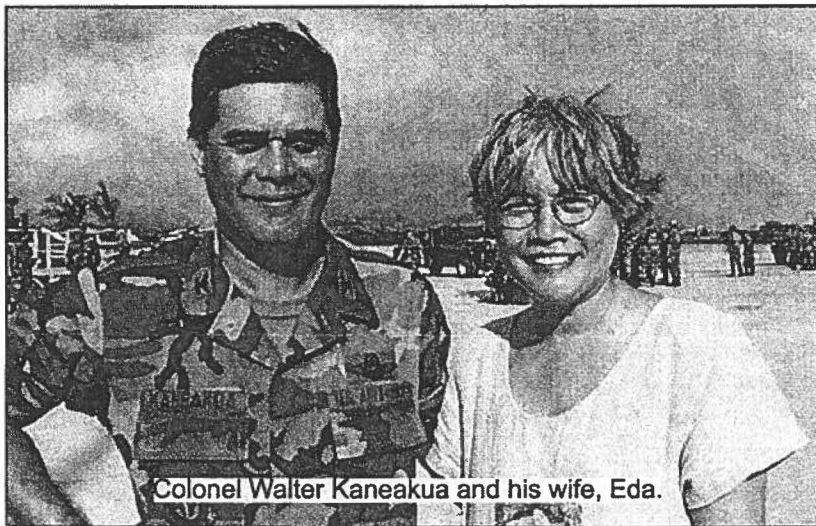


# Kūkā'ilimoku

War God of KING KAMEHAMEHA I

## Departure with Aloha for Col "K"



Colonel Walter Kaneakua and his wife, Eda.

photo courtesy of Lt.Col. Yoshimoto

Every day might be the last that you serve in this lifetime and we should try to live as though we comprehend this gift. I write this farewell and thank you to all those past, and present who permitted me to serve in uniform beside them. I recognize the Hawaii Air National Guard was a precious experience with which I conclude my 27 year military career. 98% of you have made this a rewarding, wonderfully pleasurable time, and 2% have made it rich, colorful and character building. To all, mahalo nui loa! Life could not have been so complex and intriguing without you.

As I depart, allow me to pass on a few observations that have carried me through these eight years, two months, and five days. We should continue to be proud of our HIANG heritage, how we arrived at this point, and how we consistently improve our procedures and readiness. People are the critical resource; leaders at every level should care for them by motivating, educating and celebrating their talents and potential. We should show people the way, and if they won't perform, show them the door. Everyone has worth and can find a way to maximize that value to the combat capability of the organization. We must earn our way every day and should not be allowed to rest on our

past accomplishments—that leads to rust. High performance machinery cannot sustain the fight without its edge being regularly sharpened. People will live up or down to our expectations. That's why raising the bar should be done carefully and with a timely, accurate assessment of our strengths and weaknesses. You cannot waive the laws of aerodynamics or combat—the weak, undisciplined and stupid will perish, and worse, may cause the team to falter and be killed. Train to be victorious and fight the way we train. We owe allegiance to our nation and state which shelter, clothe and nurture our families. We are servants of the citizens of this land and owe them the best that we can give. Be honorable.

I leave with grand expectations for all of you and this special organization. The Guard has been my life, and the recipient of my energies, for these past years. I have loved serving with some of the best I've seen in my career. I donned the uniform during a period when our nation fought for a world free of communism. I remained to assist in a transition to restore a citizen militia, and now have worked my way out of a job. The youth of our organization deserve a chance to lead, and it comes time for me as an "oldster" to step aside, and welcome some change for the future of our missions.

Thank you for your respect, your aloha and the honor of your company during my service with you.



# Command News

By Col. Mick Melich, Commander, 154th Logistics Group

We will be experiencing a tremendous shift in our leadership team in the months ahead. During times like this it is very tempting to stand around and speculate on our future. Rumors seem to find fertile ground with which to multiply and spread like weeds. Although our leadership team is in transition we still must meet our mission taskings, prepare ourselves for our UCI in September and ready ourselves for our AEF participation in October-November of this year. It is times like these that it becomes evermore critical that each of us continue to do our very best work as individuals, stay alert and focused on the tasks at hand and work together as a team. Working together we will continue to succeed while our new leadership team is reformed and begins to chart our course for the future...a course which is robust with opportunities to excel and build upon our tradition of Launa 'Ole.



photograph by TSgt. George Galasinao, 154 CF

Maj. General Paul A. Weaver, Jr., Director of the Air National Guard, visited the 154th Wing on March 29, 2000. He was escorted by Colonel Mick Melich, 154 LG/CC, and is shown here shaking hands with Major Bill Petti, 154 AGS/CC.

## HIANG FOODBANK COLLECTION A HUGE SUCCESS

By SSgt. Renee Tavares, 154 LS / LGSW  
In April, the HIANG completed another successful year of collecting food for the Hawaii Foodbank. Last year, our goal was 5000 pounds and we were able to collect over 6300 pounds. This year's campaign, which ran from December through April, started off slow but ended with a flurry of activity.

Our goal again this year was 5000 pounds, just over half of the DOD goal of 9000 pounds. Thanks to everyone in the HIANG's generosity, we were able to collect over 12,600 pounds of food for the needy of Hawaii. This exceeded our original goal by 250%.

On behalf of the entire Logistics Squadron Foodbank team, we would like to thank everyone for their kokua in supporting this worthwhile organization.

Various unit awards will be given out in the near future to identify those units that collected both the most total pounds and the most pounds per person assigned. Mahalo again for your continued support.



**HIANG Mission**  
Provide America and Hawaii the Right Aerospace Teams for Service in Peace and War

**HIANG Vision**  
Launa'ole – Beyond Comparison or Without Peer

**HIANG Values**  
Integrity, Service, Excellence, Teamwork, Aloha

## MEMORIAL DAY



May 29, 2000

### Next UTAs



June  
3rd and 4th

July  
8th and 9th

### 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 KUKA'ILIMOKU can be seen on the 154th Wing intranet web page at <http://154web/>

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

### COMMANDER

Brig. Gen. Michael H Tice

### STAFF

PAO: Maj. Tracey J Saiki

Editor: SrA Debbie Weidner

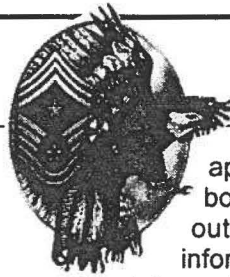
Printed by: 154 CF

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# A Word from the Chief

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by Delbert D. Dandurant, Chief, HIANG  
State Command Chief Master Sergeant



Time sure flies by and you wonder where it went. Here it is May already and it seems that nothing much has been accomplished, but that's not true. Some things that have been accomplished so far are:

....A new Adjutant General, Major General Edward Correa, has been in place for several months now. He is an outstanding individual with expansive leadership qualities. Talking with some of our Army National Guard counterparts I learned that General Correa is one who cares for his people and empowers them to do their job. He admits that he has a lot to catch-up on when it comes to the Air Guard side of the house, but he will get there.

...Congratulations to all the nominees and winners of our recent HIANG Award Banquet held at the Tradewind Enlisted Club on Hickam. It was a great event, with a good turnout and lots of fun.

....Our HIANG Senior Non-Commissioned Officer's Conference was a huge success thanks to everyone's support. It was our biggest turn out yet, with

approximately 144 SNCOs. Our speakers, both military and civilian, did an outstanding job in presenting their information. I hope that our SNCOs took back that information, and shared it with the people in their units.

....Finally! We have a new 154<sup>th</sup> Wing Command Chief Master Sergeant. He is SMSgt (soon to be Chief) Clausen Apo from the 154<sup>th</sup> Civil Engineer Squadron. I believe he will make a great Wing CCM. He is people oriented and wants to help in any way he can to make the 154<sup>th</sup> Wing an organization that you will be proud of in years to come. SMSgt Apo will need all of your support and I know you will give it to him. General Tice was not willing to just fill the Wing CCM position with anyone. He worked hard during the past year to find the type of quality person he wanted and eventually found in SMSgt Clausen Apo.

That's it for now. Aloha.  
Chief Del



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## SNCO Conference Questions

The following are Brig. Gen. Tice's responses to questions asked of him at the recent SNCO conference. This is only the beginning in a series that will run over the next few months.

**Q:** "Why is the rank structure so stringent? I realize the lowest grade on the manning document will be E-5, which is good for the new troops, but what about the existing E-5 and E-6s? The upward movement for them is already limited and will become more limited as all these E5s get eligible for the next grade. What is your plan to handle this?"

**A:** The change to our manning document wherein the lowest enlisted grade was raised to E-5 and the lowest officer grade to O-4 was not done for the purpose of immediately promoting all folks under those grades. It was done primarily in recognition of the fact that we tend to be an older and more stabilized force than the actives and to allow for easier accession of folks coming off active duty that may already hold these grades. Promotion opportunities beyond E-5/O-4 remain in adequate numbers. The challenge of an effective force management program within the Wing is managing the movement out the top so that deserving folks may move up. This is why comprehensive force management planning at the unit level is so critical.

**Q:** "We want to know how come we don't get timely and proper service from our suppliers. Here's an

example: The Medical Squadron only services us on drill Saturday. We have heavy flying demands then and need all of our people. Why can't they provide service on both Saturday and Sunday drill? This would greatly ease the strain on our manpower."

**A:** The new Medical Group Commander, Lt Col Ando, and his team, are working hard to streamline their services. They are currently exploring opportunities to partner with the active and reserve units on base to better serve everyone. A part of their problem is manpower and we're working with the Bureau on that one. Most recently, we've had observers from the units help with drug testing and I'm told that was very successful last UTA. Service is the most visible part of what they do. Like everyone else in the Wing though, they have their AFSC and military readiness training to attend to. That's what causes them to not be open for service the entire weekend.

**Q:** "Have you considered instituting a "planned" SUTA (Split Drill) to accommodate today's "bigger" missions. We spend lots of time on drill standing in line at Medical Squadron, dining hall, MPF, etc. Is it possible to have 2 UTAs per month? Other states have gone this route."

**A:** We've talked about split drills over the years and the consensus has been that we remain with a single UTA. At the unit level I've given commanders the opportunity to use the SUTA option when needed to meet their training requirements. When they do, it's done without the normal UTA services, such as, medical, services, personnel, etc.



## Chaplain's Corner

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

The month of May always draws lots of attention to our families. With Mother's Day and graduation ceremonies around the corner, and plans for summer vacations needing to be set, this time of the year is key. It reminds us once again how important our families are, as well as the amount of time and attention they require.

This is a time to define and redefine our priorities, and schedule family time. There is a need to balance and refocus on God, family, work and other interests. It is a hard balancing act to juggle all the needs and requirements put on us.

In this balancing act, consider putting God first, family second and everything else to follow. Also, in this formula for successful living, keep in mind that that balance is the key to life. In other words, continue to use good judgment and common sense in working all of the priorities and balancing the responsibilities.

"Things which matter the most must never be at the mercy of things which matter the least," is a quote by Johann Wolfgang von Goethe. Let us remember that our families are important and that they matter the most.

May the Lord's blessings be upon you and your family, as you enjoy this time of the year!

Worship Services  
*All are Welcomed To Attend*



### Protestant Service

Sunday UTAs  
8:15-8:45  
154<sup>th</sup> Logistics Group  
Conference Room  
(Building #3416)

### Catholic Services

(across base)  
Daily 11:30  
Saturdays  
17:00 Nelles Chapel  
Sundays  
7:15 Nelles Chapel  
10:15 Chapel Center

### Jewish Service

(Pearl Harbor)  
Fridays  
19:30 Pearl Harbor Aloha Chapel  
(Makalapa Road)

## Diversity Dialogue

**Building Relationships is the Key to Success**  
by MSgt Carswell J. Ross, Jr., 154WG HR Advisor

It has been shown that success and career enhancement do not occur without the assistance of others. Successful individuals talk about those who helped them along the way. Most often mentioned are family members who loved and supported them, peers who helped in dealing with day to day stress, supervisors and counselors who moved them towards their goal and suggested effective ways of dealing with things. In short it took a team, a mentoring team to assure the success.

A landmark study conducted by Korn/Ferry International, the world's leading executive search firm, in conjunction with Columbia Business School, found that role models and mentors play an important role in determining an individual's chances for success. The study revealed that executives "believed that mentors are very helpful in advocating for upward mobility and teaching how to navigate through the corporation."

We are fortunate to have a formal mentoring program. Program instructions are contained in AFI 36-3401, 3 October 1997. The goal of the program is to provide a source of career information and guidance, professional development, history and heritage, knowledge of air and space power, the ethos of our professional and understanding of our core values of integrity, service before self and excellence in all we do.

Mentoring is more than on the job training. It is an integral part of the ANG leadership development culture. Mentors are all around us. They are usually someone who is successful and knowledgeable about the occupation in which you wish to excel. They may possess other traits or skills that you seek to develop. Remember, the role your mentor or mentors assumes will depend on both your needs and the time the mentor can share with you. This association is always on a professional level and can end after the attainment of your goals or continue for a lifetime.

The next time you watch an awards show and listen to the winner thank people, think about the people you would thank for your success. No one succeeds alone. It takes a team to ensure success.

## Kuka'ilimoku on the 154th Web

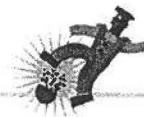
Be sure to check-out the Kuka'ilimoku *in color* on the intranet!

And **NOW** it is even easier to find – just go to the 154th Web homepage and look under Miscellaneous Items.

Have any questions or comments about the newsletter? E-mail them directly to [KUKA'ILIMOKU](mailto:KUKA'ILIMOKU).



# Wing Safety Announcements



by SMSgt Gaylen T. Redoble, Occupational Safety and Health Manager, 154 WG/SE

## Weapons Safety Job Announcement

(Traditional Position)

The 154<sup>th</sup> Wing Safety Office has a vacant Weapons Safety NCO position. This position is a Master Sergeant billet. If you are a Technical Sergeant eligible for promotion and presently (or formerly) hold a 2W or 2M AFSC, this job is for you. It is open to all traditional guardspersons and full-time technicians. If you are interested, send your resume to our safety office to the attention of MSgt. Bill Cruz or SMSgt Gaylen Redoble no later than close of business on 15 May 00. E-mail us at se.154wg@hick.ang.af.mil or call us at 448-7267 for more information.

## Ground Safety Update

The Commander's Safety Orientation Briefing on 10 Apr 00 was also a success. Although not all commanders attended due to prior commitments, the Orientation Briefing was a success. Eleven Commanders and unit representatives attended. MG Correa's opening remarks emphasized Safety as his #1 concern. MG Correa also mentioned that Commanders are responsible for their safety program at their level of responsibility. Commanders will be held accountable for the safety of their troops. SMSgt Joe Goss briefed on the need for unit/section safety programs, senior leadership safety responsibilities, OSHA's most frequently cited serious violations, and showed a video on workplace violence. Lt Col (S) Feller briefed on Hazard Abatement, Job Safety Training (JSA), OSHA 10-hour course and performance evaluation, appraisal standards, and elements for supervisors and workers.

The PACAF Safety Staff Assistance Visit from 18 - 20 April 2000 went well. All after action reports will be posted in the Wing Safety Website and sent to appropriate section Additional Duty Safety Representatives for action. MAHALO NUI LOA to Maj. Kevin Reed, Maj. Brian LaVelle, MSgt. Rodney Robinson and TSgt. Vincent Duny for their time and hard work assisting our Wing.

## Ground Safety Mishaps

On 1 Apr 00, at approximately 1000, a POL driver ran over a 3-inch hose and an Aero-quick coupler. The vehicle was turned into Vehicle Maintenance for damage assessment.

On 8 Apr 00, at approximately 0445, Mt. Kaala, a 169 ACWS Air Technician complained of chest pains and elevated heart rate. Individual was treated at Wahiawa General Hospital and released.

HAVE SAFETY UTA WEEKEND!!



**"Every Child Needs  
Something  
To Call Their Own"**  
*(the Keiki Saks motto)*

**Keiki Saks of Hawaii (Update)**  
By MSgt Craig Makiya, 154 LSF

I would like to extend a BIG MAHALO to all members of the 154th Wing and especially to the 154th Logistics Group who have

donated generously to Keiki Saks of Hawaii. We made our second drop off to Keiki Saks and to date, we have donated a total of:

270 children's books  
173 bottles of shampoo  
175 bars of soap  
59 toothbrushes  
11 tubes of toothpaste  
26 purses/backpacks  
246 stuffed animals  
500+ pencils/pens/crayons  
62 bottles of skin lotion  
24 items of baby clothing  
715 small toys  
10 personal alarms  
10 pieces of material  
80 plastic rulers  
40 cosmetic items

200+ stickers  
\$34.00  
23 sewing kits  
9 vitamin containers  
15 shower caps  
and numerous miscellaneous items

### **What is the purpose of Keiki Saks?**

To help the homeless children of Hawaii by providing them a spark of hope in a climate in which they have no control.

Call (or e-mail) me: 448-7700 or TSgt Yvette Miraflor (448-7377) for the collection box nearest you. All items collected will be delivered to Keiki Saks in June, September, and December. Thank you once again for your support.

**Recruiter's Round-up**

by TSgt. Vickie Padello, Recruiter

Aloha from your recruiting office! Please join us as we welcome our newest recruits! They are:

- SSGT JOSEPH L M AKITA
- A1C JOSHUA A M CARVALHO
- A1C JOSE A CRUZ
- A1C RONALD S CUIZON
- A1C FA'ATOESE P ACOSTA
- SRA BEVERLY A SHIBATA
- SSGT NOAH K KEAULII
- AB DAVID L G NOVIDA
- A1C RITA L KONA
- A1C CYNTHIA T AQUINO
- A1C PAUL V WORL
- A1C TROY I DUDOIT
- A1C NORMAN V LAZAO
- A1C MITCHELL K PINZON
- SSGT NELLIE MONTANEZ
- 2LT BRIAN K ABRIGO
- 2LT ROBERT H MILLMAN
- CAPT STEPHEN S MCCARTY

*Speaker's Bureau* ~ Our goal is to promote awareness and community relations to meet the strength requirements of the Hawaii Air National Guard.

The Speaker's Bureau will provide us opportunities to embrace and educate the community. Regardless of speaking experience, training and guidance necessary for Guard members to succeed at any speaking engagement will be provided.

The key message that we would like to convey in all of our speaking engagements is the type of organization that we are, ready to serve our nation and state. That the Hawaii Air National Guard is first, an organization where our standards are based on a tradition of excellence, rooted in our Hawaiian culture. Second, we operate as a team and thirdly, we share a common set of the right values and live these values - Integrity, Service, Excellence, Patriotism, Teamwork, and Aloha.

We will offer the following themes for our speaking engagements:

- Opportunities for Women in the Air Guard
- Breaking Barriers (minority groups)
- Contributions to the State and Community
- General Purpose Brief
- Benefits Brief
- Air National Guard Jobs/ Specialty Briefs

So, you want to embark on public speaking! Here is an opportunity for you to meet the challenges and rewards that can be afforded through speaking publicly. Each and every one

of us has a unique perspective to pull our experiences from. The beauty of the Speaker's Bureau is the collage of resources within the Hawaii Air National Guard. Using your experiences and arming you with information about the Air Guard, we plan to head out into the community and let everyone know the Hawaii Air National Guard really is a community based force, it is our heritage and strength.

If you would like to participate, complete the Speaker's Bureau biography form and forward to HQ HIANG/DPR, Attn: SMSgt Simmons. Periodically, we will hold sessions where we will provide additional details on expectations and entertain questions and recommendations from participants of the Speaker's Bureau.

Should you require assistance or information on the program call TSgt Vickie Padello at 448-7578

**Retention Update**

by MSgt. Rose Vendiola  
Retention Office Manager , 154 MSF / DPMH

**STATE TUITION ASSISTANCE - FALL 2000**

Effective immediately, the TAP payment and policy procedures for the Fall 2000 semester will be the same as those of the Spring 2000 semester. Be aware of the immediate suspense dates and May UTA being the only drill period to advertise.

Members will complete the Fall 2000 application forms only if they are committed to attend. Those members registering early may now ask to be waived until a period after June UTA, when the approved and funded application forms will be returned to the units for distribution. Application forms are available at the customer service desk of the Military Personnel Flight and your unit career advisor's office.

Note: Senior leadership is still moving towards instituting a reimbursement process for the Spring 2001 semester.

**USERRA TRAINING**

USERRA (Uniformed Services Employment and Reemployment Rights Act ) training will be provided to unit commanders, section supervisors, first sergeants, and unit career advisors. Many traditional guard members will participate in AEF and other deployments. It is recommended that key unit members attend this training to continue the protection of civilian job rights and benefits for traditional HIANG members.

Training will be provided by an ANG ESGR (Employer Support Guard and Reserve) representative from the Pentagon and conducted from 4 - 7 May 00. A detailed schedule of the training periods will be sent by e-mail.

For additional information on any of the above programs, please contact 448-7445.

**BIG ISLAND FAMILY PIE WORKSHOP**

HIANG family members are welcomed to attend.  
Nani Mau Gardens Restaurant  
May 20, 2000  
Time: 0830 - 1500

If you will be on the Big Island and want to attend, contact Ms. Marilyn Tolentino at 935-9648.

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**WHAT'S UP IN EDUCATION & TRAINING?**

by SMSgt. Carol Keanini  
154 MSF/Base Education and Training Office

**NEW PROCEDURE FOR PRIOR SERVICE FORMAL SCHOOL DEPARTURE**

Effective immediately, the 154 MDS will no longer be weighing in prior service members departing for school. The weight check must be performed by the unit. Our out-processing checklist has been adjusted to reflect this new procedure.

Just as a reminder, members can attend formal school while on the weight program, but they must be showing satisfactory progress and they must take their weight program documentation with them.

Members CANNOT be on the weight program if they are scheduled to attend PME, AMS or BMT.

**SNCOA IN RESIDENCE DEADLINE**

DEADLINE FOR SNCOA IN RESIDENCE APPLICATIONS TO US IS MAY UTA. DON'T WAIT UNTIL THE LAST MINUTE. See your UETM and/or our 'W' drive for information on procedures and requirements.

**BETO ECI/CDC TESTING TIMES**

For those units who do their ECI/CDC testing with us, just a few quick reminders:

**Our Testing Times and Days are:**

**THURSDAYS: 0800 hrs**  
for paper/based CDC tests  
(no appt. required)

**THURSDAYS: 1300 hrs**  
for Computer Based Testing (eg Crs 5)  
(Appoint IS required )

**SAT UTA: 1300 HRS**  
**SUN UTA: 0800 HRS**

If you cannot test during our regular scheduled testing times, call us. We will try to fit you in, but if we cannot, we will ask that you bring your Unit Education and Training Manager with you and we will train and certify him/her to be your test proctor.

**JOB INVENTORIES AND GRADUATE ASSESSMENT SURVEYS**

*What are they?*

A **Graduate Assessment Survey or GAS** is a simple, painless feedback tool that the formal school folks use to assess, evaluate and make changes to their school curriculum. They are generally sent to the trainee's supervisor so that he/she can evaluate what the trainee learned and provide feedback. Your feedback is very important. It is also very important that we get these surveys back by our suspense date, or we will get a letter from the POC tracking it down.

**Job Inventories** are used to evaluate and make changes to the AFSC. Lately they have been coming out in disk format, and we realize that they take a lot more time to work on and complete. These are controlled items and must be accounted for. If we do not get these returned in time, the POC will notify us and we will notify you and your commander. The Air Force is so serious about these feedback processes, that failure to comply for an Active Duty member can result in an Article 15 action. We really must get them returned to us by the our Suspense date.

We understand that they take up a lot of time and that they seem to come constantly. Believe us when we say "We feel your pain" - because we have to process them!

**HAVE A SUPER UTA!!**

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**CHAPTER 18**

by MSgt. Criag Makiya, 154 LSF/LGLM

Can you believe that Seminar 32 is only 2 months away? What started out as just a dream for Chapter 18, has now become a gigantic reality!!! Seminar Chairman, SMSgt Douglas Awana reports that all is well...for now. Everything is going as planned. This will be our opportunity to show off the Hawaii Air National Guard and Chapter 18 to Guard members from all over the country, SO LET'S MAKE IT HAPPEN!

**CAR WASH**

Seminar 32, Chapter 18 NCOAGA  
May 20, 2000 0800-1600  
Hickam Commissary Parking Lot  
Cost \$5.00 - Trucks/Vans \$7.00  
Presale Tickets: \$5.00

Volunteers are needed for the car wash for which the proceeds go to hosting Seminar 32. Contact MSgt Craig Harimoto at 448-7224 if you can help out.

And for the fourth year in a row, Chapter 18 members turned out in force to help host the annual HUGS Easter party. Over 30 Chapter members and their family members helped out by cooking hamburgers, hot dogs, french-fries, making bunny ears, coloring Easter eggs, hiding Easter eggs, and setting up the piñata. Chapter 18 members were also there to set up and clean up after the party. A special mahalo to those of you who brought along your gas grills, hibachis, and gas woks for the cooking.

Until next month, TAKE CARE & BE SQUARE!

# Health



# Watch

## WEIGHT REDUCTION

by 1st Lt. Jose Padron  
154 MDS Health Promotion Officer

Weight gain occurs when energy intake exceeds energy expenditure. Weight loss occurs when energy expenditure exceeds energy intake.

One pound of fat stores 3500 kcal of available energy; so consuming 3500 kcal in excess of expenditure produces a weight gain of 1 pound, whereas consuming 3500 kcal less than expenditure produces a weight loss of 1 pound.

In general, approaches that combine decreased energy intake with increased energy expenditure are the most likely to succeed. Gradual persistent weight loss is the key to succeed weight reduction.

A daily deficit of 500 kcal, amounting to a deficit of 3500 kcal per week, should result in the loss of 1 pound of body fat **per week!**

Weight that is lost quickly (more than 1 to 2 pounds per week) is more rapidly regained and more likely to be regained and harder to loss.

The importance of establishing a life-style that involves consistent mild exercise cannot be over-emphasized. It is the most effective way of avoiding the gradual gain in weight that often accompanies the steady decline in energy needs as we grow older.

It's never to late to start, and it will take time to see the results. **You may love what you see!**

## GONORRHEA

by 1st Lt. Nelson Pagurayan  
154th MDS, Infection Control

Gonorrhea is one of the most common STD's in the U.S. Teenagers and young adults are at the highest risk. Gonorrhea is primarily transmitted sexually, but may develop from contaminated hands, or newborns from infected mothers.

Signs and symptoms. Female: green-yellow pus discharge, urinary frequency. Male: pus like discharge, painful and frequent urination. It is also possible that no signs and symptom is noted.

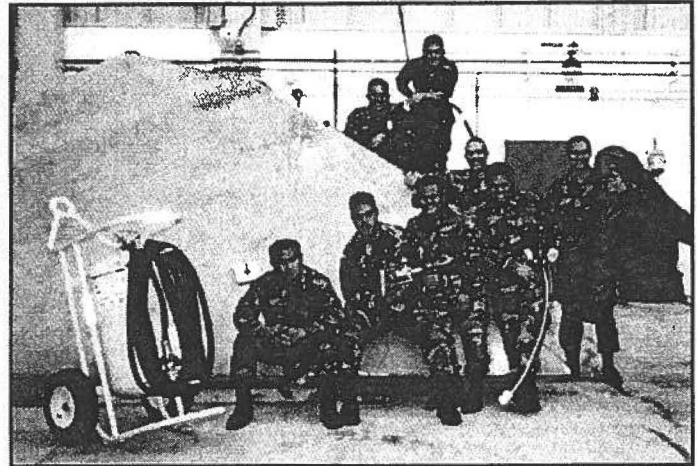
Treatment of the disease consists of aggressive antibiotic treatment. It is also mandatory to report the disease and inform their sexual partner so that they could be examined and treated if needed.

## Who are the People in Our Neighborhood?



A column dedicated to getting to know the workforce of the 154th Wing.

### 154th Wing F-15 Fuel System Repair Element



( top to bottom, left to right) SSgt Lyndon Keliinui, SrA Noel Guerrero, SSgt Richard Baldugo, SrA Ronald Kaiahua, SrA Fil Galanto, SrA Leo Johnson, SrA Steve Aguisanda, SSgt Robert Fabrigas

by TSgt Wendell Villanueva, 154 MXS/LGMCF15

The 154<sup>th</sup> Wing F-15 Fuel System Repair Element is located in Building 3407 in the HIANG compound at Hickam AFB. It is managed by MSgt Rogan Kahalehili and his assistant is MSgt Roberto Carlos. It is a sub-section of the 154<sup>th</sup> Maintenance Squadron's Accessories Flight.

The shop is responsible for all F-15 fuel system maintenance. They have a new, fully equipped fuel system repair facility, complete with a foam-water deluge fire suppression system. The facility can accommodate two F-15s simultaneously for open fuel tank repairs or confined space entries. One in the fuel bay of Building 3407, and one on the Diamond Head apron of the facility. They are also responsible for the repair, maintenance and testing of all assigned external fuel tanks. The shop also supports the F-15 Phase Dock Inspections of the 18 assigned F-15 A/B aircraft.

Currently there are 4 full-time and 10 traditional guardsmen assigned to the Fuel System Repair Element with a one shift operation Monday through Friday and on Sunday UTAs. The shop has a two shift operation only on Saturday UTAs.

The Fuel System Repair Element team is a group of highly motivated personnel dedicated to providing all its customers top quality products through teamwork, professionalism, loyalty, integrity, courage, ethics and safety.

Interested in telling everyone about your section?  
E-mail the [KUKA'ILIMOKU](mailto:kuka'ilimoku) with a brief article. Be sure to include where you are located and what you do.

You can e-mail in pictures, too!



## Don't Forget Mom!



**Mother's Day is  
May 14, 2000**

## "Hawaii's Military Stars"

TSgt Teal Cross, 154th Communications Flight is one of the five military finalists to compete in the local karaoke TV show, "Hawaii Stars". Taping of the show will be held on Thursday, May 18 at 5:00 p.m. at Ala Moana Center Stage. Come show your support for TSgt Cross and the Hawaii Air National Guard.



## We're Offering Scholarships!

by SMSgt Steven S. Kamaura  
HNGEA Scholarship Committee Chair

The Hawaii National Guard Enlisted Association (HNGEA) is pleased to announce that it is now accepting scholarship applications from its members and their dependents.

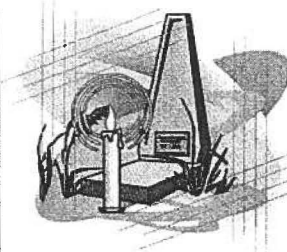
The deadline for the submittal of applications is 30 July 2000. For information about scholarships and the application form, please contact any of the following individuals:

SMSgt Steven Kamaura, 733-4230  
MSgt Rose Vendiola, 448-7445  
MSgt Vivian Tsutsumi, 733-4108

Your First Sergeant also has a copy of the guidelines and application form.



*Please Kōkua  
by Recycling*



## ALMOST HOME

By TSgt Theodore Merrill  
154<sup>th</sup> Wing Historian

I recently had the opportunity to accompany Maj. Tracey Saiki, 154<sup>th</sup> Wing PAO, as she and the State Office of Veterans Services PAO, accompanied a tour at the Central ID Laboratory Hawaii (CILHI) at Hickam AFB. The group touring the facility was made-up of U.S. Korean War veterans, some who had been POWs of that war, and their wives. This was the first time I'd been to CILHI.

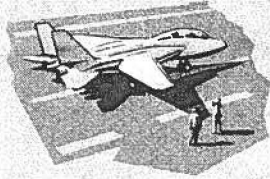
CILHI exists to find, bring home, and identify the remains of thousands of servicemen who remain missing after WWII, the Korean War, the Cold War, and the Vietnam War. They conduct searches all over the world, with most of their effort being expended in the Asian/Pacific area. After using various historical references to determine where to start looking for someone, a highly trained CILHI team goes to that location and conducts a scientifically precise search and excavation, with the aim of recovering human remains and any other physical evidence which may help prove a person's identity. The remains are brought back to CILHI's laboratory, where scientists use dental records, DNA technology, and other means to study them. Also taking into account pertinent historical references, a positive identification of someone can oftentimes be made. Once this identification has been established and reviewed, the service member's remains are returned to his family for burial. The return of a loved-one's remains to the family for a proper burial "closes the circle" and frequently alleviates some of the pain of the loss.

What intrigued me most about the tour was visible through the glass wall of the laboratory. Tables had various human bones, and sometimes skulls, laid out on them. The groups of remains were separated by pieces of red tape and identified by numbered placards. My attention was drawn to one such section of remains closest to where I was standing. There was a human skull facing right at me.

Looking at this skull, I realized that I was looking at an American fighting man from long ago, who died alone in a place that he probably didn't want to be. The fact that he died so far away from home is testimony to the thinking of his times, where it was in vogue to go to faraway lands to save the world from whatever scourge there was that necessitated the war that he was in. Looking at him, I wondered what his life was like. He grew up, lived, laughed, cried, and loved like the rest of us. Just like the rest of us, he probably had fun spending time with mom and dad, learning how to drive a car, listening to music, playing sports, and experiencing the new things that we all do as we grow up. He probably experienced the exhilaration that we all do, of leaving home after high school to "conquer the world". As he was going to his war, he probably was afraid of not making it back, but thought it wouldn't happen to him. To keep up his morale, he probably thought about the things he would do after the war. See old friends and family, sleep in late on weekends, have a beer, go back to school, get married, have kids, build a house, buy a car, etc. But that didn't happen. He didn't make it through the war. He died alone in a faraway land, without having one last chance to really say good bye to those he cared about. And not only did he die in this manner, his loved ones still don't know where he's at all these years after his death. There probably is still an emptiness in several people's lives, wondering about this man I was looking at. The only thing that I knew for sure was that he is *almost* home.

Memorial Day is May 29th.

**MyTai's Sweep Gomers from the Skies at Red Flag  
By Capt. Pete 'Spreadmo' Weidner, F-15 Pilot, 199FS**



Eight F-15 pilots from the 199FS deployed to Nellis AFB, Nevada during the first week of April to participate in Red Flag 00-3 - the world's most realistic air war exercise. The purpose of the deployment was to train together with our partners in AEF#9 prior to heading off for Operation

Southern Watch this Fall. Even though the HIANG arrived at the midpoint of the two-week exercise (where the level of difficulty increases daily), we stepped right in and showcased our Hawaiian Air Superiority talents.

The days were long and the missions exceedingly complex, with the MyTai's assigned to lead and protect an aerial attack force of over 50 aircraft! Our strike package included dozens of F-16's from the active duty, Guard, Norway, Belgium, the Netherlands, and Portugal. In addition to the 'Vipers', we had to protect an assortment of 'heavy iron' including B-52's, C-141's, C-130's, and German C-160's. Our threats were many and varied, from 'Gomer' F-16's (dedicated Aggressors permanently assigned to Nellis) and German F-4F's, to advanced SA-11 Surface-to-Air missiles.

The HIANG Eagle-Drivers flew in three missions and demonstrated a very steep learning curve: After losing half our 8-ship on our first mission, we applied what we learned and, by our last mission, swept the wily bandits from the sky. It was with no little emotion that we sat in the massive debrief with over 150 other flyers, watching the fight replayed on a theater-sized computer screen. As the crucial point arrives, a Gomer announces that he is shooting at one of our brethren and, seconds before impact a MyTai pilot calls, "Stop [the mission tape]! Missile impact..." Just like that the Gomer is dead, his own missile (now unguided) falls to the desert floor; our colleague lives; and the HIANG has completed a mission with zero mortalities, while allowing not a single striker to be shot down by an enemy fighter!

All in all, Red Flag provided us with invaluable large force training. By allowing us to experience our first three major theater war missions under simulated conditions, it taught us lessons in training that we (thankfully) will not have to learn when the shooting is for real.



**Congratulations!**

The following HIANG personnel were promoted to the grade indicated effective April '00

- 154 WG SMSGT Yoshimura, Alwyn Y
- 154 WG MSGT Moniz, Leilani D M
- 204AS MSGT Lau, Gordon R
- 154 MSF TSGT Guerri, John K
- 169 ACWS TSGT Hernandez, Lisa A
- 291 CBCS TSGT Kim, Donna N
- 154 ACS SSGT Bugarin, Edwin H Jr
- 154 MDS SSGT Butler, Anthony
- 154 MDS SSGT Wahinekapu, Dawn W
- 154 MXS SSGT Ferriman, Phillip D
- 154 MXS SSGT Nakamura, Jason
- 154 SVF SSGT Pagaoa, Dodie S
- 169 ACWS SSGT Sunaoka, Rena K
- 293 CBCS SSGT Languita, Chas

Send your submissions, suggestions or questions to us via e-mail !

Our address is **KUKA'ILIMOKU**

Next *Deadline*  
**MAY 22nd**



**Net -Working**

By Capt. B. Marcus Badley, 154CF/CC

**Information Assurance**

The importance of properly loaded and updated Virus Software is one of the big keys to Information Assurance. The HIANG standard is Norton Antivirus. The user needs to make sure that the latest signature file is loaded. A signature file is the database that contains all the information needed to recognize a virus. The easiest way to update the software is through Live-up-date, which is part of the Antivirus program. This is very important since we had new computers added to the network that did not have up-to-date virus software that began to spread the Melissa virus.

After you have updated your signature file, it is important to run a system scan. In the options of your scanning properties you should choose all files. You should also enable Autoprotect. This will make sure that any files accessed, whether it be from e-mail or a floppy disk, are scanned prior to opening.

Should your software discover a virus, you should notify your WGA, WGM or CSSO before doing anything else. They will in turn notify the Helpdesk. Then you should choose one of the following options: Clean, Delete or Quarantine. If you have any questions please contact the helpdesk.



Above- Maj. Milton Davis, 204 AS briefs the C-130 mission and aircraft capabilities to students and parents.

Right- Jason Yuen smiles brightly because he is very proud of his Daddy.

Far right- These tanker tire-sized girls laugh at how they are almost the same height as the tires.

All photos by TSgt Dexter Yuen, 154th LSF

## School Days

Guard kids, Jason Yuen, and Samantha and Sean Nakamura were very excited and happy to show their classmates from St. Timothy's Children Center where their dads worked. TSgt Dexter Yuen, 154th LSF and SSgt Sterling Nakamura, 154th AGS, hosted this visit and opened the children's eyes to the HIANG. A static display tour of the C-130 and KC-135 was arranged on the flight-line for them.



### Commander's Combat Pistol State Championship Match By TSgt. Baldwin Ojerio, 154<sup>th</sup> AGS



The Hawaii National Guard Marksmanship Team hosted their annual Commander's Combat Pistol State Championship matches on April 15, 2000, at Koko Head Shooting Complex. Twenty-five teams from various Army and Air Guard units from the State competed in this event.

This year's match was very competitive and ended with an exciting finish. One shot divided the 1<sup>st</sup> and 2<sup>nd</sup> place teams and top individual shooters. Winning the State match with a score of 369, was Company D, 2-299<sup>th</sup> INF of Wahiawa. Right behind them with a score of 367 was the 154<sup>th</sup> Wing SFS. In third, HHC, 2-299 INF of Hilo shooting a score of 322.

This year's top individual shooter award goes to TSgt. Ray Duropan of the 154<sup>th</sup> SFS with a score of 115. Second was taken by 1Lt. Nathan Hee of Company D, 2-299 INF with a score of 113. And placing third with a score of 111 was SSgt. Roy Hayamoto of the 154<sup>th</sup> LSF.

Many thanks to all the competitors who participated and to the following personnel who help make it work:

**Stats/check-in/ammo:** Maj. Bryan Suntheimer, 298<sup>th</sup> Reg., TSgt Jim Welch, 154<sup>th</sup> MXS, SGT Hubert Chang, HQ HRO, TSgt. Bill Kissenburger, 204<sup>th</sup> AS, SSG. Peter Hope, 25<sup>th</sup> ID(L)Det.

**Weapons and Range class:** SSgt. Robert Jaeger, 154<sup>th</sup> SFS, TSgt. Gaylan Yamada, 154<sup>th</sup> MXS.

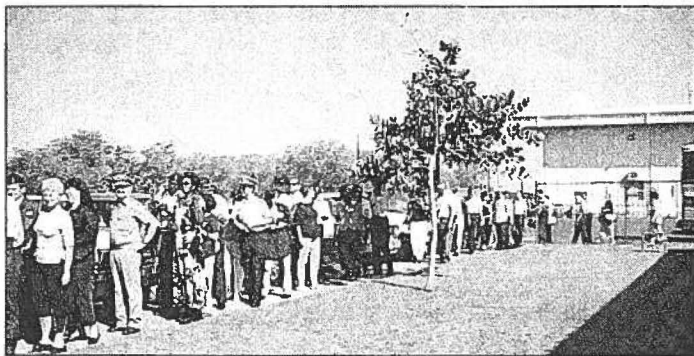
**Line Officers:** SMSgt. Bill Beck, 154<sup>th</sup> AGS, SGT. Jerry Yuen, 299<sup>th</sup> MI, TSgt. Warren Izumigawa, 293<sup>rd</sup> CBCS, SPC Jermy Becthold, 299<sup>th</sup> MI.

I would also like to thank the 154<sup>th</sup> SFS for providing the M9 pistols and the 154<sup>th</sup> CF/SCM for the use of their public address system.

## 154th ACS Hosts Tour

By Lt. Col. Norman Nitta, 154 ACS/CC

The International Air Attaché Corp visited Kauai and the 154 Air Control Squadron on April 12, 2000. The tour was sponsored by the Foreign Liaison Division of the Office of the CSAF and was hosted by the members of the 154 ACS. Their visit to the 154 ACS included a unit mission briefing by Lt. Col. Norman Nitta and a demonstration of the unit's primary mobile tactical equipment, including its mobile radar, SATCOM and microwave equipment, operations modules, and vehicles and generators. Also on display were M-60s, M-16s, M-9 weapons, MREs, and airmen dressed in full camouflage with face paint. The pictures that follow are were taken at the event.



**“Resolve to perform what you ought;  
Perform without fail what you resolve.”**

— Benjamin Franklin



## Dining Facility FAQ's:

by MSgt. Kathy Fritz, 154 SVF

- Q:** During Unit Family Day's, Open House, retirement functions or award ceremonies can a unit request for subsistence through the Services Flight?
- A:** The only meals authorized to leave the dining facility are MRE's, hot meals or ground support meals, for training during UTAs, SUTAs, annual training, etc. These meals are for unit personnel and not provided for dependents, spouses or guests.

**Q:** Are HIANG members authorized to eat at the Air Force Dining Facility, Hale Aina, in Area 61?

**A:** Yes & no. Yes, any enlisted member is authorized to eat at Hale Aina, but the problem is that although your meal is free your signature equates to a dollar amount. The Air Force is reimbursed when you eat at the Hale Aina, not the HIANG. Also, if the number of patrons increases at Hale Aina, our Services Flight will most likely have to support their dining facility with Chefs. This would in-turn decrease the manpower the HIANG would have available to support its troops. Bottom line is that we never know how good we have it until its taken away and without the numbers to justify our dining facility, who knows what we may lose in the future.

Have a question you would like answered? Then fill out a customer feedback form provided at the dining facility on UTA weekends.

### MENU

#### Saturday Lunch/Dinner

Spaghetti w/ Meat Sauce  
Baked Fish  
Steamed Rice  
Broccoli  
Corn Chowder  
Pumpkin Squares

#### Sunday Brunch

Meatloaf w/ Brown Gravy  
Deep Fried Chicken  
Mashed Potato  
Mixed Vegetables  
Tomato Rice Soup  
Bread Pudding & Blueberry Pies

#### Snack line

Polish Sausage, French Toast, Scrambled Eggs, Sausage Links, Assorted Chips,

**Patrons must have a Military I.D and will pay the meal rate if they are an officer, AGR, or a member on active duty orders.**

The meal costs are:

Lunch/Dinner \$3.00 and Brunch \$3.40  
(Traditional guard members will just sign for their free meal.)

**Saturday Lunch** 1030-1250 hrs

**Saturday Dinner** 1630-1750 hrs

**Sunday Brunch** 1000-1220 hrs

The UTA Menu is also on the W drive under  
**154wg/sptg/svf/menu**