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Hawaii State Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 38, No. 2

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April - June 2003

Calendar

August 2-16
2nd Battalion, 299th Infantry, HIARNG, annual training at Fort Hunter-Liggett, Calif.

August 21, Thursday
Adult CPR certification training through the HIARNG Safety Office (call 733-4105 or 453-5975), Bldg. 306A, Multipurpose Room, 7:30 a.m. and 12:30 p.m.

August 15, Friday
Admissions Day, state holiday only.

September 1, Monday
Labor Day, federal and state holiday.

September 12, Friday
DOD Retirement and Service Award Luncheon, Banyan Tree Showroom, Hale Koa Hotel, 11 a.m.

September 19-20
HING Softball Tournament, Kekaha Field, Waimea, Kauai.

September 19-21
HIARNG Commanders Retreat, 298th Regional Training Institute facility, Bellows Air Force Station.

September 25
Adult CPR certification training through the HIARNG Safety Office (call 733-4105 or 453-5975), 103rd Troop Command Conference Room, 7:30 a.m. and 12:30 p.m.

October 13, Monday
Founder's Day, federal holiday only.

November 11, Tuesday
Veterans' Day, federal and state holiday. Memorial ceremonies at the National Memorial Cemetery of the Pacific at Punchbowl, 9 a.m.; Hawaii State Veterans Cemetery, 1 p.m.; 29th Infantry Brigade Memorial Rock Rededication at Kalaeloa, time to be announced.

Hawaii Guard's direct support in war on terrorism

Army Guard unit to deploy as Air Guard personnel return

By Spc. Benjamin T. Donde and Maj. Charles J. Anthony

Both Hawaii Army and Air National Guard personnel are on the move, as the Guard continues to make positive contributions to the war on terrorism. In early July, more than 50 soldiers from Company B, 193rd Aviation began gearing up for deployment to an undisclosed location in Afghanistan, for Operation ENDURING FREEDOM. The Hawaii Army National Guard soldiers will provide helicopter maintenance for U.S. Army forces fighting Taliban and Al Qaeda holdouts in the mountainous country.

Aviation maintenance to deploy

The deployment is expected to last for an extended period, meaning the soldiers will probably be away from home for the Thanksgiving and Christmas holidays. Sgt. Gregory Lum Ho Jr., a structural repair technician, has deployed to several different locations during his eleven years with the Hawaii Army Guard. The Big Island resident and his wife are spearheading the family support group for the neighbor island soldiers deploying. "The families are the ones with the hardest job, worrying about what's going on with us," said Lum Ho.

FREE CONNECTION - Airmen from the 297th Air Traffic Control Squadron support Operation IRAQI FREEDOM in an undisclosed location within U.S. Central Command. *Hawaii Air National Guard photo*



HELICOPTER MAINTENANCE - Spc. Luke Watkins (left), checks for erosion on a UH-60 Blackhawk rotor; while Spc. Clifford A. Corpuz firms the tension on a CH-47 Chinook ramp. The aviation mechanics belong to Company B, 193rd Aviation, which is deploying to an undisclosed location in Afghanistan, for Operation ENDURING FREEDOM. *Master Sgt. Stephen M. Lum photo*

Air Guard units return home

While the HIARNG was preparing its soldiers for departure, the HIARNG was welcoming home its airmen who had deployed earlier for Operation IRAQI FREEDOM. Members of the 297th Air Traffic Control Squadron (ATCS), Hawaii Air National Guard, based at Kalaeloa (formerly Barbers Point NAS) returned home in late June after sup-

porting missions related to the Iraqi war campaign. Twenty-four unit members departed Hickam Air Force Base on March 8, and served on active duty at an undisclosed location within U.S. Central Command's Area of Responsibility. The Hawaii National Guard is not authorized to disclose the location where unit members deployed to due to host nation agreement. The mission of the 297th is to provide air traffic control and radar approach control for U.S. military aircraft. During Operation IRAQI FREEDOM the Hawaii Guard airmen were responsible for more than 3,000 bomber take-offs and landings.

"We were running pretty much steady ops, the entire time we were over there," according to Master Sgt. John Murakami, an air traffic controller. "We were handling all flight operations at that airfield."

Unit member Senior Airman William "Mika" Chang was selected as Airman of the Month among the entire 40th Air Expeditionary Wing. The 40th was the parent organization for nearly all B-1, B-2 and B-52 air strikes during Operation IRAQI FREEDOM.

Fourteen members of the 292nd Combat Communications Squadron and other units of the 201st Combat Communications Group also deployed in March to several undisclosed locations, for Operation IRAQI FREEDOM. At press time, most of those airmen had returned home.



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Command Notes

Maj. Gen. Robert G.F. Lee
The Adjutant General

accomplish that we will have to fully integrate our own joint forces headquarters with the Joint Task Force-Civil Support, PACOM for planning purposes.

Homeland Security-Joint Staff link

We want to take the joint staff concept to another level and incorporate liaison personnel from civilian agencies related to Homeland Security into the mix. Since Hawaii is one of 16 states whose defense department is also responsible for Homeland Security, it is only natural that we would want to invite civilian law enforcement agencies and/or the Coast Guard to temporarily attach personnel to work directly with the State Department of Defense. Those kinds of relationships could lead to additional funding for Hawaii's Homeland Security needs. It will certainly lead to even greater cooperative efforts related to Hawaii's anti-terrorism programs.

Redeployments

I want to welcome back all of our Hawaii National Guard personnel who've recently returned from overseas, supporting the war on terrorism. Our Air National Guard airmen have been actively involved in security, air traffic/radar

approach control and combat communications missions for Operation IRAQI FREEDOM (see related story on page one). All of our people are well trained and maintained a positive attitude during difficult separations from families, homes, and civilian careers. I've gotten nothing but praise concerning the performance of our forces. Several commanders have said that our HIANG airmen were the best they've ever had the pleasure to work with. Job well done, but I would be remiss if I didn't also recognize our family members. The families who carried on during the time that our HIANG airmen were gone, also deserve praise for their support. I know it's not easy to suddenly be without a spouse or adult child who has deployed to a war zone. There's anxiety and there are every day problems that must be dealt with, but our HING families stayed strong, helped each other out and supported our troops. To all our family members and to our Family Support Groups—Mahalo for your efforts.

Deployments

As we go to print, another Hawaii National Guard unit is getting ready to deploy — B Company, 193rd Aviation (see related story on page one). I know that these Hawaii Army National Guard soldiers will do their jobs well and will do us proud while in Afghanistan. All of our thoughts and prayers go

with them and we look forward to their safe return.

Youth CHalleNGe graduates another class

On June 21, I had the pleasure of seeing our latest Youth CHalleNGe Academy class graduate from phase one of the program. I can't begin to tell you how gratifying it is to see the lives of these at-risk teens completely turned around. What an

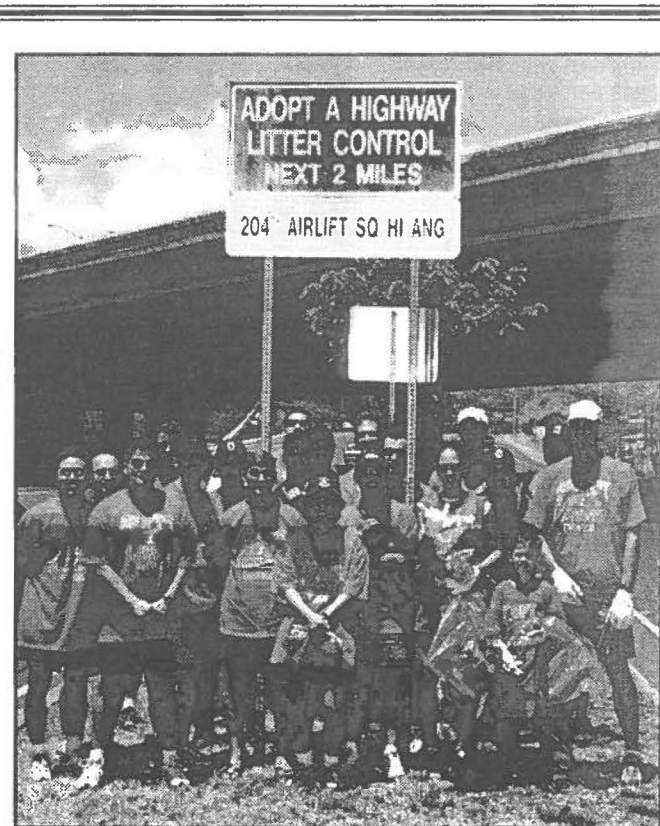
outstanding program we have put together here in Hawaii to help high school dropouts become productive citizens.

At the end of June, we hosted Congressman Ed Case at the YCA facilities in Kalaeloa and I believe he was also immensely impressed with the performance of Director Wally Mitsui and his staff. Great Job!

Change is coming to the State of Hawaii, Department of Defense headquarters.

Joint Staff reconfiguration

In May, Lt. Gen. H. Steven Blum, Chief of the National Guard Bureau (NGB), announced that all states and territories would reconfigure their Army and Air Guard headquarters to incorporate a joint staff. For the NGB, this change took effect on July 1. All states and territories have until October 1 to implement the changes. Members of our staff, both military and civilian, have been coordinating their efforts on this. We are still in the process of shaping exactly what our joint staff will look like, but we certainly will make the transition by October 1. Our vision is to ensure that the State Department of Defense is as fully integrated into the U.S. Pacific Command (PACOM) area of responsibility as much as possible, and to provide PACOM and the governor ready forces able to rapidly react to civil support missions and other operational contingencies. To



HIGHWAY SERVICE -- The 204th Airlift Squadron, Hawaii Air National Guard, has begun an Adopt-a-Highway community service project. On June 13, several dozen unit and family members turned out to clean the two-mile stretch of roadway between the corner of Salt Lake Blvd., and the top of Halawa Heights Rd. They collected more than 50 bags of trash. The 204th has committed to keep the road clean for at least two years. Adopt-a-Highway is sponsored by the State Department of Transportation.

Hawaii Air National Guard photo

Departmental News

Air Force service nametag back

The Air Force's service dress uniform welcomes back its nametag. Beginning Oct. 1st, nametags will once again be a uniform regulation item.

Air Force Chief of Staff Gen. John P. Jumper and other senior leaders selected a new nametag for the uniform last year.

The new service dress nametag has a brushed satin finish and blue letters. It is slightly larger and heavier than the blue plastic nametag worn on the blue shirt and medical white uniforms. It will only feature the wearer's last name and will only be worn on right side of the service dress parallel to the ribbons and medals.

Air Force officials decided last year that a nametag was needed on the service dress uniform. Several proposals were reviewed and feedback was gathered from

across the Air Force during several wear-tests.

The new nametags are available through the Hickam Air Force Exchange Service military clothing sales store (which is now located in the main base exchange). Stop by now and order your nametag. Orders take about three weeks to fill and cost less than \$10.

Legal help on JAG Line

All members of the Hawaii National Guard are invited to participate in a new legal assistance program being established by the Army and Air National Guard Judge Advocates General at the direction of the adjutant general.

Members are invited to contact the JAG Line at 733-4110 during the hours of 1 to 3 p.m. on the Sunday of each weekend that Headquarters STARC is drilling.

Questions may be of

either a military or civilian nature. Even if the JAGs may not be able to represent the caller in a particular matter (representation is generally limited to military matters), the attorneys may be able to assist the caller to sort out the issues and refer them to other sources of assistance.

In many cases, this may be the Lawyer Referral Service of the Hawaii State Bar Association.

The phone being used for the JAG Line is the line for Lt. Col. Donald McKinney, the full-time JAG for the Hawaii National Guard.

McKinney continues to be available to handle questions and requests for legal assistance on non-drill days.

Air Guard JAGs are conducting their call or come in period from 10 a.m.-12 p.m. on Saturdays during normal scheduled drill weekends.

Internal review services available

Have problems needing to be resolved? Need a neutral party to look at your program? Then contact the Internal Review Division of the U.S. Property & Fiscal Office, located in the Diamond Head Crater (Bldg. 303). They are ready to provide you with a full range of audit services. Program managers, leaders, and others (both Hawaii Army and Air Guard) may request formal full-scope audits or informal consulting, advisory and support services. Quick response audits are also available — this audit is reported only to the requester and takes about 10 working days to compile.

Contact Kerry Oshiro, 733-4320 or kerry.oshiro@hingham.mil, if you would like to take advantage of our services or have any questions. We are here to support you!



pupukahi

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

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Gov. Linda Lingle
Commander in Chief

Maj. Gen. Robert G.F. Lee
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
e-mail: webmaster@dod.state.hi.us

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

Local Air Guard recruiter tops nationally

By 2nd Lt. Regina Berry

Master Sgt. Vickie Padello was selected as the recipient of the 2002 Air National Guard Recruiting and Retention NCO of the Year Award. Padello was presented the "Recruiting Gold Badge" at the National Recruiting and Retention Conference held in St. Louis, Mo., in April. She was selected as the best in the nation from among over 100 recruiters nominated from four regions of the country. She was also the recipient of the Region One award, which includes Hawaii and 14 other states. The award is based on criteria such as job knowledge and leadership abilities, significant self-improvement and involvement in the community.

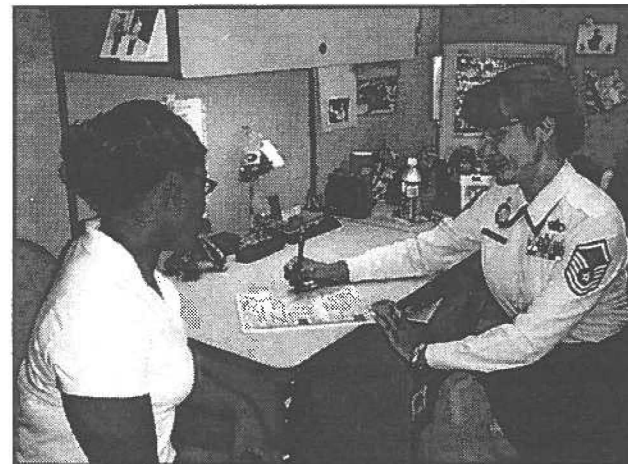
Padello has been a Hawaii Air National Guard member for more than 22 years. The Waianae High School graduate went through basic military training in 1981 and shortly after began working as a military pay technician in the accounting and fi-

nance section. She went through a number of transitions before she took a position with the 154th Mission Support Flight as a production recruiter. Padello's hard work and dedication as a recruiter is reflected by her long list of accomplishments. Along with the two most recent awards, she has received the 2002 Superior Performance Award for the HIANG and the 4th Quarter Region I Award for critical AFSC's.

Padello is also the proud mother of six.

Recruiters take home more awards

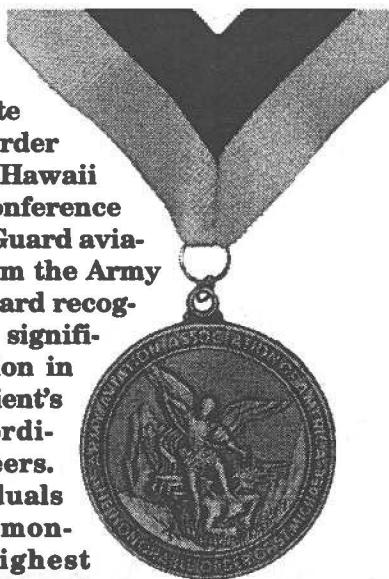
At the same conference, the 154th Wing recruiters received two more significant awards. They brought home awards for the Fiscal Year 2003, First Quarter: "Wing With Most Critical Accessions" and "Wing With Most Health Professions Accessions." Ten recruiting and retention members from the Wing attended the conference to represent the HIANG and receive the awards.



JUST DOING MY JOB -- Master Sgt. Vickie Padello, Air National Guard Recruiting and Retention NCO of the Year, counsels a potential enlistee on her options. Staff Sgt. Kristin Higgins photo

BRONZE MEDALLION PRESENTATION -- Col. Gary M. Hara, the new Chief of Staff and former State Army Aviation Officer, is presented the Order of St. Michael bronze medallion at the Hawaii Army National Guard's aviation safety conference in May. Hara was the first Hawaii Army Guard aviator to receive this prestigious award from the Army Aviation Association of America. The award recognizes individuals who have contributed significantly to the promotion of Army aviation in ways that stand out in the eyes of the recipient's seniors, subordinates, and peers. These individuals must also demonstrate the highest standards of integrity and moral character, display an outstanding degree of professional competence, and serve the U.S. Army or civilian aviation community with distinction. The legend of Saint Michael defeating the dragon exemplifies the bravery and gallantry associated with the aviation soldier and the boldness and swiftness of aviation on the battlefield.

Hara was the first Hawaii Army Guard aviator to receive this prestigious award from the Army Aviation Association of America. The award recognizes individuals who have contributed significantly to the promotion of Army aviation in ways that stand out in the eyes of the recipient's seniors, subordinates, and peers. These individuals must also demonstrate the highest standards of integrity and moral character, display an outstanding degree of professional competence, and serve the U.S. Army or civilian aviation community with distinction. The legend of Saint Michael defeating the dragon exemplifies the bravery and gallantry associated with the aviation soldier and the boldness and swiftness of aviation on the battlefield.



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NEW BLOOD -- Newly commissioned 1st Lt. Patrick J. Lehmann is sworn into the Hawaii Army National Guard by Capt. Wade G. Bennett, at their civilian workplace, Kaiser Permanente's San Diego Medical Center, Calif. Members of the Hawaii Guard's Medical Command, both physicians assistant's fly to Hawaii for drills and annual training. Lehmann works full-time in orthopedics, while Bennett, a chief physician's assistant certified (PAC), works in the emergency department. Bennett recruited Lehmann, who has been with Kaiser for nearly three years. Bennett has more than 18 years of military service with the U.S. Marines and the Guard. Lehmann joined up because of a renewed vision of duty to his country.

Lake Wilson cleanup aided by Army Guard engineers



By Derek R. Inoshita

The additional duties brought onto America's military by the global war on terrorism have not slowed the Hawaii National Guard in its continuing efforts to improve communities all over the state. The Hawaii Guard uses its assets and personnel to assist neighborhood projects whenever possible.

In March, members of the Hawaii Army National Guard's 227th Engineering Company assisted state and federal agencies with the removal of salvinia molesta from Lake Wilson in Wahiawa. Salvinia, a fast-growing, non-indigenous water fern had covered approximately 95 percent of the surface

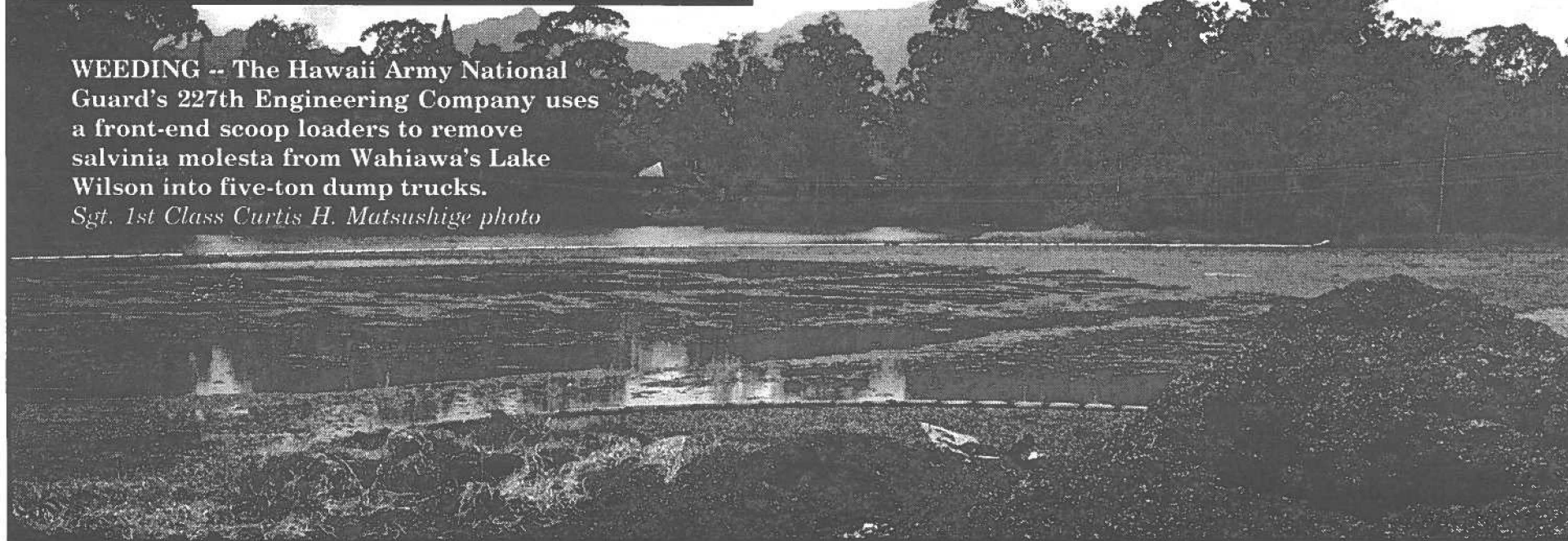
of Lake Wilson, a home to turtles, ducks, and 22 species of fish.

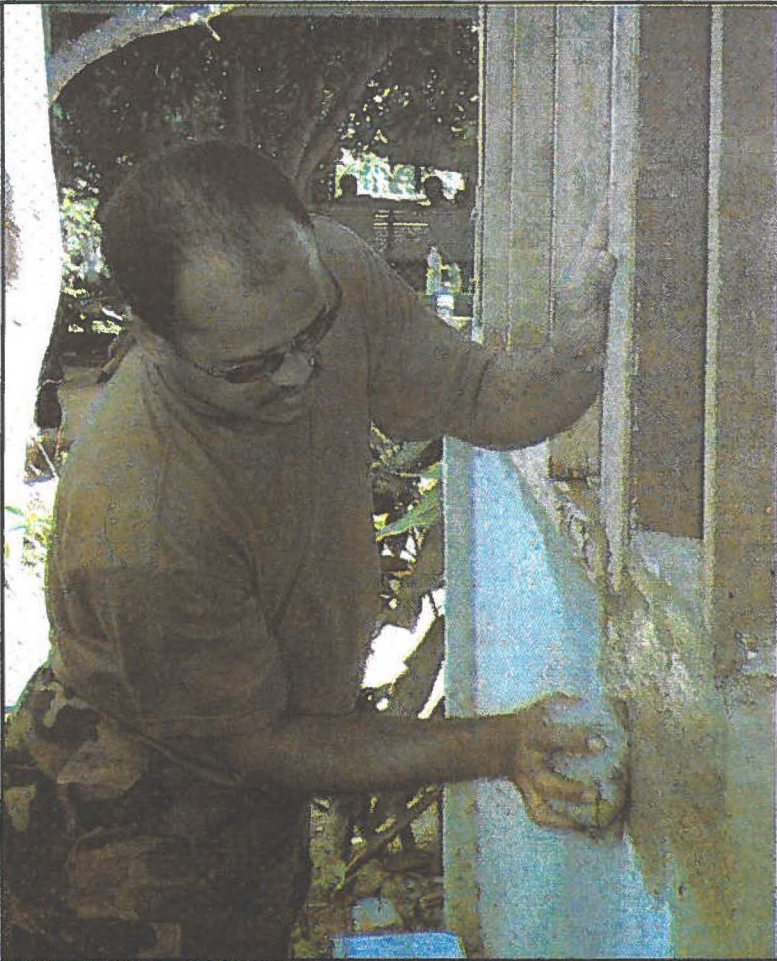
Using two front-end scoop loader cranes and several five-ton dump trucks, eleven 227th engineers joined the Department of Land and Natural Resources in the containment fight, providing a second front against the salvinia. In one weekend, the 227th removed approximately 1,546 cubic yards from the surface of the lake.

"I want to thank everyone for their tremendous team effort, including personnel and equipment federal state, county and private sector," said Maj. Gen. Robert G.F. Lee, the adjutant general.

WEEDING -- The Hawaii Army National Guard's 227th Engineering Company uses a front-end scoop loaders to remove salvinia molesta from Wahiawa's Lake Wilson into five-ton dump trucks.

Sgt. 1st Class Curtis H. Matsushige photo






SMOOTH OPERATOR – Spc. Gordon Mattos (above), 298th Engineer Detachment, Hawaii Army National Guard, smooths the plaster on the wall of a classroom during Exercise Balikatan in the Philippines.
Staff Sgt. Haunani Lo photos



TEAMWORKERS – Sgt. Joel Ballestero (above right), 298th Engineer Detachment works with a local troop to make a “form” to be used for pouring cement during Exercise Balikatan in the Philippines.



RP-US BALIKATAN 2003
HUMANITARIAN *and* CIVIC ASSISTANCE/
CIVIL MILITARY OPERATIONS EVENT



PROJECT: • REPAIR OF 1-UNIT HOME ECONOMICS BUILDING
PROJECT STARTED: 02 APRIL 2003
DATE OF COMPLETION: 08 MAY 2003
UNITS: • 355th ENGINEER WING, PHILIPPINE AIR FORCE
• 298th ENGINEER DETACHMENT, HAWAII ARMY NATIONAL GUARD

Engineers build Philippines partnership

By 1st Lt. Jeffrey D. Hickman and Master Sgt. Stephen M. Lum

Construction, not destruction, is what the Hawaii Army National Guard's 298th Engineer Detachment is all about. Twenty engineers continued building the Hawaii National Guard's States Partnership Program relationship with the Republic of the Philippines during Exercise Balikatan 2003 this spring. The program is a National Guard initiative that promotes links between U.S. states with partner countries' defense ministries and other government agencies for the purpose of improving bilateral relationships with the U.S.

Carpenters, electricians, masons, plumbers and more put their expertise and hearts into repairing a home economics classroom in Tagaytay City in the Batangas Province, about two hours south of Manila. The 298th engineers spent 20 eight hour days working along side airmen from Philippine Air Force's 355th Aviation Engineer Wing in the humanitarian and civil assistance/civil military operation event.

The tools and other equipment to be used during this project were sent from Hawaii, via barge, 40 days before the arrival of the 298th.

Once on site, there was no shopping outside the hotel, no walking around the immediate area or sight-seeing. The daily routine was: hotel, bus, work site, bus and hotel. The threat level for the area was elevated, but the 298th soldiers said they felt no threat. Our soldiers were in an unstable region and had a Guam Army National Guard unit providing force protection.

"The locals were ecstatic about our help...they were very thankful," said Staff Sgt. Haunani Lo. One thing that the 355th will come away from this project with is the experience in using the 298th's power tools. "When we got there, they were using rakes, shovels, hand saws and homemade ladders and that was it."

PAINTING THE CEILING -- Spc. Andrew Kalaukoa, 298th Engineer Detachment, places "mud" to seal the ceiling joints during Exercise Balikatan in the Philippines.



Mālama i Ka 'Āina Koa

"Preserving the soldier's land"

No. 15

Hawaii Army National Guard Environmental Office

April - June 2003

Academy continues partnership with Hawaii Army Guard environmental team

Story and photos by Sgt. Daisy C. Bueno

Since the first Earth Day in 1970, the environmental movement has increasingly altered itself from a small campaign to a professionally organized event. It has helped to put environmental issues on the forefront at the community and legislature levels. In Hawaii, hundreds participated in cleaning shorelines and rebuilding watershed streams. The Hawaii Army National Guard Environmental Office continues to restore the land at the Diamond Head State Monument.

Today, we are clearing out nonnative trees and other alien species. "We are planting native plants so eventually this crater will have the ecosystems that belong



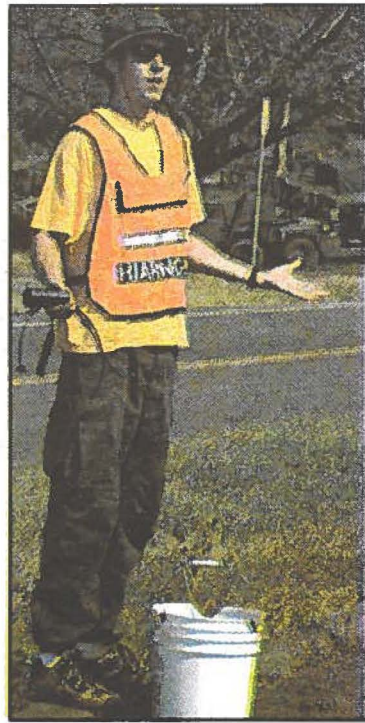
Levin

here," explained Penny Levin, conservation program manager. "Any time you do this, you give the land the ability to take care of itself."

Native plants restoration continues

In addition to planting trees, weed control was conducted by taking out nonnative grass and shrubs. They opened up the initial area by removing alien species like keawe, which is from Africa, in order to encourage the growth of native plants, like ilima. To combine restoration with landscaping, native plants were placed along the road to the State Civil Defense headquarters where they can be more easily seen by the public. After planting, mulch was placed over them to keep the weeds down and keep water in the soil.

This restoration project started three years ago on Pub-



lic Lands Day, with the planting of about 300 trees. The Hawaii National Guard's Youth CHALLENGE came out initially to lend a hand and has continued to participate in the ongoing restoration. "All around the world people are giving their time on Earth



TEAMWORK -- Christopher Miller (left), a natural resources research assistant, explains why and how the drip irrigation system is being installed. Ben Skellington (above), a vegetation restoration specialist, explains how to plant the native seedlings to the Youth CHALLENGE corpsmembers.



Douglas

Day just to help out," said corpsmember Bobby Douglas. "This is positive and I am proud to be here today doing my part in helping Hawaii."

Corpsmember Valerie Mateo added, "It makes me feel good to know that I can contribute to

the community and help the environment."

According to Michael Wysong, field program manager with the Hawaii Environmental Office, "I think it's important that the kids come out and get the opportunity to do this hands-on restoration. Not only does it help us out, but it helps them out, too. They can come back and see the results of their labor and hopefully gain a sense of stewardship for the area."

Guard battling Miconia invasion

Story and photo by Spc. Lloyd C. Phelps II
HIARNG Environmental PAO

Beauty is said to be in the eye of the beholder. In the world of botany, no truer statement could be made, where often times

one man's beauty is another man's beast. Such is the case on the island of Hawaii with a plant called Miconia calvescens.

Originally introduced to the Hawaiian Island chain in the 1960's,

Miconia was considered a desirable ornamental tree because of its attractive green and purple foliage. However, this purple beauty soon turned into a purple plague for many Pacific islands

For two years, the Hawaii Army National Guard Environmental Office has been waging a non-stop war with Miconia on Keaukaha Military Reservation in Hilo, Hawaii.

According to Maj. Darryl Lindsey, facility manager at KMR, the National Guard's environmental mandate calls for the destruction of such invasive plant species.

"We are required by law to conserve and protect natural plant species within this ecosystem," Lindsey explained. "To accomplish that mission we must prevent the spread of harmful plants such as Miconia, which if left unchecked, will take over and destroy the entire ecosystem."

Evidence of the urgency of the Environmental Office's work can be found on the island of Tahiti, where over sixty percent of the island is blanketed with thick stands of

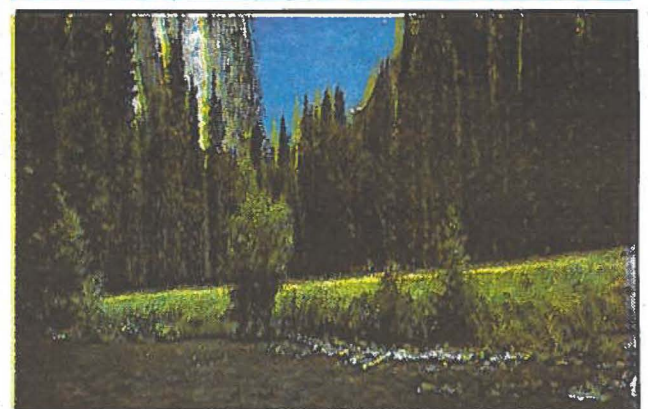
Miconia. These purple trees ultimately replace the native forest and its accompanying wildlife.

KMR contains 503 acres of training land including two rifle ranges, a pistol range and a machine gun range. A native Hawaiian rain forest has been established within the training area and it is within this Ohia-Lama forest that the Environmental Office has focused its efforts against Miconia.

According to Mike Wysong, the conservation manager, Miconia is an especially worrisome plant. "Miconia is considered the number one invasive species threat in Hawaii because of its aggressive nature and ability to overrun native ecosystems," he said. "We have a responsibility to control these invasives and limit their spread not only on KMR, but between training sites as well."

Wysong pointed out the heightened importance of controlling Miconia on national guard land, where soldiers can potentially come in contact with the plant, thereby becoming unknowing vehicles for its spread to new areas.

"This could potentially



SETTING STANDARDS -- Lt. Gov. James "Duke" Aiona presents the State Environmental Council award to the State Of Hawaii Department of Defense. Accepting the award for the DOD were Lt. Col. Ronald Swafford, Melissa Chimera and Col. Stanley Osserman. For the second year the DOD was recognized for excellent efforts in achieving its three environmental goals of conservation, compliance and land management. Master Sgt. Stephen M. Lum photo

lead to an erosion in unit readiness if training areas become significantly overrun with Miconia, thereby causing closure of the area," he said. "This is ultimately what we are trying to prevent."

The Miconia eradication program not only contributes to the overall fighting effectiveness of the Hawaii Guard, it is an integral link to maintaining Hawaii's native past.

"The wetland forest on KMR is one of the rarest native forest types in Hawaii," Wysong explained.

"This lowland wet Ohia-Lama forest is unique to the windward side of Hawaii, and is all but destroyed except in a few unpopulated pockets here and there," he said. "I personally take a great deal of pride, knowing I and my team are contributing to its maintenance."

Though the battle is far from over, the Hawaii Guard and its citizen soldiers can all feel a great deal of pride, knowing it's at the forefront of such an important environmental fight.



PURPLE HAZE -- Cynthia Thurkins, an environmental specialist with the Hawaii Army National Guard Environmental Office, tags the location where a Miconia plant was discovered on Keaukaha Military Reservation in Hilo, Hawaii. The environmental team routinely sweeps KMR in search of Miconia, and destroys the plant where ever it is found.

Hawaii runners finish 3rd at NGB Marathon

By Lt. Col. Scott Kimsey

At dawn, Sunday morning, May, despite heavy rain, occasional lightning, and a mere 50 degrees on the thermometer, five runners from the Hawaii National Guard reluctantly trudged through the freezing puddles to the start line of the 20th Annual National Guard Marathon in Lincoln, Neb. What started as a "survival" challenge became a victory celebration after all Hawaii runners crossed the finish line with the most successful Hawaii showing ever.

Chris Larson (169 ACWS), the newest member of the team, finished the 26.2 mile course 3rd overall, and was the 2nd overall National Guard finisher. Jay Kauwale placed 2nd in the men's masters division (40 & over). Four of the five team members set new personal records despite the wintry conditions. The combined effort of all team members contributed to Hawaii's third place finish in the 50 states and 4 territories participating in the marathon. Only Oregon and Indiana had better combined times.

In addition, Larson, Kauwale and Scott Kimsey were selected for the National Guard's elite "All Guard Team." Each year members of the All Guard Team represent the National Guard at the Air Force, Marine Corps and Navy Marathons.

The official finishing times for the Hawaii runners were:

Chris Larson, 169 ACWS	2:35:51
Jay Kauwale, Btry A, 1-487 FA	2:52:43
Scott Kimsey, 204 AS	3:17:59
Mike Compton, HQ 154 WG	3:21:35
Ron Yi, HHC, 29 Spt Bn	3:32:14

This was the best overall finish by any Hawaii Guard team. Hawaii is becoming recognized as one of the top running states in the country. The team needs at least one new runner to enter each year. If you would like to join a winning team, participate in at least one marathon and wait for the call around March of next year.

Many thanks to both our sponsors, the HING Athletic Board and National Guard Hawaii Insurance,



HAWAII NATIONAL GUARD'S 2003 MARATHON TEAM -- Jay Kauwale (HIARNG), Michael Compton (HIANG), Ronald Yi (HIARNG), Scott Kimsey (HIANG), and Christopher Larson (HIANG).

Inc. The distinct uniforms elicited spectator encouragement of *Hawaii* and *Aloha* all along the route, as our team raced through the rain. It is great to be a winning team, and it certainly helps to look like one.

Sports Corner

Compiled by Lt. Col. Fred F. Fogel

Looks like the HING (State) basketball tournament will be November or December 2003, so there's plenty of time to hone your hoop skills. The green side will coordinate.

Bowling

A lack of available bowlers forced the cancellation of the 41st Annual Air National Guard Bowling Tournament in Las Vegas, Nev. Perhaps the deployment dust will settle enough for the 42nd next May.

The HIANG Bowling League held their annual awards banquet April 12, at the Pearl Country Club. The skillful Mike work of Craig Makiya brought order to the door prize and raffle madness. Striking Back (Annette Gagarin, captain) slid away with \$500 and first prize. The winner wasn't determined until the last bowler in the last frame of the last game, Antone "Gabe" Gabriel (a.k.a. "Mr. Pressure"), rolled a strike. Last year's winner, Bob Tanaka Realty, Inc., took home \$400 and second. Progressive Computer Services placed third.

Individual awards were:

High Average Male	Chad Shinkawa (202)
High Average Female	Annette Gagarin (174)
High Average Handicap Male	Kealoha Kaawaloa (214)
High Average Handicap Female	Vanessa Laguana (210)
High Series Male, Antone Gabriel (742)	Joann Rapoza (550)
High Series Handicap Male	Wallace Yara (785)
High Series Handicap Female	Kelly Ardo and Leeann Uehara (694)
High Single Game Male	William Zambo (288)
High Single Game Female	Karen Shoda (212)
High Single Game Handicap Male	Chris Fabriga (301)
High Single Game Handicap Female	Glenda Buis (262)

The 2003-2004 season started in June with 20 teams, an increase of four from last season.

Cycling

The sun came out for the Haleiwa Metric Century bicycle ride in April. Approximately 600 riders of all ages enjoyed the hospitality of the Hawaii Bicycle League and their sponsors. Scott Kimsey (204AS) blazed by early, en route to points east. Despite a birthday party that went into

the wee hours the night before, Ron Katto (DCSIM) pushed through the pain (Amazing what some people will do for a t-shirt).

Fishing

The annual 154ACS Surf-rider Ahi Tournament kicked off June, at Port Allen, Kauai. The tournament lasted two days with a banquet following at the Kekaha Neighborhood Center. Once again the Army Guard made the armory available for quarters.

Anglers were current or retired Hawaii National Guard members, employees of PMRF, or special guests invited by the board of directors.

Golf

The 15th Annual "Jack Baker" ESGR Golf tournament was held May, at the Leilehua Golf Course.

Tournament hosted by the 9th Regional Support Command US Army Reserve. The primary purpose of this tournament is to show appreciation to employers for their support as "Patriots" for those men and

women serving in Hawaii's Guard and Reserve units.

Racquetball

The HIANG racquetball team entered the Hickam racquetball finals as the underdog, won the first match, and is one point away from taking it all.

Congratulations to the team members for the outstanding performance in their first year of competition. The composure and sportsmanship of the HIANG team during the finals were a true reflection of the professionalism of the Hawaii Air National Guard. Well done.

Softball

If your unit wants to field a team in the HIANG softball tournament, July 18-20, contact Wendell Au, 448-8433. The tournament is a primer for the Nationals in Dayton, Ohio, Aug 3-11, and the State tournament in September.

The 154th Wing is one of eight teams participating in Hickam's Intramural Women's Softball League, coached by Kelsey Arakaki (169 ACWS). The regular season games ran from March to May.

The 154th Wing also has two teams participating in the Hickam's Men's Softball League, which started March. Steve Abear (169 ACWS) coaches the A team, and Vincent Ramos (154 AGS) coaches the B team.

The HING State Softball Tournament, hosted by Co. A, 2nd Battalion, 299th Infantry, HIARNG, is tentatively scheduled for the third week in September on Kauai.

Volleyball

Two HIANG teams are participating in the Hickam AFB Volleyball Intramurals in April, at Hickam gym. Kaipo Sing (154 MSF) coaches Team A and Team B.

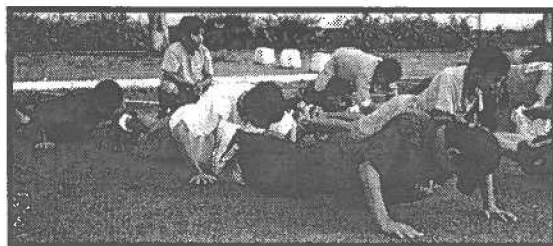
If that weren't enough, Kaipo is also the chairman for the HIANG volleyball tournament on Kauai, Aug. 22-24. The Kauai coordinators are: Marc Gonsalves (150ACWF), and Roy Yokotake (154ACS).

Tentative dates for the HING (State) volleyball tournament are June 21-23. Green side coordinating.

If anything is going on in your world of sports, call Fred Fogel at 733-4228.

YOUTH TRAINING

-- continued from page 7



UP-DOWN-UP-DOWN . . . LEFT-RIGHT-LEFT-RIGHT -- Whether it's push-ups on land or in the water . . . whether it's moving together with the aid of jointed "slippers" . . . this year's youth learned the importance of teamwork.





Hawaii National Guard Family Program

Lt. Col. Laura Wheeler, State Family Program Coordinator

I want to take this opportunity to thank the families, units, volunteers, State Advisory Team, and staff for providing the greatest "Aloha" and support for the continued success of our annual activities such as the State Family Readiness Conference and Youth Training.

Ongoing events such as our mobilization of Company B, 193rd (AVIM - intermediate aviation maintenance) and the establishment of our Family Assistance Center, will be covered in the next edition of the *pupukahi*.

Readiness conference held at Bellows

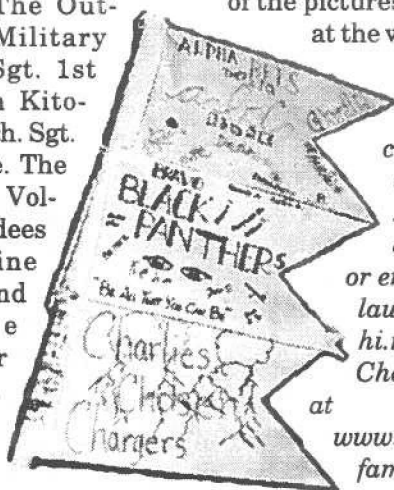
This year, our Family Readiness Conference was held on May 17-18 at the 298th Regional Training Institute at Bellows Air Force Station. Our guest speaker, Judge xx Webb, provided keen insight and wisdom on life issues. Our volunteers provided various classes

on areas for example; Military Speak 101/Etiquette-acronyms, How to Market Family Program/Recruiting Volunteers, Team Building/FISH, and Speaking on Your Feet. The volunteer support, which included the instructors for the classes, the outstanding catering from Leonard and Lt. Col. Marty Wong, and the support staff, made this year's conference a success. Also, Mahalo to all volunteers and military attendees for your participation. The 2002-2003 Hui Laulima Award for the most Outstanding Units are 1st Battalion, 487th Field Artillery, and 154th Security Forces Squadron. The Outstanding Military POC's are Sgt. 1st Class Aaron Kito-Hong and Tech. Sgt. Mark Crabbe. The Outstanding Volunteer Awardees are Francine Swedberg and Bernie Murakami for HIARNG, and Pua Duropan for HIANG.

Mahalo for all of your hard work and great support!!!

Youth training held at Kalaeloa

This year's Youth Training at Kalaeloa, Barbers Point, included a lot of training, fun and sun. Our Youth (ages 8-14), who were supported by Junior Leaders (ages 15-21), adult leaders, and Family Support, learned what it means to be *Kamali'i O Na Koa (Children of Warriors)*. Team-building, drill and ceremony, physical training, sports, and fun were orders of the day during this annual youth training event. Pictures tell the story. Some of the pictures will be on-line at the website below.



Don't hesitate to contact me at (808) 732-1823, 292-5190, 1-800-732-6964 or email me at laura.wheeler@hi.ngb.army.mil. Check our website at www.dod.state.hi.us/family.



PURPLE SQUAD -- Volunteers of the Family Program Advisory Team "try" to demonstrate how to fall-in and line up correctly.

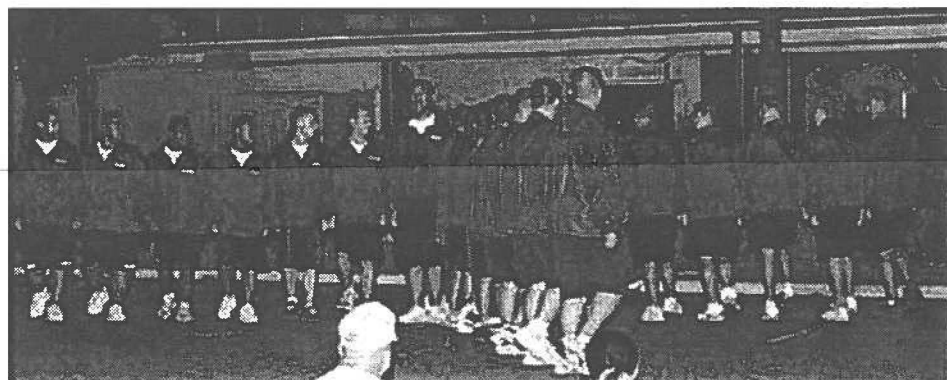
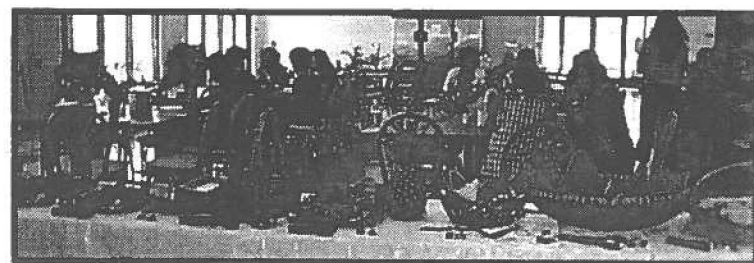
How to reach us?

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:

Kauai		Liz Taga, retiree ...	623-0487
Roberta Agena 337-1144	Barb Yadao-Petti	... 674-0806
Hilo		Missy Vincent 422-6380
Marilyn Tolentino	935-9648	Gloria Duro 486-0667
Maui		Lorna Souza 235-8815
Georget Bissen-Pelekai	873-3552	JoAnn Gomes 623-4365
		Loretta Hales	154th Wing Family Readiness Coordinator
			448-7282
Oahu		Lt. Col. Laura Wheeler	State Family Program Coordinator
JoAnne Yamamoto	235-1642		732-1823 or 1-800-732-6964
Bobbie Kito-Hong	676-7256		
Harriet Kuni 668-5185		
Kimo Palakiko 239-2040		

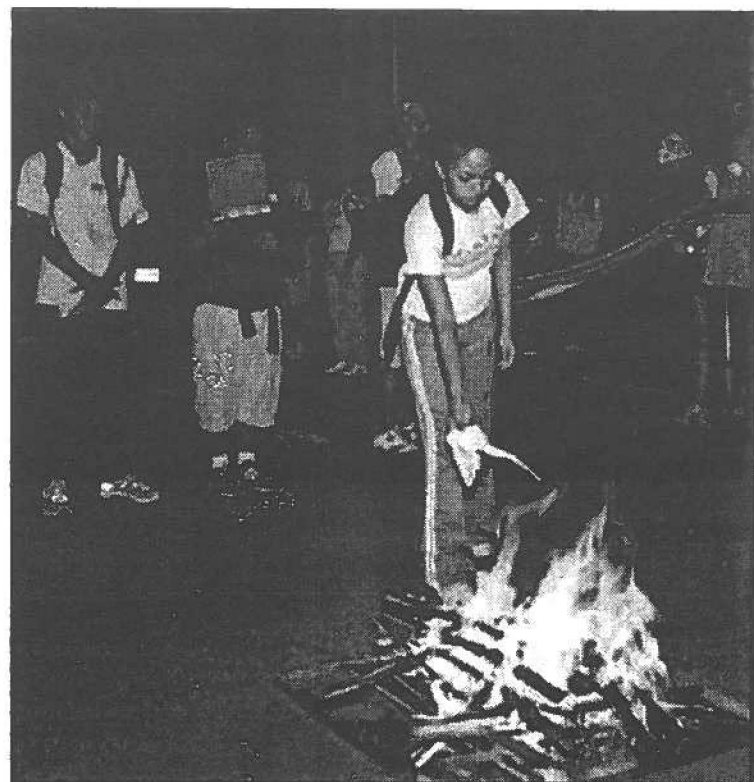


TRAINING 'N' TREATS -- Family Readiness conferees meet in small groups to brainstorm resolutions to support those who are deployed and those left at home. Meetings and dining were held at 298th Regional Training Institute, Bellows Air Force Station in Waimanalo.



INSPIRATIONAL MARCHING -- The youths were thrilled and in awe as the Youth CHALLENGE Academy corpsmembers performed their intricate drill routines.

OUR FUTURE -- Emma Vincent, our youngest participant, proved that leadership capabilities do not depend on size as she stands proudly as the first sergeant's guidon bearer.



A sense of patriotism was present as the junior leaders participate in a special flag retirement ceremony.



RECYCLING -- Gail Miyagi, wife of Brig Gen. Vern T. Miyagi, took the time to teach the youths how to recycle and create beautiful pendants and make a simple but delicious snack.

MORE PHOTOS ON PAGE 6

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, HQSTARC
Brig. Gen. Glen I. Sakagawa, 29th Separate Infantry Brigade
Col. Gary M. Hara, State Army Aviation Office, HIARNG
Master Sgt. Clifford S. Karimoto, HQSTARC

Meritorious Service Medal

Lt. Col. Kerry K. Oshiro, HQSTARC (1st OLC)
Lt. Col. Kent N. Tsutsumi, HQSTARC
Lt. Col. Placido D. Valenciano, 25th Infantry Division (Light), Division Rear Operations Cell (1st OLC)
Maj. Woodrow L. Arakawa, HQ, 29th Support Bn (3rd OLC)
Maj. Robert W. Leshner, HQ, 1st Bn. 487th Field Artillery
Maj. William R. Spray, HQ, 2nd Bn., 299th Infantry (1st OLC)
Chief Warrant Officer Dennis I. Kagihara, HQSTARC
Command Sgt. Maj. Wendell M. Hatami, HQ, 29th Separate Infantry Brigade (2nd OLC)
Sgt. Maj. Leighton Y.C. Siu, HQSTARC (2nd OLC)
1st Sgt. William F. Hue, HHB, 1st Bn., 487th Field Artillery
Master Sgt. Jose D. Allagonoz, HQSTARC
Master Sgt. Wilfred C. Chuck, 103rd Troop Command
Master Sgt. Ailao L. Mataia, HQ, 298th Regiment

Master Sgt. Henry M. Otto Jr., HQ, 298th Regiment
Sgt. 1st Class Guy Fukumoto, HQSTARC
Sgt. 1st Class Parker K. Kaneahua Jr., HQ 298th Regiment Multi Functional (1st OLC)
Sgt. 1st Class Abel O. Vidauri, Co. C, 193rd Aviation
Master Sgt. Kennichi Matsuoka, 154th Aircraft Generation Squadron
Sgt. 1st Class Ernie B. Pigao, Battery C, 1st Bn., 487th Field Artillery
Staff Sgt. Brian R. Koga, HQSTARC (2nd OLC)
Tech. Sgt. John Lacio, 93rd Civil Support Detachment (WMD)
Staff Sgt. Randy Lum, Battery C, 1st Bn. 487th Field Artillery
Staff Sgt. Dana W. Wingad, 298th Regiment-Multi Functional Training Brigade
Sgt. Chris Rabanes, HHSB, 1st Bn., 487th Field Artillery

Army Commendation Medal

Maj. Suzanne Vares-Lum, HQSTARC (4th OLC)
Maj. Gavin P. Tomlinson, HQSTARC (5th OLC)
Capt. Leshan D. Jayasekera, HHC, 29th Separate Infantry Brigade
1st Lt. David Hatcher, Battery B, 1st Bn. 487th Field Artillery (1st OLC)
1st Sgt. Myron M. Hamasaki, HHC, 29th Support Bn. (1st OLC)
Master Sgt. Rex Brun, HQSTARC (2nd OLC)
Sgt. 1st Class Trent N. Takaoka, HQSTARC

Sgt. 1st Class Eric J. Whidden, HQSTARC
Staff Sgt. Douglas Patterson, HHC, 29th Separate Infantry Brigade (1st OLC)
Staff Sgt. Noel C. Sosa, HQSTARC (2nd OLC)
Staff Sgt. Donovan Tuisano, HHC, 29th Separate Infantry Brigade (3rd OLC)
Sgt. Matthew B. Battle, Co. C, 193rd Aviation (3rd OLC)
Sgt. Christopher Tabangcura, HHC, 29th Separate Infantry Brigade (4th OLC)
Sgt. Allen Tudela, HHC, 29th Separate Infantry Brigade (2nd OLC)

Army Achievement Medal

Sgt. 1st Class Eric J. Widden, HQSTARC
Sgt. Yuan-Jin Yang, 12th Personnel Service Co. (3rd OLC)
Spc. Nicanor Abelardo, 29th Separate Infantry Brigade
Spc. Jane L. Degal, 29th Separate Infantry Brigade
Spc. Desiree K. Espinda, 29th Separate Infantry Brigade (1st OLC)
Spc. Janeth M. Foronda, 29th Separate Infantry Brigade (1st OLC)
Spc. Damien P. Lariosa, 29th Separate Infantry Brigade (2nd OLC)
Spc. Ryan K. Soon, 29th Separate Infantry Brigade
Spc. Salavare Tumaneng, 29th Separate Infantry Brigade (2nd OLC)
Pfc. Laura K. Garrett, 229th Military Intelligence Co. (1st OLC)
Pfc. Naomi Suzuki, 29th Separate Infantry Brigade (1st OLC)

Hawaii National Guard Medal for Merit

Col. Robert J. Fishman, 9th Regional Supprt Command

Federal employees recognized

Seven Hawaii National Guard employees and organizations were recognized at the Federal Executive Board's Excellence in Federal Government Awards luncheon. The ceremony, held annually, paid tribute to 135 federal civilian and military employees and organizations.

Hawaii Army and Air National Guard nominees were:

First Sgt. William F. Hue, U.S. Property and Fiscal Office, professional, administrative, technical employee of the year: Hue is a highly professional fiscal advisor who expertly developed and managed an easily accessible computer database that enabled government purchase cardholders to balance financial charges. He originated a superb system that aided staff in tracking Readiness Management Period accounts that resulted in thousands of dollars in payroll savings annually.



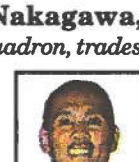
Hue

Betty Ann Ishizaki, State Army Aviation Office, clerical and assistant employee of the year: Ishizaki is a tremendous asset to the state Army aviation program and performs above the scope of her position. She streamlined administrative functions and developed highly successful suspense and tracking. Using efficient and innovative practices, she reduced agency paper flow by nearly 50 percent.



Ishizaki

Staff Sgt. James M. Nakagawa, 154th Aircraft Generation Squadron, trades and crafts employee of the year: Nakagawa consistently demonstrated exemplary performance in all phases of aircraft maintenance. His versatility and personal pride in his work contributed to the unit's successful mission accomplishment and made him an outstanding role model for his fellow workers. His knowledge and repair expertise were key factors in exceeding readiness goals.



Nakagawa

Chief Warrant Officer Oscar T. Nakamura, U.S. Property and Fiscal Office, manager/supervisor of the year: Nakamura consistently exceeded Army standards as the budget officer due to his remarkable attention to detail, vast technical knowledge and incomparable financial expertise. His budgetary advice to commanders at all levels was remarkable and translated to the Army National Guard being granted \$50,000 incentives award in operational funds.



Nakamura

Tech. Sgt. John Lacio, 93rd Civil Support Detachment (Weapons of Mass Destruction), enlisted service member of the year: Lacio's contributions to the operational readiness of the 93rd included planning, coordinating and executing the military air (MILAIR) transportation of unit personnel, equipment and vehicles during neighbor island deployment that validated the 93rd's rapid response plans. Additionally, his efforts saved the unit nearly \$20,000 in operational cost.



Lacio

Lt. Col. Alika G. Watts, Human Resources Office, military officer of the year: Watts has provided exceptional management the National Guard active-duty military personnel program. His comprehensive mission knowledge aided him in effectively staffing all levels to an unprecedented 97 percent manning. His aggressive administration of the enlisted promotion system resulted in the highest number of AGR (Active Guard Reserve) soldiers promoted in HIARNG history.



Watts

93rd Civil Support Detachment (Weapons of Mass Destruction), organizational excellence: The 93rd CSD (WMD) experienced an exceptional training year focused on integrated response models from WMD terrorist incidents. Serving as a conduit between local, state and federal agencies, the detachment developed a collaborative environment that fostered dynamic response plans and defined roles and responsibilities.

SHOWING THEIR TOYS -- Sgt. Norman Peleholani, Sgt. 1st Class John Ando, Sgt. 1st Class Joshua Amano, Capt. Geronimo T. Mateo from the 93rd Civil Support Team (Weapons of Mass Destruction) display some of their detection equipment at the awards luncheon.



Master Sgt. Stephen M. Lum photos

Safety talk

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

Driving safety

Defensive drivers' course facts

An on-line defensive drivers' training course is being offered. You can access the program from any computer, anywhere in the world where Internet access is available. The DDC training is available 24 hours a day and seven days a week. Earn your National Safety Council's Defensive Drivers' Certificate upon completion of the online course. Your auto insurance company may accept your completion certificate and may offer credits or discounts.

Danger in the backseat

Car drivers wearing seat belts are five times more likely to die in a crash if their backseat passengers are unrestrained. During an impact, rear-seat passengers can be thrown forwards with great force and cause severe injuries to those in the front. Deaths and severe injuries of front-seat occupants of cars would potentially be averted by rear seatbelt use. Next time your backseat passengers don't want to buckle up...it might not only cost them their life, but your life also!

Helpful Tips

Prevent heat related injuries: Drink fluids every half hour - even if you are not thirsty. Avoid alcoholic beverages. Watch each other for dehydration.

Trips, slips and falls: General housekeeping of office and shop work areas. Keep floors clean and free of water and other slippery materials. Pick up tools and other items to prevent trips and falls.

Tips for sprains: Keep the injury elevated. Keep weight off of it. Follow the "rice" procedure: rest - ice - compression - elevation.

Tidbits

Q: What are the four most dangerous steps on most staircases?

A: The two at the top and the two at the bottom.

Q: How can you prevent your car from hydroplaning?

A: Slow down to keep them on the ground and give them more time to get where they are going.

When using a saw, you should not cut above waist height. Never at shoulder height. And absolutely NOT above your head.

Don't store first-aid kits in the bathroom or other humid areas. A high shelf in a hall closet, where children can't reach, is best.

We would love to hear from you! For questions or concerns regarding safety issues or ideas for the newsletter contact the State Safety Office at 733-4105/09 or 306-SAFE/SAF1/SAF2.

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. Most Army Guard units perform their annual training (AT) in July.

	Sept	Oct	Nov
Hawaii Army National Guard			
HQ, State Area Command	7-8	4-5	1-2
298th Regiment (MF), RTI	7-8	4-5	1-2
29th Separate Infantry Brigade	7-8	4-5	1-2
2nd Battalion, 299th Infantry	7-8	4-5	1-2
HHSB, 1st Bn., 487th Field Arty.	7-8	4-5	1-2
103rd Troop Command	7-8	4-5	1-2
Company C, 193rd Aviation	7-8	4-5	1-2
Co. D, 207 Aviation	7-8	4-5	1-2
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	7-8	4-5	1-2
154th Wing	7-8	4-5	1-2
201st Combat Communications Group	7-8	4-5	1-2