



Kukailimoku

War God Of King Kamehameha I • 154 COMPG

Vol. 39. No. 2

Hickam Air Force Base
Hawaii

February 7, 1993

Tactical Hospital Changes Command

The 154 Tactical Hospital has a new, but familiar commander at the controls.

Col. Norberto Baysa assumed command of the 154 Tactical Hospital yesterday during change of command ceremonies held just outside the hanger of building 3400.

Lt. Col. Gildo Soriano is stepping down after 26 months as commander to devote more time to being a flight surgeon and his private practice. He called his time as commander "one of the most exciting periods of my life."

Col. Baysa assumed command of the 154 Tac Hosp after serving as the State Air Surgeon. He was commander of the 154 Tactical Hospital once before. He says it's nice to be back. "Lt. Col. Soriano created a good unit. I want to keep it that way," Baysa said.

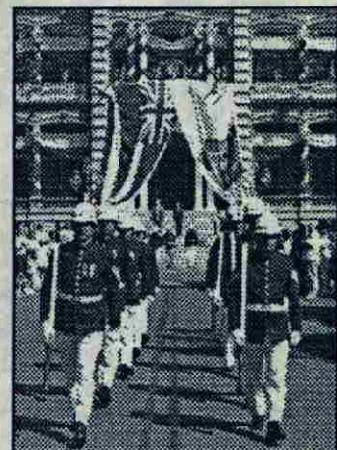
During the change of command, Col. Baysa thanked Lt. Col. Soriano for his years of service. He urged Senior NCO's to take responsibility and set a good example for less experienced personnel and asked all Tac Hosp personnel to reach their potential to be an outstanding unit.



Photo by MSgt. Solomon Ford

Royal Guard Celebrates 29th Birthday

On the 16th of November 1992, the Royal Guard officially celebrated its 29th birthday during its annual inspection and celebration of King David Kalakaua's birthday at Iolani Palace in the heart of downtown Honolulu. But it was actually January 20, 1963, 30 years ago, when the Guard was reborn.



Each member of the Royal Guard is of Hawaiian or part-Hawaiian ancestry, and is also a member of the Hawaii Air National Guard.

The distinguished unit performed last month in ceremonies commemorating the 100th anniversary of the overthrow of the Hawaiian Monarchy, and the opening of the opera season. Next Friday, the Royal Guard will be taking part in the dedication and activation ceremonies of the 203rd Air Refueling Squadron here at Hickam. Next month, they'll participate in the annual Merry Monarch Festival in Hilo. The demand for the Royal Guard for various functions goes on throughout the year.

This unique unit has performed in no less than four presidential inaugural parades and numerous parades here in Hawaii. The Guard is led by Kapena Moku Valentine Wong and currently has a membership of 35 guardsmen.

Based on the constitution and by-laws of the Royal Guard, its purpose is to tangibly express pride

Continued on page 5

COMMANDER'S CORNER

By: Col Michael H. Tice



The ORI is coming! The message officially announcing Phase II of our Operational Readiness Inspection has been received. The dates: 5 through 7 March, as expected. Activities on March 5th will be limited to briefings and non-flying task evaluations/exercises. The flying phase will occur on the 6th and 7th. Day one is expected to be a strategic air defense scenario and day two an air superiority scenario. Adversary aircraft will be provided by the 162nd Fighter Group from the Arizona ANG who will be deploying here with 12 F-16's.

We have worked long and hard in preparation for this inspection and it was unfortunate that Phase II had to be cancelled in January. Keeping up the momentum and enthusiasm has not been easy, for me or you, but we must, to achieve our goal of an overall EXCELLENT rating. We were well on our way after Phase I, and to miss out at this point, for failure to focus, would be unfortunate. I need you to help me do that. Here's some last minute tips that can pay big dividends.

Personal appearance and customs and courtesies weigh heavily on first impressions, and first impressions weigh heavily on final scores. The uniform for Phase II is BDUs and they should be top notch. Hair and mustache standards are expected to be met. Salutes should be rendered when appropriate, and proper titles/names used when addressing senior officers/NCOs.

Gamersmanship can be just as important when you're not "using real bullets"; and we won't be. Convincing the IG we're serious about our business...and it is a serious business...is what we want to do. If they leave Sunday evening, with the feeling they just witnessed the HIANG fighting a war..."using real bullets"...we'll have won, and scores will reflect it.

Finally, expect the unexpected. We've trained for our missions and rehearsed what we expect the exercise to be like. Realize it may not flow exactly as we've rehearsed. Our ability to deal with the unexpected is a part of the inspection, too. Be rested, think positive, and expect to be stressed and tired. I will...and I'll see you all in March. Think Outstanding.

Legal Line

by Maj. James T.K. Iimura

At one time in history, people who could not pay their debts went to "debtor's prison" until such time they could make good on their obligations. Oh, for the good old days, huh? Well, man has evolved considerably since those dark days and, accordingly, debtors need no longer fear jail. Instead, they may avail themselves of the much more humanitarian alternative of bankruptcy.

If you find yourself swimming in red ink at the end of each month and your "out-go" is greater than your "in-come", or you bet on Buffalo, you may have to look at bankruptcy or the wage earner plan via the Federal Bankruptcy Court.

In bankruptcy, all your belongings, except for those items specifically exempted by state law, are gathered up and sold to satisfy the debt. The remaining balance is "discharged" or forgiven. Examples of exempted property: up to a \$30,000 interest in real property owned by a head of family or individual 65 years or older; necessary furniture and appliances; books and clothes; jewelry up to \$1,000; one commercial fishing boat and nets; one car up to a value no more than \$1,000; any pension, annuity, retirement or disability allowance.

Under the "Wage Earner" option, a plan is set up to pay off creditors over a period not to exceed three years. At the end of the period, the debtor may be discharged from any remaining unpaid balance.

But wait! There's a price to pay: a bad credit rating for 7 years. There's also a stigma that may stick for longer. Interestingly enough though, some creditors consider a bankrupt person a good risk for the simple reason that he does not owe anyone else money.

Remember, people do come back from bankruptcy.

Menu

Shoyu Chicken
Rice
Mixed Vegetables
Salad Bar
Chocolate Cake
Hamburger and Fries
Hours of Operation
Saturday 10:30 - 12:30 pm
4:30 - 5:30 pm
Sunday 10:30 - 12:30 pm

PERSPECTIVE

A S T O R S!



By Captain (Capt) Robert Nagamine

Year after year, I see the increasing value of Valentine's Day. I didn't always feel this way. I thought that the celebration was just for lovers and those involved in romance. True in many ways, but not completely. It can also be a time to express love that isn't romantic. The reason for this is that we really don't have enough times throughout the year set aside to celebrate love. Of course, there's Mother's Day, Father's Day, Thanksgiving, Christmas, to name a few. But they only seem to be just too few.

There really aren't enough celebrations of love because hate appears to dominate our world and especially our news. It's really incredible. It seems as though all we hear about is the opposite of love: hate, violence, prejudice actions, murder, rape, deception, selfishness (looking out for number 1), and the list is almost endless.

So let's do something about it. Valentine's Day is one week from today. Let's take advantage of the opportunity. Let love be dominant in our world for a change.

May God's love empower us to make a difference.

For the Family

I recently read a very interesting book called "You Just Don't Understand". The author, Deborah Tannen, documents how men and women approach relationships differently. She is convinced that men and women relate to one another from two different points of view. Tannen has a Ph.D. in Linguistics and writes this book in everyday language.

Dr. Tannen says that men and women have different needs and expectations. Thus, this is where misunderstanding and conflicts arise.

Here are some of the differences she mentions. When women discuss problems, they are more interested in receiving understanding. Men, on the other hand, are more interested in giving advice and solving problems right away. Women are comfortable about seeking help when needed. Men want to be perceived as self-sufficient, even when in need of some real help. Women desire a sense of community and the appearance of similarity and equal status between them and others. Men are more comfortable with a clear sense of hierarchy.

Interdenominational Worship Service

How about getting your Sunday UTA off to a great Start? An interdenominational worship service is held every Sunday UTA at 8:00 am in the Group Dining Room. It is open to everyone.

See you there!

In the area of talk and conversation, there are differences. For women, talk is interaction and a chance to bond. But for men, talk is a chance to get information. Women relate and bond by talking, while men relate and bond to others by activities. When not knowing what's happening to people, women feel left out. Men are more interested in keeping in touch with the news around the world. Women tend to talk about people, while men talk about business. When women talk with others, they try to physically position themselves face to face. Men position themselves more at an angle of side to side.

Men and women see conflict differently. Women see conflict as a threat to connection (or relationship). Men see conflict as necessary in negotiating status. Women seek agreement and community, while men are more likely to seek contest. It is more acceptable for women to be modest, but for men to display their accomplishments.

The above are general tendencies of men and women. I hope that you will read the book and use it as a tool to benefit your relationships. It would be helpful if families bridge gaps of misunderstanding. Husbands and wives need to realize that they are coming from different perspectives and must figure out effective ways to communicate love.

I hope this information is helpful. If your spouse or family member would like to join or bond with one of our family support groups, contact your unit.

Please submit your articles for the Kukailimoku no latter than 12:00pm on Saturday UTA



CAMS News and Views

By: MSgt. Fred M. Higa, Jr.

It's amazing how the days and months go by so quickly. January has come and gone, February is here and will be gone in no time, too. How time flies!!! And now for news of the Squadron...Would like to thank Mrs. Barbara Yadao-Petti as she has graciously accepted the Family Support Group's 'Key Person' position for the Squadron. Much mahalo to Mrs. Elaine Higa and Mrs. Kathy Abe for their efforts this past year. If you would like to volunteer some of your time to the Family Support Group, contact SMSgt. Doug Abe or MSgt. Fred Higa for information...From the 1st Sgt. 'Have you used your newest benefit? Air Guard members are authorized to take their family members to the Air Force and Navy exchanges to shop.' Try it out the next time you need to go shopping...Congrats to MSgt. Lester Ho as he has been appointed as the Chapter 18 NCOAGA Vice-President for this year. Good luck, Lester! Mahalo's and aloha goes to MSgt. Stanford Lum, SSgts. Curtis Estanique & William Lamoya, Sgts. Eddie Billena & Rudy Villanueva and A1C Ken Guerrero for their dedicated efforts in completing TCTO 1083 on time. The TCTO was to modify the F-15 wheel and brake assembly, and these individuals worked long hours to complete the entire fleet...Congrats to TSgt. Gordon Lau as he recently returned from the NCO Academy at McGhee-Tyson ANGB as an Honor Graduate. Good show, Gordon. Good luck to MSgts. Tom Araki and Roy Miyata as they have both retired from technician positions, Tom from the Quality Assurance Office and Roy from Hickam AFB. They'll both continue their military careers with us for awhile....Good luck also goes to TSgt. Peter Patinio of the Munitions Maintenance section as he retires after 21 years with the Guard. Make sure we've got your mailing address so that we can send you copies of the Kukailimoku every month...Congrats to our newest promotee, MSgt. Stanley Leong of the Flight Line. Wear 'em with pride...Welcome home goes to AB Glenn Miram as he returned from BMT and the Weapons Load tech school. He'll be here for a few weeks performing 30 days of seasoning training with the Weapons folks...Another good luck goes to SSgt. Dennis Fred of the Maintenance Control section as he retires this month after almost 24 years of military service. It was

great having you with us... Would like to welcome some depot maintenance folks who've come from Robins AFB, Georgia, to change aircraft wings on two of our F-15 aircraft (76-0084 & 76-0119). We are awaiting another wing for 77-0078 as it also has some problems. Lots of money involved in procuring those wings, which puts us in debt with the DLR program. Hope we can recover soon...Don't forget the promotion party which has been re-scheduled for the UTA Sunday in April. If you're a recent promotee and a promotee who would like to get together with other promotees in putting on this party, contact SMSgt. Doug Abe (449-7844) or any of the Branch Chief's for info...TSgt. Yvette Miraflor wants to let you all know that a new shipment of T-shirts have arrived with a whole new array of colors to pick from. There's purple, navy blue, red, watermelon, silver, yellow, dark green, black, lime green and hot pink colors available. Quantities are limited, so better get yours quick. We just got a shipment of baseball caps with the Squadron logo in front in blue and black, also. Come in to the Admin office to check out the goods...Well, that's all for now, folks, so 'til next month..."It's better to be right half the time than to be half-right all the time." (Author unknown)...fhiga

NEXT UTA March 6th and 7th

ANGNCOAGA

by SMSgt. Ken Sonan

As of January 1993, the new Officers and Board of Directors for Chapter 18 are as follows:

Officers:

President - MSgt. Craig Harimoto
Vice President - MSgt. Lester Ho
Secretary - TSgt. Aurora Oato
Treasurer - MSgt. Melvin Wong

Board of Directors:

MSgt. Pamela Goya
MSgt. Irvin Yoshino
TSgt. Douglas Awana
TSgt. Gerard Lum
TSgt. Craig Makiya
TSgt. Ann Salvador
TSgt. Carol Yamaguchi



Gerard Lum

Royal Guard continued from page 1

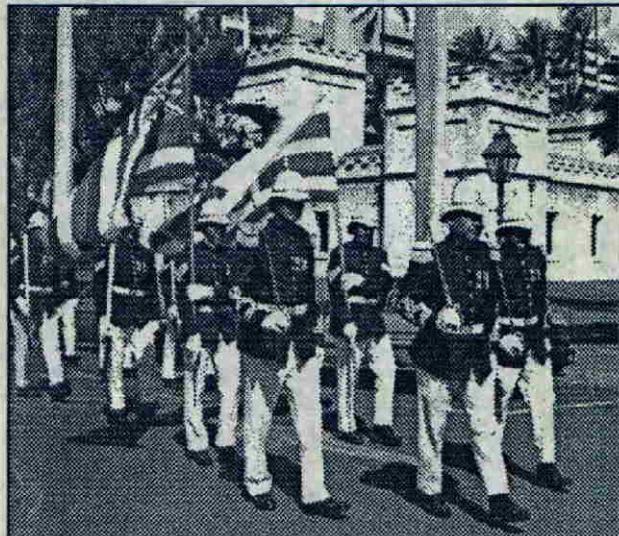
in Hawaiian heritage and preserve the traditions of the Hawaiian militia of the Monarchy; to provide an honor guard and color guard uniformed and equipped in a similar manner to the Royal Guard of the Kingdom of Hawaii, to be made available as desired to the Commander-in-Chief of the Hawaii National Guard, the Governor of Hawaii, and the Adjutant General of Hawaii and Commander, Hawaii Air National Guard for official functions; and to be made

available as desired by the Ka Mo'i (governing body) for ceremonies commemorating Hawaii's past, or special ceremonies as may be deemed appropriate, i.e., the ceremonies held last month.

The Royal Guard was disbanded on January 17, 1893 following the overthrow of the Hawaiian Kingdom and the deposing of Queen Liliuokalani. However, on January 20, 1963, it was revived and reorganized by Colonel Walter Judd of the Hawaii Air National Guard, and formally presented again to the public on November 16, 1963. Since that time, the Governor of the State of Hawaii has resumed the traditional annual inspection of the Royal Guard at Iolani Place on King Kalakaua's birthday.

In the days of the Monarchy, the inspection of the Royal Guard was combined with a parade and a military drill. Today, it's no different; it has all the pomp and circumstance and pageantry of the past. With a large crowd looking on, they go through their paces wearing uniforms identical to King Kalakaua's Royal Guard. The guardsmen, led by the royal standard of King Kalakaua and the flag of Hawaii, march from Iolani Barracks to the front of the palace while the Royal Hawaiian Band plays the "Ka Mo'i March". The march was composed by Kalakaua, himself.

Once they reach the front steps of the palace, commands are given by Kapena Moku in Hawaiian, and they turn and face the Governor, Prince Edward Kawanananakoa and our own HIANG Commander, Brig. Gen. Allen M. Mizumoto. The command, "I ke alo pu" ("present arms"), is given and the band plays "Hawai'i Pono'i." After the state anthem is played, the Guard prepares for inspection, and the Governor,



Marching to the Palace

the Prince and the HIANG Commander file through the ranks while the band plays the "Kalakaua March."

When the inspection is over, the Guard marches off to post one guard at each of the four gates to the palace while the band plays the "Huki March." The guards will remain at the gates until sunset when the flag flying over Iolani Palace is lowered.

Happy Birthday, Royal Guard!



Prince Edward Kawanananakoa and Brig. Gen. Allen Mizumoto inspect the Royal Guard.

Photos and Story by SSgt. Stephen Thomas

February 7, 1993 Kukailimoku Page 6

Stop!! What you Don't Know Can Hurt You

by TSgt. Belkosky, 154 RMS Contracting Office

The following information is provided for the protection of your career. Maybe you aren't personally involved, however; it could impact someone who works for you. The issue is unauthorized contractual acts. Never heard of it? Let's further define the scenario—the issue presented may be closer than you think.

Have you ever been contacted by a local vendor, salesman, or contractor? Perhaps you've been encouraged to review a particular item or piece of equipment, no obligation of course. A few weeks pass by and your office receives a bill. Another scenario: Your supply NCO is TDY and you need supplies. You contact a local supply store and order the items you need.

If your first step was to contact your local contracting office, you're on the right track. If, on the other hand, you have directly contracted a vendor, in the interest of avoiding red tape, you may have committed an unauthorized contractual action.

Resolution can be accomplished by one of two ways, your action can be ratified through coordination with the Contracting Office or you may be required to pay for the cost of the item out of your own pocket. The ratification procedures are too extensive to address in this article. Suffice it to say, the best solution is not to create a violation in the first place.

Not all actions can be ratified. For example, if you purchase an item that you do not have the authority to purchase due to improper funding or you are not authorized to have the equipment ordered, the Contracting Office can not approve the action.

The National Guard Bureau has seen an increase in unauthorized contractual actions during recent fiscal years. This is a serious problem which requires immediate action. Do not contact contractors/suppliers/vendors directly! If you need help in this area, always check with your local contracting office, first.

Failure to abide by the rules is not only illegal, the impact can be devastating to your career and your pocketbook. Don't take chances—when in doubt, call your local contracting office. We're here to serve.

HIANG EDUCATION OFFICE

A Key To Your Future



Congratulations are in order for the individuals below who have achieved a personal milestone in higher education. Each member has fulfilled the requirements for an Associate in Applied Science (AAS) from the Community College of the Air Force (CCAF). By combining their military training and experience with civilian college courses, each member was able to obtain their college degree through this unique program. Any enlisted member of the regular Air Force, Reserves or Guard is eligible for this program. Call us at 449-7794 for more information about this benefit that is not available in the other branches of the Armed Forces.

2Lt. Sandra Nakano, 203 ARS - Maintenance Production Management *

MSgt. Wayne Soma, 154 MSF - Electronic Systems Technology

TSgt. Joseph Kim, 154 MSF - Electronic Systems Technology

SSgt. Abraham Beddow, Jr., 154 MSF - Personnel Administration and Telecommunication Management

*Awarded prior to officer commission

CUSTOMER SERVICE HOURS

Monday-Friday 7:30am - 4:00pm

UTA 9:00am - 3:00pm

CAREER KOKUA HOURS

Monday-Friday 2:00pm - 3:00pm or by appointment

UTA 11:30am - 12:30pm or by appointment

LOCATION

Building 3415, 2nd Floor, CBPO, PHONE: 449-7794

KUKAILIMOKU

This funded Air Force newspaper is an unauthorized 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.

This publication is prepared, edited and produced by the Public Affairs Office of the 154 Group, Hawaii Air National Guard, Hickam Air Force Base, Hawaii 96433-5000.

Phone: (808) 449-7750

Commander: Col. Michael H. Tice

Public Affairs Officer: 1st Lt. Charles Anthony

STAFF

Editor: SSgt. Stephen Thomas

Assistant Editor: Sgt. James Young

Graphics Specialist: TSgt. Wayne Paezer

TSgt. Rodney Pascua

Printer: TSgt. David McCulloch

CBPO Connection

by MSgt. Iris Kabazawa

AWARDS & DECORATIONS: Need a list of all your awards and decorations? Facing a promotion board soon? See your unit orderly room administration or personnel specialist for this information. They have a current list of all unit member's awards and decorations. If they can't help you, contact the Records Section at 449-5669.

SGLI: Just another reminder, all members must sign a new SGLI form whether or not you take the new additional coverage. If you have not yet signed a new form, report to your unit orderly room or the Records Section at your earliest convenience. You may change your coverage at any time. However, after March 31, 1993, you will be required to submit a statement of health with your application. For your convenience, we will have one Personnel Specialist available during lunch on Sunday UTA at the 154GP mess hall from 10:30-11:30.

SBP: Another reminder - Open season for the Survivors Benefit Plan ends March 31, 1993. If you need assistance, come in and see us.

TAX EXEMPTION: It's tax time - don't forget, as a member of the HIANG you are entitled a \$1750 pay exemption from your State Income Tax returns.

ATTENTION OFFICERS: Remember, it is your responsibility to ensure an up-to-date photo is in your selection folder. Notification RIPs are sent to your home address via certified mail. Do yourself a favor and get this important task done at your earliest convenience. Upon completion, send all photos to CBPO Records Section.

AF FORM 895 (Computer Generated): Medical Certification, AF Form 895 is an annual requirement for all. Upon completion of your form, return all copies to your unit orderly room. Your orderly room will annotate completion and forward the original to the Tac Hosp. Do not send a copy to CBPO. Your orderly room will send us a copy of the listing which reflects all completions.

A few changes in CBPO - we bid aloha to SSgt. Angie Fleenor our enlistment processing clerk, who will be moving to PDO, and we welcome Sgt. Ricky Tucay into our Customer Assistance/Records Section. He comes to us from CAMRON.

203 ARS Activation

by Maj. Stan Osserman

This Friday, the Hawaii Air National Guard officially welcomes its newest squadron, the 203 Air Refueling Squadron (203 ARS), with a formal activation ceremony. The program begins at 12:45 pm in Hanger 35 at Hickam. Dignitaries attending include Senator Daniel K. Akaka, Major General Alexis T. Lum (Ret.) representing Senator Daniel K. Inouye, Major General Edward V. Richardson representing Governor Waihee, Major General Ronald W. Iverson, Deputy Chief of Staff, Operations, PACAF representing CINCPACAF and many other senior military and civilian leaders.

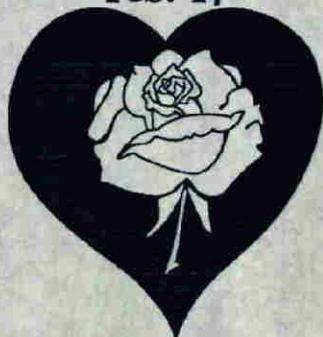
Highlights of the program include the formal activation ceremony, a blessing of the unit and its first Boeing KC-135R aircraft, Hoku-pa'a, by Reverend Kaupu. Mr. Nainoa Thompson, master navigator for the Polynesian Voyaging Society and navigator on early Hoku-le'a voyages to French Polynesia, will also make remarks.

When fully operational, the 203 ARS will support the HIANG's state mission to protect and support the residents of Hawaii. The 203 will also be part of the Pacific Air Forces peacetime operations as well as wartime mobility missions in the Pacific theater. Tankers and crews from the 203 ARS will support US Air Force operations worldwide.

Squadron members come from Hawaii Air and Army National Guard units; the US Air Force; Alaska, Arizona and Wisconsin Air National Guard units; the US Air Force Reserve and our civilian community. Together they make up a team possessing a wealth of experience along with strong community-building abilities.

The 193 members of the 203 are commanded by Lt. Col. Walter K. Kaneakua. Lt. Col. Kimo Hussey heads the operations section and Lt. Col. Bruce Minato is in charge of the unit's maintenance section.

Valentine's Day
Feb. 14



Beeline

by TSgt. Laura Masuda,
Socioenvironmental Eng Svcs

Working in Confined Spaces

Workers entering tanks, pipelines, wells, manholes, etc. know the difficulties in working in a confined area. A confined space or area has the potential of having inadequate ventilation of less than 20% oxygen, or having toxic, combustible or explosive substances present, or no protection against possible entry of water, gas, sand, or any substance which could possibly trap, suffocate or harm a person.

A sense of smell is not adequate for the workers to protect themselves against hazards in confined areas. They must test and verify the safety of the atmosphere before entry.

Oxygen deficiency can occur from displacement of other gases or consumption by workers or by oxidation (rust), fermentation, absorption of activated charcoal or high altitudes. Constant oxygen monitoring is a must. Oxygen should not be less than 20%. Self-contained pressurized apparatus or airline respirators with small self-contained emergency escape air cylinders are the recommended breathing equipment.

Explosive/flammable gases should not be more than 1% before entry is permitted. Any explosive reading indicates a presence of higher quantities of these deadly gases somewhere in the area.

Some jobs use vertical lift harnesses (parachute-type), which permits quick removal of a victim from a confined space without anyone else going into the dangerous atmosphere.

Education, constant monitoring of toxic/combustible gas and oxygen deficiency and the use of correct protective equipment could save workers' lives when working in confined spaces.

Shotline

by Capt. Adele Auyong

The Tac Hospital has changed its operating schedule to allow for unit training. Remember, immunizations will be SUNDAY UTA's ONLY. Hours are 9:00 - 11:00 am and 12:30 - 2:30 pm. During these hours, Yellow Fever immunizations will only be given from 1:30 - 2:30 pm. Please be patient with the hospital as we adjust our schedule.

Congratulations to Capt. Gayle Seifullin and Maj. James Drake on the birth of their daughter, Sarah Ann on January 19, 1993.

Healthful Hints: Your heart is the strongest muscle in your body. Did you know that every day it beats an average of 100,000 times while pumping 4,300 gallons of blood through 60,000 miles of blood vessels? How does a heart attack occur? The basic cause of heart attacks is atherosclerosis of the arteries that nourishes the heart. As fatty materials build up, blood flow may be severely reduced or stopped. The part of the heart that is not getting blood flow is injured or dies from lack of oxygen. Other causes of heart attack can be blood clots forming in the narrowed artery, or arterial spasms.

The common warning signals of a heart attack are:

1. A heavy squeezing pain in the center of the chest which lasts for several minutes. Pain may also extend to the arm, shoulder, neck or jaw.
2. Anxiety or feeling of apprehension.
3. Sweating.
4. Nausea or Vomiting.
5. Shortness of Breath.
6. Dizziness or Fainting.

If you experience these warning signs, get medical attention immediately. Call the nearest

rescue service and do not drive yourself to the doctor. Get someone else to go with you if a rescue unit is not available.

Dental Note: For healthy teeth... eat right! A well balanced diet helps build and maintain strong, healthy teeth, especially for children. Food which is good for your general health is good for your dental health, also. Drink more milk (low fat or skim), eat more vegetables, fruits, eggs, cheese, fish, whole grain breads, etc. Limit sugar rich foods and avoid snacking on sweet, sticky foods.

Royal Guard

There will be a practice/meeting session at 2:00 pm on the makai side of Bldg. #3415 (supply) today. An invitation is extended to all males of Hawaiian descent who are interested in joining the Royal Guard (see story on front page).

Persons to contact are: Randy Lum (Kapena-Moku), James Pahukula (Luta Nela), Al Naumu (He Kakiana), Bill Stern (Kakiana), Norman Kaleo (Kakiana), Doug Awana (Kakiana), Lennox Cockett (Kakiana) or Michael Kang (Kakiana).

As the cover story says, 1993 has proven to be a very busy year, and, the demands go on throughout the year.

Mahalo to the Royal Guardsmen who performed in the past events.

He Kakiana

LOST - November Drill:

Voice pager with Page Hawaii sticker. Belongs to contractor foar mess attendants. Please call: Luana Tamck at Mrs.Clean, Inc., 486-4822.

Promotions

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

HQ 154 GP
TSGT PAULA J. LINDAHL 19 JAN 93

154 CAMS
MSGT STANLEY C.S. LEONG 19 JAN 93
SRA JIM C. HEFFNER 01 FEB 93
SRA ARLENE R. PALAKIKO 09 JAN 93
AMN TRAVIS K. OKAZAKI 10 FEB 93
AMN MICHAEL Y. OSHIRO 11 FEB 93

154 CES
TSGT EDWARD M. PACO 19 JAN 93

154MSS
TSGT HENRY LAGUATAN 19 JAN 93

154MSF
TSGT ABRAHAM K. BEDDOW JR. 19 JAN 93

154RMS
SMSGT HARRISON T. IGA 19 JAN 93

154 TAC HOSP
SRA LISA G. LEE 25 JAN 93

199 FS
SSGT RICHARD K. RIEHN 19 JAN 93

203 AREFS
A1C ROLANDO C. LAYUGAN 02 FEB 93
AMN MICHAEL W. ABBOTT 19 JAN 93
AMN DEREK K. WHEELER 19 JAN 93

Tactical Hospital Changes Command

Photos by Sgt Delmar Galicinao

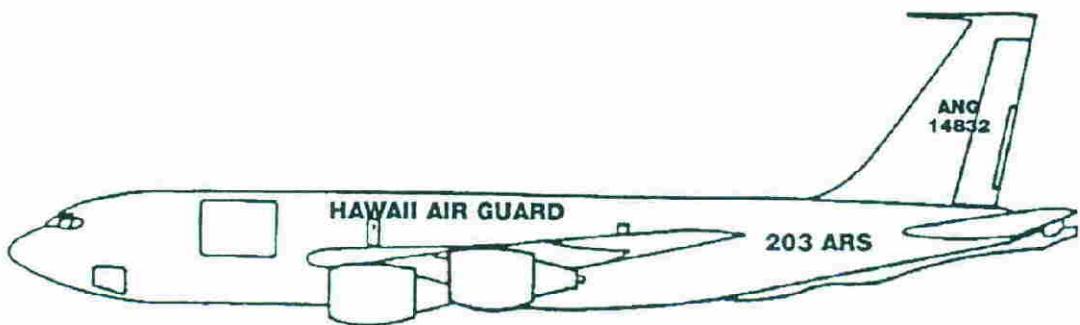


Fulltime Employment available with the Hawaii Air National Guard

These are the current vacant federal civil service positions open for recruitment. You can read more about the position by checking with your orderly room for complete details or see TSGt. Phillips, Bldg 3400, Room 210, Monday-Friday.

JVA#	POSITION	GRADE	CLOSING DATE	LOCATION
FY93-058	ELECT INTEG SYS MECH	WG-12	18 FEB 93	HICKAM (CAMS)
FY93-057	LOGISTICS MANAGEMENT SPECL	GS-09	16 FEB 93	HICKAM (293)
FY93-056	AIRPLANE FLT INSTR (OFFICER)	GS-13/AGR	12 FEB 93	HICKAM (TFS)
FY93-055	SUPPLY CLERK	GS-04	11 FEB 93	HICKAM (RMS)
FY93-052	AIR TFC CON SPECL (TERMINAL)	GS-10	09 FEB 93	HICKAM (201)

**PLEASE JOIN US
IN THE
203 AIR REFUELING SQUADRON**



Activation / Blessing Ceremony

Friday, 12 February 1993

1300-1500 hrs

Hangar 35, Hickam AFB