



Kukailimoku

War God Of King Kamehameha I • 154 COMPG

Vol 29, No. 6

Hickam Air Force Base
Hawaii

June 12, 1983



Photo by TSgt. Don Ho

REP. VISIT

Representative Barbara Marumoto enjoys lunch with General Richardson and some female members of the 154 COMPG during the Saturday UTA. She was recently appointed by the Secretary of Defense as a member of the Defense Advisory Committee on Women in the Services. As part of the 30 member committee, she will be providing to the Secretary of Defense, through the Assistant Secretary for Manpower, Reserve Affairs, and Logistics, advice and assistance on matters relating to women as an integral part of the total volunteer force. As an added function, the committee members are responsible to increase local awareness of the military career opportunities for women and assist in local recruiting efforts. About her visit, she said, "The morale was high among the women."



Photo by Capt. Drew Hurley

Governor George Ariyoshi welcomes Maj. Gen. Alexis Lum aboard as the new State Adjutant General. General Lum was officially sworn in to the post during a ceremony recently at the State Capitol.

Open House Pics



Our recent First Termers Open House was thoroughly enjoyed by all. See Photos on page 6.



JUNE 19

Father's Day



Commanders Corner

by
Col. John S.W. Lee

The latest report from the Presidents' Council on Physical Fitness and Sports reveal some interesting and highly relevant findings:

The study reveals that we tend not to associate fitness with good health with the resultant that few realize that proper exercise would benefit their health or lifestyle capability options. We are talking about half of the country's adults or 80 million who never engage in vigorous physical activity; the report cites 75 million working adults afflicted with back pains, often a consequence of neglected muscles. As a general rule of thumb, the report recommends vigorous exercise of 15 - 20 minutes at least three times per week.

While we have not focused on physical fitness as a direct training objective reflecting combat readiness, it has been indirectly addressed through our weight control program. For those of us who went to Team Spirit at Kunsan and participated in the exercise surge period, physical fitness affected both our intellectual and emotional capability to handle the steady long hours of exercise pressure. In what way you may ask? Note Lt. Colonel Paul Rost's comment in a Flying Safety article: "The most realistic simulation of war in day-to-day training and especially an ORI is fatigue." It may seem like it's a cliché but people perform better when they are physically fit.

Physical fitness is a personal choice and whether it's true or not,

people associate fitness with character. As we get maturer, maintaining fitness becomes more difficult because while the "mind may be willing, the flesh is weak". Generally we expect those in the public eye to maintain their fitness but not necessarily our maturing friends, family members or ourselves. Our waistline increases as our flexibility decreases but we rationalize this to old age. Look around you and more importantly, look at yourself and see whether your fitness level meets your personal choice

HANG OHANA

That bunch of talented people you've seen providing both music and dance at a number of our activities are none other than our own HANG O'HANA. Their last three appearances were: 1) providing dinner music for the HNGA Annual Banquet at the Schofield Officers' Club 2) the May Open House activity, and 3) the 1982 Federal Day Awards Banquet at the Hilton Hawaiian Village. This same group will be participating in the Federally-Employed-Women's Aloha Reception to be held at the Hale Koa on 11 July 1983 and at the Federally Employed Women's Luncheon on 12 July 1983 at the Sheraton Waikiki.

HANG OHANA MUSIC CLUB
MEETING
TODAY
2:00 p.m.



CONTACT BILL AKIONA (449-9633) for location.

Chapel News

HICKAM CHAPEL SERVICES

Protestant

8:30 a.m. Hickam Harbor
8:30 a.m. Chapel One
10:10 a.m. Chapel Center
(Sunday School)
11:15 a.m. Chapel Center
6:00 p.m. Chapel One

Catholic

5:00 p.m. (Sat.) Chapel One
7:30 a.m. Chapel Center
8:30 a.m. Chapel Center
9:30 a.m. Chapel Center
11:30 a.m. Chapel Center
(Sundays and weekdays)

Jewish

Contact Jewish Chapel,
Pearl Harbor, 471-0050,
for information.

PADRE'S PATTER



by Chaplain (Maj.) Gerald A. Funcheon

Did you know that the framers

of our constitution once considered proclaiming that as our inalienable rights we were to enjoy "Life, liberty and property"? Wisely, they chose instead to assure us the right to the "pursuit of Happiness." Each of us is guaranteed equal opportunities to develop and utilize to the fullest his or her God given talents without favor or discrimination.

As a parent, a father does much the same within his own family. He gives his child human life. He provides him or her the liberty to grow into the unique person God calls him or her to become. But a father cannot promise his child the goods of this world or a comfortable life.

As with our Divine Father, a father's vocation is simply to teach his children to love. He does this first by the way he, himself, loves their mother; secondly, by the way he guides his son or daughter toward his or her own maturity and responsible freedom. In teaching both those ways of manly virtue, a father speaks most loudly and clearly through his own strong daily example.

- Let us pray -

God, you are Father of all nations and families. Together we share this planet earth as brothers and sisters for only a short while. Guide each of us on our own personal pilgrimage to reflect by our personal example your Peace and Love. - Amen

KUKAILIMOKU MEMBERS OF THE KUKAILIMOKU STAFF

The KUKAILIMOKU is a funded Class I newspaper published monthly by and for the members of the 154th COMPG, HANG, Hickam AFB, HI. Opinions expressed herein are not necessarily those of the United States Air Force or the Hawaii Air National Guard.

Some of the material used has been provided by the American Forces Press Service and the Air Force News Service, official Department of Defense activities. Inquiries should be directed to: 154 COMPG/PA. HANG, Hickam Air Force Base, HI 96853. Ph: 449-9374.

Colonel John S. W. Lee, 154 COMPG Commander.

Capt. Richard K. Shimomura, Public Affairs Officer.

KUKAILIMOKU STAFF

TSgt. Charles S. Gravitt..... Editor
SrA. Charles Silva..... Assoc. Editor
SrA. Raymond Santana..... Illustrator

CAM sq. news & views

Okay all you Mountainball players come forth and sign up to form two teams for the CAM Squadron to participate in the HANG State Tournament July 9-10, 1983. The tourney will be held at the softball field complex located in area 61, Hickam AFB. Those interested contact Sgt. Dale Zuttermeister at the Fab Shop. Also to all you Volleyball enthusiasts we encourage all of you to attend the HANG State Volleyball games. Bring your friends, families, even your parents and enjoy good volleyball games. Understand the upcoming State Championship tournaments are really good.

The first term open house held last UTA was just great, lots of people and a good impression was made to all guest. The "Hawaiian Luncheon" served was especially a big hit with our guests. Speaking of open house the Flight Line will be dedicating their building today and will have a mini open house after the blessing. Chief Sato must be going out of his mind throwing all those parties. First it was his appointment as the organizational maintenance technician position, then he made CMSgt. and now the open house. That's the price you got to pay when you get to the top Com. Maintenance Control had their open house last UTA and everyone enjoyed the good food and lots of refreshments.

MSgt Ron Cozo and TSgt Jimmy Pahukula reported on their trip to Europe with the Royal Hawaiian Band. Ron indicated the trip was just fab-

ulous; people all over really enjoyed the performance. The group went on TV in Munich; West Germany and an estimated 8 to 10 million people viewed their performance and wherever they performed the people knew who they were and where they came from. Traveling was done all by bus and they averaged 6 to 7 hours on the road each time. The longest bus ride was 17 hours from Germany to France, total mileage traveled by bus was 2700 miles. Ron mentioned that the highlight of their trip was trying to get into East Germany. They had to give a concert there but were stopped at the border and because of some misunderstanding on their papers, a stamp supposed to indicate equipment was missing, they did not permit the group to enter East Germany, so the concert was cancelled. It took about 2 hours for all of them to be processed by the border guards only to be stopped because of that little missing stamp. I can guess what they will do to those guards that turned the expected "Hawaiian Group" around, sorry about that bra.

The HANG/HADD golf tourney held at the Leilehua Golf Course last month was very successful. Congratulation to the 169th AC&W for a tourney well organized. The 5th All HANG golf tourney scheduled for Aug. 15 at Hicka AFB golf course is being held in abeyance until the end of this month. Committee may have to change the date to a week later pending technician work scheduling. All golfers will be informed later on action taken.

Finally, Don't forget to start planning for the CAM Squadron Recognition night Banquet on the Sept. 24, 1983 (Saturday), Fort Delicatessen, 7:00 p.m. Aloha attire. Cost \$10.00 per person, BYOB. The committee has lots of commitments to make so they are asking an early response - no later than Aug. 6, 1983 or sooner. Any questions, call: MSgt Doug Abe 449-9373, TSgt Jack Uhrig 449-2709, SSgt's James Andrade 449-1272 or Ron Lee 449-2303, Mahalo.

NEXT UTA JUL 16-17

by SMSgt. Art Lee

Spotlight on the Top



Brig. Gen. Richardson and Capt. Miyamoto.

The Spotlight this month is on Capt. Gervin K. Miyamoto, 32, commander of the 154th Security Police Flight and recent selectee as one of the best officers in the Hawaii Army and Air National Guard.

Captain Miyamoto, earlier this week, won the James Y. Sato Award for exceptional efforts toward improving efficiency and mission accomplishment. He was also named outstanding company grade officer.

Captain Miyamoto, a fourteen-year Guard veteran, formerly belonged to the Hawaii Army National Guard before transferring to the Air Guard a year ago. In civilian life, he's a member of the Honolulu Police Department attached to the Bank and Armed Robbery Branch of the Criminal Investigation Division.

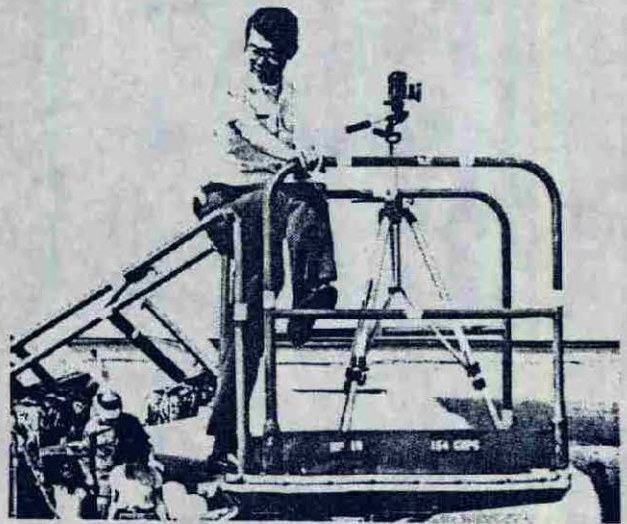
Captain Miyamoto joined the Army Guard in 1968 after completing high school at Roosevelt H.S., receiving an Associate of Arts degree in police science and moving on to receive a B.S. in Criminal Justice at Chaminade. He is currently working on his Masters in Criminal Justice.

"My job in the Guard is parallel to my civilian occupation," Captain Miyamoto says, "and I thoroughly enjoy being the commander. In many ways, my civilian job overlaps into the Guard and helps in training."

Captain Miyamoto has two daughters, ages 6 and 11. His wife's name is Gayle.

SMILE!

Almost all photos used by the KUKAILIMOKU are taken by the 154th Photo Lab photographers: TSgt. Don Ho, TSgt. Solomon Ford, SSgt. Alfred Locke, SSgt. Charles Chang, MSgt. Roy Kawamura and technician Ron Biho (SSgt.). We just thought we'd take a moment to thank them for all their great support.



TSgt. Don Ho, during our recent First Termers Open House.



TSgt. Solomon Ford looking for angles.

First Termers Open House A Success



"Welcome to the 154th Composite Group." AIC Linda Hoss hands out programs from our Open House last drill.

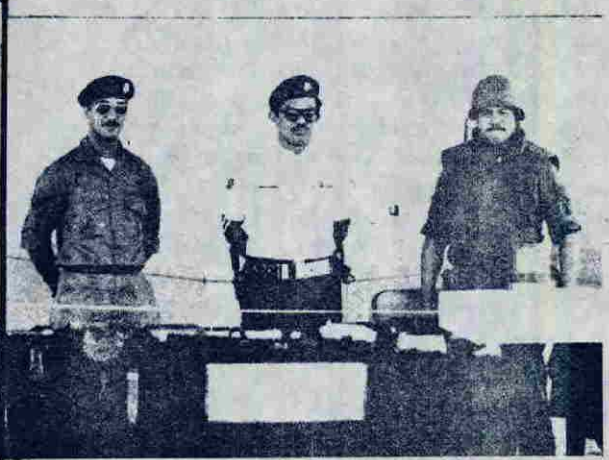
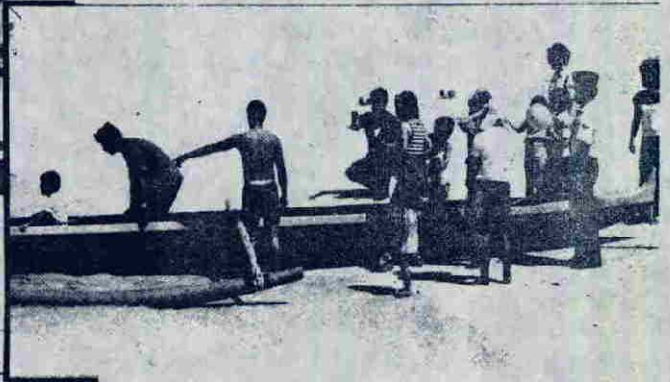
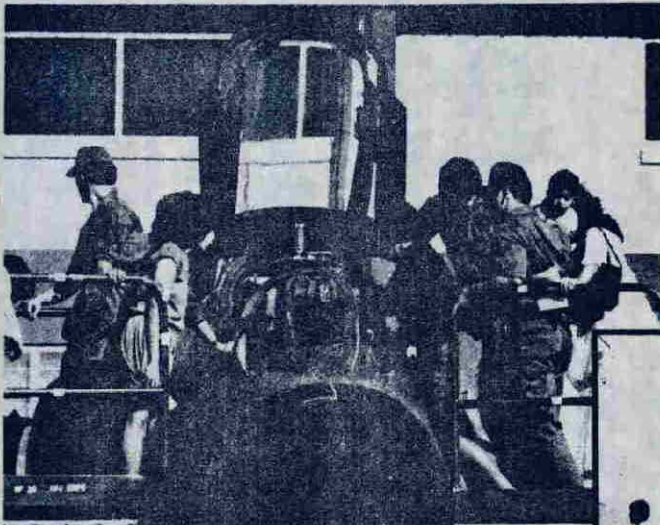
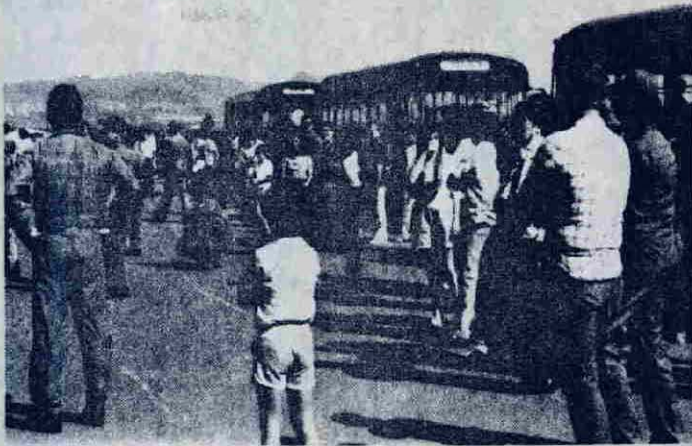
Several hundred family members and friends of our first-termers arrived, May 15, to tour our facilities and get a first-hand look at the methods and



the mission of the 154th COMPG.

Activities included a photo opportunity in one of our F-4s, lunch, a ride in one of the HANC Ohana canoes and visits to various work sections. The following photos tell the story of this successful event.







Volleyball Tournies

In preparation for the HANG State Volleyball Championship, June 17-18, the HANG Central District playoff was held at the 487th Field Artillery Gym, Fort Ruger, May 20-21.

Taking top honors in the Playoff was the 201st CC Group who had to battle their way up through the double elimination process after absorbing a first game loss. With the combined strength of their Oahu-based units, the 201st, led by the hitting and court leadership of Chuck Victorino, could not be denied. Placing second after a hard-fought final game playoff with the 201st were the Mighty Maintenance Men of the 154th CAM Sq. With Grant Suzuki and Eric Chang leading the way, CAM Sq. proved that they will be ready the next time around in the State Championship. The surprise team of the tournament was the 154th Civil Engineering Flight. The burgeoning strength of this unit was evident as they came up with names like Kepilino, Kuni and Kaneshiro (where'd they come from?) and pulled off some eye-opening wins over the 154th RMS and the 154th COMPG. Although finishing in the third spot, these guys intend to continue baffling the crowd.

Kaipo Sing's Comp Gp. team squeaked in through and past the 154 RMS for the fourth position in the State Championship. Look for some heavy action as these four teams mix it up again with some of

the powers from our neighbor island contingents. Here's the schedule:

HANG STATE VOLLEYBALL TOURNAMENT

Date: 17-18 June 1983

Location: 487th Field Artillery
Armory/Gym, Fort Ruger,
Hawaii (22nd Avenue).

TOURNAMENT SCHEDULE, Fri., 17 Jun 83

1830 hours Game 1 Central Dist #1 vs Central Dist #2
1930 hours Game 2 Central Dist #3 vs Central Dist #4
2130 hours Game 5: Loser Game 1 vs Loser Game 2

(Schedule for June 18 to be determined on Jun 17)

Teams:

Central Dist #1 - Hq 201CMBTCG, 202 CMBTCF, 201 ATCF
Central Dist #2 - 154 CEF
Central Dist #3 - 154 CAM
Central Dist #4 - HQ HANG, HQ 154 COMPG, 154 CSS,
154 Clinic, 154 SFF

The Hawaii National Guard Open Volleyball playoffs, meanwhile, have been scheduled for June 13, 14 and 16 at Fort Ruger Gym. Game times have been set for 6:30 and 7:30 p.m.

This year's participants who were fortunate enough to make the "final four" include three Army Guard teams and the 154th COMP GP "A" team. The 154th team, comprised of Deo Agbayani, Mel Akamine, Don Almodova, Russell Campos, Eric Chang, Bobby Davis, Mel Ige, Fred Reynolds, Kaipo Sing and Grant Suzuki enter the playoffs with a perfect 8-0 record and will be playing the first game on June 13 against the Provisional Battalion led by former UH basketball star John Pennebacker.

Come on out and help support the 154 COMPG team in trying to bring home the Championship Trophy to the AIR GUARD!

HNG Oahu Tennis Tournament

July 2, 8:00 a.m. - 2:00 p.m.

Tripler AMC

Contact MSgt. Larry Mun, 732-1941,
for more details.

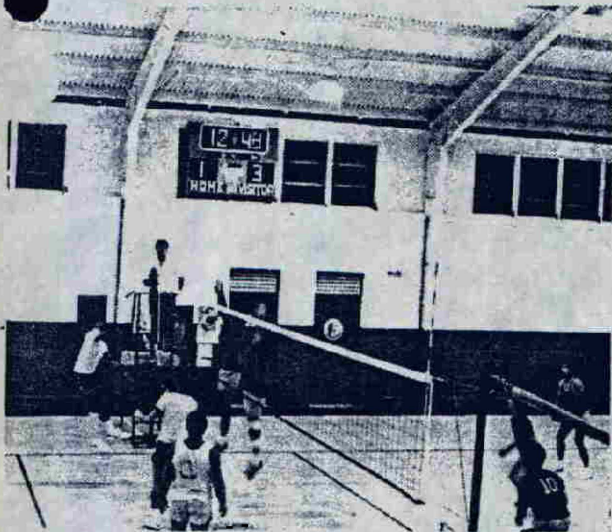


photo by TSgt. Don Ho

The 154th COMPG "B" team battles it out in the volleyball court in the recent Army Guard play-offs.



HAWAII AIR NATIONAL GUARD

CANOE CLUB

Come and experience Hawaiiana. Membership is open to all Guard people.

Practice site: Hickam Beach

Practice times:

3-6 p.m. - Women

4-5 p.m. - New members

5-7 p.m. - Men/Women

Practice days: Mon. - Sat.

For more info call:

Pres. Kukui - 623-4967

V.P. Jean - 839-6352

Treas. Dennis - 487-7724

Sec. Gay - 681-3249

Combat Ready?

MSgt. Wayne Soma requests the help of all personnel assigned to the 154 CSS, 154 USAF Clinic, 154 SPF, 154 COMPG and HQ HANG. Sergeant Soma is forming a mountainball team to play in this year's HANG Mountainball Tournament (Central Division), July 9-10 (Sat. & Sun.). Games will be played at Hickam AFB. If you can contribute to the "Combos"- or if you're interested in learning the finer points of mountainball- call or contact him at 449-6986. Need name, size and phone number.

Teams will be organized as follows:

1. 154 CAM "A"
2. 154 CAM "B"
3. 154 RMS, 199 TFS and 154 CEF
4. Hq HANG, Hq COMPG, 154 CSS, 154 USAF Clinic and the 154 SPF
5. 169 ACW and 199 Wea Flt
6. 201 CMBTCG

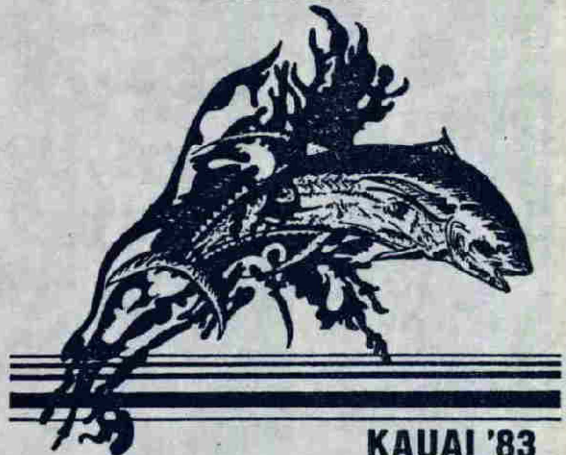
Schedule will be provided by June 11-12.

150th ACWSQ

AHI TOURNAMENT

29 - 30 JUNE 1983

1 JULY 1983



KAUAI '83

FOR MORE DETAILS CONTACT:
SMSgt. Howard Sato 449-6041

Any casual telephone conversation can reveal classified information through carelessness, impatience and trying to talk around it.

HNGEA NEWS

by SSgt. Jan DeRego

I'd like to take time out to thank all of you, for supporting the HNGEA executive board, who represented you during FY 82 - 83. As you all know, the HNGEA Annual Conference that was held on the island of Kauai, 28 May 83, was very successful. It was very well hosted by our sister units from Kauai. Your new officers that was elected during this event, representing you for FY 83 - 84 is:

Officers:

PRES. - Douglas Abe, MSgt
V.PRES. - Jan DeRego, SSgt
SEC. - Wayne Soma, MSgt
TREAS. - Geri Heatherly, SSgt

Councilmembers (Air):

Richard DeVees, MSgt
Alfred DeRego, TSgt
Harvey Maeda, MSgt
Ken Enoki,

Councilmembers (Army):

Isayas Santa Ana, CSM
Raymond Sakai, SCM
George Tom, SFC
Clarence Ariola, SSG
Ukimasa Tomono,



These are the people that will represent you this coming year. Give them all your support.

SIX-HUNDRED-NINETY THREE IN FY 83

This years Air National Guard Membership in the HNGEA supassed last years total by 37%. We totaled 693 members as compared to 497 last year. We had 367 renewals and 326 new members for FY 83. I am the Air National Guard Committee Chairman for Membership and I wish to thank you all for your support and interest in the HNGEA. We already have three members paid up for FY 84. WHAT A GOOD START!

To join up, send \$3.00, name, address, and assigned unit to me.

C/O MSgt Wayne Soma
154 CSS HANG
HAFB

REMEMBER!!!!.....

Our National Conference (EANGUS) will be held in Columbus, Ohio from the 28 August thru 2 Sept 83. All members are welcome to attend the conference and find out the actual scoop and purpose of the EANGUS and this association.

SCHOLARSHIPS.....will be due June 30th 83. Members interested to apply or have applied, see SSgt Geri Heatherly at 449-5685/CBPO.

SPECIAL THANKS TO OUR SPECIAL OLYMPICS helpers.....

Msgt Wayne Soma wishes to convey his special thanks to the following personnel for their assistance with the S/O games 27 May 83, held at Kaiser High School. MSgt's R. Muronaga, K. Morimoto, D. Dandurant, Capt C. Torigoe, SMSgt K. Kane-shiro, TSgt S. Tanigawa and SRA N. Gima. These volunteers provided security and parking assistance at the games.

MAHALO NUI LOA.....MSgt Wayne Soma

VOLUNTEERS NEEDED

Two Easter Seal Society events need manpower:

National Wheelchair Games (U.H.)

June 18 & 19

Tug-of-Love (Ala Moana Park)

August 13

Contact MSgt. Richard DeVees, 449-1518, your kokua will be appreciated.

New Aircrew Members

The 199th TFS has gained several new members. Since the new year, the following pilots have joined the unit:
Capt. Geoffrey Avery (Feb.)
Capt. Bruce Ellinwood (Mar.)
1 Lt. Edwin Vincent (May)
Capt. Charles Manley (June)
2 Lt. Chris Sakamoto (Home station trng)
2 Lt. Marcus Rosehill (now in F-4 school, will arrive Sep 83)
2 Lt. Garro Johnson (scheduled for F-4 course in October)

"THE STRENGTH OF RMS"

'a J' Kaika O RMS...

by: SSGT Jan DeRego



*** Have you figured out the maze in Supply yet? Its' purpose is to encourage better workflow and to discourage unnecessary traffic in the work areas. We're not finished yet and are looking for more and better ideas to improve our facilities and working conditions. Our hats off to the Kansas Air National Guard who did this tremendous job to the RMS building. A total of 55 guardmen and 2 women participated in this two week deployment.

*** The Individual Equipment Unit (IEU) of the Customer Support Branch, 154 RMS, will be moving from its present location to the new figurine. Effective 20th June 83, all requests for uniform clothing, organizational clothing, and individual equipment items will be serviced from the new IEU room. Should you have any questions please contact SMSgt Howard A. Okita TSst Michael Hironaka at 449-9610.

** The warehouse of building 3415 is a CONTROLLED ACCESS area. Therefore, all personnel who have no access in the warehouse area are asked to keep out of there. If for some reason you have to go into the warehouse, please insure that warehouse personnel are informed first. Everyone's "K O K U A" will be greatly appreciated.

*** RMS would like to extend their farewell and "ALOHA" to SSGT Jose Madrid. He is moving on to 202nd CMBTCF, 20th June 83 as a warehouseman. His last words to Gilbert Kaneshiro and Craig Iwase is; "I would have taken the Ping-Pong table with me, but, what you guys gonna do during working hours?"

*** Still recuperating from his knee surgery, MSgt Jason Chun our Benchstock monitor is cruising at home. We wish him a speedy recovery.

** MSgt Baldwin Yamashiro is still collecting soda cans, for the Pearl City Youth Church. So if you see him hanging around your trash bins, its only for soda cans.

"MAHALO" for your listening ear, till next drill.....A L O H A.....



Photo by TSgt. Don Ho
Lt. Col. William E. Mossman was the recipient of a Meritorious Service Medal on June 9. Colonel Mossman provided the impetus for upgrading the Hawaiian Air Defense System since 1974. His early recognition for the need to upgrade HADS led to the start of the HADS improvement with a \$12 million appropriation.



Air Force Capt. (Dr.) Wesley K.W. Young was sworn in last drill. Capt. Young is scheduled to attend the Aerospace Medicine School in October to become a Flight Surgeon. Capt. Young is a licensed pilot and will be assigned to the 154 USAF Clinic.

"CATCH 62"

by Lt Col Ronald Silva

Guardsmen who served on extended active duty under Title 10, U.S. Code after January 1, 1957 and who are now working for the federal government, are urged to request for an estimate of the basic pay they earned while on such active duty.

The pay information will assist them in determining whether they would want to risk forfeiting at age 62 whatever credit their military service gave them toward Civil Service retirement or to buy back protection under changes made by Congress in the Civil Service Retirement Law. It should be noted that if and when a civil service retiree is eligible for social security benefits commencing at age 62, the annuitant will lose those numbers of active duty

years utilized in computing his/her annuity. Thus, Congress provided for the buying back of those years (service credit deposits) providing the individual felt it advantageous.

The determining of the required deposit will be made by HISPMO, Hawaii State Personnel Mgt Office. HANG/HARNG technicians after the respective accounting and finance offices (active) respond to the applicant with his/her military pay earned data. Such deposit must be made prior to October 1, 1984 if no interest is to be charged.

If not already contacted by your commander, call CBPO at 449-5669 for an application form that action may be taken by you.

COMMUNICATE!

by Dr. C. S. Twishbatt

Why do we communicate so poorly? Mostly because we are not specific in what we say. If you want someone to hear and understand what you're saying, you must be specific.

For example, two of the most useless words in mishap prevention are "be careful" when you tell a subordinate who has to lift a heavy piece of equipment to be careful, or you telling that person to get job? Are you asking the person to use proper lifting techniques? Are you suggesting the use of mechanical means to lift the equipment? Just saying "be careful" is almost useless advice. You should give specific instructions so the worker knows exactly what to do.

Let's take another look how and why we communicate so-poorly. Suppose you're walking through the area you supervise and you notice a pile of scrap, a pile of lumber stacked so carelessly that it's fallen over the yellow line into an aisle, a step ladder that's been

left in place long after the job was finished, and an acetylene cylinder someone used and didn't return to storage. You say, "get this place cleaned up!" Your workers who know there's some scrap that should have been removed might take it away. They'll possibly even straighten out the pile of lumber, but they'll probably skip the step ladder and cylinder. When you return later, you might find yourself frustrated if only the scrap pile has been cleaned up.

But suppose you try this: "Hey, this place is a mess! Let's clean up that pile of scrap, John. Ann, how about stacking that pile of lumber so it won't fall into the aisle again. Will the two of you take the step ladder back to the equipment room? It's blocking access to the emergency exit. And while you're at it, return the acetylene cylinder to the storage room".

Make sure your instructions to subordinates are clear, detailed, and timely. In other words--Communicate!