! The Attendance Trophy went to the Avionics Branch as CMS Melvyn Taira and his troops attained an outstanding 99.25% attendance rate...The Munitions Branch honored the following individuals:

Outstanding Armament Spec	SrA Richard Costa Jr
Outstanding Munitions Spec	SrA Shanna Komatsu
Outstanding Load Crew Leader	SSG Guy Fuentes
Outstanding Nbr 3 man	Sgt Alex Keaunui
Outstanding Nbr 2 man	Sgt Nathan Higa

The Outstanding Technician Crew Chief award went to TSG Jose Salvador. The Outstanding Drill Status Crew Chief award went to Sgt Joiner Laggacan...The Field Maintenance Branch presented the Outstanding Technician Specialist award to SMS Dick DeVeas with the Outstanding Drill Status award going to Sgt Noel DeMello...The Outstanding Admin Specialist award this year went to SSG Randy Casaquit...Congrats to ALL the winners...There were door prizes galore this year, ranging from dinners to dinners to more dinners. Dinner certificates were given for Ruth's Christ's Steakhouse, Restaurant Suntory, Black Orchid Restaurant, Wailana Coffee House, John Dominis, Maile Room at the Kahala Hilton, Trellises. There was also a \$50 gift certificate from Sears as well as a girl's 20" bicycle. A certificate to attend the Society of Seven show at the Outrigger Hotel and certificates for delicious treats from 'Delicious Treats'...It was great to see many of our retirees in attendance again this year, as old friendships were renewed and 'war stories' retold. Much thanks goes to SMS Alan Matsuoka as he presented Squadron Commander, LTC Mick Melich, with a framed picture of an 'Eagle'. Sure looks good on our 'Wall of Plaques'. The 8th Annual Recognition Banquet will be held on 5 Oct 1990, (yes, that's October), at the same place and same time. Make your plans now as it looks like it will be another outstanding event...Moving on to other Squadron news...Best wishes & good luck goes to Munition Branch OIC, Capt Keith Kunichika, as he takes on a new technician position as the Group Budget Officer. His shoes will certainly be hard to fill...Speaking of the Munitions Branch, welcome back goes to Amn Jeff Sagucio as he returns from BMT/Tech School and is now qualified

to work with the Weapons Loading gang...The welcome mat also goes to A. Gina Kuriyama as she also returns from BMT/Tech School. She is assigned to the Admin office and should be a tremendous asset to that office...Good luck goes to Sgt Wayne Salas as he transfers from the Sheetmetal Shop to the Flight Line...MSG Wallace Takasane was off to Guam to coordinate the F-15 move from Hickam AFB to Guam to Kadena AB to Kim Hae, Korea. Mechanical problems prolonged his stay as he was joined by Val Wong, Baldwin Ojerio, Tim Rapoza, Irvin Yoshino and Gary Soma. They should be returning home in a day or so...This being the last news article for this fiscal year, I would like to thank all of the Squadron News Reporters who have helped me in gathering the news articles every month:

CMS Tom Sato	Organizational Maintenance Branch
MSG Ray Bermudez	C-130 Flight
CMS Ken Morimoto	Quality Assurance
CMS Ken Camara	Field Maintenance Branch
CMS Mel Taira	Avionics Maintenance Branch
SMS Tom Hirao	Munitions Maintenance Branch
SMS Reggie Chun	Missile Maintenance Branch
SSG Yvette Mirafior	Administration
TSG Carol Keanini	Training
MSG Doug Abe	Programs & Mobility
Capt Terry Hudson	Maintenance Control
LTC Michael Melich	Commander
LTC Bruce Minato	Maintenance Control OIC

Also to the many others who have submitted news items during the course of the year, my humble thanks. These are the people who make my job easy, I just make up stories from what they send to me, so, to you all, mahalo and aloha...Til next issue, "Learning is like rowing upstream. If you don't advance, you drop back." (author unknown)...See ya next month.....fhiga

HIANG AWARDS BANQUET

FORT SHAFTER OFFICERS CLUB

Friday, 17 November 1989

NO-HOST COCKTAILS 1800 - DINNER 1930

ENTERTAINMENT BY: THE HIANG OHANA & T.B.A.

! ! ! LOCAL STYLE PUPU ! ! !

DINNER

STEAMSHIP ROUND, MAHI MAHI, TERI CHICKEN
MASHED POTATOES, RICE, MIXED VEGETABLE
TOSSED SALAD, PICKLED BEETS, THREE BEAN SALAD
ROLLS, BEVERAGE, PUDDING, JELLO

STILL ONLY \$20.00

Make checks payable to: HIANG Awards Banquet

For tickets contact:

your unit supervisor



CAPT. JAMES HIKITA
ILT. MELISSA ZEN
TSGT. CARSWELL ROSS JR.

FACTS ABOUT WOMEN, WORK AND POVERTY

1. Approximately 80% of the women in the work force are concentrated in low-paying, low-status jobs in service industries, clerical occupations, retail stores, factories, and plants.
2. In 1986, 12.4 million American Women, 18 or over, were living in poverty. Of these women, 4.4 million were in the work force. Half of these women have full-time jobs. 17% worked full-time, year around.
3. One in every two working women, who are in poverty, are heads of households, and work in service occupations. Research shows that service jobs are the LEAST likely to have paid health insurance, paid sick leave or vacation benefits.
4. Of the 2.3 Million working women, in poverty, more than half are mothers of children under 18. Women carry most, sometimes all, of the burden for dependent children.
5. 65% of working mothers in poverty, are single, separated, divorced, or widowed.
6. The average cost of child care for one preschool child is \$57.00 a week. A woman, working minimum wage, would have to spend up to 40% of her paycheck for child care.
7. 47%, of all women in poverty, are high school graduates. One in seven of all women in poverty, have one or more years of College.
8. The average wage difference, between men and women, gives women approximately 35% less money than men. This is despite their educational attainment.
9. 53.5% of women, who are heads of their households, are in poverty today.
10. In 1986, families headed by women had median incomes of \$13,647 compared to \$24,962 for families headed by men.
11. Two out of three (64%) of all minimum wage earners in the U.S. are women. Forty-six percent, of these, work far below minimum wage.
12. In 1986, the median income for a low-income woman, head of household, working full-time, year around, was \$7056. The larger her family, the deeper the poverty.
13. Due to inflation, a working women, earning minimum wage, can buy only 80% of what she could buy in 1981.

(From the National Commission of Working Women of Wider Opportunities for Women)

NEXT UTA

OCTOBER 21-22 1989

CHECK 6 by Lt. Brad Sakai

Welcome back to 2Lt David Dyas who has just finished one year of intense Undergraduate Pilot Training (UPT) at Laughlin AFB, Texas. Presently, he's on leave and will start Fighter Lead In Training at Holloman AFB, New Mexico later this month. During his year at UPT he and his wife became the proud parents of healthy baby boy, Rix.

Also visiting us this past month is Maj. Bud Tuson from the 142 FIG Portland, OR. The 142 is in the beginning stages of converting from F-4s to the F-15. Bud is going through Instructor Pilot Training here and we all hope your stay here has been enjoyable.

Recently the 199 TFS was visited by Gen. McPeak, the Pacific Air Chief and Brig. Gen. Richardson. They were briefed on how the 199 TFS combats G-Loss of consciousness (GLOC). A tour through our physical fitness room was conducted explaining that through strength and aerobic training, one could increase his G-tolerance and G- endurance which would help combat GLOC.

Congratulations to Maj Ed Pickering and his bride Kathy. They were married in the early morning hours in Waikiki on Aug. 9. And finally the baby roll call is as follows: Capt Garro Johnson-baby girl Elena; Capt Steve Haldeman- baby girl Stephanie; and still playing the waiting game is Capt Ruth and 2LT Jeffrey Namihira.

ALOHA & MAHALO "SHAKA"

August 18 marked the culmination of a 26 year military flying career for the 199th Tac Ftr Sq commander Lt. Harold "Shaka" Schatz. Shaka and wife Joyce started "their" military flying career at Vance AFB, Enid, Oklahoma as guests of the 3575th Pilot Training Wing in 1962. While there, Shaka flew the T-37 and the T-33. One year and a lot of hard work later Shaka pinned on his wings as a proud and happy member of Undergraduate Pilot Training Class 63-F. Shaka and Joyce requested to stay in Oklahoma where Shaka was assigned to fly C-124Cs at Tinker AFB. After three months at Tinker, Shaka was ready to move to Paradise and be assigned to the 61st MAW, 50th MAS, Hickam AFB Hawaii.

Shaka flew the C-124s at Hickam for four years amassing close to 3000 hours in the beast, some of them in combat support. All that time though Shaka was a fighter pilot at heart and watched in envy as the F-86's and F-102's from the HIANG flew overhead. So Shaka and Joyce joined the HIANG family and Shaka got his first "deuce" or F-102 ride in June 1968.

Shaka flew 1000 hours in the "deuce", 1020 hours in the F-4, and finally 200+ hours in the F-15. As Shaka's career in the HIANG progressed and his skill made evident, he was promoted and held many important jobs such as D Flt Asst Flt Commander, D Flt Commander, 154COMP Staff, and 199 TacFtr Sq Commander.

Shaka's retirement party was held in August and for many there it was both a happy and sad time. Happy in that it was a good party with good friends, Shaka's trademark laugh echoing throughout the place, but sad in that we were saying aloha to a strong, supportive friend and a damn good pilot. Shaka's retired from flying in the HIANG but he's still "getting you there on time" over at Aloha Airlines. Right this moment Shaka and Joyce are jetting around the globe to parts unknown on a well deserved vacation until October. The main thing Shaka likes about retirement is the extra time he'll have to spend with his loving wife Joyce, two sons Eric, and Bryan, and Daughter Laurel.

So Shaka good flying and nana 'okole!

SHOTLINE

By 1Lt Adele Archangeli

FEVER, SORE THROAT, DIARRHEA, NAUSEA, VOMITING AND WORSE. Those are all symptom to look forward to if you get the flu this year. But you can avoid them by taking care of your health, and receiving the 1989-90 flu shot. To get the greatest benefit from the shot, it should be taken early in the flu season...like NOW! when you arrive at the hospital annex to receive your shot 1) Bring your PHS 731 (shot record) 2) Be sure to tell personnel if you are sick, pregnant, on medications or allergic to anything. 3) Remember that you must wait 20 minutes after the shot, so allow for that time in your schedule. 4) Be sure that your shot record is documented before you leave, and take it with you.

If for some reason you cannot receive the Flu shot at all, please talk with the Immunization NCOIC SSgt George Yonamine or myself (1Lt Adele Archangeli 449-7767) as soon as possible. To be permanently exempt from the Flu shot, you must have Form 422 in your medical record. Please take care of this as soon as possible to avoid delinquent notices to your commander.

And finally, no one likes to take shots. Unfortunately some are required for you to have as members of the ANG. The Flu is required for you to have as members of the ANG. The Flu shot is required yearly. If you received last year's Flu shot (1988-89) late, you are still required to receive the 1989-90 Flu shot by December UTA. So please, roll up your sleeves, smile and come pay a visit to the hospital annex soon.

HEALTHFUL HINT: Lets laugh more often!

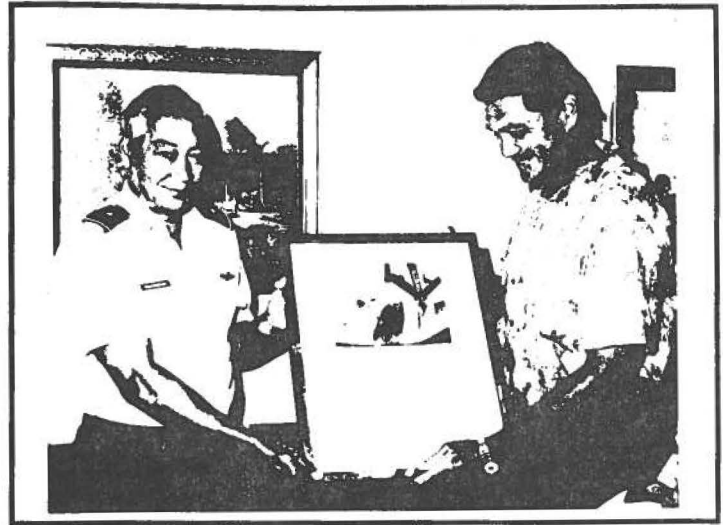
There is a veil of seriousness covering most faces. In today's stressful world there seems to be no room for a little lightheartedness. Could we be forgetting how to laugh? Laughter relaxes facial muscles, as well as muscles in the arms, chest and stomach. It expands the chest cavity, increases lung capacity and pumps more oxygen into the bloodstream. Laughter creates the effect of a mini workout. Laughter makes us feel better, and counter acts the tensions of everyday life. It brings people together, stimulates closeness & friendship. Laughter creates a channel for communications and understanding. Lets make an effort to have more fun at what we do...Lets laugh more often.

DENTAL NOTE: Periodontal Disease-Not something to smile about.

The symptoms are 1) Gums bleed, are tender and swollen, 2) Gums recede from the base of the teeth, 3) Gum may change color, from healthy pink to cloudy pink or red, 4) Bad breath, or bad taste in the mouth, 5) Pus forming between gums and teeth, 6) Teeth feel loose or begin to move. Pain is not usually a symptom unless serious infection is present. If any of these symptoms occur, contact your dentist immediately. - Dental Follow-up, The California Dental Association.

TODAY'S MENU

ROAST BEEF
STEAMED RICE
CORN
FROSTED CAKE



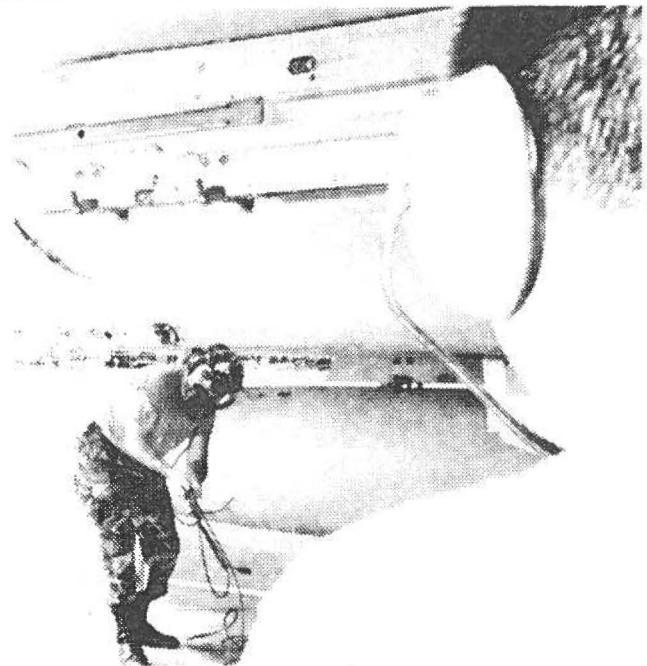
Kamehameha School President, Dr. Michael Chun is presented a picture by Brig. Gen. Richardson. Photo by MSgt. Ron Biho

Kamehameha School Visits the HIANG

by TSgt Charles S. Gravitt

July 20, 1989 was a red-letter for a special group of visitors to the 154 Composite Group from Kamehameha School. School President, Dr. Michael Chun, was provided with an orientation flight aboard one of our F-15 B-models. Mr. Anthony Ramos, school principal, and four Junior ROTC cadets from Kamehameha School accompanied the mission aboard a KC-135 tanker from the Washington Air National Guard.

A luncheon was held to welcome the Kamehameha School visitors, hosted by Brig. Gen. Edward Richardson, Commander, HIANG, and other members of the HIANG who graduated from Kamehameha School. Dr. Chun, Mr. Ramos, and the cadets were given a flight briefing at the 199 TFS. Dr. Chun then prepared for his flight in the F-15 while Mr. Ramos and the cadets were escorted to the tanker. The excitement was capped as Mr. Ramos and the cadets watched the refueling of the aircraft carrying Dr. Ramos.



TSGT. GARY "ROCKET" KODANI APPEARS LARGER THAN LIFE AS HE OVERSEES TRAINING OF SSGT. RANDY "R.D." DICK FROM THE 143 FIGHTER INTERCEPTOR GROUP, PORTLAND, OR. "R.D." AND OTHER MAINTENANCE PEOPLE AND AIRCREWS WILL TRAIN WITH US DURING THEIR UNIT'S F-15 CONVERSION.

HIANG SPORTS



Winners of the 1989 HIANG State Softball Tournament 154 CAM (A).

154 CAM (A) REPEATS AS CHAMPIONS!

By CMSgt. Cornwall S. Matsusaka

The 154 Cam (A) team captured the 1989 State HIANG Softball tournament held at Waimea, Kauai during August 26-27, 1989. The "Tony Tigers" went undefeated in the 14 game, eight team, double elimination tournament with a 4-0 record.

After two outs in the first inning of the championship game, singles by Paul Kim and Tony Gabriel, followed by a fielding error, a walk by Jody Goya, and a key double by Chris Partika scored the necessary runs to clinch their second consecutive HIANG State Softball Championship. Pitcher Gerald Gono went on to scatter five Kokee Eagles hits to defeat runner-up 150 ACW Squadron for a 5-1 victory. Leading hitters: 154 CAM: Chris Partika 2-2, 2B, HR; Antone Gabriel 2-3. 150 ACWS: Oscar Sagucio 2-2; Clayton Carvalho 2B. Game announcer MSgt. Larry Kauleinamoku added color to the games with his game commentary.

154 CAM Squadron (A) Team Members: Tony Gabriel (Mgr), Andy Partika, Miles Kaneshiro, Greg Makishi, Gerald Gono, Dale Zuttermeister, Byron Ariz, Bob Furtado, Jody Goya, Henry Machado, Dennis Fraticelli, Michael Fisher, Paul Kim, Chris Partika, Gary Hema.

TOURNAMENT STANDING: 1ST- 154 CAM (A) (Oahu), 2ND- 150 ACWS (Kauai), 3RD- 154 COMBOs (Oahu), 4TH- 292 CCS (Maui).

TOURNAMENT HIGHLIGHTS: Randy Burnett hit 7 home runs for the COMBOs in five games. Pitcher Gerald Gono had a perfect 4-0 record for the 154 CAM (A) team.

Mahalo to the 150 ACW Squadron, Kokee AFS, Kauai, for hosting an outstanding softball tournament. The Garden Isle hospitality, food, refreshments, and the tournament were first class. Our thanks to Lt.Col. Myron Dobashi, MSgt. Ron Javier (Tournament Chairman), CMSgt. Melvin Kauahi (Tournament Coordinator) and to all committee chairpersons and committee members for a great 1989 HIANG State Softball Tournament.

ON TARGET WITH THE HIANG

The Eighth Annual HIANG Precision Air Rifle Tournament will commence during the month of November 1989. Current members of the HIANG and personnel in the Air Force Senior Advisors Office are invited to enter. The tournament period is to be completed by December 9. All entry forms must be in no later than October 22, 1989. For more information, please contact the Marksmanship Chairman, MSgt. Ronald Muronaga, 449-7182, 154 CAMRON, Hickam Air Force Base, HI 96853-5000.

HIANG WOMEN'S ATHLETIC PROGRAM

By: SSgt. Jan "Dynamo" DeRego

The Women's Athletic Program surveys met its deadline. Twenty-four women were interested in being the point of contact for their units: Mary Livingston, 154MSF; Pamela Goya and Rosie Vendiola, 154RMS; Regina Aiken, Stacy Clowe, 169ACWS; Napua Sugai, 150ACWS; Iris Kabazawa, Rocky Bruhn, 154MSS; Gladys Rosenbush, Sandra Lindo, 293CCSQ; Donna Hara, 291CCSQ; Diane Bauer-Golden, Geraldine Ing, Kimberly Kuloloia, 292CCSQ; Cindy Rychlec, 199WF; Tammy Brown, 199TFS; Laura Toth, Jarma Hudson, 297ATCF; Jackie Jakahi, 201CCGP; Yvette Escudro, Helen Tivera, Carol Yamaguchi, 154 CAMS; PJ "Powerhouse" Lindahl, 154COMPG and Pamela Patterson. Each sports activity chosen by our women will be combined into an Annual Sports EXPO. This event is presently being staffed by PJ Lindahl and I to be slated early 1990. The above women will also be participating in planning this event. More information in the future.

Seven sports activities are scheduled by the HIANG Athletic Board each fiscal year. Basketball, Volleyball, Softball, Golf, Tennis, Marksmanship and the Ahi Tournament. These annual sports need your involvement and your enthusiastic participation. Don't be a sore foot, lets jump into the program. A HIANG Athletic Fitness newsletter is in process. The newsletter is called; "HIANG IN WITH FITNESS". It will contain men and women fitness, health tips, aerobics, upcoming HIANG sports, news from the HIANG Athletic Board, etc.,. It will be distributed quarterly. First edition will be out in October.

Food for thought: "MOTIVATION"—Anything worth having, is worth working for—believe in yourself.