

KUKAILIMOKU

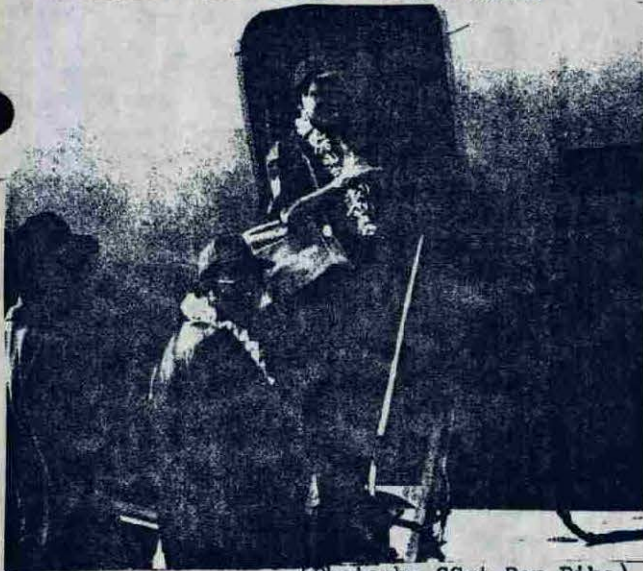
☆ WAR GOD OF KAM THE FIRST ☆



154 COMPOSITE GROUP

VOLUME 26 NUMBER 6 JUNE 8, 1980

"Deploy!"
the 154th heads 'em up
...and moves 'em out



(Photo by SSgt Ron Biho)

Before the sun came up Friday morning, many of our 154th family were up and on their way to the Hickam MAC terminal for the start of the biggest deployment in our Group's history...Guam for a week, then on to Japan for an historic first. While our six F-4C's engage in mock battle with aircraft of the Japanese self defense force, history will indeed be made. For the first time HANG personnel will be engaging a foreign Air Force over foreign soil.

Shortly after 8:00 Friday morning, a MAC C-141 with many of our friends took off for

the seven and a half hour flight to Guam. A short time later the six tasked aircraft along with Guard tankers heavily laden with JP-4 rumbled down the reef runway. While in Guam, our Group will be engaging in air-to-air exercises with SAC B-52's or BUF's.

Next week, another contingent of our family will be heading directly to Misawa AFB in northern Japan for the second stage of the deployment. Already there are several hard-working troops who have the assignment to prepare the ceremonies involving the Japanese deployment. These will involve very high ranking JASDF military officials and, it will be extremely important that good rapport be established between the two groups. We will have a full report on the deployment along with photo coverage (hopefully identifiable), in next month's Kukailimoku. Until then, we will continue to defend the skies over Hawaii, and to do the job that we have to do, want to do, and need to do.

HNGA Annual Meet

The Hawaii National Guard Association held its annual convention last month down on the big island with more than 100 members on hand. Congratulations go out to LtCol Norman Ault who was elevated to the office of President, and Capt Ed Chung-Hoon (169th) who is now secretary.

Among the business done down there was support for a resolution calling for increasing the \$500 State income tax exemption for guardsmen up to \$1000. Also, a resolution was forwarded to the National Guard Association of the United States, proposing that we have more commissary privileges.

(Continued on Page 11.)

**154TH WING
HISTORY OFFICE
FILE # 2-98.212**

Commander's Corner

by Colonel John S. W. Lee

Summertime is here and it's annual training for those selected to participate in Guam and Japan. We have peaked our preparation for our deployment and lightly touched upon personnel expectations for those at home. May I address some philosophical concerns so that you may know what is expected of you during this summer camp at home:

- * We as human beings have tended to become "heavier" in weight even during a period of time when jogging is fashionable and weight reducing schemes abound. To be "in shape" is a primary requisite for superior performance. It's time to make exercise a habit in your life style.
- * Make yourself valuable to your unit. Be a credit and not a debit to your team members. Commit yourself to skill upgrading; if you're a supervisor, help someone succeed. Learn what it takes to make your unit "tick". If it's good, help make the next organizational rung a little better. We will eventually identify with the total entity called the Hawaii Air National Guard.
- * Commit yourself to know other people. "Belonging" does not refer to inanimate objects but to people.
- * Don't be satisfied to being a close second. "Sandbaggers" live a dull and insecure life. A positive attitude whether in the workshop or engaged in sports is highly contagious and mutually beneficial.

The end product of this summer camp is directed growth so that each and everyone of us know we are better persons. We are responsible for ourselves and for our unit.

ATTENTION

Woodchucks, er, carvers!

You know what we mean...

How would you like to instill a little organizational pride...add a little classy consistency to our facility...do your part to display that appropriate touch of Hawaiiana the HANG deserves...and put a big smile on Col Lee's face all at the same time! Have you noticed the organizational signs for both the Fighter Squadron and CAMRON? Well, we lost our woodcarver and we are in dire need of a carver to make our Composite Group sign which would replace the "dinky" one we have now. If you are a wood carver and up to a challenge and interested in helping...plz contact Col Lee right away.

STILL NO BELLS ON YOUR TOES OR BONES IN YOUR NOSES.....

But, EARRINGS ARE NOW OKAY WITH THE AIR FORCE! Wahines only...Sorry guys. Due to recent change in AFR 35-10 (You remember that one from basic, right?) Air Force and Air Guard women can now wear earrings with service uniforms. They must however conform to guidelines that say that only small round pearl or silver earrings are allowed. In addition, the baubles must fit tightly against the ear and should not extend below the earlobe. And, last but not least, on ONE ear, please. Of course, the wearing of earrings is not allowed if they would violate safety regulations and practices.

Other Uniform Board decisions have recently come out. July 1st was the original deadline by which metal chevrons had to be used on the lightweight blue jacket instead of cloth sleeve chevrons, however, the board has changed that. Now, either may be worn according to individual preference. And finally, if you've read this far, you may as well remember that July 1st is the mandatory changeover date to subdued utility uniforms. If you haven't made the change yet, get out your needle and thread and get to it. By next drill they will be required.

Next UTA
July 19 & 20'

OFFICE



Padre's Patter

by Chaplain David Kennedy

"STAND FAST or GIVE IN"

How weak willed we are at times when we've made a decision and know we must stand on it. It is so much easier to give in to the easy way of doing things.

We are almost a "house divided against itself", and the strain of staying with a decision seems almost our enemy. But no one ever gained much stature by giving in to oneself against better judgment. And, no one ever gets anywhere by scattering his efforts.

Making a decision is difficult enough without losing one's determination in following through. Laying down the responsibility is somewhat like warning a child to behave himself and then permitting him to continue to misbehave.

How long has it been since you've proven to yourself that you mean business in carrying out a plan? We have firmness of character when we have the ability to say "no" to the wrong as well as to those things which are good but stand in the way of our progress.

In our lives we face many decisions. Some are hard to make because we know we must turn our backs upon something that seems harmless at the moment simply because we know it would not be good in the long run.

But there are also decisions that are more challenge than decision. They are the good things that are placed before us, and our will to follow through is tested. When defeat seems sure, then is the time to begin to fight. Where others are quitting, then is the time to throw more strength into the battle. Anything worth having is worth working for, and is of lasting value.

Be persistent. Unless you do not particularly want your dreams to come true, you can't afford to know the meaning of apathy. You must continually be on the scene with the muscles of your mind toned.

It isn't difficult to have a dream. But it often ceases at that point. The willingness to follow through, the determination to look impossibilities in the eye and trudge on must be practiced before that dream can

amount to anything.

All along life's road there are those who would discourage you, very often in ignorance, not realizing the effect of their work upon you. It is then that you must muster the strength to believe that theirs is only an opinion while your plans are based on the principle that all good things come to those who hustle while they wait.

It is too bad that they cannot see your invisible companions--Persistence, Faith and a Worthwhile Plan. SMILE and K ON!

L
A
W

Don't "hang it up" when it comes to news worth sharing about your H.A.N.G. Unit.....

We here in the Public Affairs Office want YOU to know that the response to last month's request for old back issues of Kukailimoku was less than enthusiastic, and, you know what that means! Come on! There must be somebody out there who's a pack rat and doesn't throw anything away (including this rag). If you've got old issues just let us copy them so we can share what went on with EVERYBODY.

And, while we're on the subject, we would like to give BIG mahalos to everyone who takes the time to prepare articles for publication. What they do is make this unit work for everybody. If your unit isn't being covered, guess whose fault that is. We will assist you in any way. Just let us know. It ain't hard, really. It just takes time and, really not much of that. If this sounds like a plea, it really isn't. It's just a statement of concern.
GRACIAS.

The KUKAILIMOKU IS AN AUTHORIZED MONTHLY PUBLICATION BY AND FOR THE 154th COMPG, HANG. Opinions expressed are not necessarily those of the United States Air Force or the Hawaii Air National Guard. Inquiries should be directed to: PAO, HANG, 154 COMPG, Hickam AFB, HI 96853.

Colonel John S W Lee, 154th COMPG Commander

KUKAILIMOKU STAFF:

- 1Lt Drew M. Hurley.....Editor
- SSgt Charles S Gravitt.....Staff Writer
- Sgt Anna Marie Fujimoto.....Staff Writer
- Sgt Artis Harrell.....Illustrator
- SSgt Ron Biho.....Photographer

The Presidency/Hugh Sidey

The Essence of Courage

On the afternoon of April 24, the sun poured down on an Egyptian airfield where six C-130 transports squatted. The men who would fly the planes to Iran and those who would storm the U.S. embassy compound milled around the craft. The rescue force commander stood in the open beside the elaborate communications gear that linked the tense unit with the White House, the Pentagon and a collection of technical groups spread halfway around the world.

The officer, a veteran of much combat, looked out over the field and felt something entirely different from anything he had felt before when he had fought with armies beside him and behind him. These troops were going alone into a world of 35 million suspicious and hostile people. No other nation had ever tried a military operation so distant and complex. The idea of failure was acknowledged but locked away. It had to be. The belief that success can be achieved in such an exploit may be 60% of the effort. It is a beautiful scene, thought the officer as he swept his eyes far down the horizon, taking in each airplane. He mused as a warrior, sensing not the horrors of battle that might be coming but the pride and honor the men felt to be there, the singular essence of courage that only those who do such things can fully understand.

The time ticked away in long seconds toward that moment when the signal would come that the mission was on. The commander received his orders. The soldiers and airmen were watching his face. He turned and jammed his fist into the air with his thumb up. Shouts shattered the stillness. It was a brief burst. There were no bands and no U.S. flags. The next stir was the big turbo props coming to life—then the transports lifting off into tragedy.

History will sort out the reasons why the mission failed. The experts in hindsight are thunderous now. There will be theories and reasons stated with the certitude that critics can always put on paper. But the mission might have succeeded. It might have succeeded because the extraordinary men who put it together thought it could. They calculated thousands of human and mechanical contingencies and provided for them in their preparations. But always in these things providence demands a part, and no human can reckon with that hand. Washington, Jackson, Custer, Doolittle risked and won—and sometimes lost. God knows why, and we are not going to know finally this time.

It is so easy not to attempt such missions. That is the worry now among men who must provide for the security of the U.S. Terrorism is based on the willingness of those who terrorize to take high risks. To confront it demands risks. And no crisis will ever be quite the same as the one before.

The mission's planners tried to allow not only for all the technical strains, but also for the human factors. Phone calls and letters from the members of the mission were monitored. They were allowed to go home for Christmas to keep their families unsuspecting. Men were judged for their compatibility with the machines they would use. Ten or so were squeezed out of the task force when their resolve softened. The planners studied the mentality of the Soviets and were able to fool them, even though elements of the rescue force were maneuvering right beside them. The entire task force discussed the regional politics, the American cause, the likely response of the Iranians and the world. They knew they were the vanguard in a new era of unrest. There was the conviction among those men that the nation had to try, that if the U.S. ever stopped doing such things, the future would be even more dangerous.

Too gung-ho? ask the critics. Spirit is the fundamental strength in those who fight. Otherwise, forget it. When they came in on that morning there was no bitching, no real despair. When they spilled out of the C-130s they were ordered to line up like soldiers and give their name, rank and serial number. The men quietly obeyed their orders, eyes showing profound disappointment. But, the commander noticed, no chins were down. That, he thought, is a beautiful sight in the world of those who go to fight.

It's time to take pen in hand again all you budding writers out there in Guardland. The 1980 Freedoms Foundation Essay contest is underway. The theme for this year is "The U.S. Armed Forces - Strong and Ready." Entries have to be in by October 1st so you have some time. But why not beat the rush and do it soon. Who knows...maybe the judges won't be tired of reading all the bad ones by the time yours is received. Mail your entry to:

Freedoms Foundation
Valley Forge, PA 19481

And by the way...if you do enter...send the Kukailimoku a copy too!

PHOTOS WANTED...

The Army Magazine, "Soldiers", is trying to get some information and photos together for an article featuring memorials and monuments to soldiers. If you have any color photos, bring them to CCTV next drill and we'll send them off. You can get them back, so no worry.

Safety Glasses Protect Eyes



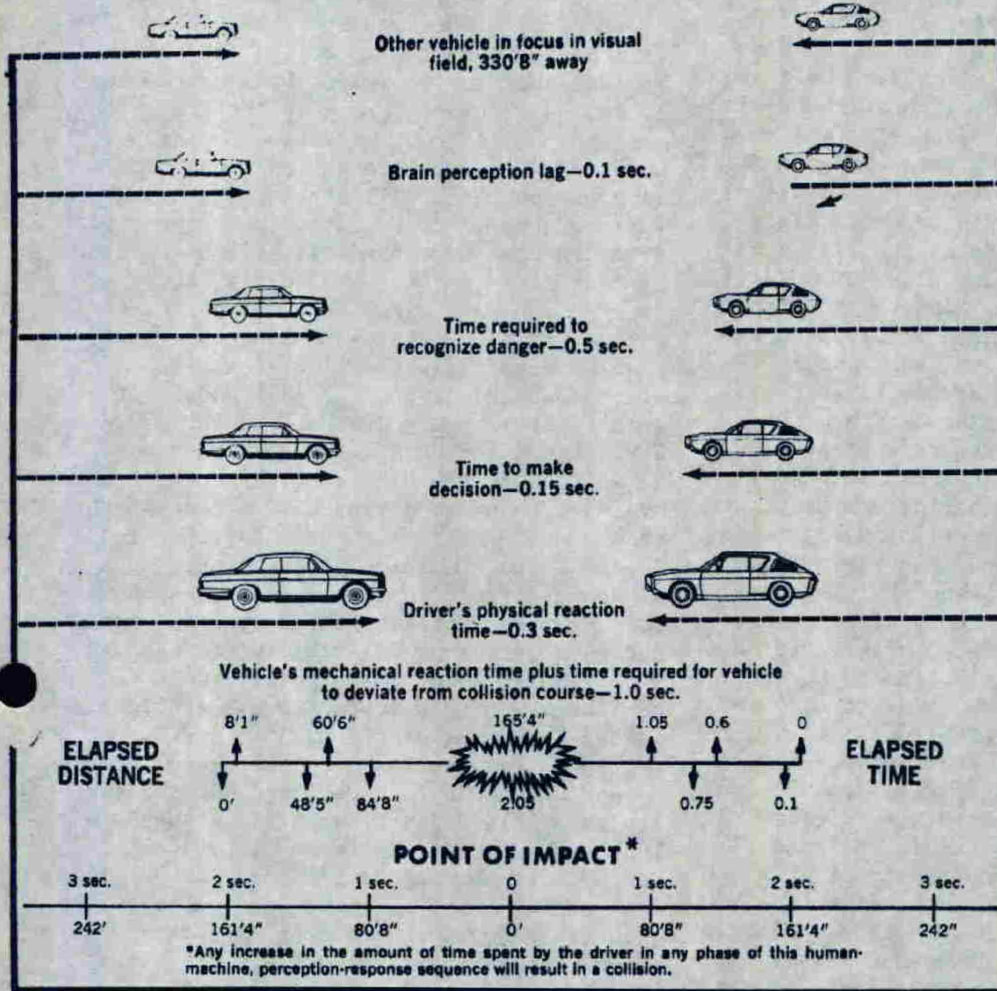
Bonds Protect Futures

Lo,nt:

A MINI PAINT SPRAYING GUN (4.9 CFM) MISSING. IF YOU KNOW WHERE IT IS OR YOU HAPPEN TO FIND IT PLEASE RETURN TO THE INSTRUMENT SHOP OR A-G-E SHOP.

HEAD-ON COLLISION AT 110

Look Out! A Car Has Crossed The Median



You're just tooling along the Interstate doing the legal speed limit—55—when you suddenly realize a car has crossed the median and is on your side of the highway.

That car is also doing the legal speed.

Believe it or not, this means that the two vehicles are heading for a collision at 110 miles per hour.

Do you think it's possible to avoid the collision and save your life?

Tests conducted by safety experts have shown several interesting factors.

The other vehicle will come in clear sight about 330 feet away, a little more than the length of a football field.

At a closing speed of 110 MPH, an elapsed time of 2.05 seconds is the absolute minimum available—under perfect conditions for both drivers and machines—for either driver to avoid a collision.

The chart below shows why. If both drivers are alert, recognize the danger, and take the proper action, a collision can be avoided.

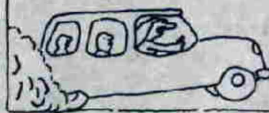
If your mind is wandering or the car is not in good mechanical condition . . . ?

Collision course—This chart illustrates the estimated human-machine, time-distance relationships of two autos travelling on a head-on collision course at 55 mph or at a combined closing speed of 110 mph. An elapsed time of 2.05 seconds is the bare minimum available—under perfect conditions for both men and machines—for either driver to avoid a collision, even though each is more than the distance of a football field from the other.



"You misunderstand, Midge, we're looking for Minutemen, not minute men!"

Avoid hot rod starts.



HOW TO GET BETTER MILEAGE FROM YOUR CAR...

And when buying, don't forget the fuel economy label is part of the price tag, too.



154 **CAN** SQUADRON NEWS AND VIEWS...

...Thanks to MSgt Rex Koga, Alex Palama, Ron Lee and his other gang of exterior designers. The six F-4C aircraft going to Guam and Misawa, Japan will have that Hawaiian look. The tail of each aircraft will be in specific designs signifying the Mountains, the Winds and the Channels of Hawaii. Also each aircraft will have individual Hawaiian names...And painted on the left intake will be a replica of the Air Force Outstanding Unit ribbon...RIGHT ON GUYS!!! Another assist from the HANG to the Air Force when the Engine Shop removed and replaced a F4D engine which had #1 engine turbine troubles. The aircraft was on its way to Hill AFB from Kadena and had the trouble, but with the engine shop people doing the work, the plane was on its way within a few days...Nothoring was mentioned about Maintenance when the 154 COMPG recieved the USAF Safety Plaque for Flying Safety for CY 1979, but we all know Maintenance played a big part in this award so well done guys, keep up the good work...AIC Matt Akamine of the Hydrolic Shop must be some kind of model airplane enthusiast. He built a scale model of an F-4C with all the trimmings, tanks, rockets, etc. and put it all in a glass case; a beautiful piece of work and it certainly impressed lots of people including some brass...Understand that TSgt Hal Derego modified a hydraulic line in the wheel well of the F-4C so that the line would not chafe or bend when they opened up the fuel transfer switch covers, also understand this mod cut down manhours to do the job from over a days work to something like two hours! Good work Hal, hope you get this on the suggestion plan...Recieved work the Oregon ANG will be converting to new aircraft soon and may send some folks here to see how we done it. Guess those guys do know who the "BEST" really is so lets give them the "BEST" orientation tour ever... Last month at GMT the Group honored MSgts Wally Takasane, David Paahana, TSgt Stan Leong and Sgt Any Partika for their awareness of unsafe conditions on aircraft. These men, because of their concern for the safety of equipment and crew, really performed in an outstanding manner. No Ka Oi fellas, No Ka Oi...Congrats to SMSgt Ken Iinuma and SSgt Bernice Pharr on their recent promotions, this will cost Ken his

entire paycheck since he is from the Weapons Shop and together with Norman Eclarin who also was promoted to SSgt will contribute to the promotion party...Hmmm wonder if Bernice will bake a special cake for the Staff people???New enlistee Amn Richard Tom will be leaving shortly for BMT and Radar Navigational school...SSgt Craig Harimoto of Egress returned from a re-certification trip to the 119th up at Fargo, ND and we understand that he brought back valuble information which will benefit the squadron and his shop...Airman Souza (AGE) returned from Chanute and missed being honor student by just a few points, to bad bra, but good to have you back...No longer a part-timer and now an Air Technecian is SSgt Irvin Yoshima working in the Electrical Shop, welcome aboard Irvin...An just passing through from Okinawa going back to the 183rd Springfield ANG unit is SMSgt Dick Jones. He stopped at the Simulator to check it out and verify how good they said our simulator really was. Evidently when his subordinate in the 183rd Simulator Shop was here on a 15 day modification trip a few months ago, Pat must have informed the Sarge how terrific our guys were and how friendly the natives were. Well, SMSgt jones really though so too, he was highly impressed...MSgt Dick DeVees in charge of the LUAU in Misawa is really going bananas as he indicated, he has to put up a LUAU for both our gang and the Japanese Self Defense Force and we say good luck to him. Hang in there Dicky, you'll get by. By the way Dick's son Dick Jr. just made Eagle Scout. A future Guardsman? MSgt Tom Kato won the 154th Golf Tourny (Club Championship) Match Play by beating MSgt George Kaneshiro 4 and 3 and finally beating CMSgt Bobbi Choi 5-4. All that practice did some good eh Tom?..And how about TSgt Richard Kudo beating CMSgt Hiroshi Go and MSgt Mel Ige...Dick has been playing only a couple of months and the other two for years. Heard there is an "odd couple" tourny at Barbers Point with only two people involved. MSgt Ed Frost and TSgt Steve Shideler. And FINALLY, we know that Superman changes clothes in a phone booth but now we have a golfer who changes into his golf togs in a car, right TK, and I mean he does it in a Honda...daily...And FINAL FINAL-LY...we understand that DP is no longer on the FAT BOY list. He lost 5 lbs. on the Admin. scale. It's now being checked for accuracy. ALOHAAAAAAAAAAAA...till next time.

Sports, of sorts



ATTENTION ALL ENLISTED MEMBERS OF THE HAWAII ARMY AIR NATIONAL GUARD...

The time...1130 hrs. The place...Hickam Air Force Base, 29 June 1980. Deadline for signing up...25 June 1980.

What the heck are we talking about? Why the -

HNG ENLISTED ASSOCIATION HANDICAP BOWLING TOURNAMENT

which kicks off on the above-mentioned date at the Hickam Lanes in Area 61. Tournament fees are \$1.00 for members of the HNG Enlisted Association, \$3.00 for non-members (to be collected at Hickam Lanes. Wait...there's more... the bowling fee of \$.60 per line will also be collected at the Hickam Lanes. Events will include singles and doubles. Handicaps will be based on highest completed or current average (21 games or more) whichever is higher. Scratch: Men - 185.....Women - 145 (Teams for doubles events will be selected by committee).

PRIZES will include 5 places for singles & doubles events and a high single for men and women...and a high series for men & women.

INTERESTED?

...then contact the following folks for reservations - (limited to first 60 bowlers):

MSgt Kozen Kaneshiro, HQ HANG - 737-8865
 MSgt Wallace Asato, 154COMP, - 449-9057
 MSgt Ben Yamamoto, O/USPFO - 732-1500

Prizes will be awarded after the tournament at a place still to be announced.

volleyball



Volleyball starts 24 June 1980. If you are interested in signing up contact TSgt Alvin Naumu at 449-1921. The practice time for the 154th COMPG has been set for June 27th. Contact SSgt Mochizuki (732-3868 or 732-0982) for the key and practice balls. You need to let Sergeant Mochizuki 2 days prior to usage of the gym. Whoever signs for the key will be responsible for securing the gym upon completion of the practice session. You'll also be required to return the key to Mochizuki the day following

the scheduled practice. Give it a shot(ha-ha) Should be a net, er, neat way to spend some time getting in shape.

NATURALLY!



THE FIRST HOME RUN HIT IN AN ALL-STAR GAME WAS HIT BY BABE RUTH ON JULY 6, 1933. THE AMERICAN LEAGUE DEFEATED THE NATIONAL LEAGUE 4 TO 2.

Still on the subject of baseball...we'd like to add that although the University of Hawaii finished second in the College World Series they're still number one in our book...and all of Hawaii's. Good show fellas...



"Awwwww, for cripe's sakes, Fred, do you have to drag that thing around EVERYWHERE?"

HAWAII ANG NCO ASSOCIATION

MAKES A DIFFERENCE TO OTHERS...

by SMSgt Cornwall S. Matsusaka

The Seventh Annual Aloha Wheelchair Games were held during April 26 & 27 up at the University of Hawaii. The games featured competition in track and field, archery, swimming, table tennis, slalom (downhill racing on a winding course) and weightlifting. The Hawaii ANG NCO Academy Graduate Association contributed a huge tent for the tournament. It served as a commissary, registration booth, and official's station all in one.

As a result of the wheelchair tourney, 28 state records were shattered and 18 Hawaii athletes qualified to compete in 44 events at the National Wheelchair Games to be held at the University of Illinois in June of 1980. The grad association has received a well deserved letter of appreciation from the Easter SEAL Society.



EDITOR'S NOTE...

This is an outstanding example of what individuals and groups can do to really assist in making their world a much better place for everyone. A hearty congratulations even though your reward came in your being able to see the value your services made to some special people. Continuing on that, we wonder if all those who qualified to go the mainland will be able to make it and if not what can be done to see that they do?

STRIKES

&

SPARES

OMS AND CAMRON TRIUMPH!!!

The steady bowlers of OMS did it again! For the third season in a row, our team from Organizational Maintenance took TOP TEAM HONORS in the HANG FOURSOME HANDICAP league held at Hickam Lanes #2. This past season which just ended on May 8th, found three teams from the 154th CAMRON on the top of the list. The three time champs, captained by Wally Takasane and consisting of steady bowlers like Charles Calvin, Jose Salvador, Stan Leong, Roy Ishibashi, Franci Mahelona, Greg Makishi and Lionel Calvin will be returning to defend their championship at the next season. Wally Takasane and Charles Calvin also took High Average and High Average with Handicap Honors respectively. Second place honors went to Rudy Luat's team which consisted of tigress Betty Lual, Ed Frost, Jimmy Yamamoto, Benny Goo and Joe Domingo. Rudy also won High Game with Handicap Honors with a 254 game. Betty Luat earned high three game series honors with a score of 571. Rudy and his team earned 2nd place honors by winning the last 8 points of the season and just barely edged out Mel Wong's team by 1/2 a point. Third place was won by another team from CAMRON, headed by Mel Wong and backed up by dumpers Hiroshi Go, Gary Soma, Ignacio Gabriel and Mamo Minami. Better luck next time Hiroshi. The next season will begin on June 26th at 1600 hours at Hickam Lanes #2. Anyone interested should contact Herb Funasaki or Aurora Lee. To keep in condition, four CAMRON bowlers participated in a 16 game Marathon held at Hickam Lanes #1 on May 31st. There was Wally Takasane, Charles Calvin, Jose Salvador and Danny Blancaflor. Their intentions at first were to see if they had the stamina and endurance to bowl 16 games. Then the thought of at least placing in the Top Ten entered their minds. (??Maybe??) The 16 game scratch marathong was open to Military personnel and Civil Service employees of Hickam, Barbers Point, and Pearl Harbor. A total of 88 person, including 5 wahines, entered the event. It turned out to be quite a night! At the half way mark, Jose Salvador was at the Top of the list and still plugging away. But AUWE, on the 2nd frame of the 1st game, Wally Takasane pulled his right thigh

(continued on page 11)

Safe savings.



Take stock in America
Buy U.S. Savings Bonds

ANG BOASTS TEN "OUTSTANDING UNIT" AWARDS

Ten Air National Guard units recently earned the prestigious Air Force Outstanding Unit Award. They were recognized by the Secretary of the Air Force for exceptionally meritorious service or achievement that set them above and apart from similar units. The period for which the awards were given ranged from eight months to two years. The units honored were:

- *157th Air Refueling Group, Pease AFB, New Hampshire.
- *154th Composite Group, Hicham AFB, Hawaii.
- *117th Tactical Reconnaissance Wing, Birmingham, Alabama.
- *178th Tactical Fighter Group, Springfield, Ohio.
- *116th Tactical Fighter Wing, Dobbins AFB, Georgia.
- *105th Tactical Support Group, Westchester County, New York.
- *108th Tactical Control Flight, Hancock Field, New York.
- *123rd Tactical Reconnaissance Wing, Standiford Field, Kentucky.
- *183rd Tactical Fighter Group, Capital Airport, Illinois.
- *184th Tactical Fighter Group, McConnell AFB, Kansas.

"Energy Guides" Aid Comparison Shopping

By mid-year, shoppers will start seeing yellow and black "Energy Guide" labels on seven types of household appliances that use the most energy around the house.

The labels are designed to help shoppers compare the energy-efficiency and estimated operating costs of different models and brands of refrigerators, freezers, dishwashers, clothes washers, water heaters, room air conditioners, and clothes dryers.

These seven appliances use about 90 percent of the energy consumed in American homes each year.

Energy-efficiency and the estimated-yearly-cost information will also be included on the manufacturer-prepared fact sheets on home furnaces.

More efficient appliances may cost a little more initially, but their annual energy costs will be lower. Since many major household appliances have life expectancies of ten years or more, a consumer can realize considerably energy savings over the life of an energy-efficient model.

Two samples of the new consumer information labels are shown here.

Refrigerator/Freezer
Capacity: 22 Cubic Feet
Model: AH503 AH504-AH507
Type of Defrost: Full Automatic

ENERGYGUIDE

Estimated on this scale are based on a national average electric rate of 4¢ per kilowatt-hour. Only models with 22 to 25 1/2 cu. ft. are compared on this scale.

Model with lowest energy cost: **\$91**

Your cost will vary depending on your local area you use the product. The average cost is based on U.S. Government data.

How much will this model cost you to run?

Yearly cost	
Cost per kilowatt-hour	\$4
4¢	\$80
6¢	\$132
8¢	\$176
10¢	\$220
12¢	\$264

Ask your salesperson or local utility for the energy cost factor in your area.

Important: Remove all the labels before consumer purchase. Model No. 147 U.S.C. 6201.

Room Air Conditioner
Capacity: 8000 BTU/hr
Model: SA 714 SA 718

ENERGYGUIDE

Model with the most efficient energy saving features and lowest energy and cost will be marked.

Model with 7000 to 8000 BTU/hr is compared on this scale.

7.3

Least efficient model: 3.4
THIS MODEL: 7.3
Most efficient model: 8.5

The average rating is based on U.S. Government data.

How much will this model cost you to run yearly?

Yearly hours of use	Yearly cost				
	250	750	1000	2000	3000
Cost per kilowatt-hour	\$7	\$20	\$26	\$56	\$84
4¢	\$14	\$41	\$54	\$113	\$168
6¢	\$20	\$61	\$80	\$160	\$240
8¢	\$27	\$82	\$108	\$216	\$324
10¢	\$34	\$102	\$136	\$272	\$408
12¢	\$41	\$122	\$163	\$328	\$492

Ask your salesperson or local utility for the energy rate (cost per kilowatt-hour) in your area. Your cost will vary depending on your local energy rate and how you use the product.

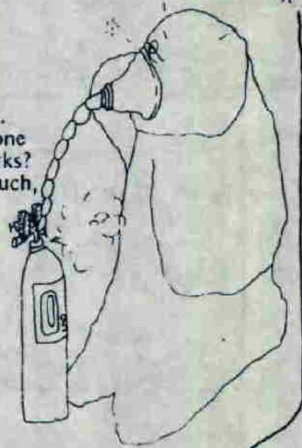
Important: Remove all the labels before consumer purchase. Model No. 147 U.S.C. 6201.

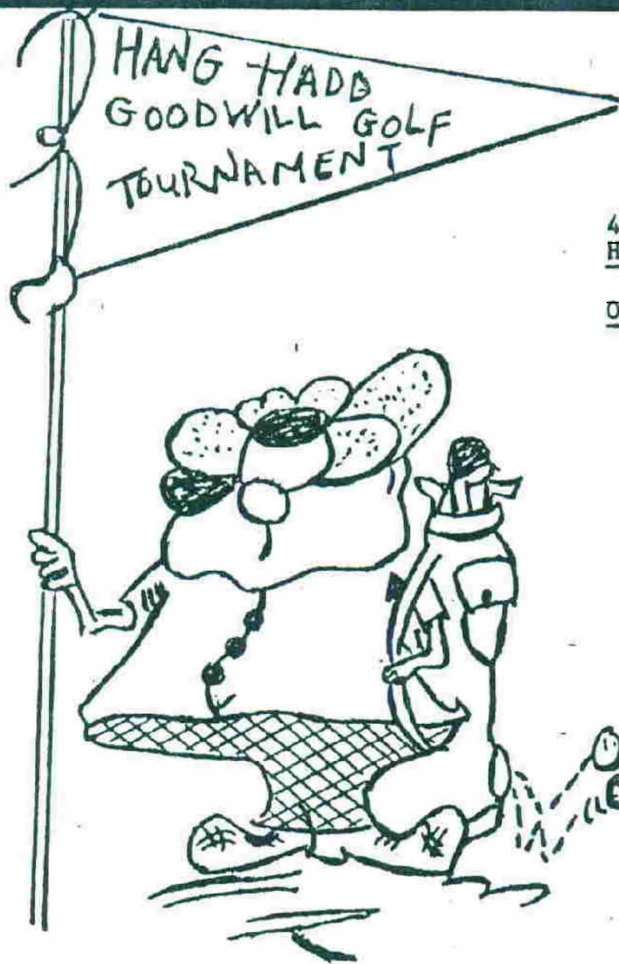


Drinking Myths

THE BEST CURE FOR A HANGOVER IS ... Everybody has his favorite. But they all have one thing in common: They don't work. What works? Preventive medicine. If you don't drink too much, you won't get a hangover.

ALL THAT PUBLICITY ABOUT DRINKING AND DRIVING IS ... True. At least half the fatal highway accidents involve drinking.





4 August 1980 (Monday)
Hickam APB Golf Course

0800 Shotgun Start

Green Fees: E1 thru E5 & GS-4 or Equiv \$3.00; E6 thru O3 & GS5 - GS11 \$4.00; O4 & Above GS-12 & Above \$5.00; Civ \$10.00; Carts Mil \$6.00-Civ \$10.00. (All green fees and carts will be payable at the starter desk...ID will be requested.....)

FLIGHTS: There will be four flights A, B, C and Calloway. A, B, C flight will consist of 24 handicap and below and spacing of these flights will depend on the amount of entries participating. The lowest club handicap will be used. Individual with handicaps exceeding 24 will be computed on the Calloway System. Handicap committee will have the final say and will adjust if necessary. The first 144 golfers will be accepted.

HANG/HADD GOODWILL GOLF TOURNAMENT ENTRY:

NAME: _____ UNIT: _____ HANDICAP _____

PHONE: _____ CARTS _____ WALK _____

Entry Fee: \$9.00 (Make check payable to Arthur T. Y. Lee) Forward checks to: 154 CAM Sq
Attn: SMSgt Arthur T. Y. Lee - 4499819/4499720

NOTE: Deadline for Entry Blank is 11 July 1980

Beer and Soft drinks will be suspended by moving carts on both sides, I drink: Beer _____ Soft Drink _____

HNGA ANNUAL MEET....(Continued from Page 1)

A couple of officers in the 154th family received high awards. LtCol Donald O'Day (169th ACWS) was named outstanding field grade commander. And, also up at the 169th, LtCol Norman Chang received the James Y. Sato Memorial Award. Hearty congratulations! All this is simply another indication that the 154th is the greatest and each of us is a part.

CCTV "ON-THE-AIR"

The closed circuit TV system (CCTV) has finally gotten off the ground, at least on a limited basis. The big day was April 13th, the Sunday UTA, when the station began televising programs to the three TV monitors located in the dining hall. While the system is still in the process of construction and there are some bugs to be worked out, limited programming will be available during the noon meal in the dining hall each UTA day.

System expansion is already being planned with TV monitors to be in several locations throughout the 154th command. The expansion will take time, however, since cables still have to be installed and equipment (now on order), received.

Planned programming is for subjects of general interest. Unfortunately, a small number of these tapes are on hand. Again, we expect some delays in building our library from Air Force, National Guard and local resources.

One of the other uses of the system will be the taping and retelevising of all Ancillary Training sessions making it possible for those of you who miss it, live, to get it through the magic of television, on an alternate date. Intentions now are to replay the training sessions the Sunday UTA following the actual AT session.

In the months to come, and as the system expands, we will be listing "Program Advisory's" in this publications, the month before the program will be shown. Other objectives of the system will be to videotape various training programs and producing training tapes. Those of you who may be interested in a program for your own needs, please contact CCTV personnel, and they will be happy to give you any assistance they can. (Phone 449-9374).

REMEMBER----HANG TV----Channel 6.

Fly Hanways

It Sure Has the Competition Beat...

Some people have asked recently... "Hey, what's dis calender your always puttin in da back of da paper wit the C-7 schedule on it, huh? Well nobody actually has asked that question, but just in case you wanted to here's the answer.

The C-7 flies inter-island quite often and usually has room on board for guards-people who want to see if the Neighbor islands are still there. So we print the schedule for those folks. If you want to take a hop, it's really simple. Call MSgt Wong at 449-6840 and let him know. A couple of conditions besides there being no stews...You must show up an hour before departure and be in uniform.

The plane also has to come back here occasionally so it can leave again. Check.

Bowling Triumphs...
STRIKES AND SPARES CONTINUED

muscle and was hampered by it the rest of the night. Talk about never-say-die spirit the old "Palolo Kamakaze" hung in there and never gave up. He almost won a Jack Pot too!! By the 13th game, Charley Calvin had taken over the lead, but just by a slim margin. By that time the sun was shining (you see it started at 2200 hrs) and several bowlers had called it quits. The long hours were taking their toll. At the end of it all we found a civil service worker named Edmund Lee the winner egging out Charley for 1st Place. Two back to back splits in the last game proved to be the 9 pins difference between first and second. Mr. Lee bowled a total of 3013 to Charley's 3004. Jose Salvador hung in there but could only muster enough strength for 2888 pines which was good for 8th place. Nice going fellas!!! Mahalo to the wives of Wally and Chas who supported them through the whole marathon!

REMINDER...REMINDER...REMINDER...REMINDER...

Overheard last UTA up in the Dining Hall...

"Please pass the salt." (What did you expect to be said?)

Air National Guard selects six as Outstanding Airmen

The National Guard Bureau has announced selection of the six Air National Guard Airmen of the Year for 1980.

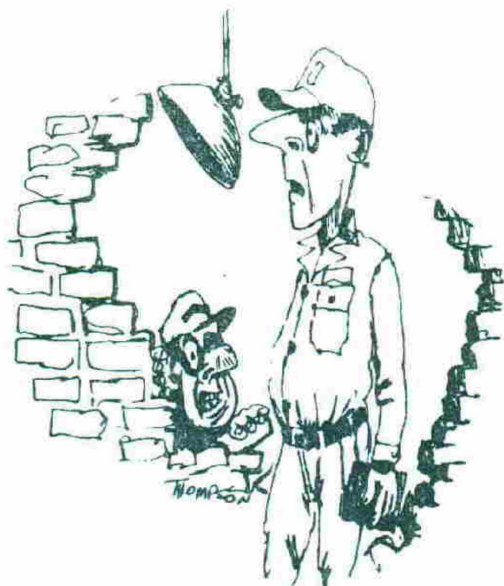
The board selected these persons from 64 nominations: Tech. Sgt. William R. Bates, Colorado; Airman 1st Class Mary V. Dyer, Maine; Senior Master Sgt. Donald M. Idleman, West Virginia; Master Sgt. David L. Snavley, Michigan; and Airman 1st Class Napua N. Sogai, Hawaii.

An appropriate honoring ceremony will be announced and, in addition, the six have been entered in the USAF Outstanding Airman competition.



Assign Cosgrove to a different airplane - I think this one is getting to him."

LT. FERN



"Whaddya mean you kinda lost control of the buffer?"



Consumer Corner

Recalls & Fixes

The U.S. Consumer Product Safety Commission announced the following recalls and voluntary fixes—

- "Fun Fountain" water toys, of which more than 100,000 have been sold by the Wham-O Manufacturing Co., can cause eye injuries unless a free valve insert is obtained to control the flow of water. Owners may go to the seller for the free insert; write: Wham-O Customer Service Dept. 7, 835 E. El Monte St., San Gabriel CA 91778; or call toll-free 800-423-4174 to have one sent.

- "Playpath Tracking Tube" toy rattles are being recalled voluntarily by the manufacturer, Johnson & Johnson Baby Products Co., 220 Centennial Ave., Piscataway NJ 08854, because

they pose a choking hazard. Contact the company for details.

- "Color Master" and "Video Master" outdoor television antennas could be hazardous since many kits were not labelled with warnings. Buyers can obtain free warning labels and instructions by contacting Lance Industries, 13001 Bradley Ave., Sylmar CA 91342.

Consumers wishing to verify any model numbers of any recall may contact the Consumer Product Safety Commission on its toll-free Hotline. In the Continental United States, dial (800) 638-8326. In Maryland, dial (800) 492-8363. In Alaska, Hawaii, Puerto Rico, and the Virgin Islands, dial (800) 638-8333.

NOTICE: LUNCH BUS SERVICE

9 THRU 13 JUNE 1980 only
 DEPARTURE POINT: BASE SUPPLY
 Time: 1100 HOURS

BUS WILL LEAVE THE AREA 61 (AIRMEN'S DINING HALL) at 1215 HOURS

MESS HALL HOURS: 1030 to 1300 HOURS

THIS WILL BE THE ONLY BUS. NO OTHER SCHEDULE HAS BEEN PLANNED.

Since the 154th received the F-4C, we have conducted rigorous training in the ACM arena. This training places a great deal of stress on both our people and our aircraft. The fleet average flying time of our F-4C's is 3800 hours each. A good bit of that time, over the past 16-17 years was flown in combat with two aircraft credited with MIG kills (#806-4 and #647-2).

The older the aircraft becomes, the sharper we have to be in spotting potential problems before they escalate to accidents. I would like to take this opportunity to recognize four "Eagle-Eyes" who spotted wing cracks and missing rivets on five aircraft before they developed into catastrophic accidents.

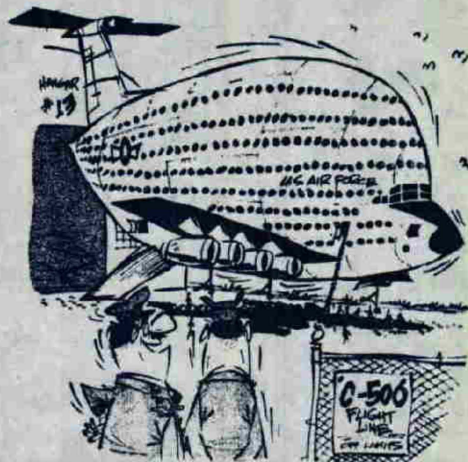
1. MSGT WALLY TAKESANE
 - a. A/C 575 (2 Mar 80): Cracks on both left and right outer wing panels.
 - b. A/C 676 (16 Apr 80): Crack on the right outer wing.
2. SGT ANDY PARTIKA
A/C 415 (1 Apr 80): Crack on right outer wing
3. TSGT DAVE PAAHANA
A/C 792 (24 Apr 80): Crack on right outer wing Panel.
4. TSGT STAN LEONG
A/C 649 (8 Apr 80): 22' Missing rivets on inside of left vari-ramp. (This aircraft had just returned from depot maintenance and the missing rivets were painted over).

On behalf of the boys who fly the birds, I would like to give you their sincere appreciation.

STAYING IN SHAPE...THE EASY WAY

A recent report by the Southern California Medical Association pointed out that proper weight control and physical fitness cannot be obtained by dieting alone. Many people who are engaged in sedentary occupations do not realize that calories can be burned by the hundreds by engaging in strenuous exercises that do not require physical exercise. The following is a list of calorie burning activities and the number of calories per hour they consume.

Beating around the bush.....	75
Jumping to conclusions.....	100
Climbing the walls.....	150
Passing the buck.....	25
Throwing your weight around.....	50-300
(depending on your weight).....	250
Pushing your luck.....	500
Making mountains out of molehills.....	50
Hitting the nail on the head.....	300
Wading through paperwork.....	75
Bending over backwards.....	200
Jumping on the bandwagon.....	200
Balancing the books.....	23
Running around in circles.....	350
Eating crow.....	225
Tooting your own horn.....	25
Climbing the ladder of success.....	750
Pulling out the stoppers.....	75
Adding fuel to the fire.....	150
Swallowing your pride.....	50
Dragging your heels.....	100
Wrapping it up at day's end.....	12



"It's a great airplane. The only complaint we've had so far is from the window washer."

