

Crave



Kukailimoku

War God Of King Kamehameha I - 154 Group

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Hickam Air Force Base

September 19, 1993

Hawaii

Cope Cage Exercises

by 1st Lt. Charles Anthony



Photo by Sgt. Delmar Galicinao

F-15 piloted by Lt Col. Pete Pawling scrambles during "Cope Cage" exercise yesterday

Radar operators at the 150th ACWS and the 169th ACWS spotted aircraft entering Hawaii airspace yesterday which appeared to be "hostile." Moments later, four F-15's from the 199th Fighter Squadron were scrambled. Once airborne, the F-15's were under orders to identify the intruders and "shoot" them down if necessary. What happened was only an exercise, but the situation would have been almost identical, had it been the "real thing."

The "Cope Cage" exercise is conducted several times a year. According to Lt. Col. Pete Pawling, Air Operations Officer for the 199 FS, the exercise is to test the entire command and control functions in an air defense of Hawaii scenario.

F-15's from the 199 FS were tasked with intercepting several different types of aircraft under various scenarios. Active duty Air Force B-52's tried to penetrate Hawaii airspace on simulated bombing runs. Another scenario involved four F-15's from the 199 FS simulating carrier based Mig's. They were met in Air Combat Training by "Eagles" that had been scrambled from alert status.

Others participating in Saturday's exercises included a tanker from the 203 AREFS, a Navy P-3 "Orion" from Barbers Point NAS and the USS Leftwich, a destroyer, based at Pearl Harbor.

154 Tactical Hospital Deploys to Korea

by SSgt. Stephen L. Thomas

Forty-four members of the 154 Tac Hosp just returned on one of our tankers from Osan AB, Republic of Korea after a two week medical mobility/ deployment exercise to fulfill their annual training.

TAC Hosp personnel got together with their active duty counterparts in the 51st Medical Group to train in a full-time Air Force medical treatment facility. They were given the opportunity to receive hands on training in patient care and other ancillary services in a real world hospital environment. Our personnel were able to work in the wards, x-ray, laboratory, pharmacy, flight medicine, etc.

Ironically, they arrived just in time to participate in a base ORI exercise, which involved performing their duties in chemical warfare gear. Working 12-hour shifts, they received mass casualty and first aid training, in-flight emergency and decontamination drills, and small arms training.

Their second week involved readiness training with the 51st Med Gp, participating in staff assistance visits from PACAF and staff inservices. According to Lt. Col. Myron L. Tong, 154 Tac Hosp Executive Administrator, "We received invaluable training in an environment we'd never receive at home."

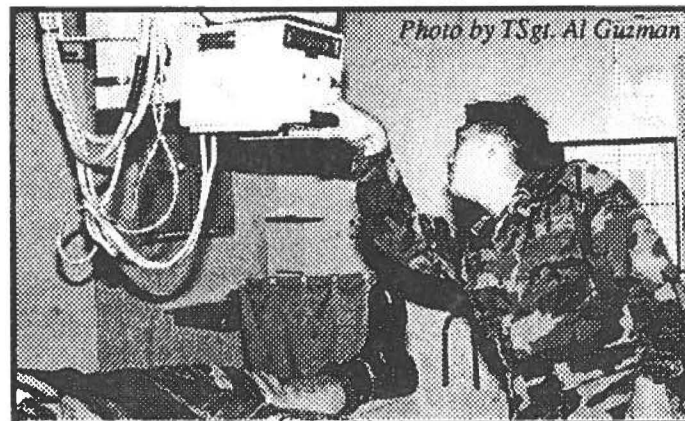


Photo by TSgt. Al Guzman

SSgt. Edward Oga from 154 Tac Hosp operates X-ray machine at Osan AB, Korea

Attention: Commissary Patrons

by Col. Melvin C. Morris
and Lt. Col. Stanley W. Kopacz, Jr.

We were recently made aware of a relatively new Hickam AFB policy regarding the limitation on the purchase of cigarettes from the Base Commissary, which includes the Min Com store. The policy, which became effective September 25, 1992, limits the sale of cigarettes at the Hickam Commissary to four cartons per day.

Any customer who frequently buys the limit on cigarettes will be asked to fill out an excessive purchase statement. This statement is then forwarded to the local Security Police or Air Force Office of Special Investigation (AFOSI) for review.

Additionally, Commissary patrons will not sell or give away Commissary purchases to individuals or groups who are not entitled to Commissary privileges. Violation of the Commander's Policy could result in the suspension or permanent revocation of Commissary privileges.

The reason for this policy is sound. A few individuals have been abusing and misusing Commissary privileges by purchasing more than four cartons of cigarettes a day from several facilities for resale on the black market.

This is not only wrong, it is illegal.

The four-carton-per-day limitation on the purchase of cigarettes is one attempt to eliminate and control the black marketing of cigarettes purchased at the Commissary. Granted, the overwhelming number of Commissary patrons are law-abiding, honest citizens. However, some have sought to abuse their Commissary privileges, not only jeopardizing themselves, but also everyone's

Commissary privileges, yours and mine.

Remember, anyone purchasing more than four cartons of cigarettes a day from any military facility, Hickam or elsewhere, may be subject to this policy if caught. Believe me, you and your car are being watched.

The consequences for violation of this policy are too severe to disregard. Suspension of Commissary privileges, reprimand, as well as outright prosecution under both Federal and State law are all possible consequences of this policy violation. In a recent case, an individual has been barred from entering the base for one year.

Play by the rules.

RECYCLE the Kukailimoku!

The staff of the Kukailimoku encourages it readers to recycle the Kukailimoku. We hope you're enjoying reading our group newspaper. We would appreciate it if you would pass it on to your friends and co-workers, or bring it home to share it with your family. We not only want the widest circulation possible, we also want to reduce waste and save paper. So, before you toss it out, pass it on! Mahalo!

Sept. 18th, 1947: the Air National Guard became a separate reserve compo- nent of the US Air Force .

HNGEA

By SSgt. Jan K.N. DeRego, Area VII Director

The 21st Annual HNGEA Conference will be held at the Tripler Army Officers Club October 16, 1993. All members and spouses are invited to attend the banquet.

The 5th Annual HNGEA/HOVA Outdoor Volleyball Tournament will be held in the Diamond Head Crater November 13, 1993.

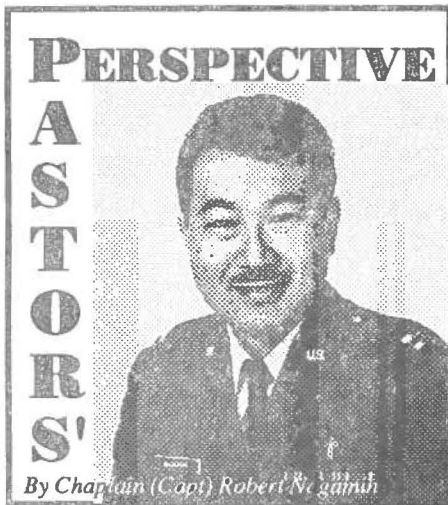
The EANGUS Area VII Caucus will be held January 15-17, 1994 (Martin Luther King) weekend. All HNGEA members are encouraged to attend this caucus. Other state associations that will be attending are: Alaska, California, Oregon, Guam, and Washington.

Recapping the EANGUS 22nd Conference, held in Columbus, Ohio: approximately 51 resolutions were reviewed; 30 were submitted to legislation revising the EANGUS/HNGEA benefits. The membership drive has closed. A future drive will begin in January 1994.

Thank you for your support. We appreciate your membership and the fight for greater benefits for the Hawaii National Guard. HNGEA, your passport to legislation.

NCOA Graduate Association Chapter 18

The NCOAGA is looking for volunteers to assist with the annual Easter Seals Golf Tournament which will be held October 8, 1993 at Hickam Golf Course. All interested personnel please contact TSgt. Lee at 449-7785 no later than October 1, 1993.



Let's always create healthy working conditions in our work areas. Here are some suggestions to promote positive working conditions...

First, strive for a free flow of constructive communication. When people feel the freedom and ease to communicate important and necessary information about assignments or projects, things will run smoothly and efficiently. If people don't talk to one another, fail to inform others of their actions, intentions or necessary information, then our work will lack effectiveness, unity and cohesion. Let's take time to see if we have constructed walls around ourselves to prevent a free flow of communication. If we have, let's break down those walls.

Second, teamwork is extremely important. The University of Hawaii's football team is a good example of this. Last year, their spread offense was a key factor in winning 11 games. This was due to their great teamwork. Although this year UH suffered a defeat against BYU at Provo, UH's offense accumulated 38 points. BYU was extremely fortunate to come away with a last second, nail-biting victory. If UH realizes its full potential and becomes a well oiled machine that fires on all of its cylinders, the team will be unstoppable.

Consider if you are a team player and whether you are helping your co-workers when their load gets overwhelming. If everyone does a little, it'll amount to a lot.

Third, avoid the philosophy, "every man for himself." It's bad news, unwise, and it'll come back to haunt those who practice it. But, it's good that most of us normally go out of our way to help others.

And fourth, always keep in mind the importance of your attitude in your work place. A famous writer and speaker, Charles Swindoll, wrote this about the importance of attitude:

"The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more

**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!**

important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It is more important than appearance, giftedness, or skill. It will make or break a company, a church, a home. The remarkable thing is we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past; we cannot change the fact that people will act in a certain way. We cannot change the inevitable. The only thing we can do is play on the one string we have, and that is our attitude..."

Where does it all start? With one person. That's you. Have the right attitude.

For the Family

Most of us either remember what the old Hawaii was like or have heard stories of it. You would leave the doors of your home or car unlocked. You would feel a lot more confident that people wouldn't just walk away with your property. It was great. One of my friends would even leave the keys to his car in his car's ignition. He wouldn't even worry about whether his car would be still waiting for him when he'd return.

This isn't the case today. Homes are burglarized. Cars are stolen and taken on "joy rides." Property and valuables always need to be secured and protected. Even churches aren't protected and safe from the hit list of criminal activity. Hawaii just isn't as safe a place to live as it was before. Thus, security of our valuables is important. We need to keep our valuables in a safe and secure place.

A safe place to store our valuables is in a safe deposit box. Most banks provide these boxes for a reasonable fee, for as low as about \$25.00 per year, but probably more like \$50.00 for the average person. The cost depends on the size of the box you desire. Your valuables will be safe and accessible. You could store valuable things or documents such as: jewelry, your will, deeds, ownership papers, contracts, birth certificates, marriage certificate, savings bonds or whatever you consider valuable enough. These things would also be protected from the destruction of fire if your home became engulfed in flames. The main reason I'm saying this is that I hope your valuables will be stored in a well designated, accessible and protected place.



September is here! September is here! Back in October 1992, we were all hoping that September would come quickly. Well, here we are, winding down after another successful year. We've certainly accomplished a lot this year, and we have much to be proud of. I guess now we'll be saying we can't wait for next year. That's in a few weeks! We've got several initiatives going on which will affect many Guard folks. The KC-135 unit and our C-130 folks are looking forward to an increase in the number of assigned aircraft to their current numbers. We are going through the reorganization process next month which will give the HIANG a new look as far as management and control is concerned. More news to follow when the information is available... For news of the Squadron... The 2nd 'Commando Sling' team came back from Singapore last month in good shape. Lots of war stories and good memories had by all who participated in the deployment. Should be fun the next time we go there... Congrats in order to SrA Arlene Palakiko on the birth of her son Matthew and also to SrA Renee Takafuji on the birth of her son in August... Congrats to SSgt. Jay Nishimura of our PMEL shop as he and wife Shanan exchanged wedding vows in July... Sgt. Channing Ching is attending the Leadership School in Fresno, CA. He should be back in a few weeks... The welcome mat goes out to SSgt. Geoffrey Stiteler (PMEL) and A1C Roger 'Rabbit' Ramos (Admin) as they've recently joined the Squadron. Geoffrey transferred from the active Army while Roger recently returned from tech school. Good to have you aboard... In the TDY department, TSgts Jimmy Williams and Byron Kim and SSgt. Lester Leung are off to Elmendorf AFB for hands on training. Going to hands on training with the Portland ANG are MSgt. Clifford Ono and TSgts. Kyle Kamikawa and Stanley Okazaki... Off to Robins AFB in Georgia are TSgts. Eric Wada and Franklin Ho. They'll be getting some hands on training for the new 'Pacer Turbo' program... Welcome back goes to SMSgt. George Padilla and MSgt. Gerry Gapol as they recently returned from Eglin AFB in Florida after attending a Weapons PIWG. MSgt. Richard Kudo also returned from Eglin AFB after getting some hands on training on PMEL equipment... CMSgt. Harold Demello, SMSgt. Roy Kuwana, MSgt. Jim Pimental and TSgt. Alan Jimeda just returned

from Langley AFB in Virginia. They were on a fact finding/crosstell mission, meeting with their counterparts to get information on how we can improve our maintenance effort with the MSIP and ALE-45 modifications... Maj. Terry Hudson, CMSgts. Tom Hirao and Melvyn Taira and yours truly will be off to Eglin AFB to accomplish the same mission as those folks that went to Langley. CMSgt. Kenneth Morimoto and MSgt. Lester Ho are off to Otis ANGB in Massachusetts to gather information on the Quality Services Division (QSD) as well as gather information on the Guard reorganization effort... The information we are gathering will certainly help us map a better future for the HIANG, in light of the DoD downsizing effort as well as the ANG reorganization plans... Maj. Terry Hudson sends his mahalos to TSgt. Richard Gabriel for updating the aircraft debrief forms as well as sprucing up the Debrief facility. The revised format certainly improves the debrief process... Many mahalos to TSgt. Gay Ross for helping the Engine Tracking office. She certainly was an asset in keeping things rolling during the year... The new Squadron Sports Coordinator is MSgt. James Pahukula of the Materiel Control section. Jim reports that the HIANG State Tennis Tournament will be held at the Schofield Barracks Tennis Complex on October 23. The event starts at 8:30am and ends at about 4:00pm. Cost is \$3.00 per player. You can sign up with Jim (449-1201) or MSgt. Bill Pimental (449-2303). Don't wait, as there are lots of talented tennis players signing up now... Much mahalo to the 150 AC&W folks for doing an outstanding job hosting the 'HING State Masters (40+) Softball Tournament' on Kauai recently. The tourney was held at the Waimea Canyon Recreation Park, with three teams from Kauai, two Air Guard, one Army Guard and one Oahu Air Guard team participating. The Cam Sq was represented well on the Oahu team. Through timely hitting, expert fielding, and outstanding all-around play, the Oahu Air Guard team lost the championship game by a single run. Not bad for these over-40 guys. The parting promise from our guys? "Wait 'til next year!" Congrats are in order for our HIANG Ohana music group as they placed third in the 'Ka Himeni Ana' Hawaiian music competition held August 13-14 at the UH's Orvis Auditorium. Our HIANG Ohana guys held their own as they competed against 10 other groups. We can be proud of Kimo Hussey, Kawika Langsi, Al Batis, William Aberilla and Paul Kim for representing us well... Tickets are now on sale for the 11th Annual CAM Sq Recognition Banquet to be held on October 8 at the Halekoa Hotel. Cost is \$16.00 per person. Seating is limited. Lots of entertainment, plenty of door prizes as well as a good time will be

Continued on page 9

203rd On the Move

by SSgt. Stephen L. Thomas

In a little more than six months since the inaugural flight of "Hokupa'a", the 203rd Air Refueling Squadron has become a unit on the move.

The 203 AREFS has performed in-flight refuelings with Guard and active duty units overseas and all over the US mainland. Their assignments have already taken them to Midway; Guam; Osan AB, Korea; Misawa AB, Japan; Kadena AB, Okinawa; Grand Forks AFB; Rickenbacker AFB; Grissom AFB, Salt Lake City, Utah, just to name a few places. Some of the members call it "dissimilar receiver training": an opportunity to train in an environment different and often unique to Hawaii.

The air crew, crew chiefs and even some of the ground support personnel are reaping the benefits of joining other units, getting acquainted, sharing their knowledge and experiences and learning how these units operate, sometimes using different models of aircraft, and encountering different circumstances in unfamiliar locations.

Last month, for example, "Hoku 07", under the command of Maj. Bill Josephson, piloted by Capt. Steve Su'a Filo and navigated by Capt. Liz Malarky along with boom operator, TSgt. Gary Mau; AF Advisor, MSgt. Harry Allen and Crew Chiefs, TSgt. Robert Mynt, TSgt. Scott Yerxa, SSgt. Arnett Akiono, SSgt. Darrin Oganeko, and SSgt. Robert Santos flew to Utah to join up with the Utah Air National Guard and members of the active duty Air Force from Ellsworth AFB for maintenance and air refueling training.

The crews have learned that almost every training mission or experience is new. The most beneficial part of the mission to Utah was not only the chance to perform cell refueling with another unit (this is where two or more tankers operate in formation), but also perform air refueling at night (another first).

"Our skills were really put to the test when we ended up refueling two B-1 bombers, at night, in the middle of two thunder storms", said Capt. Su'a Filo, pilot. "Getting lined up, and staying in position was a real challenge", he said.

With the pilot and co-pilot trying to locate and stay with the other aircraft (another tanker and two receivers), the navigator watches the weather and direction, and keeps a fix on the other aircraft, while the boom operator is in the tail, lying on his stomach, "flying" the boom. "Capt. Malarky, our navigator, and TSgt. Mau, our 'boomer', deserve a lot of the credit", said Capt. Su'a Filo. "In weather like that, you can't see the other aircraft and the navigator really runs the show." "Once the planes are hooked up, it's vanilla", he said.

The folks who fly are away from home for training for long periods of time. "The 203rd is not a stay at home unit", said Lt. Col. Walter Kaneakua, squadron commander. "They're a tough breed of people", he continued. They came from Hawaii Air and Army National Guard units; Alaska, Arizona and Wisconsin Air National Guard units; the US Air Force; the US Air Force Reserve, and our civilian community.

In addition to its state mission of protecting and supporting the residents of Hawaii in time of emergency, the 203 AREFS will also be tasked to move cargo and personnel, and provide an "air bridge" in the Pacific — Pacific Theater air-to-air refueling resources for the US

Pacific Air Forces. The tankers and crews will also be supporting US Air Force operations worldwide.

Through the foresight and vision of Major General Edward V. Richardson, the Adjutant General, the 203rd Air Refueling Squadron has become a significant part of the Air Force's restructuring to shift more mission capabilities to the Air National Guard and Reserves.

The unit currently has five "flying gas stations" in its inventory and, according to Lt. Col. Kaneakua, they expect to gain four more by the end of the year; some will be modified to become air-refuelable, themselves.

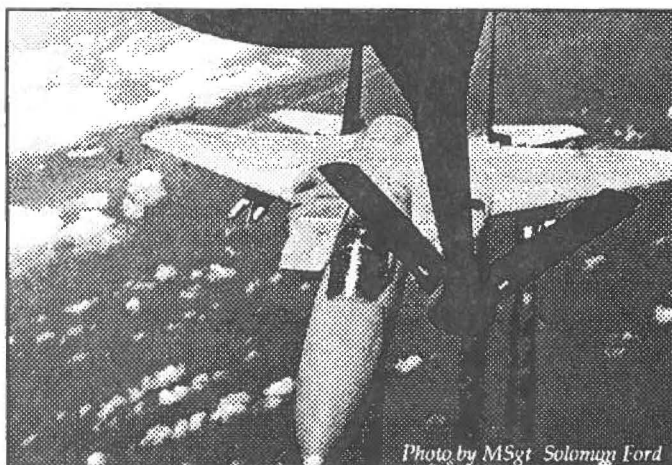


Photo by MSgt. Solomon Ford

F-15 from the 199 FS and "Boomer" aboard KC-135R from 203 AREFS getting ready to link up, September 1993

NEXT UTA
October 2 - 3

Beeline

by TSgt. Laura Masuda, Bioenvironmental Engineering Services

SAFETY & HEALTH TRAINING in the WORKPLACE

Employers must provide adequate training to personnel to ensure a safe and healthy workplace. The goal is to reduce the threat posed to human safety and health by identifying, removing or controlling the hazards.

Effective training begins "at the top". Upper management must support training efforts and understand the regulatory requirements to determine effectively what training is needed, who requires training, and what qualifications are needed for the trainers.

Specific requirements and content of training are often not well defined. Workers must be taught how to identify hazards and to avoid or control them. They must use protective equipment properly and understand its limitations. Guidelines come from standards and regulations.

Proper training should explain the rationale behind the standard or regulation. Each training at a minimum should explain the job, equipment used, and safety procedures.

The success in the training program will show in the worker's performance and attitude.

Health Note

Anyone requiring emergency medical attention during the drill weekend, please report to the Immunization Clinic, in the Hospital Annex, downstairs of building 3400.

28th Annual ANG Softball Tournament

by CMSgt. Cornwal S. Matsusaka

Seventeen Hawaii Air National Guard members had the privilege and honor to take part in ANG national tournament August 18-21, 1993 in Boise, Idaho.

Some 126 teams throughout the nation converged on Boise, Idaho to participate in the annual ANG tournament. The HIANG team survived the first day's double elimination tournament; however, were eventually eliminated the next day with two consecu-

What's Happening?

The Kukailimoku is looking for public affairs representatives from units of the 154th Group who are not now represented.

Have you ever noticed that news from some units in the group is covered each month in the Kukailimoku? That's because those units have a public affairs representative that regularly reports to us about what they're doing. Your unit could be in there, too. If you feel that the performance of your personnel or the activities of your particular squadron is not getting the publicity it deserves, maybe it needs a public affairs representative.

Being a public affairs representative for your unit would mean having to take a little extra time out to gather some news or document what's going on. And, that doesn't mean that one person has to cover all the activities of a squadron; one person in each shop could act as a spokesperson, and he or she could pass on any news of a shop or section to the squadron public affairs representative, who could in turn compile all the news of the squadron for the past month and give it to us.

The staff here at the Kukailimoku encourages you to get involved with your paper and provide us with input on what's happening in your section. Obviously, your unit is accomplishing things that a lot of us maybe aren't aware of and probably should be. Why not tell us about it? Why not volunteer or find someone willing to be a section's public affairs representative. Drop by the 154 GP/PAO or call SSgt. Steve Thomas at 449-7750 on drill weekends, and talk story. Remember, the Kukailimoku is here for you. It's your newspaper. If your unit has news to report, we're here to report it.

tive losses to Texas and Kansas. The tournament host, 124 FG, Gowen Air Field, ran a well organized tournament. Free time was spent sight seeing, golfing, shopping, and riding the rapids on rubber rafts.

Mahalo to Maj. Gen. Edward V. Richardson, unit commanders and the 203rd AREFS for the support rendered and the courtesies extended to the team. In addition, much mahalo to our Project Chairman, MSgt. Wayne Soma, for his coordinating efforts in satisfying hotel accommodations, car rentals, in-flight meals, team uniforms and entrance fee requirements. The team was managed by MSgt. Ron Javier, 150 ACWS.

1993 Combined Federal Campaign

by Maj. Ron Han, HING CFC Project Officer

The 1993 Combined Federal Campaign officially begins October 1, 1993 and runs through the end of the month.

Established in 1961 to provide a single, unified annual campaign for federal civilian employees and the military, CFC is the largest employee charity drive in the world.

Donors can select from more than 1,000 national, international and local health and human care agencies. These agencies provide assistance to helpless and homeless children, the handicapped, disaster victims, youth service groups, disease research and treatment agencies, battered spouses, alcoholic counseling centers and many more.

Agencies participating in the campaign are listed in the CFC donor brochure which will be distributed to all military and federal employees by key workers in their organizations. This year, Traditional Guardsmen (drill status) will also be encouraged to give. The campaign brochure includes information on the agencies' activities, the amount of income spent on administration and fund-raising, and a phone number contributors can call for more information.

Contributors can choose the groups they wish to support from this list, or they can specify that their contributions be divided among all participating organizations. Write-in organizations will not be permitted, as that would dramatically increase the cost of administering the campaign.

Contributors can donate with cash, check or, the most popular way, through payroll deduction. This method is the most painless since only a small amount is deducted each pay period and is rarely missed from the individual's paycheck. Traditional Guardsman are asked to donate by cash or check.

The campaign will run until the end of the month of October, but donors are asked to make their contributions early to ensure that this year's goal of more than \$107,000 is reached for the Hawaii National Guard. For more information or to contribute, please contact your unit's key worker or these individuals: CMSgt. Richard DeVeas (HIANG CFC Project Officer) at 449-1518 or Maj. Han, SMSgt. Iga, MSgt. Iwase, or Ms Sylvian Goodspeed (CFC Coordinators) at 449-6834/7918/7916.

Decentralization of Administrative Orders

Taken Partly From NGB/CF All States Log Number P93-0079

Submitted by TSgt. David McCulloch

The Air Force has directed field activities to decentralize publishing and management of administrative orders. The Air National Guard will implement this initiative by October 1, 1993.

Headquarters, 154th Group Information Management will no longer publish orders for the base. Unit and/or functions will publish and distribute their own orders. For example, units will publish and distribute all orders that they initiate; the CBPO will publish and distribute discharge, promotion, and reenlistment orders, etc. In addition, each publishing activity will establish and maintain their own set of orders series and logs. Records management personnel at each decentralized location will maintain master copies (Record Sets) of administrative orders in accordance with AFR 4-20V2.

The Air Force plans to reduce AFR 10-7, Administrative Orders, to only very general orders guidance. Function OPR guidance will be removed from AFR 10-7 and incorporated in functional OPR instructions by September 30, 1993. This date may slip depending on how the Air Force-wide publication rewrite process is going. ANG Instruction 37-101, July 9, 1993, replaces Chapter 6 of AFR 10-7, and is to be used along with the remaining chapters of AFR 10-7.

Orders management will be transferred to the appropriate functional OPRs. Functional OPRs will answer questions relating to their orders. During the transition there will be some unavoidable overlap between HQ 154 GP/IM and the functional OPR; however, the functional OPR guidance will take precedence. The expected role of HQ 154 GP/IM during the transitional period will be one of trainer and consultant.

Business and Industry Day

On August 31, 1993, a contingent of NCOAGA members along with business and industry community leaders headed to McGhee Tyson ANGB, TN, to attend the Business and Industry Day. This event is held every year at McGhee Tyson, with Chapter 18 participating every three years. All training and education objectives were met. The contingent returned on September 2, 1993.

Legal Line

by Lt. Col. Stanley W. Kpacz, Jr.

Deployment Forecast

According to Julie Bird, staff writer for the Air Force Times, "All indications are that Air Force members will be deploying more, not less, in the future." (Air Force Times, August 23, 1993)

What about us with the Pacific Air Forces? Are we subject to more deployments than before? The answer is: although Pacific Air Forces deployment rates have been lower than other commands because the Pacific Theater has been relatively quiet, that may change as command is asked to support operations elsewhere. Why? Because, overseas, as the number of units shrink, deployments are increasing. In essence, because of the drawdown, fewer squadrons are left to deploy. Additionally, F-15C Eagle units can expect to be tasked for longer term deployments as needed.

Thus, the wave of the future is more deployments rather than less. Therefore, with this in mind there is no excuse for not being prepared for short notice deployments.

From the legal standpoint, to be ready for deployment you need to **PLAN AHEAD** now, not when the "Balloon" goes up. You should be asking yourself these questions now:

- Do I need a will? Do I have a will that is up to date?
- Do I need a power of attorney? If so, what kind, general, medical?
- Is my emergency data card, including insurance, up to date?
- Where are my important papers and documents kept?
- Is my military pay being deposited to my account?
- Will someone watch and care for my home or apartment?
- Does my employer know my status and that I am subject to deployment?
- Do my family members have ID cards?
- Who will pay my bills while I am deployed?
- Do I have any pressing legal or business concerns to take care of before I deploy?

For further deployment tips, see the article entitled "Heading Out" in the Air Force Times, August 23, 1993.

If you need help or an explanation of what deployment means to you, please stop by and see us at the office of the Staff Judge Advocate, second floor, Bldg. #3400, or call 449-7729 for assistance.

Promotions

Hats off to the following individuals who were promoted/appointed to the ranks shown for the months of August/September 1993.

154 RMS

AMN JAMES T. DOLAN

154 CAMS

SRA RAM R. KOBASHIGAWA

SRA DONNY L. REMINGTON

SRA JAMES M. NAKAGAWA

A1C ANTHONY W. WOLLEAT

A1C GLENN G. MIRAM

A1C TRAVIS K. OKAZAKI

A1C NELSON S. ISHIKAWA

AMN SHANNON P. CALDONETTI

AMN KENT L. SEO

169 ACWS

A1C TY G. HAMILTON

203 ARS

SRA KENNETH E. MIIKE

A1C KALVIN K. KAAKIMAKA

AMN QILIVOTE SMITH III



TSgt. Anthony Fortney from the 203AREFS during water survival training, September 10th

Photo by TSgt. Wayne Pontes

Office Safety

Safety Directorate, Hq ATC, Randolph AFB, TX

HAZARDS LURK IN THE OFFICE

An office seems to be a relatively safe place to work compared to a construction site or farm. But dozens of people are killed and thousands suffer disabling injuries each year in office accidents.

Here are office-safety suggestions:

- *Use a slip-resistant carpet or floor finish.
- *Keep objects that are trip hazards out of the way. Always close desk and file cabinet drawers after use. Keep power cords for office machines, radio, coffee-maker, fan, heater out of the way of traffic.
- *Open and close office access doors slowly. Post a sign to remind workers to go through doors cautiously — someone may be coming the other way.
- *Wipe up spills and pick up dropped objects immediately.
- *File down sharp corners and edges on metal office furniture to avoid cuts.
- *Secure file cabinets so they can't tip forward when loaded drawers are extended. Also secure book cases and shelves.
- *Use a sturdy step stool or ladder to reach high shelves. Don't climb on the desk, chairs or a wheeled stool.
- *Get help to move heavy furniture, equipment and cartons of supplies.
- *Repair or replace faulty electrical office equipment, cords and appliances. Make sure outlets are properly grounded.
- *Take extra care when you use cutter blades, staplers, scissors and rubber bands.
- *It is unsafe to tilt a chair back — it can break, tip over or roll out from underneath you.
- *If you smoke, have ample ash trays. Make sure there are no live cigarette butts when you empty them into a waste container.
- *Pour hot beverages with care. Use a sturdy mug. Place the coffee-maker or water heater where it won't be accidentally touched or tipped over.
- *Maintain fire extinguishers and smoke detectors. Develop a fire-evacuation plan. Conduct fire drills periodically.
- *Use sufficient lighting to see your work properly and to see your way around the office.
- *Don't stack papers, books and materials so they create a potential landslide.
- *Handle paper with care to avoid paper cuts. Keep a box of adhesive bandages handy just in case.
- *Keep flammable or combustible materials away from heaters or other heat sources. Don't obstruct ventilation of office equipment.

*Make sure your sitting position is comfortable for long hours at a typewriter or computer. Adjust screen brightness to suit your eyes and minimize glare. Take frequent breaks to walk around and stretch your muscles.

*When you leave the office, check that electrical office equipment, heater, fan, coffee-maker are turned off. The equipment will last longer and you'll reduce the risk of fire.

CPR Hawaii

The Hawaii Air National Guard will be participating in the 3rd annual statewide CPR training program. The purpose of this training is to teach the citizen of Hawaii the potentially lifesaving skills of CPR.

The following is information on this activity:

Date: October 31, 1993 Time: 8:00 a.m - 4:30 p.m.

Places: 22nd Avenue Armory, Kaneohe Armory, McKinley High School, Mililani High School, St. Francis West

If you would like to volunteer to teach or help in support of activities, please contact Lt. Col. Judy Fadrowsky (H) 377-5382 (recorder). You may volunteer for a 4-hour or 8-hour shift.

Encourage your family to take advantage of this opportunity to learn CPR!

CAMS, Continued from page 4

had if you attend. See your workcenter supervisor for ticket information. Retirees can call TSgt. Yvette Miraflor (449-2709) for your tickets... And don't forget the HIANG Awards Banquet on November 20 at the Campbell Estates on the Leeward coast. Make plans to attend as it should be a good one... Before I end this article, I'd like to extend my heartfelt aloha and mahalo to the CAM Sq Kukailimoku reporters: TSgt. Yvette Miraflor, MSgts. Lester Ho, Wayne Okabe and Jim Pahukula, Maj. Terry Hudson, CMSgts. Harold DeMello, Mel Taira, Tom Hirao, Ken Camara, Ken Morimoto, SMSgts. Rex Koga, Ron Muronaga, Roy Kuwana, Reggie Chun, Gerald Chun, Doug Abe and Larry DeRego for coming up with news items every month. Without their help, my job would be much harder. I'm looking forward to working with you all again next year... Well, that's all for now folks, so til next month (year)... "You are not a mere passenger on the train of life; you are the engineer." (author unknown)... fhiga

Family, Continued from page 3

I hope that the above information will help you plan wisely because I know that you care about your family. If you want more information that will help your family and other families, have your spouse or family member join a family support group. To do this, contact your unit.

Social Actions

by 2Lt. Rachel Sylvia

Sexual Harassment

A telephone poll was conducted in February 1993 by the Public Policy Research Institute of Texas A&M University on 1,025 adults living in Texas, 57 percent of whom were women. All survey respondents were asked if they have ever been in a work-related situation that made them feel sexually embarrassed, sexually intimidated, or uncomfortably pursued.

Some of the findings in the survey included the following:

*33 percent of the women surveyed stated they had been in a work-related situation that they felt sexually embarrassed, sexually intimidated or uncomfortably pursued versus nine percent for men.

*One fourth of the women surveyed who were sexually harassed changed jobs and 28 percent said they wanted to change jobs but couldn't.

*When women confronted the object of harassment directly, the problem was resolved about 75 percent of the time.

*Single and divorced women were favorite targets of unwanted sexual advancement.

Parents Take Action

by Capt. Jim Peterson

The following are actions parents can take to combat gang influence in the home:

Be Convinced You Can Make a Difference.

Be a role model.

Foster mutual respect between you and your children.

Communicate.

Provide positive parental direction.

Give clear and consistent messages that are anti-gang.

Listen to your children.

Tell them you love them and care about them.

Be a Parent.

Set fair limits and consequences — apply them consistently.

Develop anti-gang and anti-drug attitudes at home.

Don't allow gang-related items or clothing.

Establish honest communication and discipline. Let them

know you mean what you say — they will respect you.

Don't allow your children to stay out at night or be unsupervised.

Get involved.

Know your child's friends and parents.

Participate as a family in church and community service activities.

Encourage involvement in school, sports, clubs, and special events.

Enjoy recreation with your kids.

MENU

Dining Hall Hours

10:30 - 12:30 / 16:30 - 17:30

Price: \$1.90

Beef Stew

Shoyu Chicken

Rice

Broccoli & Corn

Cake

Snack Bar

Teri Burgers/Chili Dogs

Salad Bar

FULL-TIME EMPLOYMENT

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, Room 210, Monday-Friday.

JVA NO.	POSITION TITLE	CLOSING		LOCATION
		GRADE	DATE	
FY93-118	TELECOMMUNICATIONS SPECIALIST	GS-7/9	14 OCT 93	KAUAI (ACS)
FY93-117	DETACHMENT COMMANDER (OFFICER)	GS-12	13 OCT 93	KAUAI (150)
FY93-116	ACFT SURVIVAL FLT EQUIP RPR	WG-09	08 OCT 93	HICKAM (FS)
FY93-115	SPVRY MIL PRSNL SPECL (OFF)	GS-11	08 OCT 93	HON (HARNG)
FY93-114	SHEET METAL MECH (ACFT) FRMN	WS-07	21 SEP 93	HICKAM (CAMS)
FY93-113	ACFT PNEUDRAULIC SYS MECH	WG-10	01 OCT 93	HICKAM (CAMS)
FY93-112	AUTOMOTIVE MECHANIC	WG-10	30 SEP 93	WHEELER (169)
FY93-111	AIR TRAFFIC ASSISTANT	GS-08	28 SEP 93	WHEELER (169)
FY93-110	SECRETARY (OFFICE AUTOMATION)	GS-05	24 SEP 93	HICKAM (RMS)
FY93-109	MIL PAY TECHN (COMPETITIVE)	GS-05	24 SEP 93	HON (USPFO)

292 CCS Captures 1993 HING State Open Softball Tournament

by CMSgt. Cornwall S. Matsusaka

After twenty-four games, the double elimination Hawaii National Guard State Softball Tournament finally came to a successful end on August 15, 1993.

The 292 CCS captured the 1993 State Open Softball Championship with a 6-1 record. This constitutes the fifth straight year in which an Air Guard team brought home the State HING Softball Crown to the HIANG.

The highly competitive 12-team Open Division saw Army and Air teams battle it out for two grueling days at the Earhart Softball Complex, Hickam AFB. Unit, branch of service, not to mention, island pride was evident throughout tournament play. Traditionally, the annual Army/Air State Softball Tournaments create great interest, enthusiasm, and excitement. These tournaments at the state level provide for keen competition and inter-service rivalry... yet, at the same time enhance that camaraderie among Guard and family members.

The top four tournament finishers were:
 292 Combat Comms Squadron, Maui
 487 Field Artillery, Ft Ruger
 193 Aviation Battalion, Wheeler AAF
 169 ACW Squadron, Wheeler AAF

The 1993 HING Open State Softball Championship 292 CCS team members are: Marino Quitazol (Mgr), Roy Aita, Anthony Badayos, Marcus Badley, Ben Corpuz Jr., Ben Corpuz Sr., Fred Corpuz, Roddy Dumlao, Derick Higa, Aaron Kawamoto, Jolyn Luna, Calvin Mateo, Ron Mendoza, Tommy Meyer, Curtis Newton, Edward Omine, Vaughn Razo, Ernest Sanchez, Ediann Sanchez, Paul Silva, and Perry Tuttle.

The HING Open Division was chaired by MSgt. Larry Kauleinamoku, Headquarters, 154th Group.

In addition to the HING "Open" Tournament, a four-team HING State "Masters" double elimination tournament was held at the Waimea Canyon Recreation Park, Kauai, on August 14, 1993. The 150 ACW Squadron, Kokee AFS, team captured the 1993 HING Masters State Tournament. All senior participants enjoyed the game of baseball, the after tournament party, and most of all, that Garden Island hospitality. The Masters Tournament was chaired by MSgt. Ron Javier, 150 ACWS, Kokee AFS.

Mahalo to MSgt. Kauleinamoku and MSgt. Javier, and committee members, for their efforts in organizing these HING sport events. In addition, mahalo to Maj. Gen. Edward V. Richardson and Lt. Col. Melvin Matsui, HING Special Service Board President, for their financial and moral support.

HING Golf Tournament

by Capt. Peter Ching

The 15th Annual All HING Gold Tournament was held on August 9, 1993. One hundred fifty-six golfers gathered at the Mamalea Bay Golf Course at Hickam AFB for a day of F & F (fun and frustration). After five and a half hours, one golfer emerged as winner of the coveted perpetual trophy for the lowest net score. Eight birdies and ten holes later, SSgt. Robert Onekea posted a gross score of 68 for a net 60.

The delicious luncheon following the tournament was enjoyed by all. Many door prizes were awarded throughout the program. The grand prize winner of a trip for two to the west coast was 1Lt. David Dyas. The prize was donated by Continental Airlines.

Col. David Rodrigues, Commander HIANG, thanked everyone for participating and acknowledged the tournament committee for a job well done.

The tournament committee would, also, like to thank everyone for making this a successful tournament and especially all the volunteers who helped.

See you at the 16th Annual All HIANG Tournament.

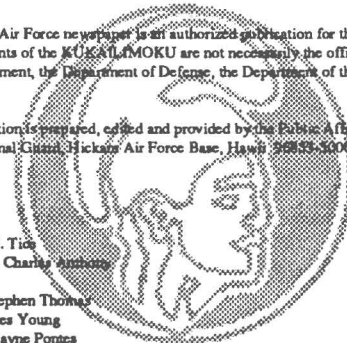
KUKAILIMOKU

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1993 Hawaii National Guard Golf Tournament



Monday, 4 October 1993

Kaneohe MCAS Klipper Course

Three Person Teams - Modified Scramble

0630 - Registration

0730 - Shotgun Start

Awards & Refreshments to follow
in the Club House

Open to all current Hawaii National Guard members, advisors and Guard retirees.
The tournament committee will form threesomes if individual entries are received.

Maximum handicaps: Male - 30; Female - 36 Minimum team handicap is 50
Team handicap to be 10% of combined/total team handicap

Entry fees:	E-5 and below:	\$28.00	O-4 and above:	\$33.00
	E-6 to O-3:	\$32.00	Civilians:	\$50.00

Make checks payable to: *Richard Hastings* and forward with this form to:
154th Group/DCS, 360 Harbor Drive, Hickam AFB, HI 96853-5517

DEADLINE FOR REGISTRATION IS 29 SEPTEMBER 1993



Rank/Name:

Handicap: Day Phone:

Rank/Name:

Handicap: Day Phone:

Rank/Name:

Handicap: Day Phone:

The tournament committee will form threesomes if individual entries are received.

THE TOURNAMENT COMMITTEE WILL NOT PROCESS ENTRIES SUBMITTED WITHOUT FEES.