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Automation system being installed page 3



HIARNG

29th Brigade trains at Pohakuloa page 4



Counterdrugs

Drug-free event held in Waimanalo page 7



Hawaii Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 32, No. 3

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

Fall 1997

Calendar

October 24-26

Hawaii National Guard Softball Tournament, Earhart Village Field, Hickam Air Force Base.

November 8, Saturday

Kauai Veterans Parade, Lihue, Kauai.

November 11, Tuesday

Veterans Day, federal and state holiday. Veterans Day ceremony at Hawaii State Veterans Cemetery, Kaneohe, 1 p.m.

November 21-22, Saturday-Sunday

Hawaii Army National Guard Basketball Tournament, 22nd Avenue Gym.

November 27, Thursday

Thanksgiving Day, federal and state holiday.

December 12-13, Friday-Saturday

Christmas Concert, 111th Army Band, Hawaii Theater, 7:30 p.m.

December 22, Friday

Youth Challenge Corps graduation, Pearl City Cultural Center, Pearl City High School, 2 p.m.

December 25, Thursday

Christmas Day, federal and state holiday.

Operation Kahikinui highlights summer engineer projects

Army Guard builds for better tomorrow



Sgt. 1st Class Stephen M. Lum

Gov. Benjamin J. Cayetano is briefed by Department of Land and Natural Resources director Michael Wilson (left) and Sgt. Elizabeth Hall, Oregon Army National Guard. The bulldozer is being used to tear down an old army administration building on the slope of Diamond Head, July 7.

Airmen support Bosnian peacekeeping mission

Hawaii air traffic controllers deploy to Hungary

Thirty members of the 297th Air Traffic Control Squadron (the 297th was redesignated a squadron from a flight, Sept. 16), Hawaii Air National Guard, are currently deployed at Taszar Air Base, Hungary, providing radar approach control air traffic services and tactical air navigation (TACAN) support for Operation JOINT GUARD, the NATO peacekeeping mission in Bosnia-Herzegovina.

The Hawaii contingent left Honolulu for Hungary on July 20 and by Aug. 2, the controllers had taken over operations at Taszar. The 297th personnel are assigned to the 406th Expeditionary Airbase Group at Taszar AB, the staging area for cargo and personnel destined for Bosnia-Herzegovina. "This deployment is different. We were plugged into an existing USAF flying operation, instead of our previous deployments of setting up airbases from the ground up," said Maj. Craig Ishizaki, detachment commander.

While in Taszar, the Hawaii Air Guard has been receiving high marks from the U.S. Air Force. Some control flight personnel have

been assigned as section NCOICs and are supervising active-duty forces. "They've adapted to their new responsibilities well and are taking charge of accomplishing the overall mission of the 406th," said Ishizaki.

Master Sgt. Francis Akana says the Hawaii airmen are working well together on the unit's longest-ever deployment, but that they miss home. "Our time here so far has shown that we have the skills to provide first class service," said Akana. "I miss my family very much, but this deployment is providing me with an opportunity to see some of Europe — an opportunity that I wouldn't have had if

By Capt. G. Richard Shuman and Sgt. 1st Class Stephen M. Lum

Hawaii and Oregon Army National Guard engineers made home improvements from Honolulu to Hilo this summer. Guard soldiers saved taxpayers thousands of dollars while practicing their military missions.

More than 30 soldiers from the 298th Engineer Detachment and 227th Engineer Company (Combat), spent eight weeks to construct an 11 mile road in southern Maui in Operation Kahikinui.

The operation is in support of the pilot project in the Department of Hawaiian Home Land's (DHHL) Kuleana Homestead Program.

Three teams, comprised of 12 to 14 soldiers flown in by Hawaii Army Guard CH-47D Chinook helicopters, worked in cooperation with the DHHL and Ka Ohana O' Kahikinui, a community based native Hawaiian organization. Hawaii Guard engineers used heavy earth moving equipment to build semi-improved, unpaved roads for Hawaiian homesteaders who plan to build a native Hawaiian community. See ENGINEERS — page 3



U.S. Air Force photo

Maj. Craig Ishizaki, Master Sgt. Kalani Akana and Master Sgt. Robert Bulford meet Brig. Gen. Fred E. Ellis (with the Air Guard readiness center) at Taszar Air Base, Hungary. The 297th Air Control Squadron airmen have been supporting NATO's Bosnian peacekeeping mission Operation JOINT GUARD since July.

I wasn't in the Hawaii Guard."

The 297th is expected to be back in Hawaii before Christmas.

The squadron is located at Barbers Point Naval Air Station and is one of four Hawaii units within the 201st Combat Communications Group.

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Command Notes



Maj. Gen. Edward V. Richardson
The Adjutant General

I recently returned from the National Guard Association of the United States (NGAUS) conference in Albuquerque, N.M., where the highlight for the Hawaii delegates was to accept the Charles Dick Award on behalf of Gov. Cayetano. Gov. Cayetano received the award in recognition for his outstanding efforts against crime and drugs in the State of Hawaii, with the inception of the Na Koa Crime Watch Program. Gov. Cayetano was also recognized for his strong overall support of the National Guard, not just in Hawaii, but nationwide.

Another significant event at NGAUS was the appearance of Army Chief of Staff Gen. Dennis J. Reimer. Reimer told the NGAUS delegates that he will rededicate himself to the idea of a total Army. The National Guard and the active component have been at odds over

the results of the Quadrennial Defense Review (QDR). The active Army, without consulting the Army Guard, recommended that the Guard cut 38,000 positions from its ranks—far more than either the active Army or Reserve. During an off-site agreement, Guard officials negotiated a cut of 17,000. Gen. Reimer's conciliatory tone could signal a new era of cooperation.

I want to thank Gov. Cayetano, Sen. Daniel Inouye, Sen. Daniel Akaka, Lt. Gov. Mazie Hirono, Lt. Gen. Edward Baca, chief of the National Guard Bureau, and many others, for personally supporting Na Koa Ku Makani at Bellows Air Force Station, Aug. 16 (see page 7 for complete story and photos). The Counter Drug and Drug Demand Reduction offices worked very hard to ensure the success of the event, getting out the word on the importance of staying drug free.

This is the season for two very important charitable campaigns: the Aloha United Way (AUW) and the Combined Federal Campaign (CFC). State government employees and private industry raised more than \$14.5 million for the AUW in 1996. AUW charities help 450,000 people on Oahu. That's one out of every two residents. This year's AUW campaign runs through Oct. 31. The CFC provides support for over 100 local and more than 1,000 national and international nonprofit organizations. Last year, federal employees in Hawaii gave more

than \$4.2 million to CFC sponsored charities. The CFC drive runs through Nov. 17. If donors wish, they may designate that any or all of their contribution go to local charities. State and federal employees are asked to give generously, to help make this year's campaign the most successful ever.

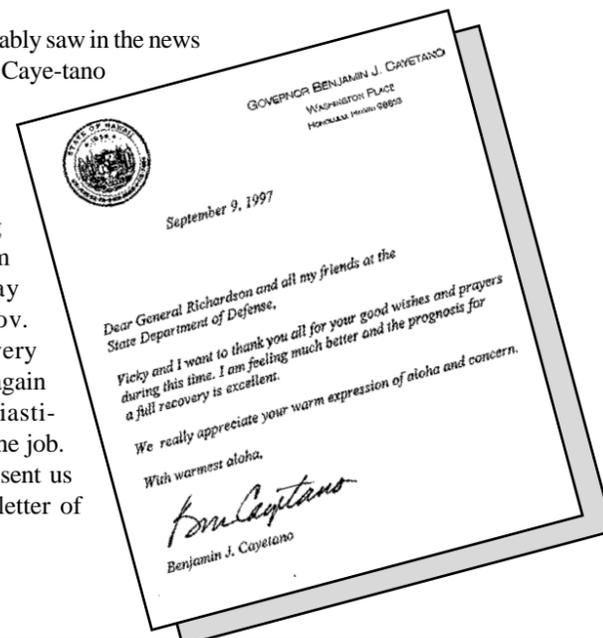
Congratulations go to Clarice Chung, of Engineering/Environmental Office. Clarice is this year's recipient of the Adjutant General's Award. Ellen Mura-kami, of State Civil Defense, was also recognized for her outstanding work. State Civil Defense was awarded the newly established team award. In addition to receiving this year's award and a total of \$500, Clarice represented our department at the Governor's State Awards ceremony at the State Capitol on Sept. 12. Clarice is considered to be the backbone of our departmental environmental program. During the time that she has been with the department, the environmental program has gone from a budget of \$400,000 and managing 23 projects to actively managing 90 projects and a budget of more than \$3.1 million. Clarice supports the technical and administrative requirements of the department's environmental programs to ensure that we remain in compliance with all environmental guidance and regulations. She is an invaluable asset to the department and very deserving of this year's award.



Sgt. 1st Class Stephen M. Lum

ADJUTANT GENERAL'S AWARD WINNER -- Clarice Chung is presented the Department of Defense employee of the year award by Maj. Gen. Edward V. Richardson, the adjutant general, Aug. 29.

As you probably saw in the news recently, Gov. Cayetano had been hospitalized after suffering the ill effects of a bleeding ulcer. I am pleased to say that Gov. Cayetano is very healthy once again and is enthusiastically back on the job. The Governor sent us the following letter of appreciation:



Departmental News

Hawaii Guard recruiting ribbon correction

The Hawaii National Guard recruiting ribbon, approved in January, is retroactive to **Oct. 1, 1996 (not 1995 as previously reported)**.

If you have questions, call your Army or Air National Guard recruiters for more information.

TRICARE Selected Reserve Dental Plan

Human Military Healthcare Services (HMHS), of Louisville, Ky., has been awarded the contract to administer the Defense Department's TRICARE Selected Reserve Dental Program (TSRDP), a basic dental care insurance program for members of the Selected Reserves. Benefits for reservists who choose to enroll will begin Oct. 17.

Under the five-year contract, enrollees will pay 40 percent, and the government will pay 60 percent of the premium cost for coverage. An enrolled reservist's share of the monthly premium in the first year will be \$4.36. Modest changes to the premium levels are ex-

pected annually. The total contract price is dependent on the number of reservists who enroll. The government's share of the contract's costs over the five-year period is expected to be approximately \$81.3 million.

The plan will offer diagnostic, preventive, oral surgery and emergency dental services. Coverage limited to PARTICIPATING reservists only! Family members will not be covered.

For diagnostic, preventive, and emergency services, enrollees will pay no co-pays. Co-pays or other dental services range from 10 - 30 percent for E-4s and below, and 20 - 40 percent for all others.

Reservists who want to enroll in the plan must have at least 12 months of service remaining, and must initially enroll for 12 months. After the initial 12-month period, reservists may enroll on a month-to-month basis as long as they remain eligible. HMHS will mail enrollment packages to he Selected Reservist's DEERS home address NET Aug 1. Enrollment and disenrollments are handled

between the ANG member and the dental contractor.

Because many reservists don't receive monthly pay, all enrollees will need to submit four month's worth of premium payments with their initial enrollment form. Reservists who are in "pay" billets will have their share of the monthly premium withheld from their monthly drill pay. When drill pay is unavailable, they will make monthly payments to the contractor. Coverage will end for reservists who are called to active duty for more than 30 days (premium for unused months of enrollment will be returned)—but they may reenroll if otherwise still eligible when the active-duty period ends.

The maximum annual benefit for services under the plan is \$1,000 worth of paid allowable charges per contract year.

Please direct all your concerns to the 154 MSF/DPMP, Customer Service, at 449-8178.

State DOD on World Wide Web

Viewing information about the Hawaii National

Guard may be as easy as accessing it on your computer. You will need a modem and the software to access the internet.

The State Department of Defense home page is located at: <http://www.dod.hawaii.gov>

Upon completion, it will contain comprehensive information about the Hawaii Army and Air National Guard, State Civil Defense, Office of Veterans Services, and other DOD publications.

For more information about the DOD web site, call the public affairs office at: 733-4258 or e-mail pao@dod.hawaii.gov

Recycling required on Hickam AFB

Cardboard has been added to the list of products required to be recycled on Hickam Air Force Base.

In accordance with 15th Air Base Wing's policy, Hawaii Air National Guard units located on Hickam are also required to recycle paper, glass and plastic.

Call Capt. Erik Wong, environmental management officer with the 154th Wing locations or questions about

recycling at: 449-5135 or e-mail at ewong@cc@154gp

pupukahi mailing list needs updated addresses

Want to keep receiving the pupukahi?

If you are a member of the Hawaii National Guard, make sure your admini-

strative office has your current mailing address. Mailing lists are printed from unit records.

Retirees, civilian employees or other customers, call or mail in your change of address to the Public Affairs Office at 733-4258 or 3949 Diamond Head Road, Honolulu, Hawaii 96816-4495



pupukahi

State of Hawaii Department of Defense
pupukahi: harmoniously united

The pupukahi is funded and published bimonthly by the State of Hawaii, Department of Defense, 3949 Diamond Head Road, Honolulu, Hawaii 96816-4495. Phone (808) 733-4258, fax (808) 733-4236. It is an offset publication printed by the RFD Publications. Views and opinions expressed herein do not necessarily represent those of the Departments of the Army and Air Force. All photos are Hawaii National Guard photos unless otherwise credited. Circulation: 7,500.

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Army network system makes debut at Hawaii Guard

By Deborah M. Sanders Murray

A flurry of activity has erupted in the Hawaii Army National Guard's Director of Information Management (DOIM) office as staff members prepare for the implementation of the Reserve Component Automation System (RCAS).

Since April 1997, DOIM staff members have been assisting contractors with installing the infrastructure for the HIARNG's RCAS network.

"RCAS is an automated information system that supports the decision-making needs of all commanders, staffs, and functional managers responsible for the Army's Reserve Component (RC) forces," said Lt. Col. Ronald S. Katto, director of information management for the HIARNG.

"RCAS uses office automation, telecommunications, databases, and processing capability to provide timely and accurate information to plan, prepare and execute mobilization, and to improve the support of administrative tasks," he added.

What's significant about RCAS is that it will provide a definitive communications link between the units of the HIARNG, the National Guard Bureau, and other states.



Sgt. 1st Class Stephen M. Lum

"This will bring the HIARNG into near state of the art computing," he said, stressing the impact that RCAS will have on the HIARNG. Among other features, the system will have electronic mail capabilities.

The network management system will enable system administrators to monitor net-

HAWAIIAN NEIGHBORHOOD NETWORK -- Computer Specialist Christopher L. Elmore (right) helps to maintain the Hawaii Army National Guard's Reserve Component Automation System (RCAS).

work performance and detect illegal software and unauthorized computer use, said Katto.

The initial fielding for RCAS started in August 1997 with file server and communications installation. When the initial fielding is complete, HIARNG's RCAS network will include 340 Compaq Desk Pro Pentium 133 Mhz workstations, 283 new workstations furnished by RCAS and 57 HIARNG-provided government furnished equipment (GFE) workstations. Twelve DEC Pentium, 166 Mhz file servers will handle the networking duties. File servers are the computers responsible for storing and retrieving the files used by the workstations connected to the network.

At least one workstation will go to every unit and activity in the HIARNG on the islands of Kauai, Oahu, Maui, Molokai, and Hawaii. HQ STARC will have as many as 84 workstations to accommodate the full-

time staff. Sites with nine or more workstations will receive a server and associated Local Area Network (LAN) communications equipment. Sites with two to eight workstations will have one of the workstations perform a dual role as a mail server. Single workstations will have the capabilities of dialing into the hub at HQ STARC, said Katto.

The information system uses Microsoft NT as its operating system of choice, according to Lt. Col. Katto, because NT provides the security features required by RCAS.

To prepare the HIARNG for this new era of computing, introductory Microsoft Windows and Word classes started in February 1997 at the Ordnance Training Battalion. RCAS specific "Train the Trainer" classes will begin in October 1997.

Each workstation comes with a compact disc called the "Soldier's Library." It contains Microsoft Windows NT Workstation 4.0, Microsoft Book Shelf 95, Microsoft Office 95, Microsoft Access 7.0B (NT specific), JetForms Filler 4.2, Adobe Acrobat Reader, RCAS support system, RCAS documentation and tutorials.

ENGINEERS -- continued from page 1

community in the remote area.

More than 20 vehicles, from bulldozers, scoop loaders and rollers to an ambulance were at the disposal of the engineering teams. The soldiers were in a remote area, so everything from food and water to fuel and equipment repair were needed on location. Mechanics were kept busy replacing tires ripped up by the craggy lava rock, while the medic, fortunately, was limited to dispensing aspirin and cold tablets. "We work from daybreak to sunset," said Staff Sgt. Daryl S. Correa, "only taking breaks for lunch or when the rain was too heavy to work safely."

Construction of the roads provided the Hawaii Guard soldiers with practical, on-the-job training, while benefiting the Kahikinui community. The mission was authorized by the National Guard Bureau under provisions that allow Guard soldiers to perform civil operations that also meet Federal training requirements. They built a road from the Piilani Highway, in southern Maui, to the Kahikinui project site on the leeward slopes of Haleakala.

"When you see the guys coming in camouflage uniform," said "Mo" Moler to other Ka Ohana O Kahikinui members. "they're not coming to kick us out. They're coming to help us."

The Guard engineers were welcomed like part of Ka Ohana (the family), occasionally joining the homesteaders in a pot of homemade Portuguese bean soup. One of the youngsters hanging out at the site was "adopted" by the engineering crew.

Kuleana Homestead Program offers land and housing opportunities for beneficiaries who are willing to accept unimproved lots. The program's goal is the creation of new, self-sufficient contemporary Hawaiian communities.



Sgt. 1st Class Stephen M. Lum

HOUSE CLEANING -- Spc. Dennis Casper from Oregon Army National Guard's 442nd Engineer Company bulldozes the early 1900s army administration building across the new Kapiolani Community College, July 7.



Sgt. 1st Class Stephen M. Lum

CHANGING TIMES -- Staff Sgt. Daryl S. Correa, 227th Engineer Company and Ric Arakaki, project coordinator from Hawaiian Home Lands, discuss road modifications at Maui's Operation Kahikinui project.

"Up to 125 families will live on 10- to 20-acre parcels at Kahikinui," said Ric Arakaki, project coordinator from Hawaiian Home Lands, "and the ones that are here now appreciate everything the Hawaii Guard is doing to make their way of life a reality."

On Oahu, with help from the 442nd Engineer Detachment from Camp Rilea, Ore., projects at Diamond Head and Barbers Point Naval Air Station were completed in July.

Heavy equipment operators took two days to level three old

administration buildings fronting the new Kapiolani Community College. The structures, built for the U.S. Army in the early 1900s, were beyond economical restoration, becoming a safety hazard and an eyesore. The same team was in the crater cutting fire breaks and drainage pits, while a second team was reconfiguring rooms for the Barber's Youth Challenge Program. The 442nd took less than two weeks to convert an open room into four functional classrooms. The classrooms, also used by a local college for on base college course instruction, replace



Spc. Vincent Maloney-Cui

ROAD TO KAHIKINUI -- Soldiers from the 298th Engineer Detachment cut Maui's Operation Kahikinui road.

rented portable classrooms.

"We enjoyed our two weeks in paradise," said Capt. Frank Flux, 442th commander, "and we're always glad to help our Guard community."

In Hilo, Hawaii, at the headquarters of the Army Guard's 2nd Battalion, 299th Infantry, engineers were busy with Keaukaha Military Reservation renovations. Missions for the soldiers from the 298th Engineer Detachment included masonry, plumbing, electrical and carpentry.

At the Combined Support

Maintenance Shop #2, masons built a concrete pad for hazardous materials storage and a back-fill sewerline trench. The engineers got down and dirty renovating the Hilo armory's kitchen, latrines and campsite.

Carpenters and electricians rebuilt the kitchen area and replaced the electrical work of the messhall. Plumbers replaced sinks, urinals and the water heaters in latrines and campsite. The electricians completed the re-wiring of the three buildings not finished during last year's annual training.

Hawaii Infantry Brigade prepares for Louisiana in 1999

By 2nd Lt. Jeffrey D. Hickman

Nestled between Mauna Kea and Mauna Loa on the Big Island of Hawaii is Pohakuloa Training Area – home to dust, chilly nights, lava and more several thousand soldiers for the Hawaii Army National Guard's annual training exercises held in July. With the Joint Readiness Training Center deployment right around the corner, the 29th Separate Infantry Brigade's mission is to prepare for training year 1999. Brigade units from American Samoa, Oregon and California joined forces with "Hawaii's Own," and a unit from Australia, to make this year's AT a training success.

Civilian, as well as military commanders, visited their troops during annual training. Maj. Gen. Edward V. Richardson, the adjutant general, and Brig. Gen. Edward L. Correa Jr., Hawaii Army Guard commander, led a list of VIPs who were escorted into the field to see how training was being conducted. Maj. Douglas Jackson, 103rd Troop Command personnel officer, kept up with more than ten generals wanting to mingle with the troops. "It was a challenging fast-paced job but all requirements were met and all VIPs were able to see the very best of the Hawaii Army National Guard," said Jackson.

The National Guard also provided the civilian employers of Hawaii's citizen/soldiers an opportunity to witness their em-

ployees perform their military duty. The bosses were able to see and experience for themselves the type of training that the Army Guard soldiers go through by participating in "Guardlift '97." The employees flew to Hilo on a Hawaii Air National Guard C-130 Hercules transport, then to Pohakuloa Training Area via a Hawaii Army Guard CH-47D Chinook helicopter. After an orientation briefing at Bradshaw Airfield they were trucked out to an artillery demonstration held by the 1st Battalion, 487th Field Artillery. Following the "fire for effect," the employees were separated and then taken to their employees units for a hearty MRE (meals-ready-to-eat) lunch. The last event of the day for the energetic group was an orientation fire with M-16's. Their day ended with a Chinook ride back to Hilo and the return flight to Oahu on the C-130.

Both the 298th Engineer Detachment and 227th Engineer Company were kept busy. The 298th spent their AT at Keaukaha Military Reservation, Hilo Armory and on Maui (engineers story in detail on page 1). The combat engineers of the 227th had a very busy AT up at PTA, as

well as the road building mission on Maui. They supported the brigade with the laying of barbwire, the constructing fighting positions and the improving of roads with cin-

Also supporting operations at PTA were Company C (Medium Lift), 193rd Aviation. Their CH-47D Chinook helicopters were busy flying soldiers up and down the hill and from Hilo to Oahu.



2nd Lt. Jeffrey D. Hickman

SECURITY POSTING – Pfc. Gregory D.L. Auna and Sgt. Ryan H. Goto, from the 227th Engineer Company, pound post for barbwire perimeter fighting positions.



Maj. R. Scott Rhode

RECOVERY MISSION – A CH-47D Chinook helicopter from Co. C (Medium Lift), 193rd Aviation, airlifts a 29th Separate Infantry Brigade hummer to the Pohakuloa Training Area motor pool.

Hawaii Guard band prepares for annual Christmas concert

Language of music binds band family

Story and photo by
2nd Lt. Gina M. Williams

Although the Hawaii National Guard Band is only 72 years old, the musical experience of its 40 members total more than 800 years. The longevity of its membership is attributed to a family like atmosphere and a common language, music.

"This is a special unit and camaraderie is always high," said the 111th Army Band's 1st Sgt. Roy J. Miyahara, who joined in 1976 as a trombone player. "We always welcome the newcomers like family. We make them see beyond their six-year obligation. It's more than just coming to drill and putting in hours. I can relate to the young ones because he's a musician and I'm a musician. We speak the same language."

A recent addition to the band is, University of Hawaii student Jonathan B. Kimura, who is in his

first tour of duty with the Guard.

"I joined the Guard, because I wanted to better my life. I'm currently attending U.H. for a bachelors degree in secondary music education," said the young trombone player. Spc. Kimura, who graduated from Castle High School in 1992, is also using the tuition assistance program to help pay for his education.

Spc. Bobbie Textor, an expectant mom and music teacher, a recent addition to the band, attested to the band's ohana-like atmosphere.

"Instead of four drills back to back on Saturday and Sunday, we drill once a week for four hours," she explained. "I chose this unit, because I saw people who have been here 10 to 30 years. I said 'there must be something good about this unit for people to stay here' and this year I found out. I've had more people express concern over this pregnancy. The people here are genuinely concerned."

A strong family support group also helps the band retain its membership by allowing spouses and family members opportunities to contribute to the band's performance.

"For the Christmas program, we help with the hospitality and decorations," said Elizabeth C. Santa Ana, wife of Sgt. Nolan D. Santa Ana and head of the 111th Army Band Family Support Group. "We're looking at fund raising, food booths and setting up snacks in the lounge when the guys go on break and a swim meet to help with the Christmas program."

"I took a survey of ideas, and I got really good responses," she added. "We're trying to assess needs of the family beyond social, to include spouses, parents, and retirees."

The band's family support group is also planning a family support concert, starting a women's choir and making a recipe book. "We already have a newsletter, and we're starting golf and bowling tournaments. We're a very close knit unit," said Santa Ana.

The family atmosphere of the band even resounds in the day

room, which also doubles as the instrument locker room. Not only does the room store 125 instruments, but one can also catch the aroma of fresh-brewing coffee and a teriyaki chicken and rice dinner while hearing the melody of a newly restored guitar, or watch the excitement of musicians finding an antique instrument like pirates finding lost treasure.

The contributions of the family support group allow the band to focus on its primary and secondary missions. The first is to provide music for both the Army and Air Guard during civil and military operations, national and international community relations and major training exercises. The band averages 24 performances a year and is usually booked six months to a year in advance. Their secondary mission is rear security, requiring them to be proficient in their weapons, as well as their instruments.

"Normally, we spend half of our time on our music mission," said Staff Sgt. Aaron Kito-Hong, the band's full-time support services specialist and trombonist. "One fourth of our time we devote to our military mission, Common Task Testing, weapons training, and gas chamber. We're also heavily armored," he added, pointing out the arms vault in their facility at Waiawa

Armory in Pearl City.

The band began in 1919, as the band section of Headquarters Company of the First Infantry, National Guard of Hawaii. In 1940, it was reorganized and redesignated as the band of the 298th Infantry, U.S. Army. During the band's World War II activation, the musicians performed for troops in Guadalcanal and other South Pacific islands.

The ability to blend military and music skills is what lends to the endurance of the band's membership. "People we have like doing what they're doing," said Kito-Hong. "Put a big project in front of them and they'll step forward and get the job done."

One project that allows band members to work with young musicians is high school music clinics. Joint rehearsals inspire the youths to continue a career in music.

"I think it's a matter of having organizations to share your talents," said Miyahara, who began music studies in the seventh grade. "I have a suspicion that they want to continue, but there's no outlet. I think now there are a lot more things to distract young musicians, like video games and TV. If high school students want to play, the military offers excellent opportunities to play your horn, travel and serve your country."



Spc. Ron Batula tunes his french horn during a Monday night drill at Waiawa Armory in Pearl City.

Department of Defense Christmas Concert

featuring the Hawaii Army National Guard's
111th Army Band

under the direction of Bandmaster
Chief Warrant Officer Gerald T. Nichols

Where: Hawaii Theatre, downtown Honolulu
When: December 12 & 13, 7:30 p.m.

Adult Tickets Children Tickets (12 and under) Date

Type or print legibly & mail request by Dec. 1 to:
DOD Christmas Concert, Attn. LTC Jardine
96-1210 Waihona St.
Pearl City, HI 96782-1997
FAX to: (808) 453-0537 or call 453-6750

Name: _____

Address: _____

Phone: _____

Unit or Office: _____

Clip mail or fax to 111th Army Band

Hawaii Air National Guard



**Brig. Gen. Dwight M. Kealoha
Commander, HIANG**

Well Done:

• To the 154th Wing on its strong Combat Employment & Readiness Inspection (CERI) performance in August! Despite one of the toughest scenarios seen by a Guard organization, individual and unit performances underscored the wing's strong readiness posture.

While there are success stories throughout the wing, particular recognition goes to those whose performance contributed to excellent rating in areas to include em-

ployment, operations mission support and sortie generation. A further plus was the excellent performance of our newer squadrons in their first full evaluation. An overall satisfactory rating also means that a couple of areas were judged to be in need of attention, so plans are in-place to provide the necessary training for them.

• To the 201st Combat Communications Group and the 154th Wing members who participated in Exercise UICHI FOCUS LENS. Received glowing reports on your performance and contributions to one of the most important exercise in the Pacific Command (PACOM) area.

• From the July 1st Honolulu Star-Bulletin, comes the following story: "KGMB-TV's Sandra Sagisi was munching a snack at the studio when something lodged in her throat and the call came out — anyone know how to do the Heimlich? Before colleagues in the new room

could react, suddenly there was Blaine Osato of the Hawaii Air National Guard who was there working on a story with another reporter. He came to her rescue, probably saving Sagisi's life. Her reaction to it — in true loyal CBS fashion — was that she had been "Touched by an Angel." Blaine is a member of the 154th Aircraft Generation Squadron.

• To Steve Wong, Randall Fukunaga, Roxanne Bruhn, Richard Nawai and Ben Lum. During an exercise earlier this year this group's quick reactions saved the life of another guard member who collapsed because of heat and while wearing a chemical suit. He was carried into a vacant room where buddy care was administered. They called the medics who subsequently took care of the individual.

• To William Woods, Randy Ramos and Robert Warren, of the 297th Air Traffic Control Squadron. On their way to Taszar,



Hawaii Air National Guard photo

HEROES — Steve Wong, Randall Fukunaga and Roxanne Bruhn (along with Richard Nawai and Ben Lum) saved the life a fellow airman who was suffering from heat exhaustion.

Hungary, as part of the presidential call-up, gave just-time training for more than 17 air traffic controllers. The three 297th airmen went beyond what was expected, revising course

materials, instructing and working long hours to fit it all together. Because of their efforts, Air National Guard/XOB (Battle Management) stated, "Please pass along our extreme grati-

tude for the hard work and effort displayed by Woody, Randy and Rob. They deserve the lion's share of credit for the success of training of the Hawaii Air National Guard members.

Hawaii Air Guard assumes operational control of Hawaiian air space

By Staff Sgt. Barry Masuo and Staff Sgt. Stephen L. Thomas

In an historic ceremony Sept. 30, the U.S. Air Force 10th Air Defense Squadron was inactivated and officially turned over the responsibility it has held for the last 40 years — overseeing the air defense mission in the State of Hawaii — to the Hawaii Air National Guard.

The ceremony took place at the foot of the Channel Display near the Hickam Air Force Base Officers' Club.

Lt. Gen. Eugene Santarelli, vice commander Pacific Air Forces, presided over the ceremony. Invited guests at the morning ceremony included Maj. Gen. Edward V. Richardson, the adjutant general, Brig. Gen. Dwight M. Kealoha, commander of the Ha-



Sgt. 1st Class Stephen M. Lum

END OF AND ERA — The 10th Air Defense Squadron sign has been replaced as the Hawaii Air National Guard assumes the responsibility of overseeing the air defense mission from the active component.

waii Air Guard; and Brig. Gen. Michael Tice, commander of the Hawaii's 154th Wing.

The symbolic ceremony ended with Col. Ann Testa, 15th Air

Base Wing commander, handing over the Koa warrior spear, a symbol of the defense of the Hawaiian Islands, to Santarelli, who represented the commander of the Ha-

waii Air Defense Region and Headquarters, Pacific Air Forces Director of Operations. He then handed the spear over to the vice commander of the 154th Wing, Col. Walter Kaneakua, marking the end of one era and the beginning of another.

Lt. Col. Jerry Bona, the Hawaii Air Guard's 169th Air Control and Warning Squadron com-

mander, was pleased to assume the mission. "This assumption is advantageous because cost is one of the biggest factors. We are replacing a 29-person squadron with 20 full-time positions," he said. "We recognize the gravity of the task upon which we embark and the trust with which you pass this baton. The 154th Wing is up to the challenge, having partnered with the active duty Air Force over these many years. We have together made this a strong team. Today, we take the historic step of 'going it alone' under PACAF guidance," said Kaneakua.

A monument with an engraved plaque in tribute to the 10th ADS will be erected at Wheeler Army Airfield's Memorial Park. Another Plaque was given to the 15th Air Base Wing.



Capt. Charles J. Anthony

Good neighbor policy publicity

Sgt. Dino Gonzales, from the Hawaii National Guard's Counterdrug Program is interviewed by KITV reporter Jill Kuramoto (with videographer Sonny Ahuna) about the Guard's involvement in the Na Koa Crime Watch program. Na Koa Watch volunteers, who enhance existing neighborhood security watches, spent summer weekends patrolling the Diamond Head lookout area, at the request of the Honolulu Police Department's Scenic Enforcement Program. The program was developed in response to the growing crime trend at Oahu's scenic points. The HPD had been receiving several reports of car break-ins in the Diamond Head Park area. During the Na Koa Watch patrols, no car break-ins were reported.

Spotlight

Guard soldier builds sound mind, body

By 2nd Lt. Gina M. Williams

Eleven years ago, a young man named Francis S. Taua graduated from Nanakuli High School with a bodyweight of 119 pounds and a personal goal "just to put on weight." Today he is 47 pounds heavier and the 1997 Armed Forces Bodybuilding Champion.

Sgt. Taua, who is assigned as a 3rd Squad leader of 1st Platoon, 227th Engineering Company at Waiawa Armory in Pearl City and works full time at Hawaii National Guard's Youth Challenge Program, recalls his first competitions. "I did the Maui Ikaika in 1992, and placed 2nd out of three in the novice middleweight division," said Taua. "In the 1993 Big Island Classic, I placed in the novice division 2nd out of four in the same weight class."

"It was a learning process back then," he recalled. "From the dieting to learning how your body reacts to foods, how quick your body can recover from a workout, and you learn that you have to use certain techniques that work for you because what works best for you may not work for someone else."

In the Armed Forces Bodybuilding Championship at Pearl Harbor, April 26, he placed first in the middleweight division and first overall against 15 other competitors. Taua placed third in June's Maui Classic.

For Taua, the weightlifting aspect is easy, it's the dieting that's challenging. His off-season bodyweight is 208 pounds, and he consumes 4,500 calories a day off-season. Nearing competition, he cuts his daily intake to 2,600 calories.

A typical training diet for him consists of eight meals a day comprised of one cup of oatmeal, 20 egg whites, three protein shakes, 12 ounces of chicken, 18 ounces of beef, seven cups of broccoli and a gallon and a half of water to wash it all down.

Every fourth day, the diet is supplemented with 200 grams of rice. Although he is married, Taua prefers to do his own cooking. "With the help of the nutrition program at 24 hour fitness, I'm more educated on how to calculate calories, carbohydrates and fats."

Shopping at the Commissary and warehouse stores helps with his grocery bill but as far as actual cost goes, "I don't keep track 'cause I don't want to know," he says.

For the physical aspect, Taua does a daily hour and a



Hawaii Navy News photo

AND THE WINNER IS ...Sgt. Francis S. Taua poses with his newly acquired 1997 Armed Forces Bodybuilding Champion.

half of cardiovascular training. Actual weight training is one hour a day and he keeps a mental logbook of his exercises. "Everyday it's something different," he said. "I work a different muscle part once a week."

Taua explained that the benefits of a sport like bodybuilding helps with the physical requirements of being a Guardsman. "Being that we need to take the PT test twice a year, it will improve your score in push-ups and sit-ups and the cardiovascular training will improve your run time."

A typical bodybuilding competition starts with a weigh-in and a judging of contestants. "The judging in the morning is what really counts," explained Taua. "That's when the judges take every contestant through the compulsory poses. That's when they compare symmetry, muscularity and body balance."

After six years of competing, Taua said that he still gets nervous in front of big crowds but help from friends and faith in God help him through his routines.

At the Armed Forces Championship, he selected "Make it to Tomorrow," a gospel song by Sandi Patti and former armed forces champion James Nathan helped him with his posing routine. "I had a lot of good guidance from some friends and keeping trust in God, not to win anything, but just to go out and do my best."

Taua said, "if you want to succeed in any field, you need to put your mind and heart in it," and he added, "more of your heart.

Anyone can accomplish what their heart desires."

Ask the Top

Command Sgt. Maj.
James K. Kahalehoe Jr.



Good Conduct Medal

Q. Who should be awarded the Good Conduct Medal?

A. It is awarded on a selective basis to *only active duty, or AGR* soldiers who distinguishes himself/herself from among his/her fellow soldiers by their exemplary conduct, efficiency, and fidelity throughout a specific period of continuous enlisted active Federal military service (Hawaii Guard soldiers on Active Guard/Reserve status). There is no right or entitlement to the medal.

Q. What are the qualifying periods of service for award of the Good Conduct Medal?

A. 1) Every three years completed.

2) For first award only, upon termination of service of less than three years but more than one year.

3) For first award only, upon termination of service of less than one year when final separation was by reason of physical disability incurred in the line of duty.

Q. What is the minimum period of service required for the first award of the Good Conduct Medal?

A. 12 months (except as noted in #3 above).

Q. When are two successive enlistments not considered to be continuous and therefore not creditable toward an award?

A. When an interval in excess of 24 hours occurs between enlistments.

Q. What are the character of service requirements for the award of the Good Conduct Medal?

A. (1) The immediate commander must evaluate the soldier's character as above reproach.

(2) The record of service must indicate that the soldier has willingly complied with the demands of the military environment, has been loyal and obedient to superiors, has faithfully supported the goals of the organization and the Army, and has conducted himself/herself in such an exemplary manner as to distinguish him/her from fellow soldiers.

(3) In terms of job performance, the soldier's efficiency must be evaluated as meeting all requirements and expectations for one of that soldier's grade, MOS, and experience.

Q. When is the DA Form 4950 (Good Conduct Medal Certificate) presented to enlisted soldiers?

A. Only on the following occasions:

(1) Concurrent with the first award of the Good Conduct Medal.

(2) Concurrent with retirement.

For more information refer to AR 672-5-1.

Lieutenant

wins

crown



Dicks

Miss Nubian Hawaii 1997 was crowned at the newly refurbished Hawaii Theatre, June 28. Miss Nubian '97, also known as 1st Lt. Wanda L. Dicks, is enjoying her reign and looks forward to making many contributions in the community.

Dicks, who is the drill-status public affairs officer for the Hawaii Army National Guard's 29th Infantry Brigade (Separate), won the cultural and beauty pageant for Hawaii citizens of at least 25 percent African ancestry.

The pageant awarded Dicks a \$7,500 scholarship to Hawaii Pacific University, a one year membership at 24-hour Spa Fitness and a \$700 scholarship for Models, Inc.

Congratulations Lieutenant Dicks.



2nd Lt. Jeffrey D. Hickman

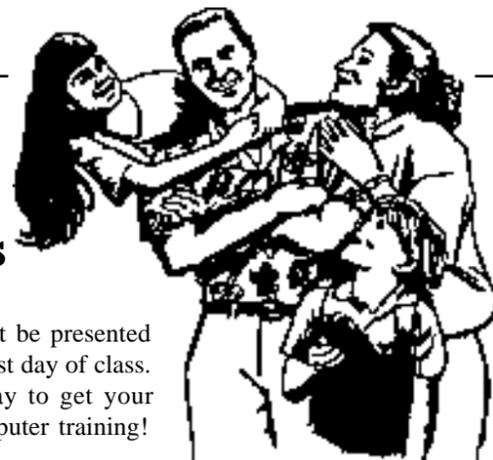
TUNNEL TRAP – Hawaii Army National Guard soldiers "create" a log-jam in a tunnel of the H-3 highway as part of the hazardous material exercises conducted by Department of Transportation.

Hawaii Guard assists in H-3 hazmat exercise

The State Department of Transportation conducted a mock hazardous materials spill inside one of the H-3 tunnels, Aug. 20. The State Civil Defense and Hawaii National Guard participated in the exercise by providing equipment and expertise.

Hawaii National Guard Family Program

HuiLaulima: Family of Helping Hands



Maj. Martha St. Louis
State Family Support
Coordinator

Plans have already begun for this year's Family Program Annual Conference, scheduled for April 25-26, 1998, location on Oahu to be determined. Commanders and key Family Support Group (FSG) volunteers: mark your calendars and work with your FSGs to determine who will represent you at this year's conference. The Governor is a planned keynote speaker. More information on the

upcoming conference will be forthcoming! As always, we will work together to help improve the quality of life of Hawaii National Guard soldiers and airmen and their families...it's what we're all about!

Upcoming family activities

Oct 16-17: Exceptional Family Member Joint Services Workshop, Hickam Air Force Base Chapel. Exceptional Family Members are those military family members that require special medical or educational support in their everyday lives. Contact Maj. St. Louis if you are a Guard family member or know of a Guard family member that may be able to use some resources and support for their special family member needs.

Oct. 18: Family Safety Fair, Schofield Barracks Community Chapel. October is the Military Community Domestic Violence Prevention Month. It is important that we have a Guard and Community-wide commitment to stop the violence in our homes. Not only are our families threatened, but the fundamental mission of readiness can be undermined. Prevention is the key to breaking the vicious cycle of family violence. We must use every teachable moment to ensure that our Guard members, their spouses and children promote positive, nonviolent behavior in their families. Informational pamphlets, as well as information on Army Community Services classes, are available through the Family Program office.

Mahalo to Dr. Scaff

Thanks to Dr. Jack Scaff, director of the H3 Trans Ko'olau Trek 10 mile Run, for his kind donation to the Hawaii National Guard Association in appreciation for the help and support of the Guard to make the once in a

lifetime sports event that took place last May, Mother's Day, a success.

Make plans for family briefings

It's not too soon to plan for your holiday family briefings. Include Family Program and Family Support Group information, as part of your family days and holiday celebrations. Contact the State Family Program Coordinator at 732-1823 to coordinate this now! Additionally, pre-MOB Family Support briefings for any HING unit that requests them are effective ways to keep the family, as well as the unit members, informed of what happens during and how to prepare for mobilizations and deployments. Airmen are preparing for "Commando Sling" this November, and Army Guard soldiers are preparing for training at the Joint Readiness Training Center in Louisiana. Include family readiness and mobilization preparation in your unit training schedules and FSG agendas. Our HING units are constantly on the go, and we need to make sure our families are prepared.

Free computer classes available

Don't forget to take advantage of the FREE computer classes Maj. Gen. Richardson has made available to Guard family members at no cost to the federal or state government. Enrollment procedures are easy...call the Ordnance Training Company between 9 AM and 4 PM at 455-1519 or 455-1613 to reserve a seat. Classes include: Introduction to Computers, Beginning Windows 95, Beginning Word 7.0 for Windows, Intermediate Windows 95, Intermediate Word 7.0, Beginning Excel 7.0, Microsoft Power Point 7.0 and the Reserve Component Automated System (RCAS) Networking using Windows NT 4.0. These courses are ongoing from October to December 1997. Eligible persons include full-time State DOD employees, Army and Air National Guard members and their dependents age 12 and older and retirees. A valid identification

card must be presented on the first day of class. Call today to get your free computer training!

Mahalo to family program volunteers

A special thanks goes out to the special volunteers who regularly give of their time and talents to participate in the Family Program Advisory Team. These representatives meet monthly to plan upcoming events and volunteer activities for the State. The Family Program could not function without their tremendous efforts. The team is currently headed by Kanani Kahalehoe, a very busy Hana Maui resident. She currently is very involved in crewing the Makali'i, a 54-foot double-hulled canoe and training on traditional Hawaiian navigation. This training is to help prepare the crew to sail to Tahiti in the near future...happy sailing Kanani!! She also works with many local volunteer organizations, including the American Red Cross. Her husband is the first sergeant for C Company, 2nd Battalion, 299th Infantry. Other State Team members include: Yvonne Landreth (Army), Liz Santa Ana (Army) and Joyce Silva (Air), Oahu; Marilyn Tolentino (Air), Hawaii; Bobbie Agena (Air), Kauai; Carol Manuel, Maui/Molokai; and past head volunteers, Cheri Mandaquit, Liz Taga and Jo Anne Yamamoto. We are always looking for dedicated volunteers ready to assist the Oahu State Team representatives. Contact your island representative for more information.

Parent training available on all islands

Parent to Parent Training continues to be available to train and guide Guard families in the parenting experience. Classes are available on Oahu and neighbor islands. Contact the Family Program office at 732-1823 for more information on upcoming class dates and times.

Guard hosts Na Koa Ku Makani drug-free event

Story and photos by Capt. Charles J. Anthony

On Saturday, Aug 16, the Hawaii National Guard, in conjunction with the Hawaii Housing Authority (HHA), the Honolulu Police Department, the Office of Youth Services and the Police Activities League, hosted the second annual Na Koa Ku Makani (warriors standing against the wind), a drug-free event, at Bellows Air Force Station. Na Koa Ku Makani is just one of the ways in which the Hawaii National Guard's Counterdrug and Drug Demand Reduction programs counteract illegal drug abuse in Hawaii.

"Standing against the wind means standing against the adversity of drugs," said Lt. Col. Gervin Miyamoto, the HING's Counterdrug coordinating officer. "Events such as Na Koa Ku Makani foster partnerships between federal, state and county agencies in the quest to stop the demand for drugs, by bringing together members of the Guard and the local community to reinforce the drug free message."

More than 2,500 residents of HHA projects, National Guard members and their families and special guests attended. Brickwood Galuteria of KCCN and Staff Sgt.

Juan Canopii, Hawaii Air National Guard, were the masters of ceremonies. Other special guests and performers included Frank Delima, Martin Pahinui, George Ku'o, KHNL's Guy Hagi, and the Honolulu Police Department's Canine and SWAT teams. Dignitaries in attendance included Gov. Benjamin J. Cayetano, Sen. Daniel K. Inouye, Sen. Daniel K. Akaka, Lt. Gov. Mazie Hirono; Lt. Gen. Edward D. Baca, chief, National Guard Bureau; Maj. Gen. Edward V. Richardson, state adjutant general; Sidney Hayakawa, Drug Enforcement Agency (DEA) resident agent in charge; Sharon

Yamada, executive director, Hawaii Housing Authority; and HPD Chief Michael Nakamura.

Senators Inouye and Akaka, Lt. Gov. Hirono and Lt. Gen. Baca each gave impassioned remarks on the efforts of the Hawaii National Guard and law enforcement agencies in drug demand reduction and urged Hawaii's youth to resist drugs. Gov. Cayetano moved about the crowd and personally delivered his best wishes to those in attendance. *EDITORS NOTE: Cover photo shows Honolulu Police Department's SWAT team demonstration at the Na Koa Ku Makani.*



EXECUTIVE FORUM -- Gov. Benjamin J. Cayetano confers with Lt. Gen. Edward D. Baca (right) and Maj. Gen. Edward V. Richardson, the adjutant general, on the Na Koa Ku Makani events. Baca is the chief of the National Guard Bureau.



GETTING THE MESSAGE ACROSS -- Maj. Gen. Edward V. Richardson, the adjutant general, is joined by Lt. Gen. Edward D. Baca (left), Honolulu Police Department Chief Michael Nakamura, and Lt. Col. Gervin Miyamoto, HING's Counterdrug coordinating officer, at the Na Koa Ku Makani stage.

Awards and Recognition

Members and units of the Hawaii Army and Air National Guard were recently presented with awards in recognition of their outstanding performance.

Meritorious Service Medal

Col. Edward R. Cruickshank, HQ, State Area Command
 Col. Bernard K. Takano, HQ, State Area Command (2nd OLC)
 Lt. Col. Walter M. Harris, 154th Wing (2nd OLC)
 Lt. Col. William W. Joesphson, 154th Wing (1st OLC)
 Lt. Col. Bruce K. Minato, 203rd Air Refueling Squadron, (1st OLC)
 Lt. Col. Leroy T. Perry, 154th Wing
 Lt. Col. Bruce D. Spear, HQ & HQ Service Battery, 1st Battalion, 487th Field Artillery
 Capt. Robert L. Kauhane, HHC, 29th Separate Infantry Brigade
 Chief Warrant Officer Robert C. Paoa, HQ, State Area Command
 Chief Warrant Officer Dennis Y. Taga, 29th Separate Infantry Brigade
 Sgt. Maj. Leighton Y.C. Siu, HQ, State Area Command
 Sgt. Maj. Harry Nishida, HQ, State Area Command
 Master Sgt. Robert E. Stinson, 103rd Troop Command
 Sgt. 1st Class Melelini Fiso, 103rd Troop Command
 Sgt. 1st Class Eugene S.B. Kim, 103rd Troop Command
 Sgt. 1st Class Robert Y. Okazaki, HQ, State Area Command
 Master Sgt. Richard K. Kudo, 154th Maintenance Squadron
 Master Sgt. William K. Montgomery Jr., 154th Operations Support Flight
 Master Sgt. Wallace K.Y. Wong, 154th Logistics Support Flight

Army Commendation Medal

Lt. Col. Theodore A. Daligdig III, 25th Infantry Division (Light) Detachment
 Maj. Douglas K. Jackson, 103rd Troop Command
 Maj. Michael M. Miyamura, 29th Separate Infantry Brigade

Capt. Mark S. Morita, Co. B (Maint.), 29th Support Battalion
 1st Lt. Christopher David Carpita, HHC, 29th Separate Infantry Brigade (1st OLC)
 1st Lt. John H. Eves III, HHC 29th Separate Infantry Brigade
 1st Lt. Aaron D.K. Kaneao, 227th Engineer Company (Combat)
 1st Lt. Brian L. Peterson, Co. D, 2nd Battalion, 299th Infantry
 2nd Lt. Barbara D. Tucker, 29th Separate Infantry Brigade
 Chief Warrant Officer Christopher Blane, Co. B, 193rd Aviation (3rd OLC)
 Chief Warrant Officer Oscar T. Nakamura, HQ, State Area Command
 Chief Warrant Officer Dennis Y. Taga, HHC, 29th Separate Infantry Brigade (1st OLC)
 1st Sgt. Roy J. Miyahira, 111th Army Band
 Master Sgt. Lew M. Alba, HHC, 29th Separate Infantry Brigade
 Master Sgt. Justin J.L. Fo, HQ, State Area Command
 Sgt. 1st Class Keun S. Cho, HQ, State Area Command (2nd OLC)
 Sgt. 1st Class Wilfred C. Chuck, Co. C, 193rd Aviation (1st OLC)
 Sgt. 1st Class Leopoldo Doquiza, 103rd Troop Command (3rd OLC)
 Sgt. 1st Class Darrell T. Fujii, HQ, State Area Command (3rd OLC)
 Sgt. 1st Class Calvin K. Okamoto, HQ, State Area Command
 Sgt. 1st Class Steven J. Santiago, CECAT (Medical) (1st OLC)
 Staff Sgt. Francis Aihara, HQ, State Area Command
 Staff Sgt. James Burkhardt, Co. C, 193rd Aviation
 Staff Sgt. Patrick A. Cambra, HHSB, 1st Battalion, 487th Field Artillery (1st OLC)
 Staff Sgt. Richard D. Cope, Troop E, 19th Cavalry (2nd OLC)
 Staff Sgt. Melchor C. Geronimo, HQ, State Area Command
 Staff Sgt. Albert K. Kamealoha, HQ, State Area Command (2nd OLC)
 Staff Sgt. Aaron Kito-Hong, 111th Army Band (1st OLC)

Staff Sgt. Mitchell R. Lani, Co. A (Sup. & Trans.), 29th Support Battalion
 Staff Sgt. Frank K. Lunasco, HHSB, 1st Battalion, 487th Field Artillery (2nd OLC)
 Staff Sgt. Calvin K. Okazaki, HQ, State Area Command
 Staff Sgt. Francis Smith, HHC, 29th Separate Infantry Brigade (3rd OLC)
 Staff Sgt. Constancio U. Soliven, HQ, State Area Command
 Staff Sgt. Mario T. Tabaquin, Co. A (Sup. & Trans.), 29th Support Battalion
 Staff Sgt. Roy T. Ushijima, HQ, State Area Command
 Sgt. Edward D. Abe, HHSB, 1st Battalion, 487th Field Artillery
 Sgt. Kenneth Agbayani, Co. C, 193rd Aviation
 Sgt. Kande K. Almond, HQ, State Area Command (1st OLC)
 Sgt. John Aquino, HQ, State Area Command
 Sgt. Alan Benzon, HHC 29th Separate Infantry Brigade
 Sgt. Mirion A. Kealiinohomoku, 103rd Troop Command
 Sgt. Lisa A. Lunasco, HQ, State Area Command
 Sgt. Wayne M. Miyashiro, HHSB, 1st Battalion, 487th Field Artillery
 Sgt. Roy S. Nakasone Jr., HQ, State Area Command
 Sgt. Robert L. Shuford, 29th Separate Infantry Brigade
 Sgt. Donovan M. Tuisano, 29th Separate Infantry Brigade
 Maj. Michael M. Miyamura, 29th Separate Infantry Brigade
 Cpl. Randy E. Liwai, Co. B (-), 2nd Battalion, 299th Infantry
 Spc. Miles A. Arakaki, HHSB, 1st Battalion, 487th Field Artillery
 Spc. Ronald Batula Jr., 111th Army Band (2nd OLC)
 Spc. Paul-Michael K. Hayes, HHD, 12th Personnel Service Detachment
 Spc. Le Kim Lee, Co. C (Med) 29th Support Battalion
 Spc. Roberto J. Segobia, Co. B (-), 2nd Battalion, 299th Infantry
 Pfc. Daniel F. Cablin, Co. B (-), 2nd Battalion, 299th Infantry

Air Force Commendation Medal

Maj. Edgar S. Kimsey, 154th Operations Support Flight (3rd OLC)
 Capt. Arnold L. Burnett, 154th Operations Support Flight
 1st Lt. Marc A. Gonsalves, 150th Aircraft Control & Warning Squadron
 Senior Master Sgt. Maximo P. Valenzuela, 293rd Combat Communications Squadron
 Master Sgt. Lorencio B. Banquel, 150th Aircraft Control & Warning Squadron
 Master Sgt. Daniel Y. Komatsu, 169th Aircraft Control & Warning Squadron (Fixed)
 Master Sgt. Carl W. Schumacher III, 154th Air Control Squadron
 Tech. Sgt. Clayton C. Carvalho, 150th Aircraft Control & Warning Squadron
 Tech. Sgt. James A. Causey, 293rd Combat Communications Squadron
 Tech. Sgt. Bridget K. Komine, 154th Mission Support Flight (1st OLC)
 Tech. Sgt. Brian K. Muta, 293rd Combat Communications Squadron

Army Achievement Medal

Chief Warrant Officer Arthur H. Loebel, HQ, State Area Command (1st OLC)
 Sgt. Maj. Charlene H.M. Takesue, HQ, State Area Command (2nd OLC)
 1st Sgt. Joseph Penn, 103rd Troop Command (3rd OLC)
 1st Sgt. Bert Yanagida, Co. C, 193rd Aviation (1st OLC)
 Sgt. 1st Class Gordon K. Doo, HQ, State Area Command (3rd OLC)
 Sgt. 1st Class Rayce O. Inamine, Co. C, 193rd Aviation
 Sgt. 1st Class Miles Masayuki, Co. A (Sup. & Trans.), 29th Support Battalion
 Sgt. 1st Class Aaron R. Pollick, HQ, STARC (4th OLC)
 Sgt. 1st Class Michael T. Sato, Co. A (Sup. & Trans.), 29th Support Battalion



Sgt. 1st Class Stephen M. Lum

CHANGING OF THE GUARD—Lt. Col. Stanley Keolanui Jr., (center) accepts the colors and command of the 1st Battalion, 487th Field Artillery, from Brig. Gen. Dennis A. Kamimura, 29th Infantry Separate Brigade commander. Former commander Lt. Col. Bruce D. Spear (right) is joining the Headquarters, State Area Command staff.

Staff Sgt. Rowena N. Balmilero, HQ, State Area Command (3rd OLC)
 Staff Sgt. Palmyra K. Hethcote, HQ, State Area Command (3rd OLC)
 Staff Sgt. Robert W.J. Lumking, Co. B, 193rd Aviation
 Staff Sgt. Harold C.H. Tong, 103rd Troop Command
 Sgt. Kimberly T. Christopher, Co. B, 193rd Aviation
 Sgt. Resurreccion T. Lagoc-Williams, HQ, State Area Command (4th OLC)
 Spc. Jeremy K.Y. Chang, Co. D, 2nd Battalion, 299th Infantry
 Spc. Paul-Michael K. Hayes, 12th Personnel Service Detachment
 Spc. Suzanne Mathias, 12th Personnel Service Detachment
 Spc. Luke J. McCarthy, Co. C, 193rd Aviation
 Spc. Fredrick T. Schaben, Co. C, 193rd Aviation
 Spc. Vaosa Lesu, 12th Personnel Service Detachment
 Pfc. Albert I. Akiona, Co. C, 193rd Aviation
 Pvt. Carolyn Y. Villanueva, HHC, 29th Separate Infantry Brigade

154th Aircraft Generation Squadron (2nd OLC)
 Staff Sgt. May L. Agcaoli, HQ, Pacific Air Forces
 Staff Sgt. Robert P. Jaeger, 154th Security Police Squadron
 Staff Sgt. James S. Welch, 154th Maintenance Squadron
 Senior Airman Richard D. Pida, 154th Maintenance Squadron
 Senior Airman William S. Salavea Jr., 154th Wing
 Senior Airman Leeann S. Tranvuong, 154th Maintenance Squadron (1st OLC)
 Senior Airman Cheryl S. Woodring, 154th Medical Squadron
 Senior Airman Robert L. Yashiki, 203rd Air Refueling Squadron (1st OLC)

Hawaii National Guard Medal for Merit

Lt. Col. Kenneth E. Hall, HQ, State Area Command
 Maj. Isao Joyo (Ret.), Co. D, 1st Battalion, 299th Infantry

Hawaii National Guard Commendation Medal

Capt. John Eves III, 29th Separate Infantry Brigade
 Capt. Richard S. Wilcoxon, 10th Aerospace Defense Squadron
 Chief Warrant Officer Theodore Dudoit, 291st Maintenance Co.
 Sgt. 1st Class Colin K. Brede, 29th Separate Infantry Brigade
 Sgt. 1st Class Frederick N. Kaholi, HQ & HQ Service Battery, 1st Battalion, 487th Field Artillery
 Sgt. 1st Class Arthur Lum, 29th Separate Infantry Brigade

Air Force Achievement Medal

Chief Master Sgt. Calvin M. Yoshimoto, 154th Aircraft Generation Squadron (2nd OLC)
 Master Sgt. Bernice K. Pharr, 154th Logistics Squadron (2nd OLC)
 Master Sgt. Brian A. Tom, 154th Wing (1st OLC)
 Tech. Sgt. Maureen B. Rivera, 154th Maintenance Squadron
 Tech. Sgt. Baldwin D. Ojerio,

"Safety Starts With Me"



Iaea

In light of the recent food-borne contamination regarding e.coli bacteria, I would like to share the following safety information.

The Food and Drug Administration recently reported that Foodborne illnesses kill over 10,000 people each year. Over 70 percent of all outbreaks originate in food service operations and as many as 40 percent are the result of poor hand-washing and cross-contamination.

Food contamination is usually the result of poor food handling procedures during manufacturing or food preparation. Beef or venison products, particularly ground beef, can be contaminated during slaughtering or processing. Raw meat juices, dirty hands, or unclean surfaces can contaminate foods, such as salads. Raw vegetables and fruits also may be contaminated, if they are dropped on the ground and are not washed before they are eaten.

E.coli is bacteria that normally live in the intestines of humans and animals. Although most strains of this bacteria are harmless, several are known to produce toxins that can cause diarrhea. One particular e.coli strain called 0157:H7 can

only be diagnosed by a special procedure which is not available in all laboratories or hospitals.

Prevention:

Do not eat under-cooked hamburger or other ground beef products. Cook roasts to at least 130 degrees F and other ground beef to 155 degrees F. Venison should be cooked to 165 degrees F. Make sure cooked ground beef is brown throughout and the juices run clear. Drink only pasteurized milk, milk products and fruit juices. Carefully wash all produce, kitchen utensils and countertops. Wash hands carefully with soap, after using the toilet or changing a child's diaper to reduce the risk of spreading disease. Wash hands with hot soapy water, rubbing hands together for at least 20 seconds.

* *The HIARNG Safety & Occupational Health Office welcomes your comments, articles and/or suggestions. Comments and/or suggestions may be directed to the State Safety & Occupational Health Manager, Capt. Arnold Iaea. You may also report any safety concerns by calling the HIARNG Automated "Safety-Line" at 733-4105 or 4109 (after 1800 hours). Remember, safety hazards, near-misses and accidents should be immediately reported to your supervisor who in turn will notify our chain of command (NGR 385-10, appendix DOD Instructions).*

Training Schedule

Listed below are the inactive duty training dates for all Hawaii Army and Air National Guard units. Dates for subordinate units are the same as their parent headquarters, unless otherwise indicated. All dates are subject to change.

	Nov	Dec	Jan
Hawaii Army National Guard			
HQ, STARC, HIARNG	1-2	6-7	10-11
298th Regiment-Regional Training Institute	15-16	6-7	10-11
29th Infantry Brigade (Separate)	1-2	6-7	10-11
2nd Battalion, 299th Infantry	7-9	6	10-11
Co. A, B, C, D, 2nd Battalion, 299th Infantry	8-9	6-7	10-11
227th Engineer Company	8-9	6-7	10-11
103rd Troop Command	1-2	6-7	10-11
25th ID (L), D-RTOC	8-9	-	10-11
Co. B (AVIM), 193rd Aviation	1-2	6-7	3-4
Medical CECAT	1-2	6-7	9-11
RAID	1-2	6-7	9-11
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	1-2	6-7	10-11
154th Wing	1-2	6-7	10-11
201st Combat Communications Group	1-2	6-7	10-11