



Kukailimoku

War God Of King Kamehameha I - 154 COMPG

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Hickam Air Force Base
Hawaii

December 6, 1992

New Benefits

by MSgt. Iris Kabazawa, CBPO

The following is a brief summary of the areas that affect you in the new "Veterans' Benefits Act of 1992" which the President signed into law on October 29, 1992.

SGLI INCREASE: Effective December 1, 1992 members may apply for additional Servicemen's Group Life Insurance (SGLI) coverage up to \$200,000. The additional \$100,000 coverage is optional insurance requiring a voluntary election. Cost for the new SGLI coverage will remain at 8 cents per \$1,000 for a maximum of \$16 per month for \$200,000. There is a 120 day conversion period from December 1, 1992 thru March 31, 1993 for you to decide on the new maximum level. Applications taken after March 31, 1993 will require a statement of health. Those of you who desire to continue your current coverage need not take further action. We have received one copy of the new form which has been locally reproduced and copies sent to each unit orderly room. During December UTA, see your unit Admin or Personnel Spec to complete the application form. Service members must complete the proper form which may be completed during your next visit to CBPO. We also plan to execute mass forms completion at each unit to cover everyone else during the January, February & March UTAs.

DEPENDENCY & INDEMNITY COMPENSATION (DIC): The law changed the survivor benefits payable under DIC from a grade-based system to a flat-rate system. DIC is payable to authorized survivors of military members who die in line of duty while on active duty or active duty for training. Those of you who are on AGR status or are projected for an active duty tour, i.e., formal school, TDY, etc. should pay particular attention to this. In general, the flat-rate enhances survivors benefits of E6's and below; however, it clearly reduces survivor benefits for survivors of E7's and above effective January 1,

1993. Your Survivors Benefit Plan (SBP) may offset the loss in DIC for those of you with 20+ years of service, however, members with less than 20 years of service are not eligible for SBP. E7's and above with under 20 years can offset the DIC loss by purchasing additional SGLI coverage.

GI BILL CHANGE: Effective April 1, 1993 the rate for full-time participants in the GI Bill-Selected Reserve Program (chapter 106) will increase to \$190/month. Those of you in the Chapter 30, active duty GI Bill, will see an increase of up to \$400/month for full-time participants who served 3 years or more of active duty. A Tutorial Assistance Allowance will also be authorized for participating reserve members in the GI Bill-Selected Reserve Program.

REMINDER, REMINDER, REMINDER: The Supplemental Survivors Benefit Plan (SSBP) open season ends March 31, 1993. If you need assistance, call us or drop by with your packet. We have a computer program that can figure all that stuff out for you. With the changes in SGLI and DIC, you may want to increase your benefits.

Did you know that the Pearl Harbor Exchange now allows you to bring in your immediate family as guests? Immediate family includes parents, children, sisters/brothers, parents-in-laws, sister and brother in-laws and grandparents. The Schofield Barracks Exchange also allows you to bring in relatives as guests. And if you don't already know, the Kaneohe Marine Corps Exchange; Ft Shafter Exchange; and the Barbers Point Exchange don't check IDs at the entrances. Guests are not authorized to make any purchases and you are fully responsible for their conduct and behavior.

Finally, congratulations to all the nominees and winners who were honored at our HIANG Awards Banquet on the 20th. Hats off to the 169th for putting on a great party. I know all the headaches you went through was well worth it. Whose turn is it, next year?

Legal Line

by Maj. Stanley W. Kopacz Jr

Mobility and You

HIANG - mobility and deployment, two key words in any military organization. Are you ready to deploy? Have you planned ahead?

From a legal standpoint, when we see you in the mobility line just prior to deployment, the only answer we want from you when we ask you, "are your legal affairs in order?", is "YES"!

The mobility line is not the time or place to ask for a power of attorney, a will, or any legal questions. That is why we keep asking you, over and over again, to **PLAN AHEAD**. When you plan ahead, we can get that power of attorney or will done for you (if any is needed at all) well in advance of any actual, planned or unplanned mobility and or deployment.

We ask for your kokua and consideration on this matter. We ask you to plan ahead, to see us well before any mobility, if you are in need of legal services. We are here to serve, but we need your cooperation if we are to be as effective and efficient as we can be. Only in this way will we be able to better serve you in the future. So, please think now about any need you might have for a will, power of attorney, or legal advice. Also, insure that your financial arrangements, to include insurance, are in order, and know where your important papers and records are kept, so that in the event of your mobilization and deployment, all your personal, financial and legal affairs and matters will be in order. Only in this way will you be able to deploy with confidence knowing that your loved one's are properly cared for in your absence.

The legal staff is now located in Building 3400, second floor, with the Headquarters, 154th Composite Group. The telephone number is 449-7729.

Social Actions

by TSgt. Carswell Ross

Alcohol Consumption and Life's Strains

"I'll drink to that!" is usually associated with good times. Unfortunately, it also is a reaction to life's strains and alienation. A study of 500 male respondents revealed how their drinking behavior was affected by daily life. Surprisingly, unemployment had little effect on consumption of alcohol. But economic strain and stressful experiences do.

The sense of powerlessness is equated with heavy, problem drinking, including the frequency and quantity of drinking. Self-esteem is not a regulator of drinking. But networks can serve as a justification and reinforcement of drinking.

As to the effect of the job on drinking behavior, the failure to find value in one's work, or occasions on the job for creative use of unique personal skills has little effect on drinking behavior. But there is some evidence that the combination of little freedom in the performance of a job and high job demands make for more drinking and drinking problems.

NEXT UTA
9th and 10th
January

KUKAILIMOKU

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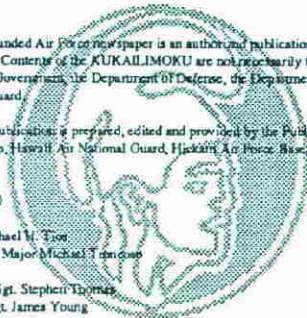
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The Family Support Group is graciously asking Hawaii National Guard Families to donate a Christmas "Ornament" for the DoD Christmas Concert. Your Family's "Ornament" will be proudly displayed and hung on the stage Christmas tree during the State Department of Defense Annual Christmas Concert on the evening of December 20, 1992. The spirit is to bring together a "Family Affair" as this year's Concert theme. Ornaments should be dropped off with your unit representative by December 15, 1992.

PERSPECTIVE

A S T O R S



By Captain (Capt) Robert Nagamiz

Every year some of us may find Christmas difficult to celebrate. There are so many distractions. Before you know it, we steer ourselves away from experiencing the true Christmas spirit.

Christmas is very much commercialized. We can easily get out of focus. There are so many temptations to buy expensive gifts that are nice, but not really needed. And most of us really can't afford them anyway.

But we still can capture the spirit of Christmas. We can help people who aren't as well off. Perhaps we can spend less on those who have and more on those who have not.

Another distraction is the million and one things we need to do before Christmas. The projects to finish, programs to attend and parties to plan or help celebrate. The holiday season gets pretty complicated. It's easy to get distracted from experiencing a simple and meaningful Christmas.

Just imagine if we could celebrate Christmas without all of those distractions. It would be wonderful. To share and care for people would really be the way to celebrate. It would hit the spot and make us feel like we did something that counted.

An interesting thought is that we did experience the spirit of

Christmas earlier this year. In September, when we were involved with the hurricane relief effort on Kauai, there was a tremendous amount of caring and sharing. Even some of the people on Kauai, in the midst of their own hardship, were more interested in helping other people. The spirit of Christmas came early.

With God's help, let's continue that spirit. We can make Christmas a lot sweeter for everyone this year.

Hope you will have a very Merry Christmas. Thanks so much for caring and sharing.

Beeline

by TSgt. Laura Masuda

Working Women

Today, many women must work to support themselves and families. Those that work in industry report different health hazards and symptoms than men in those same jobs. In addition, women who do work outside of the home still do most of the household work, as well.

Working women face many stresses through their jobs. As mentioned above, many women must play multiple roles of mother, wife, and employee. Discrimination, such as race, sex, and age can contribute to stress. Sexual harassment continues to be a problem. Many working women have less control over their jobs, for example, in decision making.

In industry, there are ergonomic hazards for women due to poor workplace design, tools, and personal protective equipment; all designed for the use of the "average" male. These hazards could cause carpal tunnel syndromes, musculoskeletal injuries and the like.

The pregnant worker can still perform the physical activities to which they have been accustomed in their jobs; however, pregnancy may not be a time for trying out different skills or doing unfamiliar tasks. There are some areas where pregnant employees should avoid exposure: ionizing radiation, chemical substances that are mutagenic, teratogenic, or abortifacient, and biological agents of potential harm.

Many of these problems for working women are being recognized by employers, government and the public in general. Changes are starting to occur. Education, awareness, and training are key factors in resolving many of these problems.

Asbestos in the HIANG?

by Capt. Mike Compton, Environmental Management Office

The Air National Guard has started a program to manage the existing asbestos in ANG buildings. The program consists of inspections and air samples. We regularly take air samples of rooms and buildings where we suspect asbestos risk. The National Guard Bureau has also tested most of the HIANG buildings for asbestos.

If you are interested in learning more about asbestos, the EMO will be giving an asbestos awareness class on January 15 in the CAMS classroom at 1200.

As part of our ongoing asbestos management program, anyone who discovers damaged material which they suspect as asbestos, should report it to the Environmental Management Office at 449-5711. Please call Capt. Mike Compton or Jon Ito if you have questions or want to see the asbestos reports.



CAMS News and Views

By: MSgt. Fred M. Higa, Jr.

December is the month for rejoicing, exchanging Christmas gifts and enjoying the company of family and friends. It is a month to reflect on the past year and be thankful that we've all made it through another year full of diverse activities. We in the Guard can be proud of all we've accomplished, thus far. However, much more lies ahead as we work hard to show that we are ready for any contingency tasking put before us. Passing an Operational Readiness Inspection will certainly 'put the icing on the cake' in a year full of firsts... 'THINK OUTSTANDING' and 'GO FOR IT!' And now a word from our Commander...Mahalo and Aloha to everyone in TEAM CAMRON for their outstanding performance this past year. It has been a year full of activities, exchanging non-modified F-15's for MSIP aircraft, deploying to Kauai to assist in the Hurricane INIKI clean-up effort, coming back to an Operational Readiness Exercise to practice for the Operational Readiness Inspection. The teamwork, camaraderie and can-do attitude displayed by all Squadron members makes me proud to be a part of your team. My wife Nida, son Kenny, daughter Keri-Lynn and I would like to extend our wishes for a Merry Christmas to everyone and their families. Mahalo and Aloha again! LTC. Mick Melich.... And now for news of the Squadron...Good luck to TSgt. Gordon Lau as he'll be leaving right after New Year's day for Tennessee to attend the NCO Academy in Knoxville...Returning from tech school recently was A1C Danny Johnson (Weapons Load) and Amn Michael Oshiro (Missiles)...The welcome mat goes out to SrA Dustin Sharpe (Weapons Load); Amn Blake Morikawa (Missiles); SSgt. Martin Beardeaux (Munitions Maint) and SSgt. Kathy Rogissart (Avionics Auto Test Station). Welcome to the best Squadron around!!! Congrats are in order for MSgt. Clifford Ono as he was recently named HIANG Outstanding Senior NCO of the Year...Congrats also to recent promotees:

- SMSgt. Ron Muronaga
- MSgt. Timothy Young
- TSgt. Carol Yamaguchi
- TSgt. Charles McKee
- TSgt. Douglas Doi

- SSgt. John Laguana
- SSgt. Robert Joy
- SSgt. Stuart Hino
- SSgt. Dwayne Fong
- SSgt. Robert Fabrigas
- SrA. Carol Kashiwabara
- A1C. Shannon Knell
- A1C. Kevin Takahashi

Wear 'em with pride!!! The Plans & Scheduling office welcomes AB Kent Seo to their section. He'll be off to BMT and school soon.. Congrats to Sgt. Danny Ardo and wife Kelly on the birth of son, Chasen. Mom and son doing great!!! Good luck to TSgt. Rodrigo Academia as he exchanged wedding vows with Michele Yonamine in September. Well, I was told to keep this real short, so I guess that's all for now. Til next month, "Reflect upon your present blessings, of which every man has many; not on your past misfortunes, of which all men have some." (Charles Dickens)...See you all next month.....fhiga

ANGNCOAGA

Chapter 18

by SMSgt. Ken Sonan

Another successful community project was completed during November 1992, helping The Cancer Research Center of Hawaii with their 12th annual Patty Smith Fun Run/Walk.

According to Ruth Academia, project chairperson for The Cancer Research Center of Hawaii, monies raised from this event totaled \$14,000.00 and will remain in Hawaii to finance cancer research and control.

Thanks to the following responsible volunteers that made this project a success. Job well done troops.

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| 154 CAMS | 154 RMS |
| CMSgt. Kenneth Morimoto | MSgt. Pamela Goya |
| SMSgt. George Padilla | 169 ACWS |
| MSgt. Craig Harimoto | Lt. Tamah-Lani Nakamoto |
| MSgt. Melvin Ige | CMSgt. James Akamine |
| MSgt. Richard Kudo | SMSgt. Donald Hashimoto |
| MSgt. Ronald Muronaga | MSgt. Arthur Takayama |
| MSgt. William Stern | 154 COMPG |
| MSgt. Leonard Tam | Lt. James Kawano |
| MSgt. Irvin Yoshino | AMN Mi Kyung Kang |
| MSgt. Clayton Yuen | Mr. Brian Funai |
| TSgt. Harold Hewett | 154 CES |
| TSgt. Dennis Mishima | CMSgt. Joseph Kaaikaula |
| Mrs. Janie Mishima | MSgt. Lisa Rodrigues |
| SSgt. Charles Bell | |
| SSgt. Jody Goya | |
| SSgt. Yolanda Kawano | |