

Deployments

**Guard
Afghan, Iraqi
missions
featured
page 4**



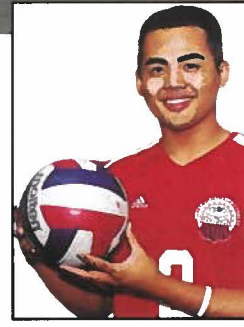
Homeland D

**Molokai
mission
tests
preparedness
page 5**



Sports

**Soldier excels
on Army
Volleyball
team
page 8**



Hawaii State Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 43, No. 1

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

November 2007 - March 2008

Calendar

May

Military Appreciation Month, check on-line for events, dates and times for events.

May 26, Monday

Memorial Day, federal and state holiday; ceremony at the National Memorial of the Pacific, at Punchbowl, 10 a.m.; ceremony at the Hawaii State Veterans Cemetery, in Kaneohe, 1 p.m.

May 31, Saturday

Family Program Workshop, Hickam Air Force Base Officer's Club. Contact you Family Support Coordinator for more information.

June 11, Wednesday

Kamehameha Day, state holiday.

July 4, Friday

Fourth of July, federal and state holiday

August 15, Friday

State's Admissions Day, state holiday.

September 1, Monday

Labor Day, federal and state holiday.

September 20, Saturday

State Primary.

October 13, Monday

Founder's Day, federal holiday.

November 4, Tuesday

General Election, state offices are closed.

November 11, Tuesday

Veterans' Day, federal and state holiday; ceremony at the National Memorial of the Pacific, at Punchbowl, 10 a.m.; ceremony at the Hawaii State Veterans Cemetery, in Kaneohe, 1 p.m.

Operational Support Airlift Command to serve Horn of Africa mission

Army Guard fixed wing aircrew departs

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

The Hawaii National Guard family bid aloha to the Soldiers of Detachment 55, Operational Support Airlift Command, in February, at Wheeler Army Airfield, as they left to support the global war on terrorism mission.

The eight-person team of C-26 Metroliner pilots and crew chiefs, lead by Chief Warrant Officer Charles Gustafson, left

for Combined Joint Task Force-Horn of Africa mission in the country of Djibouti.

The CJTF-HOA mission is to conduct unified action in the combined joint operations area of the Horn of Africa to prevent conflict, promote regional stability and protect Coalition interests in order to prevail against extremism.

The mission includes building schools, clinics and hospitals and through conducting medical,

dental and veterinarian civil action programs (MEDCAP, DENCAP, VETCAP). The Hawaii aircrews will fly personnel and equipment to support these humanitarian missions.

Chief Warrant Officers Darryn Dela Vega, Harry Huber and Dean Kozel round out the pilot staff, while Sgt. 1st Class Daniel Monette and Sgt. Andrew Salvador will serve as the crew chiefs.



Sgt. 1st Class Wayne T. Iha photo

DEPLOYMENT FAMILY PORTRAIT – Detachment 55, Operational Support Airlift Command families of Chief Warrant Officer Charles Gustafson, Sgt. 1st Class Daniel Monette, Sgt. Andrew Salvador, Chief Warrant Officer Darryn Dela Vega, Chief Warrant Officer Harry Huber and Chief Warrant Officer Dean Kozel, pose for one last group picture before the aircrew pushes off for their Combined Joint Task Force-Horn of Africa mission in the country of Djibouti.

154th Wing Airmen perform Iraqi mission



Senior Airman
Julianne Showalter photo

BALAD AIR BASE, Iraq — Senior Airman Ryan Yung (left), financial manager, counts out money for a customer, while Staff Sgt. Robert Rabacal (below), transient alert craftsman, signals to a Marine Corps F/A-18 Hornet pilot that the chocks have been pulled and the aircraft is safe for movement. The transient alert team performs the launch and recovery of more than 1,500 aircraft monthly through the Department of Defense's busiest airfield. (More deployment news on page 3)



Tech. Sgt. Heather Cabral photo

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Command Notes

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

We are ramping up for another 29th Brigade Combat Team deployment to Central Command's Area of Operations. About 1,700 soldiers from the Hawaii Army National Guard and Army Reserves throughout the Pacific, will be mobilized in August, and then trained at Fort Hood, Texas before deploying to Kuwait in late October and early November. This mobilization will not be as large nor as disruptive for our families as the brigade's tour of duty beginning in 2004, but it does clearly show the need for the operational reserve that we have today. When I was first commissioned as a second lieutenant in the early 1970's, the National Guard and reserves were strategic reserves. That is, we were expected to be mobilized only for wars or operational contingencies that would be massive and limited in duration. A perfect example was during 1990 and 1991 for Operations DESERT SHIELD and STORM in which Saddam Hussein's forces were ejected from Kuwait. Then as the U.S. military drew down in significant numbers in the 1990's, we were expected to be mobilized in even greater numbers than before but still used only once in a great while. What we face is a period of extended, steady state deployments not only for members of the active duty military, but for the Guard and reserves as well. So rather than having five or six years between call ups

as was forecasted just a few years ago, we are seeing breaks of only three years or so before a unit is re-mobilized. Regardless of who wins the presidential election this November, and regardless of what happens in Iraq as a consequence of that election, the dwell time between deployments should increase as both the active duty Army and Marines increase the number of troops in their ranks, decreasing the need for Guard and reserve call-ups.

Soldiers redeploying

Over the next several months, we will welcome home roughly three hundred soldiers from CENTCOM AOR. The HIARNG soldiers who volunteered for duty in Afghanistan with Arizona's 1st. Battalion, 158th Infantry have already redeployed after performing their jobs as Afghan National Security Forces trainers in exemplary fashion. Company C, 1st Battalion, 207th Aviation and the soldiers from the 12th Personnel Services Detachment are due back in May and June. Welcome back and a job well done!

Air Guard upgrading jetfighters

For the Hawaii Air National Guard, we're really looking forward to the conversion to the F-22 Raptor in late 2010. For the first time since the HIANG converted to F-15's in 1987, we lost one of our Eagles in February when it went down in the ocean off Oahu. Fortunately, our HIANG pilot was not hurt and was promptly picked up in a textbook search and rescue operation. The Accident Investigation Board results are not releasable yet,



Sgt. 1st Class Stephen M. Lum photo

HAPPY 371ST – Pfc. Roland Parajillo 18, and Master Sgt. John Gollero, 61, representing the youngest and oldest active Hawaii National Guard members at the National Guard Birthday Ball are joined by Command Chief Master Sgt. Denise M. Jelinski-Hall, the senior enlisted advisor, to cut the birthday cake at the Waikiki Sheraton held celebration in December. Maj. Gen. Robert G.F. Lee, the adjutant general, and retired Sgt. Maj. Milton M.W. Yee look on.

and so I won't comment on the cause of the mishap, but one thing is certain—the F-15s are getting old—most of which were built in the 1970's. These three-decade-old high-performance fighter aircraft were built to fly about 4,000 flight hours. Many have surpassed two thousand hours more than that. The F-22 is a fifth generation combat fighter that will ensure that the HIANG, along with our active duty partners, will remain relevant as part of our national defense well into the next decade and beyond. We are very fortunate to be selected as the only Air National Guard unit in the nation to "own the tails" of an F-22 squadron. That shows the confidence the U.S. Air Force has in our people to maintain and fly such a valuable national asset.

Departmental News

Reminder to exercise the right to vote

State Primary: Sept 20; registration deadline Aug., 21; ballot request deadline Sept. 13 if registered, Aug. 21 if not registered; ballot return deadline Sept. 19
General Election: Nov. 4; registration deadline Oct. 6; ballot request deadline Sept. 13 if registered, Oct. 6 if not registered; ballot return deadline Nov. 14.

Registration applications are available on-line, in the telephone book, at selected state offices and Satellite City Halls.

Remember even if you're deploying or deployed you can still exercise your voting rights.

Army to Retire BDUs

The Army Battle Dress Uniform and Desert Battle Dress Uniform was April 30 for both active-duty and reserve-component Soldiers.

All brown T-shirts, black combat boots and green and black jungle boots, woodland and desert-camouflage caps,

olive-drab-green name and U.S. Army tapes, subdued-olive-green shoulder-sleeve insignias and the black rigger belt and web belt with open-faced black buckle will also become obsolete.

Soldiers can continue to wear the black-knit cap and the black microfleece-knit cap with the cold-weather woodland-camouflage field jacket until Sept. 30., 2008

Two career search programs available

Helmets to Hardhats and **TurboTap** are programs established by the Department of Defense to fulfill the military's promise to support veterans' career transitions whether they are separating from service or continuing as a member of the National Guard or Reserve.

Helmets to Hardhats is designed to connect current and former military personnel with career opportunities in the building and construction trades. Through the [\[tohardhats.org\]\(http://tohardhats.org\) website, veterans are able to build resumes, network and conduct searches for career positions in the building and construction trades.](http://www.helmets</p></div>
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TurboTap is designed to assist service members and their families to prepare for transition from the military. Through www.turbotap.org website assist service and family members can find information on veteran and other benefits, build resumes, search for jobs and more.

State Tuition Assistance Program

The State TAP application for Spring 2007 were due in early March, but it's not too late to start planning for next semester.

Forms are available from you unit career advisor, designated representative or from the customer service desk at the MFP, Building 3417, 2nd floor in Kalaeloa.

The reimbursement rates for the following

University of Hawaii system campuses are:

- Up to 100 percent at Community Colleges, UH Manoa, West Oahu and UH Hilo, Montgomery GI Bill, 1607

• May be used with Montgomery GI Bill kicker

Additional questions: contact your unit career advisor or the retention office staff.



pupukahi

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

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Command Chief Master Sgt. Denise M. Jelinski-Hall

Hawaii National Guard's senior enlisted advisor's Warrior Message

The Hawaii National Guard has written another impressive chapter for the history books!

As we continue to move forward towards

another challenging year I think it is very appropriate that we take a moment to reflect back on all the HING has accomplished.

Whether it was deploying to Iraq, Afghanistan, Kuwait, Qatar, the Philippines or some other location far from home, the professionalism and pride that is the Hawaii National Guard never shone more brightly. That same skill and

dedication was also on display during the many times our guard members responded to crisis here in our home state.

In our hectic world, where there are competing internal and external forces pulling us in many directions simultaneously, you always accomplished the mission in a truly exemplary fashion.

Despite the stress and strain of civilian jobs, school, family, community support activities and our guard responsibilities placed on us, you never faltered. You should be justifiably proud of all you did... as I am proud of each and every one of you.

We are well into the start of 2008 and many important events have already taken place. It's a good time to stop and pause; to reflect on the reason we are in this business...the business of service.

There is no greater calling than to serve your state and this great nation as a

member of the armed forces. I wanted to take a moment to say *thank you* to our Soldiers, Airmen and our Ohana for your dedicated service. With this service comes sacrifice – not only for the guard member but for the family as well. We are all connected, whether you are the one wearing the uniform or the one supporting those that do.

I am grateful that you have answered your state and nation's call to defend the freedoms we enjoy. Without your service those freedoms would soon cease to exist.

Despite America's love of peace and freedom, there will always be others out there who would readily take our freedom away. Thank you for *standing your post* and for *keeping the wolf from the door* for so many years. Thank you too for being Ambassadors for the Hawaii National Guard and for representing us proudly!

Deployed Airmen news

Angels provide gifts of Aloha

"People are our business" is the ethos for first sergeants whose role in the Air Force is one that is time honored and rich in tradition, where integrity, leadership and esprit de corps not only applies to the discipline and management of our Airmen, but also in the caring of our Airmen.

Caring for our Airmen was the motivation behind the Hawaii Air National Guard First Sergeants Council launching its first ever bake sale during the December 2007 drill.

Armed to the teeth handing out Airmen's Creed/Core Values and Uniform Tips quick reference cards, proved to be a great opportunity for the team to interact and cross-talk with our most valuable assets – our Airmen. Needless to say, the "Shirts" had a great time meeting and greeting fellow HIANG 'ohana. Moreover we were overwhelmed at the generosity of the HIANG members.

With no price tag on any of the baked goods, Shirts merely asked for "wat eva kine" donations, and the generosity flowed. Sales far exceeded any of our expectations — mahalo to all of our gracious contributors!

Shortly after coming off of the bake sale success, the First Sergeants Council once again huddled up for an even more important event, our annual *Angel*

Tree Project. Like last Christmas, the HIANG had a record number of Airmen deployed to real world mis-



Master Sgt. Jason Seales, 154th Wing Security Forces first sergeant, presents an angel gift.

sions around the globe. While working closely with Mrs. Lorna Souza, Family Readiness Program Coordinator, the FSC embarked on the *Angel Tree Project* to provide a Christmas cheer to family members whose loved ones were away from home.

Proceeds from the bake sale and FSC resources, the team purchased AAFES Gift Cards for children of deployed members. During the last two weekends of December, the first sergeants spread Yule tide cheer delivering the "Angel Tree" gifts to all the keiki. The smiles on the children's faces made it all worthwhile.

"It was a very satisfying mission," said Master Sgt. Jason Seales, 154th Wing Security Forces first sergeant. "We must endeavor to do each year."



DADDY'S HOME – Maile Colton run to greet her father, Senior Airman Bronson Colton, of the 154th Security Forces Squadron, Hawaii Air National Guard. Colton, in the striped shirt and his fellow Airmen, arrived at Honolulu Airport on Valentine's Day after a six month deployment in Iraq.



WELCOME HOME – Tech. Sgt. William Dixon, of the 154th Security Forces Squadron gets a welcome home handshake from the 154th Wing Command Chief Master Sgt. Robert S.K. Lee. Dixon was one of 13 Security Forces personnel who returned after the mission in support of Operation IRAQI FREEDOM.



AFRICAN AMERICAN RECOGNITION – Lt. Col. Charles A. Moose, 154th Security Forces Squadron commander, Hawaii Air National Guard, is presented with a token of appreciation for his participation as guest speaker for the 15th Airlift Wing Black History Month Luncheon by Master Sgt. Michelle Malone, president of the Hickam African American Heritage Association held at the Hickam Officer's Club, Feb. 27. During his speech, Moose emphasized the importance of being accountable for your actions because your actions can formulate stereotypes that are difficult to change.

Guard Soldiers brave Afghan winter in stranded U.S. Senators rescue

By William Cole, Honolulu Advertiser writer
Reprinted from March 10, 2008 article

U.S. Sen. John Kerry of Massachusetts was fairly nonchalant about the U.S. military helicopter he was in having to make an emergency landing in a snowstorm in the mountains of Afghanistan.

Two Black Hawks were forced down by bad weather on Feb. 21. Kerry and two other senators, fellow Democrat Joseph Biden of Delaware and Republican Chuck Hagel of Nebraska, had been visiting some forward operating bases.

"We sat up there and traded stories," The Associated Press reported Kerry joking afterward. "We were going to send Biden out to fight the Taliban with snowballs, but we didn't have to do it."

Kerry added that, "Other than getting a little cold, it was fine."

Easy for him to say.

There's another side to this story. One that involves 10 Hawai'i National Guard soldiers who helped rescue the trio and spent the next 18 hours shivering in temperatures in the high teens or low 20s securing the temporarily grounded choppers.

Hawaii Soldiers attached to Arizona Guard

The Hawai'i soldiers are attached to the Arizona National Guard's 1st Battalion, 158th Infantry, and have been in Afghanistan for nearly a year.

About 75 of Hawai'i's citizen soldiers left for Afghanistan last spring to fill out the more than 600-member Arizona battalion.

Another 16 were sent to work with Afghan National Police. About a half dozen Hawai'i Air National Guard airmen also are deployed to Afghanistan.

Spc. Ian M.Y.H. Yee, 25, who grew up on O'ahu, had just returned to Bagram Airfield from a six-hour driving and foot-patrol mission when he and other soldiers were told to rescue the senators and their aides.

"We had just pulled into our camp and gotten everything off, and we got the word that everything was back on and we had to head back out," Yee said by phone.

A total of 42 soldiers in the platoon headed out in a convoy of Humvees and trucks.

According to officials here, the other nine from the Hawai'i National Guard who were involved in the rescue were: Spc. Danen L.K. Holi-Kunishige, Spc. Daniel Granger, Staff Sgt. Jon K.K. Miyajima, Pvt. 2 Jerome L. Uyematsu, Spc. Aaron A. Snakenberg, Spc. Vernon K. Tatsuno, Spc. Jefferson Mayo, Spc. Glenn R.A. Ponce and Pfc. Alvin K. Ainoa.

Quick Reaction Force just returning from patrol go back out

It took an hour to an hour and a half to drive the approximately 15 miles to the landing spot.

Afghanistan's mountain roads are extremely dangerous under the best of circumstances. Shorn up by rock piles on steep hill-sides, they are just barely wide enough for Humvees.

To the left is often a sheer rock face, and to the right is often a drop-off.

That danger was compounded by snow and icy road conditions. To top it off, it was dark.

"There were some portions that the snow on the side would come up to the doors on the Humvees," Yee said.

When they reached the Black Hawks, there wasn't much in the way of interaction.

"Our primary purpose was to secure the area first, and the senators' own personal security pushed them towards the trucks so they could hurry up and get out of the cold," Yee said. "None of us actually got to talk to them. They were whisked away pretty quickly."

One squad transported the senators back to Bagram. Yee and the rest of the other soldiers wouldn't be so lucky. They had to watch over the helicopters.

"Nobody really slept because the helicopter crews ... couldn't keep the helicopters on to generate heat because of (the possibility of running low on fuel), and we couldn't bring in any more fuel," Yee said. "The Humvees (couldn't run) for the same reason. We didn't know how long it would take for the weather to clear up."

Yee said because of the mission they were on, "everyone was pretty anxious" on the way out, and "everyone definitely had a fire under their butt."

Morales-Frasier base, home away from home

Yee is part of an element that often operates off the base.

For the past seven to eight months, he said, he and other soldiers had been operating out of a base called Morales-Frasier doing clearing operations and trying to counter Taliban influence.

According to an account of the rescue put together by the Arizona battalion, the platoon to which Yee and the others belong has been in more than 100 engagements with enemy forces, primarily in the Tag Ab Valley.

Yee said he is to leave Afghanistan in a few weeks.

Female aviators take to Iraqi skies on Christmas

LSA ANACONDA, Iraq – For eight tiny reindeer . . . no eight female aviators it was a Christmas unlike any Christmas.

While their families, children and friends back home sat down for Christmas Eve dinner, two all-female UH-60 Blackhawk crews woke up early Christmas morning and began preparing for a rare and important mission.

Female Soldiers from 2nd Battalion, 147th Aviation Regiment spent their Christmas Day executing a 100 percent

female-run flight mission. From the intelligence briefings in the morning, to the two four-woman flight crews, all the way to the fuel teams, the mission consisted of only women.

Making up three-fourth of the trail aircraft crew was Hawaii Army National Guard pilot Capt. Phoebe Inigo, and crew chiefs Sgt. Michelle U. Aina and Sgt. Crisaron Voeuth. The ladies are part of the Hilo, Hawaii-based Co. C,



Sgt. Crisaron Voeuth (left), Capt. Phoebe Inigo and Sgt. Michelle U. Aina celebrate a safe return from a 100 percent female-run flight mission.



Photos provided by Co. C, 1st Bn., 207th Aviation
WOMAN'S TOUCH – Capt. Phoebe Inigo, Co. C, 1st Bn., 207th Aviation pilot, checks the rotors prior to a Christmas mission in Iraq.

1st Bn., 207th Aviation, which is attached to the 147th Aviation, who have been in Iraq since spring 2007.

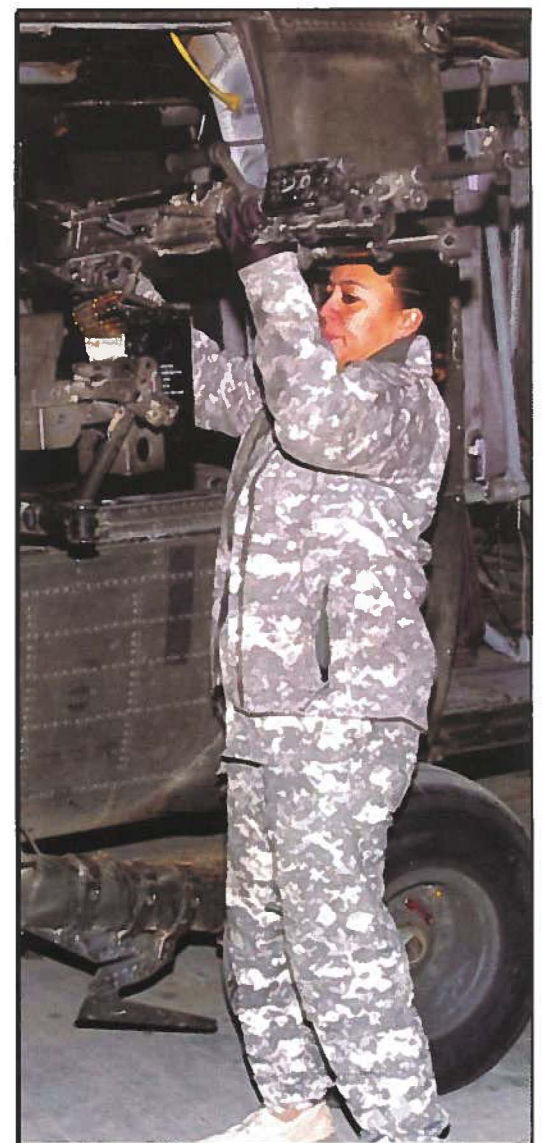
"It was not until 1993, that women were allowed to fly combat aircraft," said Inigo, of

Waianae, Hawaii. "There have been great strides in the advancement of female pilots in aviation. I hope this mission will send a positive message to young adults of both genders who are contemplating military service."

"The mission was like another day at the office," said Aina, from Hilo, "only, our office is over possibly hostile skies of Iraq."

"I was honored to be a part of the historic event," said Voeuth, from Keaau, Hawaii.

"I do not think the mission will change any stereotypes, there should be any," said Command Sgt. Maj. Daniel D. Muller, the 147th's senior enlisted Soldier. "The women are professional Soldiers and can accomplish the same mission with outstanding results dependant upon the level of proficiency . . . irrespective of gender."



WEAPONS CHECK – Sgt. Michelle U. Aina, Co. C, 1st Bn., 207th Aviation crew chief, mount a machine on her UH-60 Blackhawk helicopter in preparation for the Christmas Day mission.



Molokai gets early morning assist

ALL ON THE SAME PAGE – Lt. Col. Thomas M. Johnson III, 93rd Civil Support Team (Weapons of Mass Destruction) commander, briefs a team of Molokai County first responders on the mission of the unit. Attendees included the police chief, fire chief, incident commander, and representative from the civil defense and health department.

Story and photos by Sgt. 1st Class Stephen M. Lum

KALAELOA, Hawaii – It was five in the morning and the 22-member 93rd Civil Support Team (Weapons of Mass Destruction) received a no-notice call to assemble in at their Kalaeloa base within an hour. The Hawaii National Guard's full-time rapid response unit received a call from local authorities, on the island of Molokai. A dissident from local activist organization was held-up at building in Kaunakakai town. He had broken ranks with his anti-Superferry group and wanted to turn himself in. He informed the authorities of a clandestine lab set-up with multiple chemical agents and explosive devices.

The alert call-out to the Soldiers and Airmen of the 93rd CST caught them in various stages of sleep and waking moments. One Airman, Staff Sgt. Noah K. Raymond, was in downtown Honolulu in line to order Manapua, when he received the alert – he left without getting his box of breakfast snacks.

The CST troops gathered at the situation room and the commander, Lt. Col. Thomas M. Johnson III, briefed them on the incident. After a condensed, but comprehensive discussion, a seven-member strike team was established and members scattered to dress and pack a streamline assortment of gear for a zero seven hundred departure via CH-47 Chinook helicopter.

Strike Team Molokai included the commander, Sergeants 1st Class John Andoe and Norman L. Peleholani, Master Sgt. Emilio Maldonado Jr., Tech. Sgt. Adam McGee, Raymond and Spc. Keith K. Hapenny. Their load included a Chevy Suburban and, communications, medical and NBC detection/decontamination gear.

After the gear was loaded, the Suburban made its way up the ramp of the Chinook (with barely a foot clearance on three sides), the strike team boarded and the helicopter took off as the sun began to rise.

The team, touched down at Kaunakakai Airport a half an hour



TIGHT SQUEEZE AND THE CRIME SCENE — Tech. Sgt. Adam McGee drives a Chevy Suburban on board the Hawaii Army National Guard's CH-47 Chinook helicopter and later shoots digital images, while being careful not to disturb the crime scene.

later, and moved to a safe area down the road from the threat area (the Hawaii Army Guard's Molokai Armory). The team met with local officials, to including personnel from the fire, police, public safety, health, and civil defense.

First responders are briefed

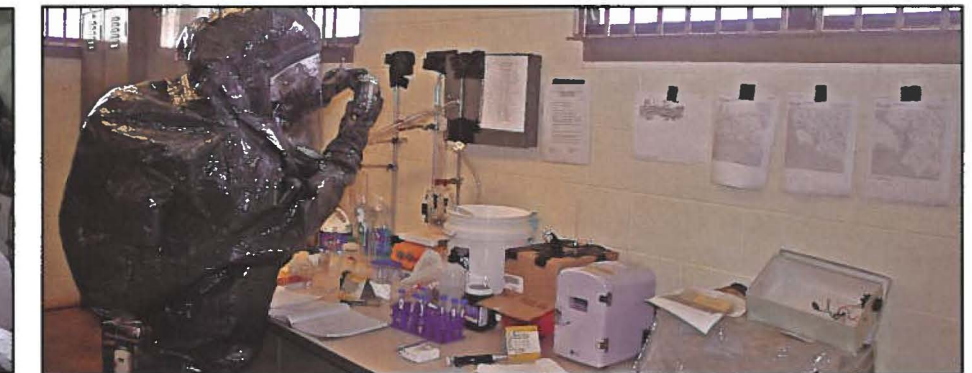
Once the CST arrived at the fire department, the incident commander and the other first responders were ready to turn over command and operation to the Johnson's team. He gave them a timeout and proceeded to inform those who were there that the strike team is here (for the first time on Molokai) serve as second tier responders and only if the team on the ground has exhausted or exceeded its capabilities.

More than an hour was spend sharing what the CST brings to the table, what each section does and how they integrate with the first responders.

Johnson aligned himself with the fire department incident commander for exchange of current information and needs. The team was in contact with 93rd Rear on Oahu and monitored by agencies in Washington D.C.

Andoe served as noncommissioned officer-in-charge of the strike team and communications chief. Additionally, he provided possible modeling scenarios. He kept the commander, Rear command and team members updated.

Maldonado, in his capacity as health care NCO, monitor the vital signs of the reconnaissance



SAMPLING -- Spc. Keith K. Hapenny places a liquid sample of a suspected chemical in a jar for further testing.

team members during pre-flight, before suiting-up and after dressing down. He also serves as advisor of all medical concerns during the mission, as well as providing safety concerns and other information on the suspected chemical agents. He was also a backup on the recon survey team.

Peleholani, the NCO chief, was the strike team's survey team chief and recon NCO. He was the primary link to the McGee and Hapenny, the recon team members.

Recon team moves in

After all the personnel informed and in place the recon mission started. McGee and Hapenny put on their head-to-toe chemical protective suits. Armed with a multitude of radiation and chemical detection devices, sample packets and a digital camera, the recon team approached the building. They followed a police officer who searched and secured the dissident in the rear.

The recon teams, already dripping inside their suits, proceed to approach the building, pausing often to check their equipment any potential positive readings and communicating though their headset their progress. The arduous process final got them to the doorway, where they repeatedly probed for radiological and chemical readings.

The recon members kept visual and audio contact with each other. Once in the interior room, McGee took even more caution to document their movements with a digital camera.

Image from the camera are part of the procedural preservation of the crime scene and visuals to electronically transmit to the rear for analysis by experts on the local and national level.

More probing was done with the detectors and litmus paper. Meticulous care was taken to mark potential areas of concern, like test tubes, petri dishes, components and electronics for explosive devices.

After pains taken task of putting on latex gloves over bulky rubber gloves, Hapenny took samples of suspected chemicals in jars that were sealed, taped, plastic bagged and labeled. When the final samples were taken, more photos were taken to confirm the crime scene was not disturbed and the team backed their way out of the lab and the building to a decontamination area.

After several wash downs, the recon team continued the careful chain of custody to turnover the samples to the proper authorities where further tests would be done. On a real mission the samples would be sent to the mainland labs for further analysis.

Mission wraps up

The mission wound down with the recon team peeling off their soaked suits and had their vitals rechecked, as the rest of the team repacked, ready for redeployment

A debrief with the key players wrapped up the mission on Molokai and the team flew back to Oahu for unpacking and more debriefs before being released for the day.

How to swim with sharks

By Rex Jones, State Equal Employment Manager, 672-1245 or e-mail at rex.e.jones@us.army.mil.

"Eh brah, go come wit us go swim wit da sharks at North Shore." That is what my Pastor asked me last weekend. I have yet to take him up on the offer; however, his invitation reminded me of a plaque I received as a going away gift from the Diversity Manager at Gonzaga University. It is titled "How to Swim With Sharks" (Concept created by Voltaire Cousteau) and it lists a few simple rules that should be adhered to if ever one should consider such an endeavor.

The truth is, most people do not "want" to swim with sharks. However, the instructions on this plaque were written primarily for the benefit of those who, by virtue of their **occupation**, find they must swim in waters infested with sharks.

As clarification, I'm confident that we for the most part, do not have "sharks" within the Hawaii National Guard. I have come to this conclusion as a result of the numerous climate assessments I have conducted during my tenure here. However, that doesn't necessarily mean this article is of little or no value. Many of you hold positions in the private sector that simply aren't as tight-nit as your military unit. With all that said, these rules simply provide the fundamental principles which, if followed, will make it possible to survive a shark attack. **Rules:**

1. Assume unidentified fish are sharks — Not all sharks look like sharks, and some fish which are not sharks sometimes act like sharks. Inexperienced swimmers have been badly mangled by assuming that docile behavior indicates that the fish is not a shark.

2. Do not bleed / Get out if someone else is bleeding — Bleeding tends to prompt an even more aggressive attack and will often provoke the participation of sharks which are uninvolved or, as noted above, are usually docile. Let's face it; it is difficult not to bleed when injured. Indeed, at first, this may seem impossible. The control of bleeding has a positive protective element for the swimmer. The shark will be confused as to whether or not his attack has inflicted an injury at all, and confusion is to the swimmer's advantage.

3. Counter any aggression promptly — Sharks rarely attack a swimmer without warning. Usually there is some tentative, exploratory aggressive action first. It is important that the swimmer recognizes that this behavior is a prelude to an attack and takes prompt and vigorous remedial action. The appropriate countermove is a sharp blow to the nose. Almost invariably this will prevent a full-scale attack, for it makes it clear that you understand the shark's intentions and are prepared to repel any aggressive actions.

4. Use anticipatory retaliation — A constant danger to the skilled swimmer is that the shark will forget that they are skilled and may attack in error. This memory loss can be prevented by a program of anticipatory retaliation. The procedure may need to be repeated frequently with forgetful sharks and need be done only once for sharks with total recall.

5. Disorganized an organized attack — Usually sharks are sufficiently self-centered that they do not act in concert against a swimmer. This lack of organization greatly reduces the risk of swimming among sharks. However, upon occasion the sharks may launch a coordinated attack upon a swimmer or even upon one of their number. While the latter event is of no particular concern to swimmer, it is essential that one know how to handle an organized shark attack directed against a swimmer. The proper strategy is diversion. Sharks can be diverted from their organized attack in one of two ways. First, sharks as a group, are prone to internal dissension. An experienced swimmer can divert an organized attack by introducing something, often minor or trivial, which sets the sharks to fighting among themselves. Usually by the time the internal conflict is settled the sharks cannot even recall what they were setting about to do, much less get organized to do it. A second mechanism of diversion is to introduce something that so enrages the members of the group that they begin to lash out in all directions, even attacking inanimate objects in their fury. It is scarcely necessary to state that it is unethical for a swimmer under attack by a group of sharks to counter the attack by diverting them to another swimmer.

Although the correlation between swimming with sharks and the work environment was written in jest, you might very well find yourself in this situation that requires some attention. With that said, I am available to provide a Climate Assessment and/or administer a Teambuilding session(s) within the Hawaii National Guard if necessary.

Safety Habits



CW4 Ray Shiramizu,
HIARNG Safety Office,
(808) 672-1689

Risk Management for the rest of us

For the last decade, Risk Management, and more recently Composite Risk Management has received a lot of attention. In the military, risk management is a process which helps us identify and control hazards to enhance mission accomplishment. In the insurance industry, insurance companies could not survive without risk management. Small and large companies alike benefit from risk management by helping them direct more energy and resources toward hazards which bear the most disastrous consequences.

Back to us. In our every day lives, how do we benefit from RM? As an organization comprised of our members and families, where are the hazards? Where are our losses? Even a cursory examination will show we incur far more losses to accidents at home and outside activities than to accidents in workplace. Let's direct Risk Management as intended, to address the hazards which really inhibit our "mission."

Start by identifying the most common types of accidents and who is at risk. Then, adopt and adapt controls to best fit your circumstances.

• **Falls.** Falls accounted for one-third of all unintentional home injury deaths, more than 40 percent of nonfatal unintentional injuries, and more than one-third of all nonfatal home injuries resulting in emergency medical attention. Seventeen percent of fall deaths were associated with stairs or steps. Elderly and young children in particular are prone to these types of accidents. Control: Check for loose material, wet surfaces, and changes in the elevation of walking areas.

• **Poisonings.** Poisonings were the second leading cause of home injury fatality, resulting in approximately one fourth of all home injury deaths. Drug abuse is included in this category. Control: Get rid of hazardous chemicals, or place in secure locations.

• **Fires/Burns.** Fires and burns were the third leading cause of home injury death, with (Safety - continued on page 8)

Airman changes lifestyle

In December 2006, Staff Sgt. Michael J.A. Paderes found himself in need of a specific goal as the result of a marginal on the Physical Training test.

The marginal and the necessity to pass the PT test in order to land an active duty tour proved to be a pivot point in the life of Paderes.

"To get thin and pass the test became more or less a New Year's resolution," said Paderes, 169th Aircraft Control and Warning Squadron.

Paderes developed another goal that would help him maintain and achieve his New Year's resolution.

I had heard about the Armed Forces Bodybuilding Contest that would be taking place in April 2007, and I decided I wanted to compete, said Paderes.

Armed with goals, Paderes developed a plan and set about to change his 5' 5" 202 pound frame. His training would include two cardio workouts a day and lifting one and one-half hours a day. "Once you get into

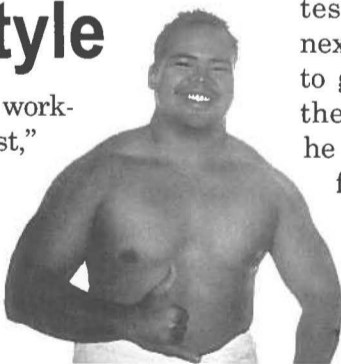
the groove, the workout goes by fast," said Paderes.

He would also go through a change in diet. "I eat five to six times a day, every two to three hours," said Paderes. "Previously, I ate three big meals a day."

By the end of February, he had dropped 30 pounds, had retaken the PT test, and had passed with a 95 percent. By April, he was down to 145 pounds and at eight percent body fat and ready for the Armed Forces Contest. He took fourth place and used it as a spring board to the next competition.

"Being on stage and the compliments afterward were motivating factors and made me want to do another show," said Paderes.

He set his eyes on the July Hawaiian Islands Body Building Con-



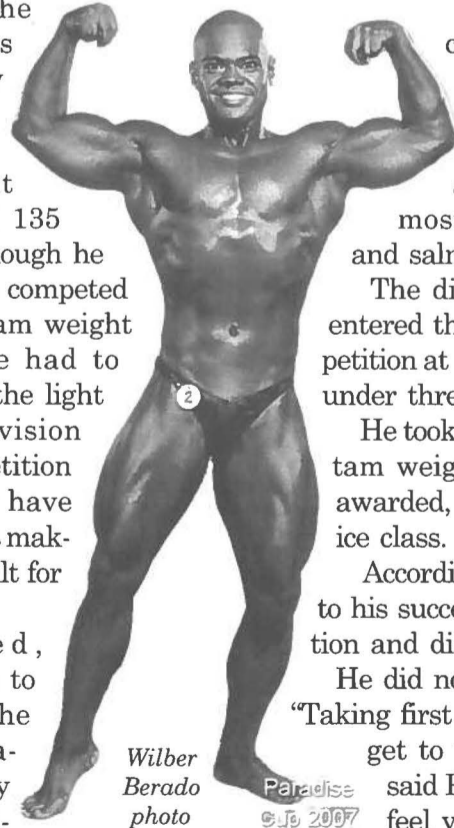
Paderes
December 2006

test. He took the next four months to get "lean." By the competition he was down to five percent body fat and 135 pounds. Although he should have competed at the bantam weight division, he had to compete in the light weight division

where his competition would naturally have more muscle mass making it more difficult for him to place.

Undeterred, Paderes, was on to the next goal, the November Paradise Cup Body Building Championship and five more months of training but with stricter discipline.

"I was developing will power," said Paderes. "At first it was very difficult to maintain the diet."



Wilber Berado photo

Paradise Cup 2007

"You're supposed to cut out red meat and, finally, by the last contest, I was able to cut out the red meat," said Paderes. "I ate mostly chicken breasts and salmon."

The discipline paid off. He entered the Paradise Cup competition at 141.2 pounds and just under three percent body fat.

He took first place in the bantam weight division and was awarded, best poses in the novice class.

According to Paderes the key to his success was focus, dedication and discipline.

He did not rest on his laurels. "Taking first has motivated me to get to the gym every day," said Paderes. "It makes me feel younger, I go through the day without getting tired."

Unlike most people, Paderes kept his New Year's resolution by arming himself with a goal and a plan. Through dedication, focus and discipline, he transformed his 5' 5" 202 pound frame to a 141 pound lean machine.



Hawaii National Guard Family Program

Lt. Col. Laura Wheeler, State Family Program Coordinator

The Department of Defense, under the National Defense Authorization Act (FY07/Section 675), has implemented the Joint Family Support Assistance Program to support military families who are geographically isolated from a military installation. These families may not be aware of the support programs and services. The lack of access and/or awareness can reach crisis levels during the various phases of the deployment cycle.

The program is here to provide contracted licensed certified social workers with expertise working with couples, parents and children. All services are provided with confidentiality and at no charge to military families in the form of educational outreach and problem-solving counseling. The JFSAP goals are to increase availability of resources for family members, integrate services and programs into a comprehensive delivery system that responds to service members and families at all stages of the deployment cycle.

The JFSAP mobile team augments the State

Family Program ability to readily meet the needs of all military families. The consultants include a Child and Youth Consultant, a Military and Family Life Consultant, a Military OneSource Consultant, a Red Cross representative and Operation Military Kids specialist.

Annual Family Program Workshop – This year’s workshop has been tentatively scheduled for Saturday, May 31, at the Hickam Air Force Base Officers Club. The focus of this year’s workshop will be on “Meeting Your Needs!” What are your needs during the upcoming mobilization/deployment? “Where do you go; who can you turn to?”

Marriage Enrichment Workshops – A weekend retreat that opens the way for a couple to

reconnect and recommit to each other. This program is in a workshop format with lectures and practice sessions where couples can use some of the skills being taught. It’s a joint collaboration of the Family Programs and the Chaplains Corps and open to re-deployed couples. This year’s workshops are tentatively scheduled for a weekend in April, June and September.

How to reach us

Our website: 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:
Lt. Col. Laura A. Wheeler, State Family Program director (808) 672-1442
laura.a.wheeler@us.army.mil
JoAnne Yamamoto, Family Assistance Center coordinator (808) 672-1438
joanne.yamamoto@us.army.mil
Lorna Souza, Wing Family Readiness coordinator (808) 448-7049
lorna.souza@hickam.af.mil
Clifford Duro, Youth Program coordinator (808) 672-1439
lefty.d.duro@us.army.mil



James Young photos

POOL PLAY – Campers enjoying the cool waters of the Manoa Pool after a morning hike into Manoa Valley.



“A NEW BEGINNING” – The National Guard Family Support Youth Camp platoons (Orange Chickens, Yellow Jackets, Blue Berries and Green Giants) take a group picture after touring the Bishop Museum. The State Family Program’s Annual Youth Training event was the largest, longest in its 10 year history with over 90 youths during the week-long event at the 298th Regional Training Institute, Bellows Air Force Station, Waimanalo. The youths were afforded a short hike into Manoa Valley, a historic tour at the Bishop Museum, a luau, and more. Mahalo to all of our unsung volunteers who make this event increasingly successful each year.

Valiente stars with All Army Volleyball Team

By Sgt. 1st Class Curtis H. Matsushige

It’s been said that it’s performance and not size that matters, and proof is in Sgt. Henry Valiente, the Hawaii Army National Guard’s addition to the U.S. Army volleyball team and All Armed Forces men’s volleyball team.

Valiente deployed to Balad, Iraq, with the Hawaii Guard’s 29th Brigade Combat Team, in 2005. He played in pick-up volleyball games for recreation and as part of his physical training regiment. In Balad, a Soldier named Michael and former member of the U.S. Army Volleyball Team, noticed Valiente’s skillful play. He encouraged Valiente to tryout for the Army Team.

“In January, I filled out the registration forms online,” said Valiente.

Hundreds annually apply for the team, and a select 25-30 soldier are chosen and flown to The U.S. Army Military Academy at West Point, N.Y.

“I got a memorandum notifying of my selection and a phone call, about a month before the tournament,” said Valiente. He flew to

West Point in April for the May tournament.

After two-weeks of trials under the scrutiny of Coach (Maj.) Vince Lindenmeyer a professor at West Point, Valiente earned a position on the 12-man team.

The team then practiced for a week before traveling to compete in the All-Services National Volleyball Tournament at the Austin Convention Center in Texas. Army, Air Force, Marines, and Navy, volleyball teams competed in pool play during the tournament. There were also non-service teams in the pools.

“The tallest player we (the Army) had was 6-feet 7-inches tall,” said the 65 inch Valiente, “The average height of our team was over 6 feet.”

Coach Lindenmeyer was impressed with Valiente’s all-around ability and started him in every tournament game.

“During the tournament I played outside hitter, setter, back-row specialist and libero,” said Valiente.

In the all-services tournament, teams competed under interna-

tional rules; the first team to score 25 points wins a set, and the best three out of five sets win the game.

In the championship game, the Army and Air Force were in contention for top honors. The two teams played to fifth and final 15 point set. They were tied with two wins-a-piece.

“We (the Army) came in second,” said Valiente, “We were just two points away from the championship, in the final set. The Air Force

battled hard tying us, then winning the final set, and the title by two points.”

At the end of the tournament, Valiente was selected to the All Armed Forces Volleyball Team, a combination of top tournament players from each service.

Since his return from deployment, Valiente has kept active in volleyball playing at various gyms throughout the island

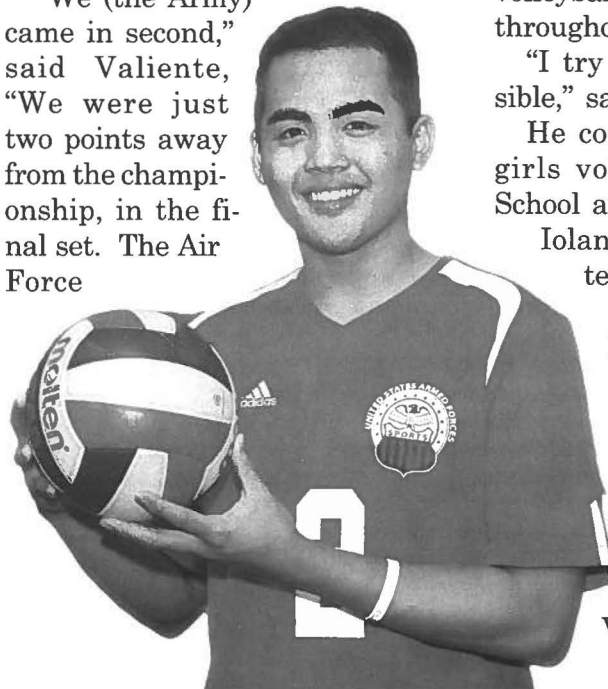
“I try to play everyday if possible,” said Valiente.

He coaches the junior varsity girls volleyball at Iolani High School and assistant coach to the Iolani Varsity girls volleyball team.

Henry Valiente is hyped about his 6 years as a citizen-soldier in the Hawaii Army and his experience on the U.S. Army team.

“Being in the Guard is a chance to really learn and do a lot,” said Valiente.

He’s already put in his application for this year’s Army volleyball try-outs.



Sgt. 1st Class Wayne T. Iha photo

Awards and Recognition

Legion of Merit

Col. Richard S.W. Young, JFHQ-HI, HIARNG
Chief Warrant Officer
Karen K. Stender, JFHQ-HI, HIARNG

Meritorious Service Medal

Capt. Darren M. Cox, 1st Squadron, 299th Cavalry
1st Sgt. Shirley L. Bryant, HIARNG Element, JFHQ, 2nd OLC
Master Sgt. Michael T. Sato, JFHQ, HIARNG Element, 4th OLC
Sgt. 1st Class David Aponte, Medical Command, HIARNG, 5th OLC
Sgt. 1st Class Edward L. Correa III, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Ryan H. Goto, Recruiting & Retention Div., HIARNG
Sgt. 1st Tommy Hirai, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Anthony G. Marks, 111th Army Band
Sgt. 1st Class Sonny M. Patoc Jr., Det. 1, 230th Engineer Company
Sgt. 1st Class Thomas Odoardi, HQ, 103rd Troop Command, 2nd OLC
Sgt. Kenneth K. Kaaina, Det. 1, 230th Engineer Company

Army Commendation Medal

Chief Warrant Officer
Edwin G. Parubrub, HHD, JFHQ, HIARNG, 3rd OLC
Master Sgt. Lydia L. Ho, G3, HIARNG Element, JFHQ, 1st OLC
Master Sgt. Jan T. Imamura, HQ, 298th Regiment, 4th OLC
Master Sgt. Roy T. Miyamoto, JFHQ, HIARNG, 2nd OLC
Sgt. 1st Class Gary M. Baker, 2nd Bn., 298th Regiment, MFTB, 2nd OLC
Sgt. 1st Class Palaie T. Gaoteote, Recruiting & Retention Div., HIARNG, 1st OLC
Sgt. 1st Class Garrett H. Iha, G3, HIARNG Element, JFHQ, 2nd OLC
Sgt. 1st Class Vickie Kozel, HHD, JFHQ, HIARNG, 2nd OLC
Sgt. 1st Class Pedro Ortiz, 1st Bn., 298th Regiment, 3rd OLC
Sgt. 1st Class Willie J. Ray, 2nd Bn., 298th Regiment, 3rd OLC
Sgt. 1st Class Mark K. Tiwanak, HHD, JFHQ, HIARNG
Sgt. 1st Class Kodeb R. Yamada, 1st Bn., 298th Regiment, 2nd OLC
Sgt. Brandon Cho, HHD, JFHQ, HIARNG, 1st OLC

Air Force Commendation Medal

2nd Lt. Clabe E. Morgan, 154th Service Flight
Master Sgt. Steven H. Matsuda, 154th Security Forces Squadron
Master Sgt. Jay T. Akagi, 154th Maintenance Squadron
Master Sgt. August J. Sena, 154th Service Flight
Master Sgt. William F. Zambo Jr., 154th Maintenance Squadron
Tech. Sgt. Karl S. Iwasaki, 154th Logistics Resource Squadron
Tech. Sgt. Guy T. Kawaguchi, 154th Maintenance Squadron
Tech. Sgt. Dodie S. Pagaoa, 154th Service Flight, Initial & 1st OLC
Tech. Sgt. Greg K. Ramos, 154th Service Flight, initial & 1st OLC

Tech. Sgt. Isidro Tabion Jr., 154th Service Flight, initial & 1st OLC
Tech. Sgt. Raquel Dela Cruz Tugaoen, 154th Service Flight
Staff Sgt. Jay Bermudez, 154th Service Flight
Staff Sgt. Leihuanani R.A. Carroll, 154th Service Flight
Staff Sgt. Lorie Jean Lopez, 154th Service Flight
Staff Sgt. Jim C.B. Kikiuchi, 154th Service Flight
Staff Sgt. Jay Bermudez, 154th Service Flight
Staff Sgt. Teri Lynn Madrona, 154th Service Flight
Staff Sgt. Renee A. Pecpec, 154th Service Flight
Staff Sgt. Arthur B. Plateros, 154th Service Flight
Staff Sgt. Cicernesto Zausa, 154th Service Flight
Senior Airman Ashley Saffery, 154th Service Flight

Army Achievement Medal

Warrant Officer
Christopher Elmore, HHD, JFHQ, HIARNG
Sgt. 1st Class Lisa A. Dias, G3, HIARNG Element, JFHQ, 6th OLC
Sgt. 1st Class Aaron R. Pollick, G3, HIARNG Element, JFHQ, 7th OLC
Sgt. 1st Class Sheldon K. Scott, JFHQ, 1st OLC
Staff Sgt. Gregory A. Backus, 2nd Bn., 298th Regiment, MFTB, 1st OLC
Staff Sgt. Benjamin M. Johnson, 2nd Bn., 298th Regiment, 4th OLC
Staff Sgt. Arthur Uesugi III, 2nd Bn., 298th Regiment, 1st OLC
Sgt. Charles Y. Tanouye, G3, JFHQ, HIARNG Element, 2nd OLC
Spc. Samuel Rodriguez-Fontanez, HHD, JFHQ, HIARNG
Pfc. Amy K. Ferreira, HHD, JFHQ, HIARNG
Spc. Keith K. Hapenny, 93rd Civil Support Team (Weapons of Mass Destruction)
Spc. Delvin D. Howard, JFHQ, HIARNG Element

Air Force Achievement Medal

Master Sgt. Randy C. Avilla, 154th Aircraft Generation Squadron, 2nd OLC
Master Sgt. Sheena K. Tauan, 154th Logistic Resource Squadron
Master Sgt. Jeffrey C. Thiem, 154th Security Forces Squadron, 2nd OLC
Tech. Sgt. Ivan B. Angeles, 154th Security Forces Squadron, 2nd OLC
Tech. Sgt. Kalani K. Kaikala, 154th Security Forces Squadron, 1st OLC
Tech. Sgt. Gary M. Oshiro, 154th Security Forces Squadron, 3rd OLC
Tech. Sgt. Lemuel Palakiko, 154th Security Forces Squadron, 4th OLC
Tech. Sgt. Charles R. Parker, 154th Security Forces Squadron, 4th OLC
Tech. Sgt. Ryan K. Schreiner, 154th Security Forces Squadron, 3rd OLC
Tech. Sgt. Robert M. Tokuda, 154th Aircraft Generation Squadron, 1st OLC
Staff Sgt. Kenley G. Agtarap, 154th Logistic Resource Squadron
Staff Sgt. Gabriel R. Coronado, 154th Aircraft Maintenance Squadron
Staff Sgt. Arthur T. Hamabata, 154th Aircraft Maintenance Squadron
Staff Sgt. Shon K. Kele, 154th Security Forces Squadron, 2nd OLC

Staff Sgt. Robert M. Kim, 154th Security Forces Squadron, 3rd OLC
Staff Sgt. Kenneth R.H. Lopez, 154th Aircraft Maintenance Squadron
Staff Sgt. Abraham K.A. Timas, 154th Aircraft Maintenance Squadron, initial and 1st OLC
Staff Sgt. Frederic J. White III, 154th Aircraft Maintenance Squadron
Staff Sgt. Ivan M. Yoshioka, 154th Logistic Resource Squadron
Senior Airman Vance K. Bernades, 154th Logistic Resource Squadron
Senior Airman Goeffery S. Chinen, 154th Security Forces Squadron
Senior Airman Charles U. Diamond Jr., 154th Aircraft Maintenance Squadron
Senior Airman Matthew A. Higa, 154th Security Forces Squadron, 1st OLC
Senior Airman Seth A. Johnson Jr., 154th Aircraft Maintenance Squadron
Senior Airman Ryan A. Kaleo, 154th Security Forces Squadron, 1st OLC
Senior Airman Lawrence F. Santos III, 154th Aircraft Maintenance Squadron
Senior Airman Manly J. Souza, 154th Security Forces Squadron, 1st OLC
Senior Airman Tiana K. Stanton, 154th Security Forces Squadron, 1st OLC
Senior Airman Dustin B. Williams, 154th Logistic Resource Squadron
Senior Airman Logan N. Yamamoto, 154th Security Forces Squadron
Senior Airman Joshua K. Yoshimoto, 154th Aircraft Maintenance Squadron, 1st OLC
Senior Airman Raymond C.S. Young, 154th Aircraft Maintenance Squadron

State of Hawaii Distinguished Service Order

Chief Warrant Officer
George M. Yonamine, Co. B, (AVIM (-Det. 1, 2, & 3), 777th Aviation Support Bn.
Sgt. Maj. Milton W.M. Yee, HHC, 29th IBCT

Hawaii National Guard Medal for Merit

Sgt. 1st Class George L. Kaapana, Recruiting & Retention Div., HIARNG
Sandra Kuiuoka, Human Resources Office, HING, 1st Bronze Kahili

Hawaii National Guard Commendation Medal

Capt. Joseph O. Tolentino, Co. B, 1st Bn., 171st Aviation Reg.
1st Lt. Denise Aguilar, HIARNG Element, JFHQ
Chief Warrant Officer
Wayne Y. Umeda, Co. B, 1st Bn., 171st Aviation Reg.
Master Sgt. Gregory A. Hika, Recruiting & Retention Div., HIARNG
Master Sgt. Michael A. Ramirez, Recruiting & Retention Div., HIARNG, 1st Bronze Kahili
Sgt. 1st Class James E. Burkhardt, Co. B, 1st Bn., 171st Aviation Reg.
Sgt. 1st Class Josue J. Cevallos, Recruiting & Retention Div., HIARNG, 1st Bronze Kahili
Sgt. 1st Class Edward L. Correa, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Robert S. Eubanks, Recruiting and Retention Div., HIARNG

Sgt. 1st Class Palaie T. Gateote, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Tommy Hirai, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Robert K. Iokepa, Recruiting & Retention Div., HIARNG
Sgt. 1st Class John P. Jones, Recruiting & Retention Div., HIARNG, 1st Bronze Kahili
Sgt. 1st Class George L. Kaapana, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Allan K. Kapuniaia, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Ross A. Kazama, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Dana L. Muller, Recruiting & Retention Div., HIARNG
Sgt. 1st Class Albert P. Palmere Jr., Recruiting & Retention Div., HIARNG
Sgt. 1st Class Henry Pilaanca Jr., Recruiting & Retention Div., HIARNG

Sgt. 1st Class David Pimentel, Recruiting & Retention Div., HIARNG
Sgt. 1st Class (Ret.), Leroy Tacut, HIARNG
Sgt. 1st Class Trent N. Takaoka, Recruiting & Retention Div., HIARNG
Staff Sgt. Rogelio R. Agcaoili, Recruiting & Retention Div., HIARNG
Staff Sgt. Antonio Gaison, Recruiting & Retention Div., HIARNG
Staff Sgt. Robert J. McDonnell, Recruiting & Retention Div., HIARNG
Staff Sgt. Dean S. Ranario, Recruiting & Retention Div., HIARNG, 1st Bronze Kahili
Staff Sgt. Calvin K. Thiravong, Recruiting & Retention Div., HIARNG
Staff Sgt. Earl J. Ventura, Recruiting & Retention Div., HIARNG
Staff Sgt. Troy M. Venzon, Recruiting & Retention Div., HIARNG

Staff Sgt. Matthew A.S. Wets, Recruiting & Retention Div., HIARNG
Staff Sgt. Tanya S. Conger, Recruiting & Retention Div., HIARNG
Staff Sgt. David K. Van Buren, Co. B, 1st Bn., 171st Aviation Reg., 1st Bronze Kahili
Sgt. Brandon M. Adriano, Co. B, 1st Bn., 171st Aviation Reg.
Sgt. Louis J. Donato, Recruiting & Retention Div., HIARNG
Sgt. Keola A. Fuiava, Co. B, 1st Bn., 171st Aviation Reg.
Sgt. Spencer K. Hisatake, Recruiting & Retention Div., HIARNG
Sgt. Jonathan K. Longar, Recruiting & Retention Div., HIARNG
Sgt. Dale W. Mimz, Co. B, 1st Bn., 171st Aviation Reg.
Sgt. Dennis Sin (Ret.), HIARNG
Military Outstanding Volunteer Service Medal
Staff Sgt. Albert M. "Roger" Jensen, 154th Service Flight

Safety - continued from page 6

90 percent of the fatalities and 57 percent of nonfatal injuries occurring in the home. The rates of fire and burn fatalities were highest among older adults (60+) followed by children younger than five. Control: Maintain sources of heat and flammables properly. Supervise.

• **Choking and Suffocation.** Deaths from choking and suffocation ranked fourth among unintentional home injury fatalities. One-third of the home fatalities due to choking or suffocation were associated with food, while 16 percent were the result of suffocations in beds or bedding. The highest death rates due to choking and suffocation were among children less than five years of age and adults 70 and older. Control: Check for small, loose items. Supervise.

• **Drownings and Submersions.** Nationally, drownings were the fifth leading cause of unintentional home injury death, with at least one-third of the unintentional home drownings occurring in bathtubs. Children younger than five had the highest rates of all age groups. Control: Supervise.

What else can be done to prevent accidents happening?

There are potential hazards within every home such as hot water, household chemicals, stairs, fireplaces, matches, alcohol and sharp objects such as knives or scissors. Control access to these items. Young children are not able to assess risk for themselves. They also have poor coordination and balance and need to touch and explore to learn about the world around them. These factors all mean that children are particularly vulnerable to accidents in the home. Keiki grow and learn new skills rapidly. It is important that the adults who care for them know what risks each stage brings. It is impossible to "keiki-proof" a home but knowledge of the potential for accidents and of effective safety measures can reduce the risk of serious injury.

Training Schedule

Listed below are the inactive duty training dates for all Hawaii Army and Air National Guard units. Dates for subordinate units are the same as their parent headquarters, unless otherwise indicated. All dates are subject to change.

| Hawaii Army National Guard | May | Jun | Jul |
|--------------------------------------|-----------|-----------|---------------------------|
| HHD, Joint Forces HQ | 3-4 | 7-8 | 12-13 |
| 298th Regional Training Institute | 3-4 | 7-8 | 12-13 |
| 29th Infantry Brigade Combat Team | 3-4 | 7-8 | AT 14-18Jul, 21Jul-18 Aug |
| HHT, 1st Squadron, 299th Cavalry | 2-4, 31 | 1 | call unit |
| 1st Bn, 487th Field Artillery | 3-4 | call unit | call unit |
| 29th Bde. Special Troops Bn. | 3 | 7-8 | callunit |
| 29th Bde. Support Bn. | 3-4, 17 | call unit | call unit |
| 103rd Troop Command | 3-4 | 7-8 | 12-12 |
| 12th Personnel Service Det. | mobilized | mobilized | 12-13 |
| 111th Army Band | 3, 10, 17 | 7, 14, 28 | 7, 14, 21, 28 |
| 230th Engineer Co. | 3-4 | 7-8 | 12-13 |
| 297th Firefighting Team | 3-4 | 7-8 | 12-13 |
| Co. B, 445th Aviation | 17-18 | 14-15 | 19-20 |
| Det. 1, HHC, 1st Bn., 171st Aviation | 2-4 | 29 | 12-13 |
| Co. C, 1st Bn., 207th Aviation | mobilized | mobilized | mobilized |
| 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 |