

Engineers

Engineers build in Hawaii, California pages 4-5



Sports

2 Soldiers run National Guard Marathon page 5



Awards

Soldiers compete for top enlisted award page 8



Hawaii State Department of Defense

pupukahi

pupukahi: "harmoniously united"

Vol. 43, No. 2

3949 Diamond Head Road, Honolulu, Hawaii 96816-4495

April - June 2008

Calendar

September 1, Monday

Labor Day, federal and state holiday.

September 20, Saturday

State Primary elections.

September 20-22

130th Annual National Guard Association of the U.S. Conference, Baltimore, Md.

October 8-10

2008 Asia Pacific Homeland Security Summit, location to be determined.

October 13, Monday

Founder's Day, federal holiday.

October, Last week

29th Infantry Brigade Combat Team deploys to Kuwait and Iraq.

November 4, Tuesday

General Election, state offices are closed.

October or November

Redeployment/Freedom Salute ceremonies for units and personnel who deployed in support of Operations IRAQI FREEDOM and ENDURING FREEDOM. Units include the 12th Personnel Service Det.; Co. C, 1st Bn., 207th Aviation; 29th Infantry Brigade augmentees to 1st Bn., 158th Infantry.

November 11, Tuesday

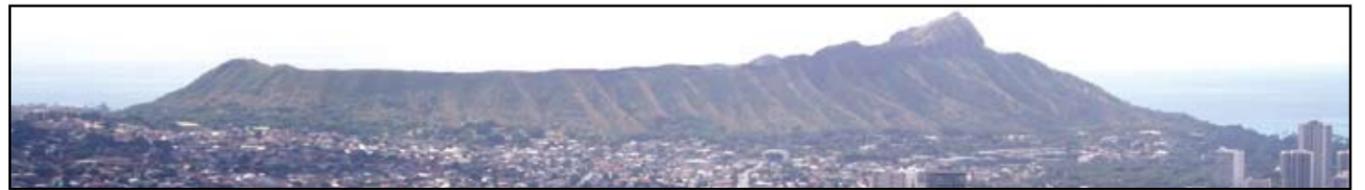
Veterans' Day, federal and state holiday; ceremony at the National Memorial of the Pacific, at Punchbowl, 10 a.m.; ceremony at the Hawaii State Veterans Cemetery, in Kaneohe, 1 p.m.

November 27, Thursday

Thanksgiving, federal and state holiday.

December 13, Saturday

372nd National Guard Birthday Ball, 5-10 p.m., Sheraton Waikiki, more information to follow.



Environmental Office's Diamond Head Crater restoration

Hawaii Army National Guard receives Army's highest environmental award

For its efforts to restore Diamond Head Crater to a more pristine natural condition, the Hawaii Army National Guard was awarded the Army's highest honor in environmental stewardship – the Secretary of the Army Environmental Award. The award was presented April 17th, at the Department of Defense headquarters outside of Diamond Head Crater by Addison "Tad" D. Davis IV, the Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health.

With exceptional planning and management, the HIARNG took only four months to reclaim the soil and restore a significant portion of Diamond Head Crater. In a concerted effort to leave Diamond Head in better condition than when it was given to the U.S. Army, the Hawaii

Army National Guard undertook a comprehensive cleanup program for Diamond Head as part of the 1979 act that mandated the restoration of Diamond Head. In a matter of months, and without once closing the park to the public, the Hawaii Army National Guard Diamond Head restoration staff removed and recycled over 14 tons of particulate metal and cleaned 30,000 tons of soil using a soil washing machine powerful enough to thoroughly wash soil after only one pass through the system.

The community surrounding Diamond Head Crater never had to worry about the restoration project impeding on their daily lives be-



DIAMOND HEAD CRATER CLEAN-UP - The contractors (above) working on the processing equipment. Notice the cleaned and processed soil falling from the conveyor belt. Also notice the pillbox located on the rim of the crater.

cause the Guard restoration staff worked directly with Diamond Head neighbors to accomplish the cleanup with minimized traffic, noise, and dust.



ENVIRONMENTAL TEAM PLAYERS – Hawaii Army National Guard Environmental Office staff seated from the left: Y Yam Yi Lee (program management and budget specialist), Mrs. Jennifer Westbrook (environmental training support specialist), Spc. Melanie Marquez (project specialist), Angela Kieran-Vast (cultural resource specialist), and Kristen Warren (water and eco-system's specialist). Standing: Wayne Urbonas (National Environmental Protection Agency coordinator), Luis Lopez (natural resources field specialist), Lt. Col. Tracey Omori (interim environmental officer), Capt. Charles Neumann (former environmental officer), Addison "Tad" D. Davis IV (Deputy Assistant Secretary of the Army for Environment, Safety and Occupational Health), Dean Norwood (deputy environmental officer), Col. (P) Gary M. Hara (HIARNG Chief of Staff), and Ryan Auyoung (information technology specialist). Staff members not present at the ceremony were Orlan Peterson (conservation manager), Mrs. Michelle Delaney (compliance manager), Marciel Manago (natural resources field specialist), Robert Nishioka (training site environmental specialist), Juanito Riglos (training site environmental specialist), and Ronnie Torres (global information systems specialist).

PRESORTED
STANDARD
U.S. POSTAGE PAID
HONOLULU, HI
PERMIT NO. 243

Office of the Adjutant General
State of Hawaii
Department of Defense
3949 Diamond Head Road
Honolulu, Hawaii 96816-4495



Command Notes

Maj. Gen. Robert G.F. Lee
The Adjutant General

We are in the midst of sending off our largest contingent if troops

to U.S. Central Command's (CENTCOM's) area of responsibility (AOR) since 2004. But instead of the entire 29th Infantry Brigade Combat Team going like they did four years ago, this time the brigade will be leaving about 500 soldiers at home. This gives us greater flexibility to keep some soldiers back who've already performed active duty tours in the past couple of years in the AOR. Even if some soldiers want to deploy for a third time to a combat zone, I'm not in favor of allowing them to do that, except in a few rare cases, because of the negative cumulative effects of being away from family while in a high stress environment.

I wish we could give each one of our units that deploy the same high profile send off that the 29 IBCT received on Aug. 16, when some seven thousand friends and family members joined us at Aloha Stadium. (We'll have full coverage in our next issue.) Of course, some of the smaller units come and go to the CENTCOM AOR with little fanfare, which really is less than ideal. But the larger the unit, the bigger the impact on the community as a whole and so we tend to have more focus on these large-scale mobilizations.

who helped make the event such a success, including all of the HIARNG soldiers and HIANG airmen.

Anyone who's filled up their gas tank or gotten an electric bill lately knows that the price of energy is going up. That means that household budgets are hurting with less money to spend on "extras". It's the same for us in government. The price of fuel and electricity means fewer dollars

CAR BILL – Gov. Linda Lingle, with the deploying Col. Bruce E. Oliveira, 29th Infantry Brigade Combat Team commander at her side, signs HB2605 HD2 SD1 (Act 141) which provides vehicle weight tax exemptions for non-commercial vehicles registered to Hawaii residents who are members of the military, including those in the National

The Aloha Stadium send off afforded us the opportunity to be part of something special. I want to thank everyone

are available for travel to conferences and new office furniture. Even aircraft training will be conducted more and more with simulators and less time in an actual cockpit. I urge everyone to think about ways to cut our energy bills as we try to cope with these bud-



Sgt. 1st Class Stephen M. Lum photo

Departmental News

Reminder to exercise the right to vote
State Primary: Sept 20; registration deadline Aug., 21 if not registered; ballot return deadline Sept. 19
General Election: Nov. 4; registration deadline Oct. 6; ballot request deadline Sept. 13 if registered, Oct. 6 if not registered; ballot return deadline Nov. 14.

in the telephone book, at selected state offices and Satellite City Halls. Remember even if you're deploying or deployed you can still exercise your voting rights.



Interservice Physician Assistant Program & Warrant Officer Corps recruiting

The Hawaii Army National Guard has a incredible educational opportunity for individuals that want to become a Physician Assistant (PA) through the Interservice Physician Assistant Program (IPAP).

Program benefits:

- Earn a Bachelor's and Master's degree in P.A. studies within 2 years
- Rewarding military & civilian profession as Physician Assistant
- Become a professional health care provider certified to practice medicine with physician supervision
- Become a commissioned officer accelerated promotion, practical experience, career advancement, & quality training

Program is a PCS move to Fort Sam Houston, Texas which includes full military pay and benefits for you and your family.

For more information contact:

CPT Lee Demotica
(808) 672-1304 (w) (210) 240-4576 (c)
SGT Aaron Agena
(808) 672-1310 (w) (808) 864-9633 (c)

We're looking for Professional Warriors to join the ranks of our Warrant Officer Corps.

Technical Warrant feeder MOS:

- Command and Control Systems
- Transportation/Mobility
- Human Resources
- Networking/Information/Signal Systems Support
- Field Artillery
- Logistics
- Food Service
- Signal
- Intelligence
- Ammunition
- Automotive/Maintenance
- Bandmaster

All MOS's: less then 46 years age
Additional requirements for aviation

As the Army undergoes a transformation, this is the opportune time to make a positive change in your career and the Army.

For more information contact:

CW2 Kevin Aihara:
(808) 672-1313 (w) (808) 284-8297 (c)
CW2 Thomas Dias
(808) 672-1757 (w) (808) 389-3166 (c)



pupukahi

State of Hawaii Department of Defense
pupukahi: *harmoniously united*

The pupukahi is funded and published quarterly 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. 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: 7,000.

Gov. Linda Lingle
Commander in Chief

Maj. Gen. Robert G.F. Lee
The Adjutant General

Lt. Col. Charles J. Anthony
Public Affairs Officer

Capt. Jeffrey D. Hickman
Deputy Public Affairs Officer

Master Sgt. (R) Stephen M. Lum
Editor/Layout

**117th Mobile Public Affairs Detachment
& 154th Wing Public Affairs Office**
Contributing Writers

www.hawaii.gov/dod

e-mail webmaster: jeff.hickman@us.army.mil

3949 Diamond Head Road
Honolulu, Hawaii 96816-4495
(808) 733-4258/ 733-4236F

Warrior Message: Reflecting the right image



Command Chief Master Sgt. Denise M. Jelinski-Hall
Hawaii National Guard Senior Enlisted Advisor

When we put on our uniform and are seen by others do we reflect the “right” im-

age of how we want to be seen? When we look in the mirror is the person looking back one of a squared-away and professional guardsman? Is it the reflection of a guardsman that takes personal pride in dress and appearance and of someone who is not only “within the standards”, but someone who has made the personal choice to exceed them? Putting on the uniform that represents the United States of America is a privilege - one that should never be taken lightly. Wearing our uniform properly is core to who we are as military men and women. How we conduct ourselves in and out of uniform, on and off-duty is a reflection not only on ourselves but also on our branch of service and on America. Whether we are in the office, training or visiting our Airmen and Soldiers it

is our inherent duty to enforce the standards – all standards. Adherence to

standards is a personal and shared responsibility. Every military member receives training on “the basics”...these core fundamentals are the foundation of our military structure. Our challenge everyday is to live our core values, treat others with dignity and respect and to serve our country with honor. Now – go look in the mirror...is the image looking back at you what you want others to see and remember? At a recent conference, information from a survey was provided to the audience. The feedback revealed that most people receive the best information verbally from their supervisors. My challenge to all leaders and supervisors at every level is to ensure dress, appearance, deportment and standards of professional conduct are adhered to every day. The goal is to have every Soldier and Airman reflect his or her very best. There is only one “first” impression – make it the right one!

Hawaii National Guard Airmen, Soldiers recognized nationally

Command Chief Master Sgt. Denise M. Jelinski-Hall, Hawaii Guard’s senior enlisted advisor, was presented the coveted “Trailblazer” award from the Department of Defense and the National Women’s History Museum in Washington D.C., March 19. (www.nmwh.org)

Senior Master Sgt. Blossom P. Logan, state staffing, and recruiting and retention specialist, was honored with the Federal Asian Pacific American Council Meritorious Service Award at their 23rd Annual Congressional Seminar in Brooklyn, N.Y., June 23. (www.fapac.org)

Master Sgt. Elva A. Schaben, Human Resource staff, was nominated for the National Image, Inc. Meritorious Service Award and she received a Certificate of Accomplishment from Felton Page, director of Equal Opportunity and Civil Rights (NGB) for her support of Equal Opportunity, Diversity and the Global War on terrorism, Feb. 27. (www.nationalimageinc.org)

Sgt. Phillip S. Cornejo, Hawaii Army National Guard Medical Command staff, received the 2008 National Society of American Indian Government Employees (SAIGE) Meritorious Service Award at a National Conference held in Acme Mich. Maj. Gen. Thomas G. Cutler, Michigan’s adjutant general, Clarence Johnson, DOD and Patrick J. Broyles, SAIGE chair, did presentation honors, June 3. (www.SAIGE.org)

154th Maintainers host HUGS Easter children’s party

By Lt. Col. Tim Fujino
154th Maintenance Operations Flight commander

Hawaii Air National Guard’s 154th Maintenance Group members, family and friends gave of their time to again, host a children’s party at the HUGS facility in Kaimuki, April 26. *The Maintainers* have been sharing their aloha with a practical application of their one of their core values . . . service above self, by assisting the non-profit Help, Understanding and Group Support (HUGS) organization since 1996.

HUGS provides a variety of free support services to families across the state of Hawaii, who have a child ages range from birth to 21, and diagnosed as having a life-threatening illness or medically fragile condition.

Giving back to community

“It’s all about group support,” said Tech. Sgt. Wilda Shigeta, who chaired the event. “It’s about showing them we care by giving to the children and being able to make a difference in their families’ lives.” Shigeta and her husband, Senior Master Sgt. Robby Shigeta, were among the

volunteers who donated food and prizes that helped to make the event a success.

Volunteers run variety of activities

Filling the air of the warm, sunny day were the smells burgers and fries cooked up and served by our volunteers. Popular treats included the cool and refreshing shave ice served by Master Sgt. Jeff Yokono.

Joining the volunteers in running an assortment of games and presenting prizes were Miss Honolulu 2008 Raeceen A. Woolford and Miss West Oahu 2008 Caroline Chapman. The ladies also posed for picture with the children and even a few dads. Activities and games included Easter egg coloring, tattooing, ring and bean bag toss, a puppet show, musical chairs, Easter egg hunt and a piñata.

“Part of the joy of participating in this program,” said Master Sgt. Yolanda Yoly Guss, who has supported the program for the 12 years the Maintainers have been running the event, “is seeing the children have fun and giving the parents a childcare break.”

“But as much fun as the children had, the greater blessing was received by the volunteers who served,” said Senior Master Sgt. Willie Rafael. “It’s one of the best things we do, as a team.”

Family, friends join in helping

“You’re doing things for people,” said Master Sgt. Carl Leota, who brought his niece, Miko Wong, his two sons Derick and Castle and their friend Ezera Soli to participate in the event. “And it helps your own family grow closer by doing something for other families. My kids got a greater sense of responsibility by serving other people.” Volunteers included more than 30 members from the 154th Maintenance Group, 154th Maintenance Squadron and the host, 154th Maintenance Operations Flight. Also pitching in were more than 20 family members.

“It’s an opportunity to do something great for someone else,” said Staff Sgt. Mary Brinkman. “Even if it may seem small, the memories are something special to the kids!”

Some of the services provided by HUGS include Foodbank assistance, support groups, family events, regular and emergency respite care, and funeral assistance. More information on HUGS services and community service opportunities are available at www.HugsLove.org or call 732-4846.



GAMES, GAMES, GAMES -- Eric Carle’s *Very Hungry Caterpillar* bean toss was among the assorted activities available to the Help, Understanding and Group Support organization families.



It’s all about helping and any time you can help someone, go out and do it because it make you feel better. It makes you a better person.

-- Kim Perot
former WNBA player and lung cancer victim

FRIENDS AND FAMILIES -- 154th Maintenance Group members, families and friends conclude their day of volunteerism at HUGS with a group photo.

Air National Guard provides free health services to Waianae coast community

Story and photos by
Capt. Jeffrey D. Hickman

Waianae, Hawaii -- The Hawaii Air National Guard and the State Department of Health (DOH), in partnership with the Waianae Coast Comprehensive Health Center (WCCHC), conducted a successful ten-day pilot program offering free health services for the Waianae Coast Community. The program, Hawaii Medical Innovative Readiness Training (HI-MIRT), was held during the first ten days in April and serviced many schools, shelters and families.



Qs & As -- Lt. Col. Eric Ostrem and 2nd Lt. Curtis Palmer, from the Ohio Air National Guard's 179th Medical Group, Dept. of Health Director Dr. Chiyome L. Fukino, Kamahana Hokulani and Brig. Gen. Gary M. Ishikawa, the deputy adjutant general, answer questions from the media about the Hawaii Medical Readiness Training program.

E Malama Kakou

The program, entitled E Malama Kakou, which translated means "to care for all," upheld its vow. The 179th Medical Group (MDG) from the Ohio Air National Guard provided free services to 2,194 individuals, including 1,730 children who received vision screenings. In addition, over 340 individuals received physical examinations.

Waianae Coast Comprehensive Health Center staff, greeted the 179th MDG with a warm welcome and coordinated a "cultural day," in which the Ohio Airmen were escorted by bus from Nanakuli Beach Park to Kaena Point. Each ahupuaa (Hawaiian land division) in the region was visited. Later, everyone enjoyed a traditional Hawaiian lunch before the first day of the exercise was to begin.

Free physicals in Waianae

Free physicals were open to the public at the Waianae District Gym in which more than 80 people showed up to take advantage of this free service. At Maililand Transitional Housing, physicals and lice checks were provided to 88 people. An equipped van was sent out twice. Medical staff was able to provide wound care and medical treatment to 31 homeless individuals that reside along the Waianae Coast. Also, 28 cases of



EYES HAVE IT -- Tech. Sgt. Melanie Keller, a medical technician from the Ohio Air National Guard's 179th Medical Group, helps kindergarteners at Makaha Elementary with a vision screen test by asking them to identify the various shapes on the chart.

ramen were donated to the homeless families.

The hosting unit, the 154th MDG from the Hawaii Air National Guard, coordinated the schedule with the DOH and WCCHC to be specifically tailored to meet the needs of the Waianae community.

"Working in the community over the years, I began to see the barriers that children, high school students, and their families faced when it came to getting physicals for sports and receiving proper medical attention. There are a lot of families in Waianae that are in need of insurance and transportation," said Eva Galariada-Rosa, Community Health Liaison for



RIGHT EYE FIRST -- Master Sgt. Kane Wagner, a lab technician from the Ohio Air National Guard's 179th Medical Group, conducts a vision screening with a youngster from Makaha Elementary School.

WCCHC. "Also, getting a physical for sports in a reasonable amount of time is a problem."

35 Ohio medical techs help

For this mission, the 179th MDG brought physicians, nurses, physician assistants, optometrists, dentists, medical technicians, administrative support and more. Altogether, approximately 35 Airmen from the 179th MDG provided free vision screening to students at Maili, Makaha, and Nanakuli Elementary schools. The Waianae Rotary Club and six students from A.T. Stills University (Kirksville, Arizona) assisted with screenings at the schools.

The Air National Guardsmen

also conducted sports physicals, dental checks, and vision screenings at Waianae and Nanakuli High Schools for their athletes. The physicals are good for 12 months and will help the football, volleyball, and basketball programs meet physical exam requirements for the next school year.

"The Health Center has been an incredible ally throughout the MIRT program. The National Guard treasures its relationships with community organizations like WCCHC and looks forward to future projects such as these," said 2nd Lt. Curtis Palmer, HI-MIRT project officer, and Airman in the 154th Medical Group of the Hawaii Air National Guard. "We will continue to assist communities such as the Waianae Coast and work with WCCHC for as long as they are willing to have us."

In addition to these services, the 179th MDG supplemented WCCHC fitness staff. Free classes were taught throughout the HI-MIRT exercise program. Also, Community Disaster Awareness Training and CPR training were provided free of charge at WCCHC. Ninety-two individuals completed the CPR course and all of the participants received CPR certification from the American Heart Association (AHA).

Win - Win program

"The HI-MIRT provides the type of training that these Airmen will see when they deploy to foreign countries. This is a 'real-world' mission but they also have the opportunity to help a local community in the process," continued Palmer. "It's a huge benefit for the state of Hawaii and it has been a pleasure collaborating with Dr. Chiyome L. Fukino, State Department of Health director and of course, the staff of the Waianae Coast Comprehensive Health Center."

The future of Hawaii Medical Innovative Readiness Training looks very good for the Hawaii Air National Guard and Hawaii's communities. An East Coast Army Reserve Unit visited Kalaeloa this past May and an Air National Guard Unit from Texas will arrive in August to serve the Kahuku Coast, both utilizing the Waianae MIRT as a model.

The HI-MIRT is paid for and authorized by the Office of the Secretary of Defense, Reserve Affairs and allows the Hawaii Air National Guard's 154th MDG to invite other state's Guard and Reserve units to participate in MIRT missions in Hawaii. The focus for the HI-MIRT program this year is under-served medical communities.

Hawaii National Guard Joint Substance Abuse Prevention Program

We offer . . .

- Substance abuse education classes to the units and families
- Classes on local drug and alcohol trends in Hawaii
- Assistance with treatment providers & resources
- Drug and alcohol DVD's, posters and resource guide are available
- And much more....

For more information contact:

SSG Brent Oto, Prevention Coordinator Hawaii National Guard Counterdrug Support Program

Office: (808) 672-1505 or Email: brent.oto@us.army.mil



Hawaii National Guard Counterdrug Support Program
3949 Diamond Head Road Bldg. 300, Honolulu, Hawaii 96816-4495



Engineers support border mission

Story and photos by Spc. Matthew H.A. Oda
117th Mobile Public Affairs Detachment



IMPERFECTION INSPECTION – Spc. Adrian Delos Santos, from the 230th Engineer Company, examines a concrete brow ditch for imperfections. The unit completed 3,370 feet brow ditch in 30 days. The ditch will help to redirect water runoff from the Russian Hill to a culvert away from the California/Mexico border road and fence line.

More than 80 Soldiers from the Hawaii Army National Guard's 230th Engineer Company helped support California's Operation JUMP START southwest border mission in April. As part of the President's Homeland Security initiative, OJS uses National Guard troops to support the U.S. Customs and Border Patrol protection preventing illegal crossing and drug trafficking through the Mexico borders.

The Maui-headquartered engineer unit worked out of San Diego and was attached to Task Force STEEL CASTLE, the California National Guard's engineering slice of OJS. The Hawaii engineers, who also have a detachment on Oahu and one on Molokai, made the

trip on board an Air Force C-130 Hercules cargo aircraft flight. The 230th also has two Soldiers from the Big Island of Hawaii and one from Lanai.

Three major missions were accomplished

Engineering missions included retrofitting an existing fence, repositioning electrical boxes and making a drainage ditch.

"We modified the angle of the poles," said Staff Sgt. Jason Jacinto, noncommissioned officer in charge of the fence and electrical box project, "and put clips on galvanized webbed sheeting to reinforce the fence."

"Each day, we tried to do about thirty fence lines," said Spc. Rich-

ard Galo, a 7-year Guard member from Maui, "which equals about 300 feet a day."

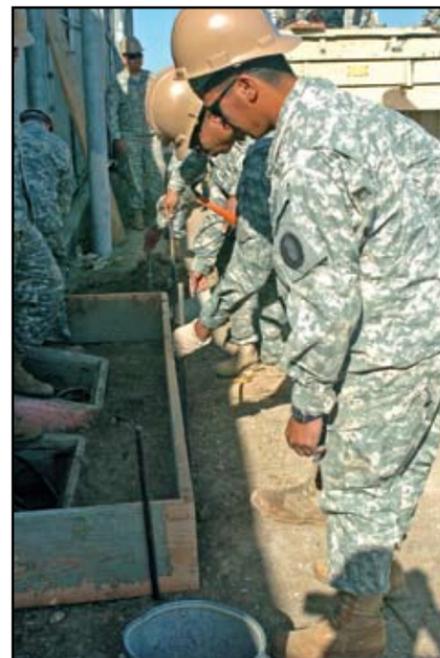
"It took us about four days to complete our project," said Galo. "Task Force Steel Castle personnel overseeing the project were impressed with our productivity."

"Our team also rebuilt the electrical boxes along the fence line," said Jacinto, a 15-year Guard veteran from Maui. "We raised the boxes a foot above ground to make them visible. We also built concrete platforms around the boxes to protect them from increased damage. TF STEEL CASTLE expectations were about 20 platforms a day, instead, we did 28 of them."

"My team made a brow ditch on one of the hills by digging a long ditch and coating it with concrete to redirect the water runoff to a culvert," said Staff Sgt. Lester Delos Reyes, brow ditch project NCOIC, "instead of running down the hills and causing potential damage to the surrounding areas."

We completed the task on Russian Hill in three days (ahead of schedule) even with some Soldiers doing on-the-job-training," said Delos Reyes, from Molokai. "Many of our new Soldiers are infantrymen retraining as engineers."

"The only obstacle the 230th faced was time," said 1st Sgt. Michael J. Lacno, the engineer's first sergeant, "given more time, the more we could have accomplished more."



DAMAGE CONTROL – The 230th Engineer Company Soldiers build concrete platforms around the electrical boxes they had raised to protect them from increased damage, during an Operation JUMP START mission along the California/Mexican border in April. They completed 60 boxes.

"Things ran very smoothly . . . the leaders took charge," said Lacno, the 22-year Guard member from Maui. "Our TF STEEL CASTLE host provided the materials and equipment we needed to get the job done. Many of our troops are transitioning from the infantry mission, but the young or inexperienced Soldiers were willing and motivated to learn engineering the mission."



SECURING THE BORDER – Soldiers from 230th Engineer Company attach clips to reinforce California/Mexico border galvanized webbed sheeting fence. By the time the second team closed shop, 2,010 linear feet of secondary fence was added to the now straighten 16-foot barrier.



Lum Ho



Benito

Hawaii Soldiers run National Guard Marathon

Representing the Hawaii National Guard in this year's Lincoln/National Guard Marathon in Nebraska this May were Capt. Apolla Benito and Staff Sgt. Gregory A. Lum Ho Jr. Benito, a 38-year old preventive medicine officer with the Hawaii Army Guard's Medical Command in Kalaeloa, finished the race with a time of 4:03:50. Lum Ho, a 41-year-old full time structural repair technician with the Army Guard's Co. B, 1st Bn., 207th Aviation in Hilo, finished with a time of 3:44:10.

Lum Ho finished 78th in a field of 105 National Guard male Soldiers, Benito, who works as an industrial hygienist full time at Tripler Army Medical Center, finished 18 in a field of 21 females. "Running conditions in Nebraska were perfect," said Lum Ho, a veteran of 11 marathons in Hawaii. "It started out in high 40's and warmed up throughout the day. There was no wind and there was great crowd support."

"Anyone who wants to join our team," said Lum Ho, running his second Guard marathon, "train, get your qualifying time and let's go. Last year our team finished eighth. This year we only had two runners so we couldn't qualify for any team awards. Contact the G3 office for information about next year's marathon. See you there."

Exercise Makani Pahili, *Piercing Wind*, plays it for real

Story and photos by
Sgt. 1st Class Curtis H. Matsushige

Hurricane Makani once again entered the Hawaii area of concern as a tropical storm. The storm meandered westward to the Big Island and the rest of the island chain, gaining energy from the warm Hawaiian waters. Boosted wind velocity and formation of an eye, upgraded Makani to hurricane status.

Long before the hurricane's possible of land-fall and entry into Hawaiian space, the states' organizational plans were unveiled and put into action. Federal, state and county agencies were already talking and public airways carried warnings.

Batteries and canned foods were in high demand as the Big Island battened-down for the lashing rains and predicted 100-mile-per-hour winds.

The Federal Emergency Management Agency (FEMA) positioned personnel on the ground. The 25th Infantry Division (Light) and other military which are stationed in Hawaii were on alert.

In the absence of Gov. Linda Lingle who was out-of-state, Lt. Gov. James "Duke" Aiona alerted the Hawaii National Guard to prepare for possible activation into state service. A joint Hawaii National Guard task force surveyed available resources, and Maj. Gen Robert G.F. Lee, the adjutant general and director of State Civil Defense, requested assistance from the California Guard.

California Guard pitches in

The 261st Combat Communications Squadron (CCS) from Van Nuys, Calif., were enroute, just behind Hurricane Makani. They were augmented by the 149th CCS also from California.

Together with Hawaii Air National Guard assets they would cover the storm-caused communication gap or sustain governmental and emergency phones, email and radios.

Out-of-state resources were being tapped to back-up any failure in tele-communications. The Air Guard units are capable of satellite streaming that can download broadcasts such as CNN and popular programming simultaneously, then rebroadcast through their antennas or dishes.

"Our units are mobile telephone companies," said Maj. Jean-Phillipe Berreitter of the 261st CCS speaking about another capability of the unit "We generate our own power, and can erect a system of 100 cell phones and 20 wireless laptops."

24-hour Emergency Operating Center run in Birkhimer Tunnel

At State Civil Defense nerve-center in Birkhimer Tunnel, Diamond Head Crater, a hum of activity ensued as synchronization at various levels went on.

"We'd like to achieve what the Army calls a Battle Rhythm," said Edward Teixeira, State

Civil Defense vice director. "In our case we would call it an operational rhythm. Over the next few days we'd like the reports, gathering of data and handling of requests done at a tempo, until it all becomes routine."

The operations center would run off check-lists with improvised additions to make sure that within the time constraints, all avenues leading to a solution were considered.

Concerns for . . . from public addressed

The gamut of concerns being dealt-with ran from possible human injury and downed power grids, to availability of timely medical help and food. Potable water, ground transportation and communication with the public topped the list of concerns. One caller evacuating to a shelter wanted to know if it was pet-friendly. Could bring her Chihuahua along?

Visitors to the islands anxiously monitored the path of Hurricane Makani in their hotel rooms. Other visitors, who abruptly changed their plans to leave town, jammed airports.

In the aftermath, Makani made first land-fall nipping the southern tip of the Big Island. There was damage to older wooden structures and small crops. Sustained winds peaked at 130 miles per hour and pockets of stronger gusts caused isolated damage. Maui took the

brunt of Makani. Sustained winds snapped telephone poles, cutting exposed lines; many homes were damaged or destroyed. Agriculture produce and flower farms, sustained heavy damage. The storm surge and flooding caused by heavy rains caused the sewage system to back-up and overflow. The evaluation for damage and contamination is ongoing.

Joint Guard operations

The California's 149th CSS moved in to set-up a communications net on the neighboring islands. Hawaii National Guard's Battery Harlow emergency operation center was up and running hours after the storm passed. Air assets were evacuated before the hurricane hit and returned as soon as conditions were safe and runways cleared.

Hurricane touches island chain

Makani's category III winds and rain bruised Oahu causing blackouts and littering streets with debris. Kauai which had suffered in the recent past by two head-on hits by hurricanes, weathered the winds and rain of a weakening yet dangerous Makani.

Remarkably, there was no loss of human life. There were power outages on parts of all islands. Some of which was triggered by the electric generators safety mechanism. Downed lines and flooded conduits in other areas would take more time to restore power.

The lieutenant governor's proclamation of a state of emergency and the presidential declaration of a disaster released FEMA aid and federal funding for victims. Assessment and recovery teams moved out to the wasteland left in Makani's wake.

After action teleconference held

State Civil Defense engaged in video-teleconferencing with County Civil Defense and exercise participants. They would review sustainable organizational processes and suggestions for improvements, before, during and after, the hurricane Exercise MAKANI PAHILI.



Sgt. 1st Class Wayne T. Iha photo

ON TRACK – Staff Sergeants Arnold Ravacal (left) and Jose Villa, from California Air National Guard's 261st Combat Communications Squadron, set a global position system device on the Diamond Head Crater ridge.



24/7 OPERATIONS – Steve Yoshimura, State Civil Defense operations and threats specialist, monitors computer screens for positive and negative updates.



JOINT OPS -- Hawaii Air National Guard headquarters (above) and Battery 407 (below) serve as operations offices for the Joint Guard staff.



AFTER ACTIONS– State Civil Defense staffers (left) share their assessment of the week-long hurricane Exercise MAKANI PAHILI held in May.



Hawaii National Guard Family



Lt. Col. Laura A. Wheeler, State Family Program Coordinator

Best wishes to Col. Martha "Marty" N. Wong, the new chief of Family Programs

at the National Guard Bureau. The Hawaii National Guard Family Program Staff and volunteers are excited about her new role during these challenging times for Guard Families.

The 2008 State Family Program Volunteer Workshop was held at the Officers' Club at Hickam Air Force Base, at the end of May. This year's workshop, Meeting Your Needs focused on preparing families for the next deployment. The attendees had the opportunity to express their concerns and issues. The top issues were back briefed to Maj. Gen. Robert G.F. Lee, the adjutant general, who personally responded with updates and/or resolutions. Battlemind Training was a major part of this year's

the Rear Detachment, but also the Family Readiness Groups (FRGs) and family members. Spouses can log on to the battlemind website at www.battlemind.org to obtain valuable and useful information on how to be strong and resilient during deployments.

Several family mobilization and reintegration briefs have been scheduled throughout the summer months as the soldiers prepare for mobilization and deployment or will be returning from deployment. Subject matter experts (SMEs) from Mobilization Finance, Vet Center, TriCare, Red Cross, ESGR, Army Community Center (ACS), and more will brief the families on benefits, entitlements, and resources available. If your soldier is slated for deployment or will be returning shortly and you were unable to attend any of the briefings, we highly encourage you to contact us (see below) to obtain the valuable information.

The FRGs are the focal point for families dur-

ing deployment. The FRG is formed by family members for family members and together they lend support to each other especially during deployments. They provide a strong network to help support families for emotional support as well as providing an extended resource and support base. Just like the service members relying and supporting their buddies in arms. Service members are better able to concentrate on their duties when they don't have to worry about family matters. We encourage all family members to be a part of their service member's/unit FRG. If you need to know who is your FRG leader, please contact us (see below).

How to reach us: If you have any questions or concerns relating to family matters. If you would like to be a part of a FRG, contact your unit or contact the people listed below:

Lt. Col. Laura A. Wheeler, State Family Program Director (808) 672-1442
laura.a.wheeler@us.army.mil

Lorna Souza, Wing Family Readiness Coordinator (808) 448-7049
lorna.souza@hickam.af.mil

JoAnne Yamamoto, FAC Coordinator (808) 672-1438
joanne.yamamoto@us.army.mil

Clifford Duro, Youth Program Coordinator (808) 672-1439
lefty.d.duro@us.army.mil



Safety Habits

Chief Warrant Officer Ray Shiramizu, HIARNG Safety Office, (808) 672-1689

How about some seat belt myths?

1. *Myth!* If I wear a seat belt, I could be trapped in a car during a crash. Not wearing a seat belt could save my life!

Fact: Ejected occupants in motor vehicle crashes are four times more likely to be killed than those

who remain inside. Less than one percent of crashes involve fire or water, and even in those cases your best chance for survival is to remain restrained inside the vehicle, where you're more likely to be conscious, uninjured and able to escape.

2: *Myth!* Crashes are accidents.

Fact: Crashes aren't accidents - they are the predictable and preventable consequences of specific actions, such as speeding, aggressive driving, or inattentive driving. You may think you're a safe driver - but what about the other guy? Since you can't control what another driver may do, your best defense is to protect yourself by driving defensively and making sure that you and your passengers are wearing seat belts.

3: *Myth!* My car has an airbag -- I don't need to wear my seat belt.

Fact: Airbags and lap/shoulder belts work together as a system, and one without the other isn't as effective. Crash-related deaths in vehicles with airbags are 12 percent lower among drivers with belts and nine percent lower among belted passengers. An airbag alone may not adequately

restrain a driver or front seat passenger, particularly in side-impact, rear-impact or rollover crashes. Seat belts also protect occupants from airbag injuries: the seat belt holds the occupant in place while the air bag deploys and then deflates.

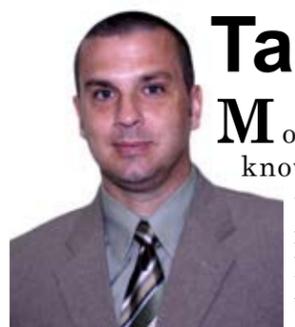
4: *Myth!* If I'm riding in the back seat, I don't need a seat belt.

Fact: Newton's Law says it all: an object in motion stays in motion until acted on by an outside force. If you're an unbuckled rear seat passenger in a car crash, that outside force could be the seat in front of you, the dashboard or windshield, or even another passenger. No matter where you're sitting, it's much safer for you and your fellow occupants if the force that stops you is your seat belt.

5: *Myth!* If I get in a crash, I'll be able to see it coming and I can brace myself on the steering wheel.

Fact: An easy way to approximate the force of a crash is to multiply the weight of your body by the speed of the car. Thus, it would take 3,900 pounds of force to keep a 130 pound adult from moving forward in a 30 mph crash. That's a lot of time in the gym.

By the way, if you can't help yourself and must forward chain emails, always cut and paste the specific information you want to share. Just forwarding the entire content of a forwarded e-mail (especially one that has already been forwarded many times) means that the e-mail addresses of everyone who has ever sent and/or received that particular e-mail will be visible. Nobody wants to have their e-mail address advertised and leaving this type of information intact, puts the owners of those e-mail addresses at risk from spammers, online predators and a host of other cyber criminals and malcontents.



Rex Jones
 State Equal Employment Manager, 672-1245 or e-mail at rex.e.jones@us.army.mil

Take a gander at the philosophy of geese

Most of you know that my wife and I relocated here from the Midwest. Honestly, there isn't much that

I really long for about that particular part of the U.S. I do miss my adult children, their significant others, and my grandchild. There certainly are some spectacular sunrises over Lake Michigan—without doubt rivaling the ones we get here around Diamond Head. But, that is about it!

Except, as strange as this may sound, I truly miss the geese! Oh sure, we have a phenomenal variety of birds here on the island but I actually learned some valuable life lesson from these geese as they migrated through the region each year. These lessons were first brought to my attention by one of

my previous supervisors. We were at a staff meeting reassessing how to continue to do business even as our staff was projected to be cut by 67 percent within the next year—I suspect many of you can relate to that scenario. Nevertheless, she shared this philosophy that Charles Scott authored. At first it sounds a little silly but take a gander at this (pun intended):

We all know that geese come in all different sizes, shapes and to some extent markings. Regardless of their appearance they share a common sense of community and directions. When you see geese heading south for the winter flying in a "V" formation you might be interested in knowing what scientist have discovered about why they fly that way. You see, when each bird flaps its wings, it creates uplift for the bird immediately behind it. This adds 71 percent greater flying range than if each bird flew alone. The first lesson geese teach

us is that if we are to continue in mission accomplishment we must learn to fly in the same direction as a team—traveling on the trust of one another.

Falling out of formation

On occasions geese feel the need to fall out of formation. Needless to say, it will suddenly feel the drag and resistance of trying to go it alone and it quickly gets back into formation. If we had the sense of a goose, we would stay in formation with those who are heading toward a common goal.

Did you know that when the lead goose gets tired, it rotates back in the wing and another goose flies point? Here we learn that it pays to take turns doing the "hard jobs." Also, a question you may want to ask yourself is "am I capable of flying lead?"

Geese honk from behind to encourage those up front to keep up their speed. Several lessons can

be learned here. First, we need to provide each other positive feedback whether it is formal or informal. Next, we need to be careful what we say when we honk from behind.

Closing remarks

Finally, when a goose gets sick or is wounded by gun shot and falls out, two geese will generally fall out of formation and follow it down to help protect it. They stay with it until it is either able to fly again or until it is dead. Then they launch out on their own or with another formation to catch up with their original group. We need to be able to stand by each other, protect one another, and make friends with those going in the same direction.

At our staff meeting, my supervisor taught us that if we are to continue to meet mission goals, during difficult times, we would have to learn to put differences aside and rely more on each other.

Awards and Recognition

Legion of Merit

Col. Stanley R. Keolanui Jr., 103rd Troop Command
Command Sgt. Maj. Robert N. Inouye, HIARNG Element, JFHQ

Meritorious Service Medal

Lt. Col. Walter R. Cheshire, HIARNG Element, Joint Forces HQ

Lt. Col. Erik S. Iwanaga, HQ, 103rd Troop Command
1st Lt. Chad W. Davis, HHC (Fwd), 29th Infantry Brigade Combat Team

1st Sgt. Robert R. Zavala, HQ Det., JFHQ, HIARNG, 2nd OLC

Master Sgt. Mark Taketa, 291st Combat Communication Squadron

Sgt. 1st Class Dean Hiramoto, HQ Det., JFHQ, HIARNG

Sgt. 1st Class Vaosa Lesu, HQ Det., JFHQ, HIARNG, 2nd OLC

Sgt. 1st Class Scot Nakamura, HQ Det., JFHQ, HIARNG, 2nd OLC

Sgt. 1st Class Jerome A. Tabar, 1st Squadron, 299th Cavalry, 1st OLC

Sgt. 1st Class Gerald Usagawa, HQ Det., JFHQ, HIARNG, 1st OLC

Staff Sgt. Chad J. Sagaysay, HQ Det., JFHQ, HIARNG

Army Commendation Medal

Sgt. Gloria A. Leiu, HHD, Joint Forces HQ, HIARNG

Hawaii Distinguished Service Order

Col. Stanley R. Keolanui, 103rd Troop Command
Command Sgt. Maj. Wendall Hatami, HHT(-) 1st Sqdn, 299th Cavalry
Command Sgt. Maj. Robert N. Inouye, HIARNG Element, JFHQ

Hawaii National Guard Commendation Medal

Lt. Col. Walter R. Cheshire, HIARNG Element, JFHQ
1st Sgt. Robert R. Zavala, HQ Det., JFHQ, HIARNG, 2nd OLC

Sgt. Christopher J. Harvey, Co. G, (Fwd. Spt), 29th Infantry Brigade Support Bn.

Pfc. Alfredo A. Ganigan Jr., HQ & HQ Battery, 1st Bn., 487th Field Artillery

Hawaii Youth Rugby gets \$60k in apparel

HILO, Hawaii -- The Hawaii Army National Guard's Recruiting and Retention Division and USA Rugby partnered to raise nearly \$60,000 worth of equipment kits for eight Hawaii Youth Rugby teams. The Guard's Recruiters distributed the rugby gear to Hawaii Youth Rugby clubs at Keeau High School in April. The teams were from Oahu: Kahuku All Red, Waipahu Warriors, Kalakaua Raiders, Aliamanu Rams, Laie Parkside Spartans; from Maui: Mana O Maui; and from Hawaii Island: Hilo Reign and the Waimea Rugby Club.

The Kit Program was intended for collegiate rugby teams, but since there are no college programs in Hawaii, it was decided to extend this program to the youth level. Hawaii will have the only youth teams in the country to receive this uniform and equipment kit award this year. The program provide teams with apparel and equipment to enjoy a higher level of rugby and greater commitment to the sport within Hawaii, while creating relationships between these players and the Hawaii Army

Hawaii Guard's 2008 enlisted Soldiers of the Year

Story and photos by

Sgt. 1st Class Stephen M. Lum

Hawaii Army National Guard's enlisted recognition program is again on track with the selection of the 29th Infantry Brigade Combat Team's Sgt. Christopher J. Harvey and Pfc. Alfredo A. Ganigan Jr., as 2008 Noncommissioned Officer and Soldier of the Year.

The program, which has been in a holding pattern since the Brigade's 2004 mobilization, challenges each Soldier to meet or exceed numerous physical warrior tasks, a written exam and an oral board. Some of the tasks included the Army Fitness Physical Test, a grueling full-pack road march, day and night land navigation, weapons qualification, casualty evacuation, and a tactical environment vehicle search.

Harvey (pictured on the 2-way radio), an Arizona native, is from Co. G, Forward Support, 29th Brigade Support Bn., while Ganigan (pictured firing an M-4 rifle), from Waipahu, is from Headquarters and Headquarters Battery, 1st Bn., 487th Field Artillery.

The winners and their competitors each had area in which they excelled, but the competition was all about the complete Soldier.

Blisters aside, Harvey and Ganigan made it through the three day event ahead of the competition.

Harvey works as a small arms repairer at the Guard's Combined Support Maintenance Shop in Diamond Head Crater. The nine-year veteran earned Bachelor of Science degree which encompasses his love of the ocean and videography.

Ganigan, a paralegal specialist, is now working fulltime for his unit as the Brigade prepares for another deployment. He joined the Guard last year after graduating from the HING Youth CHALLENGE Program and completing his associate's degree in criminal justice from Remington College. He plans are to eventually earn a masters degree.

Retiring Command Sgt. Maj. Robert Inouye hopes



the revitalized program will continue even though the Brigade will be mobilized before the end of the summer. The warrior tasks and other challenges make for a more prepared and complete Soldier.

The Soldiers were formally introduced at the 2008 HIARNG commanders' conference in April, where they were presented Hawaii National Guard Commendation Medals.

Harvey, who went on to compete in the regionals in Utah, said the competition was close and though he didn't win at the next level, it was a great experience.



Recruiters Sgt. 1st Class Henry Pilanca Jr., Sgt. Spencer K. Hisatake, Sgt. 1st Class Dana L. Mueller, and Sgt. 1st Class Earl J. Ventura, joined by Spc. Christopher Mun, help distribute rugby apparel to the local youthclubs.

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.

Hawaii Army National Guard	September	October	November
HHD, Joint Forces HQ	13-14	4-5	15-16
298th Regional Training Institute	13-14	4-5	15-16
29th Infantry Brigade Combat Team	mobilized	mobilized	mobilized
103rd Troop Command	13-14	4-5	15-16
12th Personnel Service Det.	13-14	4-5	15-16
111th Army Band	8,15,22,29	6, 11-12, 27	3,17,24
117 Mobile Public Affairs Det.	13-14	4-5	15-16
230th Engineer Co.	13-14	3-5	15-16
297th Firefighting Team	13-14	4-5	15-16
Det. 1, HHC, 1st Bn., 171st Aviation	13-14	4-5	15-16
Co. B, 777th Aviation Support Bn.	13-14	4-5	15-16
Co. C, 1st Bn., 207th Aviation	demobilizing	4-5	8-9,22-23
Hawaii Air National Guard			
HQ, Hawaii Air National Guard	13-14	4-5	15-16
154th Wing	13-14	4-5	15-16
201st Combat Communications Group	13-14	4-5	15-16

Guard. This program hopes to communicate and instill the discipline and values of the Army Guard in these impressionable youths, and give them an avenue to grow and achieve both on and off the field.