



# Kukailimoku

## War God Of King Kamehameha I - 154 COMPG

Vol. 37, No. 3

Hickam Air Force Base  
Hawaii

March 4, 1990

### DISTINGUISHED VISITORS SECRETARY OF DEFENSE AND SECRETARY OF THE AIR FORCE VISITS HIANG

By Captain Stan Osserman



Photo by MSgt Ron Biho

L-CMS Kenny Camara R-MSgt Clayton Yoshimoto explains  
F-15 maintenance to Secretary of the Air Force Rice

The week of February 12, 1990 will go down in the HIANG history books as one of the highlights of our organization. During that week the 154 COMPG was visited by not only the Secretary of the Air Force, Donald Rice, but also the Secretary of Defense Dick Cheney. It was a proud and momentous occasion for the 154 COMPG, but for the members of SMSgt John Wahinekapu's engine shop, or as they were introduced by General McPeak, CINCPACAF, "best Engine Shop in the Air Force" it was an exceptionally proud encounter.

Secretary Cheney arrived at the 154 COMPG on February 12th, after visiting a Navy ship and the 548 Reconnaissance Technical Group at Hickam. He was then driven by General McPeak to the 154 CAMS engine shop, where he was introduced to senior members of the Hawaiian National Guard, including The Adjutant General Alexis T. Lum, and General Edward Richardson, Commander

HIANG. After visiting the engine shop and chatting with SMSgt Wahinikapu, Lt Col Tice and members of his staff escorted the Secretary to the hanger to talk to Colonel Mizumoto and MSgt Calvin Yoshimoto and then to meet the fighter squadron commander, Lt Col Clint Churchill and CMSgt George Sato. The secretary and his entourage of staffers and news media, were shown F-15 cockpit video and briefed on a typical training mission by Lt Col James M. Reavis, Capt Arnold Balthazar and 1 Lt Brad Sakai.

The Secretary of Defense spent almost half the time allocated for his visit to Hickam units here at the 154 COMPG. Reports from PACAF were that Secretary Cheney was impressed with the HIANG. Those reports were apparently true, because on Friday, February 16th we were called upon by PACAF to host the Secretary of the Air Force Rice, to a similar visit. In addition to visiting HIANG units at Hickam, Secretary Rice also visited the 169 ACWS at Wheeler.

Over all, it was a proud and busy week for the 154th and a reminder of the important role we play in Hawaii, PACAF and the nation.



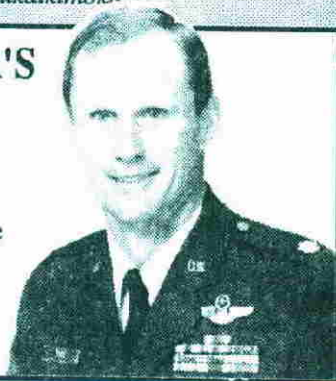
Photo by MSgt Ron Biho

L-SMS Larry Wahinekapu explaining to Secretary of  
Defense Cheney - F-15 engine maintenance



## COMMANDER'S CORNER

By  
Lt. Col. Michael H. Tice



Operation "Just Cause", the U.S. excursion into Panama in December 1989 is history. The event captured the headlines as the story unfolded, however, the extent of Air National Guard involvement was not readily apparent. The following message from Major General Philip Killey, Director of the ANG, fills the void. I hope it does for you what it did for me...remind me why I'm as proud as I am of the Guard, and to re-emphasize the importance of our being ready to mobilize in support of our Country or State on a moments notice.

I want every member of the Air National Guard to know how proud I am of our participation in operation Just Cause in Panama. Once again the can-do attitude, spirit, training, patriotism and courage of the citizen soldier contributed to our national defense. Men and women of the Air National Guard were there - ready, trained, willing and able when the call came - in the middle of things, side-by-side with their active duty counterparts - but let me tell you "The Rest of The Story"

H-hour came at 6:00 a.m. on December 20, 1989. Several hours prior, some of our airlift units were asked to preposition personnel and equipment in support of the operation. A winter storm hit the east coast, and guardmembers from the 145TAG, Charlotte, North Carolina and 105MAG, Stewart ANGB, New York delivered much of the de-icing fluid and equipment necessary to de-ice the C-141's that carried the 82nd airborne on the initial assault. The fluid got there when needed. Because of the classification of the operation, units could not be briefed on the reasons for their missions, but they did it on short notice with no questions asked.

Fifteen minutes before H-hour, the security classification wraps came off and our Air Guard Contingency Support Staff (CSS) at Andrews swung into action. The CSS alerted the 105th Military Airlift Group C-5 unit at Stewart and the 172nd Military Airlift Group C-141 Unit at Jackson, Mississippi. Both units rapidly generated every aircraft that was not in depot status. They designated 24-hour maintenance shifts, called in aircrews to fly early missions and put other crews in crew rest for sustained operations. At 7:00 a.m., Airlift Control Element (ALCE) teams were alerted at the 118TAW, Nashville, Tennessee; 146TAW, Channel Islands, California; 137TAW, Oklahoma City, Oklahoma; 123TAW, Louisville, Kentucky; 133TAW, Saint Paul Minnesota; and 136TAW, Dallas, Texas. Aeromedical crews were alerted at Jackson (172AEF) and Schnectady (109AEF). In the middle of the night with no notice, to a man and woman, they said, "where do I go and when."

While stateside units were being alerted, the Guard was heavily involved in Panama itself. Volant Oak C-130 crews and support personnel from Channel Islands (146TAW), Dallas (136TAW), Saint Joe (136TAG), and Wilmington (166TAG) flew

over 97 sorties in the first few days of the operation moving over 416 tons of cargo and 2395 PAX. Cornet Cove A-7's from Toledo (180TFG) were placed on alert and flew over 40 close air support sorties. Other missions flown by men and women of the Air National Guard remain classified - but rest assured they were there, in the middle of things.

And the band played on - remember it was Christmas time. Men and women from Sioux Falls, South Dakota (114TFG), prepared to replace the Toledo unit on December 23, 1989. They were overwhelmed with volunteers wanting to replace those already designated to go. On Christmas Eve, the 164 Mobile Aerial Port Squadron, Memphis, Tennessee was called in to build up pallets of MRE's, in fact five C-5 loads of MRE's to feed the people of Panama displaced by the fighting. The Jackson, Mississippi and Stewart, New York units continued to fly airplanes throughout the holidays. The Commander of Stewart called all 1500 people to duty over Christmas in order to keep C-5's flying. While Americans enjoyed Christmas with their families, the people of our two strategic airlift units were deep in grease and hydraulic fluid and sweat - fixing and turning aircraft. MAC waived crewrest requirements and our crews kept going. This wasn't a "full-time" story. Fulltimers and part-timers alike turned and flew airplanes. It was all of us.

Unseen in the action is the story of those who didn't participate. Our phone rang off the wall with units wanting to volunteer. We were flooded with calls from Commanders saying they could generate people and airplanes. "How can we help" was the question. "We want to play" was the spirit.

The essence of my message isn't breast-beating by the Air National Guard. The story is much deeper. The active duty Air Force has truly made us part of the total force. They have put their money where their mouth is. When we are needed, they call us and when they call us, they use us. And our message to them is: when they need us, we'll be there - on short notice, day or night, Christmas, New Years, birthdays and holidays. We can depend on the citizen soldier. It did in the past and it can in the future. We proved it once again in Panama.

Thanks from all of us to those who participated and those who were there if needed but weren't called. It is a fine chapter in our history.

## KUKAILIMOKU

This funded Air Force newspaper is an authorized publication for the members of the U.S. military services. Contents of the KUKAILIMOKU are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, the Department of the Air Force or the Hawaii Air National Guard.

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## Pastor's Perspective

By  
Chaplain (Capt)  
Robert Nagamine



A friend once recommended a book titled, "As Right As Right Can Be." The book had such a thought provoking message that I would like to share it with you.

The story was about a poor man who only needed to buy a pair of shoelaces. One of his shoelaces was so old and worn out that it broke apart. So he decided to buy a new pair.

Even though the problem was solved, he wasn't satisfied. He looked at his old shoes with his new shoelaces and decided that he also needed new shoes. So he went and bought a new pair of shoes. But the celebration was only for a moment. He realized that his old coat didn't match his new shoes and new shoelaces. To make them match, he went and bought a new coat. The pattern continued until he was able to walk down the street looking really sharp.

After a while, he went home to show his wife how good he looked. His wife quickly realized that she also needed help. She looked just as ragged as he looked before he had bought his new shoelaces. To make her match him, he bought her new clothes. And together they looked really nice.

The buying continued until everything matched. They even purchased a new house and new furniture. It just snowballed. There seemed to be no end to the madness. Eventually, he was totally broke and couldn't pay back the money he had borrowed. The creditors finally took away all of the new things he had bought and sold them to get their money back.

At the end of the story, he and his wife returned to their old home with their old furniture. They noticed how everything matched, and it was warm and cozy. Seeing how good it was they concluded, "It is as right as right can be."

In reflecting on the story, I can see three lessons for us to remember. Sometimes we must be able to distinguish between what we need and what we want. Second, our hunger for materialistic things may be too difficult to satisfy and too costly for our own good. Let's be disciplined enough to live within our means. And third, sometimes happiness can be found in a simpler lifestyle than we think. Just a warm

and cozy home may do the job well.

May God provide you with all you need, and a little extra.

## FOR THE FAMILY

With the projected defense cutbacks, there will likely be a greater reliance on the National Guard. If there is a greater dependence on the National Guard, we must be even more prepared to mobilize in the event that we are needed. With this in mind, our need to prepare our families for a mobility scenario is even more important.

That is why we are encouraging people to voluntarily get involved with a family support group. These groups have the potential of helping your family and other families. They're designed to help your family prevent possible problems that may arise during separation due to military duty. We must solve problems before they become really big problems. Even if we don't mobilize, your family will be more able to handle various problems that will arise. These groups will help you by giving you information mainly on readiness and benefits. These areas can make a big difference.

Three main things a family support group can do for you are to: (1) give you more information regarding the obligations and benefits of Guard members, (2) give you a sense of confidence and security by preparing your family to handle real life problems in the event you are away for an extended period of time, and (3) provide you feedback with squadrons on family member concerns and ideas.

Please give your spouse or family member the opportunity to take interest in being in one of these groups. If interested, your spouse or family member can sign up to be in a family support group. If there are any questions, call me, Chaplain Robert Nagamine, at ph 449-9153, 955-3431 or 947-5008.

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MENU  
FRIED RICE  
POLISH SAUSAGE  
BRUSSEL SPROUTS  
FROSTED CAKE





CAPT. JAMES HIKITA TSGT. CARSWELL. ROSS

## WHAT IT TAKES TO SUCCEED

The January 15, 1990 edition of the Air Force Times contained an interesting article about women in the military. These women talked about their own experiences, however, what each has in common is that they have successfully established a military career for themselves and for others who follow.

Their names, rank and job duties are as follows: Brig. Gen. Sherian Grace Cadoria, Director of Mobilization for the U.S. Total Army Personnel Command and for the Deputy Chief of Staff for Personnel at Army Headquarters; Brig. Gen. Barbara A. Goodwin, Chief of the Air Force Nurse Corps; Rear Adm. Roberta L. Hazard, Director for Pride, Professionalism and Personal Excellence (quality of life programs) for the Navy; Cmdr. Lane McClelland, Executive Officer of the Marine Safety Office; and Brig. Gen. Gail Reals, Deputy Commander for Support of the Marine Corps Combat Development Command and Commanding General at the Marine Corps Base in Quantico, Virginia.

What they share in what it takes to succeed is applicable not only to women or the military but to each of us who wants to succeed.

- \* Determination, set objectives for yourself and work toward achieving them.
- \* Be optimistic, there is room for job flexibility, better human relationships, positive changes will be made eventually.
- \* Go about your task in a professional manner, your reputation is attached to the job you do, not to what you are.
- \* Learn not only by your mistakes but also through the mistakes of others.
- \* Develop and maintain a code of ethics.

In summary, to succeed it takes "native ability, mental ability, professionalism, tenacity and resilience, flexibility, enthusiasm, and positivism." Qualities we all have and should nurture.

## SHOTLINE

By 1Lt. Archangeli

Congratulations and Mahalo to all the HIAN personnel that received their 1990 Flu shot in a timely manner. We are now 97% completed! Hopefully, the few that have not received their Flu shot, will complete within the next few days to bring our numbers up to 100 Good work folks.

Congratulations are also in order for Maj Walton Auyong for his recent promotion, and to SSgt Al Guzman on his recent marriage (March 4). We are also losing some of the Tac Hospital's most experienced and hard working members. Retiring this month are TSgt Katherine Leong, TSgt Ernie Nagai, and SSgt David Tyau. We are very sorry to see them leave, and will miss them.

### DENTAL NOTE: Share Your Toothbrush?

The first toothbrush, developed in 15th century China, was made of hog bristles set in ox bone. Because of its high cost, though, it didn't catch on in Europe until the end of the 19th century. Toothpicks and cloth were used to clean the teeth in the meantime.

With the invention of plastic, toothbrushes became cheaper in the late 1930s, but many families still shared a single toothbrush.

The "communal toothbrush" was a mainstay of boarding houses and college dorms as recently as the 1940s.

Today, dentists recommend the purchase of a new toothbrush at least every three months. (By Hope Newsletter)

### HEALTHFUL HINT: A Safe Cigarette?

A safe cigarette has supposedly been invented. A few years of research, and millions of dollars in taxpayers money, a team of government researchers has invented a "safe" cigarette. The new cigarette is made of wheat, lettuce, and sunflower seeds. It only has one drawback. It has to be eaten!

The safest thing is to not smoke or use smokeless tobacco at all. If you never start, you won't have to quit (By Hope Newsletter)



## NEW BUREAU CHIEF

(Washington AFNS) President Bush has nominated Maj. Gen. John B. Conaway for appointment to Lieutenant General and assignment as Chief of the National Guard Bureau. General Conaway is currently the Vice Chief.

Born in Henderson, Kentucky, in 1934, General Conaway graduated from Bosse High School, Evansville, Indiana, in 1952. He earned a Bachelor of Science Degree in Business Administration from the University of Evansville in 1956, and a Master's Degree in Management and Human Relations from Webster College in 1975.

Commissioned a Second Lieutenant after completing the University of Evansville Reserve Officer Training Corps Program, General Conaway attended Basic Pilot Training at Greenville AFB, Mississippi, graduating 1957. In 1960, he joined the West Virginia Air National Guard and transferred to the Kentucky ANG in 1963.

He was recalled to active duty as Deputy Director of the ANG in April 1977 and in April 1988 became Director. He was named Vice Chief in July 1988.

A Command Pilot with more than 6,000 flying hours on a wide range of aircraft, the General's military awards and decorations include the Distinguished Service Medal, Legion of Merit, Meritorious Service Medal, Air Force Commendation Medal and the Army Commendation Medal.

General Conaway is married to the former Linda K. Narcavage. He has four children, Ellen, David, Daniel and Boly.

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## OFFICER POSITION VACANCIES

Would you be interested in an officer position on Kauai if your transportation and lodging were provided until you were promoted to Captain? Would you be interested (in most cases) of doubling your drill pay in very challenging career fields?

There are 7 officer positions on Kauai in Air Traffic Control and Air Weapons Directors. Individuals who meet the following qualifications and are interested in finding out more information, please call the following number.

- \* Be between the ages of 17 to 34
- \* Have a Bachelor Degree
- \* Qualify on written and Physical Examination
- \* Complete CBPO Form 23
- \* Provide Certified College Transcripts
- \* Be interviewed and accepted for a commission

TO APPLY CONTACT:

MSgt Daniel L. Romero 471-6490

## OUTSTANDING UNIT AWARD CEREMONY

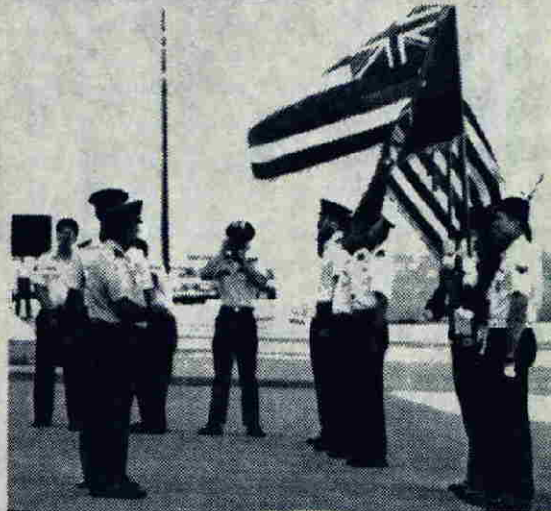


Photo by MSgt Roy Kawamura

The 154th Composite Group receives its fifth Air Force Outstanding Award in ceremonies on February 4, 1990.

## PROMOTIONS

Hats off to the following individuals who were promoted/appointed to the ranks shown effective on the dates indicated:

### 154 CAMS

SGT SHIMIZU, DEREK K.	21 FEB 90
A1C YOSHIDA, MARC K.	3 MAR 90
AMN WONG, SIMON S.W.	3 MAR 90

### 154 CES

SSGT TOMINAGA, DARREN R.	16 FEB 90
A1C AKIONA, GARRIS N. L.	13 FEB 90

### 154MSS

SGT SHEN, FRANCIS T. G.	14 FEB 90
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### 154RMS

SSGT GUZON, AMELIA R.	16 FEB 90
SSGT PACO, EDWARD M.	16 FEB 90
SSGT SAKER, LOUIE J.	16 FEB 90
SSGT FURTADO, CAROLE A. F.	16 FEB 90
SGT DERRYBERRY, DONNA H.	10 FEB 90

### 169ACWS (FID)

SGT DAOG, JEFFREY P.	14 FEB 90
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### 199 TFS

SSGT TISDALE, KRISELLA C.	16 FEB 90
SGT OSHIRO, BEAU E. I.	16 FEB 90
SGT SILVA, ROBIN C.	20 FEB 90



## CAMS NEWS & VIEWS

By MSgt. Fred M. Higa, Jr.



February's Sunday UTA was a proud day for the members of the 154 Composite Group. That was the day the Group officially received it's 5th Air Force Outstanding Unit Award. We can all be proud of this historic accomplishment, and you should all give yourselves a pat on the back for a job well done. It was good to see retirees LTC Norman Ault, CMS Hiroshi Go, and MSG's Rudy Luat, Billie Bacalso and Ron Cozo at the award ceremony. They all played a major part in helping us attain this milestone. Much mahalo and aloha to you all.....If you want to recognize your employer for his support in allowing your participation with the Guard, you can do so by nominating them for a 'Pro Patria Award'. There's a simple form to fill out which must be submitted to the Committee for Employer Support of the Guard and Reserve. It's a good way to thank your boss for all the support given to you during UTA's and annual training periods. Forms are available in the Commander's office. Do it soon!!! Congrats are in order to Renee Takafuji of the Quality Assurance office on her recent promotion to A1C. Wear 'em with pride. Congrats also to former CAMRON'er Galen Yoshimoto on his recent promotion to Major. Much deserved to a fine individual. Continued success to you Galen...Welcome back goes to A1C Andy Villanueva and A1C Simon Wong as they've returned from tech school and are currently performing 60 days seasoning/proficiency training in the Avionics Branch. Good to have you back. The welcome aboard mat goes out to Sgt Greg Shigemasa as he transfers from the 154MSS to our PMEL shop; and also to Sgt Wendell Kimura as he transfers from the Hawaii Army Guard to our Machine Shop... If you remember a couple of month's ago, it was reported that TSG Tim Carroll would be retiring and moving to the mainland. Well, seems he still wants to be a Guardsperson, so he's decided to join the Florida ANG for the next 2 years, then he plans to retire. Good decision, Tim! Congrats to Sgt Edmund Ching and wife Faye on the birth of daughter Julia in January. Don't forget to update your locator record in our Admin office and your files in CBPO...Speaking of Admin, SSG Yvette Miraflor reminds everyone to pick up your State clothing checks in

the Admin office. And Squadron T-shirts, decals, pins hats are still going like hot-cakes, so while you're picking up your checks, check out the merchandise at the same time...Welcome back goes to TSG Glenn Furuta of the Flightline as he returns from a recent illness. Also, welcome back to SSG Art Seto as he returns to work from his recent surgery. Take it easy guys, but it's sure good to have you with us again. The deployment to Clark AB is moving along well now, and everything is starting to fall into place. Hope everyone's got their shots updated and records checked. Also hope you're ready for some long days. Should be a good training trip for all those deploying. Well, gotta go now as I just got the word, "Take Shelter, NOW!"...So, til we see you again next month, "You should make the most of yourself, for that is all there is of you." (Ralph Waldo Emerson).

## "ADOPT A BIRD" PROGRAM

The Group is proposing an "adopt a bird" program to help support maintenance of our four static display aircraft. We are seeking individuals or groups that would like to volunteer their time and talents to provide labor in support of annual preventive maintenance/corrosion control requirements.

The program would be under the auspices of the 154 CAMS, Field Maintenance Branch. All equipment and supplies will be provided. All those who "adopt" a display aircraft will have their names prominently displayed on an appropriate marker in front of their aircraft.

The limited number of full-time positions authorized in our aircraft maintenance squadron and the already heavy workload associated with high performance jet fighters have not allowed us to properly maintain these proud jets.

Your support of this program will be greatly appreciated and will help us in our efforts to ensure that our display aircraft properly reflect our proud past in the defense of Hawaii. Forward all names of interested individuals or groups to 154 CAMS/MAF, attention Capt D. Snakenberg, not later than March 5, 1990.

## NEXT UTA

## APRIL 7-8, 1990



# SPORTS

## 1990 HIANG STATE BASKETBALL CHAMPS - 154 CAM "B"

by 2nd Lt James Kawano

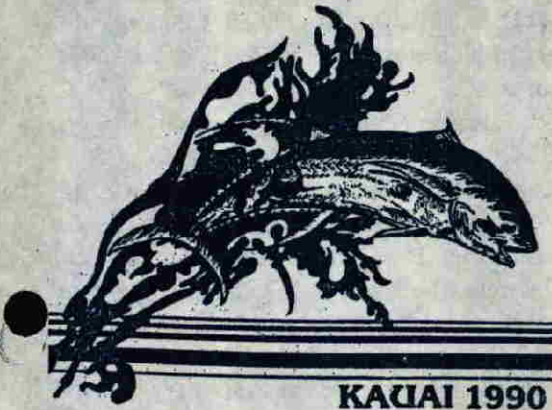
Using excellent team play and a raw desire to win, the 154 CAM "B" team became the HIANG State Basketball Champions for 1990. The team members are David Snakenberg (Manager), Darryl Wong (Coach), Dan Ardo, Dan Baduria, Alvin Jang, Gerald Gono, Brian Ishii, Tony Ilagan, Spencer Napoleon, Cliff Ono, Mark Peleholani, Carl Reynolds and Albert Somera.

Second place honors went to the 154 MSS Combos and third place to 150 ACW, Kauai. Most Valuable Player was Carl Reynolds of the 154 CAM "B" team. The tournament all-star team includes Ireneo Cordero - 292 CCSQ, Gary Samson - 154 CAM "C", Gary Hema - 154 CAM "A", Mark Gonsalves - 150 ACW, Boyington Parks - 154 MSS, and Carl Reynolds - 154 CAM "B".

Special recognition and thanks goes to Jimmy Pahukula (Co-Chairman), Pamela Goya, Mike Arakawa and Kelly Sunaoka who have been dedicating their time faithfully to the annual District and State Basketball tournaments. Mahalos are also extended to Donna Derryberry (Clark), Dennis Matsuura, Jason Chun, Arlene Mitte, Leilani Lim, Lorrie Macanas, Yolanda Mendigorrin, Joshua Aberilla, Mrs. Winona Pahukula, Mrs. Adele Arakawa, and Mrs. Wendy Chun for their assistance in keeping, timekeeping, preparing refreshments and various duties. And thanks to HQ HIANG, and the HIANG Athletic Board for all their support.

If you missed the opportunity to participate in the District and State Basketball Tournaments, find out from your squadron about the upcoming HIANG sports events and join in on the fun!!!

## 150th ACWSQ AHI TOURNAMENT 20, 21, 22 JUNE 1990



## 1990 CENTRAL SOFTBALL TOURNAMENT

by CMSgt Cornwal S. Matsusaka

The HIANG Central District Softball Tournament is scheduled for June 22-24, 1990 at the Earhart softball complex. The top five Central district teams will then represent Oahu in the HIANG State Softball Tournament scheduled for July 7-8, 1990 at Hickam AFB. The Central District tournament will consist of the following teams:

HQ HIANG/199TFS 154 RMS  
154 CAMS (A) 154 CES  
154 CAMS (B) 169 ACWS/199WF  
154 CAMS (C) 201 CCGP/293  
154 MSS/HOSP/SPF CCS/297 ATCF

MSgt Larry Kauleinamoku will chair both the 1990 HIANG Central and State HIANG Tournaments.



22-24 JUNE 1990

## AHI TOURNAMENT

Once again, the 150 ACW Squadron is hosting the 150th Goodwill Ahi Tournament which will be held from June 20-22, 1990. This event attracts the best fishermen and fisherwomen in the HIANG.

The fee is \$250.00 per boat minimum. Applications with full payment must be received by April 30, 1990. Late applications will be accepted by May 25, 1990, but an additional penalty of \$50.00 will be charged. Prizes are awarded for the largest ahi, second largest ahi, most ahi and largest marlin. There is also a prize for the largest ahi for boats under 19.5 feet.

Hurry and grab your poles and hooks, this is going to be "reel" excitement!



## AIR BASE OPERATIONS

By TSgt Clifford A. Sagawa

Many of you who are on mobility have already found that your Air Base Operability (formerly known as Disaster Preparedness) Office has changed the Chemical Warfare Refresher Training program. Refresher training starts off with a classroom presentation covering the new training procedures and updates any changes concerning chemical warfare.

Hands-on training takes you to the top of Battery Selfridge (Diamondhead side) where the first phase requires complete dress to MOPP 4 (complete ground crew ensemble). Speed and proper donning procedures are essential in meeting the established standards. During the Jan UTA, 0 out of 33 personnel met the 8-minute USAF time standard. The second phase takes you through a series of training stations covering subjects such as contamination avoidance, chemical detection, personal decontamination and first aid. A Contamination Control Area (CCA) which is used to remove a contaminated ground crew ensemble without becoming a battlefield casualty is also incurred. Lastly, there is a written quiz back in the classroom. This entire training session takes approximately three hours.

All work-center supervisors are responsible to conduct Task Qualification Training (TQT) for their personnel. TQTs should be performed 6 months after the initial or refresher training. This permits semi-annual exposure to ground crew ensembles, and practice in donning procedures during TQTs.

To remain current in chemical warfare defense training, you must reschedule to attend a refresher course before the next corresponding quarter in which you were last trained (i.e. if training took place October 21, 1989, the maximum time allowance will be December 31, 1990). If you fail to meet the time allowance, you must attend the initial class again, which includes the confidence chamber. To preclude a sobbing and choking experience, **STAY CURRENT.**

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## MISSING

Blue Adult Tricycle, serial number 54822, nameplate says Audio-visual. Missing near Bldg 3400. If you have seen it, call 449-7750.

## DON'T FRUSTRATE - COMMUNICATE

by MSgt Iris Kabazawa

"I know you believe you understand what you think I said, but I'm not sure you realize that what you heard is not what I meant."

This sentence should serve as a reminder that communicating well must come before anything else. If we can't understand each other, nothing else is of much importance.

General George Washington knew the importance of communicating with his forces when he directed, "Impress upon the mind of every soldier the importance of what we're fighting for."

We've come a long way since the Revolutionary War, and communication is more complex with radio, television, computers, and other things competing for our attention.

We shouldn't, however, forget the basics of communication, which haven't changed - Communication is TWO-WAY. We may hear a message, but do we understand? We must work to understand each other, and not only listen carefully, but also ask questions. It's up to both the communicator and the listener to ensure that the other is understood.

Communicating with one another and among ourselves is often a difficult task, but by communicating well, we eliminate many frustrations, like - "Why are we doing this?"; "I don't understand." and "If I only knew more." - so, don't frustrate communicate!!

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## KOKUA

Olomana School is running an on-going recycling project. The money earned is used to send students to Washington D.C. to participate in a nation wide program called Close-up, which provides an in-depth look at the U.S. government.

The school collects newspaper, bond paper, phone books and cans for a recycling fundraiser to pay for an April trip to Washington D.C.. The students share lodging with students from other states, go to seminars, and learn how the U.S. government is run. It is a once in a lifetime opportunity and your help would be greatly appreciated. The more money we are able to raise, the more students we can send.

This is the time of year old phone books are exchanged for new phone books. One pick-ups anywhere else on the island, call 261-8981, Olomana School, Ellen Schroeder, Monday thru Friday, 8:00a.m. to 3:00p.m.. The participating students will pick up the papers and cans. Thank you.