



Kukailimoku

War God of King Kamehameha I • 154 COMPG

Vol. 38. No. 5

Hickam Air Force Base
Hawaii

May 3, 1992

New Birds !!!



Photo by TSgt. Wayne Pontes

by Major Stan Osserman

They don't look any different from the outside, but the F-15 A/Bs that the pilots of the 199th Fighter Squadron (formerly the 199th Tactical Fighter Squadron) will be streaking around in, are a whole different animal! The F-15s that started arriving in December of last year, are slightly newer than their current birds, but the big difference is in the MSIP. What's a MSIP, you ask? It's the Multi Stage Improvement Program that boosts the avionics capabilities of the older F-15 Eagle in some cosmic ways. For example, the fighter now has a ground programmable navigation computer, a "Track-While-Scan" radar capability (that allows the pilot to "lock-on" to several targets, launch radar missiles at them, and still see the other aircraft on his radar), enhanced target sorting and the ability to carry the latest missiles in the Air Force weapons inventory. There are a few more "gee-whiz"

things but, like the fighter jocks say, "If I tell you, we'll have to lock your head in the safe."

"In the Air Defense mode," says Major Gary Peters, the 154th Composite Group's Flight Safety Officer, "we'll get a much cleaner radar scope, less 'birds' (erroneous radar returns) and better capabilities in the Electronic Warfare environment, where we have to contend with radar jammers and electronic deception. In the Air Superiority role, the improvements give us more flexibility in our tactics in a better picture of the battle area."

Pilots are upgraded relatively quickly, taking only two simulator flights and one training sortie. "Most pilots will be fully capable of employing the modified aircraft in 10-15 flights," reports Major Peters. That's less than two months, using local training standards, and all flying training done here in Hawaii.

The most recent arrivals flew in on Monday, April 20th, after a seven-hour flight from Holloman AFB, New Mexico, at the hands of four Air Force pilots from the 9th Tactical Fighter Squadron. Those arrivals brought the HIANG's total of MSIP aircraft to six. Most of the new aircraft are coming from Holloman after undergoing acceptance inspections by members of the 154th Consolidated Aircraft Maintenance Squadron (HIANG). Three inspection teams from Hawaii, with 29 members per team, will rotate to Holloman over the next few months to insure that we get our 24 "A" model and two "B" model jets by this August. All but four of the jets will arrive by July, and we're loosing an average of two non-modified aircraft per week.

What's happening to the aircraft we lose is enough to bring tears to the eyes of many a pilot. Some of the aircraft will end up at Davis-Monthan AFB, in Arizona, to be placed in "mothballs." Others will go to U.S. bases in Europe as "non-fly trainers" or to be used for aircraft battle damage repair. "One will go to the U.S. Air Force Academy as a 'static display', and one of our 'B' models, number 141, will be used by NASA", Lt. Col. Mick Melich, commander of the 154 Consolidated Aircraft Maintenance Squadron, reported. "The sad thing is, the last four planes we've dropped off at the bone yard were 'code 1' (in perfect flying condition)", Col. Ken Wicks, 154th Composite Group Director of Operations, reported to a visiting Employer Support group from Arizona on April 24th.

It's really tough for the pilots and maintenance folks to see the aircraft that they've spent so many hours "fine tuning" end up on the shelf, but as the new planes roll in, and they start tuning up the MSIP birds, the pride and affection for the new flock will grow. The capabilities of the HIANG also grows as it becomes the first Air National Guard unit in the world to get a full squadron of MSIP F-15 Eagles.

89 Council

by CMSgt. Cornwall S. Matsusaka

As the newly appointed Programs Chairman, I would like to start my two-year term with an "awareness" program.

The E8-E9 Council... better known as the "89 Council", was formed some two years ago to improve the quality of life of our enlisted members. Unlike other officer and enlisted associations, the 89 Council is governed by an official regulation... HIANGR 35-50. This regulation identifies the council's objectives and policies.

The 89 Council provides HIANG commanders, supervisors and enlisted members with an added avenue to exchange ideas and to resolve issues. Enlisted members can use it to present their ideas and concerns. It is not a substitute for the chain of command or a way to resolve individual "gripes". Instead, it is designed to resolve problems that affect HIANG enlisted members as a group.

The objectives of the the 89 Council are to provide for a viable, comprehensive program to establish leadership enhancement, esprit de corps and to improve the quality of life for the enlisted members. The council does not have a command function, and as a result, cannot (and will not) interfere with the chain of command. The council will advise, clarify and assist in resolving enlisted concerns, when deemed necessary. Our intent is to improve morale and productivity, to establish an environment in the Air National Guard that recognizes people as its most important resource--an environment that encourages teamwork and constructive working relationships, and employs the best available management practices, techniques and tools in our continuous pursuit of excellence.

The following are your CY 1992-1993 board members:

Executive Board Members:

- President CMSgt Leo Nakano 201 CCGP
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- Sec (Rec) CMSgt James Akamine 169 ACWS
- Sec (Cor) SMSgt Joseph Kaaikaula 154 CES
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- SMSgt Robert T. Kamiyama 297 ATCF
- SMSgt Samuel M. Saffery 154 CAMS
- SMSgt Gayle YH Tom 169 ACWS
- SMSgt Gemi Pascua 154 TCS

Should you have any recommendations on how your 89 Council can better serve the Hawaii Air National Guard, feel free to contact any committee member or myself at 449-0301.



Legal Line

by Maj. James Itamura

A case being decided by the Court of Military Appeals (COMA, a panel of three civilian judges) may change the way military judges are assigned and the way over ten thousand courts-martial are decided each year.

The attorney for a sailor convicted of selling stolen aircraft parts to a paid informant believes that because military judges are subject to being appointed or transferred to non-judicial duties by their superiors, they are not able to make impartial judgments. A fixed term of office would help judges withstand such pressure, he believes.

In the active duty force, senior judge advocates are assigned to serve as military judges as a regular tour of duty. Other federal judges are appointed for fixed terms, wherein they cannot be removed except for misconduct, to ensure impartiality and to shield them from political pressure (Hawaii state judges are appointed for terms of six years for district court judges and ten years for circuit court judges).

COMA has not said when it will decide the case.

ANGNCOAGA

Chapter 18

by SMSgt. Ken Sonan

Chapter 18 is doing another community project next month in assisting the American Cancer Society with their Bank Night. Our job is to provide security and to aid the American Cancer Society volunteers and staff at the following Bank of Hawaii locations and times on Tuesday, May 12, 1992.

- Aiea Shopping Center, Suite 114, 5:00 pm to 9:00 pm
- 86-015 Farrington Hwy, Waianae, 5:00 pm to 7:30 pm
- 634 California Ave, Wahiawa, 5:00 pm to 8:30 pm
- 94-712 Farrington Hwy, Waipahu, 5:00 pm to 8:00 pm
- 3600 Waiialae Ave, Kaimuki, 5:30 pm to 8:00 pm
- 7192 Kalaniana'ole Hwy, Hawaii Kai, 5:30 pm to 7:30 pm
- Kahala Shopping Center, 5:30 pm to 8:00 pm

Two to three Hawaii ANG Guardsman in uniform (light blue shirt/blouse with dark blue slacks/skirt) are needed at each location. Chapter 18 has undertaken this project annually and your support is needed again to make this project a success. Contact SMSgt. Sonan at 449-7736, SMSgt. DeVas at 449-1518, or MSgt. Vendiola at 449-7794 if you'd like to participate. Mahalo for supporting your COMMUNITY.

ORI Preparation

by Lt.Col. Peter Pawling, ORI Planning Chairman

Just eight months and counting until the ORI! The rest of the year's UTA training activities have been readjusted slightly to help us prepare. It looks like this:

UTA Activity	Sat Flying	Sun Flying
JUN - Surge	48	0
JUL* - ADX	36	10
AUG - Mob/Gen	0	14
SEP - ADX	42	10
OCT - Mob/Gen	0	14
NOV* - ADX	36	10
DEC - Surge	48	0

*DACT with visiting mainland units

This weekend is the first of three practice Mobility/Generation exercises that we have between now and the ORI. Three opportunities to "hone" skills and walk through the steps toward an "OUTSTANDING" on the ORI. You may have noticed some differences from past Mobility/Generation exercises. This time the 15th ABW is playing and manning the MPU (Military Processing Unit) as it would during an ORI or a "real world" situation. We are no longer processing at the CRC.

Squadrons are reminded that it is their responsibility to ensure that their personnel are trained and ready, that mobility folders are current and complete, and that "primaries" are replaced with alternates as needed. The goal yesterday was to walk through all the steps as close to real time as possible.

Finally, Mobility/Generation takes a lot of practice and a lot of team work. We have to use our time productively so that we will be ready and able. Lastly, think "OUTSTANDING"!

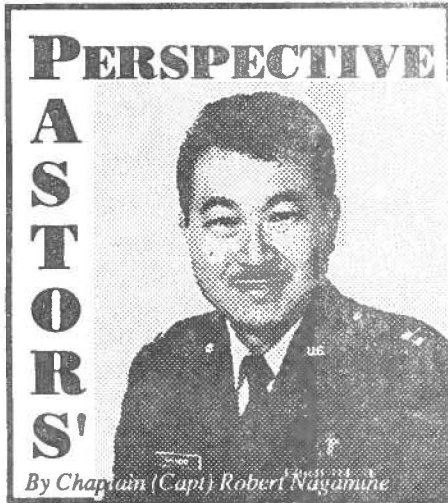
Mother's Day at the Hale Koa

Show mom you love her a big BRUNCH by inviting her to the Hale Koa Hotel on Sunday, May 10, for a memorable dining experience.

The Hale Koa Mother's Day Brunch is by far one of the finest on the Island. Filled with everyone's favorite things... fresh fruits, tropical salads, pastries, baked ham, lamb, made to order omelettes, irresistible desserts, and much, much more. Brunch will be served from 9:00 am to 3:00 pm. Enjoy this spectacular buffet for only \$15.95 for adults and \$7.95 for children under 12 (plus 10% gratuity).

An elegant dinner fit for a "MOM" awaits your special lady in the Hale Koa Room from 5:00 pm to 9:00 pm. Choose from herb crusted smoked prime rib of beef, baked mahi-mahi in miso with ginger crust, roast leg of lamb, rotisserie roast duckling, or char-broiled jumbo shrimp. All of these fine entrees are served complete with your choice of soup or salad, coffee or tea, and of course, dessert. We are featuring an excellent selection from which you may choose: banana crepes suchard, Japanese raspberry cheese cake, classic profiterole filled with pralines, or pistachio and banana parfait.

Reservations for brunch or dinner are required and may be made by calling 955-0555 and requesting the activities desk.



Especially to the people of Los Angeles, these past few days have been very disturbing. L.A. erupted into uncontrollable violence, numerous riots and protests, the burning of hundreds of buildings, massive looting, with at least 40 dead and hundreds injured.

The destructive force was ignited by an "outrageous" acquittal verdict of four L.A. police officers. A Superior Court jury in Simi Valley handed down the verdict to four police officers accused of using excessive force when arresting motorist Rodney King, a black man.

The extent of damage in Los Angeles brought back chilling flashbacks of the 1965 Watts riots. In fact, this riot has done more destruction than the Watts riots.

The verdict came as a surprise. Feelings of outrage were felt, especially by the black community. An 81-second videotape of the "excessive force" used by the four police officers seemed like convincing evidence for a guilty verdict. Almost everyone in America saw a least part of the tape through national television news. Both whites and blacks, alike, thought it to be an "open and shut case." They thought the trial would be just a formality. The videotape showed, very graphi-

cally, the apparent use of excessive force. There were just too many baton blows given to King, who, at that time, was being arrested by the four police officers.

The important thing is that many people feel that our judicial system failed us. With a long history of blacks feeling that they have been treated unfairly, this was the spark that ignited the wrath of stored up resentment and anger.

In reflection, there are several important things to remember in order to bring things back into perspective. First, we must be truly fair and keep things in balance. On one hand, we must understand the justified great anger that the black community is going through. It is all too clear that excessive force was used. The verdict was more than the straw that broke that camel's back. On the other

Interdenominational Worship Service

How about getting your Sunday UTA off to a great start? There is an interdenominational worship service held every Sunday UTA at 8:00 am in the Group Dining Room. This is open to all interested persons. See you there!

hand, one can't support the violence against innocent people and the destruction of property. An innocent trucker was brutally injured, a firefighter was shot in the face (countless firefighters worked in potentially dangerous areas) and stores were looted (by people of different races trying to take advantage of the situation). Second, we must be careful not to label groups the "good guys" or the "bad guys." Both the majority of black people and police officers are our friends and need our confidence and support.

Finally, from this sad chapter in US history, it's critically important for us to head in the right direction with workable plans to neglected concerns. We must keep or continue to keep careful tabs on our words and actions in giving the best treatment to all people, regardless of their racial background. The results of a prejudice lifestyle is too destructive and costly. We must wake up and realize that we are all affected by this.

The Scriptures remind us once again how important it is to "Love your neighbor as yourself."

For the Family

Stress on our families is a real concern. We who live here in Hawaii definitely have our share of stressful situations. This is not to deny the many benefits we have here. There are many blessings. Having friends (and possibly relatives) nearby and enjoying the great weather make us so fortunate to live here in paradise. But for the most part, our financial situations can be very challenging. The cost of living is high! There are many families barely making it. They can't afford much more than the bare necessities of life. And, of course, financial pressures are only one among many pressures that give us stress.

What's important is knowing how to deal and manage our unwanted stress. One of the ways is to purposely work toward getting ourselves to relax. In our fast-paced and highly competitive society, it takes concentration and effort to do this.

A popular speaker, who often spoke to groups numbering in the thousands, would calm himself down by sitting down and breath-



Would like to welcome y'all to another action-packed UTA weekend. This weekend, we practiced our mobility requirements, streamlining our procedures and checklists. In the next few months, you'll be seeing more of the same type of training, including recalls, all in anticipation of an impending ORI, next year. Make sure your mobility bags, medical and personnel records are in order...As you all know, we're in a tight money situation as the DoD must contend with a reduced workforce as well as a mandate to reduce spending. If you see ways in which we can reduce costs, let your supervisor know about it. We'll know what the full impact for the HIANG will be in a few weeks; however, if we can find ways to reduce spending without compromising safety, now, it would certainly be worth the effort...The welcome mat goes out to AB Fritz Scanlan as he joins our Weapons Load section and SrA Stanley Domen, SrA Robert Everhart and Amn Christina Brody as they just joined the good folks in the Admin office. Stanley transfers from the Army Guard (Weapons Loader), Robert is an ex-Marine, and Christina transferred from the Air Force via Denver, Colorado. Good to have you all aboard. The welcome back sign goes to Major Phil Tokunaga as he rejoins the CAM Sq, assigned as OIC in the Quality Assurance office...Congrats are in order for AB Kevin Takahashi as he is now a proud father of son, Marcus. Marcus and mom, Cherie are doing fine...Good luck goes to SrA Clifton Hee as he attends the Weapons Load school at Lowry AFB...Speaking of the Weapons section, the welcome back sign went up for CMSgt. Tom Hirao, TSgt's Baldwin Ojerio, Timothy Young and Steve Morita, and SSgt. Richard Costa as they just returned from Holloman AFB after spending three grueling weeks accepting our MSIP aircraft. Lots of war stories, guys??? Capt. Dave Snakenberg and CMSgt. Ken Morimoto also returned with nothing but praise for the CAM Sq folks who are working hard at Holloman. Major Terry Hudson (just promoted) and SMSgt. Sam Saffery just left for Holloman with a whole new team of specialists who will continue the inspection program on the next fleet of aircraft which will be transferred to us. Sam should be returning about the middle of May and will be replaced by MSgt. Wally Takasane. Wonder if there's still snow on the slopes of Ski Apache!?! "Much mahalo's to all

on the last Holloman trip. We worked hard, ate well and the skiing was great. Special thanks to Rex, Shige and Art (our ski sensei's) for teaching us what we needed to know to tackle the slopes. Art, thanks for the tow job and getting me through the most terrifying moment of my life. It's pretty lonely at the top. To Shige, Rex, Andy and Gerard—"Pick It Up!" (Allen).... In the better late than never category, much thanks to TSgt. Ed Lee and SSgt's Gordon Lau and Kaipo Dabin as their group, Nanea, provided the outstanding music at the promotion party held a few months ago...In the Lost and Found department, if anyone lost a gold and silver Cross pen with special engraving, call Sylvia at 448-0603. You've got to identify the pen to her, though...There is still time to recognize your employer/boss by submitting a "My Boss is a Pro" form. This program provides employees with the opportunity to recognize their employer/boss for their support of your participation in the Guard/Reserve program. See your supervisor or the Unit Career Advisor for information...The Museum of the National Guard fundraiser is still going on. If you haven't made your donation, see your supervisor real quick. We would like to have 100 percent participation as that way we can reach the HIANG goal...Planning for the annual CAM Sq fundraiser is well underway. This year, the Flightline folks are the planners of the event, and your support would be appreciated. The First Annual Retirees Get-Together was held at Pearl Ridge Chop Suey, recently, and was attended by more than 30 CAM Sq retirees. MSgt. (Retired) Rudy Luat reports that the event was a tremendous success, and planning is now underway for next year's get-together...Well, that's all for now, so til next issue...."Common sense is the knack of seeing things as they are, and doing things as they ought to be done." (C.E. Stowe).....Mahalo and have a May day in Hawaii.....fhiga

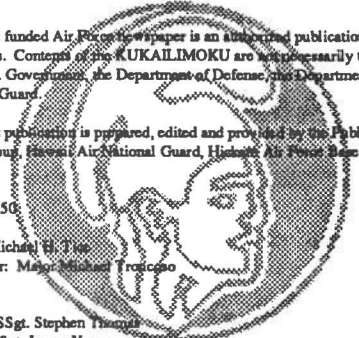
KUKAILIMOKU

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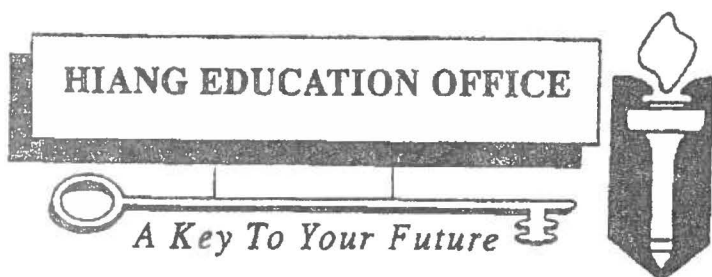
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Family, continued from page 4

Attention CCAF Students

Changes in the 91/92 CCAF Catalog may mean that you could change from a previous catalog to the new one and obtain your CCAF degree in less time. Stop by the Career and Education Office in CBPO and discuss it with MSgt's Kamaura or Kabazawa. We'll be glad to review your current CCAF record with you. You could be a CCAF graduate - today!!

MONTGOMERY GI BILL EXPANDED PROGRAM

Several positive changes took effect October 1, 1990 to the Montgomery GI Bill and expanded this already valuable program. These changes enhanced the usefulness and saleability of this benefit to prospective enlistees while providing educational assistance unavailable to ANG members in the past. The expanded educational opportunities include financial assistance for:

- * A second Bachelor's Degree (not a Masters) in a different field of study
- * OJT and Apprenticeship Training
- * Correspondence Courses
- * Independent Study (courses offered by accredited institutions without a regular class schedule)
- * Cooperative Programs
- * Vocational/Technical Programs
- * Deficiency/Remedial Programs
- * Flight Training

To qualify, ANG members must commit to six years after September 30, 1990. As before, the program will pay up to \$140 per month for full-time enrollment in a degree granting institution. However, for the newer programs now available, the amount of monthly benefits or percentage of fees paid for a course will vary. Be sure to consult the Veterans Affairs counselor at your selected school or contact the local VA office at 541-1000; neighbor islands - 1-800-232-2535.

ing very slowly and deeply just before delivering his speeches. This technique would help him to relax and be able to handle the pressure of the moment and appropriately focus on the situation. Of course, most of us might not be faced with the excitement of speaking before thousands, but we may use this method to calm ourselves when dealing with stressful situations that make our hearts race uncontrollably.

Just the opposite is the another way to relax our physical bodies: doing an aerobic type of exercise. After we get our pulse up in an aerobic workout for 20 minutes or so, the workout on our bodies will relieve stress, give us a natural runner's high and keep us physically fit. Really effective.

Another way to relax is to take a break. Sometimes when we are faced with too much pressure from the demands we encounter, we may need to take a "time out." When life seems to feel like a tension-filled football or basketball game, we need to take a break in the action. See a movie, take a long ride to the country, visit a friend, share concerns with a friend, play enjoyable games or do something positive that will break the prolonged tension. After adequate time relaxing, we will feel better equipped to solve some of our problems with a better and fresher perspective.

Instead of fighting with stressful situations, some people need to relax in it by working with the energy of the situation. We sometimes feel stressed out because we are resisting or avoiding whatever needs to be done. Why not make the best out of our situation? In some situations, why not make it a game? Why not stop complaining and be happy? Work with people, instead of against people.

Finally, but not lastly, some people find prayer a stress reliever. Understanding that there is someone much greater than us who specifically cares about us, someone that helps us not feel all alone and abandoned with our problems. Why not cast all of your concerns and anxieties on God? He can handle them.

I hope the above ideas may remind you of some of the things you could do to help relieve stress. If you want more information that will help your family or other families, have your spouse or family member join a family support group. To do this, contact your unit.

CBPO Connection

by MSgt. Iris Kabazawa

The following is a change to AFR 35-10: effective immediately, the AIRCREW STYLE NAME PATCH may be worn on your BDUs. The mandatory wear date is OCTOBER 1, 1995. The name patch will be centered above the left breast pocket and will be black with silver embossed letters. Letters will be 3/16 inch high, block style, and will be 2 by 4 inches. The name patch will contain two lines centered with the first line containing first name (full, abbreviated or initial), middle initial and last name. The second line will contain rank and USAF. Only one badge (most current) is authorized for wear and, if horizontal, will be embossed and centered above the name line, or, if vertical, it will be embossed on the right side of the name patch. All other patches are not authorized for wear.

For those of you who have been asking about the black T-shirts with the BDUs - PACAF Supplement 1 to AFR 35-10 authorizes us to wear black. In fact, you may only wear T-shirts, turtle neck T-shirts, thermal undershirts or dickies, which are GREEN, BROWN, OR BLACK. Also, effective June 30, 1992, the camouflage pattern will be the only style organizational baseball cap authorized for wear with the BDU.

Don't forget, if you need help with your Survivors Benefit Plan package, come in and see me or SSgt. Carol Togami. Open season ends March 31, 1993.

MOBILIZATION & MOBILITY Do you know what the difference is? Mobilization is the act of preparing for war or other emergencies; it is the process by which the armed forces, or part of them, are brought to a state of readiness to respond to an emergency. During mobilization, you will be in a state of transition from civilian life to full-time military status. It is imperative, therefore, that you ensure your family and employer are aware that the commitment made to the state and country involves the possibility of being mobilized to respond to a state or national emergency. Mobilization need not mean we are going to war. Nor does it mean that 100% of the unit would be mobilized at any one time. Mobilization means being prepared! You have an obligation to your unit, family and employer to be prepared for the possibility of mobilization. This means having your personal affairs in order, having a will prepared,

power of attorney issued for your spouse or other responsible party, enrollment in Sure Pay to prevent any delay in pay or allotments, and maintaining current emergency data information with your personnel records. State mobilization occurs when the Governor orders the Adjutant General to furnish the required resources of equipment and personnel to an emergency situation. It can occur rapidly. You old timers may remember several years ago being called to state active duty at the prison and also responding to the Hurricane Iwa disaster. National mobilization efforts flow from the President and Secretary of Defense to the affected Selected Reserve Units. Congress has placed strict requirements that must be followed before mobilization can occur. National mobilization normally will occur in the states of build-up, but could occur overnight in case of attack by foreign or domestic enemies that threaten the country. You could be ordered to the base by phone or letter. It is possible that you will not be able to furnish any information to your family or employer except that you have been mobilized; you may not be able to say anything because of the need for secrecy. Depending on the emergency call up, you may be immediately sent to another area or be allowed to report to your home of record to complete personal business before reporting to an active duty site. Being prepared for any situation is the key.

Mobility is the process of deploying from this base to whatever site we are ordered to. You may be ordered to proceed alone, with others of the group or with the group as a whole entity. The AFSC in which you are proficient is authorized within an overall manning structure that includes all active and inactive military forces within the Air Force/Air Reserves. You may, however, be utilized in any other AFSC in your record, should there be a shortage. As individuals, we may be ordered to augment active forces that are not manned at 100% of wartime needs if a national mobilization effort occurs.

You can be assured that we will be expected to practice mobilization and mobility during our upcoming ORI. If you are part of a mobility tasking, do yourself and us a favor by insuring your ID Card and ID Tags, as well as your physical and shots, are up-to-date. Report all personal changes (i.e., marriage, divorce, births, deaths, address changes, etc.), to CBPO as soon as they occur. Unnecessary corrections on the mobility processing line reflect negatively on you and your unit.

FULLTIME EMPLOYMENT AVAILABLE WITH THE HAWAII AIR NATIONAL GUARD

These are the current vacant federal civil service positions open for recruitment. You can read more about the position by checking with your orderly room for complete details or see TSgt. Phillips, Bldg 3400, Rm 211, Monday-Friday.

JVA#	POSITION	CLOSING		LOCATION
		GRADE	DATE	
FY92-145	Supply Clerk	GS-05	05 May 92	Hickam (RMS)
FY92-146	Disaster Preparedness Specl	GS-09	05 May 92	Hickam (MSS)
FY92-147	Production Controller (Elec)	GS-09or11	05 May 92	Kekaha (TCS)
FY92-149	Secretary (Typing)	GS-05/AGR	19 May 92	Hickam (TFS)
FY92-150	Secretary (Typing)	GS-05	19 May 92	Hickam (201)
FY92-151	Clerk-Typist	GS-04	21 May 92	Honolulu (ARNG)
FY92-153	Purchasing Agent (Off Auto)	GS-05	11 May 92	Honolulu (ARNG)
FY92-154	Heavy Mobile Equip Mech (2)	WG-10	12 May 92	Hickam (RMS)
FY92-155	Automotive Mechanic	WG-10	12 May 92	Hickam (RMS)
FY92-156	Aircraft Electrician	WG-10/AGR	27 May 92	Hickam (CAMS)
FY92-157	Materials Handler (Prom WG4)	WG-03	29 May 92	Hickam (RMS)
FY92-158	Aircraft Mechanic Foreman	WS-07	29 May 92	Hickam (CAMS)
FY92-159	Aircraft Mechanic	WG-12/AGR	29 May 92	Hickam (CAMS)

Social Actions

By TSgt. Carwall Ross

Is AA For You ?

Is AA for you? How can you answer that question? To assist you in responding in a truthful and forthright manner, we are asking that you answer the following twelve questions:

1. Have you ever decided to stop drinking for a week or so, but only lasted for a couple of days? Yes () No ()
2. Do you wish people would mind their own business about your drinking -- stop telling you what to do? Yes () No ()
3. Have you ever switched from one kind of drink to another in the hope that this would keep you from getting drunk? Yes () No ()
4. Have you had to have an eye-opener, one to calm your nerves, upon awakening during the past year? Yes () No ()
5. Do you envy people who can drink without getting into trouble? Yes () No ()
6. Have you had problems connected with or because of drinking in the past year? Yes () No ()
7. Has your drinking caused trouble at home? Yes () No ()
8. Do you ever try to get "extra" drinks before a party or at the party because you do not get enough? Yes () No ()

9. Do you tell yourself you can stop drinking any time you want, even though you keep getting drunk when you don't mean to? Yes () No ()

10. Have you missed days of work or school because of drinking? Yes () No ()

11. Do you have "blackouts" that is you can't remember what happened? Yes () No ()

12. Have you ever felt that your life would be better if you did not drink? Yes () No ()

What's your score? Did you answer YES to four or more questions? If you did, you're probably in trouble with alcohol. Where can you get help? Call Alcoholics Anonymous at 946-1438 or talk with the Social Actions staff at 449-8000 during drill.

MENU

Spanish Beef Stew • Steamed Riced
Buttered Corn • Apple/Raisin Cake
Assorted Greens /Dressing
Bread and Butter • Fruits

Snack Bar
Burgers and Fries

US Savings Bond Drive

By CMSgt. Cornal S. Matsusaka

There are many reasons to save with US Savings Bonds.... children's education, personal dreams, retirement, not to mention an investment in our country. There is no easier or more convenient way to save than through the payroll savings plan.

Benefits of Series EE Savings Bonds:

(1) Convenience. Payroll Savings Plan is a simple automatic savings plan.

(2) Competitive Interest Rates. US Savings Bonds interest is currently at 6.38%, by far more generous than the 4.5% to 5% offered by savings institutions. Bond rates, adjusted twice a year, are 85% of the average market yield of five-year US Treasury Notes. The good news is that bonds are guaranteed to pay at no less than 6 percent, if held for at least five years. For minimum risk and liquidity, that is a premium yield.

(3) Affordable. Bonds come in \$100 to \$1,000 denominations to fit every budget.

(4) Easy to Buy. Savers can choose from a wide variety of payroll allotments. Examples:

You Save	No. Pay Periods	You Receive	Series EE Bond
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\$5.00 x 10 = \$100.00

\$10.00 x 5 = \$100.00

\$12.50 x 4 = \$100.00

\$50.00 x 1 = \$100.00

\$50.00 x 2 = \$200.00

\$100.00 x 1 = \$200.00

\$100.00 x 5 = \$1,000.00

(5) Tax Advantages. The interest on Savings Bonds is exempt from state and local income taxes. Federal tax reporting is deferred until a bond is cashed.

When used to pay tuition of eligible institutions of higher learning, interest earned may be completely tax free.

The US Series EE Bond drive will end on May 31, 1992. If interested, Air Technicians, AGR and State workers should contact respective unit bond representatives to start a payroll deduction savings plan. For those already participating in this savings pro-

gram, review your current financial situation and consider the possibility of increasing existing deductions. Traditionally, Guard members are encouraged to start a payroll deduction savings plan at their place of employment.

Unit Bond Representatives:

HQ 154 COMPG - Cornwall Matsusaka

154SPF/HOSP/199WF - Cornwall Matsusaka

199 FS - Gary Pang

154 MSS/MSF/SVF - Wayne Soma

154 RMS - Lorrie Macanas

154 CES - Joseph Kaaikaula

154 CAMS - Lester Ho

154 TCS - Harold Uyeda

150 ACWS - Emil Valpoon

169 ACWS - Joann Rapoza

203 ARS - Jack Uhrig

Any questions, feel free to call your unit representative or CMSgt. Matsusaka at 449-0301.

Promotions

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

154 CAMS

AMN RAM R. KOBASHIGAWA 7 APR 92

SRA THOR L. GRAN 24 APR 92

154 CES

TSGT LESLIE C. SILVA 16 APR 92

154MSS

AMN JACQUELINE L. WOODALL 21 APR 92

154 SVF

TSGT JAY S. FUKUMOTO 16 APR 92

TSGT STEPHEN G. LEE 16 APR 92

A1C CATHY ANN L.O. GOMABON 13 APR 92

154TCS

TSGT VANCE S. YAMAMOTO 16 APR 92

199 WF

SSGT ROBERT L. BLOCK 16 APR 92

Beeline

by TSgt. Laura Masuda

Indoor Air Pollution - Air pollution has been identified as a major health hazard that needs to be addressed.

Energy-conscious Americans will insulate, weatherstrip, seal and caulk their homes and offices to save on utility bills. In the process, the home or building becomes so airtight that potentially dangerous respiratory irritants are sealed in and nowhere to go.

People with respiratory ailments are more affected. The rest of us may have such symptoms as headaches, nausea, dizziness, nasal stuffiness, lightheadedness, vomiting, visual disturbance, and shortness of breath.

Here are some tips to alleviate and control respiratory irritants and pollution indoors:

Portable kerosene heaters can emit hazardous gases. Provide adequate ventilation.

Household cleaners and personal products in an aerosol form should be used in a well ventilated area.

Certain cleaning agents, such as ammonia and bleach, when mixed together, give off poisonous gases. Do not mix cleaning products unless recommended by the manufacturer. Read all warnings on labels.

Smoking indoors -- don't do it. The second hand smoke from a cigarette is nearly as dangerous to others as well as the smoker.

Air conditioning and humidification systems can contribute to the spreading of bacteria, fungi, and particles leading to respiratory ailments. Have the air conditioners cleaned and checked regularly. Clean filters once or twice a week.

Pilot lights on gas appliances emit carbon monoxide and nitrogen dioxide gases. Provide good ventilation, clean appliances regularly, and check for leaks. Call the utility company if there is a problem.

Shotline

by Capt. Adele Auyong

Congratulations to Capt. Richard Ando who is now the OIC for the Immunization section. Capt. Gayle Seifullin will be the Nurse Supervisor of the section and will monitor UTA operations.

Welcome to AIC. Tran who just returned from Tech School. Be sure to make her feel welcome.

Healthful Hints: Stress - the early signs:

1. Disorganization - constantly losing and forgetting where you put things.
2. Escape fantasies - dreaming about escaping to a faraway place where everyone takes care of you.
3. Indecision - finding it difficult to make everyday decisions (what to wear, what to do and where to go).
4. Introversion/Depression - wanting to lock the door, curl up in bed and close the curtains.

If you recognize any of these symptoms of stress, then it is time to slow down and start taking care of yourself before bigger problems arise. Be sensitive to how your body is reacting to the stress in your life.

If you cannot find a way to reduce your stress on your own, ask for assistance from your Employee Assistance Program or your doctor.

Ahi Tournament

The 150th Aircraft Control and Warning Squadron, Hawaii Air National Guard, will host its 12th Annual Goodwill Ahi Tournament on Kauai from May 27 thru 29, 1992. All Hawaii Air Guard units throughout the State have been invited to participate. Eighteen teams are expected to compete. Although the majority of teams will be from Kauai, five teams will be coming from Oahu and one team from Alaska.

MSgt. Lester Matsushima will again be the General Chairperson. He will be assisted by TSgt. Napua Sugai.

Tournament rules and information have been distributed to all units. Specific inquiries about this tournament may be directed to any of the following: MSgt. Lester Matsushima - 150 ACWS; MSgt. Royden Horibe - 154 TCS; MSgt. Harvey Maeda - 298 ATCF; Lt Col. Myron Dobashi - 154 TCS.

Fishing will be from 6:00 am to 4:00 pm daily. A mandatory meeting of team captains or their designated representatives will be held on Tuesday evening, May 26, at 6:00 pm at the Tip Top Cafe Conference Room in Lihue.





HING Volleyball Tournament

by TSgt. Russ Campos

Fourteen Air and seven Army Guard teams participated in the 1992 Hawaii National Guard (HING) State Volleyball Tournament on April 24-25 at the Kamehameha Schools Gymnasium and concluded on April 26 at Ft. Ruger Gym.

After three days of pool play and semifinal action, the scores were settled. In the Co-ed division, top honors went to the Army Guard team from HQS STARC/298 SVC BN. The STARC team displayed cohesive playing as well as some awesome "power" volleyball. They breezed through their qualification pool and finished the tournament undefeated. Second place went to another Army Guard team from the 29 SPT. The final score in the championship game was 16-14 and 15-11.

For the first time in HING State Volleyball Tournament history, a men's Masters division (40 years and above) was introduced.

Some old familiar "gym rats" came out to take part in this newly introduced division: jocks, like Mel "Ace" Asai, Charlie "Spike" Chang, Jimmy "Air" Pahukula, and Joe "Coach Cruise" Kruse.

The 154 COMPG A team (154 RMS and TAC Hosp members) defeated the 154 COMPG B team (154 CAMS and 154 MSS members) in straight sets, 15-12 and 15-12. "Congrats" to the Masters champions: Eddie Compoc, Jason Chun, Mike Hironaka, Randy Hiyane, Mel Asai, Jason Nunogawa, and Joe Kruse.

The Open division displayed a diversity of talent as teams from the neighbor islands (292 CCSQ and 150 ACWS) and a mixture of 7 Oahu-based Army and Air Guard teams collided in pool play action on April 25.

After the dust had settled, the Air Guard's 154 MSS and the Army's 193 AVN teams met for the Open championship on Sunday, April 26, at Ft. Ruger. After a slow start, the "Air" started to flow. Led by the timely setting of Victor Talamoa (fresh off the UH Men's Volleyball Team), awesome kills by Kevin "Hammer-time" Talamoa, the "Sky-walking" feats of Paul Ries, and great team cohesion, the "Air" prevailed in straight sets, 15-11 and 15-9.

It should be noted that the team consisted of members from the 154 CES, 154 SVF, 154 MSF and 154

MSS. Tourney rules allowed the combination of players when individual squadrons can't fill a team, and the team name reflected the squadron with the most players.

"Congratulations" to the Open Champions: Victor Talamoa, Darren Tominaga and Erik Wong (154 CES); Kevin Talamoa and Paul Ries (154 SVF); Mark Savares (154 MSF); Bruce Park, Henry Laguatan and Russ Campos (154 MSS).

"Special thanks" to Colonel Allen Mizumoto for giving up his Tee time and presenting the awards and supporting our tournament. Double "Mahalos!" to Iris Kabazawa and her incredible "Task Force" for their time and efforts in providing awesome "broke da mouth" food and refreshments the duration of the tournament. And mahalo to the tournament committee for your "Just do it!" attitude. "We were successful!"

1992 State HING Masters Softball Tournament

by CMSgt. Cornwall S. Matsusaka

The 154 COMPG plans to field a "Masters" team in HING Softball Tournament August 29-30, 1992 at the Earhart Field, Hickam AFB.

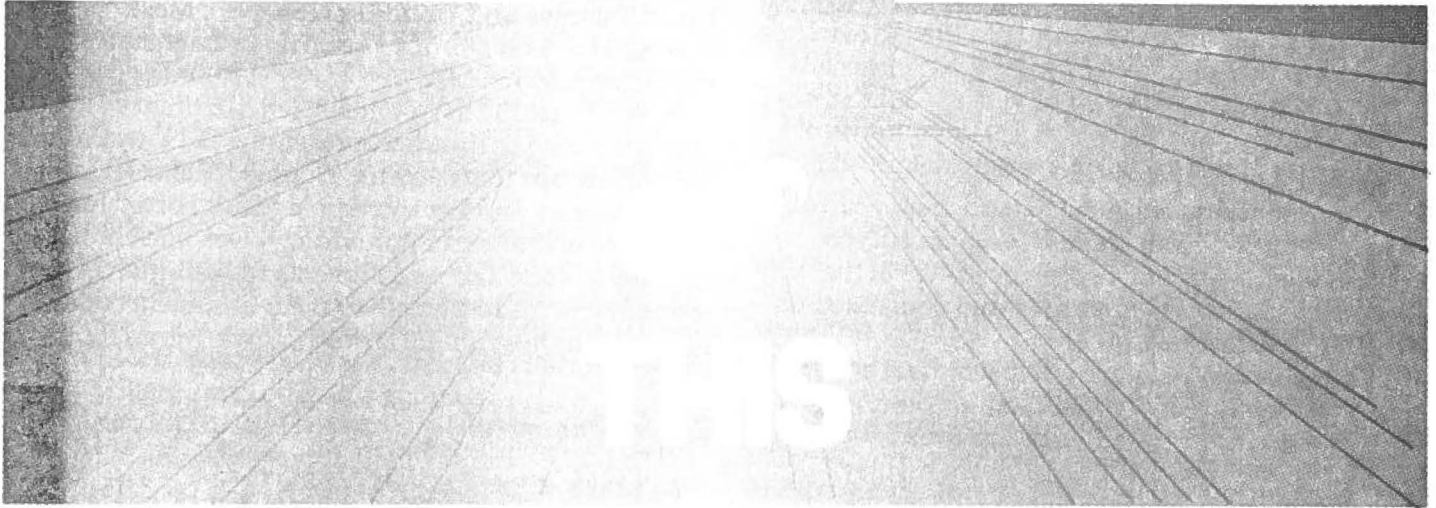
To be eligible for this team, players must be 40 or older on August 29, 1992. The unit integrity requirement is waived for the Masters Division, i.e., members of the 201 CCGP may form a 201st Masters Team and/or may join the 154 COMPG team. The amount of participating senior players will dictate the number of "masters" team(s) and/or how we should best organize to represent the Air Guard in the HING State Softball Masters Division. MSgt. Val Wong will manage the 154 COMPG Team.

Every effort will be expended to support and include neighbor island senior players. Anyone interested in participating in the Masters, please call your respective group representative no later than June 15.

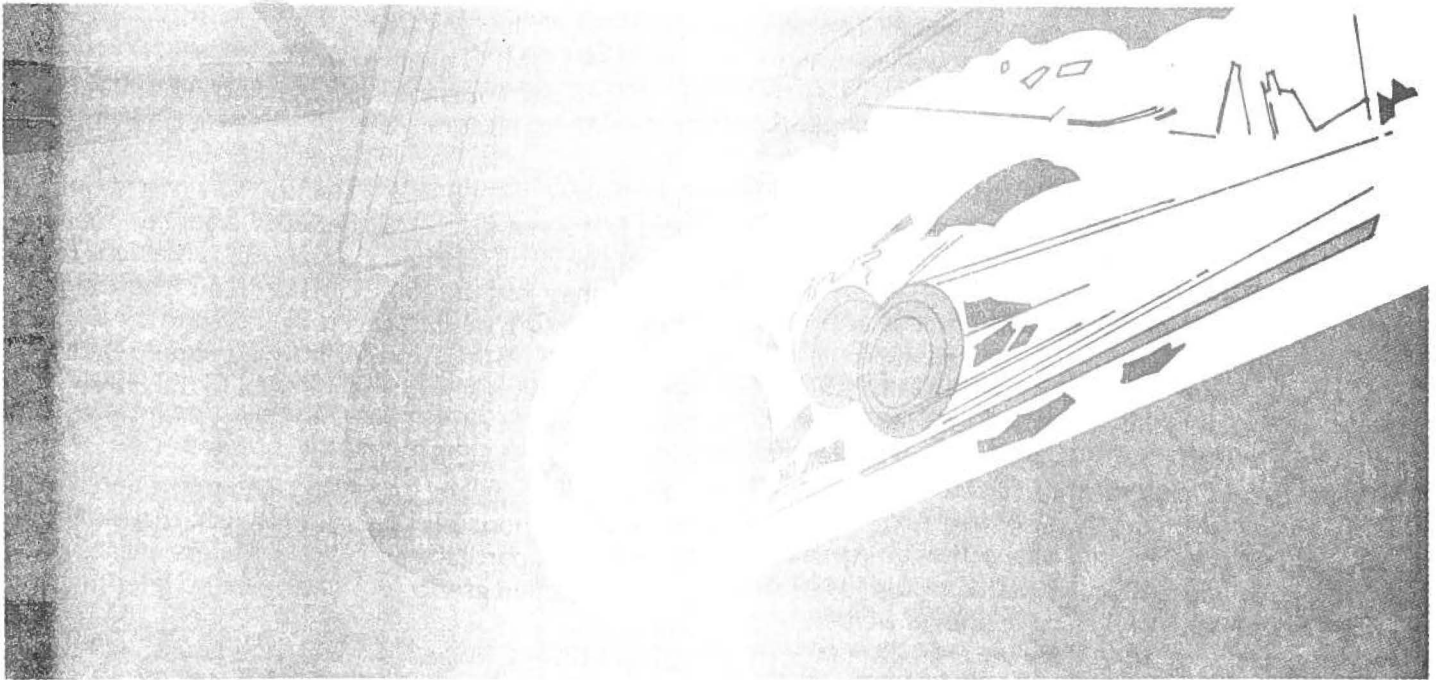
154COMPG - CMSgt. Cornwall Matsusaka, 449-0301
201CCGP - SMSgt. Galen Nakahara, 449-9739

IMPORTANT: You may not participate in both the HING State Open and Masters Softball tournaments. Any questions... please call me at 449-0301.

The HIANG baseball community welcomes Pam and Jody Goya back and wishes them a speedy recovery. Hope to see Jody on the field during the Central and HING State tournaments.



LEADS TO THIS



KEEP THE PUMP CLEAN!