

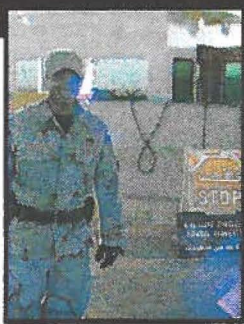
History

Francis Wai remembered for heroism, leadership page 3



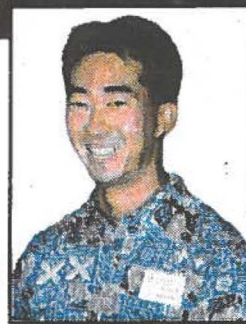
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Hawaii State Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 38, No. 1

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

January - March 2003

Calendar

April 16-18

Hawaii Army National Guard Safety Workshop, Hale Ikena, Fort Shafter.

April 18, Friday

Good Friday, state holiday.

April 27, Sunday

Earth Day, Environmental Office continues Diamond Head Crater restoration with help of volunteers.

May 7, Wednesday

Excellence in Federal Government Awards Luncheon, Sheraton Walkiki Hotel, Hawaii Ballroom, 10:45 a.m.

May 10-18

Hawaii Military Appreciation Week, various events at various locations. (see events in the Departmental News column on page 2)

May 13, Tuesday

29th Infantry Brigade's 35th anniversary of 1968 activation.

May 17-18

Hawaii National Guard Family Program Conference, at the 298th Regiment (MF), Regional Training Institute, Bellows Air Force Station, Waimanalo, Oahu.

May 26, 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, 1 p.m.

June 11, Wednesday

Kamehameha Day, state holiday.

June 13-16

HING Youth Training, Kalaeloa. Details and registration information to come.

Lee heads Department of Defense

Just before the New Year, Gov. Linda Lingle announced the appointments of Brig. Gen. Robert G.F. Lee as state adjutant general and Gary M. Ishikawa as the deputy adjutant general. As adjutant general, Lee serves as executive director for the State of Hawaii Department of Defense. Ishikawa assists in overseeing the operations of the department.

"Both of these men are dedicated to ensuring the security of our state and our nation," said Lingle. "They have excellent leadership experience and the commitment and integrity that will enable them to supervise Hawaii's armed forces, maintain the readiness of the Hawaii National Guard for state and federal active duty, and coordinate our civil defense activities."

Lee's previous assignment was as commander of the 9th Regional Support Command, responsible for the Army Reserves in Hawaii, Alaska, Guam, Saipan, American Samoa, Japan, and Korea. He previously served as chief of staff for the 9th Army Reserve Command and assistant chief of staff for operations and training G-3, IX Corps (Reinforcement). He also served as commanding officer of the 100th Battalion, 442nd Infantry.

In his civilian capacity, Lee was the Pacific general manager for Perot Systems Government Services (formerly ADI Technology). A licensed professional engineer in mechanical and nuclear engineering, he is a graduate



LADIES' CHOICE -- Hawaii State Senate confirmed, Maj. Gen. Robert G. F. Lee gets his second star pinned by Gov. Linda Lingle and his wife, Judi, March 3, at the State Capitol.

of McKinley High School. He has a Bachelor's degree in Mechanical Engineering and a Master's degree in Business Administration from the University of Hawaii.

"I wish to thank Governor Lingle for providing me the opportunity to serve the people of Hawaii as the state's adjutant general," said Lee. "Our dedicated citizen-soldiers and airmen capably defend Hawaii and our nation. On many occasions, they do this far beyond our shores, separated from fami-

lies and loved ones. Such is the business of national defense today. It is an honor to be part of this great team of soldiers, airmen, civilians, veterans and families that serve the State of Hawaii and our nation in the Department of Defense."

Ishikawa was the principal executive in charge of operations for the Honolulu Board of Water Supply. First employed as an engineer with the board in 1971, Ishikawa left from 1992 to 1995 when he was appointed deputy director for Maui County's Department of Water. He returned to Oahu in 1995 to the Honolulu Board of Water Supply.

Ishikawa was commissioned as a second lieutenant in the U.S. Army and recently retired as a colonel with the U.S. Army Reserves. During his 30-year career with the Reserves, he served as the commander of the 411th Engineer Battalion and the Pacific Armies Liaison Command. Other assignments included tours as the deputy chief of staff for force development and deputy chief of staff for information management of the 9th Regional Support Command.

Ishikawa is a graduate of the University of Hawaii and St. Louis High School.

On March 1, Lee was unanimously confirmed by the State Senate and on March 3, he was pinned as a major general by Gov. Lingle and his wife, Judi, at a State Capitol ceremony.



SERVICE FIRST -- Maj. Gen. Robert G. F. Lee cuts the first slice of his two-star promotion cake. His wife and mother look on as Clarice Chung readies a plate for the first slice. Master Sgt. Stephen M. Lum photos

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Command Notes

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

I've only spent a few months on the job now, but I must tell you how impressed I am with the men and women of our department. I worked with the Hawaii National Guard during my time with the U.S. Army Reserve so I had a very positive impression of the Guard, but I was not fully aware, until now, of just how outstanding the entire organization is. The Hawaii Army National Guard and Hawaii Air National Guard

have more than lived up to their reputations for excellence, but I have also been impressed by the hard work and dedication of the State Civil Defense, Office of Veterans Services and Youth CHalleNGe Academy staffs. We've got an excellent team. I've found that the people who work throughout the department really know their stuff and are willing to go the extra mile to get the job done. Please keep up the good work!

There have been a few changes in key leadership positions. We recently announced that the newly promoted Brig. Gen. Vern Miyagi will become the commander of the HIARNG, and Col. Joe Chaves will become the commander of the

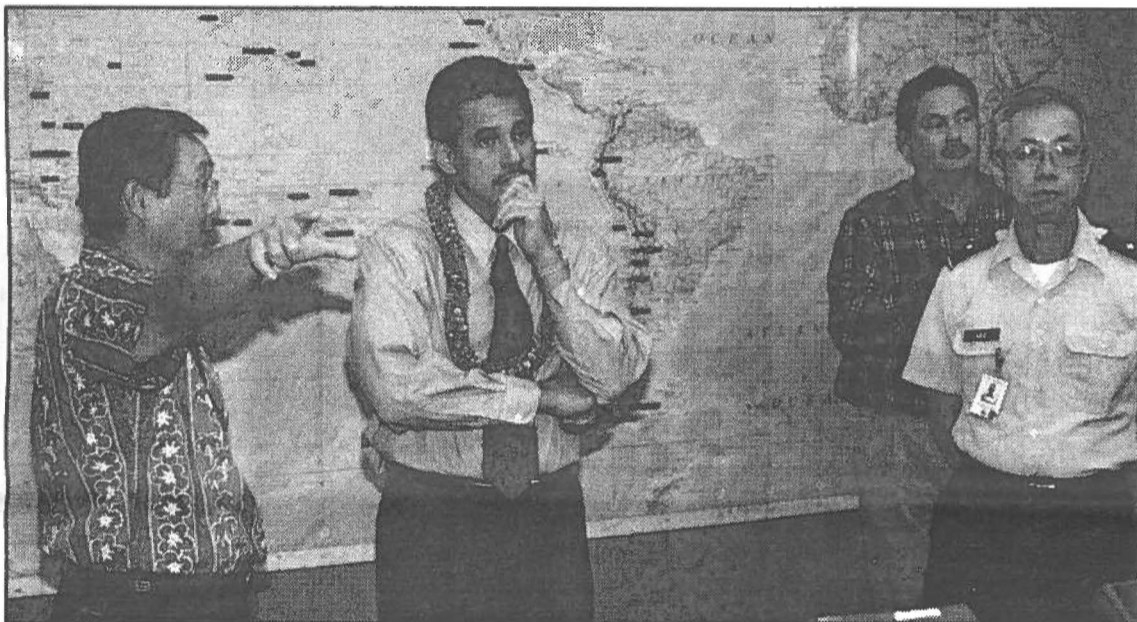
29th Separate Infantry Brigade. Miyagi and Chaves faced a tough selection board and were the board's clear choices to fill their respective positions. I was honored to forward these nominees to Gov. Linda Lingle for her approval. Both of these men bring a wealth of knowledge and experience to their new positions, and I have full faith and confidence in their abilities to lead. Ed Teixeira, retired Brig. Gen. Irv Cockett and Wally Mitsui will continue on in their roles as division heads of State Civil Defense, OVS and YCA, respectively.

Homeland security

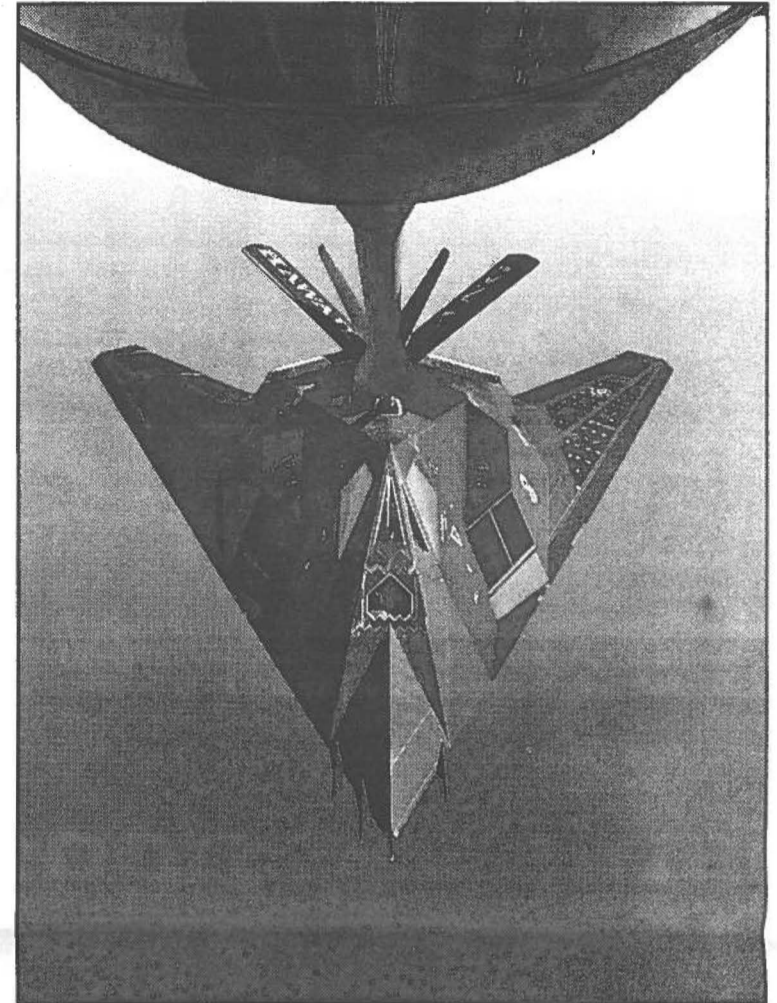
It's been a busy couple of months and I've been focused primarily on issues related to homeland security. As state adjutant general, I am the principal advisor to Gov. Lingle on homeland defense and other military topics. In a short period of several

weeks, we've seen the Department of Homeland Security raise the federal alert level from Yellow or "Elevated" to Orange or "High", back down to Yellow and up again to Orange as U.S. forces prepared to do battle in Iraq. Here in Hawaii, we've been a little more steady, going from Blue or "Guarded" to Yellow on the eve of the U.S. military action. We haven't had to go through the same gyrations as the federal system because there have not been any credible threats directed at

Hawaii. Despite that, we still must remain vigilant. Our homeland defense mission is to help protect Hawaii's people and properties from harm. For all of us, performing that mission — protecting our communities, friends, neighbors and families — is quite likely the most important task we'll ever have. I ask for your continued support in accomplishing this vital mission. Mahalo!



EXECUTIVE BRIEF -- Lt. Gov. James "Duke" Aiona is given a homeland security brief at State Civil Defense by Alden Kang, the plans and operation chief. The lieutenant governor was accompanied by Maj. Gen. Robert G.F. Lee, the adjutant general and director of State Civil Defense. Brian Yanagi, the earthquake planner was on hand to answer possible questions. Sgt. Wendy M.H. Miller photo



SKY RIGHTER -- A U.S. Air Force F-117 Stealth Fighter/Bomber is refueled by a KC-135R Stratotanker, 203rd Air Refueling Squadron, Hawaii Air National Guard, in March. The bomber was on its way to the Republic of Korea to serve as a deterrent against possible North Korean aggression. Hawaii Air National Guard photo

Departmental News

Hawaii Military Appreciation Month events

- Opening ceremonies (by invitation) . . . Friday, April 25, 6-8:30 p.m., USS Missouri, Ford Island
- Dinner luau military special May 1-7, Paradise Cove
- Twilight Tattoo, hosted by commanding general, 25th Infantry Division (Light)
- Saturday, May 3, 4-5 p.m., Fort DeRussy, Waikiki
- Military Family Day Sunday, May 4, 9:30 a.m - 5 p.m., Bishop Museum
- Combined Military Band Concert and Reception, hosted by U.S. Navy Saturday, May 17, 5:30-6:45 p.m reception (by invitation to senior commanders)
- 7 p.m. concert (with ticket); Hawaii Theater
- Military night luau dinner show Monday, May 19 Hale Koa Hotel
- Military Recognition Luncheon Wednesday, May 21, 12-1:15 p.m., Hawaii Ballroom, Sheraton Waikiki (250 uniformed members to be invited; selected commanders to be mailed invitations)

For more information, please contact the Department of Defense, Hawaii National Guard, Public Affairs Office at 733-4258 or email us at: webmaster@dod.state.hi.us

Academy free admission special for military families

The Honolulu Academy of Arts has inaugu-

rated a special free admission policy for active, reserve and retired military members and their families in all

branches of the Services; Coast Guard, Navy, Marine, Air Force and Army.

In April, the Academy will begin Military Appreciation Sundays with free admission for military members and their families on the first Sunday of every month during normal museum hours, 1 to 5 p.m. The program will continue until further notice. Military members or their families need only show a military identification card for free admission on the first Sunday of every month.

For more information about the Academy's Military Appreciation Sunday program, call the Academy at 532-8700 or email academypr@honolulu.academy.org.

The Academy is located at 900 S. Beretania Street in the

Thomas Square Historic District, hours: Tues. through Sat., 10 a.m. - 4:30 p.m.; Sun., 1-5 p.m.; closed Mon. Guided tours are offered Tues. through Sat., at 11 a.m.; Sun., at 1:15 p.m. The Pavilion Café serves lunch Tues. through Sat., from 11:30 a.m. until 2 p.m. The Academy Shop is open during normal Museum hours. Admission is free to the Academy Shop, the Pavilion Café, and the Academy Art Center. Complimentary admission is offered to the public on the first Wednesday of the month.

Phone Numbers: general info: 532-8700; recorded info: Exhibitions: 532-8701; theater events: 532-8768.

For more info, please contact Charlie Aldinger, Director of Public Relations, at 532-8712.



pupukahi

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

The pupukahi is funded and published quarterly 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.

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Only Chinese-American to receive Medal of Honor

Wai leaves 298th Infantry to fight in South Pacific

By Sgt. Scott J. McDonald

For more than 50 years, Capt. Francis Brown Wai was only a name in the U.S. Army history books, only known as a Captain in the 34th Regiment, 25th Infantry Division, and a soldier who died during a beach assault at Leyte, Philippines, on Oct. 20, 1944. But for those who knew Francis Brown Wai, his family, friends, fellow officers, and his troops, he was a born leader.

"He was well-respected, well-liked, and he always led by example, he never asked anyone to do what he wouldn't have done himself," added his brother, Robert Wai.

But all that changed on June 21, 2000, in a White House ceremony where then Pres. Bill Clinton presented 22 Asian American (most posthumously) the prestigious Medal of Honor, the highest award given to airmen, sailors, Marines and soldiers for bravery in combat.



Capt. Francis B. Wai

Wai family grew up in Hawaii

Born in 1916 and raised in Hawaii, Francis was the second of five Wai children, who were Chinese-Hawaiian, with a touch of Scottish. Siblings included his brothers, Robert, Lambert, and Conkling, and sister, Rosina. He was named after his godfather, Francis H.I. Brown, a local golfer, legislator and philanthropist.

While growing up in Honolulu, Francis became somewhat of a sports legend in his community and on Oahu. At Punahou School, he earned letters in football, baseball, and track. Besides high school sports, he surfed the waves of Waikiki Beach during his spare time.

After high school, he went to the mainland to attend college. At UCLA, he continued to play sports,

which included football, track, basketball, and rugby. Sports did not distract Francis from earning a degree in finance with honors in 1939.

"In college, Francis always showed his leadership abilities by staying home and making sure he finished his studies when his friends pressured him to go out and party," said Lambert. "He made sure that his friends made it back to campus. He would go out to town, find his friends and bring them back home. That was Francis, always responsible for others . . . always looking out for the welfare of others."

"Francis was always a leader; he was born to lead," said Lambert, who named his daughter Francine, after his brother.

Hawaii National Guard soldiers activated

Francis returned home and joined his father as a banker and also enlisted in the Hawaii National Guard.

His service with the Hawaii Guard's Company G, 298th Regimental Combat Team, was interrupted by the pending war. In 1940, Cpl. Wai was called into active duty. His college degree made him a prime officer candidate. After officer basic at Fort Benning, he reported for duty with the 34th Regiment, 25th Infantry Division, which was assigned to Gen. Douglas MacArthur. During the attack on Pearl Harbor by the Japanese, the 34th Regiment was guarding Oahu's north shore beaches.

After the attack on Pearl Harbor, the United States declared war on Japan, thrusting Francis and his unit into World War II.

Older brother, Robert, who was on the mainland

when the war broke out, was drafted in 1942 and served with the 24th Infantry Division.

Robert and Francis crossed paths while they were assigned to units at Schofield Barracks, but they did not deploy to the Philippines at the same time. Military policy encouraged units not to assign siblings together, because of what happened to the five Sullivan brothers who were killed while serving on the same Navy ship. Lambert also enlisted in the Army, but served after the war.

Heroic service ends in the Philippines

For more than two years, Francis was involved in many battles throughout the Pacific theater. Then, during the landing assault of Red Beach on Leyte, Francis Wai was killed in battle by Japanese defenders. He was killed leading an assault on the last remaining pillbox in the area. Robert arrived in the Philippines shortly after Francis' death.

"First of all, he shouldn't have been there. He was supposed to go home, but he volunteered to do one more beach assault with his men," Robert added. "During the attack, he would never ask a sergeant or a private to take out the pillbox; he would always lead and never asked others to do it for him. That was just his personality."

For more than 50 years, his bravery was forgotten in the U.S. Army record books, at the sands of Red Beach, Leyte, Philippines, and at the National Memorial Cemetery of the Pacific at Punchbowl, where he lies today. Like all heroes, Francis Brown Wai was finally awarded what he deserved, but even if he wasn't rewarded the Medal of Honor, he would always be a hero to his fellow soldiers and officers, friends, and his family.

Editor's note: Capt. Francis B. Wai is presently the first and only Chinese-American and Hawaii National Guard soldier to receive the Medal of Honor.



29th Infantry Brigade patch evolution starts in 1964

By Sgt. 1st Class Aaron R. Pollick

The 29th Infantry Brigade's first patch design was approved in 1964 and worn by members from 1965 to 1966.

The design's description is as follows: The colors blue and white are used for infantry. The Pūlo'ulo'u, an ancient Hawaiian symbol of protection, is taken from the coat of arms of Hawaii. It also simulates a rifle sight. The red and



blue conjoined bars in conjunction with the white were suggested by the Hawaiian flag and also appear on the Hawaiian coat of arms. The bars are wavy to allude to the geographical location of Hawaii as being "overseas" from the continental United States. The use of blue ball with a hole in the center was unacceptable to many Hawaiians. The protest was of such significance that Gov. John

A. Burns requested that the Hawaii National Guard confer with representatives of various groups and experts on Hawaiiana. They recommended conclusively that the approved shoulder sleeve insignia be discarded.

In 1967, the brigade submitted three designs. The first, which still retain the Pūlo'ulo'u as the theme; the second, which as its theme an abstract of the 29th in roman



numerals XXIX and a feather cloak with five diamonds representing the five major islands; and finally, the design that the Brigade wears today. In 1967, the current design was approved. After the 1968 call-up of the 29th, soldiers began sewing the new patch on their uniforms. Reference: Hawaii National Guard Historical Records

Public Affairs trains with other half of split state unit in Alaska

By Sgt. Wendy M.H. Miller

In March, ten soldiers from the Hawaii Army National Guard's 117th Mobile Public Affairs Detachment embarked on a nine-day annual training mission to Anchorage and Valdez, Alaska.



Miller

This was the first time they were to meet and train with the Alaska half of their split-state unit. It was also the first time the unit deployed together in its new configuration and for Sgt. 1st Class Wayne T. Iha, it was to be his first time working in snow.

Their mission was to cover Northern Edge 2003, Alaska's premier joint training exercise that includes 1,600 airmen, soldiers, sailors, Marines and coast guardsmen from active duty, reserve and national guard units. This year's training emphasis was on homeland defense.

The first order of business was the issuance of cold weather gear. Their Alaskan counterparts showed them how to suit up layer-by-layer

and also prepped them on cold weather survival and driving.

A media operations cell was set up in the Alaska National Guard Headquarters to provide media coverage of the Guard's involvement.

As scenarios unfolded, teams were sent out on story assignments. They rummaged through their cold weather issue contemplating how much was enough to withstand their new elements. Erring on the side the caution, they



ONE SIZE FITS MOST - Sgt. 1st Class Stephanie J. Hika and Spc. Lloyd C. Phelps II try on cold weather clothing in Alaska. <http://www.dod.state.hi.us/pupukahi.html>

resembled little children bundled from head to toe, as seen only on television, waddling their way to their missions.

With temperatures in the teens, events were covered and uploaded to a website set-up for the first time by unit webmaster, Capt. Angela F. Young. Beside creating a site to host the deployment products, Young made time to teach a website development course.

Four Alaska and Hawaii journalists drove to Valdez, 300 miles away, to cover homeland defense scenarios.

After a full day of driving, they rolled into the darkened

city, met by 70 mile per hour winds and temperatures below zero degrees. "Locals were saying it was the worst winter in 13 years," said Spc. Michael J. Coleman, broadcast journalist.

Team leader, Staff Sgt. Curtis H. Matsushige, fought the blistering winds to make his way to the humvee where journalists Spc. Valerie J. Resciniti and Sgt. Wendy M.H. Miller sat waiting for his instructions. Matsushige yelled out, "Wait here, I'll check with the units and let you know."

They watched him attempt to make his way to the Alaska Guard Armory, inching across the slick, icy ground, pushed back by high winds, with arms

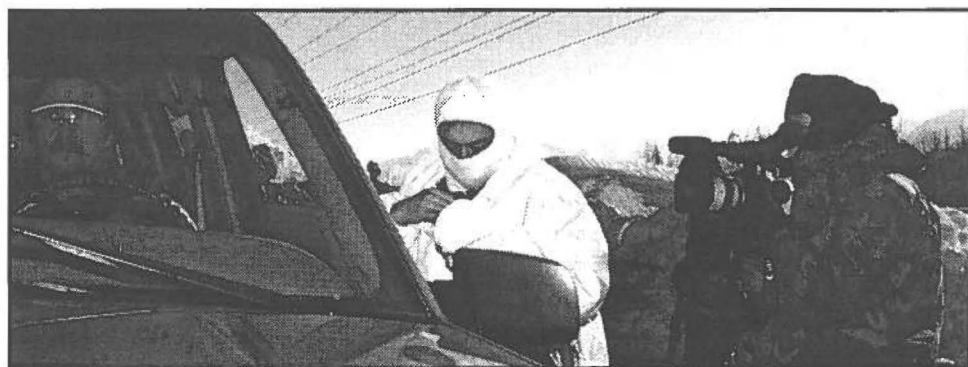
flailing, looking like a bad Michael Jackson impersonation.

This was to become his signature mode of maneuver nicknamed the "arctic ice dance" by Resciniti.

Although challenged by the wicked weather conditions, and intermittent equipment failure, the print and broadcast journalists persevered and accomplished their mission and returned safely to Anchorage with stories in hand.

Reunited with their unit, their mission finally over, visions of warm Hawaii now danced in their heads.

Future plans include bringing the Alaskans to Hawaii.



COOL SHOT - Spc. Valerie J. Resciniti videos a checkpoint in Valdez. Staff Sgt. Curtis H. Matsushige and Sgt. Wendy M.H. Miller photos

Security Forces guarding Central Command

By Maj. Charles J. Anthony

Members of the Hawaii Air National Guard's 154th Security Forces Squadron are an integral part of the team that is defending one of the most secure air bases in the world. The Hawaii airmen are currently on active duty at an air base in the Persian Gulf region.

The U.S. Air Force controls several portions of a sprawling, 250 square mile air base in the middle of the desert. Entry into the American sectors of the base is strictly controlled, as U.S. and coalition forces must pass through a series of security checkpoints. Security Forces airmen are posted at these entry control points and search all vehicles transiting between coalition sectors.

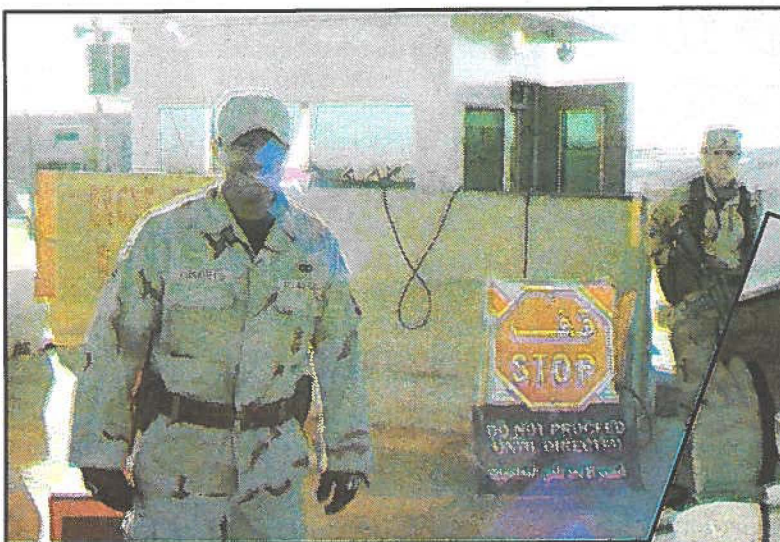
U.S. and other coalition forces were engaged in Operation SOUTHERN WATCH. The operation has been in effect since the end of the Persian Gulf War, but the air base has taken on an even greater significance as the U.S. builds up its forces in the region.

Senior Airman Kalani Kaikala, a graduate of Campbell High School, is typical of the HIANG citizen-airman who has been deployed to the Persian Gulf region. Kaikala was called to active duty the day after the Sept. 11 terrorist attacks. He deployed to a U.S. air base within Central Command's area of responsibility last year for 90 days. He returned home for just a few weeks in the fall of 2002, before deploying again with other unit members to the Persian Gulf in December. With war with Iraq underway, Kaikala and other members of the HIANG are now facing an extended stay in the Gulf. "The hours are long, and I've only had one day off for a while," said Kaikala, in a matter-of-fact way. Despite the difficult conditions, often during cold, winter nights, he is not complaining. He knows that what he is doing is important to U.S. strategic interests, although he does look forward to returning home and resuming his civilian jobs at AKAL Security and National Car Rental.

Senior Airman Ryan Ramoran-Schreiner, a 2000 graduate of Pearl City High School, has not yet had



Kaikala



ARABIC STOP – Airman 1st Class Ahakuelo mans a checkpoint at a Persian Gulf air base.

a chance to begin his civilian career. He joined the HIANG after graduation, finished his technical school in May 2001 and was activated right after Sept. 11th. He has been on active duty since. "I've got a lot of family on Maui, and I missed not being home for Christmas. I haven't been home very much for the past two years," said Ramoran-Schreiner. "Besides family, mostly I miss the local-style

food—Spam and rice, the Chinese seeds." Ramoran-Schreiner and the other members of the HIANG security forces squadron say their biggest challenge is keeping things interesting. "It's like the movie *Groundhog Day*, with the same day repeated over and over again. We need to focus on the mission and maintain our edge."

For U.S. and coalition forces deployed in the Persian Gulf, their safety depends on security forces personnel maintaining that edge.

NO COMPLACENCY— Staff Sgt. Mark Padilla checks the undercarriage of a vehicle entering the American sector of the Persian Gulf air base.



Antiterrorism training from Sand Island to Waimanalo

Harbor docks vulnerability tested

Story and photo by 1st Lt. Jeffrey D. Hickman

Within the midsts of rising tension in Afghanistan, Iraq and Korea, Hawaii seems like the last place we should look for a terrorist incident. However, the threat now looms for even our paradise since our eyes saw the devastation of Sept. 11th. With Hawaii's dependence on ships to bring in a majority of its supplies, it is seems obvious to rehearse and train at one of Hawaii's busiest docks. The Hawaii National Guard's 93rd Civil Support Detachment (Weapons of Mass Destruction) took the lead on the planning of a training scenario that would be their first at a private facility. Training began in November for this multi-agency event which included the Federal Fire Department, the Coast Guard, the FBI, the Honolulu Police Department, the Department of Health and some civilians from Matson Navigation.

The scenario kicked off at the Matson docks on the same day that Gov. Lingle gave her State of the State address. The situation revolved around a recently unloaded container that leaked some kind of liquid. A couple of Matson employees discovered the spill and some odd materials. After feeling nauseated, they then followed their company's procedure to report it.

Matson's employees triggered the training and in came all of the players. With all agencies now on-site, it was determined



FIRST RESPONDERS -- Personnel from the 93rd Civil Support Detachment (Weapons of Mass Destruction) brief federal, state and private industry "players" on the Sand Island docks scenario.

that some type of bomb was leaking in the container. It was now up to a 93rd survey team and a member from the Department of Health (DoH) to get samples and radiation readings. "This was a great opportunity for us to train in this kind of event. We are not able to don the suits yet, but we did simulate some of the difficulties we may encounter and we found out that some of our vital equipment overheated. It was good that we discovered this here and not on a 'real' mission," explained Jay Nakasone from the DoH.

The survey team left the container safely with all of their samples and delivered them to the dismantled analytical platform where the samples were tested and identified. The Guard's survey team was then decontaminated and able to get out of their 100 degree suits. Next the team goes through some medical monitoring and then relay any information that was lost due to radio communication to the survey team leader. The survey team leader and one of the survey team report to the incident com-

mander, who in this case, would be someone from the federal fire department.

"Our terrorist response exercise at Matson was an outstanding training opportunity. We try to incorporate a broad range of individuals and organizations in our scenarios so we are prepared for any real-world contingency," said Capt. Jeff Korando the survey team leader of the 93rd. "We look forward to working with Matson again in the future and sharing our knowledge with each other to enhance our state's readiness."

Hawaii teams with other states to analyze contaminant
By Sgt. Wendy M.H. Miller

Terrorists are identified in your area. A security guard detects a foul odor and stumbles upon what appears to be a makeshift laboratory in his apartment complex. He notifies local authorities and sets the scenario into play.

The Army and Marine's Explosive Ordnance Disposal (EOD) team sweeps and clears the area for explosives, making it safe for hazard-

ous materials and other teams to continue on with the mission.

The Hawaii Army National Guard's 93rd Civil Support Detachment (WMD), along with federal fire fighters and Honolulu Fire Department fire fighters are dispatched seeking to determine if a WMD agent is present.

On site, they dispatch all information on their radios to the Alaska National Guard's 103rd Civil Support Team (WMD), set up in their operations tent. They are equipped with computers to analyze and input all incoming information such as chemical formulas scribbled on pieces of paper, chemical materials, other documents and relevant materials at the scene.

They then leave the site, return to the command post and run through decontamination procedures conducted by soldiers of the Missouri National Guard and federal fire fighters.

The 93rd staged these terrorism response exercises in February at the Kaneohe Marine Corps Base and Bellows Air Force Station.

"These exercises continue to help define and refine our roles and responsibilities, as well as other agencies' involvement, for response to WMD incidents should they occur within the state," said Maj. Courtney B. Vares-Lum, deputy commander of the 93rd CSD.

Also participating in the exercise was the State of Hawaii's Department of Health.

More Hawaii Air Guard units deploy to Central Command

Thirty-eight members of units belonging to the 201st Combat Communications Group, Hawaii Air National Guard, departed Hawaii in early March, to perform active duty at an undisclosed location within U.S. Central Command's Area of Responsibility. U.S. Central Command is the military command tasked with operations related to the war on terrorism and the war against Iraq.

Members of the 297th Air Traffic Control Squadron, based at Kalaeloa (formerly Barbers Point) departed Hickam Air Force Base March 8. Members of the 292nd Combat Communications Squadron, based in Kahului, Maui; the 291st Combat Communications Squadron, based in Hilo; and the 293rd Combat Communications Squadron, based at Hickam, departed the following day.

The mission of the 297th is to provide air traffic control and radar approach control for U.S. military aircraft. The mission of the 291st, 292nd and 293rd Combat Communications Squadrons is to provide secure satellite, microwave and internet communications for U.S. military forces.

The 297th traffic controllers were placed on federal active duty in 1997 and deployed to Hungary in support of the NATO peacekeeping mission in Bosnia. Members of the 291st Combat Communications Squadron were mobilized in 2001 for active duty at undisclosed locations within Central Command's AOR.

This current activation is for an undetermined amount of time.

Unit members are predominately drill-status airmen.

Mālama i Ka 'Āina Koa

"Preserving the soldier's land"

No. 14

Hawaii Army National Guard Environmental Office

January - March 2003

Guard fighting invasive weed battle

Story and photo by
Spc. Lloyd C. Phelps II

Grass The word brings to mind myriad images. From romantic emerald Irish vistas to wind-swept Hawaiian mountain ranges, grass flourishes in many varieties and colors. Though many grasses are lauded for their beauty and functionality, some harbor a dark and destructive side. Like invading seafaring warriors, these seedier grasses establish a beachhead with the intent of spreading their dominion far and wide.

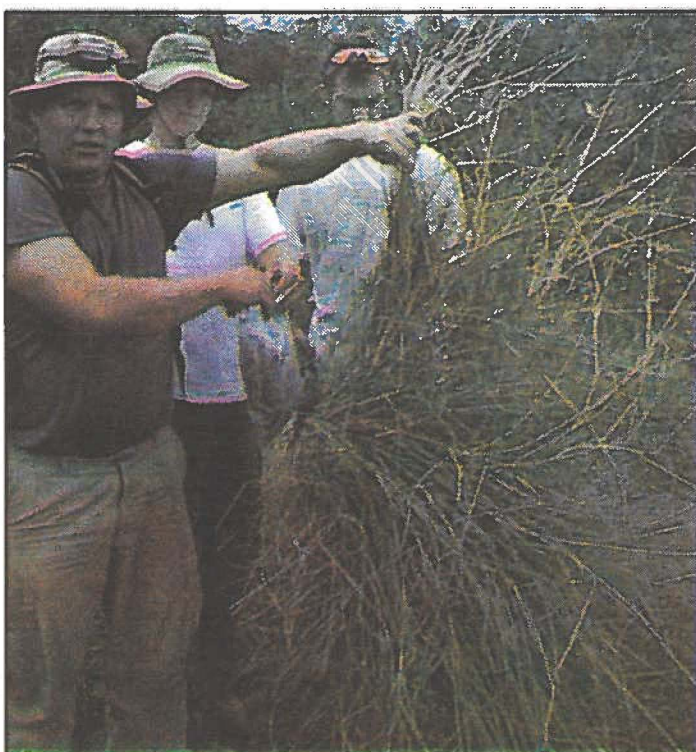
Such is the case with an insidious grass on the Hawaiian islands called *fountain grass*. Scientifically known as *Pennisetum Setaceum*, this African born invader stormed ashore on Hawaii in 1914 and has been on the march ever since.

Unwanted guest upsets ecosystem

Standing in its way is an intrepid group of National Guard soldiers and civilians working in conjunction with the Hawaii Army National Guard Environmental Office. Their mission is to rid National Guard training areas of this unwanted guest.

According to Ben Skellington, a vegetation restoration specialist with the Hawaii Guard's Environmental Office, fountain grass is a particularly invasive weed that presents a unique problem for Hawaii's fragile ecology.

"The biggest problem with fountain grass is it simply out-competes native Hawaiian grasses for space and, once established, it presents a huge potential fire problem," Skellington explained. "If left unchecked, this stuff will spread ev-



"CATCH OF THE DAY" - Ben Skellington "shows off" a sprig of fountain grass (scientifically known as *Pennisetum Setaceum*) being cleared from the Bellows Air Force Station grounds adjacent to the Hawaii Army National Guard's new 298th Regiment, Regional Training Site. Katie Delavego and Mike Wysong join in the searching for areas being "invaded."

erywhere. Large patches of fountain grass increase the amount of fuel for a fire, which can greatly increase a fire's intensity and ability to spread," he said.

Unlike most grasses that are completely destroyed by fire, fountain grass actually benefits when burnt. Through this unique adaptation, fire actually stimulates the grass seeds to germinate and grow.

According to Lydi Morgan, a field technician with the Oahu Invasive Spe-

cies Committee, or O.I.S.C., Oahu has two large fountain grass populations, one in Lanikai and the other on Diamond Head.

"We try to work on the smaller satellite populations first, and once we've taken care of them, we will concentrate on the larger sites," Morgan explained.

Waimanalo reduction in progress

As an example, she pointed to the work being done at the National Guard training site at Bellows Air Force Station. "We have been working on reducing the grass population on Bellows for the past two years

because the large population in Lanikai is just north of the field and has been spreading south."

Though some might argue the efficacy of battling what amounts to little more than a mere shrub, the negative impact of unchecked growth can go well beyond a small patch on training land.

Fire awareness and safety are a greater concern on military training sites where ammunition, explosives and fuel constantly cross paths with un-

checked fountain grass. In addition, military readiness and war fighting proficiency are greatly reduced when units are unable to access training ground deemed unfit for use.

Such concerns were at the forefront when the fountain grass eradication initiative commenced.

Morgan and her teammates discovered 201 plants on Bellows this year, with 34 on Hawaii Army Guard training land and 167 on Marine Corps land. Once discovered, the plants are pulled and bagged by team members who then hand them over to the O.I.S.C. for incineration.

Gordon Olayvar, a science technician with the Marine Corps Base Hawaii Environmental Office, hailed the efforts to maintain the training sites and, particularly, commended the Hawaii Guard's role in the process.

"The National Guard Environmental Office has been extremely proactive and hands-on in this effort. They have been very active in cleaning not only their areas but areas such as the Marine training ground on Bellows," he said.

Olayvar stressed the multifaceted benefits when all agencies come together in such cooperative efforts.

"We are trying to get other agencies to come on board with the National Guard and Marines in this area. The bottom line is, if we all work together, down the road, we all benefit-Army, Navy, Air Force, Marines, and civilians alike. In the end, we all have to live on this island, so environmental stewardship is everyone's responsibility."

With the Hawaii National Guard at the vanguard of this ecological battle, citizen-soldiers are setting a sterling example for others to follow.

Wetland sedge staging crater comeback

Story and photo by
Spc. Lloyd C. Phelps II

On a tiny patch of land nestled at the bottom of Diamond Head Crater, a group of Hawaii Army National Guard soldiers and civilian volunteers recently toiled to restore a fast-dwindling Hawaiian resource. This resource, commonly known as a natural wetland, was once a thriving part of Hawaii's ecosystem, though today it has all but disappeared on most parts of Hawaii.

According to Sgt. Donna Wu, an environmental awareness assistant with the natural resource staff of the Hawaii Army Guard, areas such as the Diamond Head wetland are a veritable treasure-trove of native plants.

"We are in the process of reintroducing and cultivating a native sedge within the wetland," said Wu. "The sedge is essentially a native Hawaiian grass that has been all but choked out, thanks to several extremely invasive foreign plants which have been intro-

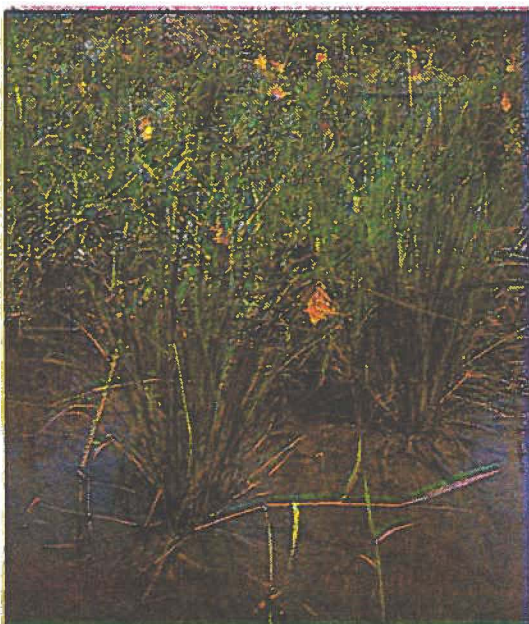
duced into Hawaii's ecosystem."

By reintroducing the sedge and cultivating the wetland, Wu and her colleagues hope to provide a vital link to Hawaii's past.

According to Kanoa Kimball, a University of Hawaii botany student and project volunteer, invasive plants have all but eliminated many native Hawaiian plants and with them, much of this state's unique history.

"Invasive plants such as California Grass spread like wild fire and ultimately overrun and choke out many native plants" Kanoa said. "It's ex-

tremely important that people take an interest in projects such as this because we are, essentially, all these native plants have, and once they're gone, they aren't coming back."



DIAMOND HEAD WETLANDS - Sedge, a native Hawaiian grass is reintroduced and cultivated in the Diamond Head Crater's wetlands near the entrance to Battery Harlow.

Aside from the aesthetic appeal a native wetland provides, there are a number of practical benefits to restoring such an ecosystem.

The Diamond Head crater was once a migratory stopping ground for several species of waterfowl. By cultivating the wetland, it is hoped that these birds will once again make Oahu part of their yearly migration.

In addition, wetlands are an invaluable component in the clean water cycle.

According to Scott Lynch, a project volunteer originally from West Palm Beach, Fla., natural wetlands serve as a cleaning system for water.

"These areas essentially serve as a natural filtration system," Lynch said. "Water eventually settles down in a wetland and works its way down into the aquifer, and all the while it is being filtered. So, if society wants clean, drinkable water, it should take an interest in projects such as this."

In Hawaii, only 10 percent of the original dry land habitat is left and the wetland numbers are even lower. Invasive plant species and urbanization have pushed many native Hawaiian plants and ecosystems to the brink of extinction.

"The Hawaii National Guard Environmental Office," said Wu, "has played a key role in projects such as the Diamond Head wetland restoration."

"From the time this wetland was deemed a critical habitat, the Guard has been extremely proactive in its stewardship and in getting the word out to the community about its importance," she said. "We are winning this battle slowly, but surely. With some persistence, community education, and the help of our volunteers, we can, and we will, win."

Though the battle is far from over, on a small patch of land high atop Diamond Head Crater, a small piece of Hawaiian history is being cared for and nurtured, one plant at a time.

Bowling

Fifteen bowlers headed to Reno for the Western Regional Military Bowling Tournament in February.

When the bowling gloves were removed, Striking Back (HQ HIANG, Annette Gagarin, captain) remained securely in first place, with Bob Tanaka, Inc. in hot pursuit. However, expect the lead to change lanes a few times before all the pins fall.

For additional information, contact Craig Makiya at 448-7700, or visit web site: rain.prohosting.com/angbowl.

The 19th Rescue Wing, Moffett Field, Calif., will host the 41st Annual Air National Guard Bowling Tournament at the Castaways Hotel and Casino Bowling Center, Las Vegas, Nev., May 8-10. Tournament is open to current and retired ANG members/advisors/state employees and spouses. Tournament package prices range from \$137 to \$220, depending on how many people you cram into one room (airfare not included). If interested, contact Craig Makiya, 448-7700. Words of caution for anyone flying commercial these days. Before you buy a ticket, check with the airline to make sure that the ticket price is refundable if you receive orders. It's also a good idea to find out what the luggage restrictions are before you get to the airport. Many carriers are cracking down on overweight bags and carry-ons.)

If Thursday nights at the Hickam Bowling Center aren't to your liking, the following mixed leagues may have openings:

MAK (Kam) Bowl,
Kamehameha Shopping Center, Kalihi

Tuesday, 5:35 p.m.,
Fort Shafter 825 mixed adults; starting April 8; contact Earle Suyeoka at 395-2469 or email ltlman@lava.net

Town & Country
Tuesday, 6:00 p.m.
mixed adults, starting May 6; call 453-1055 leave your name and call back number

Leeward Friday Night
Friday, 6:00 p.m.,
mixed adults, starting April 18; for details contact, email: nomi@hottottheneedle.com

Baseball

The Hickam Air Force Base Varsity Baseball team won the Aloha division playoffs in December. Seeded third in the division, the team beat

the Renegades 5-4, then lost to the Mud Ducks. Facing elimination, HIANG warrior, Marcus Badley (154 CF/CC), took a one-hit shut out into the 6th inning of the next game, pitching the team's first complete game of the season and giving up no earned runs. The Hickam team had to beat the Mud Ducks twice to take the championship. On Saturday the team was down 7-2 but roared back to take the victory 16-9. Hickam took Sunday's championship game 8-3, with Badley again closing out the game and picking up the save. The team, comprised primarily of active duty members, finished the playoffs with a 4-1 record. Congratulations to: Matt Boyer, Jeff Bratcher, Jeff Brown, Jerry Clause, Frank Frazier, Sonny Kerbow, Rob Lysinger, John McDermott, Jason Piper, Jake Ross (future 154th CF member), John Smokoska, Shane Stewart, and of course, Badley. (Good to see he has an arm, as well as fingers).

Basketball

"Em" Aguilar (169 ACWS 655-7066) led a team of wahine hoopsters to play in the Hickam "Active Duty" Women's Basketball Intramural League. Team members were either a full-time air technician, AGR, or on an MPA tour that encompasses the entire season. The season ran from January to March. Playoffs began March 24. All games played in the evenings.

Robert Lee (169 ACWS) organized HIANG teams to

play in the 15th Air Base Wing's "open" basketball league. Participants must be air techs, AGR or on MPA tour. The season runs from January through April. Games are played at the Hickam gym. For more information, contact Lee at 655-7078.

The "window" for the HING (State) basketball tournament is September to November 2003. The Army Guard will coordinate the state tournaments this year. No state tournaments in 2004.

Cycling

The Haleiwa Metric Century ride started at Kaiaka State Park. The route followed the North Shore towards Kahuku and Kaaawa. Snacks and drinks were available at the 25, 50 and 100K turnarounds. (1K = 0.6 miles) The finish was at North Shore Marketplace in Haleiwa. Medical and medical support was available along the route. Fun for the whole family. More info and registration at www.hbl.org, or contact Fred Fogel, 733-4228, for registration form.

Fishing

By Stan Osserman

Kelsey Ishizaki, avid fisherman and son of Craig Ishizaki (297 ATCT/CC), took first place in the Youth Division (<16) of Hickam's Lawai'a Tag 'n Release Tournament. Twenty-eight participants turned out in December, along with their family and friends, for a morning of fishing. All fish caught during the four-hour tournament were weighed, measured,

and then released. Craig hooked a first with a Barracuda. Next stop, Osserman's deep-sea rig.

Golf

In conjunction with the 41st Annual Air National Guard Bowling Tournament, the Sunrise Vista Golf Course at Nellis Air Force Base, Nev., is offering an early Thursday Morning Golfing Get Together on May 8. It is a Four Person Blind Bogey Scramble with various prizes. Entry fee is \$50 per golfer, and that includes green fees, cart, prize fund and Margaritaville Style Buffet. Check-in begins at 6:30 a.m. and golfing begins at 8:00 a.m. Field limited to the first 144 golfers. You do not have to bowl in the tourney to enter. *Deadline for mail-in entry is April 25.* Due to heightened security, if you do not have a military ID, you must let the pro shop know one week in advance to get on base. For registration information, contact James Dye, DSN 359-9477 or (650) 603-9477. E-mail james.dye@camoff.ang.af.mil

Racquetball

By Ei Jung Yiu

The 154 Wing racquetball team is seeded second in the 15 ABW intramural league double elimination playoffs, playing either HQ PACAF or 15CS (tiebreaker required) at Hickam gym. Results will be published in coming issues.

Running

By Manuel Carlos

Christopher Larson, 169 ACWS/DOP, placed first in the military category of the 30th Honolulu Marathon December, with an official time of 2:41:23. Larson placed

35th overall; 3rd local finisher; 27th male finisher. Almost 1,500 of the 30,428 participants were in the military category. Larson is on a track scholarship at Hawaii Pacific University, pursuing his Bachelor of Science in Information Systems. This is the fourth time he ran the Honolulu Marathon. He transferred to the HIANG from the USMC Reserves, and was prior active duty. Congratulations to Chris and all the other Guard participants. While cheering on the runners in front of Fort Ruger at o-dark-thirty, I saw Claude Ishida (HIARNG G3) among the thundering herd.

The *NGB Marathon* in Lincoln, Neb., is May 3-5. The Hawaii National Guard will enter a composite blue/green team again this year. At least one runner must be a first-time participant. The team is especially interested in finding a wahine member this year. Entrance fee is \$30/\$40. Travel and per diem for at least four people funded by NGB. Membership competitive. Each participant must have the following finish times within the last 18 months: Open (men <40) under 4 hours, Masters (men >40) under 4 hrs, 15 min, Women (all ages) under 4 hrs, 30 min. For more information, contact Wes Tanji, 733-4155, Wesley.Tanji@hngb.army.mil. Visit <http://www.neguard.com/dcsops/marathon/marathon.htm> for additional info.

Softball

HIANG tournament scheduled for July 18-20, Hickam's Area 61 fields.

HAWAIIAN AIR JORDANS

Open division team

1st row: Mark Cabatbat, Darrell Bactad, Justin Sellona, Reymill Edralin, Cezar De Veas
2nd row: Clesson Paet, Noah Morse, David Sala, Marcus Della Sala, Al Fritz
Missing: Michael Barham

Masters Division Team

1st row: Alex Batulayan, Darrell Bactad, Gary Hema

2nd row: Ian Villafuerte, Eric Becera, Brian Tom

3rd Row: Tony Hall, Vince Ramos, Billy Daguio

Missing: Carl Reynolds

The top open team (augmented by a few MVPs from other teams) goes to the nationals on the mainland. Other teams will represent the HIANG at the 2003 HING State Softball Tournament, tentatively to be held on Kauai sometime in August or September, and hosted by Co. A, 2nd Battalion, 299th Infantry, HIARNG. If you are interested in fielding a team, contact Steve Abear, 655-7039.

Tennis

The HIANG Athletic Board is looking into the possibility of a tennis tournament in August. If you are interested in whacking a few balls, there's time to get them out of the closet and blow the dust off the racquet. Stay tuned.

Volleyball

The Hickam AFB Volleyball Intramurals began April 14 (as per usual, no drill-status participants allowed). Playoffs start May 25 (should the team have a good enough record). If you're interested in representing the HIANG, contact Kaipo Sing, 448-7496. The number of people who respond will determine how many teams the HIANG enters.

The "window" for the HING (State) volleyball tournament is February to May 2003.

Weightlifting

The bench press competition in December and January didn't pan out. Hopefully, we will be able to stage it in 2003. Stay tuned.

Athletic Board

January 2003 saw a change in leadership for the HING (State) Athletic Board (formerly called the Special Services Board.) After two years of service, Lt. Col. Fred Fogel, HQ HIANG, handed the reins to Capt. Onesimo "Buddy" Francisco, HIARNG STARC. However, Fogel will continue to compile information for the *Sports Corner*, so keep sending it in. Other HING Athletic Board officers are: Capt. Marcus Badley (vice president), Sgt. Sue Ann Kuanui (treasurer), Senior Master Sgt. Mark Coulbourne (recorder), Maj. Charles Anthony (member at-large), Lt. Col. Joe Kim (member at-large), Staff Sgt. Steve Abear (HIANG Athletic Board President), and the HIARNG Athletic Board President (to be determined.) Officers serve a two-year term. My thanks to all who supported the program the past two years and weren't afraid to dive into the deep end of the pool. It was a pleasure working with you. Happy and prosperous year!

If anything is going on in your world of sports, let me know: 733-4228.





Hawaii National Guard Family Program

Maj. Laura Wheeler, State Family Program Coordinator

laura.wheeler@hi.ngb.army.mil
Check out our website at www.dod.state.hi.us/family

Conference on tap in May

Networking with other volunteers and commands, getting information out and sharing are the reasons we conduct an annual State Family Program conference. This year, the theme for the event is *Families Making a Difference*. An exciting and diverse speaker,

Judge Tom Webb, will be the keynote speaker. The event will be held at the Regional Training Institute at Bellows AFS (Waimanalo), May 17-18. Both days are for family member volunteers. On Sunday, unit command representatives are invited to attend.

Youth training in June

Also, mark your calendars for the upcoming Youth Train-

ing at Kalaeloa (Barbers Point), June 12-15, for HING youths, ages 8-14. HING youths, ages 15-21 are invited to become junior leaders and our adult unit and family members are invited to volunteer as leaders for this three-and-half-day of youth team building, military indoctrination and fun! More upcoming information will be on our website.

Join the team

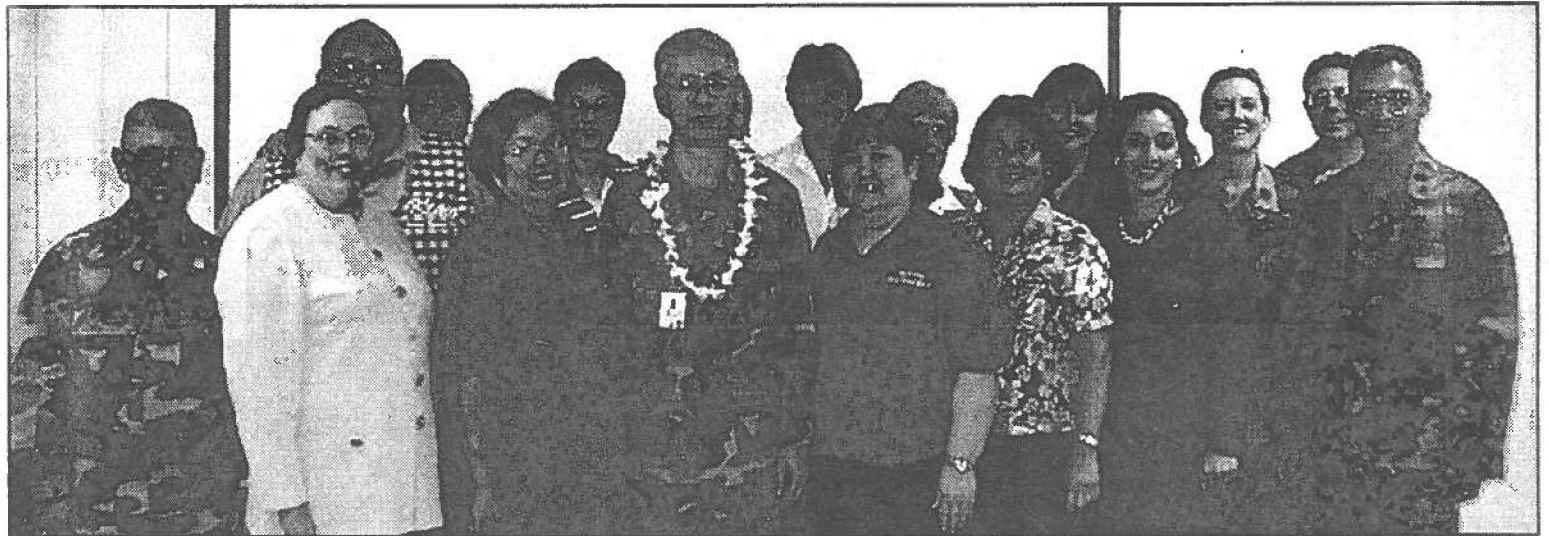
You, too, can make a difference with your unit Family Readiness Group. Contact your unit or a member of the HING State Advisory Team to help get you started on the road to readiness! Your Family Pro-

gram State Team Representatives are:

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

As the new SFPC, I want to take this opportunity to recognize my predecessor, Lt. Col. Martha "Marty" Wong, the State Advisory Team, volunteers and units for providing the best State Family Program in the nation. It is with great pride and honor that I continue to carry on the "Purple Torch" and I will work with all of you to maintain our success and recruitment for more volunteers to continually increase our "Ohana." My goal is to assist all units and their families supporting their needs unique to each organization, and to guide commanders in developing their unit Family Readiness Groups. Family Readiness Groups are vital for unit, soldier and family readiness for our overall "mission readiness".

Don't hesitate to contact me at (808) 732-1823, 292-5190, 1-800732-6964 or email me at



WELCOME TO THE FAMILY -- Maj. Gen. Robert G.F. Lee (center), the adjutant general, visits the January State Advisory Team meeting. Included are Clifford Duro, Loretta Hales, Roberta Agena, JoAnne Yamamoto, Harriet Kuni, Lorna Souza, Chaplain Jamias, Chaplain James Butts, Marty Wong, Missy Vincent, JoAnn Gomes, Liz Taga, Ann Greenlee, Gloria Duro, Laura Wheeler, and Kimo Palakiko.

Air Guard recognizes airmen, units

Launa Ole, Hawaii Air National Guard's annual awards ceremony recognized both traditional, as well as full-time airmen and outstanding units. Ceremonies were held at Hickam Air Force Base's Hangar 7 in March.

In addition to the plaques, each received the Hawaii National Guard Commendation Medal.

Airman of the Year

Senior Airman Makani E. Miller, a communications computer systems supervisor, 291st Combat Communications Squadron, was selected as full-time airman of the year for his management of LOGDET items for the unit's TDC/ICAP package; this task contributed greatly to mission accomplishment. Miller also developed numerous lesson plans to be used as mentoring tools for all members of his work team.

Senior Airman Sara Murakami, an apprentice, 154th Operations Support Flight, was selected as traditional airman of the year for her participation in support of Operation NOBLE EAGLE, her dedication to maintaining excellent ratings in academic achievements, and her participation in numerous extracurricular activities.

Noncommissioned Officer

Tech. Sgt. James S. Welch (not able to attend the ceremony), an information assurance technician, 154th Communications Flight, was recognized as NCO of the Year (Traditional) for his vital role

in protecting the Hawaii Air Guard network from over 50,000 viruses, over 50 denial of service attacks, and over 5,000 hacking attempts. Welch is also a member of the *Computers for Schools* team and the *Time Compliance Network Order Tracking System Implementation* team.

Staff Sgt. James N. Nakagawa, an F-15 aircraft maintenance specialist, 154th Aircraft Generation Squadron, was selected as full-time NCO of the year. He was recognized for his attention to detail in all maintenance documents which resulted in an excellent quality assurance review, work as the technical order distribution account representative, and volunteer work with the Hawaii Lupus Foundation.

Senior Noncommissioned Officer

Senior Master Sgt. Miles K. Moriyama is assigned as first sergeant, 154th Aircraft Generation Squadron. He was selected as traditional senior NCO of the year for his ability to maintain accountability for over 300 full-time and traditional staff members. He is known for his work in implementing the first voluntary unit drug-testing program in the 154th Wing and, perhaps, the nation. His outstanding leadership has been recognized by his troops and peers alike.

Master Sgt. Randal T. Hiyane, a financial management and services technician, 154th Wing, was selected as full-time senior NCO for his outstanding job at the Hawaii Air Guard - Office of Primary Responsibility during the implementation of two major systems—the *Automated Business Services System* and the *Customer Automated Resource Environment* system. He is also known for his exceptional work in the area of orders certification.

Company Grade Officer

Capt. Duke M. Ota Jr., chief of supply, 154th Logistics Squadron, was selected as full-time company grade officer of the year for his insight and knowledge in all facets of supply and logistics that directly contributed to the superlative rating earned by the squadron during the Unit Compliance Inspection. Ota has total accountability and responsibility for over \$390 million in supplies, equipment, and munitions. Ota was also the Hawaii National Guard Association's company grade officer of the year.

1st Lt. Zachary M. Chang, an aircraft maintenance officer, 154th Maintenance Squadron, was selected as traditional company grade officer of the year for his work in maintaining overall management of equipment and component management flights. The five

major elements under these flights include avionics, propulsion, field maintenance, accessories, and aerospace ground equipment. His leadership has garnered a deep respect from his superiors and subordinates.

Field Grade Officer

Maj. Taison K. Tanaka, a financial management officer, 154th Wing, was selected as full-time field grade officer of the year for his work as a financial planner and for his ability to carefully maintain the second largest budget in the Air National Guard. Tanaka maintains an outstanding rapport with the Air Guard budget analysts and other functional managers to ensure the Hawaii Guard received over \$2.5 million in additional funding from the Air Guard during fiscal year 2002. Tanaka was also the Hawaii National Guard Association's field grade officer of the year.

Outstanding Unit of the Year

154th Security Forces Squadron, Capt. Wayne J. Acosta, commander

Service Team Award

HIANG Base Honor Guard which includes airmen from units from all islands

Winning Team Award

154th Aircraft Generation Squadron drug-testing team



Miller



Nakagawa



Hiyane



Chang



Ota



Tanaka



Murakami



Moriyama

Awards and Recognition

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

Legion of Merit

Col. Emerick Kaneshi, HQ STARC
Col. Walter Y. Kinoshita, HQ STARC
Col. Vern T. Miyagi, HQ STARC

Meritorious Service Medal

Lt. Col. Russell W. Miyake, HHC, 29th Support Bn. (1st OLC)
Lt. Col. Norman Y. Saito, HQ STARC (2nd OLC)
Lt. Col. Wayne P. Wakeman, 199th Fighter Squadron
Lt. Col. Martha N. Wong, HQ STARC (2nd OLC)
Lt. Col. Michael C. K. Wong, HQ STARC (3rd OLC)
Maj. Lynn J. Ishii, HHD, 103rd Troop Command
Maj. Chris A. Thomas, HQ, 154th Wing
Maj. Laura A. Wheeler, HHD, HQ STARC (2nd OLC)
Capt. Leonardo Z. Luna, 93rd CSD (WMD)
Capt. Barbara P. Tucker, HQ, 29th Separate Infantry Brigade
Chief Master Sgt. Vincent A. Dacanay, 292nd Combat Communications Squadron
Chief Master Sgt. Larry R. DeRigo, 154th Maintenance Squadron
Chief Master Sgt. Henry Machado, 154th Aircraft Generation Squadron
Chief Master Sgt. Dennis H. Mishima, 154th Aircraft Generation Squadron

Chief Master Sgt. Gary I. Soma, 154th Aircraft Generation Squadron
1st Sgt. Hohan S. Huh, Battery C, 1st Bn. 487th Field Artillery
1st Sgt. Ivan Felix, HHSB, 1st Bn. 487th Field Artillery
1st Sgt. Francis Stone, Co. A 29th Support Bn.
Senior Master Sgt. Paul M. Gallagher, 154th Security Forces Squadron
Master Sgt. Stephen M. Lum, 117th Mobile Public Affairs Det.
Sgt. 1st Class Keun S. Cho, HQ STARC
Sgt. 1st Class Leonard H. Ventura, Battery A, 1st Bn. 487th Field Artillery (1st OLC)
Senior Master Sgt. Kathleen K. Fritz, 154th Service Flight
Senior Master Sgt. Miles K. Moriyama, 154th Aircraft Generation Squadron
Sgt. Dennis C. Molina, HHD, 12th Personnel Service Det.

Army Commendation Medal

Capt. James Barros, HQ STARC (2nd OLC)
Chief Warrant Officer Tracy M. Tobais, HQ STARC
Sgt. 1st Class Jeremiah S. Paraoan, RRO, HQ STARC (2nd OLC)
Staff Sgt. Thomas Odoardi, 93rd Civil Support Det. (WMD) (2nd OLC)
Sgt. Nelson J. Uehara, HQ STARC

Air Force Commendation Medal

Master Sgt. Raymond W. Chang Jr., 297th Air Traffic Control Squadron (1st OLC)

Master Sgt. Owen K. Nishimura, 297th Air Traffic Control Squadron (1st OLC)
Tech. Sgt. Emric K. Katada, 297th Air Traffic Control Squadron
Tech. Sgt. Hidetaka J. Murakami, 297th Air Traffic Control Squadron
Tech. Sgt. Jusserand F. Ramos, 297th Air Traffic Control Squadron
Staff Sgt. Neil M. Uehara, 297th Air Traffic Control Squadron (1st OLC)

Army Achievement Medal

Maj. Mark S. Morita, HHC, 29th Support Bn. (2nd OLC)
Capt. Shawn Fernandez, HHC, 29th Support Bn.
Capt. Susan R. Singlewhitch, Co. C, 29th Support Bn.
1st Lt. Fernando E. Nelson, HHC, 29th Support Bn. (4th OLC)
Sgt. 1st Class Jimmy K. Mills, Co. D, 2nd Bn., 299th Infantry (3rd OLC)
Sgt. 1st Class Robert J. Myers, Co. D, 2nd Bn., 299th Infantry (2nd OLC)
Sgt. 1st Class Soo. T. Tufaga, Co. D, 2nd Bn., 299th Infantry (4th OLC)
Sgt. 1st Class Milton Yee, Co. D, 2nd Bn., 299th Infantry (8th OLC)
Staff Sgt. Edwin Garcia, Co. D, 2nd Bn., 299th Infantry (3rd OLC)
Staff Sgt. Dennis Takahashi, HHC (-), 2nd Bn., 299th Infantry (2nd OLC)
Staff Sgt. Roy Yamada, Co. C, 2nd Bn., 299th Infantry (1st OLC)
Sgt. Jin Evangelista, Co. C, 2nd Bn., 299th Infantry (1st OLC)
Sgt. Bruce Lee, HHC, 2nd Bn., 299th Infantry (1st OLC)

Hawaii National Guard Association awards



Officer of the Year:
Maj. Lynn J. Ishii,
103rd Troop
Command



Field Grade:
Maj. Roger Pukahi,
Company C,
193rd
Aviation



Field Grade:
Maj. Taison K. Tanaka,
154th Wing



Company Grade:
Capt. James A. Faleafina,
1st Bn.,
487th Field
Artillery



Company Grade:
Capt. Duke M. Ota Jr.,
154th
Logistics
Squadron

Sgt. Pedro Ortiz, Co. C, 2nd Bn., 299th Infantry (4th OLC)
Sgt. Bryan B. Parman, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
Sgt. Frederick Schaben, Co. B, 2nd Bn., 299th Infantry (3rd OLC)
Cpl. Brandon Kasaoka, HHSB, 1st Bn., 487th Field Artillery (2nd OLC)
Spc. Daniel Cabilin, Co. B, 2nd Bn., 299th Infantry (1st OLC)
Spc. Luis H. Casanova, Co. C, 2nd Bn., 299th Infantry (1st OLC)
Spc. Rodel S. Eugenio, Co. A, 29th Support Bn.
Spc. Rodne G. Ezuka, Co. A, 29th Support Bn. (1st OLC)
Spc. Justin S. Fuentes, Co. A, 29th Support Bn.
Spc. Gusravo C. Ibara, Co. A, 29th Support Bn.
Spc. Brandon Nelson, Co. A, 29th Support Bn.
Spc. Eliseo F. Peralta, Co. A, 29th Support Bn.
Spc. Brandon Quinsaat, Co. C, 2nd Bn., 299th Infantry (1st OLC)
Spc. Juan Ruiz, Co. B, 2nd Bn., 299th Infantry
Spc. Lowen K. Schenk, Co. D, 2nd Bn., 299th Infantry
Spc. Lance P. Taufa'asau, Co. D,

2nd Bn., 299th Infantry (3rd OLC)
Spc. Gavin Tsukamoto, Co. D, 2nd Bn., 299th Infantry (1st OLC)
Spc. Ben Utrera, Co. A, 29th Support Bn.
Spc. Noa V. Walker, Co. A, 29th Support Bn.
Spc. Roderick Villacortez, Co. A, 29th Support Bn.
Spc. Stephanie Ylizah, Co. A, 29th Support Bn.
Pfc. Crystal Punomachado, Co. A, 29th Support Bn.
Pvt. Feliciano Agdeppa, Co. B, 2nd Bn., 299th Infantry
Pvt. Jerome A. Balbin, HHSB, 1st Bn., 487th Field Artillery
Pvt. Alauni A. Lui-Yuen, Co. B, 29th Support Bn.
Pvt. Feliciano Agdeppa, Co. B, 2nd Bn., 299th Infantry

Hawaii National Guard Medal for Merit

Lt. Col. Edward K. Chun-Fat, 103rd Troop Command
Maj. Charles J. Anthony, State Department of Defense
Staff Sgt. Rolando D. Domingo, Co. B(-), 193rd Aviation
Ellen-Jo Valade, 127th Wing/LLG, Operational Contracting Div. Selfridge ANGB, Michigan

Hawaii National Guard Commendation Medal

Maj. Rudy Ligsay, HHC, 29th Separate Infantry Brigade
Maj. Tyson K. Tanaka, 154th Wing
Capt. Duke M. Ota Jr., 154th Logistics Squadron
1st Lt. Zachary M. Chang, 154th Maintenance Squadron
Senior Master Sgt. Miles K. Moriyama, 154th Aircraft Generation Squadron
Master Sgt. Randal T. Hiyane, 154th Wing
Staff Sgt. Clifford K. Chee, Co. A, 29th Support Bn. (1st Bronze Kahlili)
Staff Sgt. Ray G. Resurrection, Co. D, 2nd Bn., 299th Infantry
Tech. Sgt. James S. Welch, 154th Communications Squadron
Staff Sgt. James N. Nakagawa, 154th Aircraft Generation Squadron
Spc. Lance P. Taufa'asau, Co. D, 2nd Bn., 299th Infantry
Senior Airman Makani E. Miller, 291st Combat Communications Squadron
Senior Airman Sara I. Murakami, 154th Operations Support Flight



Safety talk

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

What is high blood pressure?

Everyone has blood pressure. It is the force of blood against the walls of the arteries. The heart creates this force as it pumps blood to all parts of the body. In some

people, blood pressure is nearly always higher than it should be. Doctors still don't know what causes most high blood pressure, but they can help you control it. Check to find out if you have high blood pressure.

What does high blood pressure do to your body?

High blood pressure adds to your workload of your heart and your arteries. The heart must pump with more force, and the arteries must carry blood that is moving under greater pressure. If high blood pressure continues for a long time, the heart and the arteries may not function as well as they should and other body organs may also be affected. There is increased risk of stroke, heart failure, kidney failure and heart attack.

How do you know if you have high blood pressure?

Most people with high blood pressure have no symptoms at all. There are no specific warning signs at all. The only way to find out if you have high blood pressure is to have your doctor check it or visit a local blood pressure screening program.

What can you do about reducing high blood pressure?

First, work with your doctor to determine the best treatment for you. It may include a low-fat, low-salt diet, and changes in your living habits such as losing weight and getting more exercise. Smoking should also be avoided. Reducing your alcohol intake.

In addition, many medications can be used to reduce and control high blood pressure. Your doctor will decide whether or not you need drug therapy in addition to dietary and life-style changes. If your doctor has prescribed medication, it is very important to take it regularly. If you have any new symptoms, call your doctor.

Your doctor may recommend that you measure your own blood pressure at home. Taken regularly, your measurement records may help your doctor evaluate your condition and treatment.

When you and your doctor work as a team to control your high blood pressure, you can help to reduce your risk of stroke, kidney and heart failure, and heart attack.

It's up to you to help your doctor control your blood pressure.

Finding the Zone to improve fat metabolism, burn calories and increase the efficiency of your cardiovascular system, workout in your target heart-rate zone. To find it, follow this simple formula:

- 1) Subtract your age from 220.
- 2) Multiply that number by 0.6, and then multiply it again by 0.9. The two numbers represent your target heart-rate zone in beats per minute. For example, if you are 30 years old: 220-30=190 (your maximum heart rate) 190 x 0.6= 114 190 x 0.9= 171

The target heart rate zone for a 30-year old is 114-171 beats per minute.

Footnote: "Essentially there are two actions in life. Performance and excuses."

Attention all recipients of the pupukahi

We're updating our mailing list for retirees and need to know if you want to remain on the list, if there are any changes, or if you want to be added to the list - please type or print clearly. Active Guard members update mailing information at your units. Call, fax, mail or e-mail changes. (For those who wish to remain on the list, no response is necessary.)

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(808) 733-4258 (808) 733-4236 fax
E-mail: webmaster@dod.state.hi.us

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 will perform their annual training (AT) in July.

	May	June	Jul
Hawaii Army National Guard			
HQ, State Area Command	3-4	7-8, 12-13	AT 12-26
298th Regiment (MF), RTI	10-11	14-15	19-20
29th Separate Infantry Brigade	3-4	7-8	AT 12-26
2nd Battalion, 299th Infantry	3-4	7-8	AT 26-9Aug
HHSB, 1st Bn., 487th Field Arty.	2-4	15-16	AT 12-26
103rd Troop Command	3-4	7-8	12-13
Company C, 193rd Aviation	2-4	7-8	AT 12-26
Co. D, 207 Aviation	2-4	7-8	AT 12-26
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	3-4	7-8	12-13
154th Wing	3-4	7-8	12-13
201st Combat Communications Group	3-4	7-8	12-13