

KUKAILIMOKU

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inspection results

Well Done !

The Management Effectiveness and Operational Readiness Inspections of the 326th Air Division and the Hawaii Air National Guard have come to an end, at least for now.

Final evaluations of the inspections were simply great.

Adjutant General, Major General Valentine Siefermann and HANG Commander, Brig General Arthur Ishimoto both had high praise for each and every one of us.

The time of the inspections was a rough one for all concerned. Maintenance crews worked extra hard to get the birds up for almost 60 sorties. Air crews flew a lot of hours and showed the Air Force inspectors what the 154th Composite Group is capable of. Men and women up at the 169th and 150th ACW also had to perform at a superb level to get the ratings they did.

In his letter of commendation, Ishimoto said, "You have shown that you have the inner desire to excel, to win, to fight with all your might. In the jargon of sportswriters, these traits separate the men from the boys."

Colonel Lee said that he couldn't agree more.

The next MEI/ORI won't be until 1983 sometime, at which time we get to shoot for the top.



154TH WING
HISTORY OFFICE
FILE # 2.98.217

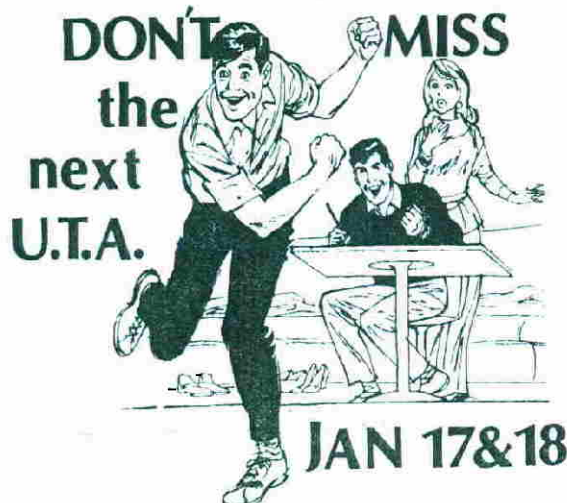
Commander's Corner...

By Colonel John Lee

A time to rejoice and a time to ponder ... We've had an exciting, challenging and rewardable year because you made it so. I would like to acknowledge each individual's contribution which has made this year - a year of excellence for the 154th Composite Group. I am not naive to overlook the family support which is indigenous to the success of any one individual.

With this in mind, let's take the 19th of December to celebrate the season...with our family ... to meet our second family, the other members of the Hawaii Air Guard. We have much to be thankful for and this celebration is a small token to share our appreciation.

1981 will bring on many new challenges which will include our major deployment to Clark Air Base in April and two major hosting events - one in January involving the Arizona A-7s and the other in June involving the Fresno F-106s. Two other mini-deployments will involve the Clinic's deployment to Travis and the Civil Engineering deployment to Van Nuys. The challenges to maintain excellence will always be with this Group. May I share with you, the honor and distinguished satisfaction to be a member of this Composite Group.



hang & awac=?

By 1st Lt. Drew M. Hurley

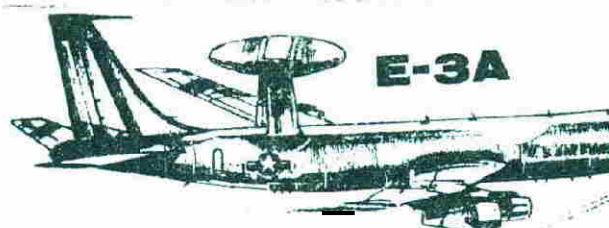
Yesterday marked a historic even in 154th group history. For the first time aircrews and controllers had a chance to get experience with the E-3 or Airborne Warning and Control System known as AWACS.

The aircraft is passing through back to the mainland from Japan. On board observing is 326 AD Commander, Colonel Hoenniger and representative of the 150th and 169th.

E-3A is a modified Boeing 707 with a radar antenna mounted in a 30 foot rotating dome. The E-3A has the capability of controlling any aspect of air effort.

Controllers at the 150th were on ground standby in case of a communications breakdown between the E-3A and our aircraft.

Responses from participants indicated they were excited by the potential for further activities between HANG and AWACS.



Congratulations to all 154th Personnel who won during the recent HANG Awards Banquet at the Hale Koa Hotel. Double congrats to the 169th for taking Outstanding Unit award the second year in a row.

Padre's Patter



Chaplain (Major) David Kennedy

IS BIG BETTER?

There is much to be said of small things. Even in this age of emphasis on "bigness" we must realize that bigness is only a mass of small things. An idea is a small thing. With it we can change our world. We can take a tiny seed and give it careful attention and reap a hundredfold. We can take a little idea and give it our careful attention and build it into a fortune.

A smile is a small thing. Smile once at someone in passing and three will return the smile. Smiling is so contagious that it moves from person to person until a hundred smiling faces are the result of one.

A thought is a small thing. One thought inspires another and another until a mental image is formed. From that mental image blueprints are drawn and from those blueprints worlds are built.

Hope is a small thing. One tiny glimmer of hope can lift us out of the deepest pit of darkness. One whisper of encouragement will help us to know that as long as there is hope there is an excellent chance.

A wish is a small thing. Like a prayer, it climbs the steps to an idea that makes a smile and gives us hope to make our wishes come true. For in small things are all great things formed, in little beginnings the possibilities of great events.



Don't Forget....

THE 154th CHRISTMAS PARTY

Dec. 19th

CHAPLAIN ACTIVITIES

December Drill

Hickam Chapel Services - 7 December 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.

154 COMPG - Sunday, 7 December 80

1500 - Interdenominational devotions
followed by study/discussion group
CAMRON Training Room.

**Abused children
are helpless.
Unless you help.**



Writer: National Committee for
Prevention of Child Abuse,
Box 2868, Chicago, Ill. 60690

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199th Takes Part in Pearl Harbor Day

By Lt. Drew M. Hurley

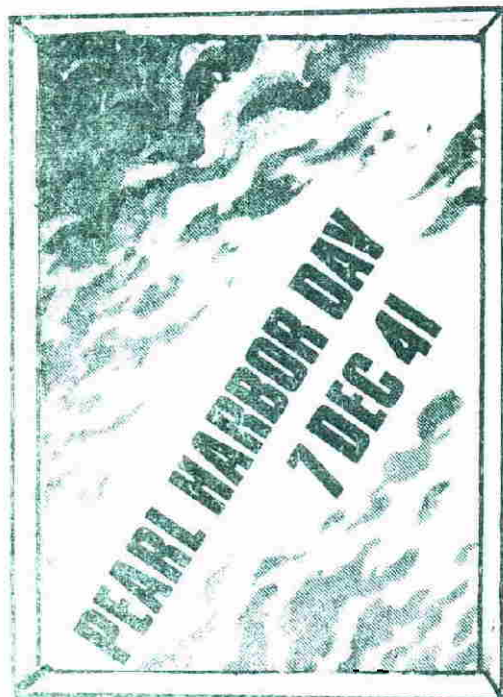
Thirty-nine years ago this morning, wave upon wave of aircraft from the Imperial Japanese Fleet flew over the Waianae mountains to begin four years of bloody fighting.

This morning four F-4Cs from our group took part in two ceremonies commemorating that day.

The first ceremony was at the flagpole in front of 15ABW Headquarters here at Hickam. Nearby buildings still bear the scars of the attack. At 7:55 this morning our four aircraft flew over, one pulling out for a "missing man" formation. Survivors of the 11th Bombardment Group of WWII fame conducted the ground ceremony.

Then the aircraft continued on and flew in formation over the Arizona Memorial. On board were Governor and Mrs. Ariyoshi, Arizona Governor Bruce Babbitt and wife, Major General Valentine A. Siefertmann, Major General Donald Morris, Deputy Adjutant General of Arizona, and Rear Admiral Anderson, Commander Pearl Harbor.

Also on board were OCS cadets from the Arizona Army National Guard. The Arizona people came over Friday night to take part in the memorial service.

RMS
roundup

By TSgt Sam Wong

The Christmas spirit is alive and well here at the RMS. The imagination and talent of some of our people is awe inspiring and in tune with the holiday season. Sgt Jan Derego and the helpful elves of the Customer Support Branch produced a pleasant display of red and gold, mellowed together with a lot of Christmas greenery, to help bring out the Christmas feeling. SSgt Pamela Guieb put her imagination in gear and set up the Materiel Management Branch to look like a bunch of presents clustered around a cheerful Christmas tree. She even has jolly old Santa cruising above the branch in his sleigh. And if you want to see an array of tinsel and glitter, stop by Data Automation and see what Eleanor Zoller, our civilian keypuncher, conjured up for their office...

Welcome back time. AB Barbara McGuine of the Admin Section recently returned from BMT in Texas and Tech School in Biloxi, Mississippi. Barbara said it was getting cold over there and that she was glad to be back home...Congratulations go out to AlC Karl Iwasaki of the Comptroller's Office. Karl recently got promoted to his present rank. Keep up the good work Karl and you'll get to go on another deployment yet...Congratulations also go out to the following individuals for receiving the Air Reserve Forces Meritorious Service ribbon. They are TSgts Sherman Dang and Lino Fernandez IV and SSgts Louis Ventura and Paul Ancog... In closing out another exciting and productive year, the men and women of the 154 Resources Management Squadron would like to wish each and everyone of you a very Merry Christmas and a Happy New Year. Enjoy and be safe!!! We'll see you all in 1981.

Boston Tea Party
Dec. 16, 1773



SWIM IN SAFE WATER

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

What happened on Oahu last weekend? Eight, count 'em, Eight divers ended up at the Pearl Harbor Recompression Chamber suffering from "Bends"-Decompression Sickness. Five of the Eight ended up going into the chamber for a "Ride", the other three declined since they were not displaying symptoms, (At least enough to climb into the chamber for many hours with the others).

First, how and why did that many people get into trouble in one weekend? Remember how beautiful the sky was-no clouds-no wind-fantastic. So was the water-crystal clear all over the island-no surf-no currents-unbelievable for this time of the year all around Oahu. Well, divers everywhere said "GO FOR IT" and they went to usually inaccessible spots and could see farther than ever-up, down, and sideways. It was so good some folks dived to 150-170 feet for over 15 minutes, came up put on a tank and went back for the same dive, (the "limits" for depths are Five minutes from surface to surface), this happened up to four times for one person.

One guy missed 200 minutes of Required compression! Rumor has it he is paralyzed (and can't confirm). Lucky he's alive.

What goes on at depth? The extra pressure of water forces nitrogen, which your body doesn't use, into tissue where it is "stored" like CO2 in a Coke with the cap on. When a person comes up with too much nitrogen in solution the dissolved gas becomes bubbles which can lodge in joints and other areas. This can cause pain, lack of blood flow, loss of nervous system impulses, etc.

If people stay too long at a depth for a safe ascent to the surface the dive "tables" specify how long to wait at certain depths to allow the nitrogen to off-gas through the lungs rather than forming bubbles. Even this is dangerous because people can run out of air while "decompressing"; some folks who haven't lived right (too little sleep, too much partying, bad health, etc.) can "get hit" even if they just "push" the tables but stay just within limits. Best to PLAY IT SAFE.

What to do? Don't get greedy. There will always be another day. No matter how super the dives are-remember the rules-and follow them. That's the key-follow the rules. Pay attention. No one can cheat. One of those hit was a diving instructor who knew the rules and whose body should have been more used to diving than most others.

Pass the word, diving is a Super Sport, IF Safely done. Don't ruin your weekend (Life?) "by" "going for it" when the ocean will be there next week. (Besides at about \$300 per Ride in the chamber you don't need to throw that kind of money away!). See you in the water, Soon, and SAFELY...



CAM Sq.

news & views

By SMSgt Art Lee

....First of all, the Officers, Enlisted Men and Women from the CAM Squadron wish to extend their fondest Aloha and Mahalo to all personnel within the 154 COMPG who supported maintenance during the past year. Our sincere thanks and a very Merry Christmas and a Happy New Year to all personnel and their families.

....Maintenance really had a great year, the accomplishments and achievements performed by CAM personnel was very evident in the obtaining of a superb rating during the recent ORI/MEI inspection. This indicates we are "NO KA OI" people..IMUA...And speaking of accomplishments, how about that AGE section receiving great marks, that's the 3rd great job in a row for this section in 3 separate ORI/MEI inspections. Thanks to the leadership of MSgt Dick Deveas and the outstanding performance of his men. Dick also received the HANG Senior NCO Award of the year given at the HANG Banquet, likewise SSgt Jack Uhrig of the same section received the HANG NCO Award of the year. Wish we could give all the men an award too..Right on.

....TSgt Rodney Leong who is in charge of the First Aid Training Program informs us that as of November CAM Squadron has trained and qualified 90 airmen in first aid or 55% of total qualified for the Group. He also indicated that by the end of 1980 the total will be 105 people, and at the end of a three year program we should have qualified 75% of CAM personnel. Thanks to Capt Minato, TSgt's Rodney Leong, Kyle Kamikawa and Gary Von, all of which are instructors...Good Show guys.

....Congratulations to SrA Everett Kuikahi, Wayne Kadekawa, Aaron Kaneao and Russell Kikuchi and ALC's Rodney Rivera and Keith Nakano on their recent promotions..And off to Jet Engine Mechanic School at Chanute Airman Mark Peleholani...15 year service bars go to TSgt James Copelan and SSgt Ron Mau for honorable service, both men are assigned to the Admin Section...

....We want to welcome the personnel from 142nd Portland ANG who are training with our personnel to learn more about the F-4C aircraft. Portland is transitioning into the 4C aircraft and they are sending their personnel by groups to get checked out. So if you see some strange faces on the flight line or in the shops go up to them and give them your Aloha. Their comments on our unit "Outstanding", their comments on Korean Bars "Super", their comments on the "Stop Light Place" fantastic...

....Golf Notes: The 2nd Annual General Isimoto Golf Tournament was a huge success. Thanks to the 154 Golf Club the tournament produced many winners. Over 110 golfers participated with Lt Col Joe AhNew again being the big winner in the overall Low Net, he won the Gen \$115 golf bag, he also won last year. There were about 11 winners in each flight plus special prizes given to outstanding players and otherwise. The foursome of George Padilla, Steve Shidler, Jerry Freitas and Capt Roy Kata should have been judged the "Best" in the tourney. Losing balls was their specialty. Losing balls on the par 3 16th hole was something, they had two foursomes looking for Capt Sakata's ball only to find out that the Capt drove right over his ball and smashed it into the ground. That same hole Steve Shidler almost hit Toshio Oshiro with his ball but instead hit Toshi's golf cart. Anyway George and Steve won 2nd place in the Callaway flight winning 7 balls each, almost the same amount their foursome lost on the course..Good Fight though, and enjoyed by all...In the HANG Officers Turkey Shoot, MSgt Sam Pacarro and Executive Chief/Maint Hal Mattos both won the Turkey. Charley Calvan and Brian Oshiro won Chickens, Ed Frost and Harry Awana won Hams, Ken Iir and Frank Carlos pigeons and Mel Ige the Little Dove. Anyone interested in playing golf at the Navy Marine Golf Course can do so on Mondays, Tuesdays, Thursdays and Fridays. See Art Lee for the letter that indicates can play there on these days...

....Every once in a while the sections get fan mails from their people in basic training or schools and we received one we thought very interesting. This letter came from Val K. Nakahara assigned to the AWCS section and he writes: "I really got myself into mess this time. This place is hell and everyone just let me get into this. You better (CONTINUED on Page 7.)

(CONTINUED from Page 6)

tell the recruiters to leave town because I'm going to get them. Not one person told me it was going to be like this. The first night I arrived they fed us, screamed at us, and sent us to bed regretting all of it. The next morning we got our haircuts and our utility uniforms. All of our time was put into classes, briefings, processing, or the study guide manual. You were right about the amount of things to remember. They don't give me enough time to write or to do anything at all. They also don't give us enough time to eat, which is the reason for my lost of weight. The cold is unbearable, this is a major problem when I'm running, by the way, tell anyone who's coming down that the PC requirement is now two miles in about 17 minutes. My major gripe is that everyone told me that it was 30 days, but no one told me that weekends and holidays didn't count. On my 14th day we got our blues and looked real sharp, got paid \$100 and a free haircut (Whitewalls) and liberty which we spent at the "Passion Pit", really regreted the restriction of PDA and still do so just tell the girls around the squadron to look out when I get back. I've adjusted to Military life already and its routine now but it was hell. The first two weeks (White tornado's, KP, CQ runner, dorm guard, GI parties, reville, marching etc.) was unbearable, but the other guys helped out a lot, we work as a team and get things done...It was all your support that got me through the first two weeks.. Love-Val Nakahara.

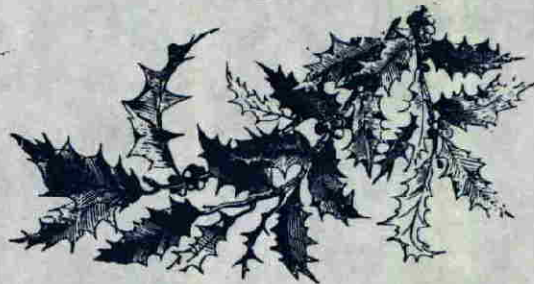
....Just a reminder to all:

The 154 COMPG Christmas Party will be held at the COMPG Hangar 19 Dec 5:00pm-9:00pm. The cost \$7.50 per adult, 1.00 per child above 5 and below age 4 free. Get your applications and submit no later 7 Dec 1980. The part is open to all personnel both Air Tech and Part Timers and their families. The Kailua HS Madrigals will entertain and of course our own HANG Ohana, and for the kiddies Santa will fly in and Benji the clown will clown around..

....ALOHA FOR NOW



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Sports. of sorts



HANG Top Guns

Seventeen teams and 128 Army and Air Guard Members were registered to fire in August's Phase I of the HNG Indoor Smallbore Rifle Tournament.

The 154th team captained by TSgt Ron Muronaga led all the others to the top spot. Then they did it again in Phase II.

Top marksman in the .22 caliber competition included Sgt Anthony Lendio, Muronaga, and TSgt Eric Kanazawa, all of CAM Squadron. TSgt Galen Yamada also has to be mentioned as an eagle eye. SrA Norm Higa of the Clinic is pretty hot with the rifle too.

All this leads to the idea that if there's a shooting war, then the Army can just call on those guys to get the job done. Enjoy the mud.

Surfing winner

Congratulations to Yolanda Elliot, SSgt. in the 202nd Combat Communications Flight Group of the Guard. Yolanda won the 1980

U.S. Amateur Surfing Association Women's Surfing Association championship.

She is a veteran of 7 years on the surf scene and has been with the Guard for 6 years.

Friendly Reminder

Reminder to all members of the HANG Ohana canoe club that Dec. 12, is the cleaning of Lt Col. Mossman's boat. Those who volunteered should be at Sand Island Boat dock at 3 p.m. Refreshments will be provided.

"B" Team of 154th

"This years HNG Mountainball Tournament for Oahu had many changes and on the spot ground rules, ten teams instead of the norm of eight and many forfeited games" said Msgr. Wayne Soma who was also coach-of-the year.

There were just too many changes to cope with and this is what caused our rating of 3rd runner up. We do want to thank all of the team members and especially Ron Muronaga, Mr. PUPU, Ray Kaneshiro, Mr. refreshment at Ken Morimoto, Mr. Double-play. Fastbreak was the team sponsor... an out-of-sight place to visit, he added.

Softball News

154 "B" softball team will be going to Kauai to take on the 150 ACW sq team. Flight leaves Jan. 23 and seats are limited. Call 449-6005 for reservations.

Canoe club meeting

A board meeting of the HANG Ohana canoe club will take place at 7 p.m. Dec. 10, at the Fastbreak Pizza Parlor in Moanalua Shopping center. Call 449-1201, if you are unable to attend.

Marathon runners

Honolulu's marathon takes place today with 8 or 9 members from the 154th Comp Gr participating. The starting point is the Aloha tower going around to Hawaii Kai and ending at Kapiolani Park.