

## Veterans

**Veterans' Day activities supported by Hawaii Guard page 3**



## Deployment

**Wing deploys for bilateral Exercise COPE INDIA page 4**



## School

**Military school opens in Waimanalo page 6**



# Hawaii State Department of Defense

# pupukahi

pupukahi: "harmoniously united"

Vol. 37, No. 4

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

October-December 2002

## Calendar

### January 20, Monday

Martin Luther King Day, federal and state holiday

### February 17, Monday

Presidents' Day, federal and state holiday. Great Aloha Run, from Aloha Tower to Aloha Stadium, support from various Hawaii National Guard units and volunteers.

### March 26, Wednesday

Kuhio Day, state holiday.

### April 17-18

Hawaii Army National Guard Safety workshop, time and location to be announced.

### April 18, Friday

Good Friday, state holiday.

### May 10-18

Hawaii Military Appreciation Week, various events at various locations.

### May 13

29th Infantry Brigade 35th anniversary of 1968 activation.

### May 27, Monday

Memorial Day, federal and state holiday; ceremonies at the National Memorial Cemetery of the Pacific at Punchbowl at 9 a.m. and Hawaii State Veterans Cemetery in Kaneohe at 1 p.m.

### June 11, Wednesday

Kamehameha Day, state holiday.

### June 13-16

HING Youth Training 2003 at Kalaeloa. Details and registration information to come.

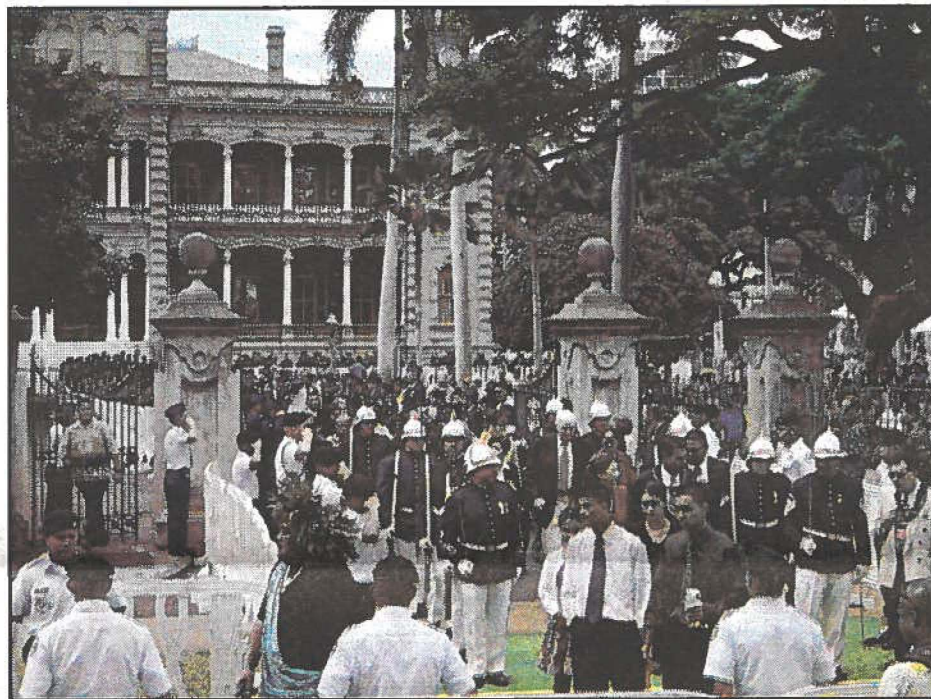
## Hawaii Guard provides army of inauguration support

More than 300 Hawaii National Guard personnel were involved in support of the Dec. 2 inauguration of Gov. Linda Lingle.

Four F-15 Eagle jetfighters from the Air Guard's 199th Fighter Squadron performed a flyover at the end of the inaugural parade that passed in front of the reviewing stand at Iolani Palace. Front and center included members of the Air Guard's ceremonial Royal Guard. Dressed in uniforms that are replicas of King David Kalakaua's Royal Guard, the ceremonial Royal Guard airmen escorted Lingle and the members of her procession from Iolani Palace to the State Capitol rotunda. Along the way to the Capitol, an honor cordon made up of soldiers and airmen from the Army and Air National Guards, as well as Youth CHALLENGE Academy corpsmembers, rendered their salutes as Lingle passed through on the way to her swear-in ceremony.

The YCA corpsmembers were pressed into service to help with a number of unforeseen details, like holding banners for the mini-parade, and passing out water and inaugural cake. Once Lingle was sworn in, a nineteen-gun salute was performed by crews from the Army Guard's Battery C, 487th Field Artillery. A CH-47D Chinook flyover was performed by three helicopters from the Army Guard's Company C, 193rd Aviation, after the governor's inauguration address. In the program's finale, YCA corpsmembers showered blossoms from the third floor of the Capitol to attendees below. The Hawaii Guard's support concluded with the Army Guard's 111th Army Band post-inaugural concert on the palace grounds.

INAUGURATION - continued on page 3



Hawaii National Guard soldiers, airmen and Youth CHALLENGE Academy corpsmembers line an honor cordon for Governor-elect Linda Lingle's procession to the State Capitol, while escorted by the ceremonial Royal Guard. Master Sgt. Stephen M. Lum photo



19-GUN SALUTE-Battery C, 1st Battalion, 487th Field Artillery, Hawaii Army National Guard, fire their 105mm Howitzers. Sgt. 1st Class Wayne T. Iha photo

PRESORTED  
STANDARD  
U.S. POSTAGE PAID  
HONOLULU, HI  
PERMIT NO. 243

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



HONORS -- Hawaii Air and Army National Guard airmen and soldiers serve as ceremonial honor guards for U.S. Rep. Patsy T. Mink's memorial services held at the State Capitol rotunda in October. Master Sgt. Stephen M. Lum photo



# Command Notes

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

rorist attacks still hang over the nation. We've been busy, and we've taken a number of actions to help keep Hawaii's residents safe from harm. We've refined our anti-terrorism response plans and have conducted a number of exercises with other federal, state and county agencies as well as the private industry, to delineate clear lines of responsibility and minimize any community impact should Hawaii receive a specific, credible terrorism threat. At the end of November, the State Department of Defense, in consultation with other emergency response agencies, changed our state's color-coded Homeland Security Advisory System to match the federal system. Although the federal system was modeled on the matrix that we developed and unveiled about six months after our system was put into use, changing to the federal system makes it easier for various agencies that we work with to all be on the same page. We had a statewide Critical Infrastructure Protection plan in place immediately after the terrorist attacks, but over the past year, we have updated and refined and exercised those plans and through forums such as the Hawaii Emer-

gency Preparedness Executive Committee, we are making great strides in areas such as preventing and/or minimizing the effects of a bio-terrorism attack.

### Welcome to our new commander in chief

I want to welcome the Hawaii National Guard's new commander in chief. As the article, starting on page 1,

shows, the Hawaii Guard contributed significantly to the inaugural festivities of Gov. Linda Lingle. The entire State of Hawaii, Department of Defense team stands ready to support Gov. Lingle and her initiatives. During any state crisis, the governor is at the top of the decision-making process. It is our job to provide her with recommended courses of action and to carry out those plans, should disaster strike.

### Aloha to Gov. Cayetano

At the same time, we bid a fond aloha to Gov. Benjamin J.

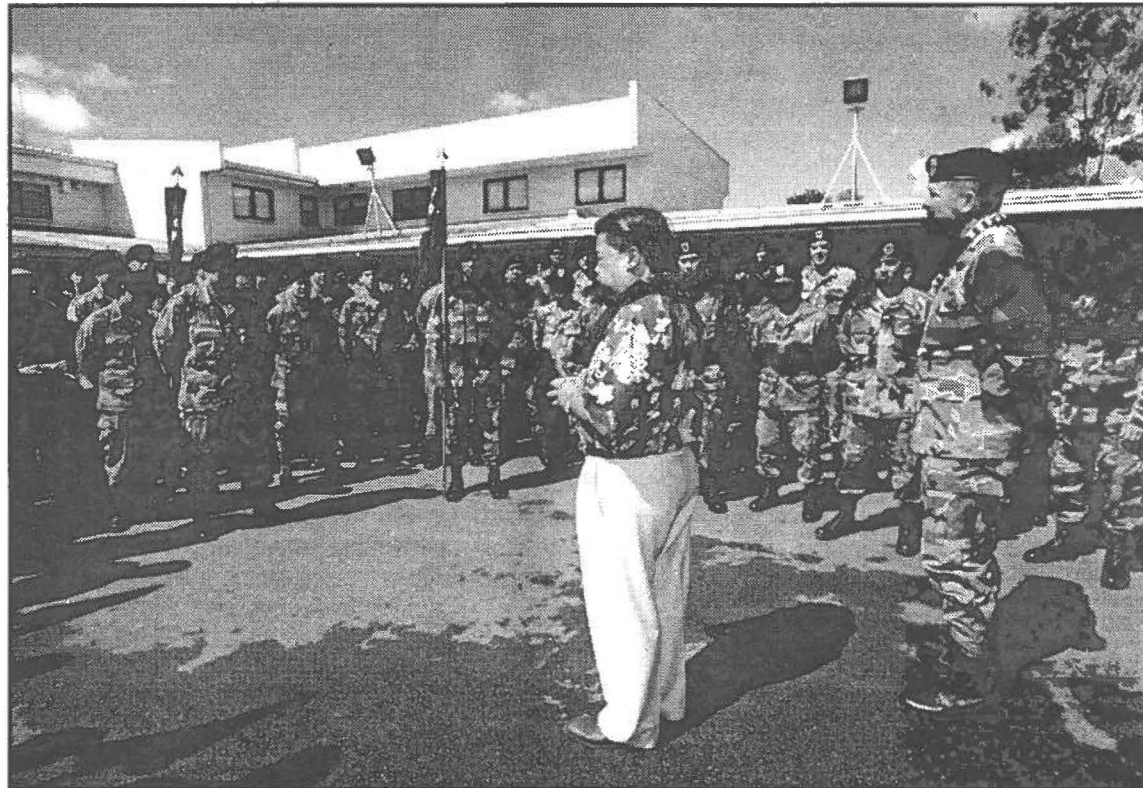
Cayetano, who served as our commander in chief for the past eight years. On Nov. 26, we held a farewell ceremony for Gov. Cayetano at the State Capitol and during November's drill, he visited a number of HIARNG and HIANG units as well as the Youth CHalleNGe Academy. Soldiers and airmen showed their appreciation and we presented gifts to the outgoing governor as a token of our appreciation. I know that Gov. Cayetano was deeply touched by these demonstrations of aloha.

Wishing you and yours the very best during this holiday season.

**I**t's hard to believe that the holiday season and a new year are almost upon us. We have accomplished so much in the past year. I believe all of our men and women have much to be proud of for their exceptional service. The Christmas season is a time to reflect on our past actions, enjoy time with our families, count our blessings and set our course for the next year. We have a lot to be thankful for.

### Noble professionals maintaining our freedom

We are fortunate enough to be engaged in one of the noblest professions in the world — the profession of arms. We are part of a team that helps maintain freedom and stability around the globe. We are blessed to be working for a great cause and what we do has great meaning. We protect America and what she stands for. Our department is the chief coordinating agency for Hawaii's homeland security. Unfortunately, the specter of the September 11th ter-



**ALOHA, GOVERNOR BEN --** Gov. Benjamin J. Cayetano bids aloha to the soldiers of the Hawaii Army National Guard's 1st Battalion, 487th Field Artillery, during his final visit as commander in chief. Sgt. 1st Class Wayne T. Iha photo

## Departmental News

### Commissaries to hold case lot sales on Hawaii, Maui, Kauai

Active duty, Guard, Reserve, and military retirees living on the Big Island, Maui, and Kauai, who are authorized to shop in DoD commissaries, receive special treatment when the Defense Commissary Agency's (DeCA) Zone 13 commissaries set up shop in the National Guard Armory facilities and provide an abbreviated commissary benefit.

"It's not always convenient for them to come to the commissary so these case lot events allowed us to bring the commissary to them," said Marcia Jimenez, Hawaii Zone Manager for DeCA. DeCA has conducted four case lot events, two on Hilo and one each at Kauai and Maui.

DeCA is currently coordinating its calendar 2003 neighbor island and Oahu case lot sales events. The sale schedule should be posted on the commissary and the Hawaii National Guard Family Program websites by Feb. 1, 2003.

Interested families should look for details on the web or contact the following DeCA POCs: for Maui, Jerry Copenhefer, 808-449-1363, for Kauai; Jeff Dusich, 808-257-1463; and, for the Big Island, Tom Doyle, 808-655-6886.

### Motorcycle/Moped personal protective equipment (PPE) requirements, enforcement policy

This policy applies to all motorcycle/moped drivers and their passengers on Hickam Air Force Base and Bellows Air Force Station, regardless of whether they are active duty, Guard, Reserve, federal civilian employees, dependents, or in any other status. For all motorcyclists and passengers:

- a. Protective motorcycle helmet. (NOTE: Helmets must meet, as a minimum, Department of Transportation standards and be properly worn and fastened) All riders are encouraged to affix reflective material to their helmets.
- b. Impact resistant goggles or a full-face shield

on their helmet. c. Brightly colored or contrasting vest or jacket as an outer upper garment during the day and reflective during the night. Outer upper garment will be clearly visible and not covered.

d. Long sleeved shirts or jackets, full-fingered motorcycle gloves or mittens, and long trousers. e. "Sturdy footwear" does not include any type of open-toed shoe or sandal. Sturdy footwear will include soled shoes, with the foot totally encased. Leather boots or over-the-ankle shoes are strongly encouraged.

**Enforcement Plan:** All unit commanders, supervisors, and Security Force Squadron personnel are responsible for enforcing the use of PPE. Sponsors are responsible for enforcing the use of PPE for their dependents and guests. Additionally, anyone observing a violation of the PPE requirements, whether on-base or off-base, will report the violation to SFS at 449-6373 and to the appropriate unit commander. Effective immediately, the following actions will be

taken for failure to adhere to PPE requirements:

a. **Base Entry:** SFS personnel will deny entry to all operators and passengers not wearing appropriate PPE. There will be no exceptions

b. **On-Base Violations:** All operators/passengers found in violation of PPE requirements on-base by SFS will receive an AF Form 1408 which will be forwarded to their unit commander. Violators will be permitted to park their motorcycle/moped in the nearest appropriate parking lot until such time as they return with the appropriate PPE. A motorcycle/moped parked on-base for more than 72 hours will be considered abandoned and may be towed/impounded at the owner's expense.

(1) 1st violation: Violators will receive a warning and appropriate counseling regarding the proper wear of PPE and the consequences of further violations.

(2) 2nd violation: Upon the second PPE violation within a one-year period, violators will have their on-base motorcycle/

moped privileges suspended for a period of one year.

(3) Subsequent Violations: Committing a 3rd (or greater) PPE violation after completion of the

one-year revocation or operating motorcycles/mopeds while on suspension will result in permanent revocation of on-base motorcycle/moped driving privileges.



## pupukahi

State of Hawaii Department of Defense  
pupukahi: *harmoniously united*

The pupukahi is funded and published bimonthly by the State of Hawaii, Department of Defense, 3949 Diamond Head Road, Honolulu, Hawaii 96816-4495. Phone (808) 733-4258, fax (808) 733-4236. It is an offset publication. Views and opinions expressed herein do not necessarily represent those of the Departments of the Army and Air Force. All photos are Hawaii National Guard photos unless otherwise credited. Circulation: 7,700.

**Gov. Linda Lingle**  
Commander in Chief

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

**Maj. Charles J. Anthony**  
Public Affairs/Military Education Officer

**Master Sgt. Stephen M. Lum**  
Editor/Layout

**Derek R. Inoshita**  
Assistant Editor/Contributing Writer

**117th Mobile Public Affairs Detachment**  
Contributing Journalists

[www.dod.state.hi.us/pupukahi.html](http://www.dod.state.hi.us/pupukahi.html)  
e-mail: [webmaster@dod.state.hi.us](mailto:webmaster@dod.state.hi.us)

3949 Diamond Head Road  
Honolulu, Hawaii 96816-4495  
(808) 733-4258/ 733-4236F

# Veterans' Day activities held across islands

By Master Sgt. Stephen M. Lum

Remembering and honoring our veterans, past and present is a long honored State of Hawaii Department of Defense tradition. Our soldiers and airmen were again supporting activities across the state.

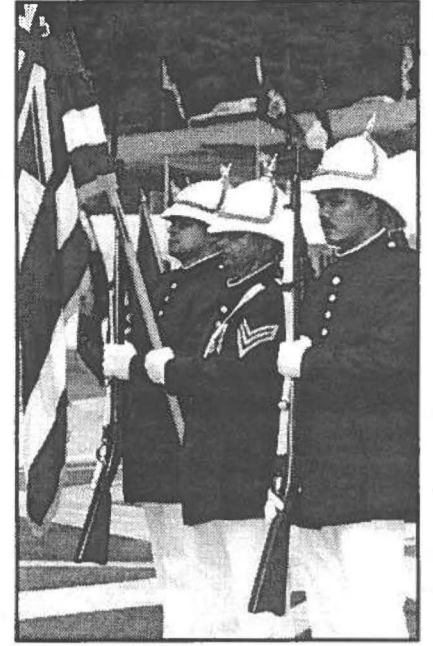
On Kauai, the salute started with the annual Kauai Veterans' Parade held on the first Saturday of November. Maj. Gen. Edward L. Correa Jr., the adjutant general and retired Brig. Gen. Irwin K. Cockett Jr., Office of Veterans Services director, were joined by marching units from Company A, 299th Infantry and the 154th Air Control Squadron.

The 52nd Annual Massing of the Colors ceremony held at the National Memorial Cemetery of the Pacific at Punchbowl was sponsored by the Disabled American Veterans - Department of Hawaii. The TAG joined a list of VIPs which included Governor-elect Linda Lingle. The 199th Fighter Squadron's F-15 Eagle jet-fighters performed a missing-man flyover.

The Governor's ceremony held at the Hawaii State Veterans Cemetery featured a message from outgoing Gov. Benjamin J. Cayetano. The Hawaii Guard's 111th Army Band, ceremonial Royal Guard, Company C, 193rd Aviation (CH-47D Chinook helicopters) and Youth CHalleNGe Academy, joined the TAG to salute the veterans and recognize the future home of the 29th Infantry Brigade's memorial rock.



**SOLEMN MESSAGE** -- Governor-elect Linda Lingle gives an impromptu message at the Disabled American Veterans Massing of the Colors ceremony. *Derek R. Inoshita photo*



**ROYAL HONORS** -- Ceremonial Royal Guard (above) post the State Colors. The VIPs (left) join the Youth CHalleNGe Academy corpsmembers at the Hawaii State Veterans Cemetery ceremony. *Sgt. 1st Class Wayne T. Iha photos*

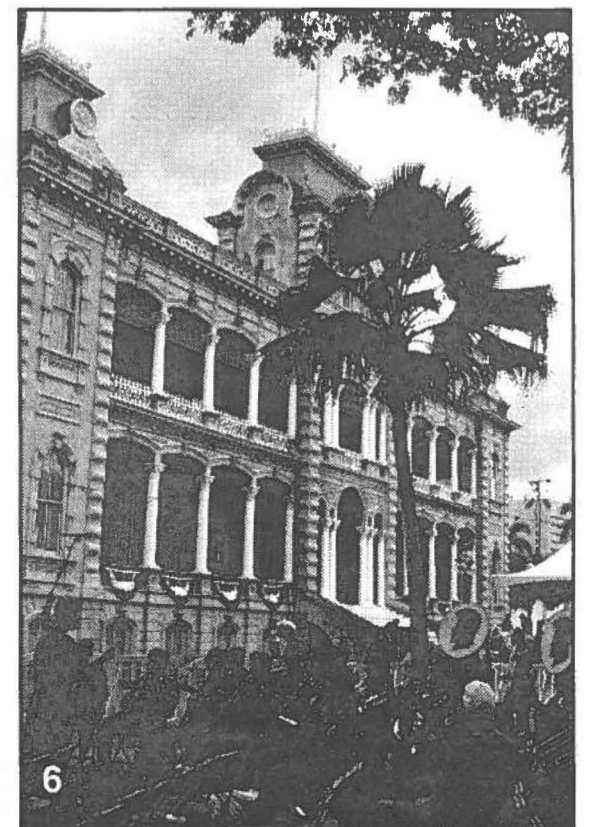
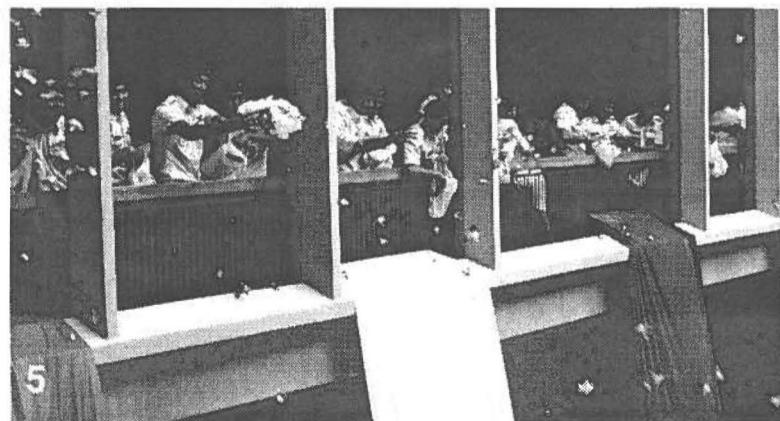
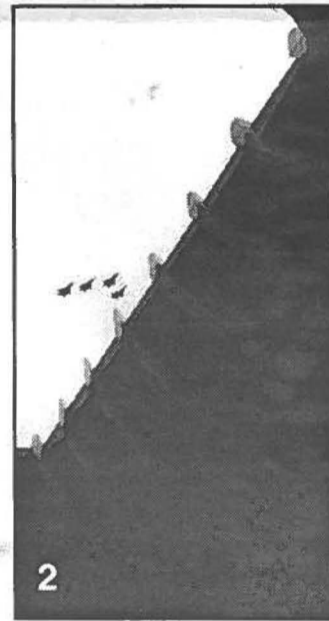


**SALUTING COMRADES** -- Veterans' organizations salute their fallen comrades.



**ROCK REMEMBERED** -- Kumu John Lake, from Pu'ukohola Heiau, says an oli (chant) for the soon to be rededicated 29th Infantry Brigade memorial rock.

## INAUGURATION -- continued from page 1



**1 and 4: Pass in review parade and cordon to stage - Ceremonial Royal Guard, Hawaii Air National Guard**  
**2: Flyby - F-15 Eagle jetfighters, 199th Fighter Squadron, Hawaii Air National Guard**  
**3: Flyby - CH-47D Chinook helicopters, Company C, 193rd Aviation, Hawaii Army National Guard**  
**5: Flower toss - Hawaii National Guard Youth CHalleNGe Academy corpsmembers**  
**6: Post inaugural concert at Iolani Palace - 111th Army Band, Hawaii Army National Guard**

EDITOR'S NOTE: Photo coverage by Master Sgt. Stephen M. Lum, Sgt. 1st Class Wayne T. Iha, Staff Sgt. Curtis H. Matsushige, Senior Airman Kristen M. Higgins and Derek R. Inoshita

# Wing deploys for bilateral Exercise COPE INDIA

Story and photos  
Maj James Law,  
PACAF Public Affairs

AGRA AIR BASE, India — It's a long way to India from Honolulu, especially on a small propeller-driven U.S. Air Force cargo plane. But members of the 154th Wing, Hawaii Air National Guard, made the trek in October to Agra Air Station in India.

One of the Hawaii Air National Guard's C-130 aircraft from the 154th Wing and its 13-person associated air and ground crewmembers participated in Exercise COPE INDIA, the largest bilateral exercise between the two air forces in 40 years.

COPE INDIA is a Pacific Air Force-sponsored airlift exercise designed to improve the interoperability between the U.S. and Indian air forces — an exchange of information and procedures so that if ever the two deployed together, they could operate efficiently and effectively.

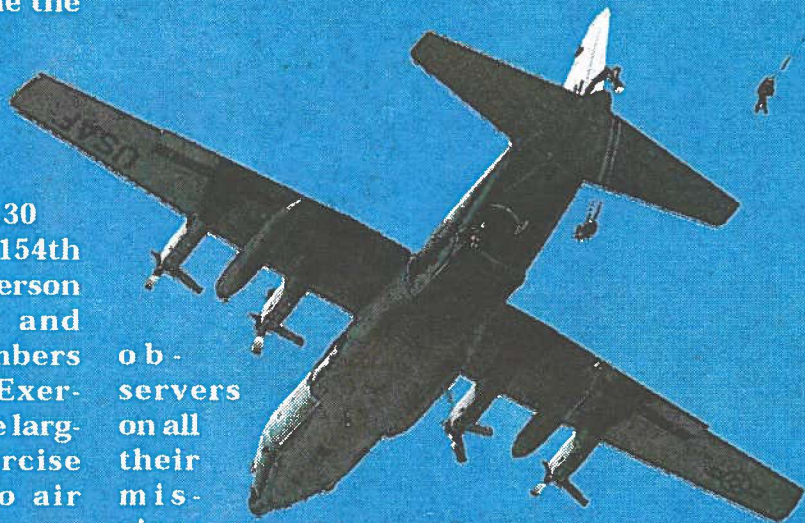
First to Wake Island for gas Oct. 17, then to Guam to pick up members of a contingency response squadron also participating in the exercise, and following stops in The Philippines and Thailand, the Air National Guard team from Hawaii joined approximately 130 active duty U.S. Air Force members and four more C-130's for the one-week airlift event.

This was the furthest most of the Hawaii participants have deployed from home, and none of them had been to India before. "It's been a great experience for all of us," said Maj. Jim Yuki, C-130 aircraft commander. "To have the chance to be here in India to train with the Indian Air Force and to experience some of the culture of this country is amazing."

Yuki and his crew hosted Indian Air Force



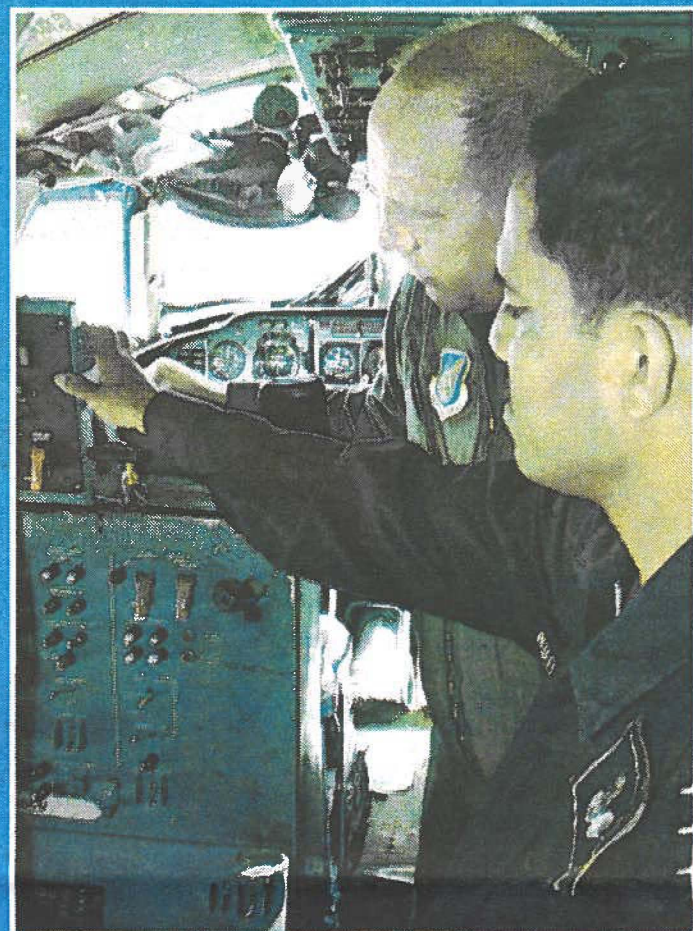
Indian paratroopers board a Hawaii Air National Guard C-130 in October at Agra Air Station, India, as part of a bilateral exercise between the U.S. and Indian air forces.



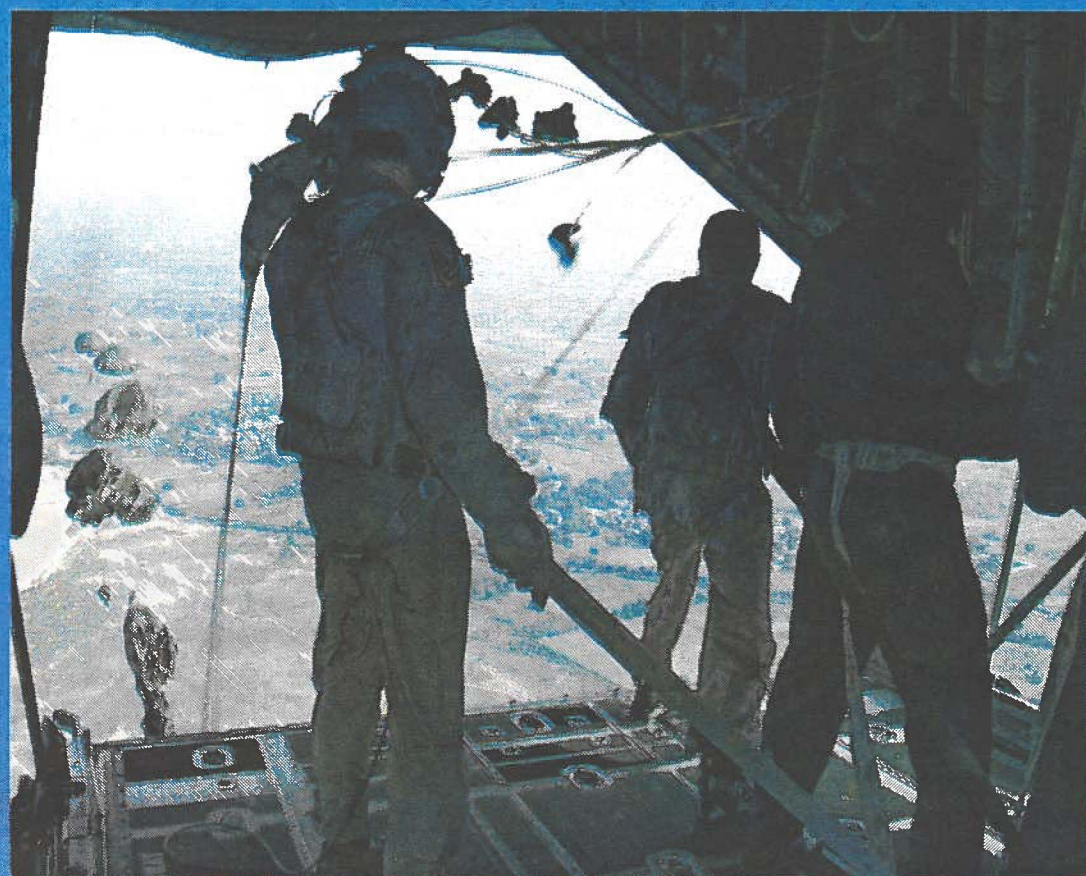
observers on all their missions to discuss C-130 features and cargo/paratrooper drops — procedures they got to see first-hand during actual flight operations. One difference to get used to? The Indian Air Force uses twice the number of jumpmasters — they call them *dispatchers* — to assist getting the paratroopers out than U.S. forces use, but everyone in the cramped front and back-end of the C-130 seemed to appreciate each other's roles. "They understood where we [the loadmasters] needed to be," said Staff Sgt. Kimo McKee, the other HIANG loadmaster. "And by the time we did our second run to drop another 60 paratroopers, the jumps were a lot smoother and quicker — just like back home." Master Sgt. Thomas Varaez, flight engineer, agreed saying "It was a bit crowded, with the observers, but they were very knowledgeable about the instrumentation, very inquisitive and curious about how we fly."

The ground crew, while limited in their interaction with the Indian Air Force, did

have a chance to work with Indian fuels personnel — they observed the testing of the fuel and ensured the aircraft got the gas it needed throughout the week. But otherwise, according to Staff Sgts. Miles Nakamura and Aaron Silva, C-130 crew chiefs, prepping the aircraft to fly was little different from being anywhere else.



Maj. Neal Ernst, C-130 navigator with the 204th Airlift Squadron, looks over the cockpit of an AC-32 Indian cargo aircraft as an Indian flight officer explains the navigational controls. Ernst was in India supporting the bilateral exercise between the U.S. and Indian Air Force.



Jumpmaster Master Sgt. Bill Kissenberger, 204th Airlift Squadron, controls the jump of Indian paratroopers from an Air Force C-130 Oct. 21 over Agra Air Station, India.

# Mālama i Ka 'Āina Koa

"Preserving the soldier's land"

No. 13

Hawaii Army National Guard Environmental Office

October - December 2002

## Public Lands Day takes care of Diamond Head National Monument grounds Environmental team battles elements

Story and photos by Sgt. Daisy C. Bueno

**F**oreign plants, pollution, predators...what do all these have in common? They're all threats to the special environment here in Hawaii. To help battle these elements, the Hawaii Army National Guard's Natural Resources Environmental Section is working to help preserve Hawaii's natural environment and educate others at the same time.

Last year, 300 native trees were planted in Diamond Head Crater, all dedicated in the memory of the fallen rescue workers of 9-11. The planting occurred on National Public Lands Day, which normally takes place during the last week in September. This year, members of the Natural Resources Section were again joined by corpsmembers from the Hawaii National Guard's Youth CHalleNGe Academy, Nov. 23, to clean up the area and plant more trees.

### Educating our youths to take care of our lands

"I think it's important to get involved since the majority of us don't work in our community and take the environment into consideration," said Jessica Alaron, corpsmember of the month for October. "It makes me feel good that we're helping and it gives us the feeling of success



Alaron



**DEMONSTRATION PLEASE** -- Michael L. Wysong (above), field program manager with the Hawaii Army National Guard environmental office, demonstrates the planting process to the HING Youth CHalleNGe Academy corpsmembers. Corpsmember Allen Viray (right) plants a Milo tree seedling.



in completing something."

According to Donna Wu, the integrated training area management assistant with Natural Resources, a continuous partnership with Youth CHalleNGe would be a great accomplishment. "We hope to start a legacy with Youth CHalleNGe and have them come out every year. Hopefully, they can revisit in 10 years, and this will be a place filled with big, tall, native trees."

Michael L. Wysong, field program manager, added "I think it's imperative for the younger generations, in particular, to understand the connection be-

tween them, the future, and the environment. I hope they gain pride in looking after the environment and become stewards of the environment that is theirs for generations to come."

Approximately 100 Youth CHalleNGe corpsmembers helped plant about 100 native trees: Milo and Native Hibiscus, the latter being an endangered plant. These plants were rescued from a private ranch and were donated.

"These plants are expected to do well here," said Wysong. "Both these plants are adapted to dry weather and inside Diamond Head is a perfect example of

that climate. Hawaii is a very unique place. There are plants on these islands that cannot be found anywhere else in the world."

National Public Lands Day originated in 1993 and Hawaii began participating last year. This project was made possible with a grant sponsored by the National Environmental Education and Training Foundation, a non-profit organization dedicated to environmental education. Qualifying Army applicants must demonstrate that they have a public land project that includes community outreach.

## Unexploded rounds found in Hilo training area safely blown up

By Sgt. 1st Class  
Stephanie J. Hika

It was concealed, protected by years of vegetation growth...an ambush waiting to strike. Rumors had it that live unexploded ordnance (UXO) were occupying Hawaii National Guard training lands.

In September, William Rogers, the Environmental Office installation restoration program manager for Hawaii Army National Guard, took the rumors seriously.

The talk circled around a 20-acre area adjacent to the Known Distance (KD) Range on the Keaukaha Military Reservation (KMR) on the Big Island. There were even reports that the site was an impact area for 40mm high explosive (HE) training rounds.

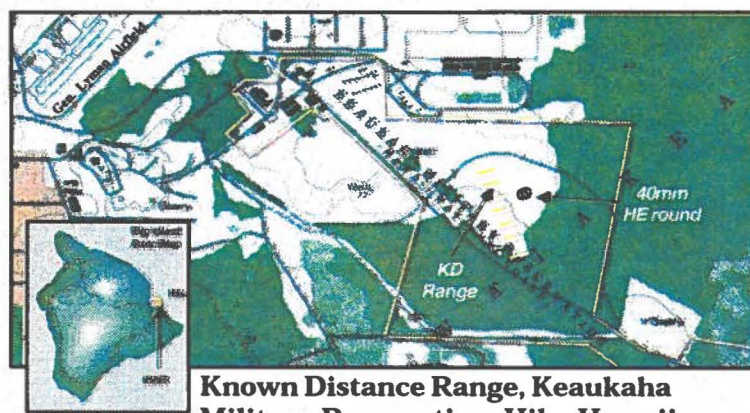
"One site plan did show that 40mm's had been fired, but no documents or even anyone at KMR could say whether live rounds were still there," Rogers said. "And we had no paperwork to confirm or deny that the site had been cleared of unexploded ordnance."

In true hearsay fashion, even signs warning people to stay out were gone. Either beaten down by the weather or simply taken.

### Survey conducted

Rogers contracted for a two-man team from Donaldson Enterprise, Inc., a local explosive ordnance recovery and disposal company, to begin the time-consuming task of walking the site. In environmental terms, it's called a linear transect. For soldiers, it's known as a police call. For this transect, both men distanced themselves from each other by about 10 feet started walking a straight line. It took a week to cover the 20 acres.

During the survey, they found grenade clips, exploded mortar training rounds and evidence that practice antipersonnel mines, or "Bouncing Betties," from previous mission-essential training in the area. They marked each item with tape and plotted a Global Positioning System (GPS) on the location. Nothing proved the rumor true until the very end. That's when the team dis-



Known Distance Range, Keaukaha Military Reservation, Hilo, Hawaii

covered two unexploded 40mm rounds.

"As soon as it was found, we notified the state Department of Health and the 706th Explosive Ordnance Detachment (EOD) out of Schofield Barracks," Rogers said.

Debuting during the Vietnam War, soldiers fired the 40mm round from M79 grenade launchers. Infantrymen commonly referred to it as a "Bloop Gun." The weapon system was primarily used against enemy personnel and vehicles. The round has a 5-meter kill radius with a 400-meter maximum range, and enough explosives to produce

over 300 fragments traveling at 1,524 meters per second upon impact.

Today, soldiers use the M203 grenade launcher, which attaches to an M16 rifle. Combining the weapon systems give a soldier more lethality in a firefight.

The 40mm is a highly unstable round. "A 40mm round is designed to detonate by movement even if it's a dud. That's what makes it so unstable," Rogers added.

### Rounds exploded

It took two soldiers from the 706th approximately a half-day to blow up the round using C-4.

Detonating the round only confirms the rumor, but it doesn't end the project. "Finding the round now makes it more imperative that we expedite the clearing of the site. We've got safety concerns," Rogers said.

This area has high brush grass, making it difficult and dangerous to survey. The environmental office is recommending, in conjunction with safety and the KMR leadership the reposting of signs, notification to administrative officers to warn personnel to stay out, and coordination of a controlled burn.

"This will reduce the heavy vegetation, which will allow EOD to have greater access to the area to perform a proper sweep and clearance," Rogers said. Once cleared, EOD can certify the site for use.

**WARNING: Call the HIARNG Environmental Office (733-4214) for suspected materials, rumors of potential UXO's, or sightings of known munitions during any HIARNG training. Don't pick it up, mark it, and report it immediately.**

# Regional Training Institute dedicated in October

Story and photos by Sgt. Wendy M. Miller

The Hawaii Army National Guard dedicated its new \$17 million 298th Regiment (Multi-Functional), Regional Training Institute (RTI), Oct. 24 at Bellows Air Force Station in Waimanalo.

The facility will be used to train soldiers from the Hawaii Army Guard, U.S. Army Reserve and active Army in the Pacific region to include American Samoa, Guam, Alaska, Hawaii and other states.

"This is a monumental event in the history of the guard. We finally have a regional training institute that is used not only for the guard but for the army reserve and active component into what is called the tri-component concept," said Col. John R. Penebacker, commandant of 298th Regiment.

## School in session from November

The first classes started Nov. 23 and included the Advanced Noncommissioned Officers Course (ANCO), Basic Noncommissioned Officers Course (BNCOC) and Officers Candidate School (OCS). Other courses to be offered are the Instructor Training Course (TA-ITC), Small Group Instruction (SGL) and Military Occupational Specialty (MOS) qualifying courses for 11B (infantry).

## Facilities' future includes sports complex

The institute includes a 248-seat auditorium, 140-seat dining room, 200-bed student dormitory, classroom building, administrative space, physical fitness workout room and parade field with surrounding 1/4 mile track.

Future additions planned are a basketball court, tennis court, baseball field and soccer field.

It is projected that 750 soldiers will be trained here per year, said Maj. Bryan E. Suntheimer, 298th's full-time training administrator. For fiscal 2002, which ended in September, 502 soldiers graduated from the former program at Bellows, housed in smaller facilities.

The benefit and impact to having a facility like this in Hawaii is "cost savings for all Army components. The soldier support features such as dining, billeting, physical fitness and laundry will maximize available training time. Having adequate facilities provide the proper environment for learning," said Suntheimer.

## Ceremony celebrates history, future

U.S. Senator Daniel K. Inouye was the keynote speaker. The purpose of a facility like this one will "make certain that should the eventuality come about



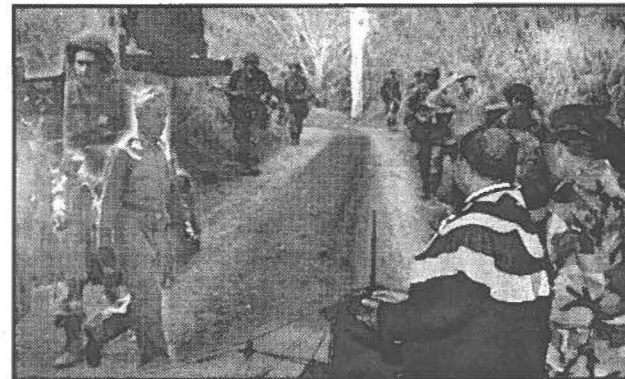
Aerial photo of 298th Regiment (Multi-Functional), Regional Training Institute, at Bellows Air Force Station, Waimanalo, Oahu. Master Sgt. Stephen M. Lum photo



GRAND OPENING -- U.S. Sen. Daniel K. Inouye, retired Maj. Gen. Edward V. Richardson and Maj. Gen. Edward L. Correa Jr., the adjutant general, untie the maile lei, symbolizing the opening of the new facility.

that the men and women in uniform must go forward to stand in harm's way on our behalf, that they do so absolutely ready, trained and committed."

Maj. Gen. Edward L. Correa Jr., the adjutant general, gave remarks. The HIARNG 111th Army Band brass quintet participated and Kawaikapuokalani Hewett, Waimanalo Health Center, gave the blessing of the facility in Hawaiian.



LIFE-SIZE HISTORY -- A mural depicting the history of the Hawaii Army National Guard is discovered by the dedication guests.

The untying of the maile lei marked the official opening of the facility. The two murals were unveiled, the first one depicting the federal activation of Hawaii Army Guard units from World War I, World War II, Vietnam and today and the second mural, a montage of Hawaii Guard state missions.

## Design based on Hawaiian theme

The architecture was built upon a Hawaiian theme. The interior design was based upon integrating the five elements of earth, sky, fire, water and man into one concept. Each element representing a certain color scheme. The administration building represents earth, classroom building for water, auditorium for sky, billeting for man and mess hall for fire.

Other units can schedule use of the facilities to conduct their own training requirements, said Suntheimer. And nonprofit and community groups will be able to use certain areas of the institute with proper authorization and clearance.

## Sports Corner

Compiled by Lt. Col. Fred F. Fogel

**Softball:** The HING Athletic Board would like to thank all the teams and their coaches for participating in this year's October HING State Softball tournament. The games, held at Hickam's Area 61 complex, were very exciting and hard fought. We look forward to the 2003 HING State Softball Tournament which will be on Kauai hosted by Co. A, 2nd Battalion, 299th Infantry, HIARNG. The following is the tournament results:

### Men's Open

- 1st..... Kilohana (HIANG)
- 2nd Pohaku Koa Ohana (HIARNG)
- 3rd Co. A 2/299th Inf (HIARNG)
- 4th..... Tankers (HIANG)
- 5th..... Ho'Aloha (HIANG)
- 6th..... 154th Avionics (HIANG)

### Master's

- 1st..... Na'Aeko (HIANG)
- 2nd..... Kilohana (HIANG)
- 3rd..... Hiki No (HIARNG)

### Co-ed

- 1st..... Kilohana (HIANG)
- 2nd..... 193rd AV (HIARNG)
- 3rd..... 154th ACS (HIANG)

Special thanks to the 204th Airlift Squadron for the airlift support, as well as the 154th Logistics Squadron for the ground transportation.

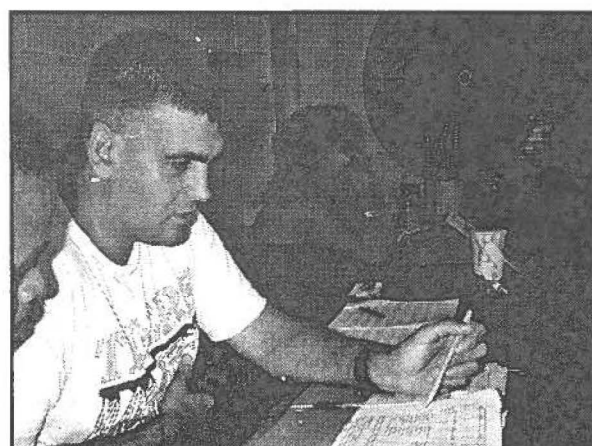
**Bowling:** The 26th Annual Western Regional Military Bowling Tournament is Feb 15-16, Reno, Nevada, Reno Hilton Hotel and Bowling Alley. Transportation available for military members. Depart 8 a.m., Feb. 13 and return 3 p.m., Feb. 17. Tournament cost \$51. Hotel room \$59/night. Must have current ABC card. For additional information contact Master Sgt. Craig Makiya at 448-7700, or visit web site: rain.prohosting.com/angbowl.

The HIARNG is looking for volunteers to help plan and coordinate a Bowling Tournament in the second quarter 2003. If you are interested in helping to revive this tradition, please contact Capt. "Buddy" Francisco, 733-4213.

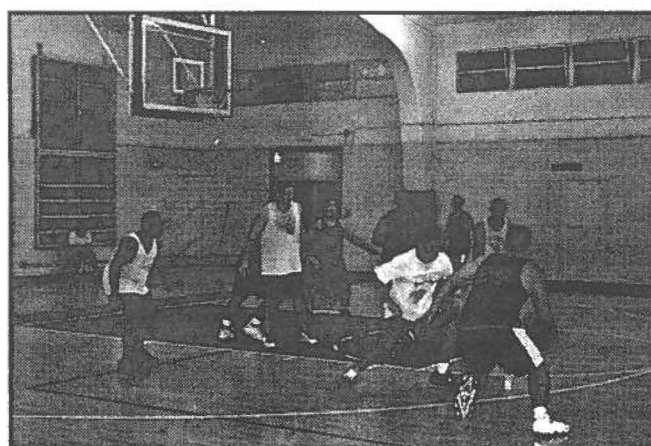
**Basketball:** The HIARNG Intramural Tournament began Oct. 22, at Kalaeloa. Teams from HQ STARC, 229th MICO, 227th ENG, HHC 29th Support, A & B 29th Support, 193rd Aviation, C Med 29th Spt, 1/487th FA, 12th PSD are vying for the coveted perpetual trophy and bragging rights in mid-December. Much mahalo to Capt. Carl Smalls: HQSTARC-Det 4, for running the intramurals for the second consecutive year.



KILOHANA KILLERS -- Hawaii Air National Guard's Kilohana (coed) beats 193rd Aviation to win the Softball Tournament. Sports photos by Capt. "Buddy" Francisco



HOOP DREAMS -- Capt. Carl Smalls (left photo) keeps score, while teams from HQ STARC and 1st Battalion, 487th Field Artillery, trade baskets.





# Hawaii National Guard Family Program

**Lt. Col. Martha "Marty" Wong**  
State Family Program Coordinator

**T**hanks for all the support you have provided me and the Family Program during my tenure as the State Family Program Coordinator (SFPC). This is such a vital program to the organization and truly needs your continued support to ensure the readiness of our units and families for the unique realities of Hawaii National Guard life! A new SFPC will be selected by the next pupukahi article. I know that you will give the new SFPC all the great support you have given me. I will continue to work with the Hawaii National Guard's Family Program as the Hawaii Army National Guard's Executive Officer. Mahalo nui loa and Happy Holidays!

*LTC Marty Wong*

Family Program is a commander's program supporting Guard families and unit readiness. Family Readiness Groups (FRGs) at the unit level represent the core of the Family Program. The pictures on the right, from the State Family Program Conference, represent some of the FRG points of contacts, military and volunteer, that updated or initiated their unit FRG charters.

Mark your calendars for Youth Training 2003, June 12-16, at Kalaeloa. Contact your readiness groups to volunteer or to donate equipment, supplies and treats.

Information about the program and other HING events, as well as more pictures from the conference, will be online at [www.dod.state.hi.us/family](http://www.dod.state.hi.us/family).

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 roads 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 Family Readiness Coordinator - 448-7282  
Maj. Laura Wheeler, HIARNG Family Readiness Coordinator - 295-3286  
Lt. Col. Marty Wong, State Family Program Coordinator - 732-1823 or 1-800-732-6964



**Maj. Gen. Edward L. Correa Jr.**, the adjutant general, and **Capt. Robert Isidro**, Company A, 2nd Battalion, 299th Infantry commander, join in at the family readiness group charter presentation.



**Maj. Gen. Edward L. Correa Jr.**, the adjutant general, and **Capt. Wayne Acosta**, 154th Security Forces Squadron commander, join in at the family readiness group charter presentation.

## SPORTS -- continued from page 6

**Marksmanship:** Five shooters from the HIANG and eight from the HIARNG competed in the October national combat rifle and pistol matches in Little Rock, Ark. Although they didn't bring home trophies, in the words of Col. Stan Osserman, team organizer, "It was a great experience for a novice team."

The pistol shooters were Senior Airman Sam Gainley and Staff Sgt. Terrence Shibata from the 169ACWS, Staff Sgt. Mike Ibon from the 293rd Combat Comm, Maj. Peter Fata from the 203 ARS and Col. Stan Osserman, HQ HIANG. Shibata was the HIANG's novice dead-eye, finishing 58th out of 98 shooters. Osserman finished 54th out of 133 shooters in the open division.

The rifle shooters were Sgt. 1st Class Janell Balatico (team captain), Staff Sgt. Douglas Arakawa and Spc. Luis Casanova from Co A 2/299th Inf, and Staff Sgt. Travis Wong, Spc. Nalei Furtado-Piko, Spc. Lowen Puou from Co B 2/299th

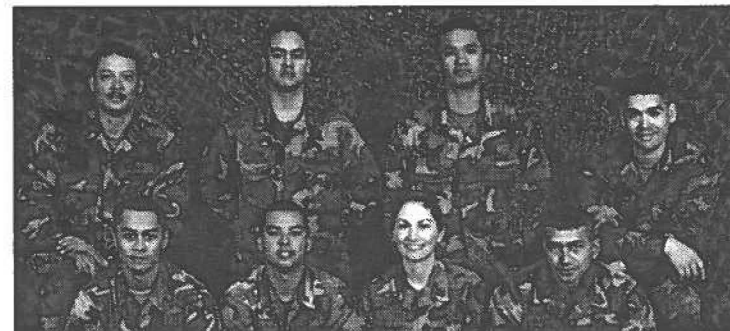
Inf. The Light Machine Gun shooters were Pfc. Michael Derla and Pfc. Bruno Fachinni from Co. B 2/299th Inf. The HIARNG's best individual result was in Match 303 (The Run Down Match) where Casanova placed 15 out of 97 in the novice division.

**Power lifting:** Staff Sgt. Alvin J. Fritz Jr., a Compliance and Environmental NCOIC from the 154th LGSF, took first place in the Men's Open and the Men's Military/Law/Fire Divisions at the AAU World Power-lifting Championships in Henrico County, Virginia, in October. A total of 297 lifters participated. Fritz competed in the 242 pound weight class, setting World and American records in the Military/Law/Fire Division, with a 661.4 lb Squat, 479.5 lb Bench, and 644.8 lb Dead Lift for a 1785.7 lb Total. (Now that's real, heavy mettle.)

If anything is going on in your world of sports, let me know. 733.4228.



**Wilson National Combat Rifle and Pistol Matches teams from the Hawaii Guard:** (Front) Staff Sgt. Terrence Shibata, Maj. Pete Fata, Col. Stan Osserman, (back) Senior Airman Sam Gainey, and Staff Sgt. Michael Ibon.



**Wilson National Combat Rifle and Pistol Matches teams from the Hawaii Guard:** (Front) Spc. Nalei Piko-Furtado, Spc. Lowen Puou, Sgt. 1st Class Janell Balatico, Staff Sgt. Travis Wong, (back) Staff Sgt. Douglas Arakawa, Pfc. Bruno Fachinni, Pfc. Michael Derla, and Spc. Luis Casanova

## Artillery officer on All Armed Forces volleyball team

Leif Ericson T. Fautanu is on a discovery mission to be all that he can be. Capt. Fautanu, commander of the Hawaii Army National Guard's Headquarters and Headquarters Battery, 1st Battalion, 487th Field Artillery, not only was invited to the All Army Volleyball Camp, but also made the All Army Volleyball Team and All Armed Forces Team (Team USA).

He joins Col. Raymond Jardine Jr. (1987) as the only Hawaii Army Guard soldiers to make the All Army Team and the first ever to make the All Armed Forces Team.

Fautanu first started playing volleyball at a church youth league while growing up in American Samoa. "Volleyball was something to do for fun," said Fautanu, a former Youth CHalleNGe Academy staffer, "while trying to stay in shape for the next sport to be in season." It has evolved to a steady diet of volleyball over the past 12 years, mostly with annual Hawaii Guard volleyball tournaments.

The 6-foot artillery officer started six games at middle



**Fautanu**

blocker in the Armed Forces Volleyball Tournament held, Sept. 8-15, in Millington, Tenn.

"Intense national team training included conditioning and volleyball drills, and scrimmages with USVA Team in Pennsylvania," said Fautanu, a 14-year member of the Hawaii Guard. "We practiced three hours, three times a day, during the Army trials except on Sundays." The Army Team came second with the Silver Medal at the Armed Forces tournament.

"As a member of Team USA, I got a chance to compete at Conseil International du Sports Militaire (CISM), in Romania (Sept. 20-Oct. 2) against other countries military volleyball teams. It was a great experience," said Fautanu. The international tournament included teams from Asia, Europe, Mid-East, Africa and the Americas. Many teams fielded Olympic caliber players. Most teams' players average height was between 6 feet 3 to 6 feet 8 inches. Tournament winner Germany had players averaging 6 feet 6 inches, with three at 7 feet.

Will he try again next year? He said he'd like to.

# 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

Brig. Gen. Clarence M. Agena, HQ, STARC (1st OLC)  
Brig. Gen. James R. Carpenter, HQ, STARC (1st OLC)

## Meritorious Service Medal

Master Sgt. Elizabeth K. Kenui, HHD, 103rd Troop Command (1st OLC)  
Sgt. 1st Class Dennis Agbisit, Co. B, 29th Support Bn.  
Sgt. 1st Class Paul Confer, HHSB, 1st Bn., 487th Field Artillery  
Staff Sgt. Jeffrey Nagun, Co. C, 193rd Aviation

## Army Commendation Medal

Maj. George Murakami, HHD, 103rd Troop Command  
Sgt. 1st Class Anthony T. Obatay, Co. B, 193rd Aviation  
Sgt. 1st Class Manuel Viduya, HHD, 103rd Troop Command (2nd OLC)  
Staff Sgt. Glenn L. Alana, Co. B, 193rd Aviation  
Staff Sgt. Sandra Y. Baker, 111th Army Band (2nd OLC)  
Staff Sgt. Dean Guzman, Co. B, 193rd Aviation  
Staff Sgt. Herminio Pagay, Co. B, 193rd Aviation (2nd OLC)  
Sgt. Rose M. Buxton, HHD, 103rd Troop Command (2nd OLC)  
Sgt. Chris H.W.O. Faldio, 111th Army Band

Pfc. Emalia Borges-Ono, Co. B, 193rd Aviation

## Army Achievement Medal

Chief Warrant Officer Richard Mejia, HHD, 103rd Troop Command  
1st Lt. Grant Gurtiza, Co. B, 29th Support Bn.  
2nd Lt. Michael M. Caraang, Co. C, 29th Support Bn.  
1st Sgt. Clifford Duro, HHD, 103rd Troop Command (2nd OLC)  
Master Sgt. Wilfred C. Chuck, HHD, 103rd Troop Command (1st OLC)  
Master Sgt. Robert N. Inouye, HHD, 103rd Troop Command (2nd OLC)  
Sgt. 1st Class Stuart B. Ho, 103rd Troop Command (3rd OLC)  
Sgt. 1st Class Bennett Labuguen, Co. B, 29th Support Bn.  
Sgt. 1st Class Michael J. Lacno, Co. C, 2nd Bn., 299th Infantry (3rd OLC)  
Sgt. 1st Class Regan K. Pelekai, Co. C, 2nd Bn., 299th Infantry (1st OLC)  
Sgt. 1st Class Mel Sakamoto, Co. B, 29th Support Bn. (1st OLC)  
Sgt. 1st Class Gary Tamodong, Det. 1, HHC, 2nd Bn., 299th Infantry (2nd OLC)  
Sgt. 1st Class Manuel Viduya, HHD, 103rd Troop Command (2nd OLC)  
Sgt. 1st Class Chang Yoo, Co. B, 29th Support Bn. (4th OLC)  
Staff Sgt. Rolando D. Domingo, Co. B, 193rd Aviation (4th OLC)  
Staff Sgt. Sue Ann Kauanui, HHD, 103rd Troop Command (3rd OLC)  
Staff Sgt. Rafael C. Ped Jr., Co. C, 29th Support Bn. (1st OLC)

Staff Sgt. David P. Perez, Co. B, 193rd Aviation (1st OLC)  
Staff Sgt. Rueben C. Sabog, Co. C, 193rd Aviation (1st OLC)  
Staff Sgt. Harold C.Y. Tong, HHD, 103rd Troop Command (1st OLC)  
Staff Sgt. Eric P. Simpson, Co. B, 193rd Aviation  
Staff Sgt. Edward B. Wong, 103rd Troop Command (2nd OLC)  
Staff Sgt. (Air) Emilio Maldonado Jr., 93rd CST (WMD) (1st OLC)  
Sgt. Andrew J. Berky, Co. C, 193rd Aviation  
Sgt. Stanley Asejo Jr., HHC, 2nd Bn., 299th Infantry (1st OLC)  
Sgt. Eddie Cardines Jr., HHC, 2nd Bn., 299th Infantry (3rd OLC)  
Sgt. Mitchell Chong, 229th Military Intelligence (1st OLC)  
Sgt. Juanito Gador, Co. B, 29th Support Bn. (1st OLC)  
Sgt. Luke C. Granadosin, HHC, 29th Support Bn. (2nd OLC)  
Sgt. Chi Ha, Det. 1, HHC, 2nd Bn., 299th Infantry (2nd OLC)  
Sgt. Keoni Kaholooa, Co. B, 2nd Bn., 299th Infantry (1st OLC)  
Sgt. Aaron Kawada, HHSB, 1st Bn., 487th Field Artillery  
Sgt. Carlos Levario, Co. A, 1st Bn., 184th Infantry  
Sgt. Michael S. Mackinaw, Co. D, 2nd Bn., 299th Infantry (1st OLC)  
Sgt. Daniel J. Madayag, Co. C, 29th Support Bn. (5th OLC)  
Sgt. Jacob L.K. Magarro, Co. C, 193rd Aviation (1st OLC)  
Sgt. Matthew J. Malinowski, HHC, 2nd Bn., 299th Infantry (1st OLC)  
Sgt. Dale Nimz, Co. C, 193rd Aviation (1st OLC)

Sgt. Margarita Perez Gonzales, HHC, 29th Support Bn. (2nd OLC)  
Sgt. Romeo S. Repollo, Co. C, 193rd Aviation (3rd OLC)  
Sgt. Shannon Thrasher, Co. A, 1st Bn., 184th Infantry  
Sgt. Richard L. Wight, HHC, 29th Support Bn. (1st OLC)  
Sgt. Tyrone Vesperas, HHC (-Det. 1), 2nd Bn., 299th Infantry (1st OLC)  
Spc. Justin Aeto, Co. B, 29th Support Bn. (1st OLC)  
Spc. Ryan K. Baqui, Co. D, 2nd Bn., 299th Infantry  
Spc. Jamie Choy-Hatcher, Co. B, 193rd Aviation  
Spc. Kaleimakalii J.C. Colburn, Co. D, 2nd Bn., 299th Infantry  
Spc. Erwin T. Corpuz, Co. B, 193rd Aviation  
Spc. Joseph Duhaylonsod, Co. B, 29th Support Bn. (1st OLC)  
Spc. Charles K. Eckart, Co. C, 2nd Bn., 299th Infantry  
Spc. Kekamamaikalani J. Emmsley, Co. B, 29th Support Bn.  
Spc. Frederick B. Galiza, 29th Support Bn.  
Spc. Justin K.L. Guillermo, Co. D, 2nd Bn., 299th Infantry (1st OLC)  
Spc. Jason L. Hoy, HHC, 29th Support Bn.  
Spc. Delbert K. Kaawa, Co. C, 2nd Bn., 299th Infantry  
Spc. Justin, B. Kaihenui, Co. D, 2nd Bn., 299th Infantry  
Spc. Clement K. Kaimiola, Co. D, 2nd Bn., 299th Infantry  
Spc. Stefan D. Kalua, HHC, 2nd Bn., 299th Infantry  
Spc. Hoa H. Ly, HHC, 29th Support Bn. (1st OLC)  
Spc. Joseph R. Madamba, HHC, 29th Support Bn.  
Spc. Lovell F. Manes, Co. B, 193rd Aviation (1st OLC)  
Spc. Minerva B. Manuel, HHD, 103rd Troop Command (1st OLC)  
Spc. Martin Martinez, Co. A, 1st Bn., 184th Infantry  
Spc. Christopher J. Maxson, Co. B, 193rd Aviation  
Spc. Andre A. Mazanek, Co. D, 2nd Bn., 299th Infantry  
Spc. Mario Melicdem, HHC (-Det. 1), 2nd Bn., 299th Infantry  
Spc. Melanie G. Mencias, Co. B, 193rd Aviation (1st OLC)

Spc., Mark Nakamura, Co. B, 2nd Bn., 299th Infantry  
Spc. Troy Olivera, HHC (-Det. 1), 2nd Bn., 299th Infantry (1st OLC)  
Spc. Jefferey G. Parubrub, Co. D, 2nd Bn., 299th Infantry  
Spc. Zackary Picar, HHC (-Det. 1), 2nd Bn., 299th Infantry  
Spc. Abraham Poai, HHC (-Det. 1), 2nd Bn., 299th Infantry (2nd OLC)  
Spc. Lauren Porter, Co. D, 2nd Bn., 299th Infantry  
Spc. Christopher Rabago, Co. D, 2nd Bn., 299th Infantry  
Spc. Jason K. Ryan, Co. C, 29th Support Bn.  
Spc. Nathaniel Seria, Co. B, 29th Support Bn.  
Spc. Jonathan S. Serrano, HHC, 29th Support Bn.  
Spc. Matthew Shefet, Co. B, 2nd Bn., 299th Infantry  
Spc. Christopher B. Smith, HHD, 103rd Troop Command (1st OLC)  
Spc. Edward B. Soto, Co. C, 2nd Bn., 299th Infantry (1st OLC)  
Spc. Clifford K. Sparacio, Co. D, 2nd Bn., 299th Infantry  
Spc. Kyle Swigart, Co. B, 193rd Aviation  
Spc. Joshua J. Sykes, Co. D, 2nd Bn., 299th Infantry  
Spc. Teofilo V. Tabula, HHD, 103rd Troop Command  
Spc. Antonio Lenore Tan, HHC, 29th Support Bn. (1st OLC)  
Spc. Koroseta Tumua Tauaa, 29th Support Bn.  
Spc. Edward T. Yamamoto, HHC, 2nd Bn., 299th Infantry (2nd OLC)  
Pfc. Alemar Bamba, Co. C, 193rd Aviation  
Pfc. Andrew Cox, HHC (-Det. 1), 2nd Bn., 299th Infantry  
Pfc. Junmel P. Fabia, HHC (-Det. 1), 2nd Bn., 299th Infantry  
Pfc. Laura Garrett, 229th Military Intelligence  
Pfc. Nicole I. Starnault, Co. B, 193rd Aviation  
Pfc. Russell Walker, Co. D, 2nd Bn., 299th Infantry  
Pvt. Geronimo Felipe, HHC (-Det. 1), 2nd Bn., 299th Infantry  
Pvt. Nelson, Juan, Co. B, 2nd Bn., 299th Infantry  
Pvt. Daniel Kaiwe, Co. B, 2nd Bn., 299th Infantry

Pvt., Paul L.L. Lopes, Co. D, 2nd Bn., 299th Infantry  
Pvt. Tara Muromoto, Co. B, 29th Support Bn.

## Hawaii State Distinguished Service Medal

Gov. Benjamin J. Cayetano, State of Hawaii Commander in Chief

## Hawaii National Guard Medal for Merit

Col. James D. Bacon, HQ, STARC (-Dets. 3 & 4)  
Col. Gary M. Hara, HHD, 103rd Troop Command  
Lt. Col. Daniel R. Oshiro, HQ, STARC (-Dets. 3 & 4)  
Maj. Benedict L. Fuata, 103rd Troop Command  
Chief Warrant Officer Charles D. Gustafson, Det. 55, OSAC  
Chief Warrant Officer David M. Azada, Det. 55, OSAC  
Master Sgt. Harry Miller, HQ, STARC (-Dets. 3 & 4)  
Violet M. Yoshida, State Of Hawaii Department of Defense

## Hawaii National Guard Commendation Medal

Maj. Roger T. Pukahi, Co. C, 193rd Aviation  
Capt. Paul Taketa, HQ STARC  
2nd Lt. Christopher K. Kerr, Co. C, 193rd Aviation  
2nd Lt. Douglas M. Westbrook, Co. B (-Dets. 1 & 2), 193rd Aviation  
Chief Warrant Officer Oliver R. Kaloi, Co. C, 193rd Aviation  
Chief Warrant Officer George M. Yonamine, Co. B (-Dets. 1 & 2), 193rd Aviation  
Chief Warrant Officer Timmy Richards, Co. D, 1st Bn., 207th Aviation, CSAB  
Chief Warrant Officer Michael E. Vidrick, Co. C, 193rd Aviation  
1st Sgt. David C. Wallace, Co. B (-Dets. 1 & 2), 193rd Aviation  
Master Sgt. Melvin T. Suyenaga, HQ, STARC (-Dets. 3 & 4)  
Sgt. 1st Class Timothy P. Alencastre, Co. C, 193rd Aviation  
Sgt. 1st Class Edna G. Nazareno, Det. 55, OSAC (1st Bronze Kahili)  
Bernard Von Esson, Merlin Express



## Safety talk

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

### There's no place like home

It's where you and your family gratefully gather at the end of a long day. It should be your haven, and your island in the storm of life. But statistics show

that your home can be one of the most dangerous places you encounter during your day. More than 28,800 people die at home each year. However, with a little time and attention, you can make sure that your home is truly as safe and secure as you need it to be. The leading causes of death and injury in the home is slip, trip and here's what you can do to prevent them:

### Emergencies

First and foremost, make sure everyone in your household knows their name, address, and phone number, as well as how to dial 911 or other appropriate phone numbers to summon emergency help.

### Avoiding slips, trips and falls

Falls were the leading cause of death in the home in 1999, 9,600 people were killed by falls, with the elderly and very young children being the primary victims.

- Make all upper-story windows safe by installing window safety stops.
- Keep doors and windows to balconies, decks, landings and fire escapes locked when not in use. And don't lean against or sit on railings of high porches or balconies.
- Replace cracked vinyl and linoleum flooring or tiles.
- Repair or replace rugs and carpeting that is ripped, unraveling or lifting at the corners. Make sure all area rugs are skid-proof.
- Do not allow walking or running on freshly waxed or waxed floors. When ironing, be careful of over-spray from spray starch, which can make floors very slippery!
- Repair or replace damaged and unstable furniture.
- Use nonskid mats or appliques in the bath and shower; install grab bars.
- Don't leave babies alone on beds, changing tables, high chairs or sofas. Be cautious when children occupy bunk beds and high cribs.
- Store frequently used household items within arms reach so that climbing isn't necessary.
- Maintain uncluttered and unobstructed traffic patterns in each room.
- Keep all drawers and cabinet doors closed.
- Place pet feeding bowls out of traffic patterns.

Generally, good housekeeping and continuous awareness of hazards associated with walking surfaces will reduce or prevent slip, trip and fall hazards in your home. Wipe spills up immediately. Keep walkways clear and unobstructed. Maintain clean walking surfaces and repair damaged floor surfaces and coverings immediately.

This safety message was provided by the State Safety Office. For more information, feel free to contact Maj. Iaea at (808) 733-4105/4109 or 306-SAFE (7233).

## Seeking a few good men & women

The Hawaii Army National Guard Recruiting and Retention Office is seeking a few good men and women for an upcoming advertising campaign. This campaign will be displayed on the interior of our City Buses throughout the state portraying our citizen soldiers. We are looking for Army Guard soldiers who are in good standing, between the ages of 18 - 35 years old, and exhibit a neat physical appearance. The campaign will advertise each soldier's civilian and military occupations. Commanders are encouraged to nominate soldiers from their unit to participate in this advertising campaign. Interested soldiers may also contact SFC Aaron Pollick at the Recruiting office themselves at 733-4220 or email at [aaron.pollick@hi.ngb.army.mil](mailto:aaron.pollick@hi.ngb.army.mil). Deadline for nominations is Jan. 31 2003.

## 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.

	Jan	Feb	Mar
<b>Hawaii Army National Guard</b>			
HQ, State Area Command	11-12	8-9	1-2
29th Separate Infantry Brigade	11-12	1-2	1-2
227th Engineer Company	11-12	8-10	1-2
HHSB, 1st Bn., 487th Field Arty.	11-12	21-23	7-9
Battery A	10-12, 31	21-23	7-9
103rd Troop Command	11-12	8-9	1-2
12th Personnel Service Company	11-12	1-2	1-2
Company C, 193rd Aviation	4-5	8-9	7-9
<b>Hawaii Air National Guard</b>			
HQ, Hawaii Air National Guard	11-12	1-2	1-2
154th Wing	11-12	1-2	1-2
201st Combat Communications Group	11-12	1-2	1-2