Hawaii Department of Defense

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

December 25, Thursday
Christmas Day, federal and state holiday.

December 25-26
December 25, Thursday

Operation Kahikinui highlights summer engineer projects

Army Guard builds for better tomorrow

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 404th,” 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 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.
Command Notes

Hawaii National 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 Health-care Services (HMHS), of Louisville, Ky., has been awarded the contract to administer the Defense Departments 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. 1.

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 reservists share of the monthly premium in the first year will be $4.36. Modest changes to the premium levels are expected 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 surgical 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 to $30 per month for E-4s and below. The maximum 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 the Selected Reserve's DEERS 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 months worth of premium payments with their initial enrollment form. Reservists who are in "pay" status will make a 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 may be reinstated if otherwise still eligible when the active-duty period ends.

The maximum annual benefit for services under the plan is $1,800 worth of paid allowable charges per calendar year.

Please direct all your concerns to the 154 MSF/DMPS, 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 15th Wing locations or questions about recycling at: 449-5135 or e-mail at ewong@cc@154dp

pupukahi mailing list: misupdated addresses

Want to keep receiving the pupukahi?

If you are a member of the Hawaii National Guard, make sure your administrative 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
Army network system makes debut at Hawaii Guard

By Deborah M. Sanders Murray

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

Since April 1997, DIM 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, telecommunication, and networking capabilities 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.

“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 network traffic and system performance. Categorical server, access, and usage reports will be available.

“RCAS will provide a definitive communications link between the units of the HIARNG, the National Guard Bureau, and other states,” he said.

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.

HAWAIIAN NEIGHBORHOOD NETWORK -- Computer Specialist Christopher L. Elmore (right) helps to maintain the Hawaii Army National Guard’s Reserve Component Automation System (RCAS), which performs 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 work in tandem with the file server. 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.

“Up to 125 families will live in the area. Most of the hikes, from bulldozers, scoop leaders 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 dinner 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 Pilani 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 Ka Ohana O Kahikinui for a homemade Portuguese bean soup.

One of the youngsters hanging out at the site was “adopted” by the engineering crew.

On Oahu, with help from the 1-10 20th 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 1900’s, 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, replaced portable classrooms.

“We enjoyed our two weeks in paradise,” said Capt. Frank Flux, 442nd commander, “and we’re always glad to help our Guard community.”

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

At the Combined Support Maintenance Shop #2, masons built a concrete pad for hazardous materials storage and a backfill sewer line trench. The engineers got down and dirty renovating the Hilo Army Guard 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 rewiring of the three buildings not finished during last year’s annual training.

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.

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.

ROAD TO KAHIKINUI -- Soldiers from the 298th Engineer Detachment cut Maui’s Operation Kahikinui road.
**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 National Guard's annual training exercises held in July. With the Joint Readiness Training Center deployment night 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 command- ers, visited their troops during annual train- ing. 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 National Guard," said Jackson.

The National Guard also provided the civilian employes of Hawaii's citizen-sol- diers 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 par- ticipating in "Guardlift '97." The employ- ees 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 a artillery demonstration held by the 1st Battalion, 487th Field Artillery. Following the "fire for effect," the employ- ees 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 orienta- tion 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 De- tachment and 227th Engineer Company were kept busy. The 298th spent their AT at Keaauaka Military Reservation, Hilo Ar- moryst and on Maui (engineers story in detail on page 34). 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 posi- tions and the improving of roads with cin- der.

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

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**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 mem- bership is attributed to a family like atmosphere and a common lan- guage, 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 wel- come 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. It relate to the young ones because he's a musician and I'm a musician. We speak the same lan- guage."

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 see the world. I'm cur- rently attending U.H. for a bachel- or's degree in secondary music education," said the young trom- bone player. Spc. Kimura, who graduated from Castle High School in 1992, is also using the tuition as- sistance program to help pay for his education. Spc. Bobbie Textor, an expect- ant mom and music teacher, a re- cent 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 helps the band retain its mem- bership by allowing spouses and family members opportunities to contribute to the band's performance. "For the Christmas program, we help with the hospitality and deco- rations," 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 funding rais- ing, food booths and setting up snacks in the lounge when the guys go on break and we'll step forward and get the job done."

A family support group also plans a family support concert, starting a women's choir and making a recipe book. "We al- ready have a newsletter, and we're starting golf and bowling tournam- ents. We're a very close knit unit," said Santa Ana.

The family atmosphere of the band even resonates in the day room, which also doubles as the in- strument 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 excite- ment of musicians finding an an- tique instrument like pirates find- ing 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 interna- tional 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 weap- ons, 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 ar- mored," he added, pointing out the arms vault in their facility.

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**Department of Defense Christmas Concert**

featuring the Hawaii 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.

**SECURITY POSTING – Pfc. Gregory D.L. Anna and Sgt. Ryan H. Goto, from the 227th Engineer Company, pound post for barbwire perimeter fighting posi- tions.**

**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.**

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

**Well Done!**
- To the 154th Wing on its strong Combat Employ- ment & 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 employment, 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 exercises in the Pacific Command (PACOM) area.
- From the July 1st Honolulu Star-Bulletin, comes the following story: "KOMBU 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, 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 gratitude 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.

**END OF AN 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.**

Brig. Gen. Dwight M. Kealoha, commander, HIANG

**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.

**Good Neighbor Policy Publicity**

Sgt. Dino Gonzales, from the Hawaii National Guard’s Counterdrug Program is interviewed by KITV reporter Jill Kuramoto-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.
Lieutenant wins crown

Inc. 24-hour Spa Fitness and a $700 scholarship for Models, ancestry.

TOUREX, Hawaii—Off-duty military man may not work for someone else.”

“With the help of the nutrition program because what works best for you you earn that you have to use cer-
tain techniques that work for you because what works best for you you may not work for someone else.”

In the Armed Forces Bodybuild-
ing 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 chal-

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.”

A typical bodybuilding competition starts with a weigh-in and a judging of contes-
tants. “The judging in the morn-

ing is what really counts,” ex-
plained Taua. “That’s when the judges take every contest-
tant through the compulsory poses. That’s when they com-
pare symmetry, musculature 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.”

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

Hawaii Navy News photo

Good Conduct Medal

Q. Who should be awarded the Good Con-

duct Medal?

A. It is awarded on a selective basis to only ac-
tive duty, or AG/AR soldiers who distinguishes him-


self/herself from among his/her fellow soldiers by their exemplary conduct, efficiency, and fidelity throughout a specific period of continuous en-
listed 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 ser-

vice for 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 there-

fore not creditable toward an award?

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

Q. What are the character of service re-

quirements for the award of the Good Con-

duct 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 de-
mands 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 exempl-

ary manner as to distinguish him/her from fel-

low soldiers.

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

Q. When is the DA Form 4950 (Good Con-

duct Medal Certificate) presented to en-

listed 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 672-51.
Hawaii National Guard Family Program

HuiLaulima: Family of Helping Hands

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.

Upcoming family briefings
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 Ordinance Training Company between 9 AM and 4 PM at 455-1519 or 1516 to reserve a seat. Classes include: Introduction to Computers, Beginning Windows 95, Intermediate Windows 95, Intermediate Windows 95, Excel 7.0, Microsoft Power Point 7.0 and the Reserve Component Automated System (RCAS) Networking using Windows NT 4.0. These courses are offered during the first half of each month. 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!

Makaloa 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, Cher Mandaquat, 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 10 Mile Trek Run, for his kind donation to the Hawaii National Guard Family Program, in conjunction with the Hawaii Housing Authority. Na Koa Ku Makani, a drug-free event, was one of the ways in which the Office of Youth Services, the Hawaii National Guard, in conjunction with the Hawaii Housing Authority, the Police Activities League, hosted the second annual Na Koa Ku Makani 10 Mile Trek Run, for his kind donation to the Hawaii National Guard Family Program. The event was held at Bellows Air Force Station.

The event was capped by Lt. Gen. Edward D. Baca (left), Honolulu Police Department chief, and Maj. Gen. Edward V. Richardson, state adjutant general.

The event attracted nearly 2,500 participants, including National Guard members and their families, as well as special guests from the American Red Cross. The event was held at Bellows Air Force Station.

The event was capped by Lt. Gen. Edward D. Baca (left), Honolulu Police Department chief, and Maj. Gen. Edward V. Richardson, state adjutant general. The event drew a large crowd and was considered a success.

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


Mark you calenders for Family Program Annual Conference, Apr. 25-26, 1998

Upcoming family activities
Oct 18: Family Safety Fair, Schofield Barracks Community Chapel. October is the Military Community Dosexic 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.

Information 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 HI Trans Ko’olau Trek 10 Mile Run, for his kind donation to the Hawaii National Guard Family Program 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 Ordinance Training Company between 9 AM and 4 PM at 455-1519 or 1516 to reserve a seat. Classes include: Introduction to Computers, Beginning Windows 95, Beginning Word 7.0 for Windows, Intermediate Windows 95, Intermediate Windows 95, Excel 7.0, Microsoft Power Point 7.0 and the Reserve Component Automated System (RCAS) Networking using Windows NT 4.0. These courses are offered during the first half of each month. 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!
In light of the recent food-borne contamination regarding E. coli bacteria, one should be aware of the following safety information:

**Prevention:** Do not eat undercooked hamburger or other ground beef products. Cook roasts to at least 130 degrees F. and other ground beef to at least 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 food preparation, kitchen utensils and countertops. Wash hands carefully with soap, after using the toilet or changing a diaper’s child’s diaper to reduce the risk of spreading disease. Wash hands with hot soapy water and dry hands thoroughly for at least 20 seconds.

*The HIARNG Safety & Occupational Health Office welcomes your comments, articles and/or suggestions, and/or 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 Hawaii Army Guard (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).