

# K ū k ā ' i l i m o k u

## War God of King Kamehameha 1 - 154<sup>th</sup> Wing

Vol. 43 No. 05

Hickam Air Force Base, Hawaii

May 4, 1997

### 199 FS Wins Hughes Trophy Nomination

by Capt. Stan Hong, 199<sup>th</sup> Fighter Squadron

The 199<sup>th</sup> Fighter Squadron is the Air National Guard's pick in the competition for the prestigious Hughes Trophy, 1996!

For an unprecedented second year in a row the 199 FS beat out all other National Guard F-15 and F-16 air superiority units to become the premiere air superiority fighter squadron in the Guard.

This tremendous distinction pits the 199<sup>th</sup> against the best air-to-air fighter squadrons from PACAF, ACC, and USAFE to determine who was the best of the best in FY '96 and who gets to take home the coveted Hughes Trophy. Never in the history of the competition has a unit been the National Guard's top pick two years in a row.

Lt. Col. Gary Peters, 199 FS CC, put the squadron's accomplishments best, "The fighter business is very competitive with all squadrons having their fair share of outstanding individuals. The only way to get on top in this business is simple: work harder than everyone else. "For the past two years, the men and women of the 199<sup>th</sup> put in many long, grueling hours, endured a lot of days and nights away from home, and

just sucked it up and did what it took to get the job done right. "The Hughes Trophy nomination is a validation of their commitment.

"Remember, the 199<sup>th</sup> is 85% traditional Guardsmen. "The commitment and sacrifice that the part-timers make to be on the tip of the spear is staggering. "Nobody, active or reserve, worked as hard and accomplished as much as the men and women of the 199<sup>th</sup>."

The accomplishments for the 199<sup>th</sup> in FY '96 are as follows:

- Sat 24-hour alert in Panama in support of **Coronet Nighthawk**. The 199<sup>th</sup> scrambled on suspected drug smugglers 18 times with 3 tracks being chased down and millions of dollars of narcotics seized.

- Flew half way around the world to patrol the no-fly zone in northern Iraq in support of **Provide Comfort II**, and logged over 370 combat hours.

- Recognized as the premiere unit in the USAF in developing tactics, and employing with **Night Vision Goggles (NVGs)** in the air superiority role. The 199<sup>th</sup>'s expertise as the lead NVG unit has been requested to check out other active and

reserve F-15 squadrons and to advise foreign Air Forces.

- Lead unit in **NITECAP III**, a test sponsored by NGB to determine the type of cockpit that is best suited for NVG operations.

- Lead unit in **MOUNTAINTOP**, a joint Navy/Air Force test to determine feasibility of a revolutionary air defense system.

- Achieved **56,000 Class III** mishap-free flying hours.

- Nominated for eighth **Outstanding Unit Award**.

- Hosted two **Sentry Aloha** large force exercises, three **Air Defense** exercises, and flew over 100 joint military operations sorties in support of **RIMPAC 96**.

The Hughes Trophy nomination is a tangible result of the hard work of every single individual that has a part in putting the F-15s in the air. It is a testament to the skill, dedication, and commitment of the men and women in the **HIANG**!

The Hughes Trophy is an annual award given to the premiere air superiority squadron in the Air Force. Nominations are taken from PACAF, ACC, USAFE, and NGB. To be one of the four finalists is an honor in itself.

**HISTORY OFFICE**

**FILE # 2.98.399**

*Our Vision: Hawaii's Militia ... A Team of Motivated Men and Women Providing Quality Air Forces;  
Totally Committed and Accessible to our Community, State, and Nation ... Whenever Called.*



## 154 LSF/Chapter 18, NCOAGA Support HUGS

*By Maj. Bill Petti, Commander, 154 LSF*

The 154<sup>th</sup> Logistics Support Flight (LSF) and members of Chapter 18, NCO Academy Graduates Association saved the day for the HUGS Easter Mini-Carnival on Saturday, March 29th, 1997.

The project, sponsored by the Honolulu Japanese Junior Chamber of Commerce (Jaycees), is conducted annually to benefit the HUGS (Help Understanding and Group Support) Agency. HUGS is an organization of families who have seriously ill or medically fragile children. Approximately 45 children and their parents showed up for a fun-filled day of games, door prizes, food, and other activities.

The Jaycees requested help from the HIANG through the 154<sup>th</sup> LSF because of the need for additional manpower and door prizes. The 154 LSF provided over \$200 in door prizes and over 10 dozen colored Easter eggs; and with Chapter 18's help, came through with 23 volunteers who ran the carnival games and cooked the food.

HIANG members and their families who participated were: **154 MXS** - MSgt. Ken Aoki, Todd Aoki, and Amy Aoki, SrA Malcolm Chun and Nadine Chun, CMSgt. Al DeRego, SSgt. Jerry Dagulo, MSgt. Leonard Tam, TSgt. Dane Tsubota, SMSgt.

Irvin Yoshino, and Lisa Yoshino; **154 LSF** - TSgt. Bernie Camacho, TSgt. Craig Makiya, MSgt. Joe Spatola, and Maj. Bill Petti; **154 AGS** - TSgt. Jeff Yokono, Benilda Yokono, and Courtney Yokono; **154 LG Staff** - CMSgt. Ken Morimoto and SMSgt. Mel Ige; **Hq 154th Wing** - MSgt. Brian Tom and SSgt. Nani Mahaulu; and **154 OG** - MSgt. Dennis Takeshita.

## Tuition Assistance Program Update

*by Maj. Ann Greenlee, Personnel, Hq HIANG*

Individuals using the Tuition Assistance Program (TAP) and registering at all community colleges EXCEPT Leeward, do not have to pay up front for their classes. The schools have agreed to defer payment until they receive the TAP payment from HQ HING. For LCC students, payment still must be made up front, and the student will be reimbursed by the school once the TAP benefits are paid by HQ HING.

As a precaution, members who are ineligible or otherwise not approved for the TAP will have to personally bear the cost of their tuition. Also, should the legislature decide to eliminate funding for the program (though not likely at present), all TAP registrants whose payments were deferred would become personally responsible for payment to their school.

One final reminder, applications are **due to the MPF NLT May 8, 1997**. Please do not send applications to HQ HIANG. We'll only forward them to the MPF, and as the deadline gets close, this could cause applications to be received after the suspense.

## Promotions

The Commander, 154th Wing, Brig. Gen. Michael H Tice, would like you to join him in congratulating the following named airmen in the HQ 154th Wing, Hawaii Air National Guard, on their promotion to the grade indicated in the unit indicated during the April UTA, by Authority: ANGI 36-3502.

TSgt. John Lind, III	154th Maintenance Squadron
TSgt. Melvyn Muraoka	154th Logistics Support Flight
TSgt. Aaron Silva	154th Maintenance Squadron
SSgt. Ikaika Akiona	199th Fighter Squadron
SSgt. Marcel Cabel	154th Maintenance Squadron
SSgt. Edmond Maximo	154th Aircraft Generation Squadron
SSgt. William Wegesend	154th Services Flight



## What Does Your Section Do In The Guard?

by SrA Johnna D S Wraether, 154th Wing Intelligence

Although few members of the Hawaii Air National Guard know exactly what it is we do here in the 154th Wing Intelligence shop, one should not make the assumption that we do not do anything. Our job is not highly visible. Some of you may have seen our shop members conducting the intelligence side of the mass chock briefings during the last deployment exercise to bases X and Y in January.

By definition, our job, both enlisted and officer, is to "perform and supervise intelligence operations activities and functions, including collecting, analyzing, and evaluating intelligence information, and producing and distributing intelligence." Translated, that means if there are exercise scenarios that need to be created, we, along with the Wing planning shop, create them. We keep the commanders

up-to-date on real world and exercise events; we train aircrews (F-15, KC-135, C-130) how to visually recognize enemy and hostile aircraft and assess the enemy or hostile aircraft's weapons systems; we inform the aircrews of possible ground threats that can shoot them out of the sky; we instruct aircrews on matters such as survival, evasion, resistance, escape, the rules of armed conflict and search and rescue; we also brief the aircrews before they take off, and debrief them upon their landing.

In a nutshell, we do whatever it takes, intelligence-wise, whether it's through paperwork, cyberspace, PACAF's Intel office, or aircrew training, to keep our Air National Guard aircrews and deploying members safe and sound. So, if ever there is a Hawaii Air National Guard mass deployment to some place other than base X, rest assured, there will be at least one Intel member on that plane, also. The entire HIANG is our customer, and we are all in this together.

## BEE Line

By MSgt. Laura Masuda,  
Bioenvironmental Eng. Svcs.  
**Noise & Headsets**

Selecting fine audio equipment with a headset, such as a Walkman, is made for your musical enjoyment. To get the most out of your equipment, play it at a safe level.

Sounds can be deceiving. Over time, your hearing "comfort level" adapts to higher volumes of sound which could be harmful to your hearing. Guard against this by setting your equipment at a safe level BEFORE your hearing adapts.

To establish a safe level:

- adjust your volume control to a low setting
- slowly increase the sound until you can hear it comfortably and clearly and without distortion
- once you've established a comfortable sound level, set the dial and leave it there

The Electronic Industries Association's Consumer Electronics Group recommends you avoid prolonged exposure to excessive noise.

## Personnel News

by 1Lt Wayne Acosta, Customer Service, 154 MPF

### Every Point Counts

With the 1997 National Defense Authorization Act, the maximum Inactive Duty for Training (IDT) points creditable towards retirement increased from 60 to 75 in any one year of service. IDT points includes Unit Training Assemblies (UTAs), Extension Course Institute (ECI) courses, and membership points.

Points are used to calculate retirement pay for Air National Guard members and reservists. To receive a "good" year for retirement and retention (R/R), guardsmen must still earn at least 50 points during their R/R year.

The 'average' Air Guard member earns 48 UTA points, 15 membership points, and 15 Active Duty (AD) points for a total of 78 points per year. This is 3 more points than previously given because the 63 IDT points (UTA plus membership points) were capped at 60 points.

Every point counts!!!



## Social Actions

by SSgt. Daniel Ison, Social Actions Office, 154th Wing

### Asian Pacific Americans United: One Vision - One Mission - One Voice

Every year since 1979, the President has proclaimed a national observance in May to celebrate the contributions and achievements of Asian/Pacific Americans.

History, many a loser has lamented, is written by the victors. The time has come for Asians to put fingers to the keyboard. For millions of them should record the collective triumph -- over famine, poverty, oppression, war and foreign domination -- they have wrought in one generation.

Twenty years. Against the millennia of Asian antiquity, a generation amounts to nothing. But what an astounding "nothing" the past two decades have been for Asia. A continent chained by centuries of colonial oppression and feudal stagnation has up and reinvented itself. In the cocoon of hard work and harder rule, Asia has transformed into a global force in almost every field.

The region's skylines and traffic jams shout volumes about the rush to prosperity that has left the competition in the dust. East Asia's GNP doubled between 1980 and 1992. Distilled into the language of percentages, that's annual average growth of 6.1%. Hamstrung by socialism, South Asia managed to trot at half the pace. And the world? A frigid 1.2%. Cargo cranes lifted Asia's export-driven economies. Even without juggernaut Japan, the region now accounts for more than 17% of the world's merchandise exports -- three times more than in 1975. With Japan, Asia's slice of export value climbs to 27%.

Conquering foreign markets, of course, is a hollow victory if stomachs growl empty back home. Asia has kept the pot full, thanks to

modern farming, irrigation and "miracle seedlings." Where leaders once nervously watched rice stocks run low, ports are now busy shipping out sacks of Asia's staple. In 1975, the Philippines had to import 135,000 tons. Five years later, it exported 263,000 tons to Indonesia, Brazil and Vietnam. Indonesia grew all its rice in 1984. A decade later, Vietnam is the fourth-largest rice exporter.

Food on the table and money in the bank have helped put to rest rebellions fed by desperation. Malaysia's communist insurgents surrendered in 1989. Thailand, too, has broken its Marxists, and the Philippines, despite inevitable setbacks, perseveres on the way to peace in the countryside. Ethnic strife is proving harder to resolve, but economic dynamism, which has now energized South Asia, will help make plowshares more enticing than swords.

And democracy? Across the region, affluence is creating an educated, increasingly assertive middle class. Yes, they have told one strongman after another, your firm hand may have guided us well, but now we want a say in where to go and how to get there. Democrats have emerged from the most unlikely places, from Hong Kong and Manila executive suites, and even presidential chambers in Taipei and Seoul.

Asia's march to freedom and prosperity has helped create a sense of collective destiny where post-colonial rivalries and inferiority once held sway. Vietnam is joining its former Cold War adversaries in the Association of Southeast Asian Nations. The South Asian Association for Regional Cooperation has taken its first step on the growth path blazed by the ASEAN Free Trade Area. Where frictions still remain -- the 38th parallel, the Spratlys, Kashmir -- all sides seem willing to talk first before shooting.

### **Discounted 50<sup>th</sup> State Fair Tickets Now Available for HIANG Members**

Discounted 50<sup>th</sup> State Fair Tickets for rides and admission.

Each ticket carries at \$13.00 value for only **\$6.00.**

Interested members should contact Major Bill Petti at 449-7845.

The fair will run on weekends and holidays from May 23rd through June 15, 1997



## TCA Needs Guard and Reserve Members for Active Duty Tours

by SrA Katherine Elliott, CINCPAC TCA Administrator and 154<sup>th</sup> SVF

Are you looking for a job? Would you like to spend some time working active duty right here on our island? The Traditional CINC Activities (TCA) Program, at USCINCPAC, Camp Smith, is looking for Hawai'i Guard and Reserve members to perform active duty tours here on Oahu.

### What is TCA?

The TCA Program is part of the Foreign Military Interaction (FMI) Program. FMI includes activities that promote political neutrality and democracy within the military while working on expanding and enhancing US/foreign military relations. The goal of TCA is to support countries and regions within the Commander in Chief's Area of Responsibility (AOR) in promoting US views on economic growth, political progress, and military cooperation.

### What Jobs Are Available?

The length of the tours is from 30 to 139 days. The dates of the tours and AFSC requirements are flexible. Listed below is each position along with a description and minimum requirements.

#### Political Military/Country Desk Officer

##### Description:

- Tracks and monitors US relations with foreign governments in the US Pacific Command's (PACOM's) AOR.
  - Prepares and presents briefings/reports regarding US relations with foreign governments.
  - Acts as a "country expert" on policy and current affairs.
- Minimum Requirements:

- Officer, 16P4 AFSC preferred.
- SBI/Top Secret clearance.
- Cultural (and preferably lingual) knowledge of one or more countries in-Northeast Asia or Southeast Asia.
- Strong speaking and writing skills.
- Computer literate in e-mail and word processing.

#### Country Desk Administrative Assistant

##### Description:

- Assists the Country Desk Officers in administrative support.
- Coordinates conferences, TDYs and manages trip books.
- Performs escort duties; picks up/drops off dignitaries at the airport.

##### Minimum Requirements:

- Jr. Officer or Sr. Enlisted 33XX (37A4)/3A0X1 AFSC preferred.
- Secret clearance.
- Computer literate in graphics, e-mail and word processing.
- Strong speaking and writing skills.

#### TCA Project Personnel

##### Recruiter

##### Description:

- Recruits Guard and Reserve members to fill positions in TCA funded programs.
- Accomplished by contacting commands, writing articles and following leads.
- Maintains a database of applicants.
  - Organizes orientation and in/out processing of TCA Guard and Reserve members.

##### Minimum Requirements:

- Enlisted; no specific AFSC.
- Secret clearance.

- Proficient in word processing and e-mail.
- Experience in customer service and public relations preferred.

### How Do I Apply?

If you would like to apply for any of these positions, you will need to send a resume to CINCPAC TCA Programs. Either fax or mail it to the number/address below.

United States Pacific Command Strategic Planning and Policy Directorate

Attn.: Capt. Jennifer Scott/SrA Katherine Elliott

J53 Box #4015

Camp H M Smith, HI 96861-4015

Phone: Comm'l (808) 477-0814/0796 - DSN (315) 477-0814/0796

Facsimile: Comm'l (808) 477-0242 - DSN (315) 477-0242

As you already know, being on active duty has many added benefits to traditional Guard privileges, including BAS, BAQ, unlimited use of the Commissary and medical. Participating in a program that promotes good relations with neighboring countries is an additional bonus. If you have any questions concerning the TCA Program, feel free to contact Capt. Scott or SrA Elliott at the above number.

## Next UTAs

June 7 & 8  
July 12 & 13



## Masterspy's True Identity: British Schoolboy Hacker

LONDON (Reuter) -- A masterspy, believed by the Pentagon to be the number one threat to US security and deadlier than the KGB, turned out to be a British schoolboy hacker working out of his bedroom.

US military chiefs feared that an East European spy ring had gained access to their innermost intelligence secrets and hacked into American Air Defense systems.

But a 13-month investigation and a dramatic police raid on his London home revealed that 16-year-old music student Richard Pryce was the culprit.

Pryce, known on the Internet as "The Datastream Cowboy," was fined \$1,915 by a London court after what his lawyer called "a schoolboy prank" reminiscent of the movie "War Games."

The US Senate armed services committee was told the mystery hacker was the number one threat to US security.

He was said to have downloaded dozens of secret files, including details of the research and development of ballistic missiles. Up to 200 security breaches were logged.

Using a \$1,200 computer and modem, Pryce hacked into computers at Griffiss Air Base in New York and a network in California run by the missile and aircraft manufacturer Lockheed.

"Those places were a lot easier to get into than university computers in England," Pryce told reporters. "It was more of a challenge, really, going somewhere I wasn't meant to. If you set out to go somewhere and you get there, other hackers would be impressed," he said.

His prank put Pryce on the front pages of most British newspapers with tales of "The Schoolboy masterspy" and "The Boy who cracked open the Pentagon."

Pryce, now 19, has been offered sizable sums for the book and film rights to his story, but his parents say he prefers to stick to his double bass and concentrate on winning a place in a leading London orchestra.

"Quite remarkably, in a society dominated by sleaze, he has refused all the offers and wants

to resume his quiet life," said his father, Nick Robertson.

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## Exchange Exchange

There are some Guardsmen who don't realize that they can use any US Armed Forces exchange, anywhere, including the Navy Exchange.

NEX wants to remind you that if you aren't receiving Navy Exchange sale circulars at your home, you're missing out on big savings! Simply dial 1-800-NAV-EXCH 24 hours a day to be placed on the NEX mailing list. Like the AAFES BX/PX sale circulars, once you're on their mailing list, you'll receive the latest sale news, special events and announcements throughout the year. Within six to eight weeks, you'll see your AAFES and NEX circulars in your mailbox.

Got a DPP card? Great! Got an NEXCARD? If you don't, now is the time to get one! All new NEXCARD accounts will receive 10% off the first day's purchases. The 10% will be reflected in your first NEXCARD statement. Visit the Customer Service department at your Navy Exchange and pick up a NEXCARD application.

Hate fighting the traffic, looking for a parking place and large crowds? Why not shop from the convenience of your own home? AAFES and NEX have recently published their 1997 Exchange Mail Order Catalog. They sell for only \$5.00. DPP cards, NEXCARDS, checks, money orders, Visa, Mastercard, Discover Card and American Express are accepted for all purchases, catalog included.

...and BXTRA opens next month!



## Recycle!

by SSgt. Stephen L Thomas, Public Affairs, 154th Wing

Okay, you've heard all the hype about *recycling*. Your kids have preached it to you for quite some time, and you'd say, "Yea, yea, okay, next time." Now, like private industry, the Federal Government wants us to follow suit. Recycling is now mandatory on Hickam AFB.

We've already been asking you to recycle the Kuka'ilimoku, now Hickam is asking you to recycle just about everything, not only in the work place, but in base housing, as well.

### What can be recycled?

- ⇒ Aluminum Cans
- ⇒ Cardboard
- ⇒ Colored Paper
- ⇒ Computer Paper
- ⇒ Glass
- ⇒ Laser Printer Toner Cartridges
- ⇒ Mixed Paper
- ⇒ Newspaper
- ⇒ Plastic Bottles
- ⇒ Scrap Non-Ferrous Metal
- ⇒ White Paper

### What about household hazardous waste?

Yes, that, too, can be recycled. Hickam's Base Recycling Center has set up a "swap table" for

common household cleaning materials, engine coolant and paint. If you have any useable items you would like to recycle (instead of *disposing* of), the container must be at least 1/4 full, still useable and not contaminated, and in the original container with the original label on the container. Bring them to Building #2011 (between the flight line and base supply) for turn-in, and, while you're there, if you need something, 'shop' the "swap table". You may find what you need, and save money.

**When are recyclables collected?**

Cardboard, yes, cardboard, is collected from around the base each weekday (so, don't throw it out). Other items are collected from base facilities once a week. From base housing, collections are made three times a week: area 1 on Tuesday, area 2 on Wednesday, and area 3 on Thursday. Collection of special items or quantities can be scheduled on an individual basis. Call the Base Recycling Center office for a schedule of

pick-up times for your facility or house.

### So, where does the money go?

They use to say that recycling costs more money than it's worth; that it was neither worth the time, trouble or the expense; and it wasn't encouraged or really taken seriously. Those that did want to recycle, instead of tossing it out, had no place to put it. Now, industry as well as the Federal Government is seeing things differently.

Recycling is not only saving resources, it is saving money, and earning money, and it saves from disposal costs. The moneys earned go into a discretionary fund controlled by the 15th Air Base Wing Commander. Recycling revenues is used to fund quality of life projects. So, **recycling** at Hickam results in a win-win solution for all of us.

For more information on **recycling**, call the Base Recycling Center at 449-5754 or stop by and check out the displays, and then watch the **recycling** process!

**Deadline for the June edition of the Kuka'ilimoku is Friday, May 30th.**



## Recruiter's Round-up

by TSgt. Bridgett Komine, 154th Wing Recruiting Office

### Referral Program

The referral program has been a great success, so far! Mahalo for the wonderful support! Referrals number is in excess of sixty from you, the members of the HIANG!

For those of you that made a referral, please be patient. Sometimes it takes a little while to get folks through the processing procedures. Feel free to check with recruiting anytime to find out about the progress of your referral.

We feel confident that a good portion of the referrals you made will result in enlistments and your receiving the one-of-a-kind Recruiting T-shirt. For those of you that haven't yet made a referral, please look around your work areas, families and neighbors for that person who could use a really great part-time job with benefits that can't be beat. We need them in the HIANG!

Deadline for this referral campaign is 31 May 1997, so hurry!!! Call now at 449-5601 and make your referral today!

### ANG Policy on Double-Sided Copying

On February 18th, Major General Donald Sheppard, Director of the Air National Guard, issued the following memorandum to all ANG units:

The Air National Guard (ANG) is embarking on a program to safeguard the environment by

reducing solid waste disposal. At most ANG installations, white paper is one of the largest components of the solid waste stream.

While recycling of waste paper products is preferable to disposal, the ultimate goal is source reduction through reducing paper consumption. We can reduce the amount of waste paper going to the landfill or for recycling by the procurement and full usage of copy machines with double-sided copying capability.

All federal agencies are required by Executive Order 12856 to implement a pollution prevention policy that incorporates source reduction in facility management and acquisition programs. Also, Executive Order 12873 requires that all government documents printed internally be printed double-sided.

To help the ANG meet the pollution prevention goals of reducing solid waste disposal, all ANG units will encourage their employees to make double-sided copies whenever possible. Furthermore, all ANG units must strive to procure copy machines with double-sided copying capability.

This is a win-win situation; we help the environment while saving money through lower waste disposal costs, while reducing expenditures on raw materials. In order for this program to work, we must all work to ensure maximum utilization, when feasible, of the double-sided printing feature.

Our ANG/CEVC point of contact is Mr. Awni Almasri, DSN 278-8857.

### KUKA'ILIMOKU

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

This publication is prepared, edited and provided by the Public Affairs Office of the 154th Wing, Hawaii Air National Guard, Hickam Air Force Base, Hawaii 96853-5517. Telephone: (808) 449-7745.

The punctuation of the name of this newsletter was researched by the Indo-Pacific Languages Dept. at the University of Hawaii.

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# Quality News

by Capt Tracey J. Saiki  
Quality Advisor, 154th Wing

## Keeping You On "Q"

### "What It Took to Win"

(excerpts from *The Wall Street Journal* advertising supplement during the NCAA Final Four. Capt Gary Teed shared this with me.)

Bill Walton remembers his sense of anticipation when he first went to UCLA to play basketball for coach John Wooden. Walton had known he wanted to play for this man since he was in the sixth grade. He couldn't wait for his first practice. He was eager to study and learn Wooden's strategic secrets. On the first day of practice, everyone was giddy and excited. Wooden came in the room, sat down on a stool and gathered the new recruits around him. "Gentlemen, today we are going to learn how to tie our shoes properly."

Wooden showed his recruits, step by painstaking step, how to knot their shoelaces so they would never, ever come undone during a game. Then he took off his socks and showed how to put on sweat socks so they would never bunch up inside the sneakers and cause a blister. Then it was on to the rest of the uniform: how to tuck in the jersey so the shirt-tail wouldn't escape, how to tie the drawstring in the shorts. The session continued with lessons on how to warm up, how to eat and sleep properly, how to organize the day, how to dry one's hair after practice.

This wasn't exactly what Bill Walton had in mind about studying at the master's feet, but it made an impression he never forgot — it is the details that win championships.

Indiana coach Bob Knight, believes that the will to win is the most overrated attribute in sports. All great athletes and teams have the will to win; **what distinguishes the champions is the will to prepare to win, to practice as intensely as you play, and to pay attention to the details so that you never, ever encounter the unexpected, which can trigger panic.**

Wooden was a master of getting his players physically and mentally, technically and tactically ready to perform at a championship level all the time. He knew the **best way to avoid jittery performances was to eliminate self-doubt and instill confidence that the opponent could do nothing for which his teams had not practiced.**

Kareem Abdul-Jabar, in his book, *Giant Steps*, captured the essence of Wooden's philosophy: He believed in supreme conditioning and unwavering fundamentals, not only knowing which plays to run and how to run them but being capable of calling up the physical and emotional stamina at the precise time you need it to win. He had an eye and mind that saw the game from above. He would drill us fiercely and expected dedication. He would find our errors, our indecision, and correct them. He never rode people; he treated everyone the same and displayed no favoritism, but you didn't make the same mistake twice. He taught self-discipline and was his own best example. His awareness of what was happening in all parts of the game was very acute, but his demeanor was always contained.

Raw talent can take teams a long way, but the enduring Wooden philosophy is that **championships start with a foundation in the fundamentals and the belief that your shoelace is never going to come untied in the big game.** ♣

Our "big game" is in August. In the past months, we have trained, practiced, and rehearsed. We have become more experienced in our learnings synergizing them into newer ideas and better ways. Our "championship" ("outstanding" rating) is in the details and fundamentals. It's the long-shot three pointers and the surprise slam-dunks that will "knock the socks off" the PACAF IG team!

**The Seven Habits of Highly Effective People** - a holistic, integrated approach to personal and interpersonal effectiveness. An in-depth experience and everlasting understanding of: being proactive; beginning with the end in mind; putting first things first; thinking 'win/win'; seeking first to understand, then to be understood; synergizing; and sharpening the saw. A three-day workshop open to all HIANG personnel. Seating is limited. To register, LG personnel contact TSgt Joy; all others contact Capt Saiki. Course dates: June: 25, 26, 27; Sept: 24, 25, 26; Dec: 17, 18, 19.

**Be More Like Bamboo.** It is strong on the outside, soft and open on the inside. Its roots are firmly planted in the ground and freely intertwined with others for mutual strength and support. The stalk blows freely in the wind, bending rather than resisting. That which bends is far more difficult to break. We sometimes handle frustration and pressure better by yielding to it than attempting to stand firm against it each time it occurs. Things are not usually all good or bad, all right or all wrong. Life is just not that simple. The answers and solutions we seek usually lie somewhere between the opposites. When we insist on seeing things as only black or white, we are further removed from understanding; further isolated from the truth. Giving in does not imply giving up any more than being flexible is a sign of lacking conviction. Most often, by being willing to give a little, we get more than we ever dreamed. -- Dr. Leo F. Buscaglia

*Coming together is a beginning. Keeping together is a progress. Working together is success. May '97*



## ESGR Jack Baker Golf Tournament

The Hawaii Committee for Employer Support of the Guard and Reserve and the Governor of the State of Hawaii are proudly hosting the 11th annual Jack Baker ESGR Golf Tournament honoring the Guard and Reserve and their employers on Friday May 23, 1997, at 12:30, shotgun start, at Leilehua Golf Course.

-Two-person best ball. Enter your own two-person team.

-Limited to the first 144 entries received.

-\$10.00 late fee after May 9th.

-USGA and local rules apply.

-Single and individual pairings will be posted by the tournament committee.

-Buffet dinner will be served, and prizes will be awarded at the Leilehua clubhouse immediately after play.

-Mulligans may be purchased now or on game day for \$5.00 each (limit four).

-Registration and check-in commence at 11:00 a.m.

-Entry fees:

### Guard/Reserve members

E-1 - E-5 - \$40.00

E-6 - O-3 - \$45.00

O-4 & above - \$50.00

### Civilians - \$65.00

Mulligans - limit 4/person - \$ 5.00 each

Entry fee includes green/cart fees, buffet dinner, closest to the pin, most accurate drive, prizes and awards.

Contact: SMSgt. Carl Simmons at 733-4228.

## May Calendar

### 3rd - 4th

UTA

### 6th - 9th

**Makani Pahili Exercise**  
State Civil Defense's statewide hurricane training exercise

### 11th

**Mother's Day**

**H-3 Run**

### 12th - 16th

**Hawaii Military Week**  
Events, locations and times to be announced

### 17th

**Armed Forces Day**

Open houses to be announced

**154th Wing Goodwill Fishing Tournament**

Hickam Harbor

6:00 a.m. - 4:00 p.m.

### 23rd

**ESGR Golf Tournament**

Leilehua Golf Course

12:30 p.m. shotgun starting time

### 26th

**Memorial Day**

Federal & State Holiday  
Ceremonies at the Punchbowl at 11:00 a.m.  
Hawaii State Veterans Cemetery at 1:00 p.m.

### 28th

**Federal Week Awards Luncheon**

Sheraton Waikiki Hotel  
11:00 a.m.

## What's for Lunch?

*154th Wing Dining Facility*

### MENU

#### Saturday

##### \*Main Line\*

Chicken Adobo  
Rice

Buttered Peas  
Macaroni Salad

Tossed Greens  
Bread/Butter

Popsicle  
White Milk

Chocolate Milk  
Juice

##### +Snack Line+

Sloppy Joe Sandwich  
Pasta Salad

#### Sunday

##### \*Main Line\*

Steak

Rice

Green Beans

Soup

Cole Slaw

Bread Pudding

Tossed Greens

Bread/Butter

White Milk

Chocolate Milk  
Juice

##### +Snack Line+

Garden Burger  
French Fries

All personnel will present a military ID card in order to eat in the dining room. Traditional Guardsmen will sign in on the AF Form 1339. Officers and AGRs will sign in on the AF Form 79 and pay \$2.75 for the meal.

#### Dining Room Hours

10:30 a.m. - 12:30 a.m.

*Bon Appetite!*