

154th Composite Group, HANG



KUKAILIMOKU

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"Sundevils" visit Hawaii



Six "birds" from Arizona migrated to Hawaii last week to participate in joint exercises with the 154th.

Vought A-7 Corsair fighter bombers belonging to Arizona's ANG 162nd TFG based in Tucson are the birds referred to. Accompanying the six planes were 2 ANG KC-135 tankers from the 161st AFG in Phoenix.

Arizona's "Sun Devils" or A-7's flew against the HANG F-4C Phantoms in a series of exercises designed to sharpen flying and air combat skills.

Pilots of the A-7's are also instructors with the Arizona ANG fighter weapons school, the only such school in the Air National Guard.

Accompanying the A-7's was Arizona ANG Commander, Maj. Gen. Jack R. Bracher. While here the 20,000 hour pilot flew in a 154 COMPG F-4 with Capt. Wayne Wakeman.

Gen Bracher and the Arizona crew departed on their seven hour return flight home yesterday morning.

amerasian drive

A current drive is underway to solicit funds to assist the children born of American-Asian parents. These Amerasian children run into many financial and cultural problems in Asiatic countries where all social and financial power comes from the father. Without a father it is nearly impossible to be accepted into society and the work force.

There are between 4,000 and 8,000 of these offspring in Korea alone, and they are a direct result of the presence of American servicemen in Asiatic countries.

Many programs are underway to help the children, but money is needed to continue this help. If you can not assist the drive with a monetary donation, help can be given by writing your Congressional delegation and letting them know that you support legislation HR 3439, a bill which will amend the Immigration and Naturalization Act. Do what you can.

to retire

Announcement has been made that Maj. Gen. John T. Guice is to retire as of Apr. 1, 1981. Replacing him as ANG Director will be Brig. Gen. John B. Conaway.

Scouting Award

Douglas Abe, a Master Sergeant from the 154th Parachute Shop recently received the Silver Beaver Award at the annual Scouters Recognition Dinner given at the Sheraton-Waikiki Hotel.

This is the highest award given to adult scouters in recognition of their efforts and service in the scouting movement. MSgt Abe has 13 years in scouting and has received awards in many other scouting areas.

Commander's Corner

by Colonel John S. W. Lee

As we look ahead and consider one small parcel of our lives, we can address our family, job, avocation and probably some materialistic interest. I would like to focus on the real things in life as human beings and what it means to be a part of society: our concern for the well being of others.

We have launched a drive to solicit any amount of donations to assist the Amerasian Children's Association. The monetary aide provides a vehicle to improve the life values of these children. In concert with PACAF, we will be conducting various fund raisers up to March 8, 1981.

May I engage you selfless support for little known people with astronomic obstacles to contend with in their present circumstance.

Your support is solicited -- this is a humble effort to reaffirm our existance as a human being.

Next U.T.A.



Feb. 7 & 8

DROPPING OUT

The Manpower and Personnel Division of the National Guard Bureau recently announced that the Air National Guard had a lower basic military training elimination rate than either the regular Air Force or the USAFR. The ANG rate was only 5.2270. USAF had 5.6970 and USAFR 6.68% dropout rates respectively.

The real big news is that the HANG rate was only 1.86%, meaning that less than two out of every hundred people sent off to basic fail to make it.

The Sky's the limit...



July 26, 1959

When Marine Corps Lt. Col. William H. Rankin ejected from his jet at 47,000 feet, little did he expect to record the longest parachute jump. Instead of the anticipated 11 minutes, his descent took 40 minutes as he fell through a thunderstorm repeatedly thrust upward by vertical air current

Floundering tourney on

OR HOW BIG WAS YOUR FISH???

HANG fisherfolk are hereby notified that action is now underway on the 150 ACWS Goodwill Ahi Tournament. There has been a lot of talk about having a HANG fishing tourney over the years. At last something "for real" is happening. Our Kauai HANG fishing buddies have put together what looks like a first class "Jack Pot" tournament. The dates are set for June 24-26. Entry fee -- \$200.00 per boat.

Prizes will be for:

- Largest Ahi (wt) -35% of purse
- 2nd Largest -25%
- Most Ahi -25%
- Largest Marlin -15%

Plus all that good Kauai hospitality every night while swapping fish lies. A first class awards banquet with entertainment is also planned. Applications and rules will be available soon. Local coordinators are--SMSgt Howard Sato, 154 COMPG, SMSgt James Kobayashi, 169 ACWS. All participants are urged to read the column on the right before telling stories. If you can't wait for the stuff call.

HICKAM PRAYER LUNCHEON

February 2nd, 11:30 AM Tiki Club Lanai

The Hickam Prayer Luncheon will be held in conjunction with the National Prayer Breakfast sponsored by the U.S. Senate and the House Prayer Groups. Its purpose is to bring together the leadership of the United States in recognition of the moral and spiritual values upon which this nation was founded.

\$2.50 (includes tip) Tickets available through the Base Chapels.

It's open to ALL MILITARY, CIVILIAN PERSONNEL, AIR GUARD, RESERVE, AND SPOUSES ARE CORDIALLY INVITED TO ATTEND.

CALL 449-1754 if you have any questions.



Padre's

Patter

by Chaplain (Maj) Kennedy

TO BE HUMBLE.....

The truly humble person is one who has no thoughts of "using" other people to his own avail. He is aware that any success he may attain comes not entirely from his own intelligence and abilities, but because somewhere along the way he has acknowledged how inadequate he is alone.

The day of the self sufficient person has never truly been. Without other people, without a sense of humility, success is lost to the overambitious.

English critic John Ruskin once said that the first test of a truly great man is his humility.

There is greatness and sincerity when a person can say to himself that he is truly human and except for the grace of God he would even lack those qualities. He realizes that the world owes him nothing, and no man owes him anything but love. It is not simply the other person's job to serve him, but it is his duty to serve others.

Humility is one of the finest qualities found in man. Without it he is nothing but a brash machine, with it he is warm and kind and always respected.

If you want to be a friend of man, meet him on his own level. This isn't to say you have to be the type he is, but understand him and realize that it is a good thing that everyone is not alike. This is the beauty of humanity, the variations that keep the human race from being monotonous.

And there is nothing sweeter to the human ear than to hear someone talk his language. Great men have realized this and have made themselves adaptable to the little and to the big, to the learned and to the unlearned, in order to be more widely understood.

Who knew better than the Wise Master of the importance of meeting man on his own level? As he looked into the lives of every type of person He saw many changes that needed to be made, but He also saw much to love and to waken. And in this gentleness and compassion He could meet every man and speak his language, then to be understood and followed.

We live such narrow lives when we don't communicate except with those like ourselves. If we only operate on one level, there's danger of it becoming a shelf for immovable objects...

FIRST AID REMINDER...

The next HANG First Aid Class will be held on February 14th. The class lasts all day and is limited to fourteen people. Anyone interested should check with the Clinic prior to February 13th.

Attendance is on a first come-first served basis.

Unit supervisors should make sure that they have a qualified First Aid person in their sections.

A board of competent officers will be convened to investigate an incident which happened here at the 154 COMPG early last week. During a routine start-up, the external fuel tanks of one of the 154 COMPG F-4Cs dropped from the wings. A small fuel fire started and was soon extinguished.

HANG personnel involved reacted extremely well and with courage in handling the situation.

The cause of the incident is still under investigation.

The Kukailimoku is an official monthly publication by and for the members of the 154 COMPG, HANG. Opinions expressed are not necessarily those of the United States Air Force or the Hawaii Air National Guard.

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Colonel John S.W. Lee, 154 COMPG Commander
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Kukailimoku staff:

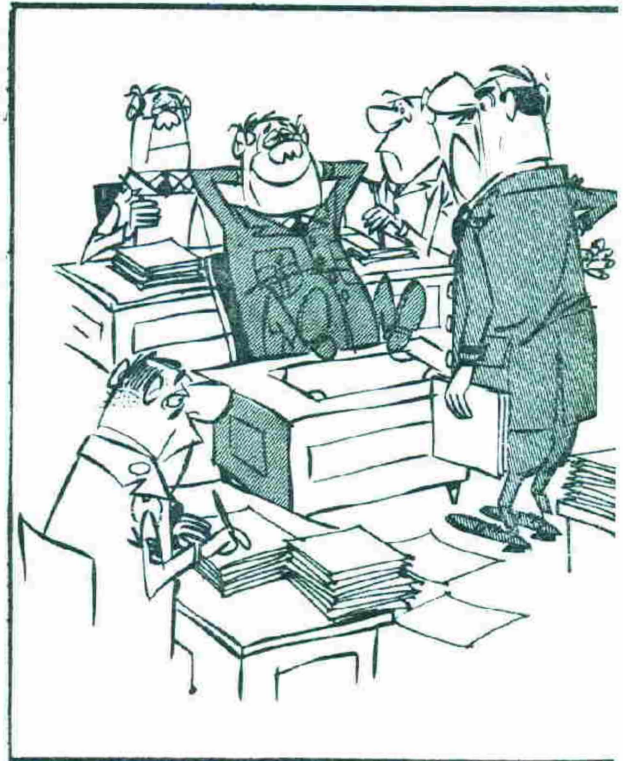
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- Ann Sandra J. Chow..... Asst Editor
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Kudo Korner

During the MEI/ORI back in October three members of the 154th Composite Group family were cited for outstanding achievements.

Lt Col Reginald Doi of the 150th ACW Squadron was cited by the Inspector General as being an outstanding performer. Also singled out from the 150th was Major Myron Dobashi. And still one more from the Garden Isle was commended, TSgt Ronaldo Javier. All received letters of commendation from Adjutant General Maj. Gen. Valentine A. Siefertmann with endorsements by Brig. Gen. Ishimoto and Colonel Lee.

HAW HAW HAWAII



" SO THAT'S IT, EH SGT. MILDEW. I WAS WONDERING WHY YOU NEVER MAKE A MISTAKE. "

NEW KID ON THE BLOCK....

Captain Ed Chung-Hoon, formerly of the 169th is now with us here at the 154th. He has taken over as Chief of Maintenance, Ground C-Major Morris, of course, recently went over to the 201st. We welcome Capt Chung-Hoon and wish him well on his new job.

The Thrill of Victory, The Agony of da feet

(Among those members of the 154th Ohana who ran in the 1980 Honolulu Marathon was our own PAO, Lt Drew Hurley. For those of us who did not run this year, here's an inside view. -Ed)

December 7th will long live in my memory as a day of inflammation - of my feet and knees and other places.

It's now a week later and I've just seen "Doc" Watabayashi in the clinic. His advice: "Stay off your feet and would you like this piece of chicken and a donut? Sorry, we're out of sodas." The donut helped the pain so I happily hobbled down the stairs to write this first-person account of the Marathon, this runner's first.

Many other writers have since written stories of the marathon. Much of the drama has already been captured by people who wield a pen mightier than mine. And the truth is that the experience, as most experiences are, is not explainable. Already it would be like describing a half-forgotten dream.

Since the race I've noticed mood changes from elation to depression. From ecstatic happiness to tears.

Three hours and fifty four minutes of running with 6,900 other people, all instantly friends, is a most moving experience. The crying that many did at the end was the most honest and deep-felt most had ever done.

The sense of accomplishment is over-powering. It obliterates all fears in its path. The sense of loss is also real. Most had put months, maybe years of training in for this race. It had become more than "The Race," it was "The Thing" that all else revolved around.

After the "cannon's roar," the spectacle of fire works, the rain, the 26.2 miles, came the end. The end of a dream...of life as it was before. Nothing is quite the same.

It's thoughts like those that occupy my free moments. Like I said, you can't really describe an experience.

Now if my feet stop hurting and Col Lee will give me the day off, I'll be off to the

(continued on page 10)

Goin' Home...

Bruce T. Hana Jr. has recently completed basic military training and service school and is now assigned to the 154 COMPG Headquarters Ground Communications Electronics section.

Airman Hana is a recent graduate of the Hawaii Baptist Academy and on Nov. 10, he revisited the Academy to talk to the students about the benefits of being in the Hawaii Air National Guard.

After the talk there followed a several hour rap session with the students. This is the first time that an airman has volunteered his time and efforts in that way.



See Soma - HNGEA

Nominations are open for all offices of the Hawaii National Guard Enlisted Association.

Openings include President and vice-president which consists of a one year term and an opening for secretary and treasurer both being a two year term.

Elections take place in May of 81 and anyone interested in serving or making a nomination should call 449-6986 and ask for MSgt Wayne Soma.

Hawaii National Guard Enlisted Association discount buying list with the current prices is now being circulated to all air guard units, but you must be a member of the HNGEA to be eligible for the discounts. See your squadron bulletin board or MSgt. Soma for more information and the buying list. *****

Really Rotten

Roadster-Ruining Rust Resists Repair

Even as you stand there looking at your proud set of wheels, an unseen enemy may be at work destroying its value!

That's right.

According to the Department of Transportation, the unseen enemy is rust... good, old common rust, which will eat away fenders, door panels, wheel wells, and just about every other part of the underside of a car.

Salty Diet

Along the seashore, and in States where winters are hard, salt gets imbedded in hard-to-clean places under the car. Minute grains of salt are thrown up in wheel wells and start their work immediately.

One drive along a wind-whipped seashore and you'll know how much salty water is blown off the ocean's surface onto all the panels and windows of your car.

Quick Action

If you're buying a new car, best possible answer to corrosion from salt is a professional rust-proofing process.

This involves not only coating the underside of the vehicle, but also treating areas that are prone to unseen rusting, such as the inside of doors, rocker panels, and around the rear window.

If not that step, at least have the car undercoated at the dealer. Do it when the car is new, not after you've driven it for a month or two.

Wash, Wash, Wash

Finally, there are steps to take throughout the lifetime of the vehicle.

Watch for the start of leaks around the windows and have them corrected immediately.

Spray the underside of the car at least four times a year, and then check inside to see if any water has entered

through undetected openings or rusted spots. Repair with fiberglass, if you find any.

If you drive in a salty area, wash and wax the car monthly.

And in areas where salt is used to melt ice and snow, clean the underside at least once during the winter and

again at the end of the winter season.

Finally, make a weekly walk-around inspection of the vehicle to see if any rust spots have appeared or if the paint has been nicked by flying stones. Repaint and keep an eye for the first sign of any type of rust bump or discoloring.

Tax Problem?

When all else fails... fails...

If you've contacted the IRS with a Federal tax problem but had no results, call **IRS Taxpayer Assistance and ask for the Problem Resolution Office.** The number's in your telephone directory.

A public service message from the Internal Revenue Service.

WORDLESS DASHBOARD SIGN QUIZ

If you're planning on buying a new car, you may be faced with a whole new set of sign language to learn. Starting with the 1981 models, all American-made automobiles will incorporate the symbols shown here on the dashboard controls.

All of the symbols have been approved by the International Standards Organization which designed the wordless road signs now used on highways throughout the world.

Take a quick look at the symbols, then grab a pencil and fill in the meanings in the space provided in the quiz.

The answers are printed upside down below.

1.	4.	7.	10.	13.
2.	5.	8.	11.	14.
3.	6.	9.	12.	15.

10. Windshield wiper

11. Windshield washer and washer

12. Windshield wiper and washer

13. Oil

14. Battery charge condition

15. Engine coolant temperature

1. Headlamp switch

2. Direction signal

3. Hazard warning

4. Seat belt

5. Fuel

6. Windshield defogger

7. Rear defogger

8. Ventilating fan

9. Clearance lights

METRIC

Learn The System Now For The Future



(Since we're into the new year and our theme is looking ahead, we thought this would be the prime time to run a series on the metric system. Even though it's old, it's new, probably, to you...and besides we had to have something to fill this page. At any rate, this is part one of a three part effort to enlighten you on a subject that your kids already know more about than you do. Enjoy. The Ed.)

As you have probably figured out, if you ever gave it any thought at all, the system of measurement we now use has evolved through centuries.

For instance, the system of measures used in the United States today is just about the same as the one brought over by the colonists from England.

Because the British were great traders and sailors, many of the means of measuring had their origins in different cultures - Babylonian, Egyptian, Roman, Norman French, as well as those developed by the Anglo-Saxons.

The ancient "digit," "Palm," "span," and "cubit," some of which are mentioned in the Bible, evolved through centuries of usage and change in different areas to today's "inch," "foot," and "yard."

- 1 kilo meter = 1000 meters**
- 1 hecto meter = 100 meters**
- 1 deka meter = 10 meters**

- 1 decimeter = 0.1 meter**
- 1 centimeter = 0.01 meter**
- 1 millimeter = 0.001 meter**

Roman contributions to today's measuring system as used in the U.S. include the number 12 as a base for dividing length into units. Our "foot" is an example.

The 12 parts of the Roman "pes," or foot, were called *unciae*.

The words "inch" and "ounce" are both derived from that Latin word that the Roman soldiers introduced into Britain.

There the system was modified to meet the needs of the people.

The "yard" as a measure of length can be traced back to the early Saxon kings.

They wore a sash or girdle around the waist. If a dispute arose, the sash was removed and used as a measuring device for the yard.

Obviously, fat kings gave the buyer a better measure.

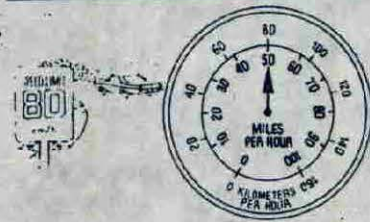
To make things more equal, King Henry the First decreed that the yard should be the distance from the tip of his nose to the end of his thumb.

We still use the furlong as a measure in horse racing.

That distance was set by an early Tudor king as 220 yards, the length of an average farmer's furrow.

In the 16th century, Queen Elizabeth I declared that the traditional Roman mile of 5,000 feet should be replaced by one of 5,280 feet, thus making the mile exactly eight furlongs.

Next week, an attempt at order.



R.M.S. ROUND UP

by TSgt Sam Wong

We hope your greeting of 1981 was a good and safe event and we're glad to see all of you back...We're going to start this year by announcing some recent promotions within our ranks. First off, from the Supply Systems Branch, we have MSgt Nevin Harada and SSgt Louise Lum. From the Customer Support Branch Jason Chun and Clayton Tamayose have sewed on new stripes. And from the Traffic Management Branch, Sherry Torres got to put on her A1C stripes. Congrats to all for attaining your new ranks...Deserving recognition time...All of you received your December UTA pay checks early due to the dedicated and unselfish efforts of the military pay and data automation processing personnel who stayed late on the last drill Sunday to process the payroll.

SO TO TSgt GARY SORANAKA, SSgt Geri HEATHERLY, Sgt MELVIN AKAMINE AND A1C DENNIS MATSUURA...THANK YOU FOR YOUR HARD WORK!!!

Still more recognition yet. A letter of appreciation from Colonel Edward V. Richardson, HANG Chief of Staff to Colonel John Lee about comments made by the PACAF MEI inspectors. They said, "An easy to read and timely computer product had been developed to track aircrew training accomplishments. This enabled the unit operations officers to maximize training effectiveness during daily operations and provided a comprehensive system for insuring all training currencies and requirements were met." The person primarily responsible for developing this program was none other than our data automation wizard, MSgt Rolland Tang. Rolland put in many hours to come up with this system called, "an excellent method of scheduling and monitoring training accomplishments."

Further still an honor worth mentioning. Customer Support's one and only SSgt Norton Malina had been selected as one of the four Royal Guard Members to march in the presidential Inaugural parade in very cold Washington, D.C. However due to a mix-up outside of the Guard, the invite to go never was processed... so no trip to D.C.! He did participate in the ceremony for the new mayor of Honolulu recently. Keep it up Norton. They're gonna make you the Kapena' Moku sooner or later....

Well, that's it for this month. See you all next month as we begin preparing for the deployment to the Philippines....

Hey, Chubby

Shape Up

You say there's so much overhang around your middle that when you wear your swimsuit to the beach your legs don't get any sun. You say Goodyear has contacted you about painting their logo on your side and flying you over the Rose Bowl. You say you had to reserve two tables at your favorite restaurant last night...and you were eating alone. Is that your problem, Bunky? Are you...fat? Well cheer up! Simply slap a stamp on an envelope and get the latest in a number of different types of exercises which can help you regain that youthful figure.

Uncle Sam has the information. And the prices are reasonable.

For only \$1.50, you can get the latest copy of "Adult Physical Fitness" (120H) which shows graduated exercise to help you get into shape without strain and pain.

Or, if you're into swimming, there's a booklet, "Aqua Dynamics," (201H) which gives sets of exercise to be done in the swimming pool. The cost to you is only \$.75.

If you're really in bad shape, like unable to jog across the street or incapable to climb more than one flight of stairs without a luncheon break, you might want to send for "An Introduction to Physical Fitness" (123H) which gives exercises for beginners. This one costs \$1.00, money well spent.

A plan to set the muscles in motion while at the same time controlling food intake is outlined in "Exercise and Weight Control" (202H, \$1.75). This booklet gives the amount of calories used per hour of various activities, so if you have that extra piece of cake or pig out on the "37 flavor special" at your friendly neighborhood ice cream emporium, you'll know how far you have to walk or run to get rid of the extra, unneeded calories.

And finally, there's "The Fitness Challenge In The Later Years" (202H) which covers the older people. This goes for \$1.75.

All of the above pamphlets can be ordered through the Consumer Information Center, Pueblo CO 81001. Be sure to include the complete title and pamphlet number, as well as check or money order payable to the Superintendent of Documents. 'Til then...think thin.

Do or Diet

On the preceeding page, we clued you in on where to get info about exercising. But if your aim is to lose weight...you will probably want to supplement your exercise program with a diet of some sort. Where, oh, where could I possibly find a good diet to help me lose weight, you say? Glad you asked. Thought you never would.

The following is the TWA Steward's Diet and is designed to help you lose ten pounds in four days. This diet works on a chemical breakdown and is proven. Do not vary or substitute any of the foods listed below. No seasonings other than salt and pepper should be used. Where no quantity is given, there is no restriction other than your own common sense. Oh, and by the way...No caffeine beverages allowed. Sorry.



"Sorry, Murdock, yours is not the kind of BEEF we have in mind."

This diet is to be adhered to for four-days= only at a time.

	BREAKFAST	LUNCH	DINNER
Day 1	½ Grapefruit Black Coffee	Broiled Steak lettuce/tomato salad (no dressing) 1 small apple	2 Hard-boiled Eggs Green Beans ½ Grapefruit
Day 2	(Same all 4 days)	1 Lamb Chop Lettuce (no dressing) 1-6 oz. Tomato Juice	Squash Cauliflower Green Beans Applesauce
Day 3	"	Hamburger patty Lettuce Salad (no dressing) Celery 1 small apple	Broiled Chicken Stewed Tomato Prune Juice
Day 4	"	2 Scrambled Eggs Green Beans Tomato	Steak Lettuce salad (no dressing) Unsweetened Pineapple Juice

SHOPPING LIST

MEAT: Steak for 2 meals
Lamb Chop (1)
Broiling Chicken
Eggs (4)
Hamburger for
1 patty

FRUITS: Apples (2 small)
Grapefruit (3 - use 2½)
Applesauce

JUICES: Tomato (1-6 oz. can)
Prune Juice for 1 meal
Pineapple Juice for
1 meal (unsweetened)

Vegetables: Tomato for 2
meals
Green Beans for
3 meals
Squash, lettuce
Cauliflower
Celery
stewed Tomato

Sports of SORTS



The 154 Composite Group "B" team will play against the Star Gazers of the 150th ACWS softball team in a style playoff. The game will be played at 10 a.m. Saturday, in Kapaa Kauai.

Composite Group team is coached by MSgt. Wayne Soma and the Star Gazers coach is MSgt. Lester Matsushima.

A lunch/pupu gathering is planned after the game and members are asked to pay their \$5. lunch fee by Jan. 18. Fees can be paid to MSgt Soma

SPECIAL NOTE;

Games previously scheduled for the 201st, to take place Mar. 21-22 in Hilo have been cancelled due to an extended TDY trip for the members of the 201 CMBTCS.

Running Clinic

Those interested in the 154 COMPG Running Clinic for 1981 should report at 3 p.m. today outside the mess hall. Running gear is the appropriate dress.

Canoe Club

HANG OHANA Canoe Club meeting is scheduled for 7 p.m. Monday, at the Fastbreak Pizza Parlor. Committee chairmen are asked to have their written reports and budgets ready for consideration.

Those that can not make the meeting are asked to call Jimmy at 449 1201.

Anyone interested in joining the HANG OAHU basketball tournament can contact A team manager SSgt. Melvin Akamine or B team manager SSgt. Alvin Dang at 449-2123 and 449-1608.

HANG NOMINEES

Presently there are 269 Air Guard members enlisted in the HNGEA and many more are needed. The three nominees for next years council are MSg. Richard Deveas, MSgt. Carl Simmons and Sgt. John Reardon.

All members are asked to vote and support next years nominees.

THE THRILL OF VICTORY, THE AGONY OF DA FEET

(continued from page 5)

Maui marathon on March 8th. You see, I'm hooked. The only way I can recapture that feeling I had crossing the finish line is to do it again and again. Maybe then I can better tell you just what it's like...but I doubt it. Goo Running!

OHANA Canoe Club

Men and women alike are now preparing for the upcoming canoe season, as the club's reorganization is taking shape. Among other changes is the building on Soma Field that will be used to house the canoe and hold club meetings.

Sincere thanks to Gen. Ishimoto for his efforts and the efforts of many others in having the building moved to its new sight.



Anyone interested in coaching 11-13 year old boys and girls in basketball as part of a community relations program is urged to contact the Police Athletic League (PAL). Teams are now being formed for a pilot program centered on the Leeward Coast at Maili.

Season begins in mid-Jan. For more information call Sgt. Ben Wright, Honolulu Police Dept Leeward Community Relations Officer at 955-835