



Kukailimoku

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War God Of King Kamehameha I • 154 COMPAG

Vol. 35, No.11

Hickam Air Force Base
Hawaii

AUGUST 5, 1990

THREE HIANG MEMBERS AWARDED

PRESTIGIOUS AIRMAN'S MEDAL

The Airman's Medal is awarded to members of the Air Force who distinguished themselves for acts of heroism involving risk of personal life under conditions other than those of conflict with an armed enemy. The Hawaii Air National Guard is proud to recognize three such individuals who for their quick action in extremely dangerous situations acted instinctively, and without regard to personal injury or possible loss of life.

MSgt. Roy T. Kuwana and Sgt. Danny B. Gorman distinguished themselves by heroism involving voluntary risk of life at Hickam Air Force Base on March 26, 1988. On that date, Sergeant Kuwana initiated emergency procedures to extinguish a potentially explosive aircraft ground fire from becoming a hazard to himself and other maintenance personnel within the immediate area. His initiative prevented possible loss of lives and saved an Air Force F-15A aircraft from extensive damage.

SSgt. Rolf W. Oudraad distinguished himself on Hawaii's Interstate One Freeway, Pearl City, Hawaii, on August 26, 1988. On that date, Sergeant Oudraad ran to the aid of an automobile accident victim pinned in an overturned vehicle. With complete disregard for his own safety, Sgt. Oudraad, despite the hazards of leaking fuel and heavy traffic, unhesitatingly entered the overturned vehicle, extracted the unconscious victim, and rendered life saving first aid.

By their courageous action and humanitarian regard for their fellowmen, these three men have reflected great credit upon themselves, the Air National Guard, and the United States Air Force.



Awardees: L-R, MSgt Roy Kuwana, Sgt Danny Gorman, & Sgt Rolf Oudraad
Photo by: MSgt Roy Kawamura

HIANG ACTIVATES NEW UNIT

By Capt. Stan Osserman

The HIANG and the 154th Composite Group are the proud parents of a brand new unit! The 154th Tactical Control Squadron was activated on Kauai last month and received it's Federal Recognition on July 17th.

The 154 TCS is temporarily using the Kekaha Armory to get off the ground. In preparation for the activation of the unit, members of the 150 ACWS sent a team to Greenly, Colorado to observe an ORI of the 138 TCS, Colorado ANG. The 154 TCS will be a mobile radar unit and will eventually be manned by 10 officers and 80 enlisted personnel. Unit manpower documents and funding have been received and the unit is off to a flying start.

With a core of former members of the 150 ACWS the 154 TCS promises to be one of the best tactical radar unit in the Air Force!

COMMANDER'S CORNER

by
Lt. Col. Michael H. Tice



The Headquarters PACAF Inspector General is coming! The good news is that he's coming for only a Unit Effectiveness Inspection (UEI) and not a combined Operational Readiness Inspection (ORI)/UEI as we've had in the past. The scope and content of these inspections is such that trying to do both concurrently doesn't allow us to focus on either to the degree necessary to get the scores we deserve. For many people in the Composite Group this may be your first IG inspection and you're probably wondering what it's all about. Here's what I hope is a simple explanation.

An Operational Readiness Inspection (ORI) is a measure of our ability to do our wartime missions. That's pretty clear...To fly and To fight ... and all the essential elements that go into making that happen. This isn't the kind of inspection we're expecting.

A Unit Effectiveness Inspection (UEI) is a measure of how we're managing the resources (equipment, money, people, etc.) that have been allocated to us to accomplish our wartime missions. This is the kind of inspection we're expecting and the liability window is October-December 1990. It's expected to occur over a UTA weekend and the two days preceding the UTA. An inspection out-brief would be held the week following the UTA.

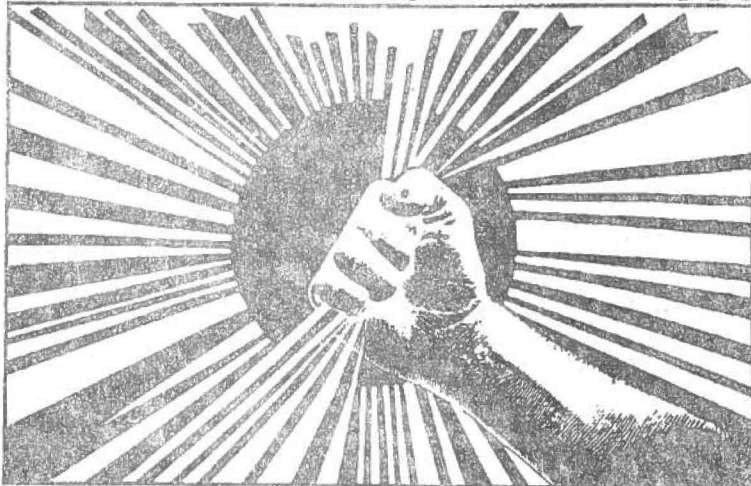
Performance is the primary measure of success during any inspection. Functional areas, units, agencies, shops, and individuals responsible for unit programs are evaluated primarily on the results and effectiveness of their activities. Service provided to customers, and we're all customers of one another, is a priority-rated area. Attitudes, helpfulness and timeliness are key elements. Our compliance with higher headquarters policies, programs and directives come under scrutiny too. Seemingly simple things like housekeeping and personal appearance standards; and administrative and security practices can have big impact on the inspection team's perception of the

"wellness" of the 154th COMPG; and directly affect scores.

In the past year 80% of the Air National Guard units that received Unit Effectiveness Inspections were rated overall EXCELLENT or better. That is our goal for the 154th Composite Group, to achieve an overall rating of EXCELLENT or better. To do that requires the commitment of everyone. I know your unit commanders will be working with you to help achieve it. We have sound programs and outstanding people in place, a little "spit and polish" and understanding the rules governing the inspection is what's needed over the next several months. Go for greatness.

THINK OUTSTANDING!

GET A GRIP...



ON SAVING ENERGY

COMING SOON... FAMILY DAY 1990

Don't forget Family Day 1990 which promises to be a day of fun for the whole family. See an F-15 up-close, enjoy the music of the HANG O'Hana and Na Mele O Makane, laugh with Chris da Pordagee Clown, eat some "Hauike's ono" shaved-ice, visit the "Hush" House and the F-15 simulator, see each unit's unique exhibits, marvel at the civil engineering heavy equipment display, and enter to win a roundtrip interisland ticket for two on Aloha Airlines. Be There! Remember Family Day is September 16, 1990 from 12:30 p.m. to 3:30 p.m. If there are any questions call Lt. Col. Patrick Y. Tanaka, Family Day Chairman at 449-9875 or 487-6828.

EELINE

by: TSgt Laura Matsuda

To work safely with chemicals, you need to understand more about the ones you use. Chemicals may enter the body by inhalation through the nose or mouth, absorption through the skin or contact with eyes. Clothing and shoes can be contaminated if you walk through a puddle of a spilled chemical.

The hazardous effect of the chemical depends on the nature of the accident, the type and concentration of the chemical and the extent of initial damage.

Ammonia and chlorine are two of the most common toxic chemicals. They are strong irritants when they come in contact with the skin or eyes. Ammonia can cause blindness as well as first and second degree burns. Both cause coughing, choking, burning and a feeling of suffocation upon inhalation.

Some chemicals are quickly absorbed into the bloodstream when inhaled and cause danger when they move through the body. Toluene is used in paints, polyurethane foams, plastic and the pharmaceutical industry. When inhaled, toluene can irritate the eyes, nose, and skin and can damage the liver and kidneys. Symptoms include a choking sensation, rapid breathing, headache, fatigue, intoxication and dizziness. A victim may experience symptoms for three to seven days.

When a toxic chemical spill occurs, your quick response can prevent injuries and minimize those that have already occurred. Remove victims of chemical inhalation from the contaminated area immediately. To protect yourself from exposure, wear proper equipment.

When you work with chemicals, it's always important to wear protective clothing to prevent injury. As a worker, you must beware of any early warning signs of harmful substances. Small leaks or recurrent minor accidents are problems that could escalate if you ignore them or don't handle them properly. Report such incidents to your supervisor.

ATTENTION!!!

There is a one way trip to Minneapolis, MN leaving on August 19, 1990 on the KC-135 aircraft. Anyone interested should contact MSgt. Wayne Y. Soma at 449-6986 or 449-7772.

NEXT UTA 15-16 Sept 1990

SHOTLINE

By Capt. Adele Arcangeli

If you think the Tac Hospital looks a little deserted this UTA, you are right! Most of the unit is busy in Korea learning essential skills to keep us qualified to do our job. Fortunately, there are a few key personnel that were volunteered to stay back to take care of the troops at home. Be sure to go by and remind them of what a GREAT job they are doing!

Farewell to Sgt. Irene Higashiona. She has been a cheerful and hard worker and we are very sorry to lose her.

SHOTS? at the 15th Medical Group.

According to NGR (AF) 160-03 effective April 1, 1990, individuals must be on military status to receive immunizations. If you need an immunization done during non-UTA days, you must be on either active duty, AGR, SUTA, or RUTA status to receive immunizations at the 15th Medical Group (Hickam).

HEALTHFUL HINT - UP IN SMOKE?

Did you know:

...Several studies have shown that smokers need more vitamin C on a daily basis than non-smokers.

...Heavy smokers subject themselves to 8 times the carbon monoxide exposure allowed in industry.

...Most lung cancer victims die within one year.

...By the time evidence of lung cancer shows up on an x-ray, it is usually too late to arrest the disease.

...It is estimated that every cigarette you smoke shortens your life by 6 minutes.

...Smoking increases facial wrinkles

...Studies show that when smokers come down with a cold or flu, they are usually hit harder than non-smokers.

Increased risk of heart disease decreases sharply after one year of non-smoking. After 10 years, ex-smoking risk approaches that of people who have never smoked. Isn't that a good enough reason to quit? (From Hope Health Publications)

PASTOR'S PERSPECTIVE

By Chaplain (Capt) Robert Nagamine



Long ago I heard an interesting story about three knights and a village. The setting was centuries ago and the village was very poor. The three knights were on a long journey and tired, but most of all very hungry. As they approached the poor village, word was already getting out that these strangers were coming. The villagers weren't only poor but very curious. So by the time the knights had arrived, everyone in the village was waiting to see why these knights had come and what they wanted.

The knights explained that they were on an important mission sent by the king. They were tired, but above all very hungry. So they asked for food from the people. But one by one the poor villagers walked away to their own homes, unwilling to give up what little food they had. The villagers felt that they certainly didn't have enough food for themselves, let alone others.

But being wise knights and persistent men, the knights found a big pot and devised a plan to persuade the villagers to share their food. They poured water into the pot, placed it under a fire, threw a stone into the pot and started stirring. One by one the curious villagers came out of their homes to ask these strangers what they were doing. The reply was, "Just making a pot of soup." Then one by one the poor villagers responded by saying, "You can't make soup with a stone, let me bring you at least a little of what I have, you may have some real soup." So one person brought some carrots, another potatoes, while another meat and so on... until everyone in the village shared their food.

The soup became full and very delicious. In fact, it was the best soup the villagers ever made. In the end, both the knights and the villagers ate to their pleasure, and they were all happy.

Besides getting a great meal, the knights taught the villagers an important lesson: separately people may have a little, but together they have a lot!

Now, how does this apply to us? We individually

have a lot to do each drill weekend in addition to preparing for the upcoming ORI/UEI. We might feel poor with our time. But this is exactly the time we need to pull together and help one another out. If we do this, both our individual work and our work together will be top notch. Let's all strive to be team players. In the end, we'll all be winners!



FOR THE FAMILY...

Two things I would like to mention this weekend. First is the Family Day event next drill, Sun, Sep 16. I would like to encourage you to bring your families out to the activities. There will be something for the whole family. They will be able to meet your coworkers and friends and get a taste of what we do over here. We want our families to be well informed on what we do here. With this information, they may be more understanding and supportive of the time we spend away on our drill weekends.

Second is our continued interest in your family. Our family support groups are growing in numbers. More people are interested in getting involved. If your family member is interested in getting involved, let me know about his/her interest. Remember, the basic purpose of these groups are to keep our families well informed about benefits and keep them ready to carry on in the event we are mobilized.

If you have any questions, please call me, Chaplain Robert Nagamine, ph 449-9153, 947-5008 and 955-3431.

CAMS NEWS & VIEWS

By
MSGt. Fred M. Higa, Jr.



Yes folks, it's August, and time for another fun-filled weekend here with the Guard. Not much in the way of news, especially since our last drill was a few weeks ago. At any rate..... CMS Tom Hirao would like to thank everyone who participated in the annual CAM Sq Saimin fundraiser. The earnings will certainly help the Squadron MWR fund as it must fund many of the activities of the unit. Kudo's to Chief Hirao on a job well done...The CAM Squadron logo at the top of the stairwell of building 3416 is looking great, thanks to TSgt's Raymond Sato and Henry Kajiwara. They spent many long hours re-painting the sign, and have given us CAMRON folks a renewed sense of pride. Good work, guys.

The welcome mat goes out to AB Michael Oasay (Avionics A-Shop) as he is our newest enlistee to the Squadron. Returning from tech school at Lowry AFB, Colorado, was Amn Glenn Ohara (Auto Test Station). Attending tech school at Lowry are SrA Benjamin Lim and Gener Macaraeg (Weapons Release) as they attend the Acft Armament System Apprentice School (whew!!) AB's Scott Harney and Jason Cashman are the newest members to join the Weapons Loading section. A1C John Mehringer has joined our Gun Services shop as he recently transferred from the Indiana ANG...MSG Cirilo Valera and TSG Rodrigo Academia will be TDY to Kadena to support the AGTS-36 training program with the 18TFW. CMS Mel Taira is off to New Orleans to attend an Avionics OIC/NCOIC Workshop. He leaves tonight and will be gone for a week...Congrats to A1C Michael Riehn and SMS Al DeRego on their recent promotions...SSG Yvette Miraflor will be going north to Alaska to assist the 168ARFG in setting up their orderly operation. They've recently gone through a status change, upgrading from a Squadron to Group, which means they must re-arrange the way they do business. Hope the fishing's good...The Quality Assurance office pinned new stripes on SrA Renee Takafuji and MSG Roy Miyara. Congrats to you...TSgt's John Cabacungan and Irvin Yoshino studying hard at the NCO Academy, heard

they're doing great..From the ranks of the retirees: John Beaumont is becoming an avid golfer as he takes on the sport with other CAM Sq retirees. The 154 Golf Club has about 20 members now, and more than half are retired. Maybe a name change is in order, like 154 Retirees Golf Club. Steady foursome on the links are Lewis Kono, Toshi Oshiro, Tom Kato and Rudy Luat. Wonder if they're called the Fearsome Foursome??!! Would like to congratulate the following retirees on the anniversary of their retirement:

- William Austin, retired July 1985
- Clem Crowell, retired July 1980
- Frederico Espina, retired July 1989
- Tyler Harr, retired July 1968
- Tom Kato, retired July 1987
- Tony Kim, retired July 1970
- Wesley Lazarus, retired July 1966
- Harold Mattos, retired July 1975
- Edna Mushiaki, retired July 1988
- Charles Yabui, retired July 1976
- August Bernardino, retired August 1985
- Sancho Espina, retired August 1975
- Arnold Kishimori, retired August 1987
- Raymond Loo, retired August 1984

Let us know what you're all doing these days. Come down to visit the unit when you're not golfing...Make plans now to attend the annual CAM Sq Recognition Nite which will be held in October this year. More info to come later...Our deepest sympathy goes to MSG James Yamamoto and his family on the recent passing of his son. Our thoughts are with you during this time of grief...Our thought for the day, "The future is no more uncertain than the present." (Walt Whitman).....Til next issue.....fhiga

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KUKAILIMOKU

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SOCIAL ACTIONS



by: TSgt Carswell Ross

DRUNKEN DRIVER PROCESS

The following is a synopsis of what will happen to individuals stopped by Honolulu's finest for suspicion of driving while under the influence. A new law and procedures take effect on July 1, 1991.

A police officer stops a driver for suspicion of drunken driving. The officer conducts a roadside sobriety test. If the driver fails, the officer arrests the driver and transports the suspect to the station where the suspect takes a breath or blood test to determine alcohol level. If either test shows an alcohol level of 0.10 or higher, the driver will be charged with drunken driving.

At this point, procedures from the new bill begin. Police will revoke the driver's license and issue a temporary 30-day permit. The driver will also receive dates for an administrative review and hearing.

Criminal proceedings now begin. At the review, the administrative officer checks to see if police followed proper procedures. The officer sustains or rescinds the license revocation. The driver can appeal a revocation at an administrative hearing, which must begin within 30 days.

At the hearing, the judge reviews evidence. The judge can sustain or rescind the revocation. If the judge rescinds it, the state must drop criminal proceedings. If the driver is criminally convicted, the sentence can include a fine, jail and possibly alcohol treatment.

After the revocation, a driver may apply for a new license. If the driver was also sentenced to treatment, the driver must show proof of treatment when he or she applies for a new license.

(Article from Honolulu Star Bulletin, 11 June 1990, Linda Hosek)

QUARTERLY HINTS. Care of Battle Dress Uniform (BDU)

FROM WILMA WASHER ON CARE OF UNIFORM CLOTHING ITEMS:

*FABRIC: Temperate - 50% Cotton/50% Nylon Twill
Hot Weather - 100% Cotton Plain Weave*

WASHING INSTRUCTIONS: For machine washing, use the permanent press cycle and wash in warm water using mild detergent. For hand washing, wash and rinse in warm water using a mild detergent. DO NOT WRING OR TWIST.

Never use chlorine bleach or starch on your BDUs. Dry at a low heat which does not exceed 130 degrees F, then dry tumble at room temperature for 10 minutes. Remove immediately from dryer. To drip dry, remove from water and place on rust proof hanger.

Due to the type of dye process used in the BDU, failure to follow the washing instructions may result in color fading or changing; "pin holes" opening in the fabric, buttons coming through the fabric during heavy pressing, and reduced life expectancy.

The developing agency for the BDU material is currently developing/testing new fabrics which may help to eliminate the care problems presently being experienced.

NA KUHINA NUI O NA KOA HAWAII LUAU

Na Kuhina Nui O Na Koa Hawaii, the State Department of Defense Auxiliary, will be holding a scholarship fund-raising luau from 5:00 p.m. to 8:00 p.m. on September 23, 1990. The luau will be held at the Heeia State Park (Ulu Mau Village) in Kaneohe. Proceeds from this luau will be used to support scholarships open to children of all members of the Hawaii National Guard. This year the auxiliary hopes to provide six \$1000 scholarships. Your support of this luau will provide for future warriors of the Pacific. Please contact your unit representative for tickets.

Testing for Your Cholesterol

Have you ever had a cholesterol test done before? It is an easy and simple procedure to get results of your blood cholesterol level. Around town, cholesterol screenings are done at health fairs, hospitals, shopping malls, private physician offices, and volunteer health services. Usually, screening for your blood level is free or inexpensive. The procedure is simple. A small blood sample is taken and is checked right away or sent to a lab for evaluation. After examination by the lab authority, a total cholesterol number will reveal what your total cholesterol level is. If you receive a number.....

1. Less than 200, it is considered a desirable level. This indicates that your blood cholesterol level is within a safe range. You should still monitor what you eat and stay away from saturated fats and high cholesterol type of foods.

2. 201-239, you should see a doctor for some type of medical opinion. At this stage, you are at some risk for heart disease. You should consider taking serious steps in reducing your dietary intake of saturated fats and high cholesterol type of foods.

3. 240 and above, consulting with your physician is a must because you are now a very high risk of developing heart disease. Dietary change is not a matter if you want to, but a matter of you have to. Seeing your private physician for treatment and follow-up are very important when you have this type of blood cholesterol level.

So if you have not had the opportunity to check your blood cholesterol level, take the time to do so. After all, it is your life that we're speaking of. And if by chance you have a high blood cholesterol level, and you don't know about it, it may just be too late!!

SOURCE: THE QUEEN'S MEDICAL CENTER, Food and Nutritional Services

INTELLIGENCE POSITION NOW OPEN

The 154 COMPG Intelligence Section has an opening for an Intelligence Operations NCO (AFSC 20170). The technical school is 3 months long, and the maximum grade is TSgt. Anyone interested should call SSgt. Vickie Cabilan, 154 COMPGIDPEH at 449-7794.

Promotions:

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

150 ACWS (FXD)

Sgt. Louis Pontes III	26 Jul 90
SrA. Susan S. Kashiwabara	14 Jun 90

154 CAMS

SMSGt. Alfred J. DeRego	16 Jul 90
Sgt. Daniel K. K. H.	7 Jun 90
Sgt. Richard W. Costa Jr.	1 Jun 90
Sgt. Herman M. Bongco	7 Jun 90
Sgt. Daniel A. Cristobal	1 Jun 90
SrA. Renee N. Takafuji	20 Jul 90
AIC. Brian P. Coughlin	5 Jul 90
AIC. Everett K. Bettencourt	5 Jul 90
AIC. Charles A. Barney	5 Jul 90
AIC. Leanna C. Codera	6 Aug 90
AIC. Glen L. Primero	15 Jun 90
AIC. Michael R. Reihn	15 Jun 90
AIC. Joshua F. Aberilla	15 Jun 90
Amn. Scott R. Copelan	29 Jul 90
Amn. Douglas K. Cozloff	9 Jul 90

154 MSF

SrA Mark Y. Savares	8 Jul 90
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154 SVF

Sgt. Reinold T. Butac	20 Jul 90
SrA Maria L. Jones	1 Jul 90

154 RMS

SSgt. Shawn A. Raguindin	15 Jul 90
SSgt. Yihwa Riemer	18 Jul 90
Sgt. Lorrie A. V. Macanas	11 Jun 90
Amn. James C. McKee Jr.	6 Jun 90

154 CES

SrA. Cyrun I. T. Lung	11 Jun 90
Amn. Wayne K. Okabe Jr.	6 Jun 90

154 Tac Hosp

AIC. Kimberly A. Shinsato	22 Jul 90
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169 ACWS (FXD)

SSgt. Renee D. Chinen	18 Jun 90
Sgt. Clarence A. Ramelb	8 Jun 90
SrA. Fel D. Feria	13 Jul 90
SrA. Marcus B. Griffin	6 Jul 90
SrA. Scott W. Smith	6 Jul 90

SOFTBALL FUNDRAISER

By CMSgt. Cornwall S. Matsusaka

Tentative plans are to have a Hawaii Air National Guard softball team represented at the 1991 ANG National Softball Tournament in August 1991. Such an undertaking requires advanced planning, coordination and most important of all financial support.

Combo softball team members' contact coaches are CMSgt. C. Matsusaka at 449-0301, MSgt. L. Kauleinamoku at 449-5545, and MSgt. W. Soma at 449-6986.

Entrance fee (\$150.00), uniform, motel, van rental, and meal expenses must be satisfied by team members. To help ease the team's financial burden, a food concession booth will be operated during the HING Stage Softball Tournament during August 17-19, at the Earhart Softball Complex. TSgt. Pam Goya will chair this project, with MSgt. Ron Muronaga as our Finance Chairman. We solicit your support.

2nd Annual HNGEA/HOVA GRASS VOLLEYBALL TOURNAMENT

*Division: Mens/Womens open/b/novice(triples)
Men/Women/Co-ed(Sixes)*

When: OCTOBER 27, 1990; 9:00a.m.

Where: DIAMOND HEAD CRATER

*Entry Fee: \$10 HOVA/HNGEA MEMBERS
\$15 NON-MEMBERS*

Deadline: October 26, 1990

*Contact: HIANG. MSgt W. Soma,
154 MSF, 449-6986
HIARNG. SFC D. Aponte,
29th INF HQ.; 737-7216
HOVA. 847-1080*



1990

State Slow Pitch Tournament

17-19 August 1990

Hickam AFB, Hawaii

HIANG STATE TENNIS TOURNAMENT

The Hawaii Air National Guard State Tennis Tournament will be held on October 13, 1990 from 8:00 a.m. to 5:00 p.m. at the Subase Racket Club in Pearl Harbor. The format will be Team Doubles (8 person team) and Team Round Robin. Current and former HIANG members and personnel in the Air Force Senior Advisors Office are eligible to play. Anyone interested should sign up with their unit coordinators listed below.

Dennis K. Takeshita (HQ HIANG) - 732-2341,
CMSgt. Cornwall K. S. Matsusaka (HQ 154 COMPG) -
449-0301, Capt. Adrian Kinimaka (199 TFS) - 449-2862,
MSgt. Fred M. Higa Jr. (154 CAMS) - 449-9819, SMSgt.
Ronald Izutsu (154 RMS) - 449-6472, MSgt. Wayne Y.
Soma (154 MSS/MSF/SVF) - 449-6986/7772), TSgt.
Russell Campos (154 CES) - 449-8019, SSgt. David J.
Franks (154 Tac Hosp) - (H) 621-5125 (B) 433-6668,
SSgt. Scott Duffield (154 SPF) - 449-2080, MSgt,
Ronaldo Javier (150 ACWS) - 655-7756, TSgt. Michael
Nishimura (169 ACWS) - 655-7042, MSgt. Peter D.
Spurlin (199 WF) 655-1232, SMSgt. Galen Nakahara (HQ
201 CCGP/293 CCSQ) - 449-9739, MSgt. Don Miyamoto
(291 CCSQ) - 524-3640/521-9489, MSgt. Francis M. F.
Quitazol (292 CCSQ) - 523-3686/531-4029, SSgt. Steve
W.H. Abear (297 ATCF) - 684-0822, MSgt. Harvey K.
Maeda (298 ATCF) - 471-6436, CMSgt. Darryl Ho
(HIANG Athletic Board) - 449-5684/7790.