



Kukailimoku

War God Of King Kamehameha I - 154 Group

Vol. 39. No.7

Hickam Air Force Base
Hawaii

July 18, 1993

154th Group Deployments

Members of the 154th Group are on the move. Eighty-five members of the 154th Civil Engineering Squadron, twenty-six from the 154th Services Flight and nine from the 154th Mission Support Squadron, are currently in Okinawa.

Next week, six F-15's from the 199th Fighter Squadron, and a total of seventy-three personnel from the 199 FS and other squadrons will deploy to Singapore. (See CAM Squadron article on page 4 for more details).

Members of the 154 CES and 154 SVF (Prime BEEF and Prime RIBS) are participating in Base Recovery After Attack (BRAAT) exercises. Essentially, that means getting experience repairing runways and facilities, quickly and efficiently, so that U.S. aircraft can get back into the air. In a "real world" situation, the work of the 154 CES and 154 SVF would not just be demanding, it would be downright dangerous. The two week training they are now receiving at Kadena Air Base, should go a long way towards teaching proper technical, teamwork and safety measures for 154 CES and 154 SVF personnel.

Members of the 154 CES are also assisting with a few construction projects with the 18 CES at Kadena AB.

Group personnel who are now in Okinawa will redeploy to Hickam July 23.

(We're looking forward to bringing you more information on their experiences in Okinawa in the August Kukailimoku.)

New Base Commander...

The 15th Air Base Wing has a new commander. He is Brig. Gen. Dwight M. Kealoha, a native of Honolulu. Gen. Kealoha took over the command on June 25th from Col. William C. Van Meter, who transferred to Peterson AFB, Colo., where he will become commander of the 21st Space Support Group.

General Kealoha comes to Hickam from Scott AFB, Ill., where he was commander of the 375th Airlift Wing. A 1966 graduate of the University of Hawaii, the general is a command pilot with 3,400 flying hours, including nearly 300 combat missions and 1,128 combat hours.

Welcome to Hickam, and welcome home, General!

... and New 293rd Commander

The 293rd Combat Communications Squadron, one of our neighbors on Hickam Air Force Base, has a new commander. It just so happens the new command is a history making event for the 201st Combat Communications Group.

During a change of command ceremony this afternoon, Major Kathleen F. Berg will officially become the first woman to command a squadron within the 201st CCGP. Maj. Berg takes over from Major Barry Castellano, who is stepping down after two years as the commander of the 293rd CCSQ.

Major Berg served as the Director of Operations for the 293rd CCSQ before accepting the top spot. She graduated from the University of Hawaii in 1973 with a Bachelor of Education degree and a professional diploma in secondary mathematics education. In 1980, she earned a Masters of Education degree and in 1992 a Doctor of Philosophy degree in educational psychology from U-H.

The major is married to Stephen R. Berg (Major, Ret), formerly with the 169th Aircraft Control and Warning Squadron.

**Next UTA
August 7th and 8th**

COMMANDER'S CORNER



By: Col Michael H. Tice

The 1993 Hawaii Air National Guard Commander's/Operations Planning Conference was held this past Wednesday through Friday on the island of Kauai. Attendees included HQ HIANG, 154th Group, 201st Group and 199th Weather Flight commanders and key personnel. HQ PACAF, NGB leadership and their key personnel also attended, including General Rutherford, the Commander of Pacific Air Forces, and Major General Killey, the Director of the Air National Guard. The theme for this year's conference, and appropriately so, was "The Challenge of Managing New Opportunities."

There were no late breaking announcements of immediate changes to HIANG force structure or missions, but many reaffirmations of what we may expect once the national debates on the budget and military force structures conclude. Significant points made by the guest speakers were:

- * The military, including the reserve forces, is going to be asked to do more with less. It's going to require working smarter, and many of the initiatives being taken in both the active and reserve components are driven by this theme.

- * The reserve forces are going to become involved to a greater degree than in the past in "peacetime" missions whether they be contingencies, overseas exercises, nation building, or simply contributing to the ever so important American presence throughout the world.

- * As the reserve forces become a greater proportion of the "Total Force", the likelihood of early involvement in any contingency will increase. We must be equipped and trained accordingly.

- * Mobility, flexibility and accessibility are three key essentials for the ANG. For units with mobility commitments we must maintain the ability to meet them. Response times could come down due to early need for reserve force participation. We must remain flexible in our ability to package our forces tasking only those capabilities required by theater commanders. Finally, we must be quickly accessible to the active component under conditions short of mobiliza-

tion or a presidential 200,000 call-up of the reserves. The application of the concept of "volunteerism" will become increasingly more important.

In his opening remarks, Colonel Dave Rodrigues, Commander HIANG, introduced two new programs for the HIANG. The first, Force Management, will cause us to better prepare people, both officer and enlisted, for future leadership assignments. The second, "Quality Guard", will institutionalize total quality principles and procedures in the HIANG. Expect much more information on both of these in the future.

CBPO Connection

by MSgt. Iris Kabazawa

PCIII Coming Soon

Personnel Concept III is finally becoming a reality. In October 1993 the equipment will be installed in CBPO. We have no further details. PCIII is basically a computer system that will eventually allow orderly rooms to access personnel files. Orderly Room Clerks and/or Personnel Specialists in each unit, please insure you order AFM 30-130, Volume III, which is the PCIII user's guide. A working group will be formed to address the transition to PCIII, pending receipt of the revised training plan from ANGRC. We will keep you posted as information is received.

Training Section

Our feature CBPO Section this month is Training (DPMP). Headed by SMSgt. Lloyd Kagawa and assisted by MSgt. Brad Ebisuya and TSgt. Russell Campos, this section handles all Formal School and Professional Military Education (PME) applications. They also manage and oversee the OJT program, to include CDC enrollments and administering end of course exams. They are also responsible for all classification actions.

CBPO Changes

Well, here we go again, playing musical chairs. Effective this month, myself, MSgt. Jerry Fine, and TSgt. Aurora Lee will be exchanging jobs. MSgt. Fine will take over my job as Personnel Assistant; TSgt. Lee will take his job as NCOIC Personnel Utilization; and I will be moving into her job as NCOIC Quality Force. Phone number changes will be sent out shortly. Each of us ask that you please give us some time to make this transition and bear with us as we each learn our new jobs.

PERSPECTIVE

A S T O R S'



By *Captain (Capt) Robert Nagamine*

While making my visitation rounds, someone made a remark that has remained with me ever since: "Nowadays, our heroes are those who entertain us."

This observation was disturbing, and yet it had some truth to it. It was disturbing because why should our entertainers be our heroes? But, at the same time, I could see the reality and truth to that statement. To some, our athletic stars are our heroes. Our professional football, basketball, baseball, sumo stars, etc. are paid millions. Movie stars and popular musicians are also included in this group, and many flock to be entertained by them.

But let me suggest that our real heroes are those who usually don't have high profiles. They are the people who dedicate their lives in service to others and many times don't get noticed for their very important work.

The spectacular isn't always more valuable than the ordinary. A few years ago, I saw a movie called, "Indiana Jones and the Last Crusade." In the movie, Dr. Jones and his adversaries were racing to find the cup of Jesus. They thought that the cup would guarantee immortality to its bearer(s). At the end of the movie, Dr. Jones' adversary had to select the right cup which was purposely hidden among many other cups. To pick

the right cup would mean immortality, but to pick the wrong cup would mean death. He picked the most beautiful and spectacular cup, but it was the wrong cup! The real cup was the most ordinary cup, the carpenter's cup, the servant's cup.

Our real heroes are ordinary people, not those who are spectacular. They are those who serve people, make others succeed and many times don't get recognized for their hard work.

May God's blessing be upon you, our real heroes working among us.

Interdenominational Worship Service

How about getting your Sunday UTA off to a great Start? An interdenominational worship service is held every Sunday UTA at 8:00 am in the Group Dining Room. It is open to everyone. See you there!

For the Family

These days, natural disasters are all too common, and families are taking the hit. Pray for the families in the Midwest, as they are facing more rain and more flooding. Pray for the people in Japan who have recently been hit by an earthquake. Also pray for the families who are still struggling as a result of Hurricane Iniki.

We can't forget Hurricane Iniki. It was just ten months ago since Iniki came to Hawaii with its destructive force. Many of us can't forget because we were involved in helping Kauai's recovery through Operation Garden

Sweep. Iniki made life very difficult for many families.

Unfortunately, hurricane season is here again. We need to hope and pray for the best, but at the same time make adequate preparations for it. If a hurricane comes, we'll be ready for it. If it doesn't come, we should consider ourselves fortunate.

I suggest that we make sure that our home survival kits contain all we need and are in working condition. Now is a good time to check up on our supplies so that they'll be available if needed. Last year, after the hurricane, some of our Kauai friends came to Oahu and looked for batteries because they couldn't find any on Kauai. At one of the BXs, there was a sign that stated something like: "No batteries, all sent to Kauai."

I did some reading and the following are some of the things you might consider putting in your survival kit:

- * Portable radio with batteries
- * Extra batteries
- * Flashlights, lanterns, candles and matches
- * Nonperishable food (five-day supply) that can be eaten without cooking (if for some reason, you can't cook food)
- * Hibachi with coals and lighter fuel, or camping stove with fuel or gas grill with enough propane fuel
- * Ice chests (by the way, ice was very valuable on Kauai.)
- * Clean bottles, jugs or containers to keep clean water
- * First aid supplies
- * Masking tape for your windows
- * Adequate supply of prescription drugs and other medications
- * Adequate supply of special dietary food, if needed
- * Infant supplies, if you have an infant(s)

Continued on Page 5



Hi again! Just when you thought mobility exercises and personnel processing was over when the ORI ended, we start the whole scenario all over again. But this time we deploy for real as we prepare six airplanes and process 146 people for a 30-day DACT package to Singapore. Actually, we'll be sending 73 people for two weeks, then send a second group of 73 to take care of the last two weeks of the 30 day exercise. Should be good practice for our mobility people as well as the Hickam Mobility Support team in processing this many people. Hope everyone has fun in Singapore! With all the planning and preparing for this trip, there's not much news until the deployed folks return. However... The welcome mat goes out to Amn James Lee (Avionics-ESS), Amn Rose-Marie Ader (Weapons Release), Amn Kenneth Matsumoto and Amn Douglas Ludtke (Missiles) and A1C Raymond Uyeno (Flight Line). Good to have you all with the best in the business... SrA Renee Takafuji is home anxiously awaiting the birth of her first child. Bossman CMSgt Ken Morimoto awaiting the good news, too!! Welcome back goes to Amn Thomas Davis as he recently returned from the Avionics-ESS tech school at Lowry AFB... Good luck goes to TSgt Gareth Ishida as he has decided to join some old comrades at the 203 ARS... Congrats are in order for the following promotees: TSgt's Brian Ishii, Elbert Emoto and Jay Akagi; and SSgt's Edmund Ching, Steven Wong, Wendell Reyes, Erwin Soares, Edward Essman, Charles Koga, Eric Becera, Terry Goto and Frank Zabie. Wear 'em with pride, and don't forget the promotion party happening soon... Much mahalo and aloha to everyone who participated in this year's fund-raising event which featured CAMS and F-15 milk caps (or POGS, as they are popularly known). We were able to sell enough so that the cost of this year's CAM Sq Recognition Banquet has been set at \$16 for any attendee. The unit was able to offset the basic \$26 dinner cost thanks to your support. Make sure you mark October 8 (that's Friday) on your calender as that's the date of our banquet. This year's banquet should be especially meaningful because we, as a unit, did an outstanding job during the ORI. We have much to be proud of, and we should all honor ourselves at this banquet. Well, that's it for this month!! See ya'll next month... "It's not so much

where we are that's important, but in what direction we're moving." (Oliver Wendell Holmes).....fhiga

Undergraduate Pilot Training

The 154th Group is seeking applications for undergraduate pilot training (UPT) (female/male). The next selection board will be held October 1993. The board will select primaries and alternates for the FY95 UPT classes.

By Federal law, pilots must be United States citizens. Other minimum qualifications for these positions include:

- * Education: You must have a Bachelors degree or have met the requirements to graduate with a Bachelors degree prior to meeting the board.
- * Eye sight: 20/20 or better uncorrected.
- * Test requirements: Must successfully pass the Air Force Officer Qualifying Test (AFOQT). The test should have been taken by the end of June 1993.
- * Age: Must complete the Academy of Military Science (AMS) and enter UPT prior to reaching age 27 1/2. For the October board, your birth date must be after April 1, 1968.
- * Medical: Must be administered and successfully pass a Flying Class I physical, if selected.

Applications are now being accepted. Interested applicants should contact the 154th Group recruiters at 449-5601. The mailing address is 154 GP/DPR, 360 Harbor Drive, Hickam AFB, Hawaii 96853-5517.

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.

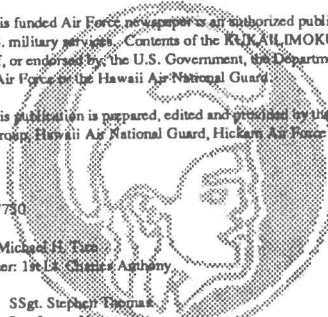
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Phone: (808) 449-7730

Commander: Col. Michael H. Tamm
Public Affairs Officer: 1st Lt. Charles Anthony

STAFF

Editor: SSgt. Stephen Thomas
Assistant Editor: Sgt. James Young
Graphics Specialist: TSgt. Wayne Pontes
TSgt. Rodney Pascua
Printer: SSgt. Angie Fleenor



Shotline

by Capt. Gayle Seifullin

Welcome to the 154th Tactical Hospital to our two newest nurses, Capt. Pam Gragg and 2nd Lt. Connie Kahalekomo.

2nd Lt. Kahalekomo comes to us from the 150th ACW and was recognized as an outstanding performer during the recent ORI.

Capt. Gragg transferred in from the Tennessee Air National Guard and is assigned as our Self Aid and Buddy Care Advisor.

HIANG State Masters Tournament

by CMSgt. Ken Morimoto

Oahu-based HIANG units will field two teams in the "Masters" HIANG State Softball Tournament. The double elimination tournament is scheduled during August 14-15 at the Waimea Canyon School Park, Waimea, Kauai. Players must be 40+ years old on August 14. Travel to Kauai will be via HIANG C-130H on a space available basis. Senior players interested in spending a weekend on the Garden Island are asked to contact team managers CMSgt. Ken Morimoto (449-1500) or MSgt. Val Wong (449-3830).

**Hawaii Air National Guard
Central Slow Pitch Tournament
July 31st - August 1st, 1993
Hickam Air Force Base, Hawaii**

Self Aid and Buddy Care

by Capt. Pamela Gragg, 154 TAC Hosp

To continue with our review of SABC principles, this month, we'll review the signs and symptoms of shock.

There are many causes of shock: a large or quick loss of blood from the body, experiencing great pain from an injury, or great emotional trauma.

A person in shock may be conscious or unconscious. What are the signs and symptoms of shock?

1. The victim will be restless and anxious.
2. A victim's pulse will be fast and weak.
3. Respiration will be shallow, labored and fast (greater than 20 per minute).
4. Skin will be cold, moist and pale or bluish.
 - a. For a dark-skinned person, check the color under the nails by pressing on the nail and quickly releasing. The color should return to normal in less than two seconds.
 - b. Also check the mucous membranes (skin inside the mouth and under the eyes) which are normally pink in a normal person. If a victim is in shock the mucous membranes will be almost white.
5. The eyes will appear "dull" with enlarged pupils (round, black, center part of eye).
6. A victim may become thirsty and nauseated and then vomit.
7. A victim also may not be able to think clearly. To check this, ask your victim a simple question like their "name", "where are you", etc.

Shock may occur immediately or may take several hours, depending on how severe the injury is. It is important to begin treatment for shock whether the symptoms are

present or not, at the same time you attempt to stop the bleeding in an injured person. By doing so, your efforts will be more effective, and may prevent the victim from going into shock.

We'll review the treatment of shock in next month's issue of the Kukailimoku.

Royal Guard...

Attention all Royal Guardsmen and all interested part-Hawaiians. We will be having our practice session today at 2:00pm on the makai side of building 3415 (Supply). Please be prompt.

Family continued from Page 3

* Adequate amount of blankets or sleeping bags, if you need to go to a shelter

* Mosquito repellent

* Pet food and supplies, if you have a pet(s)

Here are some other things to remember in your preparation. Remember to have enough gas in your vehicle(s). A few people might invest in buying a generator, but generators aren't cheap. Mosquito nets are valuable when needed. Get rid of objects outside of your home that aren't worth keeping. They would be just another problem to take care of during strong winds.

Let's hope and pray that this year there won't be a repeat of last year. But if it is, let's be better prepared.

If you want your family to give and/or receive support from other families, have your spouse or family member join a family support group.

Promotions

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

154 RMS

TSGT BENNY Q CASTRO	16 JUN 93
TSGT BRUCE S KURATA	16 JUL 93
SSGT ARTHUR C L K SING	16 JUN 93
SSGT DARREN R MORRIS	16 JUN 93

154 TAC HOSP

SSGT EDWARD T OGA	16 JUN 93
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154 CAMS

TSGT BRIAN H ISHII	16 JUN 93
TSGT ELBERT E EMOTO	16 JUN 93
TSGT JAY T AKAGI	16 JUN 93
SSGT EDMUND A CHING	16 JUN 93
SSGT STEVEN W S WONG	16 JUN 93
SSGT WENDELL K REYES	16 JUN 93
SSGT ERWIN M SOARES	16 JUN 93
SSGT EDWARD T ESSMAN	16 JUN 93
SSGT CHARLES S K KOGA	16 JUN 93
SSGT ERIC T BECERA	16 JUN 93
SSGT TERRY N H GOTO	16 JUN 93
SSGT FRANK W K ZABIE	16 JUN 93
SRA KENNETH K K GUERRERO	2 JUL 93
SRA SHANNON E KNELL	15 JUN 93
SRA FRANKIE J NOLASCO	15 JUL 93
SRA KEVIN M TAKAHASHI	15 JUN 93
SRA SHANE T WATARAI	2 JUL 93
AMN LEANNE M HEDBERG	15 JUL 93

203 ARS

TSGT ALBERT P AKI III	16 JUN 93
TSGT BENJAMIN AGOSTO	16 JUN 93
SSGT SCOTT S OKA	16 JUN 93
SSGT LEHUANANI M HEINE	16 JUN 93
SRA TIMOTHY W AMRICH	17 JUL 93

154 CES

SSGT JOADDIE A GIONSON	16 JUN 93
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Undergraduate Navigator Training

The 154th Group is seeking applications for undergraduate navigator training (UNT) (female/male). The next selection board will be held in August 1993. The board will select primaries and alternates for the FY95 UNT classes.

By Federal law, navigators must be United States citizens. Other minimum qualifications for these positions include:

- * Education: You must have a Bachelors degree or have met the requirements to graduate with a bachelors degree prior to meeting the board.

- * Eye sight: 20/20 or better uncorrected.

- * Test requirements: Must successfully pass the Air Force Officer Qualifying Test (AFOQT). The test should be taken by the end of July 1993.

- * Age: Must complete the Academy of Military Science (AMS) and enter UNT prior to reaching age 27 1/2. For the August board, your birth date must be after April 1, 1968.

- * Medical: Must be administered and successfully pass a Flying Class IA physical, if selected.

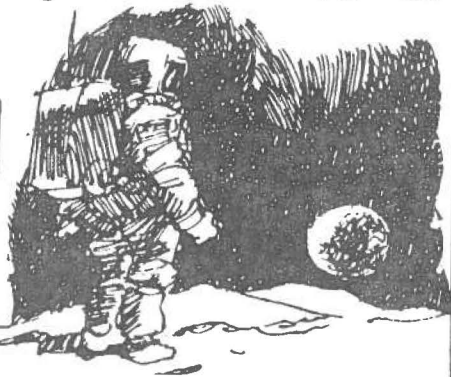
Applications are now being accepted. Interested applicants should contact the 154th Group Recruiting Office at 449-5601. The mailing address is 154 GP/DPR, 360 Harbor Drive, Hickam AFB, HI 96853-5517.

MENU

Box Lunch

'Giant Leap For Mankind'

**JULY
20TH
1969**



128 FW Celebrates 45th Anniversary

The 128th Fighter Wing is celebrating its 45th Anniversary with a get-together on Friday, October 1, 1993 at the Heritage House Restaurant in Madison, Wisconsin.

The unit is hoping to contact as many former members as possible.

Those interested in attending should contact MSgt. Ron Johnson at 128 FW/SVF, 3110 Mitchell Street, Madison, WI 53704-2591; or he can be reached by Commercial Telephone at (608) 242-4306 or DSN at 312-724-8306.

C-130 Earns its Just Desserts

by TSgt. David P. Masko, Air Force News Service

The labors of the C-130 Hercules in the past few years, in a word, are legion.

The role of the C-130 — from Desert Shield to support of humanitarian relief in Bosnia — has earned the aircraft its just dessert. The diversity and intensity of its global accomplishments warrant designation of 1993 as "The Year of the C-130", the Air Force said.

Since its introduction in the mid-1950s, the C-130 has performed the intratheater portion of the nation's airlift mission. The aircraft is capable of operating from rough, dirt strips and is the prime transport for paratropping troops and equipment into hostile areas.

Lockheed Aircraft Corp. designed the C-130 and has produced more than 50 versions of the tactical "workhorse." The various versions of the C-130, in use since 1954, serve such roles as: cargo-troop carrier, flying hospital, inflight refueling tanker for helicopters and fighter planes, special operations, aerial gunship, aerial photomapper, search and rescue, airborne command post, airborne communications center, firefighting, hurricane hunter, fog fighter and weather observer.

Furthermore, the performance capabilities of the C-130 allows it to takeoff and land on as little as 2,000 feet of dirt runway. With a maximum takeoff weight of 155,000 pounds carrying 9,680 gallons of fuel, the C-130 can transport 92 combat troops, airdrop 64 fully-equipped paratroops, or, during aeromedical evacuation, carry 74 litter patients plus two medical attendants.

The C-130, in use by 50 other countries, served as a country-builder for many nations airlifting heavy equipment into remote areas to build airports and roads, to search for oil and transport local products to market. C-130s, as demonstrated today in Bosnia, are used by the United States and UN peacekeeping forces to fly mercy flights in emergencies and to air drop and deliver food, clothing, shelter, doctors, nurses and medical supplies in, as well as moving victims out.

"The C-130 is an aircraft that's been around for a long time, and we've done, over time, evolutionary modifications to improve the reliability on the airplane," said Gen. Ronald Fogleman, commander, Air Mobility Command.

During a break from activities at Rodeo '93 — AMC's annual international air mobility competition, held this year at Little Rock June 1-6 — Fogleman told

Air Force News Service that he is simply amazed by the performance of the C-130 over the years. "It justly deserves all the recognition today with its designation as the Year of the C-130.

"I try to refer to the C-130 a little bit like the little battery operated rabbit on TV," Fogleman said. "Compared to the rest of the force, the C-130 just keeps on ticking, it never misses a lick.

"It's got a fairly high mission capability rate," he said. "But it's got a disadvantage in that it takes a fairly good size crew to do the mission, and you hate to put so many people at risk."

Overall, Fogleman said, it's an aircraft that will continue to serve the United States for a number of years.

"We've had a tremendous year, both in the United States and overseas with the C-130... and the C-130 is representative of the ops tempo we've been maintaining," he said.

Fogleman explained the idea for a Year of the C-130 had its genesis with Air Force Chief of Staff Gen. Merrill McPeak, who had a desire to recognize the C-130 force much as the tanker force was recognized after Desert Shield and Desert Storm. "He (McPeak) wanted to focus on the extraordinary job it's done, not only for the Air Force but for the nation this past year."

For instance, Fogleman said that in the relief effort for Somalia, Air Force C-130s had delivered 50 percent of all food that had been carried into the country by the end of November. "We had C-130 pilots flying into some very remote strips, doing assault landings, flying two sorties a day."

In some cases, he said, the C-130 aircrews were being shot at, bringing aircraft home with bullet holes in them.

"At the same time we were in Somalia, we had our C-130 force engaged back here in the states responding to hurricanes and typhoons."

The C-130 has shown it is the primary means of transporting humanitarian relief in Bosnia, and based on the conditions in that region, it will continue to do so, said Air Force officials.

Praise for the C-130 doesn't stop with people operating it today. Retired Brig. Gen. Tarleton Watkins told Lockheed recently that "it's a pilot's airplane if there ever was one."

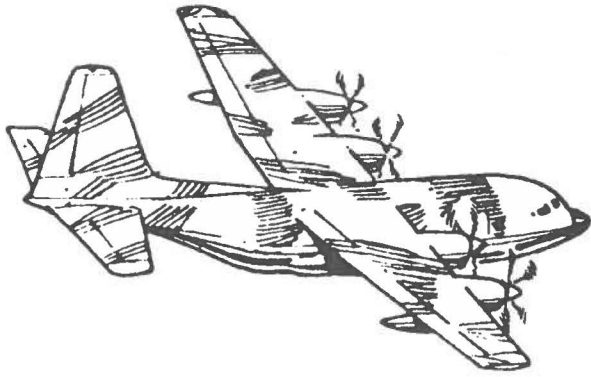
"I don't think I've ever flown an airplane I've liked better. I'd like to own one."

Watkins and other veterans of the Vietnam War also call the C-130 the most fun airplane they've ever flown.

Despite the C-130's dumpy, dolphin-like superstructure, crewmen became hopelessly enamored of it from the start, once they had taken it for a ride.

Continued on Page 8

C-130 Continued from Page 7



"I've watched 'em literally spank those C-130s into the ground in Vietnam, land 'em fully loaded in 2,000 feet, and yet they would fly away with no problem whatsoever. They can handle, as advertised, 60-foot widths with no problems, 3,000-foot runways with no problems," said Capt. Robert Bieber, Combat Control Team leader, Howard AFB, Panama.

While much of the C-130's glory is yet to be written, some say the airplane has become something more than just a plane... it's become something very personal.

HNGEA

by SSgt. Jan K. N. DeRego

HNGEA Scholarship Recipients for School Year 1993/1994

The following students were selected to receive the Hawaii National Guard Enlisted Association Annual Scholarship award for school year 1993/1994:

Ms. Tiare T Geolina - \$1,000.00 - HPU - majoring in nursing - dependent of MSgt. Maurice Geolina, 291 CCSQ, Hilo

Mr. Drake S Hirayama - \$500.00 - University of Arizona - dependent of SSgt. Frederick Hirayama, Jr., 169 ACWS

Ms. Marla J K U Sugai - \$250.00 - University of Northern Colorado - majoring in pharmacy - dependent of TSgt. Napua Sugai, 150 ACWS

Ms. Muguetta K Cruz, \$250.00 - University of Northern Colorado - majoring in early education - dependent of SSgt. Bill Daniel Cruz, 154 CAMS

Ms. Geolina's application was also forwarded to the EANGUS National Scholarship Committee for consideration. Congratulations to all recipients.

Coming up...

Christmas Trees pre-sale will start in early August.

The 22nd Annual EANGUS Conference will be held in Columbus, Ohio August 22-25, 1993.

Membership Drive ends August 31, 1993.

The 21st Annual HNGEA Conference will be held on October 16, 1993 at the Tripler Officer's Club.

The 5th Annual HNGEA/HOVA Volleyball Grass Tournament will be held November 13, 1993 in Diamond Head Crater. Proceeds to both events will benefit the Scholarship Program.

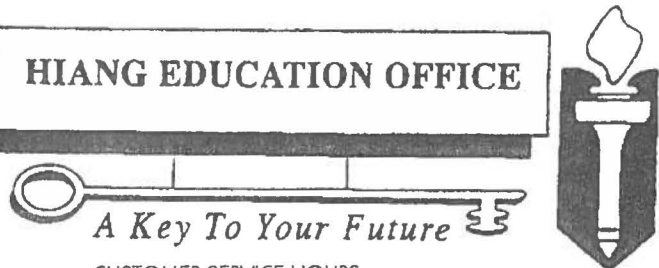
We'd like to extend our appreciation to the following members who contributed their time to assist in the membership drive:

SMSgts Del Dandurant, Don Hashimoto, William Crowell, Galen Nakahara, Stanley Leong; MSgts Al DeRego, Ed Omine, Bob Davis, Wayne Soma; TSgt Joyce Arakaki; and SSgts Donna Kim, Cynthia Rychlec, and Pamela Yashiki.

Support HNGEA... your passport to legislation and benefits.

HIANG EDUCATION OFFICE

A Key To Your Future



CUSTOMER SERVICE HOURS

Monday-Friday 7:30am - 4:00pm

UTAs 9:00am - 3:00pm

CAREER KOKUA HOURS

Monday-Friday 2:00pm - 3:00pm or by appointment

UTAs 11:30am - 12:30pm or by appointment

LOCATION

Building 3415, 2nd Floor, CBPO

PHONE: 449-7794

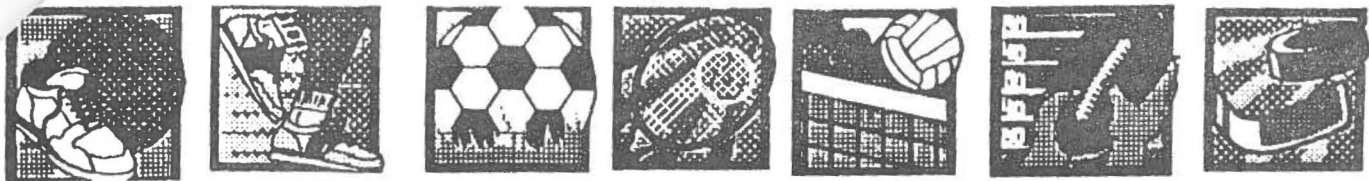
COUNSELING SKILLS WORKSHOP

A one-day counseling skills workshop is scheduled for Thursday, August 19, 1993 at the 201 CCGP auditorium. It will be conducted by Jan Marie, MSW of Creative Counseling and Consulting in Phoenix, AZ.

Time: 8:00 AM - 5:00 PM

Uniform: Light blue shirt/blouse with dark blue slacks/skirt

Supervisors are welcome to attend, but seating is limited. It will be handled on a first come/first serve basis. Please contact the Career and Education Office at 449-7794 to ensure seating.



SAFETY IN SPORTS

Courtesy of Parlay International

CHOOSING THE RIGHT SHOE FOR THE RIGHT SPORT

When most of us were children, there was only one kind of exercise shoe--the canvas-topped, rubber-soled footwear commonly known as "sneakers" (or, in some quarters, as "tennis shoes"). Our only choice regarding these shoes was whether to purchase the regular-cut or hi-top variety.

Now, however, with the fitness revolution in full-swing, our choice of exercise shoes seems limitless. How can you be sure you've chosen the right footwear for your activity? These guidelines might help.

Running Shoes

Activities where feet strike the ground forcefully for an extended period of time (such as running or jogging), require shoes with adequate cushioning for shock-absorption.

Shoes for these activities must also provide arch and heel support to prevent the foot from turning in and out. Padded heels to protect the Achilles tendon are also important.

Walking Shoes

When selecting a good walking shoe, choose one with flexible soles. Heel cushioning is important, since this is where feet strike the ground. But, because a person's foot swings through as they walk, too much cushioning in the front part of the shoe may cause a person to trip.

"Aerobic" Shoes

Like running and jogging, aerobic dance can be a high-impact activity. Aerobic shoes should have well-cushioned soles and good overall support.

Aerobic shoes also require firm, yet flexible soles for ease of movement. People with weak ankles should wear a hi-top variety for added ankle support.

15TH ANNUAL ALL HIANG GOLF TOURNAMENT

(Current or retired members of the Hawaii Air National Guard)

DATE: Monday, 9 August 1993

PLACE: Mamala Bay Golf Course, Hickam AFB, Hawaii

REGISTRATION: 0645-0745, Lower Parking Area

TIME: 0800 Shotgun Start

ENTRY FEES: Military/Retired - \$36.00

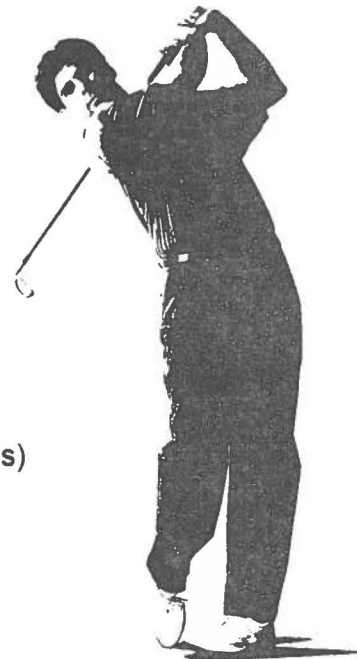
Civilian - \$55.00

(Includes: Green Fees, Cart, Awards Luncheon and prizes)

Format: Handicap Stroke Play

USGA, GHIN or Equivalent

Handicaps as of 30 June 1993



Flights: A,B,C and Calloway. A,B,and C Flights will include handicaps of 24 and below. Handicaps of 25 and above, and individuals without an established handicap will be placed in the Calloway Flight. Spacing of these flights will depend on the number of entries received.

The Awards Luncheon to follow immediately after at the 154th Operational and Training Facility.

*Deadline for receipt of entry forms & monies is: 31 July 1993. First 144 entries will be accepted. Entry forms submitted without money will not be accepted.

15th ANNUAL ALL HIANG GOLF TOURNAMENT ENTRY FORM

NAME _____ RANK _____ UNIT _____ HANDICAP _____

CLUB AFFILIATION _____

ENTRY FEES: MILITARY (\$36.00) _____ CIVILIAN (\$55.00) _____

DESIRED PAIRINGS: _____

*Make checks payable to: Peter Ching. Forward all checks to MSgt George Kawaguchi, 169ACWS/CCQT, Wheeler AAF, Hawaii 96854-5200 no later than 31 July 1993. (Note: Any cancellations after 31 July 1993 will be green fee refunds only).