



Communicator

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Going for the Gold in '95

Captain Tracey J. Saiki, 293 CBCS/IM

The twinkling of distant stars faded as the horizon began to illuminate in colors of bright orange and golden yellow. What surprises will the rising sun bring this day?

As the sun showed its hot, fiery face upon the land of Thailand, the men and women of the 201st Combat Communications Group were already hard at work and one wide eyed and anxious captain was about to be inducted into the Cobra Gold '95 hall of fame.

I was very excited! The opportunity existed for me to learn more about the 201st's involvement in cobra Gold '95 and the deployment and movement of personnel and communications equipment.

I left May 28 on a C-5 Galaxy for a short stop in Guam on our way to Thailand. It was a special treat for me to sit behind the aircraft commander as the plane took off. Growing up, I would go to airshows with my family and stare with wonder and amazement at how incredibly huge this aircraft was and it actually flew.

After departing Guam for Kurat, Thailand, I absorbed as much as I could about Thailand from my "Lonely Planet" travel guide. As we

landed, I found myself thinking of Yul Bryner as the King of Siam and humming music from "The King and I."

Stepping off the aircraft, the heat felt like a shock wave! The air was hot and sticky and the sun so bright! Beads of sweat began to drip down my forehead. I walked around the aircraft and recognized the familiar faces of Captain Mike Doolin and MSgt Don Miyamoto sitting under a shady tree with a handful of other 293rd personnel.

Soon everything moved into motion. The C-5's front and back ramps were fully opened and the loadmaster gave the thumbs up to start loading.

I didn't realize the specifics such as height, weight and size taken into account when loading an aircraft with equipment and pallets. It's like putting a puzzle together.

With the final thumbs up, everyone boarded the C-5 and departed for Utapao. After landing, we walked to the bus. From above, we probably looked like a migration of wildebeest meandering across the desert like flightline. The air conditioned bus awaiting us seemed like a mirage as we thankfully boarded. Hanging from the rear view mirror was a fragrant, sweet smelling Pikake lei.

The next morning the C-5 lifted its wings and flew us home to Hawaii after a stop in



TSgt Calvin Yonamine of the 293d Combat Communications Squadron is all smiles in Thai restaurant

Guam. Even though my travel was brief, the respect and pride I have for the men and women of the 201st is everlasting. I salute you all.

I hold my hands, as in prayer, bow my head and say, "Kob koon kha" or "Thank you very much" to Col. Jeffrey Okazaki and Lt. Col. Kathleen Berg for their permission and support. To MSgt Bob Finley, a special note of thanks for being my miracle magician and taking care of all the arrangements.

As the sun set on yet another day, what surprises will tomorrow bring?

It's thumbs up for SrA Timothy Archer of the 293d Combat Communications Squadron and his Tuk-tuk driver



MSgt Eric Fong of the 293d Combat Communications Squadron takes advantage of free time to shop



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Commander's Corner

Col Jeffrey H. Okazaki, Group Commander

This year started off with a bang as the operations tempo continues on a fast pace for all of us. We now have a little breather until the next series of exercises arrives. Namely, our participation thus far in 1995 includes Cope Tiger (292d Combat Communications Squadron); Reception, Staging, Onward Movement and Integration (Maj. Craig Ishizaki, team commander, and members from the group); Cobra Gold '95 (293d Combat Communications Squadron) and Cope North (291st Combat Communications Squadron). Thanks to all of you who performed your duties in an exemplary manner. The exercises for which you were responsible were accomplished superbly. Thanks also to your families and employers who sacrificed so you could perform your duties and responsibilities without any external pressures.

We are well into the hurricane season (May through November). Forecasts by weather experts call for a higher probability of having a hurricane during this season. As you may know, the group is the lead agent for communications in support of its disaster recovery and relief mission for Hawaii. We need to be mentally and physically prepared for this contingency should the need arise.

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Our strategic planning process for the 201st CCG continues to move forward thanks to the tenacity and total commitment from the unit commanders. I am very pleased with our progress thus far. After the latest planning sessions during June 20-21, commanders refined the key results areas to two: (1) readiness and (2) reliable communications, air traffic services and management. The key processes for these two areas are:

1. Readiness - training, maintenance and strength

2. Reliable communications, air traffic services, and management: planning, mobilizing and operating

The key indicators or critical success factors which determine our success in reaching our vision are: (1) type of equipment and (2) our ability to deploy and operate. Barriers identified that may hinder our success are: (1) short-sightedness relative to equipment acquisition and operations; (2) not proactive regarding equipment acquisition and (3) assume someone else is responsible for equipment acquisition.

On July 5-6, commanders and 201st CCG headquarters staff met again to determine the group's goals and objectives.

The group determined three major goals were sufficient to address all of the key results areas (KRAs) and processes (see box at right).

Since the strategic plan is being developed for the group as opposed to a wing, the objectives were developed to address the critical issues. The numbers preceding the objective refer to the overall priority. Offices of primary responsibility are in parenthesis. Estimated time to accomplish the objectives will be determined during the FY95 commanders' conference.

The goals and objectives and the overall group strategic plan have yet to be finalized (see box at right). Commanders will be asking unit members for comments and recommendations. The comments and recommendations will be discussed at the upcoming Hawaii Air National Guard Commanders' Conference and, if approved, inserted into the plan.

We have come a long way since we began changing the way we do business in the fall of 1992. Our mission importance has never been higher. Our communications sys-

tem capabilities have never been greater. And our primary support of our people has never been better. Thank you for all that you do for your unit, Hawaii Air National Guard, U.S. Air Force and Hawaii.

201st Combat Communications Group

Goals & Objectives

Goals:

1. Exploit technological advances and expand the horizons of the group
2. 100% of the work force fully trained to meet the highest customer expectations
3. Establish an environment fostering quality

Objectives for Goal #1

1. Develop a plan for new equipment acquisition (201CCG/DO)
 - Establish a dialogue with Headquarters
 - Disseminate information to units
4. Increase involvement in HQ planning (201CCG/CC)
5. Maximize involvement in exercises, contingencies, and deployments. (201CCG/CC)
10. Fully exploit current equipment capabilities (201CCG/DO/AT/LG)

Objectives for Goal #2

6. Increase strength (201CCG/CD)
 - Retention
 - Shorten the recruiting process
7. Increase local control of training requirements (201CCG/CC/CCQT)
 - Waivers, FTD, YOT
12. Strengthen relationships with employers (201CCG/CCE)
13. Strengthen legislative involvement (201CCG/CC)

Objectives for Goal #3

2. Develop/reconcile supply and TMO responsibilities and procedures (201CCG/LG)
3. Achieve 100% Quality Awareness Training (201CCG quality advisor)
8. Obtain and provide feedback with customers and suppliers (201CCG/CC and unit Commanders)
9. Develop and reconcile MPU and ACT responsibilities and procedures (201CCG/LG/CCE)
 - Interface with support agencies (JAG, MPF, clinic, chaplain, 154 LGX, 15ABW LGX, atropine, CWDE, etc.)
11. Educate the customers on equipment, operational capabilities, and procedures (201CCG/DO/AT)

Death Rays From the Sky

Evelyn D. Harris, American Forces Information Service

Sun-drenched days on the beach are the stuff of happy memories. But those bright sun rays can be rays of death.

As few as three severe sunburns in childhood can lead to skin cancer later, according to the Atlanta-based Centers for Disease Control. And melanoma, the most deadly skin cancer, is on the rise. The number of people diagnosed with melanoma increased by 4 percent every year from 1973 and 1991, CDC said. This was faster than any other kind of cancer.

Melanoma affects the cells in the skin that give the skin its color. Melanoma is a quickspreading form of skin cancer and causes 75 percent of all skin cancer deaths.

About 34,100 people will be diagnosed with melanoma this year and 7,200 will die from it, according to the American Cancer Society.

Melanoma is most common in middle-aged or elderly people with fair skin, freckles and blond or red hair who spent many years in the sun or who had sunburns as children. White people account for the majority of deaths from melanoma. People from darker races are protected somewhat by their heavier pigmentation, said Dr. Stephen I. Katz, chief of the Dermatology Branch at the National Cancer Institute. When African Americans get the disease, it occurs on the palms of their hands or foot soles, he said.

Men are more likely to get melanoma on their trunks (the area between the shoulders and hips), heads or necks, Katz said. Women most often get it on their hands and legs.

Perhaps because men often get melanoma on their backs, where it's harder to see and be detected early, more men than women die from the disease. Still, Katz said, melanoma is quickly becoming "an equal-opportunity disease" with respect to gender, with more women dying from it than before.

Untreated melanoma spreads to other parts of the body through the lymph system or bloodstream. Katz said you should see your doctor if you spot any of the following warning signs of melanoma: change in the size, shape or color of a mole; oozing or bleeding from a mole; or a mole that feels itchy, hard, lumpy, swollen or tender to the touch.

The two most common types of skin cancer, basal cell and squamous cell, are diagnosed in about a million Americans every year, according to the CDC. These cancers develop more slowly and are less likely to spread than melanoma. They can often be treated in a doctor's office. If detected and treated early, they have a 95 percent cure rate. If not treated early, they can result in considerable disfigurement.

Of the two, squamous cell cancer is more likely to spread. The squamous cells are flat cells on the skin's surface. Squamous cell cancer appears as a raised, red or pink scaly nodule or wart-like growth, typically appearing on the face, hands or ears. It can grow and spread to other parts of the body.

Basal cell cancer is usually a slow-growing, pearly nodule that may crust, ulcerate or bleed without treatment. It is found mostly on the face, neck, hands and trunk.

Doctors recommend checking for changes in the skin regularly. They suggest using a mirror to check the back. This is particularly important for men with fair skin and a history of sun exposure.

As a memory aid, CDC suggests looking for the ABCDs of cancer - A for asymmetry, B for border irregular, C for color varied from one area to another and D for diameter more than 6 millimeters (a little over half an inch.)

Treatment varies with the severity of the cancer. Some cancers are removed completely when the doctor performs the biopsy. Others can be frozen off or removed with laser therapy. One surgery involves shaving off the cancer one thin layer at a time.

Two kinds of ultraviolet sun rays, LTVA and LTVB, can cause skin damage. These

range from sunburns to wrinkles and cancer. Artificial rays from sunlamps and tanning booths are equally dangerous. Researchers believe UVA may also weaken the immune system.

Katz said Australian research shows excessive ultraviolet radiation (from sun or sunlamps) on young skin is particularly dangerous. According to CDC, sun exposure during childhood up to 18 years old accounts for 80 percent of total lifetime sun exposure. The agency is mounting a public education campaign to encourage adults to set a good example in protecting themselves from the sun and teach their children to do the same.

Skin Cancer Prevention Tips

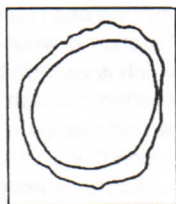
- Use waterproof or water resistant sunscreens that help protect the skin from ultraviolet rays. Children and fairskinned people should use a product with a sun protection factor of at least 15.
- Apply sunscreen liberally (a large handful) about 30 minutes before going outside. Reapply sunscreen after swimming or perspiring heavily.
- Talk with children's camp counselors and other care providers about reapplying sunscreens. Toweling off after swimming also removes sunscreens.
- Limit exposure between 10 a.m. and 3 p.m., when the sun is strongest.
- Hats with brims and long sleeves and long pants provide extra protection against the sun.
- Sun glasses help protect eyes and may prevent cataracts.
- Teen-agers who work outside in the summer should be extra careful to protect their skin.
- Discourage teen-agers from going to tanning parlors.
- Avoid exposing babies under 6 months old to direct sunlight. Sunscreens irritate their skin, and their developing eyes are more sensitive to sun damage.

The ABCDs of Skin Cancer

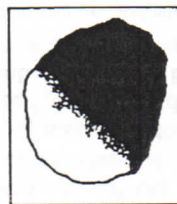
Consult a dermatologist immediately if any of your moles or pigmented spots exhibit:



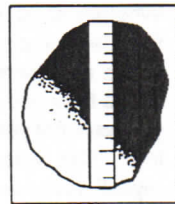
A - Asymmetry



B - Border irregular



C - Color varied from one area to another



D - Diameter larger than 6 mm

Courtesy of the American Academy of Dermatology

Everyone's Invited

Multi-Denominational Services



Sunday, 16 July 1995
0700 Hours
201st Group Auditorium



Chaplain's Corner

Maj Lyle B. McMillan, HQ 201 CCG/HC

How many of us are familiar with the saying, "Where there's a will, there's a way"? This underscores the point that whatever we have a mind to do; achieve an objective; accomplish a mission; we will do by sheer will and desire. We find a way to get it done, oftentimes drawing upon our inner reserves of strength and fortitude. Case in point:

I took eight Boy Scouts on a "high adventure" activity on the big island of Hawaii 12-16 June 1995. We boarded the 0520 early bird flight to Hilo; then transported up the Hamakua Coast to the Waipio Valley Lookout. Our objective was the verdant Waimanu Valley; a hike of nine miles. Keeping in mind that all our gear, clothing, food, etc. was on our sturdy backpacks, we started our hike the following morning up the 1500 foot switchback trail. To say that we were physically challenged would be an understatement!

Halfway up the switchback and looking into the eyes of my boys and adult assistants communicated the strong message that this hike was no piece of cake. Some moaning and groaning could be heard. Perspiration, heat and a burning sensation in the legs necessitated frequent rests along the way. I found myself shouting words of encouragement "C'mon boys, you can do it; we're almost to the top" urging them with strong will power. I later found out that "murmurings" were overheard as well as some expressed doubts as to why this hike was attempted in the first

place? Everyone survived the switchback as well as the remainder of the trail. We were treated to breathtaking views of valleys and waterfalls; sounds and sights of the real Hawaii we are blessed to call home. I concluded that the very fact they conquered the steep switchback made it easier to complete the hike to Waimanu Valley and then back three days later. They developed within themselves a will to carry their own weight and be successful in doing so. It was a fantastic trip; they can't wait until we do another high adventure!

Most of us followed the riveting saga of Air Force Captain O'Grady shot down over hostile Bosnian territory. At one point he was given up for missing or captured. He survived for six-days on grass, bugs, and rainwater soaked by a sponge. He literally buried himself in the dirt while the enemy was all around him. He survived on sheer will power and faith that his fellow Americans would rescue him. We were elated at his rescue and the courage and bravery with which this was accomplished. The best part was - his acknowledging God for his protection and survival throughout the ordeal!

It is my message that each one of us has the will - that inner bastion of courage, strength, and fortitude to succeed and accomplish those things that are necessary to be done. We need not be discouraged or wallow in self-pity. A higher power is available to help us. Where there's a will, there's a way!

Weight Control Tips

SrA Daniel O'Connell, 274 CBCS

Low-fat, high-carbohydrate diets do not work in the long run. Replacing a fat-calorie with a carb-calorie is the selling point behind the new no-fat and low-fat foods like pastries, muffins, and desserts. After a time, the body does not distinguish between fat-calorie and a carb-calorie. When deprived of dietary fat, the body learns to store whatever calories are on hand as fat. This could explain why Americans as a group are still obese despite the high sales of fat-free foods. So what's a body to do?

The key to healthy weight loss is to consume fewer total calories than you expend in physical activity. Some people can accomplish this calorie deficit by not nibbling after dinner, other people add more physical activity. Either group should eat smaller portions of a balanced diet. The easiest calories to eliminate are those packed with the most calories such as salad dressing, butter, and other fried or greasy foods.

Going "on a diet" usually results in the desire to go "off a diet" by bingeing on the forbidden treats, and then get back on the diet. Such food deprivation and denial will only make you obsessed about food nutrition. In addition, your social life will suffer. Who wants to be around this obstacle is to have your weekly diet include small portions of your favorite foods even if they are potato chips, cheeseburgers, and mayonnaise. This plan will stop you from feeling chronically hungry and devouring extra calories from unpleasant no-fat or low-fat, high carb snacking throughout the day.



Lion's Den

CMSgt Leo S. Nakano, HQ 201 CCG/LG

HOW many people do you know, like and trust? Can you count them on one hand or do you need a ledger of a thousand lines? A true friend can be a single soul or a thousand but numbers aren't really important, what is important is what a friend does and can do for you without a thought of how you can repay the deed! True friends do because they want to without a second thought and because they care. A friend can come from anywhere, your home, workplace, club or anywhere. Everyone needs a friend,or two.

I recently ran into two former members of the 201 CCG, one of which was a member of the Group's predecessor, the 109ACWRON. It was a surprise to me that since their separation from the HIANG, they still look the

same which made them easily recognizable. Of course their lifestyles have changed and they may have moved around the community since then but when we started to take up a conversation, you can see in their faces the impressions left on their minds of the HIANG. Whether good or bad, the bottom line is that they can still recall names of people that were active members "during their time". I guess this is how you catch up on news of people you have not yet had an opportunity to "bump into". This was a pleasant experience for myself, an experience I thought I'd share.

It's really heartwarming to see more of our younger people getting promoted in rank and being recognized for accomplishments. Even then, some may view these important mile-

stones as still lagging with others. While deserving individuals should be recognized for outstanding accomplishments (above and beyond), not everyone can truthfully be so bestowed. What is your job or what is expected from you by your supervisor? Once that has been identified, then the next determination is what is above and beyond that which is expected from you. Individuals with initiative to make things simple or better can be one that fall in the category of "above and beyond"! Who knows, you might be the very person to be recognized with an award for just making your work easier or simpler. Think about it!

Until next time Hawaii,...(Leo)

Prevent Summer Heat Injuries

Sgt. 1st Class Stephen Barrett, USA, American Forces Information Service

When many Americans think "summer," they think of vacations where they will spend more than they have on things they'll always remember. They will remember the beaches, amusement parks and golf courses. And they will remember to take the precautions they need to have a safe and healthy vacation.

However, service members and DoD civilians should remember those same vacation precautions must apply when they return to duty. Many military units and civilian employees work outside despite the sun, heat and humidity. Service members and their leaders must take steps to prevent heat injuries.

"We're telling commanders and leaders to adjust their training schedules," said Sgt.

Henry Harris of the Walter Reed Army Medical Center Preventive Medicine Office. He recommended people work in shifts and get into cool, shaded areas when they are not working. "With temperatures reaching 90 degrees and above, they also need at least two quarts of water an hour to prevent dehydration and heat injuries," he said.

Harris said the advisory pertains especially to service members training in armored tactical vehicles and on hot surfaces such as airfields and motor pools. These service members and employees especially need to drink water.

It also applies to off-duty activities, especially to athletic events like soccer, softball and running. The heat of competition often makes people ignore their bodies' demands. "If you know you're going to be out competing in the heat, start drinking water early and keep replenishing yourself," said Harris. "Listen to your body and help cool it."

Harris also emphasized knowing heat injury symptoms. "You have to keep an eye on your people, and that means knowing what to look for and taking the steps to prevent or treat injuries," he said. There are three types of heat injuries - heat cramps, heat exhaustion and heat stroke.

The symptom of heat cramps is cramps accompanied by excessive sweating. Treatment is easy: Move into a shaded area, loosen clothes and slowly drink water.

Heat exhaustion is more serious. Besides the cramps, sweating is more profuse and leaves cool, moist skin. Victims often suffer headaches, nausea, chills and a loss of appetite.

Heat stroke victims usually have hot, dry skin; have stopped sweating; and suffer from headaches, dizziness, stomach pains and

nausea. In severe cases, victims may have seizures, lose consciousness and experience breathing problems.

In both heat exhaustion and heat stroke cases, immediately call medical authorities. While waiting for help, provide the victim water and shade, elevate feet to prevent shock and cool the body by pouring water over the patient and by fanning.

Other suggestions for preventing heat injuries:

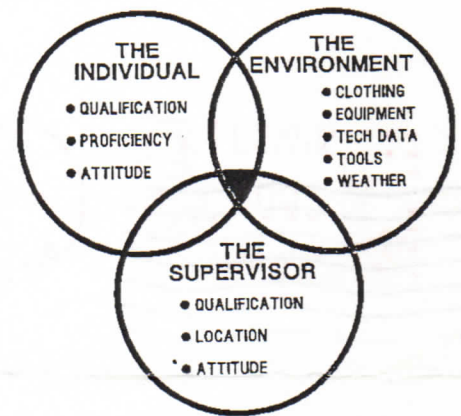
- Don't take salt tablets. The body may lose salt in sweating, but eating normal meals replenishes that supply.
- Drink cool water, preferably 50 to 55 degrees Fahrenheit.
- Drink one quart of water in the morning, at each meal and before strenuous work. Water requirements vary with climatic conditions and workloads. In hot climates, hourly water requirements increase to over two quarts.
- Smaller, frequent drinks are more effective than drinking the same amount all at once.
- When possible, limit work and physical fitness activities during the first few days of exposure to heat, then increase gradually to acclimate.
- Modify activities if conditions are present that increase heat injury risks. These conditions include fatigue or loss of sleep, previous heat exhaustion and taking medi-

Safety Awareness

TSgt Scott Knowles, HQ 201 CCG/SE

Mishaps can occur at any time and any place. Being aware of your surroundings is the key to effectively preventing miscellaneous mishaps. Supervisors must show a genuine concern for their troops by investigating these mishaps for the underlying causes. Use the **Essence of Safety** principles to develop and customize your mishap prevention efforts so that all contingencies are covered.

THE ESSENCE OF SAFETY



Hurricane Season is Here

TSgt Larry Iwanaga, HQ 201 CCG/DP

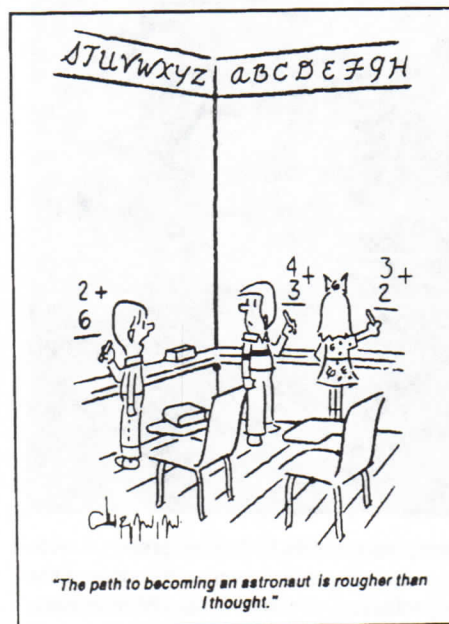
June through December is hurricane season. Are you ready for the next hurricane? How about a tsunami, earthquake or flash flood? Did you know you already had an emergency checklist in your home. Your telephone book has more information than the phone number for the local crack seed store.

- It Out: HawTel Oahu Phone Book, Pages 45 - 57

littleHELPERS



In our fast-paced, stress-filled life, small details often get forgotten. Most kids like to help mom and dad around the house. When cooking, place handles of pots facing toward the back of the stove. This will prevent curious "helpers" from getting scalded by hot liquids and foods.



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DEPARTMENT OF THE AIR FORCE
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Upcoming UTAs

July 1995

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August 1995

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The U.N. Secretariat Building lights up in commemorations of its 50th anniversary. A wide variety of special events, activities and information campaigns are planned throughout the year to commemorate the founding of the world organization, which now has 185 members.