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War God Of King Kamehameha I - 154 COMP G

Vol. 36, No.11

Hickam Air Force Base
Hawaii

November 4, 1990

CPR Sunday

Learn to save a life at ...

CPR SUNDAY

7:30am to 7:30pm November 18th

CPR Sunday is a special state-wide cardiopulmonary resuscitation (CPR) training effort. The classes are FREE and will take about three hours to finish. You will learn techniques that can save victims of heart attack, drowning, electric shock and heat stroke. The classes are being offered at a location near you. Classes start every hour beginning at 7:30am. A short CPR recertification program is also available.

For more information or to register DIAL:
ASK-2000 from 5:00pm to 7:00am starting October 22nd.

HIANG Ohana

by Ssgt. Gaye Sakamoto

Many of us have seen the beautiful dancers and heard the melodious tunes of the musicians, but few of us know the HIANG Ohana's purpose. The HIANG Ohana is a group of talented artists whose purpose is to promote the aloha spirit throughout the HIANG and encourage community participation through Hawaiian music and dance. Founded by retired HIANG commanders MAJ. GEN. Arthur Ishimoto and COL. John Lee, and SMGT Richard Saunders. The HIANG Ohana is a non-profit organization of 12 people that perform at military functions and special occasions. The HIANG Ohana is divided into two groups. Na Mele Koa is the group of musicians directed by 2LT. James Kawano. Na Mele O' Wahine Koa is the group of dancers directed by TSGT Bernice Pharr's daughter Kanani Pharr. A canoe club is also in the works, but has not yet been activated.

A new 1991 Executive Council has been elected, and the officers are:

William F. Aberilla - President
Yolanda L. Mendigorin - Vice President
Bernice K. Pharr - Secretary
Takao Wada - Treasurer



The HIANG Ohana Na Mele O'Wahine performing at the 154th Composite Group. Photo by SSgt. Charlie Chang

The new officers have a busy schedule ahead and welcomes any guard member to join. No experience is necessary. If you're interested in dancing or playing music, contact any of the officers or directors for more information.

HIANG OHANA CONTEST

The HIANG Ohana Inc. is looking for a logo and a letterhead that reflects their promotion of Hawaiiiana throughout the Hawaii ANG. If you would like to put your designing talents to work, drop off a copy of your design, along with your name, squadron, and telephone number to SGT Yolanda Mendigorin, 154 CAMS Engine Tracking Office, by December 2. The winner will be chosen on January 13, 1991 and awarded a prize of \$25.00.

For more information, call SGT Yolanda Mendigorin at 449-7856 during UTA or TSGT Bernice Pharr at 449-5679 during regular work days.

COMMANDER'S CORNER



By: Col Michael H. Tice

The Headquarters PACAF Unit Effectiveness Inspection (UEI) is a scant two months away. Time flies when you're having fun. As was announced earlier, the dates are the 10th thru 13th of January 1991, which encompasses the UTA weekend. It's a unit commander/supervisor's responsibility to determine who will be required to attend annual training that week to support the inspection preparation and execution.

No one I know relishes the thought of being an "inspectee" and there's naturally a certain amount of pressure coming under the scrutiny of an "inspector". However, approaching the inspection, or any test for that matter, with the proper mind-set; and understanding a few basic principles can go a long way toward getting a good score-card. Three essential ingredients go into achieving good scores...preparation. . .attitude. . .and appearance. I'd like to address attitude and appearance because they're often the most overlooked and the impact they can have on final results is often understated.

Let's talk attitude first as it's one of the most obvious things to an inspector. A good attitude is contagious and will reflect well upon you, and also have a positive impact on those you work with. Think positive and communicate positive things about your programs/work. Don't try to hide shortcomings; acknowledge them and point out what you identified as fixes or work arounds. Unsubstantiated excuses and unidentified problems in an area usually will cause inspectors to work to identify the root cause.

Be professional and recognize the inspector for the professional he is. Criteria for membership on the inspection team is tough and these people were selected for their ability and expertise. Be receptive and listen to what they might have to share with you concerning your functional area/workcenter. Remember they had the benefit of seeing how things are done at a large number of units. By the same token, don't hesitate to share the way we do things, there's a lot of good ideas/programs that have found their way from the Guard into the active forces. The bottom line, be active instead of re-active. Its easier to sell someone on your program if you approach it positively than to wait and be re-active and possibly have to defend it.

Appearance is a biggie. Compliance with AFR 35-10 is the expected personal appearance standard. . . . no if's and's or but's. . .and it doesn't take more than a few people who don't believe this to get us a 35-10 write-up. Just as important as personal appearance is the physical appearance of our facilities. There has been a lot

done in this area and there's more to be done. With limited dollars, self help projects are a necessity. Take pride in your unit's spaces and if there's projects to be done, pitch in to make it happen. Besides the physical appearance of the unit there's another "appearance" factor that weighs heavily in any inspector's assessment of our unit(s). It's the attitudes, moral and esprit-de-corps of all of us both individually and collectively.

What's the point of all this? Well, I hope it's apparent that we're all going to be evaluated during the UEI.

Commanders, supervisors and program managers will have the most direct contact with the inspection team but they'll be observing everyone. I believe the 154th COMPG is as ready as it has ever been to perform its military mission if called to do so. Strong programs and motivated people have made that happen and our UEI score should reflect it. Our goal is an overall EXCELLENT or better, and we deserve it. To attain it however is going to require everyone's commitment to be prepared, have the right attitude and look good!



Veterans Day

★ November 11 ★

KUKAILIMOKU

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SHOTLINE

by 1Lt Adele Arcangeli

Congratulations to A1C Leah Tewsbury on receiving a distinguished Graduate Certificate from Headquarters, 3790 Medical Service Wing. Its great to have such accomplished individuals representing the 154 Tac Hospital. Also, we would like to welcome Sgt. Audrey Takayama to our unit. We are glad to have her, and I'm sure the 293rd will miss Sgt. Takayama.

HEALTHFUL HINT: WAYS TO LOWER YOUR CHOLESTEROL.

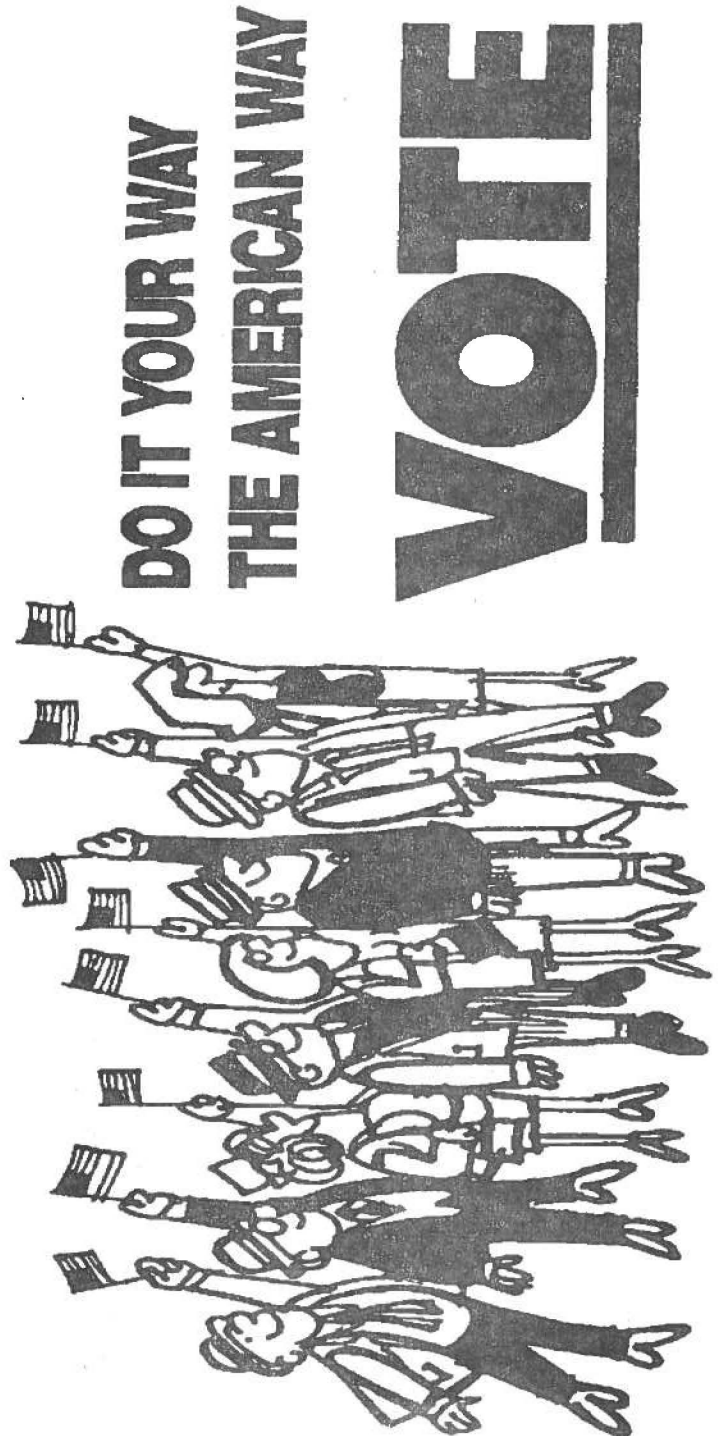
1. Reduce excess body fat so you can reach your ideal body weight.
 2. Limit the saturated fat in your diet so that it makes up 10% or less of your calories. (Total fat should make up 30% or less of your calories). Package labels can give you an idea of how much saturated fat is in your diet. You can also restrict red meats (beef, pork, lamb); high-fat dairy products (2% milk, whole milk, creams, ice cream, butter, cheese, etc.) and tropical oils (palm and coconut oils).
 3. Limit your weekly dietary cholesterol intake. This means restricting high fat animal products, and limit egg yolks to three or fewer a week.
 4. Eat more fiber, fruit, vegetables, and cereals.
 5. Exercise! Walk, bike, run, swim, play active sports or otherwise get yourself moving for 20-30 minutes (non-stop) a day, at least four days a week.
 6. Don't smoke!
 7. Be happy and make time to relax. Hostility has been shown to be a risk factor for heart disease. Getting sufficient rest and relaxation (physical and mental) is important for stress management.
 8. Laugh and Play! Stress reduction through laughter and play confers benefits on the body, mind & soul.
- In any case, see your doctor and talk to him or her about the results of your blood tests. See how lifestyle changes affect your blood chemistry results.

NEXT UTA
December 1st & 2nd

ANG NCOA Graduate Association

The annual membership drive for 1991 is now underway. Contact our membership chairman, Ken Sonan at 449-7736.

Nominations for the offices of president, secretary, and seven directors are now being accepted. Nominations will close on December 15, 1990. Contact Douglas Abe at 449-5547.



PASTOR'S PERSPECTIVE



By: Chaplain (Capt) Robert Nagamine

As we approach this holiday season, there's a tempered sense of celebration. The Persian Gulf Crisis continues to be a crisis. Our military friends still are in the Gulf region. There remains a possibility of a military confrontation. And, as time moves on, a peaceful resolution to the Kuwait situation seems more unlikely. The future seems so fragile and uncertain.

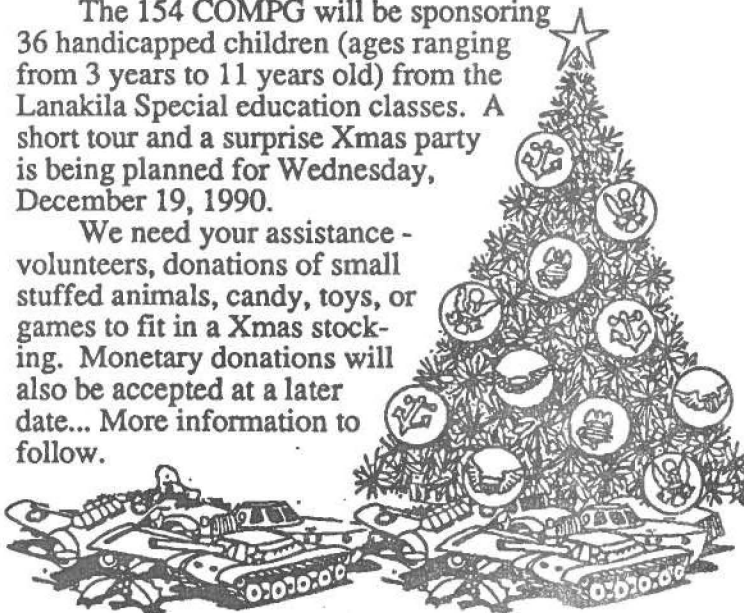
Yet, at the same time, this is the season we celebrate. It's true that in the midst of all of this uncertainty, we may experience a greater sense of appreciation, especially to our family and friends. We have the opportunity to celebrate what we have, instead of what we don't have. Time and opportunity is on our side.

Let's make the best use of our time. Know where your priorities are. Know who you want to spend your valuable time with. Know where you want to go or the things you want to do. But most of all, do things that are worthwhile and positive. And, may God's blessings follow you.

Special Christmas Project

The 154 COMPG will be sponsoring 36 handicapped children (ages ranging from 3 years to 11 years old) from the Lanakila Special education classes. A short tour and a surprise Xmas party is being planned for Wednesday, December 19, 1990.

We need your assistance - volunteers, donations of small stuffed animals, candy, toys, or games to fit in a Xmas stocking. Monetary donations will also be accepted at a later date... More information to follow.



For the Family

by: Chaplain (Capt) Robert Nagamine

Last month I wrote an article stressing the importance of everyone acquiring a will. Please remember that if you need help, our JAG's office is both willing and able to give you excellent assistance.

For those of you who already have a will, you may in addition consider getting a trust made. Your financial status will determine your need for a trust. For instance, I understand that if you have assets worth over \$600,000, those who inherit your assets will be subjected to a sizable inheritance tax. That is why some people who inherit a substantial amount of things end up selling some of the things they inherit. They do this to cover the taxes. Some of you may say that you certainly don't have assets over \$600,000. But if you own a house in Hawaii and life insurance along with other valuable possessions, you easily could have more than that amount to pass on to one or more persons. My concern is that we don't leave a heavy inheritance tax burden on those we pass on our assets to. They probably will have more than their share of other problems to deal with.

The way to avoid this tax is to have a trust made. A lawyer or a trust company can arrange a trust for you which could fit your needs. Basically, there are two types of living trust: revocable and irrevocable. The advantage of a revocable one is that you can make periodic changes, as you feel it's necessary. The irrevocable one is set and permanent, but has other advantages. There is also a testamentary trust which is set into motion upon your death. If you desire more information, please consult your personal lawyer.

I hope the above information is helpful. Looking out for our families is important. That is why we have organized family support groups. If your spouse or family member wishes to get involved in a group, contact your unit family support group representative.

Interdenominational Worship Services

SUNDAY UTAs
154 CAM SQ
CLASS ROOM #4
Time: 7:00 am.

All interested persons
invited to attend.

(To begin on Sunday, November 4th)



CAMS

News and Views

By: MSgt. Fred M. Higa, Jr.

Hi folks! Here it is, November, just 2 weeks after the last UTA weekend. Not much for news this month since most of the news was reported last month. First of all, my sincere apologies to several people are in order. In last month's issue I mentioned SrA 'Stanley' Harada as the recipient of the Outstanding Field Maintenance Traditional Guardsperson Award. Wrong!!! SrA Harada is a female and her name is 'Stacey'...Also, the Avionics folks called and informed me that it was 'Rene' (a guy), not 'Renee' (a girl), that returned from tech school...Last but not least, you can call SMS 'Gerald', not 'Geral' Chun for the retirement party info.... Boy, first mistake this year!!! Anyway?!?!?!?!? Several folks will be visiting our sister unit at Dobbins AFB, Georgia, on a fact-finding mission in preparation for our upcoming UEI. LTC Bruce Minato, CMS's Ken Morimoto and Tom Hirao, SMS's Rex Koga and Dick DeVeas, and MSG Roy Kuwana. They'll be leaving Monday night and should be back in a week. Take your overcoats, guys....

In Tennessee attending the National Guard Armorer Marksmanship School is MSG Ron Muronaga. He'll also be gone a week...The welcome mat goes to SrA Craig Oi who left the Air Force to join our Munitions Maintenance folks. He was last stationed at Kadena Air Base in Okinawa...Off to tech school is Sgt Rudy Villanueva as he goes to Sheppard AFB, Texas, to attend the Acft Structural Maintenance school in December. Returning from tech school at Lowrey AFB, Colorado are SrA Benjamin Lim and Amn Gener Macaraeg. Amn Macaraeg was an honor graduate in his class. Right on!!! Good luck goes to SrA Randy Solomon as he transfers to the Air Force Reserve at Las Vegas...If you haven't got your tickets for the HIANG Awards Banquet yet, contact your supervisor or the Admin office. The Empress Restaurant will be the site of the banquet, which will be held on 16 Nov. Support your unit nominees for the various award categories, and while there, enjoy the company of the other HIANG folks who'll be in attendance...If you would like an opportunity to honor your employer for supporting your participation in the Hawaii Air National Guard, you can do so by submitting a Pro Patria nomination form through the Squadron Commander's office. It's a simple form to fill out, and just takes a few minutes to do so. After approval, you and your boss get invited to a luncheon sponsored by the Hawaii Air Guard Commander, BG Richardson. A presentation ceremony will be held and an escorted tour of the HIANG facilities are all part of the package. It's a tremendous way of saying 'thanks' to your employer for his support of the Guard and Reserve program....Our

Squadron Family Support Group is planning a get together on 6 Nov at the CRC to plan for the Craft Fair to be held on 9 Dec at the CRC. Organizers JoAnne Pontes, Kathy Abe, Elaine Higa and Barb Petti are planning to have samples of the types of crafts which could be worked on for the December affair. They are asking for your donations and participation in making the craft fair a success... Well, that's all for now, folks... Til next month...

"Asking 'Who ought to be boss?' is like asking 'Who ought to be the tenor in the quartet?' Obviously, the man who can sing tenor".(Henry Ford)

Nuff said.....fhiga

Promotions

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

| | | |
|-------------------------|--|-----------|
| 154 CAMS | | |
| Amn. Daniel P.K. Stone | | 9 Nov 90 |
| 154 CES | | |
| SrA. Brandon M. Uehara | | 25 Oct 90 |
| 154 MSS | | |
| A1C. Bruce H. Park | | 20 Oct 90 |
| 154 RMS | | |
| SrA. Carleton Y. Tajiri | | 24 Oct 90 |
| 199 TFS | | |
| Tsgt. Ramona L. Kam | | 1 Nov 90 |

Celebrate "THANKSGIVING" at the Hale Koa

This year celebrate "Thanksgiving" with family and friends at the Hale Koa Hotel with a bountiful buffet or an elegant sit-down dinner on Thursday, November 22. Our Thanksgiving fare offers a cornucopia of culinary delights along with family style entertainment.

The classic Thanksgiving buffet is from 10:30am to 8:00pm. Enjoy the traditional Roast Turkey with all the trimmings, Baked Ham, Pumpkin Pie and a generous assortment of salads and desserts. Only \$15.95 for adults and \$12.95 for children under 12.

For the evening, make your reservations for the Hale Koa Room and choose the specially prepared Turkey Thanksgiving dinner or one of our delightful dinner selections. Dinner will be served from 5:00pm to 9:00pm.

Reservations for both the buffet and the Hale Koa Room Thanksgiving dinner are highly recommended and may be made by calling the Activities Desk at 955-0555.

SOCIAL ACTIONS

CAPT. JAMES HIKITA - TSGT. CARSWELL ROSS

Equal Opportunity Reaffirmed

The following appeared in the August 1990 edition of the Air Force policy Letter for Commanders. General Dugan, speaking at the national convention of the National Association for the Advancement of Colored People, said, "Military units fight well only if they are cohesive, and there is no cohesion if there is injustice or discrimination. If there is no cohesion, there is no victory. Our success as an Air Force depends on our fighting as a fully intergrated, cohesive team."

"In 1971 we started the Human Relations Education Program, the hallmark of which has been its active and positive approach vice a reactive and responsive one. Today we rely on formal training and professional military education courses throughout a person's career. ...It's an ongoing approach that helps keep equal opportunity at the forefront of our leadership development programs. ...I am proud of Air Force progress, but we cannot declare victory. It is something that continues to require senior leadership attention and interest."

"In the Air Force, we will continue to work on attitudes. I'm convinced that the solution is education and leadership. People need human relations refreshers. It's too easy to slip into unacceptable behavior. The 'harmless' behavior, the sexist jokes, the racial comments, or any of the seemingly minor events, can go easily unchallenged. Unfortunately, every unchallenged episode undermines equal opportunity and human dignity."

"So our immediate plans are to increase the level of concern and visibility throughout the Air Force. We want our senior leaders to vitalize commanders interest in equal opportunity. We will increase education and training emphasis on human relations. We will protect our Social Actions staffing as we reduce our force structure. ...I mean to shine a spotlight during my tour as chief of staff, a spotlight on equal opportunity."

HNGEA NEWS!!

Over \$2,500 was raised during the 1990 scholarship fundraiser. A total of \$2,000 was raised from the state-wide guava bread sale and another \$600 from the outdoor volleyball tournament held last weekend in the Diamond Head Crater State Park.

Our sincerest thanks to all the volunteers who helped and most of all "mahalo" to the folks who contributed monies to our project.

Happy Thanksgiving to all members of the HNG and HNGEA.

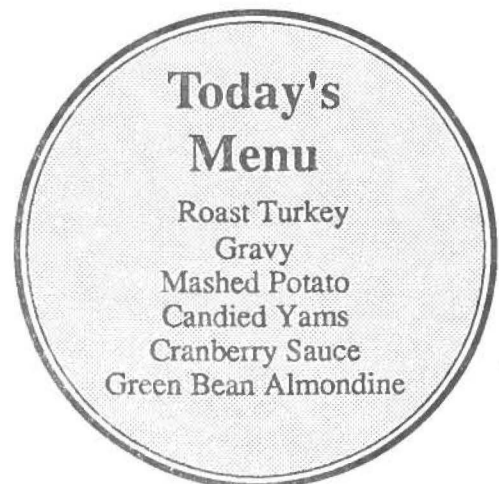
BEELINE

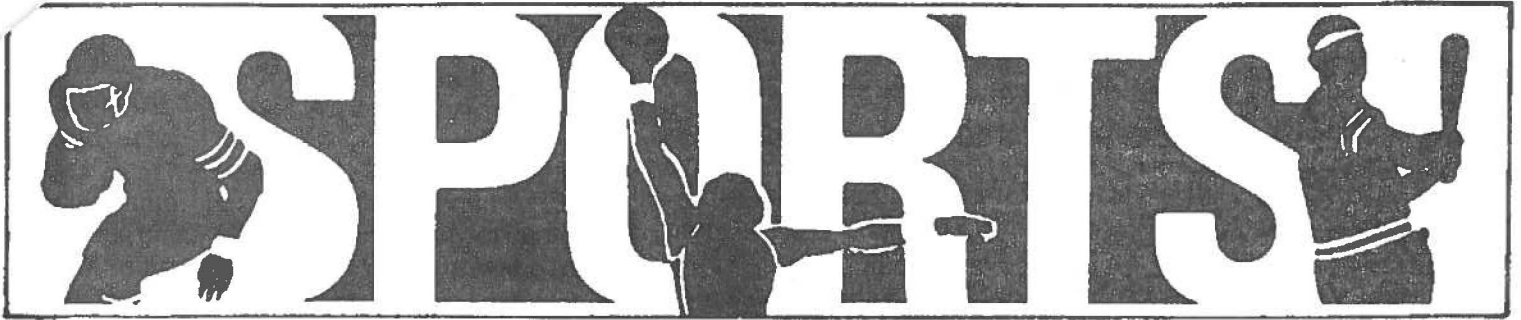
by TSGT Laura Masuda
(2nd of 5 articles)

Chemical Forms and Exposure Hazard

In order to recognize potential chemical hazards and to protect yourself from them, you must know something about their properties and the health hazards they can produce. Be aware that chemicals come in three forms; solid, liquid, and/or gas. Dust and fume particles are in solid form. Mists and vapors are considered liquid form. Gases are gases.

Knowing what form the chemicals come in can determine the second portion of chemicals. Chemicals can travel in four different routes to enter your body. BREATHING/INHALATION takes a chemical from your nose or mouth, down into your lungs. Many pass from your lungs into your bloodstream. SKIN/EYE contact can cause anything from reddening or itching to severe rashes, burns, loss of eyesight or even death. SKIN ABSORPTION hazards pass through the skin on contact and enter the bloodstream. Once in your bloodstream, chemicals can spread throughout your body. Chemicals can also be absorbed through the mucous membranes of the eye. SWALLOWING/INGESTION takes a chemical from the mouth to your stomach where it is absorbed into your bloodstream and throughout your body.





1991 Hawaii National Guard Sports Calendar

by CMSGT Cornwall S. Matsusaka

Three major Hawaii National Guard (HING) tournaments are scheduled for 1991. The Army (HIARNG) will chair the basketball and volleyball tournaments while the baseball tournament will be chaired by the HIANG. Individuals interested in participating in the HING tournaments should contact respective unit team managers. The following information is provided for planning purposes.

Basketball:

Date: 22-24 February 1991

Location: 487 FA Armory/Kilauwea Recreational Center

Air Coordinator: MSGT Jimmy N. Pahukula, 449-1201

Tournament: 14 teams/double elimination

Teams: 8 Army/6 Air

Volleyball:

Date: 26-28 April 1991

Location: Kamehameha School Gymnasium

Air Coordinator: TSGT Al Naumu, 449-7920

Tournament: Open division and mix division

Teams: 6 Army/4 Air per division

Baseball:

Date: 16-18 August 1991

Location: Earhart Fields, Hickam AFB

Chairman: CMSGT Kenneth Morimoto, 449-1870

Tournament Dir: CMSGT Cornwall S. Matsusaka, 449-0301

Air Coordinator: MSGT Larry Kauleinamoku, 449-5545

Tournament: 12 teams/double elimination

Teams: 7 Army/5 Air

More information forthcoming as they become available.

HIANG District Basketball Tournament

by TSGT Brian Tom

It's time to dust the cobwebs off your gym shoes, air out last years uniforms, and break out the Ben Gay. The district basketball tournament will be held on January 19th and 20th at the Ft. Ruger gym. The same rules as last year will prevail. We are also asking each unit that participates to supply a time clock operator and/or a scorekeeper. They will be asked to run the clock or keep score for not more than two games. Unit coordinators should be contacting me as soon as possible. (Brian Tom at 449-5667). We will be having a coordinators meeting some time during December UTA. At the meeting we will be drawing for seedings and going over the rules.

Remember the most important aspect of any sporting event is to have fun. So smile when you're the fouler or victim. No elbow throwing above the shoulders and keep the language to words that can be found in Webster's University Dictionary. Aloha.

Volunteers needed for Hydrofest HIANG Recruiting Booth

The HIANG Recruiting Office is still soliciting for volunteers to assist a recruiter at the recruiting booth during the Hydrofest at Pearl Harbor/Ford Island.

Date: 9 - 12 NOV

(volunteers will assist only one day)

Hours: 8:00 am - 4:30 pm

Admission: Free for all volunteers and recruiters
Military status: Non-pay and in blue short sleeve uniform

To volunteer call 449-5601

1990 HIANG AWARDS BANQUET



Friday, November 16, 1990

Aloha Attire

1830 - No Host Cocktails

1930 - Chinese Dinner

**Entertainment by:
"THE HANG OHANA"**

Empress Restaurant
Chinese Cultural Plaza
100 North Beretania Street
Validated Parking

Menu

Winter Melon Soup
Roast Duck
Oyster Sauce Chicken
Tenderloin Beef
Shrimp with Vegetables
Kau Yuk with Bun
Empress Special Noodles



\$19.00 per person
Checks payable to: 154 RMS/ACFP

See your unit representative _____