

201st's Korea operation memorable

by 2ndLt. Kathleen Berg
201st CCG

"It was a good experience. I'd go back."
"I'll go back again next year."

These remarks by TSgt. Gary Hirata and Airman Cody Nakasone were typical of the responses of nearly sixty Hawaii Air National Guard members.

They participated in the recent U.S.-Republic of Korea (ROK) joint exercise called "Team Spirit 78." Air Guard members were from the 201st Combat Communications Group and its subordinate units on Maui, Kauai, and the Big Island. They joined U.S. and ROK active military elements in perhaps the largest maneuver ever held between the two countries.

The exercise involved over 107,000 U.S. and ROK military people deployed to areas and bases all over the Republic of Korea.

The HANG 201st team, commanded by Maj. Ernest T. Shima, handled communications for the 23rd TAC Fighter Wing. The 23rd was flying sorties from Sachon AB, a small ROKAF training base.

For SrA. Rene N. Kauwale, one of two women on the 201st's team, the weather was most memorable. She and several other 201st members had never experienced snow and cold before. Temperatures were in the thirties, and high winds frequently hampered equipment operations.

Took in the sites

Despite the cold weather and the rigorous work schedule, the HANG members managed to enjoy themselves. Many took advantage of the ROKAF-sponsored tour of the countryside. This included visits to tombs, temples, and the world's largest ship-building facility. Others enjoyed the contacts with the local people and bartering with merchants in the tiny town outside Sachon AB.

When the local Koreans were told about the coming Americans, they expected, as CMSgt. Walter Furuyama tells it, "blacks and whites." But when the bunch from Hawaii showed up, they didn't know what to think. They pointed to their eyes and our eyes and said, 'same, same.' They held their arms by ours and pointed 'same, same.'"



BRAVING THE COLD OF KOREA — SSgts. Edward Omine and Wallace Kakemoto assemble the 201st's TRC-97 antenna reflector during their recent trip to Korea. — Photo by Maj. Ernest Shima

The racial and cultural mixes of the group from Hawaii included Japanese, Chinese, Korean, Hawaiian, and Caucasian. This sometimes made communications with the local people difficult. As one HANG member explained it, "Sachon is so far south that very few people knew any English, and the Koreans sort of expected us to understand

them."

Besides the personal experiences, participation in Team Spirit 78 provided invaluable professional training for the 201st. They successfully performed their mission under less than ideal conditions, and have been asked to participate in the next annual joint exercise.

pupukahi

STATE OF HAWAII

DEPARTMENT OF DEFENSE

Volume XIV, No. 2, June 1978

25th Div plays key training role

Guardsmen tackle tough airmobile



Pvt. Jerry Galbiso

Members of the Army Guard's Co. A, 1st Bn., 299th Infantry, underwent realistic airmobile training recently at Kahuku Military Reservation.

According to Capt. Don Arakaki, company commander, "the purpose of such airmobile exercises is to add as much realism as possible to our monthly training."

A key role in the exercise was played by elements of the 25th Infantry Division. They provided seven support helicopters and two attack Cobra gunships. Division members also were cast as aggressors who "attacked" the guardsmen storming out of helicopters.

The exercise involved the airlifting of 80 Army National Guardsmen in two separate assault attacks against a simulated enemy position.

The National Guard is often provided aviation support by the 25th Division during training missions. According to Arakaki, "their support was, as usual, outstanding."



Alpha Company returns to East Range.

Kahuku assault. — Photos by Capt. Gregg K. Kakesako

pupukahi

Department of Defense
State of Hawaii

Pupukahi: Harmoniously United

GEORGE R. ARIYOSHI
GOVERNOR

MAJGEN. VALENTINE A. SIEFERMANN
ADJUTANT GENERAL

GAIL K. WAROK
EDITOR

DENNIS Y. FUJII
ASSOCIATE EDITOR

CAPT. GREGG K. KAKESAKO
ASSOCIATE EDITOR

Pupukahi is an authorized unofficial publication of the State of Hawaii, Department of Defense. Published in accordance with AR 360-81, it is funded through State resources. It is distributed free to all members of the Department, including Army and Air Guardsmen, and to other interested people. Views expressed in this publication are not necessarily those of the Department.

3949 Diamond Head Road
Honolulu, Hawaii 96816



TSgt. Charles Mires

Mires picked top security police

TSgt. Charles Mires of the 169th Aircraft Control and Warning Squadron (ACW) was selected as the Air National Guard (ANG) Outstanding Security Police Airman (Security Specialty) for the calendar year 1977 by the ANG, Washington, D.C.

Mires, non-commissioned officer in charge of the 169th's security police section, was selected for his outstanding leadership, dedication to duty and ability to supervise and manage assigned resources which contributed directly to the accomplishment of the Air Guard's mission.

The Air National Guard Meritorious Service Award with accompanying citation was presented to Mires by BrigGen. Arthur U. Ishimoto, commander of the Hawaii Air National Guard.

Ask the AG

Too much paperwork

Dear General:

Administrative requirements continue to burden unit ASTs. Why is it necessary to complete 24 separate forms to enlist one individual into the Army Guard?

Overburdened

Dear Overburdened:

You make an excellent point about the over-abundance of paperwork. However, we are talking about a problem that goes beyond our own individual state. National Guard units throughout the nation are experiencing this deluge of administration.

Presently, at the national level, there are studies being conducted attempting to find a solution to this problem.

At our State level, we still must continue to process all required forms in the most efficient way possible.

VAS

No command help

Dear General:

When the National Guard Bureau or the Hawaii National Guard places a requirement on a unit, why is there no program to assist the lowest level unit commander in fulfilling the requirement? Two examples of this are weight control and OJT programs.

Other than at Fort Rucker, there is no doctor or qualified medical personnel at the unit level to counsel individuals on diet and exercise. There is also no scale provided at the unit level.

Unit commanders are also responsible for researching regulations and writing OJT programs at the unit level.

It appears that staff people at the highest level in the Hawaii National Guard are "out of touch" with the limited time a drill status commander devotes to other than training requirements. Can any assistance at the headquarters level be given to the units for such matters?

Down at the unit level

Dear Unit Level:

I can see no reason why staff members at the headquarters level are not providing the necessary guidelines for implementation of such programs.

On the other hand, if a problem exists, the unit commander needs to keep the headquarters staff apprised of such.

HQ HARNG has informed me that LtCol. Howard is making visits to all units for the purpose of giving medical guidance.

I also understand that HARNG has requested funds for the purchase of scales for the units. Until these come, I would ask you to use a little ingenuity in obtaining weights of your personnel.

As far as OJT is concerned, HQ HARNG should be providing instructional resources to you. Given these resources, the "how" of implementation is the responsibility of the unit commander.

I do understand the great amount of time a drill status commander puts in. We are striving to meet the needs of unit commanders, although you may not always see immediate results.

VAS

Tuition bill

Dear General:

I heard that the tuition assistance bill for National Guardsmen died in the State Legislature. Will we ever have another chance at it in the future?

Guardsman

Dear Guardsman:

The tuition assistance bill did not pass this session of the State Legislature. But our efforts do not stop here.

Like any other piece of legislation, if we keep at it, we should be able to get it passed.

VAS

UPS and downs of strength

Listed below are the units of the Hawaii National Guard, their percentage of authorized strength as of April 30, and the net increase/decrease of personnel since the last edition of Pupukahi. The unit with the highest net increase is the 201st ATCF.

Unit	Commander	Percentage	Net Increase/Decrease
100 PER CENT AND OVER			
154th CEF	Maj. Chong	133.3	+2
HHC, 297th Sup & Svc Bn	Capt. Tamura	132.5	+9
292d Sup & Svc Co	Capt. Miyamoto	118.3	-2
117th Pub Affairs Det	Capt. Warok	115.4	+2
298th Engr Det	Capt. Kleve	111.6	+5
293d Svc Co	Capt. Peterson	110.1	+4
Det 1, Co B, 1st Bn	Capt. Webster	108.3	+2
Co B, 1st Bn	Capt. Daligdig	107.8	+6
199th Wea Flt	Maj. Jay	107.6	-1
154th CSS	LtCol. Settsu	107.2	+2
201st ATCF	LtCol. Chee	106.1	+11
Det 1, Co C, 2d Bn	1stLt. Sanchez	105.6	-1
HHD, 159th Svc Bn	Capt. Sheridan	105.2	+3
169th ACW Sq	LtCol. O'Day	105.0	+1
199th TFS	LtCol. Richardson	103.7	+3
HQ HANG	BrigGen. Ishimoto	102.3	NC
154th Clinic	LtCol. Chang	102.3	-2
154th CAMRON	LtCol. Ault	101.5	-2
Co A, 2d Bn	Capt. Carpenter	100.0	+8
90.0 TO 99.9 PER CENT			
12th Admin Co	Capt. Imai	99.2	-1
829th Maint Co	Capt. Madeira	96.5	+8
Btry A, 487th FA	Capt. Carreira	95.8	+1
154th Sup Sq	Maj. Morihara	95.3	+1
150th ACW Sq	LtCol. Moriguchi	92.1	NC
229th Med Co	1stLt. Kim	91.4	NC
Btry C, 487th FA	Capt. Oride	90.6	+1
80.0 TO 89.9 PER CENT			
HHD, HARNG	Maj. Orton	89.8	*
Svc Btry, 487th FA	Capt. Wong	89.5	+1
Det 1, Co A, 2d Bn	2ndLt. Mathison	88.9	-2
HQ 154th TFG	Col. Ashford	88.8	-3
329th QM Co	2ndLt. Hall	88.0	-8
291st Maint Co	Capt. Rawlins	87.9	+1
Det 1, CSC, 1st Bn	Capt. Manga	87.8	-1
Trp E, 19th Cav	Maj. Watson	87.2	NC
Co A, 1st Bn	Capt. Arakaki	86.8	-4
202d CCF	Maj. Shima	86.3	+5
1154th Trans Co	Capt. Robello	86.2	-1
202d ATCF	Maj. Kurita	86.1	-1
Cbt Sup Co, 2d Bn	Capt. Nakao	86.0	+6
HHC, 2d Bn	Capt. Tulang	85.5	+7
111th Army Band	CW3 Castro	82.2	NC
227th Engr Co	Capt. McCabe	80.5	*
70.0 TO 79.9 PER CENT			
Cbt Sup Co, 1st Bn	1stLt. Chaves	79.7	+7
HHC, 1st Bn	Capt. Morioka	79.2	+5
Co C, 2d Bn	Capt. DeMello	79.1	-2
HHC, 29th Inf Bde	Capt. Bean	77.3	-3
Btry B, 487th FA	Capt. Kiwada	76.0	+8
Co C, 1st Bn	1stLt. Kunishige	73.2	-3
201st CCS	Maj. Rodrigues	72.7	-1
Co B, 2d Bn	Capt. Sasaki	72.5	+8
60.0 TO 69.9 PER CENT			
HQ 201st CCG	Col. Goya	65.2	+3
201st CCS (Hilo)	Maj. Howard	60.2	*
50.0 TO 59.9 PER CENT			
Det 1 SCS, 2d Bn	2ndLt. Yanagi	51.3	NC

* Indicates a change in authorized personnel strength from the last issue of Pupukahi. NC — No change



LtCol. Henry S. Hara, left, and "guardson" 1stLt. Gary Hara. — Photos by SSgt. Lloyd Kurashima.



1stLt. Gary Hara.

Guardfather sets example for sons

by Sp4 Francine Tobalado
117th Pub. Affairs Det.

Having four young and energetic sons, three of whom have followed in his footsteps by joining the Hawaii Army National Guard, has given this father a great deal of pride.

LtCol. Henry Hara, commander of the Army Guard's 2nd Battalion, 299th Infantry, headquartered in Hilo, is surely the proud "Guard Father."

LtCol. Hara and his wife, Janet, both born and raised in Hilo, have four sons ranging in age from 11 to 25. The eldest son, 25-year-old

1stLt. Gary Hara, is a pilot with Troop E (Air), 19th Cavalry. Gary is with the aero weapons platoon and is a qualified Cobra AH-1G gunship pilot.

Sgt. Dennis Hara, 23, is a full-time administrative supply technician (AST) with Support Company, 1st Battalion, 299th Infantry.

LtCol. Hara's third son, Sp4 Larry Hara, 21, is with the Headquarters and Headquarters Company, 2nd Battalion, 299th Infantry.

LtCol. Hara's youngest son, Kenneth, is really not that far off from being still another prospective recruit. But he's still 11 years old.

LtCol. Hara joined the Guard as an enlisted man in May 1951 just before graduating from Hilo High School. He was commissioned as a second lieutenant after completing Officer Candidate School in Oct. 1954.

Since then, he has been assigned several different positions which have included: service company commander, assistant S-4, combat support company commander, battalion S-1, 29th Brigade S-1, battalion executive officer, and presently battalion commander.

At this time, LtCol. Hara is a full-time National Guard technician holding the position of commander, 2nd Battalion, 299th Infantry. He has been a technician since May 1963.

But the story of the Haras in the National Guard doesn't end here. There is still another member of the family among the ranks of guardsmen. Capt. Horace Hara, younger brother of LtCol. Hara, is the training officer, G-3, Headquarters and Headquarters Detachment, HARNG. He was formerly the S-1, 2nd Battalion, 299th Infantry.

Field training with 25th Div medics

229th evacuate mock field casualties



EMERGENCY EVACUATION — Members of the 229th Medical Co. load a patient onto a 25th Division helicopter during a recent training exercise. — Photo by Sp5 John Atkinson.

by 2ndLt. Bud Bowles
117th Pub. Affairs Det.

The 229th Medical Company staged a mock helicopter evacuation of casualties recently at Schofield's east range. They received help from medics attached to the 25th Infantry Division's 69th Medical Detachment during the exercise.

It was realistic training in operating a combat treatment center in the field. The 229th Medical Co. is equipped for a 40-bed hospital ward. It has surgical facilities for treating and stabilizing casualties before release or evacuation to non-combat areas.

Patient processing was one part of the evacuation. During the simulated mass casualty exercise, many casualties arrived at a given moment. They were treated at the center and classified — the more serious casualties being prepared for evacuation to a non-combat treatment center.

The highlight of the exercise concentrated on the evacuation. Staff Sergeant Harry Arnold, 229th medic, instructed his unit how to make a "dust off" request — calling a chopper (helicopter) by radio with the

proper information. A smoke flare was set off to mark the landing zone, while the chopper was guided to a safe landing.

Seconds after the landing, two mock casualties were transported on litters to the chopper. Within minutes, both aircraft took off, taking the wounded to a more advanced treatment center. (Helicopters and crews were supplied by the active Army's 68th Medical Detachment, who perform real air-mobile evacuations throughout Oahu.)

The purpose of the exercise was to improve the speed and efficiency of the unit. They were preparing for an evacuation, should a real emergency occur, according to 1stLt. Dennis Kim, the 229th's new commander.

"Training is very important in a medical company because you can't afford to back-track," he said.

The 229th Med. Co. is one of two round out units in the Headquarters Installation Command.

After the exercise, the helicopter's crew returned to give the medics an evaluation of their performance. They also instructed them on evacuation procedures, as well as on aircraft characteristics.

Coming next issue. . .



An interview with the new USASCH commander — MajGen. Herbert Wolff.

Realism in training:



Sp4 Harlan Taymen, left, and Sgt. Cullen Buyan, both of Pahala, set up a M-60 machine gun after disembarking from an Army Guard helicopter.



SSgt. Frank Feliciano, for



Big Island guardsmen mo



The men of Company B,

Big Island Army guardsmen stage airmobile; lightning swift assaults, outstanding performance

by 1stLt. Gary Tsuji
117th Pub. Affairs Det.

Grimness and fatigue characterize the faces of the NATO commanders as they view the situation maps amidst the noise and activities of their headquarters. Only a few hours before, the vanguard of the Warsaw Pact armies had thundered across the North Central plains of West Germany, initiating World War III.

With the full weight of the Soviet Blitzkrieg now upon them, the central question in the minds of all is summed up in the words of the British commander to his American counterpart, "Will your troops arrive in time from the States, ready to fight?"

With the eyes of the Dutch and German commanders upon him, the American general watches as the Soviet advance is registered on the maps. Slowly he answers, "We'll sure try."

It is the reply to that future question, which all hope will never be asked, that the troops of the 2d Battalion (Bn), 299th Infantry of the Hawaii Army National Guard (Big Island), are attempting to answer.

Aggressors and the realism of combat add to the fighting spirit of the Big Island Army Guardsmen.

Seeking realism in order to upgrade their professional skills, the 2d Bn, under the command of LtCol. Henry S. Hara, and the helicopters of Headquarters and Headquarters Company, 29th Infantry Brigade, and Troop E (Air), 19th Cavalry, engaged in joint air mobile exercises on March 4 and 5, 1978 at Pohakuloa Training Area, Hawaii.

In a war which Pentagon experts tell us will be fast and furious, the men of Capt. James R. Carpenter's Alfa Company and Capt. Richard Sasaki's Bravo Company tested their airmobile skills in conjunction with the men and helicopters of the aviation units.

The men of Bravo Company were the first to experience the 20th century version of Confederate General Bedford Forrest's maxim that the winner in war was he who got there "fustest with the mostest."

Quickly boarding the roaring helicopters under the watchful eye of Capt. Roy Yamashita, Troop E flight operations officer, Bravo Company was whisked across the green plains of Kamuela to their landing zone at Upolu Point. Their training mission was to search for and destroy the enemy who were threatening a B-52 airfield.

Escorted by OH-58s led by 1stLt. Ron D. Hopkins, the troop transport helicopters descended onto the landing zone. With lightning speed, Bravo Company unloaded and established their defensive perimeter, as the "birds" flew off to make way for the second lift.

Pumping shells

With aggressors firing upon them, PlatSgt. Alan Martin shouted to his squad leaders, Sgts. William Kahakua, Michael Carvalho and Burton Hanohano to initiate bounding overwatch tactics. With competence built up through years of training and experience, these leaders soon had their units in hot pursuit of the enemy, as the mortars of Sgt. Uemura's 81s were pumping their shells (simulated) in direct support of the unit.

As the members of Bravo Company learned through their mistakes and took pride in their triumphs, the troops of Alfa Company prepared for their own tactical aerial insertion.

If it is true that modern warfare is brawn guided by brains, the men at Olaa would be well-coordinated by "Professor" (Capt.) James R. Carpenter, their commander. The UH-Hilo professor of Agriculture supervised the men as they readied themselves for the choppers which would land them at landing zone (LZ) Alfa, where they would raid and destroy the enemy resupply bunker.

Cobra protection

At 0900 hours, the "wump, wump, wump" of helicopter rotor blades announced the descent of four ships onto pickup zone (PZ) Olaa. Pickup completed, a swift trip through Big Island skies ended with the troops debarking under the protective umbrella of a hovering Cobra gunship. Amid the boom of artillery simulators and the staccato bursts of machine guns, Alfa was soon maneuvering against its objective.

Profiting from previous mistakes and training, the assault platoons overran the objective, completed their mission and were on their way to PZ Vulcan. "Fustest with the mostest!" Gen. Forrest would not have been disappointed in these men.

The "grunts" of Alfa and Bravo, however, were not alone, as they were supported by the muscle of the tank-busting TOW platoon

and the 4.2 mortars of the heavy mortar platoon. The Kona-based TOWs (Tubular launched, Optically tracked Wire-link, guided missile), led by 2ndLt. Horace Yanagi, were engaged in simulated firing against moving targets.

As Sgts. Edgar Cambra, James Avaniilla and Rex Corpuz well realized, future European battlefields may feel the crush and thunder of over 10,000 Red ranks. With NATO armor heavily outnumbered, the TOWs would play a crucial part in deciding the outcome of the conflict.

Working closely

Mindful of this knowledge, they worked closely with PFC Alvin Leona, Pvt. Francisco Calica and the rest of the platoon in scoring hits first time, all the time.

With deep concentration, the men tracked their targets as they maneuvered their jeep-mounted tubes. When the gunners fired, a boom erupted as the simulator charge exploded.

Ignoring the noise and smoke, the gunners continued to track their targets. A buzz soon sounded from the target computer ranging console, signaling a hit. Looking up from their weapons, the men saw a pleased look on the face of their squad leader, SSgt. James Kawamoto.

With any enemy threat given the "Kona treatment," the 2d Bn must look to 1stLt. Allan Harada's 4.2 inch heavy mortar platoon for its artillery support.

No-nonsense professionalism and quickness marked the activities of the unit which once won a \$5 bet based on time and speed from the former USASCH Commander, MajGen. Thomas U. Greer. However, proficiency is not easily attained or maintained without hard work. This thought was uppermost in the mind of PlatSgt. Melvin Kunitake as he studied the actions of Sgt. Henry Kanahanui's squad. PlatSgt. Kunitake's critical eyes evaluated closely the actions of E-4 Joseph Victor and his assistant, E-3 Louis Paulo.

Muscles, brains and eyes

As the muscles of the platoon operated, they could only respond to the brains of the Fire Direction Center, staffed by Sp4 Gilbert Figueroa and Sp4 Harry Okinaka, who were busily computing range, deflection and elevation, based upon the platoon's eyes, the forward observers.

REALISM! PERFORMANCE! RESULTS! These are the watchwords of the Big Island guardsmen, as they train to be ready for any emergency. As part of the 29th Infantry Brigade, they gear their readiness training to "roundout" the active Army's 25th Infantry Division.

In this particular field exercise, the scenario dealt with a European encounter. However, Hawaii's guardsmen utilize the map features of several world areas, should a mobilization call-up be implemented.

If the call should occur, the Pentagon experts say they will be outnumbered during the early stages of a mass conflict. But the Big Island guardsmen will tell you that they'll never be outfought or outspirited.

Why do they train so strenuously? Back in that dimly-lit tent, when the American commander asks for reinforcements from the States, he can turn to the newly arrived battalion commander and say, "Colonel, I realize your men have just arrived, but how long will it be till they're ready to fight?"

The battalion commander could answer quietly and firmly, "Sir, we've been ready since we left Hawaii."



Observer, surveys airmobile assault.



Photos by SSgts. Wayne Iha and
Lloyd Kurashima
117th Public Affairs Detachment

Opinions

by SSgts. Kin Lo and Wayne Iha
117th Pub. Affairs Det.

EDITOR'S NOTE: SSgt. Lo is writing a column on people's opinions in the Department. He will be circulating throughout the Department asking for points of view on items of concern to all of us.

QUESTION: WHAT ADDITIONAL BENEFITS WOULD YOU LIKE TO SEE THE NATIONAL GUARD PROVIDE?

Amn. Cody Nakasone, 201st Combat Comm. Gp., tele-communication operation specialist: "Since I'm still going to school, I'd like to see some type of educational tuition assistance."



Amn. Cody Nakasone



Sp5 Bob Stephens

Sp5 Bob Stephens, 12th Admin. Co., personnel records technician. "Commissary benefits. I'd like to see us be able to get on the military bases to use their sports facilities. The Navy has good tennis courts. I'd also like to see some organized intramurals among Guard units. There may be some activities like that, but we never hear about them."

SSgt. Oscar Symonds, 829th Maint. Co., electronic supervisor. "Re-enlistment bonus. I just read that there is a testing program now in seven states, providing this bonus to their members. If the program is all right, by all means they should go through with it in Hawaii. Also, commissary privileges."



SSgt. Oscar Symonds

Sgt. Estella Rutkowski, 154th Consolidated Aircraft Maint. Sq., administrative specialist. "Immediate retirement benefits as soon as our twenty years are up. As it is now, we can't collect any money until age 60."



Sgt. Estella Rutkowski

PFC Aggie Camacho, 229th Medical Co., ambulance driver. "Commissary privileges."



PFC Aggie Camacho

SSgt. Ronald Mau, 154th Consolidated Aircraft Maint. Sq., admin. specialist. "I'd like to see Guardsmen get a full medical benefits while on active duty (dental, eye glasses, etc.). Now we only get these benefits if active duty is over thirty days."



SSgt. Ronald Mau



A LEARNING EXPERIENCE — SSgt. Gary Satomba and CW2 Albert Pung, both from the Big Island, took part in a week-long supply class held on Oahu. Communications was the key to a successful discussion on supply problems at a recent AST class conducted by the USPFO.

Air guardsman dances nightly under spotlights

by Maj. Eddie Anderson
154th TFG

AFC Charles Padua, a cook in the 154th Tactical Fighter Group mess hall, is a young man of many faces and moods. He's Charles the wrestler and Charles the professional dancer with the Marlene Sai all-Hawaiian show at the Halekulani Hotel.

Padua is one of four male dancers, called the "Men of Nakamalei," who perform nightly, except Sunday, with the Beverly Noa and Elmer Kei Quartet.

The 20-year-old Kamehameha School graduate was dancing in a group rehearsal at Kam in May of last year. Marlene Sai, looking for a new act for her show, appeared and selected four young men.

"I was very surprised at being chosen," he said, flashing a quick smile.

Charles, of Hawaiian, Chinese, Filipino Spanish ancestry, graduated from Kam School in 1975. He then joined the Air Force and became a cook. He was first stationed in Little Rock, Arkansas; then he moved to Hickam's area 61 mess hall.

After two years of active duty, he joined the crew in the HANG mess hall. Dancing only one hour each night, he needed a part-time job, so he applied for a civilian cook's job with the Air Force and got it. "I enjoy cooking," he said.



A1C Charles Padua

The soft-spoken, tall dancer talked about his school days. "While in high school, I was a member of the Kam wrestling team," he said. He wrestled for three years and was selected ILH Second Place Individual in 1974. The Kam team took top honors in that same year. (He is presently assistant coach for the Kam team.)

"I enjoy wrestling and don't like to lose," he said. "But it's not winning that's important, it's participating," he quickly added.

What about the future? "I would like to become one of the best entertainers in Hawaii," he said sincerely.

With the interview over, he slid behind the wheel of his silver-grey Porsche and left for rehearsal.



Brigade holds memorial services

CSM Allen Smith, 100th Bn., and CSM Isayas Santa Ana, 29th Infantry Brigade, assist MajGen. Valentine A. Siefertmann in laying a wreath during the recent Brigade memorial service. The ceremony honored those 29 individuals who suffered death while serving in Vietnam ten years ago. The memorial address was given by Col. Solomon Kaulukukui, who saw these men as dying "in simple obedience to duty as they understood it . . . sacrificing all and daring all . . ."

Trying to lose FAT

by Pvt. Tom Clements
117th Pub. Affairs Det.

Don't eat and run, eat less and run, or walk. Special training for overweight people in the National Guard is here.

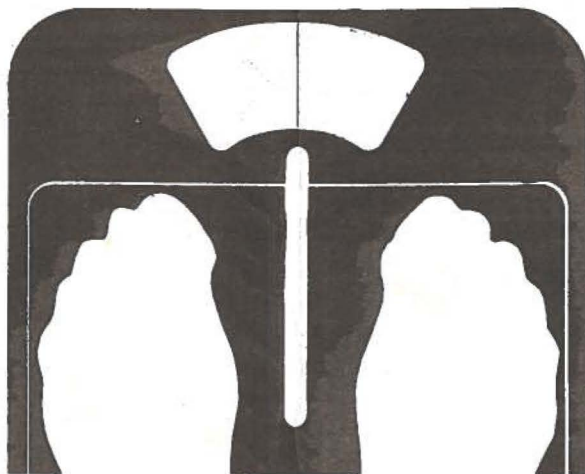
About 40 overweight guardsmen recently attended a class conducted by LtCol. Leonard Howard, surgeon for the Army Guard.

Dr. Howard stressed the importance of weight control by suggesting the personnel "talk themselves into a new pattern of eating." He said that eating habits are learned from one's parents.

Howard's method of losing weight consists of cutting calories and getting more exercise. The average male takes in about 3,000 calories a day. As he works, some calories will be burned off. But if a person burns less calories than he eats, he will gain weight.

Howard said that an increase of 42,000 calories equals one pound. (A calorie is the energy level that you get out of food.)

He suggested everyone in the group cut down to 1,800 calories a day. He plans to put out a diet sheet



that includes the caloric content for various foods served in mess halls.

Howard also stressed developing a new set of eating habits. Instead of indulging in one scoop of ice cream, think of all the crackers and cheese that could be substituted . . .

Howard warned against liquid protein diets because they are low in potassium and other

minerals. While dieting, it is important to get sufficient vitamins, including brewers yeast, Vitamin B1 and Vitamin C.

Another part of his program is exercise. For every mile walked, one can lose 125 calories. An overweight person can lose more calories by walking or running because of the greater effort required to carry the excess weight. Yet, an overweight person should be careful in jogging because of possible damage to his knees and legs.

In addition, Howard recommended making it public that you are trying to lose weight. Friends and family can be very supportive during this time.

All these factors — diet, exercise and support go into the suggested weight reduction program.

Dr. Howard holds classes every Sunday at 2:30 p.m. on HHD, HARNG's drill weekends, and an exercise session follows at 3 p.m.

All overweight guardsmen are urged to attend. But the first step is recognizing you have a problem.

As 1stLt. Gregg Burgess jokingly put it, "To me it's really a height problem." Burgess admits that he is a foot short according to National Guard weight standards.

298th Engr. assist Manoa school project

by Dennis Fujii
Associate Editor

The Army Guard's 298th Engineer Detachment recently assisted in a community service project at Manoa Elementary school.

The guardsmen, aided by a land grader and scoop loader, cleared and excavated a strip of land adjacent to the school's playground. Their purpose was to prepare for the paving of a new road, which would alleviate the hazard of motor vehicles cutting across the school's playground.

The work by the National Guard was completed in two phases. The second phase involved compacting and leveling gravel for

the roadway. Installation of curbing will be accomplished by the Waioli Lions Club and the Association of Parents and Teachers. A commercial road paving company will lay the asphalt in the near future.

Staff Sergeant John Kahalekai, construction foreman for the 298th Engineer Detachment, feels that such projects provide excellent "hands-on" training for the guardsmen. They provide the opportunity to put the information received from lectures and books to practical use.

"We wouldn't have been able to accomplish this project without the help of the National Guard," remarked Victor Yamashita, Manoa school principal.



COMMUNITY SERVICE PROJECT — The Army Guard's 298th Engineer Detachment works on a road for Manoa Elementary School. The purpose of the community service project was to alleviate the hazard of cars cutting across the school. — Photo by Sp5 John Atkinson.

Can the 292nd mobilize quickly?



Members of the 292nd conduct periodic vehicle maintenance during annual training at Schofield Barracks.

by Sp4 Judy Lau
117th Pub. Affairs Det.

The Army Guard's 292nd Supply and Service Company has been involved in a mobilization test since May 6. This test will continue right up until annual training.

The major question they will be attempting to answer is: "How long does it take to get a unit completely ready for mobilization to Federal active duty . . . how long to process them and their equipment for shipment to a combat zone?"

This has been an item of national interest within the past few years . . . Some recent tests on the mainland have found that it takes a long time for such preparation.

The National Guard Bureau is presently conducting three tests on National Guard units throughout the Nation. The 292nd in Hawaii is one of those being tested.

Current national policy is placing heavy reliance on reserve units to supplement regular Army units. For one thing, it's cheaper than having an all active force.

According to Col. Paul Nakamura, project officer for the Army Guard, "the main thrust of the ongoing test is to determine how long it's going to take to accomplish putting a company-sized unit on Federal active duty.

What we're actually doing now is systematically documenting the effort required to accomplish a list of about 200 tasks. This is a list developed between us and the National Guard Bureau."

"We're going to capture managerial data on every single task. As an example, how long will it take to issue green ID cards for a unit this size? We need to determine this by actually doing it. We need to state how many man-hours of particular kinds of skills are required in order to do this particular kind of job."

The reason why the 292nd is being used for the test is because it has a lot of equipment in its inventory and will give a wider basis for later comparison. Also there are approximately 150 personnel in the 292nd.

Data collection for this test began in May and will continue through July 23. On Aug. 3 and 4 an evaluation by a National Guard Bureau team will occur. Throughout the progress of the test, the Hawaii Army National Guard will be in frequent and close contact with the National Guard Bureau.

Col. Nakamura is extremely happy about the tremendous cooperation he and his staff are receiving from Col. Alexis Lum, LtCol. Earl Thompson and officers of the 292nd. "There's a lot involved in documenting 200 tasks over a four-month period, and they are doing very well," he said.

Spotlight

by Dennis Fujii
Associate Editor

GUARD DOMINATES FED DAY

At the annual Federal Day luncheon honoring Federal employees, managers and retirees, one could not help but take notice of the State Department of Defense exhibits. Stepping out of the elevator, immediately in front of you was the Hawaii Air National Guard banner. Directly beneath the banner were two attractive Air Guard women, Capt. Judy Fadrowsky and AIC Pam Spaulding, administering blood pressure checks. It turned out to be one of two of the most popular attractions for the exhibit. The other major attraction was the HANG Ohana musical group. Along with the musicians and hula dancers, the HANG Ohana attracted many prior to the luncheon.

While we're on the subject of the Federal Day luncheon, two National Guard personnel were recognized for their outstanding contributions to their jobs . . . CW4 Thomas See, Jr. was selected to represent the Guard in the Federal Employee of the Year category. Mr. Robert Biondine was chosen to represent the Guard for the Federal Manager of the Year . . . Congratulations!!!

HIC, HIC, HIC, NEWS

Changes of commands . . . 2ndLt. Kenneth Hall recently took command of the 329th Quartermaster Company. Hall, formerly the supply service officer, assumed command March 4 replacing Capt. James Ferreira . . . 1stLt. Dennis Kim took command of the 229th Medical Company on March 15, replacing Capt. Alton Uyeno . . . The 291st Maintenance Company in Waimanalo also held a change of command ceremony. Capt. Eugene Young is the new commander of the 291st. He replaced Capt. Mike Rawlins who has been assigned to the S-1 section for the HIC . . . Best of luck and congratulations!!!

SCOUTS SALUTE GUARDSMAN

The Honpa Hongwanji Betsuin Boy Scout Troop 49 held a retirement dinner honoring Scoutmaster Hisashi Kawai for more than ten years of service. Mr. Kawai, better known as CW4 Kawai in the Army National Guard, joined the scouts as a youth in Maui. He later became active in scouting as an adult when his two sons joined.

Kawai is an example of the Guard's active involvement in the community which brings about community support. Congratulations!!!

SALUTING OUR RETIREES

Former Big Island resident, Maj. Sakami (Sam) Deai will be retiring from the Hawaii Army National Guard after more than 30 years of military service. A graduate from Paupahoe High School, Deai began his Guard career in 1947. He was on active duty during the Vietnam conflict. Upon returning to Hawaii, he played an instrumental role during the transition of the 298th Field Depot to the Headquarters Installation Command.

Capt. Kenneth Okinishi of the 199th Weather Flight is another member of the Guard family who will be retiring. A member of the Hawaii Air National Guard for over 25 years, Okinishi was the first HANG forecaster to be fully certified at Hickam AFB, proficient in radar, forecasting, aviation briefings and weather warning criteria.

Both individuals will be greatly missed by the Guard. Aloha to you both!

GOOD FOOD, SOLDIERS

Army National Guard units will be included in the 1979 Philip A. Connelly Awards program, which recognizes outstanding food service in dining facilities.

Separate awards have been created to honor the top field kitchens as part of the Total Army policy. If your mess section is keeping you happy with one cookings, put in a good word.

PHOTOGRAPHERS UNITE

The 13th Annual NGB/NGAUS photo contest is open to amateur and professional photographers who are members of the Army and Air National Guard. Here is your chance to gain national recognition and to win cash if your entry is selected. Details of the contest will be sent out to your unit in the near future. Deadline for receiving entries at Maryland is Aug. 1, 1978. For more information contact the Public Affairs Office.

VA HELPS GUARDSMEN

With the AT season approaching, guardsmen and women should know that the Veterans Administration provides compensation for injuries incurred during actual training activities, and while traveling to and from training locations. There is no time-in-service requirement to receive compensation for service-related injuries.

Other VA benefits for guardsmen include guarantees against loss of employment, accrued vacation time and certain employment rights. To keep your entitlement to employment benefit protection, you must return to your job the first scheduled working day after AT.

Islanders face drought hardships

by Dennis Fujii
Associate Editor

The ruthless wind sweeps through a desolate and barren hillside community. The local residents gather together in anguish, remembering the "good old days." In those days past, where cattle and foliage once thrived, today dying animals and range fires remain.

A drought spell can paint a bleak picture colored by human hardship and suffering.

In the State of Hawaii, a drought condition has been prevailing due to the well below-normal rainfall during the past two years.

The areas most severely affected by the drought are North and South Kohala, North

and South Kona, the Ka'u districts on the Big Island and the County of Maui.

The State Department of Agriculture, the Governor's Agriculture Coordinating Committee and State Civil Defense keep a constant watch, monitoring conditions of the land and the drought's effects on local residents.

By the end of 1977, the drought had reached disaster magnitude. Pastureland in the drought-stricken areas were severely damaged. Since July 1977, more than 400 head of cattle have died as a direct result of the drought. Sugarcane, coffee, papaya, macadamia nuts and avocados also suffered varying degrees of damage.

Representatives from State Civil Defense discussed with farmers and cattlemen the hardships many of them were facing. It was learned that the cattlemen were

being forced to reduce their herd size through premature marketing in efforts to reduce operating expenses. The cattle were also being marketed lighter than their usual weight.

Estimates of drought damages to agriculture in Hawaii, Maui and Kauai countries exceeded \$6 million.

Gov. George R. Ariyoshi, at the recommendation of State Civil Defense, issued a proclamation declaring North and South Kohala, North and South Kona, the Ka'u districts on the Big Island and the County of Maui disaster areas due to the drought.

The proclamation authorized farmers and cattlemen in the designated areas to obtain State assistance for disaster-related losses through a tax relief program provided for by Chapter 234 of the Hawaii Revised Statutes.

This law provides for tax relief for general

excise, real property and income taxes.

In addition to issuing the proclamation, Gov. Ariyoshi also wrote to Secretary of Agriculture, Bob Bergland, and to A. Vernon Weaver, administrator of the Small Business Administration. He requested that the Counties of Hawaii, Maui and Kauai be declared disaster areas because of the drought.

In his letters, Gov. Ariyoshi outlined the effects of the prolonged drought on Hawaii's agricultural economy. He requested Federal assistance in the form of subsidies and disaster loan assistance.

Even as the gentle tradewinds and rainfall return, Hawaii's local farmers and cattlemen will be faced with the task of rehabilitating their drought-damaged lands for the next two to five years.

HANG's Shooting Star: Air Guard's new 40 ft. fiberglass canoe glides effortlessly across Hickam harbor

Hokulele, the new pride of the Hawaii Air National Guard (HANG) recently glided across Hickam AFB harbor. The "air superiority blue and alii gold" 40-foot fiberglass canoe moved with the coordinated thrust of five crewmen paddling. Translated, the name Hokulele means Shooting Star.

The purpose of the first launching of the canoe was to see how the canoe would hold up, how it rides, whether the canoe is level in the water, and how well the outrigger responds.

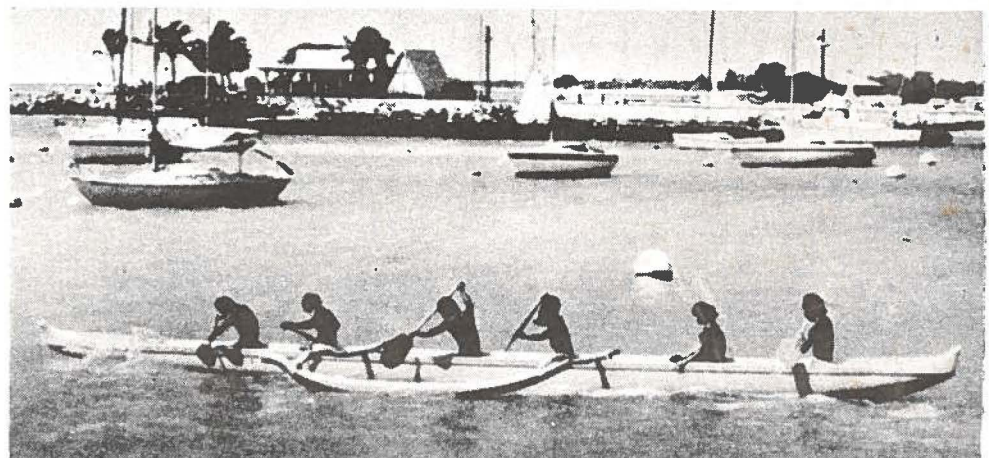
What was the initial reaction? "It handles well," said Sonny Vera Cruz, head coach of the Hana'like Canoe Club.

The original idea of the Air Guard canoe club came from Brigadier General Arthur U. Ishimoto, Air Guard commander. The idea has since become a reality.

The Air Guard's Ohana Canoe Club is all part of Ishimoto's "people program."

During the first launching of the canoe, Sergeant Glenn Kahana, canoe team head coach and a hydraulic specialist with the 154th Consolidation Maintenance Squadron, had the help of members of the Hana'like Canoe Club, who will serve as the team's trainers.

It will take at least one year to train a crew to become proficient. At that time, they will hopefully compete in bigger and better canoe races.



Hokulele skims across Hickam harbor