

# *Kūkā'ilimoku*

## *War God of King Kamehameha I – 154<sup>th</sup> Wing*

Vol. 45 No. 9

Hickam Air Force Base, Hawaii

September 11, 1999

### **-Ready At a Moment's Notice-**

On August 17, 1999, the 204<sup>th</sup> Airlift Squadron assisted with the immediate evacuation of 1,054 military and civilians seeking refuge from Hurricane Dora from Johnston Atoll to Hickam AFB.

When the "all clear" was given, the 204<sup>th</sup> AS continued its support returning the people and equipment to Johnston Atoll. Mother Nature is unpredictable, but you can always count on the Hawaii Air National Guard.



Photos, taken by SSgt. Delmar Galicinao and SrA Kristen Higgins, can be seen in the Wing HQ's hallway.

### **154 AGS Recognizes Outstanding Performers**

*by SMSgt. Scott Yerxa and MSgt. Miles Moriyama*

The 154 Aircraft Generation Squadron held its "3rd Annual Recognition Night" extravaganza last Sunday at the Koolau Ballroom in Kaneohe. This event - full of excitement, good food, good fun and good karaoke - was hosted by the C-130 AMU.

For each aircraft maintenance unit (AMU), the following were recognized for "Outstanding Performance for FY 99":

**SrA Kathy Wai – KC-135 AMU**

**SSgt. Rose Ader – F-15 AMU**

**SMSgt. Scott Yerxa – C-130 AMU**

The overall "154<sup>th</sup> AGS Outstanding Performer for FY 99" is MSgt. Kenkichi Matsuoka from the C-130 AMU. We congratulate all our nominees as well as the winners for going beyond the standards.

The day started early with an AGS golf tournament at the beautiful Koolau Golf Course. Tournament chairman, Takao Wada, presented

the coveted "AGS Open" jackets to the winning team of TSgt. Chris Partika, SSgt. Paul Kim, and SSgt. Doug Cozloff. They each received a \$50.00 gift certificate to Stuart Anderson's donated by TSgt. Dwaine Fong, President of DNR Construction Company.



154<sup>th</sup> AGS Commander, Lt. Col. Bruce Minato  
and SrA Kathy Wai

(Photo by TSgt. Wayne Pontes)

(See "Performers" on Page 4)



*Our Vision: Hawaii Air National Guard – premier aerospace militia serving America and Hawaii*

## HIANG CCM News

by CMSgt. Delbert D Dandurant,  
State Command Chief Master Sergeant, HIANG

This year, the National Guard Bureau came out with a new program called the "Exceptional Promotion Program" (EPP) for the traditional guard Senior NCOs. The goal of the EPP is to provide promotion opportunity for traditional guard members by allowing those exceptional individuals to attain the senior NCO rank when UMD authorizations may not exist. The objective is to make a conscious effort to fill the gap and increase retention rates and morale among our traditional guard members.

This year, each State was given an opportunity to promote an "exceptional" traditional guard person who met certain criteria under this program. Although we had no candidates for the Chief slot, we did have one for the Senior Master Sergeant position, Master Sergeant Ken Tsutsui, from the 291st Combat Communications Squadron (Hilo). He met the promotion board in July and was promoted to Senior Master Sergeant effective August 1, 1999. Congratulations.

EPP will continue next year with ANG/DPPSS notifying states no later than 1 January 2000 with the number of nominees they may consider for promotion. Allocations will be contingent upon the availability within the ANG's total E-8 and E-9 authorizations. Unfortunately, First Sergeants, AFSC 8F000, are not eligible due to their Special Duty Identifier (SDI) status. Any traditional MSgts or SMSgts who may be interested in this program and would like more information can call me at 733-4230 during UTAs or E-Mail me.

Everyone should be looking for information coming out soon for our National Guard Ball at the Sheraton Waikiki Hotel on the 11<sup>th</sup> of December 1999. This Ball will be for both the Hawaii Air and

Army Guard in celebration of the 363<sup>rd</sup> birthday of the National Guard. Committees are being formed, and volunteers would be welcomed in setting up this big event. I will send out an E-Mail to all enlisted members when more information is available.

In closing, if anyone is interested in joining the HIANG Honor Guard Unit (currently being formed), please contact SSgt. Brian Takafuji through E-Mail or at 154 MXS/LGMG.

Have a nice weekend and work safely.

### KUKA'ILIMOKU

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

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

Commander: Brig. Gen. Michael H Tice

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### ***"Excuse me! How do I submit an article to the Kuka'ilimoku?"***

*Simple! Just type up your article in MS Word and E-Mail it as an attachment to Maj. Tracey Saiki and SSgt. Steve Thomas at 154<sup>th</sup> Wing Public Affairs at: T Saiki/S Thomas@154Grp! And, if you're off base, E-Mail it to T Saiki/S Thomas@HIHIK.ANG.AF.Mil."*

## Chaplain's Corner

by Maj. Robert K Nagamine, Chaplain, 154<sup>th</sup> Wing

During this season, when we work on our goals and plans for the future, let's consider the following thoughts and "sights."

(In July's article, I recommended guidelines for us when we formulate plans for the future. A person equipped with hindsight, foresight and insight will put together great plans. The following are more ideas to consider.)

It is wise to keep in mind two principles: (1) "Balance is the key to life" and (2) we must always keep the big picture in mind. In other words, let's clearly define what we are trying to accomplish and properly strive to accomplish it. Let's apply the following "sights" properly.

Our "farsight" must be used properly. Many "successful" people advise us to focus on our goals. They say that we need to look far ahead and keep our eyes on our goals and go right after them. That is good to a large degree; however, when we strive to accomplish our goals at all costs, especially without regard to people, then we have missed the point. Goals were made for people; not people were made for goals.

Our "nearsight" must also be used properly. We have heard that attention to detail is important; however, more accurately, attention to important detail. We may sometimes miss the point if we get caught up in the little details of life and forget the "big picture."

"Tunnel vision" is what we must avoid. Tunnel vision is seeing a narrow view of life. People who have a fast paced life and who are highly goal-oriented are at a higher risk of this. Sometimes we may need to slow down a little and, as the Scripture says, "be quick to hear, slow to speak." Perhaps we need to listen twice as much as we speak. As the observation goes, "we have two ears but only one mouth."

We need to keep things in perspective. Sometimes we must take a step back and look at the "big picture." Plans and goals are extremely important; however, even they will pass away. I once read a poster that said, "Happiness is not found at the end of the road, but along the way." The reason and spirit in which we accomplish our goals are just as important as our goals.

May we be receptive to God's divine insight and direction, as we strive to accomplish our goals.

*"Open my eyes that I may see  
Glimpses of truth thou hast for me;  
Place in my hands the wonderful key  
That shall unclasp, and set me free.  
Silently now I wait for thee,  
Ready, my God, thy will to see;  
Open my eyes, illumine me, Spirit divine!"*  
-Clara H Scott

### Worship Services

#### Protestant Service

(Building #3416)

#### Sunday UTAs

08:15-08:45

154<sup>th</sup> Logistics Group  
Conference Room

**All Welcome To Attend**

#### Catholic Services

(across base)

#### Daily

11:30

#### Saturdays

17:00

Nelles Chapel

#### Sundays

07:15

Nelles Chapel

10:15

Chapel Center

#### Jewish Service

(Pearl Harbor)

#### Fridays

19:30

Pearl Harbor Aloha Chapel  
Makalapa Road

**"Performers"** (continued from Page 1)

The highlight of the evening was the karaoke competition between the three AMUs and the command staff. The audience was wowed by performances from SSgt. Wayne Salas, TSgt. Aaron Silva, TSgt. Darren Oganeku (who's Kala?), MSgt. Miles Moriyama, and SSgt. Arnel Turla. Lt. Col. Bruce Minato sang, "Wind Beneath My Wings", winning the competition. His name will be inscribed on the perpetual 154<sup>th</sup> AGS "Golden Voices" trophy. The night was topped off with guest singers from the audience.

This was a special "all-day" event to renew ourselves and our friendships with each other. We are proud members of the 154<sup>th</sup> AGS, and we look forward to our "Fourth Annual Recognition Night."



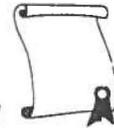
Lt. Col. Minato and SMSgt. Scott Yerxa  
(Photo by TSgt. Wayne Pontes)



**FY00 ANG Lieutenant Colonel Promotion Selection Board Results**

The President of the United States has approved the following officers for promotion to the next higher grade. The HIANG had no non-selectees for this board.

<u>Grade/Name</u>	<u>Unit</u>	<u>PSD</u>
Maj. David T Andrews	204 AS	01 Oct 99
Maj. Stacy A Clowe	169 ACWS	12 Jul 00
Maj. Kevin D Garcia	154 OG	19 Aug 00
Maj. David C Snakenberg	154 MXS	01 Oct 99
Maj. Dalwyn CW Wong	203 ARS	08 Jul 00



**Promotions**

The commander of the 154<sup>th</sup> Wing, BG Michael H Tice, would like you to join him in expressing his congratulations to the 154<sup>th</sup> Wing's newest group of SNCOs/NCOs who were promoted to the ranks indicated effective the 8<sup>th</sup> of August 1999!

<u>Rank/Name</u>	<u>Unit</u>
<i>SMSgt. Scott E Yerxa</i>	154 AGS
<i>MSgt. Alan S Sumitomo</i>	154 Wing
<i>TSgt. Glenda M Buis</i>	154 Wing
<i>TSgt. Ireno Cordero</i>	292 CCS
<i>TSgt. Guy I Hironaka</i>	154 OSF
<i>TSgt. Robert Y Nakamatsu, Jr.</i>	154 LS
<i>TSgt. Paul M Sato</i>	154 AGS
<i>TSgt. Arthur CKL Sing</i>	154 LS
<i>TSgt. Lee A Stein</i>	154 CES
<i>TSgt. Juanito L Tabieros</i>	154 MXS
<i>SSgt. William Chin</i>	154 CES
<i>SSgt. Leomer T Domingo</i>	292 CCS
<i>SSgt. Chantal L Dugled</i>	154 MXS
<i>SSgt. Kenneth K Guerrero</i>	154 MXS
<i>SSgt. James E Humble III</i>	154 MSF
<i>SSgt. Terrance K Kaya</i>	154 MXS
<i>SSgt. Miles M Niibu</i>	154 LS
<i>SSgt. Bruce K Roberts</i>	203 ARS
<i>AIC Blayton L Miguel</i>	154 MXS
<i>AIC Raymond C Moy</i>	154 MXS

General Tice says, "To all, mahalo for the tremendous job you do in support of the Wing, the HIANG and the ANG."

**»» Deadline!**

*They keep asking, and we keep telling...  
The deadline for the October edition of the  
Kuka'ilimoku is Friday, September 24<sup>th</sup>.  
(That's a week before drill.)*



## What's up in Education and Training?

by SMSgt. Carol L Keanini, 154 MSF/DPMT

### CCAF GRADUATES

Congratulations to our newest (October 1999) CCAF graduates!

**TSgt. Raymond Vegas - 293 CBCS**

Fire Science

**SSgt. Levi K Ingram - 154 ACS**

Electronic Systems Technology

**SSgt. Clayton Kaneshiro - 297 ATCS**

Electronic Systems Technology

**SSgt. Jay R Nishimura - 154 MXS**

Electronic Systems Technology

**SSgt. Walter H Pacheco - 292 CBCS**

Electronic Systems Technology

We commend them for their dedication, hard work and perseverance, and wish them well in their academic journey.

### CCAF

Just a reminder, CCAF (Community College of the Air Force) is a relatively simple, painless way that enlisted ANG members can earn a 2-year Associate in Applied Science Degree. Your military training and experience converts to college credits, and with a few more regular core-type college credits, you are on your way. Get in touch with us for more info. through E-Mail, phone, or stop by.

### OUR CREW

After many months of 'limping along' with half of our work crew, we finally have people in our office!

Just so you know, we are:

MSgt. Angie Koli - 448-7435

TSgt. Karl Kaneshiro (drill status)

TSgt. Elaine Perreault - 448-7429

SSgt. John Guerri (drill status)

SSgt. George Katsumoto (drill status)

AB Amy Cisneros (drill status)

And me,

SMSgt. Carol Keanini - 448-7428

**ENLISTED PME (Correspondence)**

If you are currently enrolled in a Correspondence PME course, you need to get to work on it. Effective immediately, extensions for Crs 1, Crs 6D/E and Crs 8D/E will only be granted by ECI to students who encounter extended hospitalization, emergency leave, or extraordinary, extenuating circumstances. TDY does not count as an extenuating circumstance because these are paper-based courses and that means they are portable. So if you are currently enrolled in either of these PME courses, keep in mind, you only have 12 months from the enrollment date to complete it. (Note: 6D, 6E, 8D, 8E are considered separate parts, so you have 12 months to complete each part).

### OUR SCHEDULE

Check out our BETO (Base Education and Training Office) schedule on the "W" (shared) Drive. You can find our "Folder" at 154wg/sptg/mpf/dpmt/ schedules - until our Web site becomes functional). We have Air Force Training Courses scheduled, SAVs, and Additional Duty Training Manager training for the rest of this year and FY00. Call or e-mail for more info.

### UPCOMING ARTICLES

Check out our articles each UTA for more updates and news on "What's up in Education and Training". We will be addressing things like Waivers, CDCs (Reactivations, Management, etc.), Current Events in training, TOPNET, CRIMSON, and FAQs from you.

## Next UTAs



**October  
2<sup>nd</sup> & 3<sup>rd</sup>**

**&**

**November  
6<sup>th</sup> & 7<sup>th</sup>**

## Tuition Assistance Program

by MSgt. Rose Vendiola, Retention Office Manager

The TAP application process has started again for the Spring 2000 Semester for community colleges and four-year institutions of the University of Hawaii system.

All enlisted personnel interested in applying must have an enlistment contract with a current ETS date beyond the Spring 2000 Semester (June 2000 or later).

All eligible unit members must submit their completed applications to their designated unit representatives (Unit Career Advisors and/or unit orderly rooms) by **3 Oct 99** (COB, Sunday UTA). The completed, consolidated applications for each unit are due to 154 MSF/DPMH (MSgt. Rose Vendiola) by 5 Oct 99. In turn, we will review and consolidate the completed forms for all 154<sup>th</sup> Wing and 201 CCGp units for submission to state headquarters.

Please note that the audited TAP applications and consolidated rosters for the entire HIANG are due to the HING Administrative Support Office (ASO, Fort Ruger) by 18 Oct 99. Per ASO memorandum, dated 23 Aug 99, late applications "will not be accepted regardless of the reason for submission." We need to meet the UoH registration schedules on time, so meeting the established deadline is critical.

Refer to Policy Directive 1996-2, "Hawaii National Guard Tuition Assistance Program." Under this directive, tuition assistance recipients are responsible for tuition costs for late class withdrawals and (or) dropped classes.

You will find a tuition rate schedule and a copy of the two Spring Tuition Assistance Applications on the W Drive at retain/tuition assistance/HING Form 1 and HING Form 2.

## Age Limit for Undergraduate Flying Training Raised

by Bridget Komine, HIANG Recruiting Office

Good news! The Chief of Staff for the Air Force, General Ryan, approved raising the age limit for UFT. What this means is the Hawaii Air National Guard selection board will now accept applications on applicants that are 28 years old and younger.

Applicants must meet minimum eligibility requirements, complete an Air Force Officers Qualifying Test and a Basic Attributes Test. The AFOQT is administered on a very limited basis and will be administered in the MPF on **Sunday, 12 August 1999**.

To find out if you qualify for UFT and obtain an application, please contact your Recruiting office at 448-7447.

*"Choose a goal for which you are willing to exchange a piece of your life."*



## HING Service Medal

Have you served in the Hawaii Air National Guard for more than 10, 15 or 20 years? If so, you are entitled to wear the Hawaii National Guard Service Medal?

10 years of service entitles you to wear the red and gold Hawaii National Guard Service Medal. After 15 years, you are entitled to add the bronze kahili to the ribbon, and after 20 years, you are entitled to add the silver kahili.

See your unit personnel section for more information.





## Dear Auntie Social

by 1Lt. Mark Ishiki, 154<sup>th</sup> Wing Social Actions

Dear Auntie Social,

What if I go to a party and some people are smoking a joint? Will I come up positive because I was there?

Signed,

**Smokey Party**

Dear Smokey Party,

Well... that depends. If you go into a room and cough, cough, choke, cough, and exit, you probably won't come up positive. On the other hand, if you go into the room and sniff, wow, that's pretty sweet; sniff, sniff; that's probably Kona Gold; snniff-hah; you probably will come up positive.

DoD cutoff levels for drugs are set high enough that incidental exposure does not count as a positive result. The drugs can be detected, but if they don't pass the cutoff level, it's thrown out!

Akamai members of the Hawaii Air National Guard know we have a responsibility to ourselves, our state, and our nation to exercise proper judgement and behavior at all times. You may not have known that drugs were going to be used at a party, but staying there puts you at an unacceptable risk.

Remember, this is not USDA or FDA stuff. You'll never know how potent the stuff is. So, if you're ever in this situation, whether it's family, friends or work, make like the Hawaiian B-52 when the lights are turned on and fly.

Yours truly,  
**Auntie Social**



Please Recycle the Kuka'ilimoku



## Diversity Hawaii Style

by MSgt. Carswell Ross, 154 Wing HRA

Diversity includes religious freedom.

*The following article was distributed by the Knight Ridder News Service.*

In today's military, witches can be all they want to be. At bases across the country, Wiccans are coming out of their secret covens - with the blessings of the military. They wear pentagram pendants under their camouflage fatigues. They practice candle magic when off-duty and attend on-base circle rituals, the Wiccan equivalent of a Mass.

"The base provided us with what we wanted - equality," said Staff Sergeant Loye Pournier, a high priest and leader of the Travis Air Force Base circle. "We didn't want special treatment. We want exactly what everybody else has." But national Christian leaders and some members of Congress, after learning of moonlit rituals at Fort Hood, Texas, are demanding an end to what they say is Satanism in the barracks. The military, though, is not standing down. It defends the right of those practicing "minority" religions to worship on bases, just like Christians, Jews and Muslims.

No one knows for sure how many pagans are in the military, but there are pagan groups at 11 bases and on one ship, and study groups at five other bases, said John Machate, coordinator of the Military Pagan Network.



### Wanted: HIANG Choir Members

The 154<sup>th</sup> Wing is looking for people who love to sing, especially Tenors. If you think you can sing or know someone who does, give Linda Canon a call at 448-7366.

Come and join the *Hawaii Air National Guard Choir!* We can't start without you!

## History Corner



by TSgt. Theodore Merrill, Wing Historian

### This Month in 154<sup>th</sup> Wing History

Kuka'ilimoku, 21 Sep 1959

#### New HANG Area

Mr. Joe Raskin, Chief Engineer, Air Division, NGB, left on September 16<sup>th</sup> after making a comprehensive survey of the Fort Kam area, which will be the future location of the 199<sup>th</sup> Fighter Squadron. Construction is slated to start about June 1960, and is expected to take about a year to complete.

### This Month in 154<sup>th</sup> Wing History

Kuka'ilimoku, 21 October 1962

#### Swallow

The 154<sup>th</sup> USAF Dispensary assisted the State last week in Operation Swallow, in another step further in eliminating the polio virus. The unit did so by maintaining the center at Hickam Elementary School. MSgt. Lee estimates that about 5200 individuals ranging from infant babies to grown adults filed past and took their medicine in our fight against this crippling disease. Major Caver urges all Guardsmen to have their families take this type of vaccine as it is more effective and easier to "Swallow". The unit will again assist in the next phase or series slated for December 2<sup>nd</sup>.

*On September 18<sup>th</sup>, 1947, the Air National Guard was established as a separate reserve component of the newly established United States Air Force.*



### 363<sup>rd</sup> National Guard Birthday Ball

On Saturday, December 11<sup>th</sup>, 1999, the Hawaii National Guard will honor and celebrate the 363<sup>rd</sup> Birthday of the National Guard in the Hilton Hawaiian Village Tapa Ballroom from 1800-2300.

All members of the HING, including spouses, are encouraged to attend.

The uniform will be Best Dress for Guard members and Semi-formal for spouses and retirees.

This is an adults only event.

Cost will be announced on a flyer to be distributed in the near future, so reserve that evening.

Command performance is requested.

POC is Col. Peterson at 733-4244.

## ESGR

### "Breakfast with the Boss"

by MSgt. Rose Vendiola, Wing Retention Office

In support of ESGR, Nomination forms for 'supporting bosses' have been distributed throughout the Wing. Please forward your completed form to the Retention Office. Using the information on the form, we will send out personal invitations to you and your employer to a "Breakfast with the Boss." During the breakfast, your 'boss' will be recognized for his positive support by our senior leadership.

There is no cost to you or your employer. This year's 'breakfast' will be held at the Honolulu Country Club (in Salt Lake) from 0730-1000 on Friday, September 17<sup>th</sup>, 1999.



FRANKLY, CRAWFORD, MY EXCITEMENT ABOUT BEING INVITED TO YOUR BOSS DAY IS BEGINNING TO FADE

## Safety Tips

by SMSgt. Gaylen T Redoble,  
Occupational Safety and Health Mgr., 154<sup>th</sup> Wing

Fire in homes is a needless tragedy. *National Fire Prevention Week* will be observed in the month of October, so this is a good time to get a head start and start checking around the house for fire hazards and ways we can protect our most valuable assets, the members of our family.

Make sure your family knows *what to do* if there is a fire. Do you have a **fire escape plan** and a **place to meet** should you have to evacuate?

Going around the house, are there any *overloaded* outlets? Have you replaced *frayed* wires and extension cords? Are there any cords hanging over counters or under the carpet? Have you checked the garage lately? How are you storing flammable liquids, i.e., gasoline for the power mower, paints, thinners, etc.?

### Smoke Detectors & Fire Extinguishers

If you don't have these essential lifesaving devices, put them at the top of your shopping list.

Now that you've inspected the entire house, and you've taken all the preventive measures to prevent a fire in the home, have you ever seriously considered *smoke detectors* and *fire extinguishers*?

A Smoke Detector should be installed on each floor of your home and outside of each bedroom. Avoid placing one in the kitchen where false alarms are common. *Test* your smoke detectors at least once a month and replace their batteries once a year. Make sure every member of your household knows what the smoke detector alarm sounds like.

Also, buy a UL-rated, multi-class *fire extinguisher* for your home. You should have one in the kitchen and one in the garage. Make a habit of inspecting the

gauge on them on a regular basis. And make sure every member of your household *knows how to operate it*. If you remember the word, "PASS", you should remember how to operate it when you need it:

**P** – Pull the pin

**A** – Aim the nozzle at the base of the fire

**S** – Squeeze the handle

**S** – Sweep the fire back and forth

## Legal Line

by Lt. Col. James T Itamura,  
Staff Judge Advocate, 154<sup>th</sup> Wing

Air Force policy regarding anthrax immunization is straightforward: members must take it.

Those members choosing not to receive their shot will be counseled by hospital staff who are expert on the effects of the serum. Commanders will likewise counsel the hesitant member as to the legal consequences of such a refusal. These consequences may include the following: LOCs, LORs, referral OPRs/EPRs, non-judicial punishment and discharge with less than an Honorable certification.

A member who does not have all his shots cannot be deployed. In light of the Guard's changeover to the "expeditionary force" concept in which deployments are all but guaranteed, a member without all required shots is of little use and will in all likelihood be discharged.

This installation is still in  
**Threatcon Alpha**

**Be Cautious • Be Aware**

**Report any suspicious activity to Security**



## HIANG 7 Habits Workshop 99-10

by Maj. Bill Petti, Commander, 154 LSF

HIANG 7 Habits Workshop 99-10 was held 24-27 August in the 154 WG Dining Facility. The twenty-eight (28) participants were treated to a multi-faceted personal development program led by facilitators Lt. Col. Wayne "Wildman" Wakeman, noted for his exceptional communications insights, and Capt. Spencer "Nappy" Napoleon, who brought his special enthusiasm and energy to the class.

The 28 attendees brought the total number of 7 Habits graduates to 813. Our latest graduates are Maj. Dewey Arakawa (169 ACWS), Capt. JoAnn Rapoza (169 ACWS), 1<sup>st</sup> Lt. Wayne Acosta (154 MSF), 1<sup>st</sup> Lt. Dixon Lau (169 ACWS), SMSgt. Steven Kamaura (HQ HIANG), MSgt. Gary Momohara (154 WG/FM), SFC Michael Nii (193 AVN), MSgt. Napua Sugai (169 ACWS), TSgt. Norman Kaleo (154 AGS), TSgt. Paul Maedo (154 AGS), TSgt. John Murakami (297 ATCS), TSgt. Elaine Perreault (154 MSF), TSgt. Erwin Ramos (154 MXS), SSgt. Stephen Cavaco (154 LS), SSgt. Fred Denault (154 WG/FM), SSgt. Carlos Diaz (203 ARS), SSgt. Dean Oliveros (154 AGS), SSgt. Apolinario Rebellizsa (154 SVF), SSgt. Kaipō Sing (154 LS), SSgt. Carleton Tajiri (154 WG/FM), SrA Philip Ferriman (154 MXS), SrA Jason Nakamura (154 MXS), SrA William Salavea (154 WG/FM), SrA Dewayne Sprinkel (297 ATCS), SrA Deborah Weidner (HQ 154 WG), SrA Robert Yashiki (154 AGS), AIC Kelsey Arakaki (169 ACWS), and AIC Brandon Trehern.

If you haven't yet, you may sign up for the monthly 7 Habits Workshops by viewing the

schedule and sign up instructions in *W:/leadership/7 Habits-4RL Schedule-Signup.xls*.

Quote to ponder: *The bird that sweetest sings can least endure the storm.*

– Maria Brooks

## The Plain Tooth

by Capt. Garret G Miyagawa, DDS

Dentistry has made significant changes every year since I have been practicing. Dentists are constantly looking for ways to treat your dental diseases with more comfort.

- Anesthesia (injections) can be delivered with the use of a device called "The Wand" making the needle less perceptible.
- Caries can be removed without shots with the use of Electronic Anesthesia, Air Abrasion, and lasers.
- You may receive anesthesia that affects only the specific tooth being worked on without you leaving the dental office with a numb lip.

Better yet, let's treat caries and periodontal disease by looking at your genetic makeup and prevent it by taking a pill before it starts.

And that's the whole tooth and nothing but the tooth.

## Congratulations

*154<sup>th</sup> Wing Control Center*

*&*

*Maintenance Operations Center*

*Upon The*

*Grand Opening*

*Of Your New Facilities!*



*Kina'ole*

## 154 LSF Recognizes Its Top Quarterly Performers

by Maj. Bill Petti, Commander, 154<sup>th</sup> LSF

The 3<sup>rd</sup> Quarter *Kina'ole* Award recipients were recognized in a special Commander's Call in the WCC/MOC during the August Sunday UTA. Unit members were there to attend the dedication and open house for one of its fellow sections (the MOC) and the Wing's Control Center.

To kick off the awards presentation program, the 154 WG Recruiters Office made a special presentation to **SSgt. Roger Ramos** for his special contributions to the its Kiosk project. **MSgt. Carole Guerrero** and **TSgt. Craig Makiya** were then presented \$50 and \$25 in cash for being the #1 and #2 ticket sellers in our LSF fundraiser.

The Kina'ole Awards then followed with these special individuals being recognized:

\***MSgt. Carole Guerrero** (*Extra Mile Award*) – for chairing the highly successful LSF brownie fundraiser, which netted \$1,300 for the LSF Fund.

\***TSgt. Kalani Kolii** (*Overachiever Award*) – for developing an interactive ACCESS database in tracking DLR funds.

\***SSgt. Venus Santamaria** (*Patriot Award*) – for outstanding participation and documentation in 154 LS/LSF Deployment to Tucson, AZ (16-27 May).

\*The **LGLX Team** (*Extra Mile Award*) – for coordinating the LSF fundraiser.

\***SMSgt. Westcott Lee** (*154 MXS -- Best Friend Award*) – for providing much Aloha and support for our visiting Pacer Crag instructors.

\*The 154<sup>th</sup> LS (*Best Friend Award*) – for including the LSF in the 16-27 May Tucson deployment.



154th Logistics Support Flight

## 154th Logistics Support Flight Patch

by SSgt. Brian Takafuji, 154<sup>th</sup> Maintenance Squadron

Blazon: Celeste, emerging from a base wavy Azure a Hawaiian warrior properly attired in loin cloth and gourd helmet Gules garnished Sable grasping in his sinister hand a bundle of three swords bendwise of the third ans supporting in his upraised dexter hand a demi-globe Azure gridlines and continents black; all within a diminished bordure blue.

Attached above the disc a yellow scroll edged with a narrow blue border and inscribed "154TH LOGISTICS SUPPORT FLIGHT" in blue letters. Attached below the disc a yellow scroll edged with a narrow blue border and inscribed "KINA' OLE" in blue letters.

Significance: Blue and yellow are the Air Force colors. Blue alludes to the sky, the primary theater of Air Force operations. Yellow refers to the sun and the excellence required of Air Force personnel. The Hawaiian warrior symbolizes strength and fearlessness. The globe stands for worldwide support. The three spears represent pride, valor and integrity. The water indicates the warriors' link to the Hawaiian Islands. The motto, "KINA' OLE," is Hawaiian for error-free performance.

Mahalo to SSgt. P Tadaki for his help with the graphic conversion.

## Safe Boating 101



by Lt. Col. Stan Osserman, 203<sup>rd</sup> ARS

What started off as a successful day of fishing for my crew on Saturday, July 17, turned into heart wrenching depression when I heard that there was a fishing boat missing from Hickam Harbor. Sunday was spent talking to the Coast Guard and trying to imagine what those three men were enduring as each hour slowly crept by without sign of Kurt Schweitzer and his crew. If the situation was tormenting me it must have been pure torture for the families as the hours turned to days and nights. Fortunately this near-disaster had a happy ending when the Coast Guard found the boat drifting south of Kauai on Monday morning. Not everyone is that fortunate, however.

Being an avid offshore fisherman and aviator, I can relate closely to an ocean search from both the "searching aircrew" and "lost fisherman's" perspective. With this recent experience fresh in my mind, I wanted to take some of the collective wisdom that the US Coast Guard, seasoned local fishermen, and my aircrew training have taught me and pass on some advice that might help save a life.

I've discovered that even the best pilot or sailor can end up in a desperate situation, BUT (and that's a big but!) the better prepared you are, the harder it will be for bad luck or Mother Nature to get the best of you. So, please take the time to read this article and, even more importantly, apply it to your boating routine.

A great starting point for any boater is the US Coast Guard Boating Safety Class. The US Coast Guard Auxiliary offers boating safety classes in a variety of locations and times throughout Hawaii. Making this training a priority is making a great decision!

One of the first things you learn covers required safety gear for different categories of vessels. Radios may or may not be a Coast Guard requirement depending on the category of your vessel, but I have four of them on my boat. My CB radio allows me to talk to other fishermen (channel 23). A fixed VHF radio is used to talk to (and listen to!) the Coast Guard, harbor masters, and other vessels (channel 16). I

also keep a hand held, water proof, VHF as my back-up.

Most importantly, I have an EPIRB, an emergency locator beacon that satellites, aircraft and surface ships can use to pinpoint your location when it's really "not your day".

A cell phone is a nice addition to your communication equipment, but it's not waterproof and it's very easy to get out of cell range with modern miniature equipment. Other drawbacks include the fact that a cell phone cannot directly contact an aircraft (maybe someday, but not today) or "broadcast" to many stations at once. History has demonstrated many times that if a cell phone is all you have, you're setting yourself up for a fall.

The next category of gear I'd like to cover is signaling devices. Again, just because the Coast Guard might not require it for your category of vessel that doesn't mean you don't need it. Whistles, horns, mirrors, hand held flares, aerial flares, sea dye markers and the new safety streamers are included in this category.

As with the radios and other safety gear, proper storage and knowing how to use the signals is important, too. For example, pointing the radio antennae at the airplane you're trying to call is a BAD idea! You need to point the antennae out in front of or behind the plane because the strongest radio signals radiate from the sides of the antennae, not the top! If you're using a signal mirror, don't hold it on the cockpit area of the plane, you'll just blind the pilots. Flash the plane with short bursts of light.

Don't aim that nifty 10 or 12-gauge flare gun or 25mm parachute flair at the aircraft or even across its flight path. Shoot off to the side and ahead of the flight path so the pilots will see it. Shooting down a helicopter with a flare would be a very bad first impression, and may cost you a lot of money!

The Coast Guard recommends firing two flares when you know the plane is close enough to see you. Don't deploy surface flares or smoke until the rescue craft asks you to do so, or if you don't have a working radio, until they can see you.

(See "Boating" on Page 13)

"Boating" (continued from Page 12)

When they really need to zero in on you, you don't want the smoke to be dissipated or too far from your location, or worse yet, you don't want to be out of flares. When your flares hit their expiration date, buy new ones, but keep the old ones, too, if they're still in good condition.

The deployed sea streamer is probably the best visual signal to use in daylight. It's a new device that has gotten great reviews from marine safety experts because of its effectiveness, simplicity and price.

Horns and whistles may seem primitive but they are very effective, particularly between individuals who have become separated from their boat in rough water. I have one attached to each life vest. Staying with your vessel (assuming it's floating) is also an important part of signaling as well as survival (even if the boat is upside down) because it greatly improves your chances of being seen by air.

All of these safety devices are pretty useless if they are tossed out of your capsized boat or if you have them buried under "junk" in your locker. Keep your safety gear secured (tied down or inside a locker that won't pop open, even if turned upside-down) in an easily accessible place. Check it often and keep your safety gear in good shape.

There's a lot more to cover, and next month, I'll cover some other tips that might help you on the water when things aren't going quite the way you planned.



## E-Mail Etiquette

by Maj. Mike Compton, Chief of Safety, F-15s

**1. Use your best-written English.** Your message is judged only by what people can read. This means spell-check, re-read and edit.

**2. Personalize your message.** Start with their name. "Sign" it. Use exclamations, questions or ☺ to convey more of your meaning.

**3. Don't use E-Mail to criticize anybody.** The chances are your E-Mail will be taken

the wrong way. Talk to the person personally. Too little of what you mean can be discerned from cold words on a blinking screen.

**4. Avoid attachments.** Put it in the body of the message. Attachments are time consuming to read and usually deleted unopened. Also, if you have to use an attachment, attach it the first time.

**5. Keep it short** and to the point, but be polite.

**6. Reduce junk mail.** We are all inundated with junk mail.

- Avoid sending a cc: copy to anyone, especially bosses or friends. Sending an E-Mail to a worker and their boss says you do not trust them.
- Don't forward jokes, or virus warnings. Read them and delete them.
- Unless you are a General Officer, no one cares if you are TDY. Put a message on your phone instead.



## Host Families Wanted

The Hawaii National Guard Counterdrug Support Program will be supporting the **Millennium Young People's Congress**, which is being held October 21-29, 1999 at the Hawaii Convention Center.

Delegates of high school age will be coming from 189 countries during this period to participate in this unique Congress. They will be planning ways they can influence the quality of life and the environment in the new millennium.

Families on Oahu will have the privilege and rare opportunity of hosting these outstanding international youth who have been selected to represent their countries. You will be provided a stipend of \$17 a day, if needed, to cover the cost of hosting.

**Share your aloha!**

Please contact Capt. Tama-Lani Nakamoto at the Counterdrug Support Program office at 737-9450 for more information. Mahalo!

## HIANG Intramural Basketball

### To Tip Off in October

by TSgt. Richard Costa, Chairman

The 1999 HIANG Intramural Basketball League is scheduled to start on October 4<sup>th</sup> at the Fort Ruger gymnasium.

The league has two Open Division pools. Pool "A" plays on Mondays and Pool "B" plays on Fridays.

There is also a Masters/Women's Division that plays on Wednesdays.

Game times are 1845, 1945 and 2045.

Come on out to see some great games and to cheer on your teams.

I am looking for one more Masters/Women's team (men 35 and older) to round out the pool to 6. If there is anyone interested in organizing such a team, please contact me at 448-7662.

There will be a coaches meeting on Sunday @ 1430 in LG Classroom 4.

For newcomers interested in playing, contact the following coaches.

#### OPEN DIVISION

##### 154<sup>th</sup> LG

Russel Ducosin	449-2441
Rey Edralin	449-5174
Nathan Higa	448-7662
Rogan Kahalehili	448-7312
Carl Reynolds	449-8114

#### MASTERS/WOMENS DIVISION

##### 154<sup>th</sup> LG

Gary Hema	449-8114
Gary Samson	448-7662

#### OPEN DIVISION

##### 154<sup>th</sup> Spt Gp

Craig Katsuda	626-2706
Todd Le	448-7510

#### MASTERS/WOMENS DIVISION

##### 154<sup>th</sup> Spt Gp

George Katsumoto	448-7482
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#### OPEN DIVISION

#### 201 CCGp

David Bonifacio	674-0012
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#### OPEN DIVISION

##### 154<sup>th</sup> Ops Gp

Maui Quizon	449-1951
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#### MASTERS/WOMENS DIVISION

##### 154<sup>th</sup> Ops Gp

Jim Yuki	449-6022
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#### OPEN DIVISION

##### 169 ACWS

Reggie Maunupau	655-7211
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#### MASTERS/WOMENS DIVISION

##### 169 ACWS

Rob Lee	655-7293
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#### OPEN DIVISION

##### 154<sup>th</sup> Wing

Shawn Pangborn	448-7408
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## The *Kuka'ilimoku* is now on the "W"Drive!

That's right! This issue, along with past issues of the *Kuka'ilimoku* can now be read and/or downloaded from the "Newsletter" folder in the "154<sup>th</sup> Wing Headquarters" folder.

*-And Coming Soon...*

**The 'PA Web Page'!**



## Reservists Can Now Shop 'Til They Drop!



### Reservists!

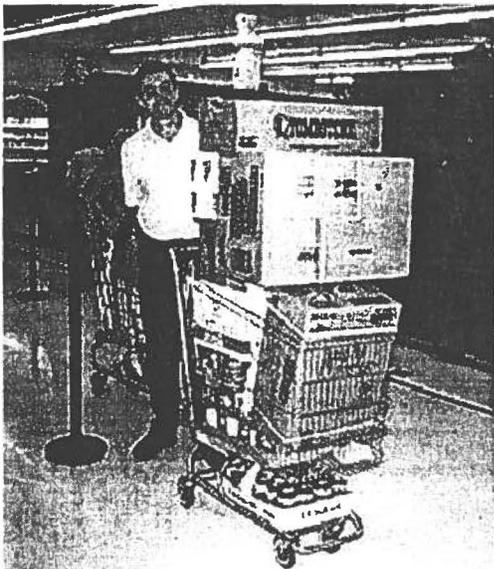
**Do you have your Commissary Privilege Card? If you don't have one, get one. It's your ticket to saving 20-25 percent on groceries, and it's an important part of your military benefits.**

**Congress voted last fall to double the amount of visits that reservists, national guard, and gray area retirees can make to the commissary: From 12 to 24. That's enough to do some serious shopping. But you still need that magic card to get in the door.**

The expanded commissary benefit is also available to Reserve retirees who are not yet 60 years old, but will be eligible for retired pay when they hit that magic number. The privilege also applies to the dependents of Reserve and retired Reserve personnel.

According to COL. James Scott, Office of the Assistant Secretary of Defense for Reserve Affairs, "many reservists feel it's a significant entitlement. The problem is lack of awareness - the reservists don't always know about the benefit or take advantage of it."

"We encourage all Guard and Reserve personnel to use their shopping privilege," said Bill Ritz, a commissary management specialist who oversees the Guard/Reserve shopping program at The Defense Commissary Agency (DeCA). "They will enjoy shopping for groceries in modern stores, and get great value in the bargain."



Greg Cranberry - 187th Fighter Wing in Montgomery, AL, stocks up on goods during a Fort Rucker Caselot sale - "now that they doubled our shopping days, it's GREAT!"

**For calendar year 1999, the services issued two, 12-visit cards to authorized Reserve and Retired Reserve members. For calendar year 2000, the Commissary Privilege Card (CPC) will be revised to contain 24 blocks. To shop the commissary, reservists (or immediate family) need a valid ID card and a current CPC that entitles them to 24 shopping days. CPCs are usually obtained through the reserve unit administrator. The card is stamped or initialed at each store visit. During active duty, they can visit the commissary as many times as they wish and do not have to get their card initialed.**

Gray area reserve retirees (under 60) usually get their cards by mail, but "judging from some of the phone calls I've gotten, it's not automatic," said Lt. Col. Terry Jones, Office of the Assistant Secretary of Defense for Reserve Affairs. "And often when they were processed out, no one told them about the benefit." According to Col. Scott, retirees who want to get "into the system" and obtain a CPC by mail, should contact their regional personnel support team, and **don't forget to let them know about changes in your address:**

**Army and Air National Guard personnel should contact their unit administrator or call:**

- Army Reserve** 1-800-325-1869
- Navy Reserve** 1-800 535-2699, ext. 5500 or (504) 678-5500
- Marine Corps Reserve** (703) 784-9317
- Air Force Reserve** 1-800-525-0102, ext.. 227

The new DoD policy also allows National Guard members on state active duty for federally declared disaster operations (and their dependents) to use commissary stores during the period of their active service. The required documentation is a military order stating that the National Guard member is serving in support of a federally declared disaster.

For Internet-connected reservists, good information on shopping at the commissary and the Commissary Privilege Card is available at these sites:

<http://www.arpc.org/director/dr/cards.htm>

For information on "Shopping in Europe" <http://156.112.6.11/index95.htm>

ARMY AIR NATIONAL GUARD FORCES <b>COMMISSARY PRIVILEGE CARD</b>	
NAME (Last, First, Middle Initial) <b>John Doe</b>	
SSN ###-##-####	GRADE
ISSUING UNIT <b>AR-PERSCOM ST LOUIS MO</b>	
PRIMARY DEPENDENT <b>ARPC-PSP-P</b>	
ADDITIONAL DEPENDENTS	
<b>OFFICIAL</b>	
SIGNATURE <b>DONALD G. CONAWAY</b>	EXPIRES (YYMMDD) <b>19991231</b>
DD Form 2529, NOV 88	

**Commissary Privilege Card - Front**

<b>A 9086736</b>	THIS CARD IS THE PROPERTY OF THE U.S. GOVERNMENT. ITS COUNTERFEITING, ALTERATION, OR MISUSE VIOLATES 18 USC 499, 506, AND 701, AND WILL MAKE OFFENDERS LIABLE TO A HEAVY PENALTY.				
	DD Form 2529 Reverse, NOV 88				
	<i>[Signature]</i>				

**Back - signature blocks**

The Defense Commissary Agency (DeCA) operates a worldwide chain of 293 commissaries that provide groceries to military personnel, retirees and their families. Commissary patrons purchase items at cost plus a five percent surcharge which covers some operational expenses from the purchase of paper bags to the construction of new stores. Patrons enjoy savings ranging from 25 to 30 percent on their purchases. A typical family of four regularly shopping at the commissary can save as much as \$2,000 per year.

**Find out "What's On Sale" at the DeCA Web Page  
Shopper's Cart at [www.deca.mil](http://www.deca.mil)**