

(PWA)

K u k a ' i l i m o k u

War God of King Kamehameha 1 - 154th Wing

Vol. 43 No. 11

Hickam Air Force Base, Hawaii

November 1, 1997

Shot Line



by Dr. Richard E Ando, Jr., Chief of Staff,
154th Medical Squadron

Mass influenza immunizations will be performed at the Consolidated Support Facility (Bldg. #3417) in the courtyard from 0900 - 1400 hours today and tomorrow, and during the December Saturday/Sunday UTAs from 0900 - 1400. This may result in congestion and delays in medical services during these times, so we are requesting units to help by sending small groups throughout these times, rather than all at one time. Influenza immunization is a mobility requirement for maintaining world wide duty status.

All HIANG members must bring their yellow shot record (PHS 731) for review and documentation of immunizations. Those members who have received their shots from other health providers need to bring to the 154 MDS Immunization Section their yellow shot record or a signed note by their health provider (with your name, shot given, date given, manufacturer, vaccine lot number) for review and documentation.

Individual administration of the influenza vaccine will continue next year during the regular 154 MDS Immunization Clinic hours during the Sunday UTAs (January - March 1998). But the most effective time to receive the influenza vaccine is during the October - December time frame.

Mass DNA testing has been canceled. Individual DNA testing will be performed at the 154 MDS for those undergoing routine

PEs or deploying out-of-state (please call to schedule deployment DNA testing) during Sunday UTAs. All HIANG members must be tested by 31 December 1999 or prior to deployments. DNA testing will be used only for casualty identification purposes, not for any other reason.

Retention

There are many factors which influence our members to stay in the Air National Guard. Some tangible reasons are: pay, retirement, training, education, and the numerous benefits and privileges that play an important part. Surveys, interviews and questionnaires, however, show that there is much more...

Intangible factors, such as job satisfaction, challenging work, family involvement, patriotism, teamwork, etc., are strong motivators to remain in the Guard. Retention is not and has never been just a dollar issue. Although compensation is important in retention, decisions are based on much more than money.

Here lies a challenge for all HIANG leaders. Our words and actions can influence our people's decisions. Take the time to find and bring out the strengths and positive traits in people. Our positive leadership, integrity, and genuine concern for their welfare will influence their decisions to remain in the HIANG. We, the HIANG leaders, are the key motivators in the continuing efforts to retain quality men and women in the Hawaii Air National Guard. You are challenged to commit to this effort and make a difference in the retention arena within your section, unit and the organization.

Legal Line

by Maj. James T Itamura,
Staff Judge Advocate, 154th Wing

Travel Voucher Horror Stories

Temptation. It did Adam and Eve in, and in the area of fraudulent travel vouchers, it still periodically brings down otherwise decent people.

The following are true stories from the travel voucher "Hall of Shame". Read ye and take heed, lest thou fallest into temptation and be smitten likewise! So sayeth the JAG!

1. A member, with authority, took her privately-owned vehicle (POV) on TDY. After being released from duty at 1200 hours on the last day of the tour, she did not go directly home (which would have taken her a full three hours). Instead she made two stops to visit friends. These stops were clear deviations from the most direct route. She arrived home a day later than allowed for on her orders. While she did not make a claim for the extra mileage, her voucher claimed an extra day's pay and per diem. Her "error" was caught. Because she did not claim extra mileage for her detours on the way home, her commander allowed her to re-accomplish the voucher without the request for reimbursement and chose not to process her for discharge. Her lapse in judgment was however reflected in her next OPR. This OPR happened to be the final one before she met her second ROPA promotion board to O-5. She was passed over and had to retire.

2. A member rented a car at the airport of the TDY station. He was not authorized a rental car so he paid for it himself. No problem. He used the car during the TDY and, of course, drove himself back to the airport at the end of the TDY. Several people in his unit knew this. The problem arose, however, when he submitted two commercial cab receipts (\$15 each) for travel from the airport to the TDY station and back. He was an

officer. He would have gotten away with it except a unit member who did not like him and also knew about the rental car, saw the cab receipts and turned him in. He chose to resign instead of going through a discharge. He had 19 good years of total service at the time of his discharge.

3. An O-5 member was driven to the airport in a POV. Instead of properly claiming mileage, which would have resulted in a \$22 reimbursement, he submitted a receipt from a limousine company for \$70. Interestingly, he might have gotten away with it, except that that limo service (which only had one car) had actually driven another unit member to another airport on the same date and at a time, which would have made it impossible to have also driven our friend to his airport when he claimed it did. The O-5, who, by the way, was awaiting federal recognition to O-6, was discharged in disgrace. But that's not all: based on the same facts, he was also convicted of a felony in federal court. There's more: the state where this person lived has laws which call for the revocation of professional licenses upon a felony conviction. He was a school principal. He was fired two months after his discharge. He was two months short of vesting his civilian pension.

You notice how little, monetarily, all our subjects sold themselves down the river for? He that hath ears, let him hear!

Next UTAs

Dec. 6th & 7th

-and-

Jan. 10th & 11th

Chaplain's Corner

by Maj., Robert Nagamine, Chaplain, 154th Wing

Many years ago, I heard an interesting story about a man who was misjudged. As my memory permits, let me recount the story to you.

Sometime ago, there was a nice, respectable family man who lived in New York City. Everyday he would travel to and from work on the subway. Just before Thanksgiving, he and his coworkers decided to have a contest on who could make the best looking turkey. Each person would bring his/her turkey to work on the day before Thanksgiving. After the contest, there would be a turkey exchange. Everyone would take another person's turkey home and later let everyone know how good the turkey tasted.

At the end of the contest day, some of his coworkers decided to play a joke on him. Just before he had left work, while he wasn't looking, they switched the real turkey he had in his bag with a fake turkey. The turkey looked real on the outside. On the inside, however, it was filled with useless fillers to add weight to the turkey to make it seem authentic.

As he left work, he didn't notice anything peculiar with the turkey he was carrying home. It looked and felt okay.

So off he went, on his way home with his fake turkey ready to celebrate Thanksgiving. While on the subway heading home, he could just imagine himself sinking his teeth into the delicious turkey. He and his family would have such a wonderful Thanksgiving celebration! With a smile on his face and a big turkey on his lap, he was on his way home!

After a few minutes had passed by, a man got on the subway and sat down right next to him. He noticed how sad and poor this man looked. After awhile, he started a conversation with this man. He found out that the poor man was depressed because there wasn't going to be a Thanksgiving dinner for his family this year. Money was running very low and there simply wasn't enough funds for a thanksgiving meal.

Before leaving the subway, he decided to give his turkey to the poor man. He thought to

himself that he and his family could probably find something else to eat this Thanksgiving. As he left, the poor man looked really happy because now he had a solution to his problem and a surprise for his family.

Upon arriving home, he received a phone call from his coworkers asking him, "Did the fake turkey taste good?!" Following the call, the only thing he could think of was the poor man he met on the subway. What a nasty surprise it would be for that poor man and his family.

For the next several days, he took a real turkey on the subway hoping to find the poor man. However, with no success, he eventually gave up. He said to himself, "Only God knows the truth."

Meanwhile, not knowing the truth, the poor man and his family misjudged the nice man. They thought that he was such a mean, insincere and hateful person.

Let's be reminded that sometimes we also may misjudge people. May God help us not be too quick to judge others.

Let's also remember to count our blessings this month as we celebrate Thanksgiving!

-Worship Services-

Protestant Service

0745-0815, Sunday UTAs
Wing Dining Facility

All Welcome To Attend

Catholic Services (across base)

-Saturdays, 1700, Nelles Chapel
-Sundays, 0715, Nelles Chapel
-Sundays, 1015, Chapel Center

Jewish Service (Pearl Harbor)

-Fridays, 1930, Aloha Jewish Chapel
Makalapa Road

Social Actions

by SSgt. Daniel Izon, Social Actions, 154th Wing

The Hawaii Air National Guard Equal Opportunity and Treatment and Human Relations Education program (EOT/HRE) is designed to ensure equal opportunity in support of mission readiness for all HIANG personnel.

Full development and utilization of our people and the presence of harmonious relations are essential elements to maintaining readiness. When there are shortcomings in either of these areas, the ability to accomplish the mission is diminished. The purpose of the EOT/HRE program is to support mission readiness by ensuring that all individuals receive equal consideration and treatment based on merit, achievement and ability. The program strives to eliminate arbitrary personal and institutional discrimination based on race, color, religion, age, national origin, gender, and ethnic group.

There is a need for a positive human relations climate. An obvious benefit is the effect of a positive working environment on productivity. **Air Force members who enjoy coming to work, who are relaxed instead of defensive or stressed in their work setting, are going to do a better job. People who feel valued and competent are going to be happier and perform better for their units. They're going to commit to the organizational goals, and do their best for the team.** In that sense, diversity is a readiness issue.

We owe it to the American people to do the very best that we can to use the strengths of all our people.

To achieve the positive human relations climate, your Social Action staff endeavors to ensure harmonious relations among HIANG personnel by promoting open communication, cross-cultural awareness, understanding and respect. To meet these

goals, Social Actions provides EOT/HRE presentations, works to identify human relations factors within the organization and social climate that detract from harmonious relations, and seeks to assist commanders in preventing, eliminating and/or neutralizing them.

If you have any questions or concerns, please call our office at 449-8000 or 449-2782.

Your Social Actions staff are:

Maj. Gayle Seifullin

1st Lt. Mark Ishiki

SSgt. Daniel Izon

The Family Support Program

Goals of the Family Support Program

- * Establish a level of awareness among leaders, service members, and family members that encourages service member retention and improves readiness.
- * Emphasize the importance of the family and support family member participation in unit activities.
- * Assure Family Member ID cards, Commissary Privilege cards, and Family Handbooks are issued to family members, and yearly information briefings are conducted.
- * Educate families about the existence and nature of benefits and entitlements both in their current status and upon mobilization.
- * Link service members and families with available and appropriate resources.

→ D-e-a-d-l-i-n-e

The deadline for the December edition of the Kuka'ilimoku is Friday, November 28th.

(Plan ahead... consider submitting your article before the deadline, like the drill before, for next drill's edition.)

BEE Line

by MSgt. Laura Masuda, Bioenviron. Eng. Svcs.

Chemically Exposed Workers at the Jobsite (continued)

Workers could be overly exposed to industrial chemicals during an incident, such as a hazardous spill. Knowing something about these chemicals provides knowledge in first aid, establishes greater respect when using these chemicals, and to handle them safely.

Organophosphate Pesticides

Among the most commonly used insecticides are the organophosphate group, which includes parathion, malathion, diazinon, chlorfenvinphos, fenitrothion, dimethoate, and monocrotophos. As a result of their widespread use, these hazardous chemicals are frequently involved in unplanned toxic releases.

At room temperature, parathion is a combustible liquid that may be difficult to ignite. In commercial products it is customarily dissolved in hydrocarbon solvents, such as xylene or toluene, which are flammable. Parathion may be absorbed through the skin, ingested, or inhaled. It is primarily toxic to the central nervous system and may cause irritability, giddiness and fatigue with minor exposure; convulsions, loss of consciousness, and death with higher exposures and absorption.

Two antidotes (atropine and pralidoxime) may be administered to reverse the toxic effects of organophosphate insecticides (sounds like nerve gas!!). Patients who develop signs and symptoms of parathion poisoning should be hospitalized and closely observed since skin absorption may cause delayed or recurrent symptoms. Contaminated clothing and leather items (e.g., shoes, wallets, and belts) should be removed.

Next month: **Methylene Chloride**

Chapter 18 News

By TSgt. Craig Makiya, Chapter 18, NCOAGA

A big mahalo goes out to the many volunteers who helped out Easter Seals during the month of October. We had 28

volunteers giving up their time on Sunday, October 12th, to help provide security at the Easter Seals "Da Car Show", which was held at the Blaisdell Center. "Da Car Show" raised a total of \$45,000 for Easter Seals!

And then on Tuesday, October 21st, Easter Seals held their annual golf tournament at the Mamala Bay golf course here on Hickam AFB. 11 volunteers (many of whom signed annual leave for this) showed up at 8:00 a.m. and helped out Easter Seals by unloading, setting up, tearing down, cleaning up, and loading up after the tournament. In addition, they monitored the chipping, putting, long drive, and accurate drive contests. The golf tournament netted over \$40,000 for Easter Seals.

POCs for the two events, MSgt. Douglas Awana ("Da Car Show") and TSgt. Samuel Kekuna (Easter Seals golf tournament), want to thank all those who helped make these events a huge success!

Tickets are now on sale for Chapter 18's annual dinner meeting, which will be held on Friday, January 23, 1998 at the Pearl Country Club. Tickets to this year's meeting will cost \$26.50. Contact MSgt. Craig Harimoto @ 449-7781 for more details!

Good luck to Staff Sergeants Eric Becera, Edward Essman, Miles Kaneshiro, and Vernon Palomares as they are currently attending the NCO Academy at McGhee-Tyson ANGB in Tennessee.

Lastly, nominations for the office of Vice President and Treasurer will remain open to end of November. Contact me with your nominations!

Until next month, keep up the good work and remember... You Can Make A Difference ...BE SQUARE!



HNGEA News

by SSgt. Stephen L Thomas 154th Wing Public Affairs

At the last HNGEA General Assembly, the following resolutions were introduced by the HNGEA Resolutions Committee:

Resolution Number 1 HNGEA 1997 Conference

TO: HNGEA General Assembly-1997

SUBJ: Resolution Pertaining To The Adoption Of A Legal Counsel Program

WHEREAS, the current social crises that include all facets of our lives are at times difficult to resolve alone;

and WHEREAS, these crises effect the members of our organization:

and WHEREAS, many of these crises involve legal problems, i.e., taxes, insurance, credit cards, etc.:

and WHEREAS, our members may need assistance to resolve these problems, but do not have the financial resources and know-how;

now THEREFORE, BE IT RESOLVED, that the HNGEA at its General Assembly adopt a plan of action to establish a program that will assist its members to the extent that the HNGEA is capable of providing; and BE IT FURTHER RESOLVED, that this resolution be submitted to the EANGUS Conference in 1998.

Resolution Number 2 HNGEA 1997 Conference

TO: HNGEA General Assembly-1997

SUBJ: Resolution Pertaining to Establishment of an HNGEA Statewide Coordinated Project

WHEREAS, the HNGEA is a statewide organization:

and WHEREAS, its members, located on each major island, are interested in becoming active members of the HNGEA;

and WHEREAS, there are presently no major statewide projects being coordinated

by the HNGEA which involve each member;

and WHEREAS, it is imperative that its members be involved in the activities of the organization;

now THEREFORE, BE IT RESOLVED; that the HNGEA at its General Assembly mandate its leaders to pursue the development of a program that will create a statewide collective involvement of its members.

This is only a sample of what's going on across the nation as members of the Enlisted Association of the National Guard of the United States (EANGUS) work for you.

I received a letter from the president of EANGUS recently. He urged members to write and urge their representatives in Congress to seriously reconsider National Guard budget cuts, and curb the rapid erosion of the benefits your association fought long and hard for: BAS, Retirement, Commissary privileges, the re-computing of the CPI, which will reduce Retiree COLAs, and even the possibility of reducing drill pay.

EANGUS and your local HNGEA is the only association that works solely for Enlisted National Guard Members, Guard Retirees, and Guard families. We are working extremely hard to preserve these benefits, urging members of Congress to preserve our readiness, our training, and our compensation.

EANGUS has fought for and successfully won benefits for you and your family in the past. Besides those listed above, they also include the VA Home Loan Bill, unlimited BX privileges, VA Burial Bill, Graduate Study for the Montgomery GI Bill, increase in IDT points, highest grade held for AGR personnel, floor for Military Technician levels, Health Care for Retirees, and the never ending battle of the Retiree COLA, and more.

Congress is seriously considering cutting our pay and other benefits. We simply cannot let that happen. Join your HNGEA!

Safety Tips +

by SMSgt. Galen T Redoble, 154th Wing Safety Traffic Safety

Many traffic safety concerns have been raised throughout the 154th Wing. The traffic safety concerns are as follows:

1. Question: Are we still restricted from riding in the bed of pick-up trucks?

Reply: AFI 91-207, Para 7, restricts the number of people in an AF passenger-carrying vehicle to the designed seating capacity; this includes sedans, station wagons, buses, trucks and cargo vans with passenger seats. Conclusion: No riding in the bed of a pickup truck. However, when exigent (urgent) circumstances or contingency requirements exceed availability of such vehicles, commanders, through the risk management decision process, will determine, with the concurrence of the Safety Office, the appropriate mode of transport or operating procedures for such existing vehicles.

2. Question: What is the seat belt requirement for EZ-GO utility carts (Def: A cart-type vehicle is a vehicle with three or four wheels.) in non-traffic and traffic environments?

Reply: AFI 91-207, Para 8, states that vehicles without seat belts will not be driven in a traffic environment. (Def: A traffic environment is a designated roadway regularly traveled by vehicles.)

Conclusion: Seat belts will be worn when vehicles are driven on any base public road.

Non-traffic environment: After a long extensive study, the Safety Office has determined that it would be safe and fair to require the use of seat belts in the EZ-GO utility carts when operating the vehicle in both the 154th Wing compound and 15th Air Base Wing maintenance/flightline areas.

3. Question: Who is held liable for any seat belt deficiency after seat belts are installed in the EZ-Go utility cart and a mishap occurs?

Reply: As a general rule, the owner of the a vehicle is responsible and can be held liable for any vehicle deficiency. The vehicle owner is further responsible to ensure that the operator is trained and training is documented in the appropriate records.

We are working with 15ABW to ensure all safety concerns are coordinated. If you have any questions, we can be reach at 449-8030/7735 or e-mail.

Car Wash

**The 154th AGS is having
a car wash
on Saturday, November 15th
from 8:00 a.m. to 5:00 p.m.
at the Hickam Commissary
parking lot.**

**The cost is \$5.00 for cars
and \$6.00 for trucks and vans.
"Guaranteed to be the most fun
your vehicle will ever have!"**

Fire Safety

by TSgt. James Croak, 15 Air Base Wing Safety Office

**CPSC Warns That Smoke Detectors
In About 16 Million Homes Do Not
Work!**

WASHINGTON, D.C.--Daylight Saving Time ended on Sunday, October 26, so most of the country gained an hour when we turned our clocks back. The US Consumer Product Safety Commission (CPSC) suggests spending part of this extra time testing your smoke detectors to ensure they work properly.

(see Fire... on page 8)

(Fire... continued from page 7)

Fire is the second leading cause of accidental death in the home. Each year, more than 3,500 people die in home fires, and there are more than 400,000 residential fires serious enough to be reported to fire departments.

About 90 percent of US households have smoke detectors installed. However, a 1992 CPSC survey shows that the smoke detectors in 20 percent of those households—about 16 million—were not working, mostly because the battery was dead or missing.

"Smoke detectors can save lives, but they won't work if they are not maintained," said CPSC Chairman Ann Brown. "They should be tested monthly, and the batteries should be replaced at least once a year or when they make a chirping sound."

Long-life smoke detectors with 10-year batteries have been available to consumers since 1995. These long-life detectors also should be tested monthly.

CPSC recommends consumers place a smoke detector that meets the requirements of Underwriters Laboratories (UL) standards outside their bedrooms and on each level of multi-story homes.

For more tips on fire safety, explore CPSC's web site at: <http://www.cpsc.gov>.

154th LSF Recognizes Fourth Quarter Award Winners

by Maj Bill Petti, Commander, 154th LSF

The LSF's Fourth Quarter *Kina'ole* Award recipients were announced during the October UTA Commander's Call. This marks the end of the quarterly presentations for FY 1997. All quarterly winners will now be considered for

overall annual awards in each respective category.

The **Team Leader** award went to CMSgt. Jack Uhrig for his notable performance during the PACAF Change of Command Ceremony and the 154th Wing CERE. TSgt. Robyn Montera won the **Extra Mile** award for her outstanding volunteer work, including chairing the recent HIANG Softball Tournament. SSgt. Ivan Nacnac received the **Overachiever** Award for his expert management of the LG's Self Aid/Buddy Care program, and extra duty work during the CERE. SSgt. Kristie Cruce of the 154th Wing Control Center (WCC) earned the **Best Friend** Award for the outstanding support she provided to the Maintenance Operations Center (MOC) during the CERE. Lastly, **Best Team** awards were given to the **MOC** for the citations earned during the CERE and the **Plans, Programs and Mobility Office** for coordinating a near perfect budget close-out for the Logistics Group.

KUKA'ILIMOKU

This funded Air Force newspaper is an authorized publication for the members of the US military services. Contents of the KUKA'ILIMOKU are not necessarily the official views of, or endorsed by, the US Government, the Department of Defense, the Department of the Air Force or the Hawaii Air National Guard.

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The punctuation of the name of this newsletter was researched by the Indo-Pacific Languages Dept. at the University of Hawaii.

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Promotions

The Commander of the 154th Wing, Brigadier General Michael H Tice, wishes to congratulate the following members of the 154th Wing who were promoted to the ranks indicated below after meeting the October SNCO and NCO promotion boards:

SMSgt. Henry Machado 154th AGS
SMSgt. Sam Wong 204th AS

MSgt. Kent Billings 169th ACWS
MSgt. Marc Mendez 154th MXS

TSgt. Theron Gandaoli 154th MXS
TSgt. Nicolas Garcia 154th MXS
TSgt. Robert Garcia 154th MXS
TSgt. Rafael Rodriguez 154th LSF
TSgt. Rogelio Tucay 154th SG
TSgt. Brent Yuen 154th AGS

SSgt. Kelly Machado 154th AGS

TCA Needs Guard and Reserve Members

for Active Duty Tours

by SPC Kate Elliott, CINCPAC TCA Recruiter

Are you looking for a job?

Would you like to spend some time working on active duty right here on our island? The Traditional CINC Activities (TCA) program at USCINCPAC, Camp Smith, is looking for Hawai'i Guard and Reserve members to perform active duty tours here on Oahu.

What is TCA?

The TCA Program is part of the Foreign Military Interaction (FMI) program. FMI includes activities that promote political neutrality and democracy within the military while working on expanding and enhancing US/foreign military relations. The goal of the TCA is to support countries and regions within the Commander in Chief's Area of Responsibility (AOR) in promoting US views on economic growth, political progress, and military cooperation.

What Jobs Are Available?

The length of the tours is from 30 to 139 days. The dates of the tours and AFSC requirements are flexible. Listed below is each position along with description and minimum requirements.

Exercise Design Manager

Description:

- Serves as an Action Officer planning and coordinating regional and major exercises in the PACOM theater
- Prepares briefings and drafts messages
- Works, coordinates and resolves operational and logistical issues between headquarters
- Interfaces with foreign military officials
- Assists in conducting seminars, conferences and surveys
- Writes staff and information papers

Minimum Requirements:

- Major or Lt. Colonel preferred
- Secret clearance
- Graduated from an approved SOS course
- Enrolled/completed Air Command & Staff
- Knowledgeable in *Microsoft Word, Excel, Access and Powerpoint*
- Knowledge in *Microsoft Project Management* preferred
- Experience in operating in JOPES/GCCS planning and execution or participation in JCS-sponsored exercises is helpful

How Do I Apply?

If you would like to apply for any of these positions, you will need to send a one to two-page resume to the CINCPAC TCA Programs. Either fax or mail it to the number/address below.

(see TCA... on page 10)

(TCA... continued from page 9)

United States Pacific Command

Strategic Planning and Policy Directorate

Attn: SPC Kate Elliott

J53 Box #4015

Camp HM Smith, HI

96861-4015

Phone:

Comm'l: (808) 477-0796/0555

DSN: (315) 477-0796/0555

Facsimile:

Comm'l: (808) 477-1408/0242

DSN: (315) 477-1408/0242

As you already know, being on active duty has many added benefits to traditional Guard and Reserve privileges, including BAS, BAQ, unlimited use of the Commissary and medical facilities. Participating in a program that promotes good relations with neighboring countries is an additional bonus. If you have any questions concerning the Traditional CINC Activities program, feel free to contact SPC Elliott at the above number.

**Hawaii National Guard
1998 Commander's Excellence
In Competition
Combat Pistol Match**

by Balawin Ojerio, Match Director

This match will be hosted by the Hawaii National Guard State Marksmanship Team

Where: Honolulu Police Department Pistol Range, Koko Head shooting complex

When: Saturday, January 24, 1998

Who: 4-person team event

- This match is open to all members of the Hawaii National Guard
- No shooting experience necessary
- A safety briefing and class will be given on the day of the match
- Entry fees: \$20 per team
- Awards: Top three teams and Top three individuals in each classification (New, Novice, and Open)

- Competitors who score at least 125 points and finish in the top 10% will be awarded the Air Force/Army Bronze Pistol Badge
- Equipment: BDUs, Helmet, Eye and Hearing protection (use of foam plugs approved)
- Weapons, Ammunition, Holsters and targets will be provided
- POCs: Capt Bryan Suntheimer (Army) 733-4115
TSgt. Gaylen Yamada (Air) 449-7833
- Match entries are limited to 30 teams
- Each team must consist of four members from the same Company, Battery, Detachment, Squadron, Flight or Section
- Entries are accepted on a first-come first-serve basis
- Top Shooters will be invited to join the State Marksmanship Team to participate in higher levels of competition, including the "Winston P Wilson National Guard Championship Matches" held in Little Rock, Arkansas
- Come out and enjoy some camaraderie and sharpen your shooting skills for pre-Super Bowl fun!

DFAS Now Automated

by MSgt. Brian Tom, 154th Wing Finance Office
Defense Finance and Accounting Service (DFAS) has created an AUTOMATED system to provide you the following information 24-hours-a-day:

1. Amount of last pay
2. Re-issue of W-2s
3. Federal and State tax information
4. Leave balance (AGR only)
5. Debt balance
6. Allotment information (AGR only)
7. Direct Deposit information
8. GI Bill information

This is for military pay entitlements (inactive and active duty) and AGR personnel. The telephone number for Air Force is 1-800-755-7413. The Retiree's number is 1-800-321-1080. You will be walked through a series of steps to create a PIN. You can have two PINs, maximum (maybe one for the spouse if you are headed out TDY, etc.). Remember, if your spouse has a PIN, he or she may gain access to your records. You may change or cancel your PIN at any time.

Keeping You On "Q"

by Capt Tracey J. Saiki
Quality Advisor, 154th Wing



"Don't Quit"

When things go wrong as they sometimes will,
When the road you're trudging seems all uphill,
When the funds are low and the debts are high,
And you want to smile but you have to sigh,
when care is pressing you down a bit -
Rest if you must, but don't you quit.

For life is queer with its twists and turns,
As every one of us sometimes learns.
And many a person turns about,
When she might have won, she stuck it out.
Don't give up though the pace seems slow,
You may succeed with another blow.

Often the goal is nearer than it seems
To the faint and struggling heart;
Often the struggler has given up,
When he might have captured the victor's cup -
And he learned too late when night came down,
How close he was to the golden crown.

Success is failure turned inside out -
The silver tint of the clouds of doubt.
And you never can tell how close you are,
It maybe near when it seems afar
So stick to the fight when you're hardest hit,
It's when things seem worst that
you must not quit.

-Anonymous



Compliments of Dr. Janet Lapp, "Plant Your Feet Firmly in
Mid-Air" (www.Lapp.com)

If you would like this poem on cardstock, e-mail Capt Saiki
or call 449-6008.

21 Action Steps for a 21st Century Leader

1. **Become the CEO of your life.**
You will never be 'down-sized'
or 'out-sourced'
2. **Be flexible in the face of daily
surprises: change the
changeable; accept the
unchangeable; and remove
yourself from the unacceptable**
3. **Take a proactive approach to
your health - nutrition and
exercise**
4. **Conduct a personal inventory of
your 'knowledge resources' -
hobbies, interests contacts**
5. **Increase you reading, writing
and vocabulary proficiency**
6. **Constantly upgrade your
computer literacy**
7. **Become a global networker.**

(Steps 8-14 contd. In Dec.'s issue)

From the Waitley Institute
founded by Denis Waitley, author
of 'Empires of the Mind',
available at your Wing 'Q'
library

What's for lunch?
154th Wing Dining Room
M e n u

-Saturday-

Main Line

Hamburger Curry
American Chop Suey
Steamed Rice
Calico Corn
Vegetable Soup
Macaroni Salad
Tossed Greens
Bread/Butter
Jello
White Milk
Chocolate Milk
Juice

+Snack Line+

Grilled-to-order
Hamburger/Cheeseburger
Hot Dog
Grilled Cheese Sandwich
Chips/Pickles

-Sunday-

Main Line

Roast Turkey
Stuffing
Mashed Potatoes & Gravy
Cranberry Sauce
Buttered Peas
with Mushrooms
Buttered Squash
Manhattan Clam Chowder
Macaroni Salad
Tossed Greens
Bread/Butter
Pumpkin Squares
White Milk
Chocolate Milk
Juice

+Snack Line+

Grilled-to-order
Hamburger/Cheeseburger
Hot Dog
Tuna Melt
Chips/Pickles



Lunch Hour

10:30 - 12:30

Dinner Hour*

16:30 - 17:30

**No Dinner Served on Sunday*

-Menu items are subject to substitutions based on availability-

All personnel will present a military ID card in order to eat in the dining facility.

Traditional Guardsmen will sign in on the AF Form 1339.

Officers, AGRs and Traditional Guard personnel on Active Duty and receiving BAS will sign in on the AF Form 79 and pay \$3.20 per meal.