

# Top HNG officers selected

The Hawaii National Guard Association recently named one woman and two men as the top officers in the Hawaii Army and Air National Guard.

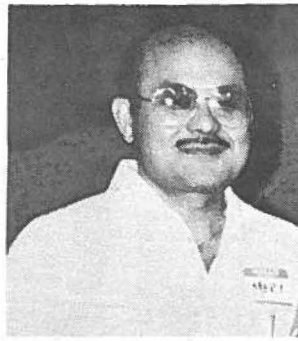
Lt. Col. Clarence Agena was named as outstanding field grade commander of the year. Agena serves fulltime in the Hawaii Army National Guard as commander of the 297th Supply and Service Battalion based in Wahiawa. Maj. Gen. Alexis T. Lum, adjutant general, presented Agena with his award.

1st Lt. Kathleen F. Berg was named as outstanding officer for the past year. Lieutenant Berg, a communications/electronics officer with the Air Guard's 202nd Combat Communications Flight, was selected from among 600 Guard officers. Gov. George R. Ariyoshi presented Berg with her award at the association's annual banquet at the Ft. Shafter Officers Club.

Berg was cited for her achievements and exceptional performance of duty. Included among her recent accomplishments was a successful two-week deployment of the 201st to Korea in March to take part in exercise Team Spirit '83. In her full-time civilian job, she works with the Curriculum Research and Development Group at the University of Hawaii where she also received her bachelor's and master's degree in education.

Capt. Gervin K. Miyamoto received two awards from the association. He won the James Y. Sato Award for exceptional efforts toward improving efficiency and mission accomplishment. Captain Miyamoto is commander of the Air Guard's 154th Security Police Flight. He also was named outstanding company grade officer.

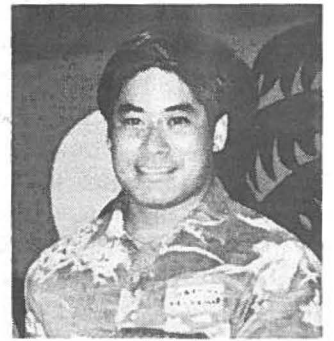
Miyamoto, a fourteen-year Guard veteran, formerly of the Hawaii Army National Guard transferred to the Air Guard a



Agena



Berg



Miyamoto

year ago. In civilian life, he's a member of the Honolulu Police Department attached to the Bank and Armed Robbery Branch of the Criminal Investigation Division. Miyamoto received the awards from Brig. Gen. Edward V. Richardson, commander of the Hawaii Air National Guard, and Col. Irwin K.

Cockett, commander of the Hawaii Army National Guard.

The Hawaii National Guard Association is made up of officers and warrant officers in the Hawaii Army and Air National Guard and is affiliated with the National Guard Association of the United States.

# PUPUKAHI

HAWAII DEPARTMENT OF DEFENSE

PUPUKAHI: "Harmoniously United"

Vol. 18 No. 3 Fall 1983

## 154th, 169th selected for National awards

By Tech. Sgt. Charles Gravitt  
154th Composite Group

The 154th Composite Group and 169th Aircraft Control and Warning Squadron recently captured two prestigious awards for their outstanding performance.

Maj. Gen. John B. Conway, Air National Guard director, National Guard Bureau, congratulated the units following their selection by the Air National Guard Awards Board. The board met recently to determine the recipients of the National Guard Association of the United States and Air Force Association awards for 1983.

The 154th Comp Gp was selected for the ANG Distinguished Flying Unit plaque for achievements in superior inspection ratings, Red/Green Flag participation, Project

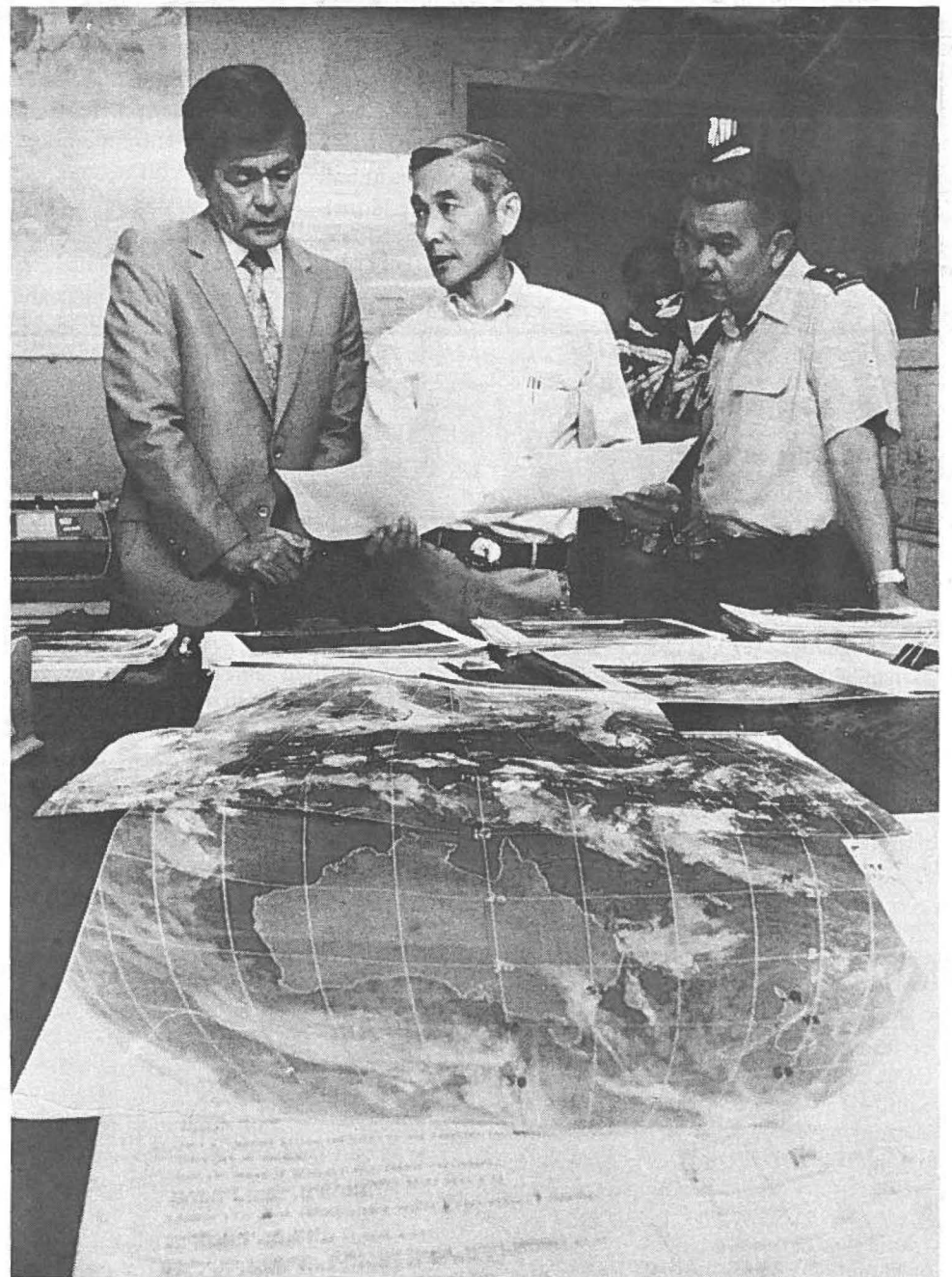
ALPS, numerous air defense and joint service exercise participation and community involvement. This was the 154th's first time to receive such an award.

The 169th AC&W Sq won the ANG Distinguished Communications-Electronics Meteorology Unit plaque in the Outstanding Tactical Control Unit category. The 169th was selected for this award for its accomplishments in mission performance, excellent inspection ratings, exercise participation, augmentee support to Pacific Air Forces, safety and community relations.

These awards will be presented during the National Guard Association Conference which will be held in Indianapolis, Indiana and the Air Force Association convention in Washington D.C. in October.



**TAKING COMMAND**—Lt. Col. Donald M. Oura (second right) takes the 29th Infantry Brigade colors from Col. Irwin Cockett, Hawaii Army National Guard commander during change-of-command ceremonies held Sept. 10 at Fort Ruger. Oura assumed command of the nearly 2,000-member brigade from Col. Louis Miranda (left). Hawaii Army National Guard photo by Master Sgt. Kin Lo.



**CIVIL DEFENSE BRIEFING ON WEATHER**—Mr. Clarence Lee, National Weather Service, (center) briefs Gov. George R. Ariyoshi and Maj. Gen. Alexis T. Lum, state adjutant general on weather information based on satellite photos.



## An interview with Maj. Gen. Alexis T. Lum

**EDITOR'S NOTE:** The following interview with Maj. Gen. Alexis T. Lum, state adjutant general, was conducted shortly after annual training 1983.

**Pupukahi:** General Lum, having served in the Department of Defense's top position for more than four months now, what are your impressions about the department, its divisions and people?

**Maj. Gen. Lum:** Before I answer your question, let me say that I am still learning and formulating impressions. The Air National Guard is a new experience and so is State Civil Defense. So, first the department. I find the diversity of missions and requirements to be very stimulating and challenging. As far as first impressions, the department is capable of meeting both its federal and state missions. As far as the divisions go, let me first address the Army National Guard. Because I know the people and programs as well as I do, I am confident that the large changeover of key senior officers because of recent retirements will not cause any serious problems. Strength increases in the past few months will improve training and enhance readiness of the 29th infantry Brigade; however, this will not show up for the next couple of years. Headquarters Installation Command will continue to improve its readiness levels and will acquire new taskings for mobilization support roles. As for the Air National Guard, my impressions and expectations are very high. Planning is moving in the right direction to upgrade equipment and effectiveness of all units with new and expanding mobilization missions. State Civil Defense is my third division, and it is being revitalized by new ideas and initiatives. The area of National Guard support to civil authorities is being clarified and new operations plans have been published with definitive checklists delineating responsibilities. As far as our people are concerned, I have been impressed by their dedication and interest in mission accomplishment. I am referring to people across the board—federal and state employees, including all civilian and military personnel, and most especially our dedicated corps of drill status personnel.

**Pupukahi:** During the Army Guard's annual training (AT '83), you were seen out in the field just about every day. Do you plan to continue visiting the various units of the Hawaii Army and Air National Guard?



**Maj. Gen. Lum:** Definitely. As I have stated many times in the past and continually express to commanders, our primary role as leaders is to prepare our personnel to survive on the modern battlefield if the need ever arises. In order to do this, we must train units that are at the highest state of military readiness possible in a pre-mobilization posture. So in order to personally sense the state or levels of training and better understand problem areas, it is imperative that I visit as many units as my schedule will permit. I intend to do this not only during training, but also during the normal workday.

**Pupukahi:** What do you expect from your commanders, staff members and especially the individual soldier and airman?

**Maj. Gen. Lum:** I expect commanders to be leaders, show initiative, use the chain of command, and above all take care of their people. I expect staff members to do complete work, which involves thorough research, logical evaluation, and provide their commanders with sound recommendations based on mature judgment. As for the individual Guard member, I expect to see the initiative to learn his or her particular MOS or AFSC and the desire to be a team member. In general, I expect everyone to be professional, establish high performance and ethical standards and strive to improve the readiness of his/her unit.

**Pupukahi:** According to your biography, you were first drafted into the Army in 1945. You later

received your commission through the University of Hawaii ROTC program in 1950, and since then have worked your way up to the top position in the Hawaii National Guard. What advice or guidance do you have for the first team enlisted member or junior officer in the National Guard?

**Maj. Gen. Lum:** My advice for the first-team enlisted members would be to learn their jobs, try to understand their NCOs and leaders, and take interest and pride in their units. Above all, participate in all activities and really become part of the team. For the junior officer, I would say to understand and develop a sense of duty and responsibility. Live up to the trust and confidence placed in you as officers. If you serve well and are faithful to yourselves and our Guard members, then you can expect the success that goes with it.

**Pupukahi:** In order for any organization, such as the National Guard, to function and interface well with the Army or Air Force, it is often said that this is only accomplished on a personal basis, from its commanders down to the individual airman or soldier. Do you have any particular way or manner that you expect the individual airman or soldier to conduct themselves?

**Maj. Gen. Lum:** I feel this question can be answered with one word—PROFESSIONALISM, but I can see you want more detail. I am referring to personal standards of appearance, conduct and job performance. For the officers and NCOs, it becomes important to add socialize with your contemporaries in the active components in order to know them better. Professionalism also includes taking your job seriously and completing each task the best way you know how.

**Pupukahi:** What areas in the National Guard do you plan to increase or decrease emphasis in? Do you plan any change in the direction the National Guard is presently going?

**Maj. Gen. Lum:** Presently, the Hawaii National Guard is making good progress toward attaining readiness objectives. However, there are a couple of directed areas of interest that will be emphasized and those are physical fitness and weight control. We are going to have to stress these two areas in concert with the Army and Air Force. In general, I do not see any major shifts in direction other than stressing professionalism and requiring leaders to be responsible or accountable for their actions.

# Military training worth credits

by 2nd Lt. Curtis Matsushige  
117th Public Affairs Det.

Guardspersons returning from military schooling or training and those persons with past military training and who are now in school may be able to get college credits for their training.

These credits may be applied towards a certificate or bachelors degree at the University of Hawaii or Community Colleges. This addition to the College Credit Equivalency Program was enacted in May.

In this program, the University or Community College, at their discretion, can award college credits for military training or past military experience in certain fields.

On returning from any military schooling or training, the soldier should contact the Education Center at Ft. Shafter, Tripler, or Schofield if they are in the Army Guard, or Hickam AFB if they are in the Air Guard and pick-up DD FORM 295, Application for the Evaluation of Learning Experiences During Military Service.

One page of this four page form should be filled out by your Military Personnel Office (MILPO) and signed by the MILPO Officer. The completed form along with a copy of your Personnel Qualifications Record, DD FORM 2-1 is returned to the Education Center.

Don Kurihara, Director of Ft. Shafter's Education Center, suggests to list on the form and all training and experiences. You should also have some idea of what type of degree program and which colleges you might be interested in attending. There are counselors at the center to help you, if you need assistance.

Once the form is completed, several determinations can be made with the aid of a counselor.

1) What equivalent credits might you receive for your military schooling and experience.

2) Will credits apply to your degree or be used as elective credits.

3) What courses do you have to take to complete your degree requirements.

Harold Yokouchi, of the University of Hawaii Admissions and Records Office, said DD FORM 295 must be mailed to the college directly from the Education Center. The forms will not be valid if the student hand-carries them to the college.

If your unit would like to have a briefing on Skill Qualification Test, Educational Assistance Program, College-Credit Equivalency Program, or any other military education subject, you can arrange for a speaker by calling Chief Education Branch at 439-9385, 8 am to 4:30 pm, Monday thru Friday.

To schedule speakers for the weekend, the office must be notified by letter 30 days in advance. Address the letter to:

Commander  
US Army Support Command, Hawaii  
ATTN: APZV-PAP-E  
Fort Shafter, HI 96858  
SUBJECT: Request for Assistance

In your letter, list the topics that you would like to be briefed on. The Commander or XO could call the center ahead of time to discuss the topics and personnel available. Your letter should also include the date, time, and place of the briefing and the number of soldiers that will attend. Lastly, you should include the name and phone number of a point of contact in your unit.



**pupukahi**  
Department of Defense State of Hawaii  
**Pupukahi: Harmoniously United**

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## 'Doc' Howard stresses fitness

By Capt. Bud Bowles  
Hq. STARC, HARNG

Recommendations by the Hawaii Army National Guardsurgeon have affected everyone in the Hawaii Army National Guard.

They have changed the training, the food, and now, following his advice, could affect the future of many National Guard soldiers who must lose weight in order to stay in the National Guard.

The new weight control regulations have merely brought the missions of the Hawaii Army National Guard and his medical staff to the forefront. In addition, immunizations, sanitation inspections, and monitoring the Guard's physical fitness program also must be handled.

Subordinates and Hawaii Army National Guard staff contend that these medical responsibilities have been successfully handled due to the dedication of the Army Guard's surgeon, Col. Leonard R. Howard, a fulltime obstetrician-gynecologist at Kaiser Hospital.

### Dedication helps

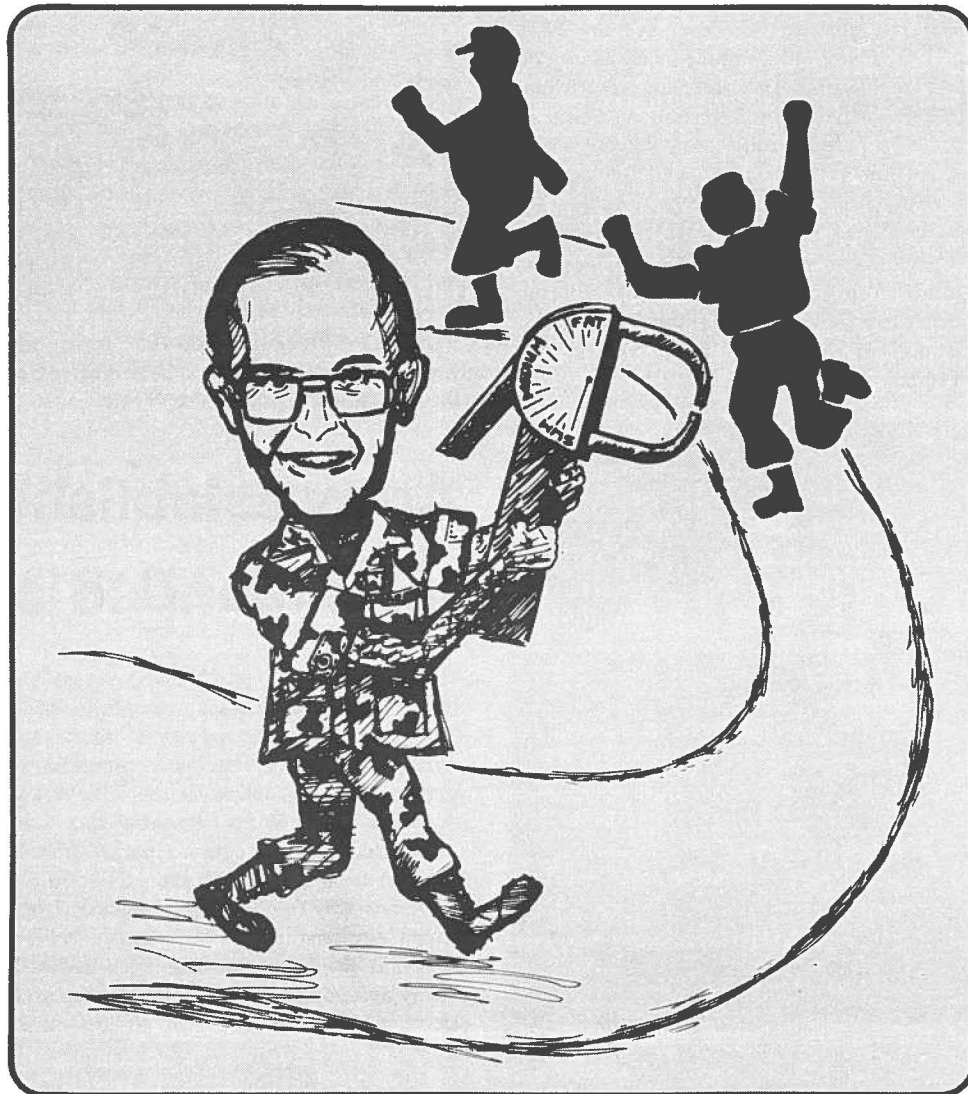
Howard's dedication has helped a Guardsman on several occasions. For example, when the Army initially recommended that the four mile march-run be done in full combat gear including boots and steel pot, Howard immediately donned the gear with the G-3 and took the test. He recommended that jogging shoes be worn instead because of possible foot injuries. The Guard eventually adopted Howard's recommendation as policy.

His recommendations also have changed mess hall standards. "We have to make sure that low calorie alternatives are provided so that people can select the right foods," said Howard.

Through the influence of a medical representative on the menu board there will be whole wheat bread, skim milk, and alternatives in desserts, like fresh fruits replacing cake, will be on the menus.

He has influenced exercise.

"One of my most gratifying moments in the Guard is seeing Headquarters Detachment out on Sunday doing stretching exercises and physical training. It's the sort of



thing I've been talking about . . . and it's nice to see that someone else is thinking along the same lines," said Howard, a fitness and diet proponent who has run six marathons since he joined the Guard in 1977.

Howard also designed the Hawaii Army National Guard's range medic program, an extensive two-day first aid course. The program trained a member of each unit to be medics on the firing range—freeing the medical detachment from the task which often interfered with their training. To date, over 170 persons have been trained in the program and is now being used nationally by individual units throughout the 6th Army region.

Howard recommends that individuals wishing to lose weight get a good understanding of calories and substitute low calorie foods for those higher in calories.

"One cup of fried potatoes contains only 480 calories, but a baked potato is only 68 calories, a saving of 412 calories. Alcohol is almost pure calories."

"Monitor your eating habits. Eat only at the table, not while watching TV. Snacks are generally high in calories. Manage your diet like a bank account . . . in order to lose weight you should stay under 2,000 calories per day."

"The worst thing you can do in the morning when you come to Guard drills is to eat a

donut," Howard said. "It stimulates insulin hormones and lowers your blood sugar, which makes you hungry."

"Losing weight is a serious lifestyle change. A two pound weight reduction per week involves a calorie reduction of 1,000 calories per day. It involves setting up a program to monitor yourself and staying on it forever."

### Visits units

The new weight control program has Howard and his nurses visiting the units periodically for counseling and weighing.

At the initial weigh-in, soldiers overweight will be given the skin caliper test. Nurses spend approximately 20 minutes measuring each individual. To reduce error, the nurses measure tissue on biceps, triceps, shoulder blades and waist three separate times, and then they average the different readings.

"The skin caliper is an objective means of measuring fat, but it's difficult to get the same reading on two different occasions," said Howard.

After determining the amount of weight loss needed, the individual is counseled by a nurse.

A talk with Dr. Howard about fitness reveals his dedication to fitness in the Guard.

### Fringe benefit

"Staying in the Guard is just a fringe benefit of maintaining your weight," Howard said. "The main benefit is that you'll live longer."

"Make up your mind that you want to lose weight; believe that anyone can lose weight if he wants to; and recognize that anyone who is grossly obese (50% over desired weight) is a "food-a-holic" and should eat only as much as required, not as much as they want."

Although he recommends a regular exercise program, Howard warns not to expect exercise to be an all around solution for weight loss: "You have to run 33 miles to burn off one pound of fat. Two exercises that do help you to lose weight are shaking your head from left to right when anyone mentions more food and dessert, and pushing yourself away from the table after the first helping."

## Affects soldiers 40 years and older

# New physical standards established

"Let's get physical . . . physical, physical," is the chorus line of a recent popular musical hit and soldiers of the Hawaii Army National Guard are singing more and more of the tune today.

With the growing emphasis on physical fitness nationally and the recent change to the Army's Physical Readiness Test, Army Guard soldiers, young and old alike, are beginning to have these musical lyrics in a different light.

In efforts to adopt higher fitness standards, the Army Guard's Physical Fitness Test is getting tougher. And it's all up to the individual soldier, young and old, to be able to meet up to the new standards.

The Army Guard's physical fitness test presently consist of only completing a four mile march/run in one hour. To complete four miles in one hour is not hard, in fact, people who are not in top physical condition

can complete the four miles with a little effort in about 48 minutes.

However, beginning this Fall, the test will be changed and expanded to include push-ups and sit-ups and will include a faster paced two mile run.

If you do not exercise regularly, the number of repetition and time required to complete these exercises in, will be rough on the shoulders, stomach and thighs. And it will definitely be frustrating for you if you do not complete the events in time or make the required number of repetitions.

Although Army Guard soldiers will continue with the four mile march until October, Army Guard soldiers will be required to do push-ups and sit-ups. Individual test results will be scored on a GO/NO GO basis.

Even Guard soldiers over 40 years old will be required to do sit-ups and push-ups. See the accompanying chart for the number of required repetitions.

### PASSING REPETITIONS/TIMES

AGE GROUP	M/F	M/F	M/F
	Push-Ups	Sit-Ups	Two mile Run
17-25	40/16	40/27	17:55/22:14
26-30	38/15	38/25	18:30/22:29
31-35	33/14	36/23	19:10/24:04
36-39	31/13	34/21	19:35/25:34
40-45	20/10	25/15	20:26:00
46-50	20/10	25/15	21:27:00
51-55	15/8	20/10	22:28:00
56-60	15/8	20/10	23:29:00

The table above shows the repetitions/times required to pass the Army physical readiness test and maximum scores in each event. Males are listed on the left and females on the right. The time limit for push-ups and sit-ups are two minutes each.



# Air Guard dedicates HIROCC

By Maj. Arthur I. Kimura  
169th AC&W Sq

The future home of the Hawaii Region Operations Control Center (HIROCC), which will be operated by the Air Guard's 169th Aircraft Control and Warning Squadron, will be dedicated during special ceremonies Sept. 17, at Wheeler Air Force Base.

The HIROCC is one of six USAF Regional Operations Control Centers that make up the Joint Surveillance Service (JSS). Together with two ROCCs operated by the Canadian Forces, the eight ROCC system will have a primary mission during peacetime of air superiority and surveillance.

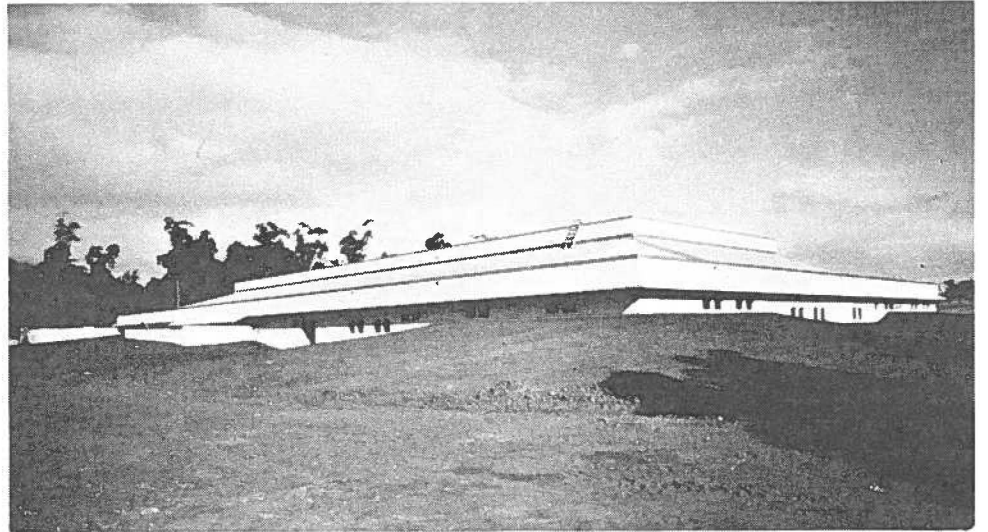
Each ROCC will be comprised of automatic data processing equipment, display consoles, and communications. The JSS is replacing a 20-year-old air defense system.

The most dramatic modernization of the

data processing and display equipment is evident in comparing the size of the computers of the old and new systems. The older computer requires the size of a basketball court compared to the ROCC computer which requires space approximately the size of a filing cabinet.

Locally, the ROCC will replace the present manual air defense system. The HIROCC will utilize inputs from radar units located at Kokee Air Force Station on Kauai and Kaala Air Force Station on Oahu in order to provide continuous detection and identification of aircraft and air defense training with the 199th Tactical Fighter Squadron's F-4C and other military aircraft.

Selected operations and maintenance personnel from the 169th AC&W Sq are currently in ROCC training at various technical schools at Keesler Air Force Station and Tyndall Air Force Base.



NEARLY COMPLETED—The future home of the Hawaii Regional Operations Control Center at Wheeler AFB will be dedicated Sept. 17. The HIROCC will house and be operated by the Air Guard's 169th AC&W Sq.



Airline TRAVEL AVAILABLE—A Scheduled Airlines Traffic Office (SATO) recently opened at the USPFO building in Diamond Head Crater. The office now offers guardsmen the opportunity to arrange official and personal travel at one convenient place.

Hawaii Army National Guard photo by 2nd Lt. Curtis Matsushige

## SATO office opens

By Master Sgt. Kim Lo  
117th Public Affairs Det.

A Scheduled Airlines Traffic Office (SATO) is an airline ticket and reservations office which provides passenger and/or cargo services at certain military installations and other government agencies. The purpose of SATO is to service official passenger and/or cargo transportation requirements. In addition, a SATO will provide the same services to unofficial travelers.

A main office of SATO is presently located in the Federal Building on Ala Moana Blvd.

A National Guard branch office of SATO opened July 29 in Diamond Head Crater at the United States Property and Fiscal Office building (Room 303) and will provide the same services as its main office.

The structure of the SATO program was developed to provide the Department of Defense and other government agencies with timely and cost-effective transportation services. It is set up to assist the Department of Defense in troop movements should a national emergency arise.

During a national emergency where large troop movements are necessary, SATO will assist military officials to move these troops via civilian airlines.

The branch office of SATO at the USPFO office in Diamond Head Crater will assist the National Guard, Reserve, and FAA in scheduling flights for personnel going to the Mainland for service schooling or business.

Mrs. Ginger Kolonick, manager of both SATO offices, encourages Guard and Department of Defense personnel to also use SATO in planning all their airline travel

needs, whether it be to a neighbor island, to the Mainland, or to a foreign country. Because SATO does not depend on a profit to stay in business, it will assist individuals in securing the best and most economical means in getting to their desired destination.

SATO will also put together vacation packages for families, arrange hotel/motel reservations, car rental reservations, and other travel requirements.

If you are going away to a service school and want to take a delay in route to visit friends or relatives, or if you are planning a two-week vacation, or if you just plan to go to Maui for the weekend, call or visit SATO and their agents will assist you in planning your travels.

## Job security strengthened

WASHINGTON—National Guard and Reserve members now can feel more secure about civilian job retention when participating in military training, according to the National Committee for Employer Support of the Guard and Reserve.

The security comes with the rescission of a 1982 Labor Department policy that sought to limit the amount of military training a member could receive and still claim re-employment.

To claim job reinstatement after military duty, members must request a leave of absence from the civilian employer, present any required military orders, and report back to work immediately after the training.

## Army establishes aviation branch for expanded combat role

WASHINGTON (ARNEWS)—Establishment of a separate army aviation branch has been approved by Secretary of the Army John O. Marsh Jr. The new branch headquarters will be located at the U.S. Army Aviation Center at Fort Rucker, Ala.

The decision to create a separate branch resulted from a study of Army aviation requirements by the Army Training and Doctrine Command in Fort Monroe, Va., which said that new battle doctrine has broadened Army aviation's role as a combat maneuver element. This, in addition to personnel

management considerations, explained Army Chief of Staff Gen. E.C. Meyer, made formation of a separate aviation branch necessary.

"The decision to make aviation a separate branch will not change the basic nature of Army aviation and its mission," said the Army's aviation officer, Brig. Gen. E.D. Parker. "It also does not affect the close air support of the Air Force." The effect of the two decisions, he added, will be "the full integration of Army aviation into the combined arms team."



FIRST HARG FEMALE AVIATOR—Col. Irwin Cockett, Army Guard commander, and Maj. Eugene Young, state aviation officer, pins on the warrant officer's bars for Marian Kuzma. Kuzma will become a helicopter pilot assigned to Hq, STARC, HARG and is the first female aviator in HARG.

## Army Guard appoints first female helicopter pilot

Warrant Officer Marian Kuzma, a civilian instructor pilot for the past three years, will become the Hawaii Army National Guard's first female helicopter pilot, after successfully completing training at Ft. Rucker.

Kuzma was commissioned as a warrant officer in July and will attend the three-month helicopter qualification course at Ft. Rucker, Ala.

Col. Irwin Cockett, commander of the Hawaii Army National Guard, noted that as a helicopter repairer with the 1293rd Aviation Company for the past 19 months, Kuzma already has proven herself to be "a valuable asset" to the Hawaii Army National Guard.

Kuzma, 28, said she joined the Hawaii Army National Guard in January, 1982 with the intention of improving her civilian flying skills and because she was impressed with the National Guard's mission.

As a civilian instructor pilot, Kuzma holds a multi-engine rating and has logged 1,500 flying hours. She has a commercial flying license with instrument rating.

Kuzma was able to obtain her warrant officer's commission because of her commercial flying skills, after being a member of the Hawaii Army National Guard for 18 months. She is currently a cargo pilot for Rainbow Islands Cargo.

As for being the first female Hawaii Army National Guard pilot, Kuzma said: "I think I am lucky. There were many women before me who, for whatever reason, could not make it. Under the conditions and restrictions placed on women in the National Guard, I feel extremely appreciative for the honor bestowed on me."

As for combat mission for women soldiers, Kuzma said she is willing to do whatever is asked of her by the military.



## Silva selected new HARNG chief of staff



Silva

Col. Gerald J. Silva was recently selected as the chief of staff for the Hawaii Army National Guard (HARNG). Silva, born on Maui, is a 1960 ROTC graduate of the University of Hawaii, and served on active duty as a senior electronics instructor at the Air Defense School at Fort Bliss, Texas.

Silva joined the HARNG in 1963. His assignments have included five years as a fulltime supervisor on HARNG's Nike missile sites during the 1960's and an assignment as the assistant S-3 for training and evaluation for the 298th Artillery Group. He later served as the public affairs officer for the Adjutant General of Hawaii. He then served on a short tour at the National Guard Bureau in public affairs before leaving the fulltime program to work in several civil

service assignments for the Army, Navy, the Office of Management and Budget, and the Office of Personnel Management. During that period he held drill status assignments in mobilization planning, as the HARNG Inspector General and then as the G-2.

Silva graduated with a bachelor's degree in Secondary Education (Math and Science) and has done graduate work in Communications. He graduated first in his class in the Air Defense Staff Officers Course and the Nuclear Weapons Employment Course, and with honors from the DOD Public Affairs Officer course. He is also a graduate of the Command and General Staff Course during which he was named as the Outstanding Student, and the National Security Management Course.

## English selected Defense's employee of year; competes for state honors

Mrs. Emmaline M. English, an office manager for the Department of Defense on Kauai recently received the Adjutant General's Award at the department's Retirement and Service Awards Luncheon at the Hale Koa Hotel on Oahu.

Mrs. English received the Adjutant General's Award for meritorious and dedicated service rendered during the Hurricane Iwa disaster. She displayed exceptional initiative, devotion to duty, and professional competence in providing invaluable assistance to

civilians, Guard personnel and Kauai Civil Defense authorities during the hurricane ordeal.

As guest of honor at the luncheon, Mrs. English was flown over to Oahu to receive her award. She was adorned with maile, pikake, carnation, and a multitude of flower leis. Her face could barely be seen after all the presentations! Her fellow workers on Kauai sent over six flower leis.

As a gesture of mahalo, Mrs. English danced a hula to "Beautiful Kauai." Live music at the luncheon was provided by the HANG Ohana Hawaiian Group.

Mrs. English has worked in the state government for 29 years and is presently at the Hawaii Army National Guard's Kapaa Armory as a civilian worker. She is a member of the Order of Kamehameha Women's Auxiliary, was the first woman chairperson of the Kauai Democratic Party, supported the Girl Scouts of America, the American Cancer Society, and is a member of many other civic groups.

The luncheon was at the Banyan Tree Room at the Hale Koa Hotel in Waikiki. On the menu were tenderloin tips sauteed with mushrooms, tomatoes, garlic and red wine sauce, served on French bread and topped with Bearnaise sauce and broccoli with parmesan cheese, Hale Koa salad, ice cream cake, coffee, tea and rolls.

Mrs. English previously received the Hawaii National Guard Commendation Medal for her dedicated duty during the hurricane and is a nominee for the Governor's Award for Distinguished State Service.



English



**SUPERKID OF A FRIEND**—Tech Sgt. Manuel Silva, 201st Combat Communications Flight on Maui hams it up with Kenlyn Houpo during Maui's Superkids Day. The 201st's participation in the American Lung Association's Superkids Day was one of the many community relations activities that the 201st received recognition for by Mrs. Jean Ariyoshi.

Hawaii Army National Guard photo by Sgt. 1st Class Wayne Iha

## 201st volunteers recognized by Hawaii's first lady

Mrs. Jean Ariyoshi, Hawaii's first lady, recently presented the 201st Combat Communications Flight CCBMTCF with the First Lady's Outstanding Volunteer Award on Maui.

Maj. Charles Darby II, commander of the 201st CMBTCF, received the award from Mrs. Ariyoshi at a ceremony held at St. Anthony's Church in Wailuku, Maui. The 201st CMBTCF was one of five Maui representatives to receive the coveted awards.

The unit supported the March of Dimes Campaign with more than 180 manhours of

work, assisted the Maui Health Fair, assisted with the surplus cheese distribution program and co-sponsored the American Lung Association's Superkids Day.

The 201st CMBTCF continues to provide free cardio-pulmonary resuscitation classes (CPR), as it has since 1978. It also sponsors a "Lifesavers Club" through the Blood Bank of Hawaii.

Staff Sgt. Gary Brito represented the 201st CMBTCF at a ceremony held at Washington Place in Honolulu.

## First in Nation

# Guard trains Aero Scouts here

Nine Hawaii Army National Guard soldiers recently became the first in the nation to be trained as aerial scout observers by a reserve component.

In the past, Hawaii Army National Guard soldiers were dependent upon instructors from the 25th Division to qualify as "Aero Scouts Observers."

The completion of the "Aero Scout" school, established by the Hawaii Army National Guard, was marked by a unique formation flight of 10 OH-58 observation helicopters.

Chief Warrant officer Clifford Brunsting, instructor pilot with 25th Division said Hawaii Army National Guard soldiers, whether as individuals or as a group, function in "a very professional manner."

Brunsting, a member of C Troop, 3rd Squadron, 4th Cavalry, also served on the Army's Evaluation Team for the Guard's Troop E, 19th Cavalry.

The National Guard soldiers are members of Troop E (Air), 19th Cavalry which has its headquarters in Wahiawa. According to

Capt. Nelson Tanaka, operations officer for Troop E, Hawaii is one of a few states which provide this rigorous special training.

Training for the nine Hawaii Army National Guard soldiers took nearly a year. As "Aero Scout" observers, the National Guard soldiers can now work as navigators during special maneuvers where the OH-58 helicopters are required to fly Nap of the earth, where a helicopter utilizes the terrain and trees to conceal its movement.

In addition, the "Aero Scouts" were prepared for combat reconnaissance missions where they would be required to turn in situation reports, call for fire support and coordinate other fire missions.

The special training program was established for the Hawaii Army National Guard by 1st Lt. John McCravey. The platoon commander is Capt. Clifford Flores.

The new "Aero Scout Observers" include: 2nd Lt. Randall Ichiyama, Sgt. Kenneth Bargamento, Sgt. Dennis Kim, Sgt. Raynar Sedeno, Sp5 Alfred Malrano, Sp4 William Kapua, Sp4 Jon Waltien, Sp4 Glenn Alana and Sp4 Alvin Paterson.



**1ST CLASS TO GRADUATE**—Nine Hawaii Army National Guard soldiers recently became the first class to graduate from the aero scout observers school taught by the Guard. In their new duties, the aero scouts will serve as the navigators for Troop E (Air), 19th Cavalry OH-58 observation helicopters when the aircraft flies Nap of the Earth, where the helicopter pilot uses the terrain and trees to conceal its movement.





**HICKAM ARRIVAL**— Pvt. Richard Williams, of Hilo, unfurls the colors of Combat Support Company, 2nd Bn, 299th Inf, after arriving at Hickam AFB for Annual Training 1983. Williams and 2,300 other citizen soldiers from the Army Guard trained at various Army training areas in Hawaii Army National Guard photo by Sp4 Wayne July 23 to Aug. 6.



**DUSTOFF**—PFC Wanda Brown, 229th Medical Company, guides a 68th Med Det helicopter into a landing zone at Dillingham Airfield during a simulated medical evacuation. Hawaii Army National Guard photo by Staff Sgt. Dennis Fujii



**READY, AIM**—Sp4 Donald Kopeka, Company 299th Inf, sights on the target with a TOW anti-tank



**EASY DOES IT**—Members of the 298th Engineer Detachment lift a roof frame on top a building at the Keaukaha Military Reservation during their two weeks of annual training. Hawaii Army National Guard photo by Capt. Bud Bowles



**PREPARING A ROUND**—Sp4 Edwin Kanui and Company, 2nd Bn, 299th Inf, prepare a round for the Hawaii Army National



# AT '83

## Two weeks of intensive training pays off for Army Guard citizen soldiers

By Staff Sgt. Dennis Fujii  
117th Public Affairs Det.

Assaulted by bellowing voices, clanging of metal, roaring engines and the ever familiar command, "FALL IN", the quiet of one Saturday's early morning, recently came to an abrupt halt.

While Hawaii Army National Guard soldiers in Hilo and other Guard armories around the Big Island of Hawaii prepared for their deployment to Schofield Barracks, Army Guard soldiers on Oahu started their movement to Schofield Barracks and the Big Island's Pohakuloa Training Area (PTA).

Arriving from the Big Island on board Wyoming Air National Guard C-130's, Hawaii Army National Guard soldiers began two weeks of intense annual Army

training.

From 23 July to 6 August, more than 2,300 Hawaii Army National Guard soldiers spent Annual Training 1983 (AT '83) sharpening their soldiering skills at Schofield Barracks and other Army training areas around the state.

Hawaii's citizen soldiers, consisting of full-time businesspersons, college students, government employees or plantation workers, donned their steel pots and familiar Army Green fatigues or Camouflage Battle Dress Uniform (BDU) for 15 days.

From the "Hiki No" artillery gunners of the 1/487th FA firing their 105mm howitzers at PTA, to the air lifting of combat engineers of the 227th Engineer Company from Kahuku's Puu Kapu of Makua Valley for demolition training, Army training to enhance the Guard's soldiering skills was emphasized

throughout AT '83.

Whether the Army Guard's soldiers from the 29th Infantry Brigade and Headquarters Installation Command were operating from Tent City in Area X or in the Kahuku hills, or the dusty plains and cinder cones of PTA, Hawaii's citizen soldiers often-times found themselves working side-by-side with their 25th Infantry Division counterparts.

"Without the cooperation and support of the 25th Infantry Division, annual training for our Army Guard soldiers would be extremely difficult," said Col. Irwin Cockett, commander of the Hawaii Army National Guard.

"However, Maj. Gen (William H.) Schneider, his staff and commanders provided the Hawaii Army National Guard with expertise and guidance whenever needed," concluded Cockett.

Under the Roundout Program, for many

of the Army Guard soldiers working with their sister unit is common. Many commanders and senior NCO's from the Guard and the 25th Infantry Division work together during the Guard's drill weekends. Thus, working together during AT '83 posed no difficulty. Indeed, if one did not notice the different shoulder patches, the soldiers appear to belong to the same unit.

From river crossings to M-60 door gunnery firing from the UH-1H "Huey" to level one ARTEP evaluations, this annual training posed many challenges. Challenges which soldiers from the Hawaii Army National Guard successfully met.

After completion of their two weeks of intensive Army training, Hawaii's citizen soldiers returned to their civilian occupations and life styles, Aug. 6.



id Bn, Schofield Barracks.  
pon at Hawaii Army National Guard photo by Sp5 John Atkinson



WATCHFUL EYES—Sgt. Lee Omoso, 829th Maintenance Company, repairs an M-16 rifle while Commander in Chief, Gov. George R. Ariyoshi and Sp4 Beverly Shibata looks on. Ariyoshi made his annual visitation to Army Guard soldiers training during AT '83.

Hawaii Army National Guard photo by Staff Sgt. Lloyd Kurashima



Mesley Moniz, Combat Support Com-  
ech mortar at Schofield Barracks.  
ard photo by 2nd Lt. Angela Gibson



SOME LIKE IT HOT—Sp4 Spencer Lane, 291st Maintenance Company, welds beneath an Army Guard vehicle while using his steel pot to brace his head.  
Hawaii Army National Guard photo by 2nd Lt. Angela Gibson



NIGHT VISION—CWO2 William Smolinski, Troop E (Air), 19th Cavalry, conducts a preflight while wearing the Army's latest night vision apparatus used when Army aviators fly at night.

Hawaii Army National Guard photo by Staff Sgt. Lloyd Kurashima



# Eleven lieutenants commissioned

Commencement exercises were held recently at the Hale Koa Hotel for the commissioning of 11 new Hawaii Army National Guard second lieutenants.

Graduating from the Guard's Hawaii Military Academy, the 11 new lieutenants successfully completed 13 months of military training at the Hawaii Military Academy's Officer Candidate School.

The top graduate, 2nd Lt. Kent Tsutsumi received the Distinguished Graduate's Award for his outstanding performance and academic excellence. He also received the highest physical training rating for his class.

The Honor Graduate's Award was presented to 2nd Lt. Matthew Nagasako who also received the highest leadership rating in his class. The Highest Academic Award was presented to 2nd Lt. Stephen Logan. The Most Improved Award was presented to 2nd Lt. John Kakazu.

Following the oath of commissioning, family members and friends joined in as the golden second lieutenant's bars were placed on the shoulders of the new lieutenants' uniforms.

Military dignitaries attending the ceremonies included Maj. Gen. Alexis T. Lum, state adjutant general; Col. Irwin Cockett, commander of the Hawaii Army National Guard; commanders of the Guard's major commands and units where the new lieutenants will be assigned.

The August graduation marked the 21st class to graduate since the academy began in 1962.



**TOP WINNERS**—2nd Lt. Matthew N. Nagasako, Co. C, 1st Bn, 299th Inf, (right) proudly displays some of the trophies and awards he recently received during his OCS graduation. Assisting Nagasako hold up the Adjutant General's Award is Maj. Gen. Alexis T. Lum, state adjutant general. Other award winners includes 2nd Lts. Stephen Logan, Kent Tsutsumi and John Kakazu. Col. Irwin Cockett, Hawaii Army National Guard commander stands proudly next to some of the Guard's newest lieutenants.



**FORWARD MARCH**—Artillery gunners from the 1st Bn, 487th Field Artillery are cheered on by 25th Inf Div soldiers as the guard soldiers begin the first leg of a 106 mile march commemorating the 208th birthday of the Army earlier this summer.

Hawaii Army National Guard photo by 2nd Lt. Angela Gibson



**DOUBLE TIME MARCH**—25th Inf Div and 29th Inf Bde soldiers finish up a relay run from Kolekole Pass to the King Kamehameha statue as Army Guard soldiers from 29th Inf Bde and 1st Bn, 487th Field Artillery encourage them at the finish line.

Hawaii Army National Guard photo by 2nd Lt. Angela Gibson

## Total Army participation

# Guard marches for Army's birthday

Soldiers of the 25th Infantry Division, Guard's 29th Infantry Brigade, and 1st Battalion 487th Field Artillery, marched 106 miles in the "Second Around the Island Road March," in June to commemorate the Army's 208th birthday.

A relay run called, "The Footsteps of the Kings" in which a proclamation and memento was carried by runners from Kolekole Pass to the Statue of King Kamehameha the First in Honolulu, kicked off the road march.

The proclamation signed by Governor George R. Ariyoshi addressed the role of the warrior in Hawaiian History and the relationship of the Army and the Hawaii Army National Guard in the Hawaiian community. The reading of the delivered proclamation started the march.

On the first day of the march the 29th Bde trekked from the statue of King Kamehameha the Great to Fort Ruger.

On the second day, two units marched from different starting points. The 1st Brigade of the 25th Infantry Division marched from Bellows AFS to Kualoa Re-

gional Park while the 65th Combat Engineering Battalion traveled on LPC's from Makua Military Reservation to Nanakuli Beach Park.

On the final day of the road march, the 1st Brigade of the 25th Infantry Division marched from Kualoa Regional Park to Hauula Beach Park. The 2nd Brigade of the 25th split into two units, the first unit covered a Hauula Beach Park to Waimea Bay route. At Waimea Bay, the second half of the 2nd Brigade completed the 106 mile ordeal from Waimea Bay to Lyman Gate at Schofield Barracks.

Throughout the three day march, the curious and well wisher lined the route travelled by the more than 1,600 soldiers that participated in this celebration.

The reason for the segmented route was to afford the community throughout the islands a chance to view the marching soldiers. The chosen route also maximized safety for the soldiers and provided a minimum traffic hazard to motorists traveling on the roadways.

In his proclamation, Ariyoshi called upon all his fellow citizens, during Hawaii Army Week, to continue to demonstrate their warm aloha to the members of the U.S.

Army, U.S. Army Reserve, and Hawaii Army National Guard by being their good friends and neighbors and by acknowledging

with deep gratitude the sacrifice they are asked to make in keeping our Nation the hallmark of freedom and justice for all.



**STRETCH IT TO THE LEFT**—Hawaii Army National Guard soldiers and airmen stretch to the directions of Janice McDonald, host of a morning exercise show at Hickam AFB during Armed Forces Week earlier this summer.

Hawaii Air National Guard photo





**COACHED BY THE BEST—** The Honorable Eileen R. Anderson, mayor of the City and County of Honolulu recently presented the state flag and a proclamation to the Hawaii Kai Bobby Sock All-Star team. Representing the team were Lois Manin (left) and Kimi Yamashiro and team coach, Ben Almadova. The team will represent the state in the Major National Bobby Sock Softball Championship held in Southern California. Almadova, a fulltime technician and administrative NCO with the Hawaii Military Academy has been coaching the team on his off-duty time for the last several years.  
Hawaii Army National Guard photo by Staff Sgt. Dennis Fujii

## 154th Clinic deploys to Japan

The 154th USAF Clinic last month returned from a two-week training deployment to Yokota Air Base, Japan.

According to Col. (Dr.) Walter W.Y. Chang, commander of the 154th USAF Clinic, the deployment was a success and provided job related experience and mobility orientation the unit.

The deployment also provided an orientation for the type environment and facility the clinic people would have to operate in during a deployment to West PAC.

The two week deployment involved 50 Air Guard members, 43 clinic and seven personnel assigned to the 154th Composite Group.

Highlighting the trip to Japan was a Hawaiian luau prepared by members of the 154th USAF Clinic for the staff of the USAF Hospital at Yokota AB.

## Army develops new look

# Uniform changes affects individual soldiers

**EDITOR'S NOTE:** The following article on uniforms is a reprint from the National Guard magazine.

The Army is changing the uniforms we wear. From the durapress fatigues, to the Battle Dress Uniform (BDU). From the khaki uniform, to the green shade 415 shirt.

Along with the new uniforms, new regulations have come out. These new regulations tell us not only how to wear it, but what is to be worn with what.

The BDU, the most comfortable utility uniform ever worn by soldiers, is worn exactly as it is made. Alterations of any kind are not allowed, no seams, tucks or pressing are allowed. Permanent press, the BDU is not to be ironed or starched. Either of these treatments to the uniform will decrease the special anti-infrared detection substance in the material. Wash and wear is the order.

BDU requires a belt and pants are bloused. Sleeves may be rolled up at the discretion of the commander. Strings that dangle from the uniform must be removed by cutting them. There is a modified BDU version for pregnant soldiers.

The undershirt this year is the green or brown T-shirt for the active Army. National Guardsmen will be allowed to wear the white, green or brown T-shirts until Sept. 30, 1984, after that, Guardsmen can only wear the green or brown T-shirts. The Army will be required to wear only the brown T-shirt starting Jan. 1984.

Insignia for the BDU is limited to subdued rank on the collars, positioned exactly like the old fatigues, one inch up from the tip of the collar and centered. Name and U.S. Army tags are authorized and only state and unit patches on the shoulder sleeves are allowed.

The BDU cap can be worn only with the BDU, unless you are a pilot and then it can be worn with the flight suit. Only subdued rank for enlisted soldiers can be worn on the cap, and officers can wear the non-subdued rank insignia. The cap will be placed in the lower right leg pocket when not in use. If the unit wears special berets or other special headgear, that headgear is authorized with the BDU.

Boots will continue to be the black combat boot that requires shining even when wearing the BDU. Olive green socks are required wear with this uniform. Guardsmen and Reservists will be required to wear the BDU by Oct. 1, 1985.

The cotton sateen shirt and trousers and the OG-507 dura-press fatigue uniforms may still be worn by Guardsmen until Sept. 30, 1985. This olive drab uniform has been around since the Vietnam War. However, the dura-press and the cotton sateen styles cannot be intermingled even though they are of the same design.

The BDU is intended to be loose fitting; and alterations to make them form fitting are not authorized. The dura-press uniform is not to be starched. When the OG-507 uniform is worn, the shirt is to be tucked in the trousers, with a black-tipped belt and buckle. Pants are bloused over the black



**New Hawaii Army National Guard Look**

combat boots. Again, only green socks can be worn. Sleeves are rolled up when prescribed by local commanders.

Subdued shoulder sleeve insignia, current and former wartime units, are worn with this uniform. Combat leaders identification, distinctive unit insignia, Ranger tab, bib-type branch of service scarves or camouflage scarves may be worn. The subdued combat, special skill, drill sergeant and career counselor identification badges can be worn. All special military police markings can be worn with either the BDU or OG-507 uniform.

The utility cap, more commonly called the baseball cap, is to be worn only with the dura-press uniform; the BDU cap cannot be worn with this uniform. Enlisted members and officers may wear the unit crest on the cap placed directly above the rank insignia. Officers are allowed to wear the non-subdued rank insignia; enlisted members can wear only the subdued rank insignia. Special berets can be worn when authorized by major command commanders.

**More on uniforms next issue.**

## Army establishes new height/weight standards

Weight is becoming a heavy subject for Guardsmen because of the new weight control regulation that began July 15.

The program has more stringent guidelines, measures body fat percentages to compensate for differing body types. It also contains a definite timetable for weight loss, and may require dismissal from the Guard if no weight loss occurs.

Under the new program, soldiers will be weighed every six months to determine if they are within weight standards for their size and age. If they are overweight, they are sent to the Guard's medical section for skin

caliper tests to measure the percentage of body fat. They are also screened to determine if weight loss might be detrimental. The skin caliper tests are to prevent the possibility that someone might be classified as overweight but who merely has greater than average muscle mass.

Once on the weight program, the Guard soldier is weighed monthly. If he shows no weight loss after any two consecutive monthly weigh-ins, or gains weight during any month, he is subject to separation from the Guard. But if he makes his desired weight limit, but later exceeds it, he is again subject to separation from the Guard.

Hght.	MALE				FEMALE			
	17-20	21-27	28-39	40+	17-20	21-27	28-39	40+
58	—	—	—	—	104	107	110	113
59	—	—	—	—	107	110	114	117
60	132	136	139	141	111	114	117	121
61	136	140	144	146	115	118	121	125
62	141	144	148	150	119	123	126	130
63	145	149	153	155	123	126	130	134
64	150	154	158	160	126	130	134	138
65	155	159	163	165	130	134	138	142
66	160	163	168	170	135	139	143	147
67	165	169	174	176	139	143	148	151
68	170	174	179	181	143	147	151	156
69	175	179	184	186	147	151	155	160
70	180	185	189	192	151	156	160	165
71	185	189	194	197	155	159	164	169
72	190	195	200	203	160	164	169	174
73	195	200	205	208	165	169	174	179
74	201	206	211	214	170	174	180	185
75	206	212	217	220	175	179	184	190
76	212	217	223	226	180	185	190	196
77	218	223	229	232	184	190	195	201
78	223	229	235	238	189	194	200	206



# Noelani captures Ahi honors

By Maj. Myron Dobashi  
150th Aircraft Warning and Control Sq.

The 150th Aircraft Control and Warning (AC&W) Squadron, Hawaii Air National Guard, hosted its third annual Goodwill Ahi Tournament, June 29-July 1, 1983.

Tournament Directors included Lester Matsushima (General Chairman), Melvin Kauahi, Harvey Maeda and Myron Dobashi and the steering committee from the previous year's tournament.

Tournament rules were changed to accommodate more Air Guard participation. Also, a sixth category, the Most Fish—Mixed, was added to include credit for other fish caught during the chase for the ahi.

Seventeen teams entered this year's competition. Three teams from Oahu; four teams from the 202nd Air Traffic Control Flight (ATCF), Barking Sands, Kauai; and ten teams from the host unit made their commitments by the April deadline.

One Oahu team, KALAI, Bill Mossman, owner/skipper, motored across the channel. Five of the 17 teams registered with small boats (under 19½ feet)—KIOWA, MYRAN, APRIL Y, STACEY LU and GRACE M.

Overall results for the three day tournament outclassed last year's tournament, but the super results of the 1981 tournament still remains as the all-time record yet. For the '83 tournament, 18 ahi were caught with a total weight of 2,336½ pounds, and eleven of the 17 teams boarded at least one ahi during the three days of fishing. To keep things interesting, the daily jackpot included the heaviest fish and a drawing for the "catch-of-the-day."

For the final tournament standings (categories and winners), three teams were two-category winners:

**LARGEST AHI:** 193½ pounds—Noelani D team aboard the NOELANI D, 24' Radon; Alfredo Remata, team captain; Randy Miyao, skipper; and crew members, Gordon Camat and Chris Olores. Remata and Olores are members of the 202nd ATCF and Camat is a member of the 150th AC&W Squadron.

**SECOND LARGEST AHI:** 166 pounds—Da Kauai Producers team aboard the TRACEY M, 24' Luger; Clifford Tsuyama, team captain; Fred Fujii, skipper; and crew member, Arnold Leong. Tsuyama and Leong are members of the 202nd ATCF.

**MOST AHI:** Three ahi with a total weight of 489 pounds—Noelani D team aboard the NOELANI D, one caught on day 2 and two caught on day 3.

**LARGEST MARLIN:** 123 pounds—Da Kauai Producers team aboard the TRACEY M, caught on day 3.

**LARGEST AHI for Boats Under 19½ Feet,** 133 pounds—Hawaiian Time team aboard the KIOWA, 18' Original; Van Warren, team captain; Richard Muraoka, skipper; and crew members, Byron Wong and Duggie Brandt. Warren is a member of the 201st Mobil Comm Squadron from the Big Island, and Wong and Brandt are members of the 202nd ATCF from Barking Sands.

**MOST FISH-MIXED (new category);** Hawaiian Time team aboard the KIOWA, 2 ahi, 32 aku, 3 kawa kawa and 3 ono.



**MOST AND LARGEST AHI**—The smiling crew members of the Noelani D, (from left) Chris Olores and team captain Al "Doric" Remata, 202nd ATCF; Gordon Camat, 150th AC&W Sq; and Randy Miyao, skipper proudly display their day's catch.

Hawaii Air National Guard photo by Maj. Myron Dobashi

## Sports

### 201st defeats 154th in Air Guard playoffs

By Tech. Sgt. Carl Simmons  
HANG Volleyball Committee

In preparation for the Hawaii Air National Guard State Volleyball Championship, the 201st Combat Communications Group battled their way up through double elimination to capture top honors in the Guard's Central District Volleyball Playoff.

With the combined strength of their Oahu-based units, the 201st, led by the hitting and court leadership of Chuck Victorino, dominated the courts.

Placing second after a hard-fought game with the 201st were the maintenance men of the 154th Consolidated Aircraft Maintenance

Squadron. Grant Suzuki and Eric Chang lead the way for the Maintenance Squadron.

The surprise of the tournament were the members of the 154th Civil Engineering Flight. The burgeoning strength of the engineers was demonstrated by such spikers and volleyers as Kepilino, Kuni and Kaneshiro who pulled off eye-opening victories over the 154th Resource Management Squadron and 154th Composite Group. Although finishing third, the engineers baffled the crowds.

Kaipo Sing's 154th Composite Group beat the 154th Resource Management Squadron for fourth place in the playoffs.



**HNG VOLLEYBALL CHAMPS**—Members of the 154th Composite Group "A" team captured the 1983 Hawaii National Guard Volleyball Championship by defeating the defending champs, the 159th Maintenance Battalion by a score of 15-11, 15-6 and 15-6. Posing with Brig. Gen. Edward Richardson, HANG commander, are Deogracias Agbayani, Mel Akamine, Don Almadova, Russell Campos, Eric Chang, Robert Davis, Mel Ige, Kaipo Sing, Grant Suzuki and Fred Reynolds.

Hawaii Air National Guard Photo



**DIAMOND HEAD MENEHUNES STRIKE AGAIN**—In efforts to promote esprit de corps, physical fitness and for the fun of it, (from left 1st row) Vern Miyagi, Melvin Ida, Thomas Ito, Les Yamamoto (second row from left) Kent Tsutsumi, Billy Shea, Billy Rose, Sammy Akau, Leland Tobias and Oscar Nakamura, collectively known as the Diamond Head Menehunes participated in 1983 Coca Cola/Bud Lite relay.

Hawaii Army National Guard Photo

## Paddlers needed for HANG canoe club

Interested in experiencing Hawaiiiana? If you are, come and join the Hawaii Air National Guard Canoe Club.

Membership is open to all Army and Air National Guard personnel and their dependents.

The club practices Monday through Saturday, at Hickam Beach which is located Diamond Head side of the Golden Anchor on Hickam AFB. Practice times are as follows:

- 3-4 p.m. girls (12-16 years)
- 4-5 p.m. new members
- 5-6 p.m. men/women
- 6-7 p.m. men/women

The club normally starts their recruitment in March of each year, but if you are in-



Interested and desire more information please contact President Kukui (623-6352); Treasurer Dennis (487-7724); or Secretary Gay (681-3249).

The club is interested not only in paddlers, but also those willing to serve as administrators.





# Promotions

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

Officers do not wear their new rank until they receive federal recognition.

## HAWAII ARMY NATIONAL GUARD

### Major General:

Alexis T. Lum, HQ, STARC, HARNG (-Det. 1)

### Colonel:

George T. Honjiyo, HQ, STARC, HARNG (-Det. 1)  
Melvin M. Ida, HQ, STARC, HARNG (-Det. 1)  
Louis N. H. M. Miranda, HHC 29th Infantry Brigade  
Donald M. Oura, HQ, STARC, HARNG (-Det. 1)  
Allan S. Takase, 229th Medical Company

### Lieutenant Colonel:

William K. M. Ahuna, HQ Installations Command  
Wayne R. Tomoyasu, HQ, STARC, HARNG (-Det. 1)  
Edward M. L. Yee, HQ, STARC, HARNG (-Det. 1)

### Major:

Don Arakaki, HQ, STARC, HARNG (-Det. 1)  
Vern T. Miyagi, HQ, STARC, HARNG (-Det. 1)  
Gilbert K. T. Tam, HQ, STARC, HARNG (-Det. 1)  
Melvin S. Tamaye, HHC, 2nd Battalion, 299th Infantry

### Captain:

Alan J. Harada, Co. B, 2nd Battalion, 299th Infantry  
Donald R. Mackay Jr., HHC, 29th Infantry Brigade  
Benjamin Wright Jr., 298th Engineer Detachment

### 1st Lieutenant:

Ronald L. Abregano, 291st Maintenance Company  
Larbie A. Akana, Combat Support Co., 2nd Battalion, 299th Infantry  
Manon L. Dupin, HHC, 29th Infantry Brigade  
Arlene Earl, 12th Personnel Service Company  
Daryl G. Hong, Det. 1, Co. C, 2nd Battalion, 299th Infantry  
James S. Leialoha, Btry. C, 1st Battalion, 487th Field Artillery  
Darryl K. Lindsey, Co. A, 2nd Battalion, 299th Infantry  
Mark E. Logan, Combat Support Co., 1st Battalion, 299th Infantry  
Richard A. Matsumoto, Co. A, 2nd Battalion, 299th Infantry  
Dennis H. Miyaki, Btry. C, 1st Battalion, 487th Field Artillery

Bruce E. Oliveira, Combat Support Co., 1st Battalion, 299th Infantry  
John D. K. Worthington, HHC, 1st Battalion, 487th Field Artillery

### Chief Warrant Officer 4:

Jules D. Castro, 111th Army Band

### Chief Warrant Officer 3:

Gerald S. Shigemura, HHD, 159th Maintenance Battalion  
Edward S. Spencer, Det. 1, 1293rd Aviation Company

### Warrant Officer 1:

Lawrence F. Fitzpatrick, 1293rd Aviation Company

### Master Sergeant, E-8:

Jerry T. Maesaka, Det. 1, HQ, STARC, HARNG

### Platoon Sergeant, E-7:

David C. Wallace, Troop E, 19th Cavalry

### Sergeant First Class, E-7:

Dennis H. Alvaro, 229th Medical Company  
Keith H. Kubota, 829th Maintenance Company

### Staff Sergeant, E-6:

Greg S. Arbus, Combat Support Company, 1st Battalion, 299th Infantry  
Glenn A. Atoigue, Det. 1, HQ, STARC, HARNG  
Alberto J. Banas, Btry. A, 1st Battalion, 487th Field Artillery  
Colin K. Brede, 291st Maintenance Company  
Rex N. Brun, HHC, 29th Infantry Brigade  
Gregory D. Decosta, HHC, 29th Infantry Brigade  
Demetrio D. Dikilato, Jr., Btry. C, 1st Battalion, 487th Field Artillery  
Melodie A. Esposito, HQ, STARC, HARNG (-Det. 1)  
Howard Y. Esterbook, 1293rd Aviation Company  
Rodney J. Hashimoto, 12th Personnel Service Company  
Mark T. Kaku, Combat Support Company, 1st Battalion, 299th Infantry  
Gerard A. Kalcobano, HHC, 1st Battalion, 487th Field Artillery  
Arthur J. Logan, Combat Support Company, 1st Battalion, 299th Infantry  
William H. Melemai, 12th Personnel Service Company  
James T. Nishi, HHC, 29th Infantry Brigade  
Alan R. Ogata, 1293rd Aviation Company  
Amy M. Omalza, 12th Personnel Service Company  
Rudy Pacrem, HHC, 29th Infantry Brigade  
Leslie E. M. Tam, HHC, 29th Infantry Brigade  
Thomas M. Tanaka, Combat Support Company, 1st Battalion, 299th Infantry  
Charles A. Van Gieson, HHC, 29th Infantry Brigade  
Alfredo Visitacion, 229th Medical Company  
Charles F. Voorbes, Co. B, 2nd Battalion, 299th Infantry

### Sergeant, E-5:

Antonio P. Cuello Jr., Btry. B, 1st Battalion, 487th Field Artillery  
Francisco J. Delos Reyes, HHC, 1st Battalion, 487th Field Artillery  
Jan T. Imamura, 12th Personnel Service Company  
Alvin H. Kamisato, HQ, STARC, HARNG (-Det. 1)  
Bryan H. Kimura, 829th Maintenance Company  
Gary W. Kuakini, HHC, 1st Battalion, 487th Field Artillery  
Wesley L. Smith, Co. A, 2nd Battalion, 299th Infantry  
John Tanigawa, 291st Maintenance Company  
Mark R. Tengan, Btry. B, 1st Battalion, 487th Field Artillery  
Ricky C. M. Wong, HHD, 159th Maintenance Battalion

### Specialist Five, E-5:

Millard L. S. Berman Jr., 12th Personnel Service Company  
Wayne A. James, HHC, 1st Battalion, 487th Field Artillery  
Alton L. Tatum, Btry. C, 1st Battalion, 487th Field Artillery  
Aaron S. Toyama, 12th Personnel Service Company  
Paul Vigilja Jr., HHC, 2nd Battalion, 299th Infantry

## HAWAII AIR NATIONAL GUARD

### Major:

Jerry M. Matsuda, HQ, Hawaii Air National Guard  
Patrick Y. Tanaka, 199th Tactical Fighter Squadron

### Captain:

Harold H. Fujii, 199th Tactical Fighter Squadron  
Drew M. Hurley, 201st Combat Communications Group

### Chief Master Sergeant, E-9:

Thomas M. Sato, 154th Consolidated Aircraft Maintenance Squadron

### Master Sergeant, E-7:

Godwin T. Hashimoto, 154th Civil Engineering Flight  
Gregory C. Ing, 201st Combat Communications Flight

### Technical Sergeant, E-6:

Ernest A. T. Dela Cruz, 202nd Air Traffic Control Flight  
Vincent A. Dacanay, 201st Communications Flight  
Joseph L. Inciong, 201st Combat Communications Flight  
Joseph J. Kaaikaula, 154th Civil Engineering Flight  
Katherine K. Leong, 154th USAF Clinic  
Elizabeth K. Lopez, 202nd Air Traffic Control Flight  
Perry T. Murata, 201st Combat Communications Flight  
Robert R. Narmore, 201st Combat Communications Flight  
Marvin W. Salcedo, 201st Combat Communications Flight  
Vivian C. Toma, HQ, Hawaii Air National Guard

### Staff Sergeant, E-5:

Russell T. Abe, 169th Aircraft Control & Warning Squadron  
Kent E. Billings, 169th Aircraft Control & Warning Squadron  
Pearl S. Duy, HQ, Hawaii Air National Guard  
Larry N. Hayashi, 154th Combat Support Squadron  
Dan T. Kiyohiro, 154th Civil Engineering Flight  
Anthony M. Maria, 154th Civil Engineering Flight  
Henry J. Muneno, 169th Aircraft Control & Warning Squadron  
Albert T. Yap, 201st Air Traffic Control Flight

### Senior Airman, E-4:

Kathy M. Ancheta, 202nd Air Traffic Control Flight  
Fred P. Asuncion Jr., 201st Combat Communications Flight  
John M. Botelho, 154th Resource Management Squadron  
Timothy E. Buffett, 201st Air Traffic Control Flight  
Clyde Cabrera, 201st Combat Communications Flight  
Melvin D. Damasco, 150th Aircraft & Warning Squadron  
Gary L. Doane, 154th Consolidated Aircraft Maintenance  
Ira Fernandez, 202nd Air Traffic Control Flight  
Philip J. Ferreira, 201st Combat Communications Flight  
Marilyn A. Gerlach, 202nd Combat Communications Flight  
Jarma F. Gilbert, 201st Air Traffic Control Flight  
Randy A. Irvine, 154th Consolidated Aircraft Maintenance Squadron  
Alfred S. Kalani Jr., 154th Consolidated Aircraft Maintenance Squadron  
Lester Y. Kanno, 154th Consolidated Aircraft Maintenance  
Dixon K. K. Lau, 169th Aircraft Control & Warning Squadron  
Joseph K. H. K. Liu, 201st Air Traffic Control Flight  
Brian A. Nakaguchi, 154th Consolidated Aircraft Maintenance Squadron  
Howard K. Naone, 154th Consolidated Aircraft Maintenance Squadron  
Daniel Y. Nanbu, 154th Combat Support Squadron  
Clayton K. Pabingwit, 154th Civil Engineering Flight  
Karen E. Pace, 169th Aircraft Control & Warning Squadron  
Leonard R. Reeves, 201st Combat Communications Squadron  
Norman Roloos, 201st Combat Communications Flight  
Ernest K. Sanchez Jr., 201st Combat Communications Flight  
Jason S. Sato, 154th Consolidated Aircraft Maintenance Squadron  
Scott M. Sorenson, 202nd Air Traffic Control Flight  
Steven J. Souza, 154th Consolidated Aircraft Maintenance Squadron  
Kent K. Thompson, 154th Consolidated Aircraft Maintenance  
Carl R. Truby, 201st Air Traffic Control Flight  
Gordon G. Yen, 202nd Air Traffic Control Flight

### Airman, First Class, E-3:

Sundie Aribal, 201st Combat Communications Squadron  
Jay R. Nishimura, 154th Consolidated Aircraft Maintenance Squadron

### Airman, E-2:

Jeffrey R. Callejo, 150th Aircraft & Warning Squadron  
Gregg M. Uemura, 202nd Air Traffic Control Flight



# Awards

### NCO of the Year:

First Sergeant James E. Yap, HHC, 1st Battalion, 299th Infantry

### HARNG Soldier of the Year:

Kenneth K. Keliipio, Co. A, 2nd Battalion, 299th Infantry

### Army Commendation Medal:

Maj. Roy H. Yamashita, HQ, STARC, HARNG (- Det. 1)  
Sgt. 1st Class Wayne C.K. Lewis, HQ, STARC, HARNG (- Det. 1)  
Sgt. 1st Class Edward V. Llanos, HQ, STARC, HARNG (- Det. 1)  
Sgt. 1st Class Stephen R. Maglente, HQ, STARC, HARNG (- Det. 1)  
Staff Sgt. Roy Espiritu, HQ, STARC, HARNG (- Det. 1)

### Air Force Commendation Medal (First Oak leaf Cluster):

Lt. Col. Michael H. Tice, 199th Tactical Fighter Squadron  
Capt. Michael J. Melich, 199th Tactical Fighter Squadron

### Air Force Commendation Medal:

Maj. Stephen R. Berg, 169th Aircraft Control & Warning Squadron  
Maj. Alan M. Robinson, 199th Tactical Fighter Squadron  
Senior Master Sgt. Kenneth K. Iinuma, 154th Consolidated Aircraft Maintenance Squadron  
Master Sgt. Harrison T. Iga, 154th Resource Management Squadron  
Master Sgt. Alan Matsuoka, 154th Resource Management Squadron  
Master Sgt. Robert M. Suzui, 169th Aircraft Control & Warning Squadron  
Tech. Sgt. Clifford A. Sagara, 154th Resource Management Squadron

### Army Achievement Medal:

Lt. Col. Rudolph C. Thomas, HQ, STARC, HARNG (- Det. 1)

### Air Force Achievement Medal:

Maj. Willson M. Sakai, 199th Tactical Fighter Squadron  
Capt. John M. Dudley, 199th Tactical Fighter Squadron  
Capt. Jeffrey H. Nishimura, 199th Tactical Fighter Squadron  
1st Lt. Darrell Y.H. chung, 199th Tactical Fighter Squadron  
1st Lt. Gaylord G.H. Dowson, 199th Tactical Fighter Squadron  
Master Sgt. Stanley S. Shinsato, 169th Aircraft Control & Warning Squadron  
Tech. Sgt. Steven S. Sunida, 154th Civil Engineering Flight  
Tech. Sgt. Douglas K. Yano, 154th Resource Management Squadron  
Tech. Sgt. Timothy H.K.L. Young, 154th Resource Management Squadron  
Staff Sgt. Edgar W. Alexander Jr., 199th Tactical Fighter Squadron  
Staff Sgt. Peter A. Espiau, 154th Resource Management Squadron  
Staff Sgt. Geri E. Heatherly, 154th Combat Support Squadron  
Staff Sgt. Fred M. Higa, Jr., 154th Civil Engineering Flight  
Staff Sgt. Saffery S. Higa, 154th Civil Engineering Flight

### Hawaii National Guard Medal for Merit:

Maj. Gen. Alexis T. Lum, HQ, STARC, HARNG (- Det. 1)  
Brig. Gen. Edward V. Richardson, HQ Hawaii National Guard  
Col. Martin H. Mahrt, 326th Air Division, USAF  
Lt. Col. Henry S. Hara, HHC, 2nd Battalion, 299th Infantry  
Maj. Myron N. Dobashi, 150th Aircraft Control & Warning Squadron  
Master Sgt. Teruo Oshiro, 150th Aircraft Control & Warning Squadron

### Hawaii National Guard Commendation Medal:

Maj. William K.M. Ahuna, Headquarters Installation Command

Maj. Gene Dzedzic Jr., US Army Readiness Element, WESTCOM  
Maj. Johnny J. Keith, US Army Readiness Element, WESTCOM  
Maj. Walter D. Williams, US Army Readiness Element, WESTCOM  
1st Lt. Wayson F. Iwasaki, 150th Aircraft & Warning Squadron  
CW4 Hideo Kono, HHD, 297th Supply & Service Battalion  
Senior Master Sgt. Richard Y.F. Farm, 150th Aircraft Control & Warning Squadron  
Master Sgt. Rober E. Croft, 326th Air Division, USAF  
Master Sgt. Kiichi Fujii, 150th Aircraft Control & Warning Squadron  
Master Sgt. Herbert H. Honjo, 150th Aircraft Control & Warning Squadron  
Master Sgt. Royden T. Horibe, 150th Aircraft Control & Warning Squadron  
Master Sgt. William B. K. Kinney, 150th Aircraft Control & Warning Squadron  
Master Sgt. Gordon T. Kireto, 150th Aircraft Control & Warning Squadron  
Master Sgt. Lester T. Matsushima, 150th Aircraft Control & Warning Squadron  
Master Sgt. Franklin T. Murkai, 169th Aircraft Control & Warning Squadron  
Master Sgt. Norman T. Oyakawa, 150th Aircraft & Control & Warning Squadron  
Master Sgt. Benjamin Pajardo, 150th Aircraft Control & Warning Squadron  
Master Sgt. Gemi Pascua, 150th Aircraft Control & Warning Squadron  
Tech. Sgt. James M. Bernaldes, 150th Aircraft Control & Warning Squadron  
Tech. Sgt. Terry L. Christy, OL-C Detachment 7, 1816th Reserve Advisor Squadron  
Tech. Sgt. Stephen W. Haynes, 150th Aircraft Control & Warning Squadron  
Tech. Sgt. Douglas M. Kaeo, 150th Aircraft Control & Warning Squadron  
Tech. Sgt. Max M. Miyashiro, 150th Aircraft Control & Warning Squadron  
Tech. Sgt. Damascio Ruiz Jr., 150th Aircraft Control & Warning Squadron  
Tech. Sgt. William T. Sakai, 150th Aircraft Control & Warning Squadron  
Tech. Sgt. Robert T. Tanika, 150th Aircraft Control & Warning Squadron  
Tech. Sgt. Clifford K. Tsuyama, 202nd Air Traffic Control Flight

Tech. Sgt. Clayton T. Ueno, 150th Aircraft Control & Warning Squadron  
Staff Sgt. Anthony B. Acain, 202nd Air Traffic Control Flight  
Staff Sgt. Douglas W. Brandt, 202nd Air Traffic Control Flight  
Sgt. Nolan T. Omi, 202nd Air Traffic Control Flight  
Sgt. Andy Dubrique, 202nd Air Traffic Control Flight  
Sgt. Ainsley H. Hori, 202nd Air Traffic Control Flight  
Sgt. Jerry K. Kabazawa, 202nd Air Traffic Control Flight  
Sgt. Byron B. Wong, 202nd Air Traffic Control Flight  
Airman 1st Class Charles H. Remata, 202nd Air Traffic Control Flight

### 30 Years of Service:

CW4 Stanley Komata, 292nd Supply & Service Company  
Master Sgt. Urban W.S. Mun, 298th Engineer Detachment  
1st Sgt. Jonah I. Hema, 829th Maintenance Company  
Sgt. 1st Class Harold T. Karimoto, HHD, 159th Maintenance Battalion  
Sgt. 1st Class William K. Manoa Jr., HHD, 159th Maintenance Battalion  
Sgt. 1st Class Alfred R. Ramones, 829th Maintenance Company  
Staff Sgt. Chikara Ishii, HHC, 1st Battalion, 299th Infantry  
Staff Sgt. Joseph K. Kama, 111th Army Band

### 25 Years of Service:

Lt. Col. James B. Respicio, HHD, 159th Maintenance Battalion  
CW4 George C. Oshiro, 291st Maintenance Company  
CW4 2 Herbert T. Ishii, 829th Maintenance Company  
WO1 Richard K.Y. Ching, 291st Maintenance Company  
Master Sgt. Nelson Y.S. Mau, 298th Engineer Detachment  
1st Sgt. James E. Yap, HHC, 1st Battalion, 299th Infantry  
Sgt. 1st Class Mariano Campollo, 298th Engineer Detachment  
Sgt. 1st Class Harold T. Karimoto, HHD, 159th Maintenance Battalion  
Sgt. 1st Class Shoji Takayama, HHC, 1st Battalion, 299th Infantry  
Staff Sgt. Arthur W. Y. Chang, 111th Army Band  
Staff Sgt. Robert W. K. Chang, 111th Army Band  
Staff Sgt. Chikara Ishii, HHC, 1st Battalion, 299th Infantry  
Staff Sgt. Eugene S. B. Kim, 298th Engineer Detachment  
Staff Sgt. Thomas M. Mato, 111th Army Band  
Sgt. Rodney S. Yamasaki, 829th Maintenance Company



### ARMY & AIR NATIONAL GUARD TRAINING SCHEDULES

Listed below are the inactive duty training dates for all Hawaii Army and Air National Guard units. Dates for subordinate units are the same as their parent headquarters, unless otherwise indicated.  
*All dates are subject to change.*

	September	October	November	December
HQ, STARC, HARNG (-Det. 1)	17-18	22-23	19-20	10-11
Selective Service	17-18	15-16	19-20	10-11
Hawaii Military Academy	10-11	1-2	5-6	3-4
111th Army Band	12, 19, 26	3, 17, 24, 31	7, 14, 21, 28	5, 12, 19
117th Public Affairs Det.	17-18	15-16	19-20	10-11
HQ Installation Command	17-18	22-23	19-20	10-11
298th Engineer Det.	17-18	22-23	19-20	10-11
Det. 1, HQ STARC	10-11	22-23	19-20	3-4
Troop E, 19th Cavalry	10-11	22-23	12-13	3-4
227th Engineer Co.	10-11	1-2	5-6	3-4
1293rd Aviation Co. (-Det. 1)	10-11	1-2	19-20	3-4
Det. 1, 1293rd Avn. Co.	10-11	1-2	19-20	3-4
159th Maintenance Bn.				
HHD, 159th Maintenance Bn.	17-18	22-23	5-6	10-11
297th Supply & Service Bn.				
HHD, 297th Supply & Service Bn.	17-18	15-16	5-6	10-11
29th Infantry Brigade				
HHC, 29th Infantry Brigade	10-11	15-16	5-6	3-4
1st Bn., 487th Field Artillery	10-11			
HHB 1st Bn.	10-11	15-16	19-20	3-4
1st Bn., 299th Infantry				
HHC	10-11	15-16	5-6	10-11
2nd Bn., 299th Infantry				
HHC	10-11	1-2	5-6	3-4
Listed below are training dates for units of the Hawaii Air National Guard.				
201st Combat Communications Grp.	17-18	1-2	5-6	3-4
2nd Combat Communicatons Flt.	17-18	1-2	5-6	3-4
154th Composite Grp.	17-18	1-2	5-6	3-4
199th Weather Flight	10-11	1-2	5-6	3-4

Office of the State Adjutant General  
 Departments of the Army and Air Force  
 National Guard of Hawaii  
 3949 Diamond Head Road, Honolulu Hawaii 96816

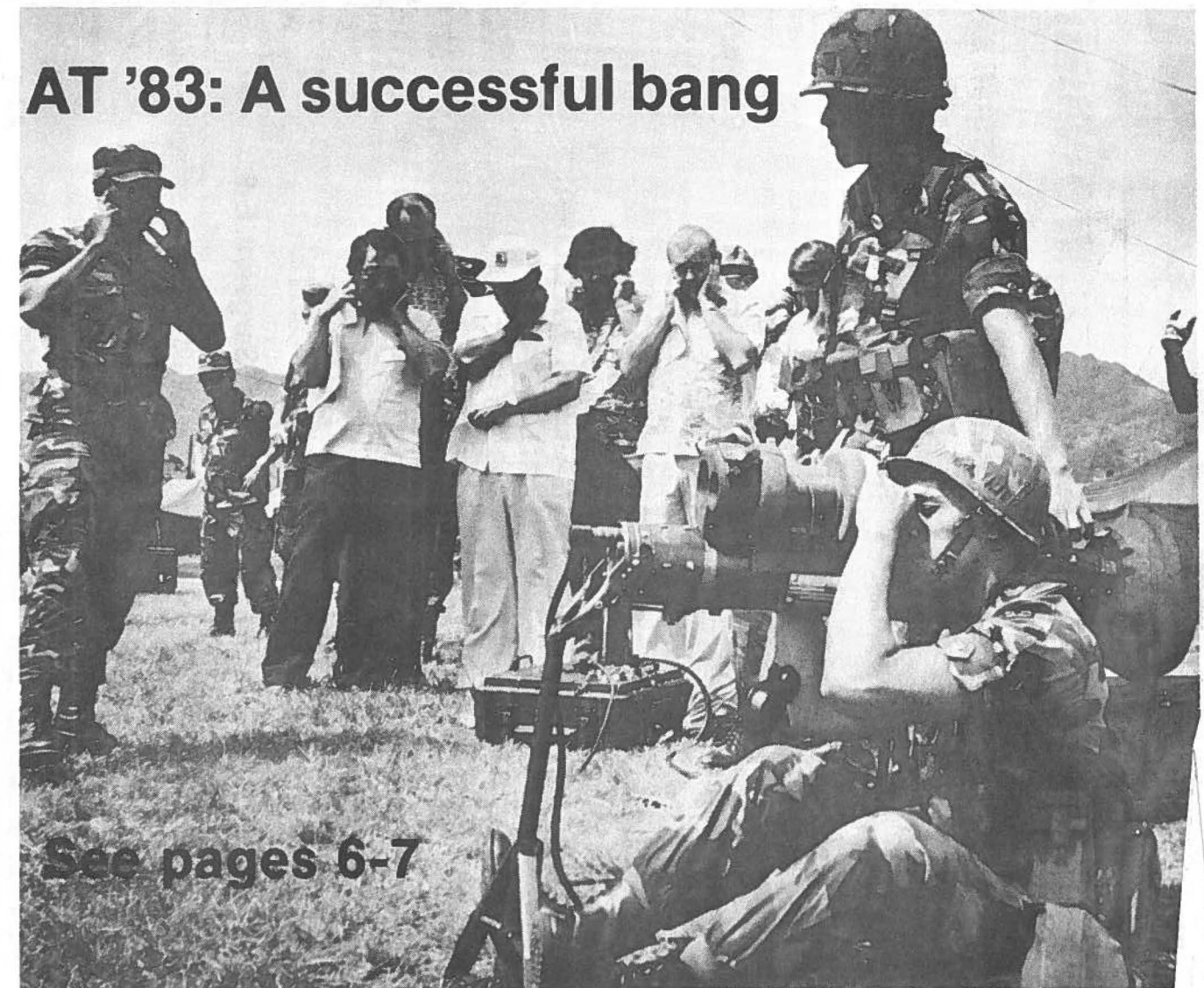
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HAWAII DEPARTMENT OF DEFENSE

PUPUKAHI: "Harmoniously United"

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