

Calendar

October 17, Thursday Korean War Anniversary Golf Tournament, Navy Marine Course, 10:30 a.m. registration.

October 24, Thuraday Hawaii Army National Guard's 298th Regional Training Institute dedication, Bellows Air Force Station, Walmanalo, 9 a.m.

November 2, Saturday Kauai's Veterans' Parade in Kapaa, Kauai. Hawaii National Guard personnel and equipment used in various capacities.

November 5, Tuesday Election Day, state holiday only.

November 11, Monday

Veterans' Day holiday for federal and state. Memorial ceremonies held at various locations around the state. The Mayor's at the National Memorial Cemetery of the Pacific at Punchbowl, 9 a.m., and the Governor's at the Hawaii State Veterans Cemetery in Kaneohe, 1 p.m. 29th Infantry Brigade Memorial will be rededicated at the Kaneohe cemetery. (see page 5)

November 16, Saturday

King David Kalakaua's birthday, Ceremonial Royal Guard post guards at Iolani Palace.

November 28, Thursday Thanksgiving Day, federal and state holiday.

December 2, Monday

Governor's Inauguration ceremony, Iolani Palace grounds, 12 noon swearin. Hawaii National Guard personnel and equipment used in various capacities.



154th Wing airmen train in Europe

EAGLES COOL THEIR JETS IN EUROPE --- The 199th Fighter Squadron's F-15 Eagle jetfighters training in Europe. Tech. Sgt. Mark Uenten photo

By Majors Charles J. Anthony and Tracey Saiki

Hawaii Air National Guard's 154th Wing personnel have returned from Norway, where they participated in air combat exercises with NATO allies. Approximately 185 Hawaii Guard airmen took part in the exercises, which were designed to test the 154th Wing's ability to deploy anywhere around the world and successfully engage enemy aircraft.

The Norway deployment, for NATO Air Meet 2002, provides the 199th Fighter Squadron's F-15 pilots a chance to practice aerial combat with a variety of fighter aircraft that they would not ordinarily face. For example, the Hawaii F-15s engaged Tornados from Germany and Mirages from France in mock dogfights. Another unusual aspect to this deployment is that it involved all three types of aircraft flown by the 154th Wing (F-15 Eagle jetfighter, KC-135R Stratotanker and C-130 Hercules cargo aircraft).

HIANG personnel geared up and flew to Oerland Main Air Station, Norway, and other European air bases for the threeweek long exercises from Aug. 28 to Sept. 16.

"I am very proud of our people for all their hard work and being able to travel many thousands of miles through many time zones to represent the United States of America," said Lt. Col. Ro Johnson, 154th Wing deployment detachment commander. (*Editor's note: See Puerto Rico deployment on page 5.*)

Hawaii Guard forces returning from active duty missions

By Maj. Charles J. Anthony

Nearly all of the 154th Security Forces Squadron airmen, who deployed in the spring to an undisclosed location in Central Command's theater of operations, have returned home. Although these traditional Hawaii Air National Guard members are back in Hawaii, they will remain on active-duty, working for Pacific Air Forces (PACAF) until May 2003. Staff Sgt. Damian Loo was working as a Kauai County police officer when he was called to active duty shortly after the Sept. 11 attacks. He was then sent to "the desert" to help protect U.S. military forces. "The most interesting part of the deployment was that we knew there was a threat to our perimeter. We were constantly being watched," said Loo. However, Loo says that in the location he was sta-







DESERT DUTY -- Master Sgt. Kenneth Taipan, Staff Sgt. Gary Oshiro and Senior Airman Levana McMillian shown during their tour in "the desert." Hawaii Air National Guard photo

tioned at "it didn't feel too hostile."

Senior Airman Levana McMillian, another HIANG member sent to the desert agrees. "The people are more westernized and friendly than I thought they'd be," said McMillian. "We had a little more freedom of movement than U.S. forces further down range."

McMillian will also remain on active duty until May of GEARING DOWN --- Sgt. 1st Class Jerome J. Fonseca and Sgt. Simon L. Martinez Jr. file closing reports as the Hawaii Army National Guard's 25th Infantry Division (Light), Det.-Rear Operation Center, completes a year of active-duty for Operation NOBLE EAGLE. Seventeen Hawaii Guard soldiers from the D-ROC were activated to run the 24-7 operations for Schofield Barrack's Emergency Operating Center. Master Sgt. Stephen M. Lum photo

next year. She plans to finish her associates degree in nursing at Kapiolani Community College after being released from active duty. McMillian and Loo are two of thirty-nine 154th Security Forces Squadron personnel who deployed overseas as part of Operation ENDURING FREE-DOM. At press time, three HIANG members continue to serve in "the desert." Operational security restrictions prevent the Hawaii National Guard from revealing forward deployed unit locations.

Command Notes

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

pared to fend off an attack and to be able to respond in the event that terrorists try to strike here. However, we can never be complacent. With the passage of time, there is a tendency to let down our guard, but, we have to remain ready.

Recruiting critical to maintain mission

e recently marked

the first anniver-

sary of the terrorist

attacks on the World Trade

Center and the Pentagon and

the downing of a civilian air-

liner in Pennsylvania. It has

been an extremely busy year,

and our Ops tempo has in-

Business not as usual

One consequence of the 9-

11 attacks is that it changed

the way we do business and

added more tasks to our re-

sponsibilities. Our depart-

ment is tasked with ensuring

the safety of Hawaii's citizens

and critical infrastructure in

the event of a natural or hu-

man-caused disaster and co-

ordinating the State's antiter-

rorism efforts. We used to focus on the weather forecast

and would plan accordingly

Now, in addition to focus-

ing on the weather, we also

have to focus our attention on

law enforcement agencies and

the intelligence analyst.

We've conducted extensive

surveys of more than 200 fa-

cilities across the State that

are essential to conducting

normal business. We incorpo-

rated the surveys into de-

tailed response plans and

have coordinated those plans

with federal agencies, county

police departments and active

military components. One

year later, we are better pre-

for any natural disaster.

Additional mission

creased dramatically.

In order to ensure that we can adequately carry out our federal and state missions, we must ensure that we have adequate force structure. We may not meet our Hawaii Army National Guard recruiting goal for this fiscal year. We must find new ways of reaching potential recruits. Recruiting is everyone's business. I encourage every member of this department to continuously work at recruiting. Be on the lookout for young men and women who want to serve their state and nation and get your friends and relatives energized too.

Governor's award nominees named

I want to congratulate our departmental nominees for **Distinguished State Service** and State Manager of the

Year. They are Gail С. Sur, account clerk in the Administrative Services Office, Fiscal Section,

and Maj. Charles J. Anthony, the departmental public affairs officer, respectively. Gail has provided outstanding sup-

Sur

port to the department by continuously improving the system of documentation of expenditures. Her extraordinary research procedures have saved our department tens of thousands of dollars.

Maj. Anthony distinguished himself by managing our media and community relations pro-Anthony grams,

have brought unprecedented

recognition to the soldiers and

airmen in the Hawaii Na-

tional Guard. Ms. Sur and

Maj. Anthony will represent

which

the Governor's Award ceremony in October.

그렇게 너 너 봐. 김 너 집에서 집에서 집에서 지수가 가지 않는 것이다.

Guard volunteers work at primary polls

When the Sept. 21 primary election was facing a shortage of poll volunteers, the Hawaii National Guard stepped up to the challenge. It's not easy, especially during these times of increased Ops Tempo, to give up an entire day to work at the polls. But we had more than enough volunteers on Election Day. I want to thank everyone who volunteered to work at the polls on State Active Duty status. Voting is the very foundation of our democratic republic. By helping the voting process, our

the Department of Defense at volunteers have done a great service for our community and helped keep democracy strong.

AUW, CFC campaigns underway

The annual Aloha United Way (AUW) campaign and the **Combined Federal Campaign** (CFC) are in full swing. The AUW campaign runs through Oct. 18, and our departmental goal is \$18,500. The CFC campaign runs through Nov. 15. These campaigns are vital to the operations of more than 65 community service programs. I ask State employees to generously contribute to AUW and federal employees to generously contribute to CFC.



ASSUMPTION OF COMMAND --- Lt. Col. Robert Maglasang, the new 201st Combat Communications Group commander, salutes Brig. Gen. Myron N. Dobashi, the Hawaii Air National Guard commander, at the change of command ceremony held Sept. 25 at Hickam Air Force Base. Col. James K. Townsend (right), former 201st commander, looks on. Hawaii Air National Guard photo

Departmental News

New ID card By Scott J. McDonald 117th MPAD

The Department of Defense (DoD) has decided to implement a new identification card for all branches of the military,

personnel records supervisor.

The new CAC can also be used to encrypt or encode your email, or electronically "sign" documents and, with the built-in computer chip, commands can help soldiers save time when they must process in or out of a unit or just need to update their personnel records. The computer chip also helps soldiers when they deploy to missions overseas. The computer chip has all the information of that individual soldier, which can be accessed by swiping it like a credit card. It gives all the information about the soldier's pay, benefits, personnel information, his or her security level and it also can be used as 261 9

a meal card, too," Ko added.

The new CAC will be given to active duty uniformed services arker IV personnel, selected reserve, DoD civilian employees, 2003\$EP18 and eligible contractor personnel. Fam-JODCIOYOUSO(PER) ily OCT 2000 members, retirees, disabled American veterans, inactive ready reserve, and inactive guard will still receive the current identification cards. "Before anybody can get the new CAC, they need to read the guidelines," added Ko.



ODSEP 19



pupukahi: harmoniously united

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including DoD civilians.

The new identification card, which is called the **Common Access Card** (CAC), will replace the standard green cards, and the standard DoD civilian cards. The new CAC will perform more functions then the old card.

"The new card has more security functions. which includes accessing into secured buildings. and security of your personnel information, and accessing to computers," said retired Sgt. 1st Class Jeffery Ko, former

Guidelines to get the new CAC can be obtained from personnel S-1 shops or they can be accessed on-line at http:// www.dmdc.osd.mil/ smartcard/

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Guard family searches for soldier lost at sea

By Sgt. Wendy M. Miller, HQ STARC PIO Section

On August 14, 2002, a Hawaii Army National Guard soldier was reported missing at sea. Second Lt. Jason Henderson, 30, embarked on a day-long fishing trip at 10 a.m. and was last spotted by a local fisherman about a half-mile off the Mahukona shore near the Big Island's North Kohala coast at 6 p.m.

The Coast Guard, Navy, Hawaii Army National Guard, Civil Air Patrol and Hawaii County Fire and Police Departments conducted searches covering more than 220,000 square miles (an area larger than the state of California) over a seven-day period but nothing was found.

Henderson's wife, Staff Sgt. Elizabeth M. Henderson, readiness NCO for Co. D, 1st Battalion, 207th Aviation, and their 8-year old son, Kamaile, continue their own search efforts by posting flyers and informing the community that Jason is still missing. "I will not give up until we find Jason and his belongings," she said.

Henderson went fishing alone that day on a 12foot, blue, green and yellow, zodiac, double-hulled, inflatable raft equipped with an outboard two-horsepower Honda motor.

Jason was wearing red shorts when last seen. The items on board were a military camouflaged camel water pack, a red diving floater, two fishing poles, meals-ready-to-eat (MRE) packages, two black and white oars, a red air pump and a cellular telephone.

"Jason drove me to the Kona airport that morning. I was on my way to Oahu to attend a logistics meeting at 103rd Troop Command," said Elizabeth.

"We shared a wonderful conversation over a cup of coffee. We talked about our plans for the future, buying land in Hilo, building our dream home there and of our careers. We talked about our son and reflected on how he has grown to be a loving and wonderful young boy and what kind of man he will grow up to be."

"Jason planned to stay near shore and fish at his favorite dive spots at Mahukona," she said. "He

wanted some time to relax."

'My mother called me at 10 p.m. and asked me if I had heard from Jason," said Elizabeth. "I didn't, so I called his cellular phone; no answer, just his voice mail message. The Mahukona coast is a bad area for cellular phone service. So my mother drove down to Mahukona to look for Jason and then reported him missing to the police."

'The Hawaii Guard's Family Program has been very helpful," said Elizabeth. "With their help, we were able to reach out to the other islands for help and provide awareness for our situation. They also posted Jason's picture and flyer on the Hawaii Army Guard's computer network. Lt. Col. Martha Wong,



FIRST SALUTE --- Second Lt. Jason Henderson receives his first salute as an officer from his wife, Staff Sgt. Elizabeth Henderson, at ROTC commissioning ceremony held in May. Sgt. 1st Class Wayne T. Iha photo

the state family program coordinator, has also extended support efforts to Jason's family in Ohio. The Family Support Group is a wonderful vehicle in this time of need.

"My family and I would like to extend our sincere gratitude to all the members of the Hawaii National Guard. friends and families for their support, thoughts and prayers," said Elizabeth. And, to the person-

reassured me that he would be safe and that he just nel from 2nd Battalion, Troop Command, 207th Aviation, Army Aviation Support Facility #2 and the Reconnaissance and Interdiction Detachment (RAID) for all of their support in the search efforts."

"Make every moment count with your loved ones," said Elizabeth.

Jason was commissioned as a second lieutenant in May 2002 through the University of Hawaii's ROTC program and received a bachelor's degree in Human Resource Management from Hawaii Pacific University.

Anyone seeing any sign of Jason or any of his belongings, please contact the Coast Guard immediately at (800) 552-6458 or call the Police or Fire Departments at 911.

ogan brothers "making the grade"

By Staff Sgt. Curtis H. Matsushige 117th MPAD

Logan, Logan, and Logan. Sounds like an established and well-known law firm in Hawaii, but instead of practicing law, they're enforcing it.

The Logans are not only law officers, they are also soldiers in the Hawaii National Guard and have made their imprint on the Guard through their excellent, long, selfless service.

Third brother makes lieutenant colonel

"I do believe this is history in the making," said Col. Gary H. Hara, State Army Aviation Officer, at the promotion pinning of Stephen F. Logan, the youngest and third Logan brother to attain the rank of lieutenant colonel.

With the pinning of lieutenant colonel ranks for Stephen, all three Logan brothers are lieutenant colonels serving in the Hawaii Army National Guard.

Brothers follow dad's footsteps

"This is like a family tradition. Their father, Frank, was an aerial gunner at the end of WW II and served in Korea, Vietnam and South America," said Roberta "Bobbie" Logan. "He was an enlisted soldier at first, then went to Officer Candidate School at Fort Benning, Ga., where he received his bars there.



MY THREE SONS --- Mrs. Roberta Logan poses with her three sons, Lt. Colonels A. Joseph, Mark and Stephen Logan.



So what prompted the brothers to join the Hawaii Guard?

As Bobbie added, "Mark followed in the footsteps of his father."

Joe brought in by Mark

Younger

ver oak leaves. He's married to the Hawaii Army Guard chief of staff secretary, Gaylene.

Stephen flies Guard helicopters

Youngest brother Stephen's passion for flying became a reality as a military helicopter pilot. He's presently the S-2/3 (intelligence and operations and plans) for the 103rd Troop Command. He and his wife Darcie, recently had their first child named Naiya. Stephen, who also received his commission through the HMA, was the full-time commander of Co. B (Aviation Intermediate Maintenance-AVIM), 193rd Aviation, before his present assignment.

Mark's 27-year Hawaii Guard career included commands at 2nd Battalion, 299th Infantry, and Troop E, 19th Cavalry. His wife Blossom is a senior master sergeant and works full-time in the Hawaii Air National Guard as a personnel-staffing specialist. They have two children.

Another Logan brothers' first is that they all served together in Honolulu's finest, the Honolulu Police Department. Brothers Joe and Stephen served as sergeants in the department. Mark is a lieutenant in the HPD and watch commander at a Windward Oahu police station.

Joe recently resigned from the police department to work for the counter drug program, and Stephen is a field sergeant in Kalihi.

"Frank was an airborne ranger and also earned his combat infantryman badge during World War II," said Bobbie, of her husband for 30 years and a professor at Hawaii Pacific University before he passed away.

"And this is the reason why all three of my sons decided to serve in the military," stated Bobbie.

Mark joins Hawaii Guard first

Lt. Col. Mark Logan, the eldest of the brothers, entered the Hawaii Army National Guard in 1975 as an enlisted soldier. He was a specialist in the Fire Direction Control Center before getting commissioned. After his commissioning, he was assigned to Company A. Combat Service Support (CSS), as a platoon leader, and is currently assigned to the Plans, Operations, and Military Support HONOLULU'S FINEST --- Honolulu Police Department's Sgt. A. Joseph Logan, Lt. Mark Logan and Sgt. Stephen Logan pose for a rare HPD group photo opportunity. Family photo

Office of G3 (Plans, Operations and Training Office).

It was in CSS that the three brothers served together in the same Hawaii Army Guard unit. Mark was the platoon leader. Stephen was Mark's radioman, and Arthur who goes by "Joe," was a Dragon TOW gunner.

Due to the fact that all three brothers served in the same unit, they had to fly to the Pohakuloa Training Area, on the Big Island, on different aircraft. The Sullivan act requires that family members on missions fly on separate aircraft (in WWII five brothers serving together died in a Navy ship).

brother Arthur joined the Guard due to the influence of older brother Then Mark. Stephen, the

youngest brother, joined when Mark took him down to see a Hawaii National Guard recruiter and that was the end of that story.

Younger brother Arthur "Joe" Logan, is Engineer branched and currently works as the Hawaii National Guard's Counter Drug Coordination Officer. Joe attended OCS in 1984 and then became a platoon leader and executive officer with Maui's Co. C and then later became the commander of the 227th Engineer Co. He served with the 1st Battalion, 487th Field Artillery, as the S-3 (plans and operations officer) and XO, before taking command in 1997 and receiving his sil-

Working full-time for the Guard is not new for the Logans. In the late 1990s, Mark took leave from the police department to serve as the 29th Separate Infantry Brigade's S-3 shop. He prepared the brigade for its "deployment" to the Joint Readiness Training Center at Fort Polk, La. Key players Joe and Stephen, who commanded field artillery fire support and helicopter maintenance units, joined Mark at JRTC war games.

"It's nice to have my three sons in the National Guard," said Bobbie. "They are following the example of their (late) father. Besides, I also know how their wives feel, too. After all, I was the wife of an infantry soldier for more than 30 years."

The Logans are truly a Hawaii National Guard family.

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Hawaii Guard soldiers prepare for urban battlefield

By Staff Sgt. Curtis H. Matsushige 117th Mobile Public Affairs Detachment

More than 3,000 part-time Hawaii Army National Guard soldiers traded their civilian attire for camouflaged military fatigues to participate in annual training in July.

On Oahu, the 29th Separate Infantry Brigade's Hawaii, Oregon, and California units were joined by a platoon of Australian Army reservists.

The soldiers honed their infantry skills in company-sized (approximately 100 soldiers) and smaller units at a variety of training sites throughout Schofield Barracks. The Schofield plateau, which is nestled between the Waianae and Koolau mountain ranges, is slightly elevated with wind and rainy conditions that tested the mettle of the soldiers living out in the elements. The infantry soldiers from Hawaii's 2nd Battalion, 299th Infantry; California's 1st Battalion, 184th Infantry; and Oregon's Troop F, 82nd Cavalry; rotated through training sites comprised of live-fire ranges, wooded areas, and urban terrains.

Training tests decision-making

Soldiers trained in a mock village, called Military Operation in the Urban Terrain (MOUT). The MOUT site tested their decision-making and fastreaction abilities in the confines of an urban setting. Soldiers trained in teams of four. The teams breached doors and barricades to enter buildings possibly hiding terrorists or civilians seeking shelter. Hawaii Guard soldiers teamed with Australian Reservists, during the MOUT training.

The soldiers of the Hawaii Army National Guard's 2nd Battalion, 299th Infantry, are comprised of Company A from Kauai, Company B from the Big Island of Hawaii, and Company C from Maui and Molokai. The Headquarters Company is located in Hilo on the Big Island.

Back in the fields and forests of Schofield Barracks' East Range, the soldiers of one company's units dug-in and prepared fighting positions in a defensive perimeter. A firing position is a home away from home, a new and improved version of the old Army foxhole. Soldiers continually work to improve their firing positions.

Each of the line companies took part in a combined livefire exercise (CALFEX). Maui's Company C, 2nd Battalion, 299th Infantry, dug-in, holding a defensive position. Automatic guns, 60millimeter mortars and a variety of other careful rehearsal, preparation and safety checks, the battle began.

The live-fire went off without any mishaps and provided the opportunity for seasoned citizen-soldiers to teach and mentor the younger recruits.

In the foothills of Kahuku, Oahu's Company D practiced their stealth and maneuvering. The tubelaunched, optically wire-guided missiles or TOW platoons emerged to show their stuff in the CALFEX. Delta combined their firepower with the mortars and the M249, an automatic grenade firing gun to give the infantry companies some "Umf!"

Support units test recovery operations, upgrade medical skill levels

The 29th Support Battalion underwent evaluation under various combat situations at Dillingham Airfield, Oahu. The battalion's training involved combat supply and transport operations. During the convoy, the trucks got ambushed and simulated breakdowns tested their recovery operations.

Medics of Company C, Support Battalion, and Detachment 4, Headquarters, State Area Command, went through rigorous medical training. Soldiers of the 91B Field Medic Military Occupational Specialty spend ten days training to achieve 91W, which is comparable to an Emergency Medical Technician.

A highlight at Dillingham, where the Support Battalion erected a secure perimeter and defense, was the sling-load operations. Support Battalion vehicles were airlifted by CH-47D Chinook helicopters of the 103rd Troop Command's Company C. 193rd Aviation.

Troop Command units train away from armories

The 103rd Troop Command, which ran its field headquarters out of Area X on Schofield Barracks, trained on both Oahu and the Big Island.

Co-located in Area X with Troop Command was the 12th Personnel Service Detachment. The personnel soldiers tested their new laptops un-

> der less than optimal conditions.

The Hawaii Army Guard's new 297th Fire Fighting Team kicked off their first annual training at Area X. After days of classroom education, they got to wear their fire suits and douse staged petroleum fires.

On the Big Island, the 298th Engineer Detachment continued renovations on the Keaukaha Military Reservation in Hilo. "Our soldiers build a house or repair a road. And that's what they did," said Capt. Neal S. Mitsuyoshi,

pleted seven projects. The ma sons and heavy equipment operators laid yards of concrete, and did road grading and pothole repairs. Around the mess hall, the masons and electricians built a sidewalk and upgraded the lighting and electrical wiring. The carpenters completed a tropical hut from the ground-up, while the plumbers started to upgrade latrines with shower heads. Piping for an electrical conduit was also laid across a road and an entire vehicle maintenance service bay was demolished

487th Field Artillery.

returned to the Pohakuloa Training Area (PTA). Lt. Col. Keith Y. Tamashiro commands the battalion. The soldiers of 1st Battalion, 184th Infantry, from Modesto and Sacramento, California augmented the battalion's Fire-In-Support Teams (FIST).

COVER FIRE -- Sgt.

Eddie Resinto, from

Kauai's Company A,

2nd Battalion, 299th

Infantry, takes aim

during building clear-

ing operations at the

Military Operations

site

at

Pohakuloa gives the artillery the space to execute "hip shoots" or run-and-gun missions. An artillery battery will be on convoy and a fire mission will be called into them. The unit finds a suitable area, sets-up, and sends steel down range. Hip shoots may sound simple but it is a challenging and precise maneuver even in daylight. But do it in darkness and you've kicked it up notch. The 487th Field artillery met Army standards. According to Lt. Col. Tamashiro, the active duty evaluation said that the 487th executed their missions better than any of the previous eight artillery units evaluated this year, active or reserve component.

The two weeks of intensive annual training concluded and soldiers returned home and to their civilian jobs.



KEEPING UP Spc. Mark Nobori and Sgt. Douglas Barbieto de



SPECIAL TEAM -- Specialists Carlipo Pigao, Felix Torres and Jay Bal, from Maui's Company

in Urban Terrain and the debris removed. (MOUT) Schofield Barracks. **Artillery visits PTA** Sgt. 1st Class Wayne Iha The 1st Battalion, photo

weapons were at C, 299th Infantry, 60mm mortar team, prepare their Hilo-born comtheir disposal. After to fire off a round. Staff Sgt. Curtis H. Matsushige photo mander. The unit com-



monstrate the safe movement of a "victim" (Spc. Erin Marquez) with a neckbrace and backboard. Nobori and Barbieto, Detachment 4, are also paramedics with the City and County of Ho-nolulu. Marquez is from Company C, **29th Support** Battalion. Sgt. Wendy M. Miller photo

FIRST STRIKE -- 297th Fire Fighting Team soldiers, stationed at Kalaeloa, practiced their fire fighting skills during 2002 annual training. The team was activated November 1999 and is comprised of 10 soldiers. Staff Sgt. Curtis H. Matsushige photo

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Mālama i Ka Aina Koa

"Preserving the soldier's land

No. 12

Hawaii Army National Guard Environmental Office

July- September 2002

Weapons cleaning system fielded

By Master Sgt. Stephen M. Lum

Weapons cleaning has always been a stealer of a soldier's time.

The military is always interested in innovations that make the battlefront more efficient.

Today, the Hawaii Army National Guard has taken a step forward with the introduction of the IT-48WC weapons cleaning and parts washing system. The environmentally-friendly system, designed by Inland Technology, makes use of a micro-filter and nonhazardous, DoD-approved cleaning solvent introduced to the military in 1998.

The system cleans the parts of small arms like the M-16 rifle without the use of wire brushes, dental picks, and hazardous solvents.

The Edge Tek filtration system removes contaminants as small as 1/10 of a micron.

Solvent key element

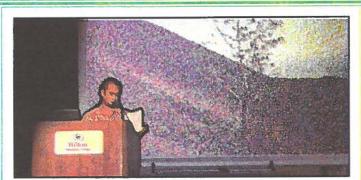
Another innovation is the Breakthrough Solvent. With features including low vapor pressure, minimal evaporation, and non-photochemical reactivity, it is also odorless noncarcinogenic, and nonirritating to the eyes and skin. Best of all, it has no **Environmental Protection** Agency-listed components and, therefore, is not subject to hazardous waste disposal restrictions.

Currently, there are 18 National Guard Bureau-funded systems throughout the

Hawaii Army Guard," said William Rogers, HIARNG environmental office installation restoration manager. "The first cleaning systems arrived last year and are in armories on all islands."

"The big red machines have reduced the time to clean a company's weapons from as much as two days down to two hours," said Rogers, who was with the North Carolina Guard when its systems were fielded. "There is very little waste generated from this machine because the solvent is a dual filtration system which recycles the solvent."

Most other systems require a contract to be serviced by an outside vendor, costing as much as \$1,000 a year, adds Rogers. If the Preventive



SPREADING THE WORD -- Jordan Jokiel, the Environmental Office's ecosystem management officer, shares his team's successful efforts to repopulate Kanio Range on Maui with the native Ohai tree. Jokiel was a feature speaker at the Hawaii Conservation Conference held at the Hawaii Convention Center in July. Sgt. Wendy M. Miller photo

Maintenance Cleaning System (PMCS) is employed on the machines, the solvent should last five years before needing replacement. PMCS consists of replacing the filters every six

months and topping off the solvent, if needed, at the same time.

Inland Technology is now working on a smaller machine that is field deployable.

Airlift unit supports **Operation CORONET OAK**

By 1st Lt. Kimo Lowe

While some airmen from the Hawaii Air National Guard spent their summers in cooler climates, another team was supporting a real world mission in Puerto Rico.

In August, members of the sole to maintain 154th Wing, including tedi. 3 and billiseau Vidual from the 204th Airlift Squadron, 154th Aircraft Clyde Torson Generation Squadron, 154th and 154th Medical Squadron dealowed toporticipate in One and maintenal deployed to participate in Operation CORONET OAK In San h, Puerto Rico. CORÓNET OAK IS an ongoing support operation to provide critical airlift support to U.S. Southern Command (USSOUTHCOM)

Two C-130H2 Hercules Aircraft were flown, along with 51 members of the HIANG for the two-week deployment. Operating out of Muniz Air National Guard Base, the 204th Airlift Squadron was le to maintain a Bravo alert

on of six crews, four aircraft and maintenance support. Tech. Sgt. Mona Fujmoto, Staff Sgt. Andrea Anderson, and Senior Airman Anjanette Hintacutan provided mission essential support for daily operations. From the 154th

vomiyama also sup any operations. Senior Airman Stacle Ogata provided aircrew intelligence support throughout the deployment.

The main purpose for CORO-NET OAK is to support USSOUTHCOM with airlift capabilities. There were three missions that were assigned to

training a Bravo alert. The first mission was led by Lt. Col. David Andrews, aircraft commander for one of the three crews. The tasking involved taking Special Operations personnel and their equipment to Bogota, Colombia, where they were engaging in training activities. Maj. Scott Kimsey, Honduras.

OPERATIONAL READRIESS Hawaii Air National Guard C-180H2 cargo air-

PONET OAK mono in San Juan, Puerto Rico.

154th Wing, received qualific cation training that allowed him to take his crew into Guantanamo Bay, Cuba, for the weekly supply shuttle. Mai. Robert Chow Hoy, 154th Wing, led the final mission, which was a personnel airdrop mission with Honduran parajumpers in a drop zone in

Brigade "rock" to be rededicated November 11

By Ret. Command Sgt. Maj. James Reis

1968 Reserve Call-Up. A large bronze plaque was commissioned, designed with the names and activated units of all 29 soldiers who perished during the call-up. During 1971, word went out to all unit armories that the Guard was searching for a suitable rock of a fairly large size, on which to mount the bronze memorial plaque. Capt. Albert Ayers, 227th Engineer Company commander, contacted a friend, Isao Ito, who worked for the City and County of Honolulu in the Wahiawa area. Ito said

because Wahiawa town had requested one for a similar purpose and that he knew of such a stone, deep in Waipio Valley, that might fit the Guard's requirements. Ayers accompanied Ito into the back of Waipio Valley to look at the prospective rock. The jeep trail they followed wound deep into the valley, past intermittent small farms and thick jungle growth. Eventually, they came to a small patch of banana trees just off to the side of the trail. The rock they were looking for was deeply imbedded in the

Guardsmen and Army Re- that he had recently sur- ground, with only its top nana patch. The wrecker rigged underneath it, and servists who died while on veyed the entire Wahiawa showing above the tall had a hard time making the rock was hoisted out active duty during the area for a very large stone kunai grass. It seemed to be the perfect choice to Ayers, as it met all of the Guard's specifications for a large, flat and suitablyshaped rock. Early one morning, Ayers, along with Sgt. 1st Class Joe Nakoa, Sgt. Edgar Clark, Sgt. 1st Class Manny Silva, and Sgt. Robert Segawa, started off with the 5-ton wrecker and a 5¼ ton (Jeep) truck to bring the rock out of Waipio Valley. After a long drive from the unit armory, traveling for quite a while on the muddy dirt trails up the valley, they finally reached the site of the ba-

it all the way up that narrow, muddy trail, and if the road conditions weren't bad enough, it started raining with the intensity of a downpour in the monsoon season in South East Asia.

by the boom of the wrecker

When the 29th Infantry Brigade moved to Kalaeloa, the memorial fronting the 22nd Avenue headquarters was removed and placed in storage until a final resting place was agreed upon.

This Veterans' Day, Nov. 11, the Hawaii Army National Guard will once again honor its fallen comrades from the Vietnam Call-Up as the memorial is rededicated at the Hawaii State Veterans Cemetery.

In 1970-71, the Hawaii Army National Guard decided to place a memorial for the 29 Hawaii Army

Avers gave a blessing, asking whatever spirits dwelled in the rock and the surrounding jungle to pardon them for taking the rock and telling them that it was to be put to good purpose.

To get the rock onto the truck, it first had to be dug out of the ground. A hole was dug several feet deep all around the large rock. A sling was then and placed on the bed of the 5¼-ton truck.

The rock was very heavy and the five men struggled in the pouring rain to position it in the bed of the truck. The rock was about three feet wide, over six feet long, and about one foot thick: shaped like a surfboard with a rounded end and a jagged pointed tip.

Eventually, the rock received a traditional Hawaiian blessing prior to the attachment of the large bronze plaque.

http://www.dod.state.hi.us/pupukahi.html · July - September 2002 pupukahi • 5

Sports Corner

Compiled by Lt. Col. Fred F. Fogel

HIANG softball tournament

Information provided by Tech. Sgt. Steve Abear

The 2002 HIANG Softball Tournament was played July 19-21 at the Earhardt Village Softball **Complex.** Senior Airman Debra Davan, tournament chair from the 169ACWS/LGS, did an outstanding job.

The tournament went smoothly with no injuries or controversies. The Men's Open Division consisted of ten teams playing a double elimination tournament.

Team Kilohana captured its fifth straight sweep-peat in the HIANG Softball Tournament. As amazing as it sounds, the Men's Open team has now gone eight years without losing.

The Co-ed and Masters Divisions had two teams apiece playing a best-twoout-of-three series. The games were well played and exciting with a lot of surprises. The following are the tournament results:

Men's Open

1st Place Kilohana/169ACWS (4-0) 2nd Place Ho'aloha/154Logistics (5-2) **3rd Place** 154th AGS (2-2) 4th Place Tankers (3-2) 5th Place 154th Weapons (2-2) 154th Avionics (2-2) 7th Place Seg 5/154th Engine (0-2) Na'Aeko/ 154th Flightline (0-2) Primebeef/ 154th CES (0-2) Paio Imua/ 201st CCGP (0-2)

Co-ed

Kilohana (2-0); Seg 5 (0-2)

Masters Kilohana (2-0); Na'Aeko (0-2)

Masters

1-487th Field Artillery **29th Support Battalion**

HING Softball Tournament

Tech. Sgt. Steve Abear, tournament chair, hopes to have the biggest tournament ever, Oct. 11-13. Transportation to the tournament will be provided by C-130. Teams from Kauai, Maui and the Big Island are expected. However, no wahine or golden master teams have stepped forward. The double elimination tournament will run Friday evening, all day Saturday (no evening play) and all day Sunday (no evening play). Anyone interested in fundraising for his or her unit is invited to set up a concession stand. Just let Steve know what you plan to do or sell.

Marksmanship

National level combat rifle and pistol matches took place in Little Rock, Ark., Oct. 5-11. Many of the regular shooters were unable to attend this year. The six-person teams were provided workdays, transportation and per diem by NGB. All Hawaii Army and Air Guard personnel were eligible. Col. Stan Osserman (733-4231) coordinated the event for the Hawaii Guard and will be providing results upon their return.

Bicycling

Information provided by Fred Fogel

Hawaii Guard's 25person Iron Okole bicycle team again placed first in their division at the Honolulu Century Bicycle Ride held in September. This year, the team

logged 1,115 miles. Team members in-

cluded families, friends, and retirees. If interested in future events, contact Lt. Col. Fogel (733-4248)

Teams established a baseline score for body fat and fitness and then had three months to improve. The team with the most improvement won a free lunch at Germain's Luau. (Go figure.)

Team "Manapua" (Larnette Doi, Glenda Buis, Keith Lee, Lester Ho) came in first with 39.1 points.

Team "Taba" (Gillian Bernabe, George Galasinao, Robert Carvalho) placed second with 22.4 points.

Team "Ho`ola Kino" (Stan Osserman, Anne Salvador, Fred Fogel, Kim Matsumoto) placed third with 18.4 points.

Team "154" (Carmen Waiwaiole, Tony Choy and Lennard Knutson) placed fifth with 6.4 points.

Congratulations to all the participants. How about retesting in January 2003 to see who's ahead then?

Basketball

Information provided by SSG Darrell Bactad

The HIANG's team in the 30+ Hickam Intramural Basketball League did not make the playoffs, Aug. 27. Although they got off to a great 4-and-1 start, deployments and other commitments depleted the roster for the second half of the season.

Congratulations to the following team members, who gave it their best: Carl Reynolds, Matthew Vidaurri, Richard Costa, Carson Peapealalo, Alvin Fritz, Darrell Bactad, Reymil Edralin, Scott Oka, Alex Batulayan, Robert Lee, Brian Kealoha, David Sala, Steve Cid, Marcus Badley, Brian Tom, Terrence Shibata, Maui **Quizon and Steve** Suafilo!

Weightlifting

HING SSB is consider-

AWARDS -- continued from page 8

Staff Sgt. Andre I. Tai, Co. C, 29th Support Bn. (3rd OLC) Staff Sgt. Arwin Tumaneng, Btry. A, 1st Bn., 487th Field Artillery (4th OLC) Sqt. Mitchell Akamne, Btry. C. 1st Bn., 487th Field Artillerv Sgt. Roger Ancheta, Det. 1, Co. B, 2nd Bn., 299th Infantry Sgt. Rachel Betancourt, Co. B, 29th Support Bn. (2nd OLC) Sgt. Eric T. Crisostomo, Co. C, 193rd Aviation (1st OLC) Sgt. Richard Darling, Medical Section, 1st Bn., 487th Field Artillery (5th OLC) Sgt. Michael Decambra, HHC, 29th Support Bn. (1st OLC) Sgt. Frederick T. Domingo, Co C, 193rd Aviation (2nd OLC) Sgt. Fidel P. Duerte, Co. B, 2nd Bn., 299th Infantry Sgt. Cirilo C. Fabia, HHSB, 1st Bn., 487th Field Artillery (1st OLC) Sgt. Ralph L. Galan, Co. D, 1st Bn., 207th Aviation (1st OLC) Sgt. Roberto P. Galdiano, HHSB, 1st Bn., 487th Field Artillery (2nd OLC) Sgt. Rockey E. Goulsey, Btry. C, 1st Bn., 487th Field Artillery (3rd OLC) Sgt. Daniel Halemano, HHSB, 1st Bn., 487th Field Artillery (3rd OLC) Sgt. Paul-Michael K. Hayes, 93rd WMD CST (2nd OLC) Sqt. Lemuel S. Illastro, Co. A (-Det.), 2nd Bn., 299th Infantry Sgt. Margaret Lathrop, Co. C, 29th Support Bn., (5th OLC) Sgt. Glenn G. Lamosao, HHSB. 1st Bn., 487th Field Artillery (3rd OLC) Sgt. Belardo Fe Leonora, Det. 4, STARC (1st OLC) Sgt. Suiga Matautia, Co. C, 29th Support Bn., 299th Infantry Sqt. David Maxwell, Btry B. 1st Bn., 487th Field Artillery (4th OLC) Sat. Robert J. McDonnell. Co. C. 2nd Bn., 299th Infantry Sgt. Davis Mowano, Btry. A, 1st Bn., 487th Field Artillery (2nd OLC) Sgt. Craige L. Naipo, HHSB, 1st Bn., 487th Field Artillery (1st OLC) Sgt. Tony M. Ortiz, Co. B, 193rd Aviation (2nd OLC) Sgt. Eric Phengsavath, Btry. B, 1st Bn., 487th Field Artillery (1st OLC) Sgt. Fred Pimentel, Btry. C, 1st Bn., 487th Field Artillery (5th OLC) Sqt. Juliana A. Quintal. HHC. 29th Separate Infantry Brigade (1st OLC) Sgt. Michael A. Ramirez, Co. B (-Det.), 2nd Bn., 299th Infantry (1st OLC) Sgt. Francisco Santos, Btry. C, 1st Bn., 487th Field Artillery (3rd OLC) Sgt. Ian K. Seavey, Co. B, 2nd Bn., 299th Infantry (3rd OLC) Sgt. Gary W. Silva, Det. -1, Co. B, 2nd Bn., 299th Infantry (4th OLC) Sqt. Franklin A. Suela, HHSB, 1st Bn., 487th Field Artillery (2nd OLC) Sgt. Titialii Taigaafi, Btry. A, 1st Bn. 487th Field Artillery (1st OLC) Sgt. Randy Y. Tone, HHSB, 1st Bn., 487th Field Artillery (3rd OLC) Sgt. Jeffrey K. Yamamoto, Co. D, 1st Bn., 207th Aviation (1st OLC) Sgt. Paul Y. Yamamoto, HHC, Support Bn. 2nd Bn., 299th Infantry (1st OLC) Spc. Frank I. Morris, Btry. B, 1st Sgt. Nemecio O. Yarte, Det. -1, Co. B, 2nd Bn., 299th Infantry Cpl. E. Nelson Alma, Btry. B, 1st Bn., 487th Field Artillery (2nd OLC) Cpl. Gary Cabacongan, Btry. A, 1st Bn., 487th Field Artillery (2nd OLC) Cpl. Jeffery S. Canaple, Btry. C. 1st Bn., 487th Field Artillery (1st OLC) Cpl. Edward H.K. DelosSantos, Co. B, 2nd Bn., 299th Infantry Cpl. Jomar A Florendo, Btry. A, 1st Bn., 487th Field Artillery (1st OLC) Cpl. Jonathan K. Maurico, Co. C, 29th Support Bn. Spc. Daniel Ablao, Det. 1, Co. B, 2nd Bn., 299th Infantry Spc. Nelson S. Acosta, Co. A (-Det.), 2nd Bn., 299th Infantry (1st OLC) Spc. Dustin J. Amaral, HHC (-Det.), 2nd Bn., 299th Infantry (2nd OLC) Spc. Craig Arakaki, Co. C 193rd Aviation (2nd OLC) Spc. Ivan M. Avilla, Co. C, 29th Support Bn.

Spc. Christopher R. Babila, Det. -1, Co. B, 29th Support Bn. Spc. Lorajan M. Basuel, Co. A, 29th Support Bn. Spc. Jonathan Boyes, Co. B, 2nd Bn., 299th Infantry Spc. Michael K. Bruchal, HHSB, 1st Bn., 487th Field Artillery Spc. Daivan Bui, HHSB, 1st Bn., 487th Field Artillery Spc. Edwin Buyten, Co. B, 2nd Bn., 299th Infantry Spc. Ryan K. Carlos, Co. A, 29th Support Bn. Spc. Stephen Carvalho, Btry. A, 1st Bn., 487th Field Artillery Spc. Frederick P. Casticimo, Co. A (-Det.), 2nd Bn., 299th Infantry Spc. Allan D. Cayetano, Btry. C, 1st Bn., 487th Field Artillery (1st OLC) Spc. William G. Charfauros, 227th Engineer Co. Spc. Christina K. Cogen, Co. C, 193rd Aviation (1st OLC) Spc. Michael Collins, Medical Section, 1st Bn., 487th Field Artillery (1st OLC) Spc. Christopher K.S.R. Colt, Co. D, 2nd Bn., 299th Infantry Spc. Harry Cruz III, HHC, 29th Separate Infantry Brigade Spc. Aldrich Cubangbang, Co. B, 29th Support Bn. Spc. Joseph Decambra, Co. C, 2nd Bn., 299th Infantry Spc. Thomas V. Diaz, Co. B, 193rd Aviation Spc. Joel Dullaga, Co. A (-Det.), 2nd Bn., 299th Infantry (1st OLC) Spc. Allen Forsgren, HHSB, 1st Bn., 487th Field Artillery Spc. Nalei K. Furtado-Piko, Co. B, 2nd Bn., 299th Infantry (1st OLC) Spc. Donavan Hao, Btry. C, 1st Bn., 487th Field Artillery (1st OLC) Spc. Thomas Hooper, Det. 1, Co. B. 2nd Bn., 299th Infantry Spc. Stanton Horiuchi, Co. B, 29th Support Bn. Spc. Mel D. Horner, 297th Fire Fighting Team Spc. Clint Kaiaakamanu, HHSB. 1st Bn., 487th Field Artillery (1st OLC) Spc. Kanoa Kawai, Btry. B, 1st Bn., 487th Field Artillery Spc. Yung Jun Kim, Btry. C, 1st Bn., 487th Field Artillery Spc. Brent M. Kitamura, HHC, 29th Separate Infantry Brigade (1st OLC) Spc. Keawe K. Kupihe, Co. B. 2nd Bn., 299th Infantry (1st OLC) Spc. James K. Lee, Co. B, 29th Support Bn. Spc. Kekoa M. Lucas, Btry. C, 1st Bn., 487th Field Artillery Spc. Renato Mansilungan Jr. Co. C, 29th Support Bn. (2nd OLC) Spc. Michael Manuel, Btry. C, 1st Bn., 487th Field Artillery (1st OLC) Spc. Darrel I. McDonald, Co. B, 2nd Bn., 299th Infantry (2nd OLC) Spc. Daniel Miranda, HHSB, 1st Bn., 487th Field Artillery (3rd OLC) Spc. Eric K. Mitsunaga, Co. C, 29th Support Bn. (2nd OLC) Spc. Eric Miyasato, HHC, 29th Support Bn. (2nd OLC) Spc. Wayne Miyashiro, HHSB, 1st Bn., 487th Field Artillery (2nd OLC) Spc. Joseph Moiha, Det. 1, Co. B, 2nd Bn., 299th Infantry Spc. Michael Moore, Co. B, 29th

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Fire Fighting Team Spc. Jonathan S. Powell, 297th Fire Fighting Team Spc. Michelle Sadumano, Co. C, 29th Support Bn. Spc. Learthur J. Sanders II, HHSB, 1st Bn., 487th Field Artillery Spc. Matthew K. Sarmiento, Co. C, 2nd Bn., 299th Infantry Spc. Rodney L. Sasil, Co. A (-Det.), 2nd Bn., 299th Infantry (5th OLC) Spc. Cory Shiraishi, Btry. C, 1st Bn., 487th Field Artillery Spc. Neil Shiroma, HHC, 2nd Bn., 299th Infantry Spc. Kun S. Sigrah, HHC, 2nd Bn., 299th Infantry (1st OLC) Spc. Allan J. Sniffen, HHSB, 1st Bn., 487th Field Artillery (2nd OLC Spc. Cory A. Soares, Co. A (-Det.), 2nd Bn., 299th Infantry Spc. Brandon L.K. Sousa, Btry. C, 1st Bn., 487th Field Artillery Spc. Dionisio Tabura, Co. A (-Det.), 2nd Bn., 299th Infantry (2nd OLC) Spc. Benjamin Tivao, Btry. A. 1st Bn., 487th Field Artillery Spc. Shane Townes, Co. C. 193rd Aviation (1st OLC) Spc. Willard B. Usaniza, HHSB. 1st Bn., 487th Field Artillery (1st OLC) Spc. Melo G. Vallente, Det. 1. Co. B, 2nd Bn., 299th Infantry (3rd OLC) Spc. Darrett D. Van Winkle, HHSB, 1st Bn., 487th Field Artillerv Spc. Rachel E. Voorhis, HHD, STARC Spc. Francis K. Yanagi, Btry. B, 1st Bn., 487th Field Artillery Spc. Gregory Yokoi, Co. A (-Det.), 2nd Bn., 299th Infantry Pfc. Robert G. Aldosa Jr., Co. C, 2nd Bn., 299th Infantry Pfc. Francis S. Chantavong, Co. C, 193rd Aviation Pfc. Christopher Church, Btry. A, 1st Bn., 487th Field Artillery Pfc. Christopher Cluney, Btry. C, 1st Bn., 487th Field Artillery Pfc. Phillip Cole, Btry. A, 1st Bn., 487th Field Artillery Pfc. Gerald D. Desierto, Co. C, 2nd Bn., 299th Infantry Pfc. Jackie A. Fuertes, Co. C, 29th Support Bn. Pfc. Jose R. Gaceta, Btry. C, 1st Bn., 487th Field Artillery Pfc. Arthur I.K. Hiravama. HHC, 2nd Bn., 299th Infantry Pfc. Kealoha Irvine, HHC, 29th Separate Infantry Brigade Pfc. Austin Kealoha, Btry. B. 1st Bn., 487th Field Artillery Pfc. Daniel Keliikoa, Btry. A, 1st Bn., 487th Field Artillery Pfc. Scott Kobayachi, Btry. A,1st Bn., 487th Field Artillerv Pfc. Edward Musrasrik. Btrv. A.1st Bn., 487th Field Artillerv Pfc. Calvin K. Naipo III, HHSB, 1st Bn., 487th Field Artillery Pfc. Donnelly M. Paishon, Co. C, 193rd Aviation Pfc. Andrew E. Salvador, Co. C. 193rd Aviation Pfc. Tron S. Sugai, HHSB, 1st Bn., 487th Field Artillery Pfc. Kimo P. Wong, HHC, 29th Separate Infantry Brigade Pvt. Bradley L. Aguilar, HHSB, 1st Bn., 487th Field Artillery Pvt. Jerome Faasu, Btry. A, 1st Bn., 487th Field Artillery Pvt. Junar A Galasinao, Btrv. B,1st Bn., 487th Field Artillery Pvt. Avery C. Jamora, HHC, 29th Separate Infantry Brigade Pvt. Kilipaki H. Kanae, HHSB, 1st Bn., 487th Field Artillery Pvt. Colin D Sasano, HHSB, 1st Bn., 487th Field Artillery Pvt. Ikaika A Silva, Btry. B, 1st Bn., 487th Field Artillery Pvt. Joanne Tumaneng, HHC, 29th Separate Infantry Brigade Pvt. Paul Watkins, Co. C, 193rd Aviation

Sec. 27545.

Spc. James Pohano III, 297th

HIARNG softball tournament

Mahalo to Jerry Pahukula, 1-487th Field Artillery, for his efforts in coordinating this year's tournament, Aug. 24.

Open Division

Co. A, 29th Support Battalion

1-487th Field Artillerv Co. B, 29th Support Battalion

Recruiters

Co-Ed Division

193rd Aviation Co. A, 29th Support Battalion 12th Personnel Services Detachment

to join the team.

During the ride, you simply pick up a mileage sticker at one of the turnarounds and turn it in at Kapiolani Park when you complete the ride. The team with the most mileage wins.

You pay your own entry fee. Additional information is available on the HBL web site at www.hbl.org

Health 'n' fitness

Information provided by Charles Olmstead The Guard swept the first Health and Fitness challenge at Hickam Air Force Base.

ing a bench press competition during the months of December and January.

It would work something like this: exercise rooms would have designated recorders/spotters. You call them and arrange a time.

Score is the pounds you press (free weights) minus your body weight. Medals for first through third in male and female categories, HIANG and HIARNG; first overall trophies for best male and female. More later. Keep active, alert and alive. Aloha.

Bn., 487th Field Artillery Spc. Daryl H. Nakamura, Co. B, 193rd Aviation Spc. Chad M. Okazaki, Btry. C, 1st Bn., 487th Field Artillery (2nd OLC) Spc. Victoriano Oritz Rodriguez, Co. B, 193rd Aviation (1st OLC) Spc. Ryder H. Paalua, Det.-1, Co. B, 2nd Bn., 299th Infantry Spc. Donna L. Pekah, Co. B, 29th Support Bn. Spc. Fred B. Pira, Det.-1, Co. B, 2nd Bn., 299th Infantry (1st OLC) Spc. Aaron X. Pulliam, HHSB. 1st Bn., 487th Field Artillery Spc. Louis Race, Btry. A, 1st Bn., 487th Field Artillery Spc. Elbert Resurreccion, HHSB, 1st Bn., 487th Field Artillery Spc. Juanito A. Riglos, Co. C, 2nd Bn., 299th Infantry Spc. Bacay Rodel, Btry. C, 1st Bn., 487th Field Artillery Spc. Genesis L. Russell, Co. B, 2nd Bn., 299th Infantry (1st OLC) Spc. Orlando Palafox, Det. 1, Co. B, 2nd Bn., 299th Infantry (2nd OLC)

Air Force Achievement Medal

Senior Airman Kimberly Y.L. Matsumoto, HQ HIANG Senior Airman Shadydee K.M. Stone, HQ HIANG

Hawaii National Guard **Commendation Medal** Senior Master Sgt. Harvey K. Maeda, 150th Aircraft Control Squadron Sgt. 1st Class Louis R. Kauakahi, HQ STARC Melissa Dumaran, Natural Resources Manager, Environmental Section, HIARNG Joann Hilmes, 25th Infantry Division

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etworking with other volunteers and command, getting information out and sharing are the reasons we conduct an annual State Family Program conference. This year, the event was held at the Hickam Air Force Base Officers Club, Sept. 14-15. Mahalo nui loa to all the attendees for making this year's event a

great success. We especially want to congratulate the recipients of the Hui Laulima Recognitions: for Outstanding unit, the HING youth participants in Young Patriots 2002 training;

the Outstanding HIARNG POC, Sgt. 1st Class Leslie Yamamoto and the Outstanding HIANG POC, Maj. Tamah-Lani Noh; the Outstanding Volunteers, this year our Youth Del-



Community Services, Veterans Services, the University of Phoenix and the HAFB Family Support Center. Information about the pro-

Lt. Col. Martha "Marty" Wong

egates, for HIARNG, Joy

Kito-Hong and for HIANG,

Kalani Souza; and the out-

going State Team Head

Volunteer, Marilyn

Tolentino and the incom-

ing State Team Head Vol-

unteer, Roberta Agena.

We know that all partici-

State Family Program Coordinator

gram and other HING events, as well as more pictures from the conference, will be online at www.dod.state.hi.us/family.

Make a difference 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 road to readiness! Your Family Program State Team Representatives are:

Roberta Agena, Kauai-337-1144;

Marilyn Tolentino, Hilo-935-9648; JoAnne Yamamoto, Oahu-235-

1642; 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; Missy Vincent, Oahu-422-6380; Gloria Duro, Oahu-486-0667

Lorna Souza, Oahu-235-8815 JoAnne Gomes, Oahu-623-4365 Loretta Hales, 154th Wing Famly Readiness Coordinator- 448-7282

MAJ Laura Wheeler, HIARNG Family Readiness Coordinator-295-3286

LTC Marty Wong, State Family



Attendees "getting in touch with each other" as the TeamWorks presenters guided them through interactive exercises.



State Team Representative, Harriet Kuni, captures ideas and concerns from breakout sensing sessions from volunteer family members.



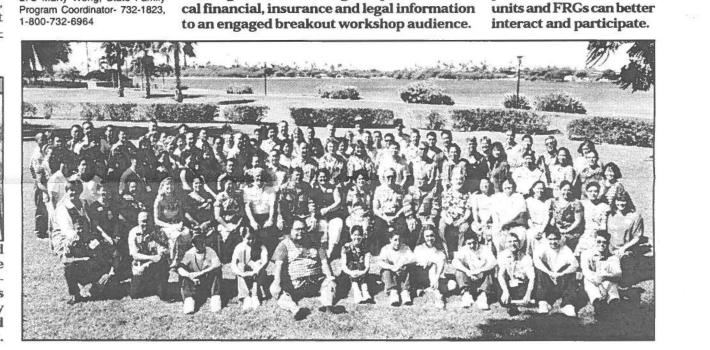
Staff Sgt. Gerald A. Usagawa presents critito an engaged breakout workshop audience.

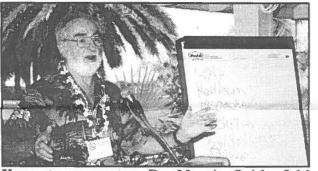


Sergeants 1st Class Aaron Kito-Hong and Leslie Yamamoto and Liz Taga listen as Office of Veterans Services representative, Carswell Ross, shares veterans benefit information.



Mrs. JoJo Correa, Family Program first lady, expresses her ideas on how





Keynote presenter, Dr. Martin Seidenfeld (above), elaborates on the State Conference theme "Thriving with Change...the New Reality." The beautiful setting (right) for this year's conference is shown when the family member volunteers, youth representatives and command pose for the traditional group shot.

Taking notice of people

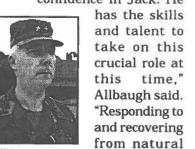
D'Araujo returns to Washington, D.C.

Washington, D.C., -John R. "Jack" D'Araujo,

Jr., the former director of the Army National Guard, has tance Grant programs and FEMA participation in national exercises.

"I have the utmost confidence in Jack. He

time,"



staff from 15 disparate entities and directing training, logistics support and personnel preparations for the mobilization of 62,000 guardsmen for Operation DESERT STORM. Prior to his last

organization of 1,000

of the organization's policy, procedures and personnel.

A native of Hilo, Hawaii, D'Araujo is a graduate of the Army War College and the Army Command and General Staff College. He earned a Bachelor of Science degree in political science from the State University of New York. returns from basic training and says, 'thank you' and in seeing them progress in their careers."

"I love the challenge," said Santos, who won in 2000. "I believe the key to recruiting is having heart, the passion and a desire."

The Honolulu-born soldier began his National Guard career 14 years ago when he walked into the

a Bachelor of Science degree in Physical Education in 1986.

He and his wife, Raquel, have three children, Kelcee, 9, Kaitlin, 5, and Kenna, 3.

During his free time, he keeps physically active and fit teaching karate. "It gives me an opportunity to spend time with my daughters," said Santos, whose daughters are learning karate. He volunteers teaching karate to kids at Schofield Barracks and Fort Shafter Morale, Welfare and Recreation clubs. My experience with the military has been great, he said. It has afforded me many opportunities and has provided for my family. Editor's note: last year's 2001 recruiter was Staff Sgt. Suzanne Mathias, who also exceeded mission by two enlistments (38). The eight-year Hawaii Guard soldier is in her second year on the recruiter force.

been appointed assistant director for the Readiness, Response and Recovery Directorate at the Fed-

eral Emergency Management Agency (FEMA), agency Director Joe M. Allbaugh announced today. D'Araujo will report to Allbaugh, and be responsible for planning and ex-

ecuting the federal government's response to major disasters and emergencies. He will also be responsible for the multi-billion dollar Individual and Public Assis-

D'Araujo

from natural and man-made disasters have always

been a crucial part of FEMA's core mission, and I know I can expect Jack to continue and build upon that success in the years ahead."

D'Araujo served in the Army National Guard for more than 32 years in principal command and staff assignments. Among his assignments was directing a major re-

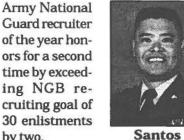
military assignments at the Guard Bureau, D'Araujo, served tours as commander of Hawaii Army National Guard and the 29th Separate Infantry Brigade.

After his retirement, D'Araujo served in several positions, most recently as an independent consultant to the Department of Defense and FEMA. At Allbaugh's request, D'Araujo conducted an assessment of FEMA operational readiness for disaster response prior to and during the World Trade Center event, including a review

Santos top 2002 recruiter

By Sgt. Wendy M. Miller Sergeant 1st Class Ricardo D. Santos has

earned Hawaii



"Recruiting is a laborintensive job, but it is very rewarding," said Santos, the Wahiawa recruiting station chief. "The reward comes when the soldier

http://www.dod.state.hi.us/pupukahi.html ·

by two.

Texas Guard's recruiting office and enlisted as a nurse. In 1991. he transferred to the South Carolina Guard and then came to Hawaii in 1994.

> While assigned to the recruiting and retention force, he has maintained an average of 100 percent or better for mission accom-

plishment for the combined four fiscal

Kaiser High School in 1982 and from California Lutheran University with

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years.

Santos graduated from

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.

Legion of Merit Col. Emerick Y. Kaneshi, HQ, STARC

Meritorious Service Medal

Col. Gary M. Hara, HHD, 103" Troop Command (2nd OLC) Lt. Col. Edward Chun-Fat, 103rd Troop Command (1st OLC) Lt. Col. Keith Goya, HHD, STARC Lt. Col. Stephen Logan, 103rd Troop Command, (1st OLC) Lt. Col. Gerald A. Takase, HQ, STARC Lt. Col. Keith H. Tanouye, HQ, STARC Lt. Col. Alika G. Watts, HQ, STARC (1st OLC) Maj. Michele C. Hall, HHD, STARC Maj. Roger Pukahi, Co. C, 193rd Aviation Maj. Laura J. Soares, HQ, STARC (1st OLC) Capt. Kim S.W. Gordon, 292nd Combat Communications Squadron Capt. Neil Mitsuyoshi, 298th Engineer Det. **Chief Warrant Officer Michael** Escuta, 103rd Troop Command **Chief Warrant Officer Oliver** R. Kaloi, Co. C. 193rd Aviation Chief Warrant Officer Albert T.

Suzuki, HQ. STARC (2nd OLC) Chief Warrant Officer Gary F . Terashima, HQ, STARC Chief Warrant Officer Wendall A. Windham, HHD, STARC **Chief Warrant Officer George** Yonamine, Co. B, 193rd Aviation (1st OLC) Command Sot. Mai. Bert Yanagida, 103rd Troop Command (1st OLC) 1st Sgt. Steven P. Young, HQ STARC (1st OLC) Master Sgt. Shirley N. Bryant, HHD, STARC (1st OLC) Sot. 1st Class David Aponte. Det. 4, (Medical De) (4th OLC) Senior Master Sgt. Milford K.Y. Chang, 154th Operations Support Flight Master Sgt. Terry Gusman, HHC, 29th Separate Infantry Brigade (1st OLC) Sgt. 1st Class Jimmy C. Barrientos, HQ STARC (1st OLC) Sgt. 1st Class Louis R. Kauakahi, HQSTARC Sgt. 1st Class Jeffrey H. Ko, HQSTARC Sgt. 1st Class Haines B. Rego, HHD, STARC Sgt. 1st Class Riccardo D. Santos, HHD, STARC Sgt. 1st Class Ilaisa S. Taito, HHD, STARC Sgt. 1st Class Milton W.M. Yee, Co. D, 2nd Bn., 299th Infantry (2nd OLC) Staff Sgt. Amy Aguil, HHD, 103rd Trop Command (1st OLC) Staff Sgt. Belynn P. Aquino, HHC. 29th Separate Infantry Brigade

Staff Sgt. Gerald A. Usagawa, HHD, STARC

Army Commendation Medal

Col. Raymond Jardine Jr., HHC, 29th Separate Infantry Brigade (5th OLC) Maj. Janet K. H. Kim, HHD, STARC

Maj. Mark Morita, HHC, 29th Separate Infantry Brigade (2nd OLC)

Maj. Roger T. Pukahi, Army Aviation Support Faculty No. 1 Maj. Margaret Rains, Co. B, 193rd Aviation (1st OLC) Maj. Keith Tamashiro, HHSB, 1st Bn., 487th Field Artillery (3rd OLC) Capt. Matthew T. Mitsui, HHC, 29th Support Bn. Capt. Eric Oh, HHC, 29th Separate Infantry Brigade (1st OLC)

Capt. Tracey Omori, HHD, 103rd Troop Command Capt. William R. Spray, 229th Military Intelligence Co. (2nd OLC) Capt. Shinichi Swedberg, Co. A. 29th Support Bn. Capt. James W. Uhlmann. Western-Army Reserve Intelligence Support Center 1st Lt. Peter Bianchi, Co. D, 1st Bn., 207th Aviation 1st Lt. Jose M.C. Diaz, Co. D, 2nd Bn., 299th Infantry 1st Lt. Grant M. Maeshiro. Btry. A. 1st Bn., 487th Field Artillery 1st Lt. Reginald G. Perry, Co. D. 2nd Bn., 299th Infantry 2nd Lt. Leighton G. Kato, HHC. 29th Separate Infantry Brigade

Master Sgt. Craig T. Ikeda, HHC. 29th Separate Infantry Brigade (3rd OLC) Master Sgt. Elizabeth K. Kenui, HHD, 103rd Troop Command (3rd OLC) Sgt. 1st Class Keun S. Cho, HQ STARC (3rd OLC) Sgt. 1st Class Darrell T. Fujii, HQ STARC (3rd OLC) Sgt. 1st Class Reynaldo V. Hufana, Btry. A, 1st Bn., 487th Field Artillery Sgt. 1st Class Jeffrey H. Ko, HQ STARC (2nd OLC) Sgt. 1st Class Marc K. Little, HHD, STARC (1st OLC) Sgt. 1st Class Ronald S. Oshiba, Co. B, 193rd Aviation Sgt. 1st Class Haines B. Rego, HHD, STARC (2nd OLC) Sgt. 1st Class Gary Tamondong, Co. B, 2nd Bn., 229th Infantry (4th OLC) Sgt. 1st Class Milton W. M. Yee, Co. D, 2nd, Bn., 299th Infantry Sgt. 1st Class Jeffrey D. Ware, Western-Army Reserve Intelligence Support Center Sgt. 1st Class Russell J. Wong, Co. B (Det. 1& 2), 193rd Aviation (1st OLC) Staff Sqt. Tyrone J. Adriano. HHC. 29th Separate Infantry Brigade, MP Platoon Staff Sgt. John Aquino, HQ STARC (1st OLC) Staff Sgt. Joseph J. Doria Jr., Co. B, 2nd Bn., 299th Infantry Staff Sgt. Larry M. Hara, Co. B, 193rd Aviation Staff Sgt. Carmen K. Kanei, Co. B, 193rd Aviation (2nd OLC) Staff Sqt. John Leudesdorf, Co. C, 305th MI Bn., 111th MI Bde/ USAIC + FH Staff Sgt. Randy Lum, Btry. C, 1st Bn., 487th Field Artillen Staff Sgt. Thomas Odoardi, HHSB, 1st Bn., 487th Field Artillery Staff Sgt. Ernie B. Pigao Btry. C, 1st Bn., 487th Field Artillery (1st OLC) Staff Sgt. Lesu Vaosa, HHD, STARC

Chief Warrant Officer Allen Y.

Sakamoto, HHD, STARC

Sgt. Fred P. Agag, HQ STARC

(2nd OLC)

Sgt. Albert L. Akiona III, Co. C, 193rd Aviation (1st OLC) Sot, Charles R. Among, HHC. 29th Separate Infantry Brigade Sgt. Alfredo B. Buccat, HHSB, 1st Bn., 487th Field Artillery (1st OLC) Sgt. Gemmarie R. Grande, HQ STARC Sgt. Ferdinand D. Guia, HHC, 29th Separate Infantry Brigade Sgt. Paul-Michael Hayes, 93rd CST (WMD) (1st OLC) Sgt. John N. Kaina, Btry. C, 1st Bn., 487th Field Artillery Sgt. Brian C. Nepomuceno, 12th Personnel Service Det (1st OLC) Sgt. Ferdinand B. Peneflor, HHC, 29th Separate Infantry Brigade (2nd OLC) Sgt. Lelanya A. Ragasa, HHC, 29th Separate Infantry Brigade Sot. Richard B. Sadiarin, 229th MI (1st OLC) Sgt. Kenneth E. Silata, HHC. 29th Separate Infantry Brigade, MP Platoon Sgt. Mark A. Thomas, Co. D, 1st. 207th Aviation (1st OLC) Sgt. Christopher D. Ventura, 111th Army Band (2nd OLC) Cpl. Glenn T. Yamanouchi Jr., HHC, 29th Separate Infantry Brigade, MP Platoon Spc. Lenore T. Antonio, HHC. 29th Support Battalion Spc. Norman J. Aranas, HHC. 29th Separate Infantry Brigade, MP Platoon Spc. Edwin A. Davis Jr., 12th Personal Service Det. (1st OLC) Spc. Melba Deponte, HHC, 29th Separate Infantry Brigade, MP Platoon Spc. Jassy L. Doebler, HHC, 29th Separate Infantry Brigade. MP Platoon Spc. Rely M. Fernandez, Btry. C, 1st Bn., 487th Field Artillery, (2nd OLC) Spc. Junito C. Gador, HHC. 29th Support Battalion Spc. Simona Giuggioli, HHC, 29th Separate Infantry Brigade Spc. Brent M. Kitamura, HHC. 29th Separate Infantry Brigade

Attention retirees & DOD civilians pupukahi

Spc. Jordan J. Lam. HHSB.

1st Bn., 487th Field Artillery

We're updating our mailing list for retirees and need to know if you want to remain on the list. If there are any changes or if you would like to be added to the list - please type or print clearly. Call, fax, mail or email changes.

Rank/Name: ARNG (Ret.) ANG (Ret.) Civilian			
Address:			
City: Zip Code:			
E-mail: Add Remove E-mail version (pdf)			
HIPAO 3949 Diamond Head Road, Hon., HI 96816-4495 (808) 733-4258 (808) 733-4236 fax E-mail:: webmaster@dod.state.hi.us			

Spc. Frank Lessary, Btry. C. 1st Bn., 487th Field Artillery (1st OLC)

Spc. Calvin A. Montgomery, HHC, 29th Separate Infantry Brigade Spc. Brent K. Oto, Co. D, 2nd Bn., 229th Infantry Spc. Rossana M. Pavez, Co. B (Det. 1 & 2), 193rd Aviation (1st OLC)

Spc. Richard J. Silva, HHSB, 1st Bn., 487th Field Artillery Spc. Shane K. Teixeira, HHC, 29th Separate Infantry Brigade MP Platoon Spc. Dontrell L. Williams, HHSB, 1st Bn. 487th Field Artillery.

(2nd OLC) Pfc. Thersa E. Gualdarama, HHC, 29th Support Bn. Pfc. Sung M. Yi, HHC, HHC, 29th Separate Infantry Brigade Pfc. Glenn K. Kailiawa, HHC, 29th Separate Infantry Brigade Pvt. Michael S. Collins II, HHSB, 1st Bn., 487th Field Artillery

Army Achievement Medal

Capt. Sean K. Omatsu, HHC, 29th Support Bn (2nd OLC) 1st Lt. Ian B. Beitran, 227th Engineer Co. 1st Lt. Austin Thomas, HHC, 29th Separate Infantry Brigade 2nd Lt. Ronald E. Rod, Co. B, 2nd Bn., 299th Infantry **Chief Warrant Officer Timothy** K. Hurley, Co. C, 193rd Aviation Master Sgt. Allison Yano, HHC, 29th Support Bn. (2nd OLC) Sqt. 1st Class Ernie Balboa Pigao, Btry. C, 1st Bn., 487th Field Artillery (7th OLC) Sgt. 1st Class James Blair, HHSB, 1st Bn., 487th Field Artillery Sgt. 1st Class William Kapana, HHSB. 1st Bn., 487th Field Artillery Staff Sgt. Andres Alcain Jr., Det. -1, Co. B, 2nd Bn., 299th Infantry Staff Sgt. Timothy P. Alencastre, Co. C, 193rd Aviation (1st OLC) Staff Sgt. Ernest Batacan, HHC, 2nd Bn., 299th Infantry Staff Sgt. Timothy Bonnette, HHC, 2nd Bn., 299th Infantry Staff Sgt. Joseph J. Doria, Co. B, 2nd Bn., 299th Infantry Staff Sqt. Joseph Gahan Jr., HHC, 2nd Bn., 299th Infantry Staff Sgt. Dennis Kim, Co. A. 29th Support Bn. (2nd OLC) Staff Sgt. Randy Lum, Btry. C, 1st Bn., 487th Field Artillery (4th OLC)

Staff Sgt. Soloman Makaneole, Co. B, 193rd Aviation (2nd OLC) Staff Sgt. Michael W. Morton, Co. B, 193rd Aviation (AVIM) (4th OLC) Staff Sgt. Keith I. Nakahara,

Co. C, 193rd Aviation (1st OLC) Staff Sgt. Ruth P. Osborne, Co. C, 29th Support Bn. (1st OLC) Staff Sgt. Herbert H. Oshiro, HHSB, 1st Bn., 487th Field Artillery (2nd OLC) Staff Sgt. George R. Paasch III. RAID, HIARNG (1st OLC) Staff Sgt. Stephen F. Padasdao, HHD, 103rd Troop Command (2nd OLC) Staff Sgt. Henry Picanca Jr., Btry. A, 1st Bn., 487th Field Artillery (5th OLC) Staff Sgt. Reymonito Tacsiat, Co. A, 2nd Bn., 299th Infantry (4th OLC)

AWARDS -- continued on page 6



talk Safety

Safety Officer, Hawaii Army National Guard 733-4105/09

Make exercise a part of your daily routine

According to the American Heart Association, daily physical activity will reduce the risk of heart disease and diabetes, help control weight, improve blood cho-

lesterol levels, prevent and manage high blood pressure, prevent bone loss, manage stress, and boost your energy level.

1. Work out at home. Invest in "legitimate" exercise equipment such as a treadmill, dumbbells and other proven equipment. Exercise videos and television fitness programs may also illustrate exercises using household furnishings and/or tools to facilitate your home workouts. "If you exercise at home, you might find that 30 minutes late at night."

2. Invest in walking shoes. ACE recommends a walk a day as a low risk, simple-to-start exercise program for most people. Get off the bus a few blocks early and walk the rest of the way. Park at the far end of a parking lot. Walk a few laps before doing your mall shopping.

3. Take fitness to work. Look for ways to exercise and energize during the workday. Take the steps instead of the elevator. Lunch and breaks offer an excellent opportunity to get out of your chair and exercise. Set the alarm on your computer to remind yourself to stand up, stretch, and move around every hour. Keep a pair of walking shoes in your office or car so you are ready to go when opportunity knocks.

4. Think 10-minute increments. "Where can I fit 10 minutes of physical activity into my daily routine?" The AMA recommends 30 minutes of physical activity each day; however, this can be broken down into shorter intervals. According to the AMA, research indicates that three 10-minute or two 15-minute spurts of activity can offer the same benefits as 30 minutes of continuous exercise.

5. Right time of day. According to Prevention magazine, people who work out in the morning are much more likely to stick to their program than people who leave it until later. Keep a journal to discover the times,

places and ways that you fit exercise into your daily routine.

6. Don't just sit. Spending time sitting and waiting for: kids to finish soccer, to board a plane, or a doctor's appointment? Use this time to your physical advantage. Take a short, vigorous walk or do stretching exercises while you sit. Do you take your kids to the playground and then sit on the bench watching them? Get out there and play with them. Jump rope or play tag. It's a great bonding experience plus a cardiovascular workout. 7. Play hard. Leisure time spent with family or friends is a great way to keep active. Make a date to hike or play tennis. Instead of watching TV with your kids, go swimming or for a bike ride. When golfing, walk instead of renting a cart. Organize a volleyball or badminton game at the company picnic. Add dancing to your Saturday night plans.

8. Make travel active. When you travel, stay at hotels with fitness centers and/or a pool. Pack your favorite aerobic video in case your hotel room has a VCR. Do calisthenics in your room or go for a walk before dinner. Include hiking, backpacking, bicycling or canoeing in your vacation plans. Always check with your doctor before beginning an exercise program. And then schedule your workout like an appointment. If you save exercising for when you get around to it, you probably never will!

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	Nov	Dec	Jan
HQ, State Area Command	2-3	7-8	4-5
29th Separate Infantry Brigade	2-3	7-8	4-5
227th Engineer Co.	2-3	7-8	4-5
HHC, 2nd Bn., 299th Infantry	2-3	7-8	4-5
Co. A, B, and C	2-3	7-8	4-5
HHSB, 1st Bn., 487th Field Arty.	2-3	7-8	4-5
Battery A	2-3	7-8	4-5
103rd Troop Command	2-3	7-8	4-5
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	2-3	7-8	4-5
154th Wing	2-3	7-8	4-5
201st Combat Communications Group	2-3	7-8	4-5

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