



Kukailimono



154th FIGHTER INTERCEPTOR GROUP VOL. 20 No. 13 December 1975

SEASONS GREETINGS!

CMR'S MESSAGE TO MEMBERS OF THE 154 FIG

With the coming of Christmas followed shortly by the start of a new year, now is a good time to take stock of the past year and look down the road ahead.

Though small, the 154 FIG played a part in helping to maintain world peace. Your efforts to insure we had a mission capable organization prepared to defend its country's freedom in the same manner as our forefathers almost 200 years ago is what made our small part possible. Your efforts are appreciated and each of you have a right to derive personal satisfaction from your past effort.

In the year to come, we will be facing many exciting and demanding challenges as we convert from F-102 to F-4 aircraft. When the conversion is completed, our organization will not only be capable of defending Hawaii against air attack but can be deployed as necessary to assure continued protection for the freedom of our country.

Please accept my personal wishes for a Merry Christmas and a peaceful and successful new year.

James R. Ashford
JAMES R. ASHFORD, Colonel, HANG
Commander

154TH WING
HISTORY OFFICE

FILE # Z-98.762





AWARD RECIPIENTS: 2nd Lt Clyde Torigoe, 199th FIS, is congratulated by Col. James Ashford for being selected as a distinguished graduate of his officer candidate class.

Captain Gordon Makishima (standing to the left in photo), was named honor graduate of the Air National Guard Academy of military Science.

(HANG Photo by Sgt. Donald Ho.)

TB TYNE TEST: Capt Calvin Ichinose and SSgt James Cook of the Dispensary administer the TB Tyne test after November's drill formation. Eagerly waiting their turn are (left to right) AB Bernie Pharr, AB Patricia Barnhart and Ann Yvette Hopkins. (HANG Photo by Sgt Donald Ho.)



A FIRST FOR HANG: November's morning formation was the scene of the first time that a woman officer has assumed command of a unit during a regular formation. Capt. Meriem Saronines, 154 CSS, is shown with her attentive troops.

(HANG Photo by Sgt. Donald Ho.)





HAPPINESS IS GIVING from the heart for a Happier and Merrier XMAS!!
It's that time of the year again folks. Christmas is in the air and the festivity of preparing for the gala holiday is now in progress. BUT, there are a few people who won't be looking forward to Christmas. The Advertiser and the Star-Bulletin print daily stories of these people who ask for very little. Yet, these are things that we take for granted. The two newspapers are asking for contributions to help these people have a merrier and happier Christmas. If asked to give, DON'T HESITATE, every little bit and cent will count. Contributions will be sent in on behalf of the Staff and Members of the 154th FIG, Hawaii Air National Guard, Hickam AFB. The money will be evenly divided and sent to the two newspapers. If you would like to help in any way, please contact Ann Yvette K Hopkins, 154th CAMRON at 4495547. Your kokua and efforts will be greatly appreciated!!

AWARDS - 7 Dec 1975

- I. AIR FORCE MERITORIOUS SERVICE MEDAL - Capt Sutherland
- II. Under the provisions of paragraph 6, HANGR 900-10, MSGT CHARLES M. YABUI 154 CAM Sq, is awarded the 25 Year Service Bar to the Hawaii National Guard Service Medal for completing 25 Years of Honorable and faithful service in the Hawaii National Guard.
- III. Under the provisions of paragraph 6, HANGR 900-10, CAPT RICHARD O. TSUCHIYA, 199 FIS, is awarded the 15 Year Service Bar to the Hawaii National Guard Service Medal for completing 15 years of honorable and faithful service in the Hawaii National Guard.
- IV. SGT DONNA E. CULNAN, 199 Weather Flight, is awarded the HANG AIRMAN AWARD for her demonstration of outstanding performance and ability displayed during the period 1 Jan 75 to 30 Jun 75.
- V. The 154 FIG "A" Team won the 1975 HNG Oahu Mountainball tournament. Accepting the perpetual and team awards are: Team Manager, TSGT VALENTINE WONG and Team Coach, SSGT ALVIN NAUMU. Other members are: James Akau, Derek Nekota, Bill Stern, Elvin Nishioka, Jim Pahukula, Alwyn Yoshimura, Chas Calvin, Raymond Kaneshiro, Dennis Fukumoto, Alan Skoloff, Loren Andrade, Bobby Berasis, William Anana and Russell Harada. Congratulations, Gang!

154 FIG CLOSE IN WORLD--WIDE COMPETITION

Col. James R. Ashford recently received a congratulatory message from L.A. Hyland, Vice President and General Manager, of the Hughes Aircraft Company. Sincere congratulations were extended to the officers and enlisted personnel of this unit. The Hughes Achievement Award was won this year by the 318th FIS at McChord AFB, Washington in close world wide competition. The message to the 154 FIG read in part....."Your outstanding performance and efficiency are a credit to the United States Air Force and we wish you a continued success." JOB WELL DONE!!

HAW HAW HAW



" YOU OUGHT TO CONGRATULATE ME, SIR ;
I EMERGED WITHOUT A SCRATCH. "



BASKETBALLERS

Capt Mike Chow & MSgt Wayne Soma will be the group's coordinators for the 1975-1976 basketball team.

The Oahu-HNG Tournament will be conducted in the near future. All interested personnel should contact Capt. Chow 395-2794, call evenings, or MSgt Soma 449-6986.

Xmas comes early: A 1st for the GND COMM SECTION. AIC Debra E. Kang has been bench checked into the 154 CSS Ground Communications Section. Debra is a former WAF and enlisted into the Guard under the Palace Chase program. She is a native of Hawaii, and just recently returned from Bergstrom ARB, Austin Texas--Welcome aboard!

EANGUS President Report:

A very Merry Christmas & a Happy New Year from the President and executive council members of the Hawaii National Guard Enlisted Association.



ANG WEIGHT CONTROL PROGRAM

The National Guard Bureau has prescribed the maximum weight standards, described the administration of the weight control program, and assigned responsibility for its accomplishment. The regulation is ANGR 50-49 dated 10 Oct 75. Pertinent information is extracted from the regulation for all concerned.

* The weight standard refers to an individual's maximum allowable weight for His or Her Age versus Height.

* Each unit commander will conduct a weight control program for personnel under his command. The unit commander is also responsible for enforcing individual compliance with the weight control program.

* Each Individual is personally responsible for achieving and maintaining applicable weight standards.

* The Clinic will provide professional guidance on remedial weight reduction programs.

* Individual(s) exceeding the maximum weight for their age and height, will be entered into mandatory weight reduction programs.

**Personnel will be allowed 60 days from date of notification to demonstrate ability to control their weight within the standard.

**An average of 3 pounds weight loss per month is regarded as satisfactory progress.

**If individuals clearly demonstrate the ability to control their weight through satisfactory weight loss (as determined by the clinic medical officer) during the initial 60-day period, and yet exceeds the standard, COMMANDERS are authorized to extend the time allowed by an additional 60 days.

** Individual extension beyond the 120-day period will require waiver by the NGB.

** The State Air Surgeon has been delegated the authority by NGB/SG to waive the weight standards on an individual basis.

* Weight checks will be conducted each calendar year.

* Additional weight checks may be conducted as necessary to monitor the weight status or weight reduction progress of the individual.

News from the 199th

The 199th held its annual awards banquet at the Outrigger Club on November 8th to announce the winners of this year's competitive awards. This year's Outstanding Flight award was presented to "B" Flight, Col. Joe Ah New, Commander; the Flight Profile Competition award went to "C" Flight, Maj. Tom Haine, Commander, and this year's Top Gun award, with the highest profile percentage, belongs to Capt. Clint Churchill.

Another award was presented to one of the members of the 199th at the annual HNGA Luau held on November 22nd. The award was the James Y. Sato award for the Outstanding Hawaii Air Guard Officer. This year it was received by Capt. Eddie Miyahira.

The 199th has another new pretty face that it wants to welcome to the squadron. She is Capt. Roberta "Bobbie" Humphrey who will take on the duties of Squadron Executive Support Officer.