

K ū k ā ' i l i m o k u

War God of King Kamehameha 1 - 154th Wing

Vol. 45 No. 2

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February 6, 1999

Wake Island

An Island of Honor

by TSgt. Theodore Merrill, 154th Wing Historian

On February 1st, the 203rd ARS flew Col. Ann Testa, 15th ABW commander, and a contingent of her staff to Wake Island. The purpose of the trip was an orientation for the senior leadership and to review some environmental issues pertaining to the island.

I tagged along on this mission to get a rare chance to see it first hand and walk the ground of one of WW II's greatest battles.

The battle for Wake Island is a shining example of the extraordinary bravery of a group of US military personnel and civilian contractors, who, facing hopeless odds, fought bravely until it was pointless to fight any further.

The complete story of the battle for Wake Island is too long to recount in this article; however, here is the basic story...

In early 1941, the US Navy began construction of a naval base on Wake in response to the Japanese threat in the Pacific. By the end of the year, a Marine Battalion and a Marine Fighter Squadron and about 1200 civilian contractors were in place on the island.

On December 7, 1941, Japanese Navy aircraft attacked Wake Island to soften it up so troops could be landed. Due to the small amount of defenders, a quick and easy victory was expected.

On December 11th, a landing was attempted, but it was beaten back by the defenders, which included the civilian workers. On December 23rd, a second and successful landing was

conducted. After an intense battle that lasted only one day, the US Naval commander of Wake surrendered his forces after the island was overrun and further resistance was futile.

American casualties were 120 killed, 49 wounded, and two missing. A total of 820 Japanese were killed and 333 wounded.

During the entire battle, US forces downed 21 Japanese planes, sunk one cruiser, one submarine, and damaged several other ships and aircraft.

Most of the captured US military and civilian personnel were taken to Japan and China as POWs in 1942. However, 98 civilians were kept on Wake to construct defenses. On October 7th, 1943, Admiral Sakaibara, Wake's Commander, had these men executed.

The US bypassed Wake during the rest of the war, isolating the Japanese forces there. The island was bombarded on an almost constant basis by US ships and planes.

In September 1945, Wake's Japanese contingent surrendered. The commander was subsequently tried and hanged as a war criminal for the execution of the 98 civilian workers.

(See "Wake Island" on page 12)



Chaplain's Corner

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

A few months ago, I went to the Emergency Room of the Queen's Medical Center and noticed a quote on the wall: **"Holding a grudge is allowing someone to live rent free in your head for the rest of your life..."** *Sascha Musings.*

As we approach Valentine's Day, for some relationships it will be another opportunity to mend burnt bridges. Harboring grudges isn't helpful but provides grief, helplessness and misdirected energy.

Let's continue to be part of the solution, rather than be part of the problem. An individual may be 100% correct in assessing that someone has negatively, wrongfully and significantly contributed to his/her problems. However, there is much more damage done in allowing that person "to live rent free" in our minds.

Instead, let's strive on having encouraging and energizing thoughts and feelings. The thoughts that we concentrate on will definitely influence our outlook, relieve stress and give us a better quality of life. There is a passage in the Scriptures that says, **"Finally, brethren, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things."**

This may not always translate itself into increased involvement in relationships that are complicated or filled with uncontrollable situations/circumstances. This may mean, however, forgiving and letting go of hurts, which we can't change, nor do anything helpful, beneficial or constructive. It might amount to loving people in spite of their failures. Who knows, someday we also might need their love and forgiveness.

May the Lord bless you with a great Valentine's Day.

Note: Our Protestant Worship Service is now held each UTA Sunday from 0815-0845 in the LG Conference Room, 2nd Floor, in Bldg. #3416. Come and join us!

Worship Services

Protestant Service

(Building #3416)

Sunday UTAs

08:15-08:45

154th Logistics Group
Conference Room

All Welcome To Attend

Catholic Services

(across base)

Daily

11:30

Saturdays

17:00

Nelles Chapel

Sundays

07:15

Nelles Chapel

10:15

Chapel Center

Jewish Service

(Pearl Harbor)

Fridays

19:30

Pearl Harbor Aloha Chapel
Makalapa Road

\$\$ and Sense

by MSgt. Brian Tom, 154th Wing Finance

Wage and Tax Statements (W-2s) were mailed by 31 Jan 99 as required by law.

Military Pay

UTA Pay Dates

Feb 6 & 7 – check date should be 24 Feb 99.

Mar 6 & 7 – check date should be 24 Mar 99.

Duplicate W-2s for tax year 1998 can be obtained by using "PayCall". PayCall provides direct account access for military pay customers using an automated integrated voice response system. The phone numbers is 1-800-755-7413 or DSN 926-1281.

These are the documents needed to pay active duty tours. Active duty tours at home unit of less than 30 days requires one (1) certified copy of your orders or an AF Form 458 and a HIANG Form 1. These documents need to be submitted to this office at the end of your tour. Active duty tours at home over 30 days require one (1) certified copy of your orders or an AF Form 458 and a HIANG Form 1 on the first day starting the tour. The same documents are also needed to end the tour (last day of the tour).

These same rules apply for members on tours away from their home unit (Island) except the HIANG Form 1 is not required.

Your Orderly Room should provide you the support you need for submitting pay documents and projecting check dates.

*Reminder. It is the member's responsibility to immediately notify this office of any changes in BAH status (Marriage, Divorce, Birth or Death of Dependent, Child turns 21 or moves out of the member's residence or Dependent becomes a military member or terminates military status).

Civilian Pay

Technicians requiring a duplicate W-2 must submit a request in writing to the Civilian Pay Section. The request must include full name, Social Security Number, address, and signature of requester. The request will be forwarded to the Payroll Office, DFAS, Denver, for processing. The Payroll Office will not accept requests for duplicate W-2s until the week of 07 Feb 99. Request forms are available in the Comptroller's office.

Reading Your LES

Deduction Definitions:

FEGLI – Federal Employees Group Life Insurance (elected insurance)

MEDICARE – Mandatory deduction (part of FICA for FERS/CSRS)

FEHB – Federal Employees Health Benefit (elected health plan)

TSP – Thrift Savings Plan

OASDI – (Old Age Survival Disability Insurance (part of FICA for FERS)

NGAUS – National Guard Association of the United States (elected insurance)

TAX, FED – Federal Tax Withholding

TAX, STATE – State Tax Withholding

ALLOTMENTS – Limited to two allotments to Financial Institutions

CHARITY – Combined Federal Campaign (CFC) Contributions

RETIRE, FERS – Federal Employees Retirement System

RETIRE, CSRS – Civil Service Retirement System

AFGE – American Federation of Government Employees (elected Union dues)

TSP, LOAN – Voluntary Loan

(See "\$\$ and Sense" on page 14)



Personnel News

by CMSgt. Iris T Kabazawa, Personnel Supt.

Enlistment and Reenlistment

The revised Air National Guard Instruction (ANGI) 36-2002, *Enlistment and Reenlistment in the ANG and as a Reserve of the Air Force*, took effect on 11 Dec 98, contains new changes that will affect extensions and reenlistment processing. Among the significant changes in the new ANGI are as follows:

Reenlistment/Extension: The Adjutant General (TAG) may extend a member who has been denied reenlistment/extension by the member's unit commander, only on the condition that the member has filed a complaint or grievance and the status or outcome of which is not expected to be resolved or adjudicated prior to the member's current ETS.

Voluntary Extension of Enlistment. Chapter 4, paragraph 4.1 now mandates **only one extension of a current enlistment**. For example, a member must reenlist after 12 years (or less), assuming a six-year initial enlistment, plus a one-time maximum six-year extension of that enlistment. Exceptions to this rule will require ANG/DPP approval.

This means that, for the majority of members who are approaching their ETS date, a reenlistment action is required for continued membership in the Hawaii ANG. Unlike the previous process where a member was allowed to extend his/her enlistment whenever required, this new change will greatly affect reenlistment scheduling times.

In the interim, the new reenlistment process will be of a mass type action. A group will be scheduled to reenlist together at one time, to include swearing-in the oath of reenlistment. There will be two reenlistment schedules each UTA drill day, a morning and an afternoon schedule. For full-time AGR members and technicians, their reenlistment will be scheduled during the regular weekdays.

As expected, this new reenlistment process will further increase the workload of the MPF.

We hope to fine-tune the process in the coming months.

Uniform Badges

WASHINGTON (AFPN) – Uniform badges phased out last year are temporarily reinstated until Oct. 1.

Airmen may wear satin oxidized and highly polished miniature and regular occupational duty and aeronautical badges with matching accessory items until fiscal 2000. They were phased out Oct. 1.

Extending the wear of these badges gives the Air Force time to re-evaluate the items before the 96th uniform board meets in October.

Gen. Michael E Ryan, Air Force chief of staff, reinstated the uniform board on a recurring basis to handle routine maintenance and continuous improvement of proper design and fit of the uniform. The 95th uniform board was in January 1995.

Military personnel flights or major commands have more information.



JMUA

JMUA? What's that?

If you served on an MPA tour for 30 or more consecutive days at Headquarters US Pacific Command, Cruise Missile Support Activity, Asia Pacific Center or the Information Systems Support Agency for the period 1 Mar 96 to 30 Sep 98, please bring a copy of your orders to 154 MSF Customer Service to verify eligibility for award of the "Joint Meritorious Unit Award".

What's an MPA?

Contact SrA Uekawa in personnel and find out, or call 448-7434 for more information on both...

Valentine's Day



February 14th

Correspondence Course Put On Hold

WASHINGTON (AFPN) – The Senior Noncommissioned Officer Academy Multimedia Correspondence Course, Course 5, is on hold indefinitely because of faulty software. Education Program Cadre customer service began receiving calls about the problem Dec. 16. This problem only affects students who received their course material after Dec. 6. All Senior NCOs who have received course materials for Course 5 since then must check their software immediately and provide feedback to the cadre, said officials. After reading the installation instructions outlined on the CD-ROM case, students should try to load the courseware. Report the results of your attempt via e-mail to icw@cepme.gunter.af.mil. The following information is required:

- ✓ Social Security number, last name, first name, middle initial
- ✓ Organization, home address, ZIP code
- ✓ Home phone, DSN phone number, e-mail address
- ✓ Software loaded successfully: yes or no
- ✓ Course 5 software has been previously loaded on this computer: yes or no
- ✓ Brand of computer
- ✓ Computer operating system
- ✓ Type and speed of processor
- ✓ Type or speed of CD-ROM (Read-only, Read-write, DVD), (4X, 12X, etc.)

Feedback helps identify computer system commonalities and variations between working and nonworking software installations and helps identify the problem.

Calling the Extension Course Institute or the cadre regarding Course 5 is not

necessary. Updates on the status of Course 5 will be periodically posted to the course web site at http://www..au.af.mil/au/cepme/course5/home_5.html.

Course 5 was previously placed on hold to new enrollees Oct. 6, because of end-of-fiscal-year supply shortages and fiscal budget limitations. This created a backlog of students awaiting delivery of course materials. Course materials were received by ECI and shipment began Dec. 6. More than 1,300 Course 5 courseware packages were mailed Dec. 6 to 16.

Traditional Positions Available

Below are current Drill Status vacancies in the 154th LSF. If you are interested or know of someone interested in any of these challenging career fields, please contact Maj. Bill Petti at 448-7378 or MSgt. Noreen Lucuab at 448-0700.

<u>Title</u>	<u>AFSC</u>	<u>Grade</u>
Av Sys Flt Ctl Jmn	2A351B	E-5
Av Sys Nav Aid Jmn	2A351C	E-5
Tac Acft Maint Jmn	2A353A	E-5
Tac Acft Maint Jmn	2A353A	E-5
Flightline Av Cmn	2A371	E-6

Requires prior experience in the related AFSCs and all are E5 positions.

Please contact the Retention Office at 448-7445 to fill out a retraining/transfer application.

A monthly vacancy listing is available for your review at <W:\recruit\vacliste.xls>. If you are interested in a vacancy within your unit, please see your unit training manager. Openings within another unit will be initiated and coordinated through the Retention Manager's Office.

Please recycle the Kuka'ilimoku.

Extension of Eligibility Period of VA Home Loan Guaranties

The Veterans Home Loan Program Amendments of 1992, extended eligibility for VA-guaranteed home loans to the following individuals:

- Members of the Selected Reserve who have completed at least six satisfactory years of service.
- Former members of the Selected Reserve who were retired, discharged or transferred from the Selected Reserve with an honorable service characterization after completing at least six years of service.
- Former members of the Selected Reserve who were discharged before completing 6 years of service because of a service-connected disability.

The test program began on 28 October 1992 and was scheduled to end on 27 October 1999. The recent amendments extend this authority for an additional four years. Individuals described in the preceding paragraph are eligible for VA-guaranteed home loans during this period beginning 28 October 1992 and ending 30 September 2003. For further information, please stop by the 154 MPF/Customer Service desk at 448-7434 to initiate an eligibility letter.



Shorts from the Shirt

by MSgt. Scott Knowles, First Sergeant, 154th Wing
Supervisor's Role in Communication Effectiveness

As a member of the Air Guard, we should consistently strive to improve our communication skills. On a wider organizational scale, people in the military focus on information systems, base newspapers and professional journals in areas ranging from engineering to driver's

education. But locally, I have been surprised by the feedback from enlisted personnel regarding communication between supervisors and subordinates.

What have you done to ensure that your subordinates are comfortable with their supervisors? Is there a good exchange of information between personnel? Do your Traditional Guardsmen receive proper attention? Do you know what your Traditional Guardsmen expect when attending UTA? Are your personnel afforded all the opportunities that the Guard has to offer? What, if any, areas are being neglected? What is your view on Professional Military Education?

These questions may seem simple, but such communication determines whether specific tasks are accomplished or neglected, affects worker motivation and satisfaction, promotes or reduces productivity, and ultimately, ensures or impedes mission accomplishment.

To encourage such constructive contributions, managers and supervisors should develop an effective method and create a climate in which all employees feel comfortable asking questions. This will create a strong relationship between good communication skills and good leadership.

As some studies indicate, higher level managers spend up to 80 percent of their time engaged in communication, communication that is frequently essential to organization success. Let's give it our best.

Next UTAs

March
6 & 7

April
10 & 11



Social Actions

by Maj. Gayle Seifullin, 154th Wing Social Actions

Preventing Drug Abuse

Drug Abuse is a widespread problem. More young people are being exposed to drug abuse every day, potent drugs are becoming available, and younger children are becoming involved in drug abuse.

Drug Abuse can interfere with mental, emotional, and physical growth.

But Drug Abuse can be prevented! It means taking Positive Action to discourage drug abuse so it never becomes a problem. It involves: Understanding, encouraging development, identifying, supporting, creating alternatives, and a continuing commitment. It's everyone's responsibility.

Why do people Abuse Drugs? People abuse drugs for a variety of reasons:

-Emotional reasons: These are related to needs or desires that aren't being met in other ways. For example, attempting to: increase self-esteem or self-confidence, escape emotional upset, reduce anxiety or tension, avoid the pressure of making a decision, assert independence.

-Physical reasons: These are related to the physical effects that result from using drugs. For example, attempting to: feel relaxed, block pain, intensify sensations, increase energy or endurance.

-Environmental influences: These may also influence a person's decision to use drugs. For example, popular acceptance of drug and alcohol use, the turmoil of contemporary society, fragmented family structures, pressure to mature earlier and negative role models all contribute to drug abuse.

-Social reasons: These are related to the need to interact with other people. For

example, attempting to: be accepted as "one of the group", gain recognition or admiration from friends, overcome shyness, escape loneliness, family problems, etc. aid communication.

-Intellectual reasons: These are related to the effects of drugs on thought processes. For example, attempting to: reduce boredom, better "understand" yourself, avoid mental fatigue, improve attention span, satisfy curiosity.

Prevention aims at finding ways to meet these needs without drugs.

To help prevent drug abuse, encourage development of positive qualities. Positive qualities such as self-esteem, confidence at school, responsibility, ambition, self-reliance, friendliness, optimism, and diligence.

Take Action to prevent Drug Abuse.

All members of the community can be actively involved in the fight against abuse.

So, help stop drug abuse before it begins! Information, treatment, advice and support are available from social service agencies and organizations, mental health centers, schools or church counseling programs, hospitals, clinics, etc.

DON'T BE EMBARRASSED TO SEEK HELP IF YOU NEED IT!

Your Social Actions Team

Maj. Gayle Seifullin

1st. Lt. Mark Ishiki

449-8000/449-2782

Thought for the day...

"It is not the life without clouds, but the victorious life going through the clouds of sorrow or adversity that reveals the deeper things of God."

T.J. Bach

HNGEA News

by SSgt. Stephen L Thomas

Membership Drive

The HNGEA is holding its annual membership drive, and if you aren't a member, now's your chance to join! Now, more than ever, the HNGEA needs you and your voice to represent the HIANG on Capitol Hill. The HNGEA has been here (and on the Hill) to fight for your benefits, not just for those we feel we need, but for those we stand a chance of losing!

A lot has been happening in Washington, much of it positive, thanks to your HNGEA!

Join the HNGEA. Membership dues are only \$10 a year. It's a sound investment, and it entitles you to many benefits, not to mention you own free subscription to the New Patriot, an excellent newspaper that keeps you up-to-date on the latest news on what's happening on Capitol Hill that directly affects you.

Please contact TSgt. Bridgett Komine or SMSgt. Carl Simmons to become a member or for more information and membership forms.

Mahalo!

EANGUS Is On Line

EANGUS, our national organization, now has a website at EANGUS.Org. New, hot topics have been posted and regular updates will be made.

EANGUS also has an online Internet service provider. The phone number for the EANGUS Online Internet Service Provider is 888-229-0703. The service is \$16.95 a month for unlimited access to the Internet.

If you would like to receive EANGUS updates in your e-mail, send a subscribe request to Erin Harting at EANGUS.Org.

Hawaiian Airlines Reinstates HING Interisland Rate

Effective immediately, Hawaiian Airlines will reinstate the Hawaii Air National Guard and Hawaii Army National Guard special interisland rate valid for travel now with all travel completed by 12/15/99.

For travel January 15, 1999 through March 31, 1999:

<u>Fare Basis</u>	<u>Base</u>	<u>US Tax</u>	<u>ZP</u>	<u>Total</u>
YOW35B	38.89	3.11	2.00	44.00

For travel April 01, 1999 through May 31, 1999:

<u>Fare Basis</u>	<u>Base</u>	<u>US Tax</u>	<u>ZP</u>	<u>Total</u>
YOW37B	39.81	3.19	2.00	45.00

For travel June 01, 1999 through September 30, 1999:

<u>Fare Basis</u>	<u>Base</u>	<u>US Tax</u>	<u>ZP</u>	<u>Total</u>
YOW41B	41.67	3.33	2.00	47.00

For travel October 01, 1999 through December 15, 1999

<u>Fare Basis</u>	<u>Base</u>	<u>US Tax</u>	<u>ZP</u>	<u>Total</u>
YOW39B	41.63	3.12	2.25	47.00

Passengers may pick this up at any Hawaiian Airlines ticketing location in the state of Hawaii provided he/she is able to provide Hawaiian Airlines with their "HING" ID, as well and another picture ID.

"Hey, Sarg, how do I submit an article to the Kuka'ilimoku?"

" Oh, that's easy. All you have to do is type up your article in MS Word, save it as an attachment, and E-Mail it to Maj. Tracey Saiki and SSgt. Steve Thomas at 154th Wing Public Affairs at: T Saiki/S Thomas@154Grp. And, if you're off base, send it to T Saiki/S Thomas@HIHIK.ANG.AF.Mil.

NCOAGA, Chapter 18 News

by TSgt. Craig Makiya

Let me begin by wishing all of you a Happy New Year!

1998 was a busy year for Chapter 18. Our first project started in February with the selling of Kids Day newspapers at the corner of Nimitz Hwy and Lagoon Drive. Chapter 18 members sold newspapers and dodged moving cars from 6:00 in the morning to 6:00 in the evening. By the end of the day, Chapter 18 members sold over 1200 newspapers, netting more than \$1,200.00 for PACT (Parents and Children Together).

On April 11, for the 2nd year in a row, Chapter 18 members were called upon to provide manpower for an Easter Party hosted by HUGS (Help Understanding Group Support). HUGS is an agency that provides support for families with seriously ill children. Over 30 of you showed up to cook hot dogs and hamburgers, run the games for the children, color Easter eggs with the children, hide Easter eggs for the egg hunt, and made bunny ears for the volunteers and children.

Also in April, volunteers from Chapter 18 started on the restoration of the old CRC building. When this project is completed, the facility will be used by HIANG sanctioned organizations as a clubhouse for meetings, get-togethers, etc.

In July, Chapter 18 sent two representatives, MSgt. Craig Harimoto and TSgt. Sam Kekuna to NCOAGA Seminar 30 in Syracuse, New York. Armed with lots of goodies from Hawaii, Craig and Sam hosted a morning coffee session and a booth for States night. According to Craig and Sam, interest was already building for Seminar 32, to be held here in Hawaii in the year 2000. Seminar 32? If you don't know what that is, stay tuned, you'll hear a lot about it in 1999 ... trust me!

And finally, on October 10, over 40 of you showed up at the Hickam Bowling Center to help the Hawaii Special Olympics Bowling Tournament. Volunteers set up and conducted

the awards ceremonies, monitored the scorekeeping, recorded the scores of the bowlers, provided encouragement for the bowlers, and helped with the overall flow of the tournament. That was 1998 in a nutshell. Get ready for 1999.

To start off, our annual General Membership Dinner Meeting will be held tomorrow evening at the Pearl Country Club. Social hour begins at 5:30 with dinner commencing at 6:30. Cost is \$26.50. Call Craig Harimoto at 448-7707 if you still want to attend.

Also, tomorrow is the deadline for submitting your votes for the officers of Chapter 18: President, Secretary, and Directors at Large (7). If you were a paid member for 1998, you should have received a ballot via e-mail.

The 1999 HUGS Easter Party will be held on Sunday, March 27, 1999 at the HUGS home in Kaimuki. And once again, Chapter 18 has been called upon to provide manpower for the party. I am looking for 20 volunteers for a number of things, so give me a call or an e-mail if you are interested!

Membership dues are now due for 1999. Contact a Board member for turning in your money.

Seminar 32 Chairman, MSgt Douglas Awana, is hard at work putting together the preparations for our BIGGEST project in the history of Chapter 18. Our target date is July 2000. We will be hosting NCO Academy Graduates from all over the country. This will be our opportunity to put Chapter 18, and the Hawaii Air National Guard on the map! Want to be a part of this historical event? Call or e-mail MSgt. Douglas Awana or MSgt. Takao Wada.

Fasten your seatbelts and hang on!!! 1999 will be another busy year for Chapter 18. Remember, you can make a difference!

Presidents Day

**Monday
February 15th**

Keeping You On "Q"

*by Maj. Tracey J Saiki
Quality Advisor, 154th Wing*

Take Responsibility for Today

One of the major blocks to business and personal success is blaming others. It's a trick as old as time. After Adam ate of the apple, he quickly pointed to Eve and said, "The woman whom you put here with me made me do it."

Passing the buck is a common practice at work. It's the other person, the policy manual, management, the government, the economy, or competition that is at fault. The juvenile mind blames anyone and anything but himself or herself. The more mature mind asks, "What is there within me that caused this to happen, and what can I do next time to hit the target?"

Truly successful individuals are those people who have taken personal responsibility to heart. They understand that every decision involves a choice and produces a consequence. It's the law of cause and effect, which has been likened to an unfailing boomerang. Your rewards in life will reflect the quality and amount of contribution you make.

Just as with international currency, there is a rate of exchange for excellence. Evaluate what you are giving in exchange for your time and effort. Are you spending your day looking busy doing tasks and projects that are low in priority and avoiding the harder work of the high-priority task? You may get praise from your boss or supervisor that you are really working hard, but it will mean little when you exchange all that busy work for nothing that moves you in the direction of your goals and dreams.

The ability to focus on the task at hand and stay with it to the end is a key to success in life and particularly in business. It is easy to get distracted by what is going on around us or by what we need to do tomorrow, or what will happen after the meeting. When you take responsibility for your thoughts, work habits, goals, and life, you'll find that you're creating your own horoscope for success. Once you sow the seeds – being true to yourself, taking control, and accepting responsibility – you'll reap a harvest of fulfillment and joy!

(Excerpt from "Attitude, Your Internal Compass. D. Waitley & B. Matheson)

Medal Recognizes Military Volunteers

by Jim Garamone, American Forces Press Service

WASHINGTON – Military volunteers often perform many hours of service to their communities and the military wants to recognize their efforts. "The Military Outstanding Volunteer Service Medal honors members' community service", said Army Maj. Bob S Stone, deputy director outreach programs in DoD's reserve affairs office.

The medal came into being in 1991 as a result of President Bush's "Thousand Points of Light" campaign to encourage volunteerism. Stone said the medal recognizes the countless hours military members put in in helping their communities. "We have an Air National Guard unit in Virginia that has worked for years helping support the Special Olympics," he said.. "This medal gives the individuals involved in the effort some recognition."

Another example is at Fort Hood, Texas. "Fort Hood soldiers have been working very closely with schools in the surrounding communities in tutoring, setting up model schools, getting equipment and so on," Stone said. "The medal gives them some official recognition for their efforts."

Still another case in Florida involves an officer who sponsored a program to collect and repair computers for use in local elementary schools.

All service members are eligible for the award, but most know nothing of it, Stone said. "The approving authority is at the [colonel/captain] level," he said. "That makes it very hard to track." DoD has no estimate of how many medals have been awarded.

The medal can only be earned through "sustained" community service, Stone added. "You don't get it for coaching a soccer team for one season, but you could qualify for it if you have worked with youth groups for a number of years," he said.

"This award recognizes the effort you put in to your community, not your unit," Stone said. "You get this award for things you do during your off-duty hours."



Recruiter's Round-up

by TSgt. Vickie Padello, HIANG Recruiter

Speaker's Bureau ~ The Speaker's Bureau is still looking for individuals who are interested in sharing their talents with the community. If you like to talk about what you do in the HIANG, then come out and share your job experiences with others. You only need to fill out a Biography Form (get one from TSgt. Vickie Padello in the Recruiting office) and submit it to HQ HIANG/DPR, Attn: SMSgt. Simmons. For those of you who have already volunteered, MAHALO!!!, we truly appreciate your kokua!! It won't be long before we will start contacting you for a speaking engagement. Another way that members of the HIANG can help promote the Speaker's Bureau would be to pass out informational brochures to organizations that may be interested in hosting a guest speaker. If you would like more information, please stop by.

Career Shadow ~ It's that time again!! The recruiters will be facilitating a Career Shadow day for local high schools. The big day will be held on 17 February. There are a few students from each school that will be lucky enough to check out our facilities. The tentative schedule of events includes a tour through career fields that involve Communications/Electronics and a lunch and benefits briefing. The students are really impressed with our people/equipment and there are always a lot more students that are interested than we can accommodate. We also know that there are pukas to fill in each unit, so if your section has vacancies to fill, this is a terrific way to show off your stuff!! Units and shops that would like to participate in future Shadowing events, please contact TSgt. Ricky Tucay at 448-7579.

Referral Program ~ The referral program is alive and well!!! Continue looking for the bright pink (Fuschia) half sheets; they contain valuable

information that can be passed on to a prospective HIANG member. Just tear off the personal information section and turn it in to the recruiters. Referrals from unit members usually work out quite well for dependable recruits. We all know exactly what it takes to be a member of this fine organization!! Remember that you are eligible to receive a recruiting ribbon if your referrals result in two enlistments within a twelve-month period. **HAPPY RECRUITING!!!**

Undergraduate Navigator Training (UNT) ~ There will be a UNT board scheduled for April of this year. If you are interested or know someone who is, see a recruiter for eligibility requirements. There are requirements to meet, and the board will only consider applicants with completed UNT packages. See your recruiter for more details.

MAHALO!! ~ A great big MAHALO goes out to the C-130 gang (unit) for supporting the PMRF Career Day on Kauai in November!!! There were over 500 students at Barking Sands that participated in this event. The students were thrilled to check out the C-130 and also the 154th ACS. We couldn't have done it without you all!!

Number Change!! ~ The recruiting office will be officially retiring the main phone line, 449-5601. The new number is 448-7447. Please give this number the widest dissemination possible.

ALOHA!

The Kuka'ilimoku is now on the "W" Drive!

That's right! This issue, along with past issues of the *Kuka'ilimoku* can now be read and/or downloaded from the "Newsletter" folder in the "154th Wing Headquarters" folder.

-And Coming Soon...

The 'PA Web Page'!

"Wake Island" (cont'd from page 1)

Back to the present. Our plane arrived at Wake in the early afternoon, leaving me only a few hours of daylight to explore the island on foot. I decided to investigate Peale Island (the northern of Wake's three islets) since it was the closest to my barracks. I spent the next four hours walking the beaches and viewing the hundreds of still existing fighting positions that are all over Peale, looking for souvenirs and trying to imagine the plight of the defenders of the island. One can only imagine the sense of hopelessness that the island's defenders must have felt, fighting for their lives on such an isolated island, a long way from home, waiting for a rescue flotilla that never arrived.

In the sand on Peale, I found a small metal Japanese eating bowl. As I held it in my hands, I realized that the last person to use it was a Japanese soldier, also a long way from home, probably wondering why he was sitting on an island getting regularly bombed.

On another part of the islet, I found a live, but dented and misfired, US 50 caliber round. The round was made in 1938, so it would have been used by the defenders during the battle for the island. I tried to imagine the frustration of someone firing his machine gun at a Japanese plane or at invading troops, only to have the round jam in the gun at a critical moment.

One of the cement bunkers that I looked at had the date inscribed into the cement, 10-2-42, along with Japanese characters next to it. It was spine tingling to touch the writing of an unknown American civilian POW, who, for all his efforts at building this and other bunkers, would be executed one year later.

After a quick dinner, I struck out again, this time walking the beach on Wake itself. I walked, finding and looking at more bunkers, some still with the remnants of their wartime camouflage painting on them, until it was just too dark to see anything other than the white beach, ocean, tree line and a beautiful starlit sky.

After all this walking, my legs ached, so I laid down for a while on the beach on the east side

of Wake, and looked up at the stars, just as some Marine might have done in 1941. I pondered the cruel irony of how such a beautiful and peaceful place could be the site of so much bravery and inhumanity. I felt honored and privileged by being on the same ground that just 60 years ago a generation of American warriors a long way from home fought and died for because they felt it was their duty to do so.

This mission and article was brought to you courtesy of the 203rd Air Refueling Squadron, a group of modern warriors who are always up to the task of keeping the Air Force on the move. A 'Ole Manao Loa.



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.

This publication is prepared, edited and provided by the Public Affairs Office of the 154th Wing, Hawaii Air National Guard, Hickam Air Force Base, Hawaii 96853-5517. Telephone: DSN (315) 448-7320 or 448-7255. E-mail internally: S Thomas & T Saiki@CC@154GP; externally: S Thomas & T Saiki@HIHIK.ANG.AF.Mil. The KUKA'ILIMOKU can be seen on the "W" drive in the "154th Wing Headquarters" folder under "Newsletter".

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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HIANG Seven Habits



Enters 1999...

by Maj. Bill Petti, Commander, 154th LSF

The HIANG Seven Habits Workshop entered its third year by graduating 27 individuals. Seven Habits Workshop 99-1 brought the total number of grads to 569. This was the first workshop facilitated by two Senior NCOs: **MSgt. Kathy Fritz** and **MSgt. Jimmy Williams**. The mix of officer and NCO facilitators has done well for the program, and more facilitators from the various HIANG units will be coming on board in the next few months. This will broaden the experience and talent among the facilitators.

Graduates of Workshop 99-1 were Lt. **Col. Jim Townsend** (HQ 201 CCG), **Maj. Peter Ching** (169 ACWS), **Maj. Brad Sakai** (199 FS), **Capt. Sylvia James-McDonald** (154 LS), **Capt. Kenny Hara** (HQ HING), **SMSgt. Gary Witt** (154 SFS), **MSgt. William Anana** (154 SFS), **MSgt. Harold Scoggins** (293 CBCS), **MSgt. Leonard Tam** (154 MXS), **MSgt. Jeff Thiem** (154 SFS), **MSgt. Eric Wada** (154 MXS), **TSgt. Mike Hironaka** (154 LS), **TSgt. Lawrence Iwanaga** (293 CBCS), **TSgt. Steward Leong** (154 AGS), **TSgt. Jamiean Louis-Kahanu** (154 SFS), **TSgt. Virgilio Salvador** (154 MXS), **TSgt. Ei Jung Yiu** (169 ACWS), **SSgt. Vanessa Harvey** (154 LSF), **SSgt. Arlene Palakiko** (154 LG), **SSgt. Roger Ramos** (154 LSF), **SSgt. David Sala** (154 LS), **SSgt. Jason Vierra** (154 AGS), **SSgt. Darryl Wannomae** (297 ATCS), **SrA Arlene Petta** (154 WG), **SrA Arnel Turla** (154 AGS), and **Ms. Sandy Maruyama** (HQ HIANG).

Participants who wish to sign up for the monthly Seven Habits Workshop must contact their unit/group POCs found in the 7

Habits-PCL-Schedule-Signup.xls file in W:/Leadership. The next workshop is scheduled for 23-26 February 1999.

USCPSC Recalls

"Baby Bjorn" Infant Carrier

US Consumer Product Safety Commission Office of Information and Public Affairs Washington, DC 20207

WASHINGTON, D.C. – In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Regal + Lager Inc., of Marietta, GA, is recalling about 240,000 "Baby Bjorn" fabric infant carriers for repair. Small infants can slip through the leg openings and fall. Infants that are under 2 months of age are at greatest risk.

CPSC and Regal + Lager are aware of nine reports of infants slipping through the leg openings of these carriers and falling to the ground. Six of these infants suffered fractured skulls.

The "Baby Bjorn" Infant Carrier is a soft-fabric, front carrier sold in navy-blue, black, denim, forest green and other colors. The name "Baby Bjorn" is printed on the front and strap of the carrier.

Consumers should immediately stop using these carriers for children under 2 months of age. All carriers need to be repaired. Regal + Lager is offering consumers a free retrofit kit that, when attached to the carrier, will reduce the size of the leg openings. All consumers should call Regal + Lager toll-free at (877) 242-5676 anytime to receive the retrofit kit.

Carriers currently being sold are not included in this recall.

"EAF" Now Has Home Page

The EAF Implementation folks have developed a homepage. You can access it at <http://www.eaf.dtic.mil>. Find good briefings and news articles.

"SS & Sense (cont'd from page 3)

AGR

AGRs requiring a duplicate W-2 may follow the instructions covered in Military Pay utilizing "PAYCALL".

The "REMARKS" section of your LES provides valuable information. Members should read it thoroughly and verify all data. It is your responsibility to report any discrepancies.

TRAVEL

Excerpt from Air Force News 22 Jan 99:

Effective 01 Jan 99, lodging taxes are a separately reimbursable travel expense from the lodging rate. This change only applies to CONUS, which includes the 48 contiguous states and the District of Columbia.

Room taxes will only be reimbursed if they are listed separately as a reimbursable expense. Travelers choosing lodging with a higher cost than the local per diem ceiling must pay for the excess lodging cost as well as the tax on the excess out of pocket.

Its Kina'ole Time!



154th LSF Recognizes

Its Outstanding 1st Quarter Performers

by Maj. Bill Petti, Commander, 154th LSF

A bevy of folks were recognized at the January UTA Family Day Party with 1st Quarter Kina'ole Awards. Leading the pack was the LGLP (Analysis Office) **Tiger Team**. Under the direction of TSgt. Al Regina, the Tiger Team, composed of computer experts from throughout the LG, configured and distributed 177 Dell 350 computers within a three-week period. The Tiger Team earned a *Team Award* and TSgt. Regina won the *Team Leader Award*.

Earning *Overachiever Awards* for outstanding job performance were TSgt.

Kalani Koli, TSgt. Robyn Montera, SSgt. Joaddie Gionson, and SrA Kanoe Tollefson. Koli, Montera and Gionson were instrumental in facilitating cargo loading during the deployment and redeployment phases of the Foal Eagle Deployment. They also provided valuable logistics support during several contingency operations during the period. SrA Tollefson provided valuable administrative support during the period, particularly in cutting orders and aiding the 7 Habits and PCL workshops.

Extra Mile Award winners were MSgt. Carole Guerrero, TSgt. Craig Makiya, SSgt. Chris Cruz, and SrA Jim Etherton. MSgt. Guerrero chaired the best Combined Federal Campaign (CFC) ever for the LSF. Makiya, Cruz, and Etherton were key players in the successful Chapter 18, NCOAGA Special Olympics Bowling tournament.

Lastly, *Best Friend Awards* will be presented to SMSgt. George Ganeko and SMSgt. Stan Leong of the 154 AGS. Both individuals were recognized by the LSF's Plans and Scheduling Office for providing timely and accurate information which considerably improved the KC-135 maintenance scheduling process.

-Wanted-

Your story! The 154th Wing would really enjoy reading a story from your unit. Become a 'reporter' and write a story about what's going on in your world. Are you daring enough to write one? We're daring enough to publish it! Go for it! Just drop the *Kuka'ilimoku* a line or two with your name and story as an attachment. Send it as an attachment in MS Word to: S Thomas & T Saiki@CC@154Gp, or, if you're off base, send it to: S Thomas & T Saiki@HIHIK.ANG.AF.Mil.

PCL 99-1 Graduates 14 More HIANG Officers and Senior NCOs

by Maj. Bill Petti, Commander, 154th LSF

The first Principle-Centered Leadership (PCL) Workshop for 1999 graduated 14 HIANG Officers and Senior NCOs. These individuals brought the total number of PCL grads to 77.

Facilitating Workshop 99-1 was Col. Mick Melich and Lt. Col. Wayne Wakeman. Lt. Col. Skip Vincent, the 203rd ARS Commander, was also involved in the presentation as he discussed his unit's use of the Covey Performance Cycle for organizational effectiveness.

The graduates were Lt. Col. Jerry Bona (169th ACWS), Lt. Col. Clarence Fukumoto (HQ HIANG), Lt. Col. Norbert Luke (169th ACWS), Maj. Dave Snakenberg (154th MXS), Capt. Bob Dongon (154th LS), Capt. Duke Ota (154th LS), SMSgt. Ivan Mineshima (154th LS), SMSgt. Gayle Tom (169th ACWS), MSgt. Teddy Ganade (154th LS), MSgt. Nevin Harada (154th LS), MSgt. Ross Hoopai (154th AGS), MSgt. George Kodani (154th AGS), MSgt. Robby Shigeta (154th AGS), and MSgt. William Zambo (154th MXS).

Principle-Centered Leadership is the last leg of the HIANG Leadership Program series of workshops. Participants must be graduates of the 7 Habits course and preferably the new Transition to Effective Leadership (TEL) program. Another requirement is that only E-7s and above may enroll. E-5s and E-6s may attend if they obtain the approval of their unit commanders.

PCL workshops are held every other month with the next one scheduled for 16-19 March 1999. To enroll, check out the

Habits-PCL-Schedule-Signup.xls file in W:/leadership subdirectory. Find out who your unit or group POC is, and enroll through them.



Wing Fitness Testing

by SMSgt. Gaylen T Redoble, Ground Safety Manager

Just a reminder, our Wing Fitness Testing is tomorrow at 0700 by the F15 Flightline Area. Check in starts at 0630. We will be located on the mauka (mountain) side of Building #3400, next to the fire extinguisher.

If you haven't filled out or reviewed your fitness folder, stop by our safety office. "No folder, no run". You must also declare your intention to walk or run.

If you haven't heard, this is a Wing Fitness Program; all fitness testing will be accomplished as a wing.



Food Bank Update

The 154th Wing's food drive to support the Hawaii Food Bank is in full swing and will continue through the April UTA.

As of 13 January, approximately 775 pounds of food has been collected. Our goal is 5,000 pounds, so we have a long way to go.

As a reminder, we have two more scheduled collection dates. We will be picking up donations after the February and April UTAs. In addition, if your collection box gets full prior to these scheduled pick-up dates, give us a call here in supply and we will come pick up your donations right away. You may contact SSgt. Mateo Irenio at 448-7733.

Your support will be greatly appreciated. For those who have already made food or cash donations, *mahalo* for your contribution.

Y2K Won't Stop Your Pay

by Jim Garamone, American Forces Press Service

WASHINGTON -- The Year 2000 computer problem won't affect DoD's ability to pay service members, and troops don't need to do anything special to protect their personnel or medical records, Deputy Defense Secretary John J Hamre said here Jan. 14.

The Year 2000 problem, nicknamed "Y2K" and the "millennium bug," refers to the computer industry's past practice of using the last two digits of years rather than all four -- 1999 would be written "99." Old hardware and software are widely used and no one really knows what they'll do on Jan. 1, 2000 -- they might treat "00" as "1900."

Government and industry are scrambling for "compliance" -- assurance their systems will handle the year change correctly. Hamre said all DoD pay systems are already Y2K-compliant, and DoD will continue to test the systems in March and April to ensure they will work.

"It's more complicated than just, 'Will our computers properly calculate pay?'," Hamre said. "We have to get electrons over to the Treasury Department. The Treasury Department has to pass on those electrons to the banks. The banks have to spread it out all over. We have something like 800 banks we do business with on a day-to-day basis." He said DoD is working with all concerned to make sure pay will continue to flow. He said personnel and medical computer systems are also Y2K-compliant.

Hamre said the Defense Department will be able to defend the United States and its vital interests in 2000 despite the millennium bug. He stood by his characterization from last October that DoD's Y2K problem would be more of a "nuisance" than a crisis. "We will have about 94 percent of our systems fixed as of the end of March, and we absolutely will have 100 percent done by the end of the year," he said. As of Jan. 1, he noted, 1,673 of DoD's 2,304 mission-critical systems had been fixed.

Hamre said Defense Secretary William S. Cohen energized the unified commands by

declaring Y2K a "warfighter problem" and directing them to fix their mission-critical systems.

Hamre said the North American Aerospace Defense Command in Colorado Springs, Colo., for instance, tested the aerospace-warning segment of its systems in December. The tests were robust and covered all the dates that system analysts believe might cause problems, he said. "They found there was no degradation in any of the systems, whether they were in the virtual Year 2000 environment or in the 1998 environment," said Army Lt. Col. Warren Patterson, a Joint Staff Year 2000 official. "Systems operated as they should as far as the data going into one end and out the other, within the prescribed timeframe. [It was] accurate, unambiguous, clean data. We are highly confident at this point that NORAD can do its early-warning mission."

The Atlantic, Southern, Strategic, Transportation and Space commands will run Y2K tests in February. Pacific Command will begin tests in March. Central and European commands and US Forces, Korea, will begin testing in April. Commands will test both primary and backup computer systems, Hamre said.

He said DoD is working with NATO allies on millennium bug problems. DoD has been in contact with 30 to 40 countries, including Russia. He said Y2K doesn't seem so urgent to the Russians -- "They have other problems." Still, the United States and Russia will cooperate on building a shared early warning center. Hamre said a DoD delegation will go to Russia to finalize plans for the center. He said he's "comfortable" that Russia has positive control over its nuclear weapons. "The [computer] default for failure is not to launch," he said. "The default freezes things up. So we're not anxious that there are going to be accidental occurrences as a result of Y2K for nuclear command and control systems."

(See "Y2K" on page 17)

"Y2K" (cont'd from page 16)

DoD also will participate in US consequence support planning. The Federal Emergency Management Agency will probably be the lead element, Hamre said. DoD will set up its own Y2K command center and participate in Y2K operations in December; there is no plan now, however, to mobilize the Guard or active duty service members for Y2K operations. "We're not going to know the extent to which and how we should best support the civil sector until we go through some planning," Hamre said. "People shouldn't be anxious about that. We will be ready to support whatever has to happen, but we're not going to know the dimension of that, yet for another couple of weeks. Nobody's going to lose their Christmas, I don't believe, worrying about that problem."

Hamre said the US telecommunications system is in good shape, as is the power grid. "Will we have spot outages? Probably," he said. "but we'll be able to handle them."

1999

HIANG Awards Banquet

Prince Kuhio Hotel

Saturday Evening

13 February 1999

Cocktails @ 6:00 p.m.

Dinner @ 7:00 p.m.

-Italian Buffet-

Tickets are \$32.00

National Guard

Vice Chief Appointed

*Office of the Assistant Secretary of Defense
Public Affairs*

WASHINGTON DC - Secretary of Defense William S. Cohen today announced the selection of Army National Guard Maj. Gen. Raymond F. Rees to the position of vice chief, National Guard Bureau.

The National Guard Bureau, or NGB, is a joint bureau of the Departments of the Army and Air Force headquartered at Crystal City, Va.

As vice chief, Rees will be responsible for assisting the chief, NGB in management of the National Guard Bureau and in performance of the chief's duties as adviser to the Army and Air Force chiefs of staff on Guard matters.

Rees comes to the vice chief assignment from his previous position as the adjutant general, Oregon National Guard.

ANG Resource Advisor of the Year

MSgt. Dan Kiyohiro of the 154th Finance Office was nominated for the ANG Resource Advisor of the Year. It is of great pleasure to announce that he is the recipient of this award for the fiscal year 1998.

MSgt. Kiyohiro's name has also been submitted for the 1998 Air Force Resource Advisor award.

Formal presentation of this award is accomplished at the Comptroller Conference/Workshop.

This installation is still in

Threatcon Alpha

Be cautious ● Be Aware

Air Force Doctrine

To be successful, all Air Force officers, airmen and civilian members must understand Air Force doctrine. As the international environment has shifted away from a bi-polar world to one of challenges across the conflict spectrum, we must all better understand how aerospace power fits into joint operations. Air Force doctrine is our foundation and as we move to our Expeditionary Aerospace Force concept, doctrine will guide us.

Doctrine provides the Air Force with a common, integrated vision; it draws from agreed upon best practices supported by history, technology and our insights about the future. It guides commanders and offers all airmen a proven set of principles for how we in the Air Force organize, train for, and execute military operations. Air Force doctrine must be operationally relevant and must be tested, implemented, used and refined. It is not some set of books to be placed on a shelf. We rely on the principles and tenets of doctrine to capitalize on the unique capabilities of aerospace power when providing air and space superiority, global attack, precision engagement, rapid global mobility, information superiority, and agile combat support. Our recent build-up in the Gulf epitomized our capability to respond rapidly to a crisis and reinforced our belief in the principles and tenets of aerospace doctrine.

The central clearinghouse for Air Force doctrine is the Air Force Doctrine Center (AFDC), located at Maxwell AFB. Air Force Doctrine Documents (AFDDs) 1 and 2 are the capstone documents that every Air Force member should read. They can be found, along with the other doctrine documents at: www.usafdoctrine.maxwell.af.mil.

af.mil. Commanders have a critical role in helping their people understand how doctrine applies to their mission. Take time to guide and inform your people; and help them understand their personal role in the application of aerospace power. We must be able to speak with one voice about the employment and application of aerospace power across the full spectrum of military operations—our common voice is captured in AFDDs. Know them.

Commissioning Opportunities

Det. 175, Air Force ROTC, at the University of Hawaii at Manoa can help people become an Air Force Officer! This program is open to new and current college students, as well as Hawaii Air National Guard members who qualify. Students may study at any campus on Oahu, and scholarships are available!

For more information, contact Capt. Kristina O'Brien at 956-7734/7762 or e-mail her at afrotc@hawaii.edu.

If you have any questions, please contact Capt. O'Brien or myself, Leo D. Johnson II (Cadet), at 583-4384 or 448-7312 (During Drill) or you can e-mail me at hamofunk@hotmail.com.

-Year of The Enlisted Force-

In an effort to promote this year's theme of the SNCO conference, "Year of The Enlisted Force", we are soliciting your feedback in addressing any enlisted issue or concern of the younger troops.

Questions will be answered by a panel of Senior NCOs during this fiscal year's conference, which is scheduled later this month.

Answers will be printed in the *Kuka'ilimoku* and the *Communicator* for those members that are unable to attend the SNCO conference.

Please fill out the form in the back and turn it in.

Family Day Raffle

Congratulations to the following winners of the *aviation* books at the 154th Wing Family Day during January's UTA!

Kris Morimoto

"Almanac of Airpower"

Tonya Tapper

"Fifth - An Air Force"

Pat Casey

"U.S. Fighters, Army & Air Force, 1925 to 1980s"

Evan Uehara

"Fighters, The World's Great Aces And Their Planes"

Quite a few people entered the raffle. Many thanks to the HQ HIANG Family Support Group, the HIANG Health and Wellness Committee, the 154th MDS Health Promotions, and Dr. Wes Young, who donated the books.

Commander's Combat Pistol Match

The Hawaii National Guard Marksmanship Team will be hosting their annual "Commander's Excellence In Competition Combat Pistol Match", 13 February 1999, at the Honolulu Police Department Pistol Range, Koko Head shooting complex.

This match is open to all members of the Hawaii National Guard.

- No shooting experience is required
- Class and safety brief will be given before the match at the range
- Weapons (M9 pistol) and ammunition is provided
- Entry fee for this 4-person team event is \$20 per team.

If you would like more information concerning this match, please contact TSgt. Baldwin Ojerio at 448-7662.

DDR Needs Volunteers

by TSgt. Alan Bergeson, DDR, HQ, HING

The Drug Demand Reduction program is still looking for volunteers to assist with Kamaaina Kids on Feb 28th. If you can help, please e-mail me at ABergeson@HIANG@HQHING. We have workdays to pay for your assistance. All of the events throughout the year are to support the youth of Hawaii in keeping them drug-free.

Thanks to all of you who have supported us in the past. Your assistance is so greatly appreciated.

DoD Retirement & Service Award Luncheon

Friday, 12 March 1999

Hale Koa Hotel, Banyan Tree Showroom

Social Time: 11:00 a.m.

Warrior's Luncheon Buffet: 11:30 a.m.

Cost: \$22.00

Make check payable to:

"DoD Retirement & Service Award Fund"

POCs

154th Wing:

SSgt. John Mueller, 448-7253

HQ HIANG:

Ms. Sandy Murayama, 733-4230

HRO:

SMSgt. Deb Brownhill, 733-4114

Air Force Drug-Use Program Threatened

by SMSgt. Andrew Stanley, Air Force Press News

WASHINGTON -- In the mid-'80s, the standard urinalysis testing became an effective weapon in the Air Force war against drugs. Now, the program that has produced a healthy force of drug-free professionals may be compromised by something actually being touted as a healthy dietary supplement. It's called hemp oil.

Some health-conscious Air Force body builders and other hemp seed oil consumers will now have to find alternatives. The Air Force has banned the use of hemp seed oil products because they contain tetrahydrocannabinol, or THC, the psychoactive ingredient of the marijuana plant. In urinalysis testing, no distinction can be made between a positive test because of hemp oil ingestion and one caused by the illegal use of marijuana. Such test results pose a real potential to ruin careers.

Recent scientific studies at several private research firms and the Armed Forces Institute of Pathology show the ingestion of products made with hemp seed oil nearly always produces positive urinalysis tests. The AFIP has also found some level of THC in all hemp seed and hemp oil products tested. This is why the Air Force has amended its alcohol and drug abuse prevention program to forbid use of such products by airmen.

Most widely available over-the-counter dietary supplements and a host of other products containing hemp seed and hemp seed oil contain some level of THC. Although tests show the level of THC found in the commercial products is not believed to be significant enough to produce a psychoactive reaction in the body, the levels are indeed high enough to produce positive urinalysis results.

"In the interest of military readiness and good order and discipline, active-duty, Reserve and Air National Guard members are now prohibited from consuming any products containing hemp seed oil," said Lt. Col. Greg Girard of the Air Force judge advocate general's office in the Pentagon.

Recently, a number of new "hemp" products have appeared on the shelves of many health food stores accompanied by claims they contain high concentrations of essential amino acids and fatty acids. Girard was quick to add that the Air Force is not challenging such claims but rather pointing out that their use by airmen "effectively interferes" with the Air Force's ability to maintain a drug-free force.

"We don't want people testing positive and jeopardizing their careers because they swallowed something they may have thought was healthy and good for them," said Lt. Col. Peter Durand of the Air Force Surgeon General's Office. As program manager for the Air Force drug abuse prevention and treatment program, Durand added that without the ban on hemp products, drug users could hide their crime simply by claiming they ingested a hemp-based dietary supplement.

Although it is illegal to grow marijuana in the United States, it is perfectly legal to import hemp products into the country. Hemp oil is most often used as a salad dressing or as a dietary supplement in capsule form. It can also be found in many consumer items ranging from cosmetics and soaps to snack bars and other foods. There is even a tofu substitute made with hemp oil.

"Service members need not be concerned that they are unwittingly ingesting hemp products in foods and drinks because," Durand said, "most of these products are still expressly marketed and sold in health food stores."

Introduction to Computers

This four-hour introductory course is designed for the person who has little or no computer experience. This course sets the foundation for future computer training and is highly recommended for persons who want to understand the process of a computer. This course focuses on computer fundamentals, computer hardware, software, and the operating system process. Students will be introduced to various hardware components and Microsoft Software.

Wednesday, January 20 5:30-9:30 P.M

Thursday, February 4 5:30-9:30 P.M

Thursday, March 4 5:30-9:30 P.M

Beginning Windows

This course will introduce you to the Microsoft Operating System...Windows NT 4.0. Identical to the features of Windows 95, this course is intended for the beginning user, showing how to effectively use the Start Button, right-click, and other common Windows 95 features such as shortcuts, the task bar,

and more. This course will not cover telecommunications, security, and network capabilities of Windows NT 4.0.

Saturday, January 23 8:00am-4:00 P.M

Wed-Thu, February 10-11 5:30-9:00 P.M

Saturday, March 6 8:00 am-4:00 P.M

Beginning Word 97

This course introduces a person to Microsoft Word for Windows. This course is taught using Microsoft Word version 8.0. It is designed for PC users who want to learn the basic features of Word. Word 97 is a word processing program which combines powerful features with ease of use to produce professional documents. This course teaches basic knowledge needed to create, edit, format, save, and print a word document.

Sunday, January 24 8:00am-4:00 P.M

Tuesday, February 23 8:00am-4:00 P.M

Wed-Thu, March 24-25 5:30-9:00 P.M

Intermediate Word

This course introduces you to the intermediate elements of Word 97. Students will learn to edit and customize toolbars, section breaks, wordart and drawing, insert columns and tables, and mail merging.

Tuesday, March 30 8:00am-4:00 P.M

Beginning Excel 97

Excel combines powerful worksheet, charts and database functions into a single comprehensive program. This course introduces a person to the excel screen, mouse controls, various worksheet creation and formatting commands, file saving, file retrieving, printing, and graphics.

Wed, February 17 8:00am-4:00 P.M

Wed, March 10 8:00am-4:00 P.M

PowerPoint 97

The Microsoft PowerPoint 97 enables a user to create professional overhead, paper, or on screen presentations. Students will be introduced to the Power Point Window, templates, masters, objects, and layouts. Students will also learn to add graphics and insert special effects such as visual animation and sound.

Friday, February 19 8:00am-12:00 P.M

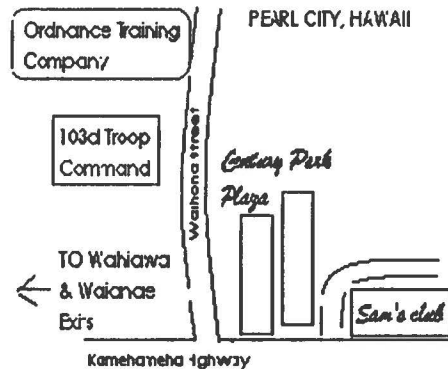
Friday, March 12 8:00am-12:00 P.M

Eligibility

Persons include full-time State DOD employees; Army and Air National Guard members and their dependents age 12 and older; and retirees. A valid identification card must be presented on first day of class. Training will be provided on a basis of no cost to the federal or state government.

Enrollment

Enrollment procedures are easy. Call the Ordnance Training Battalion between 9 am and 4 PM (M-F) at 453-5927 or 453-5928 to reserve a seat. A minimum of six persons is required to conduct a class and maximum of 16 seats is available. Please provide your name, sponsors unit, and telephone number where you can be contacted. A 48-hour cancellation policy is mandatory to ensure seats are available for others who can attend. Space is available on first come, first serve basis.



Hawaii National Guard

*Presents Free Computer
Training*

January-March 1999

at the



**Ordnance Training Battalion,
Regional Training Site-Maintenance
96-1230 Waihana St., Pearl City, HI
96782-1968**

**Telephone (808) 453-5927 or 453-5928
Facsimile (808) 453-0536**

What's for lunch?

154th Wing Dining Room

Menu

-Saturday-

Main Line

Beef Stew
Baked Garlic Chicken
Steamed Rice
Buttered Broccoli Spears
Tomato Vegetable Soup
Macaroni Salad
Tossed Greens
Bread/Butter
Assorted Fruits
Jello w/Fruit Cocktail
White Milk
Chocolate Milk
Juice
Iced Tea

+Snack Line+

Griller Ham & Cheese Sandwich
Sloppy Joe Sandwich
French Fries
Onion Rings

-Note-

For reservations concerning the Multi-Purpose Training Facility (MPTF), please call or send an E-Mail request addressed to K Fritz@DCS @154GP or K Fritz @HIHIK.ANG.AF.Mil to check on availability. She can also be reached at 448-7510 or by fax at 448-7514. **Mahalo!**

FYI-

The Menu can also be found on the "W" drive under the 154th Wing Mission Support Flight.

Bon Appetit!

-Sunday (Brunch)-

Main Line

Sweet/Sour Pork
Meat Loaf w/Gravy
Steamed Rice
Mixed Vegetables
Chicken w/Rice Soup
Macaroni Salad
Tossed Greens
Bread/Butter
Assorted Fruits
Bread Pudding
White Milk
Chocolate Milk
Juice
Iced Tea

+Snack Line+

Eggs to Order
Bacon
Loco Moco
Fried Rice



Lunch Hour

10:30 - 12:30

Dinner Hour*

16:30 - 17:30

**No Dinner Served on Sunday*

*-Sunday is brunch only
from 0930-1130*

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 \$3.00 for the Saturday meal and \$3.40 for the Sunday meal.



YEAR OF THE ENLISTED FORCE

The theme for this year's SNCO Conference is "Year of the Enlisted Force". Here's your opportunity to get answers to questions you haven't been able to get through normal channels. This survey is not a substitute for working within your supervisor/command chain, but a means of obtaining information that might not be available elsewhere. Questions will be answered by a panel of our SNCOs.

Questions/Concerns

* Name/Unit (optional)

* Answers to questions will appear in the "Kuka'ilimoku"