

Bioterrorism

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Hawaii State Department of Defense

pupukahi

pupukahi: "harmoniously united"

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October - December 2001

Calendar

January 1, 2002, Tuesday

New Year's Day, federal and state holiday.

January 21, Monday

Martin Luther King Day, federal and state holiday.

February 18, Monday

President's Day, federal and state holiday. Great Aloha Run, Hawaii National Guard volunteers at various locations along the route.

March 26, Tuesday

Prince Kuhio Day, state holiday only.

March 29, Friday

Good Friday, state holiday only.

May 13, Monday

34th anniversary of the 1968 activation of the 29th Infantry Brigade.

May 27, Monday

Memorial Day, federal and state holiday. Ceremonies held at various veterans cemeteries around the state, including the National Memorial Cemetery of the Pacific at Punchbowl and the Hawaii State Veterans Cemetery in Kaneohe.

June 8, Saturday

Hawaii National Guard Youth CHalleNGe Academy graduation, time and location to be announced.

June 11, Tuesday

King Kamehameha Day, state holiday only.

July 4, Thursday

Independence Day, federal and state holiday.

Guard airmen, soldiers on presidential call-up for anti-terrorism missions

Controllers' full-time mission improves efficiency

Story and photos by Master Sgt. Val Gempis

Increased operation tempo to meet any air defense requirements, faster-pace upgrade training and a lot more appreciation from the public, are some of the benefits of the placement to active duty status of the Hawaii Air National Guard's 169th Aircraft Control and Warning Squadron in October. Squadron members said they are glad and ready to meet the challenge.

"We're very enthusiastic and very proud that we are making an important contribution to the defense of our nation," said Lt. Col. Dewey Arakawa, who assumed command of the Wheeler Army Airfield based unit in July. The 169th is responsible for the air defense of the Hawaiian Air Defense Region. Its mission is to detect and identify aircraft entering the Hawaiian airspace and to provide intercept information to fighters scrambled for identification of unknown aircraft. Within a few hours after the attacks, the controllers at the command center, known as the Hawaii Region Air Operations Center, were in contact and directing F-15 fighter aircraft from the Hawaii Air Guard's 199th Fighter Squadron providing air defense over the island.

Arakawa said that his unit, whose mission has always been air defense 24 hours a day, seven days a week, since 1958, has been busy even before the terrorist attacks. After Sept. 11, they underwent a dramatic shift in their work schedule. He said that the activation of his unit, which meant that they can utilize their full staff now, enabled them to have a more flexible, stable and better-balanced operation to accomplish their tasks. Before some of his troops were limited to a 40-hour work-week. Others, like the traditional Guardmembers, only reported twice a week annually. With the activation, they have now more resources and appropriate manning needed to support any air defense, including force protection requirements. "Every individual here has stepped forward and is doing a great job," said Arakawa.

CONTROLLERS — continued on page 6



UNDER CONTROL -- Master Sgts. Napua Sugai (right) and Blaine Kato, weapons directors from the 169th Aircraft Control and Warning Squadron, uses a radar to monitor air traffic over the island.

Rear operations center activation supports homeland security mission

By Maj. Charles J. Anthony

On October 19th, 18 members of the 25th Infantry Division (Light) Detachment Rear Operations Center (25ID DROC), Hawaii Army National Guard, were called to active duty to support Hawaii's homeland security mission. The unit has been mobilized to assist 25th Infantry Division staff and facilitate the planning and execution of new force protection missions. The unit has been assigned to support new Joint Rear Area Coordinator-Hawaii (JRAC-HI) mission requirements to operationally employ joint rear area operational forces to protect base/in-

stallation clusters, critical civilian infrastructure, support DoD assets and quick reaction forces to reinforce first responder operations.

Unit personnel include a combat engineer, a tactical intelligence officer, a chemical officer, an NBC (nuclear, biological and chemical) NCO, a fire support sergeant, an intelligence analyst and other operations and support personnel.

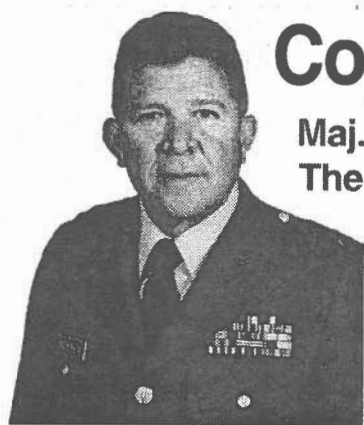
The 25ID DROC routinely trains with the 25th Infantry Division (Light) and was established to maintain continuity for division rear operations. The unit was federally recognized in 1992 and is headquartered at Pearl City, Oahu. The unit's stated mission is to plan, coordinate and direct execution of rear security, terrain management, movement control and area damage-control in support of division operations.



TAKING CARE OF SOLDIERS -- Maj. Gen. Edward L. Correa Jr., the adjutant general, shares his thoughts with the federalized 25th Infantry Division (Light), Detachment Rear Operations Center soldiers. Sgt. 1st Class Stephen M. Lum photo

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Command Notes

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

It looks as though we're going to be ending this year and beginning the next on a high note—in contrast to the dark days of just a few months ago. Al Qaeda forces and the Taliban have been routed out of Afghanistan and the military operations known as ENDURING FREEDOM and NOBLE EAGLE have been very successful. We have a lot to be proud of since the events of September 11th. Everyone in the State of Hawaii, Department of Defense has worked very hard and has greatly contributed to the defense of our state and nation. Our State Civil Defense division and our Army and Air National Guard divisions have established very close working relationships with federal, State and county agencies in order to form one of the strongest anti-terrorism alliances in the nation. We have interagency plans and procedures in place that are now the model for other states to emulate. This total team approach is helping to ensure Hawaii's safety and economic

wellbeing. Our State Civil Defense and the HIARNG's Plans and Operations Military Support Office have worked very hard on plans to protect Hawaii's critical infrastructure. The number of soldiers and airmen who have been, or are on active duty, since September 11th in support of homeland defense is too numerous to list, but I would like to thank the members of the Hawaii National Guard Quick Reaction Force and the following units: the 1st Battalion, 487th Field Artillery, which is the principal unit for airport security on Oahu; the 2nd Battalion, 299th Infantry, which is contributing the bulk of neighbor island airport security forces; the 199th Fighter Squadron, 203rd Air Refueling Squadron, 204th Airlift Squadron, 169th Aircraft Control and Warning Squadron, 154th Aircraft Generation Squadron, 154th Security Forces Squadron and the 25th Infantry Division (Light) Detachment Rear Operations Center. As the article on page one states, the 169th was mobilized to handle the increased requirements for protecting Hawaii's airspace since September 11th and their data links to the fighter squadron's F-15s help keep Hawaii safe from the air.

Training missions continue

The events of September 11th have overshadowed many other events and training that the Hawaii National Guard conducted in 2001, so I want to take this opportunity, at year's end to recognize your efforts. In addition to the BATL-AAXE (Battalion Level Air Assault Exercise) in which the Hawaii Army National Guard airlifted soldiers and equipment to Kauai, the Hawaii Guard soldiers conducted training in California, Washington State, Louisiana, Italy, Honduras, Japan, Australia and Germany. Well done!

Air Guard units, individuals recognized

I want to congratulate the 154th Wing for successfully completing its recent PACAF inspection. The 154th Logistics Group, 154th Mission Support Flight, 199th Fighter Squadron, 203rd Air Refueling Squadron, 169th Aircraft Control and Warning



HERE'S WHAT IT'S ALL ABOUT -- A Cub Scout from Pack 117, accepts a shave ice from a Hawaii National Guard Counterdrug program staffer at the State of Hawaii, Department of Defense Christmas Concert held at the Hale Koa Hotel picnic grounds, Dec. 16. Hawaii's keiki - our future - are among those who we are dedicated to protecting.

Sgt. Wendy M. Hirasu photo

Squadron, the Wing Control Center and the Wing Public Affairs staff were recognized as "excellent." Individuals singled out for outstanding performance were: Senior Airman Kristen Higgins, Senior Airman Colyn Funakowski, Tech. Sgt. Dominador Molina, Senior Master Sgt. Brian Oshiro, Master Sgt. Alan Umeda, Tech. Sgt. Jon Amorin, Tech. Sgt. Paul Tadaki, Staff Sgt. Galen Higa and Capt. Christopher Faurot.

91 Corpsmembers complete residential phase

On December 15th, I had the privilege of seeing 91 young men and women graduate from the residential phase of the Youth

CHalleNGe Academy. It's hard to believe that the Hawaii National Guard has already assisted 15 Youth CHalleNGe classes, more than 1,100 corpsmembers, get their lives back on track.

Remain vigilant

We don't know, precisely, what 2002 will bring. That's why we must remain vigilant and always train to be ready for any contingency. Whether we are protecting the homeland or deploying to some distant area of the globe, our forces can do the job as long as they remain well trained and well equipped. I ask for everyone's commitment to continued excellence in the coming year. Mahalo.

Departmental News

Official sites for Army forms on-line

- U.S. Army Publishing Agency, for administrative departmental publications and forms (e.g., Army regulations, circular, pamphlets, optional and standard forms, and Department of the Army forms) www.usapa.army.mil
- U.S. Army Materials Command (AMC) Logistic Support Activity for technical and equipment departmental publications (e.g., technical manuals and supply catalogs) www.logsa.army.mil
- U.S. Army Training Support Center for training and doctrinal departmental publications (e.g., field manuals, training circular and soldier training publications) www.adtdl.army.mil
- U.S. Army Corps of Engineers, for training and doctrinal departmental publications with engineering and design criteria www.usace.army.mil
- The Surgeon General/Medical Command, for training and doctrinal departmental publications with medical

content (e.g. TMs, Technical Bulletins and supply bulletins) www.army.medicine.army.mil

Federal Tuition Assistance changes

As of Nov. 30, FY02 ARNG Education Program Policy (*Policy Number, 02-02*), helps soldiers pay for professional degrees. Soldiers interested in receiving FED TA should call Capt. Michele Hall at 733-4133. We have over \$100,000 of FED TA money still available!!

- a. Basic training eligibility requirement removed
- b. First professional degrees added
- c. Control number requirement modified
- d. Accreditation definition clarified

Helpful Links:
<http://arngi.org> (ARNG Institute)
<http://voled.doded.mil> (DANTES)
<http://soc.aascu.org> (SOCGuard)
<http://gibill.va.gov> (Veteran's Administration)
<http://www.virtualarmory.com> (ARNG Virtual Armory)

Students pay tuition up front

Stop the presses! Hawaii National Guard members who are expecting State Tuition Assistance Program funding when they register for the upcoming Spring college semester must plan for paying their fees up front.

The new program initiative means students applying for state tuition assistance must complete forms 600-1 and 600-2 and attach a copy of their college payment receipt and a copy of their most recent LES form.

Forms that do not included these copies will not be processed and the soldier will *not* be paid.

Guard members do not bring the 600-1 and 600-2 to their college. They are required to pay the college tuition when registering.

Students should turn in their forms during January drill. The forms are due to the education office no later than Feb. 15.

No late applications will be accepted. No

payments for successful completion of the semester is application is not filed on time.

Students need to bring their grade report to the unit, which in turn is verified by the unit commander and sent over to the education office by Aug. 2.

For more information call Capt. Michele Hall at 733-4133/4141 or email: Michele.Hall@hingb.army.mil

Free computer-based training for soldiers, civilians

Free computer based-training is available for all soldiers and civilian staffers

All authorized personnel will be able to access over 1,500 Information Technology, Business Skills, and Interpersonal Skills, E-business Home and personal Certification courses from any location, around the clock (24/7).

Please follow the below steps for access to the New Army e-Learning/Web Based training

- Obtain an Army Knowledge On-line

(AKO) email address/account, if not already accomplished (go to www.us.army.mil to establish your account)

- Log on to AKO
- Follow the link in the Army-wide announcements section to the e-

learning information to register for access to the new e-learning system.

Please register with the site after registering with AKO and encourage all M-day personnel to register for this free training.



pupukahi

State of Hawaii Department of Defense
pupukahi: harmoniously united

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Bioterrorism exercise helps to define roles, responsibilities

Story and photos by Master Sgt. Val Gempis

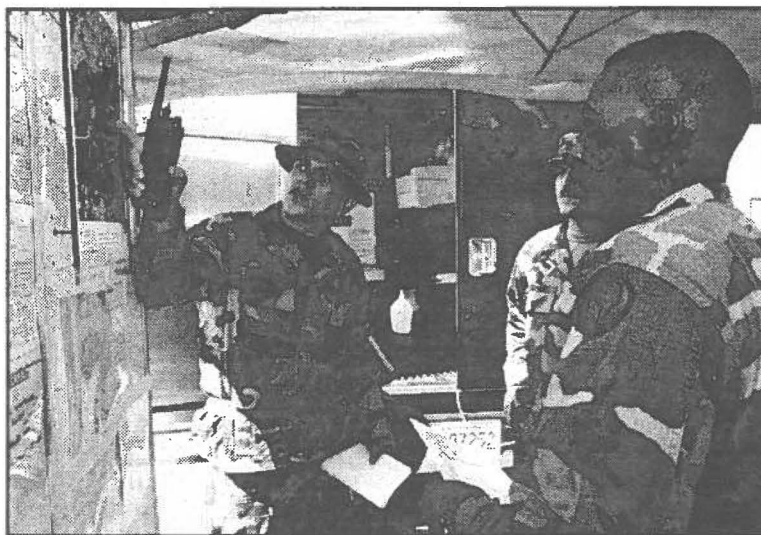
In November, a team of military and government personnel, including police, explosive ordnance disposal, fire and hazardous material units, descended at Aloha Stadium, Honolulu, after suspicious looking substances were reported inside a vehicle parked at the facility during a simulated bioterrorism attack. The emergency crew's task: find out what the threat is, collect samples and analyze them to ensure that people are safe and that the area is free from suspected chemical or biological agents.

Once thought to be an improbable idea, bioterrorism threats are now real after the Sept. 11 terrorist attacks. The recent anthrax incidents have also caused a high level of anxiety and concern across the nation, including military facilities overseas.

"Our job here is very important. We're here to save lives," said Tech. Sgt. John Lacio, a hazard modeler, assigned with the 93rd Weapons of Mass Destruction, Civil Support Team, Hawaii National Guard. "Our mission is to deploy to a suspected WMD incident to assess the situation and advise civilian authorities on appropriate actions. We also facilitate requests for assistance to expedite arrival of additional state and federal assets to help save lives, prevent human suffering and mitigate great property damage."

"My job is to provide a starting point for the first emergency responders," said Lacio, while busily pounding away on a laptop inside his truck as a group of people dressed in alien looking blue spacesuits scatter across the stadium parking lot where a decontamination line is set up. "I conduct *battle tracking* to ensure that his team doesn't linger inside a contaminated area too long. I make sure that our team is positioned in the right place and that residents are evacuated safely."

"By using information gathered from the *hot zone*," said Lacio, one of two Air National Guard personnel assigned to the unit, "I calculate the dispersion of chemicals, bio agents



PRACTICE MAKES PERFECT -- Tech. Sgt. John Lacio, a hazard modeler, assigned with the 93rd Weapons of Mass Destruction, Civil Support Team, Hawaii National Guard, briefs Sgt. 1st Class Francis Smith on suspected bioterrorism threats at the Aloha Stadium during an exercise held in November.

or radioactive materials in an area. Using the latest in hazard modeler software, I also produce plume models to predict lethal effects of the contamination on the population. After carefully checking the correct size of the contaminated environment, projected height of the hazardous plumes, weather, wind direction and temperature I notify the incident commander which area(s) to evacuate."

"Our mission is to deploy to a suspected WMD incident to assess the situation and advise civilian authorities on appropriate actions."

— Tech. Sgt. John Lacio

Department of Defense assets they can integrate with their command system during emergencies. During the week-long training both parties practiced biological, radiological and chemical detection. This is the 12th time the military and Hawaii emergency crews have trained together this year.

"It's great to see that we're working together to make a better team," Lacio said. "Events like this help build rapport, make friends and allies to help battle terrorism."

Ecstasy drug use on rise

By Maj. Tamah-Lani Noh, Drug Demand Reduction Officer

Experts say that drug use is dropping in America, yet recent years have seen a surge in the popularity of the drug Ecstasy. With this large increase, the Honolulu Police Department's Narcotics/Vice Division has established a task force that focuses on *Club Drugs*. Since its establishment in July 2001, the Club Drug Task Force has opened 24 cases and made 13 arrests related to Ecstasy. These users and dealers are between the ages of 17 and mid 20's. Yet, one out of 20 Hawaii 12th graders and two percent of Hawaii 8th graders reported using Ecstasy.

In 2000, 300 tablets of Ecstasy were confiscated. Through October 2001, more than 800 tablets of Ecstasy have been confiscated by HPD. These numbers do not include tablets found by our Hawaii National Guard Counterdrug personnel at the airport and other law enforcement agencies.

Ecstasy is known as XTC, MDMA, Adam, X, hug drug, and clarity. It is a synthetic amphetamine, which has both stimulant and hallucinogenic effects. The effects are felt within thirty to sixty minutes and last from four to twenty-four hours. This drug poses the risk of long-term brain damage, severe mood swings, confusion, depression, sleep problems, anxiety and paranoia. These effects were present in X users three weeks after use of the drug.

Signs of use include muscle tension and cramping, involuntary teeth clenching/grinding, nausea, fatigue, rapid eye movement, chills, sweating, increased blood pressure, and not needing to eat/drink or sleep for long periods of time.

In July 2001, Hawaii's military had its first death that was attributed to Ecstasy. A Marine lance corporal died while attending a rave party at Hawaii Raceway Park. Rave dances are large gatherings of people in empty warehouses or other large areas/structures where psychedelic lighting and music provide the setting for all night dancing.

In 1985, Ecstasy was reclassified by the DEA as a Schedule I controlled substance, meaning that the government has determined that it has no legitimate medical uses. Thus, Ecstasy falls under the purview of Article 112a of the Uniform Code of Military Justice. Ecstasy use will show a drug positive for amphetamine in our drug testing programs resulting in possible discharge. The military is cracking down on Ecstasy use, and being caught in possession of any amount of Ecstasy could carry a sentence of up to five years in jail, a dishonorable discharge, and forfeiture of pay and allowances.

For a listing of known Hawaii "rave" clubs or any other questions about these designer drugs, call Maj. Tamah-Lani Noh at the Counterdrug Support Office, 732-0209.

Airport security increased during holidays

By Sgt. Wendy M. Hirasa

The long line of people await their turn to be scanned with metal detector wands and their bags screened through the x-ray machine in what seems to be just another routine check to enter the Honolulu International Airport.

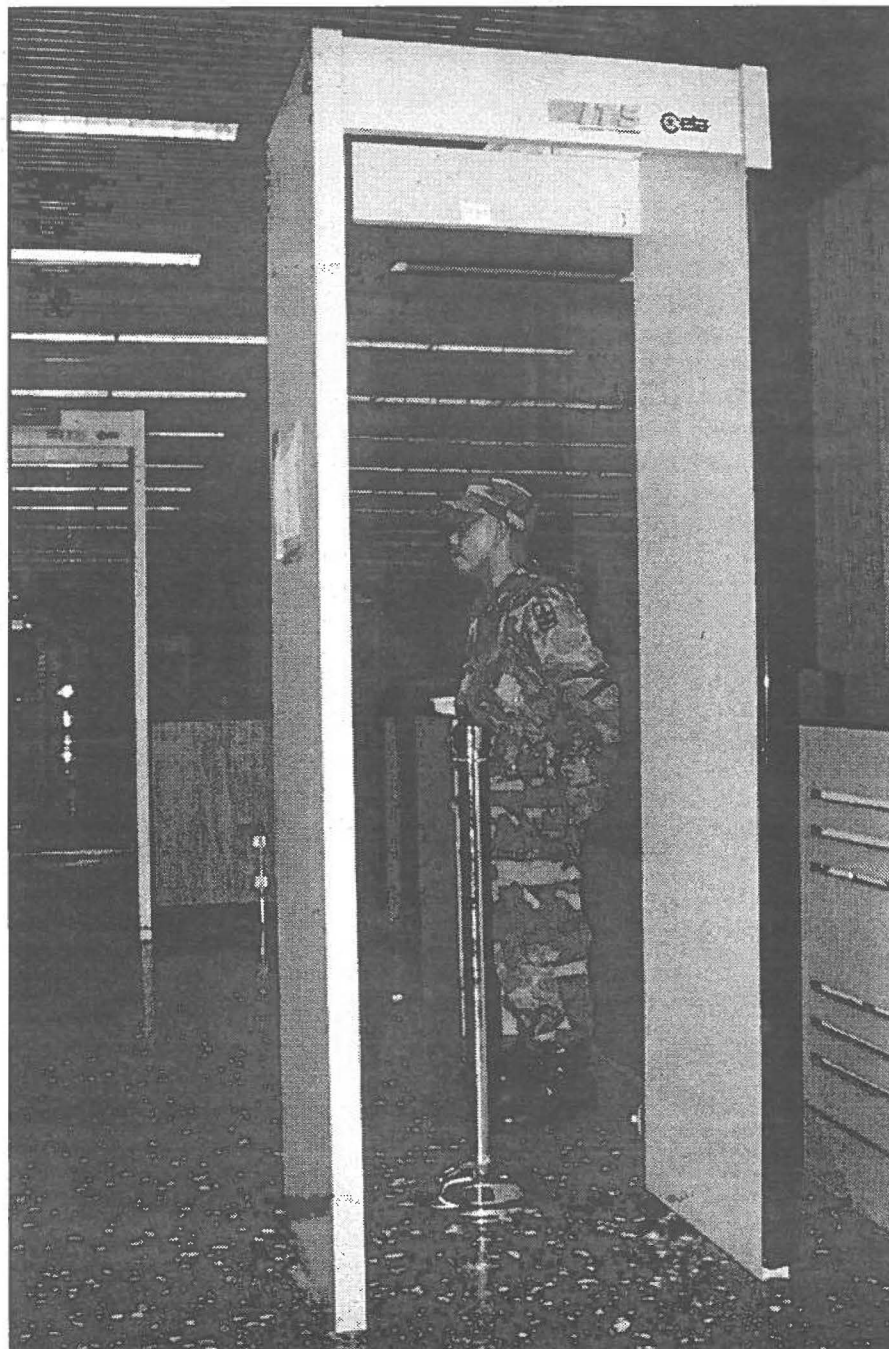
But at this location at the commuter terminal, six Hawaii National Guard soldiers stand post behind the security-screening checkpoint with M-16 rifles slung onto their shoulder. A "Welcome to Hawaii" banner hangs in the background.

Throughout the airport, other soldiers are in place to serve as a visible, heavily armed deterrent to those who seek to attack our country and its people. The tour of duty that began in early October has been relatively quiet one so far.

The soldiers are also here to assist airport law enforcement officers if any incidents should arise and ensure that the Federal Aviation Administration updated procedures are properly executed by the screeners, said Cpl. R. Huerbana, gunner with the 1st Battalion, 487th Field Artillery. The soldiers received training in the FAA's policies and procedures prior to being placed at these posts.

America was attacked on Sept. 11. Our homeland has become a battleground. The soldiers of the HING have been called into action to protect and preserve our country and its people. Nineteen year-old, Pfc. S. Yim has been in the HING for two years and was ready to serve his country. "I was mad about the incident that happened on Sept. 11 and I want to help out in any way that I can."

HOMELAND DEFENDER -- A 1st Battalion, 487th Field Artillery soldier stands guard at the Honolulu International Airport passenger security sensor.

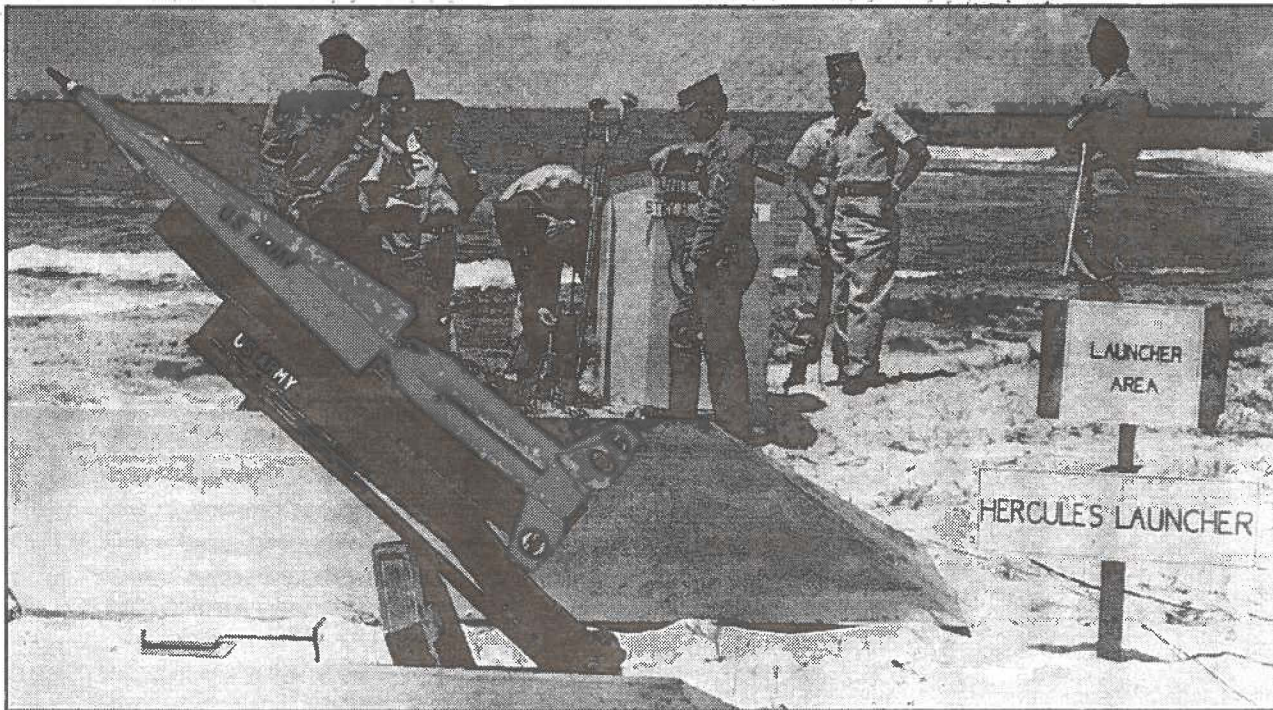


Air defense reunion being held in February

One of the Hawaii Army National Guard's most honored units will hold a luncheon reunion at the Wahiawa Armory at noon on Feb. 16, 2002. Members of the 298th Air Defense Group will gather at the building that served as their headquarters during the late 1960's. "The armory holds a lot of memories for us," said retired Lt. Col. Kerwin Keys, who served as the organization's staff administrative assistant. Keys is serving on a steering committee with other retirees, including Bill Duncan, George Honjiyo, Tom Kimura, Lester Nakaichi, Gerry Silva and Larry Siu.

The 298th included six Nike Hercules missile sites located around Oahu, as well as a command center located deep underground in the Kunia facility, just across from Wheeler

Army Airfield. Keys said, "We were the first Army Guard unit in the nation to take on the complete Army air defense responsibility for an area. We were first to go on site with the solid-fueled Nike Hercules system,



ON THE WAY TO WORLD'S RECORD -- In the late 1960s, the Hawaii National Guard held an open house to show off a scale model of the new Nike Hercules missile system at Bellows Air Force Station. The missile's tails sports the old Hawaii Guard patch.

298th Air Defense Group Reunion Wahiawa Armory Feb. 16, 2002, 12 noon

while Guard units on the mainland were still working with the liquid-fueled Ajax system.

"Just as important," Keys said, "we were first to operate the Army Air Defense Command Post (AADCP) for an area. We directed our firing batteries from the underground Kunia facility.

Data from the Hawaii Air National Guard radars at Mount Kaala on Oahu and Kokee on Kauai was tied into our AADCP, and that allowed our operations officers to run the intercepts."

Capt. Alvin Cabrinah, set a world distance record when it intercepted and shot down an unmanned target drone about 100 miles offshore. The record was never broken. Eventually, service practice was moved to McGregor Range in New Mexico.

Former members of the Group can get more information about the reunion by calling members of the steering committee. The event will be catered, and costs are being kept to a minimum. Committee members and their phone numbers are: George T. Honjiyo - 262-6290, Kerwin R. Keys - 488-4144, Lester Nakaichi - 735-2334, or Lawrence W.J. Siu - 247-0262.

Those who served in the 298th AD Group at any time are invited. The committee would like to hear from them, or from those who know their phone numbers, e-mail or mailing addresses, so that they can be contacted.

CONTROLLERS

continued from page 1

With the increased manning they've also now been able to speed up their upgrade training program. "This has been a win-win situation for us," according to Master Sgt. Garret Miura, radio maintenance manager at Mount Kaala Air Force Station, located about 4,000 feet above sea level on the northern part of the island. Miura, who has been with the Hawaii Guard for over 38 years, said that more people means that he can now have trainees and trainers working together consistently. Normally, it takes about eight months for a technician and up to three years for a traditional guardsman to fulfill their initial upgrade training. "This activation can cut that training time in half. It's been great," said Miura.

Staff Sgt. Glenn Hayase, a radio maintenance technician, said that it's real gratifying to know that they are needed and essential in the defense of the nation and the state. It's really great how much more recognition they have received from the public since they were tapped to be on active duty. Before when people find out that in the Guard, often the reaction was a somber 'Oh!' implying that it's "just the Guard".

Now when they hear about him being a "Guardman" it's more like 'Wow!' followed by inquisitive questions about his unit's vital role in protecting the island against terrorist threats. "Before people assumed that the active-duty military folks did all of the work. But now they are beginning to realize and appreciate more what we do," he added. This has given them a new sense of worth. He said that his family is very proud of him. "It's almost self-filling".

Master Sgt. Russell Ishizuka, the squadron's first sergeant and a traditional Guardsman works for the state housing department. On the morning of Sept. 11th he was watching the news for the traffic reports before going to work when he saw that the World Trade Center was under attack. He said that what happened was horrible and totally unbelievable. He normally takes the kids to school and then goes to work, but that day would be different. His sense of duty came to him after he dropped off his kids. He turned around, went home, put on his uniform and drove straight to his duty station. Like many others in his outfit, Ishizuka reported to



MOUNTAIN MIST -- Master Sgt. Garret Miura (left), radio maintenance manager, and Staff Sgt. Glenn Hayase, from the 169th Aircraft Control and Warning Squadron, Wheeler Army Airfield, discuss equipment test procedures at the 4,000 feet above sea level Mount Kaala Air Force Station.

Master Sgt. Val Gempis photo

work that day without being recalled and hasn't been back to his civilian job since. He said that being on active duty is a lot of sacrifice for him and his family but being

there motivates him and gives him a sense of belonging. "There's no other greater feeling than being able to serve your country," he added.

Engineers save satellite program

"The Hawaii National Guard saved our project, and we are extremely thankful for their support," said Christina Higa, PEACESAT director.

Through the innovative readiness training (IRT) program, the Hawaii Army Guard's 298th Engineering Detachment, commanded by Capt. Neal S. Mitsuyoshi, built an antenna foundation for the University of Hawaii's PEACESAT program. At the same time, the engineers got practical hands-on training on a construction project that benefits the community.

PEACESAT is in the process of installing a new 7.2 meter antenna and satellite terminal to be managed by NASA for improved satellite tracking, telemetry and control. The project, located at the NASA Kokee Park Geophysical Observatory on Kauai, ran into severe budget constraints. The Hawaii Army National Guard saved the program by building the 19.5 by 15.5 by 2 foot antenna foundation. The PEACESAT funded the cost of materials and sup-

plies while the 298th engineers provided the general engineering, labor, and transportation and housing of the soldiers. The military IRT program, created by the 1996 National Defense Authorization Act, is designed to leverage military resources and capabilities for the betterment of our civilian communities. The PEACESAT program, a nonprofit organization, provides public service satellite telecommunications for Pacific Island economics. The audio and interactive video teleconferencing is used in distance learning, telehealth, telemedicine and economic development. Higa thanks the Guard for approving the project and for their excellent work. Both Ernest Shi-ma, project engineer and Ryan Hirae, satellite specialist, were impressed with the 298th engineers' professionalism. "The crew worked hard and long hours to finish the project on time in just four weekends," said Shima, a retired commander of the Hawaii Air Guard's 201st Combat Communications Group.

During one of those launches, Bravo Battery, under the command of

Mālama i Ka 'Āina Koa

"Preserving the soldier's land"

No. 6

Hawaii Army National Guard Environmental Office

October -December 2001

Fort Ruger's historical sites being restored

By Cadet Wendy R. Cook and
Lincoln C. Yamashita

Coastal defense established in 1900s

In a 1905 address to the U.S. Congress, Pres. Theodore Roosevelt designated Hawaii as "the most important point in the Pacific to fortify in order to conserve the interests of this country." Roosevelt appointed the Secretary of War, William H. Taft, to head a National Coast Defense Board, which was to review and improve coastal defenses in areas including Los Angeles, Hawaii, the Philippines and the Panama Canal.

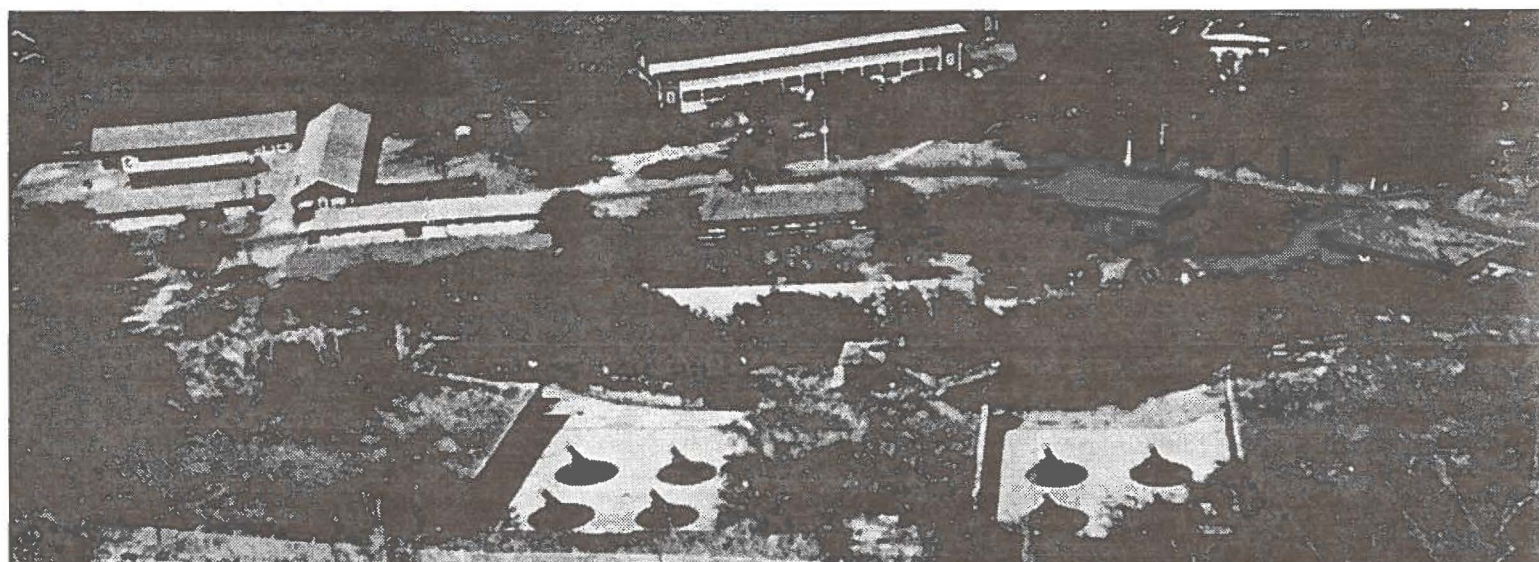
The War Department Government Order No. 74 established the Artillery District of Honolulu in 1909 to protect Honolulu Harbor. Four forts constructed were Fort Ruger along Diamond Head, Fort DeRussy in Waikiki, Fort Kamehameha now surrounded by Hickam Air Force Base and Fort Armstrong at the harbor's entrance. Included in the coastal defense were five batteries, seven fire control stations, and two tunnels.

Fort Ruger established

In 1906 the federal government set aside 755 acres around Diamond Head for exclusive use of the military. Fort Ruger Military Reservation was established in 1909 and named after Maj. Gen. Thomas H. Ruger, a Civil War officer. It was built between 1906 and 1921. There were extensive developments and construction of fortifications, gun mounts and observation fire control stations, headquarters, and living quarters.

University of Hawaii system's Kapiolani Community College now occupies a large portion of the former Fort Ruger.

Much of the fort became part of the Diamond Head State Monument. In 1965, it was designated as a historic site to be managed by the Department of Land and Natural Resources. In 1968, Diamond Head earned



CHANGING TIMES -- Fort Ruger in the early 1900s. The headquarters was the building at the top center of the photo and the crown shaped fountain fronts the building. In the foreground are the Battery Harlow gun emplacements.

the distinction as a national landmark and the boundaries were extended. In 1975, the State Monument was included under the State's Historic Preservation Law. There are currently over 500 acres of land within the Diamond Head State Monument.

Surviving today are some of the reinforced concrete structures; a guard house, Battery Harlow, four-story fire control station foundation, 12 six-pound gun foundations, Battery Birkhiemer and Battery 407. Some of the tunnels and batteries are today occupied by the Hawaii Army National Guard and State Civil Defense.

Batteries built in Diamond Head

Battery Harlow was the first fortification at Fort Ruger and the earliest of three mortar batteries built on Oahu during the era when attacks by sea were considered a threat to national security. Construction began in April 1907 on the north facing slope of Diamond Head and it was completed, March 1910.

The battery was used to fire over the crater into the ocean at a distance of eight to 10 miles. The guns were 1906 type battery. Each mortar M-1890 was 11 feet long and 12 in caliber. The east bunker contains two stories, one is below ground

level. The bunkers were secured by massive iron doors and barred windows.

Battery Harlow has three bunkers, two mortar pits with four 12-inch mortar tubes each and a massive earth parapet. The central bunker housed the command post on the top floor and beneath it the plotting room, two sending stations, sets of control shafts, display stations for data transmission and elevation/azimuth for fire control.

Between the central and outer bunkers lay two large courtyards and mortar pits.

Along with several other structures it has been designated as part of the Fort Ruger historic district. The equipment was dismantled after World War II and has been in disrepair. The east and west bunkers are used today as storage space.

Fountain now a "planter"

Today what is left of a lava rock fountain built in 1911 stands in front of Kapiolani Community College as a remnant of the early Fort Ruger era. It was built in the shape of a crown as re-

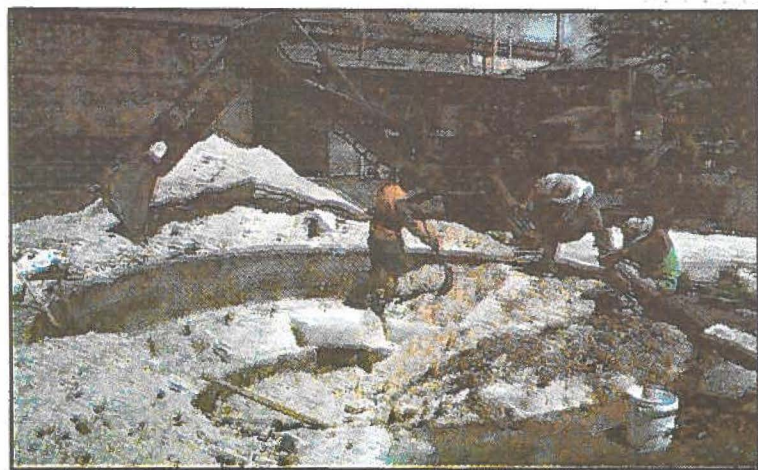
spect for the Hawaiian Royalty. The fountain is circular in shape with a pair of intersecting round arches, supported by a pier in the center. The fountain fronted Fort Ruger post headquarters building. About 30 years ago some restoration was completed on the lava rock fountain, it was re-mortared and converted into a flower box planted with bougainvillea. The cement mortar has now begun to crumble and crack again leaving the structure in sore need of repair.

Restoration continuing

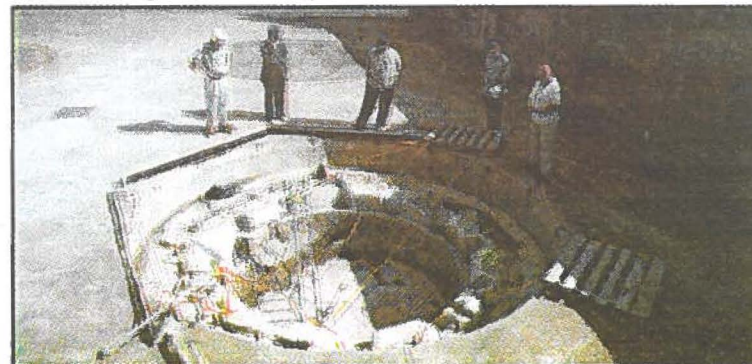
Efforts to restore the historic area of Fort Ruger are being conducted by the Hawaii Army National Guard's Environmental Office. The office is responsible for the restoration and preservation not just of the natural resources but also the cultural. Some of their efforts include weeding, picking up trash, and replanting species native to the area. They recently dug up the fill of one gun



TREASURES UNCOVERED -- The crown fountain (above) affronting Kapiolani Community College is now a planter. Wendy Tolleson, an environmental staff archaeologist, provides an informational tour of Battery Harlow. Sgt. 1st Class Stephen M. Lum photos



REDISCOVERING HISTORY -- Hawaii Army National Guard staff excavates a Battery Harlow gun emplacement pit. Wendy Tolleson photo



emplacement at Battery Harlow and currently have plans to restore the facility by painting, replacing safety railings. The cultural section continues to stage educational and informational tours and illustrations to groups in the public. They also sort through many of the artifacts and documents found around the area or that were stored in the batteries themselves. All items found of interest or artifacts are logged and documented for historical preservation.

The ecosystem around and inside of the crater is very fragile. Already it has succumbed to invasive, non-native species like Kiawe trees, Haole Koa and fountain grass. Events are held throughout the year to help clean up the trash left behind by humans as well as weed out the invasive species, plant native species in their place and nurture them through growth by mulching and watering. Two of the larger annual events to clean up the site are held during Earth Day in April and National Public Lands Day in late September. Other smaller events are held throughout the year by the employees and other groups who volunteer.

The clean up and restoration of the grounds resides mostly on the Environmental Office employees and volunteers for such events. Long time supporters and volunteers of the restoration include groups such as the Youth CHalleNGe, University of Hawaii graduate students, Hawaii National Guard soldiers and their families as well as the Boy Scouts who often receive merit badges for science, leadership and history for their participation.

For those interested in learning more about Fort Ruger and Diamond Head area or would like to volunteer their services, they can contact the Hawaii Army National Guard Environmental Office at 733-4214.

Hawaii competes at National Guard shooting match

Jaeger best in combat pistol at Wilson

Compiled from articles by
Lt. Col. Stanley J. Osserman,
Sgt. David Smith and
Spc. Randall Chelstrom
Hawaii and Arkansas National Guard

The best combat shooters in the Army and Air National Guard from 40 states and territories, including the Hawaii National Guard competed for championship honors and the satisfaction that goes with it during the 31st Annual Winston P. Wilson Rifle, Pistol, Sniper, and Light Machinegun Championship Matches held at Camp Joseph T. Robinson, Oct. 7-12.

This year, nine Hawaii National Guard members joined more than 500 competitors and vied for the distinction of "Best of the Best" in the four different shooting disciplines. The Camp Robinson-based National Guard Marksmanship Training Unit and the National Guard Marksmanship Training Center, in Little Rock, Ark., conduct the matches.

The matches are designed to promote marksmanship by providing high level training and competition among states. Particular emphasis is devoted to improving individual battle focused "move and shoot" combat marksmanship skills.

Jaeger star of Hawaii team

If you want to learn something, read about it. If you want to do something well, you'll have to practice what you've learned. But if you want to really master a skill, you need to compete. Nothing brings out the best in personal performance better than competition.

Tech. Sgt. Robert P. Jaeger understands that philosophy well, particularly as it applies to shooting weapons. Jaeger ranks near the top of the list of the best combat pistol marksmen in the U.S. military. Four years ago he earned a coveted place on the "All Guard" combat pistol team after demonstrating his skill in his first two national level matches (1996-97). This year he took first place in Match 221, Excellence in Competition. Jaeger's score of 172 missed perfect by a mere eight points giving him first place in a field of 452 of the nations best shooters. Match 221 pits shooters not only against each other, but also against the clock. The longest "target exposure" is seven seconds and the shortest is four seconds while engaging four separate targets with six bullets. "Match 221 is the most challenging of the combat pistol courses in military competition," said Jaeger. "It is the fastest, contains the most realistic elements of combat and it requires practice, conditioning and mental toughness to do well. The best score ever achieved in match 221 at the Wilson was 178 out of 180. It's a tough match."

Jaeger is a "traditional" member of the 154th Security Forces Squadron. He is employed full-time by the City of Honolulu as a firearms instructor and armorer for the Honolulu Police Department.

Jaeger points out that the challenges of shooting in military combat pistol competition develop practical, instinctive skills that allow you to respond quickly and accurately to unexpected

threats. "The experiences I learn about from people who have had to use their shooting skills in combat tell me that training for competition can be a life saving factor," said Jaeger. "In our business you don't have time to practice when you're told you are deploying in 72 hours, and live fire every couple of years may make you 'qualified' but doesn't make you highly skilled"

The HING's team of four Hawaii Air Guard pistol shooters came in sixth out of 35 teams in this year's competition at Camp Robinson.

The other combat pistol shooters on the Hawaii team were; Tech Sgt. James S. Welch (154th Maintenance Squadron), Staff Sgt. Derek A. Tang (293rd Combat Communications Squadron) and Lt. Col. Stanley J. Osserman (HQ HIANG).

Chee second in novice match

Hawaii's five person combat rifle team, includes four novice members. They were Staff Sgt. Jerry T. Yuen, Sgt. Renny K. Chee, Sgt. 1st Class Janell A. Balatico, Sgt. Douglas T. Motonaga and Pfc. Ryan Sheldon.

"These matches are fun! They provide realistic training," said Chee, who took second place in Match 306 novice class

"You gotta know the weapon because you can't be screaming for alibis if you have a malfunction," said Yuen. "You have to take care of malfunctions yourself. We learned that we need more fire and maneuver training." Chee and Yuen are members of 229th Military Intelligence Company.

Wilson match history

Beginning in 1971, the matches have continued evolving over the years to reflect more realistic training, team spirit, physical fitness, and leadership qualities for the Army and Air National Guard participants.

Now, more than ever before, the active forces are relying more heavily on the readiness of reserve components. As such, combat training and combat marksmanship skills are receiving greater emphasis throughout the National Guard.

The Wilson Matches are named for Maj. Gen. Winston P. Wilson, former chief of the National Guard Bureau, and a member of the Arkansas Air National Guard.

Join the team

"At Wilson we can compete in combat pistol, rifle, machine gun and sniper events, but Hawaii hasn't sent a machine gun or sniper team for as long as I've been in the HIANG," said Jaeger. "We're always looking for new members on the HING team and we need commander and employer support to get the best shooters to the mainland each year. The Guard Bureau funds a basic team workdays and per diem, for each category. When you get down to the 'core military competencies', shooting is a vital skill. It's not just important for troops involved in a military offensive; it boils down to self-defense for the airman. I can't think of a more critical skill than making sure that I can keep myself and my people alive when things get ugly."

Sports Corner

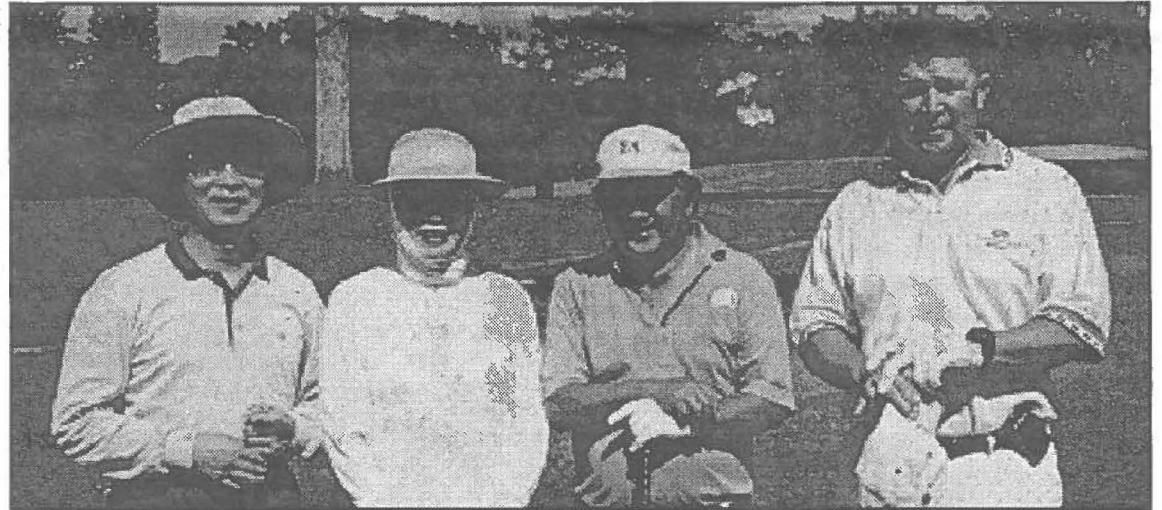
By Fred F. Fogel

Special services schedule updated

The Hawaii National Guard's Special Services Board postponed the basketball tournament, originally scheduled for December, until early 2002. The Board is also plans to adjust the "windows" for future tournaments to be more in line with the customary sports seasons. Basketball will move from late in the year to the January-March time-frame. Softball will be in the May-July time frame, and volleyball September-November. December will remain free for other family activities. The HING Softball tournament will also be rescheduled in 2002.

Korean War Golf Tournament held

The 50th Anniversary Commemoration of the Korean War Golf Tournament, took place on Nov. 19, at Leilehua Golf Course. One hundred and sixty-six veterans, guard members and guests hit the links on a beautiful day for golf. When the divots settled, Charlie Taketa, a Korean War veteran, finished 51st with a 72 net, and walked away with the grand prize, a three-day and two-night stay at the Hilton Hawaiian Village. Maj. Gen. Edward L. Correa Jr. and retired Brig Gen. Irwin K. Cockett made short presentations at the buffet that followed. Mahalo to the tournament coordinators, retired Col. Hal Tonda and Col. Emerick



FOUR FOR FOUR -- Korean Consul General and Mrs. Ji-doo Lee, State Senator Cal Kawamoto, and Maj. Gen. Edward L. Correa Jr., form the a foursome at the 50th Anniversary Commemoration of the Korean War Golf Tournament, held at the Army's Leilehua Golf Course in Wahiawa. Retired Col. Hal Tonda photo

Kanishi, and the Army Guard volunteers from logistics staff who used their own vacation to help make it a success. The next tournament is Oct. 17, 2002, at the Navy Marine Golf Course.

The flight leaders were:

	"A" Flight	"B" Flight	"C" Flight
1st	Wayne Kobayashi	Ki-Pyo Hong	Cal Kawamoto
2nd	Roy Magno	Ed Miyahira	Moses Pakaki
3rd	Young-Ja Hong	Stuart Tomasa	Ellen Chew
4th	Taison Tanaka	Young Hae Kim	Dave Kono
5th	Shawn Park	Jimmy Aea	Floriano Castillo

AWARDS -- continued from page 3

Aviation
Spc. Raena Madeira, HHC, 29th Support Bn.
Spc. Felmon Marcos, Co. C, 193rd Aviation
Spc. Daniel B. Miranda, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
Spc. Eric Miyasato, HHC, 29th Support Bn. (1st OLC)
Spc. Dale W. Nimz, Co. C, 193rd Aviation
Spc. Christopher M. Pacheco, Co. D, 1st Bn., 207th Aviation
Spc. Jason K. Paz, Co. C, 193rd Aviation
Spc. Manuia Pei, Btry. A, 1st Bn., 487th Field Artillery (3rd OLC)
Spc. Samuel Polmal, HHC, 29th Support Bn.

Spc. Richard L. Pratt, Co. C, 193rd Aviation
Spc. Michele Puesta, Co. C, 193rd Aviation
Spc. Cesar A. Ramirez, Co. B (AVIM), 193rd Aviation
Spc. Mariessyl Ramos, HHC, 29th Support Bn. (1st OLC)
Spc. Amante R. Romeo, Co. A, 29th Support Bn.
Spc. Joseph P. Routon, HHSB, 1st Bn., 487th Field Artillery (1st OLC)
Spc. Ryan Ruiz, Co. C, 193rd Aviation (1st OLC)
Spc. Allan S. Santamaria, Co. A, 29th Support Bn. (1st OLC)
Spc. Jordan R. Silva, 111th, Army Band

Spc. Alan Sniffen Jr., Btry. C, 1st Bn., 487th Field Artillery (1st OLC)
Spc. Darren S. Tamashiro, Co. C, 193rd Aviation
Spc. Shane M. Townes, Co. C, 193rd Aviation
Spc. Richard L. Wright, 229th Military Intelligence Co.
Spc. Dayton Winchester, Co. B (AVIM), 193rd Aviation
Spc. Francis K. Yanagi, Btry B, 1st Bn., 487th Field Artillery (1st OLC)
Spc. Bryan K. Yonaha, HHC, 29th Support Bn. (1st OLC)
Pfc. Michael S. Collins, HHC, 29th Support Bn. (1st OLC)
Pfc. Florianlina C. Gansit, Co. C, 193rd Aviation
Pfc. Edward Kuroda, Co. C, 193rd Aviation (1st OLC)
Pfc. Renato O. Mansilungan, Co. C, 29th Support Bn.

Pfc. Patrick A. Okubo, 111th Army Band
Pfc. Daniel W. Park, Co. C, 193rd Aviation
Pfc. Elizabeth J. Ramirez, Co. B (AVIM), 193rd Aviation
Pfc. Christopher B. Smith, HHD, 103rd Troop Command
Pfc. Sheron Vincent, Co. B, (AVIM), 193rd Aviation
Pvt. Kaipo Hanakeawe, Btry. A, 1st Bn., 487th Field Artillery
Pvt. Jeremy K. Hirai, Co. C, 193rd Aviation
Pvt. Joseph V. Iyke, Co. C, 193rd Aviation
Pvt. Kollin J. Kamaunu, Co. A, 29th Support Bn.
Pvt. Mark Kapaona, Btry. A, 1st Bn., 487th Field Artillery
Pvt. Michael P. Laciste, Co. C, 193rd Aviation
Pvt. Thomas H. McCandless

Jr., Co. B (AVIM), 193rd Aviation
Pvt. Joseph L. Swedberg, Co. C, 29th Support Bn.
Pvt. Francisco R. Tagle Jr., Btry. A, 1st Bn., 487th Field Artillery
Pvt. Matthew D. Kakazu, Co. C, 193rd Aviation
Pvt. Melveen K. Young, Co. C, 193rd Aviation
Senior Aviation Badge
Master Sgt. Kurtis T. Mabe, HQ STARC
Sgt. Gregory C. Yee, HQ STARC
Hawaii National Guard Medal for Merit
Lt. Gen. Edwin P. Smith, U.S. Army Pacific
Col. Kelvin C. Marshment, Senior Army Advisor, State of Hawaii Department of Defense
Lance T. Chang, Carlson Wagonlit, Honolulu

Arthur C. Tokin, State of Hawaii Employer Support of the Guard and Reserve
Hawaii National Guard Commendation Medal
Lt. Col. Russell H. Williams, 1st Bn., 196th Infantry Brigade
1st Sgt. Steven Young, HQ STARC (1st Bronze Kahili)
Master Sgt. Gary Hashimoto, HQ STARC (1st Bronze Kahili)
Master Sgt. Harry C. Miller, HQ STARC (1st Bronze Kahili)
Master Sgt. Clyde Mole, HQ 298th Regiment, RTI
Staff Sgt. Colbert Halemano, HHSB, 1st Bn., 487th Field Artillery
Staff Sgt. Tigilau S. Vaofii, Co. C, 193rd Aviation
Sgt. Jacob Magarro, Co. B, 193rd Aviation
Sgt. Dennis Shimabuku, HQ 298th Regiment, RTI (1st Bronze Kahili)
Sgt. Antonio Savella, HQ STARC



Hawaii National Guard Family Program

Lt. Col. Martha "Marty" Wong
State Family Support Coordinator

Mele Kalikimaka from the Hawaii National Guard Family Program! Information and

presentations to prepare units and families for deployments and activations are so very important to the readiness of the Hawaii National Guard and its families. The following pictures capture units from the Big Island, Maui, Kauai

and Oahu this past October and November helping to prepare their families for the unique realities of Hawaii National Guard life.

Don't forget to visit the State Family Program website at www.dod.state.hi.us/

family for more Family Program information about programs affecting families and the Guard and upcoming events.

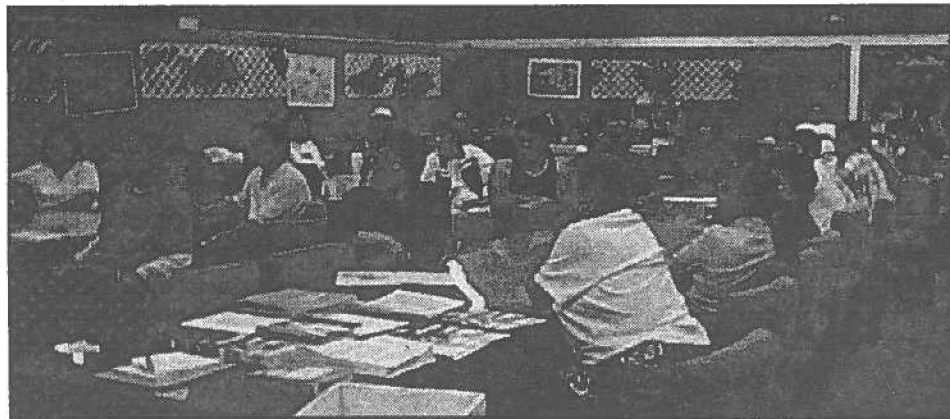
More information on the mid-April 2002 State Family Program Conference and Awards Ceremony on Oahu, and mid-June 2002 for a 3rd annual Youth Training event will be forthcoming!

Contact the State Family Program office if you are

interested in attending Key Volunteer training, Jan. 26-27, on Oahu.

You, too, can make a difference with your unit Family Readiness Group. Contact your unit or a member of the HING state Advisory Team to help get you started on the rode to readiness! Your Family Program State Team Representatives are: Marilyn Tolentino, Hilo-935-9648; JoAnne Yamamoto, Oahu-235-1642; Roberta Agena,

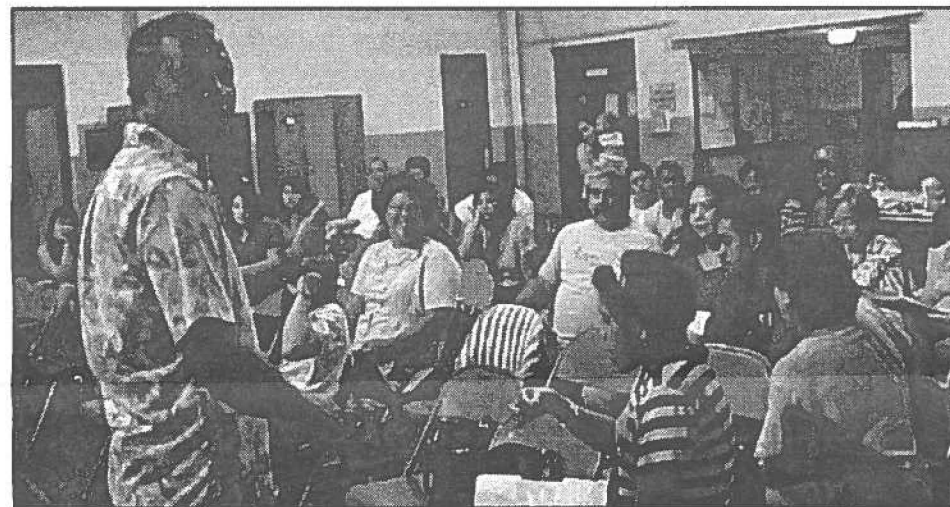
Kauai-337-1144; Bobbie Kito-Hong, Oahu-676-7256; Harriet Kuni, Oahu-668-5185; Kimo Palakiko, Oahu-239-2040; Liz Taga, Retiree, Oahu-623-0487; Barb Yadao-Petti, Oahu-674-0806; Loretta Hales, 154th Wing Family Readiness Coordinator-448-7282 LTC Marty Wong, State Family Program Coordinator-732-1823, 1-800-732-6964



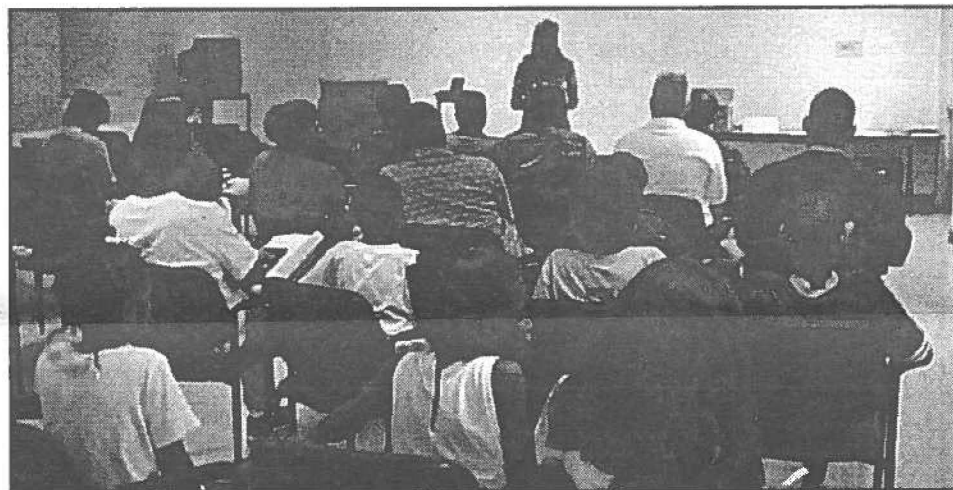
12th Personnel Service Detachment families listen to important benefits and resources information during an evening family gathering at Kalaeloa.



Key volunteers Georgette Pelekai and Carol Manuel of the Company C, 2nd Battalion, 299th Infantry FRG lead families of Co. C and 292nd Combat Communications Squadron in a discussion of current issues of Air and Army Guard families in Maui.



1st Sgt. Pacifico Quel answers questions the families of Company A, 2nd, Battalion, 299th Infantry, have during a pre-deployment briefing at the unit armory in Kauai.

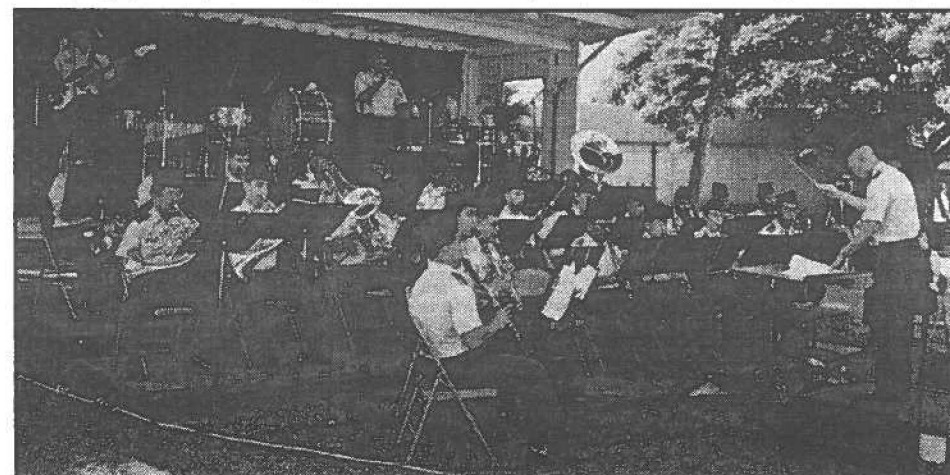


TRICARE briefer, Philippa Davidson provides vital medical insurance guidance to Army and Air Guard families in Hilo

Hawaii Guard family's holiday celebration



HAWAIIAN CHRISTMAS CELEBRATION -- Hawaiian Santa's (above) grand entrance via golf "sleigh" lead by "reindeer" began the 2001 Hawaii National Guard Christmas concert featuring the 111th Army Band (below). The celebration, held on the Hale Koa picnic grounds at Fort DeRussy, was enjoyed by the department's family and friends. A big mahalo goes out to all those who donated so generously. *Sgt Wendy M. Hirasa photos*



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.
 Combat Support Team (Weapons of Mass Destruction): CST (WMD)
 Company: Co.
 Detachment: Det.
 Hawaii Air National Guard: HIANG
 Headquarters: HQ
 Headquarters & Headquarters Company: HHC
 Headquarters & Headquarters Service Battery: HHSB
 National Guard Bureau: NGB
 Oak Leaf Cluster: OLC
 Reconnaissance & Intrastate Detachment: RAID
 Regional Training Institute: RTI
 State Area Command: STARC
 Squadron: Sqd.
 25th Infantry Division (Light), Detachment-Rear Operation Center: 25th ID(L), D-ROC

Meritorious Service Medal

Lt. Col. Roy A. Comella, 291st

Combat Communications Sqd. (1st OLC)
 Lt. Col. Robert H. Maglasang, 201st Combat Communications Group (1st OLC)
 Maj. Reynold T. Hioki, 201st Combat Communications Group
 Maj. Craig N. Ishizaki, 297th Air Traffic Control Sqd.
 Maj. Gary L. Thomas, 201st Combat Communications Sqd.
 1st Lt. John T. Ichikawa, Co. D, 299th Infantry
 1st Lt. Shawn Tsuha, 227th Engineer Co. (-Det. 1)
 Chief Warrant Officer Andrew J. Speese Jr., Co. C, 193rd Aviation
 Command Sgt. Maj. Arnold R. Galacia, 2nd Bn., 298th Regiment, RTI
 Sgt. Maj. Charlene H.M. Takesue, HQ STARC (2nd OLC)
 Master Sgt. Alan M. Kataoka, HQ STARC (1st OLC)
 Master Sgt. Herberto Quintana, HQ STARC
 Master Sgt. William E. Anana, 154th Security Force Sqd.
 Master Sgt. Karen E. Pace, 169th Aircraft Control and Warning Sqd.
 Master Sgt. Bernice K. Pharr, 154th Logistics Group

Master Sgt. Stanley T. Okazaki, 154th Maintenance Sqn.
 Sgt. 1st Class George H., Hunkin, HHC, 29th Support Bn.
 Staff Sgt. Suzanne Mathias, HQ STARC
Army Commendation Medal
 Maj. Erik Iwanaga, Co. C, 193rd Aviation (1st OLC)
 Capt. Carlton Eto, Co. C, 193rd Aviation (1st OLC)
 Capt. Scott Kinsley, HHC, 3rd Battalion, 149th Aviation
 Capt. John R. Spruill, 199th Weather Flight
 Chief Warrant Officer Timothy K. Hurley, Co. C, 193rd Aviation (1st OLC)
 Master Sgt. James D. Ballie, Co. B (AVIM), 193rd Aviation
 Master Sgt. Russel Bishop, Co. C, 193rd Aviation (1st OLC)
 Sgt. 1st Class Timothy A. Duncan, HHC, 3rd Bn., 149th Aviation (3rd OLC)
 Sgt. 1st Class John Y. Gollero Jr., Co. C, 193rd Aviation
 Sgt. 1st Class Dean M. Hiramoto, HQ STARC (3rd OLC)
 Sgt. 1st Class Stuart B. Ho, 103rd Troop Command (1st OLC)
 Sgt. 1st Class James

Kalaaukahi, Co. C, 193rd Aviation (1st OLC)
 Sgt. 1st Class Richard D. Santos, HQ STARC (2nd OLC)
 Master Sgt. Myles Nonaka, 199th Weather Flight
 Staff Sgt. Darlene A. DeRego, HHD, 103rd Troop Command (1st OLC)
 Staff Sgt. Peter Hope, 25th ID(L), D-ROC (2nd OLC)
 Staff Sgt. Stacy N. Lewis, Co. C, 193rd Aviation (1st OLC)
 Staff Sgt. Ronald S. Oshiba, Co. B (AVIM), 193rd Aviation (3rd OLC)
 Staff Sgt. Bruce Race, Co. C, 193rd Aviation (1st OLC)
 Staff Sgt. Ruben C. Sabog, Co. C, 193rd Aviation
 Staff Sgt. John Swinehart, Co. C, 193rd Aviation (1st OLC)
 Staff Sgt. Gerald A. Usagawa, HQ STARC (1st OLC)
 Staff Sgt. Tigiau Vaoifi, Co. C, 193rd Aviation (1st OLC)
 Staff Sgt. Aaron T. Brune, 199th Weather Flight
 Sgt. Albert L. Akiona, Co. C, 193rd Aviation
 Sgt. Georgia L. Bagley, Co. A, 536th Fuel Support Bn. (2nd OLC)
 Sgt. Barry K. DeBlake, HHC, 29th Separate Infantry Brigade
 Sgt. Edy J. Pagala, HQ STARC
 Spc. Rogelio Amita, 25th ID(L), D-ROC
 Spc. Kevin Asato, Co. C, 193rd Aviation
 Spc. James Manuel, Co. C, 193rd Aviation
 Spc. Mauricio E. Ramirez, HHC, 3rd Bn., 149th Aviation
 Spc. Pamela T. Schmecht, HHC, 3rd Bn., 149th Aviation

Air Force Commendation Medal

Capt. Spencer J.K. Napoleon, 154th Aircraft Generation Sqd.
 Chief Master Sgt. Roland F. Tang, 154th Aircraft Generation Sqd.
 Master Sgt. John M. Bothelo, 154th Aircraft Generation Sqd. (3rd OLC)
 Master Sgt. Kyle S. Okaneku, 154th Aircraft Generation Sqd. (1st OLC)
 Master Sgt. Myles T. Shiroma, 291st Combat Communications Sqd.
 Staff Sgt. Gillian K. Bernabe, 154th Aircraft Generation Sqd.
 Staff Sgt. Robert J. Carvalho, 154th Aircraft Generation Sqd.
 Senior Airman. Vincent D. Deguzman, 154th Aircraft Generation Sqd.
 Staff Sgt. Derek S. Jimenez, 201st Combat Communications Group

Army Achievement Medal

Capt. Leif Fautanu, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
 Capt. Leonardo Z. Luna, 93rd CST (WMD)
 Capt. Tyson Y. Tahara, Co. A, 29th Support Bn.
 Capt. Andrew Wainighoff, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
 1st Lt. Grant Maeshiro, Btry. A, 1st Bn., 487th Field Artillery
 2nd Lt. Davis R. Hatcher II, Btry. B, 1st Bn., 487th Field Artillery
 Chief Warrant Officer Edmund Y. Okada, HHC, 29th Support Bn. (2nd OLC)
 Chief Warrant Officer Oliver R. Kaloi, Co. C, 193rd Aviation (1st OLC)
 Chief Warrant Officer James H. Keyes, Co. D, 1st Bn., 207th Aviation (1st OLC)

Chief Warrant Officer Andrew J. Speese Jr., Co. C, 193rd Aviation (2nd OLC)
 Chief Warrant Officer James D. Crockett, Co. D, 1st Bn., 207th Aviation (2nd OLC)
 Chief Warrant Officer Michael W. Escueta, Co. D, 1st Bn., 207th Aviation
 Chief Warrant Officer Morley Gray, Co. C, 193rd Aviation
 Chief Warrant Officer Timmy E. Richards, Co. D, 1st Bn., 207th Aviation
 Warrant Officer Warmnee Bagay, Co. C, 193rd Aviation
 Master Sgt. Charles L. Pieters, HQ STARC (6th OLC)
 Master Sgt. Herberto Quintana, HQ STARC
 Sgt. 1st Class Patrick Cambra, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
 Sgt. 1st Class Ruben Park, HHSB, 1st Bn., 487th Field Artillery (3rd OLC)
 Sgt. 1st Class Leonard H. Ventura, Btry. A, 1st Bn., 487th Field Artillery (2nd OLC)
 Sgt. 1st Class Lee T. Yamaichi, Co. C, 193rd Aviation (2nd OLC)
 Staff Sgt. Glenn Alana, Co. B (AVIM), 193rd Aviation (2nd OLC)
 Staff Sgt. Redentor L. Bautista, Co. B, 29th Support Bn.
 Staff Sgt. Hakon Bjerke, HHC, 29th Support Bn. (2nd OLC)
 Staff Sgt. James Burkhart, Co. C, 193rd Aviation (4th OLC)
 Staff Sgt. Olga Garcia, HHC, 3rd Bn., 149th Aviation (3rd OLC)
 Staff Sgt. Stephen Padasdao, HHD, 103rd Troop Command (1st OLC)
 Staff Sgt. William N. Roed, Battery C, 1st Bn., 487th Field Artillery
 Staff Sgt. Lawrence Sanoria, Co. D, 1st Bn., 207th Aviation (3rd OLC)
 Staff Sgt. Tigiau S. Vaoifi, Co. C, 193rd Aviation (4th OLC)
 Staff Sgt. David Vanburen, Co. C, 193rd Aviation (2nd OLC)
 Tech. Sgt. Melvyn M. Muraoka, 154th Logistics Support Flight
 Tech. Sgt. Neal S. Nakayama, 199th Weather Flight
 Tech. Sgt. Alan N. Tanji, 199th Weather Flight
 Tech. Sgt. Neal S. Nakayama, 199th Weather Flight
 Cadet Renny K. Chee, 299th Military Intelligence Co. (1st OLC)
 Cadet Phoebe Inigo, Co. C, 193rd Aviation
 Sgt. Joel P. Aquinaldo, Co. C, 29th Support Bn. (1st OLC)
 Sgt. Ryan K. Camero, Co. D, 1st Bn., 207th Aviation (1st OLC)
 Sgt. Daniel Cash, HHD, 103rd Troop Command
 Sgt. Anthony M. Ciancio, HHSB, 1st Bn., 487th Field Artillery (4th OLC)
 Sgt. Joseph D. Doctolero, Co. B (AVIM), 193rd Aviation (1st OLC)
 Sgt. Frederick T. Domingo, Co. C, 193rd Aviation (1st OLC)
 Sgt. Sonny M. Dulay, Co. C, 193rd Aviation (2nd OLC)
 Sgt. Steven B. Flores, Co. C, 193rd Aviation
 Sgt. Randall M. Glory, Co. C, 193rd Aviation
 Sgt. Jason Higa, HHD, 103rd Troop Command (1st OLC)
 Sgt. Burl H.K. Hirashima, HHC, 29th Support Bn., (2nd OLC)
 Sgt. Charles Johncharles, HHC, 3rd Bn., 149th Aviation

Sgt. Alike Kane, Co. C, 193rd Aviation
 Sgt. George L. Kaapana III, HQ STARC (3rd OLC)
 Sgt. Roland B. Ladera, HHC, 29th Support Bn., (2nd OLC)
 Sgt. Robert A. Lievan Jr., Co. D, 1st Bn., 207th Aviation, (4th OLC)
 Sgt. Daniel A. Lopez, Co. C, 193rd Aviation
 Sgt. Jake L.K. Magarro, Co. C, 193rd Aviation (1st OLC)
 Sgt. Chris Ortiguero, Co. C, 193rd Aviation (3rd OLC)
 Sgt. Tony M. Ortiz, Co. B (AVIM), 193rd Aviation (1st OLC)
 Sgt. Henry Pianza Jr., Battery A, 1st Bn., 487th Field Artillery (4th OLC)
 Sgt. Charles Ramaila, Co. C, 193rd Aviation (1st OLC)
 Sgt. Romeo S. Repollo, Co. C, 193rd Aviation (2nd OLC)
 Sgt. Stallion L. Santos, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
 Sgt. Timothy T. Spencer, Battery B, 1st Bn., 487th Field Artillery
 Sgt. Ronnie A. Sunio, Co. B (AVIM), 193rd Aviation (1st OLC)
 Sgt. Mark A. Thomas, Co. D, 1st Bn., 207th Aviation (1st OLC)
 Sgt. Jason C. Trias, 229th Military Intelligence Co. (3rd OLC)
 Sgt. Arwin P. Tumaneng, Battery A, 1st Bn., 487th Field Artillery (2nd OLC)
 Sgt. Andres C. Ventura, Co. B (AVIM), 193rd Aviation (2nd OLC)
 Cpl. Brandon N. Kasaoka, HHSB, 1st Bn., 487th Field Artillery (1st OLC)
 Cpl. Randy L.P. Malacas, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
 Cpl. Yuan-Juin Yang, 12th Personnel Service Det. (2nd OLC)
 Spc. Aven A. Abordonado, Co. A, 29th Support Bn.
 Spc. Robert Alviar, Co. C, 193rd Aviation (4th OLC)
 Spc. Richard J. Ahn, 111th Army Band
 Spc. Cala V. Arnold, Co. C, 193rd Aviation
 Spc. Jared Balela, Co. A, 29th Support Bn.
 Spc. Roel R. Belsineza, HHSB, 1st Bn., 487th Field Artillery (1st OLC)
 Spc. Archie V. Blanco, HHSB, 1st Bn., 487th Field Artillery (1st OLC)
 Spc. Nichole P. Cann-Perreira, Co. D, 1st Bn., 207th Aviation
 Spc. Mark Donahue, HHC, 3rd Bn., 149th Aviation
 Spc. Curtis C. Erese, HHC, 29th Support Bn. (1st OLC)
 Spc. Lance N. Fatiaki, Btry. B, 1st Bn., 487th Field Artillery (1st OLC)
 Spc. Joaquin Favela, Co. C, 193rd Aviation
 Spc. Keola Fuiava, Co. C, 193rd Aviation
 Spc. Sean P. Gatewood, Co. B (AVIM), 193rd Aviation
 Spc. Donny K. Hamasaki, Co. C, 29th Support Bn. (2nd OLC)
 Spc. Marisol Hernandez, HHD, 103rd Troop Command
 Spc. Carl Hood, Btry. A, 1st Bn., 487th Field Artillery (1st OLC)
 Spc. Eric T. Kobayashi, Co. A, 29th Support Bn.
 Spc. Alan B. Ladines, Btry. A, 1st Bn., 487th Field Artillery (1st OLC)
 Spc. Heidi Lanias, Co. C, 193rd

AWARDS — continued on page 6



Safety talk

Maj. Arnold Iaea
 Safety Officer, Hawaii Army National Guard 733-4105/09

Holiday Weight Gain!

Americans gain at least five pounds during the winter holiday season. It only takes an extra 3500 calories to gain a pound. So what can you do to combat this early weight gain? The answer is: Exercise!!

Crime free holidays

If you are traveling

- Get an automatic timer for your lights
- Have a neighbor watch your home
- Have your mail and newspaper stopped. If it piles up, it's a sure sign that you are gone!

If you are out for the evening

- Turn on the lights so it looks as if somebody is home
- Don't display gifts where they can be seen from the outside

If you are shopping

- Avoid carrying large amounts of cash
 - Park in a well lighted space
 - Make a list of all of your emergency numbers of your credit cards.
- Secure the list in a place other than your purse or wallet. If your purse or wallet were stolen, it would come in handy!

Rage at its worst

If you're not driving courteously and defensively, chances are you're driving aggressively. Just remember that, no matter how stupid or deliberately irritating another driver appears to be, the stakes can be high if you choose to escalate an already tense situation. The driver towards whom you are directing your anger may react in a far more hostile manner than you ever imagined. This may cost a life - your own, the other driver's, or an innocent bystander's!

Eye misunderstood

According to the American Academy of Ophthalmology, "Reading in dim light can no more harm the eyes than taking a photograph in dim light can harm the camera." The eye muscles that change the focus of the lens aren't "hurt" by dim light. This also is not the cause of nearsightedness or farsightedness. Because poor vision is the result generally of a structural defect, lighting has no effect on it.

Another childhood warning, "Your eyes will get stuck if you cross them," has no medical or scientific evidence to back it up. In fact, ophthalmologists point out that children who have the muscular control to bring the pupils to the inner corners are probably the least likely to have crossed eyes.

Scrub-a-dub-dub

40 percent of Americans do not wash their hands often enough or long enough! You must wash your hands at least five times a day for 15 seconds each time. Wet your hands with warm water before reaching for soap (liquid or bar). Practice washing your hands each time you use the restroom and before and after eating. Do your part in stopping the spread of germs! Scrub those germs away!

If you would like a color hard copy of this newsletter or prior newsletters contact the State Safety and Occupational Health Office at 733-4105/4109. Posting the newsletter on the bulletin board or in the break room would be an excellent way for traditional soldiers to learn more about safety.

We would love to hear from you! For questions or concerns regarding safety issues or ideas for the newsletter contact the State Safety and Occupational Health Office at 733-4105/4109 or 306-SAFE (7233).

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	Jan	Feb	Mar
HQ, State Area Command	5-6	9-10	2-3
29th Separate Infantry Brigade	4-6	8-10	1-3
229th Military Intelligence Co.	5-6	9-10	2-3
29th Support Battalion	5-6	9-10	1-3
1st Battalion, 487th Field Artillery	5-6	9-10	1-3
103rd Troop Command	5-6	9-10	2-3
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	5-6	9-10	2-3
154th Wing	5-6	9-10	2-3
201st Combat Communications Group	5-6	9-10	2-3