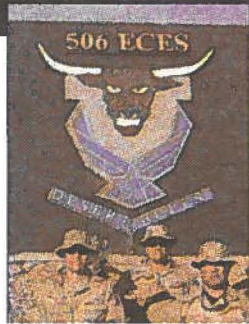


Deployment

**HIANG
engineers
in Kirkuk**

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Resources

**PTSD
resources
for troops**

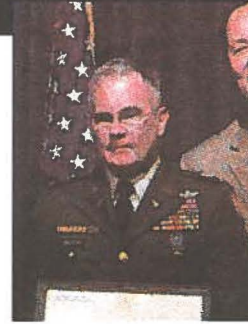
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Awards

**RAID
member
honored**

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Hawaii State Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 41, No. 1

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

January - March 2006

Calendar

May 6, Saturday

Welcome Home Parade and Celebration at Waikiki

May 13, Saturday

Co. A (-), 2d Bn 299th IN Freedom Salute (Kauai)

May 20, Saturday

1st Bn, 487th FA Freedom Salute (Oahu)

May 21, Sunday

227th EN, Co. D, 2d Bn, 299th IN and attached platoons Freedom Salute (Oahu)

May 29, Monday

Memorial Day, federal and State holiday observed

June 3, Saturday

29th Spt. Bn Freedom Salute (Oahu)

June 4, Sunday

HHC, 29th SIB & 229th MI Co Freedom Salute (Oahu)

Hawaii National Guard soldiers honored with parade on Kauai

By Shelly Ichishita

Kauai soldiers, including members of the 29 BCT and HIANG Airmen, were honored with a parade Mar. 4. Approximately 125 citizen soldiers from HING were invited to the festivities, which included the blessing of a new track at Vidinha Stadium and presentations of certificates and lei to the soldiers. The parade kicked off at 10 a.m. on Rice Street and ended at Vidinha Stadium with speeches from Gov. Linda Lingle, Brig. Gen. Gary Ishikawa, and Kauai Mayor Bryan Baptiste.

Gov. Lingle prefaced her remarks with her desire to share what she had been feeling for the past 18 months, during which Hawaii's citizen soldiers had been deployed, stating, "It's important that we don't rush on this day because the people that we are here to welcome home and to honor have been through a life changing experience, so we can't treat this like any other ceremony on any other day in any other location."

She also thanked the parents in the crowd for bringing their young children to honor the sacrifices made by the citizen soldiers for their community, state, and country, as well as "people halfway across the world that they never met before." Reminding the parents: "It's only through personal sacrifice that the liberty that Americans enjoy will continue to be there for their generation."



Soldiers from the 299th Inf march past a cheerleading squad from Kauai High School. Sgt. 1st Class Wayne Iha photo

While Gov. Lingle thanked the Kauai community for their support of the troops, especially the 29 BCT, she also added a reminder of what these men and women had been through during their deployment. She urged the wives, husbands, and other family members to remember that the troops "can't

just jump back into life the way we could if we were on a vacation for a long time and came home...."

If the support and aloha shown for the troops during this occasion is any indication, then there is nothing to worry about. The servicemen and women are well appreciated.



Staff Sgt. Noel Melchor, Gov. Lingle, Sgt. 1st Class Phillip Kamakea, and Capt. Phillip Stone pose for a picture after the presentation of lei to the troops.

Sgt. 1st Class Wayne Iha photo

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Command Notes

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

Now that the brigade is back from Iraq and Kuwait and the Public Affairs, Engineering and Security Forces detachments are back from Afghanistan, things are beginning to settle back to steady-state operations. Once all of the Freedom Salute ceremonies, in which we recognize the sacrifices made by our soldiers and airmen, their families and their employers, are over we'll be getting back to a more regular schedule of weekend drills and annual training cycles. Of course, this is as it should be, but there are a few things that we keep in mind as we return to our routines. Firstly, we must all recognize that a year-long tour of duty in a combat environment has been, and will continue to be, a life changing experience. I know that for most of our soldiers and

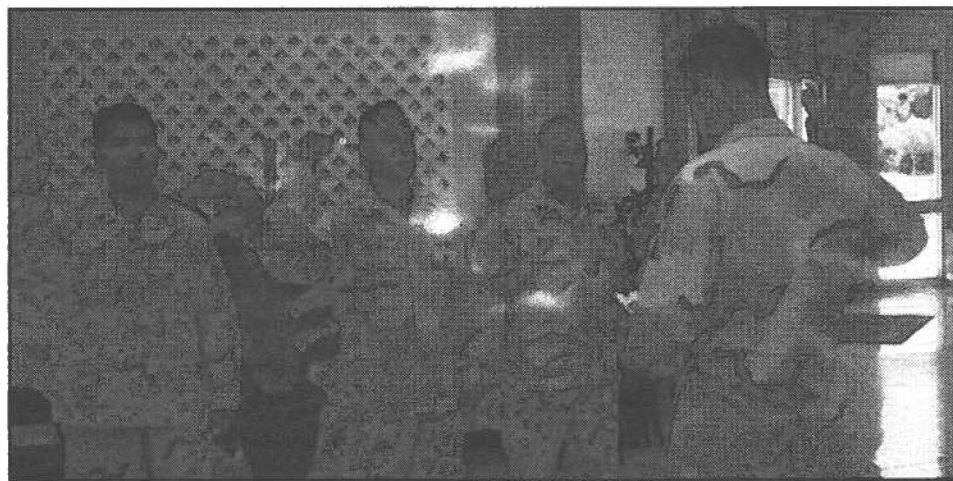
Airmen who've been forward deployed, that experience has been largely positive. Our young soldiers and Airmen have had the chance to prove to themselves and to others that they are capable of handling greater responsibilities. Our more senior NCOs and officers have clearly demonstrated their leadership qualities. Everyone can be proud of being a part of history and of having represented Hawaii well as America continues its fight in the Global War on Terrorism.

But for a few of our soldiers and Airmen, the experience will not be entirely positive. Some were hurt financially when they were mobilized. Others may have been too indiscriminate with their spending after receiving tax-free re-enlistment bonuses. Many marriages and/or personal relationships have been put to the test. Some have failed. Some soldiers will have experienced stress beyond their ability to handle by themselves. The message that I want to send loud and clear is that for anyone who has problems, they

should not be afraid or ashamed of getting help. Chaplains are available for counseling, and there are services out there for financial management and for stress or PTSD. If you don't want to go for professional help right away, I urge anyone with concerns to talk it over with a buddy first. All of you got through the deployment with the help of your friends and colleagues. Now that most everyone is home, we will all get through any difficult times ahead together as well.

We will also be able to build and maintain the force structure of the Hawaii National Guard together, as a team. Our future as an organization depends upon our ability to recruit and retain

outstanding individuals. Recruiting is everyone's business. That has always been true in the figurative sense. Now it is literally true. With the introduction of the Guard Recruiting Assistance Program (G-RAP), getting recruits to sign up for the Guard can be a rather lucrative proposition. Traditional soldiers and Airmen, who undergo the training will be eligible for a \$2,000 bonus for every recruit that enlists in the Guard. Now you can share the Guard experience with others and potentially make some pretty good pocket money while doing it. I urge all of our traditional soldiers and Airmen to contact our recruiting offices to find out more about the G-RAP.



Kauai Guardsmen re-enlist during their Freedom Salute ceremony.
James Young photo

Departmental News

TRICARE Dental Program Helps National Guard and Reserve Members Maintain Deployable Status

FALLS CHURCH, VA.-Dental readiness is a key component in determining the deployable status of our service members. The TRICARE Dental Program, administered by United Concordia Companies, Inc., helps National Guard and Reserve members meet Department of Defense (DoD) dental readiness requirements.

"The TRICARE Dental Program provides a way for National Guard and Reserve members to meet and maintain their dental requirements prior to being called to active duty," said Navy Cmdr. Robert Mitton, deputy director, Dental Care Division, TRICARE Management Activity. "We want to protect our soldiers, sailors, airmen, and Marines from dental emergencies, especially in times when they are deployed and in harm's way."

At the individual level, oral health is a major player in overall health. When service members maintain their oral health, they enhance their mental and physical well-being in many ways, improving their self-esteem and minimizing their risk of dental emergencies. The DoD readiness requirement helps the National Guard and Reserve members reduce their risk of dental problems before and during deployment.

National Guard and Reserve members, with at least 12 months remaining on their service commitment, and their families are eligible for the TRICARE Dental Program. If the enrolled sponsor is activated, he or she becomes eligible for dental treatment in military dental treatment facilities and is automatically disenrolled from the TRICARE Dental Program. In addition, family members benefit from reduced monthly premiums while their

sponsor is on active duty. Family member enrollment does not depend on the sponsor being enrolled; family members may enroll in the TRICARE Dental Program at any time.

For more information, beneficiaries may access the TRICARE Dental Program online at www.TRICAREdentalprogram.com, or call toll-free 1-800-866-8499, 24 hours a day, Monday through Friday. Members residing outside the United States should dial their country code followed by 888-418-0466 (toll-free). Beneficiaries may also access the TRICARE Web site at www.tricare.osd.mil which displays the TRICARE Dental Program Fact Sheet as well as other dental related fact sheets.

Military, Families Can Get Online Mental Health Screening

By Gerry J. Gilmore
American Forces Press Service

WASHINGTON, April 18, 2006 - Military members and families coping with the stress of overseas deployments and other potential health-threatening issues can log onto the Internet to get help, a U.S. military psychologist said here today.

Servicemembers from all components and their families can obtain a mental health self-assessment or screening through a Web site co-sponsored by DoD and Screening for Mental Health, Inc., a nonprofit organization, said Air Force Col. Joyce Adkins, a psychologist with the Force Health Protection and Readiness directorate at the Defense Department's Health Affairs office.

"The (online) screening actually gets you to where you need to be in terms of counseling," Adkins said. "Once you do one of the screening checklists, it will give you the benefits that are available to you."

The Web site, brought online in January, augments other DoD mental health assistance resources, Adkins said. People logged onto the site are asked to answer a series of questions. The program "grades" the completed survey, Adkins said, and gives people an evaluation of their present mental health and provides assistance resources, if deemed necessary.

Other DoD-endorsed health sites tell customers how to access mental health counseling services but do not provide an online mental health screening program, Adkins said.

National Guard and reserve members returning from overseas deployments also are authorized to use the Web site, Adkins said. Returning reserve-component members have two years of health benefits provided by the Department of Veterans Affairs. "And, it's totally free to them," the colonel pointed out.

Such services are especially important today, Adkins said, because of the potential stressful effects deployments can have on both military and family members. "It's a concern that people don't understand what their thoughts and feelings mean as they come back from deployment," Adkins said. "As they reintegrate with their families there may be conflict in the family that's not easily resolved."

The mental health screening Web site and other related programs available to servicemembers and their

families provide "a level of benefits and a level of service to help them understand what services are available to them for mental health issues," Adkins said.

Related Sites:
Mental Health Self-Assessment Program [<https://www.militarymentalhealth.org/welcome.asp>]

Force Health Protection and Readiness [<http://www.ha.osd.mil/fhpr/default.cfm>]



pupukahi

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

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Hawaii Air National Guard makes history with arrival of the C-17 Globemaster III

By 154th Wing Public Affairs

History was made early this year, with the arrival of the first and second C-17 Globemaster IIIs to be housed at Hickam Air Force Base. Thousands gathered on the flightline in front of the 15th Airlift Wing's operations center Feb. 8 to welcome Ke Aloha, the very first of Hickam's C-17s to arrive. The second followed shortly, arriving Feb. 21.

Piloted by active duty and Guard members, the Ke Aloha along with the second Globemaster III, which was unofficially named the Hawaii 2 by Boeing representatives, sealed the 15th Airlift Wing and 154th Wing partnership at Hickam Air Force Base.

"It's a whole new world at Hickam Air Force Base," said Capt. Steven Snelson, C-17 pilot from the 535th Airlift Squadron.

This is the first time the C-17 will make its home outside the continental United States.

"It makes so much sense having the C-17s stationed at Hickam Air Force Base. From this location, we'll be able to effectively support all the service branches of our American military," said Brig. Gen. Peter "Skipper" Pawling, 154th Wing commander.

Both the Active Duty and the Hawaii Air National Guard are joining forces to bring the rapid strategic delivery of troops and all types of cargo under all sorts of conditions to all kinds of places.

"The C-17 will support missions wherever anyone needs our help," said Tech. Sgt. Rafael Delasierra, Hawaii Air National Guard member and designated crew chief of Ke Aloha.

With an overall 60/40 split between active duty and guard, the partnership between the two will allow ample support for the National Guard's state mission, which distinguishes them from their active duty counterparts.

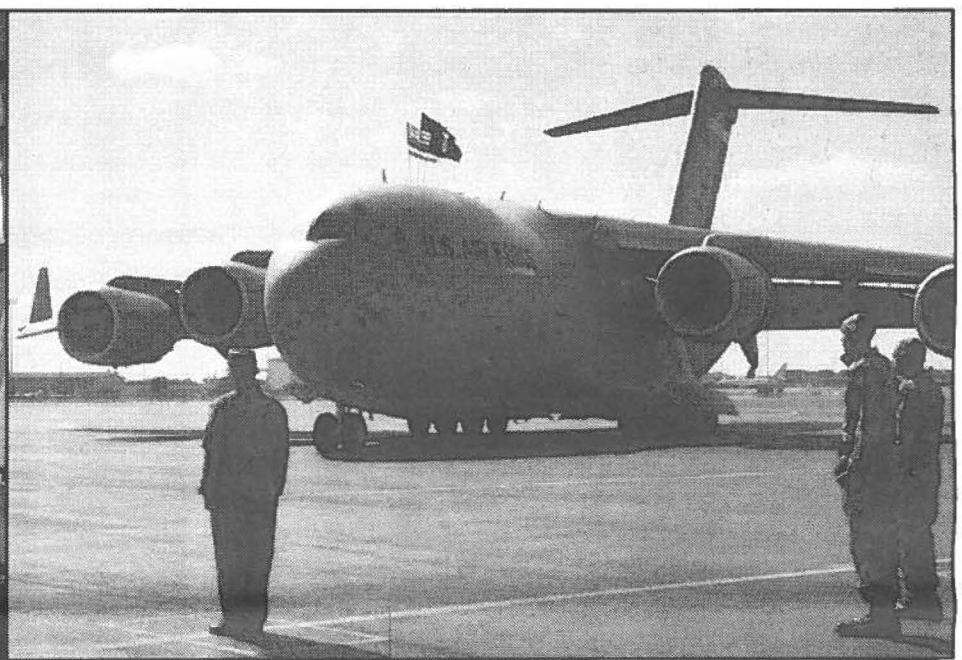
"Not only will we use C-17s in a joint manner to support all of our military forces, but in my other responsibility in homeland security, our response in the State of Hawaii is going to be so much improved," said Maj. Gen. Robert Lee, Hawaii state adjutant General during the second C-17 ceremony.

"Our 93rd Weapons of Mass Destruction Civil Support Team can take its entire team and all of its equipment on one C-17, fly anywhere within the State of Hawaii and need be, fly throughout the Pacific in case of biological or nuclear disaster," said Maj. Gen. Lee.

The C-17s will continue to arrive at Hickam Air Force Base through September until all eight aircraft arrive.



The crowd is treated to a tour of the new C-17 Globemaster III. Hundreds lined up to take a sneak peak of the state-of-the-art flight deck. Its cargo area can hold two 18-wheeler big rig trucks side by side.



Ke Aloha, the first of Hickam's C17s, taxis in Feb. 8 to the cheers of thousands of military members and civilians. Courtesy photo

HIANG says farewell to C-130 Hercules

By 154th Wing Public Affairs

It was a bittersweet moment as members of the Hawaii Air National Guard's 204th Airlift Squadron bid farewell to an old friend during a celebration at the C-17 Combined Maintenance Complex Feb. 11.

That old friend is the Koa'e Kea, the last C-130 Hercules to leave the Hawaii Air National Guard. Draped in Maile, Koa'e Kea stood side by side with its replacement, Ke Aloha, the Spirit of Hawaii, the new C-17 Globemaster III.

The celebration was an opportunity for Guard members and their families and friends to reminisce about the glory days of the C-130 while enjoying food, drink, and entertainment.

"It's in with new, out with the old. We're gonna miss this bird," said Staff Sgt. Brad Valenzuela, C-130 assistant crew chief. It would be nice to keep a couple of them, he added.

Master Sgt. Rolando Espinosa, crew chief since 1991, who describes Koa'e Kea as a versatile plane that can go anywhere and do anything, also thinks it will be difficult to see the bird go.

The C-130's departure from Hickam AFB Feb. 15, marks 20 years of service and gives Espinosa the opportunity to cross-train as crew chief for the last C-17.

It is hard to watch the aircraft go, said Lt. Col. Gerry Mansell, C-130 pilot



C-130 crew bids farewell to the last Hawaii Air National Guard C-130 ending 23 years of service with the HIANG. The C-130 will join the Idaho Air National Guard. Courtesy photo

and former commander of the 204 AS, "It's like a comfortable pair of shoes. I've flown it all over the world, and I know it inside and out," said Lt. Col. Mansell. "I am so familiar with it, it's relaxing."

Warrior Leadership Course: Tactical leadership experience for Army Guard troops

By 1st Lt. Regina Berry

Smoke clouds the area, gunshots are fired, and the scurry of feet is heard as soldiers scramble to take cover. Armed with M-16s, the soldiers' faces are intent as they attempt an assault while another group defends the run down building in the deserted field. It sounds like a description of soldiers at war... but it's not.

The soldiers, Army National Guardsmen, active duty, and Army Reservists, attending a two-week leadership training at the 298th Regiment, Regional Training Institute (RTI) at Bellows Air Station in Waimanalo practice to shoot, move, and communicate during the staff training exercise portion of the Warrior Leadership Course.

Lessons from the field have helped to create the WLC into what it is today. "Because of the Global War on Terrorism we try to make it similar to in theater operations," said Sgt. 1st Class William Ewert, 640 RTI (Utah) who is one of the many instructors from various Guard units working temporarily at the RTI.

The WLC is a 24-hour, 7-day-a-week in-residence course that teaches students how to be leaders while at home and deployed. Housed and fed at the RTI, the soldiers begin their primary level of instruction of the Noncommissioned Officer Education System. This course is designed to strengthen the technical and leadership skills of soldiers promotable to E-5, or recently promoted, in country, to E-5.

"We learned to execute on command, how to lead from the front making the calls...the right calls," said Spc. Gregory Lucas, 227th Engineers just a month after returning from a year long deployment in support of Operation Iraqi Freedom.

The staff training exercise portion of the WLC gives the soldiers practice performing tactical missions. That includes defending and assaulting an old building in the fields at Bellows Air Force Station. The soldiers spend 72 hours in the field learning and performing various warfighter capabilities, map reading, combat operations and land navigation, to name a few.

"Because of incidents in country they have included weapons immersion in the WLC," said Col Marty Wong, RTI commander. "They sleep, eat, and drink with their weapons." Because safety is always an issue, especially when it comes to training, the student's weapons are filled with blanks, said Col Wong. The weapons immersion is designed to prepare the soldiers for real world situations that will require them to have their weapon on them at all times.

"It's not bad because we went through the training in country so I'm kind of used to this," said Sgt. Blayne Wong, 1-487th Field Artillery who also recently returned from a one-year deployment in support of Operation Enduring Freedom.

Soldiers that recently returned from deployment are closely monitored by the instructors who receive instruction by mental health professionals to recognize



ABOVE—Spc. Tausala Uelese from B BTRY, 1/487th FA, 29th BCT listens intently to instructions at the WLC. 1st Lt. Regina Berry photo



Members of the WLC class prepare an assault on a rundown building at Bellows Air Force Station during the staff training exercise of the course. 1st Lt. Regina Berry photo

the signs and symptoms of soldiers who are having a difficult time transitioning from the stresses of battle while they are attending WLC. Although they weren't home for very long before attending the WLC, "the soldiers' attitudes have been so positive, a real esprit de corps," said Col Wong.

RTI is offering five WLCs this year. Normally they would only offer two.

Maintenance Group inspection earns top marks

By 1st Lt. Regina Berry

The 154th Maintenance Group received top marks during their first Maintenance Standardization and Evaluation Team inspection, Feb. 8-13, at Hickam Air Force Base.

With over 12,000 checklist items reviewed and close to 600 personnel evaluations assessed, the 154 MXG earned the highest rating of all units inspected to date, with a 97% compliance rate. They also achieved an 83% personnel evaluation rate.

"Of all the units in the ANG that were previously inspected, we were pretty much at the top of the tier with 97%," said Chief Master Sgt. Stan Souza, 154 MXG tankers Quality Assurance superintendent.

The MSET is a new practice for the Air Force and the Air National Guard used to measure the discipline and practices of the Maintenance Groups. The evaluations are usually done in between a UCI and an ORI to gauge maintenance discipline and practices.

Each Air Force, Air National Guard, and Air Force Reserve is expected to be evaluated by the MSET, which started about one year ago. More than 60 Air National Guard functional experts from the Air Force and the Air National Guard were part of the MSET team that inspected the 154 MXG.

Chief Master Sgt. Wescott Lee, Senior Master Sgt. Geoff Stiteler, Senior Master Sgt. Dan Kiyohiro, Senior Master Sgt. Noreen Lucuab, Master Sgt. Wendell Villanueva, Tech. Sgt. Kirk Adams, and Staff Sgt. Warren Fujimoto were all recognized as outstanding performers by the MSET. "Each and every one of these individuals gave their kudos to their fellow teammates and maintainers, truly exemplifying our Air Force Core Value of service before self," said Col. Ron Han, 154 MXG commander.

Along with the seven outstanding performers, the MSET also identified seven best practices by the MXG.

"The dedication from all of our people within the MXG, with all that we had on our plate at the time, it was amazing, just an outstanding job," said Chief Master Sgt. Souza.

The PRIME BEEF Way – Hawaiian Style

By Capt. Cyrus I.T. Lung, 506th ECES Project Engineer

KIRKUK, IRAQ – A select contingent of the HIANG's elite corps of civil engineers are working miracles in the harsh deserts of northern Iraq in support of Operation Iraqi Freedom. The team members currently serving in the 506th Expeditionary Civil Engineer Squadron since February, stationed at the Kirkuk Regional Air Base/Forward Operating Base Warrior, are Capt. Cyrus Lung, Master Sgt. Henry Roberts, Master Sgt. Mitch Sanchez, Tech. Sgt. Mike Kealoha, Tech. Sgt. Roy Takamoto, Staff Sgt. Gerard Akaka, Senior Amn. Noah Raymond, and Senior Amn. Matt Coelho.

The team is assigned to a Prime Base Engineering Emergency Force, better known as a PRIME BEEF unit. Typically, these PRIME BEEF teams of civil engineering personnel are organized, equipped, and trained to respond within hours to worldwide emergencies and to support the Air Force's mission.

"It's a pretty hot zone here on the KRAB. We get fired on regularly by mortar and missiles; we've even received randomly sprayed small arms fire," said Senior Airman Matt Coelho. "Fortunately, during our stay, facility hardening improvements have been constructed to give us better protection."

In addition to constructing improvements, team members work on a myriad of projects to include building design, maintenance and repair of installation facilities, and infrastructure and chemical, biological, radiological/nuclear, explosive (CBRNE) response.

They've undertaken huge tasks such as moving the entire Mobile Aircraft Arresting System and its foundation within two weeks to accommodate landing larger heavy aircraft on the runways; building a large Community Activity Center for soldiers and airmen; and the expedient repair of mission-essential facilities during blackout conditions. In addition to performing their normal day-to-day duties, they're called upon for diverse emergency actions such as CBRNE response to suspicious packages and installation recovery efforts after enemy missile and rocket attacks.

Harsh weather conditions also posed unique challenges to the Hawaii troops. "When we first landed, we had snow forecasts and next month they predict temperatures over 100-degrees Fahrenheit," said Staff Sgt. Gerard Akaka in amazement.



THE PRIME BASE ENGINEERING EMERGENCY FORCE (PRIME BEEF)–
From left to right: Senior Airman Matthew Coelho, Staff Sgt. Gerard Akaka, Senior Airman Noah Raymond, Tech. Sgt. Michael Kealoha, Tech. Sgt. Roy Takamoto, and Capt. Cyrus Lung. (Not pictured- Master Sgt. Henry Roberts)
Courtesy photo

To highlight the severe weather conditions they face while in Iraq, in one harrowing late night storm incident, strong 85 mph winds and rains collapsed a hardened temporary structure and trapped one of the Hawaii troops inside. Luckily, the Airman's quick responding co-workers were able to slish through the mud and extract him from the damaged facility without sustaining serious injury.

Other facts-of-life for the 506 ECES Airmen are that in-theater everyone is multi-tasked, the days are long, and the requirements never seem to diminish.

The HIANG folks support each other through it all and try to stay in contact. "We look out for each other and know how to take care of our own," affirms Tech. Sgt. Mike Kealoha.

Getting together once a week and making local style food like corned-beef and onions with poi or

hamburger curry on rice is one more way to bring the familiar home feeling back into their lives while being more than 8,200 miles from home. "When it comes to pa'ina (party), it's about bringing the ohana together," said Master Sgt. Mitch Sanchez. "Here, it's the same concept, getting the Hawaii folks together to eat local food and spend time talking story with friends."

During these get-togethers, everyone agrees that spirit and morale is high. So far, this has been an awesome experience, especially for those that are participating in their first real world deployment in a contingency wartime environment.

"We're proud to represent Hawaii and the Hawaii National Guard. We're fortunate to come on this deployment and make a difference for the military and help make Iraq a better place," said Tech. Sgt. Roy Takamoto.

Lions Club leis for returning troops

The District 50 Lions and Leo Clubs pulled together to make over 2,700 red, white, and blue leis for the Hawaii Army National Guardsmen who returned home from active duty in Iraq and Afghanistan Dec. 2005 through Mar. 2006.

The leis were part of a project spearheaded by the Mililani Lions Club, called "Leis for Returning Troops," to show appreciation for the returning soldiers.

Each of the 64 Lions Clubs in District 50 contributed 43 leis. They attached tags with their club's name and a thank you message to the leis before presenting them to the Guardsmen.

Lions Club International is the largest volunteer service organization in the world with approximately 1.35 million members. District 50 Hawaii is a single district comprised of 63 clubs with 1,833 members.

Mark Despault, president of the Mililani Lions Club, and Shirley Ito, Hilo Lions Club member, prepare to distribute red, white, and blue ribbons and yarn leis to the returning soldiers during a welcome home ceremony for members of the 29th Brigade Combat Team.



Photo by G & S

Learning to recognize and deal with PTSD

By Julia M. Whealin, Ph.D., Deputy Director for Education, National Center for PTSD

The days and weeks after the return from overseas duty will be a *transition*. During this time, service members often describe a range of emotions from excitement and relief to stress, tension, or concern. All of these emotions are a normal part of a healthy transition from a war zone back to home. In this article, we provide information to help Warriors adjust to the return home, and if problems arise, ways to find assistance.

Healthy adjustment in the days and weeks following homecoming, first and foremost, requires patience. Coming home is an event, but it's also a process of adjustment that can take weeks and sometimes months. The process includes *taking time* to become reacquainted with family and friends. It is a time to re-establish relationships. Talking with and listening to a family and friends will help you catch up and to re-establish trust and openness. Returning to work after a long break can be stressful as well. You may feel "out of place" at first. The work place may have changed, and new people may have been hired. It takes time and patience to feel fully back in the swing of things. At work, it will be important to take the time to sit with your supervisor and find out what is new. Talk with co-workers to catch up with what has been happening with them. If there are new staff, take time to introduce yourself to them.

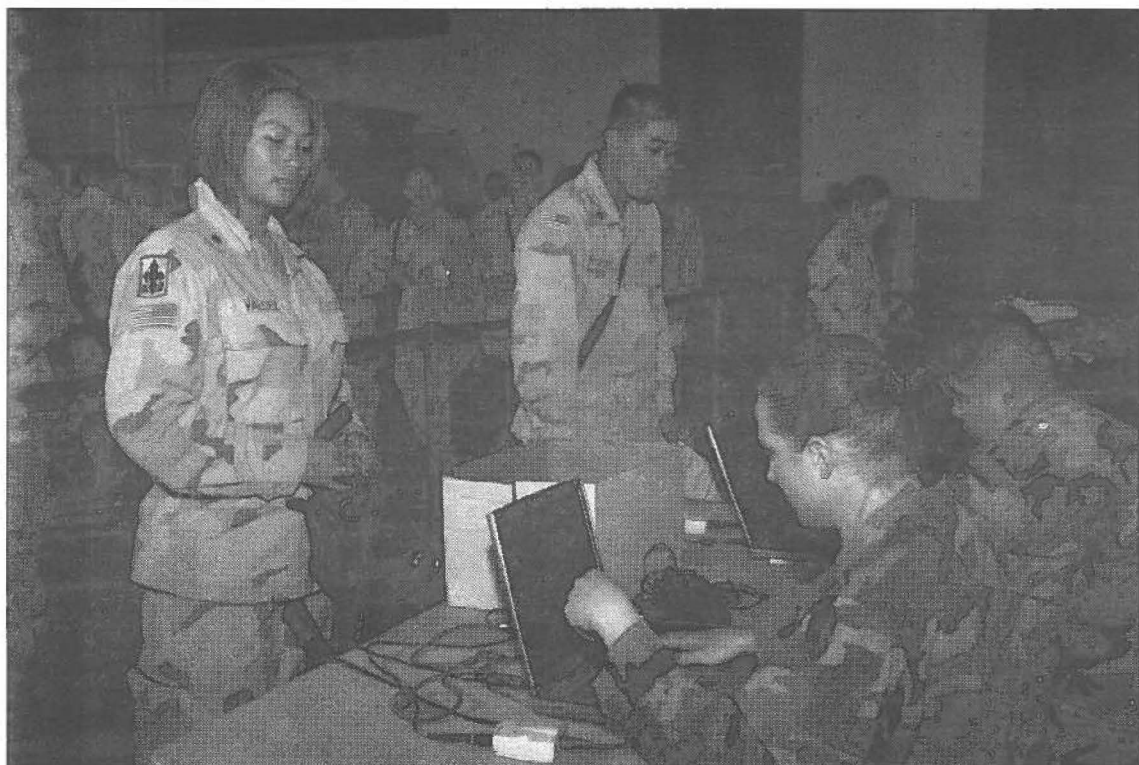
Some service members report high levels of stress when they first return from in-country. For example, some report feeling upset or "keyed up". Warriors may continue to think about events that occurred in combat, even when they don't want to. Others have problems sleeping, or may have bad dreams. Some may feel worried, anxious, or have "the blues." They may feel more angry or irritable, or may want to keep to themselves and avoid other people. These "combat stress reactions" (also called acute stress reactions) can last for days or weeks and are a normal reaction to redeploying home. Most service members who experience combat stress reactions will notice that these reactions begin to fade within a few weeks.

It is important that Warriors find healthy ways to cope with any combat stress they may be experiencing. When Warriors don't cope with the adjustment in healthy ways, problems can occur. Warriors may begin to have conflicts in their relationships with family or friends, or troubles at work getting along with people. Some may "isolate" and become detached from other people entirely. Others may use alcohol, drugs, or prescription medications to decrease their stress level.

If you, or someone you know, are experiencing these problems, you or your friend should seek help to learn better ways to cope. If you do not get help early, your problems may get worse over time.

Here are some self-care suggestions for dealing with combat stress:

1. Know what resources are available.
2. Become educated about the transition from war zone to home front.
3. Take time to listen to family members and show them that you care.
4. Resume family routines, such as dinner together, church or sport outings.
5. Spend time with other people. Coping with stressful events is easier when in the company of caring friends. These might include extended family, friends, church, or other community groups.



ONE LAST THING— Spc. Valdez and Cpl. Moises of the 29th Spt Bn wait to be out-processed upon their arrival at Schofield Barracks. The 29th Spt Bn returned in January from a year of service in Iraq. They were mobilized in Oct. 2003 and participated in a mobilization ceremony held at Aloha Stadium. While in Iraq, they helped ensure a constant line of supply and assisted in operations at various military locations.

James Young photo

6. Take care of yourself. Pay attention to yourself. Watch your diet and drinking habits. Exercise and get plenty of rest. Take time to do things that feel good to you. Take a walk, spend time with your pets, or play a game you used to enjoy.

7. Manage your level of stress. Stress can cause physical problems (such as stomach irritation or high blood pressure) and changes in behavior (such as irritability, lack of concentration, loss of appetite). Use relaxation techniques that work for you and consult a professional.

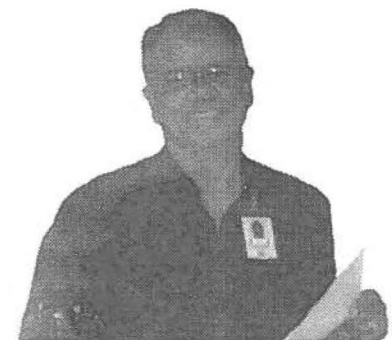
8. If problems do not begin to fade, or if they get worse, we urge you to seek additional help to learn how to manage ongoing combat stress reactions.

If you, or someone you know, is having a problem, there are many services available to help you. Below is an abbreviated list of resources for Warrior returning from deployment:

- HIARNG State Family Program Office 808-732-1823
- Military OneSource, 1-800-342-9647 (<http://militaryonesource.com/>) (user id: military; password: onesource)
International toll free: 800-3429-6477 (dial all 11 numbers)
- My HealtheVet (<http://www.myhealth.va.gov/>)
- Army One Source 800-464-8107 (<http://armyonesource.com/>)
International toll free: 800-464-81077
- Soldier Assistance Center (Schofield Barracks) 808-433-8575
- Family Assistance Center (Schofield Barracks) 808-433-8130
- Tripler Army Medical Center, 808 433-6661
- Social Work Services: 808 433-6606
- Psychology: 808 433-6060
- Spark M. Matsunaga VA Medical Center, Honolulu
808-433-0600
- Veterans Centers, 1-800-827-1000 (<http://www.va.gov/racs/>)
- Veterans Service Organizations (<http://www1.va.gov/vso/index.cfm>)
- Office of Veterans Services: 808 433-0420

Below are other sources of information about returning home and combat stress reactions:

- General information on PTSD (<http://www.ncptsd.va.gov/facts/general/index.html>)
- Seeking help (http://www.ncptsd.va.gov/facts/treatment/fs_seeking_help.html)
National Center for PTSD (<http://www.ncptsd.va.gov>).
- Resources for U.S. Service Members Returning from Deployment: (http://www.ncptsd.va.gov/facts/veterans/fs_resources_for_vets.html)
- Returning to Family Life After Military Deployment (<http://www.militaryonesource.com/ctim/index.aspx?ctim=105.371.1145.5296>)
user id: military; password: onesource
- Veterans and Families: Homecoming Preparedness Guide (<http://www.veteransandfamilies.org/home.html>)
- Resource Guide: Veterans of Operation Iraqi Freedom and Enduring Freedom (<http://www.veteransforcommonsense.org/files/vcs/guide.cfm>)



**State Benefits Advisor
Mr. Joseph Flores**

Mr. Flores advises Guard members and their families in understanding and obtaining benefits and services through the VA and the military health system.

He is a retired Vietnam veteran with over 35 years of active duty and HIARNG service. His last assignment before he retired from HIARNG was in the Recruiting and Retention office as a recruiter, MEPS Guidance counselor, and Marketing NCO.

Contact information:
3949 Diamond Head Rd., Rm. 118
Honolulu, HI 96816-4495
Phone: 735-8205 (Oahu)
Email: kamano.flores@us.army.mil



Hawaii National Guard Family Program

Joanne M. Yamamoto, State Family Program Manager

The 29th Brigade Combat Team has returned home to their families, friends, and communities. It was a long and arduous year that brought out many extraordinary people. At the top of this list are the FRG key volunteer leaders. This elite group of family members and friends volunteered and committed themselves to support the families of deployed soldiers, despite having a loved one deployed as well. The key volunteer leaders made sure that the families were kept informed and supported throughout the entire deployment.

As we move forward to face the challenges of reintegration and reunion, let us recap and reflect on some of the Family Program activities and events that occurred during the deployment. The largest activation ceremony to take place in recent history occurred in Oct. 2004 at the Aloha Stadium. Shortly thereafter, our soldiers left by the planeload to Ft. Bliss, Texas. Some of the family members got a chance to be with their soldiers during Block Leave during the holidays before the soldiers left for their one year in the Middle East which began in Jan. 2005.

Community organizations, businesses, and individuals demonstrated their support of our soldiers by donating tons of "Care" packages for our sol-

diers. The U.S. Postal Services' Flat Rate Priority Mail boxes cut down the expense of mailing these heavy packages especially when word got out that the soldiers needed rice. Pallet-loads of rice donated from caring individuals, schools, civic organizations, and businesses kept pouring into the Family Program office. Since then, there has never been a shortage of rice for our deployed soldiers.

"Facing Reality" was the theme for the 2005 Family Program State Conference which was held at the Regional Training Institute in Waimanalo in April. Key volunteer leaders from around the State were invited to the two-day event which included sessions with TriCare, OVS, Public Affairs, GFAP, etc. A special evening workshop on "de-stressing" was a highlight.

Our youths were also affected by the deployment. The annual youth training was held at the 298th RTI in June. Approximately 80 youths from around the State participated in the weekend event "Heroes-Adapting to Changes," which was co-sponsored by 4-H and "Operation Military Kids." The highlight of the event was a trip to the Polynesian Cultural Center where the youths saw first-hand how the different Pacific cultures adapt to changes in their environment and live together in harmony with each other.

Operation Uplift was initiated in early August with the help of the local news media. Thousands of postcards and letters were sent to the soldiers to lift their spirits and show support during the remaining months of deployment. Booths with ready-made postcards and colorful mail boxes were set up at shopping malls and schools throughout the islands for shoppers and students to send their words of encouragement and support.

As family members began preparations for their soldiers return, the Fam-

ily Program held Family Member Reunion Training briefings during the months of October and November. These workshops, produced by the Multi-Component Family Program Network which incorporated the Army Community Service at Schofield, HIARNG and the 9th RSC (Army Reserve), were held on Oahu, Kauai, Maui, Kona, and Hilo. The all-day briefings included informative sessions on the soldier's reintegration and redeployment process, reunion and communication techniques, command up-date, finance, health and veterans benefits. The intent of these briefings was to make the reunion/reintegration phase of deployment less stressful and to provide family members with the knowledge of some of the veterans' benefits and entitlements.

The word "chalk" took on a new meaning for many families awaiting their soldiers homecoming. Chalk 1 marked the arrival of the ADVON group of soldiers in mid November 2005 with 16 chalks to follow. From Martinez Gym at Schofield, to Hangar 117 at Kalaeloa, each Welcome Home Ceremony was overflowing with anxious family members, friends, employers, and many other well-wishers armed with leis, balloons, banners, home-made signs, and newborn babies. More events have been scheduled to support and salute our soldiers and their families. They include, but are not limited to, the Freedom Salute ceremonies in April - June, Welcome Home Parade and Celebration in Waikiki on May 6, Marriage Enrichment Seminars, and Youth Training. Look for forthcoming announcements.

Families kept the "home-fires" burning throughout the deployment. Their mission is not over, however, as families move into the reintegration and reunion phase of deployment, which can be the hardest phase of all. We've all changed during this deployment. How we cope with and handle the change in ourselves and each other will determine the success of our reunion. There are many resources and referrals available to all those interested in making the reunion and reintegration less stressful.

298th Engineer Detachment on deployment

By Army Sgt. 1st Class Stephen Lum
117th Mobile Public Affairs Detachment

FORWARD OPERATING BASE LAGMAN, Afghanistan - The electrical upgrade at Forward Operating Base Lagman has turned into a full-blown construction project.

Hawaii's 298th Engineer Detachment is assisting in FOB Lagman's expansion.

"In less than two weeks, our three-person team brought the electrical wiring up to code," said Army Sgt. Jon M. Julius, a 298th electrician from Kapolei, Hawaii. "We finished running hundreds of feet of cable, installing outlet boxes and building a generator shelter for the provincial reconstruction team pole barn."

Next, the built transient quarters for the force provider Soldiers joining the FOB's during the election process. Logistics included selecting the construction site, drawing up plans and ordering materials. A leveled soccer field provided an ideal platform for the 20 tents.

"Thirteen carpenters/masons and plumbers joined the team," said Army Spc. Michael C. Bearis, a social worker from Ewa Beach, Hawaii. "We finished the decks in less than a week. Close on our tail were Afghan workers who erected the tents. All that is left is wiring the 'rooms' for lighting and outlets."

"I've only got a three-man team of technicians here," said Kalman J. Szazay, KBR's Lagman team leader. "These guys have been a blessing. They're quick and efficient. They do quality work and always wear a smile."

Added to the list of projects is a pole barn for the Army mechanics and an office for the intelligence staff of the 2nd Battalion, 503rd Parachute Infantry Regiment.

Army Sgt. 1st Class Jeri G. Coleman, the 503rd liaison non-commissioned officer with the 298th, could not respond to the Hawaii engineers' request for more building materials fast enough. "They keep completing projects days and weeks of schedule."

How to reach us

Check out our website at www.dod.state.hi.us/family

if you have any questions or concerns relating to family matters. If you would like to be a part of a Family Readiness Group, contact your unit or call any of the following members of the Family Program State Advisory Team listed below:

<i>Kauai</i>	Barb Yadao-Petti 674-0806	Joanne M. Yamamoto, State Family Program Manager
Roberta Agena . . . 337-1144	Missy Vincent 422-6380	
<i>Hilo</i>	Gloria Duro 486-0667	
Marilyn Tolentino 934-0364	Pua Duropan 421-1057	
<i>Oahu</i>	Lorna Souza, 154th Wing Family Readiness Coordinator 448-7282	Don't hesitate to contact me at 732-1823, 1-800-732-6964 734-4273F or email me at joanne.yamamoto@hi.ngb.army.mil
Bobbie Kito-Hong 676-7256		
Harriet Kuni . . . 668-5185		
Kimo Palakiko 239-2040		

Where to find Hawaii National Guard Family Support Centers

Oahu at Kalaeloa
91-1227 Enterprise Ave., Kapolei
Phone: 682-0549
Harriet Kuni: 753-7124c
Clifford Duro: 284-6235c

Hawaii County: Hilo Armory -
1046 Leilani St., Hilo
Phone: 933-0926
Dave Ferreira: 987-9702c

Maui County: Puunene Armory
75 Puunene St., Kahului
Phone: 873-3552
Georgette Pelekai : 268-8005c

Kauai County: Hanapepe Armory
1-3460 Kaumualii Hwy.
Phone: 335-8420
Milton Oshiro: 346-5319c

Awards and Recognition

RAID member recognized for anti-drug efforts

By 1st Lt. Regina Berry

A Hawaii Army National Guard member received national recognition from the Office of the National Drug Control Policy Jan. 19, 2006 for his support of the National Marijuana Eradication Initiative from Jan. 1 - Dec. 31, 2005.



Hawaii is one of the nation's top seven marijuana-producing states. CWO Watters selection "reinforces the extent of the Marijuana problem within the State of Hawaii and the importance of joint National Guard and law enforcement eradication efforts," said Lt. Col. Joe Logan, Hawaii National Guard Counterdrug Coordinator. According to the citation, CWO Watters coordinated all National Guard helicopter support for

counterdrug missions within the State of Hawaii and flew over 100 reconnaissance missions in support of Federal and local law enforcement agencies during 2005. His work resulted in the discovery of international drug trafficking operations and the seizure of significant amounts of illegal drugs.

The Hawaii Reconnaissance & Interdiction Detachment assists local law enforcement agencies by providing airborne scouting and reconnaissance drug interdiction and surveillance during day and night operations throughout the Hawaiian islands.

Although CWO Watters has been with the RAID since 2001, he has seen more than six years worth of airborne reconnaissance. During the Vietnam War, CWO Watters served his time as a scout pilot. Needless to say, he has been able to use many of the lessons learned from being a scout pilot during Vietnam to during RAID missions. CWO Watters received numerous decorations for his performance during the Vietnam War, a few of which are the Distinguished Flying Cross, the Soldiers Medal, and two Bronze Stars.

"There are so many people that add to it (RAID program) and to be one of the first to receive this award is an honor," said CWO Watters.

John Walters, Director of the Office of National Drug Control Policy, Chief Warrant Officer Dave Watters, and Scott Burns, deputy director for State and local affairs for ONDCP pose with Chief Watters's Director's Award for Distinguished Service.
Staff Sgt. Cheryl Hackley, National Guard Bureau, photo

Meritorious Service Medal

Lt. Col. Kenneth Y. Murota, DCSIM, HIARNG Element (-), JFHQ
Master Sgt. Kathryn L. Arizo, HQ, 298th Regt., MFTB, (1 OLC)
Staff Sgt. Dennis M. Shimabuku, HQ, 298th Regt., RTI

Army Commendation Medal

Lt. Col. Arnold K. Iaea, 1st Bn, 298th Regt., MFTB
1st Lt. Phobechelo P. Inigo, Co. B, 193rd AVIM
Chief Warrant Officer 4 David Watters, RAID, (3rd OLC)
Master Sgt. Michael A. Samson, HHC Asslt., 299th Inf. Bn.
Sgt. 1st Class Glenn Betha, 2nd Bn., 298th Regt., RTI
Sgt. 1st Class Warren M. Fukunaga, RAID, (1st OLC)
Sgt. 1st Class Ernie Gomes, 2nd Bn., 298th Regt., RTI, (2nd OLC)
Sgt. 1st Class Vilisoni Kotobalavu, HQ, 298th Regt., RTI, (4th OLC)
Sgt. 1st Class Bret D. Moore, 2nd Bn., 298th Regt., MFTB, (2nd OLC)
Sgt. 1st Class Willie J. Ray, 2nd Bn., 298th Regt., MFTB, (2nd OLC)
Sgt. 1st Class Dana W. Wingad, 2nd Bn., 298th Regt., MFTB, (3rd OLC)
Staff Sgt. Tyrone J. Adriano, 2nd Bn., 298th Regt., MFTB, (1st OLC)
Staff Sgt. Felomina Aliviar, 2nd Bn., 298th Regt., MFTB, (2nd OLC)
Staff Sgt. Dillon K. Ching, 2nd Bn., 298th Regt., MFTB, (1st OLC)
Staff Sgt. Randall Callejo, 2nd Bn., 298th Regt., MFTB, (1st OLC)
Staff Sgt. Anthony J. Duran, RAID, (1st OLC)
Staff Sgt. George R. Paasch III, RAID, (1st OLC)
Sgt. Gary E. Cabacangan, Btry. A, 1st Bn, 487th FA
Sgt. Brian C. Napomuceno, PSD, HIARNG Element, JFHQ, (3rd OLC)
Sgt. Fred Pimentel, Btry. C, 1st Bn, 487th FA, (1st OLC)
Spc. Flordelina C. Gansit, Co. C, C Med, 29th Spt. Bn., (1st

OLC)
Spc. Laureen S. Hamilton, 29th Cs. Bn., HHC, SIB Rear

Air Force Commendation Medal

Master Sgt. James Almeida Jr., 292d Combat Com. Sq.
Staff Sgt. Bryan B. Sagayaga, 292d Combat Com. Sq.

Army Achievement Medal

Capt. David H. Kikau, HHC, Asslt., 2-299th Inf.
1st Lt. Wesley Kawakami, Co. B, 2-299th Inf.
2nd Lt. Phobechelo P. Inigo, Co. B, 193d AVIM, (1st OLC)
2nd Lt. Eric R. Miyasato, G-1, HIARNG, JFHQ, (2nd OLC)
Master Sgt. Lawrence T. Andrews, HIARNG Element, JFHQ, (3rd OLC)
Master Sgt. Samuel David III, HIARNG Element, JFHQ, (1st OLC)
Master Sgt. Lydia Ho, HIARNG Regional Site Cmd. Bn., 299th Inf.
Baldonado Yadao, HHC, 2-299th Inf.
Sgt. 1st Class Don Bongo, 29th IN, HHC, Rear
Sgt. 1st Class Paul Taniguchi, HIARNG Element (-), JFHQ, (1st OLC)
Staff Sgt. Cirilo C. Fabia, HHSB, 1st Bn., 487th FA (5th OLC)
Staff Sgt. William Liboy, HHC, Asslt., 2-299th Inf. Bn., (5th OLC)
Staff Sgt. Ken Siilata, 29th IN, HHC, Rear, (1st OLC)
Sgt. Mark S. Kubota, Btry. C, 1st Bn, 487th FA, (4th OLC)
Sgt. Benjamin Pokipala, HHSB, 1st Bn., 487th FA, (2nd OLC)
Sgt. Thomas Rodrigues Jr., 29th Cs. Bn., HHC, SIB Rear
Sgt. Ryan K. K. Yamauchi, HHSB, 1st Bn., 487th FA, (2nd OLC)
Sgt. Earl J. Ventura, HHC, 2-199th Inf., (3rd OLC)
Spc. Dean H. Abrigana, Co. B, 2-299th Inf., (1st OLC)
Spc. Mark D. Ayap, HHC, 2-299th Inf., (1st OLC)
Spc. Scott H. Baltero, HHC, 2-299th Inf., (1st OLC)
Spc. Daniel J. Bulgarin, 29th In., HHC, Rear
Spc. Jordan D. Deah, HHC, 2-299th Inf.
Spc. Maika

Fergerstranbertlemann, Co. B, 2-299th Inf.
Spc. Pasqual Gallen, HHC, 2-299th Inf.
Spc. Patrick Garcia, HHC, 2-299th Inf.
Spc. Keoni Halemano, Co. D, 2-299th Inf.
Spc. Bobbie Marie D. Huntley, 298th Regt., MFTB, (1st OLC)
Spc. Shannon Kaupu, HHC, 2-299th Inf.
Spc. Melissa Knox, 29th IN, HHC, Rear, (1st OLC)
Spc. Ronald A. Puaala, HHC, Asslt., 2-299th Inf., (2nd OLC)
Spc. Roldan N. Ranan, HHC, 2-299th Inf.
Spc. Mark A. Sammon, 299th Inf. Bn., Co. C, Rear
Private 1st Class Bryson J. Amaral, HHSB, 1/487th FA, Rear
Private 1st Class Bridget R. Manupule, 299th Inf. Bn., HHC, Rear
Private Barney J. Ho, 29th In., HHC, Rear

Air Force Achievement Medal

Capt. Claire K.H. Shimatsu, 154th Operations Spt. Flt.
1st Lt. Robert H. Millmann, 154th Log. Readiness Sq.
Master Sgt. Steven H. Matsuda, 154th Security Forces Sq.
Master Sgt. Dawnmarie B. Tafaoa, 154th Security Forces Sq., (2nd OLC)
Master Sgt. David C. Weeks, 154th Security Forces Sq., (5th OLC)
Tech. Sgt. William E. Dixon, 154th Security Forces Sq.
Tech. Sgt. Nicholas M. Marazan, 154th Security Forces Sq., (2nd OLC)
Tech. Sgt. Gary M. Oshiro, 154th Security Forces Sq., (3rd OLC)
Tech. Sgt. Charles R. Parker, 154th Security Forces Sq., (1st OLC)
Staff Sgt. Robert M. Kim, 154th Security Forces Sq., (2nd OLC)
Staff Sgt. Martin Lapuente Jr., 154th Security Forces Sq., (1st OLC)
Staff Sgt. Shelly F. Madrid, 154th Security Forces Sq.
Staff Sgt. Ryan K.

Ramoranschreiner, 154th Security Forces Sq., (1st OLC)
Staff Sgt. Clifford K. Ramson, 154th Security Forces Sq., (1st OLC)
Staff Sgt. Derek A. Tang, 154th Security Forces Sq., (1st OLC)
Staff Sgt. James A. Urban, 169th Aircraft Control and Warning Sq., (1st OLC)
Senior Amn. Christylynn A. Avilla, 154th Security Forces Sq.
Senior Amn. Joseph J. Corn, 154th Security Forces Sq.
Senior Amn. Jacob P. Delaura, 154th Security Forces Sq.
Senior Amn. Shane K. Gloor, 154th Security Forces Sq.
Senior Amn. Matthew A. Higa, 154th Security Forces Sq.
Senior Amn. Gavin W. Himalaya, 154th Security Forces Sq.
Senior Amn. Ryan A. Kaleo, 154th Security Forces Sq.
Senior Amn. Shon K. Kele, 154th Security Forces Sq., (1st OLC)
Senior Amn. Jansen K. Medeiros, 292d Combat Com. Sq., (1st OLC)
Senior Amn. Kenneth K.

Oshiro, 154th Security Forces Sq.
Senior Amn. Jardinaso Paquito Jr., 154th Security Forces Sq.
Senior Amn. Brandon K. Popa, 154th Security Forces Sq.
Senior Amn. Moses L. Randles, 154th Security Forces Sq.
Senior Amn. Melissa L. Souza, 154th Security Forces Sq.
Senior Amn. Jake P. Tomaszek, 154th Security Forces Sq.
Senior Amn. Tashalynn E. Willing, 154th Security Forces Sq.
Amn. 1st Class Kenneth K. Cheers, 154th Security Forces Sq.
Amn. 1st Class Camille P. Koholua, 154th Security Forces Sq.

Hawaii National Guard Commendation Medal

Staff Sgt. Harding J. Fragas, HQ, 298th Regt., MFTB
Ms. Suzie Arroyo, 29th Spt. Bn. Family Support Group
Ms. Leimana Jackson, 29th Spt. Bn. Family Support Group
Ms. Rose Ladera, 29th Spt. Bn. Family Support Group

Ms. Samlyn Moore, 29th Spt. Bn. Family Support Group
Ms. Marjorie Pudiquet, 29th Spt. Bn. Family Support Group
Ms. Marianne Rogers, 29th Spt. Bn. Family Support Group
Ms. Aulii Ross, 29th Spt. Bn. Family Support Group
Ms. Pearlana Stone, 29th Spt. Bn. Family Support Group
Ms. Carrie Takenaka, 29th Spt. Bn. Family Support Group
Ms. Carmela Vigue, 29th Spt. Bn. Family Support Group
Ms. Novie Widemann, 29th Spt. Bn. Family Support Group

Combat Action Badge

Capt. Jared I. Sproat, Co. C., 193d Avn.
Chief Warrant Officer 4 Timothy K. Hurley, Co. C, 193d Avn.
Chief Warrant Officer 4 Wayne Y. Umeda, Co. C, 193d Avn.
Chief Warrant Officer 3 Lincoln M. Ishii, Co. C, 193d Avn.
Chief Warrant Officer 2 Gary S. Adkins, Co. C, 193d Avn.

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.

	Jul.	Aug.	Sept.
Hawaii Army National Guard			
HHD, Joint Forces HQ	15-29	12-13	9-10
298th Regional Training Institute	8-9	5-6	9-10
29th Brigade Combat Team	15-29	1-2	13-14
103rd Troop Command	8-9	5-6	9-10
12th Personnel Service Det.	8-9	5-6	9-10
25th Infantry Division, D-ROC	8-9	12-13	9-10
111th Army Band	5,12,19	10,17,24,31	7,14,21,24,28
117th Mobile Public Aff. Det.	8-9	5-6	9-10
298th Engineer Det.	8-9	5-6	9-10
297th Firefighting Team	6-8	5-6	16-17
Co. B, 193rd Aviation	8-9	5-6	9-10
Co. C, 193rd Aviation	8,30	5-6	9-10
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	15-16	5-6	9-10
154th Wing	15-16	5-6	9-10
201st Combat Communications Group	15-16	5-6	9-10