

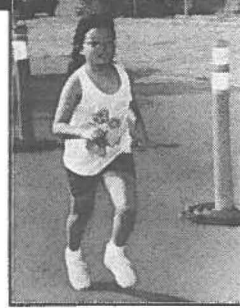
Spotlight

Imai promoted to brigadier general
page 3



Sports

Hawaii National Guard Fun Run/Walk
page 6-7



Awards

Mitsui awarded Hawaii Guard Medal for Merit
page 11



Hawaii Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 27, No. 2

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

February - March 1992

Calendar

April
CPR Day II, Hawaii National Guard volunteers, Hawaii, Oahu, Maui, Molokai and Kauai.

April 17, Friday
Good Friday, state holiday.

April 23-24
Hawaii National Guard Volleyball Tournament, Kamehameha Schools.

April 24, Friday
5th annual State DOD Women's Career Development Seminar, Sheraton Waikiki Hotel.

April 26, Sunday
Hawaii National Guard Volleyball Tournament, 487th Field Artillery Gym.

May 1, Friday
Employer Support of the Guard and Reserve annual golf tournament, Hickam Golf Course, 12:30 p.m.

May 3, Sunday
29th Infantry Brigade (Separate) memorial ceremony, headquarters lawn, 3:00 p.m.

May 5, Tuesday
Federal Awards Week Luncheon, time and place to be announced.

May 11-17
Hawaii Military Week.

Hawaii soldiers train in Alaska

A composite unit of Hawaii Army National Guard soldiers returned from a two-week deployment to Alaska, March 28. "It was an experience I'll never forget," said one soldier.

The soldiers spent one week at the Northern Warfare Training Center (NWTC), which is based at Fort Greely and also operates remote sites around the 49th state. While at the NWTC, the unit took part in a two-day exercise on platoon air assault and tactical train-

ing with the 207th Infantry Group. Before returning home, the Hawaii soldiers visited glacier operations at Chugach State Park.

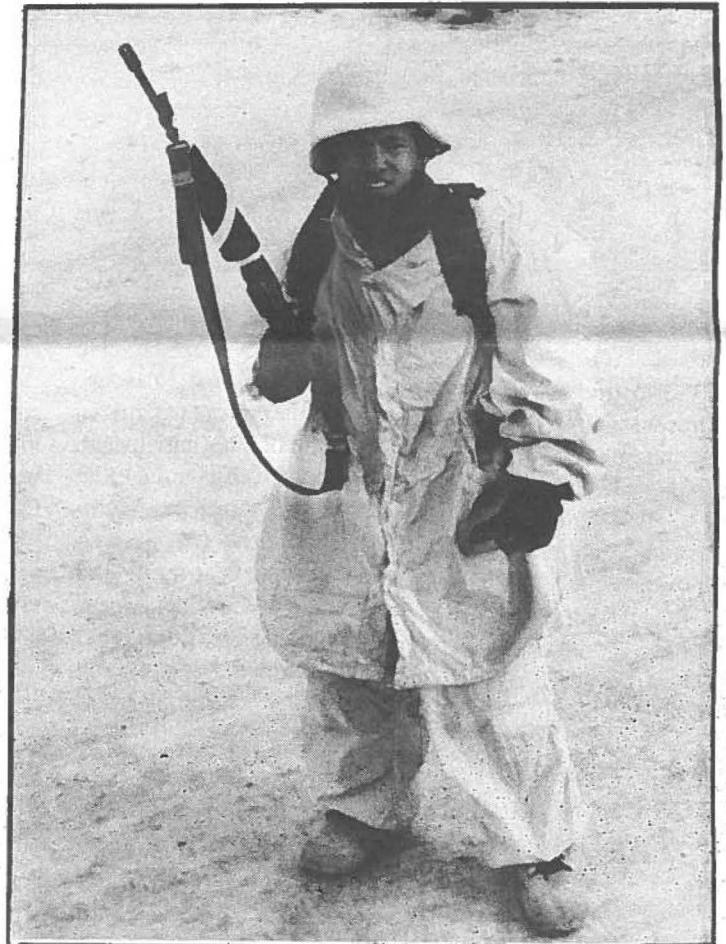
Most of the 117 soldiers were from the Big Island's Company A, 2nd Battalion, 299th Infantry. The company was joined by a platoon from the 1st Battalion and other support units.

For many of the soldiers, it was the first time they had seen snow. "It was great training," commented one soldier.



Pfc. Erik B. DeRyke

Above: Hawaii Army National Guard soldiers go down a hill on an akiho (sled). Right: Spec. Kevin F. Fune of Kauai's Company A, 1st Battalion, 299th Infantry.



Pfc. Erik B. DeRyke



Maj. Wayne N. Yoshioka

Anti-drug program assistance

The Hawaii Air National Guard's C-130 Hercules cargo aircraft transported Honolulu Police Department (HPD) officers and equipment to Molokai for the HPD's "No Hope in Dope" anti-drug program, Feb. 26 - March 1. Police officers were housed at the Molokai Armory.

BULK RATE
U.S. POSTAGE
PAID
HONOLULU, HI
PERMIT NO. 243

Office of The Adjutant General
State of Hawaii
Department of Defense
3949 Diamond Head Road
Honolulu, Hawaii 96816-4495

Command notes



Maj. Gen. Edward V. Richardson
The Adjutant General

On March 17, Corporal Bob S. Ulep, a fire team leader with Company A, 2nd Battalion, 299th Infantry, died of an apparent heart attack while training at the Northern Warfare Training Center, Fort Greely, Alaska. He was one of the 117 Hawaii Army National Guard soldiers from the Big Island, Kauai and Maui undergoing two weeks of cold weather training in Alaska. Corporal Ulep was well-liked by those he worked with and was an outstanding soldier in his unit. His

passing at the age of 33 is a sad and unexpected loss to the Hawaii National Guard and we extend our sincere condolences to Corporal Ulep's family and unit.

In a major development, Secretary of Defense Dick Cheney and Chairman of the Joint Chiefs of Staff, General Colin Powell, announced on March 26 their proposal to reduce National Guard and Reserve forces by 140,000 members -- 80,000 of which were targeted in the Army National Guard -- by the end of fiscal year 1993. Locally, there was some confusion as to the specific impact these suggested cuts would have on Hawaii Army National Guard units. Let me clarify this by affirming that our aviation units and supply and service battalion headquarters were not on Secretary Cheney's list and are, therefore, not scheduled for deactivation at this time. In fact, there are no planned reductions for our Army and Air Guard units for the remainder of fiscal years 1992 and 1993. This is not to say, however, that our units will not be realigned, restruct-

ured or reduced in subsequent years. We are working closely with our Congressional delegation, the National Guard Bureau and local Army leaders to work out these force structure issues based on a realistic assessment of our future missions and needs. Governor John Waihee has been actively involved and will continue to be a key player in this process. As you know, we are facing a number of challenges due to federal and state budget reductions. Our senior leadership will be making some tough choices in setting our program priorities in the months ahead and I want to assure you that we are committed to keeping you informed of any changes we may face in the future. Of critical concern at this time is our need to maintain our units at the highest readiness levels in order to earn a place in future contingency plans. Drill attendance, inspection ratings and training performance will be especially important.

During the March 8 drill, I visited Hawaii National Guard units on Kauai and was extremely pleased

with every thing I saw. I observed soldiers from the 1st Battalion, 299th Infantry, conduct their first phase of junior leadership training and was impressed by the motivated students and senior NCO instructors.

While on Kauai, I also visited the 154th Tactical Control Squadron in Kekaha. I join Col. Allen Mizumoto in commending the 154th TCS for successfully operating its mobile radar equipment. I was equally impressed by the 154th TCS and the 298th Air Traffic Control Flight facilities. The members did a lot of the construction work themselves and the results they achieved were outstanding.

I want to recognize the efforts of our departmental Engineering Office staff for the tremendous job they are doing in maintaining our facilities and grounds. We often take their contributions for granted but their work, without question, is important to all of us. Thank you for taking pride in what you do.

Congratulations to the 154th Tactical Hospital for achieving an

overall satisfactory rating during its recent readiness inspection and the 154th Composite Group for exceeding its goal of an 85 percent response rate (the group achieved 88.3 percent) during a practice recall.

On the Army side, the 227th Engineer Company was again named the best National Guard field kitchen by the U.S. Army Pacific Command during the recent Philip A. Connelly competition.

By the time you read this, CPR Day II will be in full swing. Our department is providing more than 100 certified CPR instructors for this valuable public service. I applaud our volunteers and especially want to thank Lt. Col. Judy Fadowsky and Dennis Kim for spearheading this effort.

The Hawaii Air National Guard's NCO Academy Graduate Association also helped the Easter Seal Society and United Cerebral Palsy in their fundraising efforts.

All of these accomplishments exemplify our commitments to excellence and service. Keep up the great work!

Departmental news -- Continued on page 12

Guard may use Hale Koa facilities

Effective May 1991, all present and retired Guard members are eligible to use the Hale Koa Hotel facilities, including hotel rooms, restaurants and entertainment shows.

Hotel room rates vary according to rank and room location. For reservations, call (808) 955-0555.

Air Force to get new name patches

The Air Force is replacing battle dress uniform (BDU) accouterments with an aircrew-style name patch. The new leather patches measure 2" x 4" and are to be worn on all BDUs. Officers and airmen will be permitted to wear one specialty, identification or functional badge with the new name patch. Local commanders will decide when to switch to the patch.

Aerospace Group reorganized

Effective April 1, the 6010th Aerospace Defense Group stationed at Hickam Air Force Base will be redesignated as the 10th Air Defense Squadron. The squadron will report to the operations group commander of the 15th Air Base Wing.

The action is in line with the reorganization of U.S. Air Force wings worldwide. The

commander's position will be downgraded from colonel to lieutenant colonel. No reduction in the present authorized strength of 57 is anticipated.

The 6010th gave the 150th Aircraft Control and Warning Squadron (ACWS) an overall excellent rating and the 169th ACWS an overall outstanding rating during recent standardization and evaluation inspections.

Federal employee political contributions

It is a felony for any officer or employee of the United States to make a political contribution to any other officer of the United States who represents an "employing authority" (Section 603, Title 18, U.S. Code). Hence, officers and employees of the Department of Defense may not contribute to the authorized campaign committee of any persons in their chain of command.

Bachelors degree to be required for Army Guard officers

Effective Oct. 1, 1995, Army National Guard (ARNG) commissioned officers must possess a baccalaureate degree from an accredited institution to be eligible for federal recognition above the grade of first lieutenant. An institution is considered accredited if it is listed in the current edition of "Ac-

credited Institutions of Post secondary Education."

The sole exception to the ruling is the appointment to a higher grade of a person who is appointed in, or assigned for service in, a health profession for which a baccalaureate degree is not a condition of original appointment or assignment. At present, there is no provision to "grandfather" ARNG officers appointed to grades above first lieutenant before the restriction becomes effective.

The new educational standard applies to all reserve components of the Department of Defense. For more information, call Maj. Michael Wong, civilian education officer, at 737-2295.

Training site opens

The Army Guard's regional training site maintenance (RTSM) has distributed its 1992 schedule of

classes to all units. Located next to the Troop Command headquarters and Mobilization and Training Equipment Site (MATES) in Pearl City, the site conducts a wide range of classes in operator, unit-level, direct support and general support (DS/GS) maintenance. RTSM also offers off-the-shelf courses in unit-level logistics systems, simplified test equipment-internal combustion engines (STE-ICE) and additional skill identifier (ASI) courses, including wheeled vehicle recovery and fuel handling.

The RTSM is the first training site of its kind in the Pacific and will support all active and reserve components, to include the Marine Corps and Air Force. The site will be receiving M1 Abram tanks and M2/M3 Bradley fighting vehicles and simulators this summer.

Members interested in

signing up for a course should submit NGB Form 64 through their units. For more information, call Capt. Alike G. Watts or Sgt. 1st Class George M. Kekaulua at 455-1613/1519.

Deadlines for pupukahi articles

The following schedule is provided to persons submitting articles for publication in

the Department of Defense newspaper, *pupukahi*:

Submission Deadline	Print Date
May 1	May 20
June 16	July 3
July 31	Aug. 19
Sept. 16	Oct. 5
Oct. 28	Nov. 18
Dec. 7	Dec. 23

Persons wanting additional information should call the Public Affairs Office at (808) 732-1711 (Oahu).



pupukahi

State of Hawaii Department of Defense
pupukahi: harmoniously united

The *pupukahi* is an unofficial publication authorized under the provisions of AR-360-81. It is funded and published twice quarterly by the State of Hawaii, Department of Defense, 3949 Diamond Head Road, Honolulu, Hawaii 96816-4495. It is an offset publication printed by the Hawaii Hochi. Views and opinions expressed herein do not necessarily represent those of the Departments of the Army and Air Force. All photos are Hawaii National Guard photos unless otherwise credited. Circulation 7,200.

Gov. John Waihee
Commander in Chief

Maj. Gen. Edward V. Richardson
The Adjutant General

Maj. Wayne N. Yoshioka
Public Affairs Officer/Commander, 117th PAD

Sgt. 1st Class Wayne T. Iha
Public Affairs Chief, 117th PAD

Ms. Michelle Ai-Chang
Mr. Stephen M. Lum
Editors/Layout

Ms. Barbara Hendrie
State Civil Defense Information Specialist

3949 Diamond Head Road
Honolulu, Hawaii 96816-4495

TAG's Hotline 735-8481 (Oahu)

The Adjutant General has installed a telephone "hotline" in the Inspector General's (IG) office to improve departmental communication and address employee concerns. It is available to any DOD employee for whom problem resolution through supervisory channels has proven unsatisfactory.

The hotline will be staffed during normal working hours. Persons calling during non-duty hours are urged to leave a message on the IG's answering machine.

All inquiries will be held in the strictest confidence.

Spotlight

Governor pins star on Imai

Brig. Gen. Eugene S. Imai, commander of the Hawaii Army National Guard (HIARNG), was pinned by Gov. John Waihee, commander in chief of the Hawaii National Guard, and Gen. Imai's wife, Gail, in a ceremony hosted by Maj. Gen. Edward V. Richardson in the Governor's Chambers, March 18. Imai's father, Ernest Imai, pinned the general's star onto his son's cap as Ruth Shigekane and Gavin Imai, the new general's sister and son, proudly looked on. Also present at the ceremony were Gen. Imai's Reserve Officer Training Corps classmates from the University of Hawaii, Col. Clarence M. Agena, deputy brigade commander of the 29th Infantry Brigade (Separate), Col. Edward R. Cruickshank, intelligence officer (G-2), and Col. George F. Sheridan Jr., plans, operations and training officer (G-3).

As the HIARNG commander, Imai is directly responsible for the readiness of the organization. His responsibilities include developing the chain of command and staff relationships to maximize mission accomplishment and overseeing all major programs.

Imai received his commission and entered active duty in 1968. In

1969, he was sent to the Republic of Vietnam and served as an assistant manpower control officer. He joined the Headquarters, IX Corps (Augmentation), U.S. Army Reserve, in 1970 and commanded the 621st Adjutant General Detachment from 1971 to 1975. He then served as a personnel management officer until becoming the assistant adjutant general, Headquarters, IX Corps (Augmentation) in 1981. He was appointed the adjutant general in 1983 and assistant chief of staff, G-5, in 1985. He commanded the 1085th Training, Exercises and Maneuver Group from 1987 to 1988 before being promoted to chief of staff, Headquarters, IX Corps (Reinforcement). He served in that capacity until transferring to the Hawaii Army National Guard last April.

Imai graduated from the U.S. Army War College in 1987. His military awards include the Legion of Merit, Bronze Star Medal, Meritorious Service Medal, Army Commendation Medal, National Defense Service Medal with Star and Vietnam Service Medal.

In civilian life, Imai is the deputy director of the State Department of Budget and Finance. He has worked



Michelle Ai-Chang

Brig. Gen. Eugene S. Imai, commander of the Hawaii Army National Guard, is pinned by Gov. John Waihee, commander in chief of the Hawaii Army National Guard, and Gen. Imai's wife, Gail, in the Governor's Chambers, March 18.

for the State of Hawaii since 1971, when he began as a personnel management specialist.

Imai was born in Honolulu. He

holds a bachelors degree in political science and masters degree in business administration from the University of Hawaii. He and his

wife, the former Gail Nakasone, have two children: Serina and Gavin.

Harris, Padua named top soldiers for 1992

Story and photos by
Michelle Ai-Chang

Hawaii Army National Guard (HIARNG) soldiers Sgt. Nicholas D. Harris and Pfc. Theodore H. Padua have similar backgrounds and interests. Both men graduated from James Campbell High School in Ewa Beach and enjoy playing basketball and reading. They are also the same height and weight. As of March, Harris and Padua have one more thing in common--the distinction of 1992 Hawaii Army National Guard Noncommissioned Officer and Soldier of the Year, respectively.

Harris is a tube-launched, opti-

cally tracked, wire guided (TOW)/Dragon missile systems repairer with Company B (Maintenance), 29th Support Battalion. He graduated at the top of his military class with a 98 percent average and has an associate's degree in electronics. His commander, Capt. Kenrock K. S. Higa, says Harris is always quick to volunteer for additional assignments. Last year, Harris helped out units that were having problems using the single channel ground and airborne radio systems (SINCGARS) during annual training. Friendly and outgoing, he is well-liked by the other soldiers in his unit.

Harris plans to pursue a bachelors degree of science at the University of Hawaii. He presently works full-time as a video production technician at Honolulu Community College.

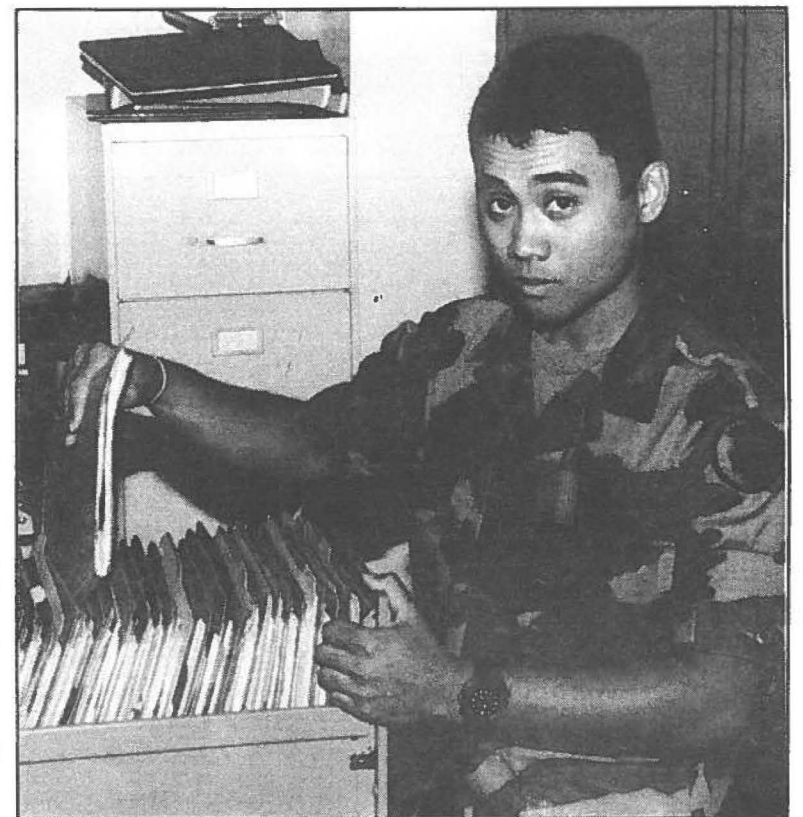
Padua, a personnel records specialist for the 12th Personnel Service Company (PSC), says he joined the HIARNG for adventure and camaraderie. Capt. Curtis H. Matsushige, former commander of the 12th PSC, describes Padua as a "STRAC" (Strong, Tough and Ready Around-the-Clock) soldier. In recommending the softspoken, modest soldier, 1st Sgt. Francisco Latorre Jr. said Padua is routinely

given jobs normally assigned to senior leaders. During last year's annual training, Padua helped with the records consolidation for the 1st Battalion, 193rd Aviation.

Padua was born in Manila, Philippines, and is a sophomore at Kapiolani Community College. During his senior year in high

school, he worked as a volunteer in the surgery recovery ward of Tripler Army Medical Center.

Staff Sgt. Jan. T. Iwamura, also of the 12th Personnel Service Company, was the runner-up for the 1992 HIARNG NCO of the Year. There were no runners-up in the Soldier of the Year competition.



Left: Hawaii Army National Guard (HIARNG) Noncommissioned Officer of the Year Sgt. Nicholas D. Harris, Company B, 29th Support Battalion. Above: HIARNG Soldier of the Year Pfc. Theodore H. Padua, 12th Personnel Service Company.

Hawaii Army National Guard



Brig. Gen. Eugene S. Imai
Commander, HIARNG

In the last issue of the *pupukahi*, I touched on the need for us to focus inward, to ensure that we all know our jobs thoroughly, and in many ways, for us to go "Back to Basics." I'd like to expand on this theme in this issue, and to share with you some real success stories.

We need to ensure that we revisit the regulations, laws and policies which we operate under, and ensure that we are complying with them in our operations. All of us become accustomed to doing things "as

we've always done them," but we must understand that regulations and other directives change, and the only reliable source of direction are the directives themselves. I know it is easier to ask your fellow workers or to base your actions on past practice. Get into the habit of going back periodically to the regulations (Army Regulations, National Guard Bureau Regulations or other applicable directives) to check that what you are doing is being done correctly. Remember that there has been a shift in our IG inspections to a compliance focus, and that our goal for this calendar year is to pass all of our IG inspections with flying colors. Our units are busily preparing for the upcoming inspections, and the HING Inspector General has been, and will continue to, schedule our internal inspections to highlight areas where we may need further work.

Our inward focus in the area of junior leader training has resulted in the development and implementation of an OUTSTANDING training program for our junior NCOs. More than 130 NCOs from the 1st and 2nd Battalions of the 29th Infantry Brigade (Separate) volun-

teered their time during two weekends for this training. Subjects such as supervision, squad-level tactics and how to prepare an operations order were covered, and the attention and enthusiasm of the participants were superb. Instructors from the HIARNG, Readiness Group and 25th Infantry Division (Light) also did an outstanding job. One of the most important aspects of this program was that it was planned and

run by NCOs! Training at this level is "NCO business," and the NCOs showed everyone that they are very capable of developing and implementing a quality program. A training program for NCOs in the next level up is being developed, and this should help to really reinforce the skills learned by the junior NCOs. I urge all those who have gone through the training to really apply their new skills in their units, and to

train their subordinates, their peers, and their supervisors so that the overall level of skill of their unit will improve. In this way, we will be able to achieve our second major goal for calendar year 1992, to have an outstanding Annual Training.

In the next issue of *pupukahi*, I will share with you the system being developed to manage career paths for officers and enlisted personnel of the HIARNG.



Spec. Jan T. Tanimoto

Master Sgt. Robert Easler, Readiness Group, U.S. Army Pacific, briefs Hawaii Army National Guard soldiers on Kauai during the first phase of junior leadership training. More than 100 HIARNG noncommissioned officers attended the course, March 7-8.

Soldiers from Company C, 1st Battalion, 299th Infantry, were flown from Maui's Kahului Airport to Puunene for an air mobile exercise, March 14.



Staff Sgt. Dennis Y. Fujii



Sgt. 1st Class Wayne T. Iha

Pfc. Francis Kuluhiwa of Company C, 1st Battalion, 299th Infantry, uses his M-60 machine gun to secure his perimeter during an air mobile exercise in Puunene, Maui, March 14.



Sgt. Lance M. Kamisugi

A soldier from Company C, 1st Battalion, 193rd Aviation, prepares to board one of the unit's AH-1S Cobra helicopters during aerial gunnery training at the Pohakuloa Training Area, March 13-15.

Hawaii Air National Guard



Col. Allen M. Mizumoto
Commander, HIANG

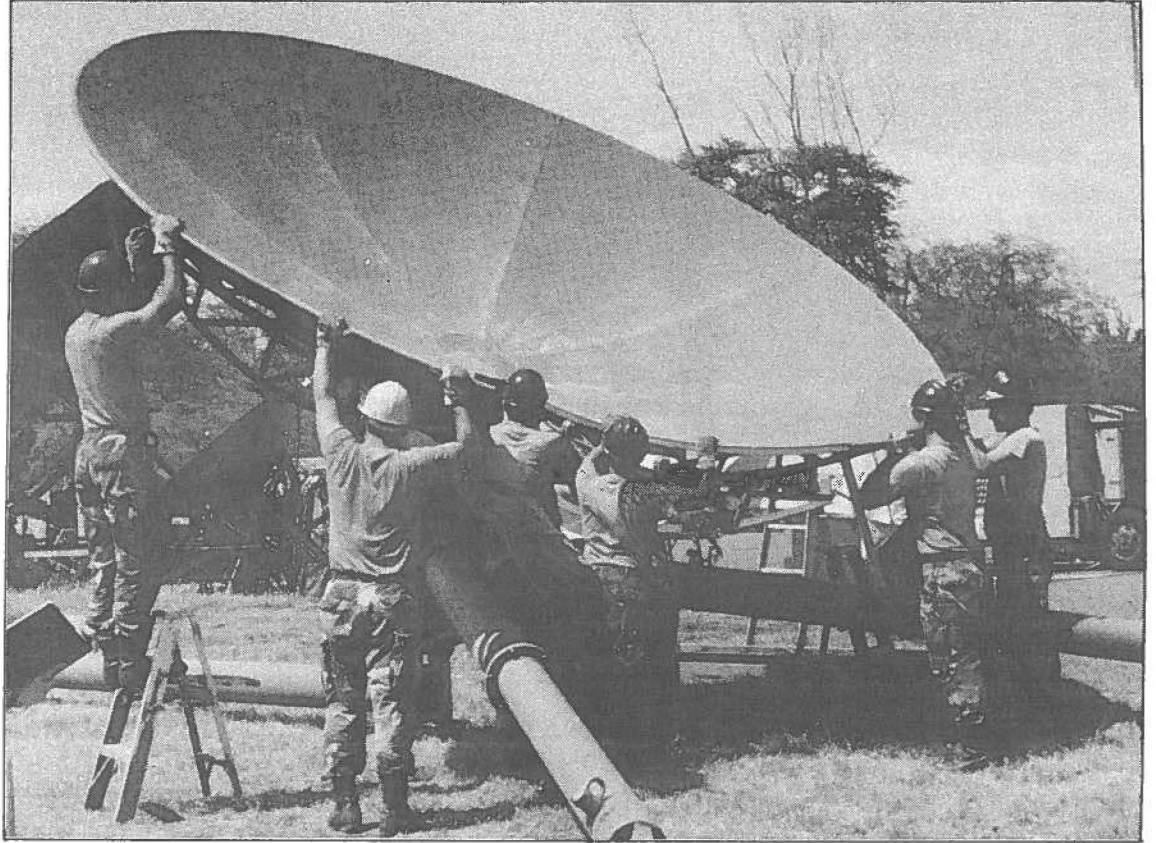
Congratulations to the men and women of the 154th Tactical Hospital for the fine showing you made during the recent Hospital Service Readiness Inspection conducted by members of the U.S. Air Force Inspector General's office. Your hard work and dedication under the adverse condition of major renovations to your facilities, prior to and during the inspection, made your accomplishments even more significant. The two outstanding ratings in your dental and cardiopulmonary resuscitation programs, eight excellent ratings, and full validation of your combat and mobility readiness speak highly of your commitment to excellence. You can all be justifiably proud of your accomplishments.

Congratulations also go to the men and women of the 154th Tactical Control Squadron and your recent accomplishment of operating your AN/TPS-75 radar in controlling F-15 aircraft. This signifi-

cant milestone in your activation efforts fully substantiates your hard work and dedication and clearly indicates your ability to attain operational status by this July. You are all to be commended for your outstanding progress.

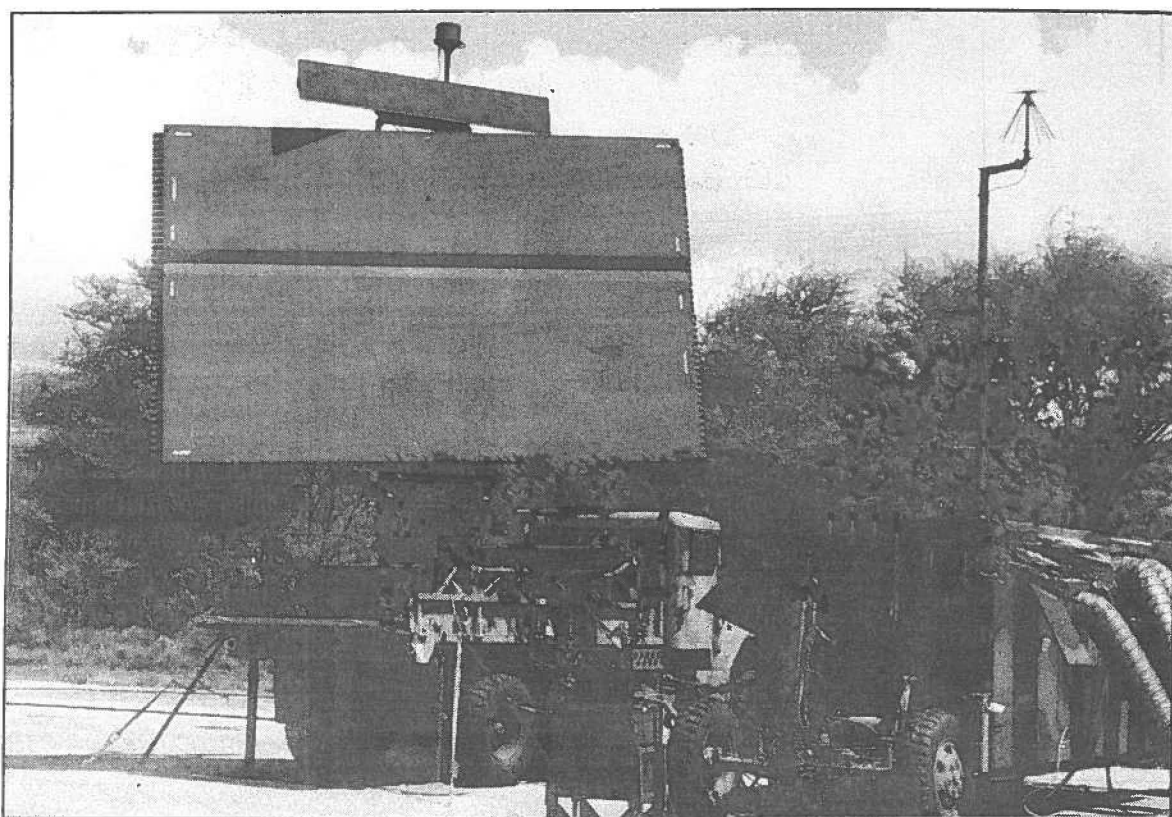
On a less pleasant note, I am compelled to inform you that the National Guard Bureau (NGB) has notified all states of the need to reduce our fiscal year 1992 operations and maintenance (O&M) budget by two and one-half percent. On the surface, this may not appear like a lot, but when you apply that to our nearly \$32 million annual budget, it equates to about \$800,000. Although the NGB is doing everything possible to provide us some relief, there is no doubt that some reduction will be imposed in these times of reduced defense budgets. In order to meet this deficit with the least impact on our operations and people, we have instituted some actions to reduce our possible shortfall. Unit funds for the remainder of fiscal year '92 have been reduced by 10 percent, travel is being reduced to the very minimum necessary, awards funding has been reduced by 50 percent, unallocated emergency funds have been applied to shortages in certain budget codes, and hirings have been frozen until our specific O&M budget cut target is identified by the NGB. In any event, we will take every action possible to ensure that no permanent employees are affected by this reduction and that our combat readiness is maintained. I ask each and every one of you to join me in looking for ways to reduce expenditures and ask for your support during these difficult times.

The Hawaii state flag was flown at the South Pole, Jan. 13, by Maj. Gen. Philip G. Killey (second from left), director, Air National Guard, National Guard Bureau, and his staff. Gen. Killey presented the flag to the Hawaii Air National Guard (HIANG) in appreciation of continuing outstanding support provided by the HIANG.



2nd Lt. Charles Anthony

In March, the 293rd Combat Communications Squadron (293rd CCSQ), 201st Combat Communications Group (CCGP), sent its satellite communications signal to the 4th CCGP at Andersen Air Force Base (AFB), Guam, where it was looped back to the 293rd CCSQ. Looping the signal back to Hickam AFB caused a half-second delay in voice communications instead of the quarter-second delay experienced during a point-to-point shot.



Lt. Col. Myron Dobashi

It's "all systems operational" for the 154th Tactical Control Squadron (TCS), Forward Air Control Post, the Hawaii Air National Guard's new mobile radar unit. On March 7, the squadron fully tested its state-of-the-art AN/TPS-75 mobile radar and a wide range of electronic equipment from its interim operating site at the Pacific Missile Range Facility, Barking Sands, Kauai. The unit is scheduled to attain operational status by July of this year.

Communicators survive mobility training course

By 2nd Lt. Charles Anthony

201st Combat Communications Group

The 201st Combat Communications Group conducted its mobility survivability training course, Jan. 6-17, and endured twelve of the toughest training days the communicators will probably ever experience.

In the first week of training, students learned how to survive and operate as a unit during wartime or emergency conditions. They were drilled in the aspects of chemical warfare and spent time in the "confidence chamber." They also learned small arms tactics, camouflage, self-aid buddy care, cardiopulmonary resuscitation and pallet building.

Members deployed to Keaukaha Military Reservation in Hilo for the second phase of training. For four days and nights, an aggressor force harassed the unit's headquarters at the 291st Combat Communications Squadron. Although exhausted and sore, the self-named "River Rats" had little time to sleep. Guards were posted at strategic locations around the cantonment area, and blaring propaganda and a mock chemical attack kept members on their toes. To enhance the realism, the communicators attached the Army's multiple integrated laser engaging system (MILES) electronic equipment to their M-16s, helmets and web gear to simulate "hits" and "near misses."

Hawaii National Guard Fun Run/Walk

First combined Fun Run held

Sunshine and a cool breeze greeted the hundreds of runners and walkers who took part in the Hawaii National Guard Fun Run/Walk at the Air Guard's Hickam Air Force Base facility, March 29.

Maj. Gen. Edward V. Richardson, the adjutant general; Brig. Gen. Eugene S. Imai and Col. Allen M. Mizumoto, Hawaii Army and Air Guard commanders, respectively; and Brig. Gen. Irwin K. Cockett Jr., former Army Guard commander, joined participants for the 8 a.m. start. Twenty minutes and 35 seconds later, Terrance Y. Kudo, son of Master Sgt. Roy K. Kudo, crossed the finish line to win the 5-kilometer race; the first female finisher was Nancy Rawlins, wife of Col. Michael E. Rawlins, in 23 minutes and 14 seconds. In the 10-kilometer race it was Staff Sgt. Jason A. F. Cairns of the 154th Consolidated Aircraft Maintenance Squadron all the way, breezing to a first place finish with a time of 40 minutes and five seconds. Eleven minutes later, Staff Sgt. Shirley N. Bryant, Headquarters, State Area Command (-Det. 1, 2 & 3), was the first woman to finish the 10-kilometer race.

The Guard extends its thanks to the many volunteers who came out to greet and cook breakfast for the runners and their families. A special mahalo to Island Blend for providing music at the post-run breakfast.



Hawaii National Guard members, families and employees start the Hawaii National Guard Fun Run/Walk held at the Air Guard's training March 29.



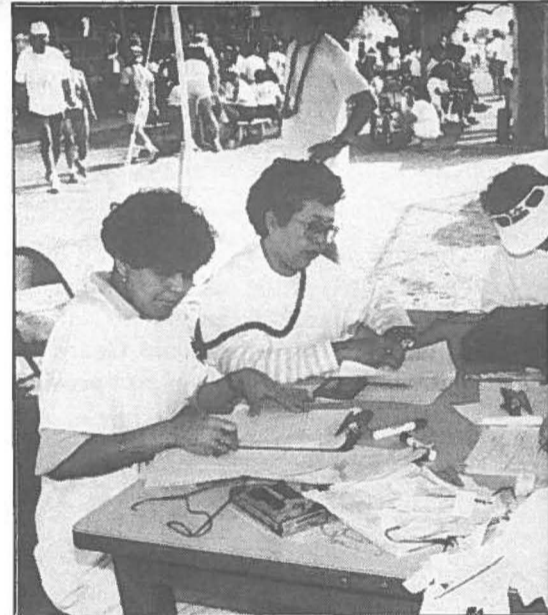
Spec. Jan T. Tanimoto

Staff Sgt. Shirley A. Bryant, Headquarters, State Area Command (- Dets. 1, 2 & 3) was the first female to complete the 10-kilometer race with a time of 51:01.

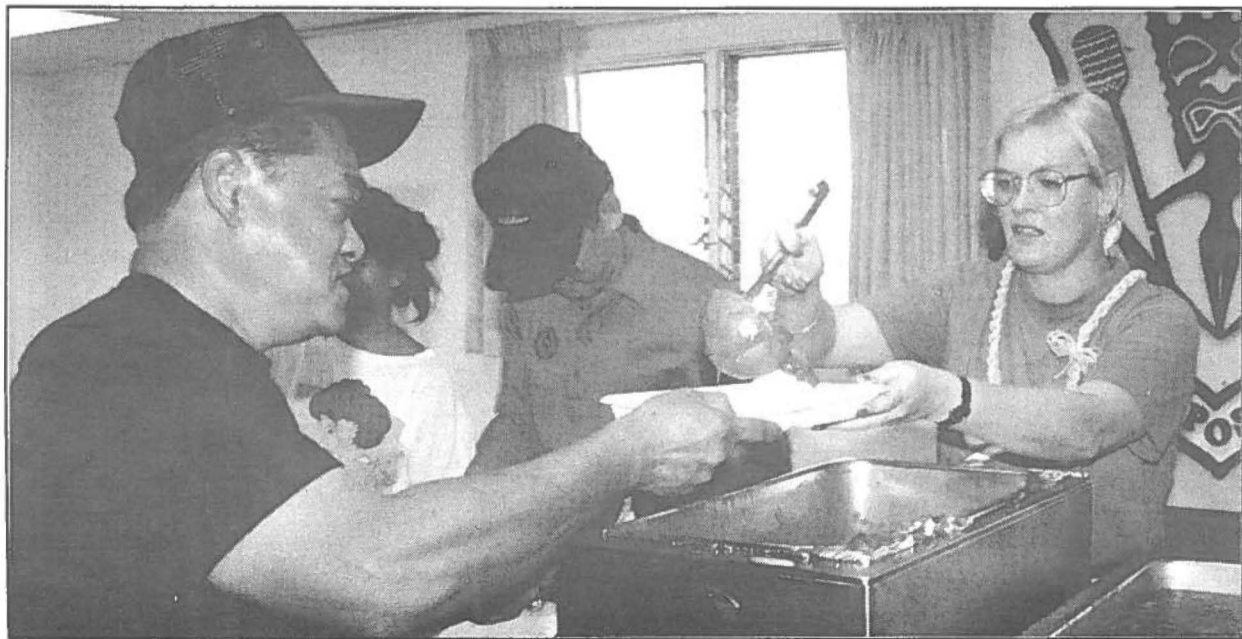


Sgt. Lance M. Kamisugi

Nancy Rawlins (left) and Terrance Y. Kudo were the first female and male runners to complete the 5-kilometer race.



Volunteers tabulate the race results.



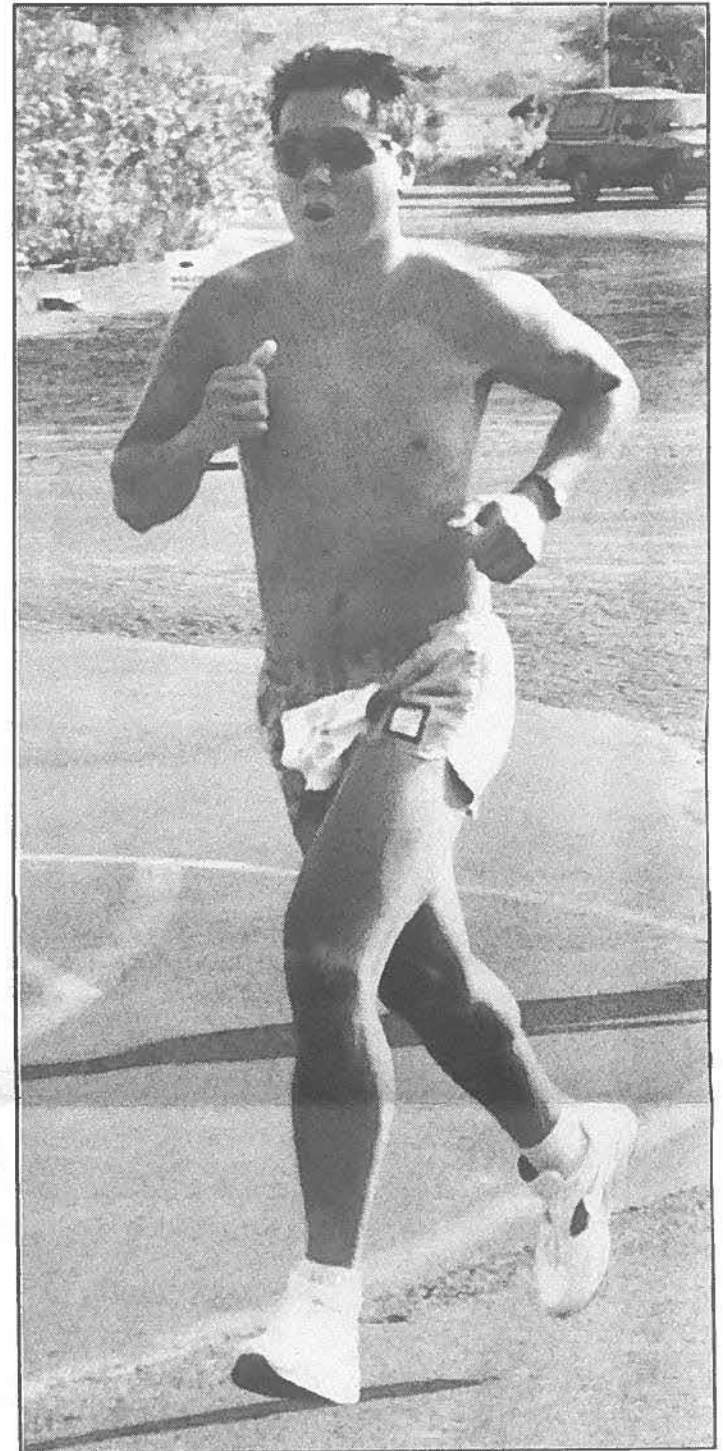
Sgt. 1st Class Wayne T. Iha

Master Sgt. Debra Brownhill, 154th Civil Engineering Squadron, serves stew and rice to Sgt. Maj. Vincente Duran, Headquarters, State Area Command (- Dets. 1, 2 & 3).



Capt. Curtis H. Matsushige

State Command Sgt. Maj. Clement Y.F. Hew and his helpers hand out water to runners at the halfway point of the 10-kilometer race.



Maj. Wayne N. Yoshioka

Staff Sgt. Jason A. F. Caires, 154th Consolidated Aircraft Maintenance Squadron, breezes his way to a first place finish in the 10-kilometer race with a time of 40:05.



Sgt. Lance M. Kamisugi

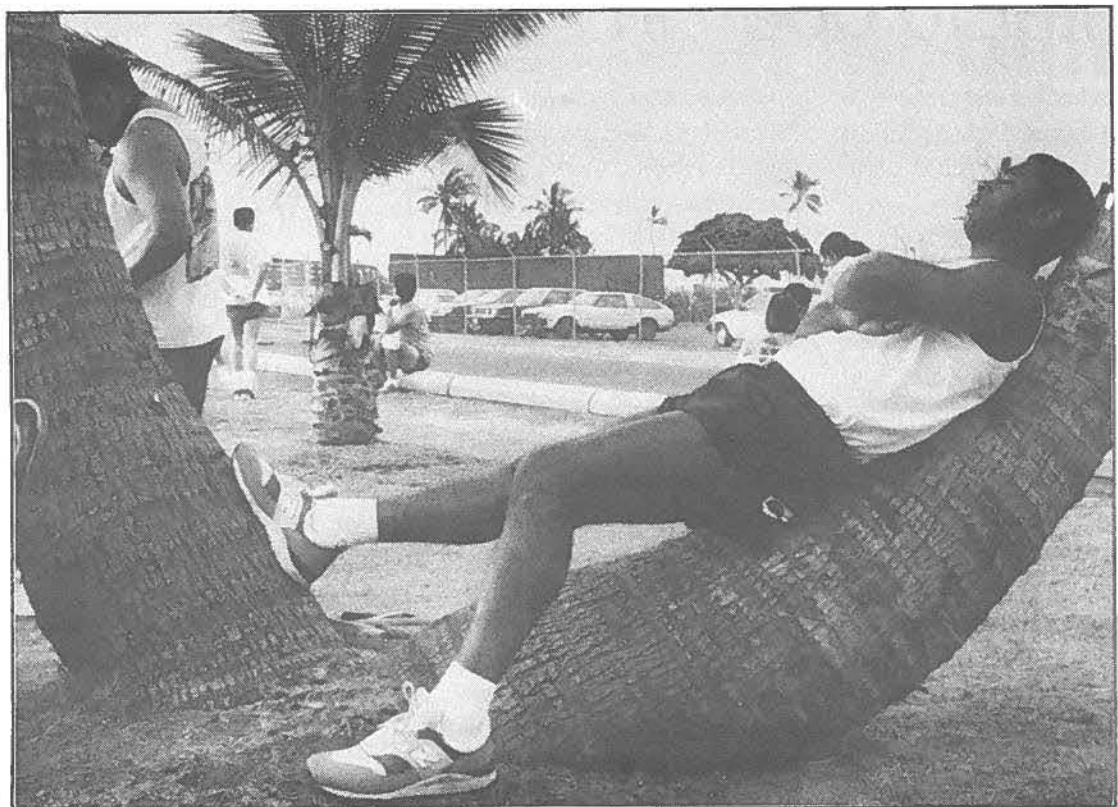
Auxiliary members made and presented leis to Hawaii National Guard Fun Run participants at the finish line.



Sgt. Lance M. Kamisugi
Hickam Air Force Base,



Maj. Wayne N. Yoshioka



Capt. Curtis H. Matsushige

Capt. Gary W. Littlefield, Headquarters and Headquarters Detachment, 297th Supply and Service Battalion, second place finisher in the 10-kilometer race takes a well-deserved rest after the run.



Sgt. 1st Class Wayne T. Iha

Exhausted participants refresh themselves with a cool beverage.

State Civil Defense

Crews handle 'chemical spill'

Story and photos by Barbara Hendrie

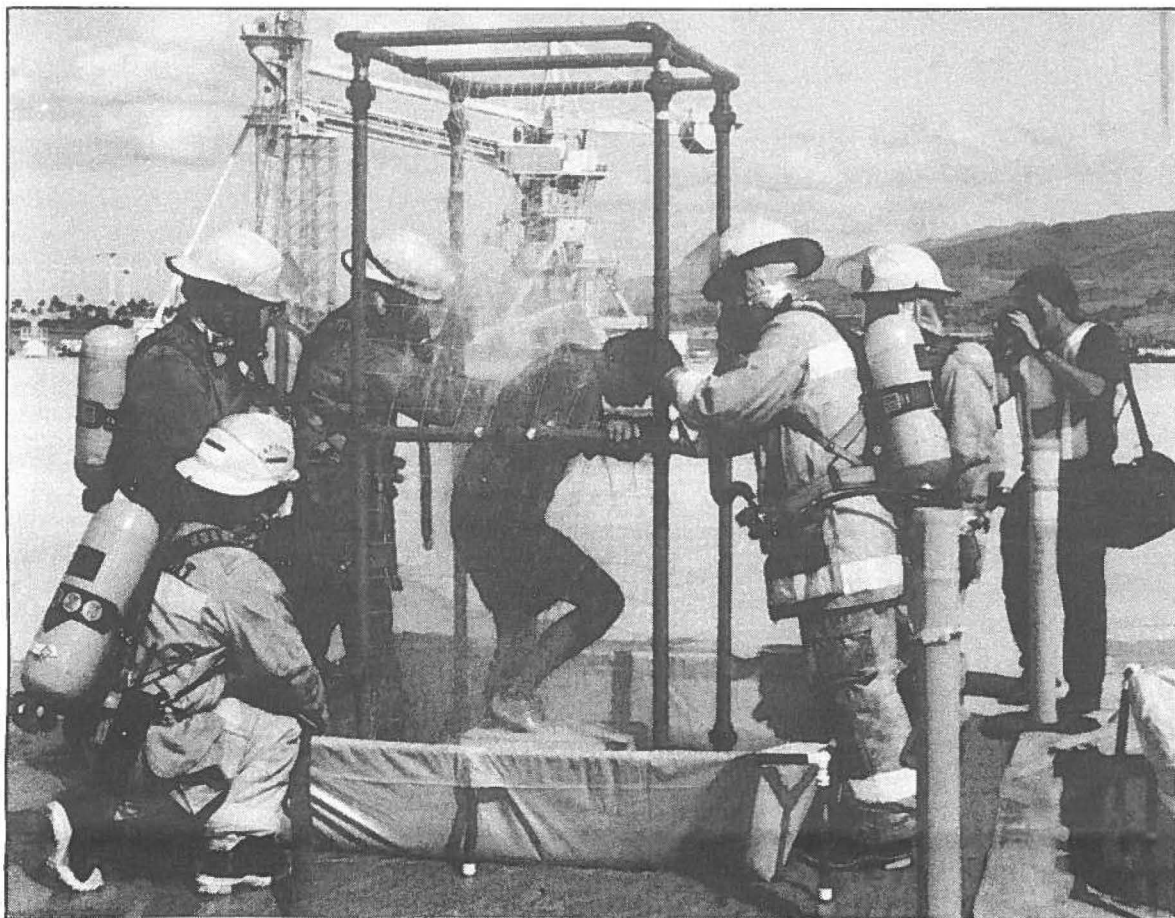
State Civil Defense

Firefighters, ambulance crews and other "first responders" took part in a hazardous materials (HAZMAT) exercise at Campbell Industrial Park's deep draft harbor, March 4. The exercise is designed

to give military and civilian emergency crews an opportunity to practice the response skills, such as contaminant measurement and specialized first aid, required in an actual emergency situation. Among those participating in the exercise and critique were the Federal Environmental Protection Agency, state and

county civil defense agencies, police, fire and ambulance crews, as well as their military counterparts.

Exercise scenarios help to keep military and civilian response and operations components ready to meet everything from local emergencies to full-scale disasters.



Honolulu firefighters wash contaminants off a 'chemical spill' victim during the hazardous materials response exercise, March 4.



Honolulu firefighters, wearing full protective gear, carry a 'chemical spill' victim from his truck.

1991 disaster declarations

According to figures released by the Federal Emergency Management Agency (FEMA), federal disaster declarations were almost double the annual average. Forty-three presidential declarations were issued for 24 states and four Pacific region jurisdictions in 1991, nearly twice the annual average of 23. The previous record of 42 declarations in a single year was set in 1979.

Although flooding was the most frequent natural disaster, hurricanes and typhoons were the most costly. Eleven major disaster declarations, with recovery costs estimated at \$125 million,

were issued for five storm systems. The most devastating storm was Hurricane Val, which left more than 4,800 families in Samoa homeless. An estimated \$80 million will be required to restore housing and public facilities. Elsewhere in the Pacific, typhoons struck the Marshall Islands, Guam and Micronesia. On the mainland, six declarations were issued in six Atlantic seaboard states for Hurricane Bob.

While recovery funding exceeded \$300 million, more than half of presidential disaster relief fund monies were spent to repair public property.

Office of Veterans Services

Veterans treatment center to open in Hilo

Plans to build a comprehensive treatment, education and clinical research center for Pacific Basin veterans are underway. Once opened, the Pacific Center for Post-Traumatic Stress Disorder (PTSD) and War-Related Disorders in Hilo will serve war veterans of all eras (i.e. Gulf, Vietnam, Korea and World War II). A pilot phase of the 16-bed treatment program is scheduled for July of this year pending site selection and staff recruitment.

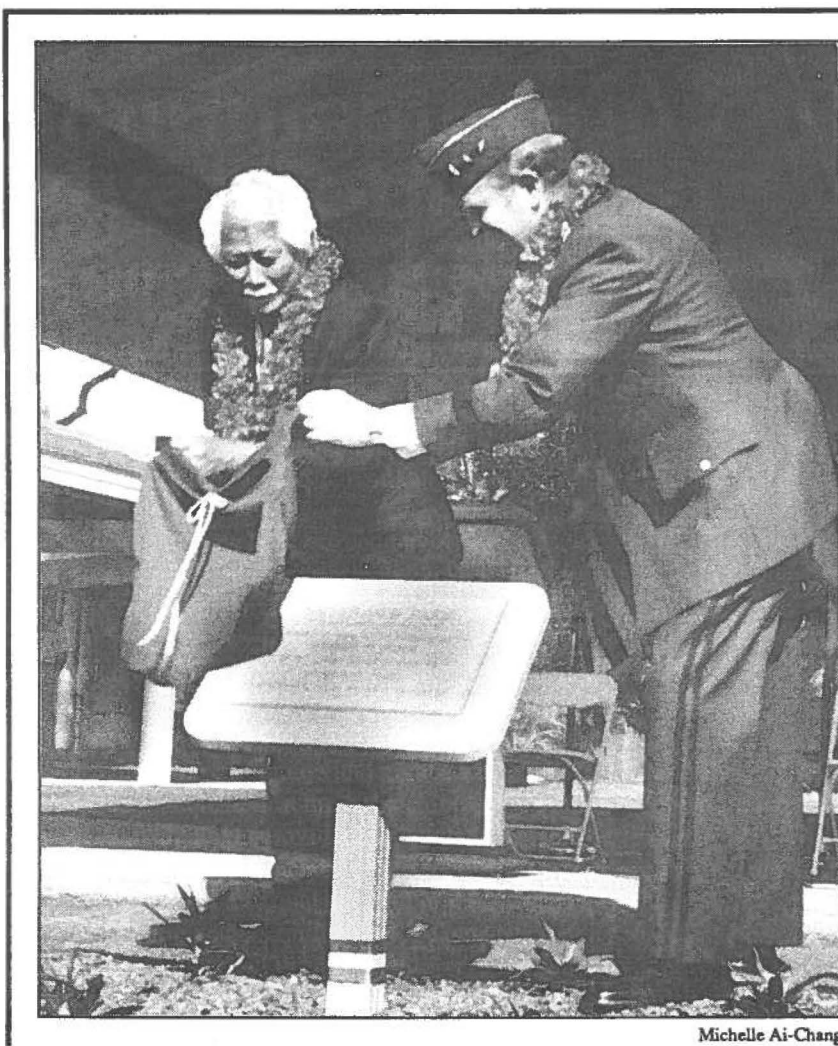
An 11-week residential program emphasizing peer group counseling, ethnocultural awareness, and the Hawaiian tradition of *ohana* or family, will be the core of the center's program. Treatment groups will be "closed-membership" which means group members will return to their communities together.

Services will be available to any American war veteran for whom

earlier outpatient and/or acute inpatient treatment have proved insufficient. The Pacific Center plans to work closely with veterans centers and other Veterans Administration (VA), Department of Defense, and community resources to provide comprehensive care for veterans.

Dr. Raymond Scurfield will be the director of the Pacific Center and oversee a staff of 40 employees. Scurfield previously headed the inpatient PTSD unit at the American Lake VA Medical Center in Tacoma, Wash.

Congressional hearings over the past years indicate a strong need for specialized PTSD treatment services in Hawaii. Relying on West Coast treatment programs is not feasible for many Pacific Basin veterans because of distance, family separation and culturally unspecific assessment and treatment.



Michelle Ai-Chang

Tripler veteran's park

Lt. Gen. Frank F. Ledford, the Surgeon General, U.S. Army, and Larry S.K. Lee, director, Office of Veterans Services, unveil the plaque dedicating the Veteran's Park at Tripler Army Medical Center. The park includes three pavilions and is located behind the hospital's E Wing.

People



Chock



Collins



Hao



Haruguchi



Ishida



Kaneakua



Masuda



Ramos



Yonamine

The State of Hawaii Department of Defense announces the following personnel changes:

Sgt. Thomas Chock Jr., warehouse worker, 154th Composite Group. Chock joined the Guard after serving on active duty. He enjoys playing indoor and outdoor volleyball and is a member of national and state volleyball associations. Chock and his wife, Nida, live in Kaneohe.

Maj. Michael Collins, 1820th Reserve Advisor Squadron, is the new Air Force advisor for the 201st Combat Communications Group. He comes to Hickam Air Force Base from Kapuan Air Station, Ga., where he served as a systems program

manager. Collins grew up in Issaquah, Wash., and has a master's degree in public administration. His wife, Dawn, is a vocalist and musician. The couple has four daughters and one son.

Lt. Col. John K. Hao became the assistant chief of staff for personnel, G-1, Feb. 24. Hao fills the vacancy left by Col. Clarence M. Agena, who is now assigned as deputy brigade commander, 29th Infantry Brigade (Separate).

Staff Sgt. Sharon N. Haruguchi, radio maintenance technician, 169th Aircraft Control and Warning Squadron. Haruguchi was born in Okinawa and now lives in Pearl City. She has recently taken up pistol shoot-

ing and bowling.

Maj. Claude T. Ishida replaced Hao as the plans, operations and military support officer. Ishida is a member of the Special Service Board and recently helped coordinate the Hawaii National Guard Fun Run.

Capt. Bruce A. Jahnke, took over Ishida's duties as training administrator at the Hawaii Military Academy. Jahnke was born and raised in Illinois and joined the Guard in 1981. Prior to working for the Guard full-time, Jahnke ran his own construction contracting business.

Lt. Col. Walter Kaneakua has been appointed commander of the 203rd Air Refueling Squadron. He joined the Hawaii

Air National Guard after leaving active duty March 2. He most recently served as the commander of the 9th Airborne Command and Control Squadron, Hickam Air Force Base.

Tech. Sgt. Dan T. Kiyohiro, logistics management specialist, 203rd Air Refueling Squadron. Kiyohiro graduated from Pearl City High School and has an associate's degree in electronics. In his free time, he enjoys bowling and jogging.

Staff Sgt. Gary M. Masuda, warehouse worker, 154th Composite Group. Masuda joined the Air Guard in May of last year. Born in Okinawa, he graduated from McKinley High School and

presently lives in Honolulu. Masuda's interests include fishing, bowling and weightlifting.

Staff Sgt. Joseph L. Ramos, military personnel clerk, 154th Composite Group. Ramos served on active duty from 1983 until last April when he joined the Guard. The Farrington High School graduate is a car enthusiast who presently resides in Waipahu.

Staff Sgt. Kevin M. Shiraki, aircraft electrician, 154th Composite Group. Shiraki was born in Los Angeles and enjoys golfing and bowling in his spare time. He and his wife, Nathlei, have two children: Sarah, 8, and Sean, 5.

Tech. Sgt. Dennis K.

Takemoto, powered support systems mechanic, 154th Tactical Control Squadron. Takemoto joined the Guard in 1965. He and his wife, Mary, reside in Hanapepe and have three sons.

Lt. Col. William D. Vogt has been assigned as the full-time executive officer for the Brigade. Vogt previously served as operations and training support officer, S-3.

Staff Sgt. Terry S. Yonamine, packer, 154th Resource Management Squadron. Yonamine was born in Chicago, Ill., and served on active duty from 1983 to 1990. He is a drill-status ground radio technician for the 293rd Combat Communications Squadron.

Association news



Capt. Curtis H. Matsushige

Master Sgt. Leonard K. H. Tam, **Tech. Sgt. Jacqueline I. Y. Jakahi** and **Master Sgt. Clifford A. Sagara** of the Air National Guard Noncommissioned Officers Academy Graduates Association (ANGNCOAGA) prepare plastic ducks for the Rubber Duckie Race for United Cerebral Palsy, March 19.

Hawaii Guard insurance

All members of the Hawaii National Guard are eligible for the National Guard Association of Hawaii life insurance program. Unlike many other insurance policies, Guard policies do not contain clauses for war, aviation or hazardous duty. Coverage amounts range from \$5,000 to 50,000; monthly premiums range from \$2 to \$17. Spouse and dependent insurance are also available. For more information, call Kozen Kaneshiro at 737-9450 between the hours of 8 a.m. and 4 p.m.

Aloha Diners Club

1992 Aloha Diners Club cards are still available from the Hawaii National Guard Enlisted Association (HNGEA). Membership is only \$8 -- half the price charged by some other organizations -- and entitles cardholders to discounts of up to 50% at more than 75 restaurants, night clubs and shows on Oahu. For more information, call Staff Sgt. Richard Hargraves at 737-6744.

NCO Academy Graduates Association

The Air National Guard Noncommissioned Officers Academy

Graduates Association (ANGNCOAGA), Chapter 18, announced the election of Master Sgt. Craig Harimoto, vice president, and Master Sgt. Melvin Wong, treasurer.

All graduates are encouraged to join the association which recently assisted with the Great Aloha Fun Run/walk, Easter Seal Telethon and Rubber Duckie Race for United Cerebral Palsy. Annual membership dues are \$3. Interested persons are encouraged to call Tech. Sgt. Jacqueline Jakahi at 449-3812.

HNGA membership drive

Officers have until May 7, 1992, to join the Hawaii National Guard Association (HNGA) for fiscal year 1993. The association's goal is to qualify for "early bird" membership recognition, 100% membership before June 1. Combined HNGA and NGAUS dues range from \$20 for lieutenants and warrant officers to \$78 for general officers. Combined lifetime membership is \$425.

HNGA hosts annual conference

The 43rd annual Hawaii National Guard Association (HNGA) conference will be held at the Turtle Bay Hilton Hotel and Country Club on Oahu's north shore, May 22-24. (See box at right)

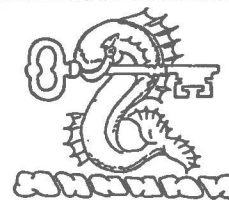
The planning committee assures attendees that the conference will be unlike past years'. With the National Guard Association of the United States (NGAUS) 113th Annual Conference behind it, the local

organization promises a "full agenda with a limited amount of business and a whole lot of fun and relaxation." A wide range of activities are planned for Saturday afternoon, including golf, tennis, volleyball, horse riding, water activities and "beach Olympics."

There will also be special children's activities and members are encouraged to bring their families. Nightly hotel rates during the conference will be \$90 for rooms and \$125 for cabanas. A check for the first night's deposit or a credit card account is necessary to reserve a room.

The deadline for registration is April 15. Activity fees are as follows: Awards banquet \$30, breakfast meeting \$15, tennis tournament \$9, horseback riding \$10, beach Olympics \$12 and golf tournament \$55. Members may write a single check for all activities except for the golf tournament. A separate check should be made out for this event. All checks are to be made payable to HNGA.

Conference coordinators are Maj. Leslie Bise (HIARNG), 732-0982, Keith Tanouye, 737-9450 (HIARNG), and Ford Chinen, 732-2341 (HIANG).



HAWAII
NATIONAL
GUARD
ASSOCIATION

43rd Annual Conference/Banquet

Turtle Bay Hilton Hotel & Country Club

Friday, May 22

Noon Registration
3:00 p.m. Ice breaker

Saturday, May 23

7:30 a.m. Registration, coffee
8:30 a.m. Business session
11:45 a.m. Various recreation activities
(See accompanying article)

6:00 p.m. Cocktails
7:00 p.m. Awards banquet
8:30 p.m. Entertainment, dancing

Sunday, May 24

8:00 a.m. Breakfast meeting

Sports

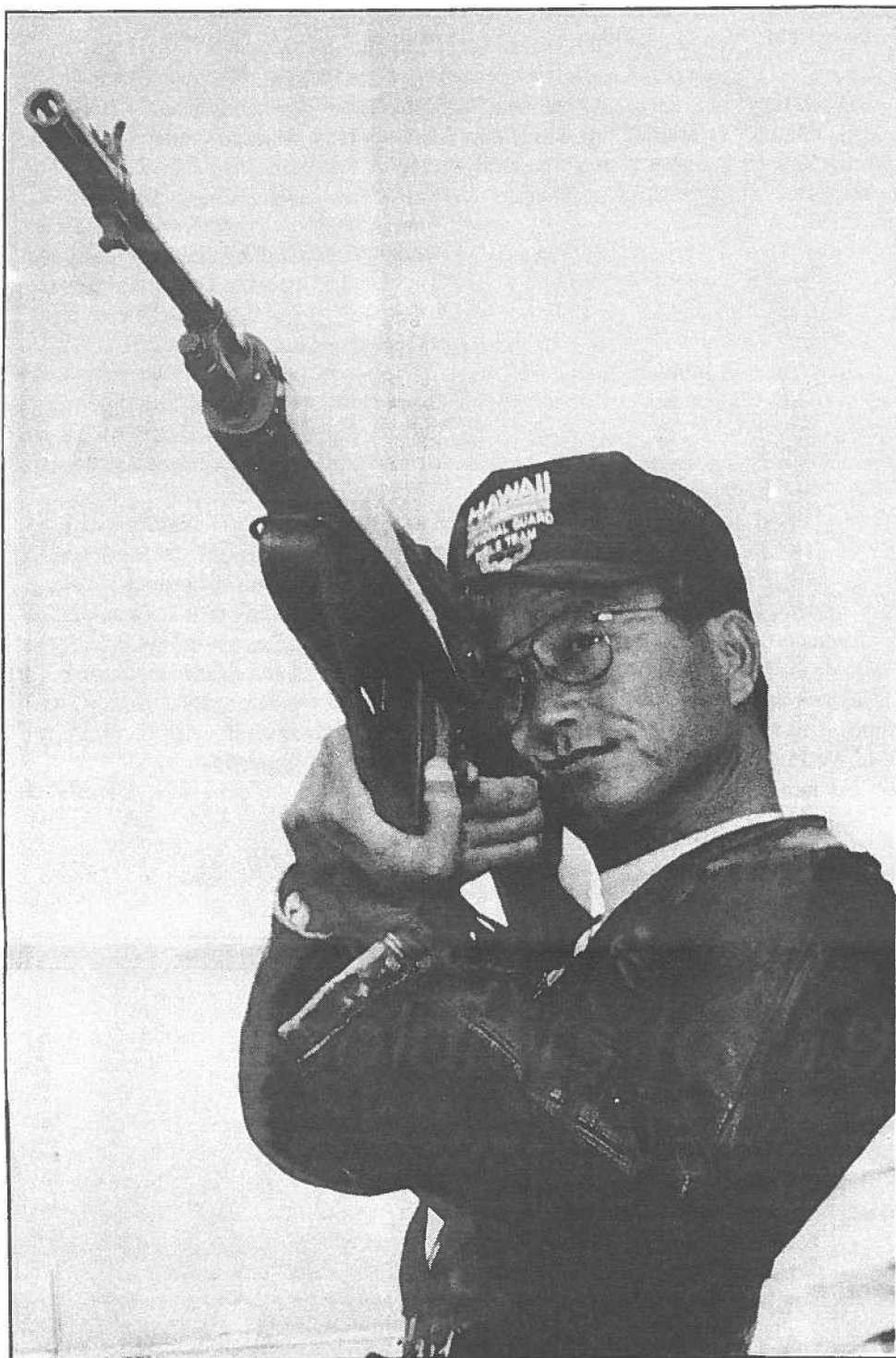
Rifle teams win expert, sharpshooter classes

The Hawaii National Guard (HING) brought home the gold in two classes at the 1992 Hawaii Pacific Regional High Power Rifle Championship held at the Puuloa Range, Ewa Beach, Feb. 22-23. The HING's green team placed first in the expert class with a total of 1,064 points while the blue team captured the sharpshooter title with 1,025 points.

Individually, Lt. Col. Vern T. Miyagi and Sgt. Mark M. Dela Cruz were the Guard's big scorers. Miyagi, Headquarters, State Area Command, is an expert shooter and placed first in his class. Dela Cruz, Headquarters and Headquarters Company, 29th Infantry Brigade (Separate), fired his way to first in the marksman class and also won the match for standing, slow-fire at 200 yards.

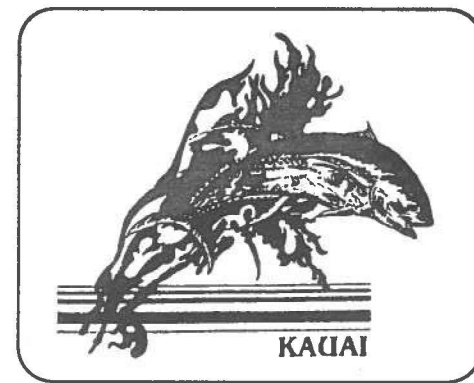
Other Guard shooters were: Capt. Richard E. Ando Jr., 154th Tactical Hospital; 1st Sgt. Aurelio C. Mina Jr., 2nd Battalion, 299th Infantry; Tech. Sgt. Galen M. Yamada, 154th Consolidated Aircraft Maintenance Squadron; Staff Sgt. Norman Y.Y. Tyau, 154th Consolidated Aircraft Maintenance Squadron; Sgt. Shawn H. Kono, 29th Support Battalion; Spec. Patrocinio Sagcio-Hedke, 2nd Battalion, 299th Infantry; and recent Guard retiree, Sgt. Earl S. Iwata.

A total of 65 shooters turned out for the tournament, coming from as far away as Alaska and South Carolina.



Stephen M. Lum

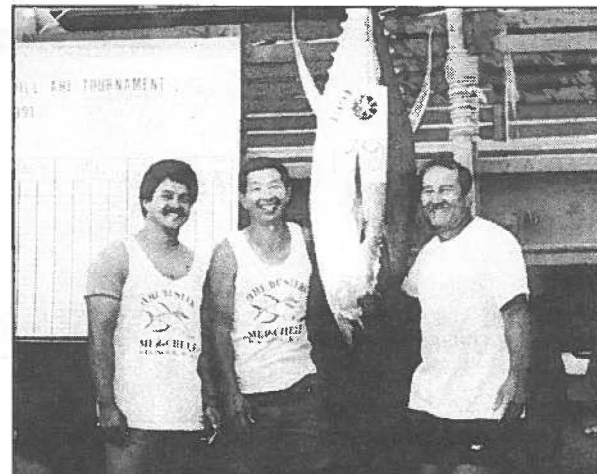
Lt. Col. Vern T. Miyagi, Headquarters, State Area Command, won first place in the expert class at the 1992 Hawaii Pacific Regional High Power Rifle Championship, Feb. 22-23.



150th Aircraft Control & Warning Squadron

Goodwill Ahi Tournament

- Skippers' meeting, May 26, Tuesday evening
 - Ahi tournament, May 27-29, 6:00 a.m. - 4:00 p.m.
 - Awards banquet (\$30 per person), May 30, Saturday evening
 - Golf activities for "landlovers"
- Meeting and awards banquet to be held at the Westin Kauai Lagoons Hotel with special room rates for tournament teams. For more information call Tech. Sgt. Napua Sugai at 655-7756.



Lt. Col. Myron Dobashi

Last year's tournament winners from Kauai's 150th Aircraft Control and Warning Squadron.

Sports notes

ESGR golf tournament sign-up

All members of the Hawaii National Guard are eligible to sign up with their bosses for the 6th annual Employer Support of the Guard and Reserve (ESGR) Golf Tournament at Hickam Air Force Base, May 1. The tournament will follow a two-person best ball format and foursomes composed of Guard members or reservists and their civilian supervisors.

There will be prizes and refreshments at the Hawaii Air National Guard's new operations and training facility immediately following

play. Among the prizes to be given away are coupons for one night's stay at the Lodge at Koele.

Entry fee is \$35 for reservists and \$50 for civilians.

Hawaii Guard softball tournament rules

The Special Service Board announces the following changes to the Hawaii National Guard (HING) sports program:

• Each neighbor island will have its own softball tournament. Winners of these tournaments will go on to compete in the 12-team HING state

softball tournament.

• Creation of a "masters" (40+ years) division. Teams are exempt from the unit integrity requirement.

Air Guard softball tournament in Tucson

This year's Air National Guard Softball Tournament will be held in Tucson, Ariz., Aug. 19-22. Interested players should call Staff Sgts. Bill Ramos or David Adams at 449-2080.

Players will be responsible for entry fee and transportation expenses.



Members of the 291st Combat Communications Squadron participated in the March of Dimes Walk America in Hilo, March 15, and raised more than \$500 for the charity.

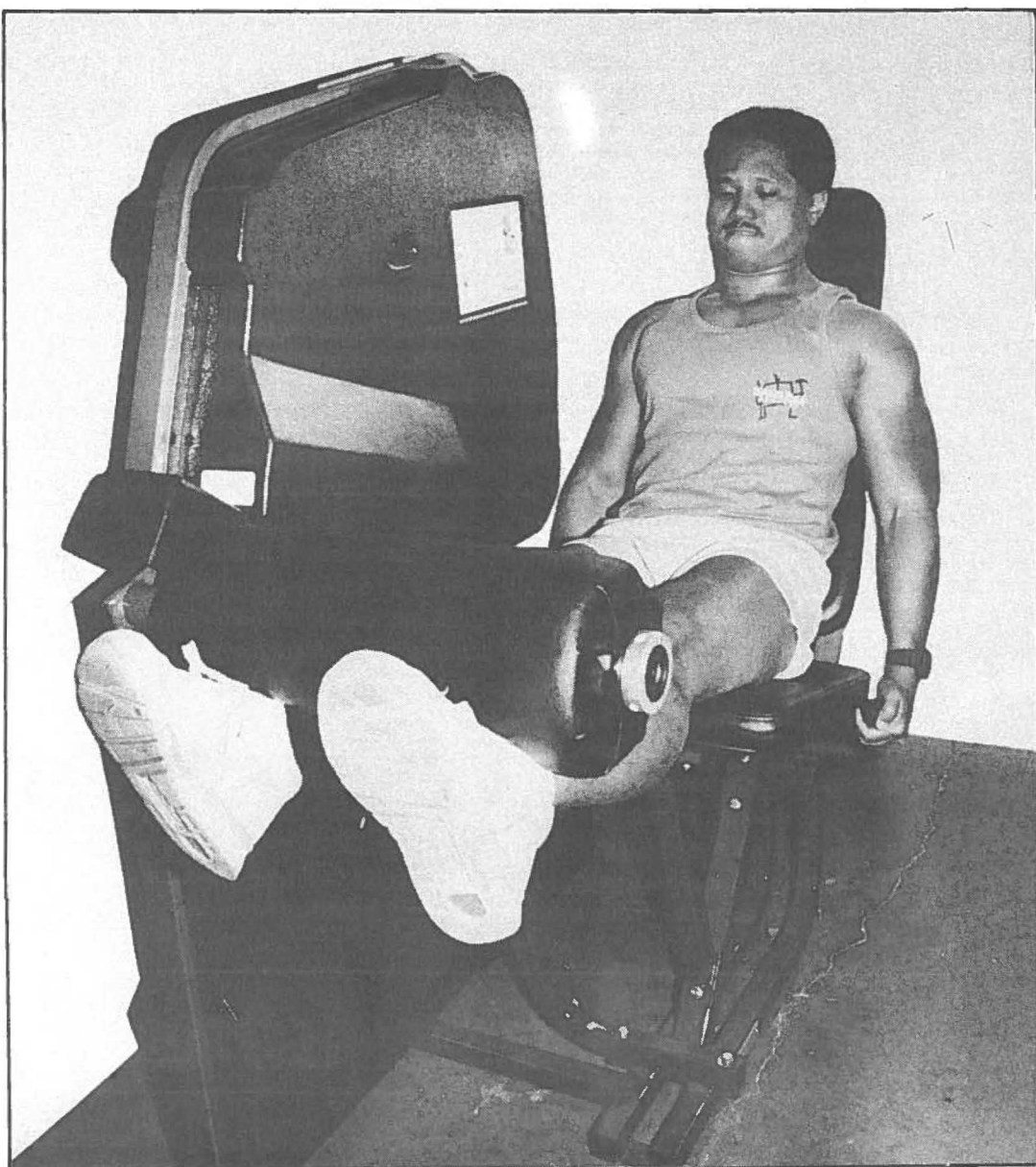
Facilities

Wahiawa Armory expanding

Construction of a two-story, 67,000-square foot addition and 150-stall parking lot for the Wahiawa Armory is underway. When finished, the armory will serve as the home station for Headquarters, 297th Supply and Service Battalion; 292nd Supply and Service Company; Company D, 1st Battalion, 299th Infantry; 1st Battalion, 487th Field Artillery; Troop E, 19th Cavalry; and 129th Signal Detachment. Construction began in January and is expected to be completed by October 1993. The project is estimated to cost \$6.1 million.



Stephen M. Lum



Stephen M. Lum

Sgt. Carty R. Raquedan of the Headquarters and Headquarters Service Battery, 1st Battalion, 487th Field Artillery, works out in his unit's weight room.

Guard gets physical

To help Hawaii National Guard (HING) members attain and maintain a high state of physical fitness, the HING is in the process of setting up physical fitness facilities on all islands. There will eventually be a total of 12 centers, each equipped with weightlifting machines and other exercise equipment.

Persons using the facilities are required to attend a briefing on safety rules and procedures. The centers will be open to all active, full-time and drill-status Hawaii National Guard personnel.

In Memoriam

Corporal Bob S. Ulep, 33, died of an apparent heart attack at the Northern Warfare Training Center at Fort Greely, Alaska, March 17. Ulep collapsed outside of his barracks at approximately 12:50 p.m. Alaska time.

Ulep joined the Hawaii Army National Guard (HIARNG) in 1981 and was assigned as a fire team leader with the 2nd Squad, 2nd Platoon, Company A, 2nd Battalion, 299th Infantry, at Keeau on the Big Island.

He was one of 117 HIARNG soldiers deployed to Alaska for cold weather training.

The Hawaii National Guard extends its deepest condolences to Corporal Ulep's wife, Victorina, and his many relatives and friends.



Corporal Bob S. Ulep
November 3, 1958 - March 17, 1992
Company A, 2nd Battalion, 299th Infantry

IN THANKSGIVING

*We give thanks, Lord
that you have called us to live,
given us bread to eat
and wine to gladden our hearts.*

*We give you thanks that the earth itself
has become a sign of life and a place of wonder,
our homeland, and the place your kingdom comes.*

*The table we set could be empty
but you have filled the whole world with your abundance,
you who are existence, life, and joy.*

*We give you thanks for all those
who gather in friendship and love,
who break bread and pass a cup,
but most of all for him who was our brother,*

Bob Ulep

*who shared in our pain and joy.
With gratitude for this special gift
that Bob was to us,
we return him now to you.
May he rest in your loving care
for all eternity.*

Amen.

*-- The Soldiers of Company A,
2nd Battalion, 299th Infantry*

Awards and recognition

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

Meritorious Service Medal (1st Oak Leaf Cluster)

Col. Lloyd K. Sodeani, Headquarters & Headquarters Company, 29th Infantry Brigade (Separate)

Meritorious Service Medal

Col. Stephen K. Hanashiro, Headquarters & Headquarters Company, 29th Infantry Brigade (Separate)

Maj. Ronald H. Shimabukuro, Headquarters & Headquarters Company, 29th Infantry Brigade (Separate)

Capt. Michael L. Tarpley, Company C, 1st Battalion, 299th Infantry
Master Sgt. George Q. W. Tom, Headquarters, 1st Battalion, 487th Field Artillery

Sgt. 1st Class Edwin T. Kawamoto, Headquarters & Headquarters Service Battery, 1st Battalion, 487th Field Artillery

Sgt. 1st Class James E. Yap, Headquarters & Headquarters Company (-Det. 1), 1st Battalion, 299th Infantry

Staff Sgt. Albert Domingo, Headquarters & Headquarters Company (-Det. 1), 1st Battalion, 299th Infantry
Sgt. Jimmy C. Barientos, Headquarters & Headquarters Company (-Det. 1), 1st Battalion, 299th Infantry

Army Commendation Medal (2nd Oak Leaf Cluster)

1st Sgt. Francisco Latorre Jr., Detachment 1, Headquarters, State Area Command, Troop Command

Army Commendation Medal

Staff Sgt. Darrell T. Fujii, Headquarters, State Area Command (-Dets. 1, 2, & 3)

Hawaii National Guard Medal for Merit

Chief Warrant Officer Clayton H. Mitsui, Headquarters, State Area Command (-Dets. 1, 2, & 3)

Hawaii National Guard Commendation Medal

Senior Master Sgt. Delbert D. Dandurant, Headquarters, Hawaii Air National Guard

Senior Master Sgt. Randall K.H.A. Lum, 154th Consolidated Aircraft Maintenance Squadron

Master Sgt. Norman K.S. Kawamoto, Headquarters, Hawaii Air National Guard

Master Sgt. James N. Pahukula, 154th Consolidated Aircraft Maintenance Squadron

Master Sgt. William L. Stern Jr., 154th Consolidated Aircraft Maintenance Squadron

Master Sgt. Valentine O. Wong Jr., 154th Consolidated Aircraft Maintenance Squadron

Tech. Sgt. Douglas P.Y. Awana, 154th Consolidated Aircraft Maintenance Squadron

Tech. Sgt. Norton K. Malina, 169th Aircraft Control and Warning Squadron

Tech. Sgt. Alvin D. Naumu, 154th Consolidated Aircraft Maintenance Squadron

Senior Aircraft Crewman Badge

Staff Sgt. Michael R. Gomez, Headquarters, State Area Command (-Dets. 1, 2, & 3)



Sgt. 1st Class Wayne T. Iha

Chief Warrant Officer Clayton H. Mitsui, Headquarters, State Area Command, received the Hawaii National Guard Medal for Merit upon his retirement, March 8.

Departmental news — Continued from page 2

Training funds exhausted

All requests for training support monies for fiscal year 1992 will be disapproved due to lack of funds. This includes hotel conference fees, training aid material for external support personnel and courses offered by Kapiolani Community College. The department is currently working with the National Guard Bureau to obtain additional funds.

ROA scholarships available

The Reserve Officers Association of the United States will award 72 undergraduate scholarships and 25 graduate fellowships worth \$500 each for the 1992-93 academic year.

Undergraduate applicants must either be an ROA or ROAL member, or a member's child or grandchild age 26 or younger. Children under age 21 of deceased, paid members are also eligible. All

applicants must be enrolled or accepted for full-time undergraduate studies at a regionally accredited college or university. Because of minimal tuition fees, community college studies will not be considered.

Graduate fellowships are limited to ROA members.

Applications may be obtained by writing to: ROA Scholarships, 1 Constitution Ave. NE, Washington, D.C. 20002, or by calling (202)479-2200. Completed applications must be received by April 30.

Beware of drug "tattoos", "stamps" for kids

Illegal drug pushers have come up with two new ways to sell drugs to young children. The methods are meant to appeal to children, with attractive designs and drugs which can be absorbed through skin contact. "Tattoos" and "stamps" laced with LSD, and sometimes strychnine,

have been found in local elementary schools. The Honolulu Police Department says small sheets of paper, or "tattoos," have blue stars about the size of pencil erasers that have been soaked with LSD. "Paper tabs" resemble postage stamps and often have pictures of popular cartoon or Disney characters printed on them. These "stamps" are individually wrapped in foil.

Parents finding either of these acid-laced papers should call the police immediately. Do not let any family member handle the paper, as the drug's effect is immediate and severe. See a physician if a child or other family member experiences hallucinations, vomiting, change in body temperature or severe mood changes.

Boys & Girls Club free to Desert Storm dependents

Beginning March 1, children of National Guard and

Reserve personnel that were alerted, activated or deployed during Operation Desert Storm/Desert Shield are eligible for one year of free membership in the Boys & Girls Clubs of America. The organization offers after-school and summer programs for youth ages 6 to 18 at four Oahu schools: Waianae Elementary, Washington Intermediate (Honolulu), King Intermediate (Kaneohe) and Ilima Elementary and Intermediate (Ewa Beach). For more information, call the Boys & Girls Club at 949-4743.

Protect your back

Staff Sgt. Melvin Partido
HIARNG Safety Office

Routine daily activities, such as shopping, cleaning and even sleeping, can contribute to backache. Reduce your chances of getting a backache by following these

simple techniques:

In the kitchen, practice good posture while working with food or washing dishes. Adjust counters and other workspaces so that you're not stooping or slouching to reach them. When standing for long periods, rest one foot on a footstool or the floor of an open cabinet. Avoid twisting your torso when placing dishes in the dishwasher.

When lifting and carrying items, avoid reaching above your head, especially if the item to be carried is heavy. A stepstool or ladder should be tall enough to bring your shoulders in line with the shelf. When reaching down for items, bend at the knees and grasp the object with both hands, lifting it slowly and carefully. *Never bend or twist at the waist while lifting or carrying items.*

The repetitive action of

vacuuming is a common cause of back pain. To reduce your chances of being injured, always walk behind the vacuum cleaner instead of leaning toward or reaching out for it. Also, bend at the knees and adopt a wider stance when vacuuming under furniture. Don't try to move heavy objects by yourself.

Even when relaxing, think about good body mechanics. Your television should be at or slightly above eye level and face you directly. When reading in bed, prop up your back, shoulders, neck and head--this will help you to sit up straight and alleviate stress on your lower back. Table and floor lamps will reduce eye strain induced by overhead lighting.

Remember, it's up to you. Make smart choices in your home today so you can enjoy a healthy back tomorrow.

Attention all readers!

If you know a State Department of Defense retiree or other person who would like to receive the *pupukahi*, let us know and we'll be glad to put him or her on our mailing list. (Please type or print)

Name _____

Address _____

Street _____ Apt. No. _____

City _____ State _____ Zip _____

Daytime Phone _____ Year Retired (if applicable) 19 _____

Last Unit/Office Assigned To _____

Mail completed forms to: State Department of Defense, ATTN: HIPAO, 3949 Diamond Head Road, Honolulu, Hawaii 96816-4495.

Training Schedule

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	Apr.	May	Jun.
HQ, STARC, HIARNG	4-5	2-3	2-3
29th Infantry Brigade (Separate)	4-5	2-3	2-3
1st Battalion, 299th Infantry	11-12	15-17	15-17
1st Battalion, 487th Field Artillery	4-5	1-3	1-3
29th Support Battalion	25-26	2-3	2-3
Troop Command	4-5	16-17	16-17
298th Engineer Detachment	11-12	15-17	15-17
1st Battalion, 193rd Aviation	11-12	15-17	16-17
Company A, 1st Battalion, 193rd Aviation	10-12	16-17	16-17
297th Supply & Service Battalion	3-5	16-17	16-17
451st Aviation Detachment	3-5	16-17	5-7
452nd Aviation Detachment	4-5	2-3	6-7
117th Public Affairs Detachment	4-5, 12	2-3, 15	2-3
HQ, Hawaii Air National Guard	4-5	2-3	6-7
154th Composite Group	4-5	2-3	6-7
201st Combat Communications Group	4-5	30-31	6-7