

154TH WING
HISTORY OFFICE
FILE # 2.98 300

Kukailimoku

War God Of King Kamehameha I • 154 COMPG

Vol. 34, No. 12

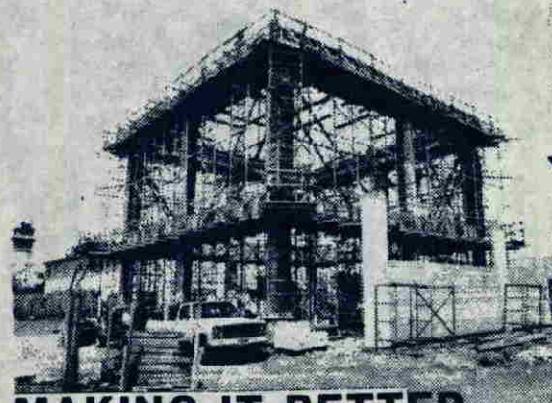
Hickam Air Force Base
Hawaii

December 4, 1988



HANG AWARDS BANQUET

See Story on Page 11



MAKING IT BETTER

by TSgt. C. S. Gravitt

ORI/UEI

By TSgt. Charles Gravitt

"This is the culmination of a project that began five years ago," says Brig. Gen. Edward V. Richardson, Commander, Hawaii Air National Guard. "We started working in 1983 to get the F-15 for the HIANG. This ORI/MEI is a major milestone; it's really the cap to all that work we did."

It has been a long haul. Literally years of preparation have gone into the product that is being tested this week. That product is readiness, capability and effectiveness.

One of the major elements of this conversion has been training. Maintenance people from the 154 CAM squadron, for example, began training in July 1986. Technicians have since attended schools at Tyndall, Holloman and Lowry Air Force Bases. In the meantime, instructors from Air Force Bases

The wheels of progress are still in motion in our efforts to improve the HIANG's facilities here at Hickam. The first thing that has probably caught your eye is a fresh coat of paint here and there. But that is only a small part of the overall plan for the future.

That plan is the HIANG Master Plan which sets the direction for the future and gives us a picture of where we will be tomorrow. And it's a very scenic view, too.

"The long range plans are exciting," says the Commander, Hawaii Air National Guard, Brig. Gen. Edward V. Richardson. "I'm very excited about it."

You may have noticed that a lot of general cleanup has been done, thanks to help from the State Department of Corrections. And it will continue to look better and better. This part of our plan for the future all comes under the heading of the 'HIANG Statewide

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Commander's Corner

by

Col. John S. W. Lee



We are in the midst of our ORI which started yesterday and should continue thru Tuesday. Then from Wednesday thru Saturday we will be evaluated by the PACAF/IG team for the UEI phase. Needless to say, this will be our most demanding inspection and we've worked hard to be where we are today. However, "it ain't over till the fat lady sings" so let's show our active duty inspectors what readiness really means.

After our ORI/UEI, we will be hosting the 183rd Tactical Fighter Group from Springfield, Illinois from December 10-23. We will engage their six F-4Ds during our post ORI period.

With Christmas around the corner may I convey an' early season's greeting to you, your family and loved ones for your dedication, friendship and for being what you are. The Hawaii Air National Guard enjoys the respect and commendatory salutations because of you.

Mele Kalikimaka and Hauoli Makahiki Hou!

AIR NATIONAL GUARD GOALS 1989

1. Ensure Weapon Systems are ready to meet the threat and fulfill Worldwide Total Force Taskings.
2. Achieve a Combat Readiness status Rating of C-1.
3. Maintain Combat Readiness with 100 percent Inspection Pass Rate.
4. Ensure Minority Strength reflects the local community and insist on Equal Opportunity for all.
5. Ensure Mission Essential Personnel are available by recruiting and retaining state/unit strength of no less than 100 percent of Wartime Requirements.
6. Enhance Readiness by ensuring 97



GENERAL'S YULETIDE MESSAGE



This holiday season wraps up a very busy year for us, a year of trials and challenges. Our deployments and exercises, and completing our transition to the F-15, has taken a lot of hard work on everybody's part and I want to thank everyone for their dedication and support. I am confident that we will meet the challenges of 1989 with professionalism and pride.

This is the time of year when we focus our thoughts on our families and our homes. My thanks to all the families of our Guard members for their patience and sacrifice during these demanding times.

As Christmas and New Year approach, my wife, Celia, and I extend to each of you and your loved ones 'Mele Kalikimaka a Hauoli Makahiki Hou'. *Edward V. Richardson*

EDWARD V. RICHARDSON, Brig Gen, HANG Commander

percent or more of all ANG Members (excluding pipeline) are sole occupant of a valid UMD Authorized Position.

7. Enhance Readiness by ensuring the loss rate for personnel with less than 20 years of Satisfactory Service Does not exceed 10 percent.

8. Provide a Healthy Environment in which all ANG Members can safely work. Achieve an Annual Class a flight accident rate below 2.0 and 25 percent fewer Ground Safety Mishaps.

9. Achieve Computer Literacy through training and the use of Information Systems, especially at Senior Management Levels.

10. Foster Effective Leadership that encourages communication, efficient use of resources, and minimizes the potential for or perception of Fraud, Waste, and Abuse.

Pastor's Perspective



by Chaplain
(lt) Robert Nagamine

Little things count. Yes, especially during the Christmas season, little things count. Have you noticed the many little things that go on during Christmas? Individually, they may not seem to amount to much but all together they add up to a lot. Just think about all those things that happen during Christmas. They happen at other times of the year. There are parties and celebrations, but we know that people party and celebrate all the time. There are presents given and received, but that could happen on other occasions. Family and friends get together, but they may do that often. Some people may travel, but people travel throughout the year anyway. The key is when you add all these things up and include the Christmas decorations, the special programs, the promise of a brand new year, people thinking about other people, and the celebration of the birth of Christ. Christmas is a special time.

I think if we individually concentrate on doing a few little things good, it will make a big difference in the big picture. It is those little gifts that make people happy. It is not necessary to buy extremely expensive gifts for those you care for and love. They know you love them. It's the small gestures that are important: like spending a little extra time with your family, saying encouraging words to your co-workers, being nice on the freeways and traffic jams and crowded shopping centers, and giving presents to people who can't give anything back to you. It is those

little things that amount to a lot. Another good reason why we should concentrate on the little things is that the big thing has already been accomplished. The big event came during the first Christmas. The birth of Christ. The angels celebrated the great event and said, 'Glory to God in the highest, and on earth peace, good will toward men.' So, this Christmas receive the peace God has for you, as you make little things mean a lot.

May God bless you with a special Christmas this year.

Dear Mr Ombudsman,

YOUR PRIVATE HOTLINE.....

- Have a complaint and hesitant to voice it?
- Heard a rumor and want to check it out?
- Thought of an idea that is being ignored?
- Aware of a morale problem that needs correcting?

Talk it out or check it out with the 154 COMPG OMBUDSMAN, Chaplain Nagamine. His office is in the 154 CAM Classroom No.1 (or call 449-1108).

Chaplain Nagamine is available to assist you if "normal channels" seem to be ignoring you or if "making waves" may place you in an uncomfortable position with your supervisors or peers. Every effort will be made to find answers or resolve problems. The results will be reported back to you by the Chaplain.

Confidentiality Assured



KUKAILIMOKU
MEMBERS OF THE KUKAILIMOKU
STAFF

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The editorial content is edited, prepared and provided by the Public Affairs Office of the 154 Composite Group, Hickam Air Force Base, HI 96853-5000.

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CAM SQ.

News & Views

by MSgt Fred M. Higa, Jr.



If you haven't heard by now, we are now in a full fledged ORI, with our UEI scheduled for the Tuesday - Saturday period. We will be tasked to perform our wartime mission in as real a scenario as can be given. All we can ask from all of you is to do your job as you've been trained to do, have the patience needed to see this operation through, and act and react as professionals in whatever tasks you've been assigned. And now a word from our Commander....All of you have worked long and hard this past year on various projects, with the F-15 aircraft conversion being the major task to overcome. Now we are asking for your support in making this ORI/UEI one of the best that we have ever had. It will take everyone's cooperation and working together in making this inspection an 'OUTSTANDING' one. I'm sure with CAM Squadron's 'CAN-DO' attitude, we'll surely outstanding job. To the families of our Guardsmen, I'd like to thank you all for the strong support you've shown during the past year. Hopefully, after this week is over, we can settle back and reflect on what we've been able to accomplish in a year, and to top off this conversion with a terrific ORI rating would be icing on the cake. I'd like to take this opportunity in wishing all of you a Merry Christmas and may the New Year bring much happiness and joy to you and your loved ones.....Maj Melich

From MSG Doug Abe, our Programs & 'MOBILITY' guy, 'We'll be testing our Mobility and also our Dispersal tasking this week. Let's all make an extra effort in making this exercise super. Thank you all for your support these last few months as we prepared for this big week. I'd

like to wish you all a happy holiday season....Farewell and good luck to SrA Chris Williams as he transfers from the Admin office to the Training office starting the January UTA. Congrats to Leilani Lim on her promotion to A1C. The welcome mat goes to AB Randy Solomon as he joins the gang in the Weapons Loading Section. Speaking of the Weapons people, congratulations are in order for Capt Keith Kunichika and wife Carolyn as they welcomed daughter Pauline to their family recently... Good luck to Fernando Colon of Material Control as he transfers to the New York ANG. Also transferring from Material Control is Renee Tavares as she takes on a full time position in the Supply Squadron. MSG's Jim Andrade and Ben Costa will be 'swapping' positions this month as they revert back to their old positions, Jim to Job Control and Ben to the Expeditor vehicle on the Flight line...Speaking of the Flight line(!), CMS Sato all smiles as his wife 'hit' the jackpot at the keno machine in Las Vegas recently. One a \$1 play, she won \$1650.00!! Hope she treated you to dinner Tom??!! Would like to congratulate SSG Gary Hema of our Avionics Branch as he was selected the HIANG's Outstanding NCO of the Year. He will be nominated for the ANG competition. Also receiving honors was TSG Wescott Lee as he shared honors as the Outstanding Maintenance Person of the Year...Keep up the good work guys. My sincere apologies to Sgt Darrell Chun-Fat and wife Debbie. It was erroneously reported in the last issue that they were expecting a child. WRONG!!! Again, my apologies to you both....If anyone is looking for a challenging position, maybe you should look into the Unit Career Advisor position which will soon be vacated. If you have any questions, see Maj Melich or TSG Larry Kauleinamoku...That's all for now folks, but before I end, from ALL the men and women of CAM Squadron, would like to wish all of you a very Merry Christmas and most rewarding New Year...Christmas brings the big question of where to pay how much for how many of which kind of what to give to whom' (whew!!) (author unknown).....fhiga

***** SEASON'S GREETINGS *****

154 TAC HOSPITAL

SHOTLINE

WEIGHT CONTROL & PHYSICAL FITNESS

by Col Walter W. Y. Chang
Chief Flight Surgeon

In keeping with the Air National Guard policy on combat readiness and worldwide mobility, ANG people need to be aware of AFR 35-11 which deals with weight control and physical fitness. Keeping fit, being healthy, reducing stress and weight management will enable all of us to fulfill our military mission.

Exercises such as walking, jogging, swimming, and weightlifting will enhance body tone, reduce stress, and make us more alert. A minimum of 30 minutes of exercise, three times a week, is recommended to keep physically fit. Sufficient warm up and cool down periods are necessary when exercising to avoid injuries.

The Hawaii Air National Guard has less than 1% of its members on the weight control management program and we should all strive to keep our weight below the maximum allowable limit. Currently, emphasis is being placed on our cholesterol levels and its direct effect on our blood vessels, especially on the heart. To avoid or reduce our cholesterol consumption, only 30% or less of our diet should be fat and we should avoid saturated fats such as animal fat, poultry skin, palm oil, and coconut oil. Dairy products are also high in cholesterol. A 2% reduction in the cholesterol value leads to a 1% reduction in incidence of coronary artery disease.

Lastly, smoking increases the incidence of heart disease and lung cancer, therefore, it should be a strong incentive for those who smoke to quit. The 154th Tactical Hospital is available for those who need help to stop smoking, manage their weight, reduce stress, or conduct physical fitness training.

STAYING HEALTHY

by Lt Adele Arcangeli

Yes, it's that time of year again. Just 22 more days until Christmas. Just remember as you hurry around, to take time for yourself. Eat right, get plenty of rest and stay healthy. (Did you get your flu shot?)

All of us at the 154 Tactical Hospital would like to welcome three new members to our team. SSgt Julius Garcia, SrA James Leung, and AB Stephen Peng will be valuable assets to our team.

HEALTHFUL HINT: Know Your Cholesterol!

Each year more than half a million people die of heart attacks. Most of these deaths could be avoided. Serum cholesterol, along with tobacco use and blood pressure is a controllable heart disease risk factor. Eating cholesterol and saturated fats can raise blood cholesterol levels, causing a dangerous build-up in the arteries that can lead to a heart attack. A simple blood test can tell your total cholesterol. Here are a few recommendations to stay healthy:

- 1) Have your cholesterol level checked
- 2) Decrease your cholesterol and saturated fat intake (egg yolk, ice cream, whole milk, etc.)
- 3) Eat more high fiber, low fat, low cholesterol food
- 4) Choose more fruits, vegetables, and fish
- 5) Trim fat from food before cooking

-American Health Foundation.

DENTAL NOTE:

A lot of people wonder why their dentist use a temporary white filling instead of just putting in a silver one the first time. It is not just to get you back for a second visit. The reason is that often if a dentist puts a silver filling directly into a sensitive tooth, you will possibly be back sooner to the office in more pain than before. The "white kind of filling" usually is a "medicated" filling to sedate a sensitive nerve, and strengthens it, so it can tolerate the presence of a silver filling. The best way is to take care of your teeth properly so you don't need any fillings.

Have a Mele Kalikimaka, and a Haouli Maki Hiki Hou from all of us at the 154 Tactical Hospital.

**Happy
Holidays**



***** SEASON'S GREETINGS *****

"MAKING IT" CONTINUED FROM PG1

Facilities Improvement Program and is in conjunction with the Hickam master base improvement plan called "Make it Better."

In addition to new paint on the insides of our buildings, the outsides will be getting a fresh coat, too. In addition to the buildings that have already been painted, building 3382 (201 CCGP) will be getting a fresh coat this coming week; Bldgs. 3409, 3402 and the Main Hangar will be painted between Dec. 12 and Jan. 15; and Bldg. 3415, Base Supply, between Jan. 16 and Feb. 16.

But that's not all. Plans call for landscaping along the various perimeters, the addition of curbing and low walls in some areas and, overall, a new and modern look for our facility. You've already heard about many of the construction projects in the works: the building of a hush house (99% complete); a new flight simulator (construction on the facility is complete, delivery of the simulator itself from Eglin AFB is scheduled for February); a new avionics weapons release facility (engineering design is 95% complete, should be finished by Nov. 1989); ramp expansion and bypass road (design is now 65% complete, project completion slated for Jan. 1991); alterations to the engine shop (70% of design complete, project completion scheduled for Dec. 90); and landscaping of existing grassy areas (should be finished by the third quarter of 1989, funds permitting). The new bypass road will skirt the Kokohead side of Ft. Kamehameha housing and give the HIANG a whole new front yard. The 154th Composite Group Headquarters will eventually sit where the 201st headquarters building is now. The entrance will be on the opposite side of the building and there will be a new aircraft display and flagpole on that side. Plans call for the 201st CCGP to occupy new headquarters and facilities on 14 acres across from the golf course, but no definite date has been set for construction yet.

"I want to thank the 154th CES for their tremendous support of all

these projects. They've worked really hard," says General Richardson. But he adds that it won't all happen at once. "Unfortunately, budget cuts have affected our schedule for completing some of these improvements. As always, we're striving for maximum return with minimum dollars. Eventually, we will have a facility that we can really be proud of, one that is worthy of our people and one that projects a distinct identity all our own. But it's going to take a lot of work to get us there and when we get there we've all got to work hard to keep the shine on our facility and the image of the HIANG."

PHYSICAL FITNESS RUN/WALK

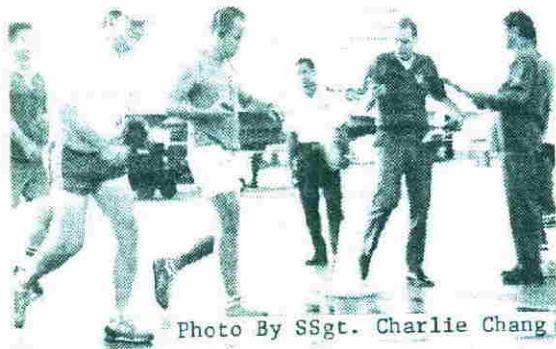


Photo By SSgt. Charlie Chang

by SSgt. Rodney P. Jacques

On your mark!...Get set!...Go! MSgt. Dandurant shouted these words to set the field in motion to start the Physical Fitness Run/Walk for approximately 350 HIANG personnel at 6:30 a.m. during the November drill. The All-HIANG field dashed, walked, spranced, and jogged on a 1 1/2 mile journey to test their physical well-being.

The field was divided into age categories with the higher ranking folks going first. Followed, in descending rank, by the Baby Boomers right on down to the Pepsi Generation.

One person, with red shorts from the CAM Squadron (a Pepsi person), set the pace from the back of the field and eventually finished near the top. (I tried to catch him but I'm fast becoming a Baby Boomer) The rest of the field moved across the flightline like a giant rambling worm with the tail end bringing up the rear.



"PHYSICAL" CONT'D

Waiting at the finish line were the unit scorekeepers (Do these people have to run or what?), who logged the times and didn't even raise a sweat.

Overall, the run was such a success that more are planned for the future and the time limits are expected to be lowered for each age category. (I can't wait) See you out there and stay fit!!

IF CONVICTED OF A D.U.I.

(Reprint from: Honolulu Advertiser - Thomas Kaser, Staff Writer - 1988)

For openers, the state will take away your license and you won't be able to get it back until you file an SR-22 (Financial Responsibility Certificate). The SR-22 is named after a section of state law requiring an individual to have \$35,000, yours or your insurance company's, to cover injuries you may cause in any vehicular accident over the next three years.

You can file an SR-22 either of two ways. One way is to rustle up \$35,000 of your own money or get someone to post a bond on your behalf for that amount and give it to the state for three years. If you have not caused any accidents by the end of that time, the money will be returned to you without interest. The second way is to get an auto insurance company to cover you for that amount and to file an SR-22. But, it's expensive coverage, often amounting to several thousand dollars a year.

If you go to an insurance company for SR-22 coverage, the company is required by law to give you two quotes: one for what the company would charge to insure you for the SR-22 amount, and one what the state's Joint Underwriting Plan would charge.

The JUP is essentially pool coverage by all the auto insurance companies doing business in Hawaii. The state requires this of them.

The cost of having the JUP file SR-22 is high too, but it might be slightly lower than what an insurance company would charge.

If you can't afford any of these routes to SR-22, the state will take

away your license for at least three years.

The most expensive route of all may be to continue with regular insurance coverage.

The Advertiser asked five insurance companies how much they would increase the annual premium of a policy holder, who is convicted of driving under the influence. For equal comparison purposes, the companies were told to assume the policy holder has full coverage (including collision), has been insured with the company five continuous years, pays his or her premium twice a year, and this was his or her first DUI offense.

Allstate said it would increase his or her annual premium by 619 percent (that is, 6.19 times.), Fireman's Fund by 1,000 percent, Hawaiian Insurance and Guaranty by 850 percent. Island/Tradewind Insurance by 650 percent, and State Farm General by 450 percent.

SAFETY NOTES

Recently the Air National Guard Sport's Center stated, "Fiscal Year 1988 was a record year in that the United States Air Force had the lowest number of ground fatalities ever recorded - 183. Twenty-one were on-duty and 162 were off-duty."

The Hawaii Air National Guard has continued to maintain its 0 record. Let's keep it up for 1989.

The common threats that appeared in the on-duty Air Force industrial ground mishaps were:

-Failure to follow existing procedures.

-Lack of team coordination.

-Use of available equipment rather than the proper equipment for the task!

In the Private Military Vehicle (PMV) 4-wheel mishaps:

-56% of the individuals fatally injured were not using seatbelts.

-32% had alcohol involvement.

In the PMV 2-wheel mishaps:

-37% had operators without proper training.

-29% involved individuals not wearing helmets.

-25% involved alcohol.

CONTINUED ON NEXT PAGE

***** SEASONS GREETINGS *****

"SAFETY" CONTINUED

Of the 17 fatalities in "sports and recreation":

-5 drowned from boating accidents.

-6 drowned while swimming or scuba diving.

-2 resulted from hunting accidents.

-the rest involved aero-club mishaps.

Overall, the USAF off-duty mishap experience shows that we must continue to emphasize the responsible use of alcohol in all our off-duty activities. Secondly, not using seatbelts increases the likelihood of serious injury or death when involved in a mishap because there is a high probability of being ejected from your vehicle. Thirdly, the untrained motorcyclist operator and rider without a helmet continue to represent a large number of 2-wheel fatalities. Furthermore, people continue to die because they do not use flotation devices when involved in activities in, on, or around waters.

While we cannot expect to prevent all mishaps, most of the mishaps that occurred Air Force wide were preventable, and could have been greatly reduced by the application of existing safety requirements and good common sense.

THINKING ABOUT LEAVING

THE GUARD? IRIS T. KABAZAWA
So you're thinking of leaving the Guard. You've had enough and you don't need any more. You can get a part-time job making as much or more anyway. Well, when you look for that part-time job, make it clear to any potential employer that you will accept employment only under the following conditions:

1. You will work only one weekend a month and this will assure you at leave 3 weekends a month for personal pleasure.

2. For these 2 days each month, you want 4 days of pay plus benefits. Benefits that your spouse may take part in without your presence.

3. In addition, he must provide you a 2-week training session each summer, thus giving you a break from your full-time job and normal routine.

4. During these 2 weeks, he must furnish pay, meals, housing, medical coverage, and insurance. Also, insist on a cut-rate store, recreational equipment and after hours' clubhouse, and a chapel.

5. You must have at least \$300.00 worth of work clothes provided and free meals on work days.

6. You expect regular promotion opportunities and longevity raises every few years.

7. He should offer a \$50,000 life insurance policy at an annual cost of \$48.00 with full coverage even when you are not on the part-time job.

8. An absolute must is a retirement plan that will entitle you to benefits after only 20 years part-time service and that can be increased by additional service.

9. You may relocate anywhere in the United States, at your request and with his assistance, with no loss of pay or benefits.

10. The firm must have a travel plan that will enable you to take trips to many parts of the world at reduced rates. Inter-island travel must be free.

11. Since you are relatively inexperienced and will need progressive training, the firm must provide you an opportunity to attend top rate technical schools and to take unlimited correspondence courses. All this without any loss of pay or at any cost to you. The company must also pay for your tuition should you elect to continue your education at the U of H or community colleges, and offer you an associates degree based on technical training. They must also offer you \$140 to attend college on a full-time basis.

12. You must be allowed to use company facilities whenever you desire and belong to employee social clubs.

If a potential employer balks at these conditions, he is unreasonable. After all, your last part-time employer, the Hawaii Air National Guard, granted you all of this and is working hard to get even more benefits for the friends you're thinking about leaving behind. By the way, if you find an employer who will furnish all of these things, let me know, maybe there's room for

*****  *****

ACCOUNTABILITY - A PRIME VIRTUE OF LEADERSHIP

by Brig Gen Frederick W. Plugge IV

In today's environment all of one's personal resources, courage, and intellect need to be used in the most demanding and potentially frustrating of all our responsibilities as Air Force officers — leading people.

Medical inspections over the past two years have highlighted the accountability of medical treatment facility executive staff members and focused on this aspect of their leadership abilities.

We have identified several traits of accountable leaders. They include risk taking, unwavering integrity, and a desire to stretch oneself and staff to the limits of individual and unit capability.

No matter how good their current performance is, accountable leaders believe they can do better. They seek long-term commitment to achieving excellence rather than comfort in short-term solutions.

Accountable leaders maximize growth and potential through learning. They squeeze, beg, demand, cajole, and persuade their staff to think organizationally rather than parochially, although the carrot may be realized in part parochially as the human incentive to participate.

Accountable leaders promote candid feedback as the most important ingredient in the decision-making process. *Effective leaders are individuals with a strong sense of commitment for action; they encourage the right things to happen.*

Accountable leaders are risk-takers not caretakers! They seek appropriate risks as opportunities to excel. If they are convinced there is a better way of doing something, they go with it unhesitatingly.

Clerks post changes to regulations and manuals every day because a more effective way of doing business was realized. Accountable leaders place emphasis on effectiveness over efficiency. The mission accomplishment is the first priority. They respond rather than react to ideas and situations.

Commonly perceived as being tough, accountable leaders, more importantly, are perceived as being fair! They are totally creditable — what you see is what you get. Professionalism, officership, and integrity erode every time a supervisor pulls a fast one, acts inconsistently, or fails to meet defined standards of conduct.

Military duty requires a total commitment and total personal involvement. It offers a great opportunity to those who want to give the best of themselves.

We have found that members of high performance healthcare organizations tend to appreciate each other's abilities and complement rather than compete. In such organizations, the whole becomes more important than the sum of its parts and extraordinary successes are often achieved despite an environment of restricted resources.

Today the *effective leader* is not only a visionary, an optimistic, enthusiastic, bold, and courageous leader, but also an *accountable leader* as well.

Stand up and get out in front! Help move the Air Force into the next decade — and beyond — as a pacesetter.

GI BILL

The Montgomery GI Bill is an excellent educational benefit which pays up to \$140 for 12 credits. Those of you who are using this benefit need to be aware of the following student actions that may result in overpayment of VA benefits:

1. Withdrawing from a course -- You will have to establish that you withdrew for a reason that was beyond your control (mitigating circumstances). You should follow school procedures to 'officially' withdraw from courses.
2. Receiving a nonpunitive grade -- You will have to establish that you received the grade due to circumstances beyond your control (mitigating circumstances). Nonpunitive grades are those that do not count toward graduation.
3. Failure to have an incomplete grade changed to a grade which counts toward graduation requirements.

The above student actions may trigger one of the following VA actions once an overpayment is created:

1. Add interest charges and collection fees to your debt.
2. Withhold future benefits and apply them to your debt.
3. Turn your debt over to a private collection agency.
4. File suit in federal court to collect your debt.
5. Withhold approval of your VA home loan guarantee.
6. Collect the debt from your federal income tax refund.

Should you have any questions about the Montgomery GI Bill, please call me at 449-7794.

MSgt. IRIS KABAZAWA, Base Career Advisor

Today's Menu



Sweet Sour Pork
Steamed Rice
Buttered Broccoli
Frosted Cake

SECRETARY DUNCAN'S STATEMENT ON SERVICE IN THE GUARD

On August 25, 1988, Assistant Secretary of Defense for Reserve Affairs, Stephen M. Duncan issued the following statement concerning service in the National Guard and Reserves.

"In recent days members of the National Guard and Reserves may have felt they are the butt of unjust comments and accusations concerning participation in the Reserve Forces.

"Service in the National Guard has been an honorable means of meeting a commitment to defend our nation in time of need since before the establishment of this republic. Service in the reserves is equally patriotic.

The National Guard has served with distinction in every war in this century including World War I, World War II, Korea and Vietnam. Since the implementation of the Total Force Policy, our nation has placed unprecedented reliance on National Guard and Reserve forces. I resent any implication that service in the National Guard is a sanctuary from risk. That is not only wrong, it is unjust and it demeans the service of thousands of members of the National Guard who served, who bled, and many who died during our engagement in Vietnam. Every person participating in the Reserve Forces is subject to mobilization if the Commander-in-Chief deems it necessary. There is no guarantee that being in the National Guard excludes an individual from being mobilized in time of national need.

"It was the National Guard that was called upon during the turbulent sixties to maintain civil order in the streets of our cities as some sought to disrupt and destroy in the name of civil disobedience. Members of the National Guard found themselves one day a peaceful civilian and the next day an armed, uniformed defender of their law-abiding neighbors; placing themselves in harm's way in areas of violence and illogical disruption to the community.

"In times of natural or civil disaster members of the National Guard have responded to the call of their state's Governor without regard to their personal comfort or safety and it is to the National Guard that a grateful and dependent community expresses appreciation.

"In 1968, shortly after the Tet offensive, more than 22,000 Army and Air National Guardsmen from 31 units were mobilized. The Army National Guard alone mobilized 20 units and more than 12,000 Guardsmen. Some 7,000 of them served in Vietnam and they earned more than 4,000 individual awards. Those awards include 55 Silver Stars, 681 Purple Hearts and over 1,000 Bronze Star Medals. Clearly these members of the National Guard sought no refuge from their obligations nor shirked their responsibilities. And I submit that being a member of the National Guard or Reserves is just the opposite. Membership in the National Guard and Reserves is standing up to be counted as a person willing and ready to serve the nation's needs as determined by the President of the United States.

"The primary purpose of the National Guard and Reserve is to have units and individuals trained and ready to serve when called. Guardsmen and Reservists do not have the authority to determine when or where they will be sent but they do have the patriotic fervor to defend our nation and the individual freedoms forged by our forefathers in their battle for our independence.

"Our nation is not one of perfect laws, or perfect people, or perfect leadership. Our nation is one of the great experiments of humankind; created to permit its citizens to have wide latitude in self-determination of how they will live, work, and contribute to the betterment of society. We are a nation whose strength is in the willingness of its people to face difficult challenges with pride and commitment and determination.

"To be a member of the National Guard or Reserves is a difficult challenge. It was a challenge in the beginning and it is no less of a challenge today. We must individually and collectively recognize that we can be called upon at any time to join our fellow members of the military in the defense of freedom.

"Each member can stand with head held high and state with pride that they are part of our National Guard and Reserve forces. They are great Americans and patriots and deserve nothing less than full recognition for their loyalty to our nation."

STANDARD ALARM SIGNALS

FOR NUCLEAR OPERATIONS

ALERT CONDITION	ALERT MEANING	METHOD OF NOTIFICATION	REQUIRED ACTIONS
YELLOW	ATTACK PROBABLE	YELLOW FLAGS ON RADIO CONTROLLED VEHICLES & REPORTED OVER PA SYSTEM.	EMERGENCY OPERATIONS (EO) PERSONNEL CONTINUE DUTIES. ALL OTHERS REPORT TO ASSIGNED SHELTERS.
RED	ATTACK IMMINENT OR IN PROGRESS	RED FLAGS ON RADIO CONTROLLED VEHICLES & REPORTED OVER PA SYSTEM & A 3 MINUTE WAILING TONE ON BASE SIRENS.	TAKE IMMEDIATE COVER. GO TO SHELTER AS SOON AS THE SITUATION ALLOWS.
BLACK	RADIOACTIVE FALLOUT HAS ARRIVED	BLACK FLAGS ON RADIO CONTROLLED VEHICLES & REPORTED OVER PA SYSTEM.	ALL PERSONNEL SHOULD REMAIN IN SHELTER UNLESS INVOLVED IN EO TASKS WHICH ARE ESSENTIAL. ALL PERSONS OUTSIDE MUST BE MONITORED FOR RADIATION.

ALL CLEAR WILL BE PASSED VERBALLY AND SIGNALLED BY THE REMOVAL OF ALL FLAGS.
 NOTE 1: THE 2 VEHICLES USED AS FLAG CARRIERS ARE 'TUNA' AND 'WING-DING'.
 NOTE 2: DURING EXERCISES SIGNS WILL BE POSTED AT EACH ENTRY GATE DIRECTING ALL PERSONNEL TO REPORT TO THE CRC PRIOR TO BEING ALLOWED TO ENTER THE COMPOUND. THERE THEY WILL BE BRIEFED ON THE EXERCISE CONDITION, AND THE PROCEDURE FOR ENTERING THE COMPOUND.

GREAT ALOHA RUN ...

VOLUNTEERS!!

FEBRUARY 20, 1989

MONDAY, PRESIDENT'S DAY HOLIDAY
ALOHA STADIUM

GUARD PERSONNEL NEEDED TO PASS OUT T-SHIRTS AND ASSIST IN THE "ALOHA FUN RUN". PLEASE CONTACT YOUR UNIT COMMANDER OR MSGT SOMA, 4496982/7772 ASAP.

HANG AWARDS BANQUET

AND THE WINNER IS...

by TSgt. C. S. Gravitt

It was a night for winners. The music, the bright lights, the flashing of cameras filled the air. It was talk story time. Four hundred people and half as many conversations going on at once. Ono pupus. Beautiful decorations. The music of the HIANG Ohana's Na Mele Koa. It was all part of the backdrop of the 1988 Hawaii Air National Guard Awards Banquet. It set the stage for this event where, each year, we take the time to slow the train for a night and reflect on the many outstanding accomplishments of our people.

Then the call comes to be seated. The Royal Guard, represented by Michael Kang and Alex Medeiros, solemnly posts colors. And the head table is recognized.

This year our distinguished participants included the Commander, Hawaii Air National Guard, Brigadier General Edward V. Richardson and his wife, Celia; the Chief of Staff, HIANG, Brig. Gen. Kenji Sumida and his wife, Kathy; the Commander, 326th Air Division, Colonel Robert Bartlett and his wife, Joan; the Commander, 154th Composite Group, Col. John Lee; and the Commander, 201st Combat Communications Group and his wife, Lenore.

Chaplain Robert Nagamine of the 154th MSS gave the invocation.



As lines formed at the buffet tables, the musical group Takin' Care of Business, featuring Peter Jay Galarneau and Sid Dagaman, began with a couple of easy jazz melodies, including 'Don't Worry, Be Happy'. Then during dinner, the program

continued with the dynamic singing of Jenner Cauton, of Trader Vic's in Waikiki and hula performed by his wife, Hula.

Then the moment of anticipation arrived. And the winners of the 1988 Hawaii Air National Guard Awards were:

GEORGE T. MIKI MEMORIAL TROPHY

Major Jerry Bona, 169th ACWS

OUTSTANDING FIGHTER PILOT AWARD

Captain Marcus Rosehill, 199th TFS

OUTSTANDING AIR TRAFFIC CONTROLLER AWARD

MSgt. Ronald Marushige, 297th ATCF

OUTSTANDING RECRUITER OF THE YEAR

TSgt. Carl Simmons, 154 MSS

OUTSTANDING HIANG AIRMAN AWARD

SrA Susan Sakoda, 298th ATCF

OUTSTANDING HIANG NCO AWARD

SSgt. Gary Hema, 154 CAM Sq

OUTSTANDING SENIOR NCO AWARD

MSgt. Moses Akana, 297th ATCF

(The Outstanding Airman, NCO and Senior NCO will be the HIANG nominees to the National Guard Bureau program for their respective categories)

OUTSTANDING HIANG OFFICER AWARD

Lt. Col. Jerald Aoki, 199th TFS

OUTSTANDING HIANG MAINTENANCE AWARD FOR ENLISTED PERSONNEL

MSgt. Reuben Kaneshiro, 293 CCSQ

TSgt. Wescott Lee, 154 CAM Sq

OUTSTANDING HIANG OPERATIONS AWARD FOR ENLISTED PERSONNEL

MSgt. Vincent Dacanay, 292 CCSQ

OUTSTANDING HIANG SUPPORT AWARD FOR ENLISTED PERSONNEL

MSgt. Randall Hiyane, 154 RMS

SSgt. Norton Malina, 169 ACWS

OUTSTANDING HIANG UNIT AWARD

297TH Air Traffic Control Flight UNIT COMMANDERS OUTSTANDING ENLISTED RECOGNITION AWARD

SMSgt. Francis Hosaka, 150 ACWS

SMSgt. John Wahinekapu, 154 CAMS

MSgt. Russell Woodward, 154 SPF

TSgt. Damascio Ruiz, 150 ACWS

SSgt. Paul Gallagher, 154 SPF

SSgt. Gary Witt, 154 SPF

Much thanks to all those who worked so hard to make this evening a success: SSgt. Jan DeRego, TSgt. Blossom Lee and all of the dedicated volunteers who worked so hard on the wonderful decorations; TSgt. Dennis Takeshita, SMSgt.

See next Page



AWARDS Continued



Brig. General Kenji Sumida congratulates SMSgt. Thomas Hirao for winning the 1987 Explosive Safety Award.

Richard DeVees and MSgt. Robert Finley, food and beverage; SMSgt. Ralph Kaneshiro and TSgt. Vivian Toma, programs; Maj. Rich Dove and Capt. Galen Yoshimoto, group coordinators; MSgt. James Oshiro, time and place; MSgt. Elvin Nishioka, promotion and ticket sales; Sgt. Anne Tengan, awards; Capt. Ford Chinen, protocol; HIANG Ohana: Dale Zuttermeister, Dave Langsi, James Kawano, Judy Goya, and Daniel Baduria. Committee Chairman, 2Lt. Randy Tom, said, "Thanks for all your support in making this another successful event. I'm sure next year will be another great one." And so, until next year, this is your M.C. saying congratulations to all the winners and may 1989 be another winner for the HIANG!



Brig. General Kenji Sumida congratulates Lt. Col Wicks for winning the 1987 Flight Safety Award.

Award Photos By MSgt. Roy Kawamura



Col. John Lee and Lt. Col Harold Shatz accept 1987 Distinguished Flying Unit Plaque from Brig. General Edward Richardson.

CBPO CONNECTION

No-hat/No-salute Areas

Please be observant of the no-hat/no-salute area. Keep in mind, that while in the no-hat/no-salute area that the wearing of a hat is optional. Although in a recognized no-hat/no-salute area, customs and courtesies should be extended, i.e., while approaching a VIP, when in doubt SALUTE.

UNIFORM TIPS, Ref. AFR 35-10

Women: Uniform skirt lengths must be in keeping with the requirements of good taste and fashion, but with due regard to the dignity of the Air Force uniform. Skirts should hang naturally, and under no circumstances will they be excessively tight. Skirt lengths must not be higher than above the top of the kneecap or lower than the bottom of the kneecap.

Men: When not being worn, the flight cap may be tucked under the belt on either side, between the first and second belt loops. The cap will not protrude above the edge of the belt.

Next WTA Jan. 01, 1989

have a safe

& happy holiday!

...Tis the season to be jolly

***** SEASONS GREETINGS *****

SENTRY ROADRUNNER

88' Highlights Photos by MSgt. Ron Biho

by SSgt. Rodney P. Jacques

This past month, the 199th TFS "Mytai's" trained with the 150th TFG "Taco's" from the Mexico ANG. The Taco's were flying A-7 aircraft against the F-15 Eagle and the stage was set for dissimilar aircraft training (DACT).

Sentry Road Runner 88' sought to expose the pilots to different weapons systems deployment, tactics, and flight strategies. Highlights from the exercise are as follows:



Col. Lee accepts a picture of A-7 fighters in formation from Col. Tom Whittman, 150th TFG Commander.



Lt. Brad Sakai and a 'Taco' review an F-15 vs A-7 aerial dogfight.



Major Robbie Robinson banks right as he attacks his left hand from the rear.



Munitions team loads an AIM-9 'Heater' missile onto an aircraft.

EMPLOYER SUPPORT OF THE GUARD

A proclamation signing ceremony was held, at the State Capitol, in the office of Governor John D. Waihee on Dec. 1, 1988 proclaiming Dec. 5-9, 1988 as "Employer Support of the Guard and Reserve Week".

Representatives from all of the Guard and Reserve components were in attendance at the ceremony along with Mr. Jack A. Baker, Jr., the ESGR State Chairman.

Following the signing of the proclamation, four "ESGR" flags were raised at the front of the State Capitol by members of the various guard and reserve components.

ORI/UEI, Continued from page 1

Nellis, Eglin, Langley, Tyndall and Luke have come here to provide additional training in the radar, flight controls and communication/navigation systems. Formal maintenance training was completed in December of 1987.

Our aircrews began training in February of last year at Tyndall and Luke. While they trained, F-15s from the Georgia Air National Guard maintained our air defense commitment. On Jan. 1, 1988, we resumed that job, right on schedule. And on June 22, 1988, we attained I.O.C. or Initial Operational Capability.

Training, however, has not been the only element of the conversion. Supply people, for example, began receiving, in Nov. 1986, some of the thousands of F-15 line items they had to process. At the same time, they had to maintain an inventory of supplies for the F-4. To give you some idea, the F-4 required 5,300 line items, while the F-15 requires some 7,400.

Construction has also played a major part in the preparation. Some of these projects are directly related to the conversion, others have been required to resolve space problems and to modernize the unit.

Once the aircraft, the pilots, and the maintenance people were in place, more work was required to bring the unit up to speed. This involved upgrade training, exercises, planning and more preparation. During Sentry Tigre, in February we flew more sorties than we have ever flown during that exercise.

Now is the moment of truth. Approximately 68 inspectors from the Inspector General's Office, HQ PACAF, ranging in grade from Technical Sergeant to Colonel, are now measuring our readiness and effectiveness. The actual purpose of the ORI is to verify the operational readiness status of the 326th AD and the 154th COMPG and to evaluate the support provided by subordinate, lateral, and higher echelon units. Areas of inspection cover everything from Logistics, Support and Operations to Maintenance, Communications and Civil Engineering. The first phase

of the ORI inspection will continue through Tuesday. The second phase, the Unit Effectiveness Inspection, will then continue through Saturday. We've studied long and hard for this "final exam". Now let's get out there and show 'em what we're made of.

AEROBIC EXERCISE

The Heart of Your Fitness Program

by P.J. "POWERHOUSE" Lindahl

HYPOKINESIS

Hi-pō-ki-nē-sis/ n. the state of decreased physical activity. *hypo:* under

Hypokinesis can affect anyone. When we don't move enough, our muscles lose strength and endurance. Productivity and mental alertness may suffer. Being unfit makes us more prone to illness and injury, too. Yet, in today's highly mechanized society, it's difficult to get the kind of exercise we need to stay fit. Seldom do any of us take the time to use all our muscles properly- particularly the heart.

The early stages of hypokineses are easy to miss. You may experience shortness of breath after minor exertion or feel generally run down. You may be unable to concentrate at work and your family and employer may show concern about your lack of productivity. A lifetime of hypokinesis can lead to ill health and premature aging. But it's never too late to take the first step toward fitness and the enjoyment of a long, useful, and healthy life.

You've probably heard before that you should exercise regularly, but you may have trouble overcoming inertia and getting started. You may not fully understand the consequences of your inactive lifestyle and the benefits of fitness.

Each year millions of people suffer of consequences of chronic hypokinesis. One out of five men have a heart attack by the age of 60. Being unfit also causes 85 percent of back problems and many joint problems. To avoid becoming a hypokinetic casualty, get out and move!

Before you start moving, take the time to learn what it means to be truly fit. You're in for some pleasant surprises; fitness can have a positive impact on all aspects of your life.

By Nancy Day, Krames Communications

