

## **COAST GUARD**

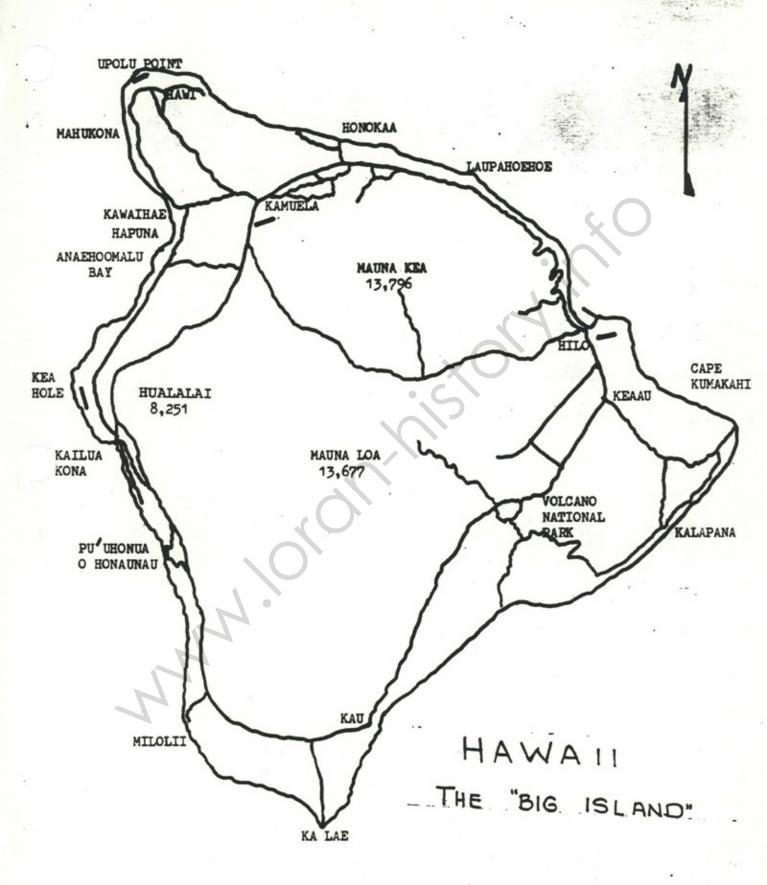
# Loran Station UPOLU POINT



Commanding Officer USCG Loran C Station Upolu Pt. P.O. Box 2 Hawi, HI 96719-0002



General Information Book



#### TABLE OF CONTENT

CHAPTER 1

Station History

CHAPTER 2

Station Today - General Description

CHAPTER 3

Station Routine and Activities

CHAPTER 4

Military Aspects

CHAPTER 5

Logistics

CHAPTER 6

Local Area

CHAPTER 7

Recreation and Morale

CHAPTER 8

Accommodations

CHAPTER 9

Helpful Hints

#### CHAPTER I.

#### STATION HISTORY

United States Coast Guard LORAN-A Transmitting Station Hawaii was originally built in June of 1944 by a Navy Construction Battalion. The station consisted of seven Quonset huts on about 20 acres of land located at 20 degrees, 15 minutes Worth Latitude, 155 degrees, 54 minutes West Longitude. The geographical description is Upolu Point, District of North Kohala, Island of Hawaii, State of Hawaii, and located approximately 5 miles south of the town of Hawi, Hawaii.

The station was configured to be a LORAN-A Slave Transmitting Station, and was paired to a master station located on Molokai, Hawaii and was assigned a rate of 2L4. The station was built when LORAN was still in the developmental stages and has seen LORAN-A progress from its early and unreliable beginnings to the fully automatic, 99.95% reliable aid to navigation. Installation of the original transmitters was completed in August of 1944. The station was on air and operational in January 1945 as a station of the Fourteenth Naval District.

In August 1947, new and better equipment was installed, UE-1B Timers and TDP-1 Transmitters, replacing the original experimental equipments. Two years later, work was started on permanent buildings to house the men and equipment. Most of the Quonset huts were abandoned and removed when the permanent buildings were completed in March of 1951. Between June and November of the same year, new water and telephone lines were installed from nearby Kokoiki. Water came from the Hawaii County Board of Water Supply through pipes that run well back into the rainy Kohala Mountains. The Hawaiian Telephone Company installed and maintains the telephone lines and equipment linking the station to the International Bell System.

A water purification system, storage tanks, drainage ditches, paved roads, a new antenna ground system, and a new water distribution system were completed in the fall of 1951.

Once again, newer and more modern equipment, the TEH Transmitters, were installed and became operational in November of 1951. LORAN-A continued to progress towards greater accuracy and reliability. In November, 1953, almost before the bugs were worked out of the TEH, the T-325/FPN Transmitters were installed along with new CU-277/URT Antenna Couplers.

In May 1954, T-138 Amplifiers boosted the output of the LORAN-A signal to a peak pulse power of a Megawatt. Even while all of these changes were taking place, Electronic Engineers in various

laboratories began to talk about the disadvantages of the LORAN-A system of navigation. They discussed many ways to overcome the disadvantages and eventually settled on the present system, called LORAN-C. It would take another seven years of developmental work before this new system would become operational in the Pacific. In the meantime, LORAN-A continued to grow and advance.

On June 2, 1955, the station shifted to commercial power provided by Hilo Electric Company (HELCO), with the station's diesel generators relegated to a standby status. This was a very welcome change for the station personnel. No more generator watches, and far less maintenance. In August, a new 280 foot steel transmitting tower was erected, resulting in an increased coverage area. In November 1955, the AN/FPN-30 Timers replaced the UE-1B Timers, again increasing the usability of the LORAN-A signal. Additionally, the UM Switchgear was replaced by the AN/FPA-2 control gear and decreased off-air time because of its greater reliability.

In 1960, land was purchased and construction began on a combined LORAN-A/C station. About 80 acres were acquired to meet this new commitment. The LORAN-C system required a tall (625') tower and an extensive ground system to transmit efficiently. The contract for construction was awarded to Fisher and Walsh, a firm from Honolulu, at a cost of 1.3 million dollars. All existing buildings and equipment were removed, with the exception of the LORAN-A Signal Building, and a totally new station was constructed on the site. The present buildings have prestressed concrete beams for their ceilings. The buildings were designed and built to be typhoon and earthquake resistant, and require minimum maintenance.

AN/PPN-41 Timers and AN/FPN-42 Transmitters, built by the Sperry Company, were airlifted to Hawaii and installed by Coast Guard personnel in January of 1961. This station transmitted the first LORAN-C signals in the Central Pacific area.

On February 2, 1961, the installation of the AN/FPA-3 Switchgear for the LORAN-A rate 2L4 was completed. LORAN-A became semi-automatic utilizing type III operation. In March, LORSTA Molokai was decommissioned, and rate 2L5 was assigned to LORSTA Hawaii. We were designated as Master for 2L5, and paired with LORSTA Kauai.

Construction of the new station, as we know it today, was completed on June 2, 1961, and was officially commissioned a LORAN-A/C Station at 0001Z, 6 June 1961. The station personnel allowance was two officers and twenty-four enlisted personnel. The task of making a home out of new buildings and raw-cut earth

began. Landscaping became an endless job. There were one in hundred acres that needed landscaping to prevent erosion from the winter rains, and the blowing dust in the dry summer. The problems were tackled and met with varying degrees of success. Today the landscaping is not a chore. The antenna fields were planted with a grass that withstands the dry summers and springs back to life at the first rain. The dust is gone but Hawaii will always have the winds. Upolu Point is the second windlest spot on the island, averaging 15 knot winds throughout the year. Wind driven electrical generators are a common sight. The five station buildings and the eight family housing units (four duplexes) offer modern facilities for comfortable living and operational capabilities.

In the Spring of 1964, Group Hilo was decommissioned. LORAN Station Hawaii was given the responsibility for emergency repairs of aids to navigation for the entire island of Hawaii. Two men were added to the personnel allowance to accomplish this added responsibility. The functions that Group Hilo performed as COTP were also transferred to LORAN Station Hawaii.

Major changes have come slow and been very few indeed during the past twenty years. The 10th anniversary as a LORAN A/C station was celebrated on 6 June 1971. During that ten year period the electronic equipment had been continuously improved and upgraded. The other components of the station remained relatively unchanged during this time. The second decade as a LORAN A/C station has seen steady changes and improvements.

On April 1, 1972, our name officially changed from LORAN Station Hawaii to LORAN Station Upolu Point. The change to LORAN Station Upolu Point (pronounced oo-po-loo) was made to eliminate the similarity of names in the voice call circuits of the radio. LORAN Station Hawaii and LORAN Station Kauai sound very similar to each other.

LORAN Station Upolu Point became the first Coast Guard unit in the Pacific area to have an operational sewage treatment plant. This self-contained unit was installed in June 1972. The cost of the plant and installation was \$37,000. The plant is capable of treating several thousand gallons of raw sewage every day.

In early August 1975, modern, digital, integrated circuit timers and pulse building equipment for the LORAN-C system were installed. Later in the year, the LORAN-A timers were replaced with the same type of equipment. These two changes in a single year brought an end to the vacuum tube timing equipment.

A Precise Time-Time Interval (PTTI) rack was installed in the LORAN-C timer room in May 1976. This provided the station with

the capability to compare one pulse per second outputs of the station. Societies Beam Frequency Standards with those of other stations in the Hawaiian Chain. This provided us with a time reference directly traceable to the U.S. Naval Observatory.

The first day of July 1976, brought a new reduction. The official crew now consisted of only ten enlisted personnel and one Chief Warrant Officer, designated as Commanding Officer. This was made possible by the equipment installations of the previous year.

The year 1979 saw two major changes to the station. First, was the deactivation of the LORAN-A system in the Central Pacific area. LORAN Stations French Frigate Shoals and Kauai were closed permanently. The LORAN-C monitor site was moved from French Frigate Shoals to Johnston Island. The data is remotely monitored at Honolulu, Hawaii, where the actual monitor watch is stood. Second, automatic generator starting equipment was installed providing the station with the ability to get back on air quickly in the event of a commercial power failure. We normally return to an on-air condition in less than one minute.

In 1984, the LORAN-A Signal Building was removed and the LORAN-C Signal Building, Power Building, Recreational Building, and Housing Units were renovated either in full or in part. The most extensive renovations were in the Signal Building. The renovations consisted of removing the old screen room, replacing building windows, lowering ceilings, relocating the air conditioning to make it more efficient, and creating a storage room, modern timer room, training room, operations office and an office for the Commanding Officer; and the housing units which consisted of redoing the ceilings, walls, and lighting in the bathrooms and kitchen. Ceiling fans with lights were installed in the bedrooms and living room. Also, all units had electric dryers installed replacing the gas dryer. The interiors of all housing units were painted. The Power Building received a renovated office and the floors were repainted. The Recreational Building had a TAD/TLA unit constructed in the old office area.

Projects scheduled for 1985 and 1986 are in the housing units to renovate the kitchen cabinets, replace the range hoods, replace the gas stoves with electric stoves, replace the floor tile, purchase drapes, repair windows, install garage doors, and paint the exteriors.

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#### CHAPTER II

#### THE STATION TODAY - A GENERAL DESCRIPTION

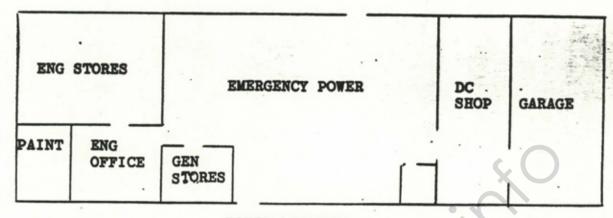
The station presently consists of five buildings and four duplex family units. The buildings are rectangular one story cinder block structures featuring prestressed concrete beams and poured concrete floors. The family units will be more fully described in a later chapter. The five buildings are: Recreation Building, Barracks, Power Building, LORAN-C Signal Building, and LORAN-C Transmitter Building. The barracks building is no longer used, and is scheduled for removal.

LORAN-C SIGNAL BUILDING: This building contains the Timer Room, with an adjacent watchstander work area; the Commanding Officer, XPO, Operations Department Head, and the Storekeeper offices, as well as a training room.

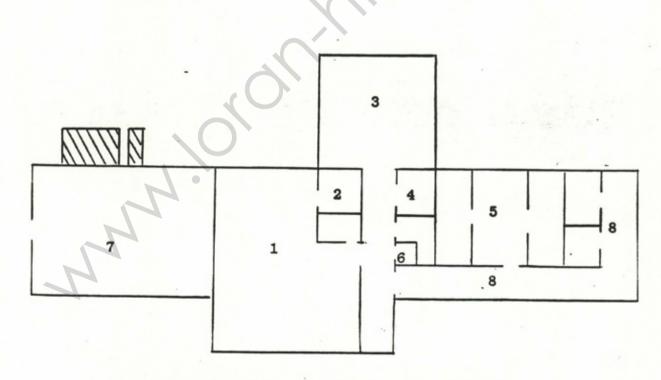
LORAN-C TRANSMITTER BUILDING: This building contains the two AN/FPN-42 transmitters and associated antenna coupler used to generate the LORAN-C Signal. It is located at the base of the 625 foot LORAN-C antenna and is normally unmanned. The transmitters operate at 275 kilowatts peak pulse power.

POWER BUILDING: This building contains the Engineering Storeroom, a Paint Locker, a three bay garage, and the DC shop. The two Caterpillar generators, each capable of producing the stations emergency power are also in this building.

TRANSMITTER BUILDING



POWER BUILDING



- 1. RECREATION DECK

- 2. MORALE LOCKER
  3. WEIGHT ROOM
  4. TELEPHONE ROOM
- 5. T.A.D. QUARTERS
- 6. HEAD
- 7. STORAGE 8. COVERED PASSAGE

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#### STATION ROUTINE AND ACTIVITIES

The missions of the station are: 12 - 2 - 203 mm soizes

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- 1. Transmit LORAN-C signals on rate 4990 in synchronization with the Master Station LORAN Station Johnston Island. Our designation is XRAY. (view vollay)
- Perform emergency servicing, within the capability of the unit, of the sixteen unmanned navigation aids located about the island, when required.
- 3. Perform COTP Representative duties, as required. This normally involves ammunition offloading, pollution investigation, harbor checks, and law enforcement.
- 4. Maintain a communications quard on assigned frequencies.
- 5. Maintain a continuous state of readiness and training as required by regulations.
- Make periodic surface weather observations and furnish these observations to the U.S. Weather Bureau.
- 7. Maintain all equipment, property, buildings, and grounds assigned.
- 8. Maintain the files, records, blueprints, publications, and reports necessary to transmit the LORAN signal and for the effective administration of the personnel and material assigned.

#### STATION PERSONNEL ALLOWANCE:

1 - CWO4(ELC) Officers:

Total: 1

Enlisted: 1 - MK1 1 - SK2 1 - ETC

> 1 - ET1 1 - BT2 3 - BT3

> > 1 - DC2

Total: 10

#### DAILY ROUTINE:

The daily routine of the station is governed by the requirements of the mission and service customs. It provides for sufficient available manhours to accomplish the maintenance and operational requirements to perform the mission.

### A. WORK DAYS: 0645-1300

- 0645 Giberty expires on board for all hands.
- 0700 Station muster, Station training (Monday only), Turn to station work.
- 0800 Morning colors.
- 1000 (Friday only) Commanding Officer's Material Inspection (Fourth Friday of month, Personnel Inspection)
- 1100 Secure for lunch.
- 1200 Quarters for all hands, followed by resumption of station work,
- 1230 Mail run (SK).
- 1445 Secure station work, commence clean-up.
- 1500 Secure daily routine, liberty granted at discretion of department head.

Sunset Evening colors.

#### B. WEEKENDS AND HOLIDAYS:

- 0745 Liberty expires on-board for on-going duty section.
- 0800 Morning colors, OOD musters on-coming duty section.
- 0815 Liberty granted for the off-going duty section.

Sunset Evening Colors.

DEPARTMENTAL ORGANIZATION: The station is divided into two departments: Engineering and Operations. Each department is headed by the senior person in the department, who is responsible to the Commanding Officer, through the XPO, for the accomplishment of their department's tasks. Departmental coordination is effected through the XPO. Weekly work lists and project assignments are employed to assure the assignment and completion of all necessary and desirable work and projects. Reports to higher authorities are originated by the department head concerned and reviewed by the Commanding Officer.

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Watchstanders are drawn from all departments. The station watch sections provide for maximum granting of liberty while and all maintaining the necessary watches and duty personnel on board.

#### CHAPTER IV.

#### MILITARY ASPECTS

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CHAIN OF COMMAND: Upolu Point LORAN Station is a unit of the 14th Coast Guard District. The Commanding Officer USCG LORAN Station Upolu Point is directly responsible to the District Commander for both administrative performance and operational functions of the command.

COMMUNICATIONS: This station guards 5063 KHz at night and 12205 KHz during the day for LORAN-C single sideband working nets. The net controller designates the frequency to be used depending on that frequency's performance for that time of day. Net control over all CCGD14 unit frequencies is exercised by NMO, the district primary radio station. However, the LORAN-C system monitor or MASTER station shares LORAN-C net control with NMO.

NEARBY COMMANDS: There are several other military commands on the island, only one of which is Coast Guard. No active formal liaison is maintained with the non-Coast Guard facilities. The other activities are:

USCGC CAPE SMALL (WPB 95300), Hilo (District Unit)

Kilauea Military Camp, Volcano, Joint Forces

Pohakuloa Training Area, Puhakuloa (USARHAW)

U.S. Naval Electronics Facility, Hilo (USNR)

U.S. Air Force Detachment, Hilo (USAF)

Hawaii National Guard, Hilo (USARHAW)

COLLATERAL OPERATIONS: This station provides assistance to other military commands or local groups and individuals only as the District Commander may direct or as is required due to emergencies, natural disasters and distress incidents.

SEARCH AND RESCUE: Since only one Coast Guard floating unit is assigned to this island, this station often becomes involved in SAR activity. The CGC CAPE SMALL can quickly arrive on scene in cases occurring in the Hilo vicinity. However, the Kona Coast (west side of Hawaii) sees a large volume of small boat traffic. The 95 footer must cruise over 70 miles to reach the north end of the Kona Coast and over 100 miles to reach the south end. For this reason, the station has always maintained a working relationship with the Coast Guard Auxiliary. This volunteer organization is well organized on the Kona Coast and can usually

be counted on to provide assistance in that area. This unit participates to the extent that it is in a position to coordinate separate rescue activities and keep the Rescue Coordination Center in Honolulu informed.

COTP: This unit serves as the Captain of the Port Representative on the Island of Hawaii for COTP Honolulu. This involves the supervision of ammunition offloading or onloading in Kawaihae, oil pollution investigations, law enforcement boardings, harbor checks, and in rare instances, vessel inspections.

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#### CHAPTER V

#### LOGISTICS

SOURCES OF SUPPLY: This station obtains supplies through the MILSTRIP system from Coast Guard supply sources, Department of Defense, and General Services Administration stocking points. Commercial purchases are accomplished through local and district purchase orders.

TRANSPORTATION: Supplies are brought to the Big Island by U.S. Mail, commercial airlines, barge services, Coast Guard aircraft from Honolulu, and UPS.

MAIL: U.S. Mail is picked up and delivered daily except Sundays and holidays at the Post Office located in Hawi, five miles from the station. All usual mail facilities are available through the Post Office. The station mailing address is as follows:

Commanding Officer USCG LORAN Station P. O. Box 2 Hawi, Hawaii 96719

This address is also the same that you will use for your own use by substituting your name in the first line. Should you desire to receive your mail in a separate P. O. Box, arrangements can be made through the Post Office after your arrival at the station.

MEDICAL ASSISTANCE: Medical care for active duty personnel is provided by contracts issued to the Kohala Dispensary and the Kohala Hospital. Extreme or untreatable cases are referred to Tripler Army Hospital on Oahu.

Dental care for active duty personnel is obtained through a contract dentist at the Kohala Dental Clinic.

Dependents medical care is handled solely by individual participation in the CHAMPUS Program. Personnel under orders should become thoroughly familiar with this program and should consider a supplemental insurance plan if their needs so require. Dental service is a matter of personal choice and not covered by the government at all.

STATION TELEPHONE NUMBERS: The following two commercial telephone numbers are for the station, (808) 889-6454/6939. For general business and communications with members of the station use (808) 889-6454. For official business with the Commanding Officer use (808) 889-6939.

#### CHAPTER VI

#### LOCAL AREA

LOCATION: The North Kohala District of the Island of Hawaii has a population of about 3,000. It is multi-racial, English speaking, and quite friendly. Historically, it is the oldest area of the island and played a key role in all of the early Hawaiian history. Kamehameha, a great Hawaiian ruler was born within two miles of the station, and the station itself was the site of an early Hawaiian village. Cattle ranches border the area; the largest of which is the famous Parker Ranch.

CUSTOMS AND TRADITIONS: The local people represent nearly every racial extraction or combination that can be found anywhere in Hawaii, including Hawaiian, Filipino, Chinese, Japanese, Portugese, Scottish, English, and German in varying quantities and combinations. While the English language is predominant, other languages are frequently spoken, including some of the rare pure Hawaiian. The traditions of the oriental races are maintained to some extent through their religious groups. Hawaiian customs are far more authentic here than in Waikiki. But, significantly, the mixture of all the various customs and traditions has produced a positively American society that blends well, and provides for good community activity and unity. The relationship between the station and the community is excellent and personnel and their families are welcome in all community activities. Churches of nearly all faiths are available in the immediate area, and they welcome the participation of station personnel.

LOCAL CONTACTS: The Kohala Athletic Association sponsors softball, basketball, and other sports in their seasons, for both adults and children.

SHOPPING HINTS: The only military commissary and BX available are at Kilauea Military Camp, 135 miles away. Limited hardware, grocery and department store items are available nearby, at high prices. A shopping center in Waimea, 30 miles away offers a supermarket, drug, and variety store. Most automotive, hardware, and department store items must be procured from Hilo, 90 miles southeast of the station, or through mail orders. A cost of living allowance helps relieve the high cost of gasoline and other commercially procured items for a family. An automobile is a necessity. Kailua Kona, about 45 miles south of the station also provides shopping and, to some extent, night life. It is a tourist area; and as might be expected, some prices are rather high. Kona does, however, provide a pleasant change from the "country" atmosphere of the North end of the island.

#### CHAPTER VII

#### RECREATION AND MORALE

STATION: The station provides limited sports equipment and recreational facilities. A recreation court is located near the Signal Building. It is a concrete court and is marked off for tennis, basketball, and volleyball. Recreational equipment includes basketballs, footballs, volleyballs, nets, tennis rackets, a complete softball set, pool table, ping pong table, fishing rods and reels, diving equipment, and television. TV reception is reasonably good on four color channels. The signals are received from the Island of Maui, 26 miles across the channel from the station.

LOCAL AREA: The local area encourages sports participation through the Kohala Athletic Association.

ISLAND WIDE: The Island of Hawaii provides a large variety of sightseeing activities, including an active volcano, ancient Hawaiian villages, and unparalleled mountain and valley scenery. There are also numerous resorts, facilities for sport fishing and good bird and animal hunting areas. The area abounds in quail, pheasant, dove, wild pig, sheep and goat.

CLIMATE: The island climate ranges from the very dry (less than 20" of rain per year) to the very wet (more than 150" of rain per year); from snow on the mountain tops, to year round swimming at the beaches. The station temperature averages between 70 and 90 degrees, but there are wide variations in temperatures, rainfall, and weather on the various parts of the island. A one hour auto trip from a cold, mountainous, humid area to near desert, dry area can be taken at any time of the year.

BEACHES: The nearest beach is just south of Kawaihae, about 17 miles from the station. The shoreline near the station is comprised of lava rock and will not produce a good swimming beach for several centuries. There are many other beaches including one of black sand, one of green sand, and several other scenic areas near the station. A cove adjacent to the station is suitable for swimming for GOOD swimmers.

ENTERTAINMENT: Dancing and entertainment are available throughout the island. Even in relatively "back woods" country areas the many private parties usually feature a small combo made up of the guests. For the best entertainment, tourist towns feature the island's best.

BOATING: The waters to the west of the Kohala and Kona Coasts offer some of the best game fishing in the world. A boat ramp is

available 15 miles from the station and afford a free and safe launch site. The rocky coastline offers excellent fishing and diving. Local people put to sea in crafts from 12 foot to the larger pleasure crafts. The wind and sea can be very dangerous and the larger crafts are the best choice.

DIVING: The coastline along the station offers very good diving and snorkeling for the intermediate to advanced swimmer. The sea abounds in numerous species of tropical fish, coral shell fish and excellent underwater scenery.

PISHING: Fishing is outstanding and is a very relaxing pastime. One can walk less than 200 feet from Quarters and "wet a line". Numerous species can be taken on medium spinning rigs or Hawaiian "sails". The fish which inhabit the local waters are too numerous to mention, but range from giant Marlin to small, 4" pan fish. Most local fish provide good sport and excellent eating.

GARDENING: Some crew members and their families plant small size garden plots in their back yards. The soil and climate support nearly every type of crop year round. This pastime is not only enjoyable but somewhat offsets the high cost of groceries.

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#### CHAPTER VIII

#### ACCOMMODATIONS

HOUSING GENERAL: There are public quarters for six families on the station. The CO's and ETC's quarters are normally assigned specifically while other quarters are assigned on an availability basis. Off base housing is authorized as necessary.

BACHELOR ENLISTED QUARTERS: Two houses have been provided for the BEQ. Linen, cooking and eating utensils, and TV are provided in the BEQ. The BEQ is furnished.

STATION HOUSING: The family quarters provided are houses constructed of cinder block with poured concrete floors covered by attractive vinyl tile. They were built in 1961 and are among the nicest living quarters in Kohala. The one car garage has ample cabinet space and a work bench in the back. It opens on a spacious lanai which is ideal as a playroom for children and for entertaining large groups of people. A sliding glass door leads from the lanai into the living room. The living room picture window looks out on the channel between Hawaii and Maui. On a clear day you can see Maui, Lanai, and Rahoolawe Islands. This room opens directly into the dining room. A lunch counter separates the dining room from the kitchen. The kitchen has more than enough utility room. Here again, there is ample cabinet space. The provided washer, dryer, solar hot water heater, and deep basin sink are installed in the utility room. From the living room, a hallway leads past another access to the utility room, a small bedroom, the main bathroom, a large bedroom, and into the master bedroom which has its own bathroom. The utility room also opens onto a poured concrete patio as outlined on the sketched floor plan. Full shipment of HHG is authorized. Houses are not furnished.

SCHOOLS: The State of Hawaii provides public schools for kindergarten through 12th grade. Because of the small size, there is some limitation of courses. Bus transportation is provided for station children daily. There are two private schools, Hawaii Preparatory Academy (K-12) and Parker School (7-12), located 22 miles from the station; however their tuition costs are quite high. (Approximately \$3400 for Parker per year and higher for HPA.) One parochial school, Kohala Mission School (K-8), is located in Hawi. It is run by the Seventh Day Adventists. There is also a Montessori Pre and Elementary school located 22 miles away. In Hawi there are two preschools.

TRANSPORTATION: Commercial air transportation is available between islands. There is limited public transportation within the island. Arrival to LORSTA Upolu Point from Honolulu should

be via Upolu Point Airport on Royal Hawaiian Air Service. This may be slightly more expensive but it is much quicker and much more convenient. Direct flights to and from the mainland also arrive and depart Hilo and Kona on a daily basis.

SUPPLIES AND FOODS: There is no commissary available near the station. All food is purchased from the local economy. A limited PX is available at the Kilauea Military Camp, 100 miles away. All personnel draw cost of living allowance to defray the high cost of living, especially for food. Single personnel draw both COLA and subsistence and provide for their own food. The BEQ is adequately furnished with refrigerators and freezers to allow each single member to store an adequate supply of food.

CLIMATE AND CLOTHING: The climate is semi-tropical and heavy winter clothing is definitely not required. Light sweaters are often desirable at night for outdoors activities and blankets are a welcome item at times. Rain clothes are a necessity. The temperature is very dependent upon the altitude and the wind. Kailua Kona will seem to be hot after a few months of Upolu Point wind coming off the mountain. Waimea, on the other hand, is always cool and windy, because of its altitude of 2,500 feet and location between two mountains.

Typical civilian attire is the "Aloha" shirt for men and the "Muu Muu" for women. These traditionally Hawaiian clothes are comfortable, cool, and accepted attire for all informal occasions throughout the island.

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#### CHAPTER IX

#### HELPFUL HINTS

There are several topics which could be addressed in other sections of this booklet, however, they are grouped under this general chapter for convenience. These thoughts have been provided by the families presently living on board. We all hope that the information provided will be useful and will help your transition go a bit smoother.

RECREATION: Practically the only sport which is not prevalent on the Big Island is snow skiing. At times, during severe winters, the higher mountains do have adequate snow to support this pastime but they are void of such conveniences as access roads, lifts, and nearby civilization.

Camping, hiking, hunting, and fishing are very good an all islands. Detailed information can be obtained by writing to:

Division of State Parks P. O. Box 621 Honolulu, Hawaii 96809

Simply ask them for the exact information you desire and you will find they are quite helpful and factual. They provide an outstanding packet of information.

SHOPPING AND PRICES: In general, prices for food, clothing, and supplies are a great deal higher than on the mainland. Because of this, COLA is provided to offset the increased costs. It is strongly suggested that you (married personnel) bring along a good freezer for your tour of duty. True, a freezer takes up a lot of your weight allowance for HHG, but it is nearly the best thing you can have here. A suitable freezer will allow you to "play" the sales in Hilo and to purchase bulk quantities. Beef can be purchased by the quarter, half, whole, or "on the hoof". The latter offers good, island range fed beef at a cost of about \$1.00 a pound at today's (1984) prices.

The good fishing also affords the opportunity of stocking up the freezer with low cost seafoods. For the non-fisherman, there are numerous local fish markets which offer reduced prices for bulk purchases.

TRANSPORTATION: Getting to the station can either be trying and difficult or fun and easy. It can be boring, while cramped in a large jet, or it can be a sightseeing delight while on a small aircraft.

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SHOPPING AND PRICES: In general, prices for food, clothing, and supplies are a great deal higher than on the mainland. Because of this, COLA is provided to offset the increased costs. It is strongly suggested that you (married personnel) bring along a good freezer for your tour of duty. True, a freezer takes up a lot of your weight allowance for HHG, but it is nearly the best thing you can have here. A suitable freezer will allow you to "play" the sales in Hilo and to purchase bulk quantities. Beef can be purchased by the quarter, half, whole, or "on the hoof". The latter offers good, island range fed beef at a cost of about \$1.00 a pound at today's (1984) prices.

The good fishing also affords the opportunity of stocking up the freezer with low cost seafoods. For the non-fisherman, there are numerous local fish markets which offer reduced prices for bulk purchases.

TRANSPORTATION: Getting to the station can either be trying and difficult or fun and easy. It can be boring, while cramped in a large jet, or it can be a sightseeing delight while on a small aircraft.

You should also be sure to repeatedly indicate that your car is being shipped to the Big Island via Kawaihae. Autos repeatedly wind up "lost" on a dock in Honolulu with everyone trying to locate it. Be sure to get a copy of the GBL for your car and insist on a fair inspection prior to your shipment. Be sure to retain and bring along all of your paperwork.

DAILY LIVING: Because of the semi-tropical climate, most families eat rather lightly with a lot of emphasis on BBQ'd meals. Each two sets of quarters shares a gas BBQ grill provided by the station. Be sure to bring along lots of plastic type food storage containers with you. Everything lasts much longer when kept in air-tight containers.

The station provides a "Hospitality Kit" for use until your HHG's arrive. The kit is well equipped and will tide you over nicely during your transition.

As usual, it is a good idea to bring along some extra cash to live on until your pay straightens out. The district pay personnel do an outstanding job but it often takes one to two months to get all the PMIS data and paperwork converted into take home pay.

Typical Quarters Floor Plan (BEQ is a four-bedroom structure and differs somewhat.)

