

# PUPUKAHI

HAWAII DEPARTMENT OF DEFENSE

PUPUKAHI: "Harmoniously United"

SPRING 1982

## Brig. Gen. Arthur Ishimoto is new state adjutant general

### Richardson to command Air Guard

Col. Edward V. Richardson is the new assistant adjutant general (air) of the Department of Defense.

As assistant adjutant, Richardson will be commander of the 1,900-member Hawaii Air National Guard.

Richardson, 47, has been HANG chief of staff since September 1978, serving under Brig. Gen. Arthur U. Ishimoto.

Richardson joined HANG in February 1956. A jet fighter pilot by training, he has served in a number of aircraft operation and flight-related positions in the National Guard.

He flew the F-86F, F-86L, and T-33 in the 1950s and flew the F-102A from 1961 to 1975.

Between 1962 and 1974, he served as assistant operations officer, instrument pilot and standardization evaluation flight examiner, flying safety officer, and operations officer.

In December 1968, he volunteered for active duty in Southeast Asia, flying 40 combat sorties in the F-102A.

In a recent address to HANG commanders, Richardson said, "I think we are all striving for the same goal—that of improving the HANG. . . If you can create an environment that causes a member to say, as they leave at 1600 hours on Sunday after a UTA, 'I certainly spent two satisfying days at the Guard this weekend,' then you have done your job."



Col. Edward V. Richardson  
Commander, HANG



Brig. Gen. Arthur U. Ishimoto  
State Adjutant General

### Jim Corey is new SCD Chief

Jim Corey has been appointed vice director of civil defense, effective March 16, 1982.

As vice director, Corey will administer the operations of the Department of Defense's Civil Defense Division. He will be under the supervision of Brig. Gen. Arthur U. Ishimoto, state adjutant general.

Corey assumes a post that has been vacant since the retirement of Marvin Berenzweig in December 1981.



Jim Corey  
Vice Director, SCD

Brig. Gen. Arthur U. Ishimoto has been appointed state adjutant general by Gov. George R. Ariyoshi.

Before his appointment, Ishimoto commanded the Hawaii Air National Guard, a post he held since April 1976. As adjutant general, Ishimoto commands the Army and Air National Guard. He also acts as the director of civil defense.

In making the announcement, Governor Ariyoshi said, "I am very pleased that Gen. Ishimoto has accepted the position of state adjutant general. He brings to this post a distinguished record as commander of the Hawaii Air National Guard. Under his capable guidance and leadership, our Hawaii Air Guard units have been cited on numerous occasions for their outstanding performance and are fully capable of meeting their military responsibilities, should the need ever arise."

General Ishimoto, 58, began his military career in January 1944 when he volunteered and enlisted in the U.S. Army and was assigned to Military Intelligence School at Camp Savage, Minnesota. In May 1945, he participated in the Philippines campaign while attached to the Allied interrogation and translation section, G-2, in General Douglas MacArthur's headquarters.

In May 1948, he joined the 442nd Army Reserve and received a direct commission as a second lieutenant.

In April 1949, he transferred to the three-year old Hawaii Air National Guard and was assigned to the 199th Air Service Group as an adjutant. In 1950, he was assigned to the newly-activated 109th Aircraft Control and Warning Squadron, serving initially as the adjutant and subsequently as communications officer.

In 1956, he worked for the 7th Air Force as project engineer for engineering and installation of heavy ground radar and air/ground radio equipment.

Subsequently, he served as the detachment commander of the GC1 station—the first Air National Guard unit to be assigned a full-time air defense mission operating 24 hours a day, seven days a week.

In February 1959, he again was selected as project engineer to design the permanent Hawaii air defense system to include engineering and installing two ground-controlled intercept stations. The two-site project was estimated to cost \$6.8 million. Through elimination of numerous radio repeater stations and redesign of the facilities, the total

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# 487th FA holds open house

For four-year-old Dustin and five-year-old Bronson Apana, who accompanied their mother, Masako, to the open house sponsored by the Hawaii Army National Guard's 1st Battalion, 487th Field Artillery, the rainbow colored uniforms and special effects from colored smoke bombs of the falling skydivers provided an exciting experience.

Members of the 25th Infantry Division's "Tropic Lightning" Sport Parachute Club put on a special skydiving demonstration by jumping into Diamond Head Crater Jan. 16 to kick off a six-week Hawaii Army National Guard recruiting drive.

The period between Jan. 13 to Feb. 28 was proclaimed as "The Army Guard is Hawaii Month" by Gov. George R. Ariyoshi on Jan. 15 in an official ceremony held at the State Capitol.

As part of the spring recruiting drive, the 487th Field Artillery, commanded by Lt. Col. Richard Murakami, held the open house in the crater.

Brig. Gen. Alex Lum, commander of the Hawaii Army National Guard noted "the purpose of the open house was to create public awareness, what the Guard has and the training provided." Lum also stated, "The Guard's strength currently stands at 83.7 percent and we're looking to get as close to 100 percent as possible, but we need community support in order to get it."

And many members of the community did come to Diamond Head Crater to learn more about the National Guard.

"I'm here today to be reassured of how well we're being protected," said Mrs. Mary Hughes, who along with her husband Dr. Joseph F. Hughes, were some of the many residents, friends, family members, and potential recruits who joined the Army Guard members with their celebration.



Two future National Guard members try their hand at operating one of the 487th Field Artillery's cannons. These potential recruits were among many who attended HARNG's recent open house in Diamond Head Crater. Photo by 117th PAD.

Larry and Caroline Shih, along with their youngest son, Michael, are near-by residents who live in Kaimuki and decided to see what the National Guard had to offer.

There was a composite battery of six 105mm howitzers, a battalion maintenance section and a radio-teletype operations center.

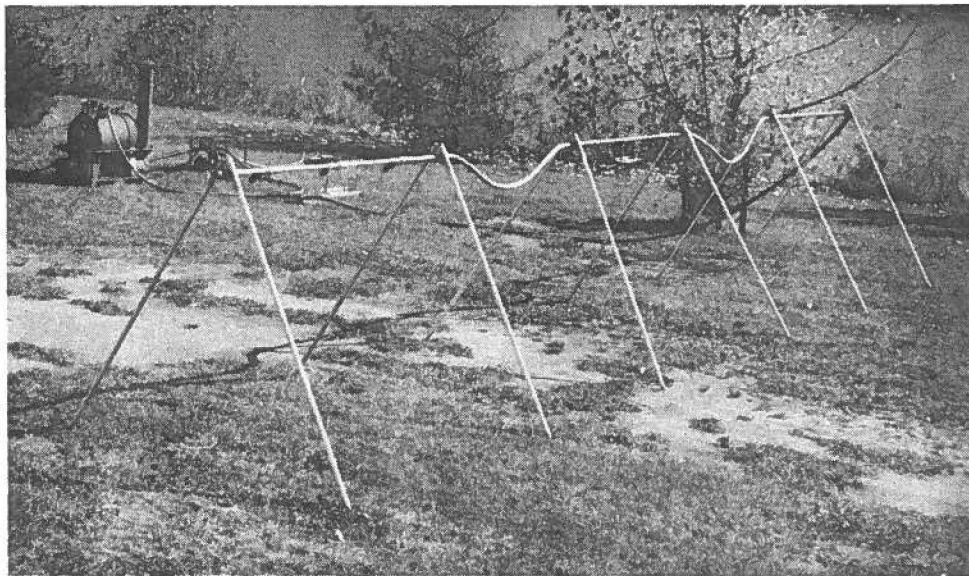
Throughout the day Hawaii's citizen-soldiers conducted their usual section training while at the same time carrying out "dry fire" missions.

Rau A. Rodriquez, a tourist from Southern California who just happened to be in Diamond Head Crater with a group of fellow conventioners, at the military display of equipment, was as

amazed as many of the residents in the crowd.

Commented Mr. Rodriquez, "the people of Hawaii should be really proud of these men and women of the State of Hawaii in uniform."

— Spec. 5 Francine A. Tobalado  
117th Public Affairs Detachment



This is the U.S. Army's new field bath unit. Don't worry, shower curtains will be provided. U.S. Army Photo.

## Army invents new bath unit

Soldiers in the field soon will be taking advantage of a newly-improved bath unit.

It's a product of the U.S. Army Natick Research and Development Laboratories in Massachusetts. The new, multi-head, automated bath unit will replace the existing unit for field troops. The designers say the Army bath unit AMH (automated multi-head), as it's called, will save water, energy, and manpower because of the improved design and engineering.

With three independent shower head assemblies, each equipped with three individually controlled shower heads, lots of water can be saved when the shower

heads are not in operation. The unit also can accept additional shower head assemblies, thus allowing field troops to determine their own setup needs.

During shipping and storage, the entire unit, with the exception of the water heater, is contained in two reusable wooden boxes, one of which is covered with a rubber mat so that it can be used as a bench by personnel when showering.

The Army bath unit incorporates the latest state-of-the-art engineering, improves safety, and simplifies the basic operations while conserving fuel, electrical power, water, and manpower.

## Search for combat boot marches on. . . .

Army research and development officials say the search for a new Army combat boot is still going on.

The Army wants a new combat boot for its soldiers which has increased durability, increased water resistant properties, and infrared reflective qualities using state-of-the-art technology.

A prototype rough-leather brown boot had been considered as a possible choice to provide the desired improvements. However, officials state, that boot is no longer being considered.

"Structural deficiencies causing poor durability and foot support have been revealed," comments an official. "We

are continuing the search for a new combat boot."

Specifically, a combined development and operational test of the rough-leather boot pointed to excessive wear on the soles of the prototype, thus showing the service life of the boot too short to meet Army needs. The deficiencies, said the official, were found during testing designed just for that purpose.

The official pointed out the Army is exploring a number of alternatives for the present black leather combat boot. One of these is to develop a new boot based on what was learned during testing. Another alternative is to consider commercially-available boots.



# PUPUKAHI

Department of Defense State of Hawaii

Pupukahi: Harmoniously United

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## Comp Group captures crown

Boasting a 9-0 win-loss record, the 154th Composite Group's B team captured the Hawaii National Guard's Oahu Mountainball League championship which concluded in February.

Behind the pitching of Master Sgt. Charles Calvan and Maj. Edwin Chung-Hoon, the team posted the best league record, two games ahead of second place finisher, Command Group A, HARNG.

Members of the championship team included: Joe Kim, Mike Montero, James Akau, Del Beasley, Phil Navares, James Kobashigawa, Keith Kunichika, Gene Yamashiro, Edwin Chung-Hoon, Cornwall Matsusaka, Gerald Gono, Irvin Yoshino, Roberto Carlos, Norman Kaleo, Bill Stern, Charles Calvan, Clyde Torigoe, Alvin Dang, Baltazar Ortiz, and Steven Silva.

Raymond Kaneshiro was coach and Val Wong was assistant. Ron Muronaga served as team manager.



## VA wants to find 100,000 former POWs

Veterans' service organizations and some 500 military unit associations are being asked to help the Veterans Administration locate 57,000 very special veterans.

The 57,000 are part of the 100,000 living American former prisoners of war who became potentially eligible for benefits as the result of recent legislation. The administration already has the names of 43,000 former prisoners who have qualified for compensation or pension.

The Prisoner of War Health Care Benefits Act of 1981 makes it easier for former prisoners of war, held by the enemy for as short a period as 30 days, to establish entitlement to compensation for certain disabilities. These veterans may now be compensated for certain psychological and nutrition-related disorders regardless of when in their lifetimes they first appear.

Eligibility for inpatient and outpatient medical care, on a priority basis, now exists for all ex-prisoners of war. The new law also provides that a veteran's captivity need not have been during wartime for these liberalizing benefits rules to apply.

Former prisoners of war may have had difficulties establishing claims for benefits based upon service-connected disabilities because of inadequate repatriation examinations.

The largest group of former POW's is from World War II — 93,128. There are 3,844 ex-POW's from the Korean conflict, 800 from World War I, 642 from the Vietnam-era fighting and 80 from the U.S.S. Pueblo.

Organizations cooperating with the administration are being asked to provide all pertinent information on their POW members. The military serial number or VA claim number is especially important.

The administration plans to contact all veterans identified in this manner to inform them of the details of the legislation and answer any questions they may have.

The administration also is asking members of the public to inform any ex-POW veteran they know of the new legislation.

Veterans' benefits counselors at all VA regional offices have details on the law and will be happy to assist anyone having questions about it.

## Ishimoto is new adjutant general

*Continued from Page 1*

project cost only \$800,000.

Later he obtained additional funding to replace the existing point-to-point radio of limited channels with a modern microwave system by personally staffing the project through the Pacific Air Forces and U.S. Air Force headquarters. He received \$500,000 for the project; however, a cost overrun of \$1,000,000 was encountered as a result of errors made by the contractor. Working closely with the contractor, the cost error was reduced to \$55,000 merely by locating the radio repeater stations near roads and powerlines.

Today, all of the HANG units are combat ready and capable of meeting their wartime missions.

In January 1968, he was appointed as director of logistics. In August 1974, he served as acting chief of staff and in April 1976 was appointed as assistant adjutant general (air) and commander

of the Hawaii Air National Guard.

He was federally recognized as a brigadier general on February 4, 1977.

Under his command, units of the Hawaii Air National Guard have been cited for outstanding performance on several occasions.

The largest unit, the 154th Composite Group, received a U.S. Air Force outstanding unit award in 1979. The 154th has the responsibility for providing Hawaii's total air defense network and has participated in deployments and exercises on Guam, the Philippines, and Japan.

The 1980 Japan exercise, entitled Cope North, involved Japanese military aircraft, and marked the first time a Hawaii reserve unit had trained and flown with a foreign air force on that air force's territory. Gen. Ishimoto personally made many of the arrangements.



Members of the 292nd Supply and Service Company practice their civil disturbance control techniques. Photo by Staff Sgt. Robert Rock.

## 292nd members sharpen riot control techniques

The sun wasn't even up when the phone rang and a member of the 292nd Supply and Service Company answered it. As the receiver was being picked up a voice was heard yelling that the 292nd was just alerted.

This was all that had to be said. Without further hesitation the Guard member jumped out of bed and within minutes was on the road.

Arriving in the company area, he was given riot control equipment and told that the unit was moving out soon. It seemed that intelligence sources had uncovered plans indicating potentially large scale disturbances at two high schools. The police department had identified possible organizers and instigators and believed that these same individuals would be present at today's demonstrations. At the same time the police suspected that these individuals were responsible for the recent terrorist and arson activities in the area. The police could not handle the situation themselves so they asked for assistance from the National Guard.

As the National Guard trucks pulled into the disrupted area people began to react unruly. The National Guard members trained for such disturbances began their stomp and drag routine. As the orders were bellowed out above the noise, some of the rioters began having

second thoughts.

The soldiers with weapons in the ready position began moving toward the large crowd in a riot formation. This show of force combined with precise movements, made the 292nd look impressive as they moved closer to the troublesome crowd.

Within minutes after the first encounter with the rioters, the instigators and suspected leaders were rounded up and separated. With their leaders gone, the crowd quickly lost their appetite for a full scale confrontation and left the area.

The situation that just occurred was not real. However, members of the 292nd Supply and Service Company did participate in their annual riot control training using this scenario.

This is just one of the many responsibilities of the Hawaii Army National Guard. At any given time the Guard is ready to move out into a potentially dangerous situation. With training and experience under the belts of most Guard members the civilian population can have a restful sleep, knowing that the Hawaii Army National Guard is truly a professional organization.

—Sgt. Robert Rock  
Headquarters Installation Command





## Hawaii Army National Guard Month draws recruits

Gov. George R. Ariyoshi proclaimed February to be Hawaii Army National Guard Month during ceremonies held at the State Capitol. Present were (left to right): Brig. Gen. Alexis T. Lum, HARNG commander; Lt. Col. Alvin S. Cabrinha, Headquarters Installation Command; and Col. Louis W. Perry Jr., commander of the 29th Infantry Brigade.



Activities of Hawaii Army National Guard Month included participation in a military career day at McKinley High School. Members like Pvt. 1st Class Jamie Kau, an MP with the 159th Service Battalion, along with other members of the unit, volunteered their time to help recruit members.

## Civil Defense develops Oahu shelter system

Determining appropriate relocation areas for Oahu's victims of natural disasters can be accomplished as quickly as scanning a map, due to a recently updated and expanded shelter system.

The shelter system consists of five Oahu maps that denote major disaster hazards: high surf/tsunamis, hurricanes/high winds, floods, earthquakes, and tornadoes. Each map identifies shelter areas that have been given a color code symbolizing a rating of best, good, fair, and poor.

When evacuation of an area becomes necessary due to a natural disaster, Oahu Civil Defense personnel scan the appropriate map to determine the best relocation area for the evacuees. The maps are located in the Oahu Civil Defense Agency's Emergency Operating Center, manned by county personnel during disaster periods.

Although the shelter system is a simple method of locating appropriate shelter areas, Jerry Morihara, an Air Force Reserve officer, spent three arduous years on the project.

Morihara began by formulating a rating criteria for each shelter that includes location of a building (500 feet from the shoreline is considered ideal), materials used to construct a building (concrete is the best material), the date a building was completed (post-1965 is considered best due to the modernization of materials), and the number of stories to a building.

According to Morihara, buildings that have more than one floor may be ideal shelters for particular disasters, such as floods or tsunamis, while one-floor structures may be better suited for other types of disasters like an earthquake.

Morihara's next step was to spend many time-consuming hours surveying public school records and applying the criteria formula to each school. Morihara began with public schools since the schools were used in the past as primary shelters for natural disasters.

Today most Oahu public schools have been rated and posted on the maps. Morihara has also nearly completed surveying records concerning the remaining government buildings on Oahu. Once completed, he will begin to classify privately-owned buildings within the county.

According to Malcolm Sussel, acting administrator for Oahu Civil Defense, Morihara's shelter system now enables civil defense to respond quicker and more effectively to citizens' needs during natural disaster conditions.

Morihara, who lives in Kahala with his wife, Stephanie, is assigned to Oahu Civil Defense as an individual mobilization augmentee by the federal government to assist the agency with disaster analysis.

—Bill Roome  
State Civil Defense



## NCO Class Graduates

Thirty-three non-commissioned officers from the Hawaii Army National Guard and the U.S. Army Reserve graduated recently after completing four months of training in the advanced NCO course. The graduation ceremony was held in the 487th Field Artillery's Armory, where the respective command sergeant majors of the Hawaii Army National Guard presented diplomas to the NCO's under their command. Photo by Staff Sgt. Robert Rock, Headquarters Installation Command.

## Loan program modified

This word comes from the National Guard Bureau:

Eligibility rules and costs of the Air Force Aid Society's Arnold and Brown student loan programs have been modified by new legislation governing the Guaranteed Student Loan Program.

The most significant change in the Guaranteed Student Loan Program will be in the way family income will effect eligibility after October 1, 1981.

If the adjusted gross income of the student's family is \$30,000 or less, the student will automatically be eligible for assistance as before. Adjusted gross income will include parent's income if the student is a dependent, the student's and spouse's incomes if married. Social security and veteran's student benefits must also be included.

If the adjusted gross income is more than \$30,000, the student's family is expected to contribute to the cost of payment of educational costs. In this case, the student will qualify only to the extent of the student's "unmet need" as determined by the school. Unmet need is defined as the estimated cost of attend-

ance, less an "expected family contribution" plus any other estimated student financial assistance reasonably available to the student.

The school is to calculate the expected family contribution according to procedures to be established by the Secretary of Education. Congress has reserved to itself the power of veto over these procedures if either House does not like them. General Seith, Director AFAS, has expressed hope that the new procedures will take account of such matters as number of dependents in the family; and special circumstances such as illness, disability, dependent parents, and so forth.

Effective August 23, 1981, the borrowing student will be required to pay a one-time origination fee of 5 percent of the amount borrowed. The fee will be deducted from the amount borrowed at the time of disbursement. This fee will be required on all loans for which the lender sent the promissory note to the borrower for signature on or after August 23, 1981.

## 297th revives guidon tradition

Unit morale is a concern of every military commander.

Lt. Col. Edward C. Masuoka, commander of the 297th Supply and Service Battalion, has revived the tradition of awarding a selected company with a guidon streamer in recognition of outstanding overall performance.

"Following AT 80, I asked my staff to come up with criteria as a basis for company selection," says Masuoka. The following areas were determined to be those evaluated during the streamer competition: overall readiness condition, drill attendance, annual training

attendance, recruiting and retention, inspections, monthly training evaluation reports, individual weapons qualifications, physical test results, community relations activities, military courtesy and appearance, and best soldier competition.

The 292nd Supply and Service Company, commanded by Capt. Norman Saito, received the first streamer during ceremonies held at the Wahiawa Armory.

—Capt. Kathryn L. Wong  
Headquarters Installation Command

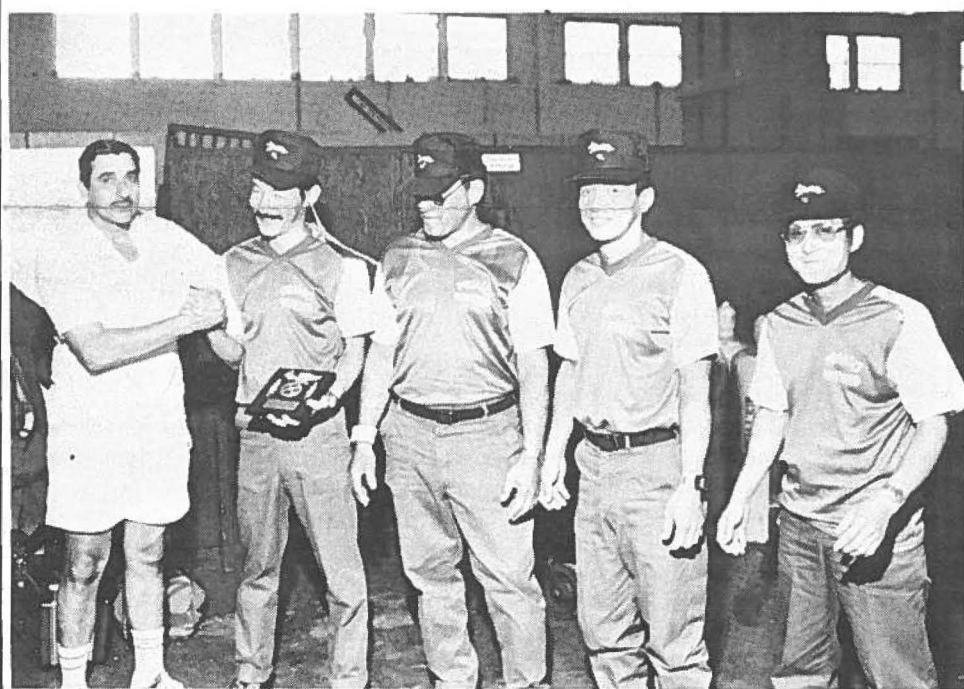


# The Firing Line



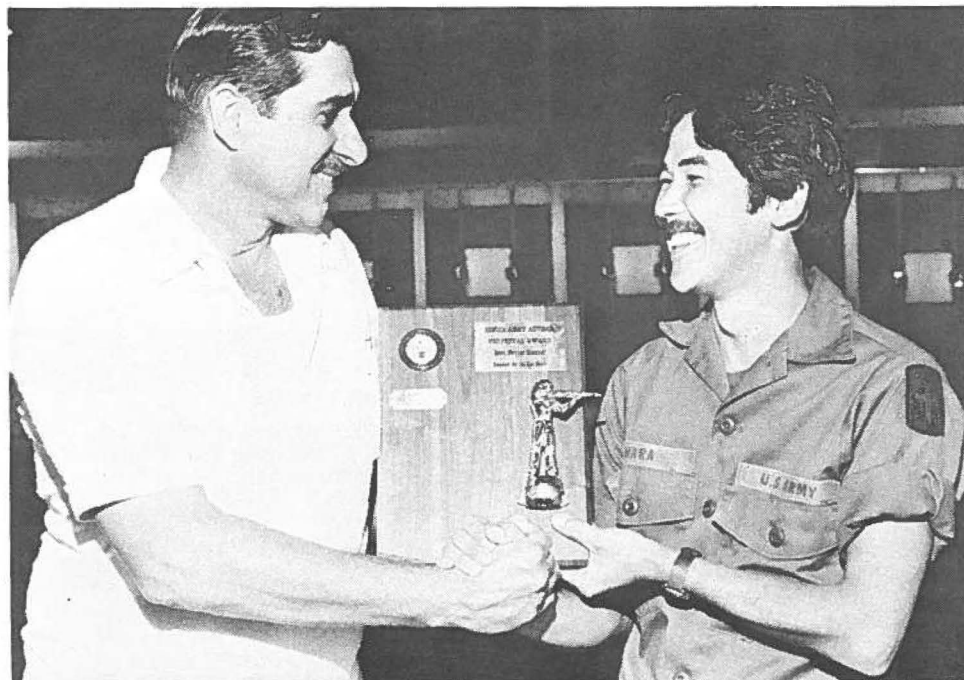
Top marksmanship team honors went to these members representing the 829th Maintenance Company (left to right): Staff St. Donald Mochizuki, Staff Sgt. Howard Goya, Pvt. 2 Beverly Shibata, Sgt. 1st Class Benjamin Kailieha Jr., and Staff Sgt. Wallace Kawakami.

Second place team honors went to the 487th Field Artillery, which included Staff Sgts. Steven Young and William Haalilio, Sgt. 1st Class George Tom, and Staff Sgt. Robert Inouye.



## 1293rd posts best strength increase

Maj. Dennis Kamimura, commander of the 1293rd Combat Support Aviation Company, Hawaii Army National Guard, received a trophy from Brig. Gen. Alexis T. Lum, commander of the Hawaii Army National Guard, for the unit's achieving the highest strength increase in 1980. The presentation was made during a unit formation at the Wheeler Air Force Base Army Guard Aviation Facility in January. Photo by Sgt. 1st Class Phil Canianes, Headquarters Installation Command.



"Best novice shooter" honors went to Staff Sgt. Dennis Hara, 2nd Battalion, 299th Infantry. Col. Melvin Alencastre presented Hara with his trophy, donated by former Senior Army Advisor Col. (Ret.) Les Ihara.

## State rifle match:

# Yonamine top marksman; 829th is team champ

Senior Amn. Calvin T. Yonamine of the 202nd Combat Communications Flight, Hawaii Air National Guard, was the top marksman in the recent state championship match.

Second place went to Staff Sgt. Donald T. Mochizuki of the 829th Maintenance Company. Third was Staff Sgt. Earl S. Iwata of the 1293rd Aviation Company.

Team honors went to the 829th Maintenance Company, including Mochizuki, Staff Sgt. Howard Goya, Staff Sgt. Wallace Kawakami, and Pvt. 2 Beverly Shibata.

The second place team was from Battery B, 487th Field Artillery. Team members were Sgt. 1st Class George Tom and Staff Sgts. William Haalilio, Robert Inouye, and Steven Young.

The third place team represented the 154th Consolidated Aircraft Maintenance Squadron. Members were Tech. Sgts. Eric Kanazawa, Ronald Muronaga, and Galen Yamada, and Staff Sgt. Norman Tyau.

The top shooters will represent Hawaii in the Chief, National Guard Bureau Smallbore Rifle Match, a national-level postal competition.

## Pentagon scraps 9 mm handgun idea

The U.S. Defense Department has scrapped the idea of replacing the .45 caliber automatic pistol with a 9mm handgun, according to the *Army Times*.

The plan was dumped Feb. 19 after the Army refused to accept bids from a solicitation effort that could have resulted in the purchase of 500,000 of the new handguns over a 10-year period. The Army said that the weapon samples submitted during a recent bid competition "substantially failed to meet the essential requirement contained in the

procurement solicitation.

The testing program began in June when the Army announced it would select a commercially available 9mm weapon sometime this year to replace the more than 418,000 .45-caliber automatic pistols and 136,000 .38-caliber revolvers used by all the services.

Four companies, three of them foreign, submitted candidates. They were: Smith & Wesson (U.S.); Beretta (Italy); Fabrique Nationale (Belgium); and Heckler and Koch (Germany).

## Corey to be SCD vice director

*Continued from Page 1*

Corey was supervising public housing manager for the Hawaii Housing Authority, a position he held since August 1978. His responsibilities included managing six major public housing areas with a total of over 4,000 units and 160 employees. He was previously group homes project director for the Hawaii Association for Retarded Citizens.

Corey retired from the U.S. Army in May 1971. During his tenure in the Army, he held several command positions, the most recent of which involved civil affairs planning in Vietnam. Corey was also a Green Beret during the earlier years of the Vietnam conflict.

He is a graduate of Michigan State University. He has three master's degrees, in sociology, journalism, and educational psychology.





Maj. Conkright receives his soldier of the year award, 14 years late, from 1st Sgt. Benedicto Villaverde of the 229th Medical Company. Photo by Staff Sgt. Robert Rock, Headquarters Installation Command.

## 14 years late

# 229th's soldier of the year finally receives his award

It took some time, but Maj. Don D. Conkright, formerly of the 229th Medical Company, has finally received the soldier of the year award he earned 14 years ago.

What took so long?

In 1967, Conkright, then an enlisted man, received the soldier of the year award from the Army Guard. Before his personal trophy could be presented, however, Vietnam interceded and the Guard members went their separate ways.

Conkright was to become an officer and serve as the commander of the 68th

Medical Detachment.

He returned to the islands in 1979 but no one knew he had returned.

Some time later, 1st Sgt. Benedicto Villaverde of the 229th Medical Company happened to be at a parade at Schofield Barracks and spotted Conkright—the same Conkright who Villaverde had enlisted (as a private) more than a decade earlier.

Old friendships were renewed and Conkright, now a major and executive officer of the 25th Medical Battalion, was finally presented with his soldier of the year award.



## 199th WF moves to new quarters

The Air National Guard's 199th Weather Flight recently relocated to its new site at Wheeler Air Force Base after many years at Hickam.

A significant mission change from Air Force to Army support and then to garrison support necessitated this move. Standing in front of their new home are 199th members (left to right): Amn. 1st Class Greg Arbues; Staff Sgt. Tom Ho; Lt. Col. Chris Jay, commander; Sgt. Jean Burrell; Senior Amn. Darryl Loo; Staff Sgt. Jim Shepherd; and Maj. Larry Kumata.

# Three try Triathlon

Three Hawaii Army National Guardsmen, one with a fractured wrist, completed the 1982 Triathlon on Feb. 6 in Kona.

2nd Lt. Bruce Olivera, and Specs. 5 Keith Arakaki and Michael Gaber along with 500 other contestants swam 2.4 miles, biked 112 miles from Kona to Hawi, and then ran a 26.2-mile marathon.

Olivera, broke his left wrist just a few miles into the biking event but managed to finish the race though suffering a lot of pain. Arakaki, competing for the second year in a row, finished in 14 hours, 40 minutes—almost two hours faster than in 1981. Gaber completed the grueling course in 16 hours, 14 min finishing in 463rd place. Both Arakaki and Gaber belong to the 111th Army Band.

Olivera, a platoon leader with Company A, 1st Battalion 299th Infantry, was among the leaders after the swim, his strongest event. About three miles

into the biking event another rider tried to squeeze between Olivera and Olivera's biking companion. The attempt knocked Olivera off the road and off his bike. After 30 minutes of straightening bent wheel rims, Olivera was back in the race but this time with no brakes.

A few miles later while coming down a hill, Olivera unable to stop, to avoid hitting people at a congested aid station, left the road again, this time into a lava field. Scratched up and with a broken wrist Olivera told aid station staffers "I'm too much into it to stop now." With a makeshift newspaper splint tied with string, he biked the remaining 100 miles and then ran the marathon to finish in 18 hours, 26 minutes.

Olivera told the Pupukahi, "I plan to do it again, but not this year." The next triathlon event is scheduled for October. He expects to have the cast removed by the time you read this.



2nd Lt. Bruce Olivera, his left wrist heavily bandaged, is flanked by his fellow Triathlon competitors—Specs. 5 Keith Arakaki (with sunglasses) and Michael Gaber at Kona Airport just before returning to Honolulu.

## 111th Army Band commended by bands chief

The 111th Army Band has received high marks from the Army Bands Office, according to the results of a technical inspection conducted by the chief of that office.

The inspection report stated that the band performed in a most creditable manner, and "with a great deal of spirit."

The inspector added the marching band performed superbly, despite their small practice marching area.

"The supply room and its organization," the inspector continued, "is the most outstanding I have observed in the Army Bands program—active or reserve component."

Chief Warrant Officer Jules Castro and Master Sgt. Bill Yuen were commended for their thorough understanding of the importance of their task and dedicated attention to its accomplishment.

The inspector concluded: "The 111th Army Band is fully capable of meeting all operational missions in a superb manner . . . The professionalism of the members of the organization ensures high standards of excellence are maintained by this outstanding representa-

tive . . . The continuing command support and personal interest, and concern for the accomplishment of band mission and welfare of assigned personnel, are particularly laudatory."

## More members seek tuition waiver

The Hawaii National Guard's University of Hawaii tuition waiver program continues to grow in popularity among members, according to figures just released by the Department of Defense.

For the Spring 1982 semester, 243 individuals applied for tuition waivers, 116 from the Army and 127 from the Air.

This Spring, 24 new applicants indicated that the program was an incentive for them to join the Guard.

Of this semester's applicants, 38 have used the benefit since the inception of the program in Fall 1980. Of the 243 applicants, 149 stated that the tuition assistance program has enabled them to attend school.



## Look before leaping

# Members cautioned on retirement accounts

Since Jan. 1, soldiers and civilian employees have been able to set up individual retirement accounts (IRA).

As an investment program with deferred tax features up to \$2,000 per year of earned income, the IRA has had lots of publicity as every man's tax shelter.

However, there are some points about the program that need clarification.

First, an IRA is not a military-related entitlement and has no relation to regular military or civil service retirement benefits. It's a private, individual program that, for the first time, allows a wage-earner covered by an employer's retirement plan to set up a personal account to augment other retirement income.

An individual retirement account is

created by a signed agreement between the wage-earner and any commercial establishment approved by the U.S. Internal Revenue Service as an IRA trustee or custodian. Although the IRA is a personal investment program, potential participants are encouraged to "shop" as carefully for it as they would for any other tax-deferred investment plan.

Depending on the terms of the contract, an IRA may require monthly, quarterly, or even annual deposits — made in cash, check, or through a bank transfer. The amount deposited may vary as long as the total deposit doesn't exceed the annual limit set by law (\$2,000 for a single wage-earner; \$2,250 for a married couple when only one is a wage-earner; \$4,000 for a married

couple when both are wage-earners).

Second, prospective investors should know that an IRA is a long-term commitment. Money deposited, and the interest it earns, must be left on deposit until the investor is at least 59.5 years old. If any money is withdrawn, or if the account is used as security for a loan, penalties may be imposed.

If a soldier or civilian employee has established an IRA at his/her financial organization, one of the two authorized savings allotments may be used to make monthly IRA deposits. Allotments cannot be used when the deposit schedule is quarterly, semiannual, or annual. Most members may find that a bank transfer authorization to move money from an existing savings account to the IRA will be the better choice.

Deposits to an IRA account purchased from such institutions as insurance companies, mutual funds, and brokerage houses may be made by bank transfer of a specific amount from an existing savings account to the IRA at the appropriate times.

The employee may choose to make a direct IRA deposit in cash or by check.

Finally, establishment of an IRA might result in changes to withholding tax status that make it advantageous to the depositor to re-file his/her W-4 form to reflect the IRA withholding allowance. Since other factors must be considered, IRA investors should consult with the Internal Revenue Service before making any W-4 changes.

Remember: IRA's are not a part of the military pay system.

# Army's over-40 training program shaping up

The Army is taking its over-40 physical training program to the next phase, as efforts to continue building an "Army Fit to Fight" proceed.

The over-40 program currently consists of two parts: a medical screening program and a physical testing program.

"The basic concept behind the over-40 program is an emphasis on increasing stamina and endurance through aerobic exercise," noted Dr. (Col.) J.L. Bedynek Jr., of the Army Surgeon General's

office. "Increasing one's stamina and endurance has to do with working the muscles to locomotion. Aerobic exercises, such as running, biking, swimming, rope jumping, are designed to do that, as well as enhance the flow of blood through the heart and improve respiratory functions."

The medical screening program for Army personnel over 40 aims to safeguard from overactivity soldiers susceptible of developing heart disease. "We want to have a safe program,"

Bedynek explains. "We want to look at those people to make sure it's safe" for them to take part in sustained physical training.

The screening procedure consists of the seven study risk factors that identify those soldiers likely to develop coronary disease well in advance of the appearance of symptoms. Among the risk factors are sex, age, cigarette smoking habits, high blood pressure, high blood-sugar content (diabetes), electrocardiogram abnormalities, and high levels of cholesterol. Although these aren't the only factors that might be considered in assessing the extent of risk, Bedynek maintains they're the "most objective risk factors."

Once it's determined a person falls below the risk index set by Army medical experts, he or she may then take part in a six-month training program the Army has developed for its over-40 population. That program currently involves running and other aerobic

exercises.

The Army now is conducting a test at the Army War College to refine the program. Bedynek notes that the screening process has several other evaluation channels set up for those persons who are in the high-risk category. Further work on those procedures will continue as the over-40 physical training program develops.

These recent developments in the over-40 program continues the Army's move toward establishing new physical fitness standards for the entire Army.

Soldiers under age 40 are now tested on push-ups, sit-ups, and a two-mile run. Meanwhile, soldiers over 40 now are required to test in the two-mile run only, with participation in the push-up and sit-up events deferred as the over-40 program undergoes study and approval.

—Sgt. 1st Class Larry Whitley  
Army News Service

## Guard members saluted for service, performance

Members of the Hawaii Army and Air National Guard were recently presented with awards in recognition of their outstanding work performance.

### Hawaii National Guard Medal for Merit:

Maj. Gen. Valentine A. Siefertmann, state adjutant general, Department of Defense

Lt. Col. William Y. Yamada, Headquarters Installation Command

Command Sgt. Maj. Lester K. Nakaichi, 159th Service Battalion

### Hawaii National Guard Commendation Medal:

1st Lt. Bruce D. Spear, Battery B, 487th Field Artillery

Master Sgt. Harold H. Kado, 169th Aircraft Control and Warning Squadron (Posthumously)

Sgt. 1st Class Lowery E. Stripling, 25th Infantry Division

Staff Sgt. Earl K. Kanae, 2nd Battalion, 299th Infantry

Tech. Sgt. Alejandro Lomosad, 150th Aircraft Control and Warning Squadron

Staff Sgt. Elmer T. Nakaya, 159th Service Battalion

Staff Sgt. Calvin K.S. Tang, Battery B, 487th Field Artillery

Sgt. Santos M. Dicho Jr., Battery C, 487th Field Artillery

Sgt. Demetrio D. Dikilato, Battery C, 487th Field Artillery

Pvt. 2 Dexter D. Bondaug, 2nd Battalion, 299th Infantry

### Meritorious Service Medal:

Col. Charles M. Wills Jr., Headquarters, HARNG

Lt. Col. Francis J. Santos, Headquarters, HARNG

Sgt. Maj. Harold S. Shinsato, Headquarters, HARNG

### Army Commendation Medal:

Maj. Robert J. Fishman, Headquarters, HARNG

Capt. Kenneth E. Hall, 329th Field Service Company

Capt. Dennis C.H. Kim, 229th Medical Company

Capt. Arthur E. Ugalde, 297th Supply and Service Battalion

Master Sgt. Bernard K.Y. Lee, Headquarters, 487th Field Artillery (First Oak Leaf Cluster)

### Air Force Commendation Medal:

Lt. Col. William D. Spillane, 199th Tactical Fighter Squadron

Lt. Col. Richard K. Tokairin, 199th Tactical Fighter Squadron

Senior Master Sgt. Francis T. Hosaka, 150th Aircraft Control and Warning Squadron

Senior Master Sgt. Lawrence M. Sugihara, 150th Aircraft Control and Warning Squadron

Master Sgt. John R. Joyce, 154th Consolidated Aircraft Maintenance Squadron

Master Sgt. Harold H. Kado, 169th Aircraft Control and Warning Squadron (Posthumously)

Tech. Sgt. Myles M. Ohta, 154th Civil Engineering flight

Tech. Sgt. Samuel K.P. Wong, 154th Resource Management Squadron

### 20 Years of Service:

Master Sgt. Rex Y. Koga, 154th Consolidated Aircraft Maintenance Squadron

### 10 Years of Service:

Staff Sgt. Gene F. Harada, 2nd Battalion, 299th Infantry

Staff Sgt. Bruce H. Hidano, 1st Battalion, 487th Field Artillery

Staff Sgt. Cupid L. Joseph III, 1st Battalion, 487th Field Artillery

Staff Sgt. Glenn Y. Watarida, 2nd Battalion, 299th Infantry

Tech. Sgt. Russell P. Fernandes, 150th Aircraft Control and Warning Squadron

Tech. Sgt. Donald E. Ho, 154th Combat Support Squadron

Sgt. Nathan M. Kalulu, 1st Battalion, 487th Field Artillery

Sgt. Derek K. Nakamura, 2nd Battalion, 299th Infantry

Staff Sgt. Lorenzo Moises, 150th Aircraft Control and Warning Squadron

Staff Sgt. Roy S. Morimoto, 150th Aircraft Control and Warning Squadron

Staff Sgt. Patrick W. Rosa, 150th Aircraft Control and Warning Squadron

Staff Sgt. Carl W. Schumacher III, 150th Aircraft Control and Warning Squadron

Spec. 5 Robert I. Miyasaki, 297th Supply and Service Battalion

Spec. 4 Robert K. Tripp, 2nd Battalion, 299th Infantry

# Promotions keep soldiers moving up the ladder:

Congratulations are in order for the following Hawaii National Guard members who have either received promotions, appointments, or federal recognition.

Officers will not wear new rank until receiving federal recognition.

### Lieutenant Colonel:

Jiro D. Arakaki, 201st Combat Communications Group

### Major:

Stephen R. Berg, 169th Aircraft Control and Warning Squadron

James R. Carpenter, Headquarters, 29th Infantry Brigade

Charles V. Darby II, 201st Combat Communications Flight

Michael Y.S. Kim, Command and Control Headquarters

Russell K.N. Mun, 201st Air Traffic Control Flight

Michael N. Nii, Headquarters, HARNG

Frederick K. Robello, Command and Control Headquarters

Roy C. Smith, 201st Combat Communications Squadron

David P. Talbert, 199th Tactical Fighter Squadron

Eric W.K. Tom, Headquarters, HARNG

Wayson W.S. Wong, 12th Administration Company

### Captain:

Raymond Jardine, Jr., Troop E, 19th Cavalry

Lansing K. Kakazu, 297th Supply and Service Battalion

Howard K. Kam Jr., 159th Service Battalion

Ernesto Ribucan, 1st Battalion, 299th Infantry

### 1st Lieutenant:

Roxanne M.C. Kerr, 297th Supply and Service Battalion

### 2nd Lieutenant:

Darren H. Carpenter, Headquarters 487th Field Artillery

Lloyd A. Chong, 1st Battalion, 299th Infantry

Angela E. Gibson, 159th Service Battalion

Colbert K. Halemano Jr., Service Battery, 487th Field Artillery

Peter K. Ongoy, Troop E, 19th Cavalry

### Chief Warrant Officer 3:

Albert E. Pung, 2nd Battalion, 299th Infantry

### Chief Warrant Officer 2:

Larry L. Fann, 1293rd Combat Support Aviation Company

Alfred Paulino, 291st Maintenance Company

### Chief Warrant Officer 1:

Richard K.Y. Ching, 291st Maintenance Company

John B. Flatley, 1293rd Combat Support Aviation Company

### 1st Sergeant (Army), E-8:

James M. Reis, Battery A, 487th Field Artillery

### Platoon Sergeant (Army), E-7:

Benjamin P. Solomon, 227th Engineer Company

### Sergeant 1st Class (Army), E-7:

Hillary Atai Sr., 1st Battalion, 299th Infantry

Edgar P. Clark Jr., 291st Maintenance Company

Robert N. Inouye, Battery B, 487th Field Artillery

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# Army and Air Guard member promotions

Continued from Page 7

## Master Sergeant (Air), E-7:

Robert T. Adachi, 169th Aircraft Control and Warning Squadron  
Francis W. DeCosta Sr., 202nd Air Traffic Control Flight  
Robin T. Ito, 154th Consolidated Aircraft Maintenance Squadron  
Gordon T. Kireto, 150th Aircraft Control and Warning Squadron  
Richard K. Kudo, 154th Consolidated Aircraft Maintenance Squadron  
Kenneth M. Morimoto, 154th Consolidated Aircraft Maintenance Squadron  
Duncan R. Vierra, 154th Resource Management Squadron  
Sirmon Wright, 150th Aircraft Control and Warning Squadron  
Frank S. Yamamoto, 154th Resource Management Squadron

## Staff Sergeant (Army), E-6:

Roderick L. Cabacungan, 1st Battalion, 299th Infantry  
Harvey Galapir, 2nd Battalion, 299th Infantry  
Kelvin K. Kim, Battery A, 487th Field Artillery  
Robert A.P. Miguel, 291st Maintenance Company  
Vernon A. Nakasone, 1293rd Combat Support Aviation Company  
Brian Sakamoto, Headquarters, 487th Field Artillery  
Robert T. Shirai, 2nd Battalion, 299th Infantry  
Clyde M. Tabata, 2nd Battalion, 299th Infantry

## Technical Sergeant (Air), E-6:

George W. Allen, 201st Combat Communications Squadron  
Albert C. Antonio, 202nd Air Traffic Control Flight  
Joyce A. Arakaki, 201st Combat Communications Group  
Preston S. Ares, 154th Consolidated Aircraft Maintenance Squadron  
Wendell K.P. Chung, 169th Aircraft Control and Warning Squadron  
Calvin Y. Fujita, 202nd Combat Communications Flight  
Richard Gabriel, 154th Consolidated Aircraft Maintenance Squadron  
Craig N. Ishizaki, 201st Air Traffic Control Flight  
Harry F. Klaus III, 201st Combat Communications Squadron  
Victorino La Madrid Jr., Headquarters, 154th Composite Group  
Rogelio R. Mendoza, 201st Combat Communications Squadron  
Thomas H. Mimori, 154th Combat Support Squadron  
Ernie J. Nagai, 154th U.S. Air Force Clinic  
Preston C. Nishie, 169th Aircraft Control and Warning Squadron  
Earle F. Oshio, 169th Aircraft Control and Warning Squadron  
James T. Peros, 201st Combat Communications Flight  
Manuel J. Silva, 201st Combat Communications Flight  
Robert L. Smith, Headquarters, 154th Composite Group  
Stanley T. Tanigawa, 154th Combat Support Squadron  
Stuart J. Terai, 169th Aircraft Control and Warning Squadron  
Elpidio R. Tivera, 154th Civil Engineering Flight  
Mark R. Tokunaga, 201st Combat Communications Flight  
Russell L. Woodward, 154th Security Police Flight

## Sergeant (Army), E-5:

Roberto R. Andrion Jr., 1st Battalion, 299th Infantry  
David A.S. Cordero, Battery A, 487th Field Artillery  
Naomi K. Enriquez, 12th Administration Company  
Patrick Galapir, 2nd Battalion, 299th Infantry  
Robert C. Gomes, 227th Engineer Company  
Randall R. Ino, 291st Maintenance Company  
David A.D.P. Kaleikini, 291st Maintenance Company  
George K. Kaleiohi, 291st Maintenance Company  
Ernie H. Lee, 829th Maintenance Company  
Randall T. Niwa, Battery A, 487th Field Artillery  
Kim O. Penarozza, 291st Maintenance Company  
Gilbert Reyes, 1st Battalion, 299th Infantry  
Craig A. Ynigues, 2nd Battalion, 299th Infantry

## Specialist 5 (Army), E-5:

Virgilio P. Apuya, 829th Maintenance Company  
Federico Badua, 2nd Battalion, 299th Infantry  
Frank Feliciano, 2nd Battalion, 299th Infantry  
Harry W. Friend Jr., 1293rd Combat Support Aviation Company  
Florence L. Leiwalo, 298th Engineer Detachment  
Fernando A. Palafox, 829th Maintenance Company  
Floyd S. Tokusato, 2nd Battalion, 299th Infantry

## Staff Sergeant (Air), E-5:

Ruby K. Ahn, 201st Combat Communications Squadron  
Melvin T. Akamine, 154th Resource Management Squadron  
Tracy I. Alvey, 154th Consolidated Aircraft Maintenance Squadron  
Annalee H. Amalato, 201st Combat Communications Squadron  
Roselina T. Balbas, 154th Resource Management Squadron  
Jean A. Burrell, 199th Weather Flight  
Richard L. Capello, 154th Consolidated Aircraft Maintenance Squadron  
Keith S. Diamo, 201st Combat Communications Squadron  
Alan I. Doi, 201st Combat Communications Squadron  
Timothy K. Ferreira, 154th Combat Support Squadron  
Geraldo Gapol Jr., 154th Consolidated Aircraft Maintenance Squadron  
Gerald J.C. Kang, 201st Combat Communications Squadron  
Wesley M. Koga, 199th Tactical Fighter Squadron  
Jimmy M. Kuwahara, 201st Combat Communications Squadron  
Jeffrey T. Mitsuda, 201st Air Traffic Control Flight  
Jerry M. Miyamoto, 154th Consolidated Aircraft Maintenance Squadron  
Harold H. Okimura, 154th Combat Support Squadron  
Kyle S. Okinaki, 201st Combat Communications Squadron  
Antonio A. Querubin Jr., 199th Weather Flight  
Walter W. Stietzel, 154th Consolidated Aircraft Maintenance Squadron  
Gregory T. Suenaka, 169th Aircraft Control and Warning Squadron  
Mitchell K. Tanaka, 154th Combat Support Squadron  
Stephen L. Thomas, 201st Combat Communications Group

Nanette L.S. Wong, 201st Combat Communications Squadron  
Dennis K. Yamashiro, 202nd Combat Communications Flight  
Wesley K.L. Young, 154th Civil Engineering Flight  
Gerald M. Yukitomo, 150th Aircraft Control and Warning Squadron

## Senior Airman, E-4:

Samson J. Achuela, 169th Aircraft Control and Warning Squadron  
Tita Ann C. Cabalce, 201st Combat Communications Flight  
Philip U. Carlos Jr., 154th Civil Engineering Flight  
Ramon R.K. Del Castillo, 154th Combat Support Squadron  
James J. Feliciano, 154th Consolidated Aircraft Maintenance Squadron  
Bruce T. Hara, Headquarters, 154th Composite Group  
Joseph L. Inciong, 201st Combat Communications Flight  
Ernest W. Kalilimoku, 154th Consolidated Aircraft Maintenance Squadron  
Blaine K. Kato, 150th Aircraft Control and Warning Squadron  
Michael J. Killion, 154th Consolidated Aircraft Maintenance Squadron  
Darryl C.I. Loo, 199th Weather Flight  
Michael Y. Matsuura, 154th Consolidated Aircraft Maintenance Squadron  
Michael S. Morris, 169th Aircraft Control and Warning Squadron  
Roy A. Nagasawa, 154th Consolidated Aircraft Maintenance Squadron  
Brian H. Oshiro, 201st Combat Communications Squadron  
Billy Ramos, 202nd Air Traffic Control Flight  
Dennis M. Rocha, 201st Combat Communications Squadron  
Larry L. Roper, 169th Aircraft Control and Warning Squadron  
Ambrose P. Samala, 169th Aircraft Control and Warning Squadron

Michael Y. Shima, 154th Consolidated Aircraft Maintenance Squadron  
Charles Silva, Headquarters, 154th Composite Group  
Raymond S. Sunabe, 154th Civil Engineering Flight  
Kevin S. Takaesu, 199th Tactical Fighter Squadron

Malcolm H. Tano, 154th Consolidated Aircraft Maintenance Squadron  
Gregg M. Uemura, 202nd Air Traffic Control Flight

Daphne M.K. Ventura, 201st Combat Communications Flight  
Dennis K.W. Wong, 201st Combat Communications Flight

Gary Y.M. Wong, 154th Consolidated Aircraft Maintenance Squadron  
Lynne J. Yamamoto, 201st Combat Communications Squadron

Brent H. Yuen, 154th Consolidated Aircraft Maintenance Squadron

## Airman 1st Class, E-3:

Ruben E.B. Bala, 154th Consolidated Aircraft Maintenance Squadron  
Clifford D. Calibuso, 201st Combat Communications Flight

Walter Y. Funakoshi Jr., 154th Consolidated Aircraft Maintenance Squadron  
Paul Z. Henrickson, 201st Combat Communications Squadron

Lane K. Hirano, 154th Consolidated Aircraft Maintenance Squadron  
John M. Kearins, 154th Consolidated Aircraft Maintenance Squadron

Hiram K. Keliikoa, 201st Combat Communications Squadron  
Val K. Nakahara, 154th Consolidated Aircraft Maintenance Squadron

Howard K. Naone, 154th Consolidated Aircraft Maintenance Squadron  
Roger L. Salinas, 201st Combat Communications Squadron

Paul W.T. Silva, 201st Combat Communications Flight

## Army and Air Guard Training Dates

Listed below are the inactive duty training dates for all Hawaii Army National Guard units. Dates for units subordinate to battalions are the same as their parent battalion headquarters, unless otherwise indicated.

All dates are subject to change.

	April	May	June	July
HHD, HARG	17-18	15-16	26-27	10-11, 24-25
Selective Service	17-18	15-16	26-27	10-11, 24-25
Hawaii Military Academy	24-25	22-23	12-13	16
111th Army Band	5, 12, 19, 26	3, 10, 17, 24, 31	7, 14, 21, 28	5, 12, 14, 26
117th Public Affairs Det.	17-18	15-16	26-27	10-11, 24-25
HQ Installation Command	3-4	15-16	26-27	10-11, 24-25
298th Engineer Det.				
Command and Control HQ, Hawaii	3-4	1-2	26-27	10-11, 24
Troop E, 19th Cavalry		15-16	26-27	10-11, 24-25
227th Engineer Co.				
1293rd Infantry Co. (CSAC)				10-11, 17
Det. 1, 1293rd Infantry Co.	3-4	1-2	26-27	17-18
HHD, 159th Service Bn.	24-25	22-23	26-27	10-11, 24-25
12th Administration Co.				
291st Maintenance Co.				
829th Maintenance Co.				
HHC 297th Supply & Service Bn.	17-18	15-16	26-27	10-11, 31
229th Medical Co.				10-11, 24-25
292nd Supply & Service Co.		1-2	--	31
329th Quartermaster Co.				10-11, 24-25
1154th Transportation Co.				
HHC, 29th Infantry Bde.	17	15-16	12-13	24-25
HHC, 1st Bn., 299th Infantry	17-18	15-16	26-27	17-18, 24
Co. A				
Co. B				
Co. C				
CSC				
Det. 1, CSC				
HHC, 2nd Bn., 299th Infantry	3-4	1-2	26-27	17-18
Co. A				
Co. B				
Co. C				
CSC				
HHD, 1st Bn., 487th Field Artillery	3-4	1-2	26-27	17-18, 24
Battery A				
Battery B				
Battery C				
Service Battery				
Listed below are training dates for units of the Hawaii Air National Guard.				
201st Combat Communications Grp.	3-4	1-2	12-13	17-18
154th Composite Grp.	3-4	1-2	12-13	17-18
199th Weather Flight	3-4	1-2	12-13	17-18