

Community

Airlift crew donates school supplies
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Nat'l Guard

Deployed soldier, airmen return
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Volunteerism

Guard makes good Big Brothers
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Hawaii Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 35, No. 1

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January - February 2000

Calendar

- March 27, Monday**
Prince Kuhio Day (state holiday observed)
- April 21, Friday**
Good Friday, state holiday.
- April 22, Saturday, 9 a.m. - 12 noon**
Earth Day, Hawaii National Guard volunteers clean the of Diamond Head. (See page 5 for details)
- May 8-12**
Makani Pahili, hurricane exercise held at State Civil Defense and Hawaii National Guard emergency operating centers at various locations throughout Oahu.
- May 12-21**
Hawaii Military Appreciation Week. Activities at various location on Oahu
- May 13, Saturday**
32nd Anniversary of 1968 Call-up of the 29th Infantry Brigade.
- May 22, Monday**
No Greater Lower Candlelighting ceremony at Governor office, Office of Veterans Services host.
- May 28, Sunday**
Sunset Memorial Service at the Eternal Flame, Veterans of Foreign Wars host. Candlelight ceremony at the National Memorial Cemetery of the Pacific at Punchbowl, Vietnam veterans host.
- May 29, Monday**
Memorial Day, state holiday. Ceremony at National Memorial Cemetery of the Pacific at Punchbowl, Honolulu Mayor host; ceremony at Hawaii State Veterans Cemetery, Governor and Office of Veterans Services host.

Richardson says farewell to troops at Hickam ceremony

Y2K brings new changes to Hawaii National Guard leadership

By Capt. Charles J. Anthony

A retirement ceremony hosted by Gov. Benjamin J. Cayetano, in honor of Maj. Gen. Edward V. Richardson, was held at the 154th Wing's F-15 flightline, at Hickam Air Force Base, Jan. 9.

Richardson retired after 43 years of military service. "I spent 27 years of my life flying airplanes, working in this facility and on this flightline," said Richardson. "I have experienced many successes and happy occasions on this ramp. Some of my greatest memories and friendships with our officer and enlisted corps have been forged right here."

Richardson was appointed the adjutant general State of Hawaii Department of Defense, Feb. 8, 1991, and re-appointed in December 1994 and again in December 1998. He served as a member of the governor's cabinet and was responsible for training and readiness programs, policies and plans for the 5,500 members of the Hawaii Army and Air National Guard. He was also director of State Civil Defense and provided direct support to the Office of Veterans Services and veterans throughout the state.

Participating units at the retirement ceremony included the 29th Separate Infantry Brigade, 103rd

Troop Command, 154th Wing and 201st Combat Communications Group. The 111th Army Band performed ceremonial music; Battery A, 1st Battalion, 487th Field Artillery fired a gun salute; while the CH-47D Chinooks from Company C, 193rd Aviation; UH-60A Blackhawks from Hilo and an F-15A Eagle from the 199th Fighter Squadron did a flyover near the conclusion of the ceremony.

Maj. Gen. Edward L. Correa Jr., former Hawaii Army National Guard commander, has assumed the position of the new adjutant general. On Jan. 27, the State Senate Transportation and Intergovernmental Affairs Committee unanimously passed Correa's nomination. He was unanimously confirmed by the full State Senate on Feb. 7.

Since Correa's appointment, there has been a spate of command changes within the Hawaii Army National Guard. Col. James R. Carpenter, formerly commandant of the 298th Regiment-Regional Training Institute at Bellows Air Force Station, has been named as the new Hawaii Army Guard commander. Col. Clarence M. Agena, Hawaii Army Guard chief of staff, has been named as the new deputy adjutant general. Col. Glen I. Sakagawa has assumed duties as the new commander of the 29th Separate Infantry Brigade, and Col. Vern T. Miyagi was selected as the new chief of staff.



Sgt. 1st Class Wayne T. Iha

PASSING OF AN ERA — Maj. Gen. Edward V. Richardson, joined by his Commander in Chief Gov. Benjamin J. Cayetano, reviews the Hawaii National Guard troops. (More photos on page 4)

Establishment of civil support team announced

By Capt. Charles J. Anthony

Secretary of Defense William Cohen has announced that the Hawaii National Guard would establish one of 17 additional Weapons of Mass Destruction Civil Support Teams. Ten states began to stand-up WMD teams in the fall of 1998. The teams were formerly referred to as Rapid Assessment and Initial Detection (RAID) teams.

The Department of Defense changed the name to more accurately

reflect the nature of the team's mission.

The Hawaii National Guard WMD Civil Support Team will be trained and equipped to deploy rapidly and assist local first responders in determining the nature of a chemical, biological, or radiological attack, provide medical and technical advice, and pave the way for follow-on response assets. The team will consist of 22 full-time Army and Air National Guard personnel. "This will truly be a joint National Guard unit as it is open to

all qualified Army and Air Guard personnel," said Capt. Wesley H. Tanji, team project officer. "I can't think of any other unit that could potentially provide a more valuable service to the local community than this team," said Tanji.

The Hawaii Team will consist of a commander (lieutenant colonel in rank) and deputy commander, plus operations, administration and logistics, communications, medical and survey teams.

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Command Notes

**Maj. Gen. Edward L. Correa Jr.
The Adjutant General**

As this is my first column as the new adjutant general, I want to extend my warmest aloha to all of the members of our State of Hawaii, Department of Defense team — the Army National Guard, the Air National Guard, State Civil Defense, the Office of Veterans Services and the Youth ChallengeNGe Program. What an honor it is for me to be the director of a department with so many dedicated and professional soldiers, airmen and civilians! We have built up an amazing team over the years and I know that you are as excited as I am about moving our organization forward into the 21st Century.

I want to take this opportunity to share with all of you my managerial philosophy. I believe in the Golden Rule, whether you are at work or at home. "Do unto others as you would have them do unto you." In other words, treat everyone the same way that you would like to be treated. When I was the commander of the Hawaii Army National Guard, I wanted this simple, but poignant philosophy incorporated into our long-range plan:

- Do what is morally and legally right
- Everyone wants to contribute
- Treat everyone with dignity

We need to run our organization by the basics. Those of us who have undergone military training, were taught that we do not lie, steal, or cheat, nor do we tolerate those who do. That's how I expect everyone who works for this

organization to conduct themselves. We have built up a very professional organization that adheres to the highest standards, and I intend to keep it that way. Enough said on that subject.

Right now, our top priorities for this organization are to bring on board qualified and motivated soldiers and airmen, train our personnel and develop strong leaders. I ask for everyone's support to make this happen. Recruiting new personnel is not a job solely for the Army and Air Guard recruiters. It is everyone's responsibility.

Aloha to legacy

Before I close, I want to say a few words about my prede-

cessor, Maj. Gen. Edward V. Richardson. He had served as adjutant general for nearly nine years. He spent a total of 43 years serving his state and nation and he left his position with an almost legendary legacy. Under his leadership, the Hawaii Air National Guard expanded in KC-135 air refueling, rebused our C-130 airlift capabilities and acquired state-of-the-art combat communications equipment. The Hawaii Army National

Guard's 29th Infantry Brigade became an enhanced brigade, and our aviation units converted to CH-47 and UH-60 helicopters. What a record of achievement! We all bid him a fond aloha and wish him all the best as he enjoys his well-deserved retirement.

In closing, I am looking forward to working with all of you, as part of the State of Hawaii, Department of Defense team. Mahalo for your support.



Sgt. 1st Class Stephen M. Lum

HOKU ON THE HORIZON — Maj. Gen. Edward L. Correa Jr. receives his second star from Gov. Benjamin J. Cayetano and his wife, Johanna Correa, at a pinning ceremony held at the governor's office, Feb. 16.

Departmental News

Important to fill out Census 2000 form

By Lt. Col. Fred Fogel

Editor's note: Because of its important nature, all State agencies, including the Department of Defense, are promoting the Census 2000.

Sometime around 1500, Umi, king of the Big Island supposedly conducted a census of his realm. Collecting all his people on a plain near Hualalai, he instructed each person to deposit a stone on a pile representing his district.

The first population census in historical times was undertaken in Wainaiha Valley, Kaua'i, near the beginning of the nineteenth century. A careful census of the valley counted more than 2,000 people, sixty-five of whom were described as *menehune!*

The first full-scale census, covering all the islands, were made under missionary auspices in 1831 and 1832, and again in 1835 and 1836. The first of these counts reported a total population of 130,313. The second found only 108,579.

The earliest census conducted by the Hawaiian government to achieve reasonably complete coverage was undertaken in January 1850, when enumerators found only 84,165 persons living in the Kingdom. Depopulation continued until 1876, when the total reached 53,000.

Since 1900, the U.S. Bureau of the Census has made decennial counts (every ten years). The population numbered 154,001 in 1900, 255,881 in 1920, 422,770 in 1940, 632,772 in 1960, 964,691 in 1980 and 1,108,229 in 1990.¹

On April 1, the U.S. Census Bureau will conduct another accounting, making a special effort to include people who don't live in the usual places. You will probably receive one of two forms in the mail, a short form or a long form. One in six lucky households gets the long form. It is very important to the State of Hawaii to complete and return the forms.

Census information is used for: reapportionment of seats in the U.S. House of Representatives, drawing school and district boundaries, the distribution of over \$100 billion in federal funds, planning (budget, public transportation, hospitals, land use), analyzing trends, and making business decisions. By federal law, personal census information is confidential, and cannot be released to anyone, including other Government agencies.

One of the major changes this year is in the race and ancestry section. The standard choices have been expanded to include Native Hawaiians, Ameri-

can Samoans and Chamorro. In addition, respondents may check more than one block.

The Hawaii National Guard will support the local census effort by making some of the armories available as information and training sites. If you have any questions, want more information about Census 2000 or want to volunteer, visit their web site at www.census.gov or www.state.hi.us/dbedt/2000/index.html. Part-time jobs are also available. Please take the time to be counted and be part of Hawaii's future.

Total Force ID cards go green update

Identification (ID) cards for all active and Reserve active status U.S. military personnel are the same color — green.

This initiative was effective since June 1998. It calls for changing the color of the Reserve active status forces ID card (DD Form 2 - Reserve) from red to green. Reserve active status forces include members of the Selected Reserve, Individual Ready Reserve and active Standby Reserve. Only the color of the card held by these members of the Reserve components will change; there will be no associated changes to current service ben-

efits, privileges and entitlements.

The implementation and replacement of soldier's and airmen's red ID cards will be accomplished through attrition.

Company grade officers and below, and enlisted-grade service members will have their red ID cards replaced during reenlistment, extension of service, promotion; or in the event the individual changes his or her name).

Fort Shafter golf courses

National Guard members are afforded category A status for tee time reservations at the Fort Shafter Nagorski golf course.

Guard members may call-in at 6:30 a.m. Wednesday for Saturday tee times and at 6:30 a.m. Thursday for Sunday tee times.

In 2003, plans are in the works to make the Nagorski course a full 18 hole, par 72 course.

Helpful internet links available

Every day, new information can be found on-line. Here are some sites you may find useful:

- Airport information: <http://www.quickaid.com/airport>
- Maps: <http://www.mapquest.com>
- <http://www.odci.gov/>

<http://www.dtic.dia.mil/perdiem/pdfform.html>

<http://www.dtic.dia.mil/perdiem/pdfform.html>

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• Guard Net: www.guardnet.ngb.army.mil

• EANGUS: <http://www.eangus.org.natoffc@eangus.org>

• NGAUS: <http://www.ngaus.org>


• DOD DefenseLink: <http://www.dtic.mil/defenselink>

• Army: <http://www.army.mil>

• Army publications: <http://www-usappc.hoffman.army.mil>

• Air Force: www.af.mil or <http://dtic.dia.mil/airforcelink>

• Selective Service System registration verification: <http://www.sss.gov>



pupukahi

State of Hawaii Department of Defense
pupukahi: harmoniously united

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Youth ChalleNGe Program graduates final class of decade

By 2nd Lt. Jonathan M. Shiroma

They dared to dream the impossible dream. That's how some of the recent graduates of the Hawaii National Guard's Youth ChalleNGe Program Class 99-1 described their mindset as they enrolled in the program six months ago.

In December, that dream was realized as 72 students were handed their diplomas.

"I encourage you to stay on the right track," said Maj. Gen. Edward V. Richardson, the retiring adjutant general. "Clearly, you have already shown you have what it takes to be a winner."

The Youth ChalleNGe program is geared for teenagers who have had difficulty succeeding in the traditional classroom setting. It is funded through fed-

eral and state agencies and provides an alternative educational setting in a quasi-military format.

"Now is our time to explore our life and the ultimate test is out there in the real world," said corpsmember Israel J. Rozkiewicz. "I want to encourage all of my classmates to never give up."

Most of the graduates will now go on to further their education. Close to 40 percent of the class has enlisted in the military with others returning to their respective high schools or pursuing higher education opportunities.

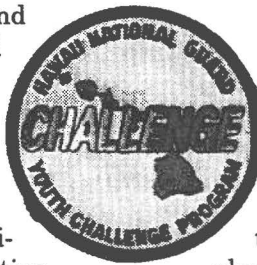
"We have become young and responsible," said Lima Valoaga who served as Class 99-1's president.

Now, it's our turn to grab onto what the world has to offer us."

Hundreds of friends and family members were on hand to congratulate the accomplishments of the graduates as were U.S. Sen. Daniel K. Akaka and Congresswoman Patsy T. Mink.

"We owe a lot to the Hawaii National Guard for taking the responsibility to help these youngsters," said Mink, "and I am glad to be here to share in this important milestone with the 72 graduates."

The Hawaii National Guard Youth ChalleNGe Program is in the process of being renamed the HING Youth ChalleNGe Academy.



Maui Superkids event warms hearts of soldiers, airmen

By Sgt. Evelyn A. Burns

The Hawaii National Guard lent a helping hand to the 20th Annual Maui Superkids on a sunny Saturday morning. The February athletic and family fun event was held at the

Maui War Memorial Soccer fields to support the American Lung Association programs on Maui. Twelve soldiers from the Army Guard's Company C, 2nd Battalion, 299th Infantry, Army Guard and 12 airmen from the Air Guard's 292nd Combat Communications Squadron, were among the volunteers assisting with the event. The Hawaii Army Guard's 111th Army Band flew over from Oahu to provide entertaining music selections throughout the days activities.

More than 150 keiki participated in the days activities. Children ranging in ages 4 to 12 competed in a 50-yard dash, potato sack race, an obstacle course, a soccer kick, and basketball free throws.

In addition to providing and setting up tents, the soldiers and airmen helping to run the events. Senior Master Sgt. David Leynes, 292nd said "Things are going wonderful. We had a lot of volunteer help this year." His daughter, Senior Airman Lee Ann Leynes, also with the communications unit, ran the obstacle course event.

Colleen Welty, the branch director

"Working with the kids makes me feel good. I enjoy doing something for the kids and my own community."

— Spc. Clarence Moniz

for 12-years, said the volunteers help make events like the Superkids successful.

The money raised by the Maui Superkids helps to fund Maui programs that can educate the public about asthma and tobacco use prevention.

"Over 7,000 children and adults on Maui have asthma," said Welty, "and events like this help the local community."

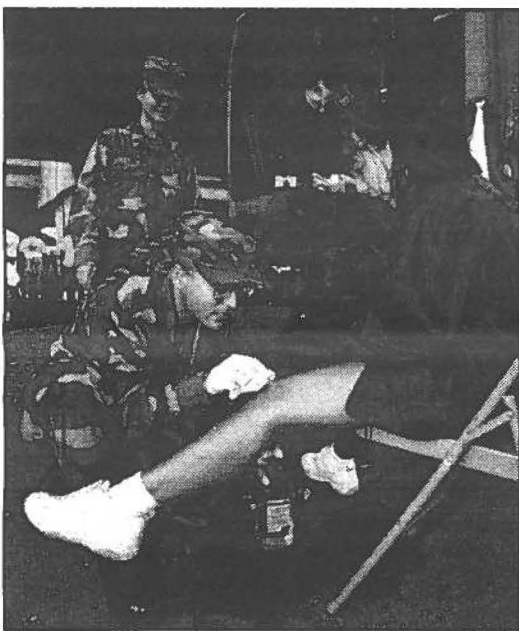
Company C's Spc. Clarence Moniz was a first time volunteer for Superkids. He was one of the many soldiers at the event who helped cheer the kids on and provided high-fives and hugs when competitors crossed the finish line. "I regret not doing this sooner," said Moniz. "Working with the kids makes me feel good. I enjoy doing something for the kids and my own community." Moniz recommends volunteering for events like this if people have the time to do so.

"It's something different, besides training," said Moniz. "It shows the community that we're not just all hard core. It shows we have a heart. Doing things like this make being in the National Guard fun."



Sgt. 1st Class Wayne T. Iha photos

GREAT ALOHA HELP — Battery B, 1st Battalion, 487th Field Artillery soldiers fire their M119 105mm Howitzer to start the annual Great Aloha Run on Presidents' Day.



KNEES NEED ATTENDED — Sergeants Le K. Lee and Roberto Leon-Torres Jr., medics from Company C, 29th Support Battalion, attend to a runner's knee at a first aid station near the old Kelly's Coffee House. Seven medical personnel from Company C and one from 1st Battalion, 487th Field Artillery were at three locations between the Aloha Tower and the Aloha Stadium.

Airlift squadron aircrew brings aloha to Filipino elementary school

ANGELES CITY, Philippines (PACAFNS) — Hundreds of smiling, excited young faces greeted members of the 204th Airlift Squadron from the Hawaii Air National Guard Feb. 18 when they delivered books and school supplies to Virgen Delos Remedios Elementary School while supporting Balikatan 2000.

The members of the 204th provided airlift support for the exercise, but also decided to spread some goodwill while they were making the trip.

"We recently started a partnership program in Hawaii and the Philippines is our unit's partner," said Maj. Terry Ganiko, project coordinator for the program. "We are so happy to be here and to be able to help out like this."

And help they did. The school teaches 450 children in 12 classrooms with 15 teachers. Up to now, many of the books being used were from donations made to the school in the 1970s according to principal Nicolass Candas.



ANGEL AID — Maj. Terry Ganiko, Master Sgt. Darrin Morris and other 204th Airlift Squadron C-130 crew members delivered books and school supplies to Virgen Delos Remedios Elementary School, Angeles City, Philippines as the children (right photo) look on.

"The books and supplies they have brought us will help so much," Candas said. "We are so grateful for what they have done here today, and this will help the children so much."

The children were the reason these members of the 204th did what they did in collecting the books and supplies to bring with them on the trip. A month prior to the unit deploying to assist with Balikatan, boxes were put out to collect the items.

"We have a lot of ties to the

Philippines in our unit," said Ganiko, a 204th navigator. "Some of our members are either from here or have family living here, so our people were anxious to give. It's nice that we could help out this way."

Besides helping some very appreciative children in need, the efforts also brought smiles to the faces of the men in flight suits handing out the items.

"This is what it's all about," said Master Sgt. Darrin Morris, a C-130 crew member with the 204th. "I have kids of my

own, and this just makes you feel good to be able to do something like this and to see these smiles on their faces. This is awesome."

After the books and supplies were handed out, the children of the school each took turns trying to get close to shake hands with the men, have their picture taken with them or to just say thank you.

The 204th hopes to turn this gesture into a tradition by bringing more supplies each year to the Philippines to be

donated to public schools. "I hope we can come back next year and bring these children even more books and supplies," Ganiko said. "It's worth it to see their faces." As the members of the 204th were ready to leave, the children waved goodbye and the teachers thanked them again and again.

"You can look around here and see how much they appreciate this and it makes you realize how important it is to help children," Morris said.



Master Sgt. Sam Wong

Hawaii National Guard says Aloha to Richardson



Sgt. Lance M. Kamisugi

TOUCH DOWN - Hickam Air Force Base fire trucks shoot a cross cannon burst as Maj. Gen. Edward V. Richardson's F-15 Eagle taxis to the 154th Wing F-15 flightline. Richardson completed his last flight as commander of the Hawaii National Guard.



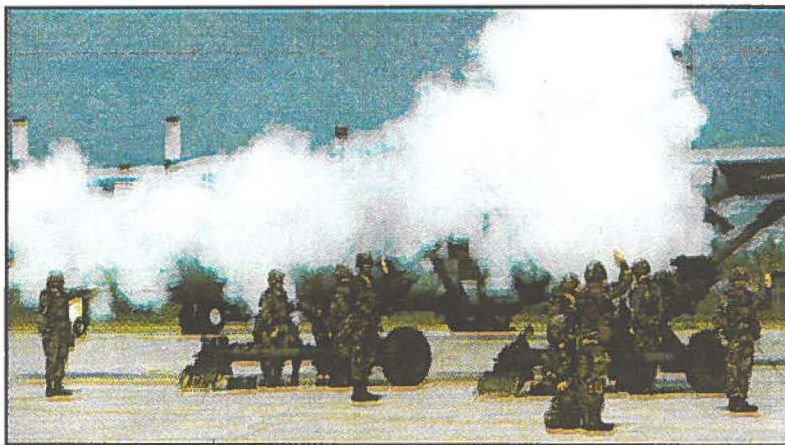
Sgt. 1st Class Wayne T. Iha

TROOPS ASSEMBLED - Hawaii National Guard soldiers and airmen assemble on the F-15 flightline prior to the start of the retirement ceremony.

COLORS FORWARD — Commander of Troops Brig. Gen. Michael H. Tice and Hawaii National Guard color guards start the formal part of the retirement ceremony.



Sgt. 1st Class Wayne T. Iha



Sgt. Lance M. Kamisugi

GOING OUT WITH A BANG — Soldiers from Battery A, 1st Battalion, 487th Field Artillery, fire a 13-gun salute honoring retiring Maj. Gen. Edward V. Richardson.



Sgt. 1st Class Wayne T. Iha

BEHIND EVERY GREAT MAN ... Cecilia Richardson receives the Hawaii National Guard Medal for Merit from Gov. Benjamin J. Cayetano, retiring Maj. Gen. Edward V. Richardson looks on.



Sgt. 1st Class Wayne T. Iha

AERIAL FAREWELL - Hawaii Army National Guard CH-47D Chinook and UH-60A Blackhawk helicopters do a flyby over Hickam Air Force Base, where Maj. Gen. Edward V. Richardson began and ended his military career.



Sgt. 1st Class Wayne T. Iha

THANKS TO A WINNING TEAM - Maj. Gen. Edward V. Richardson says aloha to the troops.



Sgt. 1st Class Wayne T. Iha

OVER THE RAINBOW — The 111th Army Band plays at Maj. Gen. Edward V. Richardson's retirement ceremony.

Malama i Ka Aina Koa

"Preserving the soldier's land"

No. 2

Hawaii Army National Guard Environmental Office

January - February 2000

New separator cleans contaminated water

By Spc. Wendy R. Cook

Environmental issues have become one of the top priorities for units out doing field-training exercises. Especially when the military runs so much heavy equipment and machinery over its training areas, which can often damage and pollute the landscape.

One of the major environmental compliance factors is what to do and how to clean up when there is a fuel spill or any contaminated run off from the machinery in the ground. Normally after field usage each piece of machinery must be cleaned and washed off before returning from the field and put into storage. The U.S. military realized they couldn't just spray the vehicles down and let the run off water seep back into the soil because of the possible fuel, oil, paint and other pollutants that may also be washed off causing soil contamination. They have installed wash racks for all military vehicles at many military installations. Unfortunately, these wash racks are not at every training site and they are expensive to install and maintain.

Portable oil and water separators available

The Hawaii Army National Guard recently found a solution to those problems. They are one of the first National Guard units purchased these self-maintaining and cheaper oil and water separators. Instead of having to travel, if there is one nearby, to a designated permanent wash rack area the two new trailer mounted separators can be set up in the field or other accessible areas where they can wash vehicles, collect the run off water and run it through the separator.

Each is on a trailer that weighs about 12,000 pounds and it can be towed behind a two-ton truck, which makes it very portable and deployable to training areas. Its very environmentally friendly because it runs on a generator with either fossil fuel, natural gas or a normal power supply which draws less than 20 amps which is less than a blow dryer to power the two pumps; a sump pump and a transfer pump. The units are self-maintaining with the lone exception of changing out a filter when it's clogged up and the carbon used for filtration should be replaced every couple of years.



Capt. Steve C. Lai

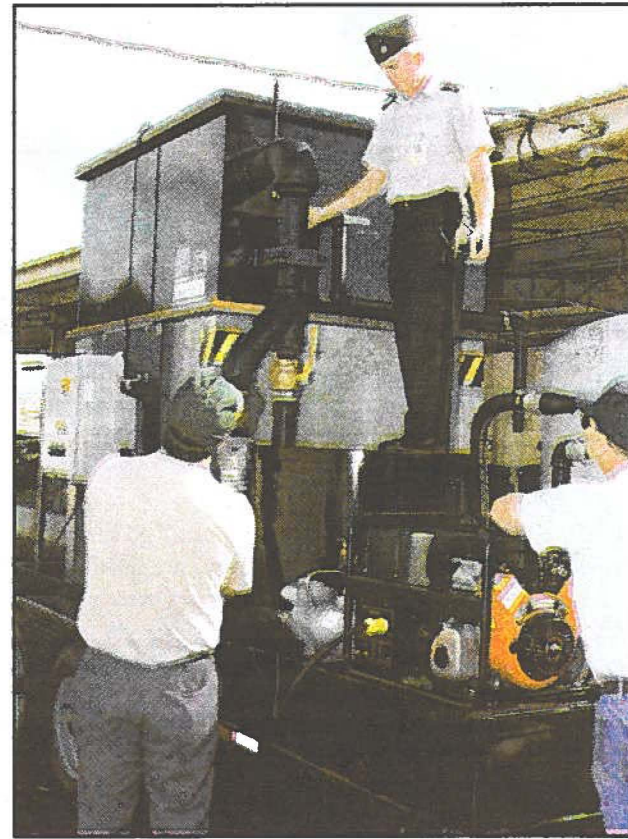
TESTING THE WATERS — Pete Ludlum, a compliance technician with the Hawaii Army National Guard environmental office and also a sergeant with Company A, 29th Support Battalion, drinks the water purified by the new oil/water separator.

How the separator works

How it works is the unit or maintenance shop will set up a washing operation, they will have a pit for run off water and sludge collection. The separator has a pick-up sump that the water flows through to the separation containers, the oil floats to the top, water below and solids sink to the bottom. Water is then pumped out of the coalescing unit and it goes either one of two directions, to the sewer treatment system or through a transfer pump into another secondary filtration system. In the secondary it's a cotton sock filter, which will catch the bigger particles in the water. Finally, it flows out through the carbon filters and it is now clean water, which can be discharged. If the water is run through the entire filtration system on the trailer, it is cleaned down to ten microns which means it can be discharged into a sanitary sewer system though the Guard most likely wouldn't discharge it there.

Mobile wash rack cheaper to operate

Each unit is also cheaper to run than a normal permanent wash rack station. It costs about \$100,000 to \$150,000 to put a wash rack in the ground, versus each trailer which costs only about \$60,000.



Capt. Steve C. Lai

ENVIRONMENTAL INSPECTION — Lt. Col. Ronald R. Swafford, Hawaii Army National Guard's environmental protection specialist checks out the 2000 Coalescing Phase Separator, the new oil/water separator.

"These machines are very easy to use, you just set up your wash rack and flip a switch, it does all the work and the water comes out clean enough to drink," said Pete Ludlum, compliance technician with the Hawaii Army National Guard Environmental Office and also a sergeant with Company A, 29th Support Battalion.

"In my 17 years in the military I've never seen a piece of equipment like this, it's the wave of the future. It's cheaper, portable, easy to use and environmentally compliant.

The separator most likely won't be used yet by the Guard units training in the field by themselves but mostly by the maintenance units and shops, after cleaning and working on vehicles.

Both Organizational Maintenance Site, Combined Support Maintenance Shop along with the support battalion have looked at the operation of each trailer and are looking into ways to integrate them into usage.

Volunteers needed for Earth Day 2000

By Capt. Steve C. Lai and Spc. Wendy R. Cook

Every year in April the whole nation celebrates a special day to help conserve, restore and save our fast fading natural resources and the environment.

Earth Day 2000 on April 22nd marks the 30th anniversary of this special event. It's sponsored nationwide by the U.S. Army and other local, state and federal agencies.

This year, the Hawaii Army National Guard will be doing its part by helping to restore

Diamond Head State Monument, one of Hawaii's most recognizable and precious landmarks.

Guard members and volunteers will work together to clear debris and plant native species of foliage at specified areas around the Diamond Head Crater. This project and other like it at Diamond Head are intended to restore balance to the ecosystem damaged years ago by the introduction of non-native plant species that have taken over.

Today the encroachment of fountain grass and litter alongside the monument is a visible reminder of the work left to be done before our famous Diamond Head is fully restored with native Hawaiian species and cleaned up.

Army and Air Guard members, units, Department of Defense and State workers along with their families and civilian youths are encouraged to do their part on Earth Day by volunteering to help out for a few hours.

The terrain at Diamond Head is rocky and uneven; volunteers are urged to bring a hat, work gloves and wear a pair of sturdy boots.

When: Saturday, April 22, 9 a.m. - 12 noon

Where to meet: Diamond Head Crater parking lot near Battery Harlow

Who: Hawaii National Guard members, family and civilian youth volunteers

What to bring: hat, work gloves and wear sturdy boots

For more information or to sign up call Capt. Steve Lai at the Environmental Public Affairs Office at 773-4241.

Hawaii Guard soldier completes Bosnia tour

By Sgt. 1st Class Stephen M. Lum

Capt. Marc Lawton return in January from an eight month deployment to Bosnia-Herzegovina. The Hawaii Army National Guard officer from the 25th Infantry Division (Light) Detachment-Rear Operation Cell, left May 1999 to provide intelligence support for Operation JOINT FORGE at Eagle Base, Tuzla.

Deep in the heart of mine infested Bosnia, Lawton went about the day to day mission of gathering intelligence and reporting the findings at the daily command out briefs. "Conditions have improved since the first Hawaii Army Guard soldiers set foot at Eagle Base," said Lawton. "Many of the large tents have been replaced by wood structures, but the threat remains." Every once in awhile another mine is found and the ordnance staff is called in to explode the mine in place. Force protect, as is called, still requires American troops not to travel off base without their web gear (vest, pistol belt, canteen, 1st aid pack, ammunition), Kevlar helmet and weapon.

Everyday is Monday, you need to get up go to work and do you mission. No weekends, no holidays. Thanksgiving, Christmas and New Years consist of a



WHITE CHRISTMAS - Capt. Marc Lawton exits Eagle Base headquarters in Tuzla, Bosnia-Herzegovina during Winter 1999.

special dinner, a possible USO tour or visit by VIPs and its back to work. You work with troops from the NATO allied nations, local Bosnians and personnel from all branches of the U.S. military.

Calls to homes run up you phone bills in minutes and those eagerly awaited care package from home take weeks to come. "The snow which started around Thanksgiving left the their marks on the structures we worked and lived in," said Lawton. "Icicles formed at 45 degree angles on the roofs, because of the high freezing winds."

"The deployment was a great learning experience," said Lawton. "While on a mission in Sarajevo, I was

able to visit the site where World War I started with the assassination of the Austrian Archduke."

The Hawaii Army Guard has had eight other soldiers serving eight-month tours since 1996. Four 117th Public Affairs journalists were the part of the second rotation to deploy to Bosnia, June 1996, followed by a public affairs journalist in Germany from July 1997, two 1st Battalion, 487th Field Artillery radar operators in November 1997, and 29th Separate Infantry Brigade intelligence sergeant from October 1998 in Bosnia.



WORLD WAR I BEGINNINGS - Capt. Marc Lawton stands in front of the historic Srbiya Hotel in Sarajevo, Bosnia-Herzegovina, where the Archduke of Austria was assassinated, June 28, 1914.

Total Force European mission includes Air National Guard

Hawaii's first Aerospace Expeditionary Force member returns

By Master Sgt. Mary Kamauoha

In December, Staff Sgt. Theodore Salmon, a traditional guardsman with the 293rd Combat Communications Squadron, departed Hawaii for a three-week assignment at Dal Molin Air Base, Vicenza, Italy. The deployment marks the first time a member of the 201st Combat Communications Group served in a numbered Aerospace Expeditionary Force.

The Expeditionary Air Force, a Total Force initiative, was created to ensure a ready, deployable Air Force for conduct of operational contingencies, universal peacekeeping, humanitarian and other missions. The program hopes to bring predictability to the lives of the individuals and families

involved. Within the Expeditionary Air Force structure, active duty and reserve Air Force units are assigned to a numbered aerospace expeditionary force, each subject to a scheduled deployment timeline.

Salmon overcame obstacles including, excess (mobility) baggage costs, billeting arrangements, work scheduling, transportation and some misinformation regarding traditional guardmembers. The Hickam Air Force based sergeant was assigned to the NATO communications center, working alongside active duty

Air Force and Italian Air Force personnel.

Determined to leave a good impression, Salmon maintained his professionalism, working diligently. During shifts when he was senior to his coworkers, he assumed the shift leader responsibilities.

Salmon took a cut in salary from his civilian job when he was put on military orders. When asked by an Italian airman, "why do you do it?" Salmon said, "because I love my country."

"I enjoyed his deployment," said Salmon, "and would volunteer, again, if asked." He returned quietly to the

welcome of his wife and two young children the day after Christmas.

The information Salmon provided while he was deployed allowed the 201st to improve on the coordination for those who followed him. His supervisor in Hawaii said professionalism contributed greatly to the Air Force's expeditionary force and our country's international efforts. He and his family can be proud of his unique accomplishments and the distinction of being the first Hawaii Air Guard airman to go on this successful mission.

The third Aerospace Expeditionary Force cycle will end in the first week of March, when five other volunteers from the 201st Combat Communications Group will complete their tours.



MENTORING — Continued from page 8

brother. "I've always know that the Big Brothers program existed so I called the number in the phone book and they mailed me all the information," said Mabe. "After submitting an application packet, I called for a couple of interviews and then was approved by the Board of Directors of Big Brothers."

Mentors carefully matched

A case worker was assigned to Mabe and began the process of matching a child with Mabe. "My case worker wanted to find out what kind of person I am, different things I like to do, so that they can make the best match as possible." This process can take a long time, but the wait worth according to Mabe. "Lance and I get along great and his mom is so supportive."

Lance's mom Leslie says, "Kurtis reinforces the life lessons and values I try to instill in my son. He talks to Lance about school, friends, and all things important in a preteen life."

Many children are being raised by single moms says Mabe. "There are things that moms don't do that boys enjoy doing," said Mabe. Leslie agrees that children learn by observing and while there is much a mother can teach a son, there are some things that a father or significant male role model can do a little bit better.

Mabe and Lance get together at least twice a month and Mabe calls during the week to find out how things are going for Lance. "Planning activities together have been easy because everything is outdoors," said Mabe. "We don't go to the movies because

there isn't much interaction involved and feel that I am not really mentoring the child." Activities include going to the beach and body boarding, hiking, volleyball, and playing disk golf at the UH campus.

Communication is key

Communication is the key in their relationship says Mabe. "We try to discuss things that maybe troubling him and then I offer my advise so that he can see it from another point of view. The one on one talks have been instrumental in building Lance's confidence over the past two years," said Mabe. "He's willing to try different things as before there was a reluctance. On occasion Lance may give up on something, but I try to encourage him to continue and when he succeeds, give him the praise he deserves."



That's always exciting to see, because I know I'm making a difference in Lance's life as a male role model."

Family support important

Mabe also receives encouragement to achieve his goals. "My wife's support was my biggest reason to pursue being a Big Brother, because I was giving up our free time to spend together," said Mabe. "I'm in a win-win situation and I hope others can balance a life with their family, the Guard and becoming a Big Brother. They just have to make the time, be able to communi-

cate, have understanding and not expect too much of the child, because we all want to see children succeed, but we shouldn't overwhelm them and set them up for failure."

Good role models needed

"I hope the publicity of this story will inspire others to volunteer their time so that more children may be offered this opportunity to be mentored properly by a good role model," concluded Mabe.

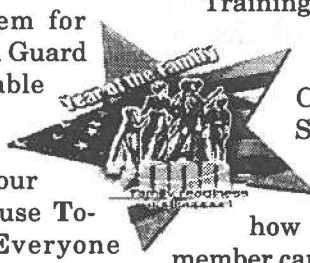
For more information, please contact Shereen Goto of Big Brothers Big Sisters of Honolulu at 521-3811.



Hawaii National Guard Family Program

Maj. Martha "Marty" St. Louis
State Family Support Coordinator

The Year 2000 is the Year of the Family! What a great time for us to focus our thoughts and energies on our families and how we can best prepare them for our National Guard life and enable them to be a supportive member of our TEAM, because Together Everyone Achieves More!



can Red Cross's role in emergencies, the Anthrax vaccine and the HING's shot program, Y2K preparations, and words of inspiration from the Chaplain.

7 Habits of Highly Effective People training available

Training available to family members, too! Contact the State Family Program office to see how your family member can be a part of this training. Currently, the training is conducted monthly for four weekdays with limited seating for family members. We now have the capability of presenting a family version of the Seven Habits that can be conducted on weeknights or weekend days just for the family! We still have the family team building courses available to units and Family Support Groups (FSGs). Call the Family Program office to see how you can take part in these effective and goal-oriented training opportunities.

Family Program should be party of unit family days

Include Family Pro-

gram and Family Support Group information as part of your family days and unit get-togethers. Contact the State Family Program Coordinator at 732-1823 to help coordinate. Additionally, pre-MOB Family Support briefings for any HING unit that requests them are effective ways to keep the family as well as the unit members informed of what happens during deployments and how to prepare for mobilizations and reunions. Include family readiness and mobilization preparation in your unit training schedules and FSG agendas.

Contact the **Family Program office at 732-1823** or from the **neighbor islands at 1-800-732-6964** for more information on how you can get your unit and family members on the road to readiness and self-sufficiency as a part of our vital Hawaii National Guard Team! Training and resources for your families are just a phone call away. Make sure you have your Hawaii National Guard "purple magnet" with important phone numbers for every HING family. The important numbers are the Family Program Office numbers above, plus the

Red Cross Emergency Contact # **during deployments, 473-3155.**

Family preparedness workshop held

By Master Sgt. Bruce Hara

In February, the 291 Combat Communications Squadron hosted a family preparedness workshop. The all-day event was held at the Hilo Hawaiian Hotel and provided unit family members with pertinent information, contacts and procedures in the event their military sponsor were to deploy. The workshop also included small workgroup sessions and speakers covering deployment, family preparedness, medical, and personnel preparedness matters. Nearly 50 men and women attended the event. Attendees included spouses, parents, grandparents, children and significant relations of longtime guard members and newly enlisted members. Maj. Marty St. Louis, HING Family Program Coordinator, presented Lt. Col. Roy Cornella, unit commander, a Certificate of Appreciation signed by the Maj. Gen. Edward L. Correa Jr., our new adjutant general, commemorating the event and support of the unit and FSG.

During the hosted lunch, attendees were treated to a personal account by Senior Airman Ursula Hose of her recent return from Vicenza, Italy where she was deployed in support

of the Aerospace Expeditionary Force. Cassie Shinabarger of the American Red Cross provided invaluable information on what support the ARC provides and how their efforts are mobilized and coordinated. The unit Family Support Group would like to acknowledge the following individuals who made this event so successful. HING Family Program State Team attendees: Maj. Marty St. Louis, Kimo Palakiko (Tech. Sgt. Arlene Palakiko), Master Sgt. Rose Vendiola, and Marilyn Tolentino (Master Sgt. Ed Tolentino). Unit FSG team members: Hannah Ancheta (Staff Sgt. Jerry Ancheta), Sally Ancheta (Staff Sgt. Leonard Ancheta), Jana Cornella (Lt. Col. Roy Cornella), LeeAnn Hara (Master Sgt. Bruce Hara), Jackie Iyo (Master Sgt. Ray Iyo), May Navarro (Chief Master Sgt. Gregorio Navarro), Dotti Patao (Master Sgt. James Patao). Unit speakers and support personnel: Master Sgt. Bruce Hara and Master Sgt. Ray Iyo (unit POCs), Master Sgt. Myles Shiroma, Master Sgt. Alan Subica, Tech. Sgt. Melvin Takai, Staff Sgt. Donna Kim, Senior Airman Ursula Hose. Special thanks to Lt. Col. (Dr.) Brett Wyrick who provided an insightful briefing on anthrax and the vaccine.

Upcoming events

All HING family members and unit members

invited to attend. Family Members, contact the Family Program office to register and for more information. Unit members, check with your unit to determine the status you may attend in.

- Mar. 18: Maui Island Family Program Workshop, Maui Community College, 0800-1600.

- Apr. 15: Oahu Island Family Program Workshop, HIANG Dining Facility, HAFB, 8 a.m.-4 p.m..

- Apr. 25-28: 7 Habits of Highly Effective People, Oahu

- 5-7 May - 7 Habits of Highly Effective People, Maui

- May 20 - Big Island Family Program Workshop, location TBD

- Jun 23-25 - HING TAG Camp 2000. First annual youth camp for DOD HING youths, ages 8-14, at Camp Timberline.

A parent info night is planned.

Registration forms will be coming out to units and FSGs soon!

- July 22-23 - Hawaii Joint Family Program Conference, Natl Guard & Reserves, location TBD

- July 27-31: NGB Family Program National Workshop, Nashville, Tenn.

- Aug. 3-6: 7 Habits of Highly Effective People, Hilo.

- Aug 22-25: 7 Habits of Highly Effective People, Oahu.

- Sept. 16: Kauai Island Family Program Workshop, location TBD.

Detachment - Rear Operations Cell wins national marksmanship awards

By Pfc. Brandon D. Bocanegra

Hawaii Army National Guard soldiers from the 25th Infantry Division (Light) Detachment-Rear Operation Center were formally recognized for their accomplishments in marksmanship, November.

The unit won the Pershing Trophy and Certificate of Victory for expert marksmanship.

The D-ROC completed 1998's weapons qualifications with 21 of its 22-member unit, the other member being exempt. All of them qualified with their assigned weapons, M16A2 rifles or M9 9mm pistols. Of those 21 shooters, 12 qualified as experts, six as sharpshooters and two as marksmen.

That score earned the unit 97.5 percent of the total possible points, the highest score of all Army National Guard units. This brought the unit honors on state, regional and national levels.

The two plaques were presented to the unit, and the unit's name has been inscribed on the National

Guard Association of the U.S. trophy in Washington, D.C.

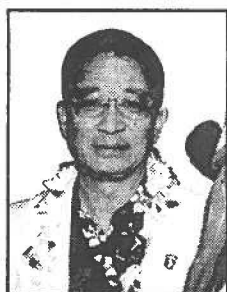
Certificate of Victory is the national level award presented to the unit with the highest figure of merit among all Army National Guard units.

The Pershing Plaque was presented to the D-ROC for the highest marksmanship score in the 5th Army area. It is named after General John J. Pershing, who once served as the General of the Armies, and also had a strong interest in marksmanship.

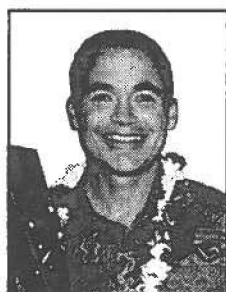
"It was a real challenge, but this is a top unit," said Lt. Col. Bruce E. Oliveira, commander of the D-ROC at the time of the qualification. "(They) go beyond just the minimum and still keep up with all the changes. They should be as proud of themselves as I am."

The D-ROC is fully integrated into the 25th Infantry Division (Light), combining active Army with Guard soldiers. Its primary mission is to direct rear security, coordinate tactical support, and provide intelligence for rear operations.

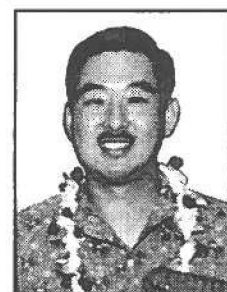
Hawaii National Guard Association officers of the year announced



Sakagawa



Olivera



Tanji

Field grade commander: Col. Glen I. Sakagawa, 103rd Troop Command (now 29th Separate Infantry Brigade commander).

Officer: Lt. Col. Bruce E. Olivera, Detachment-Rear Operations Cell, 25th Infantry Division (Light) commander.

Company grade commander: Capt. Wesley H. Tanji, 12th Personnel Services Detachment commander.

AWARDS — continued from page 1

Hawaii National Guard Medal for Merit

Col. Walter M. Ozawa (Ret.)
Office of Veterans Services
Col. Edward T. Teixeira

(Ret.) State Civil Defense
Col. Harold K. Tonda (Ret.)
State Department of

Defense
Col. Robert M. Watanabe
(Ret.) Hawaii National Guard
Youth Challenge Program

Lt. Col. Harry L. McIntosh,
State Department of
Defense

Lt. Col. Ronald R. Swafford,
HQ STARC
Capt. Neal S. Mitsuyoshi,
HQ STARC

Capt. Paul M. Tanaka, State
Department of Defense
Command Sgt. Maj. Vernon

Nakasone, HQ STARC
Sgt. 1st Class Stephen M.
Lum, HQ STARC (1st Kahili)
Tech. Sgt. James Y.

Toyama, HQ HIANG
Jeanne S. Hamamura, State
Department of Defense

Sandra A. Hashimoto, State
Department of Defense
Ann T. Miyahira, State
Department of Defense

Sandra M. Murayama, State
Department of Defense
Carolyn Taketa, State
Department of Defense

Patrick Tangonan, State
Department of Defense
Violet M. Yoshida, State
Department of Defense

Hawaii National Guard Commendation Medal

Col. Walter K. Kaneakua,
154th Wing
Lt. Col. Frederick F. Fogel,
HQ HIANG

Maj. Ann M. Greenlee, HQ
HIANG
Maj. Martin Moreschell,
201st Combat

Communications Group
Maj. Tracey Saiki, 154th
Wing

Maj. Randall Tom, 169th
Aircraft Control & Warning
Squadron

Capt. Charles J. Anthony,
HQ HIANG
Capt. Troy Fodness, 196th

Infantry, 29th Separate
Infantry Brigade
Capt. Joseph A. Garnett,
293rd Combat

Communications Squadron
Capt. Franklin M. Kang, 25th
Infantry Division (Light)

Senior Master Sgt. Carl J.
Simmons, HQ HIANG
Master Sgt. Theodoro

Gande, 154th Logistics
Squadron

Awards and Recognition

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

Aviation Intermediate Maintenance: AVIM Battalion: Bn. Battery: Btry. Brigade: Bde. Combat Enhanced Capability Aviation Team: CECAT Company: Co. Detachment: Det. Hawaii Air National Guard: HIANG Hawaii Army National Guard: HIAIRNG Headquarters: HQ Headquarters & Headquarters Company: HHC Hawaii National Guard: HING Oak Leaf Cluster: OLC Reconnaissance & Intrastate Detachment: RAID Regional Training Institute: RTI Squadron: Sqd. State Area Command: STARC

Meritorious Service Medal
Col. Emerick Y. Kaneshi, HQ STARC
Col. Walter Y. Kinoshita, HQ STARC (1st OLC)
Col. Orlan L. Peterson Jr., HQ STARC (1st OLC)
Lt. Col. Leslie I. Bise, HQ STARC (1st OLC)
Lt. Col. Frederick F. Fogel, HQ HIANG
Lt. Col. James K. Iwamura, 154th Wing
Lt. Col. Donald G. McKinney, HQ HIANG (2nd OLC)
Lt. Col. Richard S.W. Young (1st OLC)
Maj. William S. Petti, 154th Logistics Support Flight
Maj. Martha N. St. Louis, HQ STARC (1st OLC)
Maj. Michael C.K. Wong, HQ STARC (2nd OLC)
Capt. Charles J. Anthony, HQ HIANG
Capt. Woodrow L. Arakawa, HQ, 29th Separate Infantry Brigade (1st OLC)
Capt. Arnold K. Iaea, HQ STARC
Capt. Courtney B. Vares-Lum, HQ, 29th Separate Infantry Brigade
Chief Warrant Officer Nelson M. Kunitake, 103rd Troop Command

Cheif Warrant Officer
Thomas A. Okimoto, 103rd Troop Command
Chief Master Sgt. Thomas F. Hirao, 154th Logistics Group
1st Sgt. Joseph S. Penn, 103rd Troop Command
Master Sgt. Clifford D. Duro, HQ, 29th Separate Infantry Brigade (1st OLC)
Master Sgt. Craig T. Ikeda, HHC, 29th Separate Infantry Brigade
Master Sgt. Clifford S. Karimoto, HW STARC (1st OLC)
Sgt. 1st Class Ivan K. Huelsman, HQ STARC
Staff Sgt. Brian R. Koga, HQ STARC (1st OLC)

Army Commendation Medal
Lt. Col. Ronald S. Katto, HQ STARC (3rd OLC)
Lt. Col. Lance Y. Okihara, HR STARC
Capt. Jon T. Tanabe, Det. 4 (Med.), HQ STARC
1st Lt. Gina M. Williams, 117th Public Affairs Team
Chief Warrant Officer Gary P. Schuman (4th OLC)
Master Sgt. Bruce H. Hidano, HQ STARC (1st OLC)
Master Sgt. Clyde K. Mole, HQ STARC (2nd OLC)
Sgt. 1st Class Gary H. Hashimoto, HQ STARC (1st OLC)
Sgt. 1st Class Dean M. Hiramoto, HQ STARC (2nd OLC)
Staff Sgt. Carol G. Cabanlet, HQ HIANG
Staff Sgt. Lester J. Dacuag, Co. D, 2nd Battalion, 299th Infantry (1st OLC)
Staff Sgt. Gary A. Greenly (1st OLC)
Staff Sgt. Christopher Tourtellot, HHC, 29th Separate Infantry Brigade (2nd OLC)
Staff Sgt. Steve A. Tyler, HQ STARC
Staff Sgt. Phillip M. Umali, Co. D, 2nd Battalion, 299th Infantry
Sgt. Dwayne A. Abrose, HHSB, 1st Battalion, 487th Field Artillery
Sgt. Scott D. Nakamura, HHC, 29th Separate Infantry Brigade (1st OLC)
Sgt. Rogert Shuford, HHC, 29th Separate Infantry Brigade (3rd OLC)

Army Achievement Medal
Maj. Jon E. Harlan, Det. 4

(Medical), HQ STARC
1st Lt. Mark B. Young, Det. 4 (Medical), HQ STARC (2nd OLC)
Sgt. Imperial Moses, Btry. A, 1st Bn., 487th Field Artillery (5th OLC)
Sgt. Roberto F. Razon, Btry. A, 1st Bn., 487th Field Artillery (5th OLC)
Sgt. Orlando U. Villarín, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Spc. Gary E. Cabacongan, Btry. A, 1st Bn., 487th Field Artillery (1st OLC)
Spc. Robert F. Coloma, HQ & HQ Btry., 1st Bn., 487th Field Artillery (5th OLC)
Spc. Brannon L. Northington, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Spc. Edy J. Pagala, HQ STARC
Spc. Aaron X. Pulliam, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Spc. Gilbert P. Tagaban, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Spc. Samuel Tagavilla, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Spc. Arwin P. Tumaneng, Btry. A, 1st Bn., 487th Field Artillery (1st OLC)
Spc. Darrett D. Van Winkle, HQ & HQ Btry., 1st Bn., 487th Field Artillery (3rd OLC)
Pfc. Jomar A. Florendo, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Pfc. David Hatcher, Btry. A, 1st Bn., 487th Field Artillery
Pfc. Reynan H. Huerbana, Btry. A, 1st Bn., 487th Field Artillery (1st OLC)
Pfc. Luciasallan Rosa, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Pfc. Mathew M. Miyahira, HQ & HQ Btry., 1st Bn., 487th Field Artillery (1st OLC)
Pvt. Brandon J. Kaiwi, Btry. A, 1st Bn., 487th Field Artillery
Pvt. Shaka U. Malufau, HQ & HQ Btry., 1st Bn., 487th Field Artillery
Pvt. David M. Protor, Btry. A, 1st Bn., 487th Field Artillery
Pvt. Reyfred R. Rodrigues, Btry. A, 1st Bn., 487th Field Artillery
Pvt. Talalelei B. Saaweji, HQ & HQ Btry. A, 1st Bn., 487th Field Artillery

AWARDS — continued on page 7

Mabe's mentoring makes difference

By Sgt. Lance M. Kamisugil

The Big Brothers Big Sisters of Honolulu awarded its 1999 Big Brother of the Year Award to Master Sgt. Kurtis T. Mabe, a full-time security specialist for the Plans and Operations Military Support Office. The Hawaii Army National Guard soldier received the award during a volunteer recognition picnic at Ala Moana Beach Park. Mabe was nominated by his *little brother*, Lance, and Lance's mom, Leslie.



MALE BONDING — Lance is joined at his sixth grade graduation by his Big Brother Master Sgt. Kurtis T. Mabe.

"Those skills enable me to use problem-solving techniques with Lance and offer suggestions on how to fix any problems he's having."

Mabe refers to two Army soldiers for his involvement with Big Brothers Big Sisters of Honolulu. "The passing of Sergeant Major Harry Nishida, last year, made me realize that work is important, but not so important

Recruiting Big Brothers

During his interview, Mabe sounded more like a recruiter than a security specialist. "It's not so much about me winning this award, because there are a lot of volunteers that are just as deserving," said Mabe, of Honolulu. "I hope that members of the Hawaii National Guard will read my story and maybe find some motivation to join and help a good organization."

"The Big Brothers Big Sisters of Honolulu are looking for male volunteers because there are a lot of children in Hawaii in need of good role

models," said Mabe, a former Hawaii Army Guard noncommissioned officer of the year. "I feel that members of the National Guard are excellent prospects because we've all gone through some type of mentoring whether we know it or not." Mabe also noted that many Guard members receive training that plays hand in hand with being a big brother.

Leadership skills shared

"As an NCO, we attend many different classes on leadership and how to approach and react to different situations," said Mabe.

that you spend all your time doing it," said Mabe. "When General Colin Powell retired and started volunteering his time, he challenged everyone to do the same and make a difference in society."

Mabe thought that mentoring a child would be something that would be fun. "I do enjoy children although I have none of my own, so I thought that this was one way of giving back to the community."

How to get involved

It was two years ago that Mabe decided to inquire about being a big MENTORING — *continued on page 6*

Attention Retirees: Moving? Still want to receive the pupukahi?

Call or mail your change of address to the Public Affairs Office at
733-4258 /-4241 or
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.

Hawaii Army National Guard	Apr	May	Jun
HQ, STARC, HIAIRNG	1-2	6-7, 20-21	10-24 AT
29th Separate Infantry Brigade	1-2	6-7	10-24 AT
2nd Battalion, 299th Infantry	6-9	6-7	10-24 AT
Co. A, B, C, & D	8-9	6-7	10-24 AT
227th Engineer Co.	8-9	20-21	3
229th Military Intelligence Co.	1-2	6-7	10-24 AT
1st Battalion, 487th Field Artillery	5-7	6-7	9-11
29th Support Battalion	1-2	6-7, 20	10-24 AT
Co. B	1-2	20	10-24 AT
103rd Troop Command	8-9	6-7	3-4
298th Engineer Det.	8-9	6-7, 20-21	3-17 AT
12th Personnel Service Det.	8-9	6-7, 21	-
Co. C (Med. Lift), 193rd Aviation	8-9	6-7	3-4
HQ, Hawaii Air National Guard	1-2	6-7	3-4
154th Wing	1-2	6-7	3-4
201st Combat Communications Group	1-2	6-7	3-4



Safety talk

Capt. Arnold Iaea
Safety Officer, Hawaii Army National Guard

Stress Management

Exercise: Of all the tools in your stress management tool kit, exercise is the one that best meets your body's needs in times of stress. That's because stress triggers an ancient response designed by nature to help you meet danger: the "fight or flight" response.

When You Can't Run or Fight: In ancient times, you would release all this extra tension when you ran away from the tiger or fought off whatever danger was at hand. In the modern world, stress-producing events rarely call for a physical response. When a traffic tie-up makes you late for an important meeting, you can't get out and attack the offending vehicle. You end up carrying around all the extra tension, feeling like a walking pressure cooker— unless you release it the way nature intended, in the form of physical exercise.

Stress Prevention - Regular Exercise: Better yet, schedule regular exercise—at least 30 minutes three times a week. A physically fit body is better able to withstand the stresses of modern life. And aerobic exercise that gets your heart pounding for at least 30 minutes releases the "feel good" brain chemicals that reduce stress and depression. Non-aerobic exercises such as yoga also help by stretching and relaxing the muscles and inducing deep breathing and a state of meditation.

Choices Are Many: What's your pleasure? Walking, cycling, swimming, dancing and running are only some of the choices available to you, many requiring little equipment or expense. Meanwhile, the next time you feel ready to blow your top because someone has just added another item to your "to-do" pile or criticized your pet project, get up and take a brisk 10-minute walk outside. It will ease your tension and put you in the best mental state for dealing calmly and sensibly with the demands of life.