

National Guard runs for its life

EDITOR'S NOTE -- *The following article was written while attempting to keep up with the participants of this test. Lt. Bowles, an active individual, playing tennis and jogging occasionally, skipped and panted along with the group in efforts to get you the story.*

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

Some members of the Hawaii Army National Guard found out first hand what it would take in terms of time and endurance for a soldier to complete a four-mile forced march.

Col. Melvin Alencastre, age 49, training and operations officer; LtCols Leonard Howard, age 45, Army Guard surgeon and Melvin Ing, age 48, intelligence officer; and Sp7 Alvin Wong, age 33, decked out in full-field gear with a 30 pound back pack, set out to find if a soldier can complete the required four-mile course in one hour.

All four individuals are competent long distance runners. Alencastre runs 18 miles weekly, Howard runs 28 miles, Ing jogs 25 miles and Wong, who has jogged for the last three years, jogs on the average of 40 miles a week.

The group started out at Wailupe Circle, about four blocks Koko Head of Kalani High School at 2 p.m.

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Capt. Stephen Berg crosses the finish line in the Honolulu Marathon. (Photo by Richard Wiley)

Mililani children visit the Guard



SIMULATING MACHINE GUN FIRE

More than 35 children from the Mililani Town Association paid an enthusiastic visit to the Hawaii Army National Guard facilities located in Diamond Head Crater recently.

As the busload of children arrived, Capt. Eugene Young, coordinator of the tour and resident of Mililani, greeted them at the start of the workday.

The tour began at the Guard's Consolidated Support Maintenance Shop (CSMS #1), at which Young is the general foreman. Within the CSMS complex, repairs can be made for many of the National Guard's equipment.

Simulating the sound effects of a machine gun by a young boy, peeking through the gun sights of a 105mm howitzer by an interested young girl, and watching a guardsman do welding repairs on one of the Guard's trucks — these were only a few of the many attractions during the tour of the facility.

Topping off the day's activities was the arrival of an Army Guard helicopter. After landing and coming to a stop (rotor blade safely secured), the crew of the AH-1G Cobra gunship assisted the children as they lined up eagerly to sit in the helicopter and try on the helmets.

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Air guardsman jogs to the finish

For the third consecutive year, Capt. Stephen R. Berg from the 201st Combat Communications Flight has run in the Honolulu Marathon. The local event, held each December, is rapidly becoming one of the major U.S. marathons. It had over 3,500 entrants this year and has been regarded the largest women's field in U.S. marathoning to date.

Berg's 238th finishing position was not unpredictable. Two years ago he finished 238th out of 700 runners; this year he finished 238th again. "The only way I can improve is to find a race with fewer than 238 runners," he remarked.

Berg, who teaches mathematics and coaches cross-country at the Kamehameha Schools, has participated locally as the 201st's representative in the annual Tripler Hill Climb. Nationally, he was one of three guardsmen selected last year to participate in the annual Confederation of Interallied Reserve Officers team tryouts in Washington D.C. Although a knee injury eliminated him from last year's team, Berg hopes to represent the Hawaii Air National Guard and the 201st again this year.

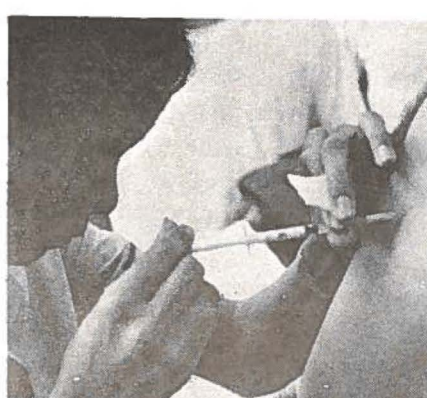
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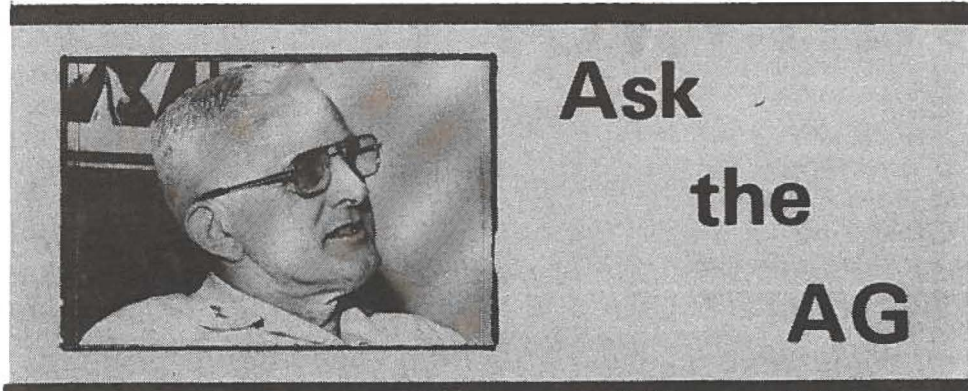
"Gen. Siefertmann, I have a question."

EDITOR'S NOTE: This is your chance to ask the Adjutant General any question that would be of interest to members of the Department.

Questions do *not* need to be signed, and will be answered by the AG or one of his qualified staff members.

The PUPUKAHI reserves the right to edit letters based upon space requirements.

Send your question to: MajGen. Valentine A. Siefertmann, State of Hawaii, Department of Defense, 3949 Diamond Head Road, Honolulu, Hawaii 96816.



Dear MajGen. Siefertmann:

Why is the new Department of Defense building smaller in floor area compared to the previous building? Offices seem to be incapable of any expansion. Were there any plans made for expansion of our new building to fulfill future requirements.

Cramped

Dear Cramped:

As far as the floor area is concerned, only three offices have less square footage than they had in the previous building: G1, Admin Services, and HARNG Recruiting. Office areas were planned in accordance with the strength manning at the time the building was designed, which was June 4, 1975. For example, HARNG Recruiting at that time had a manning strength of one officer and two enlisted.

Whenever Federal or State buildings were designed, plans are made based on the current requirements. Office space standards used for the DOD Administration Building complex were both State and Federal standards, and thus were liberal interpretations of these standards. All offices in our new building are as large as could possibly be under these requirements.

There is capability for expansion in the walls of the Armory. It is possible we could use this space for later expansion.

VAS

Dear Gen. Siefertmann:

The officers have a career development program, why don't the NCO's?

An NCO

Dear NCO:

A very pointed question. I agree wholeheartedly that a career management program is essential to the NCO corps, and will refer the matter to the HARNG for consideration.

VAS

Dear MajGen. Siefertmann:

Many of us at the unit level are uncertain as to the purpose of your Joint Staff. We see representatives of your staff visiting us at times and do not really understand what they are doing here.

Enlisted Man

Dear EM:

The Joint Staff provides staff services and assistance to the Office of the Adjutant General. Its primary function is to furnish professional advice and assistance to the adjutant general and to meet three primary functions:

- 1) To develop and/or approve major plans, policies and programs at the departmental level.
- 2) To evaluate major plans, policies and projects developed by elements of the department to determine their total impact within the department.
- 3) To provide a knowledgeable, responsive monitoring and control capability to assure that policy is being followed within the department.

VAS

Dear Sir:

In one of your recent speeches, I heard you say that in the field, officers are eating before enlisted personnel have eaten, and that many officers are using their rank for special privileges.

As a young officer who takes his job seriously, I find these remarks somewhat offensive. I have not seen this occurring. And I am somewhat appalled to think that you have such a low opinion of your officers.

A lieutenant

Dear Lieutenant:

Let me clarify my remarks. I have seen sufficient instances of officers being served before enlisted men, as well as an officers' mess being set up under field conditions before all enlisted personnel have been served that I felt compelled to bring it out into the open.

What I am conveying is an age old adage still applicable today — "A leader takes care of his men first, then worries about himself."

My remarks were certainly not meant to give the impression that this practice is prevalent throughout the Guard.

VAS

Dear General:

Why is it your policy that an E-5 in the Army Guard is required to attend and complete the NCO academy before being promoted to E-6?

Concerned E-5

Dear E-5:

This policy was set by the Army Guard in order to improve the quality of the NCO corps. I agree with the policy since the academy is designed to prepare our NCOs and future NCOs for positions of leadership. Technical capability alone does not make a leader. I understand some people have found it difficult to make time available to attend the academy, and exceptions have been made to the policy. I feel if a policy cannot be applied equally, then a change should be made. I have discussed this with the Army Guard commander, and I understand he is reassessing the policy.

VAS

Manny still strong after 30 years



Manuel Nunez

Whether he's operating the high-lifter or wrestling with one of those big crates, he goes at it with all the energy in the world. It's hard to believe he's 66 years old and the great grandfather of three!

Yes, Manuel Nunez (known to his friends as Manny) has been around for quite a while. Right now he's a warehouseman for the Storage and Distribution Branch of our United States Property and Fiscal Office (USPFO).

Having been a Federal worker for the National Guard almost 30 years now, he sure has some interesting tales to tell...of how it was back in the good old days...

Asked how it compares with today, Nunez said, "We're more down to business these days and have better equipment. In a lot of ways it's better, and I still enjoy the people and the work."

One of the most intriguing things about Nunez, besides his energetic commitment to the job, is his colorful past.

"Oh yes," Nunez recalls, "back in the 30's, I was in the merchant marines...and, well, once a seaman, always a seaman."

Nunez worked on such vessels as the USS Mariposa and the USS Monterey. He traveled to many different parts of the world. He held such varied jobs as mess boy, oiler, bellboy. It sounds like he's done a little bit of everything.

But there is a trace of sadness in his eyes as he recalls the time his ship was torpedoed outside of Okinawa. "Even though we were stranded for a while, we made out all right," he said.

And he's still "making out all right" at the USPFO.

"Just like the ocean, we have our rough days and our quiet days...but you still gotta ride those waves," Nunez said.

The USPFO should be really proud it's got such a seasoned sailor aboard!

PUPUKAHI

Harmoniously United

Department of Defense, State of Hawaii

GEORGE R. ARIYOSHI
GOVERNOR

Maj. Gen. VALENTINE A. SIEFERMANN
ADJUTANT GENERAL

GAIL K. WAROK **DENNIS Y. FUJII**
EDITOR ASSOCIATE EDITOR

CAPT. GREGG K. KAKESAKO
ASSOCIATE EDITOR

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3949 Diamond Head Road
Honolulu, Hawaii 96816

Meyer observes Cobra live fire exercise



COMMAND VISIT — LtGen. Edward C. Meyer, Jr., Department of the Army, deputy chief of staff for operations, (with binoculars) observes Troop E (Air), 19th Cav training with the 25th Inf Div under the roundout program.



FINAL APPROACH — An AH-1G Huey Cobra gunship, gets final clearance from range control officers to proceed up the valley to fire. (Photos by Capt. Gregg Kakesako)

Royal Guard depicted in mural



TSgt. Lennox Cockett escorts Mrs. Jean Ariyoshi. (Photos by SSgt. Wayne Iha)

by Sp4 Francine Tobalado
117th Pub. Affairs Det.

Members of the Hawaii Air National Guard (HANG) ceremonial Royal Guard participated Feb. 11 in a dedication ceremony and unveiling of a series of full-scale, historical murals, depicting Hawaii as it might have appeared in 1876.

The guardsmen participated by providing an honor guard and an escort for Mrs. Jean Ariyoshi, the governor's wife, who unveiled the murals.

Participating members of the Royal Guard were MSgt. Ronald Cozo, TSgt. Lennox Cockett and SSgt. James Pahukula.

Included in the series of historic murals is a sentry of the Royal Household Guard. The uniform and the Civil War Period Springfield rifle were borrowed from the Royal Guard of the HANG during the artist's initial research.

Research for the Royal Guard uniform was done by Col. Walter F. Judd, former executive officer of the HANG prior to the re-creation of the Royal Guard in 1963.

Many scenes and landmark buildings of the old downtown Honolulu are depicted along with over 100 people of those times.

Among the historical personages, many portrayed life-size, are King Kalakaua (soon to depart on a visit to President Ulysses S. Grant) chatting with his bandmaster, Capt. Henry Berger; a reform school boy who became a band musician; a Royal Household Guard sentry; and a stalwart Honolulu policeman.

In another panel, Charles and Princess Bernice Pauahi Bishop (returning from their grand tour of Europe) with builder Robert Lishman and clerk Samuel M. Damon III, are shown inspecting plans at the site of the soon-to-be erected Bank of Bishop & Co. building on Kaahumanu Street.

Also depicted are Gov. John Dominis with his wife, Princess Lydia Liliuokalani, Princess Ruth Keelikolani in her carriage accompanied by Crown Prince William Pitt Leleiohoku II and Col. Sam Parker, and Dowager Queen Emma talking with Honolulu's first fire chief, Alexander Joy Cartwright, Jr.



1876 Royal Guardsman



SFC Al Ramones explains vehicle safety to members of the Officer Candidate School. (Photo by Sp4 Judith Lau)



NCO graduating class 1-78

The Hawaii Military Academy trains future HARNG leaders

Candidates of the Hawaii Military Academy — Officer Candidate Training School (OCS) Class No. 1-77, recently underwent training in vehicle inspection and maintenance. Training within Diamond Head crater was conducted to familiarize the candidates with basic vehicle maintenance procedures as well as vehicle inspection forms.

Conducting the day-long class were SFC Alfred Ramones and WO1 Edmund Okada of the Army Guard's 829th Maintenance Company.

The Hawaii Military Academy, located atop Koko Head, provides eligible warrant officers and enlisted personnel from both the Army National Guard and the Army Reserve with leadership and management training. Upon completing the concentrated year-long program, candidates will become federally recognized commissioned officers.

The officer candidates receive training in all skills that are necessary to prepare them for officer leadership positions in the Guard and the Reserve. Upon graduating from the academy as second lieutenants, they will attend specialized training to receive their branch qualification in such areas as administration, artillery, infantry or communications.

Commencement exercises were held recently honoring 27 graduates of the Hawaii Army National Guard's Non-Commissioned Officers Academy.

The graduates were members of the 2d Battalion, 299th Infantry, commanded by LtCol. Henry S. Hara. One member was from Headquarters and Headquarters Detachment, Fort Ruger.

The top graduate, Sp4 Burton K. Hanohano of Company B, received the Adjutant General's Award for his outstanding performance and academic excellence.

Also singled out for outstanding performance were Sgt. Phillip D. Iranon of Headquarters and Headquarters Company; Steven N. Maeda of Company C; and Sp5 Wayne A. Robeldo of Headquarters and Headquarters Company.

Sgt. Michael A. Carvalho from Company B received the Leadership Award.

The Most Improved Student Award, presented by the Hawaii National Guard's Enlisted Association, went to Sgt. Herman K. Richards, Jr. of Company B.

The ceremony highlighted six months of intensified training in weaponry, tactics, administration, supply, map reading, methods of instruction, drill and ceremony and leadership — all conducted on the Big Island.

Running, running, running, and more running (whew!)

(Continued from page 1)

Dr. Howard began with a brisk three-foot stride. "Doctors just have to walk fast," he explained. The fast march is critical for making the distance in the allotted time.

As the group walked at a rapid pace, Dr. Howard expounded on the miraculous benefits of jogging. He sounded like religious convert preaching a sermon. "Jogging can make your life better," he remarked, "it relieves tension, runners need less sleep and they live longer." It is also a great cardiovascular exercise, he explained. Dr. Howard is a former heart patient who participates in the cardiac marathon group which ran in the marathon earlier this year.

Jogging strengthens and exercises the heart as well as increases circulation more so than other exercises, according to Howard.

"Running is so good, in fact, that a person who is trained to run a marathon and runs four times a week for one hour (approximately six miles) will probably not incur any heart problems," he continued.

The group reached its first mile in 14½ minutes. One way to measure a heart's condition during jogging is to take your pulse for 10 seconds and multiply by 6 to get the pulse rate per minute. Any pulse rate over 140 per minute is a warning to stop or slow down.

He expressed concern about over-enthusiastic leaders. "For me, my real headache is to ensure that every guardsman and guardswoman completes this test safely.

"Someone out of shape could have a heart attack or develop knee or ankle injuries without proper training.

All guardsmen and women must complete a 4-mile march in 1 hour in full field gear during annual training.

"Running one hour a day, three times a week is what you need to make any improvement. One could start out by walking for the required time, gradually building up speed to jog. Those over 35 should see their doctor for a tread mill test to determine their physical condition," said Howard.

Aft 40 minutes, the group had completed three miles. LtCol. Ing dropped out of the test because his knees began to bother him.

"I estimate that 25 per cent of our problems are going to be knee or ankle injuries," said Howard. "These combat boots are not made for running." Howard also stated that the stress caused by the 30 pound back pack and the uncomfortable boots would create additional problems.

Dr. Howard began to discuss some of the myths surrounding jogging. "One myth says not to drink water. This is absolutely false. You are supposed to drink eight ozs. every 20 minutes.

"Another myth is that salt pills are necessary. This is also false because of the amount of salt taken in through our diets.

"Also the time spent jogging is more crucial than the distance covered. Running a minimum of one hour is necessary since cholesterol begins to burn up only after 40 minutes."

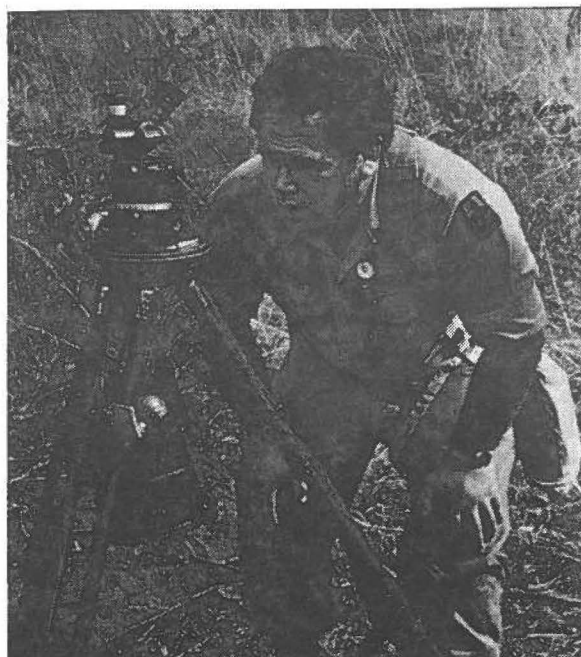
Why do these people jog? The main reason is being overweight. Sp7 Wong began running to lose weight. He used to weigh 198 pounds but today is now a trim 155 pounds. Dr. Howard weighed 185 pounds eight months ago and now he also is down to 155 pounds. Also LtCol. Ing said that he overcame his weight problems by jogging. Dr. Howard was quick to add however, "weight is not generally lost only through jogging; your diet must be controlled."

As the group marched around the bend from Kahala Ave., they could see the end of the course at Diamond Head Road. They had slightly less than one minute left. The remaining three started to jog up the long slope. For the last ¾ miles, they made the distance at the pace of a finely timed forced march.

They made it...with only 30 seconds to spare. If they did it, so can you.

1st Battalion guardsmen

Army Guardsmen sharpen infantry skills



Molokai guardsman sets up the aiming circle for ground surveillance radar. (Photo by Pvt. Tom Clements).

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

Army guardsmen from the 1st Battalion are on the go, traveling to the various training sites throughout the State. Molokai guardsmen recently flew to Oahu to train at Schofield Barracks.

Molokai's Ground Surveillance Radar Unit (GSR) was airlifted to Honolulu in January to participate in the Hawaii Army Guard's weekend training at Schofield Barracks' east range.

At Schofield's east range, there is a measured course for this type of exercise. Also, assistance in training was provided there by members of the 25th Infantry Division.

Ground surveillance radar is one method of detecting physical or mechanical movement in a given area. The radar set is a portable unit about the size of a basketball. It can detect personnel movement up to 1,500 meters and mechanical



FIELD BRIEFING- 2ndLt. Jeffrey Kunishige, Company C commander (right), briefs his troops prior to a tactical maneuver in Maui's Kanaio firing range. (Photo by SSgt. Paul Imada)

movement (trucks, tanks, helicopters, etc.) up to 6,400 meters.

A ground surveillance section consists of nine men broken up into three teams. They are in direct support of a battalion, which usually consists of three rifle companies and a combat support company. The section helps in plotting enemy or friendly movements in the field.

The portable radar unit also can help guide squad, company, or battalion movements in a tactical situation. It can be used to guide patrols at night.

Staff Sergeant Felemon Nanod, head of the ground surveillance section, takes great pride in the efficiency of his men in using the equipment. These enlisted men have served from eight to fourteen years and intend to stay in the Guard for many more years.

Members of Company C traveled to the west end of Maui to train at the Kanaio firing range.

"Hands on" training was the major emphasis during a recent training session for members of Company C, 1st Battalion, 299th Infantry, headquartered on Maui.

The training was in preparation for the upcoming Skills Qualification Test (SQT) where guardsmen will be tested for their level of proficiency on the requirements for their job.

The new test replaces the Military Occupational Skill (MOS) test. The major difference is that the SQT emphasizes hands-on training and performance.

Company C began practicing for the SQT by giving their squad leaders, platoon leaders and company commander a similar test in January.

The January test not only gave the guardsmen a taste of what the real test would be like, but it also gave the battalion headquarters an idea of where the company's weaknesses lay.

(Turn to page 6)

On the firing line...

Army guardsmen recently underwent a series of shots administered by the 229th Medical Company. Guardsmen are required to keep their shot records up to date. Col. Paul Nakamura, Army Guard chief of staff (right photo) and SP4 Milton Imada, 117th Public Affairs Detachment (bottom photo) receive their shots like real troopers.



Express Your Opinions

by SSgt. Kin Lo
117th Pub. Affairs Det.

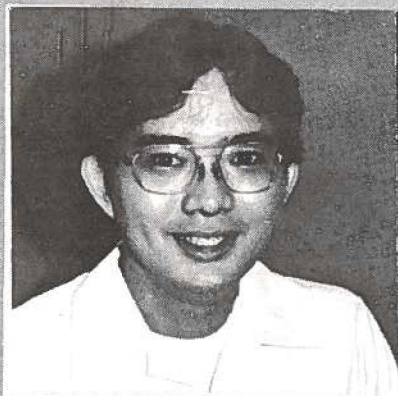
EDITOR'S NOTE: SSgt. Lo is writing a column on people's opinions in the Department. He will be circulating throughout the Department asking for points of view on items of concern to all of us.

QUESTION: WHAT DO YOU THINK ABOUT THE RECENT EMPHASIS ON WEIGHT CONTROL IN THE NATIONAL GUARD?

Pvt. Rasela Tui, personnel records specialist, 12th Admin. Co., 159th Svc. Bn. "I think it's a fair policy. Since we are a reserve force of the Army, we should be in good physical shape. Many guardsmen feel that just because we're part-timers, we shouldn't be expected to be on a par with the regular Army — that's not right."



Pvt. Rasela Tui



AIC Leslie Ono

AIC Leslie Ono, graphics specialist, HQ HANG. "I question the fairness of the policy. Although everyone for their own health should be slim and trim, there are some people no matter how hard they try, can not lose weight. Also, if the overweight individuals are referred to the HANG doctors for advise on how to lose weight, are these doctors trained in nutrition to put a certain individual on a diet that won't be harmful to him?"

PFC Robert Ganob, mortarman, Combat Support Co., 1st Bn, 299th Inf. "It wasn't mentioned to our unit yet, but I feel it's a good policy. People, not only National Guardsmen, should take more pride in their physical appearance. It's a shame when you have to direct people to lose weight. I work out for 30 minutes on my own every day and this has helped me to keep in good shape."



PFC Robert Ganob



Sp4 Ellie Soriana

Sp4 Ellie Soriana, social worker assistant, 229th Medical Co., 297th Supply and Service Bn. "From a woman's standpoint, slimmer men are more attractive! I feel the policy on weight control is good, but can the Guard really enforce it? I see many officers that are overweight. Will they be prevented from being promoted or not allowed to participate in annual training?"

AIC Salvatore Putzulu, radar technician, 169th ACW Sq. HANG. "I heard that they were going to enforce weight control, but I didn't pay much attention to it because I'm not overweight and never intend to be. Is the Guard trying to promote health or physical appearance in the individual soldier? If the answer is both, then we should also enforce a no smoking policy, for a skinny person who smokes two packs of cigarettes a day, is in just as bad condition as a person who eats a lot."



AIC Salvatore Putzulu



SSgt. Randy Tom

SSgt. Randy Tom, personnel technician, HQ HANG. "I don't think weight control should be a policy for members in the Guard — except when it hinders his proficiency in performing what his job demands are. For instance, weight is an important factor to an infantryman; however for a clerk typist, it's not. Therefore, I feel this policy shouldn't be applied to everyone in the Guard."

HARNG training

(Continued from page 5)

"The training was to insure that every member will qualify," said Sgt. John Hokoana III of Company C. "It also helps us find the weak points within the company so that we can work towards becoming more combat-ready."

The February training took place at Kanaio, Maui, on the slopes of Mt. Haleakala. Army guardsmen there were put through different training sessions including the placing of Claymore mines (anti-personnel weapons) as well as the operation of a M72AZ light anti-tank weapon (LAW).

They also trained with the PRC77 radio, protective mask and hand grenade.

Next, the company broke up into two groups so the infantry platoon could train with the M-60 machine gun and the weapons platoon with the 81mm mortars.

In the opinion of 1stLt. Jeff Kunishige, Company C commander, "the SQT is much better, the old test was just paperwork."

A learning experience for Mililani youngsters

(Continued from page 1)

It was a hectic and informative morning for the children — learning of the many job opportunities afforded by the Guard.

It was also an enlightening experience for the employees of the National Guard to answer questions asked by the children.

The Mililani children departed Fort Ruger after having lunch, then proceeded to the beach before returning home. All in all, it was a day of adventure for each one of them.



Stanly E. Harter

Harter receives special recognition

Stanly E. Harter, State Civil Defense chief of telecommunications, recently received special recognition from the State Department of Land and Natural Resources for his contributions in the development of their communications system.

He assisted them by developing a definition of their department's equipment needs. He also devoted much of his time to training their staff personnel in the proper use of the equipment.

Harter was instrumental in allowing the Forestry and Fish and Game divisions of Land and Natural Resources access to the State Civil Defense radio communication system. He also served as their liaison in dealing with the Federal Communications Commission and other communication agencies.

Over the years, Harter has also kept the Department of Land and Natural Resources abreast of new developments in the communications field and has offered suggestions and proposals to update their communications system in a coordinated and economically feasible manner.

Aiona receives BG star

The United States Senate confirmed the selection of and extended Federal recognition to John E. Aiona, Jr., commander of the Hawaii Army National Guard as brigadier general. His promotion was effective Feb. 2, 1978.

In a brief ceremony held recently at Ft. Ruger, MajGen. Valentine A. Siefertmann, adjutant general and Mrs. Suzanne Aiona pinned Aiona with his new rank.

Further recognition came to Aiona when Representative Henry Peters introduced a resolution in the State House of Representatives congratulating Aiona for his promotion. The following day, Sen. Joseph Kuroda introduced a similar resolution in the State Senate.

We join with them in offering our congratulations to Gen. Aiona!



F-4C fighters to train in "dog fighting"

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

The quiet of a peaceful Hawaiian Sunday morning is shattered as the scramble alert sounds. Within minutes, F-4C fighters of the 199th Tactical Fighter Squadron (TFS), Hawaii Air National Guard (HANG), piloted by LtCol. Tai Sung Hong and LtCol. Edward Richardson, commander, 199th TFS, vault into the sky to intercept intruders.

The intruders are quickly discovered through radar and identified as enemy. Going to afterburners, Hong and Richardson order their weapons systems officers (WSO's) to arm the Sidewinder and Sparrow air-to-air missiles. Reaching the intercept point, the evenly-matched opponents are soon engaged in a desperate, twisting and turning, combat maneuvering, where losing is hazardous to your health.

Within a minute, Richardson's crew is fighting alone for its life. Exploiting an enemy weakness, Richardson launches his missiles, scoring a hit.

Before a shout of triumph can be uttered, the crackle of Capt. Bill Jelk's voice sounds over the radio, "Bang, Ed, you're dead!"

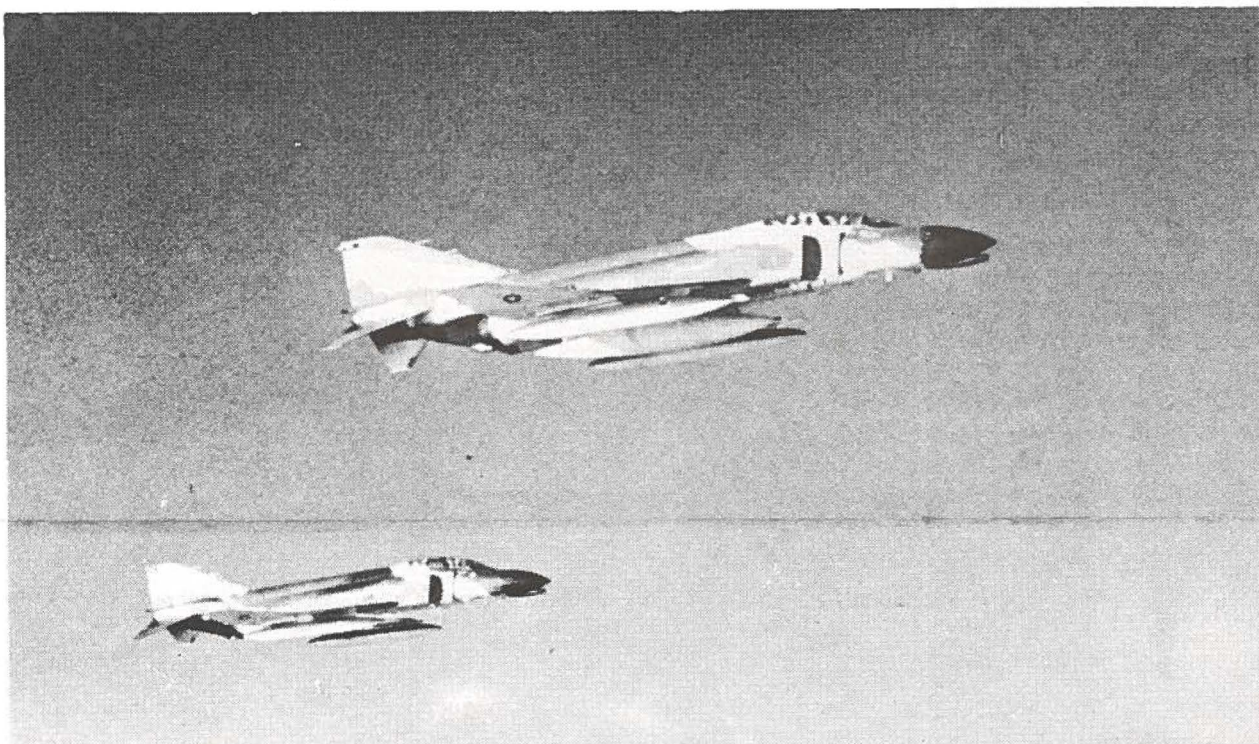
This scenario may soon be enacted (minus missiles) as instructor-pilots of the 199th TFS undergo training as a preliminary step for qualifying in Basic Fighter Maneuvers/Air Combat Maneuvers (BFM/ACM). BFM/ACM is designed to sharpen the intuitive combat and team skills of the pilots and WSO's in actual fighter versus fighter, "dog-fighting" techniques.

The program is scheduled for a fall completion at which time it is expected that the 18 F-4C fighter crews will be devoting 30 per cent of their annual training flight time in maintaining their proficiency, Richardson said.

Actual engagements will occur in the military air space, north of Oahu. Civilian traffic there is strictly prohibited.

In addition, Richardson said, strict compliance with PACAF safety regulations will be in effect. As a general rule, whenever a pilot loses sight of an aircraft known to be within one mile of the other, the engagement will be automatically terminated at a floor of 10,000 feet.

The PACAF instructor team is composed of Maj. Tom Emborsky and Capt. Stan Drodz. The initial HANG students are LtCols Kurt Johnson, Ed Richardson and Tai Sun Hong; and Capts Mike Tice, Michael Hastings, Bill Jelks, Nick Sporik and Richard Dove.



Guarding Hawaii's skies



A moving day

Occupants of the old Ft. Ruger complex pack up their belongings during the move to the new Department of Defense (DOD) Administration Building. The actual move was accomplished in three days with the combined assistance of commercial and State movers.

The new DOD Administration Building now houses the Office of the Adjutant General; Headquarters, Hawaii Army National Guard; Headquarters, Hawaii Air National Guard; the Headquarters and Headquarters Detachment, Army Guard; the 117th Public Affairs Detachment; and several departmental administrative offices.

A special dedication ceremony for the new building is being planned for March 10, 1978 at 9:30 a.m. All members of the department are invited to attend. More details about the event will be sent to you through appropriate channels.

Next issue

Photos and stories of
Big Island Training

Attention all Army guardsmen and guardswomen...come and celebrate with your friends the 10th anniversary of the 29th Infantry Brigade's call-up to active duty. A luau is planned for May 13, beginning at 6 p.m.

This is an opportune time to get together and reminisce about the good old days or simply enjoy the good food and company of good friends.

More information on the exact location and the cost will be sent to you through your units.

Hope to see everyone there.

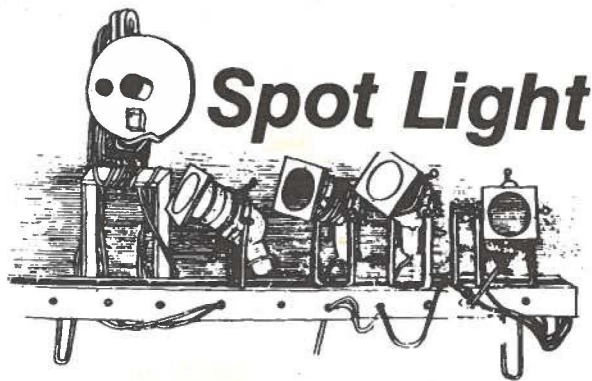
Capt. Meriem Saromines of the Air Guard recently received the Air Force Commendation Medal for her outstanding achievement as a human relations seminar instructor for the Army and Air National Guard general officers.

She was one of four Air Guard officers selected nationwide to conduct the seminar ... Congratulations, Sascha!

SSgt. Stephen Maglente of Co B, 1st Bn, 299th Inf, is well known on Kauai and to many new Kauai recruits in the Hawaii Army National Guard.

His "go-getter" determination and his informal contacts, whether in his mountainball team or with his scuba diving associates, has helped him recruit many new people into the Army Guard. He is personally responsible for upgrading a unit with 60 per cent of its authorized strength to 99.3 per cent.

Stephen is totally committed to the Hawaii Army National Guard and to the community in which he lives. Keep up the good work, Stephen!!!



by Dennis Fujii
Associate Editor

Two experienced Air Guard pilots recently received their wings...the wings of a full bird colonel, that is...John S.W. Lee, chief of staff for the Air Guard, and Ritchie K. Kunichika, director of operations. They were both recently promoted to the rank of colonel...Congratulations.

THE TAXMAN COMETH...just a reminder to Guard personnel—taxes are due on April 17th. In case you didn't know, you can deduct \$500 from your income when you fill out your State income tax forms...while we're on the subject of State taxes...Army Guard personnel on active duty training and full-time training duty status for periods of longer than 90 days are subject to State income tax withholding. The withholding is mandatory for members whose legal residence is in Hawaii.

The following individuals have received these awards:

LEGION OF MERIT
First Oak Leaf Cluster

BrigGen. Thomas S. Ito

ARMY COMMENDATION MEDAL

Sp4 Dean Takao 1stLt. Oran Murakane
Sgt. Allen Agliam Capt. Frederick Robello
SSgt. Glenn Guedo LtCol. Earl Thompson
SSgt. Dionicio Parong, Jr.

**HAWAII NATIONAL GUARD
COMMENDATION MEDAL**

Sgt. Vincent Pang SFC Roy Burchett
SFC James Reis CW2 Roy Hinokawa

**HAWAII NATIONAL GUARD
SERVICE MEDAL**
25 Year Service Bar

SSgt. Norman Akau, Sr. SFC George Tom

**HAWAII NATIONAL GUARD
SERVICE MEDAL**
20 Year Service Bar

SSgt. Presidio Padron

**HAWAII NATIONAL GUARD
SERVICE MEDAL**
15 Year Service Bar

Maj. Donald Orton

Strength of the Hawaii National Guard

Strength has become a critical factor for the National Guard, not only here in Hawaii, but throughout the Nation as well. How are the individual units in the Hawaii National Guard doing in regards to strength?

Listed below are the units of the Hawaii National Guard (both Army and Air) with a breakdown for each unit of authorized strength, assigned strength and per cent of authorized strength as of Feb. 10, 1978.

In the next edition of the Pupukahi, another column will be added — amount of increase or decrease in strength during the next three months. Units showing the most improvement will be recognized.

Unit	Commander	Authorized	Assigned	Percentage
100 Per Cent And Over				
154th CEF	Maj. Chong	24	30	125
297th Sup & Svc Bn	LtCol. Thompson	80	97	121.2
292s Sup & Svc Co	Capt. Miyamoto	131	157	119.8
199th Wea Flt	Maj. Jay	13	15	115.4
Det 1, Co C, 2d Bn	1stLt. Sanchez	36	39	108.3
298th Engr Det	Capt. Kleve	120	129	108
154th Clinic	LtCol. Chang	43	46	107
154th CSS	LtCol. Settsu	180	191	106.1
169th ACW Sq	LtCol. Day	180	188	104.4
293d Svc Co	Capt. Peterson	60	62	103.3
HQ HANG	BrigGen. Ishimoto	34	35	103
154th CAMRON	LtCol. Ault	386	394	102
Co B, 1st Bn	Capt. Daligdig	153	155	101.3
117th Pub Aff Det	Capt. Warok	13	13	100
159th Svc Bn	Capt. Sheridan	57	57	100
90.0 to 99.9 Percent				
199th TFS	LtCol. Richardson	79	78	98.7
Btry A, 487th FA	Capt. Carreira	96	93	96.8
Det 1, Co A, 2nd Bn	2ndLt. Mathison	36	34	94.4
329th QM Co	2ndLt. Hall	125	118	94.4
154th Sup Sq	Maj. Morihara	86	81	94.2
Hq. Instl Cond	Col. Lum	62	58	94.0
12th Admin Co	Capt. Imai	132	123	93.1
Co A, 2d Bn	Capt. Carpenter	115	107	93.0
HQ 154th TFG	Col. Ashford	27	25	93.0
150th ACW Sq	LtCol. Moriguchi	205	189	92.0
229th Med. Co	Capt. Uyeno	82	75	91.4
Det 1, CSC	Capt. Mangca	41	37	90.2
80.0 to 89.9 Percent				
HHD, HARNG	Maj. Orton	129	116	89.9
Btry C, 487th FA	Capt. Oride	96	86	89.5
829th Maint Co	Capt. Madeira	115	103	89.5
Co. A, 1st Bn	Capt. Arakaki	151	135	89.4
201st ATCF	LtCol. Chee	65	58	89.2
Svc Btry, 487th FA	Capt. Wong	57	50	87.7
202d ATCF	Maj. Kurita	65	57	87.6
Troop E, 19th Cav	Maj. Watson	181	158	87.2
1154th Trans Co	Capt. Robello	109	95	87.1
291st Maint Co	Capt. Rawlins	124	108	87.0
202d CCF	Maj. Shima	154	128	83.1
227th Engr Co	Capt. McCabe	136	113	83.0
111th Army Band	CW3 Castro	45	37	82.2
Co C, 2d Bn	Capt. DeMello	115	93	80.8
Cbt Sup Co, 2d Bn	Capt. Nakao	115	93	80.8
70.0 to 79.9 Percent				
29th Inf Bde	Capt. Bean	132	105	79.5
HHC, 2d Bn	Capt. Tulang	117	93	79.4
Co C, 1st Bn	1stLt. Kunishige	149	112	75.1
HHC, 1st Bn	Capt. Morioka	120	90	75.0
Cbt Sup Co	1stLt. Chaves	143	107	74.8
201st CCF	Maj. Rodrigues	154	113	73.3
HHC, 487th FA	LtCol. Perry	141	100	71.0
60.0 to 69.9 Percent				
Co. B, 2d Bn	Capt. Sasaki	149	104	69.8
Btry B, 487th FA	Capt. Kiwada	96	65	67.7
201st CCS (Hilo)	Maj. Howard	217	136	62.7
50.0 to 59.9 Percent				
HQ 201st CCG	Col. Goya	46	27	58.7
Det 1 CSC, 2d Bn	2ndLt. Yanagi	76	39	51.3