

# SOCPAC Newcomer's Guide

June 2022



Aloha and congratulations on your new assignment to Special Operations Command, Pacific (SOCPAC). This guide provides information to assist in your transition. Please provide feedback on its contents.

If you have not made contact with your Sponsor within 30 days of arrival, please call SOCPAC SOJ1 at (808) 204-3626.

**IN-PROCESSING:** Your Sponsor should pre-arrange or escort you to get a badge, then report to the SOJ1 in Building 700 Room 113 (1st Floor), Camp H.M. Smith, HI for in-processing. Please call (808) 204-3626 if you have any questions.

# THIS BOOKLET IS NOT COMPREHENSIVE; MORE INFORMATION MAY BE FOUND AT THE FOLLOWING SITES:

SOCPAC Homepage: <a href="https://www.socom.mil/socpac">https://www.socom.mil/socpac</a>

SOCPAC Newcomer's Site: https://www.socom.mil/socpac/Pages/SOCPACnewcomers.aspx

SOCPAC Training Requirements: https://www.socom.mil/socpac/Documents/SOCPAC%20Training%20Courses.pdf

SOCPAC Facebook Private Group: https://www.facebook.com/groups/pacificguardian (request to join)

#### **COMMAND CONTACT INFORMATION**

SOCPAC Joint Operations Center (JOC) (808) 470-1040

SOCPAC Command Group (808) 470-1009

#### **CAMP H.M. SMITH SECURITY**

Marine Corps Base Hawaii (MCBH) Provost Marshal's Office is responsible for all matters relating to law enforcement and installation security. These responsibilities include such things as emergency response, traffic enforcement, criminal and traffic accident investigation, installation access control, crime prevention, physical security, pet regulation enforcement, and coordination with local, state, federal and military law enforcement, and security agencies.

Camp Smith Desk Sergeant (808) 477-7114
Camp Smith Vehicle Registration (808) 477-8734/8735
https://www.mcbhawaii.marines.mil/Offices-Staff/S-7-Safety-Security-

Emergency-Management/Provost-Marshals-Office/

#### HQ, USINDOPACOM VISITOR CONTROL CENTER

Building 700, Camp H.M. Smith, HI (808) 477-9356/9358

# **TABLE OF CONTENTS**

| Special Operations Command, Pacific          |    |
|--|----|
| SOCPAC Mission and Vision                    | 4  |
| Meaning of SOCPAC Shield                     | 4  |
| Aloha and Welcome to Hawaii                  | 5  |
| Hawaiian Culture Quick Tips                  | 6  |
| Honolulu Airport                             |    |
| Arrival Support                              | 7  |
| USO  | 7  |
| Ground Transportation                        | 7  |
| Relocation Assistance                        |    |
| Military & Family Support Services           | 8  |
| Геmporary Lodging Allowance (TLA)            | 9  |
| Loaner Furniture & Goods                     | 10 |
| Housing                                      | 11 |
| Utility Companies                            | 12 |
| Schools and Education                        | 13 |
| School Liaison Officers (SLO)                | 14 |
| Child Care                                   | 15 |
| Pet Information and Quarantine               | 17 |
| Pet Resources                                | 18 |
| Employment Resources                         | 19 |
| Vehicles                                     | 20 |
| Medical Resources                            |    |
| Military Treatment Facilities                | 21 |
| Tricare                                      | 22 |
| American Red Cross                           | 23 |
| SOCPAC Resources                             |    |
| Command Senior Enlisted Leader (SEL)         | 24 |
| First Sergeant                               | 24 |
| Casualty Assistance                          | 24 |
| Preservation of the Force and Family (POTFF) | 25 |
| Military Family Life Counselor (MFLC)        | 26 |
| Care Coalition                               | 26 |
| Chaplain                                     | 27 |
| Pacific SOF Warrior Association (PSWA)       | 27 |
| Family Readiness Group (FRG)                 | 27 |

# **TABLE OF CONTENTS (continued)**

| Single Service Member Programs             | 28 |
|--|----|
| Emergency, Weather, and Safety Information |    |
| Emergency Preparedness                     | 29 |
| Weather Hazards on Oahu                    |    |
| Hawaii Safety and Hazards                  | 31 |
| Oahu Landmarks and Attractions             | 34 |
| Useful Websites                            | 37 |
| Maps                                       |    |
| Oahu                                       | 39 |
| Camp H.M. Smith                            | 40 |

# SPECIAL OPERATIONS COMMAND, PACIFIC

Welcome to Special Operations Command, Pacific (SOCPAC), located aboard Camp H.M. Smith, Oahu, Hawaii. This Resource Guide was compiled as a means to keep our families informed and to assist you during your relocation transition while settling into your new community.

SOCPAC is a sub-unified command and serves as the Special Operation Forces (SOF) component command for the U.S. Indo-Pacific Command (USINDOPACOM). Its Area of Responsibility (AOR) represents the largest geographic area of the unified commands. It covers over half of the Earth's surface with more than 105 million square miles and nearly 60 percent of the world's population. Distance, diversity, and change characterize the INDOPACOM AOR.

**SOCPAC Mission:** COMSOCPAC serves as USINDOPACOM's Theater Joint Forces Special Operations Component Commander (TJFSOCC). The TJFSOCC coordinates, plans, and directs all Special Operations across the USINDOPACOM AOR in support of its objectives of deterring aggression, responding quickly to crisis, enhancing regional security cooperation, and defeating threats to the U.S. and its interests.

**SOCPAC Vision:** SOCPAC and its aligned forces, networked with partners, are postured, trained and equipped to conduct sustained special operations in pursuit of a secure and stable USINDOPACOM AOR, always ready to respond to CDRUSINDOPACOM-directed contingencies. As a SOF organization, we provide unique and unconventional capabilities and approaches to challenges. Synchronized efforts are imperative to Building Partner Security Capacity, Shaping Key Operational Environments, Identifying Violent Extremist Organizations Networks, and Responding to Crisis or Conflict at any time. The ability to rapidly and effectively learn lessons, adapt to change, and leverage technology is essential to success.

#### Meaning of the SOCPAC Shield

The *blue background and lettering and the golden borders* represent the unit's headquarters in Hawaii and the open Pacific area of operations. The *parachute* represents the airborne mission of the unit.

The *eagle* represents the United States of America but also agility, speed and power which are synonymous with SOF and the ability to rapidly deploy and adapt to any situation, delivering a powerful strike against the enemy.

The *trident*, a symbol of naval prowess, symbolizes the Navy SEAL Teams and Special Boat Units.



*Red* is the color of action and sacrifice. It denotes zeal and courage and is a traditional Marine Corps color.

The *dagger*, associated with Army SOF (Special Forces, Rangers, MISO and Civil Affairs), also represents total military preparedness and readiness for deployment.

The *lightning bolt* denotes Air Force Special Operations, rapid response, cyber capabilities and aerospace power.

Each of these symbols represents the elements that form the whole of our Joint Headquarters – SOCPAC.

# ALOHA AND WELCOME TO HAWAII



Oahu (Hawaiian: *Oʻahu*) is the most populous of the Hawaiian islands, the third largest in size (after Hawaii Island and Maui) and the cultural, financial, and predominant tourist destination of the Hawaiian islands. Home to over 85% of the state's population, Oahu is appropriately nicknamed "The Gathering Place."

Oahu is truly at the heart of Hawaii. The city of Honolulu, the state capital, is a large metropolitan city in particular, its Waikiki district. It is the only real metropolitan area in all of the Hawaiian Islands.

Visitors to Oahu and local Hawaiian residents have access to all the amenities and conveniences that only a large city, such as Honolulu, can provide. This includes bustling nightlife, great restaurants, exciting cultural events and establishments, good public transportation, and a variety of shopping and lodging options. Combined with the city and island's extensive beaches, parks, mountains, recreational areas, and quaint towns, it is an enjoyable metropolitan area. However, "big city problems" exist as well, such as traffic, high cost of living, and some crime. Violent crime is consistently lower in Hawaii than the national average. Hawaii is one of only 5 states without a recorded mass shooting event between 2019 and 2021. Property crime is identified as most concerning to Hawaii residents as crime rates are higher than the national average, but crime rates have been decreasing in recent years around Hawaii.

If you are looking for serenity and relaxation, Oahu offers many destinations on the island – you just need to know where to look. Outside Honolulu and Waikiki one can discover many beach side resorts and activities, far from the hustle and bustle. Natural beauty can be found in the two mountain ranges, the Ko'olau and Waianae ranges. Many great hikes are just a short drive into the mountains from Waikiki. Secluded white sand beaches, quaint beach towns and pounding winter surf are available on the North Shore.

So, enjoy Oahu and all it has to offer. Take the opportunity to see the North Shore during the wintertime when monstrous waves pound the shore (think of the opening scene of the 1970's show "Hawaii Five-O"). Take a drive through miles of pineapple fields and visit some of the beaches, mountain trails, and scenery outside of Waikiki to see all Oahu has to offer.

For more information, visit the Hawaii Military Guide Portal at https://hawaiimilitaryguide.com/or

download a comprehensive Installation Guide at https://www.mybaseguide.com/installation/camp-h-m-smith/

# HAWAIIAN CULTURE QUICK TIPS

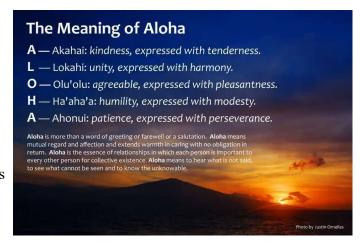
Hawaii is a beautiful place with its own unique history and culture. Although it is a U.S. state, many people experience a bit of "culture shock" when they arrive because of some differences compared to mainland living. One of the first struggles many newcomers encounter is language, specifically pronunciation. Here are some easy tips to help you:

- 1. Pronounce each syllable. For example, Likelike is pronounced lee-kay lee-kay and Kaneohe is kah- nay-o-hay
- 2. I'a are pronounced like e's and E's are pronounced like ay's. W's at the beginning of a word are pronounced like w's (Waikiki), but in the middle of the word they are pronounced like v's -- Haleiwa is Ha-lay-ee-va
- 3. The okina ['] is a single open question mark sometimes seen in Hawaiian words. The okina denotes a glottal stop, meaning that you pronounce each of the vowels it's between. For example, the island of Lana'i is pronounced Lah-NA-ee, rather than Lah-Nai (lanai).

When navigating around the islands, you'll likely encounter these local directional terms; Mauka (towards the mountains), makai (towards the sea), ewa (towards the west), Diamond head or Koko head (towards the east).

Food is a huge part of our culture, and Hawaii is certainly no different. Make sure you don't miss out on these local favorites; lau lau, kalua pig, oo'ke, manapua, saimin, shave ice, malasadas, spam musubi, kalbi, and katsu.





#### **Common Local Phrases:**

Aloha: Means many things; hello, good-bye, love. Also refers to the way of life; the ALOHA spirit

Mahalo: Means "Thank you"

Ohana: Means "family", can refer to group of people who live/work together; our SOCPAC Ohana

Howzit: Slang for "How is everything?"; used as a greeting

Kane: Man; often found on restroom doors

Wahine: Woman; often found on restroom doors

The shaka sign is a universal greeting that can mean hello, good-bye, it's okay, etc.

If you attend a University of Hawaii (UH) sporting event (which is HIGHLY encouraged), you will hear Hawai'i Pono'i played after the National Anthem. Hawai'i Pono'i is recognized as the state anthem. It was written in 1874 by King David Kalakaua to honor King Kamahameha I, the founder of the Hawaiian Kingdom.

# HONOLULU AIRPORT



The official name of Honolulu Airport is Daniel K. Inouye International Airport (HNL). Visitor Information Staff are available daily from 6:00 am to 11:45 pm (Hawaii time) to assist travelers with questions, comments or concerns. Information desks are located throughout the airport, with the military liaison desk located by Baggage Claim 19.

If you need assistance and the desks are not staffed, you can call (808) 836-6413 for assistance.

#### ARRIVAL SUPPORT:

Prior to arrival at the Honolulu airport, make sure to work out arrival details with your SOCPAC sponsor. If at all possible, the sponsor, or other command representative, should greet your inbound family and escort you to the arranged temporary lodging location.

#### **AIRPORT USO:**

Located between Baggage Claims 19 and 20 on the ground level of Terminal 2, the USO offers a warm "aloha" welcome to all military travelers and their families. The center offers "island luxury" style décor along with a wide array of free services including: refreshments and drinks, computer stations, Wi-Fi, children's room, sleeping room, marble shower (towels and toiletries provided), magazines and books, and information services about things to see and do in Hawaii. For more information call (808) 836-3351.

#### **GROUND TRANSPORTATION:**

There are a number of ways to get to and from the airport. It is located 10 miles from Waikiki, 6 miles from downtown Honolulu, and 6 miles from SOCPAC (Camp H.M. Smith).

**Taxi Service** is available on the center median fronting the terminal baggage claim areas. The fare from the airport to Waikiki during non-rush hour periods is approximately \$35-\$40. Fare is by meter only. For taxi dispatch, call (808) 831-2023. If you will be staying in temporary lodging on a military base, please clarify with the dispatch that you'll need a taxi that has on-base privileges. **Ride-share services** such as Lyft or Uber are also available. Again, if you are staying on-base, you will need to clarify this within the ride-share app or with the driver. Even if you present your ID to the gate guards, an unauthorized driver will not be allowed onto Oahu's military installations.

**Six rental car companies,** Avis, Budget, Enterprise, Hertz, National, and SIXT, are located on the airport grounds. All others provide off-airport car rentals. On airport rental car offices are located on the ground level of the Terminal 2 Parking Garage except Enterprise, which is located on Aolele Street. Car rental shuttles stop in designated areas along the center median on the ground level outside of baggage claim areas.

See http://airports.hawaii.gov/hnl/getting-to-from/ground-transportation/car-rentals/.

# RELOCATION ASSISTANCE

Your decision where to live while stationed at SOCPAC will be a function of several factors, to include on-base vs. off-base desires, proximity to schools, work, beaches, etc, and traffic patterns. While websites can provide excellent background information and orientation, you might consider engaging your sponsor and other people living on Oahu early to learn more about the different options and what is the best fit for you and your family. In addition to support offered by your sponsor, there are many Army, Navy, Air Force and Marine relocation assistance programs available to help you and your family deal with issues that can arise during a move. Arrival services include sponsor programs, and information on housing, schools, home buying, cultural tours, briefs, lending closets, and more. Departure services include pre-departure classes and briefings and flight reservations.

#### **MILITARY & FAMILY SUPPORT SERVICES - HAWAII**

#### U.S. ARMY

**Army Community Service Center (ACS)** 

310 Brannon Road, Bldg #690 Schofield Barracks, HI 96857

PH: (808) 787-4227

**Army Emergency Relief** 

310 Brannon Road, Bldg #690 Schofield Barracks, HI 96857

PH: (808) 787-4227

**Social Work Services** 

Wing 3F, Mountainside Tripler Army Medical Center PH: (808) 433-2769/2777

#### U.S. NAVY

Military & Family Support Center-Pearl Harbor

4827 Bougainville Dr. Honolulu, HI 96818 PH: (808) 474-1999

**Navy-Marine Corps Relief Society** 

1514 Makalapa Drive Honolulu, HI 96818 PH: (808) 473-0282

**Family Advocacy Programs** 

4827 Bougainville Dr. Honolulu, HI 96818 PH: (808) 474-1999

#### U.S. AIR FORCE

Military & Family Support Center-Hickam

655 Vickers Ave, Bldg #1105 JB Pearl Harbor-Hickam, HI 96853 PH: (808) 474-1999

**Air Force Aid Society** 

655 Vickers Ave, Bldg #1105 Hickam

PH: (808) 449-0301

Family Advocacy Program

Bldg #1105, 655 Vickers Ave. Hickam

PH: (808) 474-1999

**U.S. MARINE CORPS** 

Marine Corps Community Services (MCCS) Marine & Family Services

Bldg # 216 / # 579

Marine Corps Base Hawaii Kaneohe Bay

PH: (808) 257-7786

**Family Advocacy Program** 

Bldg # 216

Marine Corps Base Hawaii Kaneohe Bay

PH: (808) 257-7780

#### MILITARY INSTALLATION GUIDE

A comprehensive military installation guide for all of Oahu is available (hard copy) at the Family Support/Community Service Centers listed above, or download it at https://www.mybaseguide.com/installation.

# TEMPORARY LODGING ALLOWANCE (TLA)

\*\*Note: You must stay in a TLA-approved hotel for reimbursement. The most current listing can be obtained from the lodging and housing offices. See your service component below for contact information.

TLA is for military personnel arriving and departing Hawaii and is provided to partially reimburse a member for the more-than-normal expenses incurred while occupying temporary lodgings. Basic Allowance for Housing (BAH) continues during the period a member receives TLA reimbursement.

Temporary lodging reimbursements are limited to only those facilities that are either on the TLA Approved Lodging list or are properly registered with the State of Hawaii to operate as Hotel/Transient Accommodations. If reserving with someone not listed, simply ask them for a Transient Accommodations Tax ID Number. If they cannot provide one, please choose different accommodations. Vacation rentals such as AirBnB, timeshares, and bed-and-breakfast places are not TLA approved. MWR recreational cabins are also not TLA approved.

All branches of service use the same approved TLA list and same TLA rates and require a non-availability letter if on-base lodging is not used. TLA is authorized and processed by your branch of service, so for making reservations and initiating TLA, please start with your service's lodging facility and/or TLA/housing office listed below.

| Army      | Army Soldiers must be signed in off leave to start TLA. You must in-process with the housing office within 5 working days if you will be receiving TLA.   |  |
|-----------|---|--|
|           | Lodging: The Inn at Schofield, (808) 624-9650   |  |
|           | TLA/Housing Office: Bldg 950, 215 Duck Road, Schofield Barracks, (808) 655-3073 Webpage: https://home.army.mil/hawaii/index.php/garrison/dpw/housing/hso  |  |
| Navy      | Secure on-base billeting as soon as possible. If you are unable to obtain on-base billeting, secure a non-availability letter prior to make any hotel reservations. You must in-process with the housing office if you will be receiving TLA. |  |
|           | Lodging: Navy Lodge, (808) 440-2290 or Navy Gateway, (808) 800-2330   |  |
|           | TLA/Housing Office: Bldg 2652, 4825 Bougainville Drive, Honolulu, (808) 474-1820/1821 Webpage: https://www.cnic.navy.mil/regions/cnrh/installations/jb_pearl_harbor_hickam/ffr/NavyHousing.html   |  |
| Air Force | Secure on-base billeting as soon as possible. If you are unable to obtain on-base billeting, secure a non-availability letter prior to making any hotel reservations. To initiate your TLA, schedule an appointment with the housing office.  |  |
|           | Lodging: Navy Lodge (808) 440-2290 or Hickam- Royal Alaka'i Inn (808) 800-2330/448-5974   |  |
|           | TLA/Housing Office: Bldg 6500, 200 Kokomalei Street, Hickam, (808) 312-0199/590-1402 Webpage: https://www.housing.af.mil/Home/Units/Joint-Base-Pearl-Harbor-Hickam/msclkid/8f1b795fb9e011ec86f58146bf23b7ee/                                  |  |
| Marines   | Most TLA hotels are in Honolulu. Marines must obtain a non-availability statement from the Base Temporary Lodging Facility before being authorized TLA. Start by checking in at IPAC.   |  |
|           | Lodging: Inns of the Corps (married) (808) 254-2806 or Five Palms (single) (808) 257-2409   |  |
|           | TLA Office/IPAC: Bldg 1043, 3rd Street, MCBH Kaneohe Bay, (808) 257-1582/2198 Webpage: https://www.mcbhawaii.marines.mil/Offices-Staff/S-4-Installations-Logistics/Family-Housing/How-to-Apply/Temporary-Lodging-Allowance/                   |  |
| Hale Koa  | The Hale Koa is a popular hotel for military in Waikiki. Members should still get a non-availability letter and consider options before booking. Its rooms are single rooms and do not have kitchens.   |  |
|           | https://www.halekoa.com/ or 1-800-367-6027  |  |

# LOANER FURNITURE & GOODS

Temporary furniture loaner kits are available to all military and DoD civilian personnel on PCS orders upon arrival and prior to departure. Loaner kits include basic furniture items to allow you to live comfortably while awaiting delivery of household goods or island departure.

#### MCBH Kaneohe:

Service members in MCBH Kaneohe or Camp Smith housing:

Contact the Family Housing Office (FHO) at 257-2676

Service members in privatized housing:

Contact Ohana Military Communities at (844) 227-4841

The Lending Locker provides household goods such as; kitchen essentials, dishware, and small appliances. Priority is given to Marines at MCBH Kaneohe and Camp Smith. Items can be loaned for 30, 60, or 90 days and they offer contact-less item pickup

Bld. #579 Reed Road, MCBH Kaneohe PH: 257-7786

\*\*Appointment is required through eventbrite: https://www.eventbrite.com/e/mcb-hawaii-lending-locker-service

#### JBPHH:

#### Navy:

Contact the Housing Service Center, Navy Aloha Center (for families in Navy housing or Navy residing off-base). 4825 Bougainville Dr., Honolulu 96818 PH: 474-1820/1821 hawaii housing@navy.mil

#### Air Force:

Contact the Hickam Housing Management Office

200 Kokomalei St., JBPHH PH: 312-0199 or 590-1402 jbphh.mho@navy.mil

Contact furnishings Management Office (FMO) directly at 448-0300

JBPHH Loan Closet is open to Air Force and Navy Active Duty. They provide kitchen items, small appliances, and some baby items. \*\* Must call to schedule an appointment \*\* 655 Vickers Ave, Bld. 1105, JBPHH PH:474-1999

#### Schofield Barracks/Fort Shafter:

Contact Army Community Service (ACS) Office at 787-4227 (loaner furniture for on-post residents only)

Schofield Lending Closet provides household basics such as; small kitchen appliances, dishes, and cookware. Walk-in service available Monday-Friday 7:30am - 4:00pm \*\* Must bring orders and ID\*\*

310 Brannon Rd, Bld. 690 (between the PX and commissary) Schofield Barracks PH: 787-4227

#### **Temporary Mailing Address**

Incoming SOCPAC members are authorized to use unit address as temporary mailing address for 30 days.

SOCPAC ATTN: Name & Office Box 64046 Camp H.M. Smith HI 96861-4046

Mail can be picked up in Bldg. 700, 1st Deck Rm #113

### HOUSING



The following information and links are provided for incoming personnel and families. You may choose to live on- or off-base. Military Housing Offices on Oahu provide counseling on housing availability for both on- and off-base; provide assignment to and termination of government quarters; and grant Temporary Lodging Allowance (TLA) authorizations.

It is recommended to start looking for a new home as soon as possible by visiting the housing links provided below.

**Off-Base Housing:** If you are planning to live off-base, visit the Automated Housing Referral Network (AHRN) website at https://www.ahrn.com. This website helps service members and families connect with available rentals faster and easier. You must create a login and username to search for rental properties.

Rentals on Oahu are expensive and square footage is limited. Average rental rates are studio, \$1,200; one bedroom, \$1,500; two bedroom, \$1,800; three bedroom, \$2,600; and four bedroom, \$3,000 and up.

Some units come with utilities included in the rent (gas, electricity, and/or water); however, utilities are generally more expensive here than on the mainland. Not all units have central air conditioning. Many have window or split A/C units along with ceiling fans, but electricity costs to run these units can be very high. Parking can be a concern in off-base housing as many have limited assigned parking or offer public street-parking only.

Four- and five-bedroom units are all single-family houses, and they are difficult to find. Nearly all rentals require first and last month's rent, which doubles rental costs upon move-in. Members can request an advance of Basic Allowance for Housing (BAH) to help pay for these up-front costs.

#### **On-Base Housing:**

**Army:** Army Housing Services Office

215 Duck Road (Bldg 950) Schofield Barracks, HI 96857

PH: (808) 655-3073 Email: usarmy.schofield.usag.mbx.housing-services-office@mail.mil

https://home.army.mil/hawaii/index.php/garrison/dpw/housing/hso

Navy: Navy Housing Service Center

4825 Bougainville Drive (Navy Aloha Center) Joint Base Pearl Harbor-Hickam, Honolulu, HI 96818

PH: (808) 474-1820/1821 Email: hawaii housing@navy.mil

https://www.cnic.navy.mil/regions/cnrh/installations/jb pearl harbor hickam/ffr/NavyHousing.html

Hickam Military Housing Office

**Air Force:** 200 Kokomalei Street (Bldg 6500)

Joint Base Pearl Harbor-Hickam, Honolulu, HI 96818 PH: (808) 312-0199 Email: jbphh.mho@navy.mil

https://www.housing.af.mil/Home/Units/Joint-Base-Pearl-Harbor-Hickam/

MCBH Family Housing Office

Marines: 1571 Lawrence Road

MCBH Kaneohe Bay, HI 96734

PH: (808) 257-2676

https://www.mcbhawaii.marines.mil/Offices-Staff/S-4-Installations-Logistics/Family-Housing/

# UTILITY COMPANIES

#### **Hawaiian Electric Company (HECO)**

(808) 548-7311 Outages: (855) 304-1212

900 Richards Street Honolulu, HI 96813

Mon-Fri: 7:30 am - 6:00 pm (except holidays)

https://www.hawaiianelectric.com

#### **Hawaii Gas Company**

(808) 535-5933 Emergency: (808) 526-0066

515 Kamakee St Honolulu, HI 96814

Mon-Fri: 7:30 am – 4:00 pm (except holidays)

http://www.hawaiigas.com

### **Board of Water Supply (BWS)**

(808) 748-5000 630 S. Beretania Street Honolulu, HI 96843

Mon-Fri: 7:45 am -4:00 pm (except holidays)

https://www.hbws.org

#### **Hawaiian Telcom**

(808) 643-3456 1177 Bishop St. Honolulu, HI 96813 Mon-Fri: 8:00 am – 5:00 pm

Sat: 9:00 am – 5 pm

https://www.hawaiiantel.com

#### **Spectrum Cable**

1-855-243-8892

Locations throughout Oahu

Hours vary by location, approx 10:00 am - 7:00 pm

daily

https://www.spectrum.com/services/hawaii

# SCHOOLS AND EDUCATION

SOCPAC personnel are dispersed all over Oahu and make education choices based on their children's individual needs. We are providing some key resources to help you make your choices. School liaison officers at the various military installations can help answer questions related to the Hawaii Department of Education (DOE), public and private schools, and/or home schooling. They are here to support and facilitate school transitions for SOCPAC families with school-age children and can provide current information on educational services to help families make the best educational decisions for their children.

While school starts early here, Hawaii schools are not year-round (with exception of multi-track schools). Public school students usually are in school from the 1st week of August to the end of May; however, this is not true for all schools.

The Hawaii DOE assigns children to public schools based on their place of residence. You must be on island and have an address to register for public school; however, a temporary lodging address may be used. Students who wish to attend a school other than their home zoned school may submit a "Request for Geographic Exception" (G.E.) at their assigned ("home") school. Approval of the exception is based on space availability and priority considerations.

#### **Information Referrals:**

- Hawaii Department of Education (DOE): http://www.hawaiipublicschools.org/Pages/Home.aspx
- School Calendars: http://www.hawaiipublicschools.org/Pages/Calendar.aspx
- School Finder: http://www.hawaiipublicschools.org/ParentsAndStudents/EnrollingInSchool/SchoolFinder/Pages/home.aspx
- School Reports: http://www.hawaiipublicschools.org/VisionForSuccess/SchoolDataAndReports/SchoolReports/ Pages/home.aspx
- Aloha Military Families and Students: http://www.hawaiischoolguide.com/military/resources/resources/aloha military families students amfas
- Hawaii Charter School Directory: http://charterschools.directory/hawaii-charter-schools.html
- Hawaii Private School Guide: https://www.hais.us/RelId/622597/ISvars/default/Private School Guide.htm
- Interstate Compact on Educational Opportunities for Military Children: https://mic3.net/

#### **Other Resources:**

- Military Child Education Coalition: http://www.militarychild.org
- Tutor.com Live, Free Homework Help for K-12: https://www.tutor.com
- Military One Source: http://www.militaryonesource.mil
- School Ratings and Reviews: https://www.greatschools.org/ or https://www.niche.com

# SCHOOL LIAISON OFFICERS

The Army, Navy, Air Force, and Marine Corps all have School Liaison Officers (SLOs) who serve a communication and assistance role between the school system, the military, and military families.

SLOs work with the local education agency directly on deployment support and student resiliency. They also network, educate, and work in partnership with local schools to enhance the education experience. Finally, they play an important role as a subject matter expert on an installation, helping military commanders with the support necessary to coordinate and advise military parents of school-aged children and to solve education-related problems. SLOs promote parental involvement in their children's education, develop and coordinate partnerships in education, and educate local communities and schools regarding the needs of military children.

The SLOs are listed by service but they can help all services and they're most knowledgeable about schools in their part of the island. Inbounds or newcomers with questions may want to start with the SLO for their branch of service or for the part of the island where they may want to live:

Army Garrison Hawaii SLOs can be reached at the School Support Services office at 655-8326

Wendy Nakasone-Kalani wendy.k.nakasone-kalani.naf@mail.mil

Tamsin Keone tamsin.k.keone.naf@mail.mil Sheena Cooper sheena.s.cooper.naf@mail.mil

Joint Base Pearl Harbor Hickam SLO can be reached at 306-9247

Cherise Castro PH: 306-9247 cherise.castro@navy.mil

Marine Corps Base Hawaii SLO

Amy Solomon PH: 257-2019 amy.solomon@usmc.mil

**Coast Guard Family Resource Specialist** 

Stacey Sawyer PH: 842-2089 stacey.c.sawyer@uscg.mil

#### Notes:

- 1) SLO list current as of April 2022
- 2) All phone numbers are in area code 808
- 3) SLO resources/webpages:

https://hawaii.armymwr.com/programs/school-support-services https://jbphh.greatlifehawaii.com/family/school-liaison-office https://mccshawaii.com/slp/



Connecting Families, Schools & Communities

# **CHILD CARE**



Military and DoD civilian families can search for child and youth care options through a single online gateway. Using the <a href="www.militarychildcare.com">www.militarychildcare.com</a> website, families can find comprehensive information on child care programs, conduct a customized search, and get on the waiting lists for on-base care anytime before or after arriving in Hawaii.

You can get on the waiting lists for Child Development Centers (CDCs) before arriving. You can enter the estimated date when you will need care and update it as your plans firm up or more information becomes available.

#### **Child Care Resources:**

Child Care Aware® of America partners with the US Military to serve and support their families through its Child Care Resource & Referral, Fee Assistance and Respite Child Care programs. Fee assistance and respite care programs vary depending on the branch of service.

https://www.childcareaware.org/

PATCH Hawaii is the local Child Care Resource & Referral agency and very helpful to military families.

https://www.patchhawaii.org/ or Phone: (808) 839-1988

The YMCA has very good programs in Hawaii, including learning centers during the pandemic, a variety of child care and summer camp options, and 3 locations of the Armed Services YMCA (ASYMCA) at Joint Base Pearl Harbor-Hickam (JBPHH), Marine Corps Base Hawaii (MCBH) Kaneohe Bay, and Schofield Barracks/ Wheeler Army Airfield.

https://www.asymca.org/honolulu-hi

https://www.ymcahonolulu.org/

Pre-schools can be expensive and hard to find. Unfortunately, Hawaii ranks at the bottom of states when it comes to access to free public pre-school. Relatively few public elementary schools offer Pre-K and some of those are limited to special needs children. One resource to help find pre-schools once you know what part of the island you want to live in is http://www.hawaiischoolguide.com/

On a more positive note, Before and After-school care is offered at many public elementary schools. The program is called A+ and is quite affordable (subsidized by the state).

For summer care, a very affordable option is the County Department of Parks and Recreation's "Summer Fun" program for ages 6 and up. This fills up fast at many sites, so registration is advised as soon as it opens. http://www.honolulu.gov/parks/program/summer-fun-program.html.

# CHILD CARE RESOURCES AND REFERRAL

Updated April 2022 All phone numbers (808)

#### **ON-BASE PROGRAMS**

For all Child Development Centers (CDC – 6 weeks-5 years), School Age Centers (SAC – grades K-6) and Child Development Homes (CDH – 6 weeks-12 years). register at www.militarychildcare.com

| JBPHH (JOINT BASE PEARL HARBOR-HICKAM) JBPHH Child Development Homes/Family Child Care program, Bldg 1514  | 471-8445   |
|--|--|
| Hickam Main CDC, Bldg 1597<br>Hickam West CDC, Bldg 1654<br>Hickam Harbor CDC, Bldg 623<br>Hickam School Age Center, Bldg 1335   | 449-9880<br>449-5230<br>448-0183<br>448-4396                         |
| Center Drive CDC, Bldg 930 Peltier CDC, Bldg 1928 Pier Side CDC, Bldg 1655 Ford Island CDC, Bldg 570 Kids Cove 24/7/365, Bldg 204 Catlin School Age Center   | 471-1978<br>471-9336<br>473-2669<br>472-0259<br>421-0989<br>421-1556 |
| SCHOFIELD BARRACKS Schofield Parent Central Services, Bldg 1283 Schofield CDC, Bldg 9098 Bowen CDC, Bldg 1279 Peterson CDC, Bldg 791 Schofield / Fort Shafter Family Child Care program, Bldg 1283 | 655-8380<br>655-7106<br>655-1569<br>655-5293<br>655-1521/8373        |
| FORT SHAFTER Fort Shafter CDC, Bldg 900  | 438-1151   |
| AMR (Aliamanu Military Reservation) AMR Parent Central Services, Bldg 1782 AMR CDC, Bldg 1783  | 833-5393<br>833-5570   |
| WAHIAWA AREA Wahiawa Annex CDC, Bldg 477 Helemano Military Reservation CDC and SAC, Bldg 30  | 653-5305<br>653-0724   |
| MCBH (MARINE CORPS BASE HAWAII) KANEOHE BAY<br>Child Care Resource & Referral, Bldg 5082<br>Kupulau CDC, Bldg 6111<br>Laulima CDC, Bldg 6782<br>School Age Care (Kulia Center), Bldg 6753          | 257-7430/7240<br>257-1388<br>257-2038<br>257-7430                    |

#### LOCAL/CIVILIAN CHILDCARE RESOURCES

| Child Care Connection Hawaii and Preschool Open Doors (2 subsidy programs) 5                   | 666-2600 / 791-2130 |  |  |  |
|--|---------------------|--|--|--|
| Head Start & Early Head Start (age 0 - 6) www.hcapweb.org/headstart/                           | 847-2400            |  |  |  |
| KCAA Pre-Schools of Hawaii (age 2 - 5) www.kcaapreschools.org/                                 | 845-4115            |  |  |  |
| Kama'aina Kids (pre-school & school age care at 70+ sites) www.kamaainakids.com                | <u>1</u> 262-4538   |  |  |  |
| PATCH (child care resource & referral agency) www.patchhawaii.org                              | 839-1988            |  |  |  |
| The Parent Line (for any parenting concerns, not just child care) www.theparentline.           | org/ 526-1222       |  |  |  |
| Armed Services YMCA (3 locations on Oahu) www.asymca.org/honolulu-hi                           | <u> </u>            |  |  |  |
| FREE search tools: www.care.com, www.childcare.gov, www.childcareaware.org, www.sittercity.com |                     |  |  |  |

# PET INFORMATION AND QUARANTINE

Moving to or from Hawaii with a pet takes advance planning and a lot of expenses.

Hawaii is the only rabies-free state in the US. To maintain this unique status, there are strict guidelines and specific programs that must be completed before your cat or dog will be accepted into the state of Hawaii.

Cats and dogs meeting specific pre- and post-arrival requirements may qualify for the 5-Day-Or-Less quarantine program, which has a provision for direct release at the Honolulu airport after inspection. Otherwise, they may have to be quarantined for up to 120 days upon arrival.

Airline, veterinary, animal quarantine, and other costs can add up to hundreds or thousands of dollars, depending on where you're coming from, where your animal will be in the aircraft, how big your pet is, etc. Space for traveling in the cabin or the cargo compartment is subject to availability and seasonal/temperature limitations. Temporary lodging that allows pets is limited.

The DoD may reimburse active duty military members up to \$550 per family for pet quarantine expenses only (not pet transportation or other expenses). This is claimed on the PCS travel voucher with the Finance office.

Be aware that there are temperature restrictions when flying pets, which is a frequent concern in Hawaii and many layover locations during the summer months.

Hawaii Rabies Quarantine Information Brochure is a **MUST READ** and available at: https://hdoa.hawaii.gov/ai/files/2019/08/aqsbrochure-08.2019.pdf

For more information, see the Hawaii Animal Quarantine Information Page at: http://hdoa.hawaii.gov/ai/ags/ags-info/

# CONTACT INFO for the Hawaii Animal Quarantine Station:

Email: rabiesfree@hawaii.gov

Phone: (808) 483-7151 (email is better due to the high volume

of calls and time zone differences)

Mailing address to submit forms:

Animal Quarantine Station 99-951 Halawa Valley Street Aiea, Hawaii 96701



### RESOURCES FOR FURRY FRIENDS

Hawaii Hoo ko "cpf" MWR Pet Kennel offers a safe. comfortable. "cpf" chatf cdrg place for your pets to stay while you're away. The outdoor facility features 196 covered dog kennels, 19 cat kennels, and large outdoor play areas for pets. Grooming services also provided for an additional fee.

The pet kennel is conveniently located near Camp Smith:

99-951 Halawa Valley St. Aiea HI 96701 PH: 368-3456 himwrpetkennels@gmail.com

Xkuk''y gkt''y gdukg'hqt''r tlekpi /reservation information: https://hawaii.armymwr.com/programs/family-and-mwr-pet-kennels

On Oahu, there are four Army Public Health Center (APHC) Veterinary Treatment facilities, which are staffed by Army Veterinarian Corps personnel.

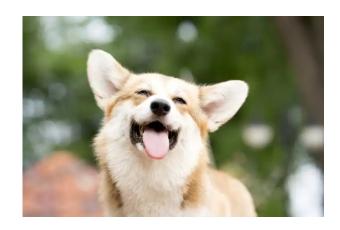
Fort Shafter: 435 Pierce Road PH: 438-5231/5233 https://phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=58

MCBH: 455 Pancoast Place PH: 257-3643 https://phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=88

JBPHH: Bldg 1864, Kuntz Ave PH: 449-6481 https://phc.amedd.army.mil/organization/Pages/ VtfDetails.aspx?VtfID=67

Schofield: 936 Duck Rd. PH: 655-5893/5889 https://phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=116





Hawaiian Humane Society offers the following safety tips when taking your pet to the beach:

- Pets can get sunburned, so limit sun exposure and apply zinc-free sunscreen to ears and nose
- Animals can burn their paws on hot sand or asphalt and sharp lava rocks can easily cut them
- Ocean water can be harmful to pets, causing vomiting, diarrhea, and dehydration



Hawaiian Humane Society has lists of resources such as local pet sitters/walkers, veterinary clinics, and petfriendy places around Oahu. Visit their website at <a href="https://hawaiianhumane.org">https://hawaiianhumane.org</a>

# EMPLOYMENT RESOURCES

The Family Support Centers / Community Services Centers listed on page 7 can provide employment-related services directly to you. They each have an Employment or Transition Readiness team to assist spouses and family members as well as military members and veterans. Services include classes, workshops, job search skills training, career planning, resume writing, job fairs, and interviewing techniques. Resources include computer and Internet access, websites and literature, and federal and private sector employment information.

Some general resources are listed here:

#### **Military-Related Job Resources**

DoD Military Spouse Employment Partnership <a href="https://msepjobs.militaryonesource.mil/">https://msepjobs.militaryonesource.mil/</a>

Military Spouse Career Center www.military.com/spouse

Military Spouse Corporate Career Network www.msccn.org

US Army Garrison Hawaii
<a href="https://home.army.mil/hawaii/index.php/my-fort/services/employment-opportunities">https://home.army.mil/hawaii/index.php/my-fort/services/employment-opportunities</a>

Marine Corps Base Hawaii https://mccshawaii.com/careers/

Joint Base Pear Harbor Hickam <a href="https://jbphh.greatlifehawaii.com/support/military-family-support-center/employment-program">https://jbphh.greatlifehawaii.com/support/military-family-support-center/employment-program</a>

#### Hawaii Job Resources

Hire Net Hawaii www.hirenethawaii.com

Tech Jobs Hawaii www.techjobshawaii.org

State of Hawaii Careers (hawaii.gov) http://jobs.hawaii.gov/careers/

Hawaii Jobs on Demand/Kama'aina Jobs <a href="https://hawaiijobsondemand.com/?">https://hawaiijobsondemand.com/?</a>
msclkid=2216e33cb9ed11ec83a3a59144de77e8

Local Daily Newspaper with Employment Ads <a href="https://www.staradvertiser.com">www.staradvertiser.com</a> <a href="https://hawaiijobs.staradvertiser.com/?src=HSA">https://hawaiijobs.staradvertiser.com/?src=HSA</a>

# **Vehicles**

The government will pay to ship one privatelyowned vehicle (POV) for you. It will be shipped to the Vehicle Processing Center (VPC) located at Pier 1 on Forrest Avenue in Honolulu. As of April 2022, all VPCs are still appointment only; no walk-ins allowed. To check on the status of your vehicle, check on-line at https://www.pcsmypov.com/Track, or email Honolulu.VPC@ialpov.us, or call 808-670-3095 or 1-855-389-9499.

If you are considering whether to ship a second car at your own expense, consider the cost vs. the value of the car and the wide availability of used cars here on Oahu. There are a number of different companies for shipping. It may cost under \$1000 from the West Coast or over \$2000 from the East Coast.

The Joint Personal Property Shipping Office (JPPSO) manages shipments for military and civilian members of all services. They are part of the NAVSUP Fleet Logistics Center in Pearl Harbor and their webpage is: <a href="https://www.navsup.navy.mil/NAVSUP-Enterprise/NAVSUP-FLC-Pearl-Harbor/Personal-Property-HHG-Shipping/">https://www.navsup.navy.mil/NAVSUP-Enterprise/NAVSUP-FLC-Pearl-Harbor/Personal-Property-HHG-Shipping/</a> (scroll down for the Vehicle Processing Center part).

#### Registering Your Vehicle in Hawaii

All automobiles used on the highway must be registered with the State of Hawaii within 10 days of arrival. If you are not a legal resident of Hawaii, you may keep your original vehicle license plates, but you must register your car to get a Hawaii vehicle permit sticker. To complete vehicle registration, you are required to have proof of ownership or certificate of registration; shipping documents; and Hawaii no-fault insurance coverage. Additionally, Hawaii requires an annual safety inspection for all vehicles; valid identification card; and Non-Resident Certificate Form CS-L (MVR) (to be obtained from SOCPAC SOJ1 verifying your home of record as reflected in your service record).

Note: proof of insurance requires a white card with watermark provided by your auto insurance company, not just a printout. If you're with USAA, call them first to change it to Hawaii and mail it to you, or pick up the white card at an associated office called Crawford & Co in Honolulu near the Ala Moana shopping center.

For more information, visit the Customer Services Department at http://www.honolulu.gov/csd.

Complete the registration at one of the DMV satellite city halls. They have locations at Joint Base Pearl Harbor Hickam (at 1705 O'Malley Blvd) and around the island; find locations/hours and make appointments online at <a href="http://www.honolulu.gov/cms-csd-menu/site-csd-sitearticles/26204-services-and-locations-listings.html#SCH">http://www.honolulu.gov/cms-csd-menu/site-csd-sitearticles/26204-services-and-locations-listings.html#SCH</a>. Satellite offices DO accept credit cards for vehicle titling and registration with an additional 2.35% service charge.

#### **Driver's Licenses**

Driver's licenses issued by your home state are generally valid in Hawaii until they expire. If you want to apply for a Hawaii driver's license, you must present your Social Security card and current out-of-state license. If your out-of-state license has expired, you will be required to complete an application form, take and pass a written examination, eye test and a road test. Your original license will not be returned. The driver's license age in Hawaii is 16, however teen drivers under 18 (age 16 or 17) with a driver's license from another state or territory or Canada must provide legal written consent by a parent or guardian and pass a required driver's education course.

For more information, visit the Hawaii Driver License website at http://www.honolulu.gov/csd/dllicense.html or the Hawaii Driver's Handbook at https://hidot.hawaii.gov/highways/files/2019/03/mvso-11272-Hawaii-Drivers-Manual-r3-LR-10-24-18.pdf

#### **MOTORCYCLES**

Motorcycle operators in Hawaii must have a Class 2 motorcycle license or motorcycle instruction permit. Operators and passengers under 18 are required to wear a helmet. For more information, see the Hawaii DOT's Motorcycle Operator

Manual at: https://hidot.hawaii.gov/highways/files/2017/09/Motorcycle-Manual-Version-5-2017.pdf.

# MEDICAL RESOURCES

Before you move, contact the TRICARE office in the region you are leaving to see if you need to switch to a new region. Hawaii is part of the West region and our current regional TRICARE provider is Health Net Federal Services (as of Jan 2021). Visit www.TRICARE.mil for more information.

You must update Defense Enrollment Eligibility Reporting System (DEERS) with your new address, so you do not have any disruptions in service and your enrollment moves with you.

Contact information and more TRICARE moving tips are available online at <a href="www.TRICARE.mil">www.TRICARE.mil</a>. If you have any questions about DEERS, call (808) 433-9166 or (800) 527-5602.

As an active duty military service member arriving in Hawaii, your personnel office will ensure that you in-process through your service's medical Military Treatment Facility (MTF). Each primary care clinic offers orientation sessions for newcomers; spouses are encouraged to attend the orientation too. You will be assigned a Primary Care Manager (PCM) at your respective service clinic that will manage your health care. Eligible non-active duty beneficiaries may enroll into TRICARE Prime at ANY Hawaii MTF that has capacity.

#### **Choose from the following locations:**

| 15th Medical Group (Air Force) Joint Base Pearl Harbor-Hickam    | (808) 448-6000 |
|--|----------------|
|  | ,              |
| Naval Health Clinic Kaneohe Bay                                  | (808) 257-3365 |
| Naval Health Clinic Makalapa                                     | (808) 473-1880 |
| U.S. Army Health Clinic - Schofield Barracks                     | (808) 433-2778 |
| Tripler Army Medical Center / Fort Shafter                       | (808) 433-2778 |
| Warrior Ohana Medical Home / Kapolei                             | (808) 433-5420 |
| Camp Smith Branch Health Clinic (Active Duty Only; All Services) | (808) 477-2600 |

**Appointments:** Appointments can no longer be scheduled online through Tricare. To schedule an appointment at any MFT location call the appointment line at 1-888-683-2778 (Open Mon-Fri 6:30am-4:00pm). To schedule an appointment at the Camp Smith Branch Health Clinic call them directly at (808) 477-2600.

**Emergency Services:** Dial 911 or report to Tripler Army Medical Center Emergency Room. For life- threatening emergencies, report to nearest Emergency Room.

### TRICARE

Oahu has a variety of Military Treatment Facilities (MTF) for all branches of service. The medical centers and clinics provide TRICARE services by appointment only, not walk-in except for emergency services.

The TRICARE website enables plan enrollment, provides downloadable forms pay bills and get access to prescription information. Visit <a href="www.tricare.mil/contactus">www.tricare.mil/contactus</a> for multiple resources including frequently asked questions, customer service numbers and e-mail addresses.

TRICARE's online self-service options provide customer service online and over the phone, 24 hours/7 days.

Beneficiaries in the TRICARE West Region can call Health Net Federal Services Military and Veterans Customer Service for beneficiaries and providers at 1-844-866-WEST (1-844-866-9378)

Health Net Federal Services, LLC is the contractor for the TRICARE West Region, which includes Hawaii.

#### Contact:

Health Net Federal Services, LLC (HNFS) TRICARE West Region 1-844-866-WEST (1-844-866-9378) www.tricare-west.com

HNFS Web Admin Support (for www.tricare-west.com registration) 1-800-440-3114

EDI Provider Help Desk (for electronic data interchange (EDI) enrollment) PGBA, LLC 1-800-259-0264 The MHS GENESIS Patient Portal is now being used in Hawaii MFT locations. This new patient portal replaces the TRICARE Online Secure Patient Portal. It is available 24/7 with access to your health records, secure messaging with your provider, and medication refill request.

To access the GENESIS Portal: <a href="https://">https://</a>
<a href="https://">https://</a>
<a href="partial-number of-partial-number of

For help with the GENESIS Portal call: 1-800-538-9552

#### SIGN UP FOR eCORRESPONDENCE

Visit <a href="http://milconnect.dmdc.mil">http://milconnect.dmdc.mil</a> to provide your e-mail address and opt in to receive eCorrespondence for important information about your TRICARE benefit.

#### KEEP YOUR DEERS INFORMATION UP TO DATE!

The key to receiving timely TRICARE benefits is keeping your information in the Defense Enrollment Eligibility Reporting System (DEERS) up to date. www.tricare.mil/deers

You have several convenient options for updating DEERS:

- milConnect: http://milconnect.dmdc.mil
- (800) 538-9552
- (831) 655-8317 (fax)

Find a local identification card-issuing facility: www.dmdc.mil/rsl

#### TRICARE PROGRAM COSTS

Health care costs vary depending on your TRICARE program option. Get the latest TRICARE cost information including dental and pharmacy costs. www.tricare.mil/costs

#### TRICARE COVERED SERVICES

Get details about TRICARE coverage, limitations, and exclusions. www.tricare.mil/coveredservices

#### **GETTING CARE**

Find a a doctor: www.tricare.mil/findaprovider

Military treatment facility appointment line: 1-888-683-2778 M-F 6:30am - 4:00pm

Military hospital and clinic locator: www.tricare.mil/mtf

# AMERICAN RED CROSS



The American Red Cross is mandated by Congress to provide two services to the American people: disaster relief and emergency communication between service members and their families. The Services to the Armed Forces branch helps active duty and community based military members and their families cope with separation and other special needs related to service in the armed forces.

Service members and their families stationed in Hawaii can reach the Hero Care Center via toll-free number, (877) 272-7337, to access emergency communications and related casework services, including financial assistance.

Red Cross worldwide emergency communications network operates 24 hours/day, 365 days/year. The American Red Cross can help you and your families send emergency messages regarding: Death or serious illness/injury of a family member, birth of a child, extension or leave, financial problems, medical authorizations, personal or family problems.

ALL RED CROSS INFORMATION IS CONFIDENTIAL. No information will be released until the Red Cross has the permission of a patient or next of kin. The Red Cross will request a Doctor's interpretive Statement which includes the diagnosis, prognosis, life expectancy, current condition, and doctor's recommendation for the presence of the service member or spouse. The information is passed on to the command. The command makes the final decision on emergency leave and/or emergency funded travel for family members.

#### **American Red Cross local contact numbers:**

Kaneohe Marine Corps Base: (808) 257-8848

Joint Base Hickam/Pearl Harbor: (808) 449-0166

Schofield Barracks: (808) 655-8532

Tripler: (808) 433-6631

# SOCPAC RESOURCES

### SENIOR ENLISTED LEADER (SEL)

The Command SEL is a key advisor to the Commander and is designated the senior noncommissioned officer (SNCO) of the command who carries out policies, enforces standards, and advises the Commander on the performance, training, appearance, and conduct of unit members. The Command SEL also serves as a trusted observer of activities in garrison and within the operational areas in the Commander's absence. The Command SEL's duties include, but are not limited to:

- Provides insights and perspectives to the Commander on integrating and implementing the overall activities of the command in the areas of operational, institutional, and training matters.
- Provides the senior operator perspective to the Commander, Directors, and staff on all operational matters with tactical, operational, and strategic assessments, recommendations, and feedback.
- Provides counsel and guidance to NCOs, officers, and civilians to include assisting in communicating the Commander's Intent and Guidance to subordinate command teams and staff leaders.
- Monitors the discipline, morale, and mission readiness of SOCPAC elements and component units.
- Administers and monitors the command's NCO development program.
- Conducts command and NCO leadership briefings and communicates perspective to higher headquarters, service component, and partner nation units.

#### **CONTACT INFORMATION:**

Building 700, Room 216, Camp H.M. Smith, HI (808) 470-1009

#### FIRST SERGEANT

In garrison, the First Sergeant is responsible to the Chief of Staff and the SEL for enforcing regulations and policies, conducting ceremonies, inspections, and leading unit activities. The First Sergeant oversees unit readiness, execution of command policies, standards and enlisted personnel issues, and implements enlisted professional development programs. The First Sergeant manages HQs SOCPAC facilities. When deployed, the First Sergeant is responsible for planning and coordinating direct support to HQs, Joint Task Force at its employment locations. The First Sergeant also serves as Senior Enlisted Advisor to the Army Element Commander and provides guidance, advice, and accountability on all Army enlisted matters for the command.

#### **CONTACT INFORMATION:**

Building 700, Room 117, Camp H.M. Smith, HI (808) 204-3651

#### **CASUALTY ASSISTANCE**

Personnel assigned to SOCPAC and their families are entitled to casualty services without delay. Timely and accurate reporting, sympathetic and dignified notification, as well as thorough and compassionate assistance are the goals of the SOCPAC Casualty Services Program. The coordinated support of all individuals and agencies assigned or attached to SOCPAC is necessary to achieve these goals.

Any individual, agency or organization having knowledge of an incident that results in a command member becoming a casualty must immediately notify the SOCPAC Joint Operations Center (JOC) at (808) 470-1040. The JOC should be provided as much information as possible regarding the incident.

In the event a SOCPAC member becomes a casualty, the next of kin (NOK) shall be notified in person as promptly as possible in a dignified, humane, professional, empathetic, and understanding manner. No notification will be made by any individual of this headquarters without the consent of the SOJ1, Director of Personnel. No information concerning the SOCPAC member will be released to individuals, agencies, the media, or the general public until the appropriate NOK have been notified.

Within 24 hours after a report of death, SOCPAC shall appoint a Casualty Notification Officer (CNO), Casualty Assistance Officer (CAO) or Casualty Assistance Call Officer (CACO), depending on the branch of service, to advise and assist the immediate family.

#### **CONTACT INFORMATION:**

Building 700, Camp H.M. Smith, HI (808) 470-1040

### PRESERVATION OF THE FORCE AND FAMILY (POTFF)

Preservation of the Force and Family (POTFF) is a SOCOM initiative to improve the short- and long-term well-being of Special Operations Forces and families due to the higher ops tempo and stressors of SOF. It started over a decade ago, first at the service components and operational units and more recently at the Theater Special Operations Commands (TSOCs), including SOCPAC. POTFF provides in-house resources in these 5 domains: physical, psychological, cognitive, social and family, and spiritual. This is a benefit for all military members assigned to SOCPAC and to a more limited extent for family members, civilians, and contractors. POTFF resources and programs are in addition to those available through the respective service branches elsewhere on Oahu. For more information, see <a href="https://www.socom.mil/potff/">https://www.socom.mil/potff/</a>.

POTFF resources (team members) include:

- Physical Performance: Physical Therapist, Strength and Conditioning Coach, Nurse Case Manager

- Psychological & Cognitive: Licensed Clinical Social Worker (LCSW)

- Social & Family: Military & Family Support Coordinator, Military Family Life Counselor (MFLC)

- Spiritual: Chaplain

#### "DOES SEEKING HELP AFFECT YOUR SECURITY CLEARANCE?"

This is a common concern. Question 21 of the SF86 Questionnaire for National Security Positions, which asks about mental health treatment, was revised in 2016. It now excludes counseling related to marital, family or grief issues unrelated to violence by you or counseling for adjustments from service in a military combat environment as grounds for answering "yes." For more information, see these 2 articles:

https://www.socom.mil/POTFF/Pages/Clearances%20and%20mental%20healthcare.aspx

https://news.clearancejobs.com/2020/03/29/youre-not-imagining-things-the-sf-86s-mental-health-questions-have-changed-if-you-submitted-your-first-sf-86-before-2016/

Seeking professional care for mental health issues should not jeopardize an individual's security clearance. Getting the support you need can prevent minor issues from becoming major problems.

#### **CONTACT INFORMATION:**

Building 20, Camp H.M. Smith, HI (808) 470-1093/1082

### MILITARY FAMILY LIFE COUNSELOR (MFLC)

SOCPAC has a Military Family Life Counselor (MFLC) to provide support for service members, their families, and command staff. Short-term behavioral counseling and consultations are available to assist with issues such as deployment/reintegration, marriage/relationships, parenting, stress, combat stress, communication, etc. In addition, the MFLC is available to provide psycho-educational presentations on a variety of issues, workplace stress, conflict resolution, children and deployment or SOF-specific needs.

To ensure easy access and preserve confidentiality, appointments are available for face-to-face, phone or virtual meetings on or off military installations. Services are confidential with the exception of duty-to-warn situations and child/domestic abuse issues. The MFLC does not create or maintain documentation on individuals who receive services.

#### **CONTACT INFORMATION:**

Mary Schwing Cell: (808) 260-5598

#### CARE COALITION

The United States Special Operations Command (USSOCOM) Warrior Care Program, also known as the Care Coalition, is the SOCOM Commander's Congressionally-authorized program for tracking and assisting all SOF wounded, ill, and injured. Although the name Care Coalition can be misleading, we are a military organization manned by active duty military personnel, government civilians, and government contractors, most of which are veterans of the SOF community. Some of the items we assist with include:

- Applying for and receiving benefits (TSGLI, SCAADL, VA, SSDI, etc.)
- Monitor and assist w/MEB/PEB/IDES process
- Access to care issues
- Education of patient's rights
- Medical care/items not available through MHS/MTF
- DFAS wounded warrior pay
- Benevolent Organization assistance
- Liaison w/Unit surgeons, NCMs, care coordinators, etc.
- "Navigating" through the Military Healthcare system
- TRICARE issues
- VA claims for compensation
- Adaptive sports programs and reconditioning venues
- Transition programs to assist SOF personnel with their transition to civilian careers
- Anything that no one else can solve: "When SOF or their families need help, they only need to remember the USSOCOM Care Coalition -- They will resolve the issue or find who can." USSOCOM Commander

#### **CONTACT INFORMATION:**

Phone: 808-266-0662 https://www.socom.mil/carecoalition/

#### **CHAPLAIN**

The mission of the Chaplain is to facilitate pastoral care for SOCPAC families by offering privileged and confidential counseling relating to individual spiritual growth, marriage, family and personal concerns, Bible study, and spiritual literature.

The Chaplain maintains a close relationship with the SOCPAC POTFF team, Care Coalition, Warrior Foundation, other Military Chaplains, and local Veterans Administration Hospital.

#### **CONTACT INFORMATION:**

CH (LTC) Ruston Hill Building 20, Room 118, Camp H.M. Smith, HI (808) 470-1086

#### PACIFIC SOF WARRIOR ASSOCIATION (PSWA)

The PSWA is a non-profit organization supporting SOCPAC and fostering esprit-de-corps. Its leaders are elected from unit members for one-year terms. The PSWA Objectives are to:

- Support community service events to benefit the SOCPAC community and the local community at large.
- Provide a forum for members, families and friends to socialize.
- Foster esprit-de-corps among SOCPAC members.
- Promote the ideals that embody the traditions of all military services.
- Provide an instrument capable of assisting members in need whenever and however possible.
- Keep members informed on unit matters whereby we may continue to serve the nation and our Armed Services.

PSWA sells SOCPAC shirts, coins, mugs and other merchandise. Display cases and PSWA contact information are located in Building 20 (first deck lobby) and Building 700 (first deck around the corner from the Shirt's office).

#### **CONTACT INFORMATION:**

Facebook: https://www.facebook.com/Pacific-SOF-Warriors-Association-332318764301305 Email: PACIFICSOFWARRIORSASSOCIATION@gmail.com

# FAMILY READINESS GROUP (FRG)

The SOCPAC Family Readiness Group (FRG) supports the mission of the command by enhancing the quality of life and well-being of its families. The FRG helps SOCPAC personnel and their families by developing and operating systems that provide information, offer support and outreach, promote involvement, and prevent isolation. During times of sustainment and deployment, the FRG will identify the needs of family members and provide information and referral assistance. The FRG is led by volunteer spouses.

Please contact the POTFF office for the current FRG Leader's contact information.

#### **CONTACT INFORMATION:**

Building 20, Room 126, Camp H.M. Smith, HI (808) 470-1093

# SINGLE SERVICE MEMBER PROGRAMS

All services have programs geared toward single enlisted service members. They may not have the same name or title, but they all have the same goal, to provide single service members with a "Quality of Life" program dedicated to serving the unaccompanied Soldier, Marine, Sailor and Airman. These programs also involve senior leadership from installations, so they are a great opportunity for service members to voice any concerns about their living quarters.

The single service member programs offer organized activities including trips to the beach, other islands, off-post entertainment venues, and activities/parties on military installations. To learn more about these programs or to volunteer, visit the following sites:

#### Marine Corps Base Hawaii:

Single Marine & Sailor Program (SM&SP) https://mccshawaii.com/smsp/

#### **Schofield Barracks:**

Better Opportunities for Single Soldiers (BOSS) Program https://hawaii.armymwr.com/programs/better-opportunities-single-soldiers or https://www.facebook.com/HIBOSSMWR/

#### Joint Base Pearl Harbor-Hickam:

Liberty Program https://jbphh.greatlifehawaii.com/liberty-







# EMERGENCY PREPAREDNESS



#### How can you get ready for the next disaster?

- ✓ Make A Plan
- ✓ Build A Kit
- ✓ Due to Hawaii's isolation, 14 days vs 72 hours worth of supplies is recommended
- ✓ Consider making a kit for the home, work/school, car, and one to evacuate with
- ✓ Be Informed
- ✓ Get Involved



It's critical to have enough drinking water, non-perishable food, and cash on hand in an emergency. Each family or individual's kit should be customized to meet specific needs, such as medications, baby supplies and pet supplies, and should also include important documents.

The Hawaii Emergency Management Agency, called HI-EMA, has a good "2 Weeks Ready" brochure with a "Go Bag" packing list at https://dod.hawaii.gov/hiema/files/2018/07/2WeeksReadyBrochure.pdf.

#### **Emergency Preparedness / Disaster Preparedness Resources:**

A number of local, state, and federal agencies provide excellent resources. Your community group or neighborhood association may also want to establish a phone tree or email list to relay important information.

In SOCPAC, the point of contact is the Command Surgeon (Medical) office at (808) 477-7930.

Hawaii Emergency Management Agency (HI-EMA) https://dod.hawaii.gov/hiema/?msclkid=2faea956b9f111ec89bfb8b063b19a1e

American Red Cross of Hawaii https://www.redcross.org/local/hawaii.html Know Your Resources

City & County of Honolulu Department of Emergency Management http://www.honolulu.gov/dem

Ready America (www.ready.gov) educates and empowers Americans to prepare for emergencies.

USA Gov (www.usa.gov) is an online guide to federal government information and services.

NOAA Weather Radio (https://www.weather.gov/nwr/) broadcasts National Weather Service warnings, watches, forecasts and other hazard information 24 hours a day.

# WEATHER HAZARDS ON OAHU

#### **Hurricanes:**



Hurricanes are part of a family of storms known as *Tropical Cyclones* that are very large and produce three life-threatening effects:

- 1. High winds in excess of 74 mph
- 2. Storm surges that can exceed 40 feet
- 3. Heavy rains that will exceed flash flood conditions

The National Weather Service, Central Pacific Hurricane Center (<a href="https://www.nhc.noaa.gov/?cpac">https://www.nhc.noaa.gov/?cpac</a>) issues watches and warnings for tropical cyclones.

- 1. Watch = Hurricane conditions possible; Prepare your disaster supply kit, prepare to evacuate
- 2. Warning = Hurricane conditions expected; Evacuate and take protective shelter; take your disaster supply kit

### **Tsunamis:**



Tsunamis are a series of waves generated by underwater earthquakes, landslides, volcanic eruptions, icebergs or (very rarely) meteorite impacts. Three natural warning signs are:

- 1. FEEL a strong earthquake making you unable to walk
- 2. SEE ocean water recede unveiling the ocean floor
- 3. HEAR roar of the wave approaching the shore (sounds like a freight train)

#### **Indicators of Tsunamis are:**

- 1. You feel a strong earthquake or observe the ocean suddenly receding or hear a large roaring sound from the ocean; evacuate to higher ground immediately!
- 2. Outdoor warning sirens sound (turn on radio or television) and officials advise evacuation
- 3. Text alerts or other electronic warnings advise evacuation
- 4. Pacific Tsunami Warning Center (https://www.tsunami.gov/) bulletins

#### **Know Your Zone:**

It is important to identify if your home, work, school, place of worship, and other frequented areas are in a *tsunami* evacuation zone in order to plan accordingly. Check at <a href="https://www.honolulu.gov/site-dem-sitearticles/35781-tsunami.html#evacuationmap">https://www.honolulu.gov/site-dem-sitearticles/35781-tsunami.html#evacuationmap</a>

- 1. Horizontally: go inland away from the evacuation zone
- 2. Vertically: go to the third floor or above in a solid, concrete building, or to the highest, closest hill

#### Other situations where you may have to evacuate:

There are many other disasters or emergencies that may affect your community or workplace. It is essential that you have plans in place to evacuate to a safe area and that you practice these plans annually.

# HAWAII SAFETY AND HAZARDS

Hawaii can be described as paradise, but even paradise has its hazards and we want to educate you on a few of them. Please make sure you and those you travel with know about these hazards. This is not Disneyland; it is often wild, rough, and natural law prevails out here. The more you know, the better prepared you are.

#### WILDLIFE, PLANTS, & INSECTS (ALL ISLANDS)

For the most part you are very safe in Hawaii from animal and plant life. There are no large predators or snakes, and few plants that will cause irritation (no poison oak or ivy, for example). However, other hazards still exist.

The main culprit in the animal world is actually an insect, the centipede. In Hawaii, these aggressive insects carry quite a punch. Be careful with any shoes left outside at night, etc. Another insect that gets a lot of attention is the cane spider. It's mostly hype. The cane spider is mostly feared due to its size (up to the size of a can of tuna, including its long legs) but typically it will run rather than defend and its bite is rarely dangerous.



There are also scorpions on the drier sides of the islands, but they usually stay out of sight. Mosquitoes typically frequent the wetter sides of the islands, so prepare accordingly. Geckos are nothing to worry about; they are the cute lizards that actually keep the bug population somewhat under control. On the Big Island, the other cute but pesky resident is the coqui tree frog (seen here). Especially prevalent on the Hilo/Puna side, you may enjoy their music the first night but soon understand why they spray for them.

The many edible plants and fruits of Hawaii also create a hazard. Many people believe they can pop just about anything in their mouths for a taste, but not so. Many plants here are poisonous, such as the very common plumeria flower, and no fruits or plants should be eaten unless you absolutely know for sure it is safe. Remember that many plants may have similar looking fruits.

#### THE SUN (ALL ISLANDS)

The high UV index every day speaks for itself. Sunblock of at least 15+ is recommended in Hawaii at all times.

#### STREAMS, RIVERS, WATERFALLS & POOLS (ALL ISLANDS)

Pay attention to the flow of any streams where you are and be aware of the weather inland. Flow rates and heights can change very quickly in the islands; Flash flooding is a regular occurrence in some places. One good rain, even far inland from where you are, can cause a stream to rise substantially. If you're crossing any water or rock hopping, pay close attention to the weather and the water levels. Any time you're crossing where it empties into the ocean, we also advise crossing inland a bit. Dangerous rip currents can form in the ocean at the mouth of a river or stream. Hiking poles may be extremely useful for any crossings you do make, as they provide an extra set of limbs to help you keep your balance.

If you go swimming, make sure you do not swallow any water and try to cover up any open cuts or sores so water can't get in them. In Hawaii leptospirosis can be found in water contaminated by animal droppings, and you do not want to get mixed up with the likes of this disease. It causes flu-like symptoms and in rare cases death. Waterfalls and the trails to get to them are by definition often rocky, muddy and slippery; use caution and sturdy shoes (not just flip flops or "slippers" as they're called here) and consider taking along a first aid kit.

#### OCEAN LIFE & THE BEACH (ALL ISLANDS)

If you have ever been to the beach then you likely already know about the hazards of the ocean. Rip currents, sharp coral, large waves, surf, and various creatures are just a few. The most notable sea creatures to watch out for are coral, jellyfish, and sea urchins. Box jellyfish and their relatives, the Portuguese man-of-war, also called "Blue bottles," have a painful sting and are more prevalent in windy weather and 8-10 days after a full moon. If you plan to swim swim, snorkel, or scuba dive, make sure to do your homework and check conditions first.



#### **VOLCANO AREA HAZARDS (BIG ISLAND AND PORTIONS OF MAUI)**

The first thought that comes to mind when you hear about Hawaii volcano danger is probably the lava hazards. In reality the 2,000 degree Fahrenheit active lava flows probably pose the least amount of danger to the sensible person. Hawaii Volcanoes National Park and other volcanic areas of the Big Island and Maui have a number of hazards that are easy to overlook or just not expected without prior knowledge of the area.

**Hiking on Lava:** Around the Big Island, you will have the opportunity to hike over lava. There are two types of lava, pahoehoe and a'a flows. The surface of a'a lava is sharp, rough and chunky, while pahoehoe lava has more smooth, billowy or ropy crust, but still with sharp edges and variations in the surface, so you can easily cut yourself (especially your hands) if you fall. Extreme care should be taken when hiking over lava. Closed toe shoes, long pants, and gloves are always a good idea. Stay aware of what you are walking across, as shallow lava tubes can cave in. Also be sure to bring lots of water as the sun greatly reflects heat and dehydration can occur quickly on the shade-less black asphalt-like surface.

**Viewing Active Lava Flows:** When approaching active flows, boundary ropes should stop you even before you feel the heat. Use common sense and don't cross any National Park boundary ropes, as they are in place for your protection. Violent explosions, steam plumes, and gases make these treacherous areas to be near. Lava benches are roped off too as they can easily collapse at any time.

Volcanic Gases & Vog: Where hot lava meets the sea, or at the source of any eruptions, the volcano produces a deadly concoction of gases. Even far away from the sources, visitors can experience another type of gas, called vog, which is a mixture of sulfur dioxide gas, water vapor, carbon dioxide, dust and other airborne particles. Vog is common all around the Big Island volcano area and can even wrap around to the Kona side depending on trade wind activity. Vog affects different people in different ways.

Visitors with asthma and respiratory troubles will have the most problems. Heavy vog causes coughing and a burning sensation in the eyes, nose and mouth. Avoid areas with a lot of vog. Usually you can see it in the air like a low cloud. You can check the Hawaii Interagency Vog Information Dashboard at https://vog.ivhhn.org/ for vog and wind forecasts.



#### **GENERAL SIGHTSEEING**

There are many locations on Hawaii that are private property. If a trail says it is closed, it is closed. If you see a sign that says 'Kapu' then it is off-limits. Do not explore places you are not sure about - waterfalls, pools, trails, caves, lava tubes, etc. You likely wouldn't want people exploring your backyard at home, so be mindful and respectful of residents here. Your courtesy will be greatly appreciated.

#### HAZARDS YOU POSE

It may or may not surprise you, but one of Hawaii's greatest hazards is us, humans. As visitors to these islands we must remember that we ourselves are one of the greatest hazards to the rare and endangered species that live here, and only here. There are a few general guidelines to follow.

- 1. As a general rule it is best to stay away from all wildlife. In fact, you should know it is illegal to feed or touch them. That means no feeding the geese (Nene), no touching the turtles (Honu), and no swimming with the dolphins (Nai'a). It seems innocent enough, but consider the consequences of your casual interaction with these creatures. Nene no longer fear cars and are being killed off at an alarming rate. The touch of a human can deliver deadly infections to the honu as it basks in the sun or swims in a shallow pool. The disruption of normal behaviors affects nai'a even if they seem playful.
- 2. Kapu means off-limits or forbidden. Many areas that are deemed as ecologically or culturally fragile have been made kapu (off-limits) by the government. Sensitive places include lava tubes, caves, burial grounds, heiaus (temples), etc. Please show ho'ihi (respect) for the laws that protect these beautiful and fragile places.
- 3. Remember that trails and roads exist for a reason. It is easy to get off the beaten path and do a bit of exploring, but you may be contributing to erosion, trespassing, or putting yourself at risk.
- 4. Do not take lava rocks or sand home with you; it is actually illegal to sell black sand in Hawaii. Legend says Pele curses all those who take her "children" away from the islands. Know that local airport screeners will likely confiscate any they find.

If you follow these tips we can guarantee you that the Aloha you show will be most appreciated by all, people and animals alike.



# OAHU LANDMARKS AND ATTRACTIONS



- Ala Moana Park: A beautiful 76-acre public park and beach front area with sandy beach, swimming lagoon, surfing grounds, restrooms, food stands, picnic tables, harbors, ponds and bridges.
- Ala Moana Shopping Center: Located in the heart of Honolulu, it's the state's largest multi-level shopping center with over 290 shops and restaurants, as well as abundant parking spaces.
- Aloha Stadium: A major feature near Pearl Harbor and Aiea, formerly the home of the University of Hawaii football and NFL Pro-Bowl games. The stadium currently serves as the home of the "Swap Meet" on Wednesdays and weekends.
- Aloha Tower: Honolulu's familiar landmark is open to visitors and offers an excellent view of the harbor area.
- Aquarium: Located on the eastern end of Waikiki on Kalakaua Avenue, the oceanfront aquarium is small but very nice.
- Battleship Missouri Memorial: The USS Missouri was the last battleship commissioned by the United States and is best known as the site of the surrender of Japan in 1945, which ended World War II. She is known as the "Mighty Mo" and anchored in Pearl Harbor next to the USS Arizona. Visitors with base access can go directly there on Ford Island; visitors without base access must get tickets and a bus at the Bowfin.
- Marine Corps Base Hawaii Kaneohe Bay, Pacific War Memorial: An Iwo Jima memorial on Marine Corps Base Hawaii to honor all who served in the Pacific theater of operations during World War II, those residents of Hawaii who during the war years befriended and supported military personnel, and those in our armed forces who continue to serve our great nation.
- Bishop Museum and Planetarium: Founded in 1889 and located in Honolulu, it is the largest museum in Hawaii and has the world's largest collection of Hawaiian and Polynesian cultural artifacts and natural history specimens. The planetarium features popular shows for all ages. For most visitors, this may be a rainy day activity,
- Blow Hole: Near Koko Head, playful Mother Nature forces the mighty sea through a tiny hole in the lava ledge and blows miniature geysers high into the air.
- Bowfin Park: Located off of Kamehameha Highway near Pearl Harbor, this 3.5-acre site is named after the historic restored World War II submarine USS Bowfin (SS 287), which is moored at the park and open to the public. Other attractions include the Pacific Submarine Museum, submarine missile and torpedo exhibits.
- Byodo-In Temple: Japan's 900-year-old architectural treasure is duplicated in exact detail at the Valley of the Temples Memorial Park in Kaneohe beneath the majestic cliffs of the Ko'olau mountains. The beautiful oriental garden setting also has a carp pool, massive nine-foot Buddha statue and teahouse.
- Chinatown: One of the oldest Chinatowns in the United States, this section of downtown Honolulu is an exciting blend of restaurants, markets and shops for Chinese foods and goods.
- Diamond Head (Le'ahi): This world-renowned landmark bounds Waikiki Beach on the South. An extinct volcano, it is said to have once been the home of Pele, the Fire Goddess. Drive-in and walk-in access is inside the crater.

- Dole Cannery Square: The Hawaiian Pineapple Cannery Division of Castle and Cooke Foods is located at Iwilei Road and open to the public seven days a week for tours of the facilities and pineapple tasting.
- Dole Plantation: Historic pineapple plantation that now attracts families with a train ride, the world's largest maze, and other attractions. Be sure to try the "Dole Whip" soft-serve frozen treat.
- Foster Botanical Garden: Boasting remarkable botanic displays including a photogenic orchid section, this is a 20-acre setting in downtown Honolulu.
- Hanauma Bay: A delightful sea cove near Koko Head Park, its rugged grandeur was created by volcanic action 10,000 years ago when, as legend tells, Pele made her last attempt to find a home on Oahu. A favorite spot for swimming and snorkeling.
- Hawaii's Plantation Village: Step back in time to when "sugar was king" and experience the "real Hawaii." This living history museum and ethno-botanical garden opens a door to a bygone era. In addition to guided tours, Hawaii's Plantation Village offers cultural festivals and live ethnic demonstrations throughout the year.
- Honolulu Zoo: Located at the eastern end of Waikiki on Kapahulu Ave, the zoo is open daily and has a special collection of more than 300 animals from Hawaii and around the world.
- 'Iolani Palace: The only throne room under the American flag, where Hawaii's last two monarchs lived and ruled. Completed in 1882, the building has been entirely renovated, displaying a magnificent interior.
- Kaneana Cave: Near Makaha just before the end of Farrington Highway, Kaneana, the shark-man deity, is supposed to have made his home in this cave, which is volcanic and coral in formation.
- Kewalo Basin: Sampans and other fishing boats moor in this small boat harbor that is also the departure point for Pearl Harbor cruises.
- Mission Houses: The oldest existing buildings erected by the first missionary contingent to Honolulu are in the downtown civic center area, which is also the locale of many other historic sites.
- National Memorial Cemetery of the Pacific: Punchbowl or Puowaina, literally translated "Hill of Sacrifice," is the final resting place of thousands of World War II, Korean and Vietnam War veterans. Open seven days a week, it overlooks the vast expanse of Pearl Harbor, Honolulu and Waikiki.
- Nature Center: The Hawaii Nature Center of Oahu offers school and weekend family programs as well as hosting birthday parties and intersession camps.
- Old Sugar Mill: The Waialua Sugar Mill is a former sugar refinery, now used for quaint shops and light industry, located in the town of Waialua on the North Shore of Oahu. On the windward side of Oahu near Ka'a'awa are the stone ruins of another sugar mill, the first one on Oahu, erected in 1864.
- Pali Overlook: A scenic overlook just off the Pali Highway at the head of Nu'uanu Valley, where Kamehameha the Great defeated the Oahuans in a bloody battle in 1795. He forced thousands of warriors over the precipice to meet death on the jagged rocks below, thereby adding Oahu to his realm.
- Polynesian Cultural Center: Located on the North Shore of Oahu in La'ie, the center brings to life the spirit of Polynesia through its six Polynesian villages, luau, and evening show. It is very popular for school field trips as well as visitors.
- Queen Emma Summer Palace: A charming home located just off the Pali Highway in Nu'uanu Valley, the former summer palace has been restored to its original appearance and houses a fine collection of Hawaiiana.

- Rabbit Island: Near Waimanalo, this is one of the many interesting islets that border Oahu. It looks like the head of a rabbit and was once overrun by them.
- Royal Hawaiian Shopping Center: Located at the very center of Waikiki, this center offers over 150 shops and restaurants, and has something for everyone. You can purchase anything from fine designer goods to fun-in-the-sun apparel, from classic jewelry to costume pieces and Hawaiian treasures, from elegant dining in many restaurants to hot dogs and ice cream.
- Royal Mausoleum: Located downtown and called Mauna 'Ala in the Hawaiian language, is the final resting place of Hawaii's two prominent royal families: the Kamehameha Dynasty and the Kalākaua Dynasty.
- Sea Life Park: Located near Makapu'u Point, the park features an outstanding display of Hawaii's exotic marine life in a beautiful oceanside setting. The 300,000-gallon Hawaiian Reef Tank is one of America's finest aquariums, housing 2,000 island specimens. Dolphins, sea lions, penguins and a variety of sea birds can also be enjoyed.
- U.S. Army Museum of Hawaii: Located at Fort DeRussy in Waikiki, the museum houses exhibits of military uniforms over the centuries, an insignia collection, and other displays and memorabilia.
- USS Arizona/Pearl Harbor National Memorial: The memorial marks the final resting place of many of the 1,177 crew members who lost their lives on the USS Arizona during the attack on Pearl Harbor on December 7, 1941, which led to the United States' involvement in World War II. The National Park Service operates the visitor center and provides the only public access to the memorial by Navy shuttle boat. Tickets are available online and on a first-come, first-served basis. The tour includes a 23-minute orientation film followed by a boat ride out to the memorial; for a total tour time of 1 hour 15 min.
- Waimea Bay: On the North Shore between Haleiwa and Kahuku, the beach is fine for picnicking, but the bay is dangerous for swimming when surf is 6 feet or more.
- Waimea Valley: On the north shore across from Waimea Bay, this narrow canyon extending into the Ko'olau Mountains was once a heavily populated Hawaiian village. Today the 1,800-acre site is a lovely, unspoiled environment hosting tropical plant life, birds, walking paths, and a beautiful waterfall pool open for swimming.

# **USEFUL WEBSITES**

**SOCPAC SITES** 

SOCPAC Homepage: https://www.socom.mil/socpac

SOCPAC Newcomers: https://www.socom.mil/socpac/Pages/SOCPACnewcomers.aspx

SOCPAC Training Req: https://www.socom.mil/socpac/Documents/SOCPAC%20Training%20Courses.pdf

SOCPAC Facebook: https://www.facebook.com/groups/pacificguardian

Provost Marshal Office https://www.mcbhawaii.marines.mil/Offices-Staff/S-7-Safety-Security-Emergency-Management

SOCOM POTFF: https://www.socom.mil/potff/

SOCOM Care Coalition: https://www.socom.mil/care-coalition/

PSWA: https://www.facebook.com/Pacific-SOF-Warriors-Association-332318764301305

ALOHA, WELCOME, ARRIVAL

Hawaii Military Guide: https://hawaiimilitaryguide.com/

Hawaii Installation Guide: https://www.mybaseguide.com/installation/camp-h-m-smith/

Airport Car Rental Info: http://airports.hawaii.gov/hnl/getting-to-from/ground-transportation/car-rentals/

TLA AND HOUSING

See pages 8-9.

**UTILITIES** 

Electric: https://www.hawaiianelectric.com

Gas: http://www.hawaiigas.com Water: https://www.hbws.org

Cable: https://www.hawaiiantel.com (HawaiianTel)

https://www.spectrum.com/services/hawaii (Spectrum)

SCHOOLS, EDUCATION, CHILD CARE

Hawaii DOE: http://www.hawaiipublicschools.org/Pages/Home.aspx

Military Child Care: https://militarychildcare.com/
Child Care Aware: https://www.childcareaware.org/

See pages 11-14.

PET QUARANTINE

Hawaii Rabies Brochure: https://hdoa.hawaii.gov/ai/files/2019/08/aqsbrochure-08.2019.pdf

Hawaii Animal Quarantine: http://hdoa.hawaii.gov/ai/aqs/aqs-info/

PET RESOURCES

AMR Kennel: https://hawaii.armymwr.com/programs/family-and-mwr-pet-kennels

APHC Veterinary Treatment Facilities: https://phc.amedd.army.mil/organization/Pages/VtfByLocation.aspx?loc=HI

**VEHICLES** 

Vehicle Shipping Status: https://www.pcsmypov.com/Track Honolulu Customer Service: http://www.honolulu.gov/csd

Satellite City Hall Locations: www.honolulu.gov/cms-csd-menu/site-csd-sitearticles/26204-services-

and-locations-listings.html#SCH

Hawaii Driver License: http://www.honolulu.gov/csd/dllicense.html

Hawaii Driver Handbook: https://hidot.hawaii.gov/highways/files/2019/03/mvso-11272-Hawaii-Drivers-Manual

Hawaii Motorcycle Manual: https://hidot.hawaii.gov/highways/files/2017/09/Motorcycle-Manual

MEDICAL RESOURCES:

TRICARE: www.tricare.mil

MHS GENESIS PORTAL: https://patientportal.mhsgenesis.health.mil/person/1123003698/

TRICARE Contact: www.tricare.mil/contactus TRICARE West (our region): www.tricare-west.com

#### SINGLE SERVICE MEMBER PROGRAMS

Army (Schofield Barracks): https://hawaii.armymwr.com/programs/better-opportunities-single-soldiers

Navy & Air Force (JBPHH): https://jbphh.greatlifehawaii.com/liberty-

Marines (MCBH): https://mccshawaii.com/smsp/

#### EMERGENCY, WEATHER, SAFETY

Emergency Kit https://dod.hawaii.gov/hiema/files/2018/07/2WeeksReadyBrochure.pdf

State of Hawaii Emergency: https://dod.hawaii.gov/hiema/City & County Emergency: http://www.honolulu.gov/dem

American Red Cross of Haw: https://www.redcross.org/local/hawaii.html

Hurricane Warnings: https://www.weather.gov/hfo/marine

Tsunami Warnings: https://www.tsunami.gov/

Tsunami Evacuation Zones: www.honolulu.gov/site-dem-sitearticles/35781-tsunami.html#evacuationmap

