

Welcome to the Pacific Missile Range Facility



WELCOME ABOARD PMRF



Our mission is to facilitate Training, Tactics Development, and Test and Evaluation for air, surface, and sub-surface weapons systems and Advanced Technology Systems. We provide the full spectrum of instrument range support, including radar, underwater instrumentation, telemetry, electronic warfare, target remote command and control, communications, data display, data processing and target/weapon launching and recovery facilities.

PMRF's vision and goal is to be the US Navy's -- as well as the world's -- best Training and Test and Evaluation Range.

PMRF supports the fleet fighter with the largest instrumented training range in the world and boasts a full complement of test and training targets, from subsurface to space. PMRF is the most capable test and evaluation facility for Bal-

listic Missile Defense programs, currently supporting the U.S. Navy's Aegis BMD and U.S. Army's THAAD programs.

The energy and construction initiatives, MWR programs, and education and personal development programs PMRF provides to our Sailors, family members, and government service personnel are the absolute best in the fleet. Although we

are a small base, our goal is to provide our Sailors with the best quality of life.

What we do at PMRF is of tremendous strategic importance to the U.S. and its allies. We strengthen our nation's defense and make America, and the world, safer. We're proud of our facility, our mission, and our personnel.

BECOMING A KAMAAINA

Kauai is pronounced ka-WAH-ee. A general translation of the word Kauai is “time of plenty” or “fruitful season.”

Known as the Garden Island, Kauai is famous for its flowering shrubs, vines and trees that grace the countryside year round with a beautiful background of every shade of green imaginable. Mount Waialeale, “Rippling Water,” rises to 5,170 feet at Kawaikini Peak in the very center of the island, and is the wettest spot on earth with 465 inches of annual rainfall, and is the source of Hawaii’s only navigable rivers.

Kauai is also a land of contrasts with the startling rock grandeur of Waimea Canyon, the virgin purity of Kalalau Valley, where wild cattle, goats, pigs and deer graze, the sunny desert warmth of the west side,

and on the north shore, beautiful Lumahai Beach, known to many as Bali Hai in the movie “South Pacific.”

The climate of Kauai is subtropical. Temperatures at Barking Sands rarely exceed 90 degrees or fall below 65 degrees. Consequently, heavy winter clothing is not required. However, sweaters and wind-breakers are useful in the winter months. The typical northeast trade winds blowing across Kauai result in a relatively “wet” (east) side, and “dry” (west) side. Barking Sands, being on the coast in the center of the west side of the island, is quite dry, with a desert-like climate of sunny, warm days and cool nights. There are two seasons, wet: from late November through April; dry: May through November. The sea air does

pose a corrosion control problem to all metal items, particularly for automobiles.

Hawaii’s cost of living is higher than that of most mainland areas, especially for housing and food. Some food items may be cheaper than on the mainland, but for the most part, transportation costs from the west coast represent the major cost difference.

Most vegetables and fruits can be grown here with relative ease. Garden enthusiasts thus have an excellent opportunity to shrink their grocery bills considerably. Mangoes, papaya, bananas, plums, guava, lilikoi (passion fruit), coconuts and other fruits grow wild on the island, providing an additional no-cost food source and many delightful new tastes.



PMRF POINTS OF CONTACT

Commanding Officer 808-335-4251

Executive Officer 808-335-4252

Command Master Chief 808-335-4247

Public Affairs Officer 808-335-4740

Admin Officer 808-335-4500

PMRF Pass and ID Office 808-335-4221

Beach Cottage Rentals 808-335-4752

Navy Gateway Inn 808-335-4697

MWR Admin Office 808-335-4446

Household Goods 808-335-4642

Housing Office 808-335-4400

Forest City Housing 808-645-0531



THE LEGEND OF BARKING SANDS

There was an old Hawaiian fisherman who lived in a hut near the beach with his nine dogs. During his fishing trips he would tie his dogs to stakes in the sand, three to each of the three stakes. He would then get into his canoe and go fishing.

One day while he was at sea and the dogs were tied as usual, he was caught in a very bad storm. For hours he battled the heavy seas until he was finally able to return to land. He was so exhausted that he crawled to his hut, forgetting to untie his dogs.

When he awoke the next morning and went outside, the dogs were nowhere in sight. All he saw were three small mounds of sand where the dogs had been tied. As he stepped on one of the mounds, he heard a low bark. Still he couldn't find the dogs. Believing the dogs had been buried in the sand because of the storm the day before, the fisherman began to dig. As each shovel-ful was removed, more sand took its place. He finally gave up, and every day after that when he crossed the beach he could hear the low barking. The dogs were never found, and to this day the sands of Mana have been known as Barking Sands.

The scientific explanation of this phenomenon is that the grains of Mana sand are tiny, hollow spheres. When rubbed together, they give off a popping sound similar to the barking of dogs. This only occurs when the sand is very dry. Wet sand gives off almost no sound.



Sponsorship

All personnel, married or single, receiving orders to PMRF, Barking Sands should have an assigned sponsor to assist them. If you have not received notification of your sponsor, contact the Command Master Chief at (808) 335-4247 or (DSN) (315) 471-6247. Your sponsor will offer all necessary assistance to make your move as smooth as possible. However, it is your duty to communicate with your sponsor to let him or her know of your needs and arrival date.

Dependent Entry Approval

This is required from PMRF prior to moving family members to Kauai because of extremely limited services. Contact your personnel department and be sure to remind them that this is *NOT* Pearl Harbor on Oahu. This is PMRF on Kauai. To request a Dependent Entry Approval from PMRF, please contact your current ADMIN office and ask that a request for a Dependent Entry Approval be sent through message traffic to the ADMIN Office of the Pacific Missile Range Facility, Barking Sands, Kauai.

Once PMRF ADMIN receives this message, they will send out the Dependent Entry Approval via message traffic to the active duty member's current command. You will then need to go to your current ADMIN office to get a copy of this document. Make several copies and have them on hand as you will be asked for it many different times throughout the moving process. You will need this document prior to setting up a Household Goods move, shipping your vehicle, or booking your airline tickets through the military.

Overseas Screening

PMRF has limited medical services; therefore strict medical/dental screening is required prior to transfer. Family members will utilize TRICARE REMOTE, as care through the military system is not available. Specialized services i.e., orthodontics are not available. Medical conditions, no matter how slight, may be disqualifying. If questions exist on this matter contact the PMRF Medical Corpsman at (808) 335-4203 or DSN (315) 471-6203

Shopping

Most typical mainland products are available on Kauai, although a concerted effort may be required to find the desired item. Each town has at least one small market offering groceries and sundries. The closest stores to PMRF are in Waimea (nine miles). Lihue (30 miles) has the largest shopping areas. Kukui Grove Center is the primary mall and includes a Sears, Costco, K-Mart, Longs Drugs, Times Supermarket and many specialty shops. A few miles down the road you will find a Wal-Mart in Lihue and near Wailua, is the Coconut Plantation Marketplace, a large, tourist-oriented shopping area. Prices are much higher on Kauai than on the mainland.

Banks

Please be aware that there are no Navy Federal Branches on Kauai. The following banks are the most accessible on Kauai: Bank of Hawaii, Kauai Community Federal Credit Union, First Hawaiian and American Savings.



Family Housing

Located less than 50 yards from the beach, housing provides a comfortable and relaxing atmosphere for indoor and outdoor living. The units are furnished with a range, refrigerator, dishwasher, central air conditioning, washer, dryer, blinds, and a garbage disposal. The duplex homes consist of two, three and four bedroom units with a one car garage.

Yards are maintained by the occupants of each unit. All types of plants, trees, vegetables and fruits will grow in abundance with proper care.

Household goods shipments usually take about 40 days. For the interim, you may contact the housing office to have some loaner furniture delivered to your unit. A list of furniture provided follows to enable you to better plan your advance shipment. Many of these items are also available on a temporary basis for visiting relatives, etc.

Loaner furniture available includes dinette sets, chairs, sofas, end tables, coffee tables, double and single beds, dressers, chests of drawers, night stands and lamps with tables. The government does not insure personal property in family housing, so renter's insurance is highly recommended.

Bachelor Enlisted Quarters

Polaris drive consists of 13, two bedroom units for permanent party personnel. The units are furnished with a range, refrigerator, dishwasher, central air conditioning, washer, dryer, blinds, and a garbage disposal. Yards are maintained by the contractor.

EDUCATION

There are eight public elementary and three public secondary schools in the Kauai District. Classes vary according to special programs, but in general the average is 25 students in the primary grades and 30 students in the upper elementary and secondary areas. There are two Catholic parochial schools on Kauai teaching grades K-8. Several boarding schools are available in Honolulu and on some neighbor islands.

Most of the schools are located on the west side of the island. Bus service to and from school is provided for Family Housing residents and students living in town. There is a fee to utilize the bus service.

Hawaii public schools have half days every Wednesday (until 12:35pm). The schools listed are found on the west, east, and south sides of Kauai.

Preschools:

- *Child Development Center*
PMRF
808-335-4453
- *St. Theresa's*
Kekaha
808-337-1351
- *Kalaheo Missionary Church*
Kalaheo
808-332-5550
- *Island School*
Lihue
808-246-0233
- *Kekaha Elementary School*
Kekaha
808-337-7655
- *Kapaa Missionary Church*
Kapaa
808-822-0295



Public Elementary:

- *Kekaha Elementary*
Kekaha
808-337-7655
 - *Eleele School*
Eleele
808-335-2111
 - *Kalaheo School*
Kalaheo
808-332-6801
 - *Kapaa Elementary*
Kapaa
808-821-4424
 - *Koloa Elementary*
Koloa
808-274-3150
 - *Wilcox Elementary*
Lihue
808-274-3150
- ## **Public Middle Schools:**
- *Waimea Canyon Middle School*
Waimea
808-338-6830
 - *Chiefess Kamakahahei*
Lihue
808-241-3200

- *Kapaa Middle School*
Kapaa
808-821-4460

Public High Schools:

- *Waimea High School*
Waimea
808-338-6807
- *Kapaa High School*
Kapaa
808-821-4400
- *Kauai High School*
Lihue
808-274-3160

Private Schools:

- *St. Theresa's PK-8*
Kekaha
808-246-0233
- *Island School PK-12*
Lihue
808-337-1351
- *Kauai Independent Daycare*
808-822-0262

BASE FACILITIES

Navy Exchange

The Navy Exchange (NEX) is conveniently located near the family housing area. A branch of the Pearl Harbor NEX, it stocks such items as fresh produce, frozen items, canned goods, bread and pastries, dairy and deli, juices, spirits, liquor, household items, tobacco, clothing, health, beauty, and baby needs.

Limited uniform supplies are on hand but orders can be placed with the Pearl Harbor Uniform Shop or ordered directly via the Red Phone that is located in the exchange. Using the Red Phone, your order will be shipped directly to you. As a branch of the Pearl Harbor Navy Exchange, PMRF's exchange offers a "Shop Pearl Harbor Program", which allows

you to place a special request/order for merchandise that is carried at Pearl Harbor that is featured in a sales flyer. There is no commissary at PMRF. The NEX Hours of Operation are as follows:
Monday – Friday
0800-1900
Saturday-Sunday
1000-1700



Gas Station

Open 24 Hours/7 days a week

Barber Shop

Tuesday/Thursday

0930-1600

Wednesday

0830-1500

Dry Cleaning

The NEX laundry/dry cleaning

service is operated by a local concessionaire. Drop off and pick up at the NEX. Drop off by Wednesday morning (1 week turn-around time).

Dining Hall: Menehune Inn

The dining hall (Menehune Inn) is a 2,400 square foot

modern structure with a seating capacity of 72. Open to all civil service employees, military active duty, retired, reserve, National Guard and their ID card family members.

The Menehune Inn features a cafeteria-style service. The Menehune Inn is open Monday through Friday for breakfast, lunch and dinner. It is closed on federal holidays.

Medical

Limited routine medical care for active duty personnel is provided by the base corpsman. Family members' medical care also is provided by the civilian medical community. Most of the cost is covered by Tricare Prime Remote.

Active duty dental care is provided by visiting dental assist teams. All extensive dental treatment will be deferred while stationed at PMRF.

Health services are very limited on the island of Kauai. If you or your family members have any chronic medical/den-

tal problems, you should let the command medical department know at once for information on the availability of appropriate care.

As mentioned before, it is critical that all family members pass the Overseas Screening (OSS). If you have any type of medical specialist- based needs, plan ahead! You will want to become VERY familiar with what Tricare covers and what they do not! Tricare will cover your medical travel expenses should you need to fly to another island for medical care (and many

people do!) Doctor referrals and the correct paperwork will be needed to qualify for Tricare funds. Contact PMRF ADMIN in Building 275 (behind Subway) at (808) 335-4500 for paperwork information. For more information, or to download a Tricare Prime Remote West Region application, please visit the following websites: Tricare: <http://www.tricare.mil>, Military.com: <http://www.military.com/benefits/tricare/tricare-prime/tricare-prime-remote-overview>.

Prescriptions

Also, please be advised that because there are no Military Treatment Facilities on island, you will be responsible for co-payments for your prescriptions. The following are the pharmacies located nearest to the base:

Pharmacies

Menehune Pharmacy, Waimea
Longs Pharmacy, Eleele
Kalaheo Pharmacy
Costco Pharmacy, Lihue
Westside Pharmacy, Hanapepe

(808) 338-0200
(808) 335-0700
(808) 332-7660
(808)241-4000
(808)335-5342

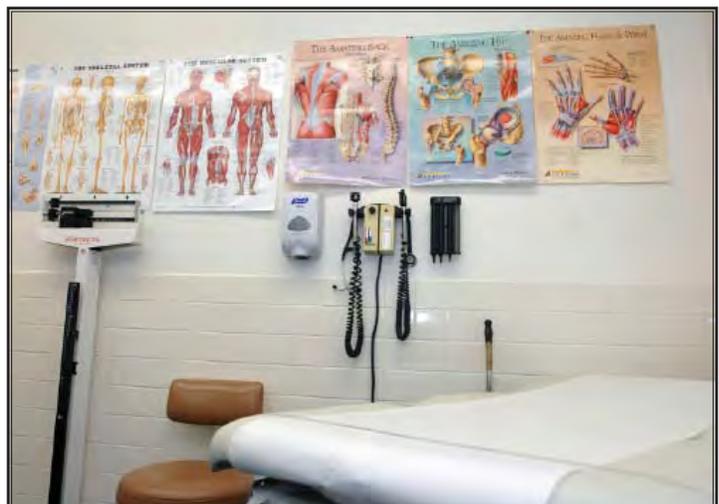
Hospitals

Kauai Veterans Memorial Hospital, Waimea
Wilcox Memorial Hospital, Lihue
West Kauai Medical Center, Waimea
Poison Control Center

(808) 338-9431
(808) 245-1100
(808) 338-9431
800-222-1222

Navy Relief Society

PMRF has established a "hot line" with the Pearl Harbor Auxiliary. It is possible to be interviewed at PMRF for referral to Pearl Harbor. A volunteer representative is available aboard PMRF who can offer immediate financial aid in an emergency.



MORALE, WELFARE AND RECREATION

MWR provides a myriad of programs and facilities for active duty, reservists, retired military, DOD civilians and contractor employees.

They boast one tennis court, a golf-driving range with practice putting green and bunker, softball field, multi-purpose outdoor playing court as well as a racquet/handball court. A

swimming pool is conveniently located near family housing.

MWR's Mana Motors is equipped with the necessary tools required for the repair of your automobile. There is always an ASE certified mechanic on duty to supervise shop operations, issue tools and provide expert assistance in solving your automotive problems. It

is also a state certified vehicle safety inspection station.

Movies are shown Fridays through Sundays at the outdoor theater, which is convenient to the housing area, Navy Gateway Inns and Suites, and BEQ and has its own refreshment stand. Movies at the 200-seat facility are free.



Outdoor Adventure Center

Located next to the Fitness Center. The center features outdoor and recreational equipment for rent to include beach chairs, surfboards, kayaks, backpacks, stand up boards, beach umbrellas, snorkeling gear, and lots more. Programs

include scheduled trips to local outdoor areas for kayaking, hiking, sightseeing, shopping, and more. The center is open to all authorized personnel.

Information Tickets and Tours (ITT) Office: co-located with the Outdoor Adventure

Center, this service provides reservations for local and off island tours and destinations, reservations for our 26 beach cottages (two and three bedroom units), and signups for all MWR sponsored trips.

Shenanigans Restaurant

The view of the ocean does not get any better while eating a great meal or having a beverage of choice. Shenanigans is

open from 1600-2200, Sunday through Thursday with Friday closing at 2300. Shenanigans is the place to be for various

special events to include the spring Luau, 4th of July picnic, social hours, Halloween party, Christmas Party, and lots more.

Child Development Center (CDC)



The Child Development Center (CDC) represents a command commitment to fill a major need of the base workforce. The CDC is open Monday through Friday all year from 0600 to 1700 excluding holidays. Eligible PMRF personnel can enroll their six-week to five-year-olds on a full-time or part-time basis (subject to availability of space). It is very important to contact the PMRF CDC as soon as you get your orders. It is a small facility and they need advance notice to prepare for families when they arrive. It is best to fill out a request for care form and fax it to the CDC at 808-335-4568.

The CDC currently offers full time or part time slots. Part

time (pre-K only) slots include Tuesday and Thursday, from 0730 to 1200 or Monday, Wednesday and Friday from 0800 to 1130 Hourly care is also available for \$3.00 per hour, with a minimum charge of \$6.00.

The Youth Center offers after school programs for kids in K-12 as well as Seasonal Day Camps for a fee.

For your convenience, you will want to be sure your child is up to date on vaccinations and has a *CURRENT TB test BEFORE* you arrive! Your child

will NOT be allowed to attend the CDC without these requirements being met.

To obtain more information and a Request for Care Form for the CDC or Youth Center please call the CDC at (808) 335-4453 or Youth Center at (808) 335-4419.



PACKING UP YOUR HOUSEHOLD SHIPMENT

Contact PMRF Household Goods office at 808-335-4642 for current instructions regarding your move.

In the past, PMRF personal property shipments were subject to below-normal weight restrictions. This is no longer true; you may now ship your personal effects according to normal weight regulations for your paygrade. Should your PCS orders show a limitation on the personal property shipment allowed, it is recommended you have your orders amended to allow full shipment of personal property for your paygrade.

What NOT to bring

When planning your move, there are some items you should consider storing on the mainland. Obviously, furs and heavy winter clothing are unnecessary in Kauai's subtropical climate, although some may be needed for trips back to the mainland. And if you plan to live in government quarters, you will not need your own refrigerator, washer or dryer, and range. The Housing Office will not move the refrigerator and range already installed in your quarters.

Consider leaving your fine silver, copper, pewter, brassware and other valued metal items on the mainland. If that is not feasible, when you arrive in Kauai, wrap those items carefully and pack them away. Even manufacturer's protective coating on metal items is ineffective against corrosion here.

Advance Shipment

Your advance shipment

should contain items which will enable you to sustain basic housekeeping for 21 to 28 days prior to arrival of your full shipment.

Dishes, silverware, pots and pans, coffeemaker, kitchen linen, bedding, towels, broom, mop, portable baby crib, futons or air mattresses are among suggested items. Some kitchen items may be obtained for temporary use from MWR's Aloha Kits. Nice-to-have items for the advance shipment include fans, portable radio and/or television, small hibachi or barbecue, portable card table and chairs, beach chairs and towels.

The PMRF Housing Office will loan "basic necessities" furniture for up to 90 days to new arrivals awaiting their household effects shipment. If you have already been assigned quarters, at your request, your sponsor may arrange to have these items placed in your housing unit prior to your arrival.

Your Vehicle

Some household goods offices have been booking Personally Owned Vehicles (POV) only as far as Pearl Harbor. PMRF Barking Sands is on another island, and further shipment of POVs by barge to the port at Nawiliwili, Kauai is required. In order to avoid a possible three-to-four week delay in receiving your vehicle, insist that your vehicle be shipped to *Nawiliwili, Kauai (Code XF2)*. If your vehicle is shipped to Honolulu, you may be stuck with the bill to get it to Kauai! Visually verify on your PCS paperwork with your

departing command that this code was correctly entered.

Base Decal

In order to drive your POV aboard PMRF, you must obtain a base sticker by registering at the Pass and ID Office. When registering, you will need to submit: (1) Registration of vehicle with the State of Hawaii or a state tax exemption certificate; (2) Valid driver's license; (3) Hawaii safety check receipt; (4) Proof of no-fault Hawaii insurance. When registering your motorcycle or scooter, you must show required safety gear and completion of the approved MSF course within the last three years.

Corrosion

Metal corrosion is a significant problem due to the sea air. Those who wish maximum protection for their vehicles should consider undercoating.

Privately-owned weapons

Weapons (firearms, bow and arrows, martial arts items, paintball guns, etc.) must be registered with the local police department prior to registering them with security during your check-in. Weapons may be secured in family quarters but not in the barracks and BEQ. Arrangements should be made to store weapons with off-base civilian storage facilities or the PMRF security department. Weapons may only be secured at the PMRF security department upon approval by the Installation Security Officer.

BRINGING A PET IS EXPENSIVE

Pets

Taking the family pet to Hawaii is costly. Hawaii State law governs the importation of dogs, cats and other animals into Hawaii. This law states that dogs and cats meeting specific pre- and post-arrival requirements may qualify for 5-day-or-less quarantine program, which also has a provision for direct release at the airport after inspection.

Kauai Humane Society now provides inspection of animals for entry at the Lihue airport for direct release as well as quarantine boarding of pets who don't qualify for direct release.

Please go to the State Animal Quarantine website for all requirements to enter Hawaii with a pet. Please review this in detail with your veterinarian well ahead of any plans to come to Hawaii.

The link to the state website is: <http://www.hawaii.gov/hdoa/ai/aqs/info>

State Animal Quarantine Contact Information:

Phone: 808-483-7151

Email: rabiesfree@hawaii.gov

Mail: Hawaii Department of Agriculture

Animal Quarantine Station
99-951 Halawa Valley Street
Aiea, Hawaii 96701-5602

Birds and Plants

Most household birds may be brought into the state, but a permit must be obtained prior to shipment. There is no fee. There are restrictions on some less common pets (such as



hamsters), so you should check with state authorities before making arrangements for your pet's transportation.

Since there are regulations controlling the entrance of live plants into the state, it is wise to check with authorities before you attempt to ship plants. Most fruits and vegetables must be fumigated by the Dept. of Agriculture before they can be taken from the airport.

For further information regarding plants and animals, write to the State Dept. of Agriculture, 1428 South King St., Honolulu, Hawaii, 96814.

Beware the Bufo

Be careful that your dog or cat does not try to eat one of the common tropical toads called "Bufo Marinus." They secrete a toxin from a gland behind the head that can be fatal. Don't leave your

pet's water dish out overnight for a toad may hop into the dish, leaving its toxic secretions in the water. Even this could be fatal to an animal. Children should not wipe their eyes if they have handled a "bufo." Bufos are shy night creatures that may be seen hopping about starting at dusk. They are beneficial in that they consume large quantities of mosquitoes, centipedes and insects.



ENTERTAINMENT AND ACTIVITIES



A different and enjoyable style of night life is available on Kauai. The various hotels and resorts provide their own shows and entertainment, and there are several night clubs on the island. Many shows feature beautiful Hawaiian music and hula.

The restaurants are varied in menu and prices, but offer a wide selection. Many seek to please the tourist and offer typical mainland fare and local specialties served in a tropical atmosphere.

Kauai has its annual special events which attract tourists and residents alike. The Waimea Town celebration in February, the Prince Kuhio Festival in March which pays tribute to Kauai's native son with pageants, a memorial ceremony and special broadcasts; the Rodeo in July in Hanalei; the Farmer's Fair in Lihue in August; the Bon Odori, a Buddhist

festival in July and August; the Kauai Art Group show in the fall; and the Kauai Annual Invitational Golf Tournament in November at the Wailua Golf Course and Waimea's Festival of Lights in December are some of the special events.

National organizations are well represented on Kauai. There are Rotary, Lions and Shriners Clubs, a Navy League, the YWCA, YMCA, CYO, Toastmasters Club, Chamber of Commerce, Jaycees, American Legion Posts and Auxiliary, the Mokihana Club (a member of the Federated Women's Club of America), a Zonta Club, the League of Women Voters, Sierra Club and Kiwanis Clubs. The American Red Cross also maintains active branches on Kauai.

Lihue's Kauai War Memorial Convention Hall has been the focus of many of the island's cultural events. Symphonies,

opera, drama, lectures, art shows and dances, have been presented there, as well as high school and college productions and several mixed-martial arts events. The Kauai Museum and Cultural Center, also in Lihue, displays artifacts from Kauai's past and exhibits works of local and national artists. There are also museums in Lihue, Kokee and Hanalei and several art galleries around the island.

Kauai is a paradise for the outdoors person or sports enthusiast. Snow skiing is about the only activity not actively pursued on Kauai (however, the Big Island of Hawaii has snow skiing). Activities include hiking, hunting, camping, fishing, canoeing, water skiing, surfing, swimming, snorkeling, SCUBA, sailing, motocross, cycling, flying, sky diving, golfing, tennis, bowling, softball, baseball and polo.