

WAR GOD OF KAM THE 1st

KUKAILIMOKU



154 COMPOSITE GROUP HICKAM A.F.B.

Vol. 26 No. 11

Nov. 2, 1980

MEI/ORI

Management Effectiveness/Operational Readiness Inspections of the 326th Air Division and the Hawaii Air National Guard are now taking place, from Oct. 27-Nov. 3, or roughly 8 days.

Inspector General, HQ PACAF, initiated the inspection under the authority of AFR 123-1. The purpose of the MEI is to evaluate the capability of each unit to accomplish their assigned missions.

Function of the ORI is to verify the operational readiness status of each unit and to evaluate the support provided by subordinate, lateral and higher echelon units.

Evaluations of the inspection include management evaluations of all functions of the units except medical, judge advocate, chaplain, contracting, civilian personnel, mobile communications and 22 TASS.

Members of the inspection team conducting the evaluations are members of PACAF and have special access to any material related to the inspection and they have security clearance and special access authorizations.

A rundown on what happened during the inspection will be supplied in the next issue of the Kukailimoku and copies of the inspection report will be distributed after the formal outbriefing of the inspection team.

VOTE

NOV 80 UTA PAYCHECKS WILL BE PAID ON 28 NOV 80.

Beginning 1 Nov 80, paychecks will be issued only twice a month. (Mid and End-of-Month) Because of this change, members will receive paychecks approximately two weeks later than in the past.

Pay Delay

The basic reason for this change is to offer direct deposit to financial organizations (Sure-Pay) to Air National Guard members. The computer programs were modified to forward checks to the financial organization and separately mail the earnings statement to the individual. In order to implement Sure-Pay, the number of paydays had to be reduced to twice a month.

Information on how to request this service will be forwarded to all units before next month's UTA.



154TH WING
HISTORY OFFICE
FILE # 2.98.216

GET OFF YOUR PERCH

Go to the polls
Tuesday, November 4th

Comander's Corner

by 1st Lt Drew M. Hurley, PAO

Some outfits prefer the idea of the plague to that of an MEI/ORI and look forward to the idea of an early grave with more anticipation. What they're doing is looking at the inspection as a problem, at best a necessary evil.

We choose not to do that here. To us the inspection is an opportunity to prove what we keep telling everybody...namely that,
We're the Best!!

We of the 154th Composite Group, Hawaii Air National Guard have quite a reputation... not only in the Guard, but in the Air Force, the DoD, and probably we're pretty well known in those countries we don't count as friends.

While the results of the ORI/MEI aren't in yet, it appears that we still deserve that hard won reputation. Each of us has the right to be extremely proud of our efforts to make our group what it is...

The Best!!

DON'T

MISS

The Next U-T-A

Dec 6-7

Hostage Bracelets

Fifty-two American Military and Diplomatic personnel have been held prisoner by the Revolutionary since Nov. 4, 79. The Navy League of the United States, with the Voices of Freedom are sponsoring a fund raising program for them.

Hostage bracelets will be sold and surplus fund received from the sale of the bracelets will be used to assist the hostages' families, establish educational scholarships for them and their families or be turned over to a non-profit organization/charity of the hostages upon their release.

A \$3. donation is asked per bracelet and anyone interested in obtaining one or making a general contribution should contact Capt Fred Donnini (Hickam AFB) at 449-9397 or Maj Samuel Taylor (Camp Smith), at 477-6001/6732.

CHAPLAIN ACTIVITIES

November Drill

Hickam Chapel Services - 2 November 80
 Protestant - 0800 - Hickam Harbor
 0845 - Chapel One
 1115 - Chapel Center
 Catholic - 0745 - Chapel Center
 1000 - Chapel Center
 1130 - Chapel One
 Jewish - Contact Jewish chapel,
 Pearl Harbor...471-0050,
 for information.

154th COMPG

1500(Sunday) - Interdenominational
 devotions and study/
 discussion group.
 CAMRON Training Room.

Aloha..

Next Friday marks a milestone in the career of Major Mel Morris. On that day he leaves the 154th COMPG and heads over to the 201st COMBCC as the full-time boss.

It's a recognition of Maj. Morris's outstanding contributions that he was chosen for the job.

Now before too many tears get shed, remember he's only across the street. Drop in and see him sometime.

Our sincerest congratulations and best wishes.

Padre's Patter



by Chaplain (Maj.) David Kennedy

At night sometimes the world seems so topsy-turvy and you're so weary of doing things the same old way. Then nothing seems to please you try desperately for something new and different, something that doesn't seem so much like you. Why? Tonight you are different.

One cannot expect the world to be top side up all the time. Such perfection does not come so easily to the human nature, and always there is a search for something new and different. A change of pace...that thought that I don't want to be me today, to think my thoughts and do my daily chores. I want to make a complete change now, to know a whole new way of life. Sometimes it is good to leave behind the many daily situations that stand too closely to be seen clearly. But we need to be wise enough to know which things should be left behind.

There have been clean sweeps that have left behind the dearest things...and have taken along the same dreary, dark unhappy things of the mind that should have been left behind.

A line from the prayer of serenity is "the wisdom to know the difference..." and wisdom says Samuel Taylor Coleridge, is common sense in an uncommon degree. If one has the wisdom to wait a bit, wait til morning-or several mornings- that uncommon degree of common sense will give us the wisdom to know the difference.



Don't Forget...

THE 154th CHRISTMAS PARTY

Dec. 19th



(see page 7)

(see page 10)

Gas Quiz

With gasoline prices soaring ever higher, it may be time to stop driving for a few minutes and see just how much you know about gas mileage.

The test below should not take more than a minute to mark your answers.

It may take a few minutes to read the answers since some are shockers.

Grab a pencil, get comfortable, and start marking.

- When does your car get its worst mileage?
 - After many hours on the highway
 - Climbing hills
 - In city traffic
 - The first few miles of driving
- When should you check your tire pressure?
 - When your tires are cold
 - At each fill up
 - After you've driven 10 miles
 - After you've taken a long trip
- How much energy loss is caused by one fouled spark plug?
 - No appreciable loss
 - Three-five percent loss
 - Seven-ten percent loss
 - Twenty-five percent loss
- To save gas when leaving a stop sign, you should-
 - Accelerate as fast as the car will go
 - Accelerate very slowly
 - Get to cruising speed as soon as safely possible
 - Motion speedier motorists to pass
- You'll increase fuel efficiency 20 percent by-
 - Slowing from 55 miles per hour to 50
 - Slowing from 70 miles per hour to 55
 - Driving normally at 20 miles per hour
 - Coasting down inclines
- How much gasoline does the average American driver use per year?
 - 200 gallons
 - 1500 gallons
 - 800 gallons
 - 2000 gallons
- Which of the following costs you gas mileage?
 - Permanent roof racks
 - Underinflated tires
 - Accelerating slowly and gradually
 - All of the above

RESOURCE MANAGEMENT ROUNDUP

If you remember our article from the Sept. issue of the Kakailimoku about some of the gals in the Squadron who were due to give birth in Oct., well, two of them did. SSgt Donna Von from the Data Automation branch, gave birth to her second child, a little girl on the 10th of Oct. Also, SSgt Pamela Guieb, gave birth to her second child, a girl, on the 22nd of Oct. Congratulations to the happy parents...MSGT Kalfred Chang, NCOIC of the Traffic Mangement branch will be heading for the cold of Minnesota to attend a refresher course in certifying hazardous cargo. "KC" will also squeeze in a short delay enroute before returning home to the warmth of the Islands...SSgt Robert Valdez has been moved into the Customer Support branch, filling the Allowance and Authorization position vacated by SSgt Craig Iwase last month. Bob formerly worked in the Supply Systems branch, Document Control section, which by the way, is now being done by Sgt Louise Lum.

AB Oscar Peltier distinguished himself by being recognized as an Honor Graduate from the Materiel Facilities Specialist Course at 3440th Technical Training Group, Denver Colorado...

Congratulations for your terrific showing Oscar...Congratulations go out to the following individuals on their recent promotions to Sgt: Sgt Louis Ventura, Glen Tomita and Donald Sakamoto...and to close out this month we've just heard that Ann Diana Lewis of our Admin section gave birth to her first child, but because of the news deadline, we can't tell you if it was a girl or boy. We do know that Mom and child are doing just fine.



"Some guy called for an emergency landing. Hoga, he's coming in on just one engine."

STRESS BUILDUP

Excess stress is one of the biggest causes of burnout. It overloads your circuits and saps your energy. Since most people don't have circuit breakers, the indications of too much stress are chronic headaches, ulcers, heart disease and job burnout.

The following test, developed by two Seattle physicians, T. H. Holmes and R. H. Rahe, can give you an indication of the amount of stress you are under. Add up the points in parentheses for each of the questions that applies to you.

In the last year have you had a:

- Minor law violation (11)
- Christmas (13)
- Vacation (13)
- Change in eating habits (15)
- Change in number of family get-togethers (15)
- Change in sleeping habits (16)
- Loan or mortgage for less than \$10,000 (17)
- Change in social activities (18)
- Change in recreation (19)
- Change in church activities (19)
- Change in residence (20)
- Change in work hours or conditions (20)
- Change in schools (20)
- Trouble with your boss (23)
- Change in appearance or habits (24)
- Change in living conditions (25)
- Spouse began or ceased work (26)
- Begun or quit formal schooling (26)
- Outstanding personal achievement (28)
- Son or daughter leaving home (29)
- Change in work responsibilities (29)
- Trouble with in-laws (29)
- Foreclosure of a loan or mortgage (30)
- Mortgage over \$10,000 (31)
- Change in number of arguments with spouse (35)
- Change in line of work (36)
- Death of a close friend (37)
- Change in financial status (39)
- Sexual difficulties (39)
- New family member (39)
- Major business change (39)
- Pregnancy (40)
- Change in health of family member (44)
- Retirement (45)
- Marital reconciliation (45)
- Lost your job (47)
- Marriage (50)
- Major personal illness or injury (53)
- Death of family member other than spouse (63)
- Jailed (63)
- Marital separation (65)
- Divorce (78)
- Death of spouse (100)
- Total

Of the people who scored 300, Holmes and Rahe report that almost 80 per cent got sick in the near future; of those who scored 150 to 299, about 50 per cent got sick; and with less than 150, only 30 per cent became sick.

The higher you score, say the two doctors, the harder you should work to stay well. □

154 CAM Sq News

....In a letter to the Group, General Ishimoto Commander HANG commended the personnel for their professionalism and for an outstanding management of resources which says are rapidly becoming difficult to obtain and also becoming difficult to obtain and also becoming a precious commodity, this was in reference to the goals that were met the past FYSO in flying stories and hours flown versus what was programmed, and Maintenance played a big part in this achievement...Right On...

And General Weber CNGB together with General Conoway appreciated the going away flowers and Leis when they visited the islands and the Group recently. Mahalo especially to MSgt Dick Deceas and SSgt Berni Pharr for their terrific Aloha Spirit...You know so many times we do take care of our special guests, participate in lots of community projects, assist in areas where it involves City and State activities and of course national activities and most of all our own Military family that many people do not get credit for. Yet the whole thing in a nut shell is the Guard gets the credit and good things is said about the Guard in Hawaii, then the Guard becomes known just a little more by the community and others. The team work and all the efforts does not go to one person alone but to the entire Hawaii Air Guard and we should be extremely proud of this..Wow, thats heavy man so no stop now eh, geev um.

....Now lets talk story about the happenings around the shops and everywhere: From the Survival shop comes the news about SRA Bill Pridy becoming a proud "Daddy" for the first time, a daughter his first, good work Bill, you too Mom, now Bill is getting checked out on how to handle dirty diapers. After waiting so long and practicing his sewing, George Sensano finally sewed on his new SSgt stripesAnd our loss is the Mobile Comm Unit in Hilo gain, SRA Toni Agustin the first lady parachute rigger will be making her home in Hilo, together with her husband they will build their own home...

Also leaving the shop TSgt Gil Cera will be operating his own shop downtown, "The Survival Equipment Shop, Inc". Gils shop will handle sales, inspections, servicing of rafts

preservers, parachutes and accessories, they will also repair heavy fabric goods such as sails, tents etc. However, Gil will remain with the Guard as a part timer...

....The Egress Shop reports that Amn Gerard Lum and Elliot Pimental both return from BMT and school last month, both men attended the same course at Chanute AFB and both men made Distinguished Graduate...Good show...And how about the two guys from the AGE shop both nominated from the CAM Squadron as the outstanding Senior NCO and NCO of the year and will be competing against other units for the HANG Award. MSgt Dick Deveas and SSgt Jack Uhrig, and why not, their section was judge "Outstanding two years in a row by the ORI/MEI inspectors...The Weapons Shop report that five men will attend the Armament System Spec. Course at Lowry at the same time after they all report to Lackland. AICs Eliot Hui Hui, Andy Keaunui, Gene Yamashiro, Baldwin Ojerio and Duane Wise, hate to tell you this fellas but its going to be awfully cold in Colorado about that time and snow, snow, snow. You guys probably will see another Air Guardsmen there Grant Yamashiro who will be attending the Material Facilities Course at Lowry so give him a call and all of you guys can go to Larime and 20th in Denver, thats where the action is at...

The Comm/Nav shop reported they had a social gathering during the last UTA, they invited the clinic personnel providing the nurses do not bring their "Syringes" only themselves which they did. Father Doc Watabayashi was heard to say, "We must inter-mix with other sections and create a good atmosphere type of togetherness so that we can complete our short program in the future".

....And in one ear and out the other: Understand that MSgt Ben Goo missed a 3 inch putt and lost to Capt Roy Sakata on a lunch bet on the 17th hole Hickam...Dave Pontes shot 2 over par for nine holes, except he did it on a Putt Putt Golf Course, the kind course you only use a putter on.

....Hear SMSgt Toshio Oshiro, after putting on a new paint job and adding an expensive stereo in his Volkswagon had his car ripped off during the UHF/West Virginia game, they found the car about a week later, minus his engine, tires, (CONTINUED on page 6)...

(...CONTINUED from page 5)

ster and other things, only the shell of the car was left for him, Auwe Tosh. Better park you Audi in the parking lot this time.

....Capt Roy Sakata and Msgr Larry Honda should take credit for organizing the "HANG Tail Gaters" gathering at the Stadium Parking lot during the UHF football games. Understand about 17 people were there enjoying the one kind food and drinks, the gang sit in section (NN) on the Mauka side way up on the very top of the bleachers next to Heaven, there is no sitting in the back of them except that it is a clear drop to the parking lot in case you lean back to far..Hmmm wonder if these guys and gals go to see the game or just for the tail gate party, by the time they get to their seats most of them are all smashed anyway.

....And speaking of parties, we want to congratulate these men after being promoted and who will later contribute to the promotion party..TSgt Ronnie Mirafior, SSgt Keith Lunasco, AIC Dale Asam, SrA Duane Javinar and SSgt George Sensane.

Our deepest Condolences to Chief Pontes on the loss of his Dad recently, his Mom died about a month prior to his Dads death.

....We want to congratulate the 154 CAM Sq Rifle Team for placing first in the first match of the HNG Smallbore Rifle Tournament, team members were: 1Lt Drew Hurley, TSgt Ron Muronaga, Eric Kanazawa, Galen Yamada, Sgt Anthony Lendio and SrA Norman Higa. Sgt Lendio placed 1st, TSgt Muronaga and Eric Kanazawa placed 2nd and 3rd respectively among 128 shooters. Incidentally they also won the team match...

....Important things to remember:CFC is still accepting contributions, HANG banquet Nov.22, clothing drive for Waimano Home is still on and the 2nd Annual General Ishimoto's Golf Tournament Nov.17 is too. Understand the General is donating a \$225. golf bag for the low net prize.

Finally, Arnold Palmer informed Bob Hope how he could shave six strokes on any golf course that Bob would play on...All Bob has to do is "skip" a par 3 hole...Also we are in the midst of an ORI/MEI Inspection, if we do the job the way we were taught to do it and do it the right way, we should be able to handle...

CANDID CARTOONS

(THE PEOPLE SPEAK UP FOR U.S. SAVINGS BONDS)



MR. DUDLEY SHEETHRIGHT
(SHIPYARD WORKER)

"UNTIL I STARTED TO BUY U.S. SAVINGS BONDS BY PAYROLL DEDUCTIONS THE ONLY WAY I COULD KEEP FROM SPENDING MY MONEY WAS TO PUT IT IN A BOTTLE AND TOSS IT IN THE OCEAN."



MS. CLARA KNEEKLE
(LADY SECURITY GUARD)

"I LIKE TO CUDDLE UP TO MY STACK OF SAVINGS BONDS ON COLD NIGHTS. THEY MAKE ME FEEL WARM AND SECURE."



MR. DURNEAR CREAMY
(SENIOR CITIZEN)

"I'M NINETY YEARS OLD AND I DON'T HAVE TIME FOR ANYMORE GET RICH QUICK SCHEMES. BUYING U.S. SAVINGS BONDS IS THE SURE, STEADY WAY TO GET RICH."



MR. BANKSNEAK
(BURGLAR)

"I HATE SAVINGS BONDS! WHEN I STEAL THEM I CAN'T EVEN CASH THEM - AND THE OWNER CAN GET THEM REPLACED AT NO COST -"



MR. CHUCK ROAST
(COWBOY MOVIE STAR)

"MAKING WESTERN MOVIES PAYS BIG MONEY BUT WHEN IT COMES TO ROUND-UP TIME I GO FOR U.S. SAVINGS BONDS - YEP, I THROW MY ROPE AROUND ONE EVERY PAY DAY."



MS. GLAMIRE KIVEEN
(BEAUTY CONTEST WINNER)

"THE ONLY THING I KNOW OF WHICH IS MORE BEAUTIFUL THAN I ARE THOSE LOVELY U.S. SAVINGS BONDS. THE LONGER YOU KEEP THEM THE BETTER LOOKING THEY BECOME."



GET WITH THE SMART PEOPLE,
INVEST IN A WINNER,
U.S. SAVINGS BONDS

Sports. of sorts

RUNNING CLINIC NEWS

The Doc Gallup Running Clinic and story hour got underway last drill with five runners hitting the road. After a brief meeting outside the Mess Hall attended by several people who promised to be there this month, the five began their run. Doctor (Lt. Col.) Jim Gallup, well respected local runner, gave each advice on their running style and form.

MSgts Raymond Choy and Gary Fujii, TSgt Owen Iha and 1st Lt Drew Hurley all sweated their best in the sprints that Doc Gallup said would make us all better runners. Some believed him.

If you're a runner or interested in becoming one, show up at the Mess Hall this and every drill Sunday at 1500. Wear running clothes. If you didn't bring them today, do it next time. Don't forget that next drill Sunday, December 7th, is Honolulu Marathon Day. Happy marathon to you all.

"SUPER BOWL"

RIGHT ON!! to the members of HANG OHANA CANOE CLUB who participated in the Molokai to Oahu race. These brave men endured and conquered the unpredictable Molokai channel. Ask any paddler about participating in the "Super Bowl" of paddling. It's a very tiring but at the same time exhilarating experience. If you see any of the following paddlers, stop and talk with them: Jimmy Pahukula,

Wayne Soma, Dennis Matsuura, Paul Ancog, Russ Campos, Mike Nebrija and Mel Akamine. Congratulations on a job well done.

SCORE
NOV. 4th
VOTE!

volleyball



MSgt Richard Saunders is looking for volleyball players to field a Hawaii Air National Guard Masters Volleyball Team, to compete in the 1981 volleyball season.

Interested players, 35 or older, can join Monday-Friday at the Recruiting Office, or call 449-5601. Practice will begin in mid-Dec.

ATTENTION: All you WOMEN who ever asked yourselves, can I paddle from Molokai to Oahu? Well, if you would like to get in shape and also make some new friends, join our women paddlers Mon, Wed and Thur from 4:30-6:30 p.m. Come join us!

There will be a GENERAL MEETING for all the members of HANG OHANA CANOE CLUB. It will take place at Foster Point at 7:00 p.m. on 5 Nov 80. All of your cooperation in passing the word will be greatly appreciated.

TAKE THE PLEDGE

On November 20 you can take the pledge! The Great American Smokeout pledge. Quit smoking (or help a friend quit) for one day, November 20. Hundreds of thousands of Americans will join us. How about you? Just cut off the official pledge card, sign it, and carry it with you... you're on your way to one Great American Smokeout day!

Pledge: "I do solemnly swear to give up smoking or help a friend give up smoking for the Great American Smokeout, November 20. I promise not to smoke for 24 hours (and maybe longer), or to help a friend quit."

American Cancer Society



the great



american
smokeout

PLEDGE

sign here

SAFETY WATCH

Hydroplaning...

When you are driving your car on a wet highway, water may penetrate between the tire and the pavement. This penetration results in the formation of water pressure which raises a portion of the tire off the pavement. This pressure increases with increasing speed of the vehicle, supporting more and more of the tire, until at a critical speed, termed the hydroplaning speed, the tire is supported only by the water, and loses all contact with the pavement.

WHEN DOES TIRE HYDROPLANING OCCUR?

Tire hydroplaning occurs when the speed of the vehicle, tire inflation pressure, water depth on the road, condition of the pavement surface, and the condition of the tire tread are combined in such fashion that the tire loses contact with the pavement.

The Combination of factors necessary for hydroplaning to occur are:

a) Hydroplaning speed: Presuming for the moment that sufficient water is present for hydroplaning to occur, the speed at which a vehicle will hydroplane may be predicted with fair accuracy solely on the basis of tire inflation pressure. This can be more easily understood by realizing that the tire is flexible, and deforms under changing loads. It turns out that the ratio of weight carried by the tire to the area of tire contact on the pavement remains about the same, and this ratio of weight to area will always be very near the tire inflation pressure.

Based on hydrodynamic theory, a simplified equation has been developed to predict the hydroplaning speed of a pneumatic tire; namely, $V_p = 10.3 P$, where V_p = hydroplaning speed in miles per hour, and P = tire inflation pressure in pounds per square inch. For example, a tire pressure of 16 pounds gives a hydroplaning speed of 41 mph; 24 pounds, 50 mph; and 32 pounds, 59 mph.

A note of caution: These speeds, which are well within legal speed limits, are speeds at which total hydroplaning occurs, with total loss of traction for steering or braking. Partial loss of traction owing to partial support of the tire by the water may occur well

below hydroplaning speed, and result in critical loss of traction for a given maneuver at speeds well below those predicted.

b) Water depth on the pavement: The equation given above presumes sufficient water on the pavement for hydroplaning to occur. The actual water depth needed in a particular situation depends upon the size and number of "escape channels" present, which allows the escape of the water from beneath the tire and delays the buildup of water pressure. These escape channels may be provided by the pavement surface, through surface unevenness and grooves, or by an effective tire tread pattern. Research has shown that smooth or badly worn tires will hydroplane on a smooth surface in less than 0.04 inch of water! Good tires will hydroplane at the predicted speed when the water depth is greater than the depth of the tread on the tires, and the grooves in the tires become "choked" with water. Since it is difficult to judge the depth of water on the pavement from a moving automobile, a good rule of thumb is that when you can see patches of standing water or the water is deep enough to cover pavement unevenness, you should assume there is enough water present for hydroplaning.

The most serious consequence of tire hydroplaning is the loss of traction which is necessary for safe steering and braking. This may be a partial loss of traction due to partial hydroplaning, or total loss of traction at total hydroplaning speeds. The loss in braking capability due to partial hydroplaning is illustrated in the chart on page 9.

The losses are due to partial hydroplaning, since the tires on the test automobile were reasonably effective in providing good tire traction in the test water depth of 1/10 inch.

The driver must remember that losses in traction not only result in increased stopping distances, but in decreased steering control. This may leave insufficient steering capability to hold the road, especially on a curve or a crowded road. Side winds could also result in loss of steering control.

WHAT CAN YOU DO ABOUT TIRE HYDROPLANING?

Slow down when the roads are wet. A wet road may be just as slippery as an icy road; all traction is lost at hydroplaning speeds.

Be alert for standing water or puddles, especially on curves.

(CONTINUED ON PAGE 9)

BRAKING DISTANCES

	DRY (TYPICAL)	WET SMOOTH SURFACE
20 MPH	<div> <div>20 Ft.</div> <div>Good Tread 40 Ft.</div> <div>Smooth Tread 65 Ft.</div> </div>	
30 MPH	<div> <div>40 Ft.</div> <div>Good Tread 100 Ft.</div> <div>Smooth Tread 165 Ft.</div> </div>	
40 MPH	<div> <div>72 Ft.</div> <div>Good Tread 185 Ft.</div> <div>Smooth Tread 300 Ft.</div> </div>	

(CONTINUED FROM PAGE 8)

Keep good tires on your car, and keep the tires properly inflated.

Increase following distances to give yourself more time and distance to stop or control your car.

Be alert for side winds which can affect vehicle control.

Adjust your speed to road conditions, and remember that hydroplaning can occur well below posted speed limits.

*** FIRST AID GOING GREAT ***

165 members of the 154th COMPG successfully completed First Aid Training in fiscal year 1980. Colonel Lee commends everyone for taking part and supporting this program.

154th USAF Clinic Training Officer, Capt. Judith Fadrowsky wants everyone to note that the class scheduled for November 8th has been rescheduled for Saturday, November 22nd. Class size is limited to 14 and nominees should submit their names by November 21st.

Capt Fadrowsky waxed ecstatic about the program and said, "We are looking forward to another successful year."

Check with your supervisor to see if training days are available and get paid to learn First Aid.

The Kukailimoku is an authorized monthly publication by and for the 154th COMPG, HANG. Opinions expressed are not necessarily those of the United States Air Force or the Hawaii Air National Guard.

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Colonel John S.W. Lee, 154th COMPG Commander
1st Lt Drew M. Hurley, Public Affairs Officer

Kukailimoku staff:

SSgt Charles S. Gravitt.....Editor
Sgt Anna Marie Fujimoto.....Staff Writer
Ann Charles Silva.....Staff Writer
Ann Sandra J. Chow.....Staff Writer
Sgt Artis Harrell.....Illustrator

Gas Quiz Answers

1-d You get your absolute worst mileage in a car with a cold engine, so much so, in fact that you may get only two or three miles from a gallon of gasoline. Studies show that Americans accumulate 15 percent of their total mileage on trips of five miles or less — but these trips use a full 30 percent of the nation's gasoline.

2-a Check tire pressure in the morning or when you haven't been driving the car for several hours. Do this weekly. You can lose five percent of your gas mileage if the total of underinflation on four tires is only ten pounds.

3-c One plug in a V-8 engine misfiring only half the time at 55 miles per hour reduces your gas mileage by seven percent. Two plugs misfiring could cut your mileage by at least 20 percent.

4-c Tests show that your

car runs less efficiently in its acceleration mode than when you're cruising. So one gas-saving strategy is to get through acceleration as soon as you can, rather than speeding up slowly and gradually.

5-b The most efficient cruising speed varies from car to car but it's usually somewhere between 40 and 45 miles per hour. But in any car, you can save as much as 20 percent by slowing down from 70 miles per hour to 55 — and you won't get traffic tickets if you're doing the legal limit.

6-c Studies show that the average U.S. motorist uses 800 gallons of gasoline per year. Imagine how much you could save if you used only five gallons less a week!

7-d All of the above is the correct answer. Permanent roof racks cause aerodynamic drag which makes the engine work harder. Underinflated tires and long, drawn-out accelerations are gas users.

CASTILLO...LOOKING UP

SSgt Paul Castillo has been awarded his 7-level in Weather Forecasting...the first in almost 15 years for the 199th WF. Paul completed the rigorous 27-week course at Chanute AFB and completed the NCO Academy Correspondence Course AND underwent the intensive certification program at the Base Weather Station at Wheeler AFB. Now when you ask Paul "How's the Weather?"... He can tell you...boy, can he tell you.

Still on the subject of weather...a big welcome to Captain Robert Maglasong who joined the 199WF on 30 Sept, transferring from the 201 CMBTCS, Hilo, HI. He will be working toward certification as a Weather Officer at the Wheeler Base Weather Station.

Good-bye and good luck to 2nd Lt. Neil S. Murakami...who took a position with the National Weather Service at Anchorage, Alaska. Neil was formerly the PA officer for the Weather Flight.

WORDS OF WITDOM...

Did you know that under stress...cats develop a taste for alcohol? Meow(hic). So if your cat's been having problems...and he(or she) is missing...check the local tavern.

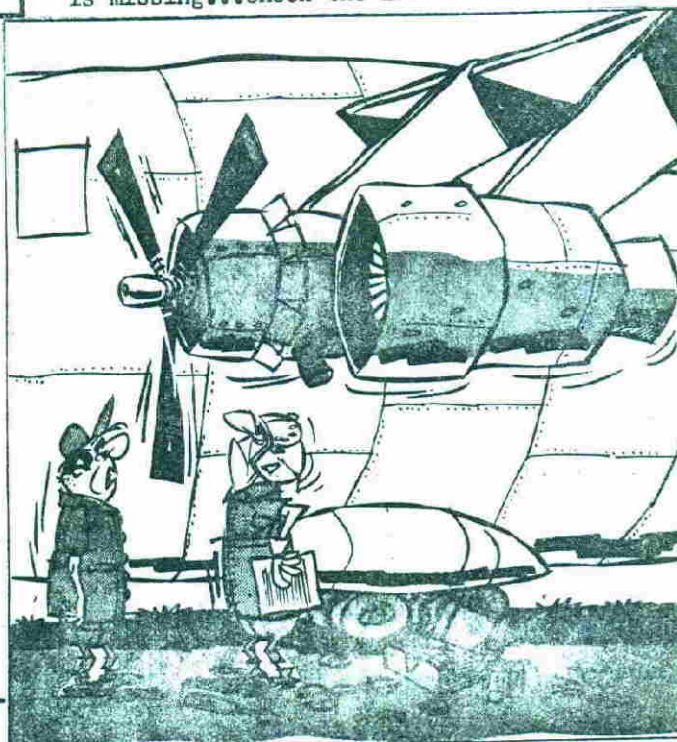
SAY AHHHHHHHHHHHHH.....

The Hawaii Department of Defense Employees Association (HDDEA) Dental Plan enrollment period is now open through Dec. 31, 1980. Enrollment is opened to all HDDEA members, to include full-time technicians and drill Guardsmen. To become a member of HDDEA costs \$2.00 and requires an enrollment form to be completed. Dental Plan costs, including administrator's fees are as follows:

	Dec 80 payment	Balance
One individual	\$ 12.30	\$ 11.30
Two individuals	\$ 20.20	\$ 19.20
3 or more	\$ 32.95	\$ 31.95

If you're interested...contact your unit representative(MSgt Rudolph Q. Luat, ph. 449-5589) or Robert Choi, Dental Plan Administrator, telephone 373-0358.

If 20 or more new members sign up...the monthly premium could be reduced next year. So tell your friends...and no wait, eh...



"We had to pull an engine change, sir; and that's the only new one we could find."



The Diving Locker

(Capt. Harry Ellis, 154th Disaster Preparedness, is also the West Pacific Branch Manager for the National Association of Underwater Instructors.)

A Marine Sanctuary designed to protect the Hawaiian Humpback Whale has been proposed for the State of Hawaii, through a report issued by the Hawaiian Humpback Whale Sanctuary Workshop Committee comprised of whale experts, conservationists, marine resource managers and representatives of the US Department of Commerce. The sanctuary would include all coastal waters to depths off 100 fathoms from Kaula Rock to the Big Island.

There are already federal regulations protecting the Humpback Whale: In fact, the committee admitted that existing regulations were adequate, to control problems of harassment of the whales, but that further measures were "desirable to ensure long-term planning and funding for management, surveillance and research". The committee felt that the sanctuary should be established to be of "symbolic importance" as evidence of concern for the preservation of fragile marine systems. The specific regulations concerning the operation of the sanctuary would be developed after the sanctuary was declared by the Federal Government.

The Department of Commerce has been holding hearings on each island recently to get feedback from the various local activities which would be affected by the sanctuary

(commercial fishermen, pleasure boaters, divers etc.) . On Oct 14 the Oahu meeting was held at the State Capitol. Many speakers voiced their feelings about the proposal. The "straw vote" show of hands indicated 91 against and 24 for. The ones against were led by such notables as State Senator Wadsworth Yee.

The State of Hawaii Office of Marine Affairs Coordinator urges everyone to voice their concern about the proposed additional regulations through their own organization (yach/boating/fishing/dive club, etc.).

Speaking of Dive Clubs...

If you are a SCUBA diver, but are not a member of an organized dive club, you are losing out on many things.

One, you're probably not staying up-to-date on new equipment procedures, safety, etc. that clubs promote through interaction of the members, guest speakers at meetings, etc.

Two, you're missing out on a lot of fun that many clubs provide, such as boat dives, picnic dives, social gatherings and special training sessions.

Three, you have a harder time getting your views known when new proposals affecting divers surface (no pun intended).

The Hawaii Council of Dive Clubs, through its member clubs voting provides formal representation of the diving community at State and Local government meetings. You make your opinions felt through your vote at the club meetings.

Join a dive club for fun, safety, education and to make your views known!

2ND ANNUAL BG ISHIMOTO INVITATIONAL COMIN' UP

Brig. Gen Arthur U. Ishimoto's second annual golf tournament is slated for November 17th at the Hickam course. Action gets underway at 0730 and costs only \$12 which includes drinks, lunch, and prizes.

However the entry deadline is only **TWO DAYS AWAY!!** Sign up now.

Contact George Kaneshiro at CAM SQ for more details.

Benny Goo promises many prizes for both good and bad golfers.

new look OO

Hawaiian ANG Recruiting Office is renovating the interior of the recruiting van depicting similarities of Hawaii's past warriors with the present Warriors of the ANG.

TSgt Danny Kalama is heading the project and asks for kokua in putting the theme together. Old photos of Hawaiiana, tools, weapons, costumes and stories of Hawaii's ANG history are needed. For more information please contact Sgt. Kalama, at 449-5061, Monday - Friday.

Dime-sized batteries used in watches, hearing aids and other small devices are extremely dangerous to children if swallowed. The batteries have a very thin casing and contains twice the amount of mercury needed to kill an adult.

One incident of a 2 year old boy reported in the British Medical Journal says that one such battery remained in the stomach 24 hours after it was swallowed. The boy was rushed into the operating room where his abdomen was opened and the battery removed.

As the surgeon grasped the corroded battery in his forceps, it fell in two. None of the contents had yet leaked out but had it been left in the stomach much longer, a fatal dose of mercury would have been absorbed.

Environmental Protection Agencies do not have restrictions on disposing of the mercury batteries but recommends that they be discarded as ordinary trash. Dispose of them immediately but not in fire as they will explode. Military issued mercury batteries are recoverable and must be turned into the USPFO IAW SOP Log.

SOCIAL ACTIONS

The Mission of Social Actions is to assist commanders in eliminating the harmful effects of social problems which detract from the ability of people to accomplish the Air Force mission. This effort helps to assure that our "people" resource is not wasted or diluted by abuse of drugs or alcohol, or by frustrations and tensions resulting from discrimination with regard to race, color, religion, national origin, or sex.

SOCIAL ACTIONS PROGRAMS include: Human Relations Education, Equal Opportunity and Treatment, Drug/Alcohol Abuse Control.

If you have any Problems or Questions Contact the 154th Social Actions officer, Lt James Hikita at 449-5711. His office is in Room 211, Bldg. 3400.



The Staff from Kukailimoku would like to wish everyone a very Happy Thanksgiving Nov. 27, Eat up gang, and may you all have a safe and happy holiday.



"I don't care what your orders read, I say you're the wrong camp."