



Kukailimoku

War God Of King Kamehameha I • 154 COMPAG

Vol. 35, No.9

Hickam Air Force Base
Hawaii

June 3, 1990

CONGRESSMAN INOUE VISITS THE HIANG

By Capt Stan Osserman

The HIANG has been visited by some real "heavy hitters" in the last few months, but none quite as special as the one we hosted this week. Hawaii's own, Senator Daniel Inouye arrived by helicopter late Friday afternoon and attended briefings by Brig Gen Richardson, Commander HIANG, Col Melvin Morris, Commander 201st Combat Communications Group, and Lt Col Michael Tice, 154th Composite Group Commander. The briefings, held in the 199th Tactical Fighter Squadron main briefing room, were aimed at giving the Senator a comprehensive picture of the Hawaii Air National Guard today, and highlighted the desires and needs envisioned by HIANG senior leadership to carry us through the 1990's and beyond.

Senator Inouye spoke to the commanders and key staff members for twenty minutes and covered topics including the increasingly important role he envisions for the Reserve Forces of the U.S., the danger and uncertainty of the sudden changes in Europe, and the necessity for the U.S. to remain ready and not repeat the errors of years past, particularly the late 1940's, when the euphoria of peace after WW II lulled the U.S. into readiness posture that left us unprepared for the Korean Conflict.

The Senator began his comments with a word of thanks to all members of the Hawaii National Guard, Army and Air. They were not hollow words, they were the words backed up by action. Senator Inouye is the chairman of the Senate Armed Services Committee, and it is because of his direct support that we enjoy the prestige

of flying the F-15 "Eagle". The Senator was asked to support the HIANG's initiative for more F-15's, a KC-135 tanker unit, newer model F-15's and the balanced growth and continued upgrading of HIANG facilities and equipment. If his support is as strong in the future as it has been in the past we will see many of our wishes come true.

SENTRE TIGRE

By Captain Stan Osserman

Ten fighter aircraft and ninety Air National Guardsmen from the 162nd Tactical Fighter Group, Tucson Arizona, arrived at Hickam Air Force Base, May 26, 1990, for two weeks of Air Combat Tactics training with units from the Hawaii Air National Guard. The six F-16s "Falcon" and four A-7s "Corsair" aircraft and their support personnel arrived at noon.

Among the deploying group of the Arizona Air Guardsmen are two pilots from the Dutch Air Force who are here in the United States as part of an international exchange program with the Arizona Air Guard.

The Arizona Air National Guard will provide Hawaii's Air Guard's F-15 pilots the chance to fly against types of aircraft not normally available as adversaries in Hawaii and to exchange ideas and tactics. The deployment also gives the Arizona Guardsmen a chance to refine their ability to deploy their aircraft and sustain operations in an overseas location.

COMMANDER'S CORNER



by
Lt. Col. Michael H. Tice

America observed Memorial Day last Monday, May 28, 1990. The COMPG participated, as we traditionally have, by performing a "Missing Man" formation fly over of the services conducted at Punchbowl National Memorial Cemetery. The occasion is rightfully a solemn one and cause for everyone associated with the Armed Forces to pause and reflect on why they've chosen to serve. The following message sent by Secretary of Defense Cheney says it better than I. Read it and be proud ... for you deserve to be!

1990 MEMORIAL DAY MESSAGE TO MEMBERS OF THE ARMED FORCES

Today, we pay tribute to those members of the Armed Forces who have died in the defense of our country.

Each year, our observance of Memorial Day reminds us that the freedom we enjoy as Americans has not come easily. Valiant men and women of many generations have paid the ultimate price to secure it. The rows of white tombstones in our national cemeteries give silent testimony to this fact.

The most fitting tribute we can give these fallen heroes is to reaffirm our devotion to the sacred trust for which they fought. You, the members of our Armed Forces, can take great pride in the qualities you share with those who have gone before — courage, professionalism, and a steadfast commitment for freedom. We take great pride in you.

I join with you, the living guardians of liberty, and millions of other Americans in pledging to guard the legacy of freedom bestowed on us by those we honor today.

PILOT TRAINING

The Hawaii Air National Guard is accepting applications for Undergraduate Pilot Training. Minimum qualifications are: male, bachelors degree or completed requirements for the degree, eye sight 20/20 or better uncorrected, no major medical problem, birth date after April 1, 1965, and pass the AFOQT test. For application contact the recruiters at 449-5601. Application deadline July 13, 1990.

101 CRITICAL DAYS

Fiscal Year 1990 has been a good year for safety in the ANG. This record reflects all the efforts put forth by Commanders and Managers in the ANG.

The annual "101 Critical Days" Safety Campaign commences on Memorial Day weekend. As you know, it has been established that this period stretching from the Memorial Day weekend through the Labor Day weekend is the most dangerous of the year.

We solicit your Kokua once again. Annually, the Air Force loses more of its people to off-duty pursuits than any other endeavor. This is unfortunate because these are avoidable tragedies.

As you know, it is those individuals who lack discipline, judgement, and self-respect that allow themselves to fall into a behavior of speeding, fatigue, alcohol and non-use of seatbelts. If you know of someone that falls into this category, we need your support in extending this message to that individual and avoid an unwanted mishap.

We greatly appreciate your commitment and support. Mahalo.

154 COMPG Safety Office

**NEXT UTA
JUL 14 & 15 1990**

KUKAILIMOKU

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.

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NEW REFERRAL INCENTIVE PROGRAM

Two new awards which were created to increase the HIANG's recruitment, have been approved for the HIANG's recruitment program by Brig. Gen. Edward Richardson.

One of the awards will be presented to the HIANG member referring the most individuals which resulted in enlistment in the HIANG. The second award will be given to the unit with the highest amount of referrals on a per capita basis. In other words, this will be a ratio computed by comparing the number of referrals for each unit with its assigned strength. For this fiscal year, the awards will be based on referrals submitted beginning June 1, 1990 and which resulted in enlistments by September 30, 1990.


The individual who wins the referral award will be presented a trophy at the annual HIANG Awards Banquet and will qualify for an F-15 ride. The unit award will be a perpetual trophy which will also be presented at the HIANG Awards Banquet.

**ENROLL IN THE
AWC SEMINAR PROGRAM**

★ PME FOR THE '90s ★
★ SEMINAR STARTS LAST WEEK IN JULY ★
★ AIR FORCE COLONELS / LT COLONELS (SELECTEES) / MAJORS (DOR 1MAY 86 OR EARLIER) ★
★ LT COLONELS (SELECTEES) AND ABOVE FROM OTHER SERVICES ★
★ CIVILIAN — GS-13 AND ABOVE ★

PROFESSIONAL DEVELOPMENT

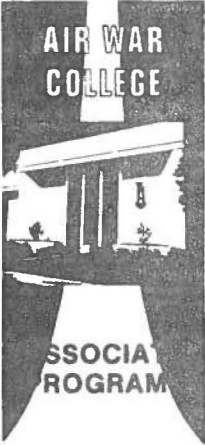
GROUP INTERACTION



INNOVATIVE CURRICULUM

AIR FORCE ISSUES SEMINAR


AIR WAR COLLEGE



ASSOCIATE PROGRAM

ONE YEAR FORMAT

JOINT ISSUES



SOVIET STUDIES

MILITARY STRATEGY ANALYSIS

FOR DETAILS SEE Hickam AFB Education Office
 Hangar No. 2, Bldg. 2060 Ph. 449-6363 OR
 Wawa Education Office • 449-7794

BEELINE

by TSgt Laura Masuda

The "Beeline" is the communication tool to introduce our readers to the world of the Bioenvironmental Engineering Section (BEE) and the Environmental Health Section (EH). Topics that affect you and your working/home environment will be addressed.

The personnel who make up the BEE section are Maj. John Ramos, TSgt. Laura Masuda, and SSgt. Karl Kaneshiro.

Maj. Ramos has background in the fields of ground safety, loss control, and industrial hygiene. He has a Master of Public Health Degree in Environmental & Occupational Health and a Master of Science in Systems Management. Maj. Ramos is also the acting OIC of the Environmental Health Section.

TSgt. Masuda has been in the BEE section for 11 years and is also a technician. SSgt. Kaneshiro has been in the BEE section for 8 years and is a technician.

Our main mission is to provide a safe and healthy environment for Air Force/Air Guard personnel and their family to work and play in. Conducting surveys, training, sampling, and monitoring the designated areas of concern are ways in accomplishing that mission. Guidelines from AF Regulations and appropriate government standards are used.

Industrial hygiene (IH) is the field in which we conduct our work. IH is defined as "that science and art devoted to the anticipation, recognition, evaluation, and control of those environmental factors or stresses, arising in or from the workplace, which may cause sickness, impaired health and well-being, or significant discomfort and in efficiency among workers or among the citizens of the community." Environmental factors such as noise, lighting, ventilation, radiation, heat stress, chemical exposures, and hazardous air/water emissions are our prime concerns.


The Bioenvironmental Engineering and Environmental Health Sections are with the 154 Tac Hospital located in the Hospital Annex, Bldg. 3400, on the ground level.

**ENROLL IN THE
ACSC SEMINAR PROGRAM**

★ PME FOR THE '90s ★
★ SEMINAR STARTS LAST WEEK IN AUG ★
★ MAJORS/CAPTAINS (DOR 83 OR EARLIER) ★
★ CIVILIAN — GS 11 & ABOVE (OR EQUIVALENT) ★

PROFESSIONAL DEVELOPMENT


GROUP INTERACTION




GUEST EXPERTS

JOINT CURRICULUM

AIR COMMAND AND STAFF COLLEGE



ASSOCIATE PROGRAMS



AIR UNIVERSITY
INTERMEDIATE PROFESSIONAL MILITARY EDUCATION PROGRAM FOR YOUR PERSONAL AND CAREER DEVELOPMENT

VIDEO PRESENTATIONS

COMPUTER AIDED LESSONS



SIMULATIONS

WAR GAMES

FOR DETAILS SEE HAFB Education Services Office
 Hangar No. 2, Bldg. 2060 449-6363
 OR - Wawa Education Ofc
 449-7794

WHERE COMPUTER HARDWARE IS AVAILABLE

PASTOR'S PERSPECTIVE

By Chaplain (Capt)
Robert Nagamine



With all of the graduation parties, wedding celebrations and the changes that will accompany summer, this time of year can be exciting but yet stressful. If you find yourself impatient, irritable, exhausted, disoriented or paranoid, you might have too much stress in your life.

In last month's article, I described the characteristics of a person with a stress prone personality and stated things we can do if we possess such a personality. For this month, let's look at some of the ways we can manage our stress.

If we have too much stress, we might have to deal with it in a comprehensive way. Applying the SPIES formula will help cover all of the bases. SPIES stands for these areas: Social, Physical, Intellectual, Emotional and Spiritual.

Social. People that are stressed out need other people, whether it be for help or advice. When the workload gets too heavy, we must seek help. When the work pressures go away, probably the stress will also. Sometimes talking over our problems with a friend will also help. Of course, sometimes it's more appropriate to avoid some people than go to them because they are the very ones that bring stressful situations. **Physical.** Experts in stress management recommend aerobic exercise to get rid of stress. To a significant degree it helps and works. If you want to release your tensions, sports is an excellent way to channel your energies. Sometimes when you can't break away and exercise and you're stressed out, try taking slow and deep breaths to calm yourself down. Also, remember the basic and common sense advice: eat right and get enough rest. Your body deserves and demands proper care. **Intellectual or mental.** The mind of person is just as important as a person's body. Sometimes we simply need to rest our minds. Peace, quiet and silence is golden. Going to a movie might give us a good break, however some movies may

CONTINUED ON PAGE 4

FOR THE FAMILY

Last month I wrote on how we need to maintain good communication skills as we relate to our families or those close to us. If we are successful at this, our relationships with our spouses or those close to us will remain healthy and secure, able to withstand separation due to times of military duty. I explained that our relationships need to communicate both appreciation and affection.

Successful relationships are able to effectively communicate four things: expectations, intentions, personal needs and feelings.

First, expectations. Many of us have images (whether conscious or subconscious) about what our spouses should be like. The images we have received when we were raised has much to do with our expectations. The problem is that we don't always take time to let our spouses in on our past experiences. When we do communicate our expectations, there are two extremes to avoid: (1) demanding and forcing our expectations, and (2) being too vague, subtle or "beating around the bush."

Second, intentions. The problem is that our actions are usually very clear, but our intentions are sometimes hidden. The saying is true: "We judge others by their actions but judge ourselves by our intentions." So, the objective is to communicate our intentions as clearly as possible. It is common for young relationships to have this problem, and even old relationships if they don't communicate.

Third, personal needs. We all have our own set of personal needs. Needs vary from person to person. Listening is important here. Someone once measured it so well: "God has given us two ears but one mouth, so we should listen twice as much as we talk." Much of effective communication is listening, and in this case listening to personal needs. If we listen, we will hear our spouses emphasize what is important to them. Whether we believe those things are important or not, they are!

And fourth, feelings. Feelings are difficult to measure, much less to communicate. It's a little of this and some of that. When we ask our spouses if they want to do this or that, we usually ask for a "yes" or "no" answer. It can be discouraging, especially if we want a "yes" answer and don't get it. To get a more accurate picture we should use the scale method of measuring a response. For example, ask on a scale of 1 - 10, what do you feel about we spending \$2000 for a trip to the Mainland?

I hope the above information may help you enhance your marriage. 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, 955-3431 or 947-5008.

CAMS NEWS & VIEWS



By
MSgt. Fred M. Higa, Jr.

Welcome back to another fun-filled drill weekend.

Much to do as we prepare ourselves for better things to come...Our Squadron Commander, LTC Mick Melich, would like you all to know that the 154CAM Squadron Family Support Group has been organized and will be seeking spouses of Squadron members to actively participate in setting it up. Organizers for the group include: Joanne Pontes (wife of SSG Wayne Pontes), Kathy Abe (wife of MSG Doug Abe) and Elaine Higa (wife of yours truly). They've scheduled several events in the next few months and they need your support. See the accompanying article for more info...The welcome mat goes to SrA Gener Macaraeg (former Army Guard) and SrA Benjamin Lim (formerly with 154SVF) as they join our Weapons Release section. A1C Kealii Stagner returned from BMT/tech school and presently performing 30 days seasoning training with our Weapons Load folks. AB Scott Copelan also returned from tech school and working on his upgrade with the Material Control folks. The Repair & Reclamation shop welcomes Sgt Tony Guerrero to his first drill. Tony comes to us with prior service time working with F-111's. Also joining the shop is SSG John Vertido who transferred from the the 201CCG at Barbers point. John is presently in tech school at Sheppard AFB...Would like to welcome John Kinney and Troy Holly who are tech reps for MCAIR. They'll be working with our Egress people on the Egress seat TCTO program...Congrats are in order for the following on their recent promotions to the rank indicated:

- Devin Fukunaga Sgt
- John Enos Sgt
- Daniel Cristobal Sgt
- Richard Costa Jr Sgt
- Whitney Tengbergen Sgt

- William Petti Capt
- Norbert Cordiero Sgt
- Cy Narusawa SrA
- Glen Ohara Amn

Wear 'em with pride. When's the party? Aloha and mahalo goes to SSG Duane Wise as he moves on to better things after 6 years with the Weapons folks...SMS Randy Lum holding his own as an evaluator at the Sabre Spirit exercise at Osan AB, S. Korea. Sra Ray Batugbacal and Peggy are the proud parents of son "BARON". Congrats to you both...Congrats are in order for SSG Billie Benner as she received her B.A. from West Oahu College with a major in Professional Studies; Sgt Zalen Arakaki received an A.A. from the Community College of the Air Force; Sgt Carl Reynolds received trophies as a member of the State Basketball All-Star Team as well as the Most Valuable Player; TSG Fred Takara, SSG's Gary Saito, Jason Caires, Robert Yokono, Norman Higa and Francis Pedro won 2nd place in the HIANG Precision Air Rifle Tournament. They all received their certificates/trophies in presentation ceremonies held recently in LTC Melich's office. Billie Benner got her diploma in ceremonies at West Oahu College. Right on, folks! Good luck to 2Lt Glen Nakamura who graduated recently from AMS at McGhee-Tyson ANGB as an Honor Graduate. His efforts were rewarded as he was named the Adjutant of his graduating class. Now it's off to F-15 pilot training at Laughlin AFB, TX. Glen is the nephew of our own MSG Roy Kuwana, who gave this bit of information to me...MSG Craig Harimoto will be TDY'ing to Sacramento, CA, to attend an Egress Safety Confab this month. I'll be off to Kadena AB, Okinawa the end of June to attend a PACAF Analysis workshop with my fellow PACAF analysts...The Squadron Saimin fundraiser is off and running. See your supervisor for tickets and support your MWR...The HIANG Volleyball Tourney is over, and after the court had cooled, the CAM Sq "B-Team" copped 2nd place in 'Pool A', and ended the event in 4th place overall. Good showing! The CAM Sq "A-Team" boasts that they 'helped' the 'B-Team' by beating Maui's entrant. Much fun had by all. Teams are getting ready for next year's tourney. Well folks, that's all for now. Til next month, "To succeed, don't learn the tricks of the trade; learn the trade" (Author unknown).....See ya'll next issue.....fhiga

Social Actions



CAPT. JAMES HIKITA - TSGT. CARSWELL ROSS

WHAT'S A FAIR PRICE TO PAY ?

This past Memorial Day a TV talk show host discussed the topic of DUI. The participants were individuals who had been charged with and convicted of driving under the influence. A few of these individuals had caused the death or permanent injury of another person. The State of California utilizes creative sentencing to convince individuals who were convicted of DUI from choosing to drink and drive a second time.

One of the methods used forces these individuals to visit the county morgue and witness an autopsy of someone killed in an automobile accident.

This method has proved to be very successful. The presentation showed the faces of the DUI program participants while the procedure was taking place.

When asked about the experience, each and every participant talked about how the body looked, the smell, seeing the body fluids going down the drain, and the actual autopsy. The program graphically demonstrates the consequences of driving under the influence. It awakens, in each participant, the truth in the statement - "there, but for the grace of God, go I."

Most were required to attend the morgue program as well as provide a certain number of hours of public service work. They act as a speaker and share their DUI incident with others. One judge required an individual who had caused the death of a young girl to write a check for one dollar, in the name of the slain girl, and send it to a charitable organization each week. The interesting point about this sentence is that the person fell behind on his payments. Yes, he had the money. When questioned about failing to comply with the instructions, the individual convicted of the DUI said he could not because it was too painful.

It appears that we the public harbor a grave misconception about the consequences of taking a life while under the influence. We have sought longer jail time as a punishment; although, incarceration is indeed a

punishment, we have discounted the mental pain that be just as punishing and limiting as physical bars. It may be remembered that we, as a society, are actually seeking to stop not only this one individual from drinking and driving but all from driving while under the influence. The simple act of sharing how your unfortunate DUI incident affected your life and sending a check in the amount of one dollar, in the name of the person killed can be extremely punishing.

As an onlooker, I saw the pain in these individuals faces as they told their stories. Perhaps the sharing of this pain will prevent just one onlooker from ever drinking and driving. Perhaps stopping one DUI accident with its corresponding loss of life is good enough to justify this kind of program.

ATTENTION!!

ALL COPE THUNDER/COMBAT SAGE PARTICIPANTS

If you have photos you would like incorporated into the deployment video. Please contact Msgt. Ron Biho at 449-9374

PASTOR'S PERSPECTIVE continued from page 4

actually be too action packed and consequently draining. Two other things might help: (1) setting realistic and attainable goals, and (2) managing our time well. Emotional. Reward yourself for your accomplishments. Don't always push yourself or others to the limit, but take time to reward yourself by doing something you enjoy. Relax and allow yourself to feel positive again. Also, limit the changes in your life. It has been noted that people who have too many changes have more stress and experience a harder time coping with life. For example, if you are thinking of getting married, living in a new country, starting a new career and beginning your college education all at the same time, then that will definitely be too many changes. Finally but not lastly, Spiritual. I think God can relieve some of the stress we have. Through life's uncertainties and insecurities He can walk with us every step of the way. Even when the problems are so deep and complex, to Him problems are here today but gone tomorrow. May God's presence bring you peace in the midst of the storms of life.

54 RMS

CHOLESTEROL: Are you aware of it?

by Sgt. Darrell Bactad

Do you know what your cholesterol level is? Have you taken a cholesterol test before? Or do you even care? Education about cholesterol is important because it may suddenly sneak up on you one day and may result in tragedy. You cannot feel, smell, hear, or see cholesterol. In fact, you may feel as healthy as ever. But, if your cholesterol is above the "desirable" level, you may be at high risk for a heart attack, stroke, and other cardiovascular diseases. The good news about cholesterol is that it can be prevented and it is up to the individual to control it. Do you live a "high cholesterol" type of lifestyle? If the following statements apply to you, then you may have a high level of cholesterol right now or may soon have it in the near future.

1. You buy a lot of meats, such as pork chops, steaks, roasts, beef and ribs.
2. You buy whole fat-dairy products such as butter, whole milk, and cheese.
3. You eat a lot of fried and breaded foods with gravy and sauces.
4. You buy a lot of prepared, convenient, and other type of fast foods.
5. You are overweight (your body stores more fat and cholesterol).
6. You don't exercise regularly.
7. You have never taken a cholesterol test before.
8. You choose food for taste, not aware of what you're eating.

In issues to come, I will try to give a better understanding of what cholesterol is, testing for your cholesterol level, changing your diet, and taking alternative steps toward lowering your cholesterol level.

(From: A Guide to Low Cholesterol Living)

TODAYS MENU

**CORNED BEEF & CABBAGE
POTATOES
BRUSSELL SPROUTS
WHITECAKE**

SHOTLINE

By 1Lt Adele Archangeli

The Tac Hospital would like to thank all of those who supported and attended last month's promotion party. A big mahalo to all of those who were promoted. Congratulations once again to Col. Norberto Baysa, Lt. Col. Judy Fadrowsky, Lt. Col. Myron Tong, Maj. Walton Auyong, 1 Lt. Margie Miller, 2 Lt. Sharon Streb, Sgt. Dana Haroda, Sgt. Jamie Harada, CMSgt. Mitch Shimabukuro, MSgt. Severo Cole, TSgt. Leslie Nagamine, SSgt. Linda Canon, SSgt. Julius Garcia, SSgt. Nancy Vendiola, SSgt. Steven Yadao, Sgt. Susan Iwai, and Sgt. Irene Higashiona.

Some other news, SSgt. Nancy Vendiola has left the hospital as a full time technician to pursue her career choice. We will miss her cheerful face and efficient manner. However, we are honored that she is staying on with us on drill status. Good Luck!

HEALTHFUL HINT. Do you know?

1. That one high blood pressure reading does not necessarily mean you have high blood pressure (hypertension). But, if you have several elevated blood pressure readings (taken at different times), you probably do have high blood pressure.
2. You can't tell when your blood pressure is too high; that is, high blood pressure usually has no symptoms. The only way to know if you have high blood pressure is to have it checked.
3. High blood pressure develops earlier in African Americans, and is frequently more severe.
4. High blood pressure that is not brought down can lead to a fatal or non-fatal stroke, congestive heart disease, kidney failure, and many other causes of death. Have your blood pressure checked frequently, or at least once a year.
(from Hope Healthletter)

ANG NCO ACADEMY GRADUATE ASSOCIATION by MSgt. Mel Ige

Recently, the Association was nominated for the Fourteenth Annual First Lady's Outstanding Volunteer Award. The awards ceremony was held at the Sheraton-Waikiki Hotel. I was proud to represent our Association as a nominee.

The nomination stems from everyone's efforts in 1989 to make the Association as GREAT as it is today.

With the continued support of B.G. Richardson and all of the unit commanders, I'm sure we will have another great and successful year and another nomination for the Fifteenth Annual first Lady's Outstanding Volunteer Award
MAHALO for a GREAT 1989.

HIANG SPORTS

HIANG STATE VOLLEYBALL TOURNAMENT

by Capt. Stan Osserman

The action packed HIANG state-wide volleyball championships were held at Waimea High School Gym on Kauai, May 18-19, 1990. Probably the biggest surprise was in the "Open" division where the "Combos", a composite team from the support units, lost only one of their eight games to win the title this year. In the open semi-finals it was the hometown favorites, 150 ACWS, defeating the 154 Civil Engineers by a score of 15 to 9 and the "Combos" slipping past the 154 CAMS "B" team by a score of 15 to 12. The final match between the 150th and the "Combos" was a thriller ending in a 14-14 tie at the buzzer forcing a sudden death play-off. The hard-hitting Kevin Talamoa from the 154 Services Flight and Steven Yadao from the 154 Tac Hospital propelled the "Combos" past some pretty impressive competition.

The "Coed" division was won by the 154 RMS, who faced the 201st CCGP, in their final match, 15 to 3, after splitting with them earlier in the regular tournament play.

On behalf of all those who participated, a big MAHALO to the 150 ACWS for their warm hospitality, great food and professional hosting of the tournament.

HAWAII AIR NATIONAL GUARD



CENTRAL SLOW PITCH TOURNAMENT

JUNE 15-17, 1990

HICKAM AFB, HAWAII

PROMOTIONS

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

HQ 154 COMPG

SSGT NAKANO, SANDRA M.	16 May 90
SSGT SAKAMOTO, GAYE S.	16 May 90
SGT GERSTL, ERIC M.	8 May 90

150 ACWS (FXD)

SRA PASCUA, GUY P.	15 May 90
AIC CARVALHO, STEVEN M.	10 May 90

154 CAMS

MSGT MIYATA, ROY T.	16 May 90
SGT OLIVEIRA, DAVID A.	23 May 90
SGT TENGBERGEN, WHITNEY C.	23 May 90
SRA NARUSAWA, CY D.	23 May 90

154 CES

MSGT BROWNHILL, DEBRA A.	16 May 90
SGT LINDSEY, VICTORIA J. N.	25 May 90
AIC RATLEDGE, DANA A.	29 May 90
AMN YONAMINE, NEIL N.	29 May 90

154MSS

TSGT FARRAR, JOHN W.	16 May 90
SRA HUYNH, DONNA D. N. T.	10 May 90

154RMS

AMN HARVEY, VANESSA L. M.	27 Jun 90
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154 SVF

AMN TALAMO, KEVIN I.	8 May 90
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154 TAC HOSP

SMSGT CHUN, ROBERT Y. L.	16 May 90
AIC CARREIRO, SABRINA A.	16 May 90

169ACWS (FXD)

SSGT BRUN, PATRICK J. JR.	16 May 90
SSGT COMEAUX, RONALD J.	16 May 90

154 MSF

SMSGT YOUNG, KENNETH H. Q.	16 May 90
SGT LEILANI D. M. LIM	25 May 90

FATHER'S DAY

June 17